



# **Grey Power**

**CHRISTCHURCH ASSOCIATION INC**

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**PO Box 15051,  
Aranui, Christchurch 8643**

**WINTER ISSUE 2026**



## GREYPOWER CHRISTCHURCH

PO Box 15051, Aranui, Christchurch 8643



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**Please Note:** All Committee members are volunteers and we have no office. If you wish to contact them and their answer machine comes on please leave a message. We will endeavour to contact you asap.

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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.

## Presidents Word



Firstly, I would like to say how great the meeting was on 15th April, we were honored to have Casey Costello visit on her Ministerial Roadshow, the hall was absolutely full. There were many agencies there all arranged for the Seniors. Better Later Life Action Plan was revealed for the next few years. On TV 1 news on Saturday 18th April there were shots of her meeting with Greypower and a few of the audience had 15 seconds of fame.

Hopefully we may get some new Members join us after the Roadshow. With our AGM being in June we hope to get some ideas and even Committee members to join us so we can improve our Social and give members all the information of what the Federation is lobbying for on our behalf.

Now we are still open to receive ideas of speakers and entertainers, to give you a variety.

As mentioned left, under the Committee details, I would like to remind you that all Committee members are volunteers and we do not have an office. Catharine and I get a few phone calls and are not always available, however if you leave a message we will return your calls.

The weather on the South Island has been reasonable but winter is on its way, just waiting for the rain that was promised. I know be careful what you wish for. Take care all of you and hope to catch up at the next Social.

**Ann Ferrari** | President

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 Ann on 027 482 1706

or email: joeannferrari@gmail.com

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

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

## Goodbye Copper Hello Modern Phone and Internet

We are told copper network has played it's part for Kiwi's communication network. Now it is time for the new life technology such as fibre, wireless and satellite ability to deliver fast and reliable phone and internet over the next few years. Chorus is retiring copper network from service.

Switching to an alternative, with fibre available to over 87% of the country, recent improvements in speed and performance of satellite services and wide range of wireless offerings, we have until the end of 2026 to change.

We are told you can keep your landline which will run over an internet connection. Also keep your number. So WiFi calling is available also. How efficient this will be is the issue.

Power outages can be a challenge, so it is good to know what back up options to have available.

Of course these changes can be a challenge and often we are faced with technicians that we can't actually understand. This isn't prejudice but fact. So it would be good to have some special explanations and ideas given us for this changing period.

Since Chorus are the service people to attend to these changes, should we try to have them come and explain future changes and



find out what we need to know about these issues before hand. It is always better to have a little knowledge to prepare ourselves.

It is always good to ask when faced with changes. Perhaps have the written statements to go with procedures and preparations.

Whilst this may be useful for some yet to face the issue, for others it is an after thought but there are still ongoing points that we need to have clarified. Even with switches to a cell phone .

## Six Little Stories with Lots of Meanings

1. Once, all the villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one little boy came with an umbrella. **That is faith.**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**
3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up. **That is hope.**
4. We plan big things for tomorrow in spite of zero knowledge of the future. **That is confidence.**
5. We see the world suffering, but still, we get married and have children. **That is love.**
6. On an old man's shirt was written a sentence "I am not 80 years old; I am sweet sixteen with 64 years of experience." **That is attitude.**

Have a happy day and live your life like these six stories. Remember – good friends are the rare jewels of life, difficult to find and impossible to replace!!

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## “Surviving, Not Living” How Inflation Is Hitting Pensioners Hardest

(from an article in Stuff by Emma Ricketts)

A 68-year-old pensioner living in rural South Auckland says she is “surviving, not living”.

Paula\* has been retired for three years and relies entirely on New Zealand Super and the accommodation supplement. Over that time, she says keeping up with the cost of living has become increasingly difficult.

“Inflation has gone up, but my income has stayed the same. So, in effect, my income is decreasing.”

Although superannuation rates rise with inflation, any increase is treated as additional income by Work and Income. That results in a reduction to her accommodation supplement — meaning she sees little, if any, real gain.

“I feel like the Government is giving with one hand and taking away with the other.”

Since Paula retired, inflation has risen by more than 10 percent. In practical terms, she says, that feels like a 10 percent pay cut.

### Just Covering the Basics

Paula’s pension and accommodation supplement cover her weekly expenses — but only just.

Her rent is just over \$300 per week, with the supplement covering about a third. The rest of her pension goes on utilities, insurance and groceries, which cost around \$100 a week.

“The only extra — if you want to call it that — is Sky TV. I need that because I can’t afford to go out. I live rural, so every trip means fuel.”

By the week before her next payment, she recently had just \$71 left. “Not even a week’s worth of food.”

When unexpected costs arise, food is the first thing to go. Paula already limits herself to one meal a day to save money.

“I don’t have breakfast, lunch and dinner — just one late afternoon meal. But when there are constraints, the first thing you cut is food.”

### Pensioners Hit Hardest

Paula’s story reflects a broader national trend. New data from Statistics New Zealand shows retirees

experienced the highest inflation rate in the year to December 2025.

Superannuitant households faced inflation of 3.8 percent, compared with the 2.2 percent average across all households. Beneficiaries experienced 3.1 percent, while the highest-expenditure households saw just 0.8 percent.

Unlike the Consumer Price Index, the Household Living-Costs Price Index measures the real impact on different groups, including the effects of interest rates and mortgage payments.

Economist Shamubeel Eaqub says the difference comes down to spending patterns.

“The areas where costs are still going up are necessities, whereas prices are coming down the most on discretionary items and mortgage payments.”

Lower-income households spend a far greater proportion of their income on essentials such as food, power and transport. Higher-income households benefit more from falling mortgage rates and cheaper discretionary goods.

For Paula, nearly all her money goes on rent, utilities and food. Price drops on TVs or furniture make no difference to her.

### Inflation Easing — But Not Enough

There are signs inflation is slowing. The quarterly increase for superannuitants from September to December 2025 was 0.4 percent, down from 1.5 percent in the previous quarter.

Economist Matt Roskrug says that will be encouraging for the Government heading into an election year.

“But prices are still eye-wateringly high, and those struggling most are still seeing rises in core necessities — albeit more slowly.”

For Paula, that offers little comfort.

“It’s like a joke. A very, very bad joke. Food prices are still going up — even if it’s slower. You just can’t win.”

What worries her most is the future.

“In my head, I’m still young. I don’t think of myself as a pensioner. But how long can I keep going like this? What if I live to 80? Or 90? I really don’t think I could.”

\* Not her real name



**NZ Post will be updating pricing for Mail Holds and Redirections – services to temporarily hold or redirect mail which can be ordered in retail stores and online.**

The changes will mean NZ Post will no longer offer free 4-week Mail Hold or free 2-month domestic Mail Redirection for Seniors (someone over 65) but, instead, Seniors will be able to receive a 50% discount on the standard ‘Household’ rate that will apply for everyday household consumers across all Mail Holds and domestic Mail Redirections. The seniors discount will also apply to extensions, which were previously only available at the Household rate (i.e. there was no free offering for seniors for extensions).

All customers (no matter their age bracket) can also receive an additional 30% off the fee when they complete their request online, which means for Seniors they can receive a further discount if they apply online.

These changes take effect from 21 April 2026.

Customers will be able to find out more information on these changes on NZ Post’s website and instore. <https://www.nzpost.co.nz/personal/receiving/manage-my-mail>

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## HANDY TIPS FOR AROUND THE HOME

### SHOES

Just put some tea bags in your shoes and leave them overnight. This solution is much cheaper than all those fancy shoe deodorants which tend to run out very quickly. The cheapest tea will work just as well.

### SIMPLE MIXTURE

This simple mixture can save you money and provide multiple solutions. Simply mix 1 teaspoon of moisturising gel with 30 grams of toothpaste.

This combination can relieve itching from insect bites, clean and protect glasses from fogging, and make faucets shine like new. Just apply the mixture to the affected area, polish with a cloth, and rinse if needed. Try this easy tip and enjoy its amazing results!

### CAN OPENER FOR RIDGID PACKAGING

There is no power greater than that of the rigid plastic container. Rigid plastic cases are the bane of parents and those with arthritis around the world. If you want to avoid getting cut while opening this rigid plastic, you can use the handy can opener.

Rigid plastic packages can be opened by simply treating them as a piece of metal with your tin opener. Line up the can opener along the edge, ensure a tight grip, and then proceed to spin the tool to begin cutting. You'll be amazed at how easy it is to open these packages by doing this.

### SALT FOR SINKS

Salt serves as an effective anti-clogging solution for your kitchen sink. To enhance its efficacy, blend half a cup of salt with one cup of baking soda. Allow it to sit for 4-6 hours, making it convenient to pour the mixture down the sink before bedtime.

After letting it sit for several hours, or overnight, flush the sink with hot water to remove the mixture. Repeat as necessary.

### BANANA SKINS

Bananas are not just a tasty snack; they can also work wonders in your garden. Instead of throwing away banana peels, bury them in your soil. Rich in potassium, calcium, and magnesium, banana peels make excellent natural fertilizer. They also repel pests like aphids and snails, keeping your plants safe.

To use, chop banana peels into small pieces and bury them near your plants. As they decompose, they enrich the soil with essential nutrients, making your plants healthier and greener.

You can also make banana water by soaking peels in water for 24 hours or longer, dilute and use the liquid to water your plants. This simple trick will help your garden thrive!

## Common Sense

How we miss good Common Sense.  
A practical companion of the past.



We remember having cultivated such valuable lessons as to when to come in out of the rain, why the early bird gets the worm, why life isn't always fair and maybe it was my fault.

Common Sense lived by simple, sound financial policies (*don't spend more than you earn*) and reliable parenting strategies (*adults, not children are in charge*).

Things began to deteriorate rapidly when well intentioned regulations were set in place. Conditions worsened after reports of sexual harassment were sort when an 8 year old boy kissed a classmate, teens suspended from school for using mouthwash and a teacher fired for reprimanding an out of control child.

Common Sense further lost ground when parents attacked teachers for doing the job they themselves failed to do in discipling their unruly children. Common Sense lost the will to live as the ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims. Common Sense finally gave up the will to exist after a woman failed to realise a steaming cup of coffee was hot. The hot coffee spilled a little on her lap and she was promptly awarded a huge settlement.

Common Sense was preceded by its parents of **truth and trust, discretion and responsibility and finally reason.**

All was taken over by "*Know my rights; Someone else is to blame and I'm the Victim.*" Hopefully you are one that still remembers the days of Common Sense.

## FINANCIAL ADVICE I WISH I HAD AT AGE 20

1. Live below your means – *don't flex for people who don't pay their bills.*
2. Start investing early – *compound interest is your silent millionaire-maker.*
3. Save before you spend, *not after.*
4. Build an emergency fund – *life happens, be ready.*
5. Credit cards are tools, not free money – *use them wisely.*
6. Learn a high-income skill – *it'll open more doors than a degree alone.*
7. Don't chase trends – *chase value.*
8. Budgeting isn't boring, *being broke is.*
9. Avoid lifestyle inflation – *even when you earn more, don't spend more.*
10. Learn about taxes – *saving on them is just as powerful as earning more.*
11. Start a side hustle – *it teaches you business and adds extra income.*
12. Buy assets, *not liabilities.*
13. Don't compare your financial journey – *focus on your lane.*
14. Money doesn't solve all problems, *but it gives you options.*
15. Your 20s are for building, not balling.



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## 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	

"I believe the second half of one's life is meant to be better than the first half. The first half is finding out how you do it. And the second half is enjoying it."

~Frances Lear

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## GreyPower Christchurch AGM 17 June 26

**WILL BE HELD AT THE ST MARTIN CHURCH HALL, 50 LINCOLN ROAD, FROM 1PM**

Please consider volunteering some of your time and joining the committee. Different viewpoints and new ideas are necessary to keep our Association relevant for everyone.

Check the nomination form sent out with our newsletter.

### Important

**NOMINATIONS NEED TO BE RECEIVED ONE WEEK BEFORE THE AGM.**

## GreyPower Christchurch Superannuitants Association AGM:

Our June Annual General Meeting will cover items as listed in our latest Constitution. The following is an extract from section 3.4:

### 3.4 Annual General Meetings: business

1. The business of an Annual General Meeting shall be to—
  - a. confirm the minutes of the last Annual General Meeting and any Special General Meeting(s) held since the last Annual General Meeting,
  - b. adopt the annual report on the operations and affairs of the Society,
  - c. adopt the Committee's report on the finances of the Society, and the annual financial statements,
  - d. set any subscriptions for the current financial year,
  - e. consider any motions of which prior notice has been given to Members with notice of the Meeting,
  - f. consider any general business,
  - g. appoint a suitably experienced person to review the accounts for the current financial year, and
  - h. elect officers for the new term.
2. The Committee must, at each Annual General Meeting, present the following information—
  - a. an annual report on the operation and affairs of the Society during the most recently completed accounting period,
  - b. the annual financial statements for that period, and
  - c. notice of any disclosures of conflicts of interest made by Officers during that period (including a summary of the matters, or types of matters, to which those disclosures relate).

## Minister Costello recently sent out a newsletter which contained several interesting issues.

1. The reserve bank of New Zealand is seeking your feedback on access to cash. If it's important to you to be able to get cash easily, without extra fees and close to where you live, this is your opportunity to have your say.

### **What is being proposed?**

The Reserve bank is proposing that banks must provide free, reliable cash services. That includes making sure that people don't have to travel far or wait in long queues. The reserve Bank have prepared maps showing what this proposal could look like in your district.

### **Why does this matter?**

Access to cash and banking services is important for many older people, particularly those who don't live near main centres. 80% of adults use cash at least some of the time, over half keep cash on hand and for some people it is the only way they pay for things. 40% of bank branches have closed over the last decade making it harder for people to access cash. **Have your say! By the 31st of July 2026. The Reserve Bank**

2. The Terrace, Wellington Central 6140  
**Annual Adjustments to Superannuation:**  
An annual adjustment to the New Zealand Superannuation and Veteran's Pension payments took effect from the 1st of April. The adjustment reflects inflation and the average wage. New fortnightly rates have increased to: \$984.28 each before tax or \$854.08 each after tax. (M Tax code), for a married couple, or partner in a civil union or de facto relationship. \$1,294.74 before tax or \$1,110.30 after tax (M tax code) for a single or widowed person living alone. \$1,191.14 before tax or \$1,024.90 after tax (M tax code) for a single or widowed person sharing accommodation.

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## “ANALOG ACTIVITIES”

Activities that don't involve using a device with a screen are gaining in popularity around the world. People are wanting to engage with real people doing real things that they can't get from endless scrolling on a device.



There is a rather depressing statistic that 1 in 3 people experience loneliness and have become disconnected from everyday life in their community and are not sharing their life experiences or gathering new, real information.

We know much of this is caused by dispersed families or declining health, plus a host of other reasons such as location, changes in society, loss of some basic local services, transport and age. Long ago families and neighbours stayed close to each other for comfort and even survival, looking after animals, cooking, sewing and reading. Slowly much of this was displaced with the advent of travel and television then fast forward to now and every head is bent over a brightly lit screen, checking and checking on updates for often unreal or incorrect information.

There is a debate as to whether some types of social media help housebound seniors to feel more connected but there is still a lack of real personal interaction. It also doesn't involve creating anything new or the pride of showing what you have made or done. Since the pandemic, there has been a growing number of articles on research about age, ageing well, living well and living longer. There seems to be an increasing fascination of how we can extend our lives and be healthy doing it, but I feel the emotional and psychological aspect is often overlooked. It's how we spend those years that is

important.

Many of us have reached our senior years having smoked, sunbathed, eaten fatty food, drunk alcohol and snacked on all the wrong food. There were no warnings and so now we have to do the best we can with what we've got. Some things can't be reversed but there are certainly a range of things we can do to either keep our brains engaged, tone up the muscles we have and eat well.

War of any type is ghastly but over the decades, people have got out their knitting needles, sewing machines and other tools to ease the pain and discomfort of those affected. Hats and scarves for WW2, blankets and baby clothes sent to cold countries such as Bosnia and Kosovo and now for Ukraine. [And unfortunately, maybe for the innocent in the Middle east], There are also busy souls knitting hats and scarves for returned service men and women who have given so much to secure freedom and peace in other countries during times of conflict.

Fortunately, there is now a growing interest in what is being called 'analog or grannie activities'. That means 'no screens'! Just for a moment, put aside any device and turn off the TV and think of all the things you used to do back in the day when you didn't or couldn't pop out to buy a new something. Women would darn socks, take up or let down a hem, knit a cardy, crochet a doily. Men could fix a squeaking door, sand and paint a windowsill, cut up firewood or fix a toy. Families played dominoes, cards, monopoly and numerous other board games.

All these things that we took for granted have actually given us a wide set of skills that can now be turned into hobbies or activities. Things that can be done at home to exercise the mind or reap a sense of achievement, or better still join a group of people who enjoy the same activities. There are so many opportunities to do something together, make new friends, laugh and talk about life. It could be a knitting group, a book club, play Mah jong or cards or bridge. The Tauranga Libraries are providing more and more programs of things to join and time slots to bring people together and people can now come in and use their collection of board games.

The library is a great place to go for all kinds of activities – not just to read a book. Many libraries are now called Community Hubs as they provide so many different things for people to do and learn.

*courtesy of Grey Power Tauranga & WBOP*

## HOW SPECIAL IS YOUR BIRTHDAY?

Paul and I have always had an interest in numbers ... which evolved over time ... and of course included birthdays.

We start with '8' which was the number of Lincoln Road where I lived with my family for a couple of decades ... before I met Paul.

Paul and I were married on Friday 13 1968 ... which just happened to be the last day of that School year ... so we could have a 6 weeks honeymoon. Within a year or two we had our new house built ... at 196 Halswell Road.

Now then ... take the address numbers and put them together and you get 1968 ... the year we were married.

Paul was born on the 12 February 1945 ... [12 2 45] and I was born a month later ... on the 12 March 1945 [12 3 45]. Paul said it is the easiest birthdate to remember ... and has never forgotten. He claims that as he was born first, he gets to 'wear the trousers'!

Paul shares his birthday with the likes of Abraham Lincoln and Charles Darwin ... just to mention a couple. I share my birthday with Liza Minnelli and no doubt with millions of other people.

*Maxine Carlsen*

### BECOME A SUPPORTER and JOIN GREY POWER

A reminder, that supporting Grey Power as a member is for anyone of any age. Someone in your life may well benefit from the work we do advocating for the rights and wellbeing of everyone as they age. The strength of any organisation - and its ability to influence politicians - depends on the size and engagement of its membership.

If you are buying a watch from Amazon – **be warned!** I learned the hard way that if it says you can swim with it. This only applies if you can swim without it.

## Moving? Or Just Need More Space?

For many Canterbury seniors, the pressure to move often comes down to one thing: a home that has become too much to manage, especially when family isn't local to help. At Senior Transitions NZ, we act as your local "boots on the ground," but our goal isn't always to get you out the door—it's to find the right fit for you.

Sometimes, the best move is staying put. We recently helped a local lady prepare her home for sale. As we completed a full declutter and house clearance, she saw her home in a new light. Without the "stuff," the house was manageable and safe again. She cancelled the sale and stayed. Success for us wasn't a move; it was helping her regain her independence at home.

Don't pay for "Premium" if you don't need it. When a Burwood gentleman needed Hospital Level Care, he expected to pay high "premium room" fees. By focusing on his actual priorities—care quality and layout—rather than marketing, we found a standard room with no premium fee that he absolutely loves. We saved him significant costs while securing the perfect care.

We are here to help with:

- **Placement Advocacy:** Finding the right care level without the bias.
- **Decluttering:** To help you stay or go.
- **Clearance Management:** We move what you need with you, and we manage the sale, donation, and clearance of the rest.

Whether you have family overseas or just need an extra set of hands, we provide the physical and emotional support to navigate these big decisions.

Senior Transitions NZ. Call 021 272 3278

For a no-obligation chat.

Web: [www.seniortransitions.co.nz](http://www.seniortransitions.co.nz)

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## WHAT TO DO WHEN THE LIGHTS GO OUT AT HOME



Oroua River runs high at the rail overbridge RNZ Severe weather this summer left tens of thousands of households without power.

**Here's how to stay safe, keep warm and protect your home and belongings when the power goes out.**

### **Call your lines company**

Power cuts can last only a few minutes, so wait a while before making the call. But if you are concerned – make the call. You can also check the supplier's website and social media to see if the outage was planned, or if there's an update on when power will be restored. Your Wi-Fi and cordless landline phone will likely be affected in a power cut, so it's best to use your mobile phone for this. If a power outage is putting your health at risk, call 111 or go to a hospital.

### **Turn on the torch – always best to have one on hand – with good batteries.**

For many, it may be your phone torch – but try not to use it for long, as it drains the battery, meaning you may not be able to call for help if you need it. Torches and battery-powered lanterns are safer to use in a power cut than candles.

### **Break out the supplies**

Make sure you have emergency water supplies for drinking and washing. A spare battery or mobile power pack for your phone, a camp stove or barbecue, and cooking fuel (such as gas) are also helpful items to have in the event of an extended power cut. [Never use these indoors]

### **Clear your home of hazards**

Have a quick look around your house and move any items that could be easily tripped on, such as children's toys, from corridors, doorways and high-traffic areas. This will lessen the chances of you injuring yourself in the dark. Powershop recommends placing a camping lamp at the edge of the room by the wall to light your path and says it's especially important that access to the bathroom and the emergency cupboard are clear.

### **Turn electronics off at the wall**

Power can surge when it's restored, possibly damaging sensitive electronics. Turn your TV, computer and

stereo off at the wall or make sure you have surge protectors installed. Also turn off your stove elements and heaters – this will ensure they don't come back on without you noticing the electricity has been restored. But it's recommended that you leave an overhead light on so you can see when the power is back on.

### **Keep the fridge closed**

Opening the fridge or freezer will let warmer air in – and without electricity, it won't be able to cool down again. If left shut, the fridge will keep food cool for up to six hours, while a freezer will usually keep food frozen for up to 24 hours. If there's food inside that you know you'll need in the short term, consider removing it at the start of the power cut and storing it in a chilly bin or ice box. That way your snacking won't spoil the rest of your supplies. Good idea to eat food that will expire quickly, such as bread and meat, first, and eating canned food last. If any food is spoiled or rotting, throw it away so it doesn't spoil other food.

### **Stay warm**

If it's a cold day or night, you can keep warm by closing your doors and windows and pulling the curtains. Water can be boiled on a camp stove to fill hot water bottles. **Remember never to operate a camp stove inside.** Gel warming packs are also good items to have in your emergency kit, as they can keep chilled fingers and toes toasty.

### **Check on your neighbours**

If it's safe to go outside, check on your neighbours. This is especially important if you have older or vulnerable people living around you. If it's not safe to go out, give them a call or a text.

### **Listen to the radio**

The National Emergency Management Agency (Nema) advises that in times of crisis or civil defence emergency, a battery-powered radio or a car radio remain essential lifelines if power is out and other forms of communication are unavailable. RNZ is New Zealand's statutory civil defence lifeline radio broadcaster, providing vital information and updates as they come to hand.

**NB:** Make sure you know how to manually open your garage door in case you need to use the car. Also have room to open the bonnet to access the car battery. Inside the car you can recharge your phone so make sure you have an adaptor.

With winter approaching it's a good time to check your backup supplies – fresh medication, water and food. All the knitters out there – practice so you can knit in the dark!!

# Supporting our seniors

## Your Christchurch Labour team



**Duncan Webb**

03 366 5519

MP for Christchurch Central

[f/DuncanWebbLabour](#)



**Megan Woods**

03 338 6347

MP for Wigram

[f/MeganWoodsWigram](#)



**Reuben Davidson**

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MP for Christchurch East

[f/ReubenDavidsonLabour](#)



**Tracey McLellan**

03 376 4512

List MP based in Banks Peninsula

[f/TraceyMcLellanLabour](#)



**Dan Rosewarne**

04 817 8844

Labour List MP based in North Canterbury

[f/DanRosewarneWaimakariri](#)



## Is There a Better Way to Care for Older People in Emergency Departments? *Adapted from a Spinoff article by Venetia Sherson*

Older people are arriving at hospital emergency departments (EDs) in greater numbers than ever before, contributing to long waits and poorer health outcomes for those who are frail. Two New Zealand hospitals say there is a better way. The question is whether government will act.

At Waikato Hospital's ED, an elderly woman lies curled across two hard plastic chairs, moaning in pain. They are designed to be durable and easy to clean — not comfortable for someone suffering. Nearby, an 84-year-old woman waits with legs swollen from fluid build-up, despite her specialist requesting immediate admission. Five hours pass, with many more to come.

Scenes like this are becoming increasingly common, says Dr Victoria Henderson, geriatrician and clinical director for older people's health at Whangārei Hospital. As New Zealand's population ages, the pressure on EDs is intensifying.

Research shows emergency department use rises sharply after age 70. Older adults now attend ED at higher rates than any other age group except infants. Te Whatu Ora data shows ED visits by people aged over 65 increased 45 percent between 2016 and 2024.

For frail older people, ED can be harmful. Noise, confusion and long waits increase the risk of delirium and infection. Hospital stays often lead to rapid physical decline and loss of confidence, sometimes triggering a downward spiral of repeated admissions.

Henderson says there is a proven alternative known as "front-door frailty care", based on a model used widely in Scotland and the UK. Introduced at Whangārei Hospital four years ago, it places specialist geriatric staff in ED to identify frail older patients early, assess their needs quickly, and decide whether hospital admission is truly necessary.

Where possible, patients are discharged home with appropriate community supports rather than being admitted unnecessarily. "An older person just dipping their toe into ED can start a downward trajectory," Henderson says. "Deconditioning can happen very quickly."

The approach is holistic. It treats the immediate medical problem but also addresses underlying issues — mobility, medications, housing, mental health or social isolation — that often contribute to repeat ED visits.

Hawke's Bay Hospital geriatrician Dr Rachel Leigh, trained in Scotland, has seen the benefits firsthand. Last year

she led a 10-week Frailty Intervention Team (FIT) trial in Hawke's Bay, building on earlier funding for two geriatric emergency department intervention (GEDI) nurses.

Hawke's Bay has an older and more deprived population, with Māori and Pasifika developing age-related conditions earlier. Many patients arriving at ED have complex, overlapping needs — dementia, chronic illness, mental health issues and social challenges. "ED is set up for younger patients with single problems," Leigh says. "That's not who we're seeing."

During a heatwave, many older people arrived after dehydration-related falls. Others presented with pneumonia or gastroenteritis, but underlying issues such as depression or suicidal thoughts were uncovered. Busy ED doctors often lack time to explore these complexities. Specialist frailty teams can.

There is also a crucial 72-hour window in which frail older people must be mobilised to prevent rapid decline. Missing that window significantly increases the risk of death in the following months.

GEDI clinical nurse specialist Lani Preston, who led the Hawke's Bay trials, says the results were compelling. Nearly half of GEDI patients required little or no ED doctor time. Admissions fell, and around 100 people who would otherwise have been admitted were safely discharged home with support.

"The cost of one or two specialist nurses in ED is far lower than funding the same services later in the community," Preston says. ED doctors are now among the programme's strongest supporters.

Minister for Older People and Associate Minister of Health Casey Costello has acknowledged that models like this deliver shorter hospital stays, lower readmission rates and better patient flow. A new Ministerial Advisory Group on Aged Care has been established to provide advice on improving national outcomes.

Older New Zealanders are already showing what works. The question now is how quickly the system will respond.



Volunteer for research: Help improve treatment options

## Got an existing medical condition and keen to help improve treatment options?

Every day, someone is waiting for a better or safer treatment — maybe a loved one, a friend, or even you. At Optimal, we're helping to shorten that wait while always putting trial participant care first. We are a leading clinical research centre in New Zealand, inviting participants to join our research studies.

Clinical trials are the backbone of medical progress, rigorously testing drugs and medical devices in search of new, safer, or effective treatments.

By participating in clinical trials, you may:

- Help develop better or new treatments
- Get early access to potential treatments
- Receive study-related medical care at no cost
- Get a stipend for your participation

Approval from MedSafe and the Health & Disability Ethics Committee is essential for New Zealand trials.

Call 0800 73 73 27 ext. 1 OR Scan the QR code to find a trial that interests you



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CLINICAL TRIALS

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For good.

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optimalclinicaltrials.com



We are enjoying the last of autumn's beauty before our gardens move to a slower, sleeper time, but that doesn't mean your Winter garden has to go completely quiet. In fact, it's one of the most beautiful (and underrated) seasons to enjoy structure, some beautiful crisp, blue sky days and enjoy life outdoors.

Portstone has stocks of plants and seasonal favourites to keep you active in your garden on those sunny days: We have evergreen shrubs that give you year-round structure. Here are some ideas; Thuja smaragd grow well in pots or garden beds. They look great planted in rows with smaller shrubs such as Loropetulum, roses, pittosporum balls, hydrangeas, and long-flowering perennials to fill the garden bed and give interest year-round.

Camellias are another good option for your garden. Their foliage is dark green, with glossy leaves year-round, making them attractive even when not flowering. Flowers bloom in late autumn through early spring. They are versatile; due to their tap roots, they can be planted close to your house foundations. There are two types Portstone stocks; Camellia japonica – Large, showy flowers; blooms mid to late winter. Camellia sasanqua – Smaller, often fragrant flowers; blooms earlier (autumn to early winter). They have a tidy habit; you can clip these into a hedge.

If you require advice for your garden, come in and talk to us. There is a good range of winter vegetable seedlings, and if you see them on our shelves, you can grow these successfully in your veg garden, raised garden beds or pots. Now is a good time to plant out your garlic and shallots. If you do not have much room, try these in pots.

Brighten up your back door with colourful Polyanthus in pots. "Polys" flower for months in

cool, moist conditions with partial shade, blooming best in well-drained, soil. Plant in autumn or winter, spaced 20cm apart, and keep the soil consistently moist but not waterlogged to avoid rot.

Our new season's Roses arrive in June. There are some lovely new varieties. We have our Rose List available at the counter, or you can view our Roses on our website [www.portstone.co.nz](http://www.portstone.co.nz) – we highly recommend pre-ordering any varieties you would like to avoid any disappointment.

Winter-flowering Hellebores will be in store soon. These gorgeous plants provide vibrant colour in shady, cold areas from late autumn to early spring. They are hardy, evergreen perennials that thrive in well-drained, rich soil under trees, colours are white, pinks, reds, maroons.

If you can't get into your garden due to cold weather, why not "Sort your Shed". Tools need an annual overhaul to really keep them working well. Sharpen your spades and pruning tools and give everything a good clean. Having everything ready to go and easy to find once spring arrives.

If you require extra help in your garden, our Portstone Garden Services can assist. From weeding and trimming to pruning roses and trees and more. Give Elliot a call on 027 611 8255, or if you are in the store, leave your details at the counter, and Elliot can call you.

Pop in, grab a coffee, and let our team help you choose suitable plants for your space. Whether you're refreshing pots or planning your spring garden, we're here to help.

**Remember our Gold Card Holders offering of 10% discount on a range of our products.**

The award winning **Leeves Café** is a lovely place to either begin or finish your visit to the garden centre.



Portstone Garden Centre, 465 Ferry Road (under the gum tree)  
389 4352 | [www.portstone.co.nz](http://www.portstone.co.nz)

## THE GREATEST GIFT IS TIME

My name's George Harris. I'm 70 years old. If you looked at my life, you'd probably say I did alright. A steady job, a paid-off house, two good kids, and a pension that keeps the lights on and the coffee pot full. But lately, I've learned something no one really tells you about growing older, success can get quiet. I worked as an electrician for 45 years. My hands built things that still stand today – schools, churches, homes full of laughter that I'll never hear. I missed birthdays, barbecues, and more than a few Christmas mornings, but I told myself it was all worth it. I was building a life for my family. Now the house is mine alone. My wife, Helen, passed seven years ago. The walls still remember her voice – her laughter, her singing, the way she used to talk to the plants like they were people. I still find her handwriting on recipe cards tucked into old cookbooks.

Last Sunday, my daughter Emily called, "Dad, mind if we come by for lunch?" I said sure, trying to sound casual – but truth be told, I'd already started setting the table before we hung up. When they arrived, the house came alive again. Her husband carried in the casserole, the kids ran through the hallway, and for a while, it almost felt like the old days. The smell of roasted chicken filled the air, and the sunlight hit the table just right – the way it used to when Helen would serve dinner with her apron still on. But as we sat down, I noticed something – no one was really here. The kids had headphones in. Emily was answering work messages between bites. Her husband scrolled through something on his phone. I looked around the table that had seen fifty years of family dinners – the place where we used to share stories, tell jokes, and argue over who got the last piece of pie – and I couldn't help thinking, When did we forget how to just be together?

So I cleared my throat, "You know," I said quietly, "your mom used to make us turn off the TV during dinner. She said food tastes better when you talk," Emily looked up.

"I remember that. She'd hide the remote." I smiled. "She said one day we'd all have a screen in our hands and no time in our hearts." For a minute, nobody spoke. Then, one by one, the phones went down. The headphones came off. And just like that – we found our way back to each other. We talked for hours. About old family trips, the time I tried to make pancakes and nearly set off the smoke alarm, and how Mom once stayed up all night sewing Emily's school costume. We laughed until we cried. And for the first time in a long while, the house felt full again. Before they left, Emily hugged me tight, "We should do this every Sunday," she said. I smiled. "You should – before the coffee gets cold." And now, every Sunday, they come. No phones. No screens. Just real conversations, good food, and laughter that feels like it's bringing Helen back home, one story at a time.



The Lesson: You can spend your whole life working for the ones you love – but the greatest gift you can give them is time, not things. Put down the phone. Look up. Ask questions. Listen deeply. Because one day, the chairs will still be there, but the voices around them won't. And you'll realize that the best sound in any home... isn't the hum of success. It's the sound of people you love – talking, laughing, and being present.

*Courtesy of Manawatu Assn.*

## Protect your family assets

Trusts are a great option for protecting family assets, but they can be complicated and risky if set up incorrectly or managed improperly.

If you'd like some practical and independent advice, please get in touch. [www.tp.co.nz](http://www.tp.co.nz)



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# Christchurch City Mission

Te Whare Mīhana Ki Ōtautahi  
by Ewan Sargent

When that first chilly wind arrived suddenly our thoughts at the City Mission turned to winter and what that will mean for our clients. We knew it was going to be a hard one with everything costing so much more.

It's sad how it can become a seasonal thing for people struggling in poverty. New challenges replace other challenges as the months pass, but that is what life on the edge of "just coping" feels like. Costs have always been one of winter's biggest challenges. Just keeping warm and dry can feel so expensive when you have very little.

Winter is especially hard on vulnerable elderly people because those who are not working no longer have the same ability to improve or even change their financial circumstances. Their only answer is often 'how do I cut back even more'.

At the City Mission we see elderly people who view

doing anything outside of the house as costing money. Using a car, taking the bus, going to a shop, having a coffee with a friend – they are all costs they can't afford in winter because everything else has gone up in price.

For some the answer becomes moving as little as possible. They stay in bed wrapped in blankets as the cheapest way to keep warm and pass the day. There's a sad saying around here that the cheapest form of heating is an electric blanket.

But this voluntary isolation also comes at a cost to mental health. Going into hibernation and avoiding seeing others to save money is demoralising and depressing and many elderly already suffer from a lack of human company at the best of times.

We are seeing more elderly clients across a number of our services and that includes clients in their 70s who need to sleep in our emergency shelters. We help in as many ways as we can. Our foodbank provides meals, our financial mentors help with budgeting, our day programmes offer company and warmth, along with laundry facilities and showers, our op shops offer cheap warm clothing, and our 12 Elder Care Groups across the region offer socialisation and support.

## CAR INSURANCE COVER

When you drive, you're constantly checking your surroundings and keeping an eye on other motorists around you and making a mental note of who's speeding up, slowing down or turning.

You rely on other motorists to do the same thing – but accidents still happen.

If someone else makes a mistake and causes an accident, are you also relying on them to have insurance?

### Third party liability cover

All car insurance policies include cover for liability to third parties but in New Zealand car insurance is not compulsory, and there are drivers on the road who have no insurance at all.

So, if you're hit by another driver: will you be covered, and if so, how much for? It depends on your level of cover.

### Comprehensive cover

With Comprehensive cover, you can make a claim immediately for the damage to your car with your insurer.

Even if the other driver has insurance, it's often easier to go through your own insurance company and let them sort out recovery of the costs from the other driver (or their insurer).

### Third party cover

If you have Third Party Only cover, your policy only covers you for damage that you accidentally cause to some else's car or property when using your car – it doesn't generally include cover for damage to your car if it's in a collision.

### Tips for selecting car insurance

If you're not sure which is right for you, think about what will happen if your car is damaged or written off.

1. Have you got enough money to replace or repair your car, or would you need insurance money?
2. Have you got a realistic idea of what your car is worth? What is its market value?
3. How will you get around if your car is being repaired, for anywhere from a few days to a few weeks? Do you need a policy with a rental car benefit?
4. How much would your premium and excess be in comparison to the value of your car?
5. For some customers, Comprehensive cover gives them peace of mind, but for others a Third Party policy might be the right solution.

As always, make sure you've read your policy carefully,

so you know what you're covered for – and keep yourself and others safe on the roads.

### 5 easy steps if you have a collision

1. Take care of yourself and others' safety.
2. If it's safe, take photos immediately while the cars are still in position. Send them to your insurer when you make a claim.
3. If there are independent witnesses, get their details if you can.
4. Take down the other driver's details – name, phone number, registration number and insurance provider.
5. Make sure you provide all the required details when notifying a claim.

*Courtesy: Vero Insurance New Zealand*

## WHEN I'M AN OLD LADY

When I'm an old lady, I'll live with each kid,  
And bring so much happiness just as they did.  
I want to pay back all the joy they've provided.  
Returning each deed! Oh, they'll be so excited!  
When I'm an old lady and live with my kids.

I'll write on the walls with reds, whites and blues,  
And I'll bounce on the furniture wearing my shoes.  
I'll drink from the carton and then leave it out.  
I'll stuff all the toilets and oh, how they'll shout!  
When I'm an old lady and live with my kids.

When they're on the phone and just out of reach,  
I'll get into things like sugar and bleach.  
Oh, they'll snap their fingers and then  
shake their head,  
When I'm an old lady and live with my kids.

When they cook dinner and call me to eat,  
I'll not eat my green beans or salad or meat,  
I'll gag on my okra, spill milk on the table,  
And when they get angry, I'll run if I'm able!  
When I'm an old lady and live with my kids.

I'll sit close to the TV, through channels I'll click,  
I'll cross both eyes just to see if they stick.  
I'll take off my socks and throw one away,  
And play in the mud 'til the end of the day!  
When I'm an old lady and live with my kids.

And later in bed, I'll lay back and sigh,  
I'll thank God in prayer and then close my eyes.  
My kids will look down with a smile slowly creeping,  
And say with a groan,  
"She's so sweet when she's sleeping!"

Winter is hard but if we support each other and show we care, we can bring some warmth in all ways to the lives of our vulnerable elderly.



[www.citymission.org.nz](http://www.citymission.org.nz) | [www.facebook.com/ChristchurchCityMission](https://www.facebook.com/ChristchurchCityMission)

## TIPS ON PASSING YOUR SENIOR DRIVING MEDICAL ASSESSMENT



After more than 2 years of active advocacy for a more consistent and appropriate assessment of the senior driving renewal process, I still get regular calls from those who are struggling with the way they have been disrespected in the process.

NZTA have made a number of great improvements to their processes for seniors and with the ability to start 6 months prior to your qualifying birthday you can be well prepared and not as stressed by the process at the GP surgery.

President Benjamin Franklin hit the nail on the head when he said, **“By failing to prepare, you’re preparing to fail.”**

### Preparing to Pass Checklist

#### 1. Take a free course

Age Concern run regular **Staying Safe: Refresher Courses for Older Drivers**. The theory-based refresher four-hour course is an opportunity for people to re-familiarise themselves with traffic rules and safe driving practices in a friendly and relaxed environment with other older drivers.

**AA** runs a practical coaching session for Senior Drivers that focuses on the training and practice you need to drive with confidence. While the normal course for those 65+ costs \$70 for members and \$85 for non-members, the course for AA members 74+ is free every 2 years. If you are not as confident as you were with driving, this course is highly recommended. It is also a valuable preparation if your GP refers you for an On-Road Safety Test. (see below)

#### 2. Make an appointment with your GP

Make sure you book your appointment well in advance as you could be referred for specialist evaluation or an on-road driving test, all of which take time and if left too long could mean that your licence lapses. At the same time ask if your GP requires you to complete a cognitive test at the evaluation. Remember licence renewal GP

evaluations are not subsidized and will cost more than your normal GP call (often around \$100).

#### 3. Study the cognitive test if this is mandatory by your GP.

It is always good to be prepared and not surprised when asked to complete a cognitive test. While NZTA does not make cognitive tests mandatory, some GPs have chosen to make every senior sit this test. No NZ GP should be relying on the old SIMARD-MD cognitive test as this has been scientifically discredited. However some are using the Mini-ACE test and you can download the 3 NZ versions from <https://www.nzdementia.org/Tools-and-Guidance/Mini-ACE>. Knowing that is expected can take away some of the stress of such a test.

University of Auckland analysis has concluded: *“Current evidence is mixed on the utility of off-road cognitive assessment for driving performance among ‘healthy’ older adults. Even amongst those with mild to moderate dementia, cognitive tests are poor predictors of driving ability.”* Grey Power is working with NZTA and Ministry of Health to ensure appropriate guidance is given to GPs and that the mandatory use of cognitive tests ceases. In the meantime, if a GP insists on using this tool they have the right to do so. Always have someone accompany you to support you through your licence renewal journey at the medical practice.

#### 4. Your Options if a GP cancels your licence due to failure of a cognitive test.

If you feel you were under pressure and confused with the cognitive test ask if you can resit the test at another time. Most GPs will allow this. If not you may have to seek a second opinion from another GP. Should that GP be satisfied that you are medically fit to drive then NZTA will consider the 2 opposing recommendations and make a decision as to your licence renewal.

If you have a good driving record, but have failed a cognitive test, and want to continue driving ask your GP if you can be referred for an On Road Safety Test (ORST). This is a practical driving assessment usually carried out at your nearest VTNZ site. This assessment is free of charge to all drivers 75+, with the nominal cost of \$21.50 being included in the licence renewal fee.

**David Marshall** | National Vice-President  
Grey Power NZ Federation.

## Three things every retiree should have in place as soon as possible...



In this article, Kristy Rusher from Port Hills Law offers insight into what it takes to plan for the inevitable and explains why every retiree needs a will, a property power of attorney and a power of attorney for care and welfare.

“Planning for a time that you are not feeling well is easy to put off,” says Kristy Rusher, Director of Port Hills Law.

Making decisions and telling your family what you want gives you the control and the confidence that your family can focus on spending time with you, rather being under pressure to make tough decisions in the midst of a health crisis. “If you are finding it difficult to start, think of it as a conversation about love – the people who are in your heart, the things you have loved and what you want to share with the generations you leave behind” Kristy recommends. It is also important to consider the future you want for your cherished fur-babies.

Planning for a stage of life where your health is declining isn’t just for the wealthy - it’s for everyone because the law has recently changed so that a Probate Order from the High Court is required if you die with property worth more than \$40,000.00.

Leaving a will ensures that your family is not left guessing about your wishes. Writing a list of your wishes for your funeral arrangements and your property provides your family with the comfort and peace of mind they are honouring your legacy. It gives you the certainty that everything you have invested in & grown in your life will go to the person you intended it to.

A power of attorney for property as well as a power of attorney for care and welfare is often overlooked as New Zealanders have a history of forgetting to plan for a period of our lives where we may be unwell or when our health declines slowly.

Everyone needs a will and a power of attorney for their health and a power of attorney for their property. Powers of attorney ensure that there is a person that can make decisions with your doctor and pick up the reins to ensure your welfare is looked after when your health has declined. If you do not have powers of attorney in place, your family will need to go to court to have a court order granted to look after you and your affairs. You are best to have powers of attorney in place so that you have the choice of who takes control, rather than the Court appointing a stranger.



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**Solicitors**  
22 Colombo Street  
**03 332 1385**



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Christchurch  
Nelson  
Queenstown  
Online

## ZUCCHINI, CARROT AND CHEESE FRITTERS



### INGREDIENTS

- 2 large zucchini, grated
- 2 large carrots, grated
- 2 green onions, thinly sliced (optional)
- 2/3 cup finely grated cheddar or other
- 1/2 cup plain flour
- 1/2 cup milk
- 2 eggs, lightly beaten - size 7
- 2 tbsp rice bran oil
- Tomato relish, to serve
- Salad, to serve

### METHOD

- Step 1 Combine zucchini, carrot, onion, cheddar and flour in a bowl. Season with salt and pepper. Add milk and egg. Mix well.
- Step 2 Heat oil in a large frying pan over medium-high heat. Spoon 1/4 cup batter into pan. Spread out to form a flat round. Repeat to make 3 more fritters. Cook for 3 to 4 minutes, each side, or until well browned. Transfer to a plate lined with paper towel. Cover loosely to keep warm. Repeat with remaining mixture, adding extra oil if needed.
- Step 3 Serve fritters with tomato relish and salad.

## HEALTHIER PINEAPPLE UPSIDE-DOWN CAKE

Author: HFG staff

A better bake that packs beautifully for a fruity mid-morning treat.

Serves: 6

Time to make: 35 mins

Hands-on time: 10 mins

### Ingredients

- 1½ cups self-raising flour
- 1 teaspoon baking powder
- 150g reduced-fat Greek yogurt
- ½ cup castor sugar
- 3 eggs
- zest and juice 1 lime
- good pinch allspice
- 3 tablespoons agave nectar [or honey or fruit syrup]
- 6 pineapple rings (tinned in juice)

### Instructions

1. Heat the oven to 180°C/fan 160°C/gas 4. Line the base and sides of a 23cm diameter cake tin with baking paper.
2. Whisk together the flour, baking powder, yogurt, sugar, eggs, lime zest and juice and allspice.
3. Drizzle the agave nectar over the base of the cake tin. Add the pineapple rings, then top with the cake mixture and smooth over. Bake for 20–25 min until the sponge is springy to touch. While still hot, turn out on to a plate and carefully peel off the baking paper. Cut into slices and serve hot or cold



## 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 Julie on 027 245 8877 or email: [juliegreypower@gmail.com](mailto:juliegreypower@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 May:** Melanie from Aspire | Ukulele group  
**17th June:** Tiffany from Sth Cancer | A.G.M.  
**15th July:** Chris Helicopters  
Maddison on keyboard

If for any reason there are any changes please message Ann 027 482 1706 (text only please) [joeannferrari@gmail.com](mailto:joeannferrari@gmail.com) or contact Julie Ede, Communications Officer, 027 245 8877 [juliegreypower@gmail.com](mailto:juliegreypower@gmail.com)  
*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 1/4/2026 to 31/3/2027

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

### Payable by Cash to Grey Power Christchurch

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

Account name: Greypower Christchurch Superannuitants Association

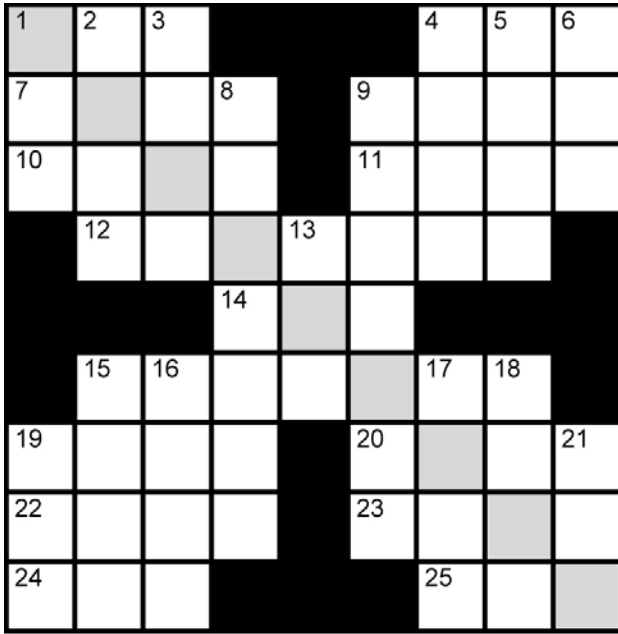
Please use *Name* and *Membership Number* or *post completed Membership Form to the Membership Secretary*

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

Signature: .....

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

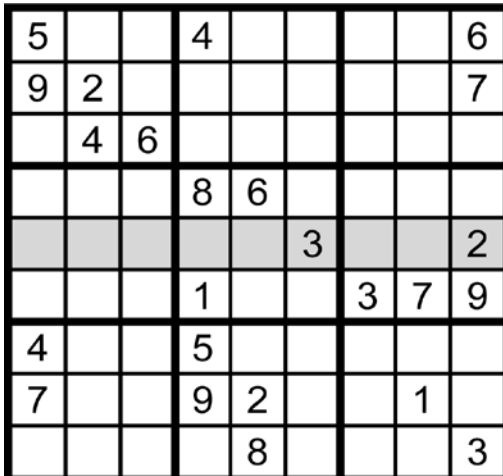
# Ancient Texting



- Across
1. C.E.O.'s degree
  4. Thickness
  7. "Field of Dreams"
- setting
9. Ashtabula's lake
  10. Rocky peaks
  11. Electric unit

- |             |           |           |
|-------------|-----------|-----------|
| ANGELL      | FRIED     | PASSY     |
| ANNAN       | GORE      | PIRE      |
| ARAFAT      | HENDERSON | RABIN     |
| ASSER       | HULL      | ROBLES    |
| BELO        | HUME      | ROOSEVELT |
| BRANTING    | JOUHAUX   | ROOT      |
| BRIDE       | KING      | SADAT     |
| CECIL       | KYI       | SATO      |
| CHAMBERLAIN | LANGE     | TUM       |
| CORRIGAN    | MONETA    | TUTU      |
| EBADI       | MOTT      | WALESA    |
| ELBARADEI   | MYRDAL    | WIESEL    |
|             | NANSEN    | WILSON    |
|             | OSSIETZKY | YUNUS     |

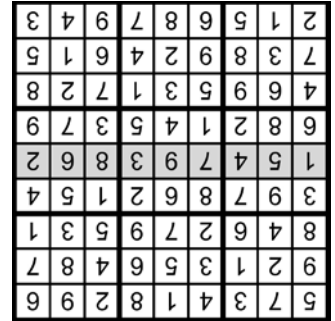
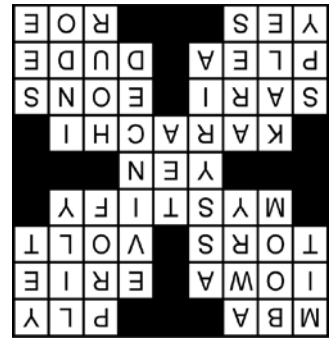
## SUDOKU



12. Bewilder
14. Craving
15. Pakistani port
19. Delhi wrap
20. A long, long time
22. Entreaty
23. Dapper fellow
24. "Absolutely!"
25. \_\_\_ v. Wade

## Down

1. Cambridge sch.
2. Thundering noise
3. Not straight
4. Fac. member
5. Easter flower
6. "Are we there \_\_\_?"
8. Present-day Iraq
9. Expressed
13. Oolong, for one
15. Cabbagelike vegetable
16. Mars, to the Greeks
17. Part of a day
18. Prefix with China
19. 007, for one
21. Bishop's jurisdiction



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

## Famous Names



*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.