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AUTUMN ISSUE 2023



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President's Pen



Here we are in 2023. What does the year hold for us? One thing, I really hope is that we have overcome our fear of Covid, we cannot let it control us. The Government can't make its mind up about what to do, so we must go ahead and live our lives. We can't live in fear. We live with the flu, measles, chickenpox, and everything else, so now we must live with Covid. Let's not let it destroy our lives.

As you can see we have changed our newsletter to one that will be sent out or emailed out. We had to change the format, as it was getting harder and harder, for people to get the Guardian newspaper. I hope you like it and we are very open to any suggestions. Thank you very much to Michael and Dawn, our Editors who have made this new newsletter possible.

Please don't hesitate to send in Letters to the editor, etc. for the newsletter. It is a very good way to get several thousand people to read what you have to say. We would also like any other contributions you might have that you would like to add to the newsletter. If you know of any advertisers, please let me know. Remember, the Editors have the final say on what is published.

So, let's make 2023. A year we enjoy ourselves and get back to normality. To this end, we will be holding our monthly meetings every month starting in February. The first meeting will be our quiz on Wednesday February the 22nd at 1:30 as usual. And yes, we will be having afternoon tea - normality once again. Pat from our committee, will be organizing the monthly meetings as far as speakers and entertainment go so please, if you have any ideas, let her know. I'm sure she would appreciate it.

Once again, this year, Robyn has organised 2 bus trips for us. The first one will be in late March and it is going to be a road trip down to Wellington. Driving on the two new motorways to Mana, then we will be coming back on the old road. Stopping for lunch and then returning to Palmerston North. A good opportunity to have a look at the new roads, without having to drive. Looking forward to it myself. More information and costs will be announced at our February meeting. So, come and hear what Robyn has to say about the trips.

As usual, we are always looking for more people to join our committee. If you are interested, we meet once a month on a Thursday afternoon at 12:00 midday. Also, if you have half a day available once a fortnight and can help us in the office, please let us know either myself or Pat, our office manager.

To finish I would personally like to thank everybody who supported me in the last local body election. I so really appreciated it.

Lew Findlay | President

November Meeting

The November Meeting was attended by around 40 members.

Robin Galpin informed those present that she was working on some ideas for coach trips in 2023. It was hoped to run two trips – one in April and one in October. More information would be forthcoming early in the New Year.

The entertainment for the afternoon was provided by 'Just Jammin'' – a ukulele group from Feilding. They played a variety of music – some old, some new and some that could be sung a long to.

Father Christmas took time out from his busy schedule to visit the meeting. He gave everyone who was attending a small gift and wished them all a Merry Christmas.

The afternoon ended with afternoon tea, including the infamous Sally Mayne Christmas cake.



Meetings in 2023

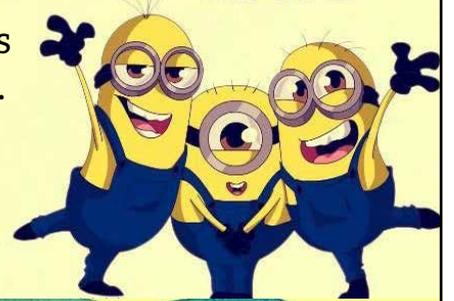
Plans for speakers is being actively pursued by the Committee and more information will be released when it becomes available.

- February 22 – Annual Quiz with Peter Miller
- March 22 – Billy Meehan
- April 26 – TBA
- May 24 – TBA

A second grader came home from school and said to her grandmother, "Grandma, guess what? We learned how to make babies today." The grandmother, more than a little surprised, tried to keep her cool. "That's interesting," she said. "How do you make babies?" "It's simple," replied the girl. "You just change 'y' to 'i' and add 'es'."

Never let your friends feel lonely...

Disturb them all the time



Friendship isn't a big thing it's a million little things.



FREE TO AIR TV PLUS 1

For those of us who choose to only have Free to Air channels it makes the choices a bit limited but it helps if you utilise 'Plus 1' or '3 Now' or delayed TV. This means that if there are two programs that you want to watch but both start at the same time, you can watch one at the advertised time and the other an hour later. Example – The Project and Seven Sharp both start at the same time, so you could watch one at 7pm and the other at 8pm. If your TV has different settings just have a play until you find what you want.

- TV 1 – Plus 1 = channel 11
- TV 2 – Plus 1 = channel 7
- TV 3 – Plus 1 or 3 Now = channel 13
- Bravo (4) = Channel 9
- Duke (6) = Channel 12
- Eden (8) = Channel 18
- Prime (10) = Not available
- HGTV 19 = Not available



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Many thanks

Renewing your Driving licence after 75 years of age



This is something we all become a little nervous about as we head to 75 for our first real test of how well we are driving on the roads. The volume and speed of the traffic have increased substantially since most of us started driving and it can become a little daunting to be out there on busy roads that are no longer as familiar as they used to be. However, we are made of grit and determination and want to retain our well-deserved independence but there may come a time when driving is not the safe and even comfortable option for some of us any more.

Six weeks out from your 75th birthday you will be sent a renewal form together with a blank medical certificate which you need your doctor to fill in. The majority of people at this age fly through with perhaps the need to have their driving glasses up dated and maybe a caution to drive at the less busy times of the day.

At this time, or when you go back at 80 and every 2 years after that, the tests can become a little harder. You may be advised to go to the AA for a refresher lesson or a driving test. Phone 0800 223 748. You may

also be asked to do a memory/cognitive test with a nurse to help the doctor understand your mental capabilities to be on the road. The majority of these tests are handled with empathy and kindness but there have been reports of more heavy-handed attitudes toward older folk going through this process. Always ask to see another doctor or call us at the office for advice. It is also a very good thing to ask a friend or family member to be with you so there you have support.

Resources

For copies of the New Zealand Transport Agency Medical Certificates for driving assessment, phone 0800 822 422 ext. 8089.

The New Zealand Transport Agency has many downloadable resources on its website for older people including Renewing driver's licences at age 75 and over, supporting older drivers, keeping moving, a guide to the on-road safety test and how to use a mobility scooter or power chair safely. See www.nzta.govt.nz/resources

To find the nearest occupational therapy driving

assessment service, contact Enable New Zealand at 0800 171 981 or the New Zealand Association of Occupational Therapists at (04) 4736510. Occupational therapist driving assessment Patients may be referred to a specially trained occupational therapist for a driving assessment if a GP is unsure if they are medically fit to drive.

The assessment consists of both off-road and on-road testing. As part of the off-road assessment, the occupational therapist will check vision, range of movement, strength, sensation, coordination, judgement, memory, directional orientation, movement and decision-making times, cognition and comprehension and knowledge of road rules and signs.

Occupational therapists trained in driving assessments are skilled in distinguishing between driving behaviours that are existing routine habits, and those that are the result of a medical condition, especially where cognitive impairment is evident and/or there is a physical deficit. If a patient's off-road testing is satisfactory, the occupational therapist will proceed to an on-road test. This may include driving on both urban roads and highways, driving through controlled and uncontrolled intersections, parking and manoeuvring. The occupational therapist will send a report to the GP who requested the assessment, with a recommendation as to whether the patient is medically fit to drive. The GP then makes the final decision as to whether a medical certificate is issued. Most occupational therapists undertaking driving assessments work in private practice. A full off-road and on-road assessment can cost between \$380 and \$550 with the average being around \$400 to \$450. This also includes the presence of a driving instructor, whose role is to risk manage the drive and intervene, if required.

Losing your Licence

By contacting Age Concern, you can be put in touch with Total Mobility Services which offers vouchers and discounts for taxi fares.

If a mobility scooter seems a good idea there are many available second hand, so use Trade Me or a reputable dealer.

Our bus service is growing and the bus drivers are 90% considerate and lower the bus to make it easy to step on and they have strict instructions not to drive off until you are seated.

Not having the independence to zoom around in your car can be traumatic but quite a lot cheaper. It's a time when you may need to reach out a bit more to friends and family.

**Census is coming.
Be counted**

**Tatau tātou - All of us count
7 March 2023**

Census | Stats ^{NZ}

A reminder Census Day is on the 7th March 2023

The census is a nationwide survey that happens every five years to understand more about life in New Zealand and how it is changing.

Stats NZ is aiming to make the 2023 Census the most inclusive census yet. There will be more options for completing the census - you can complete your census answers in English or Te Reo Maori and choose whether to complete the census online or on paper.

Paper census forms will be available in a range of accessible formats, including a large print version that can be printed on demand.

Information to help people complete the census will also be available in alternative formats such as New Zealand Sign Language, Braille-ready files, audio, Easy Read.

Stats NZ will deliver instructions about how to do the 2023 Census to every place where people live or stay. Look out for these instructions from February 2023.

From the Mayor's Desk



All aboard 2023.

Kia ora tātou and a happy New Year.

Thank you for the opportunity to bring a Palmerston North City Council perspective to this publication.

As we settle into 2023, I thought it might be useful to outline how Council recognises and supports Palmerston North's diverse communities of senior residents.

Free parking is a good place to start. The free parking benefit is available to resident and rate-paying Supergold cardholders from 9am until midday on weekdays. Renewed annually from January to December— meaning now is an ideal time to apply for 2023 – free parking permits for senior citizens are available from Council's customer service centre on Te Marae o Hine/The Square. Costing \$10 per calendar year, applicants need to have a valid driver's licence and must display the permit while parked.

Rates are another cost issue, and seniors on low incomes and retirement village residents can be eligible for subsidised rates through special provisions in the rates rebate scheme. Applications are available through the pncc.govt.nz website or at the Council service centre.

A social housing provider, Council offers subsidised rentals for over-65s and others on supported living payments. To make an application you can email info@pncc.govt.nz or call 06 356 8199 and ask for a housing tenancy officer.

City Library is a gem in our crown with a range of services useful to seniors through all its branches. That includes a book delivery service for those who have difficulty getting out, and a monthly book group. Central Library provides a free venue for a low-vision support group, for weekly craft sessions, as well as free tech support through the Digits Charitable Trust – which is also the recipient of funding through a Council Strategic Priority Grant.

Council owns and maintains the Senior Citizens Hall building on Main St opposite the Globe Theatre. Hancock Community House which hosts a range of services accessed by seniors such as Volunteer Central, Citizens Advice Bureau (CAB), Manawatū Multicultural

Council (MMC), and Brain Injury, is also owned and maintained by Council.

Along with Digits, the three-yearly Strategic Priority Grants provide funding for Age Concern, Alzheimer's Society, CAB, MMC, the City Mission's weekly Friendship Centre programmes, and Supergrans. Council has also provided one-off support through the Celebrating Communities fund to mark the International Day of Older Persons, and other related events and activities.

Alongside our Disability and Pasifika Reference Groups there is now a Seniors Reference Group. This gives feedback on sector related Council services, programmes and planning, with representation by Cr Lew Findlay.

Cr Findlay and Cr Billy Meehan also sit on the Age Friendly Trust, which is a five-year community project working to earn Palmerston North an international World Health Organisation Age Friendly City accreditation.

Cr Pat Handcock is chair of the Safety Advisory Board and Council's representative on Neighbourhood Support, while Cr Lorna Johnson chairs Council's Community Committee that oversees city connectivity and safety issues.

They are all aligned to seniors' concerns, are approachable and interested in acting on your behalf, with their contact details on the pncc.govt.nz website or call 06 356 8199.

Ngā mihi nui

Mayor Grant Smith, JP

DID YOU KNOW?

TheMindsJournal

Listening to 5 to 10 songs a day can improve memory, strengthen immune system and reduce depression risk by 80%.

A Few Words from your Local MP, Tangi Utikere

Happy New Year, and welcome to 2023! Christmas is a time of gathering together and sharing each other's company, so as we begin the year, I hope you have all enjoyed spending some quality time with your loved ones over the festive season.

As last year drew to a close I reflected on a productive year as MP for Palmerston North. Visiting education providers, Kāinga Ora housing developments that will better meet the diverse needs of those in our community, and hosting a number of MPs and ministers in Palmerston North were just a few of the highlights.

Seniors are an important part of our community here in Palmerston North, and with many of us living longer, many also want a longer working life. But some older workers find it challenging to remain in fulfilling work. The Government wants to ensure all workers are able to reach their full potential, and last year we announced an Older Workers Employment Action Plan, which will support older people to stay in the workforce and transition their skills as their age and their circumstances change.

It aims to ensure that workers aged 50 and over who want or need to work can find sustainable employment that fulfils their needs and aspirations and contributes to their overall well-being.

Older workers make up around a third of the New Zealand workforce and almost half of all New Zealanders aged 65 to 69 are employed. We are working for longer, and older people are making an increasing contribution to the economy.

Older workers bring skills and knowledge to their workplaces and contribute significantly to the economy. Keeping these people and their skills in the workforce is key to keeping our economy strong.

We've also committed to keeping the age of eligibility for Superannuation at 65. Raising the retirement age, as National is proposing, would unfairly disadvantage those who have physical jobs, such as tradies and those working in the primary sector, and Māori and Pacific peoples, whose life expectancy is lower than the national average. This is why we restarted contributions to the New Zealand Super Fund, which were suspended under the previous National Government, to ensure we can keep the retirement age as it is currently.

There is much to look forward to in 2023 and I hope to meet many of you as I get out and about in the Palmerston North community as much as I can.

All the best for a wonderful 2023.

Tangi Utikere

MP for Palmerston North

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Authorised by Tangi Utikere MP, Parliament Buildings, Wellington



What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.



Clutter: why it's so bad for us

Clutter is a strange concept, not something we wish for yet too often live with as an ever-present background that we're unable to divest ourselves of. If we do manage to clear out our clutter, too often it returns within a very short time. And here's the thing: clutter is seriously not good for us, impacting on our mental and physical health, and our relationships, in ways you may not realise. That's why we're going to examine this social nuisance and what we can do to control it. In this first of our 'Clutter' series, we'll take a close look at its adverse effects on us.



Clutter-the-stressor

Stress is no fun, and can be linked to a number of health issues including high blood pressure, anxiety, depression, skin problems and arthritis. A regular cause of stress is time pressure that hits hardest when we find ourselves taking more time than is necessary to do simple, everyday tasks. Whether it's hunting for your glasses, car keys or the dog's lead, something that should take seconds can take minutes or hours! It's the same with a computer search. If you didn't file a document or photo when you created or downloaded it, you can end up spending days searching for it and resentful of the time it's taking. Clutter is a major contributor to the lack of easy access to those items regularly needed, and can send the stress hormone cortisol raging through your body.

Home alone – with your clutter!

You know what it's like. You want to invite friends over for coffee, or organise a dinner party. Cooking, if you can find the ingredients in the clutter of your pantry, is the least of the work involved. It's the time it takes to clear the sofa, coffee table, bench, entrance and guest bathroom that's the killer. That's why those with cluttered homes often eschew company – it's just too hard to make space for friends to call. Clutter can even be the reason why family and friends would rather stay away even if you do get around to inviting them over. Your home has ceased to be welcoming. Unfortunately, such contact, especially as we age, is so important for

keeping minds sharp. If you surround yourself with clutter, you're setting up the perfect context for social isolation.

Workplace danger

You'd be up in arms if your place of employment was cluttered to the point you tripped over items or stumbled as you moved around them. Yet your own home is where you 'work' each day. Whether you're using your floors as storage space, or items fall from over-cluttered surfaces, you run the risk of injuring yourself as you carry out daily tasks.

Relationships

Clutter is seriously inconvenient. If it wasn't, more people would be able to park their car in the garage! While you may be able to tolerate clutter, your significant other may not. Clutter impinges on relationships, too, taking the romance out of the bedroom (if you can manage to find the bed!) No relaxing by sharing a long hot shower when clutterers can and do use the space for storage. Forget dining together (where did the table go, honey?) or heading out to enjoy some exercise together (have you seen the bicycle pump/tennis rackets/day packs ...) If you want your relationship to thrive, clutter won't help.

These examples of clutter impacting on health and relationships are only the tip of the iceberg. Maybe it's time to reach out and ask friends and family to help you cope to rejuvenate your health and well-being and make your relationships blossom.

Advance Care Planning

Advance care planning is the process of thinking about, talking about and planning for future health care and end-of-life care. It is about identifying what matters to you.

Advance care planning is a voluntary process and is an opportunity for you to discuss what is important to you, what concerns you, to better understand your health and explore your treatment and care options.

Your advance care plan can be verbal or written. We encourage you to write down your care preferences and to share this with the important people in your life and your healthcare team so that everyone understands your wishes.

Your advance care plan can outline what matters to you and how the people who care about you can best support you in the future, particularly if you cannot speak for yourself.

An advance care plan can include how you would like to be cared for in later life, things you might like to consider are:

- What matters to you
 - o What makes you happy
 - o How you like to spend your time
 - o What hobbies and interests you have
 - o What routines you like
 - o What is meaningful to you
 - o Your cultural, religious, and spiritual rituals or beliefs
- What worries you when you think of the future
- Why you are making an advance care plan
- How illness may change how you live your life, your independence, and what you may need to plan for
- How you would like to make decisions, who will make decisions on your behalf (Enduring Power of Attorney), and how involved you want your loved ones to be.

An advance care plan can also include how you would like to be treated at the end of your life:

- What things you would like done to make you comfortable when you are dying
 - o Pain relief and other medications for breathing and nausea
 - o What you consider quality of life

- o Other comforts you may want
- o Where you would like to die
- Whether you want treatment to be focused on keeping you alive as long as possible, keeping you comfortable, and if you have signed a Do Not Resuscitate (DNR) form
- Your wishes for after death
 - o Whether you want to be an organ and tissue donor
 - o Whether you would like to be buried or cremated
 - o Your funeral wishes
 - o Your final resting place
 - o Where to find your will, financial records, and other important documents

You can find more information on advance care planning on the Health Quality & Safety Commission website - www.hqsc.govt.nz/our-work/advance-care-planning/.

They also provide templates and guides for creating your own advance care plan.

The Whenua ki te whenua is a document developed to help support your conversations before completing an advance care plan, you can download it from the www.hqsc.govt.nz website or ask your GP if they have a physical copy.

Please share your completed advance care plan with your GP, nurse or specialist, EPOA or nominated spokesperson and your whanau and loved ones.

Source: www.ageconcern.org.nz

Realized I had to use the bathroom.

Got up and walked across the house, to the pantry.

Couldn't remember why I was in the pantry. Remembered I had to use the bathroom.

Walked across the house to the bathroom. Sitting on the throne I remembered why I went to the pantry ... Toilet paper.

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!



AVOID BEING SCAMMED



At this time of the year, it's even more important to stay alert. The best way to protect yourself from scams is to be aware of the most common ones. These are some examples of the most common scams and the warning signs to watch out for.

Six common scams to look out for

1. Suspicious phone calls

Unexpected calls claiming to be from a trusted business such as your bank

- The call could come from a blocked or foreign number, but scammers can also disguise the number to look local
- They may pressure you to provide information or make a decision quickly, otherwise face negative consequences
- They may tell you there's a problem with your computer and that they can help fix it.

2. Email phishing scams

Emails that look genuine but may contain a suspicious link or attachment

- The email may contain a logo of a legitimate company, bad grammar or spelling mistakes
- There may be inconsistencies between the sender's email address and the company they're claiming to be from
- Scam emails may prompt you to click a link, then provide your login credentials, payment information or sensitive data

3. WhatsApp & text scams

Pretending to be from a friend or family member

- Message will claim to be from someone you know, who is in difficulty and in need of money
- They might claim they've lost their phone and this is their replacement or temporary number
- Messages may start friendly but will quickly move to ask for money or personal details.

4. Investment scams

Websites, advertisements and/or communication from scammers pretending to be from a reputable investment company

- Little or no information about the investment is available in writing
- You may be requested to pay for the fake

investment via wire services, credit cards, cryptocurrency or into an overseas bank with a name different to their company

- You may be told you've already made a profit despite not yet paying them any money.
5. **Online dating scams**
Scammers who pretend to be interested in a relationship
- The scammer may confess their love or strong feelings very quickly
 - They may ask for financial help or travel money in the guise of visiting you
 - They may ask you to open a new bank account or use an existing one to receive funds into. Then, you may be asked to transfer funds electronically, take it out in cash or buy virtual currency like Bitcoin – this is likely an attempt to launder money through you as a money mule.
6. **Text scams**
Pretending to be from a reputable business
- The text may claim to be from a courier wanting to deliver a parcel or bank asking you to authorise a payment
 - It might urge you to take immediate action because your sensitive details have been exposed
 - It could contain a suspicious link asking you to input personal information or download a software

Stay alert with these simple tips

- Never transfer money on behalf of another person
- Beware of anyone asking for urgent help or money
- Don't click on links from suspicious emails or messages
- Don't feel pressured to provide any information
- Be wary of texts or calls from strangers
- Never allow remote access to your personal devices.

EXAMPLE

Hello, my name's John, I'm calling from XXXbank's fraud team. There's been fraudulent activity detected in your account so I'll need some information from you first to verify your identity.

What! Is my money safe?

Only if you act quickly. Please can you confirm your account number and password?

Tip: Stop! This scam can take people by surprise and seem legitimate. Don't rush into disclosing anything, even if you think it's genuine.

NP: If you do experience an online security incident report it to CERT NZ www.cert.org.nz

PHYSICAL ACTIVITY

Staying active is important when you're getting older even if you have health problems. Regular physical activity can improve your health and wellbeing and make it easier to perform daily tasks. Summer is a good time to start a new activity – most of us feel more motivated in the warmer weather to get up and get moving.

Physical activity is any movement of the body that uses energy. It is important to be as physically active as possible and limit sedentary behaviour. Aim for a mixture of aerobic, resistance, flexibility and balance activities. Joining an exercise group is a wonderful chance to meet new people and create new social connections. Remember:

- Speak to your doctor before starting or increasing physical activity.
- Start off slowly and build up to the recommended daily physical activity levels.

Recommendations for older adults

1. Spend more time being physically active and less time sitting down.
2. Do lots of daily physical activities, e.g. walking to the shops, vacuuming, gardening, washing the car, etc.

Aerobic activity makes your breathing and heart rate increase, so aim for at least 30 minutes of aerobic physical activity on 5 days each week, such as:

- brisk walking
- ballroom dancing
- cycling
- exercise classes
- lane walking &/or swimming
- playing with grandchildren.

Do 60 minutes' aerobic activity on 5 days each week for additional health benefits. Doing exercises that strengthen your legs and core muscles and improve balance will reduce your risk of falling. Some examples of resistance, flexibility and balance activities include:

- resistance (for muscle and bone strength)
- carrying shopping
- standing up and sitting down repeatedly
- weight training
- flexing & stretching (for easy movement)
- gardening
- yoga &/or Pilates
- balance (to prevent falls)
- bowls
- modified t'ai chi
- standing on one leg

Community Strength and Balance Programmes are easily accessible in the community.

Source: www.health.govt.nz or www.livestronger.org.nz



How to keep your fruit and vegetables fresh for longer

Minimise your food waste with these simple tips.



Sick of your spinach wilting and carrots going limp before you've had a chance to use them? Love Food, Hate Waste New Zealand [<https://lovefoodhatewaste.co.nz>] is a national campaign started in 2016 to help New Zealanders reduce their food waste. Back in 2017, they teamed up with University of Otago Master of Science student Francesca Goodman-Smith and Associate Professor Dr Miranda Miroso to reveal the best ways to reduce food waste. Here are their tips on how to correctly store fruit and vegetables.

VEGETABLES

Broccoli: Keep broccoli in a Ziplock bag in the fridge if you're going to use it within a couple of days. If you need it to last longer, sprinkle the head with water, wrap in paper towels and store in an airtight container or bag. **Tip:** Instead of a Ziplock bag, reuse containers, old glass jars or even an empty bread bag with a bag clip – it just needs to be airtight.

Carrots: Store carrots in an airtight container lined with a paper towel or dry reusable cloth to stop them going limp. This absorbs excess moisture that develops when carrots are sitting in storage and extends their life up to ten times!

Celery: If you have a whole celery, wrap the root end in a paper towel or cloth and place in a bag. Squeeze out the excess air and store in the fridge. If you have chopped celery, store it in an airtight container lined with a paper towel. If you don't have a container or bag large enough, you can wrap the entire stem with tinfoil instead. Make sure there is no exposed surface.

Cucumbers: There's not much difference between a cucumber being stored in the fridge or at room temperature. Make sure to keep the plastic wrapping on the cucumber as it protects the soft skin and prevents dehydration.

Eggplants/aubergines: Store them somewhere cool, but not in the fridge. Refrigerating them can affect the flavour and lead to browning.

Kumara: Should be stored in a cool, dark place, but not in the fridge.

Leafy greens: Store leafy greens in an airtight container or bag in the fridge. This will stop them going slimy, and they'll last twice as long.

Lettuce: Wrapping your lettuce in a paper towel, cloth, or tea towel and placing it in an airtight container or bag will result in it lasting up to four times longer.

Tip: Limp lettuce leaves can be revived by soaking them in cold water for up to 20 minutes in the fridge.

Pumpkin: The best way to store cut pumpkin is to wrap it tightly in cling wrap, beeswax wrap or a bag and place it in the fridge. It doesn't matter if you leave the seeds in or take them out. You can find plastic-free, home compostable alternatives to cling wrap in most eco stores, but don't chuck out what you've already got at home. LFHW say: "It's better to use what you already have rather than buying more single use stuff. Even if it claims to be eco-friendly, it's still single use".

Potatoes and onions: Potatoes and onions should not be stored in the fridge. Keep them in a cupboard – separately, as they cause each other to sprout.

Sweetcorn: Refrigerate sweetcorn in its husk to keep it fresh for longer.

FRUIT

Apples: Apples last eight times longer in the fridge than in the fruit bowl. **Tip:** Keep apples separate from vegetables in your fridge – the ethylene released from vegetables can ripen them.

Avocado: Store avocados at room temperature to ripen. Once ripe, move them to the fridge. The most effective way to store a cut avocado is to leave the stone in, wrap it tightly with cling wrap or beeswax wrap, and keep it in the fridge. Popping it in an airtight container works well too. **Tip:** If you need your avocado to ripen faster, keep it next to bananas.

Bananas: Bananas should be kept out of the fridge and stored separately from other fruit. When ripe, they produce ethylene gas, which ripens other fruit. If you want to slow the ripening process down, pop the bananas in a Ziplock bag or container in the fridge to control the ethylene gas and delay them getting overripe.

Lemons and limes: Store lemons and limes in your fruit bowl if you're planning on using them within a week. If you want to keep them longer, stash them loose in the fridge. Cut lemons can be stored in an

airtight container or Ziplock bag in the fridge. If you have your own tree, you may want to freeze your excess citrus so they don't go off. You can freeze them whole or juice them and freeze the juice.

Oranges: Keep stored loose in fridge.

Stone fruit: If your stone fruit is ripe, store them in the fridge to make them last longer. If they need to ripen, keep them at room temperature.

Tomatoes: Should NOT be kept in the fridge as it affects their texture and flavour. Store them at room temperature.



BONUS TIPS

- The key to making your produce last is controlling the air exposure and moisture levels.
- Most fruit and veggies are better left unwashed while in storage. Residual moisture can cause them to rot prematurely. Wait to wash fruit and veg until you're about to use them.
- If possible, try to separate fruit and veggies in the fridge, as they can speed up each other's ripening process.
- Reuse Ziplock bags, containers and glass jars. If the produce is too big, use whatever bags you have on hand. Ask yourself if you can reuse any plastic packaging before binning it.
- The compostable fruit and vegetable bags provided by supermarkets degrade quickly so are less suitable for airtight storage than reusing a plastic bag.
- You can switch out a single-use paper towel for a dry reusable cloth or tea towel. If it starts getting too damp, replace it with a dry one to extend the life of your produce further.
- Experiment with what works best for you based on the containers and storage options you have. If things start to wither prematurely or some brown spots put you off that avocado, consider freezing them. When you have enough, chuck them in a smoothie. LFHW say it'll still taste good, and you'll forget it looked a bit sad beforehand.



An elderly man living alone in Manchester wanted to plant his annual tomato garden, but it was very difficult to work since the ground was hard. His only son, Paul, who used to help him, was in prison (Strangeways). The old man wrote a letter to his son and described his predicament:

*Dear Paul,
I am feeling pretty sad because it looks like I won't be able to plant my tomato garden this year. I'm just getting too old to be digging up a garden plot. I know if you were here my troubles would be over. I know you would be happy to dig the plot for me, like in the old days.
Love, Dad*

A few days later he received a letter from his son:

*Dear Dad,
Don't dig up that garden. That's where the bodies are buried.
Love, Paul.*

At 4 a.m. the next morning, CID officers and local police arrived and dug up the entire area without finding any bodies. They apologized to the old man and left. That same day the old man received another letter from his son:

*Dear Dad,
Go ahead and plant the tomatoes now. That's the best I could do under the circumstances.*

Lynn & Judy were doing some carpenter work on a Habitat for Humanity House.

Lynn was nailing down house siding, would reach into her nail pouch, pull out a nail & either toss it over her shoulder or nail it in.

Judy, figuring this was worth looking into, asked, 'Why are you throwing those nails away?' Lynn explained, 'When I pull a nail out of my pouch, about half of them have the head on the wrong end and I throw them away.'

Judy got completely upset and yelled, 'You moron! Those nails aren't defective! They're for the other side of the house!'

The importance of getting legal advice before moving into a retirement village

[Editorial supplied by Retirement Villages Association]



Anyone planning to enter into an occupation rights agreement (ORA) for a retirement village must receive independent legal advice before signing - and Christchurch-based legal specialist Kate Warren recommends doing so early in the process.

“It’s something you are required to do under the Retirement Villages Act so you might as well make the most of that and get good advice early on,” says Kate, a senior associate, property and personal law, with legal firm Tavendale and Partners.

“I cannot emphasise strongly enough the importance of fully understanding the terms of an ORA.

“Thinking about selling your family home and moving may be stressful and receiving legal advice can help people to feel more in control and confident in their decision. I love doing ORAs, getting to work with members of our elderly community and ensuring they have the information they need to make the best decisions for their future.”

Kate says the terms in an ORA can vary quite significantly between villages, so it is critical to go through all the terms and conditions and consider what each will mean.

“The village sends the ORA to us and we go through it and send the client a summary of the key points. They can then reflect on that and people will often write notes all over it. Then they come in and we go through all the key terms with them and discuss any questions or concerns they have.

“People generally go away to reflect on that and if they decide to go ahead, they come back and we witness them signing the ORA. They then have a cooling off period of 15 days to cancel without any repercussions.

“Some villages also give a 90 day period from moving in, to exit if you decide it is not for you, but that is village-dependant. It is so important to understand the terms of the individual ORA because if you don’t and want to exit after the cooling-off period that can have significant financial implications.”

Kate says the first questions people ask are often about the financial aspects of the ORA.

“People are understandably very cost conscious. They have worked very hard for what they have. We go through all the costs of the individual ORA with them, the initial entry payment, the weekly costs, the deferred management fees

and transfer and marketing costs.

Kate says the deferred management fees vary between villages but it’s usually 20 to 30 per cent of the occupancy advance/entry payment that you pay when you move into your unit.

“Some villages have fixed fees but others don’t so people need to be aware about what the policy is in the village they are considering and may need to factor potential for change into their budgeting.

“You also need to be mindful of the continuum of care. For instance if a couple move into a village but one later needs more care. If that isn’t available at that village, they might have to move to a facility in a different village that may not be easy for their partner to visit, especially if they don’t drive. If you then have to move to be near your partner, that can have a financial effect through paying the deferred management fees.

“We make sure people are very well-informed. For instance, what level of care is provided in the village, is there a rest home, hospital or psycho geriatric care, and if they need to transfer to a care facility, will they have priority access to an available bed?

“For some people, knowing they can have visitors to stay or if they can take their pets with them to the village is important.

We also ensure people know they can’t make alterations or additions to their village home and cannot rent it out to anyone else, the ORA is personal to the resident.”

Undertaking a lot of ORA work means Kate frequently works with elderly people who are facing major life changes.

“We see a whole range of people and situations. Some people have lost a partner, some have been quite isolated. Some are excited about the social aspects of moving into a community but some people may be reluctant.

“It is beneficial for people to have the support of family and often people will factor proximity to their children into a decision - but it is important for us to make sure it is what that person wants and needs and to ensure the village they choose offers the level of care they will need going forward.

“Often people first come to us because they are considering selling the family home and then come to us for the ORA. It works very well to be handling both because, for instance, if the family home is in a trust most villages do not allow for the purchase of the occupation right through a family trust. So, we can work through what needs to be done around that and also align the settlement dates.

“Moving home is never easy but getting sound advice from a lawyer does help reduce the stress and provides people with trust that they will be looked after properly.”

GREY POWER MANAWATU MEMBERSHIP FORM

Grey Power Manawatu Association, Inc | 309 Main Street, Palmerston North 4410
Email: greypowermanawatu@digitalcloud.nz | Ph: 06 357 1930

*** Membership year is from 01 April to 31 March ***

New Member Renewal GP Electricity yes no Membership no:

Preferred Title: Mr Mrs Miss Dr Prof Other

Christian Name Surname

Address

Postcode Phone Mobile

Email

AGE GROUP INDICATION: 20 – 40 41 – 60 61 – 80 81+ (circle one)

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

ANNUAL MEMBERSHIP (please circle)

Single \$20.00

Couples \$30.00

Donation \$

TOTAL \$

Online Banking: Kiwibank 38 9011 0741702 00

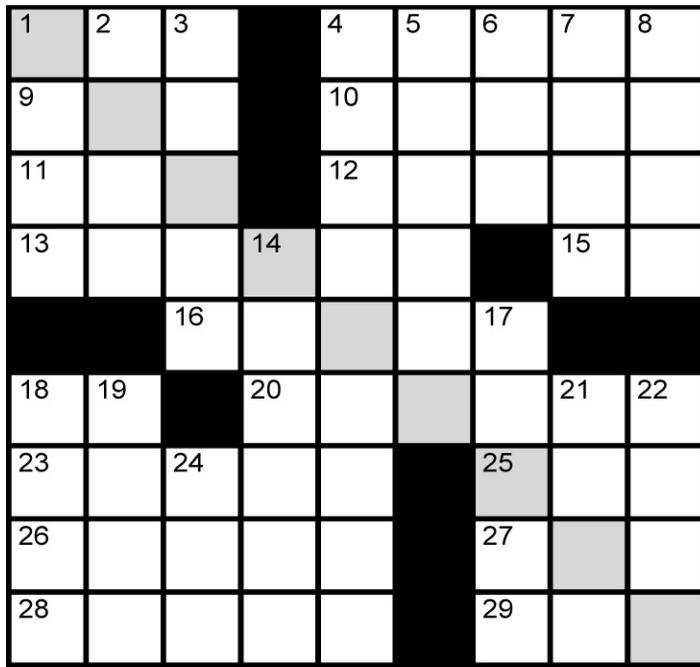
Cash: Pay at Office

Office Hours: 10 – 12 midday Monday, Tuesday, Thursday & Friday
(Closed Wednesdays & Statutory Holidays)

Renewals: Use membership number as reference

New members: Use phone number as reference

Spaghetti Addition



Across

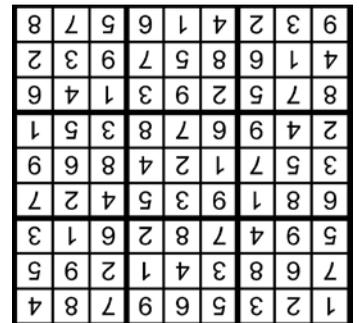
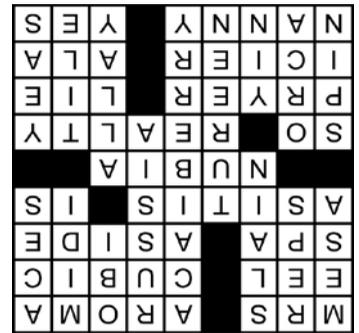
- 1. "___ Doubtfire"
- 4. Oven emanation
- 9. Sushi offering
- 10. Having three dimensions
- 11. Massage locale

- 12. Parenthetical comment
- 13. Unchanged
- 15. Exists
- 16. Nile Valley region
- 18. Therefore

- 20. Property
- 23. Nosy one
- 25. Fish story
- 26. More aloof
- 27. In the style of
- 28. Tot watcher
- 29. "Indeed"

Down

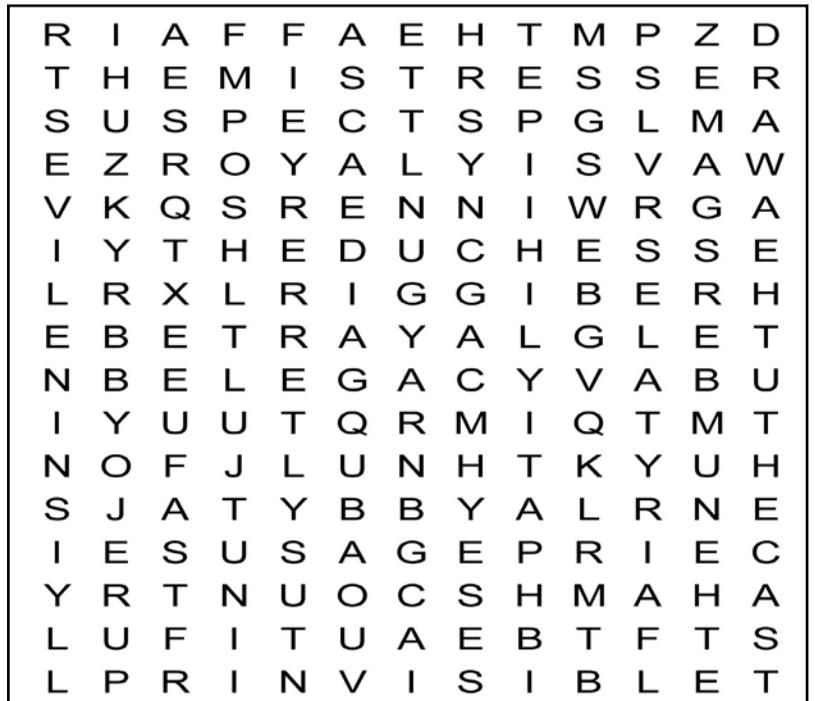
- 1. ___ Verde National Park
- 2. Gym set
- 3. Assassinated
- 4. Trendy "superfood"
- 5. "From ___ with Love"
- 6. Sapporo sash
- 7. Calf-length skirt
- 8. Top guns
- 14. Soup holder
- 17. Put to rest, as fears
- 18. Whirl
- 19. Boat in "Jaws"
- 21. Game piece
- 22. Nay opposers
- 24. Yang's counterpart



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

DANIELLE STEEL

- | | | |
|-----------|------------|--------------|
| BEAUTIFUL | NINE LIVES | THE CAST |
| BETRAYAL | PEGASUS | THE DUCHESS |
| BIG GIRL | PURE JOY | THE MISTRESS |
| BLUE | ROYAL | THE NUMBERS |
| COUNTRY | SPY | GAME |
| FAIRYTALE | SUSPECTS | WINNERS |
| INVISIBLE | THE AFFAIR | |
| LEGACY | THE AWARD | |
| MAGIC | THE BUTLER | |



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.*

