

**O T A G O**

# **GREY POWER**

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**SPRING ISSUE 2023**



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OFFICE HOURS  
Monday - Thursday  
11am to 2pm

## 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  
correspondece.



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Please refer to our website for disclaimer.

## From the Editor

Welcome to this edition of the GREY POWER OTAGO Inc., newsletter.

Walking to the office from my hilltop home, the shortest day been and gone, days are lengthening and signs of the emerging spring a sensory delight.

I thought how lucky am I, to be living on this third rock from the sun, and luckier still to live here in the South, where our winters are short and not too extreme.

For those who enjoy winter sports the south provides great playgrounds to enjoy skiing, skating, and curling. However if you are not a winter person summer in Central Otago offers, tramping, climbing, boating and a raft of activities for the athletic. If none of these appeals, there is fishing, history, and sampling the many delights of the fruit and viticulture bowl of Otago and HEAT.

Coastal Otago also offers many opportunities in, Dunedin, Invercargill and Oamaru to explore our lovely Edwardian architecture, theatres, and many ethnic eating experiences. Safe swimming is on offer in local pools including the new Mosgiel pool and the Saint Clair salt water pool.

Winter has been a happening time in the region with a mid-winter celebration in the grounds of First Church, followed by Matariki to mark the Maori New Year. Always fascinated by light and water I enjoyed the Mana Moana– Otepoti held in the harbour basin.

For the musically inclined, there was four days of events run by the Brass Band Association of New Zealand. For sporting fans and even the not so sporty, there has been the colour and excitement of the FIFA women's world cup matches held here.

It has been great to welcome back the New Zealand International film festival at the Regent theatre and the Rialto. The programme covered a variety of genre, with films to suit many tastes including New Zealand films. The kid in me enjoys the Animations, for children.

If you missed out this year keep an eye out for next year.

Keep well and enjoy the warming weather.

Finally a thank you to the helpful police, who packing up a check point, saw me struggling to scrape ice off my wind screen came and leant a hand and left me with a wonderful sturdy scraper.

Cheers *Helen Begbie*

## Gold Card offers

SuperGold Card has a "Set Location" feature on the black bar on the opening page, where you can nominate where you are and it will find special offers in that area.



## GENERAL ELECTION CANDIDATES MEETING

**Grey Power Otago are holding a candidates meeting prior to the election in October.**

**The meeting will be held at St Peters Church Baker Street South Dunedin on Tuesday 19 September commencing at 1pm and concluding no later than 3pm.**

We are hoping all parties will be represented and for this reason we will only be inviting one candidate from each party to speak.

They can give their party's policy in a short introduction but it makes it more important to have the opportunity for those in the audience to have as much time and opportunity as possible to ask your questions and get all the parties policy explained.

Although Grey Power Otago is willing to host this meeting it is open to the public so make sure you tell all your friends and neighbours.

## MEMBERSHIP SUBSCRIPTION

Thank you to all who have renewed their Grey Power Otago membership for the financial year ending 31 March 2024.

However there are still a few members who have not renewed their membership this year and this is a reminder to any who hold Grey Power Electricity that it is a condition that you must renew your annual membership to your Grey Power Association.

Our database will be purged on 31 October and anyone showing unfinancial will be removed from our records. I know we are all busy people but please check the sticker on your membership card has a green sticker and an expiry date of 31 March 2024.

We do not wish anyone to lose their access to Grey Power Electricity through no renewing.

**"The outcome of every election is determined by the people who take the time out to vote"**



**CHECK YOUR ENROLMENT DETAILS AT [vote.nz](http://vote.nz) or 0800 36 76 56**

## NEWSLETTER DELIVERY

We are very happy to provide our Grey Power Otago newsletters in hard copy but would like to ask members for some suggestions or help to see if we can lower the current postage which is costing the association around \$1600.00 per issue.

For future issues it would be helpful if any member who wishes to receive it via email could send us an email to greypowerotago@gmail.com advising us of their email address.

Another suggestion we have received is perhaps there are some organisations who would like to fundraise by delivering in their local suburb.

It is very easy for us to separate by post code and a donation to groups would ease the postal cost considerably. We are aware that there will be areas where postage is the only option and we are quite prepared to accept this situation.

Any group interested could contact the office between 11am and 2pm Monday to Thursday or by email to greypowerotago@gmail.com. We require the name of the group and a contact name and phone number or email address.

## Notes from OPEN (Otago Providers of Elderly Needs)

I find the monthly meetings an invaluable source of information to assist Grey Power find appropriate help for members and their concerns.

Most meetings have an interesting quest speaker presenting their research, or speakers, who talk about how their organization works for the older citizen or changes in the organization that affect our membership.

One such was Gill Brown, formerly from Kianga Ora, (Housing NZ ), now employed by DCC housing department.

She addressed some of the issues faced when trying to provide suitable housing for a range of needs for 700 on the waiting list as at July 2023, and will likely grow as mortgage sales have risen from one a week to seven.

First there has been a steady depletion of stock since the 1970s. Then there is the cost of upgrading and building, exacerbated by Fletchers monopoly of infrastructure and building supplies.

For the older person there is a shortage of options, to downsize or stay where they are, which may not be financially possible.

Other problems needing addressing are that of special needs in physical, mental, and financial health. Or the problems involved in moving an occupant of a three bed roomed home into a smaller unit. Thereby possibly breaking up neighbourhood and support networks and causing social isolation. Then there are cultural issues to consider.

Another guest, Dr. Debra Waters, a Research Professor in the School of Medicine, and the School of Physiotherapy, talked about her research, and that of others involving the relationship between falls and fitness programmes. Research compared and evaluated different programmes from Age Concerns, STEADY AS YOU GO, to high intensity interval training. The various researchers investigated programmes designed for Maori over 50 , Parkinson's disease sufferers, falls affecting the middle aged, even falls risks in older Olympic athletes.

The Guest Speaker for the August meeting was, Steve Baker – Community Connector – Volunteer South Volunteer South's website – Connect – is the main source of information and access to Volunteers.

You need to set up a sign in and become a member to access it both to become a volunteer and/or if your organisation is looking for volunteers. <https://volunteersouth.org.nz/>

Volunteer South can support those looking for volunteers, to get the right information out there about what they need / are looking for in a volunteer. Usually around 300-400 roles advertised at any one time.

Possible volunteers can sit down with a Community Connector and talk through what roles are about, build up people's confidence that they can do roles they may not have thought about before.

Teams function on website – volunteering as a group is available, including corporate volunteering. This is growing and businesses are becoming more interested in creating this opportunity for their employees. Some organisations can take groups at scale to support projects including, for example, the Halo Project. Often these are conservation projects, working outside. Volunteering can be good for newcomers/migrants/former refugees who are new to the community to do group volunteering as it can be less daunting.

Volunteer South works out of Oamaru once a month. Hold workshops each month to provide skills and tools for those volunteering and offering volunteer options.

Governance training is also being offered – as most Boards are volunteers – often without governance training.

Interested in getting behind youth who might be interested in this space – both volunteering and governance experience.

People can volunteer from 14 years old onwards Organisations are responsible for doing their own police checks. New organisations must sign up agreeing to the terms and conditions in the contract with Volunteer South and this ensures the organisation is ready to take on a volunteer (s). This includes how to manage expectations. The expectation of organisations wanting volunteers is that they have volunteer policies, health and safety policies, insurance to cover can be downloaded to support gearing up to take on volunteers.

If you have been a volunteer or are considering volunteering, you may find these stats, from Statistics NZ interesting.

The value of formal volunteering is estimated to be \$4billion per annum. This figure is calculated, from 159 million hours of formal volunteer labour. While informal volunteer labour is estimated to provide 7.8 million hours.

***From a health perspective  
volunteering according to research  
helps promote a sense of well-being.***

## GETTING BACK IN SHAPE



Did you have good intentions to keep an exercise routine going through the winter, but found the weather a good excuse to avoid getting out for that walk?

Perhaps you need a change of focus. Then you could do no better than find a STEADY AS YOU GO or an ALIGN TO GO class run by Age Concern.

Two members of our committee thoroughly recommend both.

The programmes were devised by Margaret Dando, for Age Concern in 2002. Originally designed to be a 10 week programme, funded by ACC., as an investigation into ways to mitigate the skeletal damage caused by falls in the 50+ age group.

Since then the programme has gone from strength to strength. This success is attributed to the classes being peer led, and participants input respected. While planning the programmes, Margaret worked with the Physiotherapy Department of Otago University and the Physical Education Department. To be successful the programme had to be easy, safe, enjoyable, and accessible, resulting in, a number of suburban and rural areas of Otago offering classes.

So what's in it for you? According to my informants, you will get companionship, enjoyment, better balance, mobility, and confidence.

I am sure you will be able to find a class near where you live.

The programmes have been so successful that classes are now available in the following places.

Waihola	Balclutha	Kaitangita
Roxburgh	Alexandra	Cromwell
Wanaka	Ranfurlly	Omakau
Kurow	Hampden	Palmerston
Waikouaiti	Waitati	Mosgiel
Port Chalmers	Portobello	Outram

***Here's to a fitter, happier, you.***

## Opening the doors to retirement village change

The Government has released its proposed changes for the retirement village sector through its release of the Review of the Retirement Villages Act 2003 Options for Change paper: <https://tinyurl.com/4frcnbjp>

It is the next step in the Government's review of the Act and builds on work undertaken by the Retirement Commission.

It includes proposals around a number of issues which have concerned residents, including:

- stopping fees after a unit is vacated or shortly after
- introducing a partially standardised occupation right agreement
- replacing the current dispute resolution scheme
- requiring operators to meet the direct costs of maintaining and repairing operator-owned chattels and fixtures
- requiring disclosure documents to include more information on transferring within a village to aged residential care
- introducing a mandatory timeframe for repaying a resident's capital when they move out, and/or requiring an operator to pay interest if the repayment is not made after a certain time.

**The consultation is open until November 20th.**



[www.thelazyfishbluff.co.nz](http://www.thelazyfishbluff.co.nz)

Two private self-contained B&B units 150 metres from the sea. Flat walk to ferry, shops, restaurants.

**From \$85 for one, \$110 for two includes self-service breakfast.**



**35 Burrows Street, Bluff (03) 212 7502**

## Revealed: The most common substance in NZ accidental poisonings

Paracetamol is New Zealand's most popular medicine – and also the number-one substance involved in emergency calls to the National Poisons Centre.

A new analysis reveals paracetamol is the most frequently involved drug in cases the Otago University-based unit deals with, from curious young children tasting tablets, to older people making medication mistakes.

The study, published in the Australian and New Zealand Journal of Public Health, reviewed tens of thousands of contacts between 2018 and 2020.

Among adults and older people (aged 65 and over), the researchers found “therapeutic errors” accounted for around 50 per cent and 86 per cent of their exposures, respectively.

“Older people can be frail, and generally also use more medicines than younger people,” the study’s lead author, Dr Eeva-Katri Kumpula said.

The most-commonly exposed substances among adults were paracetamol, codeine, tramadol, antidepressants, and hypnotics, while older adults were exposed to paracetamol and various cardiac medications.

Some 50 million tablets of widely-accessible medicines are used by Kiwis each year. While there are limits on pack sizes, there were no restrictions on quantity.

New Zealand’s MedSafe has made changes to labeling requirements, aimed at promoting safe use and accidental overdoses.

She noted that a contact with the centre didn’t necessarily mean the person involved was harmed – and around two thirds of patient records showed a medical assessment wasn’t advised.

Anyone concerned that someone has swallowed poison should stay calm, and phone the National Poisons Centre on 0800 POISON (0800 764 766), with information about the medicine or chemical container if possible. Do not make the person vomit, rinse or wipe the mouth, and do not give fluids unless instructed to do so by the Poisons Centre. If the person is sleepy or unconscious, check their pulse, ensure they are breathing, place in a recovery position and phone an ambulance. If not breathing or does not have a pulse, phone 111 and apply CPR.



## Credit cards

**The number one rule with a credit card is to pay off your balance in full each month. Otherwise you'll be paying high interest charges - about 20 percent - on money owed.**

### Avoid the minimum payment trap:

Don't be tempted to pay just the minimum - minimum payments are designed to benefit the bank, not you, and you'll be charged interest on the outstanding balance.

### Don't get caught by steep annual fees:

The other trap with credit cards is the annual fee. This fee will be much higher if your card is linked to a rewards scheme.

Credit card rewards schemes only really reward big spenders. Unless you spend more than \$25,000 every two years - and pay off your card at the end of each month - most schemes won't be worth it. You'll be better off by switching to a card with no (or a low) annual fee.

### When to consider a debit card:

Debit cards can be used over the internet just like credit cards and over the counter when you're overseas, and their annual fees are much lower (in some cases non-existent).

The big difference with a debit card is that it's like cash: it draws on the money in your bank account, so you're not getting yourself into debt. However, if you always pay off your credit card each month, there may be no real benefit from switching to a debit card. You'll lose the interest-free period on purchases that you get with a credit card.

[consumer.og.nz](http://consumer.og.nz)

## KEEPING SAFE IN THE GARDEN



If the warmer weather and longer days have you champing at the bit to get digging, planting, trimming and sowing these activities should be approached like any other physical activity.

I came across this list of safety tips for older people and their carers.

- Attend to any cut, bruises or insect bites immediately.
- Take care in the use of power tools.
- Ensure that paths and walkways are swept and level.
- Warm up before gardening and encourage breaks.
- Prevent sun exposure by working in the garden early in the morning or later in the day. Wear a hat and apply sunscreen frequently.
- Keep hydrated, drink water or juice.
- Wear protective shoes, lightweight comfortable clothes that cover exposed skin, a hat and garden gloves.
- Store garden equipment safely.

Sit back and enjoy your hard work with a well-earned cuppa.

It seems that tea is beneficial due to the flavonoids in it. Apparently these have anti-inflammatory, antioxidants which help keep us well, according to some of my reading.

AH but which tea? The leaf of the Camellia sinensis or herbal infusions both of which have their champions.

BLACK TEA- goes through a drying and oxidation process to provide a favourite for some.

GREEN TEA- from the same plant but doesn't go through the fermentation process so may have enhanced health benefits.

HERBAL INFUSIONS- while not strictly tea are herbal and fruit infusions with herbs and spices added. Many curative benefits are attributed to such as lemon balm, ginger, peppermint, chamomile, to aid digestion, sleep and even help bone density and skin.

Depending on your preference sit back sip and enjoy. To be honest as a coffee drinker after drinking herbal tea I think OK now where's my real drink.

## Gillions Funeral Services part of your community

We're locally owned and operated, have trained, qualified and experienced staff, a great building with reconfigured spaces, top-class technology, traditional, contemporary and unique farewell options, eco-friendly options, affordable package options, and a range of caskets, urns and keepsakes.

Ask us about our bereavement support, professional memberships, local partnerships, community support and our Gold Card discount.

If you are thinking about pre-planning or pre-payment, this is the time to contact us. We have free planning packs available and can talk you through the steps for organising a pre-payment plan. Because we are members of the FDANZ Funeral Trust, funds (up to \$10,000) put into a pre-paid funeral are exempt from asset testing for residential care.

If you are looking for a speaker at your next event, give us a call – we are experienced at presenting to groups and answering your questions.

**You can contact the friendly team at Gillions by phoning us on 03 455 2128, popping into our office at 407 Hillside Road, South Dunedin or emailing [support@gillions.co.nz](mailto:support@gillions.co.nz)**



**We have all your funeral questions covered**  
and because we are family owned and operated we'll always be here when you need us.



Phone: 03 455 2128 [24 hours] Email: [support@gillions.co.nz](mailto:support@gillions.co.nz)  
407 Hillside Road, South Dunedin. [www.gillions.co.nz](http://www.gillions.co.nz)

# Plan your spending through the three stages of retirement

When you're still in the workforce, the idea of retirement usually evokes an image of one long holiday doing whatever you want – without the boss looking over your shoulder.

For most people, however, the reality is a little different. The typical retirement actually consists of several phases, each with its own spending pattern.

For most Kiwis, retirement generally progresses through three distinct stages based on health and the type of activities you pursue as you age. Your spending pattern in each stage reflects this.

## Stage 1: The Active Years

In the early years you will generally have the same physical capabilities you had during the latter years of your working life.

This phase often involves more time for hobbies, entertainment, overseas travel, home renovation and caring for grandchildren. Some active retirees may volunteer or undertake part-time work.

## Stage 2: The Sedentary Years

As you slow down mentally and physically, most retirees adopt a more passive lifestyle. This means your spending tends to fall.

Many move into a smaller home, travel tends to be closer to home and there is more expenditure on

health. You should complete aged care and estate planning, if they haven't already done so.

## Stage 3: The Frail Years

In later life, we can become increasingly frail and our ability to move around decreases. Restricted mobility means your leisure activities tend to be more limited and your health costs often increase.

Many retirees in this stage start needing help around the house and in their daily activities, they consider moving into a retirement village, or some fund home-based care or move into a residential aged care facility, which requires very substantial funding.

### What does this mean for my retirement budget?

The retirement expenditure of Kiwis tends to be more like a lop-sided smile – higher spending at both ends (albeit not quite as high in frail old age) with lower outlays in the middle.

### Super tip

When working out how much you think you will need to fund your retirement, create a separate budget for each stage. This in turn simplifies the process of working out how big the total lump sum required to fund your retirement years needs to be.

**A tool to create a plan for your retirement is [sorted.org.nz](http://sorted.org.nz) available on line**

## Campaign encourages Kiwis to get their money sorted

August is the Retirement Commission's (Te Ara Ahunga Ora) "Sorted Money Month". Sorted Money Month is an annual free campaign run alongside financial sector organisations to raise awareness and engagement on money matters.

It provides information tools, guides and blogs needed to tackle debt, plan and budget, save and invest, dial up your KiwiSaver, plan for retirement, protect what's important, and manage a mortgage.

Sorted's new event calendar includes lunchtime webinars and allows people to sort by region to find out what is happening locally and get involved.

**For more information go to [Sorted.org.nz](http://Sorted.org.nz).**

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!**

# ESTATE SERVICES MADE EASY

Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. They are focused on doing the best for the client, family and their estate by maximising value and making a difference to the community with options to support local charities and non-profit organisations whenever possible.

Andrew Whiley, and his wife Jackie, established the business seeing the many issues facing the elderly down-sizing and families dealing with estates. Today, families often don't live locally; distance can make it difficult to balance the physical tasks required when dealing with an estate. This includes the challenge of transitioning elderly parents to a retirement facility. **Estate of Grace** simplifies the process!

A recent client engaged the company to look after the estate of his late Mother. Household goods were assessed with valuable items sold and the balance of goods shared across six local charitable organisations. The house was then fully cleaned

and staged, including the garden, to ensure that the client was able to maximise the selling price. His quote says it all. ***"In view of what the place looked like before they went in, I think they've worked a miracle. The place inside and out looks fantastic"***.



**Estate of Grace can also assist those that wish to pre-plan how their estate is handled. Feel free to contact Andrew to discuss how Estate of Grace can assist you!**

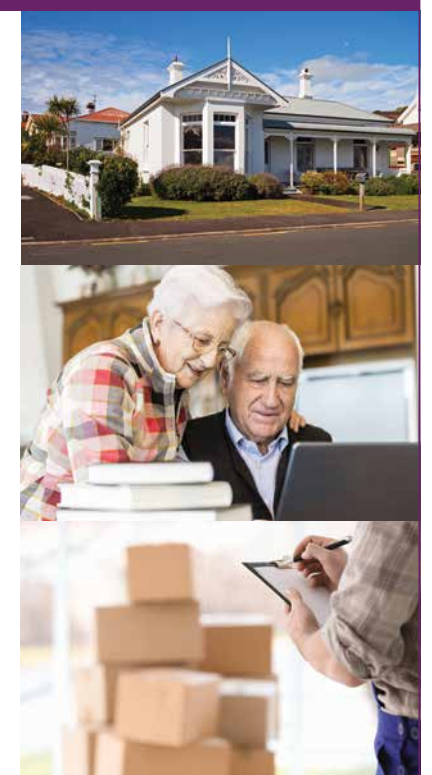
*Editorial supplied by Estate of Grace*



Estate of Grace is a local family owned business that prides itself on providing a caring and holistic approach to estate services. The company works with families, lawyers, executors and trustees to provide services to simplify the estate management process.

### Personalised services include:

- Assistance with Downsizing & Relocating to Retirement Facilities
- Professional Estate Clean-up
- Asset Inventories - including video-graphic and photographic
- Estate Liquidation
- Packing & Moving
- Storage Arrangements - Short and Long-term
- Shipping Services for Local and International Items
- Rubbish Removal
- Home Staging and Property Preparation for Sale
- Rest-Home Pack-Up Services
- Options for asset liquidation including Garage Sale, Trade Me and Auction Services to Maximise Return
- Working with non-profit, community and charitable organisations for donations of unwanted goods



**Phone: 027 465 3222 (Andrew Whiley) | Email: [dunedin@estateofgrace.nz](mailto:dunedin@estateofgrace.nz)**  
**[www.estateofgrace.nz](http://www.estateofgrace.nz)**

## FAMILY HISTORY

It's spring cleaning time. Which poses the problem, what to do with those shoe boxes full of the random collection of photos of people and places taking up cupboard space?

Why not write a family history? (Not a full genealogy or family tree there are groups to help with that). I am thinking of less sophisticated simpler, document passing on knowledge, about people in the family you know of. The task could be a way to renew contact with relatives you only see at weddings and funerals. To see if they would like to help identify and provide information, about people, places and events, to make an interesting read for each other and the wider family.

### Where to start?

Identify your purpose, a gift for family, a special occasion, or just personal.

Sort those photographs, name, people, events, locality and any questions you might want to ask siblings or relatives.

Decide on a format, pen and paper, typed document, disc, USB, clear file, scrap book, or book form.

Who will your audience be just yourself, wider family, or just close family members.

What will you include? Plan a framework; make a time line, or a simple family tree.

Or you could use one of the many templates available for downloading or purchase? Will future generations be able to add to it?

How will you start? What will draw your reader in?

Maybe you could start with a question using a photograph and asking "Who is this person"?

As you proceed you will probably be pleasantly surprised at what you know and what you find. There can be no doubt emigrating no matter the time, is a leap of faith which requires bravery. If you include events such as two world wars, the depression, and pandemics and the scourge of TB and how these affected your forebears you will find just how resilient and stoical they were.

Every family has members who were achievers, characters, and some renegades'. Depending on how rigorous your research and whether you are prepared check with official documents, or are happy to rely on family reminiscences. Separating fact from fiction is an intriguing exercise which may inspire you to have a DNA reading.

*Have Fun.*

## Keeping Yourself Safe at Home – NZ Police

**REMEMBER**  
in an emergency, call 111.

### Other safety tips:

- Secure your doors, windows, sheds, and garages with good quality locks.
- Install security stays on windows, especially those on ground level.
- Don't answer the door for someone you don't know or don't want in your home. Ask for identification if they say they represent a company.
- If you're outside for an extended time, e.g. in the garden, lock your front door.

### For older people, you may also want to consider:

- Having a phone by your bed.
- Arranging with a neighbour to phone or visit you if your curtains are still drawn after a certain time in the morning.
- Having a personal or medical alarm that you can press in an emergency.
- Only discussing financial personal details with people you know and trust.

If you are cheated or scammed, tell Police. If you suspect somebody else has been, you can contact Citizens Advice Bureau or the local Police for advice. In the interest of your safety.

### Tips to save power:

- Get the most out of your heat pump – Set it to a maximum of 21 degrees – save up to \$320
- Shorten your showers to five minutes – save up to \$260 per person.
- Change your washing machine settings to cold wash – save up to \$50.
- Switch off your appliances at the wall when you're not using them – save up to \$100.

For details on these changes, and more advice and information, visit [Save500.org.nz](http://Save500.org.nz).

Ref: Office for Seniors – June newsletter

## Additional Government support for the needy

Work and Income supports people as they age to be happy, healthy and valued. Additional assistance comes in a number of formats.

**Accommodation Supplement:** You may get it to help with the cost of owning your own home, rent or board (not available if you live in a home owned or managed by Kainga Ora - Homes or Communities). This is income and asset tested. Cash asset thresholds: Single \$8,100 or Couple \$16,200.

**Disability Allowance:** Provides non-taxable assistance for people who have ongoing, additional costs because of a disability or medical condition. To apply you will need to include a medical certificate signed by your GP (or specialist etc) and provide proof of costs. Income limit: Single \$733.72, Double \$1,092.55.

**Temporary additional support:** This is a last resort to help with regular essential living. To qualify, you must be accessing all other available assistance as well as taking all steps possible to reduce costs and increase your income. Clients must reapply after 13 weeks.

**Special Needs Grant:** Designed to meet an emergency financial deadline or need to pay for something urgently and you have no other means to pay for it. The Grant may help with things like food, emergency dental care and medical and associated costs. Usually, clients won't have to repay this grant.

**Advance payment of pension/benefit:** You may be able to get some of your NZ Super/Veterans' Pension or benefit paid ahead of time when you can't afford to pay for something essential, such as dentures, glasses and hearing aids or perhaps power arrears.

**SuperGold Card:** A discounts and concessions card issued free to all eligible seniors and veterans.

There are numerous other areas of financial support, such as Community Services Card, Funeral Grant, and relief offered by local government ... so it does pay to investigate!

## Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

[diabeticsocks.co.nz](http://diabeticsocks.co.nz)

## Have a Hmmm with your hottie

As winter takes hold over the country, families all over New Zealand are trying to stay warm and cosy at bedtime.

But hotties are causing a spike in burn claims, and ACC is challenging Kiwis to take a moment to think before they hit the pillow.

In 2022, ACC accepted 856 claims for hot water bottle related injuries with 91 per cent coming from burns. The leading age group for hot water bottle related injuries was 65+ with 223 people (26 percent). Women were almost three times as likely to have a hot water bottle injury compared to men.

ACC injury prevention leader James Whitaker says people should ensure their hottie has a safety stamp that looks like a daisy.



"We need to 'Have a Hmmm' before we get ready for bed," he says. "We recommend never using boiling water to fill your hot water bottle because this can cause the bottle to split or leak. "For children and our older people, use the bottle to warm the bed, then remove it before getting in."

the good companion

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YOUR CHOICE.**

New Zealand Elderly, Disability Companionship & Care Support, Home Care Support, Live-In Care Family Respite, Chronic illness, Disability support, Dementia and Palliative Care Support

For all enquiries,  
phone 0800 457 044 or go to  
[www.thegoodcompanion.co.nz](http://www.thegoodcompanion.co.nz)



## A Later Life Journey

First published in **Tui Motu Interislands**, May 2022, and is reprinted here with the author's permission.



*Trish McBride became one of Bupa Crofton Downs' Foundation residents, moving from her home in Broadmeadows, Wellington, in 2022 to a new life in the village. The RVA is delighted that Trish has agreed to allow us to reprint her story here.*

I've loved this house passionately for 21 years. And here I am choosing to leave it. It started six months ago. I sorted through a couple of boxes of papers (life was lived on paper till the late 90s), then the thought: Anyone would think I was going somewhere. Followed immediately by – 'Do it now!' Really? Thinking it through. At almost 80, I am tired of climbing stairs and maintaining a house and garden. Offspring are mostly not geographically accessible and hugely busy. There's a brand-new retirement village 5k down the road – life needn't change that much. Isn't it better to make this decision for myself rather than wait till someone has to make it for me? Sorting my belongings myself, not leaving it to others. Praying through all this. Discovering close friends are going there too. Eventual ongoing care would be available. The company's a good philosophical match – no shareholders, an excellent reputation as an employer, sustainable materials and methodology in the build. Signing up.

Then the distilling of my life treasures and memories to fit into half the space I now have. Actively choosing to let things go as part of the spiritual and material preparation for my next life-phase. Wondering deeply about good homes for special things.

Three of those choices will remain as satisfactions. Antiquities collected by my father on wartime service in Palestine have gone to the Classics Department Museum at Victoria University where I studied. Three bits of terracotta, one with hieroglyphic writing, assessed as from 2000 BC, are from Ur where Abraham was born about that time. Such a powerful connection with my faith roots!

Two of my art works about healing have gone to Women's Refuge. A circle of little clay women that had been broken, carefully mended and were 'Dancing Anyway'. The other, a painting called Becoming Whyse on the many 'Whys' of grief.

Then there's the local kindergarten who delightedly receive all sorts of things – scrap paper, ice-cream

containers, craft stuff that I might have used but didn't, a shell collection and much more. A wonderful symbiosis!

And of course, lots to family, including family history and treasures, now passed on to the next generation. All an acknowledgement of the reality of death, not discernably imminent, but inevitable. I've been drawing on the lilies of the field and the birds of the air, and on Buddhist wisdom for easier aging: Don't cling – to possessions, opinions, self-image and more. Sadness at realising that the wedding era oak bedroom suite can't be fitted in to the apartment. Don't cling! Actively detaching from my beautiful home with the colours I chose still singing to me, all day sun, the stunning view of harbour, mountains and Cook Strait. Choosing to believe it is time for someone else to have these joys. Don't cling!

Discovering three people from church are going there too, one of whom will be my next-door neighbour. With the friends, a good basis for a new community. Then the panic about all the things that won't work for me. The horrible grey carpet – I commented on this to a wise son. His reply: 'It is a very first-world problem, isn't it?' Of course! Don't cling! The prospect of early morning truck noise from the next-door supermarket. Replace horror with 'These guys have driven all night so we can have food.' A real urge to pull out. Prayer for wisdom. The response: 'That's where I want you'. Acceptance and peace.

My beloved long-dead mother-in-law has been a role model in this, as in so much else. She was a dedicated Franciscan tertiary. I, as her main carer, was off overseas for two months, and expressed concern for her well-being. 'Oh', she said, 'I'd better go into care. Pass me the phone book'. I spluttered 'But, but..' It happened quickly. She loved it. I overheard a conversation between her and another new resident: 'Columba, don't you miss your house? I miss mine dreadfully'. Response: 'No - I'm a Catholic.' I knew exactly what she meant, but laughed as I imagined the poor questioner's bafflement.

Choosing our own timing was our way – others make their choices differently and must do what's right for them.

**Find out more at [www.retirementlife.co.nz](http://www.retirementlife.co.nz)**

Trish is the author of three books –

- Faith Evolving, A Patchwork Journey (2005)
- Exploring the Presence, More Faith Patches (2011)
- A Love Quilt, Later Faith Patches (2020)

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*editorial supplied by Retirement Villages Association*

## ORANGES AND LEMONS



With the price of fresh fruit being so high it's time to do a reality check. Are you really utilizing all your purchase has to offer? For example New Zealand citrus fruit, in season now until February. Do you eat the flesh, use the juice in baking and throw away the peel?

Well there is much you can do to get as much value from your fruit as possible.

- First you can eat them as a healthy low calorie snack 86 calories in a large orange.
- How to use the whole orange. Place a washed DE waxed orange in the freezer. Once frozen get out your grater and grate the whole orange. Use as a sprinkle to give foods a lift. Try it on salad, ice-cream, cereals, smoothies, fish, add to baking, (works well with lemon and limes).
- Freeze some with a little water into ice cubes add to water or tea for a zing.
- Garbage disposal sweetener.
- Make orange curd as a change from lemon, a welcome gift.
- Make delicious homemade salad oil to give as gifts or for your own use. Place bits of orange peel minus the pith with a sprig of a favourite herb in a bottle and cover with extra virgin olive oil. Put in dark place, check every couple of days and gently shake. After several weeks remove the herbs and peels for flavoured oil.
- Make citrus sugar, use fresh peels added to the sugar in a jar combining the two. After a few weeks remove the peel to use as a sprinkle on custards, cup-cakes or yoghurt.
- Make an infusion of honey by placing twists in the honey and letting the flavours steep for a couple of weeks. Remove the peels and use as you like.
- Or use as a face mask, (my mother's favourite) bruise the peels and squeeze out as much oil as possible, fold into a lightly beaten egg white. Apply to the face and let the egg white dry. Wash off carefully. (not recommended for dry skins)
- Keep brown sugar lump free. Place a 2inch /5cm piece of peel in the sugar in an airtight container. The skin keeps moisture in the air in the container. How to de-wax an orange depending on how many oranges you are de-waxing use either a large bowl or the sink. Half fill the container with warm water and a glug of vinegar. Let the orange (s) sit in the solution for a few minutes, rinse and dry.

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## Older Kiwis need to consider home modifications sooner



Most older New Zealanders would prefer to remain in their home for as long as possible, but few consider age-friendly modifications that reduce risks to safety.

Australia's Flinders University researchers determined that many older people are living in homes with clear dangers, hazards, and limited accessibility as they age, but lack the information they need to properly address these challenges.

### Most common potential hazards and solutions:

- High maintenance garden (without an irrigation system)  
**Consider:** reducing garden maintenance needs (e.g. plants that don't need much water or pruning, low maintenance landscaping, irrigation systems).
- All entrances to the house have one or more steps  
**Consider:** how one entry could be modified for easy access if a wheelchair or wheeled walking frame was required in future (e.g. ramp)
- Step or ledge present between shower cubicle and bathroom floor  
**Consider:** alterations to ensure smooth transition between cubicle and floor
- Slippery bathroom tiles  
**Consider:** application of non-slip treatment or tiles which are not slippery when wet
- Toilet door swings inwards  
**Consider:** have the swing of the door changed.
- Chairs in living room are low and/or soft  
**Consider:** when purchasing new chairs, purchase chairs that are firm, supportive and not too low (height depends on height of individual). Armrests can be helpful.

The researchers have designed and tested a digital tool with 60 older people to assist with identifying and eliminating risks and are planning to make it freely available in the near future.

The journal article "Considering the home environment and planning for the future: A qualitative exploration of the views of older adults and individuals with older relatives" is available at: <https://tinyurl.com/334bv6ur>

## Change to residence criteria for NZ Super and Veteran's Pension

The residence criteria for NZ Super and Veteran's Pension will change from July 2024.

The minimum number of years people must have been resident and present in New Zealand will be gradually increasing from 10 years to 20 years between July 2024 and 2042.

Anyone already getting NZ Super or Veteran's Pension won't be affected by this change.

For more information, visit the Work and Income website <https://rb.gy/584fs>



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*Many thanks*

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Grey Power Otago Association subscription of \$25 single and \$35 double are now due.

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Contact: greypowerotago@gmail.com

Office Hours: Monday - Thursday 11am - 2pm. **Phone: 456 1685**



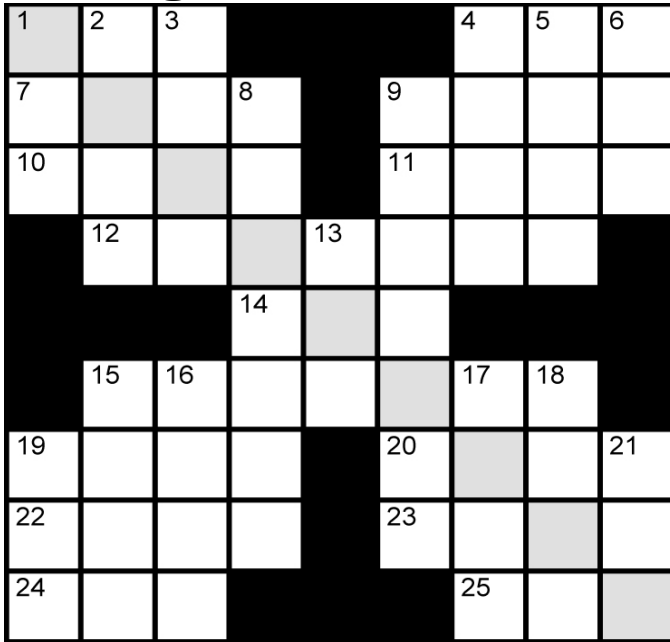
# Grey Power Otago (Inc)

The Active Organisation For Those 50 Plus

211A King Edward Street, Dunedin 9012. Phone 456 1685  
Email: greypowerotago@gmail.com



# The King Falls



**Across**

- 1. Computer monitor, for short
- 4. Summer mo.
- 7. "Hold it right there!"
- 9. A lot of lot
- 10. High schooler
- 11. Peacock's pride

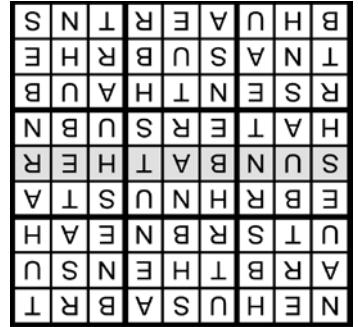
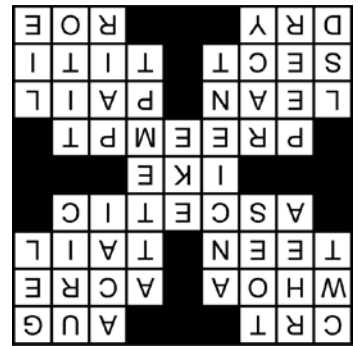
**Down**

- 12. One who leads a Spartan lifestyle
- 14. White House nickname
- 15. Replace in the schedule
- 19. Gravitare (toward)

- 20. Beach item
- 22. Religious offshoot
- 23. South American monkey
- 24. Like some martinis
- 25. 1973 Supreme Court decision name

**Down**

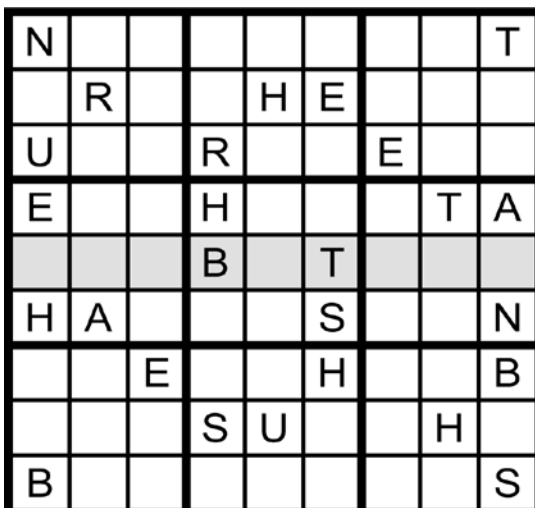
- 1. 100 lbs.
- 2. Perlman of "Cheers"
- 3. Little piggies
- 4. Antioxidant berry
- 5. Type of acid linked to gout
- 6. Salon supply
- 8. Very old
- 9. Try
- 13. Barely manage, with "out"
- 15. House of Lords member
- 16. Off-color
- 17. Twosome
- 18. One of the Jackson 5
- 19. "Acid"
- 21. Golfer's concern



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

- |           |          |            |
|-----------|----------|------------|
| ADAM      | GARROD   | MILANICH   |
| ALBRIGHT  | GARSTANG | OLIVER     |
| BELL      | HAWASS   | ROERICH    |
| BIONDO    | JOHANSON | SCHLIEMANN |
| BRAIDWOOD | KENYON   | STEPHENS   |
| CARTER    | LEAKEY   | STRUEVER   |
| EICHMANN  | LEHNER   | VERRILL    |
| EVANS     | LUBBOCK  | WHEELER    |
| FEWKES    | MALLOWAN | WOOLLEY    |

## SUNBATHER Wordoku



## ARCHAEOLOGISTS



How to solve WORDOKU puzzles. You only need logic and patience to solve a wordoku. Simply make sure that each 3x3 square region has only one letter from the word SUNBATHER. Similarly, each letter can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*