

TAURANGA & WBOP

GREY POWER

MAGAZINE FOR THE OVER 50s

QUARTER THREE 2023



ELECTION ISSUES PAGE 6-7

Friendships & Relaxation PAGE 18-19

**Annoying Chores with
unexpected health benefits** PAGE 9

www.greypowertga-wbop.org.nz

TAURANGA & WBOP AND HAMILTON GREY POWER

The Village 17th Avenue,
PO Box 841, Tauranga 3144

Email: tgagreypower@gmail.com

Phone: (07) 571 2558

Office Hours: 9.30am - 2.30pm
Tuesday to Thursday

www.greypowertga-wbop.org.nz

COMMITTEE:

PRESIDENT: Jennifer Custins

VICE PRESIDENT: David Marshall

OFFICE MANAGER:

Sharyn Mudgway

TREASURER: Shirley Porter

MAGAZINE EDITOR:

Pending

MINUTES SECRETARY:

Jill Marshall

WEBSITE/HOUSING TAURANGA:

Vanessa Charman-Moore

LETTERS TO THE EDITOR:

We would like to hear your opinions or concerns on subject matter for printing in our magazine. Letters must include the writers name, home address and phone number. Letters should not exceed 120 words inclusive.

We may not always print all letters we receive. Letters may be edited for clarity and length.

Post to: the address above or email
tgagreypower@gmail.com

Disclaimer: Tauranga & WBOP Grey Power Assn. Inc. and any person or organisation associated with it will not accept any liability for the contents of this publication. All due care and attention to accuracy is taken to ensure details are correct. Opinions expressed herein are not necessarily the opinions of the association.

This publication is designed and printed by Kiwi Publications Limited. For advertising phone Sam on 027 872 6629 or email: samanta@kiwipublications.nz
www.kiwipublications.co.nz

Please refer to our website for disclaimer.

President's Word



I want to give a big 'shout out' to all the members who responded to our phone reminders to renew their subs.

I understand how modern technology has impacted some people and it takes a lot more effort to do what was a simple process. Welcome to new members who have joined this year. Also, our thoughts go out to anyone who is unwell or to families who have lost a loved one.

You may have noticed an article in the BOP Times last month about one of our committee, Vanessa, being interviewed after reading her submission to the TCC Commissioners where they were considering approving an initial investment of \$10 million into the Housing Equity Fund in the 2024-2034 LTP.

You will be aware that the council decided to sell all their elder housing units to the government – Housing NZ. Despite the rhetoric over the years that gave tenants the idea that it would just be a change of ownership, the reality is that they will all become 'social' housing and older tenants will be mixed in with a diverse range of ages. What Vanessa was pleading for was that the millions the council gets from the sale of the properties, be ring fenced for other types of elder housing. *(See full submission inside.)*

The other talk of the town of course is "Cameron Rd", 'what a mess', why is it taking so long', 'nowhere to park', 'too many lights and too many businesses closing'. And they still have to wend their way from 17th Ave to Barkes Corner!! With the unpredictable weather patterns, I worry about the extra kilometres of concrete and asphalt creating more large areas of impermeable surfaces. Other cities around the world are going to great lengths to have more green/soft spaces so water can drain away efficiently. Fortunately, we still have the grass and trees down the centre from 15th Ave. Maybe there is a secret plan to cope with flooding?

I've also read 87 pages giving the Commissioner's reasons for covering yet more green space in our historic Domain, to build a 'Boutique Stadium' which will result in the loss of more open areas and trees. On the upside it looks as though we will have the Racecourse untouched for a few more years.

I'm not against the city being revitalised and updated – after all it has been allowed to stagnate for too many years now. And I'm not entirely against commissioners being proactive to get the city moving but I do miss having an elected representative to talk to about issues in my own neighbourhood.

It is now only a few weeks away from the General Election and we all need to sift through the promises and policies to help us make up our minds as to who we want to run our country. Grey Power's stance is always to look to the policies that will give the best outcomes for older people and give a tick for that party. You may have noticed that

continued on page 4

COFFEE MORNINGS

All meetings are subject to health and safety guidelines at the time



Everyone is welcome to come along for discussion or a chat.

TAURANGA COFFEE MORNINGS: The Raft Cafe, Chapel St, (near Briscoes).
1st Thursday of the month at 10am. **Dates: 5 October, 2 November, 7 December**

KATIKATI COFFEE MORNINGS: Katikati Community Centre, 45 Beach Road. (just past the schools).
\$2 for members & \$5 for others. **Dates: 21 September, 19 October, 16 November, December TBA**

PAPAMOA COFFEE MORNINGS: 3rd Thursday of each month at 10am. We will continue meeting at Pacifica Cafe, Tara Rd. **Dates: - 21 September, 19 October, 16 November, December TBA**

All inquiries please phone the Grey Power office, Tuesday - Thursday on 571 2558.

ALL ARE WELCOME – Please wear a name badge if you have one.

SUBSCRIPTION RENEWALS TAURANGA & WBOP

The financial year is from 1 April to 31 March - Single \$25 and \$35 double

To renew – use your membership number and name as a reference.

To join – go to our website www.greypowertga-wbop.org.nz Click NEW and fill in the form. Use your internet banking to make the payment using your name and phone number as reference. If you have problems using online banking ask a friend or family member to make the payment and then give them cash.

ONLINE PAYMENTS - Please do not pay your power bill to the association. Check the bank account number. Members starts – 38..... Electricity - 02..... If you are a power user with GPE please set up your payee list with distinctly different names – for example Grey Power Membership or Membership GP Electricity Grey Power or Electricity GPE . ***If you pay your power bill to us, in error, it may take some time before it can be reversed.***



TAURANGA & WBOP MEMBERSHIP FORM

New Member Renewal GP Electricity yes no Membership Number: _____

Name: (s) Mr / Mrs / Miss / Ms _____

Address: _____

Post Code: _____ Phone Number: _____ Mobile: _____

Email Address: _____

AGE GROUP INDICATION: 0 – 49 50 – 65 66 – 75 76 – 95 + [circle one]

Privacy Act Requirements: All information will remain confidential and will not be supplied to any other party. Please note promotional material may be inserted in mail outs for the interest of members.

ANNUAL MEMBERSHIP (please circle):

Single \$25.00

Double \$35.00

Donation \$

TOTAL: \$ _____

Online Banking: Kiwibank 38 9001 0051732 00

Cash - pay at office

Office Hours: 10am to 2pm Tuesday - Thursday.

Please note we do not have eftpos

(Renewals use membership number as reference.

New members use phone number)

Any donation to help with the cost of postage, envelopes, paper etc. would be very much appreciated.

President's Word - continued from page 2

there has been very little offered to increase the well-being of seniors. We are keen to protect our National Super and keep the age of entitlement to 65, improve health care, eldercare in hospitals and care facilities and of course housing, which does seem to be inching forward with more homes being built. It is a bit early to be sure that this will result in more affordable and accessible homes for seniors.

One MP gave some advice: "Make sure you enrol to vote. Don't vote on personality. Don't vote on party colour. Go to the party manifestos/policies and have a look at what you're interested in". Also, we say - will it make a positive difference to your life? We asked local candidates some questions about what they were going to do to improve the wellbeing of seniors and you can read their replies in the magazine.

Daylight saving is at the end of the month so spring must be here!

Happy reading – I'm off for a walk now.

Jennifer & the Team

ARCHIVES BELONGING TO TCC LIBRARY

Because the city library has been demolished there is a new facility at Mt Maunganui where all the archived books, maps, photos, paintings and other historical items are held by the library. A fantastic temperature and humidity-controlled room is being used with four staff members sorting, cataloguing and caring for them. All the items are systematically being scanned so the public can access them online at the TCC Library website. You do need to have a library card to log in.

Visits can be arranged to view material and they are always looking for volunteers to help catalogue and scan the items. Call 577 7177. Go to www.library.tauranga.govt.nz then click on Tauranga Archives Online/Pae Koroki

Meet the Candidates Meeting Coromandel Electorate

All Grey Power members and friends are invited to meet with the local Coromandel candidates at a meeting sponsored by Grey Power Waihi.

Come along and be informed so you can make a considered vote for our next parliament.

10am Friday 22 September

Baptist Church, Kenny Street, Waihi.
Kit Wilson: Meeting Moderator

THE DOMINO EFFECT

– AGED CARE ASSOCIATION NZ

For far too long, New Zealand has been underfunding the aged care sector. It's now become unsustainable, with residential facilities closing down right around the country. Looking ahead to 2030 and beyond, aged care beds will become extremely limited. And while this will directly impact our older New Zealanders looking for care, it'll also have a huge domino effect on everyone else. From burnt out healthcare workers, to families caring for Nan at home, to Kiwis facing unbearable hospital wait times, the 'Aged Care Crisis' will affect us all.

RIGHT NOW, THE SECTOR IS SHORT 12,000 NURSES.

As recently as last year, the sector was short of over 1,200 aged care nurses. It also had a nurse vacancy rate of 20% and an annual turnover of 50%. When aged care facilities don't have enough nurses, they're left with two options. The first is for existing nurses to cover the extra hours. No one wants staff who are overworked, therefore the second option is often taken: closing beds.

BY 2030 WE'LL NEED 13,200 MORE AGED CARE BEDS.

Over the next decade or so, we'll have 84,000 more Kiwis aged 80+. The number of beds needed to meet that demand is around 54,000. Right now, we have 40,800. To grow by 13,200 in that time, we'll need around 1,400 extra beds per year – which corresponds to 10 facilities. Under the current funding model, this simply will not happen. In fact, as of today, the supply of beds is declining, falling by 146 beds last year alone.

AGED CARE BED: \$372 PER DAY.

PUBLIC HOSPITAL BED: \$1,700 PER DAY.

With so many aged care facilities closing down, many of our seniors will be forced into public hospitals. This makes no long-term financial sense. Studies show it costs the Government around \$1,700 per day to care for someone in a hospital ward, while a break-even cost of a bed in aged care is just \$372. At just 21.8% of the hospital rate, this represents a significant saving for the health sector and country as a whole.

60% OF AGED CARE FACILITIES DON'T HAVE A RETIREMENT VILLAGE ATTACHED.

When people hear the term 'Aged Care', many think of retirement villages. This inevitably leads to questions around why we need extra government funding. But it's important to understand that while some of these villages do offer aged care and experience underfunding, they're able to lean on profits from their villages to fund their aged care services. Unlike the 60% of facilities run by charities, trusts or private owners.

WHAT WE NEED.

ULTIMATELY, WE NEED SUSTAINABLE FUNDING.

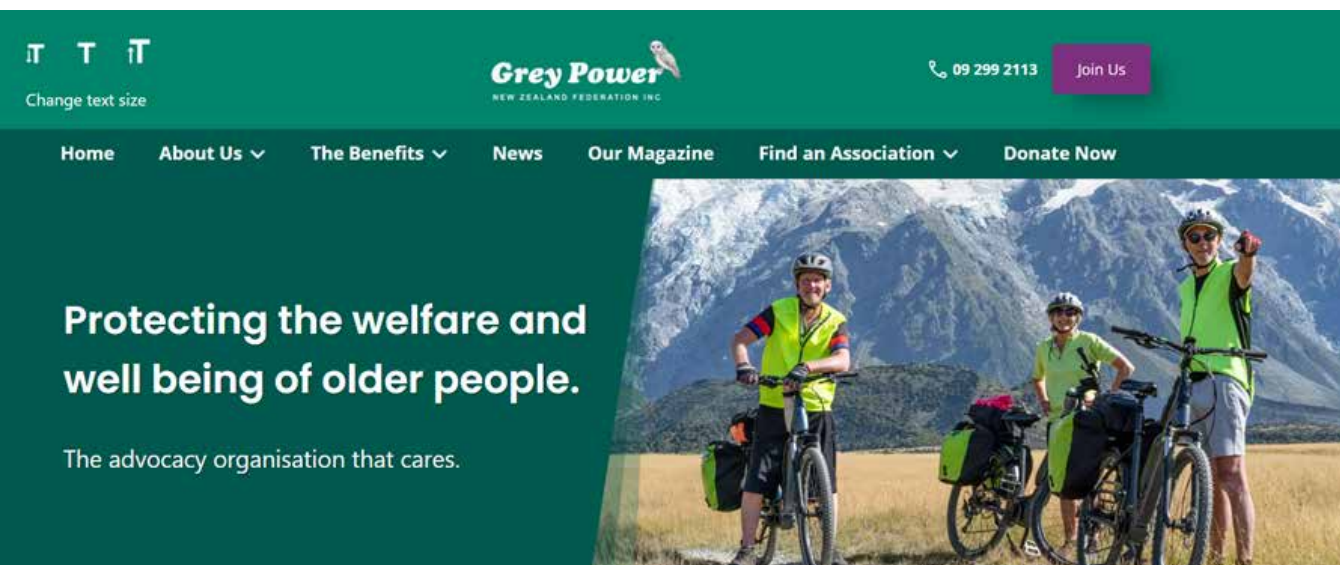
This year's cash injection helped pay our nurses a fair wage, but we need a smarter long-term approach to cover the basic costs. Each year, the government calculates how much funding each aged care facility needs. Then they ignore it. This results in underfunding each year, which has compounded into the issue we face today. And it will only get worse. Sustainable funding will give us:

- Enough beds to meet the projected increase in older New Zealanders.
- Quality staff who stay in the sector due to good conditions and fair pay.
- Equitable access to aged care, no matter who you are or where you live.
- A positive effect on the public health system and country as a whole.

From: www.dominoeffect.co.nz

NB: Grey Power is very concerned about this issue and will be advocating any new ministers in parliament post the National Election. It helps if we all speak to our local MPs about this and make them listen to how it may be affecting you, your loved ones or remind them that this may impact their own family members in the future.

Launch of New Grey Power Federation Website



The new Federation Website was launched in August, and can be accessed at <https://greypower.co.nz/>

There is much to explore so please take a look at the website and share it with friends and family to promote the important advocacy work we are all involved in supporting.

David Marshall Vice-President Grey Power NZ Federation Inc

SAM UFFINDELL FOR TAURANGA

*Caring for
Tauranga's seniors*



Election Issues

Grey Power has focused its attention on 4 key issues, and evaluated the position of the 4 major parties currently represented in Parliament, and polling at 5% or more (up to the end of August.)

The issues were: The impact of the high cost of living for low-income households, access to equitable healthcare, the lack of affordable suitable accommodation for older people, and certainty to current & future retirees that NZ Super and supplementary benefits will ensure they can live in dignity in retirement.

With different parties making policy statements as the campaign evolves, trying to determine

exactly where each party stands on issues has been challenging, and we encourage members to keep up to date with significant policy statements from the different parties. The charts attempt to summarise the political parties promises on each issue. While every care has been taken to fairly represent each party, please check official party websites for latest policies and updates. For those seeking information on candidate's stance on moral values refer to www.ValueYourVote.nz.

High Cost of Living

Labour: Remove GST from fresh fruit and vegetables. No capital gains tax. Keep winter energy payment.

National: Cut tax by adjusting income brackets to account for inflation.

Funding of tax cuts via: 15% stamp duty on overseas buyers of properties, a raid on the Climate Emergency Response Fund; immigrants to pay more for visas; and taxes on offshore gambling sites operating in New Zealand. Reverse Auckland regional fuel tax.

ACT: Change to a 2-tier income tax system, with company, trust & top income taxes reduced to 28%. Tax credit for low & middle incomes.

Winter energy payments will target those most in need – beneficiaries & over-65s with a Community Services Card.

Green: Replace Jobseeker, Student Allowance & Sole Parent Support with a \$385 income guarantee for anyone out of work + \$135 for sole parents.

\$10K tax-free bracket, 2.5% tax on net wealth above \$2m. Minimum wage indexed with inflation.

NZ Super & Supplementary Benefits

Labour: No change to the current NZ Super settings. Will continue government contributions to the NZ Super fund.

National: Gradually increase the age for receipt of superannuation from age 65 to 67 with adjustments, not starting until 2044.

ACT: Increase the NZ Super eligibility age to 67, at a rate of 2 months/yr from 2023/24. Once the age reached 67, it would be indexed to life expectancy. Keep Super as universal payment. Index superannuation to inflation & remove median wage indexation. De-link the KiwiSaver withdrawal age from the Super age.

Green: Keep NZ Super at 65+ with \$16 a week more and maintain it as universal payment.

“The outcome of every election is determined by the people who take the time out to vote”

Equitable Healthcare

Labour: Current reforms aimed at removing “postcode health” and less duplicated management rolling out. Final Election Policies still to be announced

National: Fund \$4500/yr for first 5 years of nurse & midwife student loans if they remain in NZ. Automatic 6 month temporary visa for qualified overseas nurses & midwives & their families. \$10,000 grants for up to 1000 overseas nurses & midwives /year. 3rd Medical school at Waikato University. Ring-fence \$70m a year for Pharmac cancer treatments funded by re-instating \$5 prescriptions for all but Superannuitants & those on low incomes.

Breast cancer screening extended to age 74.

ACT: Independent review of Pharmac. Provide subsidies for common elective surgeries to be carried out in private hospitals. Introduce a more effective qualification evaluation of migrants, and permit the Health Minister to override regulatory decisions and introduce a physician assistant system to work with GPs.

Green: Provide free dental care for all. Review ACC, including extending cover to non-accidental and mental injuries, change funding to pay-as-you-go with levies on employers and employees and add risk-based levies. Double the disability allowance and co-design accessibility legislation. Phase out alcohol advertising and sport sponsorship. Increase Pharmac funding for new medicines and devices. Ensure all healthcare workers have fair wages & workloads. Free dental care for all. Free mental health services in every community.

Affordable Suitable Accommodation

Labour: Election commitments not yet announced. Aug 3rd statement on housing included the following:- Through public home-building programme. Already added over 13,000 additional public houses and on track to deliver over 18,000 new public and transitional housing places by 2024. Made changes to the systems that have prevented more housing from being built. Infrastructure Acceleration Fund for vital infrastructure needed for new housing – enabling 30,000 to 35,000 new homes over the next 10 to 15 years. New resource management system to cut red tape & costs and speed up the process.

National: Permit councils to opt out of the medium-density law. They will fund \$1b to encourage councils to deliver housing. Chris Bishop, National's Housing spokesperson told Grey Power that his party's ultimate aim was to make housing affordable to all with lower rents and provide more social housing. He also outlined the difficulties in getting bridging finance when building to downsize whilst the present home was being sold. Fund more private and government building and community services like the Salvation Army would receive more funding as well. Make it easier to be a landlord and restore rental rebates to the property owner.

ACT: Share half of GST revenue with councils that build new housing and replace existing building regulations with a compulsory 30-year building insurance. The ACT leader and deputy leader both spoke of the necessity to revise the current building and development restrictions to allow more houses to be built to reduce mortgages and rents. The accommodation supplement ceiling of \$8100 has not been increased even though rents had continued to increase and the ACT leader agreed that \$8100 was probably too low and felt people should have an operating allowance recognising the need for people to build or own their own property.

Green: Limit annual rent increases to 3 percent, implement a rental WOFs system, scale up Kāinga Ora and Māori-led housing, expand on shared equity, progressive home ownership and low-interest government loan schemes. Underwrite community housing, and government mortgage refinancing for new homeowners at risk of hardship. Bonuses for all, energy-efficient and accessible buildings, protections for urban trees and greenbelts, and a requirement that new housing be accessible under building code. Will review Retirement Villages Act, and require retirement villages to keep 25 percent of housing available for affordable rental units for seniors. Green's Senior's policy statement is to ensure public and community housing provides for the needs of senior citizens, and increased funding for papakāinga housing for kaumātua.

CHECK YOUR ENROLMENT DETAILS AT vote.nz or 0800 36 76 56

COULD PLASTIC-EATING MUSHROOMS SAVE OUR OCEANS?



Three hundred million tons! That's roughly the amount of plastic waste we produce every year and 14 million of that ends up in the ocean. At that rate, by 2050, the total mass of plastics in the ocean will exceed the total mass of all the fish.

Perhaps you've heard of the Great Pacific Garbage patch... a floating "island" of plastic that is twice as large as Texas?

There are actually five giant garbage patches plaguing the oceans... two in both the Pacific and the Atlantic, and one in the Indian. Once plastics are caught in the currents that create these islands, they're not able to escape and exposed to the sun and waves, they break down into microplastics.



The microplastics are ingested by a variety of marine life — birds, fish, whales, and turtles can all mistake these plastics for prey and eat them. They're undigestible and over time, the plastics build up in the animals' stomachs, making it impossible for them to eat and digest real food leading to starvation and ultimately their death.

These microplastics also enter our food chain and water supply and this exposes us to toxic chemicals that can impact our endocrine system, leading to immune disorders and neurological problems. The plastic problem in the ocean is likely to have other impacts on the ecosystem that we haven't learned to recognize or measure yet.

However, mushrooms may hold at least part of the answer.

When you think of where mushrooms grow, you probably picture shady damp spots in forests. The mushrooms grow under logs or on the trunks of trees.

Many of the mushrooms you're picturing, and their mycelia, produce enzymes to digest very specific kinds

of materials — wood or straw or even manure.

But some more exotic mushrooms can digest a wide variety of substances... even plastics. And that means mushrooms may be useful in cleaning plastics from our oceans. Astonishingly, students at Yale who are studying how Oyster mushrooms and Split Gill mushrooms can devour plastics while producing edible byproducts, also discovered a new species of fungus in Ecuador.

Named Pestalotiopsis microspore, this fungus can live solely on plastic and thrive in an anaerobic environment. That means it could be used in landfills to break down the plastics there at a much faster rate than they would normally decompose... without harmful, chemical byproducts.

In the future we may see waste plastic become much less of a problem as a variety of mushrooms and their mycelia are employed to consume it quickly, safely, and naturally. All this research gives hope that a natural solution to our ocean plastics problem is within sight. But implementation is still a way off.

While direct clean-up of ocean plastics may be possible in the future, another possibility exists that may be realised sooner... putting mushrooms to work eating plastics before they enter the ocean. That won't clean up the oceans, but it will help to slow the progression of the problem.

While the mushrooms may be able to break down plastics, whether they can do so at sea is another question altogether. Some fungi thrive in marine environments, so that's promising but obviously there are some logistics to figure out. In the meantime, the very best thing we can do is use less plastic.

From 'Incredible Mushrooms.com

ANNOYING CHORES WITH UNEXPECTED SCIENTIFIC HEALTH BENEFITS

Wash dishes: Reduce anxiety

People who cleaned their plates mindfully (focused on smelling the soap, feeling the water temperature, and touching the dishes) could lower their nervousness levels by 27%. Cleaning with a lemon scented cleaner could make you happier as a citrusy scent is a potent mood booster. Studies have shown a significant decrease in peoples overall mood disturbance, a measure of tension, anxiety, depression, confusion, fatigue and anger.



Making your bed every morning Boosts productivity.

Starting your day with a freshly made bed is what Charles Duhigg, author of The Power of Habit, calls a "keystone habit"; one that has a ripple effect to create other good behaviour. He notes that making your bed every morning is linked to better productivity, a greater sense of wellbeing, and stronger skills at sticking to a budget. Bedmakers also report getting a better night's sleep than those who leave their covers messy in the morning.

Clean up your yard to prevent a heart attack.

People who did the most yard work, housecleaning, and DIY projects had a nearly 30% lower risk of a first-time cardiovascular event like a heart attack or stroke compared with those who were the most sedentary, according to a new Swedish study of 3800 older adults.

Banish kitchen clutter:

A recent study showed that people with super-cluttered homes were 77% more likely to be overweight or obese. The likely reason: it's harder to make healthy food choices in a chaotic kitchen.

Mow the lawn: Feel more joyful. There's something to that grassy scent. Australian researchers discovered that a chemical released by freshly cut grass makes people feel more relaxed and more joyful.

Growing flowers and vegetables can lower the risk of depression.

In a study out of Norway, people diagnosed with different forms of depression spent six hours a week gardening; after a few months, they experienced a notable improvement in their depression symptoms, and their good moods continued for months after the study ended. Doing a new activity and being outside in nature can certainly help, but some experts believe that dirt itself might be a depression fighter. A study found that there could be an increase in the "release and metabolism of serotonin in parts of the brain that control cognitive function and mood, much like serotonin-boosting antidepressant drugs do."

With spring well on the way, it's time to make the bed, do the dishes while inhaling the citrus smell of the cleaning products and then head outside with a broom or rake or get out the motor mower! Find a garden trowel and loosen the soil to plant some peas or beans. After all that grab a book and put your feet up in the sun!

REF: OVER 60

FOR THE BEST HEARING SOLUTIONS FOR YOU

All Brands - Latest Technology



- Customer centred philosophy
- Friendly, independent advice
- Prompt & excellent team service

TAURANGA
audiology LTD
Your local hearing specialists | Promed House FAMILY OWNED
07 577 6712 | Suite 1, Promed House
71 Tenth Avenue, Tauranga
www.taurangaaudiology.co.nz

PARACETAMOL versus IBUPROFEN – WHICH WORKS BEST AND WHEN?



This article was put together from Sydney University research because there is often misunderstanding about the two medicines. However, it is always better to consult your doctor for any ongoing pain and read the dosage directions carefully.

In most cases, pain and fever relief is as simple as a trip to your local supermarket for some paracetamol or ibuprofen. While both are effective at reducing pain, they work in different ways. So, deciding which one you should choose is dependent on the type of pain you are experiencing. Sometimes it might be appropriate to take a medication that contains both drugs.

In Australia & NZ, paracetamol is branded as Panadol, Paracetamol, Pharmicare, and other generic chemist brands. Nurofen is the common brand name for ibuprofen, which is also sold under generic brand names.

So how do you know which one to choose and when?

While ibuprofen and paracetamol can be taken for similar reasons (pain relief) each works in a slightly different way. Ibuprofen is a non-steroidal anti-inflammatory drug, which means it acts by blocking the enzymes that produce a group of chemicals called prostaglandins. These chemicals are important for normal body functions such as relaxing blood vessels, preventing blood clotting, secreting protective mucus in the gut and helping the uterus contract. They are also involved in inflammation, pain and fever.

It is still not completely understood how paracetamol works. Like ibuprofen, it is thought to act by blocking

the enzymes that produce prostaglandins, although through a different mechanism to ibuprofen. There is also good evidence that paracetamol interacts with the brain's endocannabinoid system and the "descending pain pathway", which inhibits the perception of pain.

Is one drug better than the other? Because they each provide pain relief in different ways, paracetamol can be better at treating some types of pain, while ibuprofen is better at treating

other types. But be wary of packaging that claims a medication is useful for targeting pain associated with a specific condition as these claims are not true.

Because it reduces inflammation, the Australian Therapeutic Guidelines state ibuprofen is the better choice for pain associated with osteo- and rheumatoid arthritis, period pain, some types of headaches, and for pain that comes from having an operation. Paracetamol does not reduce inflammation but it is a better choice when fever is associated with the pain, like when you have a cold or flu.

We can sometimes get better relief when we take both types of medicine at the same time, since each targets a different cause or pathway of the pain. If one pathway does not completely control the pain then it can be useful to target the other one. The effects of each drug can add together for a bigger effect.

Combination products that contain both paracetamol and ibuprofen in a single tablet include Nuromol and Maxigesic.

Using a combination product means you can take fewer tablets. However, the doses in these combined products are sometimes less than the maximum recommended dose, meaning they might not work as well when compared with taking the tablets individually. Other times, you can get the best effect by alternating doses of ibuprofen and paracetamol. This keeps the levels of the medication in the body more constant and helps to provide more steady pain relief.

University of Sydney - Ref: Over 60

HOW DROUGHT IN CENTRAL AMERICA IS PUSHING UP THE COST OF LIVING IN AUSTRALIA & NZ

Stephen Bartos-The Conversation

Drought in Central America can affect the Panama Canal which can raise cost of living in Australia and NZ. The 425 square kilometre Gatun Lake was built in the early 1900s to store water for the Panama Canal and water is needed to float ships so they can navigate the canal. Now drought has severely affected the lake's water levels. Because of this the Panama Canal Authority has had to cut the number of ships using it, hundreds of ships were queuing up to wait their turn.

In June, Newsweek magazine drew attention to a Canal Authority graph showing the water levels in the lake dropping to unprecedented lows. Water levels are now rising – but slowly and the Panama Control Authority says it will maintain restrictions on the passage of ships for a year. Delays mean higher costs and these in turn flow on to prices charged by wholesalers and retailers. We see it in the prices we now pay for the goods we buy. Supply chain disruptions are only one of the many reasons why the cost of living is going up. The Panama Canal problem is not even the most severe disruption at present. That dubious honour goes to the Russian invasion of Ukraine.

Australia and NZ as islands, are highly reliant on shipping for trade – both imports and exports. Imports include not only finished goods but also many of the inputs to our industries, including packaging and parts. If a spare part for a manufacturer in the US or Japan is delayed by the shipping queue, the buyer will go to another supplier to avoid holding up their production line. Generally, this means paying a higher price. If those suppliers sell to Australia or NZ, we also end up paying higher prices.

Sometimes the costs of a disruption filters into markets slowly, especially for items that are not traded very often and have few substitutes. Sometimes it is fast for the opposite reason. Eventually though the costs of delays catch up to everyone in both the direct and flow-on supply chains.

Most important of course is to reduce our contribution to global heating. If governments do not meet their targets for emissions reduction the problems and costs will multiply. However, temperatures have already risen and extreme weather is becoming more common. Strategies for dealing with the unavoidable impacts on supply chains include diversifying.

This would mean having more suppliers, all using different chains, so that if one fails, we have other options. Shortening chains by using more local suppliers where possible, would also help, as would embracing the joy of substitution – if one product becomes more expensive

or unavailable, often there is another just as good. And finally, we need to take more note of lessons from events far away.



Container ships queued up waiting their turn to cross the Panama Canal.

ATTITUDE

I randomly turned on the TV while I had afternoon tea and watched an episode of "Attitude". An American, who had lost both feet and his right hand, due to frost bite, spoke of his journey but ended by saying that in life, whatever the difficulties, 'focus on what you have rather than what you may have lost', and 'trying to do things is easy – achieving them, not so much but you will never know if you don't give it a go'.

This reminder of good advice resonated with me. I do mourn the loss of my youthful energy and resilient muscles when I want to dig up the garden, climb up my ladder, paint the house, move the furniture or frolic on the beach (just joking)! But I have to remind myself of what I do still have, limited though it be, and changing that mindset is a challenge in itself.

As we age and circumstances change, it's often a matter of looking to other things that can fill the gaps. Look back at what you were interested in when you were young are skills that you acquired but haven't used in a while. There are more often than not, groups pursuing these activities, join U3A or study online. Most of all have fun.

Jennifer

Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

COMMISSIONERS – TAURANGA CITY COUNCIL MEETING re LTP 2024 -34

Last month, our committee member asked the council's commissioners to prioritise the plight of senior renters as they considered the council's role in the newly established Bay of Plenty Housing Equity Fund. The commission was considering approving an initial investment of \$10 million into the Fund. A transcript of her submission follows.

"Thank you for the opportunity to speak today. I'm representing Grey Power Tauranga & WBOP. Grey Power is an advocacy organisation promoting the welfare and well-being of all those citizens in the 50+ age group. My role on the local committee is to advocate for safe and affordable housing for our older residents.

Through my volunteer work with Grey Power and my day-job in Seniors Real Estate I have been regularly approached by distressed superannuitants trying to find affordable rental accommodation.

In Tauranga, which is one of the three most expensive cities in New Zealand for rental accommodation, it is near impossible to find somewhere to live on New Zealand superannuation – if you still want to eat.

I wanted to help the people that approached me. I learnt about the accommodation supplement, only to find that it wasn't available until an applicant's savings had dwindled. I looked for affordable seniors housing rental options only to find that with the exception of a few community organisations there was almost nothing available. I found getting into Kainga Ora housing (where much of Tauranga's Elder housing now resides) required an applicant to get onto the MSD wait list which can be a year-long.

Even when a suitable public sector rental was found, some landlords were wary of older tenants and their ability to look after the property. I spoke with an 80-year-old lady that had been turned down five times. One 80+ year-old gentleman ended up looking in the "flatmates wanted" advertisements.

I'm here today because I struggled to find satisfactory solutions for the older people that I was trying to help. Superannuation is not providing for many of Tauranga's vulnerable older people. The lack of options, the lack of security, the stress that potential homelessness causes at an older age is deeply concerning.

A large senior's population combined with expensive rents makes Tauranga vulnerable to a looming crisis that will be caused by an increasing number of renters, an ageing population and a lack of age-appropriate housing.

Although Tauranga City Council has now removed itself from active involvement in elder housing there is still the opportunity to take steps to prevent distress in our vulnerable older community.

There are several small villages that are flourishing for their elderly residents. These villages have age-appropriate housing, managers that mow the lawns and wash the houses and provide assistance where needed. They often have a clubhouse where residents can get together.

In other parts of the community there are community housing organisations working in successful partnership with developers. The developers provide the infrastructure and the community organisations guarantee tenants, rent payments and care of the properties.

Our request to council is to not let the elder housing funds go into a general accommodation pool. It is important for Tauranga renters that the elder housing funds are ring-fenced for elder housing.

There is an opportunity for Tauranga City Council to create a better future for our elderly renters with a guiding strategy to increase elder housing by encouraging collaboration between community housing organisations and private businesses.

Please don't let Tauranga rely on central government when our local requirements are unique to our city. Please return the elder housing funds to our senior population – which ultimately is all of us.

Vanessa Charman-Moore

Now That's Interesting

Before parchment was made from paper, animal skins served as its basis. That all changed in 1847 when a pair of French scientists, Jean-André Poumarède and Louis Figuiet, discovered that by dipping paper made of wood pulp into a mixture of sulfuric acid and then a water/ammonia bath, it became durable for a variety of uses, including baking and food storage.

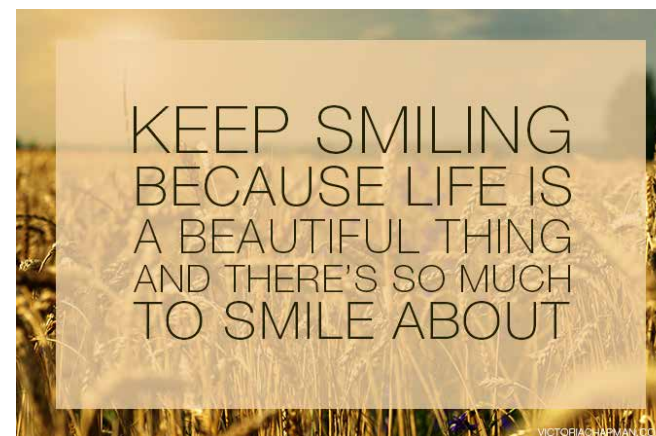


MYTH: YOUR CAT IS FINE OUTSIDE

The Facts: *Cats are naturally curious creatures, leading people to think "but my cat WANTS to go outside." In fact, what your cat really wants is stimulation, and all the healthy stimulation a cat needs can be provided in a safe, indoor environment. Providing a variety of toys, dedicated playtime, and a window with a view will keep your indoor cat happy and healthy. Need further convincing? This sobering statistic should do it. According to Dr. Dawn Ruben, US, outdoor cats have an average life span of 4-5 years, while a full-time indoor cat has an average life span of 12-18 years.*

The Bottom Line: *You are responsible for your cat's wellbeing. Your cat will live much, much longer by being indoor-only, in your safe and happy home.*

This statement from 'The Moderncat.com' is talking about USA where they have many more predators that can make life dangerous if cats live outside. It's a slight reverse here because there is growing concern that our cats are eating our birds and some would like people to keep their cats inside. The push is to at least bring your cats indoors between dusk and dawn. My little cat is over 17 now and she has never been outside so I do speak from experience in endorsing the idea.



There are indications that the downturn in Tauranga house prices is easing. The number of new listings is down as vendors hold off coming into the election. The number of house sales has risen, with a little more urgency in the market due to dropping stock levels. The election may bring the investors back into the market depending on the result.

On a personal note, this winter was exciting for Seniors Real Estate after joining Independent Agent who provide administrative and compliance services for boutique real estate businesses. This move has provided:

- The opportunity to choose the best commission rate for our senior clients.
- A spring marketing special to celebrate the progress of Seniors Real Estate.
- A referral reward for Grey Power members (\$500 to the referrer and \$500 to Grey Power Tauranga & WBOP) for a successful listing and sale.

Please get in touch for details on these offers.

Seniors Real Estate Tip:

Most retirement villages have now stopped charging weekly fees after a resident has vacated their license to occupy dwelling. Check the fine print if you are considering moving into a village.

Vanessa Charman-Moore is a Tauranga Seniors Real Estate specialist.

For more information, see Vanessa's advertisement below or visit www.seniorsrealestate.co.nz

SENIORS REAL ESTATE

Vanessa Charman-Moore 027 242 7646
Independent Agent Ltd Licensed Agent REAA 2008

A Later Life Journey

First published in **Tui Motu Interislands**, May 2022, and is reprinted here with the author's permission.



Trish McBride became one of Bupa Crofton Downs' Foundation residents, moving from her home in Broadmeadows, Wellington, in 2022 to a new life in the village. The RVA is delighted that Trish has agreed to allow us to reprint her story here.

I've loved this house passionately for 21 years. And here I am choosing to leave it. It started six months ago. I sorted through a couple of boxes of papers (life was lived on paper till the late 90s), then the thought: Anyone would think I was going somewhere. Followed immediately by – 'Do it now!' Really? Thinking it through. At almost 80, I am tired of climbing stairs and maintaining a house and garden. Offspring are mostly not geographically accessible and hugely busy. There's a brand-new retirement village 5k down the road – life needn't change that much. Isn't it better to make this decision for myself rather than wait till someone has to make it for me? Sorting my belongings myself, not leaving it to others. Praying through all this. Discovering close friends are going there too. Eventual ongoing care would be available. The company's a good philosophical match – no shareholders, an excellent reputation as an employer, sustainable materials and methodology in the build. Signing up.

Then the distilling of my life treasures and memories to fit into half the space I now have. Actively choosing to let things go as part of the spiritual and material preparation for my next life-phase. Wondering deeply about good homes for special things.

Three of those choices will remain as satisfactions. Antiquities collected by my father on wartime service in Palestine have gone to the Classics Department Museum at Victoria University where I studied. Three bits of terracotta, one with hieroglyphic writing, assessed as from 2000 BC, are from Ur where Abraham was born about that time. Such a powerful connection with my faith roots!

Two of my art works about healing have gone to Women's Refuge. A circle of little clay women that had been broken, carefully mended and were 'Dancing Anyway'. The other, a painting called Becoming Whyse on the many 'Whys' of grief.

Then there's the local kindergarten who delightedly receive all sorts of things – scrap paper, ice-cream

containers, craft stuff that I might have used but didn't, a shell collection and much more. A wonderful symbiosis!

And of course, lots to family, including family history and treasures, now passed on to the next generation. All an acknowledgement of the reality of death, not discernably imminent, but inevitable. I've been drawing on the lilies of the field and the birds of the air, and on Buddhist wisdom for easier aging: Don't cling – to possessions, opinions, self-image and more. Sadness at realising that the wedding era oak bedroom suite can't be fitted in to the apartment. Don't cling! Actively detaching from my beautiful home with the colours I chose still singing to me, all day sun, the stunning view of harbour, mountains and Cook Strait. Choosing to believe it is time for someone else to have these joys. Don't cling!

Discovering three people from church are going there too, one of whom will be my next-door neighbour. With the friends, a good basis for a new community. Then the panic about all the things that won't work for me. The horrible grey carpet – I commented on this to a wise son. His reply: 'It is a very first-world problem, isn't it?' Of course! Don't cling! The prospect of early morning truck noise from the next-door supermarket. Replace horror with 'These guys have driven all night so we can have food.' A real urge to pull out. Prayer for wisdom. The response: 'That's where I want you'. Acceptance and peace.

My beloved long-dead mother-in-law has been a role model in this, as in so much else. She was a dedicated Franciscan tertiary. I, as her main carer, was off overseas for two months, and expressed concern for her well-being. 'Oh', she said, 'I'd better go into care. Pass me the phone book'. I spluttered 'But, but..'. It happened quickly. She loved it. I overheard a conversation between her and another new resident: 'Columba, don't you miss your house? I miss mine dreadfully'. Response: 'No - I'm a Catholic.' I knew exactly what she meant, but laughed as I imagined the poor questioner's bafflement.

Choosing our own timing was our way – others make their choices differently and must do what's right for them.

Find out more at www.retirementlife.co.nz

Trish is the author of three books –

- Faith Evolving, A Patchwork Journey (2005)
- Exploring the Presence, More Faith Patches (2011)
- A Love Quilt, Later Faith Patches (2020)

© Trish McBride 2022

editorial supplied by Retirement Villages Association

Cleaning Tips to Give Your Second-Hand Furniture New Life

From Curtain Clean BOP Ltd

Whether it's wood, cane, fabric or leather, give your second-hand items a sparkling new lease of life with these cleaning tips and tricks.

Old or vintage furniture sometimes needs a little TLC and may be ready for a spring clean. A quick wipe-down or wash will suffice for some things, but how do you tackle those harder-to-clean items?

Cane:

Cane chairs, tables, shelves and bedheads, with their small crevices, can be dust magnets. Fortunately, you can remove dust with a feather duster, or a vacuum cleaner with a brush attachment, and use an old toothbrush for hard-to-reach areas. To get rid of dirt, most items can be wiped down with a damp cloth, and stains tackled with a soft-bristled brush dipped in a mix of gentle dishwashing liquid and warm water. Make sure not to leave your cane furniture wet after cleaning as mould can grow. Dry it with a fan or leave outside in the sun.

Wood:

Dust wooden furniture gently with a soft cloth, or damp cloth if needed. According to the Smithsonian's Museum Conservation Institute, wooden furniture should be cleaned only when there is a build-up of wax or dirt, and only unfinished wood, painted wood, or wood with a sturdy finish should be cleaned. Oily dirt or waxy residue can be removed with diluted mineral turpentine or a mix of mild detergent and water but take care this doesn't affect the wood or finish (do a spot test somewhere unobtrusive first).

The Smithsonian recommends avoiding polishes, oils and beeswax, and to instead buff with a stable, hard furniture polish, no more than twice a year for areas of heavy wear, and once every three or four years for other areas. Most other products will do more harm than good as they cause a build-up over time which can be hard to remove.

Fabric and leather:

You can dust fabric or suede surfaces using the brush attachment of your vacuum cleaner (on low suction), and wipe leather with a soft, damp cloth. Don't forget to clean in between the folds and creases of couches and chairs.

From dishwashing liquid to vinegar and baking soda, there are a number of household products you can use to attempt to get out a stain, but it is best to research the correct method for each specific item and type of stain and do a test first to ensure the product you're using won't damage the fabric.

Always dab rather than rub at the fabric to ensure you don't weaken it. You may need to repeat the process a number of times to fully remove a stain, and stubborn stains may need to be seen to by a professional.

10 HABITS TO CHANGE YOUR LIFE

1. Set three or four daily priorities.
2. Read for an hour a day.
3. Get 7-8 hours' sleep nightly.
4. Walk thirty minutes a day.
5. Listen to others and think before you speak.
6. Follow an intermittent fast/eat pattern.
7. Be present in the moment.
8. Give love freely.
9. Write in your journal for thirty minutes a day.
10. Save 30% of your income, if you can – if not, at least 10%!

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully up onto a stool.... After catching his breath, he ordered a banana split. The waitress asked kindly, "Crushed nuts"? "No," he replied, arthritis."



BAY CREMATION CARE

QUALIFIED AND EXPERIENCED
SERVICE AT AN AFFORDABLE PRICE

Phone: (0800) 777 433 | (07) 282 7922
Email: info@baycremationcare.kiwi.nz

www.baycremationcare.kiwi.nz

Funeral Directors
ASSOCIATION OF NZ
MEMBER

“A Home Companion: My year of living like my grandmother”

Author: Wendyl Nissen

If you're a bibliomaniac, like me, on a restricted budget, you buy fewer books than you'd like to. Instead, you haunt your local library and op shops for what is usually free and what is always cheap. Now and then you come home with something that truly delights you, and that's what happened when I can across A Home Companion in the Sally Army op shop on Cameron Road. Nissen has always been a writer I admire and I've got used to seeing her name pop up all over the place. She's obviously popular and well-known to readers and editors. So I didn't think I was taking too much of a risk in handing over \$2 and carrying A Home Companion back to my own dwelling only a few doors down from where I bought it. I was spot on and was very soon totally absorbed in Nissen's year-long journey towards self-sufficiency, a lifestyle we'll all be adopting if the cost of living continues to rise and urban dwellings to absorb too much of our incomes in mortgage payments or rent.

The main text is a totally engaging narrative of the charms and perils of abandoning your corporate suit for cotton dresses and leather sandals. It's packed full of incidents relating to the necessary adjustments any change demands, and anecdotes of Nissen's family and visitors. She shares generously all that she discovered and came to relish with her readers. She also records the challenge of dealing with three feisty chickens called Marigold, Hillary and Yoko ...

Nissen has woven into her book some personal history that helps to explain why the return to yesteryear living somehow became necessary and desirable. A Home Companion is also informative and inspirational on what sustainability means and how to achieve it. She is strong on the banishment of domestic chemicals and reports on her forays into resuscitating the natural, organic home-made products that women made and used in the past.

I tested for myself how effective these still can be. So far, I've tried the lemon dusters, homemade Worcestershire sauce, de-flea powder for Polly my cat, and oxalis weedkiller because I loathe that weed, though not as much as I hate kikuyu grass. Tonight, who knows, I might even try the milk bath. If it worked for Wendy (and Cleopatra) surely it will work for me?

I was unable to ascertain if A Home Companion is still in print, but it seems that Amazon might be able to supply it. Or you can try and buy it from any reputable second-hand bookseller, or try the library. I will certainly not be selling my copy, so please don't ask. I am dipping into it regularly and sharing gems from this treasury with family and friends.

Jenny Argante

TIPS TO FIGHT FOOD WASTE

With the cost of living so high, one way to save money is to not waste any food. We typically throw away hundreds of dollars each year on food waste. Plus, all the water, energy and fuel that helped bring those ingredients into your kitchen can end up going to waste as well. And when unused food ends up as landfill, it produces methane, a potent greenhouse gas.



Know when to throw: Use-by vs best-before
The use-by date shows when a product must be consumed by. It's a serious business, as eating something past its use-by date could compromise your health. Eating something after it has passed its best-before date, on the other hand, isn't necessarily unsafe, but the food may have deteriorated in quality.

Waste not, want not - Storing food correctly can help it last the distance. Here are the best ways to store seven common food items:

- Eggs In their carton in the fridge for up to six weeks
- Bread In the pantry or bread box for two to five days
- Cooked pasta Refrigerated and eaten within three days
- Berries In the crisper for two to four days
- Fresh meat Sealed tight in the bottom of the fridge for three to five days
- Milk In the coldest part of the fridge (not in the door)
- Avocados at room temperature until cut, then place in the fridge with the stone for up to one week.

Ref: Love Food Hate Waste, lovefoodhatewaste.co.nz and Healthy Food Guide.

CREAM OF TOMATO SOUP



A classic spring/summer dish you can whip up quickly and store more for later!

Ingredients

450g canned skinless tomatoes
Seasoning
60g butter/spread/margarine
60g flour
150ml water or white stock
1 onion
4 peppercorns
2 bay leaves
475mL milk
cream

Method

Tomato Puree: Heat 30g butter and sauté the sliced tomatoes and chopped onion together with bay leaves and peppercorns. Add water and simmer until quite soft. Rub through a sieve.

Base: Heat the other 30g butter in a pan and stir in the flour. Cook for several minutes and gradually add the milk. Bring to the boil and cook until smooth and thickened – season well. Remember this is a thin white sauce.

Reheat the tomato puree. Take both pans off the heat and make sure the contents are not boiling, then, using an egg whisk, whisk it all together. Adding cream will enhance flavour and texture – it also stops the soup curdling.

LIFE LIVED WELL

Life should not be a journey to the grave with the intention of arriving safely in a well-preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming –

“Woo Hoo what a ride!”

FISHCAKES WITH TARTARE SAUCE

Ingredients

- 600g floury potatoes (eg agria), peeled and cut into chunks
- 500g hoki or other fish fillets or tinned fish
- 200g frozen peas or other vegetables
- 2 tablespoons plain flour
- 2 teaspoons sunflower oil
- Salad or vegetables when serving

For the tartare sauce

- 150g reduced-fat Greek yoghurt
- 2 teaspoons capers, chopped
- 2 tablespoons chopped fresh parsley
- zest and juice ½ lemon
- 4 gherkins, chopped

Instructions

1. Steam the potatoes for 15–20 min until tender. Drain thoroughly, tip into a large bowl, then mash until smooth. Add salt.
2. Meanwhile, put the fish in a pan and cover with boiling water. Bring to the boil, cook for 1 min, then turn off the heat. Leave the fish in the pan for 5 min, then drain. Discard the skin, flake the fish and add to the mashed potatoes.
3. Cook peas/veg then drain and add to the potato bowl. Mix well, season with freshly ground black pepper and shape into 8 fishcakes. Put the flour on a plate and use to lightly dust the fishcakes.
4. Heat the oil in a large non-stick frying pan over a medium-high heat, then fry the fishcakes for 3–4 min on each side until golden.
5. Mix all the tartare sauce ingredients together, then serve with the fishcakes and salad or cooked vegetables.

Ref: HFG



FRIENDSHIPS & RELAXATION



The majority of us have friends; some we have known since childhood and some just a few weeks. Much has been written about the benefits of having friends and the philosophy and psychology of why we have such a wide variety of friends. One of the reasons is that we have many facets to our personalities and different people bring out different aspects and the psychology of friendship and wellbeing has been studied by ancient philosophers and Eastern monks. Shakespeare also had a lot to say about the subject. Tragically these days there are many young people who search for friends and happiness on the big wide world of social media and when the going gets tough they find there is little substance to the images they have confided in or revered. I do so hope that the pendulum will swing a little way toward reality where young people are able to fully experience the happiness and wellbeing of interacting face to face with real human friends once again.

Long ago people reached out to communicate with new friends across the world by writing letters to each other and long-term friendships were forged. Friendships like any relationships can change over time – the other person may disconnect because their life has taken a different direction. Feelings and values can also change as we move through life so there needs to be give and take on both sides. I think one of the most important aspects is reliability and support which can be the binding agent that stands the test of time and changes.

It is good to increase our pool of friends from time to time and things like art and crafts, singing, gardening, sport, learning and exercise are all types of activities that can create opportunities to make more friends and enrich our minds and bodies as well.

An article on 25 Ways to Relax with input from psychologist Lisa S Larsen shows there are many ways to relax and meet people and they don't need to be expensive or time consuming.

If nature is your thing – visit a rose garden, a botanical garden or pick a pretty street and walk round the footpath admiring everyone's efforts – take a friend.

If you've been working really hard, find a really comfy place to curl up with a book and a cup of tea and enjoy the peace and quiet.

If you are fit and well head off into one of our bush walks or keep to the many boardwalks round the wetlands and parks – take a friend. Something that happens every day and we rather take for granted – the sun rising and setting. It's usually very easy to stand at a window and watch the amazing sight of the sun retiring for the day. If you're a morning person, some sun rises can be even more magical – ask a friend to join you.

If you still have a record player and some old LPs, play some of the songs and tunes that you remember from way back and sing along. It can be a great mood booster and you might think of joining a singing group!

If you have a dog – clip on its lead and go out for a walk

and you might meet someone else out walking and you can say hi! Even if you have a cat or a bird, put aside 10 minutes to stroke or pet them and this rewards both parties.

If you enjoy reading or research – head out to the library. It's quiet and full of books on so many subjects and the staff are usually very helpful. There is an increased amount that can be accessed online if leaving the home is not an option. Everything from fiction to reference to archival material.

If you enjoy art – find a paper and pencil and challenge yourself to do a sketch of a plant, vase, fruit or just anything. Next time you're at the library or an op shop, you may find a book on sketching and find you have an undiscovered talent.

There is another area that deserves a mention and that is the esoteric world that with technology crowding every available spare moment, gets rather forgotten. Having said that, there are actually an increasing number of people turning to a more philosophical outlook and meditation classes are not uncommon. Yoga has for years encouraged people to connect with their senses. Try each day to really look at 5 things, smell 5 scents, hear 5 sounds, touch 5 surfaces and taste 5 foods – just for 2 or 3 minutes. Play a game of imagining the taste of foods that you ate in your youth. Don't do this all at once and/or while in a hurry. We depend on these senses to experience things, warn us of danger or delight in the unexpected. If you fall very still for 30 seconds it is amazing what you can hear and smell – try it. It can be very calming but also rejuvenating.

There are many other examples of how to relax and enjoy life which can improve your health long term and will certainly do a lot for your mental and emotional wellbeing. One such example was me being talked into going to see the Barbie movie with a group of friends. It was a super outing with lots of laughs and photos and the movie was very colourful and bright --- and pink!

Next month on October 1st it is the International Day of Older Persons. The theme this year is "Resilience of Older People in a Changing World". This is a nod to the digital technology that many older people are unfamiliar with and find the changes hard to cope with. This is a good time to ask a friend to give you a hand or at least a few tips on how to navigate your way round this territory. Either that or have a 'Barbie' couple of hours at the movies!

Jennifer Custins

The following are local service centres where you can call in without an appointment to see a JP free of charge.

Arataki Community Centre, Zambuk Way, Mt Maunganui - Mondays & Fridays 10.00 am – noon

Bethlehem Community Church, 183 Moffatts Road
Friday 10am - 12 noon

Courthouse, McLean Street
Monday 1pm - 3pm
Tuesday 10am - 12 noon
Wednesday 11am - 1pm
Thursday 1pm - 3pm
Friday 1pm - 3pm



Greerton Library, 139 Greerton Road, Gate Pa
Tuesday 2pm - 4pm
Thursday 2pm - 4pm

Holy Trinity Anglican Church, 215 Devonport Road
Wednesday 12 noon - 2pm

Katikati Resource Centre, Beach Road
Friday 10am - 12 noon

Mount Maunganui Library,
Tuesday 11am - 1pm
Friday 11.30am - 1.30pm

Otumoetai/Matua, St Columba Church,
502 Otumoetai Road
Tuesday 10am - 12 noon

Omokoroa Library and Community Centre,
Western Ave
Thursday 10am - 12 noon

Papamoa Library, Gravatt Road
Monday 5pm - 6pm
Wednesday 10am - 12 noon
Saturday 10am - 12 noon

Tauranga Multicultural Centre, Historic Village
Thursday 11.30am - 1.30pm

Te Puke Library, 130 Jellicoe Street
Thursday 10.30am - 12.30pm

The Crossing Shopping Mall,
2 Taurikura Drive
Saturday 10am - 12 noon

Welcome Bay Community Centre,
242 Welcome Bay Road,
2nd & 4th Wednesdays 1pm - 3pm

Please note Service Centres are closed on public holidays.

SPINAL HACK:

TIPS FOR DEALING WITH LOWER BACK PAIN

By Nicky Pellegrino, NZ Herald



The one factor that can prevent another episode of back pain is physical activity. Health professor Manuela Ferreira says even a short walk can help.

Bed rest used to be the advice given to those with lower back pain, but now we know that the sooner someone can get moving again, the better. Experts now tend not to recommend bed rest at all, since lying down for more than 48 hours may actually delay recovery, as the body stiffens and weakens.

With an ageing population, it is estimated that by 2050, there will be more than 800 million cases of lower back pain worldwide – a 36% increase from 2020. That number comes from research done at the University of Sydney, drawing on data from more than 100 countries.

Professor Manuela Ferreira, believes we have to improve our approach to lower back pain. “The spine was made to move,” she says. “The fact it has so many

joints should tell us something. But there is still this belief that, if you have back pain, then bed rest is a good option when, in fact, research has shown the one factor that can prevent another episode of back pain is physical activity.

“The secret is to move in a way, and to the extent or duration, that you can tolerate. Even just moving around, rather than sitting the whole day, is helpful.”

Pain medications tend not to be much help for lower back pain. Paracetamol has been found to be no better than a placebo, and non-steroidal anti-inflammatories, such as ibuprofen, are only slightly more effective. Back pain is a complex and multifactorial condition,” says Ferreira. “It’s not like a toothache; it’s really much more similar to cardiovascular disease in that it’s about healthy lifestyle behaviour “.

Older people are more likely to be severely incapacitated, with a loss of mobility and independence, so staying active within physical limitations is particularly important. Tai chi has been shown to be helpful, and Ferreira says even a short walk or gentle stretching session can provide benefits and speed recovery.

If you include all those who will have knee, hip and neck pain in 2050 in addition to the 800 million-plus cases of lower back pain, it adds up to a lot of chronic conditions, she says.

“We won’t have the healthcare workforce needed to deal with that, so we had better make sure we find the right and most efficient prevention strategies.”



Get back your independence.

Regain your independence with your very own TM3 Trike. Go wherever you want to go in supreme comfort and classic style. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes.

Order yours today and get your very own TM3 Trike for only \$4,500 tested and delivered right to your door. Buy online or call us and get back your independence today!

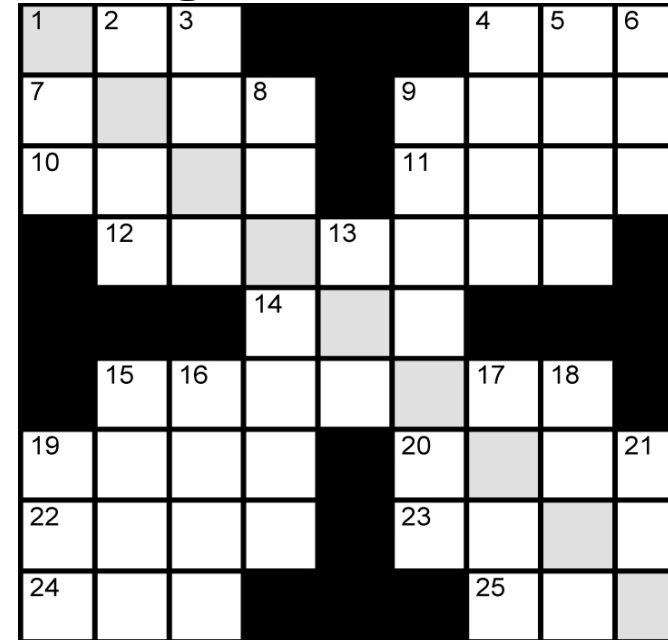


EV Bikes NZ, 508 Ferguson Street, Palmerston North

★★★★★
CALL US
0800 222 249

★★★★★
BUY ONLINE
EVBikes.CO.NZ

The King Falls



Across

- 1. Computer monitor, for short
- 4. Summer mo.
- 7. “Hold it right there!”
- 9. A lot of lot
- 10. High schooler
- 11. Peacock’s pride

Down

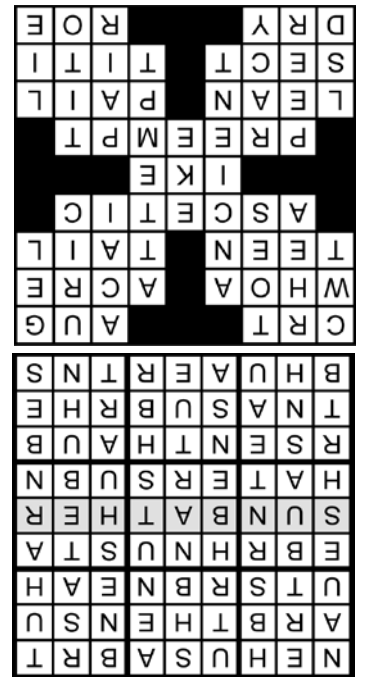
- 12. One who leads a Spartan lifestyle
- 14. White House nickname
- 15. Replace in the schedule
- 19. Gravitate (toward)

- | | | |
|-----------|----------|------------|
| ADAM | GARROD | MILANICH |
| ALBRIGHT | GARSTANG | OLIVER |
| BELL | HAWASS | ROERICH |
| BIONDO | JOHANSON | SCHLIEMANN |
| BRAIDWOOD | KENYON | STEPHENS |
| CARTER | LEAKEY | STRUEVER |
| EICHMANN | LEHNER | VERRILL |
| EVANS | LUBBOCK | WHEELER |
| FEWKES | MALLOWAN | WOOLLEY |

- 20. Beach item
- 22. Religious offshoot
- 23. South American monkey
- 24. Like some martinis
- 25. 1973 Supreme Court decision name

Down

- 1. 100 lbs.
- 2. Perlman of “Cheers”
- 3. Little piggies
- 4. Antioxidant berry
- 5. Type of acid linked to gout
- 6. Salon supply
- 8. Very old
- 9. Try
- 13. Barely manage, with “out”
- 15. House of Lords member
- 16. Off-color
- 17. Twosome
- 18. One of the Jackson 5
- 19. “Acid”
- 21. Golfer’s concern



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

ARCHAEOLOGISTS



How to solve WORDOKU puzzles. You only need logic and patience to solve a wordoku. Simply make sure that each 3x3 square region has only one letter from the word SUNBATHER. Similarly, each letter can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

\$75 OFF YOUR POWER BILL.*

Sign up to Grey Power Electricity before 30 November 2023 and receive a \$75 credit off your first power bill*. Simply mention the promo code 75OFFBOP when you join.

greypowerelectricity.co.nz/75offbop

0800 473 976

As a Grey Power Member, you have access to Grey Power Electricity's low cost energy rates, unlimited broadband plans and landline phone packages.

*Terms apply. Visit greypowerelectricity.co.nz/75offbop



Grey Power
Electricity®

LIVING LONGER

We had our quarterly regional meeting earlier this month where we discuss national issues but particularly those that affect our own regions. Transport is a big one for those who lose their drivers licence but still need to attend medical appointments, get shopping and visit family. Public transport is being pushed by political parties and local councils, but an efficient service is not happening fast enough. Also, more funding needs to go to shuttle services for medical appointments and this is a chronic situation for people living outside city centres such as Te Puke and Katikati for instance.

It's an anomaly really – we have strived over the last 20 years to eat better, exercise more and medical know-how has progressed in leaps and bounds to enable us to live longer. We are at a stage now where we are extending our lives but still have age related needs and the state of the economy is struggling to cope with the growing demands. More and more people are needing assisted care either in their own homes, care facilities or hospitals. Although there is not necessarily a shortage of actual beds, we have lost the work-force to care for people in those beds (Read article on 'The Domino Effect'). Hopefully, in the not-too-distant future this situation will have rectified itself with more young people being trained or we turn to technology and robotic aids.

Internet banking

- Ensuring accessibility

While there are clear positives to the widespread use of mobile payments, one of the potential stumbling blocks has been the issue of accessibility. As the global pandemic spread in 2020, concerns were raised that China's older cash-using residents were being excluded by the push towards mobile payment options.

New Zealand could face similar issues. Concerns have already been raised by the reduction of bank branches in favour of online banking and what this means for older people and those with limited access to the internet.

While 95% of New Zealanders have access to the internet – either via landlines or on their phones – 31% of those in social housing and 29% of people with disabilities report not having any access.

Considering the documented benefits of mobile payments and their growing usage, service providers should invest in easy-to-use user interfaces for people from all walks of life. If managed well, the growing popularity of mobile payments in New Zealand could positively impact society, promoting financial inclusion, convenience and wellbeing.

Ref: The Conversation

Federation AGM and Board Snippets

The Federation AGM was held at the end of June, and Jill Marshall was the delegate representing our local Association.

The Minister for Seniors, Ginny Anderson, spoke about various initiatives the Government was offering, including a Senior Enterprise Pilot and extending the digital help programme for Seniors.

Remits passed included one that the Federation lobby Government to ensure that rest homes provide a reasonable proportion of standard rooms for those less affluent retirees becoming eligible for Rest Home care. There was also a call for lobbying aimed at fast forwarding the more affordable homes – especially for seniors across the country.

A survey of non-members aged 50-75 was highlighted, demonstrating that 45% were interested in joining Grey Power, and 42% were unsure, while only 13% were not interested. Having this level of support around the country would ensure that Grey Power had a very strong voice when advocating for the welfare of older people.

A workshop included looking at ways of increasing membership and more effective lobbying, with the

ideas passed to the relevant working groups for action.

The CEO from Pulse Energy, Sharnie Warne, spoke on celebrating our 10 years partnership with Grey Power Electricity. This has benefited members with good value power and broadband, as well as supporting the Federation's advocacy work with significant funding.

An excellent presentation from the Retirement Commissioner, Jane Wrightson, was encouraging to all delegates as she highlighted the reasons for keeping NZ Super settings as they are, and those who needed additional assistance to be able to live in dignity as we age.

Our local Vice-President, David Marshall, was elected as National Vice-president for the Federation for the next 2 years.

The Board met a month later and allocated responsibilities for the remits that were passed at the AGM, as well as allocating portfolios to support the advocacy work, and running of the organisation.

In August the Advocacy Team met with key politicians and other organisations to focus on 4 main issues for the election (See Election Issues pages 6 & 7).



B.O.P. MEMORIALS
The Bays Headstone Shop

Your Local Monumental Masons
Largest selection in the Bay of Plenty

Your Local Suppliers of:

- ♦ Granite Headstones & Grave Covers
- ♦ Custom Designs ♦ Granite & Marble Statues
- ♦ Laser Etching Specialist ♦ Porcelain Photos
- ♦ Photo Ceramic Tiles ♦ Bronze Plaques
- ♦ Granite Plaques & Recumbent Desks
- ♦ Memorial Repainting ♦ Grave Restorations

We are a family owned & operated business who has been servicing the Bay of Plenty & wider areas for over 27 years. We are here to help you with all your memorial needs.

Showroom Locations

Tauranga
11 Pyes Pa Road, Pyes Pa
Phone: 07 543 2910
tauranga@bopmemorials.co.nz

Mt. Maunganui
1/3 Marlin Street, Bayfair
Phone: 07 574 4155
mount@bopmemorials.co.nz

www.bopmemorials.co.nz

If you are local & unable to visit one of our showrooms & would like one of our team to visit you, please call us to make a time for a home visit.

the good companion

**YOUR CARE.
YOUR CHOICE.**

New Zealand Elderly, Disability Companionship & Care Support, Home Care Support, Live-In Care Family Respite, Chronic illness, Disability support, Dementia and Palliative Care Support

For all enquiries,
phone 0800 457 044 or go to
www.thegoodcompanion.co.nz



\$500 FOR YOU \$500 FOR GREYPOWER

When you refer a property and it sells

ENQUIRE NOW

027 242 7646

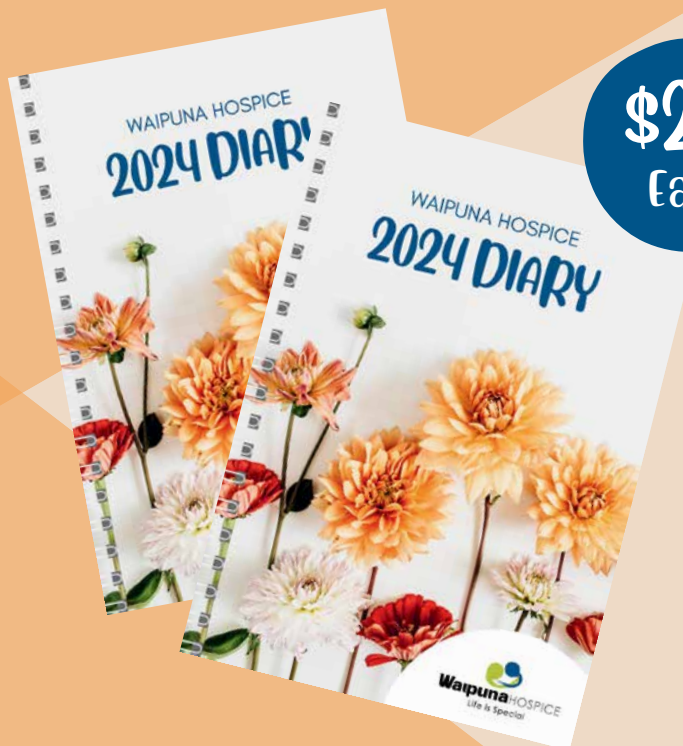
www.seniorsrealestate.co.nz
vanessa@seniorsrealestate.co.nz

SENIORS
REAL ESTATE



Market low fees

Independent Agent Licensed REAA 2008



\$20
Each

**Order your
2024 diary
today!**

Get your copy by going to
waipunahospice.org.nz/product/2024-diary
or visiting any Waipuna Hospice
Charity Shop.

