

CHRISTCHURCH

GREY POWER

50+ QUARTERLY NEWSLETTER

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PO Box 15051,
Aranui, Christchurch 8643

SPRING ISSUE 2025



GREYPOWER CHRISTCHURCH

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Please refer to our website for disclaimer.

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.



Presidents Word



We have had a busy time over the last few months. March, April and May busy for the Membership Secretary, which is the same each year. June we had the AGM where we gained two new Committee members. Maureen has resigned her position of 15 years, what a great service she has given to Christchurch Greypower, it was acknowledged at the AGM and she was presented with flowers. Catharine Elliott is the new Membership Secretary, with a lot of computer knowledge, which I need, and of course considerably younger. Honora Wootton has joined us, she is the best coffee and tea maker, and helps out where she can. Vanessa Rogers is the new Secretary; all their details are on this page.

I have put my cell phone number should you wish to contact me, however would prefer text messaging, as if driving or shopping wouldn't be able to give you my full attention.

Winter has arrived but it happens each year, so we should be used to it.

Just a reminder for the members who pay their electric account into our bank account, we sometimes haven't got an email or phone number, so please contact us, so we can refund you. The new membership email is greypowerchmembership@gmail.com which might help.

We have had some good speakers over the last few months. We have a Social every 3rd Wednesday from February to November, all welcome. St Martins Church 50 Lincoln Road, plenty of parking at the back.

Keep warm and safe.

Ann Ferrari | President

If You require help around your home eg house work lawn mowing your first point of call is your Doctor to get the necessary forms signed. Grey Power Christchurch do not have a data base for people to do any of these jobs



UPDATE

This is the last issue of the newsletter that will be mailed out to members who are not current with their subscription.

Due to the cost of postage, we are also looking at cost savings.

- Some members who come regularly to the social afternoons have offered to pick up their newsletter instead of having the newsletter sent out. If this applies to you, please let our new Membership Secretary (Catharine Elliott) know so she can update our database.
- Some members may be happy to have an email copy – some may even prefer that. If this applies to you, please send your email address, along with your name and current contact number, to greypowerchmembership@gmail.com.

ANY QUERIES OR UPDATES REGARDING YOUR MEMBERSHIP

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IS YOUR MEMBERSHIP CURRENT?

How can you tell?

CHECK YOUR MEMBERSHIP CARD

If your card has a blue sticker you are current in your membership! To be doubly sure check the expiry date of your card... If it is 2026 or later you are current.

WHAT IF I CAN'T FIND MY CARD?

Email our new Membership Secretary (Catharine Elliott) on greypowerchmembership@gmail.com.

Provide your name, address and contact number. Catharine can check our local database and let you know whether you are current. She will also check your details in the database and update where needed.

WHAT IF I DON'T HAVE EMAIL?

You can write to: PO Box 15051, Aranui, Christchurch 8643. Again, provide your name, address and contact number.

WHAT IF I FIND I AM NOT CURRENT?

You can make payment in cash at a membership meeting or you can pay via internet banking (or direct credit or phone banking) to:

- Account Name: GREYPOWER CHRISTCHURCH SUPERANNUITANTS ASSOCIATION INCORPORATED
- Account Number: 030854 0652512 00

If possible, please still email our Membership Secretary on greypowerchmembership@gmail.com. Please provide your name and address and current contact phone number. Catharine will check your details in the database against the details you send and update where needed.

TUI'S OUTINGS

This lovely Autumnal Day started for us at 10:30am when that wonderful Bob arrived with the flash bus at the Addington Raceway. It was pleasing to see him again as he is great value and has a wonderful amount of knowledge which he shares with us ... when we can hear him!! It was also great to see all the lovely faces again, and no more pleasing than to see Tui - officiating on her last trip.

Anyway we headed off along Lincoln Road into Halswell Road with all of its roadwork and limitations and then up to the Halswell Quarry, Bob managed to manoeuvre around amongst the low hanging branches and told us about how popular the place was for kids and adults, walkways used for recreational walks and races.

We then headed back and around Cashmere Road, past 'Mortgage Mountain', above which were the remnants of the big fires and where the Adventure Park was. There is a lot going on up there.

We continued along Barrington Street up to Blenheim Road which we cruised along having various places of interest pointed out for us. When we came to the milk factory we turned left and headed back to Lincoln Road past Sunnyside Hospital and the Carmelite Monastery for the second time.

Our destination was St Martin and St James Church in time for lunch. The tables in the lounge had been set up by Bev and Gary, Bev had made the lovely flower arrangements. The rest of the whole meal was done by a single, amusing, fellow whose outfit went by the name of "Who's the Caterer." He supplied all the glasses, crockery, table cloths and cutlery etc. all those things so that he wouldn't take home anything that didn't belong to him.

Bob was a little late getting into the lounge as he had to straighten up the long rear vision mirror on the left hand side of the bus which had been pushed hard up against the bus during the close manoeuvring up at the quarry.

The meal was wonderful. The main had hot and cold meats, hot vegetables, salads and condiments. Dessert included small pavlovas, small Christmas pudding with hot custard and a selection of fruits and whipped cream. What more could you want?



Then the entertainment started. Two talented singers, one of whom was an outstanding guitarist, arrived and entertained all for an hour with a plethora of songs, some of which we knew and the odd one that we didn't. Never-the-less their harmony was second to none and there were a lot of us old folks singing, humming, nodding and/or tapping our feet. It was a lovely time.

Then, before they left, Neville did his usual thank you and presentation and then Ann got up and made a special speech and presentation to Tui to simply remind her how grateful we all are to have had her organising these trips over many years. Then Aroha and Wendy sang their last song which we all knew and joined in heartily - "For she's a jolly good fellow..."

Tui ... we cannot thank you enough. You are not only a pretty face but your blood needs bottling!! Ka mau te wehi ... Awesome.



After that we all moved back onto the bus and Bob took us the short distance back to the the Addington Raceway where, for the first time that I can recall, it was 'Second on ... first off!!

A memorable day. A big thanks to all those who helped make it happen ... especially 'Tui' ... and Bob.

FEDERATION REGISTRATION

HOW TO SUBSCRIBE

PRINT MAGAZINE

To subscribe for home delivery of the Federation Magazine you will need to deposit this year's \$10.00 subscription into the Federation bank account, that equates to just \$2.50 per issue for four magazines.

When completing your bank transfer please put the word '**magazine**' in the **particular's** tab and your **membership number** in the **reference** tab. Make payment to:

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account: 38-9018-0089518-00

If you don't have a computer, or cannot access internet banking you could ask a family member or friend to do it for you, or use phone banking. You can also pay through your local association.

DIGITAL MAGAZINE

If you want to switch to receiving the free digital version of the Federation Magazine please subscribe on-line at www.greypowermag.co.nz/subscribe/, or e-mail the Federation office with your membership number and state you would like to receive the Grey Power magazine in digital form.

If you are one of the over 2300 households already receiving your magazine as a digital copy you don't have to do anything, as this will continue. New members will be invited to receive the magazine as a hard copy or digitally.

Thank you all for your understanding and ongoing support.

Improving the safety of your bathroom

By now, you have probably installed non-slip mats in your shower and grab bars where you need them. And, if you haven't, you should!

But there are other ways to improve the safety of your bathroom.

One of the easiest ways is to install a night light. Many varieties light when they detect movement.

Consider re-painting an all-white bathroom. An all-white bathroom with shiny fixtures, bright lights and mirrors can cause glare that make people disoriented. They can even be blinded by the brightness, especially if their vision isn't perfect. Reduce the glare by using frosted bulbs. Consider painting the walls a contrasting color, which can help you and your guests keep their balance.

Don't try to make the bathroom warmer by using a space heater. They are a risk of electrocution. Propane heaters also don't work. They need more ventilation than a bathroom provides. Install a permanently wired heating unit instead.

Check your shower doors for cracks, chips or the glass rubbing against metal. Shower doors have been known to shatter. Of course, doors will also break if someone falls into them.



Shower doors are made of tempered glass, which means they shatter into hundreds of pieces and shards. Anyone present can be injured by falling into the pieces. If it ever happens, throw one or more towels over the broken pieces so you and others can walk out safely.

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'DIGITAL LEGACY'

Most of us will leave behind a large 'digital legacy' when we die. Here's how to plan what happens to it.



We tend to think about inheritance in physical terms: money, property, personal belongings. But the vast volume of digital stuff we accumulate in life and leave behind in death is now just as important – and this “digital legacy” is probably more meaningful.

They include social media and banking accounts, along with stored photos, videos and messages. Digital legacy is commonly classified into two categories: digital assets and digital presence.

Digital assets include items with economic value. For example, domain names, financial accounts, monetised social media, online businesses, virtual currencies, digital goods, and personal digital IP. Access to these is spread across platforms, hidden behind passwords or restricted by privacy laws.

Digital presence includes content with no monetary value. However, it may have great personal significance. For example, our photos and videos, social media profiles, email or chat threads, and other content archived in cloud or platform services such as Google, Netflix and Spotify. It may also contain data on health and wellness.

All of this raises both practical and ethical questions about identity, privacy, and corporate power over our digital afterlives. Who has the right to access, delete, or transform this data?

Just as we prepare wills for physical possessions, we need to plan for our digital remains. Without clear instructions, important digital data may be lost and inaccessible to our loved ones.

In 2017, I helped develop key recommendations for planning your digital legacy. These include:

- creating an inventory of accounts and assets, recording usernames and login information, and if possible, downloading personal content for local storage [Data that is directly attached to a compute device opposed to cloud storage – could use external hard drive or thumb drive]
- specifying preferences in writing, noting wishes about what content should be preserved, deleted, or shared – and with whom
- using password managers to securely store and share access to information and legacy preferences
- designating a digital executor who has legal authority to carry out your digital legacy wishes and preferences, ideally with legal advice
- using legacy features on available platforms, such as Facebook's Legacy Contact, Google's Inactive Account Manager, or Apple's Digital Legacy.

These steps may sound uncontroversial. But digital wills remain uncommon. And without them, managing someone's digital legacy can be fraught

with legal and technical barriers.

Platform terms of service and privacy rules often prevent access by anyone other than the account holder. They can also require official documentation such as a death certificate before granting limited access to download or close an account.

And if your loved one has not left a plan, then gaining access will probably only be possible through imperfect workarounds, such as searching online for traces of someone's digital life, attempting to use account recovery tools, or scouring personal documents for login information.

Better standards are needed as current platform policies have clear limitations for handling digital legacies. For example, policies are inconsistent and are also typically limited to memorialising or deleting accounts. With no unified framework, service providers often prioritise data privacy over family access. Current tools prioritise visible content such as profiles or posts. However, they exclude less visible yet equally valuable (and often more meaningful) behavioural data such as listening habits.

Problems can also arise when data is removed from its original platform. For example, photos from Facebook can lose their social and relational meaning without their associated comment threads, reactions, or interactivity.

These “digital remains” may be stored indefinitely on commercial servers without standard protocols for curation or user rights. There is a growing tension between personal ownership and corporate control. This makes digital legacy not only a matter of individual concern but one of digital governance. Managing our digital legacies demands more than practical foresight. It compels critical reflection on the infrastructures and values that shape our online afterlives.

Ref: May 2025 The Conversation Bjorn Nansen Assoc Professor, University of Melbourne

One Day

One day at a time ... this is enough. Do not look back and grieve over the past for it is gone; and do not be troubled about the future for it has not yet come. Live in the present and make it as so beautiful that it will be worth remembering.

Ida Scott Taylor

ARE YOU LONESOME TONIGHT

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

AIL Certificate

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How Gardening Can Help You Live Better for Longer

By Julia Hotz (abridged)

Research shows gardening preserves cognitive function, helping you live well for longer. Now, dementia patients are reaping the benefits with "care farms" prescriptions.

In 2015, Norway became one of the first countries to create a national dementia care plan, which includes government-offered daycare services such as Inn på tunet – translated as "into the yard" – or care farms. Now, as researchers recognise the vast cognitive benefits of working on the land, more communities are integrating gardening into healthcare – treating all kinds of health needs through socially-prescribed activities in nature, or green prescriptions.

"Nature prescriptions can increase physical activity and social connection while reducing stress, which have multiple positive knock-on effects for blood pressure, blood sugar control and healthy weight, reducing the risk of diseases that can lead to dementia," says Melissa Lem, a family physician based in Vancouver and researcher at the University of British Columbia, Canada – where she examines the opportunities and barriers around nature-based prescriptions. "We all know that more physical

activity improves mental and physical health, but gardening supercharges those benefits," she says.

New data sheds light on the advantages of spending time gardening. In a first-of-its-kind study, researchers from the University of Edinburgh investigated if there might be a link between gardening and changes in intelligence over lifetimes. The study compared the intelligence test scores of participants at age 11 and age 79. The results showed those who spent time gardening showed greater lifetime improvement in their cognitive ability than those who never or rarely did.

"Engaging in gardening projects, learning about plants and general garden upkeep involves complex cognitive processes such as memory and executive function," said Janie Corley, the study's lead researcher, in a press release.

Corley says some of those benefits may come from the "use it or lose it" cognitive framework, a theory that suggests the strength of our mental abilities in older adulthood depend on how frequently we use them. When we neglect to perform tasks that stimulate certain parts of our brain, those parts of our brain begin to lose their functionality, but regularly engaging in these activities – such

as problem solving, learning a new skill or being creative – in older adulthood can have the opposite effect.

One 2002 study of more than 800 nuns in the United States found that frequently participating in cognitively stimulating activities reduced their risk of Alzheimer's disease. A more recent study of older adults in Japan found participation in meaningful activities could protect against declines in memory function. Meanwhile, other research has found that people who received an intervention of cognitively stimulating activities, typically in a social setting, saw improvements in cognition, mood, communication and social interaction.

And gardening appears to have specific cognitive benefits. For one thing, gardeners seem to experience gains in the nerve levels of brain-derived neurotrophic factor (BDNF), a protein that plays an important role in the growth and survival of neurons. They also receive boosts to their vascular endothelial growth factor (VEGF), a protein associated with improving cognitive functioning.

One 2006 study from the University of New South Wales, which followed Australian men and women throughout their sixties, found that those who gardened on a daily basis had a 36% lower risk of developing dementia than those who didn't. Gardening has also been shown to improve attention, lessen stress, reduce falls and lower reliance on medications.

Some of these cognitive benefits may come from simply being in nature. Roger Ulrich, a world expert in designing health systems and a professor of architecture at Chalmers University in Sweden, was among the first to connect nature exposure to stress reduction. Throughout the 1980s and 1990s, he conducted a series of landmark studies demonstrating how simply looking at trees and other plants – even through a window – can reduce pain, boost positive emotions and strengthen concentration.

Ulrich suggested that these responses were driven by evolution. Since the ability to recover from a stressful situation was favourable for survival, the tendency to recover from stress in natural settings was genetically favourable, passed down through generations, and could explain why even just small doses of nature can improve wellbeing among modern humans.

www.bbc.com/future/article/20250509-how-gardening-boosts-brain-health

Gather your dragons and bams, it's time for mahjong

You are going to need a pung of 7 bams.

If you know what we mean here, you are a mahjong player. Mahjong is a 19th century Chinese social game, with over 40 game variations. In America, it has a lively following of players who have their own rules. It even has its own national society, The National Mah Jongg League, founded in 1937.

While once mahjong was the favorite of Chinese and Jewish grandmothers, today it reaches people of all ages and has been surging in popularity. Actress Julia Roberts once said she plays regularly. There are even mahjong tutors these days.

If you have never played mahjong or American Mah Jongg, you might be thinking of those little game apps that let you match pairs of identical tiles stacked on top of each other. This is a sort of new mahjong solitaire, but this isn't like the authentic mahjong game of any variation.

American Mah Jongg (note the unique spelling) is played by four people, using 144 tiles, a special language, and a lot of luck. While it is a game of skill, some players estimate that 60 percent of the game is luck.

The idea is to form a winning hand by drawing, discarding, and exchanging tiles to form various combinations, kind of like rummy. Mahjong has numbered tiles grouped as suits (dots, bamboo, characters), honors (winds and dragons), and Bonus (flowers and seasons).

In American Mah Jongg, the league prints an annual card of winning combinations. In 2025, it had a misprint, causing consternation among its many fans and sparking a story in The Wall Street Journal. Just when you think you need a pung of 7 bams, this happens.





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IS IT OK TO LEAVE DEVICE CHARGERS PLUGGED IN ALL THE TIME?

An expert explains.

How many chargers do you own? We're surrounded by rechargeable electronic devices – mobile phones, laptops, smart watches, headphones, e-bikes and more. You might have a phone charger plugged in next to your bed without ever bothering to switch it off at the wall or unplugging it when not in use. The same might go for a laptop charger by your desk. But is that risky to do? And are there hidden costs associated with leaving chargers plugged in all the time?

What's inside a charger? Naturally, not all chargers are the same. Depending on the application and power requirement, their internal structure can range from very simple to complex. However, a typical charger takes in the AC (alternating current) from the wall plug and converts it to a low-voltage DC (direct current) suitable for your device's battery.

To understand the difference between DC and AC, consider the flow of electrons in a wire. In a DC circuit, electrons move in one direction and keep rotating in the circuit. In an AC circuit, electrons don't circulate and only move back and forth.

The reason for why we use both types of current goes a long way back, to the time when inventors Thomas Edison and Nicola Tesla battled over which type would become the default standard. Today, we are still stuck between both. Electricity is traditionally generated in AC form, but modern appliances and batteries require the DC form. This is why almost every electrical appliance comes with an AC-DC converter.

To do the conversion from AC to DC, a typical charger needs several electrical components such as a transformer, a circuit for doing the actual conversion, filtering elements to enhance the quality of output DC voltage, and control circuitry for regulation and protection.



Chargers have several electrical components to convert the AC current to DC current that the battery can use.

Chargers consume power even when not charging "Vampire power" is real. If you leave it plugged in, a charger will continuously draw a small amount of power. Part of this power is used to keep the control and protection circuits running while the rest is lost as heat.

When we look at an individual small charger, the vampire power – also known as standby power – is negligible. However, if you add up all the chargers in your home for various devices, over time the wasted energy can be significant. Standby power is not exclusive to chargers, either; other electronic devices such as TVs draw a little bit of standby power, too. Depending on how many things you leave plugged in, over the course of the year it could amount to several kilowatt hours.

That said, modern chargers are designed to minimise standby power consumption. These chargers come with smart power management components that keep them in sleep mode until an external device attempts to draw power.



There are other risks, too. Chargers wear out over time when electricity flows through them, particularly when the electricity grid voltage temporarily rises above its rated value. The electricity grid is a chaotic environment and various voltage rise events happen from time to time.

Leaving your chargers exposed to these events will shorten their life. This premature ageing shouldn't be alarming for modern devices, thanks to their improved design and control. But it is particularly concerning for cheap, uncertified chargers. These often lack appropriate levels of protection and can be a fire hazard.

How should I treat my chargers? Although modern chargers are generally very safe and should be drawing minimal standby power, consider unplugging them anyway – if convenient. If a charger gets warmer than usual, makes noise, or is damaged in any way, it is time for a replacement. And it definitely shouldn't be left plugged in.

Ref: Glen Farivar Lecturer in Power Electronics,
The University of Melbourne



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Tips to guard against one common infection

About one in 10 women aged 65 or older report having at least one Urinary Tract Infection (UTI) every year.



Common during warm weather, a UTI can cause pain and burning when passing urine. It can cause frequent urination, fever, fatigue, nausea, and pressure or pain bellow the belly button, according to Johns Hopkins.

Sometimes another symptom can be strange and scary: Confusion and even delirium. One woman who experienced this began seeing common objects loom before her in giant size. Suddenly, she couldn't find her way home on very familiar streets. She thought she was going crazy, but a trip to the doctor solved the problem in one day.

It's crucial to get treated for UTIs, which can be diagnosed with a simple urine test. Untreated UTIs are very dangerous and can spread infection from the bladder to kidneys, or to the bloodstream.

If you have had a UTI before, focus on prevention by drinking lots of water.

Eat high-probiotic food such as pickles, sourdough bread, cottage cheese, peas, sauerkraut, or kimchi.

Take showers instead of baths. Wear cotton underwear.

Have you tried ChatGPT?

By Brian Hawthorn

ChatGPT is an artificial intelligence system designed to generate natural language responses based on user input. It serves various purposes, including entertainment, education, and assistance, and can significantly benefit elderly people in New Zealand. You can access it by putting "ChatGPT" into google.



ChatGPT enhances cognitive abilities and memory by providing stimulating games, quizzes, and puzzles, which can improve mental health and prevent cognitive decline. It offers entertainment and leisure options by recommending books, movies, music, and podcasts based on seniors' preferences and interests.

The system enables social connection and participation, helping seniors stay connected with friends, family, and communities through various platforms and channels. It also provides information and education, answering questions, satisfying curiosities, and teaching new skills and hobbies.

Assistance with daily activities and chores is another benefit ChatGPT offers, helping seniors manage schedules, finances, shopping, and household tasks. It provides personalized conversation and emotional support, alleviating feelings of loneliness and isolation.

Moreover, ChatGPT helps remind and track medication usage, ensuring seniors take their medications correctly, thus avoiding harmful consequences of missed doses. It monitors health conditions and alerts caregivers or medical professionals if there are concerning changes. In case of emergencies, ChatGPT can detect falls and provide an emergency response, ensuring seniors receive prompt assistance. It facilitates remote consultations and telemedicine, reducing the need for seniors to travel to medical appointments, thereby lowering their risk of exposure to illness.

Furthermore, ChatGPT supports seniors in accessing and using assistive technology, such as smart home devices, enhancing their daily living and mobility. It provides cognitive and memory support, helping to slow the progression of age-related cognitive decline.

In summary, ChatGPT offers a multifaceted approach to improving the quality of life for elderly people in New Zealand, making it a valuable tool for enhancing mental and physical well-being.

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Authorised by Duncan Webb MP, Parliament Buildings, Wellington



Driver Licence

When you're turning 75 or over, you'll need to get a medical certificate before you can renew your driver licence. Renew at age 75, 80 and every 2 years after that. Your licence will expire on your 75th birthday, on your 80th birthday, and every second birthday after that. You must renew your driver licence on or before its expiry date if you want to keep driving.

How to renew your licence



You can renew your driver licence up to 6 months before it expires. NZTA will send you a reminder and an application form about 8 weeks before your licence is due to expire, but you can renew earlier if you wish. You'll need to make an appointment with your doctor to get a medical certificate. You may also need to see a specialist or take a test, so allow plenty of time. Once you've got your medical certificate, you'll need to visit a driver licensing agent in person.

What you need to take

- A medical certificate issued within the last 60 days.
- Your current photo driver licence or other acceptable evidence of your identity (e.g. Passport). More information can be found on NZ Transport Agency Waka Kotahi / Identification page.
- EFTPOS, credit card or cash to pay the renewal fee of \$21.50.

You'll need to complete an application form (DL1). You can download the form and take it with you or fill one in when you get to the agent. When your renewal is complete, the agent will give you a temporary licence which is valid for 21 days. Keep this on you whenever you're driving until your new driver licence arrives in the mail – within 2 to 3 weeks.

Getting a medical check

You need to get a medical check to renew your licence, so make an appointment with your doctor. The doctor will give you the medical certificate you'll need to renew your driver licence. The certificate is valid for 60 days, so make sure you take it to a driver licensing agent before the 60 days runs out.

Your doctor will give you one of the following results:

Medically fit to drive

- You're able to drive safely in all conditions.
- Your doctor will give you a medical certificate to take with you to renew your licence.

Medically fit to drive with conditions

- You're able to drive safely, but only if you do, or don't do, specific things. For example, you might need to wear glasses or not drive at night.
- Your doctor will give you a medical certificate with the conditions on it. Take this with you to renew your licence.

Medically fit to drive if a specialist agrees

- You need to see a specialist for more testing. Your doctor will tell you what kind of specialist. It could be an optometrist to test your eyes, or an occupational therapist to check you can safely cope with complex driving situations.
- If you pass, you're able to drive safely and can renew your licence. The specialist will give you a medical certificate to take with you to renew your licence.

Medically fit to drive if you pass an on-road safety test

- Your doctor may ask you to do a driving test in a car with a testing officer.
- The doctor will give you a medical certificate with a requirement to sit an on-road safety test. Take the certificate with you to a driver licensing agent, and they'll start your renewal application and book the test.
- The test is included in your renewal fee. There's no fee to change, cancel or rebook the test. You can sit the test more than once if you need to with no extra fees.
- If you live in an area that doesn't have testing officers, you'll need to request an on-demand test. Check our agent list to see if you need to do this in your area. You'll need to apply to renew your licence and present your medical certificate at the agent first. It can take up to 3 months to get a test booking, so make sure you do this early.

If you pass the test, you're able to drive safely. The testing officer will give you a temporary driver licence to use until your photo driver licence arrives in the mail.

Not fit to drive

You're not able to keep yourself and others safe when driving. It's no longer safe or legal for you to drive, and you must stop driving immediately. Your doctor will let NZTA know, and you won't be able to renew your licence.

Not being able to renew your licence can be upsetting. Take some time to process this news. There are many options for people who don't drive.

Medical conditions and driving

If you have a medical condition that could affect your ability to drive safely, NZTA may need to review your medical certificate and determine whether you can continue to drive before your licence can be renewed.

On-road safety test

The on-road safety test checks you still have a good knowledge of the road rules and continue to use safe driving skills. It takes about 30 minutes.

Check out NZTA website for more information on:

- Renewing for seniors
- Driving as a senior
- How's your driving?
- Alternatives to driving
- Factsheets

Ministry of Social Development Useful contact numbers

Seniors	0800 552 002
Working age	0800 559 009
Supergold card	0800 254 565
Community Services card	0800 999 999
information@supergold.govt.nz	
Veteran pension	0800 650 656
veteranspension@msd.govt.nz	
veterans affairs (not MSD)	0800 483 8372
Residential Care	0800 999 727
residential support (under 65)	0800 999 779
International Services	
(from NZ)	0800 777 227
international.services@msd.govt.nz	

Let's Talk Road Safety: Reducing Hidden Risks

The data tells us that regardless of causation, if a person over 70 is hospitalised following a road crash, length of hospital stay increases. This is especially so from 80 years onwards. As we age recovery takes longer.



The free class-room based refresher course Age Concern Christchurch run for older drivers includes focus on what we can do to keep ourselves safe on the roads. They share all sorts of tips like correct use of mirrors which must be adjusted to eliminate as many blind-spots as possible.

Some drivers of modern cars with light-up side mirrors that indicate proximity to other objects, are relying solely on those side mirrors to determine close objects. But these mirrors are not foolproof and blind spots still exist. In some cases, buying additional cheap compact mirrors and attaching them to side mirrors can extend field of vision which can help a lot. (They help with parking, too).

Most people do not realise how big blind-spots are. Cyclists and motorcyclists can get completely lost in them. Even so, a visual shoulder check should always precede a lane change, turn or merge. If a shoulder check is not used in these circumstances when a driver is required to take an on-road driving test (which can be required by a medical practitioner assessing a driver 75 and over for competence to drive), the driver will automatically fail the on-road test.

And that is one reason they would like to see more of our older drivers come to their free class-room based Staying Safe driving refreshers, funded by NZTA. It's an opportunity for older drivers to be affirmed in their knowledge, check they are up-to-date with all the key road rules and be able to discuss with other drivers what their solutions to local traffic situations might be.



As we transition from Winter to Spring we start to see the trees bursting with blossom, flowering bulbs with their colour and perfume and the days start to draw out giving us more time to enjoy in our gardens.

Portstone's new seasons **Roses** are budding up nicely. Roses are still amongst the most popular planting addition to any gardens as once flowering they offer beautiful, fragrant blooms. They are a relatively easy plant. The young new growth are susceptible to an attack from aphids and whitefly. Treat with Grosafe EnSpray99, an organic high quality oil that will soon have them under control.

We have Hybrid Tea and Floribunda bush, 450mm and 800mm standards and climbing roses. If you are thinking about planting roses in your garden consider what type of rose you would like. Plant climbing roses to cover a fence or trellis. Standards add formal interest, they can work well in perennial beds or along pathways Hybrid teas and floribundas look great in all areas of your garden space. Roses also do well in pots, We also have carpet roses, ground covers that flower for months, and for the most delicate of flowers try a miniature rose.



Daphne are a special shrub, it is one of the most fragrant of all shrubs and they flower in late Winter through Spring. Try and find a space in your garden for one. They do like a mostly shaded area, in a rich well-draining soil.



The new **Kings Seeds** catalogue has arrived so now is the time to check through it, decide on your seed requirements for the season and place your order with Portstone. Tomatoes, peppers, cucumbers will soon need sowing under cover in order to have them ready for planting out in October/November.

It's a great time to choose and chit your **seed potatoes**, early varieties include Swift, Rocket, Jersey Bennes, Cliff Kidneys and early main Agria and Maris Anchor.

Remember our great offering at Portstone Garden Centre is 10% discount for Gold Card Holders on a variety of 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 Garden Centre
465 Ferry Road
(under the gum tree)
389 4352

www.portstone.co.nz



I DON'T HAVE AN EMERGENCY CONTACT - WHAT SHOULD I DO?

Whatever the situation, there are crucial moments when you'll be asked to provide an emergency contact. But what happens when you have no one to call on?



When nominating an emergency contact, a partner or family member might seem an obvious choice - but what if no one comes to mind? What do you need to consider when signing up someone to be your emergency contact?

Gayle Chambers, president of over-50s advocacy organisation, Grey Power, understands people may feel embarrassed or ashamed about not having someone to call on in emergencies, but she says isolation and loneliness are a problem for New Zealand's ageing and growing population. It's not just elderly people - international students, single parents or those without immediate family around may hit this issue.



*Grey Power National President
Gayle Chambers says there's no
shame in asking for help.*

If you haven't got anybody, where do you start?

Chambers suggests joining social or hobby groups like an exercise class or a knitting circle. Think of those near you, she says, like a neighbour who can check in on you when you're unwell. Churches are commonplace and could be a starting point, even if you aren't religious, she says.

Royal NZ College of GPs medical director Luke Bradford says it's very rare that a patient would be put on the spot to provide an emergency contact immediately. Often, doctors will suggest you bring a support person ahead of time if there's some bad news after running tests in the lab.

For patients suffering from serious or chronic illnesses and older members of the community, there are support groups available who could point you in the right direction, both Chambers and Dr Bradford say. Usually, emergency contacts are other family members, but sometimes a neighbour might be pre-approved to help.

What should I consider? When will they be called on? Think about who it is that's asking and consider

what kind of person would be best suited for that situation, Dr Bradford says. For work [paid or unpaid], Barlow says think of someone who is willing to be contacted on your behalf in a crisis.

"They're only used in serious situations — if someone has a medical emergency, is unreachable and there's concern for their wellbeing, or if urgent decisions need to be made. It's about duty of care; it's not about tracking or monitoring." Three key attributes she notes are trust, calmness, and reachability. "Ideally, they're contactable during the day and understand your basic personal circumstances. They don't need to be a family member or even live nearby, but they should be someone who could speak on your behalf in an emergency.

"You can list someone overseas, but it's smart to think about time zones and have a local backup if possible." Chambers agrees trust is key — you need someone who is not going to act for their own benefit. "It's really very much like when you're going down the enduring power of attorney checklist." It's entirely up to a patient whether they want their emergency contact to know about their condition, Dr Bradford says. They do need to let the practitioner know their wishes though. Be honest with your GP if you don't have anyone to put in as an emergency contact, or don't want them to be notified of your health condition.

Situations where an emergency contact would be called on to make decisions on behalf of someone are exceptional, and there are ethical considerations in those cases, he says. For most cases, they would be the next-of-kin to be notified if, for example, something was to go wrong in an operation you were undergoing, he says. He notes it should still be someone you feel comfortable with, and that could be someone you rely on for emotional support rather than say someone who drives you to the hospital or fills in your forms.

How do I ask someone to be my emergency contact? Never be afraid to ask for help, Chambers says. People are usually more than willing to help. "There's no shame. If you are alone and you need someone to help you, unless you tell someone they don't know." Also, if you have noticed a parent or a neighbour who appears to be alone, take it as an opportunity to see if they need help, she says.

Ref: Isra'a Emhail Digital Journalist RNZ

A little while ago a small group of - and let's be honest - mostly elderly and retired people gathered in one of our rooms for a small ceremony to be thanked.

As our volunteer coordinator Nicola pointed out, they hadn't volunteered at the City Mission for glory and recognition, but sometimes it needed to be pointed out when the effort given to us went above and beyond what we hoped for.

Our volunteers are a very special part of the City Mission and in the way we look after the people we do in the community. All our staff care deeply of course, but there is something extra special about someone who is giving their time freely to do something for others who need help and to do that day after day for people they may never meet or know. Many are also financial donors too. We have more than 200 regular volunteers right across our many services and they give us more than 25,000 hours a year, making it possible for us to do so much more than we otherwise could.

At the ceremony this group of slightly embarrassed volunteers were those who had been picked as

going above and beyond and were given certificates of appreciation. It was the least we could do.

In a speech of appreciation, Nicola told them their dedication and generosity embodied the true spirit of volunteering. "Your selfless commitment has made a profound and lasting impact on the lives of many and for that we are deeply grateful. Volunteering is not just about the tasks you perform. It is about the kindness, compassion and hope you bring to those we serve. Whether you are sorting donations, packing food parcels, teaching new skills, cooking meals, or offering a listening ear, your efforts create a ripple effect of care and healing throughout our organisation."

She said their passion inspired others and together all our volunteers helped build a stronger and kinder community.

One of the volunteers that day was Lawrence who later won a citywide award for volunteering. He's a retired electrical engineer who comes in and drives a van for us twice a week to collect vital food donations.

That's a lot to ask and to give, especially when the Wednesday start is 7am on a freezing winter morning. Asked why he had been helping us for more than 6 years, Lawrence said it was about putting something back into society. He had realised there were lots of other people out there who weren't doing so well and he wanted to help.

**All our volunteers would say the same.
They bring so much heart.**



DIGESTION AS WE AGE

From - HFG

Nutritionist Cindy Williams shares her top tips for keeping your digestion working properly as you age.

About one-third of people over 65 suffer deterioration of their stomach lining, which means it doesn't make so much hydrochloric acid, pepsin (a digestive enzyme) and intrinsic factor. This reduces how much vitamin B12, folate, iron and calcium they can absorb. A deficiency of vitamin B12 seriously affects the nervous system. B12 comes mainly from animal foods. To get the recommended 2-3mcg a day include some lean meat, salmon, tuna, oysters or liver.

Constipation is common in older people, especially those who are inactive. Some try to solve the problem with laxatives (not a good idea long-term) and others by taking copious amounts of unprocessed bran. The odd bran muffin makes a yummy morning tea but too many will bind up vitally important minerals such as calcium, iron and zinc. One study found that eating two tablespoons of wheat bran three times a day halved the amount of calcium absorbed. Try to get your fibre from a range of sources including plenty of fruit and vegetables instead (most are a good source of fibre).

Our gut contains many 'friendly' bacteria that enhance the immune system and make us more resistant to food poisoning and tummy bugs. But as we head into our 70's there are less of these 'friendly' bacteria around. Eating yoghurt or fermented dairy drinks will add a few 'friendly' bacteria back into your gut. Check the use-by date to buy the freshest yoghurt as the bugs die off over time. To help these bacteria survive the perilous journey through your stomach, eat foods with resistant starch such as rolled oats, nuts, seeds, lentils, baked beans or cold rice or pasta. You may find yourself sitting on the toilet a bit more often, but straining will be a thing of the past!

To keep your gut in top working order, try these ideas:

- Banana or berry yoghurt smoothie
- Porridge or muesli topped with yoghurt
- Baked beans on grainy toast
- Pasta or rice salad
- Stir-fry beef with lots of vegetables on rice
- Fruit salad with yoghurt
- Sushi
- Lean mince cooked with red lentils, vegetables and a jar of pasta sauce
- Add in a little exercise and lots of water

The Hidden Risks of Alcohol for Over-65s

While a glass of wine or a social drink is often seen as harmless, alcohol can pose significant risks for people over 65 — even at low levels of consumption. As we age, our bodies process alcohol less efficiently. This means that older adults often feel the effects of alcohol more quickly and more strongly than they did when they were younger.

Alcohol increases the risk of falls and injuries, which can have serious consequences for older adults. A simple fall can lead to fractures, hospitalisation, or long-term disability. Drinking can also worsen many health conditions common in later life, including high blood pressure, heart disease, diabetes, liver problems, and memory loss.

Another serious concern is the interaction between alcohol and medication. Many common prescriptions — including those for blood pressure, pain relief, and depression — can interact dangerously with alcohol, leading to drowsiness, confusion, internal bleeding, or even heart problems.

Even moderate drinking has been linked to an increased risk of certain cancers, including breast and bowel cancer. Furthermore, alcohol can exacerbate mental health issues like anxiety and depression, which often go undiagnosed in older adults.

Importantly, drinking habits that were once "safe" earlier in life may no longer be safe after 65. Experts advise limiting alcohol intake, being mindful of how it affects you personally, and discussing drinking habits openly with your healthcare provider.

Healthy ageing means making choices that support your body and mind — and rethinking alcohol may be one of them.



COST OF LIVING

OLDER KIWIS CUTTING BACK ON FOOD TO SAVE MONEY



Older New Zealanders are cutting back on food to pay the bills, with advocates saying some are making frozen meals last three days or skipping meals entirely.

Pre Covid-19, research in the Journal of Primary Health showed that out of 174 people going into residential care, 93 percent were either malnourished or at risk of malnutrition.

Research shows 40 percent of New Zealanders aged 65 and over have no other income besides superannuation, while 20 percent only have a little more.

"Those fixed costs that we reflected on earlier this morning, the rent, the power, the mortgage, the rates, the insurance, with them increasing the only movable bit of a budget is often that food spending," Billings-Jensen said. Some people are "living on toast".

Research from Massey University in 2021 found more than a third (37 percent) of older people who live in the community are at risk of malnutrition. She said older people need enough protein and iron to help keep their muscle mass. "If you are not getting the right energy in then it might be harder to be doing some of the things that will keep you active and keep you connected to the community and the people that you love," she said. "Nutrition is just so important to prevent chronic disease, disabilities and enable people to live in their homes."

Aged Care urges New Zealanders to have conversations with older people in their lives about what they are eating. She said they have seen an increase in older people using foodbanks. She also advises those struggling to reach out to Work and Income.

March 2025 Nine To Noon

New Sorted retirement navigator a one-of-a-kind tool for spending in golden years

A groundbreaking new Sorted tool has been released to help New Zealanders nearing or already in retirement feel more confident about their financial future and how to plan for it.

Launched by Te Ara Ahunga Ora Retirement Commission, the retirement navigator is free to use on **sorted.org.nz**

Rates Rebates

Rates, that huge expense home owners pay annually. Quite a burden especially for retirees who rely on fixed income.

The Rates Rebate scheme is a partial refund for eligible, low income rate payers who pay rates on their own home to the District Council. So why not enquire if you are eligible? Many don't use this scheme it is said.

Simply make a trip to the Council and ask to see someone who can advise you. So when you receive your Rates Account apply for the Rates Rebate.

If you are in a Retirement Village you can still apply for the Rates Rebate.

The Council send out a very helpful person to fill in the papers and inform you of what you can expect. This is your right so why not receive reimbursement for your payments.

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

It could save lives!

MOBILE PHONES

If you have an older model, make sure that it is not operating on 3G only as this network is closing later this year. If you are unsure, phone your provider or pop into one of their stores. Most people have 4G & even 5G by now. One of the positives of Covid, many of us had to upgrade to use the QR Code.

AT THE DOCTORS OFFICE

A gorgeous young red head goes into the doctors office and says that her body hurts whenever she touch's it.

"Impossible" says the Doctor "show me" The redhead took her finger, pushed on her left breast and screamed. Then she pushed her elbow and screamed in even more agony. She pushed her knee and screamed likewise she pushed her ankle and screamed Every where she pushed she screamed.

The Doctor said "Your not really a red head are you?"

"Well no" she said "I am actually a blonde"

"I thought so" said the Doctor "Your finger is broken"

DID YOU KNOW THAT?

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

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

DO PEOPLE WHO RUN MARATHONS KNOW THEY DON'T HAVE TO?

IS LAUGHTER THE BEST MEDICINE?

According to research published in journals of Psychiatry, Cardiology, and Endocrinology, laughter has many benefits. The research proposes laughter as a powerful tool that can transform our lives in many ways. Not only does it make us feel good, it has numerous physical and mental health benefits. When we laugh our body releases endorphins, known as the "feel good" hormones, which can help to reduce stress and anxiety.

Some of the benefits of laughing include:

- **Reducing stress and anxiety:** Laughter has been shown to decrease the levels of stress hormones like cortisol and adrenaline in our body.
- **Boosting the immune system:** Laughter has been found to increase the levels of immunoglobulin, an antibody that plays a key role in our immune system.
- **Improving mental health:** Laughter can help reduce symptoms of depression and anxiety by releasing endorphins and promoting a sense of wellbeing.
- **Improving relationships:** Laughter can bring people together by creating a sense of bonding and connection.
- **Improving physical health:** Laughter has been found to lower blood pressure, improve cardiovascular health and even help with chronic pain.

In addition to these benefits, laughter can also have a positive impact on our daily lives. It can help us be more productive, creative and resilient. When we laugh, we are more likely to approach challenges with a positive attitude, and more readily find solutions to problems. So how can we incorporate more laughter in our lives? Here are a few suggestions.

- Watch a funny movie or a rerun of your favourite comedy programmes. My favourite is you tube reruns of Dave Allen, the Two Ronnies and best of all "Are You Being Served" which was so like the department store I worked in as a student.
- Read a humorous book, article, comic, or something created by your favourite cartoonist. Face Book has a number of humorous sites. I enjoy the amusing road signs posts.
- Spend time with people who make you laugh. Especially children.
- Try laughter yoga or therapy.
- Find the humor in everyday situations and learn to laugh at yourself.

Overall it seems laughter is the best medicine. It is a powerful tool that can have a significant impact on our lives. By incorporating more laughter into our daily routines we can improve our physical and mental health, strengthen our relationships and live happier more fulfilling lives. So go ahead and have a good laugh. Your body and mind will thank-you.

Creamy Chicken and Mushroom Risotto

Although you need to put in a bit of stirring time, this satisfying meal can be put together in less than 40 minutes. **For 2 servings:**



2 Tbsp olive or canola oil
1 medium onion, diced
2 cloves garlic, chopped
250-300g boneless skinless chicken, cubed
200g mushrooms, sliced
½ red pepper, deseeded and diced
1 tsp dried thyme
1 cup arborio rice
2½ cups boiling water
2 tsp instant mushroom stock
¼ cup cream
½ - 1 tsp salt / Pepper to taste
Chopped fresh basil or thyme and a little additional grated or shaved Parmesan cheese to garnish, optional

1. Heat the oil in a large non-stick pot. Add the onion and garlic and cook, stirring frequently, until the onion is soft. Add the chicken to the pan and cook until the meat is no longer pink. Stir in the mushrooms, red pepper and thyme and cook, stirring occasionally, until the mushrooms soften. Add the rice and cook for 2-3 minutes further, stirring constantly.
2. Add 1 cup of the water and the instant stock powder to the pot and bring to the boil. Reduce the heat and cook, stirring frequently until the liquid has almost disappeared. Add the remaining water to the simmering mixture, half a cup at a time, stirring frequently until the liquid has almost all been absorbed before making the next addition. After about 20 minutes, test to see if the rice is cooked; the grains should be firm but with no hard centres. If necessary, add another ¼-½ cup of water and simmer for a few minutes longer. When the rice is cooked, add the cream and stir to mix and heat through. Season to taste.
3. Serve immediately, garnished with the basil and Parmesan if using. A crisp green salad, some crusty bread and a glass of wine make ideal accompaniments.
Note: Transfer leftovers to an airtight container and refrigerate for up to 3-4 days.

Apple Crumble

Apple crumble is most definitely 'comfort food'. There is nothing nicer, on a cool winter night, than to open the kitchen door and enjoy the spicy warmth of mixed spice or cinnamon.

For 2 servings:

½ cup plain flour, sifted
2 Tbsp butter
¼ cup sugar
2 cups sliced apples
(2-3 apples)
A little butter for buttering the loaf tin

1. Heat the oven to 180°C.
2. Put the flour, butter and sugar into a food processor and mix them in bursts until only tiny amounts of butter are visible.
3. Peel the apples and slice them fairly thinly into a buttered metal loaf tin about 10 x 23cm. Sprinkle the flour mixture over the apples in the loaf tin.
4. Bake for about 45 minutes, or until the crust is golden brown.
5. Serve warm, with lightly whipped cream, pouring cream or plain yoghurt.

Variation: Add about ½ tsp of mixed spice or cinnamon to the sliced apple and toss to mix.



PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support helps to enable the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

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*



Social Afternoons Superannuitants' and Friends

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

20th Aug: Odyssey House / Anthony Easterbrook
17th Sept: Council Candidates / Allan Barron
15th Oct: Kyla Horne and Wendy - Brain Research
19th Nov: Brian Clarke / The Christmas wind-up

If for any reason there are any changes please phone Maureen 027 201 9920

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 1/4/2025 to 31/3/2026

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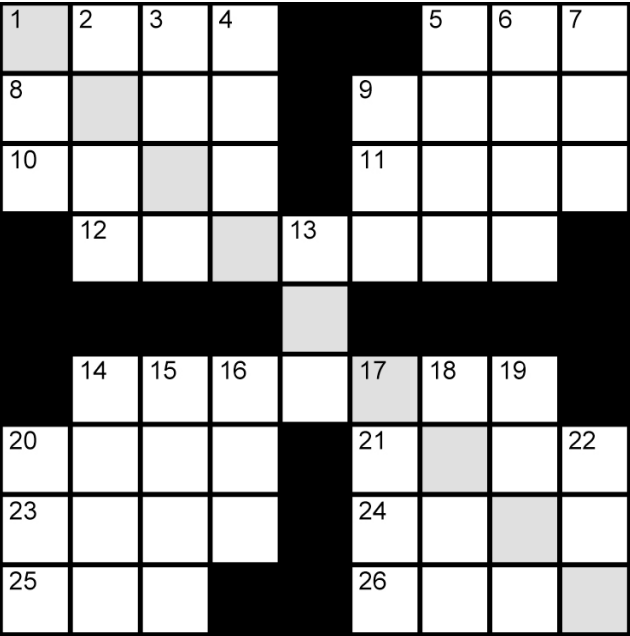
Please use *Name* and *Membership Number* or *post completed Membership Form to the Membership Secretary*

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

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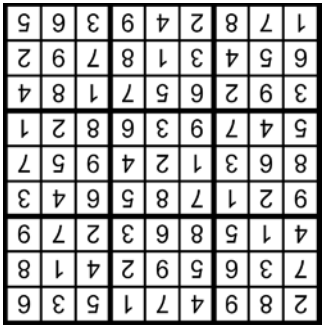
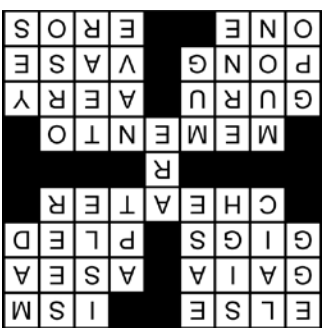
Expecting an Answer



- Across
- 1. "What ____ is new?"
 - 5. Any doctrine
 - 8. Greek earth goddess: Var.
 - 9. On the ocean
 - 10. Jobs
 - 11. Responded in court
 - 12. Con man
 - 14. Souvenir
 - 20. Wise one
 - 21. Eagle's nest

- 23. Early video game
- 24. Flower holder
- 25. "A Chorus Line" number
- 26. Greek god of love

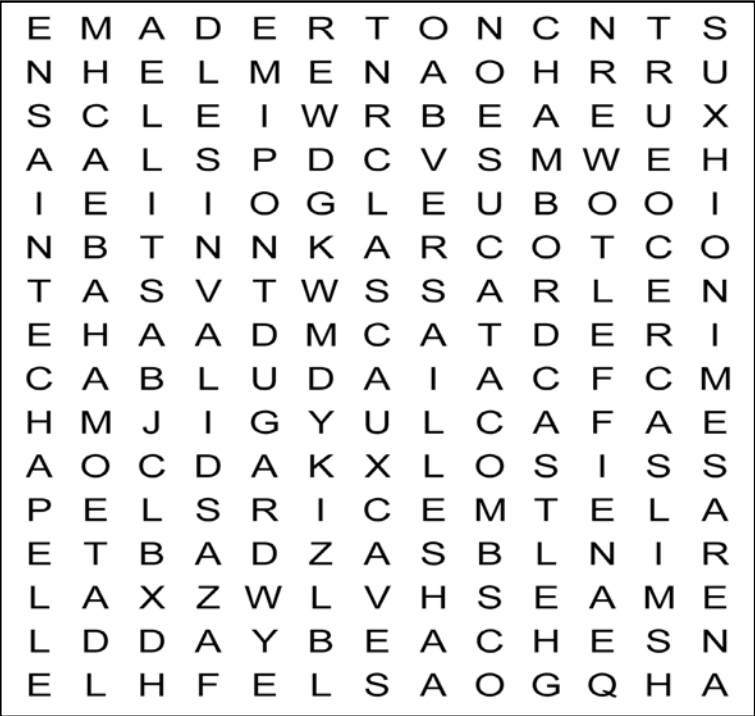
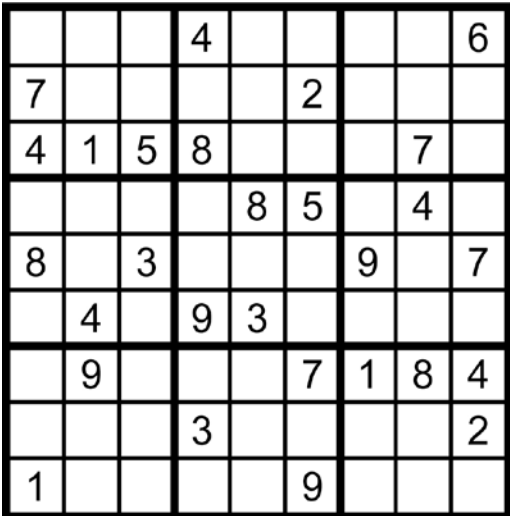
- Down
- 1. Breakfast fare
 - 2. Secular
 - 3. Sound of relief
 - 4. Facilitate
 - 5. Part of an archipelago
 - 6. Soothsayer
 - 7. "Spy vs. Spy" magazine
 - 9. Likely
 - 13. "____ we there yet?"
 - 14. Atomic particle
 - 15. Sea eagle
 - 16. Coffee holder
 - 17. Church section
 - 18. Eye drop
 - 19. About
 - 20. U.S. document publisher
 - 22. "I agree"



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

- BASTILLE
- CATACOMBS
- CHAMBORD CASTLE
- DDAY BEACHES
- EIFFEL TOWER
- LASCAUX CAVES
- LES INVALIDS
- LOUVRE
- NIMES ARENA
- NOTRE DAME
- OMAHA BEACH
- PONT DU GARD
- SACRE COEUR
- SAINT MALO
- SAINTE CHAPELLE
- VERSAILLES

SUDOKU



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.

French Sites