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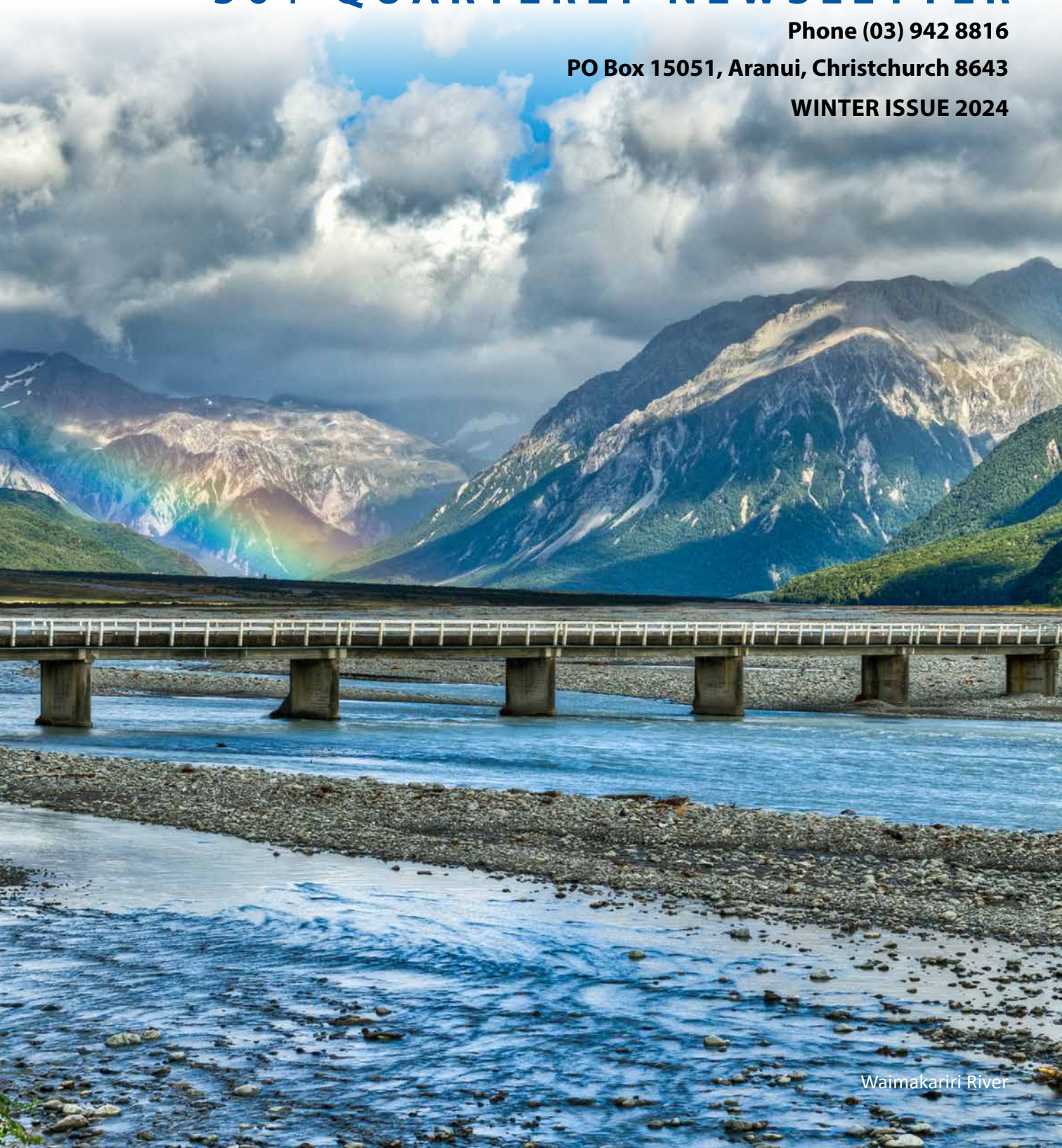
GREY POWER

50+ QUARTERLY NEWSLETTER

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Waimakariri River

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GREY POWER ELECTRICITY

We know a lot of you use Pulse Energy and a lot of you pay online when your Pulse account is due. Unfortunately a lot of our members are paying their accounts into their Grey Power Membership. Then we have to try and get hold of you to tell you what has happened as this payment shows up on our membership bank statement. We can sort this out but it can sometimes take a wee while to process Thanks

JUST A FRIENDLY REMINDER

Presidents Word

Hope you had a great Easter. Already in the fourth month of the year, I'm sure the older you get the quicker the year goes.



Now into a busy time for Maureen and myself, with renewals. We appreciate all who have paid, but a reminder please to those who set up a direct debit the amount for single increased to \$25 in 2021 when Federation increased their fees. Double is \$35. When we receive a donation, which is always gratefully received, please advise me the Treasurer so I can forward you a receipt for tax purposes. If you have not received a letter regarding your donation, email me with your name, address and date of donation so I can forward you a receipt please. joeannferrari@gmail.com

We have had some interesting speakers this year and hope to see you at our next Social. Always the 3rd Wednesday in the month, except for January and December. St Martins Church 50 Lincoln Road, Christchurch.

Take care and prepare yourselves for the Winter.

Ann Ferrari | President



PLEASE SUPPORT OUR ADVERTISERS

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Our Owl is our symbol

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



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



Christchurch City Mission

Te Whare Mīhana Ki Ōtautahi

It hurts all of us when we know there are children suffering because we know they are innocents, they are vulnerable, and they depend on adults.

Children should be protected from hardship as much as possible while they are growing up.

Many charities in Christchurch do wonderful work to help children who are lacking the care and supportive upbringing they should be getting. But not many people realise how much we do to help children here at the Christchurch City Mission. Partly that is because when you help the parents and guardians, the kids get helped indirectly, and so our work can be hidden a little among all the statistics.

Each year we prepare an Impact Report to sum up our work and in the last report which covered 2023 we decided to take a good look at how our charity work helps local children. We were surprised and pleased at how much we did.

An obvious area is our programme to help families with school costs like uniforms and stationery. This is managed by our social workers who assess the families and provide vouchers to those who need help. Last year we helped 189 families and provided 268 uniforms and that's a lot of kids walking into their new classrooms not feeling ashamed and different because of what they are wearing.



We also had a look at our foodbank figures. When families register with us and ask for help with food we check on their situation and also ask who is at home. From this data we can tell that of the 762,000 meals we provided to Canterbury people in 2023 an amazing 300,000 went to children aged 12 and under.



Our other most direct support is through our three youth addiction and mental health counsellors who provide free counselling to young people aged 13 to 24. Most of them have been sent to us by a central hub, which screens the young people first to find the best place and people to help them. In 2023 we directly helped 415 young people - almost as many as the roll of a entire small school.



As you can see, we might be generally seen as a charity for adults, but we do so much for children as well.

Ewan Sargent

Communications Advisor | Christchurch City Mission

www.citymission.org.nz | www.facebook.com/ChristchurchCityMission

Cervical screening is important

Cervical cancer is one of the most preventable. Regular cervical screening and human papillomavirus (HPV) immunisation are the best ways to protect yourself.

Screening allows for early detection, follow-up testing and treatment. It finds early warning signs before they become cancer.

Find out about HPV and cervical cancer at <https://www.timetoscreen.nz/about-this-site/contact-us/>, email screening@health.govt.nz or phone **0800 729 729**

BOWEL CANCER SCREENING

Bowel cancer is one of Aotearoa's most common and second highest cause of death by cancer. Early detection is important, and screen testing aims to save lives by finding the cancer at an early stage, when it can most often be treated.

Free, at-home tests are available to eligible people. For more about the test, on who is eligible and local initiatives <http://tinyurl.com/3mmmmrc8> - which includes videos in 11 different languages – or phone **0800 924 432** or email info@bowelscreening.health.nz



Free shingles vaccine eligibility

The shingles vaccination is free for 12 months after your 65th birthday. You need two doses, two to six months apart. The second dose will be free, even if you've turned 66. If you're eligible, you can get the vaccination from your nurse, doctor, healthcare provider, and some pharmacies.

One night, a Viking named Rudolph the Red was looking out of the window and said: "It's going to rain." His wife asked: "How do you know?"

"Because," he said, "Rudolph the Red knows rain, dear."

Prostate warning signs

Every man "of a certain age" has experienced the urge. You suddenly feel a strong pressure in your bladder and the need to urinate becomes an inevitable rush to a lavatory. Such urges can happen at night, disrupting vital sleep.

This rush is something that King Charles III, admitted to a London hospital in January, might have encountered prior to his decision to undergo prostate surgery.



Your kidneys produce urine. The liquid waste then travels down ducts called ureters to the bladder. In a male, the urethra runs through a part of the reproductive system called the prostate. Its function is to produce nourishing fluid that transports sperm.

As the body ages, factors such as family history, lifestyle and hormonal changes can cause the prostate to enlarge. This common condition, known as benign prostatic hyperplasia, varies in severity, and is often noticeable around age 50.

It's important to note that benign prostatic hyperplasia is not associated with prostate cancer and does not increase your cancer risk. However, it can make prostate cancer screening more challenging.

Therefore, regular check-ups including a digital rectal exam and discussions with your health care provider are crucial. If you notice changes in urination, consult your doctor.

Prostates can range in size from a walnut to larger than a baseball. All prostates grow, but not all prostates cause symptoms. A mildly enlarged prostate can cause noticeable symptoms such as a weaker stream when urinating or increased frequency, especially at night. A significantly enlarged one might not cause any symptoms.

King Charles' need for improvement in quality of life highlights the importance of paying attention to these symptoms.

This article was edited from a contribution to CNN from Dr. Jamin Brahmbhatt, a urologist. For the full article, including a discussion on effective medical and surgical options: <http://tinyurl.com/mr34jb7a>

How big is the risk of Covid and flu coinfection?

With both Covid and flu viruses circulating at high levels, how likely is it for someone to get both at the same time?

Fortunately, it appears to be rare.

Last year, the US Center for Disease Control (CDC) tracked coinfections in the U.S. and found just 3% of people hospitalised with the flu also tested positive for Covid.

This phenomenon, called viral interference, is where infection with one virus ramps up the body's immune system and can make it less likely to get infected with another.

Not being able to shake a lingering cough or runny nose is not necessarily unusual. Even a normal bout of respiratory infection can take several weeks to recover from.

Does it matter whether you're sick with Covid or flu?

It might. For example, it could make a difference in how quickly someone gets back to a regular routine.

With Covid, Health New Zealand | Te Whatu Ora recommends isolating for five days after a positive test or from symptom onset.

With flu, people are considered most contagious for the first three days of their illness and the authority recommends staying home until at least 24 hours after fever is gone.

Also, knowing which of the two viruses you are fighting can be important for people at high risk of having a bad infection. For people who are 65 or older, pregnant or immunocompromised, the antiviral Paxlovid can help protect against hospitalisation if taken in the first few days of a Covid illness.

If it's flu, a doctor can prescribe the antiviral Tamiflu.

For everybody else who is not at high risk of severe disease, the advice is simple — stay home if you're sick.

For the full article go to NBC Health at <http://tinyurl.com/yyxdrub>

Free Rapid Antigen Tests until June

Health Minister Dr Shane Reti, has announced that additional supplies of COVID-19 rapid antigen tests (RATs) will enable continued free testing through to the end of June. They will be available through the established national distribution network providers of health providers and some pharmacies, as listed on <https://www.healthpoint.co.nz/>.

Information about COVID-19, testing, treatments and support for urgent costs is at <http://tinyurl.com/32jxhtvd>



My Health Record is live

My Health Record is a secure website that gives people access to their immunisation records and COVID-19 test results. It also provides parents with children under 12 years old the option to link to their children's immunisation records.

Over time, Health New Zealand | Te Whatu Ora will make more information available, such as current and past medications, lab results and community services and high use card entitlements.

To sign up, go to: <https://identity.health.nz/>

HEALTH AND DISABILITY ADVOCACY

Health and Disability Advocacy is a free service that operates independently from all health and disability service providers, Government agencies and HDC.

Advocates should be able to help If you want to know more about your rights, get questions answered, or make a complaint. The service will:

- Help you understand your rights
- Listen to your concerns
- Talk through your options
- Help you to formulate and make a complaint
- Support you while you resolve your issue

Freephone: 0800 555 050
or Email: advocacy@advocacy.org.nz

Calling All Cats

A house was unattended with the occupants away
 They'd closed up shop and had
 a lot of things to do that day
 But little did they know there was
 a door they didn't close
 Cause in the doorway on the floor
 they'd left some garden hose

Well as the day progressed
 a sneaky visitor came in
 Twas next doors cat, she was anything but thin
 And after roaming the house,
 the lounge was in her sight
 A Grand Piano stood alone
 - the colour black and white

It may be true; it may be not
 but I can tell you now
 That I've heard music from a cat
 sometimes for over an hour
 But this time it was really true.
 The cat jumped on the stool
 Then pushed aside the keyboard
 cover - gee this cat was cool

She spread her paws revealed her claws and
 placed them on the keys With piercing eyes, she
 scaled the music - paused - but then she sneezed

It must be dust she told herself
 the music must be old
 So, she cleaned it with her whiskers'
 the pages shone like gold
 Suddenly disrupted by a Tomcat standing near
 She growled with Disapproval
 forcing notes into his ear
 The Tom was in a tantrum
 and it drove him up the wall
 A picture then came crashing down,
 together both did fall

Magically she started playing
 chords not heard before
 Up and down the keyboard
 as the sound flew out the door
 Kittens started dancing as the vibrant music played
 She sure became the master
 of the local Cat Brigade

By David Petrie©

Musical Farm Visit

In March our group headed down to Ashburton on the bus for our monthly trip. We went to a "Musical Farm" which is called 'At Violinos'. It is the only one in NZ and was developed by a talented lady named Ruth who comes from Switzerland. There is a Swiss flag flying out in front as a landmark.



Ruth converted a wool shed into a storage place for lots of musical instruments. There are organs of different sizes, violins and mouth organs, all of different sizes and so on... and Ruth can play them all. Outside there are little sheds with a multitude of things to play, drums and pipes to tap on to make tunes. A seesaw had a box in the middle with about 20 metal pipes lying across and some metal balls that roll back and forth playing notes as the seesaw fluctuates up and down. There is even a 'wind chime' that played a Maori tune. Inside we were all given a percussion instrument that were all hand made, including a 'turtle drum'. We all had fun keeping rhythms going. Our visit finished in an amazing Chapel like room with a wonderful performance in the form of a duet, with Ruth playing her violin and



her colleague playing his cello. Simply amazing. Apparently the place has been used for weddings and birthdays as there is so much entertainment available.

Thank you Ruth, Ka mau te wehi - Awesome.
Paul Carlsen

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TUI'S OUTINGS

Broadfield Garden Visit

Broadfield Gardens aim is a contemporary New Zealand Garden with design and planting that is relevant to our time and place, rather than attempt a Chinese, French or English garden. For example, we are striving for excellence in design planting and maintenance.

Originality is a high priority. The site is 4.8 ha of which about 3 ha is planted. Approximately 1.5 km Totoria hedges to frame the garden. The lines and proportions of garden design are by Landscape Architect Robert Watson and the plant choice is the owners. They have a viewing mound created from the excavations from the canal which, after the quakes and some settlement, is now about 5m high creating a change of level that gardeners like, providing a view over much of the garden, the Port Hills and Southern Alps. Planted mostly in grasses they tried to be hospitable to some plump Texans who were early visitors to the feature.



The vegetable garden is a larger space with a fruit cage to keep the birds off. We were shown a corn on the cob stripped down all corn gone by rats.

There are 19 themed sections of the gardens. At present they are spending 8-man days a week on maintenance and development. One person 5 days a week, 1 person 1 day a week and the owners do 2 days a week. In December 2015 the Garden was awarded "Garden of International Significance".

Overall it will take you about 1 to 1 1/2 hours to walk around the garden - truly magnificent. The gardens have been booked for Weddings, Funerals and Birthday parties.

Neville Wooton

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SAFETY CHECK FOR WINTER

With winter just around the corner and daylight hours getting shorter, it's a good time to attend to outdoor safety and security issues so we stay safe when we're out and about through the cooler months of the year.

Slip hazards outside - Paths and decks can be hazardous when their surfaces become slippery. Water-blast hard surfaces such as wooden decking, and concrete and brick paths.

Uneven surfaces - Lumps and bumps in lawns or soft surface paths are a trip hazard. Grab the spade or shovel and chip and level grassed areas.

Access ways - One of the most used after-dark access ways is from your vehicle parking spot to the door of your home if you don't have internal access. Keep it clear of any objects such as planters, garden ornaments, or foliage. Even in the garage make sure the path to the door is clear.

Lighting - Outdoor lighting illuminates' paths for you and guests, and is also a deterrent to those you don't want on your property. Check outdoor lights are operating, and bulbs are clean. If you don't already have sensor lights, consider getting them installed.

At the door - Your door is a gateway to friends and family, but also to strangers. Don't open it to those you don't know and trust. If you don't already have a security screen door, consider having one fitted. At the very least, have a security chain fitted and check that the front and back door locks are robust.

Tradies - When engaging trades people, stick with a company you have used in the past, ask for the name of the staff member who will be calling, and their approximate arrival time. When they arrive, ask to see their card before you invite them into your house.

Loose items - When you're done with garden chairs, and any other loose items in your yard, pop them away in the garage or secure them - autumn gales, they can cause them to take flight and damage walls and windows.

Emergency kit - Pop a kit into the boot of your car which includes a neon safety vest (in case you have to check the exterior of the car at night), torch, warm rug, snacks, and water. Also have a phone charger cable plugged into the cigarette lighter.

Ref: Grownups online

A chance to save lives

If you have thought about giving blood or plasma, now is the time to check you are eligible.

The New Zealand Blood Service increased the upper age limit for first-time blood and plasma donors to 71. Existing donors are able to keep donating until the age of 81.

**To donate you also need to be
At least 150cm tall
Weigh at least 50kg**

More than 5,000 donations are needed every week to meet demand, but less than four percent of the eligible New Zealand population donates. The service often has free appointments during the day, as many people prefer to donate in the evening. If you have flexibility in your day – perhaps you could consider becoming a donor?

When giving blood, approximately 470mL is collected. The entire process, from when you sign in, to the time you leave, takes about an hour. The actual time spent on the bed is five to 10 minutes.

Blood can be donated every 84 days, up to four times a year. Each time you donate, your blood is separated into three components, red cells, platelets and plasma.

Red cells are used during surgery or to treat people with anaemia. Platelets help those with severe bleeding or leukaemia.

Plasma makes up over half the volume of blood and is packed full of proteins and antibodies. It can be used to make up to 11 lifesaving treatments.

Plasma-only donations are also an option. Plasma can be donated every two weeks. The entire process, from signing in, to the time you leave, takes about 90 minutes.

Two to three times more plasma can be collected compared to a blood donation when using this method.

For those of you who were unable to give blood or plasma because you lived in the United Kingdom, France or the Republic of Ireland between 1980 and 1996, this restriction will soon be lifted.

If you have questions about your eligibility to donate, call 0800 448 325 and ask to speak with a nurse. To find out more information, including if you're eligible to donate blood or plasma, visit nzblood.co.nz

Checking your medication is easy, and could just save your life.

Expert opinion from University of Otago by Jo Hilder



The older New Zealand's population gets, the more important it is for people to have their medication checked and changed

Opinion: Medicine reviews ensure people who are on long-term medications are still taking the right thing, at the right time. Not only do they allow people to continue living healthy lives, but they can also give loved one's peace of mind.

The consequences of no longer taking the correct medication can be detrimental. Previous work by the University of Otago found three quarters of patients who had multiple health conditions were prescribed four or more medications. International studies show taking multiple medications can lead to an increase in adverse health events.

That's why it is important to reduce the number of medications people take, where possible. Book a medicine review with a GP and let your practice know why you want the appointment. Some practices are also able to offer pharmacist-led medicine reviews. People on multiple medications should have regular reviews, especially older adults. Things may have changed since they were first prescribed a medicine, they might have a new health condition, lost or gained weight, or developed a side effect.

Though GPs and pharmacists have long been aware of the need to review medicines as people age, they may find aging a delicate topic to raise. There are clinical guidelines about reviewing medication, including reducing the number of medicines (deprescription), but there is little or no guidance on the best ways to communicate.

My research on how people talk to each other during medicine reviews shows there are things doctors, pharmacists and patients can do to make medicine reviews really effective.

Ensuring you are on the right medication is easy, and could just save your life.

Jo Hilder is a senior research fellow in the Department of Primary Health Care and General Practice at the University of Otago, Wellington. She is also a member of the ARCH group which conducts research.

ACCESSIBILITY FOR NEW ZEALANDERS

Since its inception Grey Power Federation has been an active supporter of Access Alliance and Access Matters Aotearoa and we actively support their efforts to have effective accessibility legislation so that every New Zealander is able to participate fully in their daily lives, regardless of age and whether or not they have a disability. On a daily basis a quarter of New Zealand's population struggles with basic activities due to access barriers even in the workplace.

The Accessibility for New Zealanders Bill was passed in 2022. However, because of defects in the legislation the Access Matters' campaign to amend it received over 15,000 signatures on its previous petition. As a result of that and everyone else's efforts the Accessibility for New Zealanders Bill was put on hold until after the 2023 election so it could be reviewed and rewritten.

The Bill is currently on pause indefinitely. The new Government needs to know that a redraft is urgent and important to their constituents and that the nation wants strong and effective accessibility legislation for all its citizens.

A petition is a great way to get improved accessibility legislation in front of a cross-party Parliamentary Committee, and to gain the attention of all our politicians. A new petition is available online, asking for the withdrawal of the current Accessibility for New Zealanders Bill, and for a new Bill to be drafted that includes minimum standards, a regulator and an enforcement mechanism. We ask you to sign the online petition and also encourage your family and friends to sign it too.

The link for the online petition is:
<https://www.change.org/p/petition-for-drafting-a-new-accessibility-for-new-zealanders-bill>

Sandy Feringa | Fed board

Plan for retirement

There are many pitfalls and surprises to watch out for when planning a happy retirement.



1. Not planning for retirement early enough in life

Many Kiwis make the mistake of procrastinating on their retirement planning, or assuming they don't have enough to bother planning with. It's essential to get proactive at least five years before retirement, and ideally 10 to 15 years beforehand, so you have the opportunity to harness the power of compound investing.

2. Not developing interests outside work

Retirement isn't just about hanging up the work boots; it's a chance to enjoy a whole new phase of life and lean into the things that bring you real joy in life.

The years leading up to retirement, the prime time of your life, is the ideal time to build a portfolio of things that you are passionate about, new pursuits or hobbies, epic holiday plans, a greater focus on your health, purposeful work projects and quality time with family and friends.

Focusing solely on your career or job right up to retirement can lead to a feeling of relevance deprivation after retirement. And that is avoidable.

3. Retiring too early

So many people jump the gun on retirement, underestimating the financial and psychological impacts. Retiring early might seem enticing, but it often leads to financial strain and boredom. Quite frequently these people find their way back into the workforce later.

Experiment with part-time work and part-time retirement.

4. Underestimating their real cost of living

We all like to tell ourselves that we're spending less

than we are. But it's not until we build a budget from our actual bills and expenses and project forward that we can recognise just how much we need to cover our desired living expenses in retirement.

Practice living on your projected retirement budget – and see how you go for a month.

5. Withdrawing all their superannuation when they retire for dumb reasons

The fundamental purpose of private superannuation, such as KiwiSaver, is to serve as a financial nest egg, ensuring a dependable income stream throughout retirement.

Drawing it all out as a lump sum runs counter to the very essence of superannuation's designed purpose, and it certainly sees those people missing out on a lifetime of earnings unless they have a real strategy behind their decision.

6. Dragging debts into retirement

One of the most common questions is: "What do I do about my mortgage when I retire?" Debt is designed for a time in life when you have the income to pay it down.

It's much better to take proactive steps to demolish your debt in the years leading up to retirement. Plan your retirement date after the debts are cleared.

The best way to avoid mistakes is to get some advice when you do your retirement planning. It's often worth it.

Bec Wilson is the author of the bestselling book *How to Have an Epic Retirement* and host of the new podcast *Prime Time with Bec Wilson*. She writes a weekly newsletter at epicretirement.net.

Travellers urged to vaccinate

Health New Zealand | Te Whatu Ora advises Kiwis travelling overseas to make sure they are fully immunised against measles. Cases have cropped up in Australia, the United Kingdom, across the Middle East and Asia, and parts of the United States.

The Measles, Mumps Rubella (MMR) vaccine is free for everyone aged 18 and under, and for others who are eligible for free New Zealand healthcare.

More information at <http://tinyurl.com/ypeudayj>

Introducing the new Minister for Seniors



The new Minister for Seniors, Casey Costello, was sworn in just before Christmas and introduced in the December Office for Seniors newsletter.

She is quoted: "As the coalition agreement between New Zealand First and National

outlined, this portfolio is important to us and we are committed to delivering ... Over the next few months you will hear more about the work that will be undertaken and how I propose this will be achieved."

Here's what the agreement says:

- Keep the superannuation age at 65
- Amend the Building Act and the Resource Consent system to make it easier to build granny flats or other small structures up to 60sqm requiring only an engineer's report
- Progress the review of the Retirement Villages Act

- Upgrade the Super Gold Card and Veterans Card to maximise its potential benefit for all Super Gold Card and Veteran Card holders
- Investigate the funding formula for new residential care beds
- Engage openly and constructively with the aged-care sector
- Undertake a select committee inquiry into aged care provision to include supporting people with early onset conditions and what asset thresholds are appropriate in 2023/24
- Explore options to build on the Local Government Rates Rebate Scheme for Super Gold Card holders
- Work on establishing bipartisan agreement to fund both care and dementia beds that New Zealand needs now and with a focus on the long term needs by 2040
- Liaise with retirement village owners and occupiers to seek a mutually agreed way forward to safeguard the interests of the 50,000 plus New Zealanders living in retirement villages

The Office for Seniors briefing to the Incoming Minister (BIM) is <http://tinyurl.com/yb73t2m2>.

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www.thegoodcompanion.co.nz



What is a senior citizen?

A senior citizen is someone who was around before the pill and the population explosion. They were here before television, penicillin, antibiotics and microwave ovens, frozen food, radar and credit cards.

Time-sharing meant togetherness - not a holiday apartment, hardware was hardware and software wasn't even a word. Before men had long hair and earrings, and being stoned meant having rocks thrown at you.

Senior citizens were before yoghurt, and the 40-hour week, and the minimum wage. They got married before they lived together - how quaint can one be? Closets were for clothes - not for coming out of, gay meant merry, and aids were for assisting.

Senior citizens were before pizza, McDonalds, instant coffee and decaffeinated anything. They thought that fast food was what you ate during Lent. They were before FM radio, compact discs, word processors, and the post punk period.

Senior citizens remember the days when cigarette smoking was fashionable, grass was for mowing and pot was something you cooked in. If you asked a senior citizen to explain DSW, CIA, UFO, ET, MOW, Ms and IUD, they'd say it was alphabet soup.

We must congratulate today's senior citizens. They are indeed a hardy bunch when you consider how the world has changed and the adjustments they've had to make.

Beware annual credit card subscriptions

If you make annual payments through your credit card, just be aware they can go on forever.

A Kapiti Coast Grey Power member reports was told by a company he dealt with that his credit card details had expired and he needed to update them. Thinking he would use this opportunity to let the service lapse, he did nothing. So imagine his shock when the payment appeared on his credit card statement.

On querying with the company how they got his updated details they replied: Actually your terms with the credit card company allows this. The account does not expire of course, and the bank typically sends the replacement about one month ahead of the expiration date. Also, continuing subscriptions are handled differently than individual transactions. If the merchant has coded the transaction as a recurring type of payment, they can continue to charge the account without obtaining new authorizations and expiration dates from the customer.

The member checked it with his bank ... and yes the bank does update credit card details on annual subscriptions.

You have to change how you pay annually, but if you're unsure about how to do this, the bank suggests you contact your branch.



Stave off loneliness: make an effort to make friends



The Aged Care Commissioner is urging elderly New Zealanders to get out and about.

Carolyn Cooper said social isolation and loneliness had a range of mental and physical impacts – such as a substantial increase in the likelihood of dementia, coronary artery disease, and strokes. She said loneliness was particularly common in the older population and urged elderly people to take initiative and make new connections. "It's useful to be aware of what's happening in your community. There'll be a number of opportunities for social activities." Organisations such as Age Concern, libraries, Volunteer groups, and Grey Power had social connection programmes for people who did not know where to start. Try new hobbies and make friends. "I know it's hard to do as you age, but it's really worth it for your health to find something you enjoy with people you get on with."



Portstone is looking stunning with the beautiful deciduous plants putting on a display of rich Autumn tones. Not long before we will all be out with the rakes cleaning up the leaves that have floated down after months of keeping us shaded in the summer months. Canterbury is a great place to live to witness the four seasons.

Your winter vegetable crops should be thriving, it pays to plant out a few each week to keep up the quantity over the cooler months. Nothing like cauliflower cheese on a cold night, or using your veges in a hearty soup.

We have quality vegetable plants in 6 pack punnets - \$4.50 per punnet or 3 for \$12.

All the vege seedlings we have in store can be planted out now and throughout the next few months.

If you have limited garden bed space, consider planting slower-growing vegetable varieties like red cabbage next to fast-growing ones such as lettuces. This maximises the valuable garden spaces and allows you to harvest the lettuce leaves as they grow while waiting for the other vegetables to mature. An idea for small gardens is to plant a punnet of **Silver beet** into a pot, this keeps supply up for weeks without taking up a lot of space.

Silverbeet with lemon and walnuts

- 1 bunch silverbeet
- 2 tsp olive oil
- 1 garlic clove, finely chopped
- 1/3 cup chopped walnuts
- 1 tsp finely grated lemon rind
- 1 tbsp lemon juice

Step 1

Remove and discard stems from 1 bunch silverbeet. Roughly chop leaves.

Step 2

Heat 2 tsp olive oil in a large, deep frying pan over medium heat. Add 1 garlic clove, finely chopped and 1/3 cup chopped walnuts. Cook for 3 to 4 minutes or until walnuts are toasted. Add silverbeet. Cook for 2 to 3 minutes or until just wilted. Add 1 tsp finely grated lemon rind and 1 tbsp lemon juice. Season with salt and pepper. Toss to combine. Serve.

Autumn planting helps improve a garden's chances of having more colourful blossoms in spring. The soil is still warm for the flower seedlings to get established. It's also a good time to plant pansy, viola, wallflower, stock, alyssum and sweet peas. Mix and match perennials and annuals.

Bulbs: We have a great range of Spring flowering bulbs. Plant into well-drained soil that has been enriched with fresh compost. Bulbs are ideal to plant into pots and containers, you can plant several varieties of flowering bulbs into the pot either choosing tall Daffodils or Tulips planted in the middle with shorter varieties like Crocus or Ranunculus to bloom up the sides. Or you can "Lasagne" plant which means planting bulbs in layers depending on the depth and flowering time. I tried this last year and the effect is worth it as my round pot was a mass of colour for several weeks.

Our 2024 Rose List and Fruit Tree List are available at the counter

Remember our great offering at Portstone Garden Centre is 10% discount for Gold Card Holders on most of our products. Please present your Gold Card at the beginning of the sale transaction.

Our team are experienced and helpful, and look forward to seeing you at Portstone soon.

**Portstone 465 Ferry Road
(under the big gum tree)
389 4352**

www.portstone.co.nz



**Grey Power Christchurch
Superannuatants
Association Inc**

**Committee 2024 / 2025
Nomination for Office**

I Nominate

*Print name of person you have chosen here
Must be Financial member*

For Position of

*Any one of President, Secretary, Treasurer,
Membership Secretary or Committee Member
Only one nomination Per Sheet*

Signature of nominator

Membership No _____
Must be Financial Member

Signature of Seconder

Membership No _____
Must be financial Member

I Hereby accept nomination for the above Position

Signature _____

Membership No _____

**Please return to The President Grey Power
PO Box 31-010 Ilam
Christchurch 8444**

**To arrive one Week before Annual
General meeting on 19 June 2024**

**GREY POWER CHRISTCHURCH
SUPERANNUATANTS
ASSOCIATION INC**

AGM

Wednesday 19 June 2024 at 1pm

**St Martins Church Hall
50 Lincoln Road**

Please ensure nominations arrive at the
Grey Power Christchurch
office at least one week prior to the AGM

If you have any thing you would like to put
in the magazine maybe a joke or a recipe or
something that concerns you please get hold
of Maureen on 942 8816

or email: nanachooksboyz@gmail.com

Other peoples opinions do help us so
feel free to contact us *Thanks*



Scam-proofing toolkit

Netsafe has launched a new free nationwide
initiative to arm older New Zealanders with the
skills and know-how to keep themselves safe
online.

The Get Set Up for Safety joint project with Chorus,
includes a toolkit of guides, videos, and other
resources with practical advice on everything from
fundamental online safety and security habits
through to protection from financial scams and
safer online shopping and socialising.

Get Set Up for Safety resources will be freely
available to access, download, or print out from
the Netsafe website at

www.netsafe.org.nz/olderpeople .

Printed pamphlets will be available over the
coming months, at public libraries, Citizens Advice
Bureaus, Chorus community events, Digital Seniors
hubs and Age Concern regional offices.

FROM THE MANAGER

Hi Everyone

Well the year is going along alright, it is our busy time
with renewals at the moment. It is a bit of a worry
about what NZ Post are going to do about the mail.
We at Grey Power Christchurch are very conscious of
the way that things are going and we don't want to
put any more cost on to our members. A lot of you or
the majority of members like getting the magazine by
post but the day is looming up very fast where we may
have to do it all with the internet but not for a while
yet. A lot of members especially our older members
do not have computers so we have to look at other
avenues as well for these folk. Please make sure sure
your email address/s are up to date as some have been
bouncing back. Once again, if you would like to receive
the magazine by email now please forward your email
address to nanachooksboyz@gmail.com (*this is my
email address*),

I hope you all had a good Easter with lots of goodies.

Don't forget our monthly social on the 3rd Wednesday
of the month at 50 Lincoln Road. Speakers,
entertainment and tea and biscuits after.

If you haven't already paid subs are now due.

Thanks for you support Cheers *Maureen*



**Social Afternoons
Superannuitants' and Friends**

**Meetings will be held at St Martins
Church Hall, 50 Lincoln Road.
Start Time: 1.00pm**

15th May: Speaker - Age Concern.
Vicki Downs [Poet].

19th June: AGM. Wendy.

17th July: Speaker - Low Vision Clinic, Nicola.
Allan Barton

If for any reason there are any changes please listen
to the radio zb or ring Maureen 942 8816.
Hope to see you all there.

MEMBERSHIP APPLICATION / RENEWAL FORM

PLEASE PRINT CLEARLY

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

Address:

Post Code: Phone Number:

Email:.....

I/We enclose my/our subscription for the year 1/4/2024 to 31/3/2025

Single (\$25) Double (\$35) Renewal New Donation

Payable by Cash to Grey Power Christchurch

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

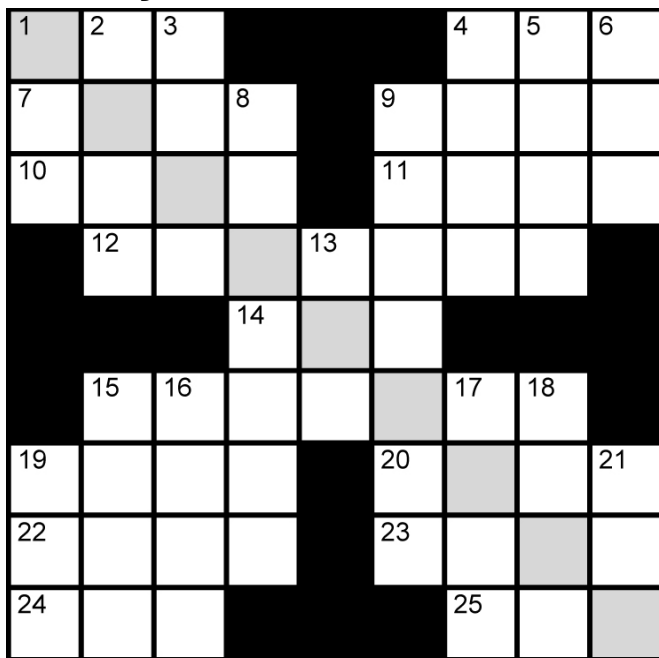
Please use *Name* and *Membership Number* or post completed *Membership Form* to the

Membership Secretary

I agree the information provided herewith may be used by Grey Power Federation and/or their commercial
agreement partners. Yes No

Send subscription to: Membership Secretary, PO Box 15051, Aranui, Christchurch 8643

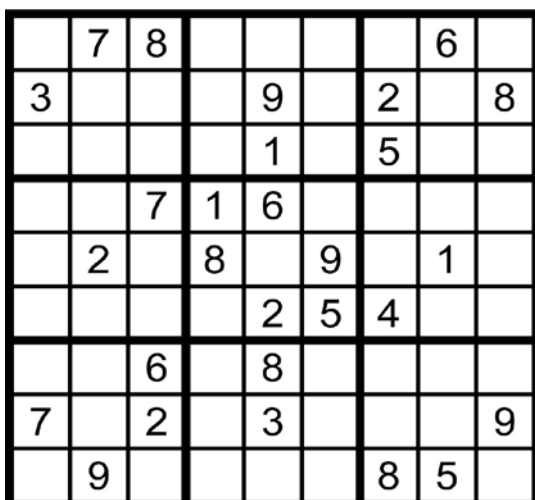
Holiday Goal



- Across
- 1. Movie SFX
 - 4. Short snooze
 - 7. Neural network
 - 9. Cheek
 - 10. Scream

- | | | |
|-----------|-------------|---------|
| ANTS | GARLIC | QUINOA |
| ASH | GORILLA | RICE |
| ASPHALT | HAIR | SKUNK |
| BEANS | INK | SNAKE |
| BEAR | LABRADOR | SOOT |
| CAT | MASCARA | SWAN |
| COAL | NIGHTTIME | TAR |
| CORMORANT | ONYX | TARMAC |
| CROW | PANDA | TEA |
| DRESS | PANTHER | TOP HAT |
| EBONY | PENGUIN | TUXEDO |
| | PIRATE FLAG | VAMPIRE |
| | PUG | WITCH |

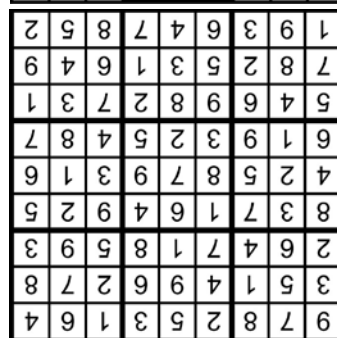
SUDOKU



- 11. Eagle's nest
- 12. In a smooth manner
- 14. Wharton degree
- 15. Facial feature
- 19. Reach across
- 20. Peacock's pride
- 22. Bridge, in Bretagne
- 23. ___ Spumante
- 24. Inquire
- 25. Café alternative

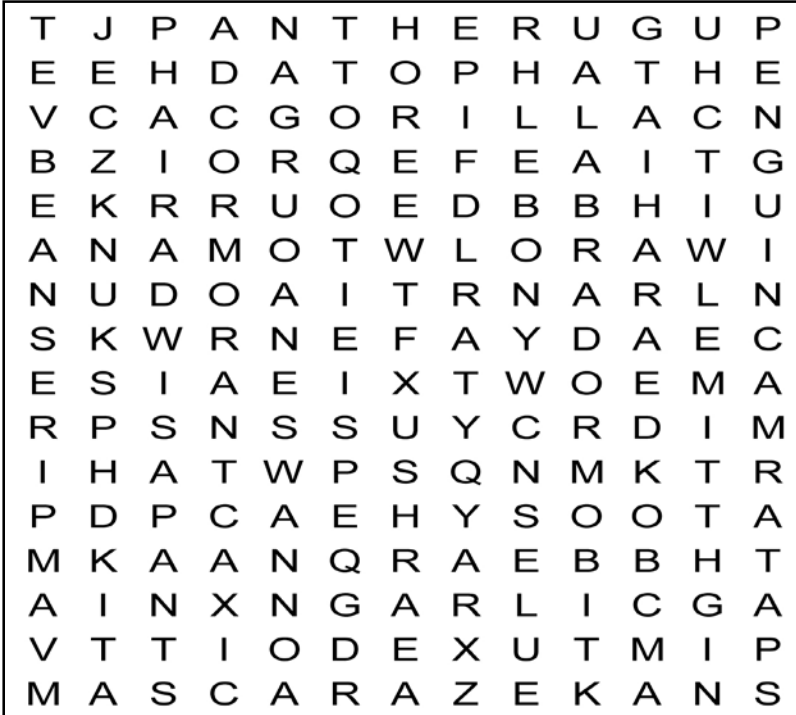
Down

- 1. Weep
- 2. The Bee ___
- 3. "___ have to do"
- 4. Christmas carol
- 5. Not straight
- 6. Thickness
- 8. Periodic table listing
- 9. Capital of Indonesia
- 13. "Chicago" lyricist
- 15. Heroic poem
- 16. Tug sharply
- 17. Brewer's equipment
- 18. Accompanying
- 19. Hot springs
- 21. Fanciful story



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

PAINT IT BLACK



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.*