

CHRISTCHURCH

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GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

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GREY POWER CHRISTCHURCH

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Presidents Word

Hello I was elected in at our AGM in June, as Brian Christian retired due to health issues. Brian has been a great President and I have asked for support and guidance from all the Committee to help me along.



The Social in August was cancelled due to the latest Covid outbreak, hopefully you will all be safe and well. We are all in Limbo not knowing when this lockdown will finish. We are looking into a few changes coming up in the new Year. The Federation is still looking after us and fighting for our rights.

Hopefully next News Letter will be brimming with news. Take care and be safe all of you.

Ann Ferrari | President



When supporting the advertisers within this magazine **PLEASE DO LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

Our Owl is our symbol

The wise old owl sat on the oak
The more he listened the less he spoke
The less he spoke the more he heard
Who of us is like this wise old bird



Grey Power loves our owl it is our official symbol and is used in all correspondence.

After our AGM on June 16th there were a few changes to our committee. Our President Brian Christian had to resign this position due to ill health A new president Ann Ferrari was nominated and voted in unopposed. we also have a new email co-coordinator Julie Ede. On the inside of the front cover of the magazine you will be able to see how the committee is set up now. We had a very small turn out for the AGM only 25 members showed up. If you have any suggestions on how we can improve our afternoon meetings at all we would love your feedback please. You can email Ann or Maureen or if it is easier you can email Julie and we can follow this through. We wish Brian well and to our members we thank you for your on going support. And hope to see you at our meetings.

A NOTE FROM THE DATA BASE
SECRETARY

Over a period of time we have been receiving payments for peoples Grey-power electricity accounts into our bank. We are unable to re-direct these payments and accept only membership payments. It is hard to catch up with these people at times as sometimes we have no telephone numbers or emails. Please make sure you check you have sent it to the right account number. Thank you for your cooperation.

Ann & Maureen

You cannot save people, you can just love them.

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The team at John Rhind Funeral Directors offer a free funeral planning service. We can visit your home for a relaxed conversation, and help you plan a ceremony that reflects your life, your values, and the people you love. Your plans can be as simple or as detailed as you like, and we record your wishes so you can change your arrangements any time you wish.

Paying for your funeral in advance can help spare your family worry about arrangements and costs. Your prepayment will be held safe in the Funeral Trust administered by The Funeral Directors Association of New Zealand.

If you'd like to plan your funeral, the team at John Rhind are here to guide you through your choices.

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Call 03 379 9920 or visit our website to order a free funeral pack.

JOHN RHIND

FUNERAL DIRECTORS

editorial supplied by John Rhind Funeral Directors

Summary of Grey Power Federation
Annual General Meeting held at the
Trafalgar Centre in Nelson
13th to 15th July 2021.

My wife Julie and myself attended as delegates for the Christchurch Branch of Grey Power, Registrations were on 12th of July from 4pm with the AGM commencing at 9am on the 13th of July and Closing at 11.30 on 15th July.

The AGM was opened by Jan Pentecost the National President welcoming all attending delegates, observers and introducing the National Board. The AGM agenda was comprehensive and covered many topics spread over the three days. These included the Presidents, Treasurers, The Standing Committee and National Advisory reports, there were also many items covered and remits presented, discussed, and voted on which included a Capitation increase of \$2.50 as from 31 December 22.

Overall, it was noted that we as an organization are suffering from the effects of Covid-19 with not as many people are attending meetings or travelling about.

There are many existing members who don't wish to leave the comfort of their accommodation to attend social meetings or cannot attend for health or personal reasons.

It is necessary for all members to remain active and support our Federation as the issues for our society, government, councils, and health affect us all.

There are people who need to be supported, have their concerns heard and the necessity to have them addressed which can only be done through continuing communication.

There were presentations from:
John Collyns, CEO of the Retirements Villages Association. Reporting on the retirement Villages and the welfare of those in care.

Helen Petousis- Harris, who reported on flu and Covid-19 viruses and the need for inoculations.

Grey Power Electricity Representative, who reported on the supply of electricity to members and the need for a wider strategy to gain the most for our monies also that they have introduced a broadband network which is moving slowly.

Matt Woolston, Founder of Geeks on Wheels who informed us that they are setting up a structure of

computer staff that will be able to help us with our increasing forms of technology.

Although the conference was intense, we together gained a lot of contacts and information that will help us develop in our efforts to assist our current committee members.

Regards *Geoff and Julie Ede*

Quake City

We, who experienced the earthquakes personally, have them imprinted on our minds and think we know all about them. You may ask 'So what'. While this was not an expression many of us pondered when enroute to town on our monthly Grey Power trip in June this year, it certainly came to mind when we knew our destination, "The Quake City Exhibition", located at 299 Durham Street, Christchurch central city.

The exhibition tells the stories of heroism, hope, and loss from the Christchurch earthquakes. This special exhibition from Canterbury Museum explores the science and the phenomenon of liquefaction when the shaking liquified the ground and it bubbled up burying streets and sinking buildings.

'Quake City' charts the aftermath of the September 2010 and 22/2/2011 earthquakes and the response of the emergency services, international rescue teams, the student volunteer army and much much more.

The exhibition really does need time to spend looking at the various exhibits than the time we had available. That said, we as individuals were given the opportunity to return and have another look free of charge.

Christchurch has changed so much since the Quakes, and our need to go into the city centre being so disrupted, frankly now needs a special reason. It then takes some time to get used to all the new buildings. Simply put it is like visiting a city centre for the first time.

Getting back to the Quake City Exhibition, it really does need time to take in all the information available and I would encourage anyone, be they new to the city, or like us residents who experienced the Quakes first-hand, go and take time looking at all the exhibits. Set aside a morning or afternoon especially, take the family, you will not be disappointed...

Colin Taylor

RYMAN
PIONEERS
Togetherness

"That's what it's all about - being there to help. We do that all the time."
Joy, a Ryman resident



A VILLAGE WITHIN YOUR VILLAGE

They say 'it takes a village'. At Ryman we've been creating vibrant communities for more than 35 years, allowing you to enjoy a village of like-minded others within your wider village of family and friends. It's a great way to stay connected and socially active. And it's another example of how we're pioneering a new way of living for a new retirement generation.



A selection of townhouses and apartments are currently available

- One, two and three-bedroom options
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- Our base weekly fee is fixed for life* and our deferred management fee is capped at 20%.

*Some conditions apply.
Availability and pricing correct at the time of printing

There are 8 Ryman villages throughout Canterbury.

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CHARLES UPHAM VILLAGE
24 Charles Upham Drive, Rangiora, 03 310 8644

DIANA ISAAC VILLAGE
1 Lady Isaac Way, Mairehau, 03 385 3518

ESSIE SUMMERS VILLAGE
222 Colombo Street, Beckenham, 03 337 6500

KEVIN HICKMAN VILLAGE
25 Steadman Road, Riccarton Park, 03 342 4755

MARGARET STODDART VILLAGE
23 Bartlett Street, Riccarton, 03 337 6500

NGAIO MARSH VILLAGE
95 Grants Road, Papanui, 03 354 6608

WOODCOTE VILLAGE
29 Woodcote Avenue, Hornby, 03 338 7696



Tui's Outings

Well despite cold weather we have been most fortunate to be able to have fine weather on outing days, but are concentrating on being indoors as we have all aged in the last 20 years on the bus!

In the month of May we only went around beaches to see any differences from the earthquakes as these places we seldom visit. We went to Amberley beach , Liethfield beach, Woodend and then had an excellent meal at Pince Acres (I can recommend them a Gold Star). After lunch we went through Old Kaiapoi, Pines Beach and home before the cold night air set in.

Our June trip soon came round and we went to Earthquake City and if you haven't been it's well worth a visit, but Collin will write up an article for you to read. After we left there we went to the new rebuilt Richmond Working Men's Club which is very luxurious and our host, Gabby, ensured we received excellent service and a good hot plated meal to warm everyone followed by sweats and tea and coffee. During this time and a while after we were entertained by Phil Chapman playing on his guitar and singing. Everyone enjoyed him immensely. Then we departed for home.

It's unbelievable how quickly time has past for it's **July** and Bob our popular driver from Clark's Coaches had planned a trip around Sumner (over the new repaired road), Lyttleton, Cass Bay, Governor's Bay, Teddington, where we had a meal at Wheat Sheaf before travelling home via the Old Tai Tapu Road area for a change of scenery that most don't see when driving. We all said good-bye before it got too cold in the day for another month.

In August we are going to Pages Road Marae, but this magazine closes for printing before this outing so you will hear all about that visit in the next magazine.

Cheers for now, *Tui*

ARE YOU LONESOME TONIGHT

Are you lonesome tonight, Is your bra strap too tight
Are your corsets just drifting apart
Have you got a big chest, Making holes in your vest
Does your spare tyre reach into the night
Are your stockings all laddered,
Are you wearing them thin
Do you hold up your knickers with a big safety pin
Are your false teeth all worn,
Do they drop when you yawn
Well its no wonder your lonesome tonight

Hospital Snippets

Well cold wet weather, but from the Wards of C1 and B1, the patients have been fortunate to enjoy the music sessions. Sue Johnson C1 and Kathryn B1, both OTs, formerly from Princess Margaret Hospital, know the value of music therapy made there and the patients and families are so pleased to see the continuation of music at Burwood. It is such a pleasure to see the faces of patients when singing musical numbers they can relate to and I appreciate seeing their visitors sometimes joining with them. Don is a marvellous pianist.

The nursing staff, OTs and Physios are very under-staffed at present and I notice are working under pressure at the moment to ensure patients receive the first-class care they deserve. I note a number of visitors to the hospital DO NOT USE THE HAND SANITISERS provided at the entry before and after visiting and although there is a large sign in front of the lift saying one visitor per patient and no children, this is still not being adhered to despite us having a reason to for this as you are all aware. Please try and observe this request as it does help everybody.

Cheers *Tui*

NEW SCAM

I have been advised of a possible scam that you need to be aware of. The person scammed had a considerable amount of money taken from her bank account and a withdrawal from a term deposit.

This was initiated by a telephone call purportedly from the IRD. There was just general discussion but did go on with some rather unusual questions. No details of any bank account were given – these had been obtained elsewhere.

It appears that the scammer kept her talking long enough to get a very good deal of her voice that they were then able to use as 'voice recognition' by her bank and the transaction took place.

She has recovered her money.

Should you get a telephone call such as this feel free to hang up. In any event it is safer with these calls to get the name of the caller and then tell them that you will ring them back. Do not ask them for a number – use the one in the telephone book or similar.

Graeme Faulkner MStJ JP
Chair Law and Order NAG

Mature Moves is about helping people

If you are considering moving into a smaller home, perhaps a retirement village or residential care and you feel you could use some help Mature Moves could be your answer. They are a Christchurch based company with local people helping older people to downsize and move, when the need arises. They understand that sometimes your family are not positioned to help as they might like to or have time restraints. True to their motto 'to treat you like they treat their own families', the team at Mature Moves can pack up, declutter and move all of your belongings and furniture to your new home.

Then they unpack and set up your new home to the very last detail, setting up the home just the way you like it.

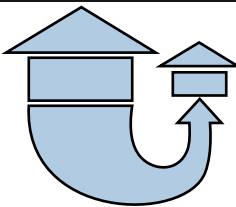
Decluttering can be a bit overwhelming, however, it is made much easier with some understanding help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

Along with this wonderful service, they can also organise selling things you no longer require, or gifting them if you desire to family or charities. They can also clean homes inside and out, and complete the gardening to get houses ready for sale. Mature Moves is about helping people. You let them know what you need help with and they will set about showing you just what they can do to help you.

A visit and consultation is free of charge, with no obligation to use their services. However, if you feel they may be of assistance a quotation can be provided for your consideration.

You can call Mature Moves on 0800 777 214 to talk about your move. We are sure Sharon and Gary can help you to lighten the load and make your move a smooth transition.

Are you thinking of moving? Could you use some help?



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- Unpack
- Storage
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- Rubbish removal/gardening
- Selling & gifting items
- Estate Clearance

**Email: info@maturemoves.co.nz
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It is nice to think that spring is now just around the corner. This is almost my favourite time of the year with all of spring and summer to come, thinking ahead to those long lingering warm nights, sitting on the verandah with a cold drink in hand and looking over the garden....planning, plotting and preparing what to do.

Right now though;

- Keep on planting our flowering bedding seedlings: pansies, polyanthus, primulas, cineraria, alyssum, sweet peas and violas
- Plant strawberries, choose a sunny spot with good drainage
- Plant broad beans, one of the few edible crops that can be sown direct in frosty soil, they fix nitrogen, provide early nectar for bees and bumblebees, and other habitat for overwintering beneficial insects
- Keep planting out vege seedlings – as always we have a great selection
- Asian greens like bok choy/pak choi and wong bok aren't fazed by chilly winter soils. They are delicious and very fast growing.
- But the veges that seems to be at the top of the list with a lot of gardeners is...

Broccoli

You can plant it all year round, except in the middle of summer. Broccoli is a hardy crop that prefers cooler temperatures. Intense heat and humidity will cause it to bolt and run flowers, rather than producing a compact head. Choose a position in full sun. Prepare the soil by blending in either well-rotted compost, animal manure or vegetable fertiliser a few days prior to planting. Allow 30-50cm between plants. Keep the soil moist, watch out for slugs and snails when young. There are several varieties to choose from, to cater for everyone; the traditional one, side shooter purple sprouter, mini broccoli and romanesco.

In Store

- Great selection of Citrus: Mandarins, Lemons, Limes, Grapefruit, Oranges, Lemonade, Tangelos and Kaffer Limes.
- Dahlia, Paeonies and Asparagus and we should see Begonia bulbs later in month
- We still have many varieties of Roses. New ones and many that you have seen before and many that you may never have seen! It is definitely worth a look.

- And for that instant colour we have fabulous pansies and primulas in potted colour.
- Can't walk past those mini cyclamens. Great for indoors and outdoors.

Dwarf Fruit Trees –the perfect solution for small gardens

If you have that desire to pick fruit from your own fruit tree but are constricted by a small garden try one of our dwarf fruit tree varieties. They look great in a small garden or even better planted in a pot to give a patio that point of interest. You can plant the base with a variety of flowering annuals that will give you that pop of colour. Varieties like Nectarines Flavour Zee, Garden Delight or Nectar babe are all sweet yellow sweet yellow fleshed and juicy. Peaches Bonanza is a free stone white with red blush. Garden lady is large yellow skinned fruit with sweet juicy flesh. Honey Babe has more of an orange juicy flesh with a tangy flavour.



Seed potatoes are in store now. We have 1kg bags for \$8.99. All seed we stock is Government Certified seed that is virus free.

Once you have selected your variety, lay them out in a single layer, in a box or tray, in a warm dry area away from direct sunlight to sprout them which is called "chitting". It can take up to 3 weeks for this to happen, once they have sprouted approx. 5-10cm they are ready to plant. Think about the frost though, mid-September onward should be fine or place frost cloth over planted seeds.

Plant into a well-prepared bed or if limited for space plant into a container. Plant with shoots facing upwards. When the shoots appear through the soil mound the soil to encourage the shoots to grow long and give you a better crop of spuds.

If planting in a container choose one that has good drainage and 10 litre bucket size or larger. You can grow 1-2 seeds in a 10 litre pot, more in a larger pot.

Quarter fill the container with a suitable growing mix and place seed on mix and firm in. Cover with about 10cm of mix and as the shoots appear keep covering with mix to encourage shoots to stretch.

Remember our great offering at Portstone Garden Centre is 10% discount for Gold Card Holders on most of our products. Our team are experienced and helpful, and look forward to seeing you at Portstone soon. 465 Ferry Road (under the big gum tree) phone 389 435. www.portstone.co.nz

Bonus Bonds

Bonus Bonds scheme is being wound up - here's what you need to know

You may be aware that the Bonus Bonds scheme is being wound up and the proceeds returned to the holders of Bonus Bonds (**Bondholders**). If you have Bonus Bonds, here's important information about the wind-up process and how you'll receive your payment.

What do you need to do? We will deposit your payment into any New Zealand bank account you choose. Simply get in touch by calling the Bonus Bonds Wind-up Contact Centre, on 0800 266 374 between 8am and 6pm, Monday to Friday. Please note, you don't need to come into an ANZ branch – when you call we'll let you know how to provide us with the details of your bank account. In many cases you will be able to provide your bank account details to us straight away over the phone. If you have the details of your Bondholding (for example, your Bondholder number or a serial number from a Bonus Bonds certificate), it would be helpful to have these at hand when you call.

How much will you get and when will you get it?

We expect to make a payment of \$1.10 for each Bonus Bond you hold, between October and December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment then.

For more information, check the Frequently Asked Questions on the Bonus Bonds website at bonusbonds.co.nz/faqs, or give us a call on the numbers above. ANZ Investment Services (New Zealand) Limited is the manager of the Bonus Bonds scheme.



Three Sisters



Three elderly sisters, ages 92, 94 and 96, shared a house together. One evening, the 96 year old sister went upstairs to take a bath. As she put her foot into the tub, she paused. "Was I getting into the tub or out?"

"You darn fool," said the 94 year old. "I'll come up and see. "When she got halfway up the stairs she paused. "Was I going up the stairs or down?"

The 92 year old sister was sitting at the kitchen table drinking a cup of tea and thought, "I hope I never get that forgetful, knock on wood." She shook her head and called out, "I'll be up to help you both as soon as I see who's at the door."

TIPS TO HELP WITH ANXIETY ATTACKS

Look around you.

Find five things you can see

Four things you can touch

Three things you can hear

Two things you can smell

and **One thing you can taste**

This is called grounding. It can help you feel like you have not lost all control of your surroundings. So follow the exercise, find your surroundings stay calm at all times.

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 (03) 366 7469

Are you (or your family) ready to retire?

Life spins along at a very fast pace nowadays. You hit the big 50, the kids leave home and suddenly you are staring down the eye of retirement. This can be quite a scary prospect and many people believe that they have plenty of time to think about all that retirement stuff... but do you?

Statistically, your chances of dying increase substantially after 55 years of age so it is important to consider how you can plan for your future, and that of your partner, as you age. Here are 5 things you can do now to plan for your retirement:

1. Act now while you still have an income

Preparing for a better retirement does take time and often there are costs involved. It is better to do this preparation before you retire and while you still have an income.

2. Make a Will

So often we come across circumstances where a person dies without a will, causing their loved ones unnecessary stress and financial hardship. Did you know that when you die without a will,

the distribution of your estate is determined by law and your estate may not go to the people you want it to go to?

3. Put Enduring Powers of Attorney in place.

Enduring powers of attorney appoint people to act for you regarding your property, or your personal care and welfare, if you are unable to do so yourself. It is important that these are put in place while you still have mental capacity. You will need to have enduring powers of attorney in place if you decide to move into a retirement village. If prepared carefully, your enduring powers of attorney should last you many years.

4. Undertake asset planning

At the time you make your will, it is worth undertaking an asset planning exercise with your legal and financial advisors. Sometimes taking some simple steps now can protect some or all of your assets against residential care costs, should it be necessary for you, or your partner to go into rest home or hospital level care.

5. Record your information

Many clients tell us that they do not discuss their affairs with their children, yet they leave their children to deal with their estate. Even if you do discuss your affairs with your children, it is worth making a list of your assets and your liabilities – bank account details, superannuation, insurance policies etc - and leaving the information with your will. This enables your executors to administer your estate efficiently and keep estate administration costs down.

There's a popular Chinese proverb that says: "The best time to plant a tree was 20 years ago. The second best time is now." Whether you're just starting in your retirement planning or already deep into your retirement, the Life Law Team at Godfreys Law can help you come up with a plan for your retirement. Contact Shona Senior on (03) 366 7469.

Editorial supplied by Godfreys law

Texting FOR Seniors

BFF - best friend fell
BTW - bring the wheelchair
TTYL - talk to you louder

BYOT - bring your own teeth
LMDO - laughing my dentures out
FWIW - forgot where I was
IMHAO - is my hearing aid on?
OMMR - on my massage recliner
ROFLACGU - rolling on the floor laughing and can't get up

Meet your Christchurch MPs

From left to right

Duncan Webb MP for Christchurch Central

366 5519 | chchcentral@parliament.govt.nz

Megan Woods MP for Wigram

338 6347 | megan.woodsm@parliament.govt.nz

Tracey McLellan MP for Banks Peninsula

376 4512 | tracey.mclellanmp@parliament.govt.nz

Sarah Pallett MP for Ilam

0800 727 244 | sarah.ilammp@parliament.govt.nz

Poto Williams MP for Christchurch East

382 0288 | poto.williams.mp@parliament.govt.nz



Authorised by Dr Duncan Webb MP, Parliament Buildings, Wellington



MOLTEN CHOCOLATE BABYCAKES



- Serves: 6

INREDIENTS

- 50 grams soft unsalted butter (plus more for greasing)
- 350 grams dark chocolate
- 150 grams caster sugar
- 4 large eggs (beaten with pinch of salt)
- 1 teaspoon vanilla extract
- 50 grams plain flour

METHOD

You will need 6 individual metal pudding moulds, buttered. The Babycakes can also be made in ovenproof ramekins, greased with butter and lined with circles of baking parchment. The baking time for ramekins is approximately 1-2 minutes

longer than for the metal pudding moulds.

1. Unless you are making these up in advance, preheat the oven to 200°C/180°C, putting in a baking sheet at the same time. Lay 3 of the moulds on a sheet of doubled baking parchment. Draw round them, remove, and then cut out the discs as marked. Press them all into the base of the tins.
2. Melt the chocolate and let it cool slightly. Cream together the butter and sugar, and gradually beat in the eggs and salt, then the vanilla. Now add the flour, and when all is smoothly combined scrape in the cooled chocolate, blending it to a smooth batter.
3. Divide the batter between the 6 moulds, quickly whip the baking sheet out of the oven, arrange the little tins on it and replace in the oven.
4. Cook for 10-12 minutes (the extra 2 minutes will be needed if the puddings are fridge-cold when you start) and as soon as you take them out of the oven, tip out these luscious babycakes onto small plates or shallow bowls.
5. Serve these with whipped double cream, the same unwhipped in a jug, creme fraiche, creme anglaise or ice cream.

Wordsearch

BONES

- Carpals
- Clavicle
- Coccyx
- Cranium
- Femur
- Fibula
- Humerus
- Hyoid
- Ilium
- Incus
- Malleus
- Mandible
- Manubrium
- Maxillae
- Nasal
- Palatine





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Transfer into our care, Temporary Preparation, Eco Casket or Unpolished wood grain flat lid, Hearse Transfer to Funeral, Hand tied bouquet of seasonal flowers, 1 hour gathering at Just Funerals preferred Chapel, Preferred Crematorium Cremation Fees, 1 Death Certificate	Transfer into our care, Standard Traditional Embalm, Eco Casket or Unpolished wood grain flat lid, Hearse Transfer to Funeral, 1 Hour Gathering at any Chapel, Celebrant or Minister Donation, Casket Spray, 15 Line Newspaper Notice, 50 Colour Service Cards, Music of your choice, Preferred Crematorium Cremation Fees, 1 Death Certificate	Transfer into our care, Standard Traditional Embalm, Wood Grain MDF Unpolished Casket, Dressing at Funeral Home, 1 Death Certificate
		No Service Cremation \$2000**
		Transfer into our care, Dressing your loved one, Eco Kit-Set Ply Casket, Preferred Crematorium Cremation Fee, 1 Death Certificate
		
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** There can be extra costs depending on unique circumstances

FREE Information Pack Available

Tui's Request

For a number of years I have on a Monday worked at the City Mission Foodbank and know of hundreds of families who benefit from their food parcels plus other good work. With the difficulty many people face today there has been a large increase of those applying for assistance, especially at Christmas time. They are proud of the generous quality food they are able to provide and this is made possible due to the wonderful donors and supporter. They want everyone to eat well while going through a tough and stressful time.

The food boxes start with a big supply of the basics like rice and pasta and canned food – the kind that helps a family have full bellies over three days and the sort of good we like to see donated.

But then we take it up a gear. We add packets of meat, fresh vegetables, bread, eggs and even some

treats like donated biscuits and cakes to make it a food box that will keep recipients healthy and happier in their time of hardship.

As we are only 4 months away from Christmas, please if possible buy an extra article when shopping and place it in the bins supplied by the supermarket to be given to the City Mission for their parcels as it will be greatly appreciate.

Thank you, Cheers *Tui*



Social Afternoons

Superannuitants' and Friends

Meetings will be held at the Cashmere Club starting at 1.30pm

PLEASE TAKE NOTE OF CHANGES
No social in September

October 2021 - Laura to give a talk about fitness for the elderly, followed by the Neerlandia Choir.

November 2021 - Our end of year social starting early 1.30 with Philip Chapman followed with David Petrie.

SECURITY

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At our AGM in June we put it to the meeting that fees may be increasing, it was put to the vote and members present said this was acceptable. At the Federations AGM it was decided that capitation would increase in January 2023. In line with that amendment it has been decided from the 1st April 2022 fees will increase to \$35.00 for a double \$25 for a single.

I have been on the committee for a long time and this is the first increase I have known of. We would like to see you at our meeting in August to hear a talk from Gary Watson about what is happening at the Christchurch City Council, and after we have entertainment with Myra and Ray. The room is warm and tea and coffee to follow.

Save big on fuel with NPD and SuperGold

Present your SuperGold card at participating NPD service stations to receive up to 15 cents per litre discount on fuel purchases. No other discount schemes or promotions needed - get the full discount every time!



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MEMBERSHIP APPLICATION / RENEWAL FORM

Name:..... Membership Number:.....

Address:

Post Code: Phone Number:

Email:.....

I/We enclose my/our subscription for the year 1/4/2021 to 31/3/2022

Single (\$20) ☐ Double (\$25) ☐ Renewal ☐ New ☐ Donation ☐

Payable by Cash to Grey Power Christchurch

or pay by Internet Banking ☐ to Westpac A/C 03-0854-0652512-00

Use *Name* and *Membership Number* or post completed *Membership Form* to the *Membership Secretary*

I am prepared to:

- Help with phoning members reminding them of meetings ☐

Send subscription to: Membership Secretary, PO Box 31010, Ilam, Christchurch 8444

Understanding Medicine

Safety - Why, How, What and When?

If you take medicines for a certain condition, you want to make sure they are working in the right way for you. The following important information ensures you get the benefit you need from your medicines while minimising your risk of side effects.

Are you unsure about your medicines?

Ask your health provider or your Pharmacist!

Many different types of medicine or herbal remedies can be accessed from your Pharmacy. It is very important you tell your Doctor or Pharmacist about ALL the medicines you take, so that you can avoid interactions (when two or more medicines mixed together causes problems). They can advise you what medicines or even foods you should avoid.

Also good to let your Doctor or Pharmacist know about your medical conditions, because some medicines or supplements can interact with certain medical conditions and it is safer to avoid.

Labels on the bottles and boxes are there for a reason!

Make sure you read and understand the label. Often important messages are abbreviated to fit in a certain space, but if you are not sure exactly what they mean, ask your Pharmacist to explain. For example,

“Take each dose on an empty stomach” means do not eat for one hour before or two hours after taking this medicine. This usually applies to medicines that are better absorbed without food.

“Do not drink alcohol” means do not drink ANYTHING that contains alcohol with this medicine. It usually applies to medicines that have unpleasant side effects or are more toxic if you drink alcohol while taking them.

Remember, if your medicine label has something on it that you don't understand, ask your Pharmacist. They will be happy to explain it to you!

Always check the expiry date on your medicine. Old or

outdated medicines may not work as intended and you may become unwell if they are not effective.

Take the correct dose of your medicine.

Too much of a medicine can be harmful and too little of a medicine may be ineffective for your condition, and make you unwell. Make sure you take the medicine as directed.

Don't take someone else's medicines.

Taking the wrong medicine, or a medicine with someone else's name can be harmful - only take medicine that is specific to you.

Be careful about mixing medicines.

Different medicines are sometimes mixed with other medicines for different conditions, e.g. paracetamol is often combined in cough and cold products. Always check the ingredient list when buying a product to be sure that you don't take a double dose of the same medicine. If you are not sure ask your Pharmacist.

Finish all the medicine you have been given.

It is important to take the whole course of a medicine. e.g. antibiotics. If you stop taking your medicine before the course is complete, the medicine may not work as well the next time you need it.

To make things easier and convenient

Most pharmacies can provide medicine compliant packaging such as Blisterpack or Sachets. This will help you to organise your medicines in correct dose and time so you wouldn't miss or over/under take your medicines. Ask your Pharmacist about it.

5 QUESTIONS TO ASK ABOUT YOUR MEDICATIONS
when you see your doctor, nurse, or pharmacist.

- 1. CHANGES?**
Have any medications been added, stopped or changed, and why?
- 2. CONTINUE?**
What medications do I need to keep taking, and why?
- 3. PROPER USE?**
How do I take my medications, and for how long?
- 4. MONITOR?**
How will I know if my medication is working, and what side effects do I watch for?
- 5. FOLLOW-UP?**
Do I need any tests and when do I book my next visit?

Keep your medication record up to date.

Remember to include:

- ✓ drug allergies
- ✓ vitamins and minerals
- ✓ herbal/natural products
- ✓ all medications including non-prescription products

Ask your doctor, nurse or pharmacist to review all your medications to see if any can be stopped or reduced.

Visit safemedicationuse.ca for more information.

Logos: irmp, cpsp, cpsp, Canadian Society of Hospital Pharmacists, Canadian Association of Pharmacists, SafeMedicationUse.ca