

CHRISTCHURCH

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GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

PO Box 15051, Aranui, Christchurch 8643

SUMMER ISSUE 2023



*The Christchurch Grey Power Association wishes all members
a very Merry Christmas and a Happy restful New Year.*



GREY POWER CHRISTCHURCH

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Please Note: All Committee members are volunteers. If you wish to contact them and the answer machine comes on please leave a message. We will endeavour to contact you asap.

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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



Hello again this is the last Report for the year.

We had our Christmas Social on 15th November and enjoyed the great Raffle and entertainers. Always a good time of the year. A big thank you to the Committee for all the help and organising they have done through the year.

Thank you to City Mission and Portstone for all the articles in our News Letter, and bits and pieces that people have contributed. It has been decided that the News Letter will only go out 3 times a year as costs have increased, including the printing and postage. Should anyone wish to receive the News Letter digitally, Maureen is your first contact, if this is your wish.

The Committee and myself wish you all a great Christmas and hope 2024 is all you wish for. Take care and stay safe.

Ann Ferrari | President



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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.



Our volunteers give so much



Christchurch City Mission

Te Whare Mīhana Ki Ōtautahi

Every year we hold an event to thank our volunteers for all the work they do for us over the year. This year it was at the All Souls Church in Merivale and about 55 of our 170 regular volunteers filled the tables to enjoy a special high tea.

It was a lovely occasion but just one glance around the room quickly revealed which age group in the community dominates our big volunteer community.

Of course people of all ages and from all occupations volunteer to keep us going, and we love them all for it, but the wonderful grey-haired are the core and make so much of what we achieve possible.

Retirees often have that special mix of time, compassion and a

deep interest in their community to be drawn to volunteering. Our volunteers are vital to many of our services, particularly in the foodbank and the op shops.

City Missioner Corinne Haines told the high tea how their volunteer hours meant we could do so much more for struggling people because their donation of time saved the cost of wages and this saving could go on our clients.

It's a blunt economic point, but the outcome is so kind. Our volunteers also bring a special humanity to our work. Our clients know they come because they care for their outcome and this means so much.

Our Hereford Street area has seen many changes over the past year including a new op shop in

Barbadoes Street, new self-serve foodbank, new café and new transitional housing complex.

Corinne got a laugh when said she knew the foodbank team in particular would have been glad to escape "the dungeon under the building" and cross the road to new purpose-built premises.

She acknowledged the volunteers faced a bigger workload than usual in our busy Christmas season and thanked them for stepping up as they always do. Everyone lifts their effort at Christmas at the City Mission.

It's when people need us most.

Ewan Sargent
Communications Advisor
Christchurch City Mission



TUI'S OUTINGS

The year has gone so quickly with all our visits to Medbury School, Diana Isaac Village for our penguin talk on Cass Bay and visit to Main Boys High School for the Headmaster's talk and then to the wonderful experience of a visit to a private residence to view the collection of fantastic cars and having the privilege of a lifetime viewing of their private residence of art etc which is not open to the Public, but given as a personal favour for my daughter. They also supplied all of our coach with an amazing afternoon tea of scones, jam and cream, cakes and cookies. It was disappointing that the weather stopped many from viewing their beautiful grounds. Their garden in season would be spectacular. *I'm trusting our group who had the pleasure of this visit will not broadcast the address so they can keep their privacy please.*

Our last trip of the year in November we will look forward to hearing the children of Chisnalwood Intermediate School entertaining us. Hopefully you

will read a write-up about it in the next magazine and our meal will be at the Double Tree by Hilton (Chateaux on the Park) which has an excellent Xmas menu and the atmosphere and service there is superb.

To finish the year Foodstuffs, who donate so much to our Food banks and sporting organisations, have generously given each person on the bus a \$10 voucher for their Xmas gift and I assure you that our elderly will most appreciate this gift.

It's time for this to go to the Editor so I can only say stay safe and healthy and have a Merry Christmas and a Happy New Year.

Cheers, *Tui*



Bus Trip to Hokitika

On a beautiful sunny spring morning 51 of us boarded the Coach bound for Hokitika. We travelled up the Old West Coast Road admiring the scenery on the way. After a comfort stop we headed to Arthurs Pass where the sunshine turned to drizzle. Over the gorge pass Jacksons to Kumara the sun appeared again and by the time we reached Hokitika it was lovely sunshine. We went to the Ocean View Beach Front Hotel where we were served a delicious 2 course lunch. After lunch we had spare time to stroll up Town before we headed to the Hokitika Heritage Park. On arrival we were given a brief history of the park before splitting into 2 groups to be shown around.

A History of the Park

The Westland Industrial Heritage Park has been operating since 1999/2000 when it had around a dozen original members. The Park grew out of the original Westland Farm and Vintage Machinery Club that was formed in the 1980s. Following a fall in membership, this club was reformed as the Westland Industrial Heritage Park in 1999.

The site now occupied was originally a Ministry of Works depot. It was made available by the Westland District Council and with the addition

of the Council's (ex County) collection from the Westroads depot, the new Park was off to a healthy start. Since then the Park has blossomed with additional land being accessed and developed, new buildings created, equipment obtained and large donations of all sorts being made by the general public.

Unfortunately the old workshop was razed to the ground by fire in 2012, with the loss of all the plant and stores as well as the partially restored 1944 Westland County Council Ford V8 truck. The fire was in many ways a blessing in disguise as the subsequent rebuild enabled the complete refurbish of a new workshop and outfit it with good quality tools and machinery. The "44" was completely rebuilt thanks to a wonderful effort by the Club Captain Neil Beecroft, with assistance from the late Neil Houston.

The Westland Industrial Heritage Park (the Park) was started by a group of mature (Old) men who loved big engines and the like (toys) and wanted to play with the toys and preserve some of the history of Westland at the same time. Since those beginnings the Park has developed and changed. It has become a place where all ages can see and touch and learn about the history of the region.

Miniature Railway

The park has a railway project under construction. The railway meanders through a lovely stand of native manuka forest and wetland and when completed will extend almost a kilometer from the station. Having two gauges - seven and a quarter and five inch the railway will cater for a large number of enthusiasts and the general public.



Big Engines now all in working order have become a major attraction at the park and people have come from all around the country to see them being fired up. The engines are started up regularly (and on demand for large groups) however some visitors have been disappointed if they visit on a day when the machines are at rest!

That got a few members thinking about how to cater for this and a small team led by Gordon McMillan have, with the help of some grants, transformed the engine shed into "The Big Engine Experience".

The experience is a combination of a film and lighting show where the engines tell their own story with surround sound. The feedback from visitors has been awesome!

The park has a good cross section of fire appliances that served in our district. We currently have 9 appliances on display in working condition along with an increasing collection of ancillary equipment including uniforms, helmets, breathing apparatus, ladders, hose and nozzles, rescue gear and more.

All of the fleet was brought up to standard for the Hokitika Volunteer Fire Brigade 2017 celebrations commemorating their 150th year of service to our community. The collection ranges in age from the oldest - a 1933/4 Ford that was based at the Seaview Psychiatric Hospital through to our latest addition - a 1986 Mitsubishi that once was allocated to the Hokitika Brigade.



After having rides on the Train, Fire Engine and trailer behind the Tractor it was time for a cuppa and scone before heading home. It was very quiet coming home as everyone had enjoyed their day, thanks to Tui and Bob the driver.

Written by *Neville Wooton*

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 Summer coming, 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!

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TUI'S OUTINGS

Tui's last bus trip for 2023

The first stop was at Chisnallwood School, we were escorted into the Music Hall by some students.

Chisnallwood School was started in 1965 and is still going strong. A well-respected school in the area and producing lots of smart students. We were all given a Greypower Concert 2024 programme (as pictured right) which was what we were about to enjoy. There was an Orchestra, Celtic Band, Rug Rats, Recorder Ensemble, Marimba Ensemble, Choir, Jazz Band and a Massed item. The Massed item was the school song, We Are Chisnallwood.



The talent with all the groups was amazing, the three singers were great as well.

When the Jazz band was on the stage, the director asked who had started to learn an instrument this year and at least half the group put up their hands. The school enters all music events they can. Chisnallwood has a great reputation for a music centre. We were entertained for over an hour, such a wonderful start to the trip.

We then proceeded to the Chateau on the Park for a pre-Christmas meal. After such a great meal as always a small tour in Christchurch City to see all the changes, and home for a pre evening snooze.

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GREYPOWER CONCERT 2024

Orchestra

Avengers - Alan Silvestri
Finlandia - Sibelius
Trepak - Tchaikovsky
Radetsky - Strauss
Final Countdown - Europe

Celtic Band

Orkney - Lord Mayo - Jewish Polka
Countess Cathleen - Shidhe

Rug Rats

Careless Whisper - George Michael
Zombie - Cranberries

Recorder Ensemble

Ode to Joy / Lyttelton
TransAlpine Blues

Marimba Ensemble

Sakura, Sakura
A Little Night Music

Choir

Mr Blue Sky
The Moon (O Moon)
Rocket Man

Jazz Band

Blues in Hoss Flat / Me, Myself and I
All Blues / You Are The Reason Why
Uptown Funk
Every Day I Have the Blues
Wake Me Up Before You Go-Go
Rockin' Around the Christmas Tree
Feliz Navidad

Massed item

We Are Chisnallwood

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Make your money last longer in retirement

You've got to retirement, with a decent chunk of money in the bank or your KiwiSaver account. How do you make it last?

Now help is at hand through a report offering options on how regular drawdowns from an investment work over retirement for different people.

Drawdown Rules of Thumb: Update 2023 is the work of the Retirement Income Interest Group of the New Zealand Society of Actuaries.

It uses as its base a person retiring at age 65 with a balanced KiwiSaver fund of \$100,000. It does not take account of other investments, savings, or NZ Superannuation. It at four rules of thumb, each providing a different income profile to consider.

6% Rule - This is most suitable for people who have plans for how they want to spend their early active retirement, they don't mind if they run out of money later on, and are not concerned with keeping an inheritance for their children. They've got either other investments or are happy to live on NZ Super alone after they spend their savings.

4% Inflated Rule - This is suitable for those worried about running out of money in retirement or who want to leave some inheritance, but is likely to give lower income each year than others.

Fixed Date Rule - For those who want to maximise their income, are not concerned with leaving an inheritance, and are happy living on other income (such as NZ Super) after a set date.

Life Expectancy Rule - This is for those wanting to maximise their income and not worried about leaving an inheritance.

Of course, there are other ways of increasing regular income, and the report looks at these: But it stresses the importance of not 'setting and forgetting' a drawdown plan. Plans should be reviewed regularly, especially if investment conditions change, but also because your personal circumstances and your priorities will most likely change, too.

This report <https://tinyurl.com/4bwwpf4v> is well worth a careful read to help you plan your way through retirement and to see first-hand the importance of putting in as much into KiwiSaver and other funds as you can, while you can.

Covid: Still here, still deadly

Covid-19 is still alive and kicking. It's our country's biggest infectious disease killer.

"It's a bit like an unwelcome guest that no one wants to talk about, but it hasn't gone away, that's for sure," University of Otago epidemiologist Professor Michael Baker told RNZ's *The Detail*

"It's our number one infectious disease threat ... it's really displaced influenza as our biggest single infectious disease killer."

Reporting, he says, has dropped off for several reasons, such as there no longer being mandatory self-isolation and ending of the Covid-19 leave support scheme, which helped pay employees who had to isolate.

"[There are] 3500 or so reported cases every week, but we know that will be at best 50 percent of the cases in the community ... maybe less than that ... so we're still looking at about 10,000 cases probably a week at least."

Prof Baker says the virus hasn't stopped evolving. He led the publication of a recent paper in the New Zealand Medical Journal, co-authored by 16 academic experts, calling for careful mitigation strategies to try and minimise the harms caused by an infection.

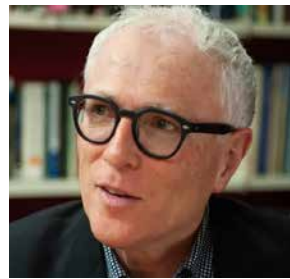
He talks about being up-to-date with vaccinations, staying at home and self-isolating if you're sick, and putting on masks in crowded indoor environments and public transport.

Also in this episode of *The Detail*, <https://rb.gy/vo1z5>, associate professor Helen Petousis-Harris, a vaccinologist at the University of Auckland, says current vaccines are effective at protecting against serious disease, but not so much the asymptomatic or mild infections.

She says there's a lot of work going on to get better vaccine solutions. "These are things like intranasal vaccines – so vaccines you sniff – or skin patches... you want them in your upper respiratory tract to catch that virus as soon as it appears."

COVID-19 antiviral treatments now fully funded for more people

More New Zealanders are now eligible for fully funded COVID-19 antiviral treatments now Pharmaco has widened the eligibility criteria. Paxlovid, Remdesivir and Molnupiravir are now available to more Kiwis living with disabilities or with one or more severe health conditions. Eligibility criteria are on the Pharmaco website <https://rb.gy/pjqtq>



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 ©

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.



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TIPS FOR DEALING WITH LOWER BACK PAIN

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.”



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.

Consider opting to receive the Federation Magazine online

The rising cost of postage and printing has dramatically impacted on the cost of producing and mailing the Federation’s quarterly magazines.

This year postage alone has cost the Federation \$134,419 for three issues – potentially around \$180,000 for the year. Escalating postage costs now consumes over 60% of the capitation fees from the membership, leaving far less for Grey Power’s core business of advocating for older people.

To reduce the costs, the Federation is encouraging those members who are internet users to consider receiving its magazine online. **You can have a look online here <https://greypowermag.co.nz/>** to see the smart format and test how easy it is to use.

You can switch to the online version simply by providing your name, membership number, and email address on the online form - <https://tinyurl.com/ycx657em>. You will be advised by email when a new issue is available.

Federation President Jan Pentecost says hard copies will always be available to members who, for whatever reason do not want a digital copy.

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RETIREMENT VILLAGE RESIDENTS' COUNCIL

editorial supplied by Retirement Villages Association

Championing the Voices of Retirement Village Residents: Introducing the Retirement Village Residents' Council

Nestled within the heart of retirement villages nationwide, vibrant communities thrive, each with its unique stories, concerns, and aspirations. In an endeavour to ensure that these voices resonate loudly and clearly, we are thrilled to introduce the Retirement Village Residents' Council, an initiative designed to be a powerful advocate for the residents of retirement villages all across the country. In the following article, we will delve into the essence of this independent body and its unwavering mission to empower and represent residents' interests.

A New Dawn for Retirement Village Residents

While there is already an established association for retirement village residents, it's essential to acknowledge that not everyone feels equally represented within it. The formation of the Retirement Village Residents' Council stems from a belief that inclusivity is key and that every voice within the retirement village community deserves to be heard and valued.

The Council's primary objective is to cultivate effective communication, engagement, and collaboration among residents, management, the RVA, and other relevant stakeholders. Rather than seeing this as competition, it's seen as a complementary initiative designed to understand better what residents want and need.

At its core, the Residents' Council is a platform dedicated to championing the collective interests of retirement village residents throughout the country. It serves as a sanctuary where residents' concerns find a receptive audience, their opinions are not just acknowledged but cherished, and where their innovative ideas can forge the path ahead. This is more than a council; it's a dynamic community that aims to make informed decisions ensuring that retirement village residents reap the fullest benefits of their chosen lifestyle.

Leading the charge is Deborah Hart, a seasoned professional with a diverse background that encompasses legal expertise, directorship, and executive leadership. Notably, she currently chairs the independent review of New Zealand's electoral laws and leads the Consumer Advocacy Council. Deborah's enthusiasm for this cause is palpable:

"I am thrilled to lead this remarkable initiative. The Retirement Village Residents' Council offers residents a unique opportunity to have a powerful voice, and I am deeply committed to helping them address their concerns and advocate for their needs."

The formation of the Council hasn't been a unilateral process. Nominations for its members were solicited from retirement villages and their residents spanning the entire

nation. Ms. Hart oversaw the appointments, ensuring that the Council comprises individuals deeply vested in policy matters, possessing a profound understanding of the retirement village sector, and possessing the impartiality needed to faithfully represent their fellow residents. Already influential figures within their respective village communities, these individuals will bear the responsibility of guaranteeing that the Council echoes the rich diversity found in retirement villages nationwide.

Diversity isn't just a talking point; it's a driving force behind the Council's mission. The aspiration is for the Council to represent as many facets of the retirement village community as possible, embracing differences in gender, age, ethnicity, disability, background, and geographic regions. One of the Council's hallmark features is its independence. The terms of reference make it unequivocally clear that while the RVA will fund the chairperson, secretary, and all meeting and logistical costs, the Council will enjoy the freedom to express its opinions without any external expectations or control.

This commitment to transparency and autonomy ensures that the needs of residents are prioritised above all else. The Council can make public statements independently, unfettered by any party's influence, including the RVA's. This unwavering dedication to the residents' well-being is the cornerstone upon which the Council stands.

The Residents' Council isn't just another advisory body. It's a living, breathing platform for retirement village residents to share their insights, experiences, and perspectives directly with stakeholders, including the RVA. This avenue of direct engagement promises to enrich the collective understanding of the residents' needs, desires, and their vision for the future.

As the Retirement Village Residents' Council embarks on this transformative journey, we invite you to join us in supporting this exciting initiative. Together, we can ensure that the voices of retirement village residents are not just heard but listened to attentively, and their aspirations translated into action.

In Deborah's own words:

"I look forward to working with the Retirement Village Residents' Council, and I encourage all stakeholders to get involved."

For more information and to stay updated on the Council's initiatives, please reach out to info@residentscouncil.org.nz.

Let us continue to build a brighter future for retirement village residents together, united by the vision of a more inclusive, empowered, and harmonious community for all.



We have the following gardening advice to help you not only get the best from your garden but also to enjoy your space.

As we head into another Christmas our gardens and patios will need some extra attention, with the weather forecast being a hot, dry summer we will all have to check the health of our plants, a little like us humans we fade in the heat. The best time to water is either early morning, or later in the evening. Try not to water in the heat of the day as much of the water will evaporate before it enters the soil. When watering focus the water on the ground and roots of your plants, rather than spraying water all over the foliage. This will help prevent the spread of fungus diseases and will ensure plants get the water they need. A soaker hose is ideal for watering the vegetable garden. Remember a good soaking every 2-3 days is more beneficial than a daily light sprinkling.

If you have an edible garden now is the time you will see growth, with lots to pick and enjoy the freshness of homegrown. Plants will thrive with being fed, we use a seaweed foliage spray or granules that you place at the base of the plant to slowly release the fertiliser. Keep making successional plantings this month of lettuces, beans, courgettes, radishes, beetroot, sweet corn.

Keep pinching back lateral side shoots on tomatoes so that all their energy goes into producing 'fruit' and not stems and leaves. Pick courgettes daily as they start to come on otherwise they will get too big very quickly, and the plant will stop producing more flowers.

Strawberries will start to ripen, protect them from birds and ensure they get plenty of water.

Keep planting salad crops for summer harvesting. Protect vegetable crops from white butterfly and insects. We have a good range of bug netting and flexible fibreglass rods to bend over your vegetable beds. Come instore and we can show you options.

Continue to plant colour in pots and the garden for stunning summer displays. Plant swan plants to attract butterflies into the garden.

Keep deadheading roses and water deeply to ensure the second flush of blooms. Trim back any flowering shrubs that have now finished – this will encourage new growth over summer for next year's flowers.

Any spring flowering bulbs that have died off can now be lifted and stored in a cool, dry place until planting out again in Jan or Feb

Mulch flower beds with compost or pea straw to conserve moisture and reduce the number of weed that may appear.

Don't forget your indoor houseplants either – this warmer weather will be stimulating them into growth – you can help them along with a weekly dose of a liquid. On a warm rainy day put your indoor plants out for a "nature's drink" nothing like the rain to give them natural mineral to boost their immune system.

Enjoy the build up to Christmas, if you feel you want a change of scene come enjoy Leeves at Portstone café and then wander through the garden centre, then into the gift shop as we have some lovely gift ideas.

Remember our great offering at Portstone Garden Centre is 10% discount for Gold Card Holders on most of our products. Our team are experienced and helpful, and look forward to seeing you at Portstone soon.

**Portstone, 465 Ferry Road
(under the big gum tree)
389 435 | www.portstone.co.nz**

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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

From the Secretary

Hi everyone hope this year has been a bit kinder to you than the last few have been to us.

We have had a steady year with a few new members joining us. Our afternoon meetings are really good and we would love to see more of you at these.

Next year, it has been decided to do three magazine drops a year as with printing and postage getting so expensive we have had to drop down the distribution side of things. If you wish to have it sent to you electronically we may be able to arrange this as well. We would love you to contribute to this in the new year.

Well have a very happy Christmas and New Year.

All the Best *Maureen* | Secretary



Social Afternoons Superannuitants' and Friends

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

26th February: Speaker - Mercy Ships.
Entertainment - John Clark

20th March: Speaker - Victor Agnew.
Entertainment - Aroha

17th April: Speaker - Graeme from Winz
and Gill Atkinson [Poet]

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

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Pantry Contents

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

Across

- 1. Salon supply
- 5. "Check this out!"
- 9. Kind of account
- 10. Sewing case
- 11. Water buffalo

12. Challenge

- 13. Gave details of
- 15. Beer barrel
- 16. Burn unit procedure
- 22. Daughter of Zeus
- 23. Cork's place

- 24. Cuckoos
- 25. Biblical garden
- 26. Crude bed, in Britain
- 27. Comprehends

Down

- 1. Egg on
- 2. Marine eagle
- 3. Golden Triangle country
- 4. Laxity
- 5. AKC concerns
- 6. Attempt
- 7. "No problem"
- 8. 20-20, e.g.
- 14. "Andy Capp" cartoonist Smythe
- 16. Cousin of a herring
- 17. Casino game
- 18. Nile bird
- 19. Auxiliary
- 20. Complimentary
- 21. Wallet fillers

S	E	E	S		S	S	O	D
N	E	D	E		S	I	N	A
E	I	R	E		H	B	E	H
T	R	A	F		S	K	I	N

3	1	7	8	4	9	5	2	9
2	6	8	5	1	6	7	4	3
5	4	4	6	7	3	2	1	8
9	6	3	4	2	5	8	1	7
1	1	3	5	7	6	4	8	2
4	4	8	1	7	6	2	8	4
6	9	3	7	8	2	4	5	6
3	7	9	3	6	1	4	5	8
8	8	1	2	8	4	3	6	7

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

FOLK SINGERS

- | | | |
|----------------|---------------|-----------|
| BAEZ | KINGSTON TRIO | |
| CHAPIN | KRISTOFFERSON | |
| COHEN | LIGHTFOOT | |
| COLLINS | MITCHELL | |
| DENVER | OCHS | SEEGER |
| DONOVAN | ODETTA | STEVENS |
| DYLAN | PPM | TAYLOR |
| GUTHRIE | PRINE | THE BYRDS |
| IAN AND SYLVIA | RUSH | WEAVERS |

SUDOKU

	7				9	1		8
		2			1			
				8	2		5	6
5	3		1					
					4		6	9
9	8		2	3				
			6			8		
6		5	9				1	

N	I	A	N	A	N	D	S	Y	L	V	I	A
O	I	R	T	N	O	T	S	G	N	I	K	I
S	T	J	T	O	O	F	T	H	G	I	L	H
R	A	N	O	L	F	H	L	D	W	P	P	M
E	Y	X	Z	P	E	A	U	O	C	H	S	L
F	L	R	A	B	S	T	E	V	E	N	S	N
F	O	C	Y	T	G	U	T	H	R	I	E	R
O	R	R	O	X	T	P	U	L	L	H	N	E
T	D	E	S	L	E	E	S	B	O	A	S	V
S	O	N	G	R	L	N	D	C	V	F	E	N
I	X	H	I	A	E	I	I	O	O	J	E	E
R	P	S	V	P	H	V	N	R	J	P	G	D
K	R	U	F	N	A	O	A	S	P	T	E	Y
H	M	R	W	U	D	H	S	E	M	Q	R	L
Y	T	B	A	E	Z	S	C	R	W	Z	O	A
L	L	E	H	C	T	I	M	U	G	F	D	N

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.*