

CHRISTCHURCH

New Zealand  
Permit No. 3285

Permit 

# GREY POWER

50+ QUARTERLY NEWSLETTER

Phone (03) 942 8816

PO Box 15051, Aranui, Christchurch 8643

SUMMER ISSUE 2024



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

## GREY POWER CHRISTCHURCH

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## Presidents Word



This is my last report for 2024, expect you are like me, where has the year gone. We have had some great speakers and entertainers this year, and have a few booked for 2025 already organised. This is the time of wind up for the year, lots of morning and afternoon teas to attend, doesn't help with my body weight.

If you have any suggestions for speakers let me know and we will try to fit them in. We have a lot of great Members and if any of you have one hour a month to join our committee, to help it would be appreciated. Even if you just want to sit in a meeting, that would be great.

We still have members paying their electric account into the Greypower Membership account. Unfortunately, we mainly have to wait for you to contact us before we can refund you. All is needed for you to email joeannferrari@gmail.com with your bank account number, name and date you paid, so it goes to the right account. If C Hamilton or Sarah Williams read this, your refunds can be processed, I wrote to you both but no response.

Enjoy the season, stay safe and have a great New Year.

Best Wishes

Ann Ferrari | President

### Check on those people you love and care for.

Reach out to your older relatives, friends and close neighbours to check in with how they are and talk through their worries. Whether it is giving them a phone call or writing a letter, staying connected and connecting often is important.

## 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.

## New partnership with GOfuel



Grey Power Federation is delighted to announce a new partnership with GOfuel that brings benefits to our membership ... and support to the Federation in its advocacy work.

GOfuel provides a way in which all members can obtain a discount off fuel at virtually all major service stations throughout New Zealand.

- GOfuel fuel cards have "NO FEES"
- Mobil cards can be used at Mobil and participating NPD, Allied and Waitomo service stations.
- BP cards can also be used at participating GAS & RD service stations.
- Z cards can be used at participating Caltex & Challenge service stations
- Multiple cards can be linked to one account for you/your family/your business
- Set your own spending limits and purchase options for each card
- Invoices/statements are sent by email. Credit terms are direct debit on the 14th of the following month.

**For more details, and to apply for your GOfuel cards, google Grey Power-GOfuel or phone 0800 42 83 83**

Michael Cooke can be contacted on 027 297 5820 if you need to sort out anything with your application.

This initiative was brought to Federation by Coromandel Grey Power Association members Trisha & Ian Whimp, who have a diesel delivery service.

CARD TYPE	PER LITRE DISCOUNT
Mobil	12c off pump price
BP BP Truckstop	9c off national price 4c off national price
Z	7c off pump price
GOfuel Marine sites with GOfuel Mobilcard	10c off pump price

## DISCONNECT TO RECONNECT

**Disconnect to reconnect - that's the message from two graduates who have started a club in the UK where people are told to put away their screens.**

The Unplug Club's first sold-out event at Mettricks cafe in Hampshire, did exactly what it said on the tin. Attendees had to hand their phones in at the door and were encouraged to pick-up old hobbies and engage in new conversations, without the distraction of their devices.

Research shows that people in the UK **spend on average three hours a day**, external on mobiles and three hours and eight minutes on laptops. Friends since secondary school, Ben Hounsell and Jacob Curtis said they intentionally wanted their club to be "phone free". "When you arrive, we're taking people's phones and locking them in a box so they will truly be without their phones," said Jacob

Instead, guests could enjoy a selection of board games, letter writing, and even origami to help them unwind. Followed by an organised group quiz - but without any temptations to use Google.

The pair said they were motivated by what they saw as a "backwards culture" dominated by screen-time, where it can be difficult to approach strangers and talk to them. "Their instant reaction is, oh, who is this weird person talking to me," said Jacob.

Inspiration for the event came not only from the pair's observations about smartphone usage, but from an idea already being developed in the Netherlands. "We thought we'd get a group of friends together, try it out, and here we are; 50 plus people coming, all putting their phones away and engaging in genuine authentic conversation," Ben said.

Jamie Morris BBC News

15% off

use promo code GP at checkout

## Socks too tight?

soft topped bamboo and cotton socks

# 3 pairs \$36

diabeticsocks.co.nz

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

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Please refer to our website for disclaimer.

## GREY POWER ELECTRICITY

We know a lot of you use Pulse Energy and a lot of you pay online when your Pulse account is due. Unfortunately a lot of our members are paying their accounts into their Grey Power Membership. Then we have to try and get hold of you to tell you what has happened as this payment shows up on our membership bank statement. We can sort this out but it can sometimes take a wee while to process Thanks

**JUST A FRIENDLY REMINDER**

### Outing: 28th August

Today's trip was on a beautiful day, and Bob took us all off to the 'New Brighton Museum.' I personally knew the museum was there as I have parked in their car park many times while my wife attended the hairdresser across the street ... but had never been inside. We were welcomed into the museum with a lovely hot drink and some freshly baked scones for our morning tea. Then this amazing lady ... called Peggy ... started telling us all about New Brighton ... going way back in time. All of the information was represented somewhere around in the museum. Starting from being merely an Eastern Suburb back in the day, to becoming a thriving 'Metropolis' on those fantastic "Saturdays." Peggy told us some wonderful stories involving ladies' swimming togs to a little boy who became a hero when he saved a little girl who had fallen through the rotten old pier. He was rewarded with a pair of undies from the Mother of the saved child!! Apparently he stripped off his basic clothes and didn't have any undies!!! Some famous people were mentioned, for example Ivan Mauger, Ronnie Moore and Barry Briggs and lots of wonderful places like the Race Course, Speedway, the Pier and of course QE2. Peggy went on to say that the beginning of the end out there started when the Earthquake caused too much damage. When the pier was demolished it took many years of hard work in fund raising to get it rebuilt.

What I liked about Peggy's talk was that right throughout she touched the hearts of so many of us. Right across the audience there we big smiles and laughing and lots of comments. People could relate to what she was telling them. Once the talk was over we were able to wander about and have a look at all the memorabilia that was on display ... all of which had a lot of meaning.

Then it was all aboard the bus and Bob then took us out to the Racecourse Hotel, in Riccarton, where we all enjoyed a lovely meal, as we always do over there. Then it was back in the bus and Bob took us all safely home, with a couple of good yarns thrown in.

Thanks to Bob, Neville and whoever else was involved in organising the outing. Tui was conspicuous by her absence but was remembered by all. Ka mau te wehi ... Awesome.



### Outing: September

Great to see the coach with Bob at the helm, with all the faces we know. Great to see Tui back on board and looking so good too.

Bob took us out to 'Moffatts Flower Company' which was at 1 Candy's Road, Halswell, which was a short trip. We were met by David [I think his surname was Scott]. He told us that the company was started back in 1950 and that he personally had worked there for 50 years, and told us some of the history. The Moffatts started out over in Bowenvale Ave before moving to Birdwood Ave and then on to Candy's road, where they are now. A few years ago they were bought out by Aroma NZ Ltd and there are no Moffatts involved at all now.

David has a twin brother called Allister, who was a banker for 40 years before moving over to work in the glass houses with his identical brother. They were so alike and both had similarly trimmed moustaches.



Moffatts Flower Company is an amazing complex which grows flowers from seed [although we did hear the countless tiny plants were imported from some Asian country] and grown into plants which have their flowers harvested and distributed all over the place. It requires many hours of work to look after these plants which are at all different stages. Watering is essential and the company eventually had a well dug so they could access as much water as they needed without the Council interfering.

Each of the large glass houses had to have regular heat control which required heating in the colder seasons and cooling in the warmer season. The earthquake had a huge impact on the company as a lot of the windows were broken and a lot of the piping that carried cold and hot water were buckled and had to be replaced.

One machine was bought for 100,000 Euros but it was remarkable, once the single worker placed the rose stem onto it one at a time leaves and thorns were removed, they were counted into dozen lots, bound up with a rubber band and packed into boxes. A great time saver!!!

There were florists working there too making fancy bouquets and even wreaths.

The place was amazing. I hate to think what the turnover would be but they certainly needed a lot to pay their workers.

If you want to get some flowers etc a little cheaper than the local super market head out to Candy's Road.



After the visit Bob took us over to the Famous Grouse Hotel in Lincoln. We had a bit of a wait before we were served but it certainly was worth waiting for. We all got the same 'roast beef' followed by lovely ice cream Sundaes, [Chocolate or Raspberry] which were delivered to the tables.

Overall an outstanding outing.  
Thank you to all the organisers.

### Outing: 23rd October

We started off back to front. Bob picked us up at the Show Grounds at 9 o'clock and then on to Tui's. Understandable too, as we were headed for the Theravada Buddhist Monastery called 'Wat Buddha Sammakhee' which is on Marshlands Road on Tui's side of town.

We were welcomed and lead in to the temple with all shoes left at the front door. [I bet some of the oldies felt a little uncomfortable with that,

especially those without socks or stockings as it was a bit cold.] We were shown a documentary about how Buddhism works, what to believe in and what not. It seemed to be all about believing in yourself as none of your so called important contacts were going to be around for ever.

Anyhow it wasn't a particularly long showing and soon we were invited to go out and put our shoes on again and then wander around the whole facility. I spoke to one of the facilitators who said that there were only 6 monks on the site. These ones had journeyed over to NZ from Melbourne. Apparently they have to stay here for 3 months before they are able to travel again. There was a lot going on in the gardening area and, from what I could see, a lot more to be done. In spite of that there were lovely buildings and figurines all over the place, many of them of the dragon variety. The spokesperson told us that on Sunday 3rd November there was going to be a huge gathering there with lots of dancing and singing etc and that we are all invited.



We then boarded the bus and Bob drove us, not too far, to Spencer Park and we had a hoon around a one way road looking at the sights and getting one of his commentaries.

Then Bob headed not too far away to the Redwood Tavern for lunch. It was a 'help yourself' kind of meal and we were told that we had to remember that there were people lining up behind us, in other words 'Don't be greedy!!!'

Following the feed, we were pleased to have the raffles back again and a lot of lucky ones had big smiles on their faces. Thanks to the organisers of the raffle. It is popular and a lot of fun.

Then another strange thing happened. Bob and his bus vanished and another bus arrived with a new driver who took us safely home ... Tui's first again.

Another eventful bus trip. Thanks to the organisers.

*Paul Carlsen*

# CHRISTMAS SOCIAL 2024



## Nymbbl improving bladder health



The Nymbbl app has a new feature aimed at improving bladder health and reducing the risk of bladder issues.

Many people believe the symptoms they experience are part of the ageing process, but these issues are often treatable.

The exercise app (sponsored by ACC) now offers a personalised and evidence-based programme that combines pelvic floor exercises, bladder training, and lifestyle tips to help older people regain control

of their bladder and confidence in their daily activities.

Nymbbl Bladder is designed to be an easy and effective way to improve bladder health in as little as 12 weeks. The feature is available for free and can be accessed from within the Nymbbl app.

Download the app to your device by searching 'Nymbbl training' in the Apple App or Google Play stores.

**Learn more about the app at [nymbblscience.com/bladder](https://nymbblscience.com/bladder)**

If you have an ongoing need for continence products, funding for these may be available through the Disability Allowance, administered by Work and Income.

The Disability Allowance is a weekly payment for people who have regular, ongoing costs because of a disability. These could be visits to the doctor or hospital, medicines, extra clothing, or travel.

# the good companion

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**[www.thegoodcompanion.co.nz](http://www.thegoodcompanion.co.nz)**



## Danger in potting mix

Warmer weather and daylight saving bring many Kiwis out into the garden. Unfortunately, it's also the time when gardeners are most at risk of catching Legionnaires' disease from potting mix and compost.



"This disease is a type of pneumonia, which can be severe and, in some cases, life threatening," says Dr Cheryl Brunton, Medical Officer of Health for the National Public Health Service. Health NZ is reminding gardeners to take care. Some simple actions to take are:

- Work with potting mix or compost in a well-ventilated outdoor area
- Wear a well-fitting face mask. An N95 or respirator is best
- Wear gloves when handling the material
- Open bags carefully using scissors ... and open them away from your face
- Reduce dust by dampening down the potting mix or compost before using it
- Wash your hands thoroughly after handling, and before touching your face or removing your mask.



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!



There are a lot of you out there that probably see texting acronyms all the time but never knew what they meant ... and probably never asked.

So... we found a site <https://socialmedia4beginners.com> that has put together a list of the most used texting and chat acronyms that you're sure to see on Facebook and other Social Media sites <https://tinyurl.com/8vv9ee76>.

Here's a sample ... and just to make it fun, we've mixed in a few others that are tongue-in-cheek Seniors' chat

2moro- Tomorrow	BCNU- Be Seeing You
B4N- Bye for Now	BFF- Best Friend's Funeral
BRB- Be Right Back	BTW- By the Way
GR8- Great	IMO- In My Opinion
NP- No Problem	OIC- Oh, I See
RTM- Read The Manual	SH- Sh** Happens
SUS: Speak Up, Sonny	THX- Thanks
TTYL- Talk to You Later	TTML: Talk to Me Louder
ISO- In Search Of	TLC- Tender Loving Care
BTW: Bring The Wheelchair	
DBEYR- Don't Believe Everything You Read	
FWIW- For What It's Worth	
FWIW: Forgot Where I Was	
FYI: For Your Indigestion	
IMHO: Is My Hearing-Aid On?	
LOL- Laughing Out Loud -or- Lots of Love	
MILF: Meal I'd Like to Forget	
RBTL- Read Between The Lines	
TMI- Too Much Information	
WAITT Who Am I Talking To?	
WIWYA: When I Was Your Age	

## Home equity could help make ends meet

New research delving into home equity release products shows they could be a better alternative for older New Zealanders struggling to make ends meet instead of taking on higher-cost consumer debt.

Te Ara Ahunga Ora Retirement Commission research highlighted that for approximately 25% of older households who have low retirement income and savings but high levels of equity in their home, equity release products could be more beneficial for them rather than high-cost personal loans or credit cards.

In New Zealand the two main home equity release products are reverse mortgages and home reversion.

Reverse mortgages are more suited to people who do not need to preserve the equity in their home for future uses, including bequests. The key cost of a reverse mortgage is the interest cost which is higher than that of a normal mortgage loan.

In a home reversion scheme you are selling a stake in your house for a discounted amount in exchange for income. Home reversion avoids the compounding of interest and provides certainty to the homeowner that they will retain a specific percentage of equity in their home, so it might be more suitable for people who have a specific bequest motive.

Policy Lead, Dr Michelle Reyers says "It's important to understand that home equity release products have relatively high costs."

However, used strategically, home equity release can provide an option for those that have no income beyond New Zealand Superannuation and struggle to pay larger bills but wish to remain in their homes while they can manage independently.

For the full report: <https://tinyurl.com/55u3ej6u>

### One Day

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

Ida Scott Taylor

## VACCINE AGAINST WHOOPING COUGH

*Whooping cough is not under control.*



If you are 65 or over and around babies and young children, it is important you get a booster. The booster is free at ages 45 to 65 and is available from healthcare providers or from many pharmacies. If you missed your booster at age 65 you can still catch up for free.

The whooping cough vaccine also protects you against tetanus and diphtheria. For more information: Whooping cough (pertussis) vaccine ([info.health.nz](http://info.health.nz))

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## Things to do before you die

When someone dies it can be very difficult for the family to find all the documents they need to settle the deceased's affairs.



Tell your family where you have stored your important documents and other important information. It could be:

- with a lawyer
- at a secure document storage facility
- in a secure location on your computer, or
- in a safe place in the house

You can record online where the documents are via the Department of Internal Affairs' Te Hokinga ā Wairua End of Life Services website <https://tinyurl.com/mttheabf>.

### Examples of important documents and information are:

- where to find a copy of your will
- your birth certificate
- information your family will need if they have to apply for a death certificate (e.g. they will need your full name and your parents' full names)
- a list of people and organisations they need to contact, along with their contact details (Here's a checklist: <https://www.cab.org.nz/article/KB00000594>)
- Instructions about how you want personal belongings to be distributed
- details of all your property and investments (including your KiwiSaver), and who to contact about them

- any land titles and mortgage agreements
- your insurance policies
- Any firearms you own, including their serial numbers and your firearms licence number. Check the Te Tari Pūreke – Firearms Safety Authority website <https://tinyurl.com/ykd5a2ka>
- any online accounts that you will want shut down, e.g. email and social media accounts
  - any documents you own (e.g. the original manuscript of a book or music you have written; research you have done on your family history.)

### State what you want for your funeral (and after the funeral)

NB: Your family will not be able to arrange a funeral if you have nominated to donate your body - or a part of it - to science.

- people you want to attend, and their contact details
- letters to individuals, or a recorded message for the funeral
- whether you have a funeral pre-payment plan. It should also say whether you want to be buried, cremated or something else.

Lots more information on the Citizen's Advice Bureau's site <https://www.cab.org.nz/article/KB00000593>



### Covid update

Radio New Zealand reports that the highly transmissible Covid-19 sub-variant, XEC has arrived in New Zealand.

This strain is a mix of two previous Omicron subvariants. A recombinant variant is created when a person is infected with two strains of a virus that then reproduce, resulting in a different strain.

Epidemiologist Professor Michael Baker is quoted as saying: "The fact that we've got a new subvariant that's looking more infectious is taking over in many parts of the world, should be a reminder that we need to keep up some of those basic strategies like vaccination, antivirals and simple measures to reduce getting infected and onward transmission."



## Getting retirement ready – some thoughts

Some people can't wait for retirement, while others push it to the back of their minds, thinking they'll plan for it later.

Money contributor to the Sydney Morning Herald, Bec Wilson, says almost everything in your life changes during retirement. What you do with your time, where your money comes from, how you spend it, where you find fulfilment, and where you find a sense of belonging. Preparing for retirement, she says, isn't just about saving enough money—it's about envisioning the life you want <https://tinyurl.com/36y3snvs>

- First, build a vision of what your life ahead might look like.
- Next, set yourself some goals. They should reflect what you truly want from your retirement.
- Then, start thinking about how much that will cost annually: understand your projected cost of living; cover your goals and one-off expenses such as renovations, new cars, or health-related spending; and take a good look at your big financial picture ... assets, liabilities, superannuation, investments, and how much capital is tied in your family home.

You need to get a clear sense of where you stand before making any big moves. Consider income goals for the future— and adjust things if your plans need to be more realistic.

Then finally, it's time to start working on your investment strategy. This is a great time to get some financial advice and get some help getting there.

Preparing for retirement is about envisioning the life you want and then taking the steps to make it happen. Only you can make it epic.

*Bec Wilson is the author of bestseller How to Have an Epic Retirement. She writes a weekly newsletter at [epicretirement.net](http://epicretirement.net) and is the host of the Prime Time podcast.*



## FALLS

Falls are a common occurrence which can have serious consequences, for older adults. According to ACC more than one in three people aged sixty-five plus fall each year. The risk of falling increases with age to one in two over the age of eighty. Falls in this age group are more likely to result in fractures



A simple accident for example tripping on a mat or slipping on a wet floor can change someone's life. Broken bones can be the start of more serious health problems, which can lead to long term disability.

Many older people fear falling, even if they haven't fallen before. Such fear may lead them to avoid activities such as walking, shopping or taking part in social activities. Staying active is important to maintain a healthy body and actually helps lower the risk of falling.

To lower the risk it is important to know the causes of falls and develop strategies to avoid falling.

### **Possible causes of falls are:**

- As we age our skeleton, muscles and senses weaken
- Reflexes might not be as sharp
- Weaker legs/poor balance
- Eyesight /hearing problems
- Nutritional deficiencies
- Environmental hazards in the home or outside
- Medications –side effects
- Certain conditions , diabetes , heart, thyroid, and neurological, incontinence or blood pressure
- Foot problems and unsafe foot wear

There are many personal and environmental, practical steps you can take to reduce your risk of falling. First your mindset, falling isn't a natural part of ageing. Take care of your overall health. To prevent falls it is essential to discuss with your G.P. or practice nurse, your potential risk factors and how and what you may need to do to prevent falls. Ask your health centre or pharmacist if any of your

medications have side effects that could possibly be risk factors. Would changing the time of day they are taken help especially if you enjoy a tippie or would like to take supplements. Stay physically active, regular exercise improves muscles, strength, flexibility, and can help reduce bone loss.

Fortunately, there are programmes and resources available to help older adults stay on their feet for longer, and maintain their independence. For example there is a programme, "LIVE STRONGER FOR LONGER," A collaborative initiative designed and supported by ACC, Ministry of Health and Health Quality and Safety organisations. Age concern run, STEADY AS YOU GO exercise classes. Green Prescription can give you the chance to try different activities and meet new people.

Risks assess your environment; go through each room checking for hazards. Have a friend or family member help, as a fresh pair of eyes can identify things you might overlook. Simple at home changes you can make to reduce environmental risks are, reduce clutter at floor level, keep electric cords close to skirting boards, and away from walking areas. Wear well-fitting shoes and slippers. To reduce the risk of tripping when walking put your heel down first and lift your toes. Ensure rugs have skid proof backing, and are not frayed or remove them. Have grab rails installed, in the bathroom, toilet, and at least one of your outside doors especially if you have steps. Be sure when carrying large items that the load is below eye level. Make sure your lighting is bright enough. It's a good idea to have sensor lights installed both inside and out. Don't stand on chairs or tables to reach high items; if you have a step stool or ladder make sure it has a handrail or that you have someone with you, better still ask for help. ACC have an at home safety check list (ACC5218). You can request the list by ringing 0800-101-996 or online <https://www.acc.co.nz> or from Te Whatu Ora Wananga 0800-855-066 [customerservice@health.govt.nz](mailto:customerservice@health.govt.nz).

If you have experienced a fall or falls and are reluctant to get out and about, or want to be proactive about reducing your risks get in touch with WELL SOUTH falls and fracture prevention service team who have excellent resources and can put you in touch with groups designed to help you.

Well South can be contacted;  
DUNEDIN 0800-477-115,  
INVERCARGILL 0800-800-249, or online  
[fallsandfractureprevention@wellsouth.org.nz](mailto:fallsandfractureprevention@wellsouth.org.nz)

# 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**

03 382 0288

MP for Christchurch East

[f /ReubenDavidsonLabour](#)



**Tracey McLellan**

03 376 4512

List MP based in Banks Peninsula

[f /TraceyMcLellanLabour](#)

## USED TEA BAGS [Milk less]

**De-crustify Pots and Pans** - If all the scrubbing in the world just isn't cutting it, leave a used tea bag to soak in that stubborn pot or pan. Tea contains tannic acid, which can break down grease. With a little time and patience, it should make cleaning the dish much easier.

**Ditch the Glass Cleaner** - To make windows and mirrors really shine, simply dampen a used tea bag. Use it to rub the glass surface, then follow up with a paper towel. You can also pour some leftover brewed tea into an empty spray bottle and use it as a glass cleaner.

**Marinate Meats** - Easily marinate pork, chicken or turkey with the help of a couple of tea bags. Simply put a cup of water, two used tea bags and the meat into a zip-close bag. Allow to marinate overnight, then cook and enjoy a flavourful cut of meat.

**FYI** - Tea has been enjoyed for centuries, but the tea bag wasn't invented until 1908-ish when a New York-based merchant named Thomas Sullivan decided to send tea samples in silk bags to his customers. They incorrectly assumed that the entire bag should be placed in the pot. Thus, the tea bag was born!

**Are all used tea bags safe for composting or use in gardens?** - Most tea bags are safe for composting or gardening, but ensure the bags are a biodegradable material and free from plastic fibres to avoid environmental harm.

## Tech Tip

Here's a tip about an easier way to snap photos with your phone: If you take a lot of photos with your smartphone you've probably noticed how difficult it can be to tap the shutter release button. There's a very simple solution: when you're ready, simply press either one of your phone's volume buttons to snap the picture. *Give it a try.*

**Did you hear about the invisible man who went to the doctor?**  
**He's still waiting to be seen.**

## Joining a book club



A nationwide book scheme is breaking the stereotypes on book clubs.

The Book Discussion Scheme has run for over 50 years since its humble beginnings in Canterbury in 1973. It's grown to encompass more than 13,000 group members from Northland, to Stewart Island as well as the Chatham Islands.

An internationally unique model for book clubs, the scheme has more than 1100 titles and dispatches book sets to its readers every month via an annual subscription. Groups meet at a member's house, a favourite cafe, or the library. The scheme provides comprehensive questions and notes on the reading material, so there's always lots to discuss.

Benefits of reading have been well documented when it comes to improving cognitive health, including reduced stress, increased brain power, better sleep, and improved memory.

Book club membership goes a step further by helping to minimise the mental health risks brought on by isolation.

Men's book clubs have become a particular focus. When men get together to discuss a book, it promotes friendships, mental health, and active engagement within their community.

Similarly, those in rural areas and small towns find their monthly meetings a great remedy for geographical isolation.

A Gore based member who has been part of the scheme for 40 years said it gave her stimulation, interest, excitement, diversion, relaxation, challenge and thought-provoking opportunities that have come our way each month.

New or old, the connections made through a book club can become lifelong friendships.

If you're interested in joining a book club, or interested in starting one with Book Discussion Scheme go to [www.bds.org.nz/start-a-group](http://www.bds.org.nz/start-a-group) to learn more.

## CELEBRATING AGEING by Alexia Russell



"I wouldn't say I'm proud of my wrinkles, but I had a really good time making them," Lyn Slater, the septuagenarian cultural influencer and 'accidental icon', has spoken about growing older as being like a rose.

"There are some thorns but there is also the bloom, and there's always that bud of potential, growth and self-discovery." And it could be worth tuning in to these sorts of voices for a myriad of reasons: research has found that those who have positive associations around ageing actually age better and live longer.

As Anna Murphy puts it: "Is ageing a straightforward proposition? No. Does it have complexities including negative ones? Yes. But is it something to grab with both hands rather than somehow attempt to negate? Yes, because ageing is living."

### TIME TO THINK ABOUT AGEING

But a new advocacy group says that involves solving some big problems NZ hasn't even looked at yet: in five years' time, one in five New Zealanders will be over retirement age. But there are concerns that older people still seem to be invisible citizens.

We are currently in the middle of what's been designated the UN Decade of Healthy Ageing, which has prompted organisations in the sector in this country to form an advocacy group and think tank.

The New Zealand National Forum for the Decade of Healthy Ageing aims to get society to re-think ingrained attitudes towards senior citizens, raise awareness and fund research and projects that will improve quality of life.

The Selwyn Foundation is one of the groups involved, and The Detail spoke to its CEO Denise Cosgrove. The foundation's work started 70 years ago looking at the tragic plight of older people with poor housing.

"People living in sub-standard housing without

water, without amenities, with no money ... in poverty. "We did some research a year or so ago and that number is 37,500 older people in Auckland and Northland alone experiencing multiple disadvantages across all those domains of wellbeing. It's going to get worse. In less than five years there'll be a million people over 65 in New Zealand."

Cosgrove says the UN decade is a platform for change. "It's about people realising that the world is changing, that [we] are getting more older people, and that we actually need to address this in a way that is going to enable people to age well, and to live healthier lives for longer."

The main issue the group wants to focus on is combating ageism. Cosgrove says that's about how we think.

"Let's just stop and pause and ask why I went down that pathway, why did I make a judgment about that person, is it valid?" Examples are stereotypes about old people not being able to use technical devices, or being poor drivers. Another issue is pushing for policy and legislative change that would improve the lives of the over-65s, such as changing the rule that they're not eligible for student allowances. And a third thrust is encouraging intergenerational activity – bringing younger and older people together to share knowledge skills and realise the value of each other.

"Ageism isn't only upwards," she says, "it's also downwards". Cosgrove says the ability for people to age within their own communities is really important, and very little work has been done on that problem in New Zealand.

"There will never be enough care beds, and the reality is most people want to age and die in their own community," she says. "So how do we enable that? "We need to work on those kinds of big meaty problems in New Zealand which we haven't really been addressing yet."





Summer is here, all those weeks of preparing, planting, weeding and trimming. Remember to enjoy your garden, on a nice evening go for a stroll to admire your hard work, or sit out on the patio or deck with a drink and see your space from a different level.

Planting your own produce and then harvesting is very satisfying. Here are three classic herbs to have in your garden. They are all perfect for pots.

- **Basil** is not only a great companion for tomatoes on your plate, but they work well together in the garden. Growing basil amongst your tomatoes plants will enhance the flavour of the fruit, and it seems to result in a healthier crop of plants. Pinch back the basil to keep it compact.
- **Parsley**, be it Italian or curly offers great flavour add to grilled/roasted vegetables, green salads, stews, soups, fish/meat meals, pasta, grain dishes or on top of eggs as a garnish.
- **Mint** loves a cool, moist spot and can become a pest if conditions are too much to it's liking! Use it in drinks and foods for it's fresh flavour.

Try the following recipe;

### Mint and pistachio pesto

This pesto is delicious, a wonderful accompaniment to many summer meals.



- 1 cup tightly packed mint leaves
- 1/3 cup roasted salted and shelled pistachio nuts
- 1 clove garlic, roughly chopped
- ¼ teaspoon salt
- Freshly ground pepper
- 1 tsp fresh lemon or lime juice
- ¼ cup extra virgin olive oil (approximately)

Using a food processor roughly chop together the mint, pistachios, garlic, salt and pepper with the lemon/lime juice. Keep scraping down the sides and while food processor is running, add the extra virgin olive oil through the top hole of the lid in a slow and steady stream until the consistency is to your liking. Taste and adjust seasoning. Will keep several days in the fridge but is at its best eaten on the same day.

**Maples** are a favourite of many gardeners. Their colours are stunning and make a wonderful courtyard tree.

Acers, commonly known as Japanese Maples are a fantastic addition to any garden for their beauty, versatility, and low maintenance requirements. One of their main attractions is the stunning foliage, which offers vibrant colours throughout the year. During spring and summer leaves come in shades of green, red or purple and in autumn, they transition into fiery hues of orange, gold and crimson, creating a dramatic seasonal display.

These trees are ideal for both small and large gardens due to their compact size and slow growth rate. With a variety of forms ranging from upright to weeping, Acers can fit in any garden style, whether traditional, modern or Japanese inspired. They also thrive well in containers, making them suitable for patios or balconies.

Beyond aesthetics, Acers are relatively easy to care for. They prefer partial shade, well drained, soil and sheltered spots protected from strong winds. Once established, they require minimal pruning and are resistant to pests and diseases. Additionally, Acers promote biodiversity offering habitat and food for insects and birds.

These trees also have symbolic and emotional appeal in Japanese culture. They are associated with peace, renewal and tranquility, making them perfect for creating serene garden spaces. Whether used as a focal point or part of a border. Acers bring elegance, seasonal interest, and ecological benefits, making them worthwhile investment for any gardener looking to enhance their outdoor space.

Enjoy the build up to Christmas, come enjoy Leeves at Portstone café and then wander through the garden centre, as we have some lovely gift ideas.

Remember our great offer at Portstone Garden Centre is 10% discount for Gold Card Holders on many of our products. Please present your card at the beginning of the sale.

We look forward to seeing you at Portstone soon

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



## Arthritis is costing NZ more than \$1 billion a year

Arthritis is causing more than \$1.2 billion in lost potential income in New Zealand each year.

Arthritis New Zealand CEO, Philip Kearney, says about \$600 million is due to reduced employment, \$250 million for time off from work, and about \$300 million for "presenteeism" - the inability to work to the highest level.

Kearney told Newsable the number of people in New Zealand with arthritis was predicted to increase from about 700,000 now to 1 million by 2040. Read more: <https://tinyurl.com/4c9fexpc>

## Toolkit for Silver Surfers

Netsafe has launched a free nationwide initiative to arm older New Zealanders with the skills and know-how to keep themselves safe online.

The Get Set Up for Safety joint project with Chorus, includes a toolkit of guides, videos, and other resources with practical advice on everything from fundamental online safety and security habits through to protection from financial scams and safer online shopping and socialising.

Get Set Up for Safety resources will be freely available to access, download, or print out from the Netsafe website at [www.netsafe.org.nz/olderpeople](http://www.netsafe.org.nz/olderpeople)

Printed pamphlets will be available over the coming months at public libraries, Citizens Advice Bureaux, Chorus community events, Digital Seniors hubs and Age Concern regional offices.



Out delivering Council rates bills so I brought an assistant.....



## Winter Energy Payment ends



The Winter energy payment has ended for this year.

You would have received the final seven days of the Winter energy payment on Tuesday 8 October.

If you have any concerns about how you will manage without it, there may be other ways Work and Income can help. Use the online eligibility tool to check what you might be able to get, find advice to help manage your money or call the Work and Income Seniors team on 0800 552 002. Everyone's situation is different, so they're always happy to talk with you.

If you qualify for the Winter energy payment next year, you will receive it automatically between 1 May and 1 October 2025.

## New paperwork for Europe

If you are planning a trip to Europe next year, New Zealand citizens will be required to apply for an ETIAS to enter participating countries for tourism, business, transit or medical purposes.

ETIAS stands for the European Travel Information and Authorisation System and is intended to screen travellers as a response to the global increase in terrorist activities.

Further details can be found at <https://etias.com/>.

EST. 1979

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# Christchurch City Mission

Te Whare Mīhana Ki Ōtautahi

The Christchurch City Mission is now in its 95th year and already our thoughts are turning to what the centenary in November 1929 might look like. There will be celebrations, for sure, but perhaps also a little sad reflection that we have been needed so much over the decades.

It would be wonderful if everyone had the food, shelter, company and comfort they needed, that no-one fell through the cracks of the welfare system; and no-one was put by others in the too-hard basket. But 95 years after we emerged to help in The Depression, we are still here and still needed more than ever.

This will be our 96th Christmas. The first was just after our official building opening on November 7, 1929, and given how important Christmas is to us now, it's poignant to read the old reports of how we kind of stumbled into that Christmas.

In 1929, Rotary was giving food parcels to families at Christmas and we initially left it to them. But then St Michael's Church took up a collection to give some

Christmas cheer to people in December 1929, then other people sent us money for the same purpose. In the end we provided extra food for 187 locals from our newly opened premises in Salisbury Street and our Christmas food support has continued ever since.

Also our City Missioner of the time went around the city to deliver toys to 70 children who we knew would have woken up to nothing. Much has changed since those days, but those two gestures of help we give remain today, even if the scale is so different.

This year, in the week before Christmas, we will provide 1800 special Christmas food parcels to people we know need the help. These will feed 6000 people. And once again we will run our huge operation to distribute presents to up to 600 children in our city. All these toys have been donated to us for families we know need this help. Many of the presents will be handed over by Father Christmas in our onsite chapel on the weekend before Christmas. But we also supply toys to up to 20 other agencies and charities for the families they look after. It's so important to us and our supporters to lift the Christmas joy in Christchurch so everyone can celebrate a little.

*Happy Christmas to all our Grey Power friends and we hope 2025 will be kind to you.*



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

## SuperGold hub for seniors goes online



### The first phase of the SuperGold Information Hub is now on-line.

Not only does the site highlight up-to-date information on all the offers available to SuperGold cardholders— including savings on everyday essentials such as electricity, insurance, food, and healthcare – it also links to all the other services funded or provided by government and available to seniors, from superannuation and aged care through to housing support.

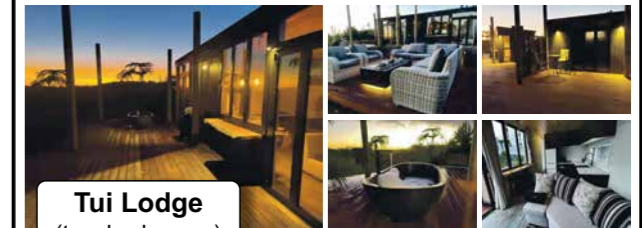
The Hub is available for any digital user, so friends and family of those not so confident navigating online spaces can access it to help.

The SuperGold hub is at:  
<https://supergold.govt.nz/support>.

## AWARD WINNING HOLIDAY ACCOMMODATION IN TAURANGA



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Dear Grey Power members

I apologise for the time it has taken to send you my first update of what the Federation Board has been working on since the June Federation AGM, but there has been a lot going on behind the scenes.

First of all, National Advisory Groups have now become Portfolio Holders with chairs that head those portfolios. The thought that board members were deemed NAG's did not sit well with me.

On top of the board's very long to do list was going back through remits from 2022 and 2023 and identifying whether these had been actioned. I am pleased to say that we have now actioned remits that we could, lobbied government ministers on remits presented, and in some cases have not been able to find enough evidence to corroborate the remit. All association and zone endorsed remit providers have been notified of the outcomes. We are still working on the 2024 remits.

I have had the opportunity to visit some of the associations and zones, at their request. So far, I have been to a Hokitika association meeting, a Zone 3 meeting and a Zone 7 meeting and will be attending a Zone 2 meeting in November. It is so amazing meeting delegates from all these areas who are working so hard in the name of Grey Power and it has been an absolute privilege.

One of the biggest concerns that was heard at board level was the lack of communication funnelling down to associations. The board are working diligently to ensure that associations are now kept up to date by us having monthly zoom meetings between our face-to-face meetings to make sure board minutes are available to you monthly, encouraging associations to participate in surveys and taking on board your suggestions and concerns.

We have a planned lobby trip to Parliament later this month where we will be focusing on the issues below:

- Disparities in Home Community Care services
- Long waiting lists for geriatric surgeries
- Cognitive driving tests for seniors 80 years and over, with some being tested at 75+.
- Rates rebates and accommodation supplements needing to be raised
- Shingles Vaccine
- Integration of all-purpose sirens for Emergency Management

A report on our lobby visit will be in the next Grey Power magazine.

I have been advised by the board that the 50+ has been dropped for those that want to become members. Please be advised if people under 50 now want to join Grey Power they certainly can.

I would like to end by thanking all our Grey Power members for supporting the Federation to work on your behalf. You all make a difference to what we can achieve

*Gayle Chambers*

Grey Power Federation National President

## Updating your details

If you get payments from Work and Income (including NZ Super) and your contact details have changed, you need to let them know straight away. Contact details include your: mobile phone number / home and work phone numbers / email address / residential/postal address. It is important to keep your details up to date in case Work and Income need to contact you. You can update your details online, using MyMSD which is available 24/7. To login or register, visit <https://my.msd.govt.nz/>

MyMSD is a great option for services such as: checking upcoming payments, updating contact information, viewing letters, requesting help with one-off costs. You can get more information about MyMSD on the Work and Income website.

**Senior Services:** If you can't use MyMSD, you can call the Seniors Services team. Contact them by calling 0800 552 002 (Mon-Fri 7am-6pm and Saturday 8am-1pm). Wait times can be variable throughout the day. You may see a shorter wait time by calling at the beginning or end of the day, or on Saturday.



## ARE PLASTICS A THREAT TO HUMAN HEALTH AND SURVIVAL?



The world is facing an unprecedented crisis, one that is as insidious as it is pervasive. Plastic pollution! Ironically plastic was once hailed as a revolutionary material that would save scarce natural resources, wood, stone and protect vulnerable animals destroyed for ivory, tusk, tortoise shell and hides.

In reality plastic has become a ticking time bomb for human health and this planet's very survival. The statistics are staggering, the consequences dire and time for action is now. Global production of plastic has increased from 2 million metric tonnes in 1950 to 380 million tonnes in 2015.

More concerning though is the enemy we can't see. Micro-plastics, those tiny fragments of plastic less than 5mm in size, are invading our air, water, and food supplies. They're finding their way into our bodies, potentially causing irreparable harm to our health and wellbeing. The WORLD HEALTH ORGANISATION (WHO) has sounded the alarm, warning of the long term effect of micro-plastic consumption.

In New Zealand, our environment is not immune to the plastic plague. Our beaches, oceans and waterways are becoming choked with plastic waste, harming our marine life and contaminating our food chain. The once pristine lakes and rivers are now hotspots for plastic pollution.

The health implications are far reaching and devastating. Plastic ingestion has been linked to –

- Inflammation and oxidative stress - commonly called free radical damage, which can exacerbate many conditions
- Cancer and reproductive conditions
- Neurological damage and cognitive impairment
- Weakened immune system and increased susceptibility to disease

At present the evidence is suggestive, not conclusive. However there is enough scientific

evidence to cause concern. Furthermore health worries not only stem from micro-plastics but also the toxic chemicals contained in plastic which can leach out and have been found to alter hormone activity.

The threat is not limited to human health alone.

Plastic pollution is also contributing to climate change, as the production and disposal of plastic rely heavily on fossil fuels, which generate massive amounts of greenhouse gas emissions.

### Breaking the plastic cycle – what can be done?

- Governments and businesses must assume responsibility for reducing plastic production and waste.
- Individuals can make conscious choices to refuse, reduce, reuse, repurpose, and recycle.
- Education and awareness campaigns can empower communities to take action.
- Alternative biodegradable materials must be developed and implemented.

In New Zealand initiatives like the NZ Plastic Pollution Alliance and the Governments Waste Reduction Act 2008 are steps in the right direction. However, more urgent and collective action is needed to avert this crisis. Reducing personal plastic use is more than swapping a one use plastic bag for a fabric one. It is difficult to change our habits especially because we have taken plastics for granted for so long and to be honest they are in many cases convenient. However, we must continue to drive change. Changes such as buying a new product made from environmentally friendly materials. Swapping cling film for wax wraps. For your own health do not microwave foods in plastic, never use cling wrap with hot food, give damaged nonstick pans a miss. Your health may depend on these simple changes.

## NEW EDITION OF DRIVING AS A SENIOR AVAILABLE ON-LINE



A very useful aid to those soon to have a medical appointment to renew their driving licence has been published by NZTA in June, and is available on-line, as well as being available in hard copy for ordering by organisations

([www.nzta.govt.nz/assets/resources/driving-as-a-senior/driving-as-a-senior.pdf](http://www.nzta.govt.nz/assets/resources/driving-as-a-senior/driving-as-a-senior.pdf) ).

Interestingly in this brochure there is a "Scenario" of a patient applying to have their licence renewed, and nowhere is there any mention of them having to complete a cognitive test!

## Fake news on pension reform

Grey Power Federation Vice-President, David Marshall, has issued an urgent warning that an article being circulated on-line about the Government's plans to abolish state pensions is FAKE NEWS.

David says the item is very alarming as it appears to be on the NZ Herald website, by a Herald Journalist. One giveaway is that the web address is not the the genuine NZ Herald website: <https://www.nzherald.co.nz/>

The Financial Markets Authority also warns about this scam <https://tinyurl.com/mrxh9x44>.



## 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*

## Working out while sick: good or bad?



Engaging in regular exercise is an excellent way to keep your body healthy.

In fact, working out has been shown to decrease your risk of chronic diseases like diabetes and heart disease, helps keep weight in check, and boosts immune systems.

While there's no doubt that exercise plays an important role in health, many people wonder whether working out while sick will help or hinder their recovery.

The answer isn't black and white.

A speedy recovery is always the goal when you are sick, but it can be hard to know when it's OK to power through with your normal exercise routine and when it's best to take a few days off.

Many experts use the "above the neck" rule. According to this theory, if you're only experiencing symptoms that are above your neck, such as a stuffy nose, sneezing, or an earache, you're probably OK to engage in exercise at mild intensity for a shorter period, but only if you feel up to it.

On the other hand, if you're experiencing symptoms below your neck, such as nausea, body aches, fever, diarrhoea, a productive cough (one in which you're coughing up phlegm), or chest congestion, you may want to skip your workout until you feel better.

Always check with your doctor if you're unsure. It's always best to listen to your body and follow your doctor's advice.

Remember too that practising proper hygiene is a great way to prevent spreading your cold to others. Remember the lessons of spreading Covid: avoid going out whilst experiencing symptoms, wash your hands frequently and cover your mouth when you sneeze or cough.

*This is an edited version from Healthline USA. The full article is at <https://tinyurl.com/tj3pzja>*

## Healthy Eating guide for seniors



Eating for Healthy Older People is a free booklet with information on nutrition, food groups, fluids, foods low in fat, salt and sugar, healthy weight, exercise, important vitamins and minerals, and food safety.

The booklet can be downloaded or physical copies ordered from <https://tinyurl.com/2s4et9ak>

If you have any thing you would like to put in the magazine maybe a joke or a recipe or something that concerns you please get hold of Maureen on 942 8816 or email: [nanachooksboyz@gmail.com](mailto:nanachooksboyz@gmail.com)

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



## Social Afternoons Superannuitants' and Friends

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

**19th February:** *Speaker* - St Johns Entertainer - Gill Atkins Poet

**19th March:** *Speaker* - Josh Gardiner CHCH City Mission. *Entertainer* - Phil Chapman

**16th April:** *Speaker* - Victoria - Dentist *Entertainer* - All Barron

If for any reason there are any changes please listen to the radio zb or ring Maureen 942 8816. *Hope to see you all there.*

## MEMBERSHIP APPLICATION / RENEWAL FORM

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Address: .....

Post Code: ..... Phone Number: .....

Email:.....

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**Payable by Cash to Grey Power Christchurch**

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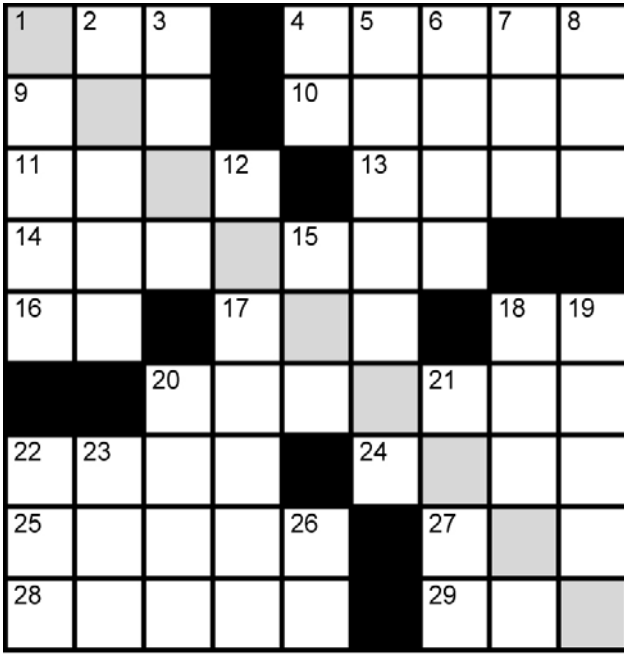
Please use *Name* and *Membership Number* or *post completed Membership Form to the Membership Secretary*

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

*Signature:* .....

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

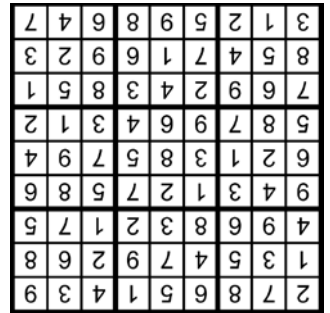
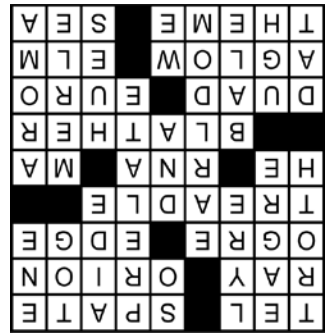
# Big and Creepy



- Across**
- 1. \_\_\_ Aviv
  - 4. Sudden outpouring
  - 9. Sunbeam
  - 10. Betelgeuse's constellation
  - 11. Shrek, e.g.
  - 13. Halftime lead, e.g.
  - 14. Sewing machine part
  - 16. Element #2's symbol
  - 17. Genetic stuff
  - 18. Bell or Barker
  - 20. Nonsense
  - 22. Pair

- 24. Continental currency
- 25. Radiant
- 27. "A Nightmare on \_\_\_ Street"
- 28. Motif
- 29. Ocean

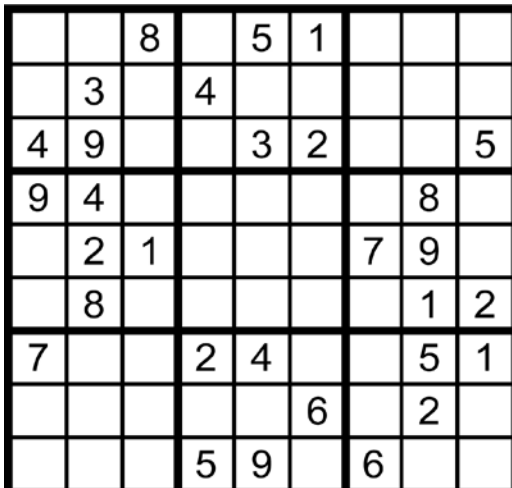
- Down**
- 1. Promise
  - 2. Tidal flood
  - 3. Orpheus' instrument
  - 4. Therefore
  - 5. Bishop, e.g.
  - 6. Campaign worker
  - 7. Deck (out)
  - 8. Compass heading
  - 12. Nobleman's domain
  - 15. Some trial evidence
  - 18. Actress Oberon
  - 19. Fragrance
  - 20. Cotton unit
  - 21. Colors
  - 22. "Who \_\_\_?" (slangy query)
  - 23. "That's terrible!"
  - 26. First word of the Constitution



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

- |                |            |         |
|----------------|------------|---------|
| BAMS           | DISCARD    | PUNG    |
| BETTING        | DOTS       | QUINTS  |
| CALL           | DRAGONS    | RACK    |
| CARD           | FLOWERS    | RUNS    |
| CHARLESTON     | GOING DEAD | SINGLES |
| CHOW           | HAND       | SOAP    |
| CONCEALED HAND | JOKERS     | SUITS   |
| CRAKS          | KONG       | TILES   |
| DEAL           | MELD       | WALL    |
| DICE           | PAIRS      | WINDS   |
|                |            | YEAR    |

## SUDOKU



How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

## Mah Jong