

# NORTH SHORE GREY POWER

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SPRING ISSUE 2022



**Mayoral Candidates Meeting** PAGE 3

**AGM Report** PAGE 4

**10 Tips to keep you fire-safe** PAGE 15

**Myths about falling** PAGE 20

**Switch off your engine to save fuel and emissions** PAGE 22

GREY POWER  
NORTH SHORE

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Joe Grieg  
Anne-marie Coury  
Dr Homa Hirnatner  
Bill Atkinson

LETTERS TO THE EDITOR:

Letters to the Editor are welcome on matters relevant to our senior community.

They must include the writer's name, address and phone number, and should not exceed 130 words. We may not always print all letters we receive and they may be edited for length and clarity. And courtesy is our watchword.

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President's Word

Spring is in the air, the shortest day is long gone, and I am still chuckling over a news story on the Senior Swans, an Onehunga ballet group whose oldest member is 80. The mental vision of my more corpulent Grey Power mates in XXXXL ballet tights or tutus is a sight to behold. The thought of a pas de deux a la Fonteyn and Nureyev has tears streaming down my face.

We all do need a bit of a lift coming out of our COVID impacted winter.

Like many people I had my own brush with COVID winding up for three days in North Shore Hospital. It is amazing how many of us have been infected, most only mildly fortunately. And it is still with us.

Our family, like so many Kiwis have a son and grandchildren overseas. We have had no physical contact for three years. The news that our son is coming back for a visit in September, and the family next year, is a wonderful personal excitement.

The rush of people in and out of the country with the border restrictions lifted is a reflection of our shared joy of family re-connection at a time of life when there is the shadowy thought that there might not be many more opportunities as age and frailty makes travel difficult. Or worse.

Time to think again of aged ballet dancers, the daffodils coming up, and my old mate who has turned 100.

For the senior community it is a time of rapid change on many fronts. The pandemic continues to create havoc with immense pressure on the health system and hospitals, with elective surgery being continually deferred. Our doctors, nurses and all the people in our hospital and health sectors are absolute heroes.

In spite of the stresses and inconveniences we face we need to be eternally thankful for the top quality professional and compassionate patient care we receive from our North Shore Hospital.

During my visit the staff shortages and pressures were clearly evident, everyone moving very briskly, but the professionalism, collegial co-operation, and absolute focus on patient care of all staff was impressive. I even had a doctor dropping off meals to my ward companion and I when he came for his clinical visit.

Thank you North Shore Hospital.

The Council elections have an interesting selection of Mayoral candidates, none of whom have the politically experienced background or community status of our previous Mayors Len Brown and Phil Goff who stepped out of high profile political positions to take the role. Council faces a wide range of financial and political issues, our North Shore environment is under serious threat.

Our senior wisdom is needed more than ever ! Make sure you vote.

Bill Rayner | President

Mayoral Candidates Meeting

Friday, August 19th  
1 pm  
Netball North Harbour  
44 Northcote Road

Our city and the Shore face a number of major challenges and a new direction. Where do seniors fit in the new Council term?

Come along and hear the candidates for our new Mayor.

Bring your friends and neighbours

.....

COVID Orange is still with us  
please wear your masks.  
We invite you and your friends to stay  
for our usual post match cuppa.

URGENT  
MISSING TREASURER  
PERSON

Following my request for new committee members in our last newsletter I received a message from a kind member offering to take on the Treasurer or Audit Reviewer role. I have sadly mislaid the message in that busy time and would appreciate your getting in touch with me again.

Bill Rayner 09 445 3370

NEW MEMBERS Go to the Grey Power Federation website: www.greypower.co.nz  
Fill out the online form and this will automatically be sent to us. You will then receive an email or phone call from us to give you your sub payment options.

SUBSCRIPTION RENEWALS  
for year to March 31st, 2023

We have a few members who have not yet paid the sub and are keen to get things tidied up.

As well as your sub payment we need to update our phone and email data base. Payments should preferably be paid online direct to the Grey Power bank account

Westpac A/c 03 0181 0167968 00

and include your membership number and name.

Then email: greypowerns@gmail.com to advise payment and include:

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# Association 2022 AGM Presidents Report

The May quarterly meeting was our AGM and the first meeting in twelve months, our programme being initially impacted by repairs to the Netball Centre roof and then the COVID-19 shutdowns. It was a difficult time for us along with most other organisations and a curious year as the whole community has slowed down. We all seem to have lost momentum and only now are starting to gear up again.

The committee’s plans for setting up the little office with Age Concern in Milford and our new digital platforms were all seriously delayed. However, the first new magazine style newsletter was produced albeit with some initial problems with a major part of the printed magazines winding up in Whakatane rather than the mail house in Auckland.

We had a major changes in our committee with the retirement after twenty years of Des Stobbs who was a great multi-tasker, and the backbone of our operation handling the Treasurer/Membership and Editor role as well as being our IT expert. His retirement is a real loss, and both Des and his wife Val, have been made Life Members of our Association. Alan McCulloch, another long standing member, and well known as a Mayor of East Coast Bays and the old Auckland Regional Authority in the days when our politicians were people from the community we knew, also retired. One of the Shore’s real characters.

I am greatly appreciative of the contribution both Des and Alan, and the rest of the committee made in these difficult times, and thank them all sincerely.

We are very much on a new path and need to bring younger people into the fold, and that will be a focus for the new year. We do need more people to help as our activities shift. There has never been a time when a strong senior voice is needed in our community.

We plan to broaden our community involvement and

contact at a time when the city and the community is facing major change not all of it for the better. We will have a new political regime across Council, a new Mayor and uncertainty on the national scene.

By linking with other community groups and working together on key issues we will hopefully draw younger active people into our orbit and let us old oldies retire. A key part of this to broaden our own activities across the Shore and to work with Age Concern and share activities and programmes.

There are two current issues outside our normal realm but critically important to the senior community.

Firstly the National Policy Statement on Urban Housing imposition of increased housing density and the resultant potential destruction of much of our North Shore community environment and character, and the special heritage preservation areas, particularly in Devonport, Birkenhead and Northcote.

More subtle but equally important is the absence of what I call a “Museum of Auckland” in that neither Auckland Museum or MOTAT have any focus or relevant exhibitions on the history of our city. MOTAT in particular has moved away from its core role of our transport and technology history to a SciTech model, very different from the MOTAT we all knew and loved.

An oversight rather than intent but something that needs to be corrected. This is the story of our lives, our parents, and grandparents, and our earlier immigrant ancestors and in this age of diversity needs to be recognised and presented and not lost in the wash. Submissions have been made to both Museums and the Council on this issue.

Interesting times ahead – thank you so much for your ongoing interest and support.

*Bill Rayner*, President

# Association 2022 AGM - Finance

The Association had an operating surplus of \$5,222 compared with \$6,034 in 2021. Income was sustained as always by the generous donations of our members, and helped by the cancellation of both our local meetings and the national AGM because of COVID.

The levy payable to the Grey Federation is planned to increase from \$5 to \$7.50 next year, and our subs will be \$20 single and \$30 double for all members.

Our current financial membership at March 31st was 1853, a net drop of 257, which is our normal level of attrition, but with COVID we missed out on our usual two yearly membership drive and we will be looking to increase that this year.

We have considerable difficulty with the withdrawal of cheques and the shift to electronic banking which you will all be aware of and we appreciate the patience and efforts you have made to ensure your sub was paid.

It is intended to establish a Charitable Trust which will be able to, in appropriate circumstances, make donations to other affiliated senior groups such as Age Concern and Hospice North Shore, as well as provide ongoing support for Grey Power operations and projects in the future.

The AGM passed a resolution authorising the establishment of such a Trust, with the specific details of the objectives and structure of the Trust to be presented to a later meeting of members for final approval.

Associated with this will be the amendment of the Association rules to meet the new requirements of the review of the Incorporated Societies Act 1908 that take effect shortly.

# Our Newsletter Digital Option

All members will be receiving a mailed copy of this newsletter. Our email tree is not yet quite complete and functioning.

Kiwi Publications publish a number of newsletters for Grey Power and Age Concern and all these are on their website, including Grey Power North Shore.

You can access these on their website at:  
**kiwipublications.co.nz**

**Click on: Publications on the Home page** – this brings up the Publication page.  
**Click on: Publications in the menu bar at the top of the page** - this brings up all the editions on the site, and select Grey Power North Shore.  
**Click on: the issue you would like to view in the Archive section on the right hand side.**

It is very interesting to see what other Associations are doing as well as Age Concern.

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**email: help@tech.kiwi.nz**



Kevin Lamb, Age Concern CEO and President Bill Rayner at 2022 AGM

# Are you aware!

**Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle? In the event of an accident will your cover be adequate.**



**DOING NOTHING**  
**DOING NOTHING OFTEN LEADS TO THE VERY BEST OF SOMETHING**  
- Winnie the Pooh -  
When was the last time that you did absolutely nothing? Can't remember? You're not alone but being able to completely switch off – to still our minds and hands and just be – can have wonderful benefits.



## Senior Citizens Forgotten In Parking Plan

Auckland Transport has forgotten its older users in the Draft Parking Plan North Shore Grey Power says.

Shopping zones in Takapuna, Milford and Sunnynook could lose street side parking in the latest Auckland Transport (AT) plans to streamline the city’s roads. As well as designated town centres, areas around the Northern Busway stations are also set for “proactive parking management”, and charging for parking at park and ride stations are in the works, including Akoranga, Smales Farm, and Sunnynook.

In the submission on the Draft parking Plan, Grey Power said the Plan had a bias towards the younger demographic and “completely overlooks” the specific needs of the city’s seniors.

“Seniors cannot ride bikes or e-scooters as a prime means of personal transport, and cannot walk extended distances – for many a hundred metres is a stretch.” “They are major users of public transport already, but lack of connectivity, destinations not adequately serviced by public transport, and personal mobility difficulties make the use of cars essential and a social necessity.”

Seniors impact on traffic flow was negligible Grey power said. “Their vehicles tend to be small compacts, travelling at low speeds, used outside main commuter periods.” Seniors needed to be recognised as a major demographic and the Plan overhauled to recognise that Grey Power said.

The group provided a forecast for the growing number of seniors over the next 25 years. By 2043, seniors are expected to make up 18.6% of Auckland’s population. “The expanding number of seniors in the city must be programmed into the overall forecasts of the Draft Parking Strategy.”

For shoppers going into Takapuna’s Toka Puia car park, an option could be a shuttle running from there to the town centre Grey Power said. At Devonport, the ferry terminal is a special situation where free dedicated senior parking – allowing time for a visit to the CBD – must be included in the parking mix. The group also called for free parking concessions for SuperGold cardholders in parking buildings and Council street parking.

“Our needs are specific, and real, very simple to put in place, and of minimal cost” said Bill Rayner, Grey Power North Shore President.

The parking strategy is set to come to Local Boards for feedback before being finalised later this year. It is separate from the Takapuna Safe Speeds town centre project also under way.

## Weekend Herald Snippets For our Top End members

A July 16th early morning read revealed:

Billionaire Bill Gates is donating US\$20 billion (\$32.6 b.) to his philanthropic fund with his aim of eventually “dropping off” the world’s rich list. He said he has an obligation “to return his resources to society” His current wealth is estimated to be US\$118 billion.

For those of you not familiar with millions, his donation is NZ\$32,600,000.000. No worries about the supermarket price increases.

More local is the announcement of a new TV show called Rich Listers with our lively ex Upper Harbour MP Paula Bennett, now a senior executive with Bayleys, and high end real estate agents, looking at the marketing of some of our top quality homes. Keep an eye out for yours.

The Herald reports that Leaf and Tesla electric vehicles are in short supply but advise the EV Porsche Taycan GTS is available for \$249,600. With an acceleration of 0-100 km in 3.7 seconds a quick ride to the bowling club.

Spare a thought for those of us still dreaming of a major Lotto win, and an All Black victory.



## OFFICE ROSTER HELP NEEDED PLEASE

Milford Office is up and running with most things still impacted by COVID issues with Age Concern currently only open three days a week, **Monday, Tuesday, and Thursdays.**

Grey Power will be there from **10 – 12** on those days. The phone will record messages and will be cleared and dealt with on those days.

Age Concern will be back onto a full five day presence in due course but we will still have only a three day roster.

We need some more volunteers to join the roster and computer skills are not necessary. With the major sub renewal period over it is quite quiet.

A team of about eight would be ideal which would allow a one day a fortnight attendance and a bit of cover.

Please phone **Gloria Howe on 489 9517** to ask questions or to join the team.

Never let your friends feel lonely...

Disturb them all the time



Friendship isn't a big thing it's a million little things.

If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you ....

**It could save lives!**



## Senior Focus Planetfm 104.6

**A radio show reflecting the diversity of our senior community, preparing seniors for a changing future**

**Sundays 5.25 pm – or on-line 24/7 at [www.planetaudio.org.nz/programmes/seniorfocus](http://www.planetaudio.org.nz/programmes/seniorfocus)**

On air since 2015 Senior Focus has provided information, advocacy, and practical strategies for senior wellbeing across Auckland, broadcasting from Sky Tower. The weekly radio show is hosted by Anne-Marie Coury, with input from guests and other broadcasters following on from a ten year senior radio show that the late Marie Hull-Brown hosted, as an early champion of age friendly policies and strategies for ageing well.

**We welcome ideas, input and guests, so please contact us on [greypowers@gmail.com](mailto:greypowers@gmail.com) or text or call Anne-Marie on 027 301 6202**

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## Forest & Bird Calendars and Diaries



Grey Power has supported North Shore Forest & Bird now for over 15 years, and we ask you once again to help with a purchase of their 2023 calendars and diaries. These are quality Christmas gifts for family and friends and in these times of huge pressures on our local environment their work is more critical than ever.

**Prices are the same as last year**  
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*Many thanks*

## Computer Training For Seniors at Local Libraries

**The digital world a problem? All is not lost.**

Our North Shore libraries have an extensive range of computer facilities available to seniors to use and friendly staff to assist. Next time you are at your local library ask about what is available.

Of particular interest is a current course programme for seniors, Appy Seniors, part of Stepping Up – Digital Skills For Life being offered at some Shore libraries at the moment:

### East Coast Bays

Appy Seniors  
 Mondays 10 – 12 pm  
 Aug 15 SuperGold Card  
 Aug 22 Online Groceries  
 Aug 29 Google Maps

### Albany Village

General  
 Thursdays 10 – 12pm  
 Aug 11 Digital Banking  
 Aug 18 PressReader  
 Aug 25 TradeMe

**Bookings are essential.** The programmes are run by Digital Inclusion Alliance Aotearoa.

Sign up on line at: [diaa.arlo.co](http://diaa.arlo.co). – has Upcoming Classes with filters of Location and programme category – select location which sets out all programmes – There are not many.

Alternatively phone the Council Library contact number 09 377 0209 for both libraries, or speak to the library staff. Currently the programmes are only available at East Coast Bays, Albany Village, and Orewa libraries.

## Russian Solution to Ageing Population The Day of Conception

Throughout the world people are living longer, to a greater age and growing in number.

At the same time the birth rate is dropping. In 2006 President Putin called the demographic crisis Russia's most urgent problem and announced programmes to boost the birth rate.

The Day of Conception, also known as Procreation Day, was conceived as a Russian holiday made popular by the region of Ulyanvsk, birth place of Lenin. The day itself is September 12th, with couples given time off work to procreate, and couples who have their child on June 12th get a significant prize from the regional government.

Auckland population over 65 is growing from 12.0% in 2018 to 18.6% in 2043.

*A thought for the Greens party.*

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*editorial supplied by Windsor Funerals*



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# Community Comment

What is happening to Auckland’s housing zones?

You will know about the battle to preserve Auckland’s older character suburbs and the effort being made by Auckland’s Character Coalition to retain them. The Character Coalition is an Auckland wide group that seeks to protect heritage buildings and areas spread across our city.

The Government’s ‘Enabling Housing Supply and Other Matters Act’ does not require Auckland Council to remove the current heritage protections that apply to Auckland’s older houses and suburbs. The legislation allows all Councils to identify areas with special characteristics and justify the retention of these areas. Councils can decide to keep the character wooden suburbs and retain that part of our history.

Christchurch City proposes to add 11 Heritage Areas and schedule another 40 heritage buildings in response to this new legislation.

They know what it’s like to suffer the loss of character buildings. It is a sorry story that Auckland Council has let so many of its unique heritage buildings be demolished over many years. The Council’s new proposal to decrease its heritage protection for its remarkable inner-city areas is inexcusable, knocking down the very thing that makes Auckland an outstanding city.

Currently there are 21,000 special character houses across the central city suburbs, representing 3.6% of the city’s housing. This is tiny, and the suggested removal of approximately 7,000 kauri homes will not make a dent in the housing supply problem.

The Government haven’t understood that for many years the various district plans and the Auckland Unitary Plan have protected heritage areas, not just individual houses. New Zealand Heritage lists the nationally significant buildings and sites that are important to all New Zealanders, whereas Councils have the ability to identify areas that are important locally. The identified special characters areas are usually located in inner-city suburbs as the pattern of growth reflects how a city developed.

Special Character Areas are more valuable left intact as the significance of the buildings lies in the collective cohesion of the houses. In some cases, the results of our Councils new proposal will allow one side of a street to retain its character homes and on the other side of the street the protections will be

removed. Devonport will be partially affected while Birkenhead and Northcote will lose out. The Council’s final recommendations will be made on the 4th August at the Council’s Planning meeting. The next phase of the process is that Council, Local Boards, other groups and residents can make submissions to the Hearings Panel Commissioners who are independent. They will read all submissions, listen to submitters and make recommendations to the Government.

While the Council debate has focused on the Special Character Areas proposal, the focus has been taken away from the other zoning matters that affect Aucklanders. I am greatly concerned that most Auckland residents are not aware of the zone changes for the property they own or reside in, such as whether they live in a Walkable Catchment area or a Medium Residential Density Standards area.

These are the two main zones that will apply to most of Auckland’s suburbs. It is a difficult piece of legislation to explain, but it is both the Government’s and Council’s role to be transparent in introducing changes to housing zones and the impact of these changes. The information is online but most residents have not known, understood or have the ability to access the site. This lack of an explanation and communication and the rush to impose the new legislation is woeful. This piece of legislation will have major impact on our city and could well result in poor housing outcomes. The rush to intensify could create the opposite of the promise of quality housing. The known problems associated with intensive housing developments have not been discussed and remain ignored.

As a city we are still reeling from the effects of the leaky housing debacle and the use of sub-standard concrete and steel in housing developments. Too many residents have suffered the consequences of these mistakes and planning disasters of Government and Auckland Council.

The Auckland Unitary Plan took time to develop and could deliver 900,000 new homes, the result of years of consultation. It achieved a planning outcome that most Aucklanders could accept.

Auckland Council should continue to value that body of work and challenge Wellington’s demands.

*Trish Deans is a current member of the Devonport-Takapuna Local Board, ex Chair of Devonport Heritage, and a leading Auckland heritage advocate.*

# Regional Super Gold Bee Card Transport Concessions

The SuperGold Bee Card issued collectively by many regional councils for bus transport within their areas would be useful to many of our members. Great for campervan owners and Queenstown skiers.

It is the equivalent of the Auckland HOP card and the Wellington Snapper. Please remember that outside Auckland there is no SuperGold concession between 3.00pm and 6.30pm, the peak travel time. Auckland has a special exemption from this paid for by the Auckland Council.

Almost all of NZ seems to be covered except the three major cities who have their own cards; Whangarei, Waikato, Bay of Plenty, Hawkes Bay, Manawatu, Whanganui, Taranaki, Nelson, Otago (Dunedin and Queenstown) Invercargill.

The website is [beecard.co.nz](http://beecard.co.nz) and you can obtain a Bee

Card online and have it posted to Auckland. There is a \$5 card fee plus top up options, but Waikato BUSIT waive the fee for SuperGold Card holders. The BUSIT email is [busit.co.nz](mailto:busit.co.nz) and phone **0800 205 305**.

The SuperGold Bee Card also covers Te Huia, the Auckland-Hamilton train link – they certainly could do with your patronage. And a great option for a senior outing.

Auckland HOP card system is not compatible with the Bee or the Snapper systems, and has a very unfriendly process for out of town seniors to obtain a HOP Card when they visit the city. Grey Power had a major involvement with the establishment of the Government SuperGold concession and HOP Card system in Auckland. Time for a further dialogue on the integration and ease of HOP Card availability.



**G | Glenfield Legal Limited**

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# Retirement Village Residents Association (RVRA) Update

## A Local Ear – A National Voice

RVRA now has over 9,000 members spread in 12 regional zones covering New Zealand. Auckland being the largest, in both the number of villages and residents, has 5 zones each with an Auckland Committee member. The Chairman of the Auckland Committee is on the National Executive together with the Chairmen of the other regional zones. Nigel Matthews is the CEO. RVRA has a Village Contact person in each village where it has members.

RVRA’s objectives is to protect and enhance the interests of residents living in retirement villages. We have quarterly meetings with the Retirement Village Association (RVA...the owners).

We are seeking a review of the Retirement Villages Act 2003 and the subsequent Code of Practice 2008. This legislation is outdated with the growth in retirement village living, not originally being developed in consultation with residents. It reflected the point of view of the operator owners.

The Act was to be reviewed in around 10 years but other than some adjustment in 2006, this was done. RVRA’s views have been well publicised over the past 12 months in media comment and supported in comments from the Retirement Commissioner and Consumer NZ. The Commerce Commission is also aware of members’ concerns.

In October 2020 the Retirement Commissioner issued a White Paper Report on the need for review of the Retirement Villages Act and the Code of Practice. Subsequently, RVRA delivered a Petition to Parliament with nearly 14,000 signatures, accepted by Simon Bridges. Upon his retirement National MP Louise Upston has taken up our advocacy. Initially the Government Minister’s office suggested that a review of the Act would be a low priority. The RVRA continued to push the issue and were invited to write a Submission explaining reason for urgency. That Submission is now before the Select Committee for Social Services and Community, and our executive team will be addressing it.

The main issue in our submission is when do we get our money back?

Currently the village operator does not the return the residual capital, after the deferred management fee and other costs, until another buyer buys the vacated

unit. This could be over a year or more, far too long for a resident or their estate to wait in order to be able to move on. RVRA has petitioned for 28 days. It could be that this is an unduly short period, but we are concerned with the period of the time currently taken. We are also concerned to review the dispute process to resolve complaints and other issues in a less confrontational manner. So far there is not common ground with the RVA on this.

There have been many changes in the form of Occupation Contracts and better terms have emerged as the Retirement Village Industry has expanded. Market Forces tend to move business.

I have been living happily in my village for over 10 years. In the space of the last six years and through two changes in ownership the following improvements have occurred

1. The weekly charge has been fixed....handy in this time of increasing inflation.
2. The weekly fee terminates when the resident vacates and the key is handed back. (In many cases it continues until the unit is resold.)
3. Residents were in dispute about who paid for repairs. Now clarified and settled satisfactorily.
4. Many of our older residents were on an earlier form of 80/20 contract. 20% being the deferred management fee. **But** it was not limited to 20%, it was subject to additional charges for refurbishment and an administration fee based on the value of the unit being sold. As a result they were not losing just 20%, but in fact upwards of 50% (increasing as the additional charges were with inflation.) The standard contract in our village is 70/30. Those older contracts have been adjusted to this.
5. Residents may now qualify for a Rates Rebate on a portion of rates levied on their unit.

**RVRA** is one of the market forces in the industry. Residents have a voice in this. Join us.

*Joe Greig*  
Auckland Region RVRA Committee,  
Grey Power North Committee

**CRUSHED NUTS** - An old man shuffled slowly into an ice cream parlour and pulled himself gently, painfully, up onto a stool....After catching his breath, he ordered a banana split. The waitress asked kindly, “Crushed nuts?” “No” he replied “Arthritis”.

# How About a New UK OE Deal For Seniors ?

The traditional British OE for young Kiwis has been given a boost by a new deal between PM Jacinda just in time to catch UK PM Boris before his ignominious departure.

The Youth Mobility Scheme which has allowed Kiwis between 18 and 30 to live and work in Britain for two years has been expanded to increase the age to 35 and the term to three years.

Not all due to our PM’s charm and skill, as Aussie had a similar agreement in place, but an interesting expansion of rights of access our generation took for granted and lost over the years.

It is time to put an equivalent Senior Mobility Scheme on the table.

Just as the lifestyle and political climate facing young people has dramatically changed in recent times it has also done so for us older ones.

My first NZ passport obtained as an AFS exchange student to the US in 1958 was as a “British Subject and New Zealand Citizen” which gave me free access to the UK, Australia and other British Commonwealth countries. I had my standard OE for a year and a half along with thousands of Kiwis in the 1960’s.

With the political shifts in the British ‘Empire’ leading to the independence of many African, Asian, and Caribbean colonies, the UK was faced with massive migration, and introduced a visa control based on having a grand-parent born in the UK, and a job to go to. This was for two years.

As many Kiwis at that time had grandparents from the UK, a large number obtained British citizenship through this system. That generation is fading, but continuing British migration to NZ gives that option to more lucky Brit/Kiwis.

The old OE travel patterns of a six week voyage on the Northern Star of the 50’s and 60’s died with the arrival of the 747 and the explosion of mass tourism, and the recent diversity of immigration.

Most migrants now come from non-European countries with no prior linkage with the traditional Euro/Maori/Polynesian Pacific blended culture of New Zealand, or with the British heritage and cultural, social, and governance systems and values which are a core part of modern New Zealand.

Family and ancestral cultural links are now with China, India, South Africa, the Phillipines, and many other countries now only a 12 hour flight from Auckland.

We are very much part of the mix of this modern world with a freedom of travel unknown in our younger days.

An associated issue is the growth of multi-citizenship with many Kiwis having dual, or even triple, citizenship and passports. All my own six grandchildren, born in Australia, and the USA, have dual citizenship, and many young Kiwis have British passports. Many recent migrants have this same privileged situation.

Which gets us back to the situation of those of us with a long ancestral link to this country who are just New Zealanders, both pakeha and Maori, with no such advantages. All of us have strong cultural and family links with the UK.

Current Government policy cuts our National Superannuation after six months out of the country, and we can only stay in the UK for six months without a visa.

Senior lifestyles have changed dramatically, and many of us have the time and financial ability to spend time overseas travelling or connecting with family, both current and ancestral in the UK and Europe.

Why can’t there be a Seniors Mobility Scheme along side the Youth one, which allows senior Kiwis an extension to one year eligibility for Superannuation as well as a year visa free access to the UK. New Zealand and the UK have a long standing reciprocal social security and health benefits scheme, another advantage.

Very simple to do and a major benefit to the senior community and to the UK’s tourist industry.

And to close, the Treaty of Waitangi Article 3 “imparts” to the “Natives of New Zealand”, virtually all of whom now have a UK whakapapa as well as Maori, “ all the Rights and Privileges of British Subjects.”

Q.E.D !

*Bill Rayner*



## Simon Watts

MP for North Shore

National Party Spokesperson for Local Government, Associate Finance, Associate Infrastructure.

**Your local MP, supporting you and our community.**

1 Earnoch Avenue, Takapuna  
northshore@parliament.govt.nz  
09 486 0005  
📞 simonwattsmpp

Authorised by Simon Watts, Parliament Bldgs, Wgtn.







I was visiting my son the other night when I asked if I could borrow a newspaper.

"Dad, this is the 21st Century," he said. "I don't waste my money on newspapers, but if you like you can borrow my iPad."

I can tell you this, that spider never knew what hit him.



"We don't own one of those fancy vibrating chairs, so we put all our phones on vibrate and put them behind his back, then we call them."

## BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbour and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get it started."

Her neighbour asks, "What is it supposed to be when it's finished?"

The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbour decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then, "he said with a deep sigh .....

"Let's put all the Corn Flakes back in the box."

## Looking Back - New Zealand's first official TV broadcast - 1 June 1960



Cartoon about New Zealand's first live television broadcast (Alexander Turnbull Library, A-310-078)

Broadcast from Shortland St in central Auckland, New Zealand's first official television transmission began at 7.30 p.m. The first night's broadcast lasted just three hours and could only be seen in Auckland. It included an episode of 'The adventures of Robin Hood', a live interview with a visiting British ballerina and a performance by the Howard Morrison Quartet.

Early television broadcasts had limited coverage. Transmission began in Christchurch in June 1961, and in Wellington four weeks later. Dunedin had to wait until 31 July 1962. By 1965 the four stations were broadcasting seven nights a week for a total of 50 hours. There was no national network and each centre saw local programmes. Overseas programmes were flown from centre to centre and played in different cities in successive weeks.

Television licences, which cost £4 each year (equivalent to \$185 in 2020), were introduced in August 1960. By 1965 more than 300,000 licences had been issued. In February 1966 the average price of a 23-inch black and white television 'consolette' was £131, equivalent to more than \$5000 today.  
nzhistory.govt.nz

## 10 EASY TIPS TO KEEP YOU, YOUR FLATMATES OR YOUR FAMILIES FIRE-SAFE



**1. Do you have smoke alarms in bedrooms, hallways and living rooms?** We recommend installing at least one working smoke alarm on every level of the house and within three metres of each bedroom door. It's even safer if there is an alarm in every bedroom. If you live in a rental property, your landlord is required by law to install smoke alarms. For more information **visit tenancy.govt.nz** or call **0800 836 262**

**2. Have you tested your smoke alarms?** Landlords are responsible for installing working smoke alarms in rental properties, but you're responsible for maintaining them. Don't tamper with it, this reduces your chance of escape in a fire and carries a fine of up to \$3000. Check your smoke alarms every month by pressing the test button.

**3. Don't drink and fry.** Coming home from a night out, turning on the fry pan and falling asleep is a recipe for disaster. Smoking and drinking can also be a lethal mix. Always extinguish cigarettes safely.

**4. Keep looking while you're cooking.** Don't get side-tracked by distractions. Stay in the kitchen when you are cooking.

**5. Do a tech check.** Don't overload your power sockets. When using appliances such as laptops, TVs, Xboxes, etc, consider using multi-boxes with circuit breakers.

**6. Keep anything flammable at least one metre away from heaters and open fires.** Cutting costs by drying your undies on the heater could cost you more than a steep power bill.

**7. Do you have an open or solid fuel fire?** Get your chimney checked and/or swept each year. Always use a fire screen and safely remove ashes with a metal bucket. Ashes can take up to five days to cool.

**8. Make sure your house letterbox number is clear and easy to read so that emergency services can find your home easily.**

**9. If the smoke alarm goes off, don't muck about, get out!** This is the early warning that could save your life.

**10. In an emergency call 111.** Call from a neighbour's house or your cell phone. Never go back into a burning house.

## WANT MORE TIME?

If someone goes to bed at 11.00pm and sleeps until 8am....not only are they burning up the power, and paying larger electricity bills but they are losing "days". Compare the time you will save ....and the power .....and the money ...if you become an early to bed and an early to rise person.

Going to bed at 9pm and rising at 6am.....you gain 2 hours a day. At seven days in a week in effect you have gained fourteen hours of extra time. And saved a lot of kw hours and at ... 65cents .... you can calculate how much cheaper it will be to live.

If you want to get more done and achieve more and "live longer" ..... you might like to consider changing your sleep patterns. Besides ...the body will mend and recharge its batteries while you are early to bed.



## QUALITY PREMIUM PREPARED MEALS SOUPS AND DESSERTS

Meals made from scratch as you would in your own home, ready to heat in your oven or microwave.



For information or menus please call Kate on: (09) 948 9101 or Email: [ktskitchenltd@gmail.com](mailto:ktskitchenltd@gmail.com)

**NORTH SHORE BASED**



## Have you been thinking that you need to exercise more but you don't know where to start?

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age.

### Participating in regular physical activity will help you:

- maintain your muscle mass
- increase your bone density
- improve your balance, posture and flexibility
- have better control of chronic disease symptoms
- decrease pain and depression

All older adults are at increased risk of falls. Try including any of the following in your daily routine to improve your stability:

### Toe Taps - To strengthen the lower legs

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strenghtens the lower leg).
2. Repeat 20 times.



### Heel Raises - To strengthen the upper calves

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Repeat 20 times.



### Ankle Rotation - To strengthen the calves

1. Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
2. Repat with the left foot.

### Stretch it out

Getting ito the habit of stretching every day will improve your range of motion and make every activity - including reaching for a dish from a cupboard - more comfortable. Here are two basic stretches to start with:

### Neck stretch to relieve tension in the neck and upper back

1. Stand with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.



### Shoulder and Upper Back Stretch - To stretch the shoulders and back

1. Bend your right arm, raising it so your elbow is chest level and your right fist is near your left shoulder.
2. Place your left hand on your right elbow and gently pull your right arm across your chest.
3. Hold for 20 to 30 seconds.
4. Repeat with the opoposite arm.



## Community Affairs Group

A lot of our local Grey Power advocacy interaction and activity is carried out directly with Council and Government on a local specific project basis on issues and activities affecting our North Shore and broader Auckland. National advocacy is carried out by our Grey Power Federation officers directly with the Government and officials in Wellington.

We make regular submissions to most Auckland Council planning exercises, and our Local Boards, as well as submission to local MP's and Ministers on local issues. Also to the Council CCO's including Auckland Museum and MOTAT.

This activity has tended to be centred around the Devonport-Takapuna Local Board as that has been where our Grey Power North Shore executive have lived.

I apologise for that and we are keen to broaden the range of involvement by establishing a Community Affairs group of members who are interested in community affairs and Council activities in particular, and have the capacity to help with developing submissions and advocacy contact with Council, MPs, and other groups.

A key point will be the establishing linkage with all the Shore Local Boards as has been done with Devonport-Takapuna.

Our approach has always being a positive and solution seeking approach with considerable success over recent years. We already have a working relationship with many community groups, particularly in the heritage and local community groups, as of course those involved with seniors.

It will be relatively informal and hopefully something of a "think tank" on community issues as well. An idea is to establish a Community Affairs newsletter as an add-on to our normal communications. I am very conscious we are a broad church and many members are not as interested as some of us are in this area of Grey Power activity, and look to lighter reading!

Those of you interested in being part of this please contact me, email: [brayner@xtra.co.nz](mailto:brayner@xtra.co.nz) or phone 445 3370.

*Bill Rayner*

## Quick and Easy Meatballs

You'd be hard pressed to find a homemade meatballs recipe that's quicker or easier to make than this one!



Pinch the ground meat out of sausages to create meatballs that taste just as good as if you'd made them from scratch

### Ingredients

- 200g pasta, use penne or spaghetti
- Splash of olive oil
- 2-4 sausages
- 1 onion, diced
- 400g crushed tomatoes
- Pinch of salt, pepper and sugar
- 1/4 cup Parmesan or normal cheese, grated
- 1/4 cup parsley, chopped

### METHOD

Put the pasta on to cook in plenty of salted water. Most dry pasta is ready in 12-15 minutes so you can make your sauce while it cooks!

Heat the oil in a pan, then pinch off small meatballs from the sausages, leaving the casing behind. Add the onion and sauté until softened. Pour in the crushed tomatoes, another splash of olive oil, then simmer until thickened – about 8-10 minutes. Taste for seasoning, adding a pinch of salt, pepper and/or sugar as needed.

Drain the pasta, reserving ¼ cup of pasta water. Add the pasta and reserved water to the meatball/tomato sauce, then toss.

Serve straight from the pan, garnished with cheese and parsley.

“Just cleared out some space in the freezer”

Sounds so much more productive

than “I just polished off another tub of ice cream”



# Are retirement villages affordable? Busting the myth!

Written by Janet Brown, Head and Heart Ltd, for the RVA

## How affordable really is retirement village living?

Sometimes you might hear people saying it's only for the wealthy. But increasingly those who never expected to be able to afford a retirement village unit are moving in to villages, having sold their freehold homes and freed up more capital than they anticipated. One resident at the Masonic Villages Trust's new village in Wainuiomata says "I didn't think I could ever afford it". She also didn't want to move out of Wainuiomata. When her neighbour of seventeen years opted to move into the new village under development locally she was surprised to find that she could indeed afford to buy there, and the two neighbours are now happily relocated in their local retirement village.

Nick Merritt, Operations Manager for the Masonic Villages Trust, says "Most of our residents have a property to sell, but don't have a lot of money sitting in the bank." She notes that it's important to provide a choice and options, especially in smaller towns where the property boom may have been patchier. The Trust's initial social housing for older people came into being over sixty years ago, supported by Housing Corporation loans, and underpinned by the firm conviction of the religious and welfare sector that there was a need for housing for the elderly. Those first units were one bedroom and relatively modest, but now older people expect more, which is one factor driving the development of retirement villages by charitable trusts.

About 25% of the Trust's holdings are affordable rentals, scattered across a number of villages. The Trust's recent policy of acquisition of existing villages has helped ensure that they can offer a variety of options, both geographically, and in the style and price of units. Warick Dunn, Chief Executive of The Masonic Villages Trust, notes that, for the older demographic, mobility and access is important: "People are now coming into our villages older, so design is crucial, as are aspects like double-glazing. Our facilities are now warmer and healthier than the housing our residents have come from because of improved design. These factors also increase affordability, costing residents less to heat their homes and reducing their regular outgoings.

Arvida, a large scale Retirement community operator with national coverage, is also strongly focused on providing affordable options. General Manager Sales, Tristan Saunders, says that from Arvida's perspective there are two key elements to affordability: offering a wide variety of unit types, and ensuring pricing is linked to the local residential market. Arvida offers options starting from single bedroom studios, one, two and three bedroom apartments and townhouses, all the way up to standalone two and three bedroom villas. He notes that "no one size fits all.

Affordability according to location and linked to the local residential market works because prices are set relative to the local market, and positioned to allow potential residents to realise and retain money from the sale of their original

property. This is ensured through Arvida's annual central review of prices against local markets and advice from professional valuers, and allowing scope for buyer choice. Tristan notes that, to make sure this works, "We will always lag behind the market movement, giving customers a buffer when they sell in the local market."

Generally across New Zealand, retirement village units cost around 70% of the market price of the average freehold home in their surrounding community. This indicates how when older people sell their freehold home to move to retirement village they can free up extra capital in the process, which can then be used to fund retirement living and give them choices.

Affordability, and a range of offerings, is also key to ensuring that Arvida villages reflect a cross-section of their surrounding community. Tristan explains that the Arvida design team works out what unit types will work best in a local context. He says the aim is to have as much range as possible on offer in the early stages of development, and to keep prices as affordable for entry as possible, with products and price points to appeal to a large cross section of the local community considering a retirement community.

The CEO of Howick Baptist Healthcare, Bonnie Robinson, says they focus on affordable housing options for older people because "we're here to meet the needs of vulnerable older people, and to do that you have to determine who's vulnerable and why." From Bonnie's perspective, among the most vulnerable are those who reach retirement without owning a mortgage free home. HBH has a rental village as well as its main licence-to-occupy retirement village, and is currently exploring how to provide more rental options – "we see that need just climbing, we're currently getting at least two to three enquiries about rentals a week."

These are usually from people who have been in a stable rental situation that changes, for example, they may have rented a granny flat long-term, but then the house is sold to a developer who wants them out. Bonnie notes that it's hard to assess the positive impact for residents who secure a unit in HBH's rental village: "Residents don't want to talk about money, but once they settle in you can see their health and wellbeing improving as the stress and worry disappear. "

Bonnie predicts, as does Warick, that there will be an ongoing increase in the number of retirees who have no savings or resources other than national superannuation at retirement. Bonnie also expects the number who have very little margin, perhaps because of divorce, or unemployment late in life, will also increase.

The last word on affordability of retirement village living and its positive impacts goes to Ken, who moved into HBH's retirement village earlier this year after his wife died. He tells me, "I looked at all the local villages, and this felt like the best value. I saw the advert, and I had that amount of money. Compared to paying rates and maintaining a house, here it's all incorporated and cheaper. I definitely have lower outgoings here. I enjoy the company. Here, you can get a meal if you want or need one, even though you're independent. And the price I paid meant I had extra money for other activities like travel."

Editorial supplied by Retirement Villages Association

# THE REBUS CLUB OF DEVONPORT INC



Formerly the Probus Club of Devonport established in 1967, the club was presented with a certificate acknowledging its 35 years in existence. Rebus Clubs are found worldwide are in many parts of New Zealand.

Membership is open to all retired or semi-retired people. We are a mixed club, and welcome women and men of Devonport and adjacent areas. Make new friends, hear interesting speakers, and enjoy outings.



We meet in the Rose Centre, School Lane, Belmont on the third Monday of each month from 10.00am until midday .

We are a non-political, non sectarian, and a non-fundraising club. Many new friendships are made within Rebus.

For further information, please contact: Barbara 445-6599 or Helen 445-3922

## Health Quality and Safety Commission/Partners in Care have developed 2 new resources below to help plan for your next hospital or health care visit.

These resources are available in many languages and formats for accessibility (like easy read, NZSL videos and audio versions). If you prefer a hard copy, phone our office on 578 2631.

### Let's plan for your next health care visit | Me whakamahere i tō toronga haumanu hauora

This resource is to help you plan your next health care visit. Planning and asking questions will help you understand more about your health and treatment for an illness or injury. Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together.  
[www.hqsc.govt.nz/resources/resource-library/lets-plan-for-your-next-health-care-visit](http://www.hqsc.govt.nz/resources/resource-library/lets-plan-for-your-next-health-care-visit)

### Let's plan to leave hospital | Me whakamahere i te wehenga i te hōhipera

Hospital staff want you to leave feeling well informed and with answers to any questions you may have. This sheet will help. Some things may have already been discussed with you and won't be relevant. There are spaces if you or your whānau want to make notes.  
[www.hqsc.govt.nz/resources/resource-library/lets-plan-to-leave-hospital](http://www.hqsc.govt.nz/resources/resource-library/lets-plan-to-leave-hospital)





# Myths about Falling



## Myth #1

### Falling happens to other people, not me

**Reality:** Many people think, “it won’t happen to me.” But in reality about 1 in 4 older adults fall every year in New Zealand.

## Myth #2

### Falling is something normal that happens as you get older.

**Reality:** Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

## Myth #3

### As long as I stay at home, I can avoid falling.

**Reality:** Some people believe that the best way to prevent falls is to stay at home and limit activity. Not true. Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from being active. Social activities are also good for your overall health.

## Myth #4

### Using a walker or cane will make me more dependent.

**Reality:** Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a professional fit the walker or cane to your height and instruct you in its safe use.

## Myth #5

### I don’t need to talk to anyone if I had a fall; I don’t want to alarm them and I want to keep my independence.

**Reality:** If you have one fall, you are more likely to have another. Preventing falls is a team effort. Talk to your doctor, pharmacist or family - anyone in a position to help. They want to help you maintain your mobility and reduce your risk of injury. It is often the injuries that lead to loss of independence.

## Myth #6

### Taking medication doesn’t increase my risk of falling.

**Reality:** Medications affect people in many different ways and some may make you dizzy or drowsy. Taking multiple medications can increase your risk of falling and/or interactions. Talk to your Pharmacist about potential side effects or interactions of your medications.

## Resources for improved stress management and improved breathing patterns.

In times of stress it is very helpful to attend to bodily tension and to use deep-breathing for relaxation and the release of physical tension.

**YouTube:** look at “breathing techniques for stress relief”.

Webmd.com. This is a very good 1 stop location for information on:

- Deep Breathing
- Breath focus
- Method to even out the breath in and out so that they are smooth and gradually extended
- Progressive muscle relaxation method

These techniques can be applied to situations where anxiety is the problem, or where person has difficulty getting off to sleep.

Learn about the function of the vagus nerve and its role in sedating the body’s stress-related activity.

When attempting to deepen ones breathing pattern, initially, it is best to use a breath count of 4. (This is often referred to as The Box Breathing method.).

When that is well established, you might want to practice the 4-7-8 method. This tends to be used to help slow the breath, relax the body and prepare for sleep.

Another simple technique to research is The Calm Hand Method.

## APPS

- **CALM** -download the free content and use the music and pictures to help you initiate a body-scan for tension and then a slowed-breathing method.
- **MINDBLISS**- free content.
- **Meditopia** is a good App to purchase if you intend to regularly practice relation or mindfulness for health.

## The Best Brain Games

If you spend a lot of time with an aging loved one, you may notice them becoming a bit more forgetful or misplacing things. While frequent forgetfulness or severe memory loss may be a sign of Alzheimer’s disease, some forgetfulness is a normal part of aging. It may not be entirely preventable, there are things you can do to slow down the process.

Much like the body, keeping the brain active is important at all stages of life. Brain games and puzzles serve as mental exercise that reduces the risk of Alzheimer’s disease and cognitive decline. Brain exercises provide a simple way to improve your memory and problem-solving skills.

There are a number of factors that make certain games ideal for older adults:

- **Formats.** You’ll find brain games in plenty of different formats, from classic board games to word puzzles, online games some applications on the phone/computer do require a monthly fee.
- **Difficulty level.** It’s important to find games that are challenging but not overly frustrating. If you’re looking for brain games for a loved one who has been diagnosed with Alzheimer’s disease, for instance, you’ll want to choose brain exercises and games that aren’t impossible to complete at their current cognitive level. Start slowly with some beginner puzzles and gradually progress to harder puzzles for more challenging problem-solving tasks.

Some of the best games are the crossword/word finders in the paper and or magazines. Online games such as Brain Lumosity which can track your progress [www.lumosity.com](http://www.lumosity.com)

Taken from [www.seniorlink.com](http://www.seniorlink.com)

## DID YOU KNOW THAT?

A “moment” used to be an actual measure of time and corresponded to roughly 90 seconds. It was used during the Medieval era and was derived from the solar hour (the hour on the sundial’s face was, at that time, divided into 40 “moments”).

Despite what cartoons have taught us, the coyote can run up to 43 miles per hour (that’s nearly 70 km/h) while the roadrunner can only run up to 20 miles per hour (that’s just over 32 km/h).

## Changes to Tenancy Laws

Housing can have a significant impact on wellbeing as we age.

Older people can face a range of housing issues such as affordability, accessibility, location, insecurity of tenure and even homelessness.

There are more older people renting now than ever before and home ownership rates for those aged 50 to 64 are still steadily decreasing.

Earlier this year, the Government made changes to the Residential Tenancies Act 1986 which covers the rights and responsibilities of landlords and tenants in New Zealand.

The changes aim to make things easier for those living in rental properties and by improving the security of tenure and allowing minor alterations, so they can make their house a home.

Tenants can now ask to make changes to the rental property and landlords must not decline if the change is minor. Landlords can, however, set reasonable conditions.

Full details on what minor changes are and templates to help you request these changes in writing can be found on the Tenancy Services website [www.tenancy.govt.nz](http://www.tenancy.govt.nz)

Landlords can no longer end a periodic tenancy without cause. This gives tenants more security that they can stay in their home long term.

Notice can only be given in specific situations. For example, landlords can give at least 63 days’ notice if a family member will be moving into the property as their main residence within 90 days from the end of the tenancy; or at least 90 days’ written notice if they are selling, demolishing, or extensively renovating the property.

The full list of changes to the Act is available on the Tenancy Services website [www.tenancy.govt.nz](http://www.tenancy.govt.nz)





Switch Off Your Engine to Save Fuel and Emissions

Transport makes up almost half our energy-related emissions in Aotearoa New Zealand. Choosing to walk or cycle, using public transport, or switching to electric vehicles are some of the ways we can reduce our transport emissions.

But if you do need to use a petrol or diesel car, another way to have an impact is to get in the habit of switching off your engine when your vehicle isn't moving – something known as engine idling. Engine idling is more common than people realise – and with petrol and diesel prices rising quickly, it's a great way to save money on fuel.

Idling isn't good for several reasons, apart from damaging the environment. It can impact your vehicle's useful life, your health, and the health of the other motorists and pedestrians inhaling your fumes.

The emissions and fumes from idling engines have been linked to major health concerns including eye, throat, and bronchial irritation, nausea, coughs, allergies, increased risk for cardiac events, decreased lung function, and even cancer. For people with pre-existing heart disease, asthma or other lung problems, car emissions can be a major contributor to symptoms.

Children are particularly vulnerable because their respiratory systems are still developing, which makes idling a real issue around schools. Think about all the cars outside schools across the country that idle unnecessarily every day, creating pollution hotspots that are damaging to children's health.

Switching off your engine can lower your fuel costs. The amount of fuel a vehicle uses while idling ranges from between 0.75L/hour to 1.9L/hour for passenger vehicles. At a petrol cost of \$3/L for Unleaded 91, that works out to be between \$2.25 and \$5.70.

A recent Transport Energy/Emission Research report from Australia found that passenger vehicles are likely to idle more than 20 per cent of their drive time. To put that into perspective, removing idling from the journey would be like removing up to 320,000 cars from New Zealand roads.

A lot of newer vehicles have a start-stop system that switches off a car's engine when the vehicle is stopped. According to the AA, this technology delivers between 5 and 10 per cent lower emissions and also leads to a similar improvement in fuel economy.

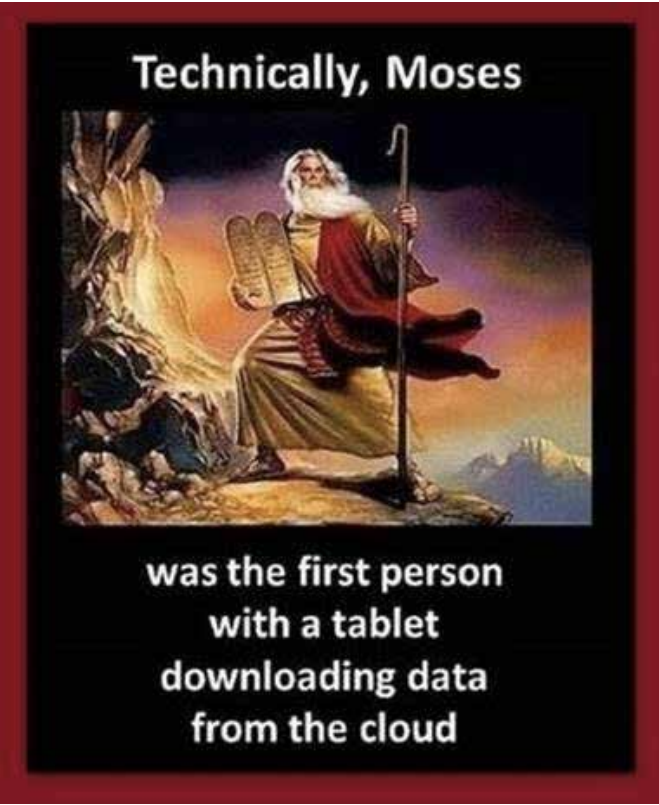
The myth that switching your engine off and then

turning it back on is bad for your vehicle or uses more fuel isn't true. It may have an impact on your battery but it is minimal and no reason not to switch off.

If you idle for 10 seconds or more, then turning off your engine and turning it back on does not burn more fuel than idling. So stick to the 10-second rule. If you're idling for more than 10 seconds, turn off your engine.

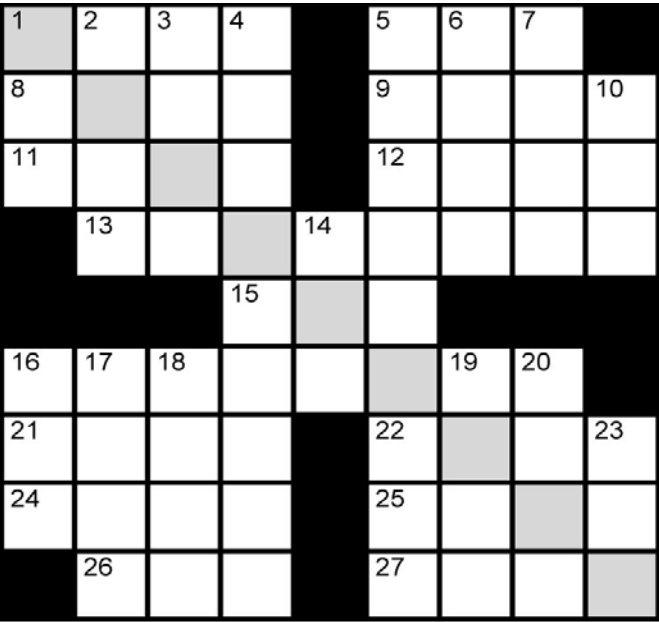
If your vehicle doesn't have a start-stop system, try and get in the habit of switching off your engine whenever you're stalled. If you're frustrated by traffic, use it as a trigger to switch off your engine. Who knows, switching off your engine might actually reduce your stress levels too.

Source: [genless.govt.nz](http://genless.govt.nz) (shortened)



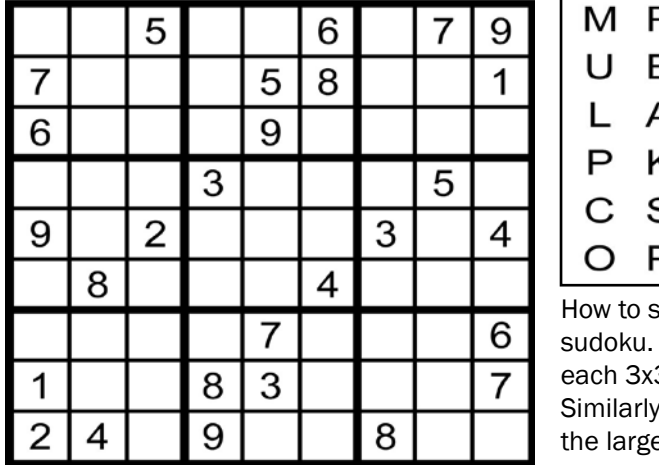
In life we do things. Some we wish we had never done. Some we wish we could replay a million times in our heads. But they all make us who we are, and in the end they shape every detail about us. If we were to reverse any of them we wouldn't be the person we are. So just live, make mistakes, have wonderful memories, but never ever second guess who you are, where you have been, and most importantly where it is you're going.

Lovers, Painters & Writers



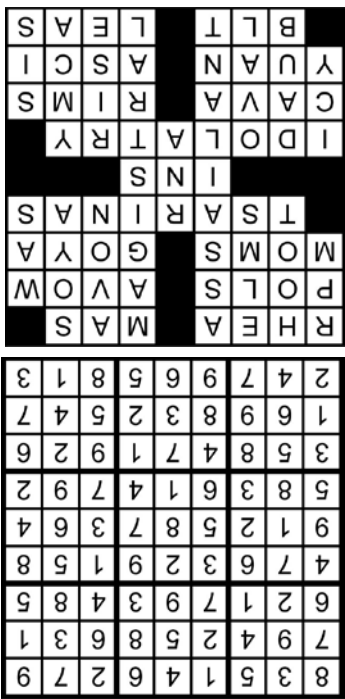
- Across**
- 1. Actress Perlman
  - 5. More, in Madrid
  - 8. D.C. bigwigs
  - 9. Acknowledge
  - 11. Some PTA members
  - 12. "Naked Maja" painter
  - 13. Winter Palace residents
  - 15. Officeholders
  - 16. Hero worship

PACKS	PEARL	PLAIT	PRICE
PAINT	PEARS	PLANE	PRIME
PAIRS	PEDAL	PLANK	PRINT
PALMS	PEELS	PLANS	PRISM
PAPER	PEEPS	PLOWS	PROOF
PARKS	PENCE	PLUCK	PROUD
PARTS	PENNY	PLUMP	PROVE
PASTE	PHASE	POLAR	PULSE
PATCH	PIANO	POLES	PUMPS
PAUSE	PICKS	PORCH	PUPIL
PAVED	PIECE	PORTS	PUPPY
PEACE	PILLS	POURS	PURSE
PEAKS	PIPES	PRESS	



- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

- Down**
- 1. Dashboard abbr.
  - 2. Owl's call
  - 3. "Desire Under the \_\_\_\_"
  - 4. Attacker
  - 5. Authoritative
  - 6. Shakespeare, the Bard of \_\_\_\_
  - 7. Bean used to make miso
  - 10. Used to be
  - 14. Genetic material
  - 16. Slick
  - 17. Slap on
  - 18. Track shape
  - 19. Get up
  - 20. Village People hit
  - 23. Bro's sibling



The crossword headline is a clue to the answer in the shaded diagonal

PLENTY OF Ps



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.



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