

TAURANGA & WBOP and HAMILTON

# GREY POWER

MAGAZINE FOR THE OVER 50s

QUARTER ONE 2023



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[www.greypowertga-wbop.org.nz](http://www.greypowertga-wbop.org.nz)

## TAURANGA & WBOP AND HAMILTON GREY POWER

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Tuesday to Thursday

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### COMMITTEE:

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**VICE PRESIDENT:** David Marshall

**MEMBERSHIP SECRETARY:**

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**TREASURER:** Shirley Porter

**MAGAZINE EDITOR:**

*Pending*

**MINUTES SECRETARY:**

Jill Marshall

**WEBSITE/HOUSING TAURANGA:**

Vanessa Charman-Moore

### LETTERS TO THE EDITOR:

We would like to hear your opinions  
or concerns on subject matter for  
printing in our magazine.

Letters must include the writers name,  
home address and phone number.

Letters should not exceed 120 words  
inclusive.

We may not always print all letters  
we receive. Letters may be edited for  
clarity and length.

**Post to:** the address above or email

tgagreypower@gmail.com

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## President's Word



At the end of 2022, after three years of dodging Covid, I think we all took a collective sigh of relief and headed into summer. Well! Mother nature wasn't having that, because summer never really got off the ground and has ended with tragic results in many parts of the North Island.

Economically it's also a bit tough with the escalating cost of everything and mortgage rates on the rise. It will be an interesting year with all the political parties vying for our approval and promising things that may never happen. It's going to be a hard ask for any party to give everyone what they want when so much money needs to go into repairing and rebuilding broken or tired infrastructure around the country.

Our focus leading up to the election in October will be to protect our National Superannuation together with the general rights and wellbeing of all those over 50. We will still be pushing for much needed smaller, affordable homes to be built and an annual free medical check-up among other issues that the board are working on. *(See Board Snippets).*

This will be the last time Hamilton will share our magazine as our handling of their membership comes to an end on 31 March. Although the extra admin over the last 15 months has created more work it has also given our volunteers added experience in the whole process. Hamilton now has a strong, functioning committee and new volunteers to run an association as it should be. It will be hard for members to come to grips with yet more changes to bank account numbers, email addresses and phone numbers but we will be there to help with the change over for the next few months.

Local discussions that our own association are involved with are negotiations as to where the new bus exchange/terminal in Tauranga might be after having to move from Willow St. Research is also taking place about the availability and efficiency of home care, the shortage of rest home beds and the care given in both sectors.

It is quite noticeable that there is a rising interest in not just crafts but how to make, repair and repurpose things. I see that at last we have a "Repair Cafe" in Durham St and a monthly session at the Historic Village to learn about sewing. There are also several knitting groups where some are making things to donate to worthy causes. A 'throw away society' was great while it lasted but like a party that gets out of hand there is always a lot of cleaning up to do at the end. April is a good time of year to look through winter woollies that weren't used all of last year and consider passing them on to a friend or an op shop so they can be reused or repurposed.

I do hope members will find the time to come to the Village and pop in to our new office to say hello and even have a cup of something. The good news is – we have a brand new ramp that leads right to our door so no stair climbing is needed – it's suitable for everyone.

Take care,

*Jennifer & the Team*

## GREY POWER TAURANGA & WBOP

### SUBSCRIPTION RENEWALS TAURANGA & WBOP

Forms are on the inside back page for renewals

**The financial year is from  
1 April to 31 March  
Single \$25 and \$35 double**

You can now pay for the  
2023-24 year

If paying online use your membership number and name as reference. If you can't find your number, please phone the office on 571 2558.

If you are paying with cash, pop into our office when we are open or go to a Kiwibank branch

**Kiwibank A/C # 38 9001 0051732 00**

**Invite a friend or neighbour to join Grey Power  
to help us make our voice heard.**

Historic Village, 17th Ave, Tauranga Ph 571 2558  
Hours: Tues – Wed – Thurs 9.30am to 2.30pm

### ONLINE PAYMENTS

If you are paying online, PLEASE put something like  
- Mem Grey Power and GP Electric in your Payees list, not GP Mem and GP Elect to avoid mistakes being made. Having to reverse payments so often takes an enormous amount of time and it may mean your power account is overdue.

### COMMITTEE

We are always in need of new committee members and are very grateful for any members putting their hand up to help spread the workload. Although we meet once a month on a Wednesday it also works well having people 'outside' the committee to do research or other follow up work. If you would like to contribute to our association then do email or give us a call.

[www.greypowertga-wbop.org.nz](http://www.greypowertga-wbop.org.nz)

### COFFEE MORNINGS



**All meetings are subject to  
health and safety guidelines at the time**

Everyone is welcome to come along for discussion or a chat.

#### TAURANGA COFFEE MORNINGS

The Raft Cafe, Chapel St, (near Briscoes)  
1st Thursday of the month at 10am.

**Dates: 6 April, 4 May, 1 June, 6 July**

#### KATIKATI COFFEE MORNINGS

Katikati Community Centre, 45 Beach Road  
(just past the schools).

\$2 for members & \$5 for others.

**Dates: 20 April, 18 May, 15 June, 20 July**

#### PAPAMOA COFFEE MORNINGS

3rd Thursday of each month at 10am.

We will continue meeting at Pacifica Cafe, Tara Rd.

**Dates: - 20 April, 18 May, 15 June, 20 July**

All inquiries please phone the Grey Power office,  
Tuesday - Thursday on 571 2558.

**ALL ARE WELCOME** – Please wear a name badge if you have one.

### Te Puke/Papamoa Floral Art Group

Join our small friendly group in  
the Methodist Hall, Oroua  
Street, Te Puke on the  
4th Monday of  
each month.

*Some tools  
of the trade  
will be  
available*



**For information or queries call Roslyn 027 272 0908**

## President of Grey Power Hamilton

First and foremost, in our thoughts are the people who are suffering due to Cyclone Gabrielle. While in Hamilton we were fortunate to escape the full fury of the Cyclone, our hearts go out to those in other towns who have suffered the inconsolable loss of life, and the destruction of homes and livestock. Let us keep them in our thoughts and prayers and help where we can. In times of crisis strong communities rally round each other and extend a helping hand where needed.

In Hamilton we continue to re-build our Grey Power community. We are up and running again and with a little push we will thrive in 2023. The year has started extremely well for our organisation with two very interesting speakers at well attended meetings. We have been encouraged by the enthusiasm of our members and the laughter and joy brought to our meetings.

Our Grey Power Coffee Events have changed gears and we now have almost 50 energetic members attending. We are drawing new people who come along to hear our speakers on topics that impact those on fixed incomes. We would encourage you to spread the word and bring your friends and family.

Annette Freegard and I went to the Tauranga office to finalise the return of the Hamilton admin set-up. We were extremely well treated by the staff and were very pleased to see how dedicated Donna is to her work for Grey Power. She was like a mother hen looking after our data and caring for our members. Again, a heartfelt thank you to Jennifer and the team of helpers who supported us through a difficult 2022.

We know that we suffered a setback when we lost our office space in Hamilton, and so are looking for a new location. I had a meeting with the Property Group who is dealing with the relocation matter and they have indicated the following: "The Property Group are close to reporting back their findings to staff and a report is scheduled to go to the 18th April Community and Natural Environment Committee to present options. The report will be available to the public via Council's website, approximately 4-5 days prior to the meeting." So, let's wait and see what is being brewed up for us. At least it will take away the guessing.

Finally, I would like to say thank you to all of those of you who have already volunteered to be on one or more of our committees. It is so encouraging to know that there are so many people willing to volunteer their time and expertise to ensure Grey Power is strong. There has never been a greater need for strong support and advocacy for retirees in New Zealand but change only happens when we make it happen. We are stronger together and we value and appreciate the wisdom of our members. Your ideas are already making a difference.

Kind regards, *Rudi du Plooy*

## 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 - Grey Power Hamilton

**MAINTAIN  
SOCIAL  
DISTANCING**



**DISTANCE FROM OTHERS**



# Grey Power Hamilton is BACK!



With the support and enthusiasm of a great number of people, Grey Power Hamilton is back. Get online to see what we are doing on our new website:

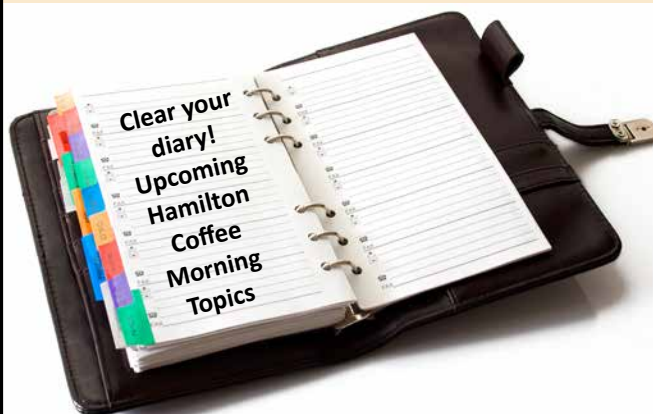
- **[www.greypowerhamilton.com](http://www.greypowerhamilton.com)**  
or give us a call Monday, Wed or Friday's  
between 10am - 2pm
- **(+64) (0)273 913 159**  
If you prefer email, then send us  
through a message at
- **[greypowerhamilton@gmail.com](mailto:greypowerhamilton@gmail.com)**  
and come to one of our coffee mornings
- Last Monday of every month at the Hamilton South Baptist Church, 131 Ohaupo Rd, Melville,  
From 10am-12

If you want to know more about our teams, or want to volunteer to help, let us know by phone or email. The teams are:

- Membership, Sponsorship & Finance
- Membership Services
- Research
- Communications & Marketing

We are here to support our retired community and want to hear your ideas.

## Hamilton Coffee Club



- |                 |   |
|-----------------|---|
| <b>March 27</b> | – Affordable Housing and Rents<br>(Colin Jones)   |
| <b>April 24</b> | – Cost of Living (Dr Mark Kilgour)                |
| <b>May 29</b>   | – Mortgage Finance Options                        |
| <b>June 26</b>  | – Retirement Villages<br>and What to Look Out For |

**CHECK US OUT:**

**[www.greypowerhamilton.com](http://www.greypowerhamilton.com)**

### VENUE:

**Hamilton South Baptist Church Hall  
131 Ohaupo Rd, Melville  
ALL MEETINGS AT 10am**

**[www.greypowerhamilton.org.nz](http://www.greypowerhamilton.org.nz)**

## WHAT IS GREY POWER?

Grey Power is not aligned with any politician or political party. We are an advocacy group and we present our views to Parliament and local Councils to try to get a better deal for all Superannuitants. As such we will speak to any political group or politician who is likely to make a difference on our behalf. We also seek to keep all our members informed on what Grey Power has been doing on their behalf.

**MY DAILY REGIEM** - My doctor took one look at my gut and refused to believe that I work out. So I listed the exercises I do every day: jump to conclusions, climb the walls, drag my heels, push my luck, make mountains out of molehills, run round in circles, put my foot in my mouth, go over the edge and beat around the bush!

**Q:** Where do Volkswagens go when they get old?

**A:** The old Volks home.

# ADD JOY TO YOUR LIFE

An article in my Sunday paper recommended that although eating well, exercising and reducing screen time can make you feel better, there are other ways to boost your happiness. I seriously think we need all the help we can get after such a stressful start to the year.

1. A Wellington psychologist says that every time you smile, the facial muscles trick the brain into thinking you're happy and more likely to see the world around you in a more positive way. Smile anywhere – in the shower, before you go out and of course, 'smile and wave' to a neighbour!
2. Awe and wonder are other ways to make you feel better. Read something or watch movies/programs about wonderful things to enhance your sense of wellbeing.
3. Connected relationships are also important and can be a protection against hard times. "We all need love, connection and a feeling of belonging".
4. "The 60-second rule"! There is a notion in Japanese culture that you can master anything if you give it your full attention for one minute a day. "If you want to incorporate a new routine into your life or make a change, you need to do that every day at the same time for 60 seconds". Imagine doing something that makes you happy every day!

In a 2020 journal, it found that people who volunteered were more satisfied with their life. Research clearly shows that helping others benefits the person who helps. There is a direct link between generosity and happiness. Generosity is an upward spiral.

Ref: Stuff NZ

# LOCAL WBOP COUNCILLOR SEEKS "SOCIAL JUSTICE" TEST IN BUILDING DISPUTE

A widely reported article regarding a cross-lease development in Shaw Road, Waihi Beach has created controversy of what is legally allowable and what is morally right.

A 76 year old retiree in poor health has rented a unit for 5 years, only to have a garage built alongside that removed his sea views and shaded his unit so that it is now cooler and requires more use of lights during the day.

It appears that the owners of the beachfront property with the added garage have followed the rules and secured the appropriate resource management approvals. Council have acknowledged that cross-lease situations do make a difference to what Councils can consider.



Councillor Allan Sole stated that the amount of sunlight that the tenant has lost is *"extremely unfair. He has come out with the dirty end of the stick here."* Cr Sole has asked Council staff for a full explanation as to how a tenant can be so disadvantaged. *"Even if it meets legal requirements, it doesn't pass the 'social justice' test."*

It will be interesting to see whether the new resource management legislation would provide any better protection for people in a similar position in the future.

Adapted from an article from Stuff reporter, Tony Wall, posted online 09/03/2023



1. **Ask** – "Don't be shy for top-ups from WINZ if you need them".
2. **Talk** – "Find someone you can trust".
3. **Get Help** – "Before it starts to get difficult".
4. **Save** – "Keep money aside for a rainy day if possible".
5. **Be realistic** – "Don't feel obliged to spend on your family if you can't".

## EIGHT FOODS THAT MAY HELP OR HINDER YOUR SLEEP

The National Sleep Foundation (US) recommends you get between seven and nine hours of shut-eye a night. It's not just about how long you're under the covers either—the quality of your sleep matters, too.

**4 LESS HELPFUL:** Here are some foods to avoid near bedtime if you want a good night's sleep. These foods prevent sleep, either by keeping you awake, or disturbing your slumber. We need to go to sleep and stay asleep for the night, to feel energised for the day ahead. REM sleep (that's the kind of sleep critical for memory) can be reduced and the middle-of-the-night wake-ups increased. Although slow-wave sleep, which is the deep sleep that restores you, increased.

**CAFFEINE** - Many of us drink coffee throughout the day for its caffeine; it's a delicious stimulant. But that's the key word: stimulant. Experts and research show that consuming caffeine before bedtime can make it harder to fall asleep and stay asleep, plus overall sleep quality is reduced. Older adults may be more sensitive to caffeine than younger ones. Also, don't forget the less obvious sources of caffeine like chocolate, tea, and colas.

**ALCOHOL** - A glass of wine, beer, or a cocktail might help you fall asleep, but it hinders restful slumber. According to research, it turns on the alpha activity in your brain, which is supposed to happen when you're quietly resting, not sleeping. Alcohol also throws off your circadian rhythms and blocks REM sleep.

**SUGARY DRINKS** - Although the study is small it has found an association between lower sleep quality and people who regularly drink sugar-sweetened beverages.

There are other foods that some believe can impact your sleep, including spicy foods, which may cause heartburn, or natural diuretics like celery, parsley, tea, or alcohol, which lead to extra middle-of-the-night bathroom trips. There isn't a lot of research around these yet.

### FOODS THAT HELP YOU SLEEP

Fortunately, there are also foods that can encourage sleep. These three foods show promise for helping you get a good night's rest.

**TART CHERRIES OR TART CHERRY JUICE:** a double dose of cherries each day (this could be a glass of tart

cherry juice, in the morning and at night or about a cup of fresh cherries after lunch and dinner) may help you get more sleep and boost your levels of melatonin, the hormone that helps you sleep.

**KIWIFRUIT:** eat two kiwifruit one hour before bed and the research suggests you'll sleep longer and have a less restless slumber.

**MILK:** drinking a glass at night, up to 30 minutes before bed, may help you sleep more soundly. Cottage cheese before bed could boost metabolism.

How much a food disturbs your sleep varies from person to person, especially in younger adults. If you don't typically eat before bed, adding even one of these "good" foods to your routine might be more of a hinder than a help. If you do typically eat closer to bedtime, adding one to your pre-sleep routine is more likely to help.

Consider doing a little research on yourself before you completely eliminate from or add one of these items into your evening routine. You need to find out what helps you rest best.

Ref: Brierley Horton, MS, RD

the good companion

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





## IF THE POWER IS OFF!!

I know the saying– “It’s never going to happen to me”!! But just say it does happen – below are things that could be done in half an hour one afternoon maybe twice a year. Check supplies and update your details. Even if an event is quite small, knowing you are prepared will reduce a lot of anxiety.



**Heating & cooking** - anyone who still has a wood burning heater/stove has a big advantage because you can keep warm and cook food and boil water. Going into winter, just make sure there is plenty of dry wood under cover. Some people have self-contained caravans or motor homes which could be utilised. We used to rely on the LPG bottle we used for gas heaters but they are not recommended now. However, some people have a small 9kg bottle to run their BBQ so it's good going into winter to keep that full. You can also buy a little portable burner that runs on gas cylinders.

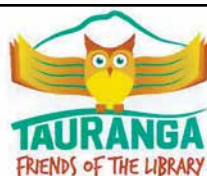
**Battery power** – make sure you have a supply of batteries for torches and radios. Yes, there are still radios that run on batteries or have an alternate back up. Rummage round and see if you still have an old transistor radio from the 70's! Apart from being able to keep up-to-date with news from your region, it lifts the spirit to have some music or a voice to fill the void. If you are short of AAA batteries in an emergency, check the ones in your TV remotes, clocks or other devices round the home.

**Mobile phones** - Keep them charged at all times and know where they are. Resist making use of the torch function for more than a moment because it does use the battery. There are 'battery packs' that can be purchased for \$20 odd. If you have a car, make sure you have invested \$10 in an adapter to put in your lighter socket so you can plug your phone or tablet into it if really stuck. If you only have a landline, make sure your phone has a battery back-up or in the case of Trust Power, they will supply you with an emergency mobile phone if you are medically dependant on power, or live alone and are quite frail. The phone supplied will only connect to emergency numbers. Contact your supplier.

**Documents** – if you have a mobile phone, take photos of your power account, passport number, bank account and your insurance details. For just a power outage, have a note book and jot down these details – much easier and quicker than fumbling around in the dark. This is more necessary in a disaster than a power outage for a night/day.

**Medications** – Each 6 months set aside a 3 day supply of your medications. This can be just in case you were going to pop to the chemist the next day to get your repeats and oops there is a disaster. You might be ok, but perhaps the roads are closed.

**Water/fluid** – We are continually advised to keep 3 days' worth of water on hand. If you use 2 ltr bottles for milk, wash them out when empty and fill with rain or tap water for anything other than drinking. This sort of water stores for ages. For drinking, fill sterilised used bottles and pop in the fridge or buy some bottled water and keep handy. This is also essential if you have pets. Other fluids that keep well are soft drinks and UHT milk.



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[secretary@fol-tauranga.org.nz](mailto:secretary@fol-tauranga.org.nz) | 021 192 2279



**Food** – Check the cupboards to see if you could whip up a meal without using any power! Cold tinned spaghetti sandwich – yum!! But seriously, most tinned food can be eaten cold especially tinned fruit. Also have a box of nutritional muesli bars in the cupboard and any dried fruit and nuts. For savoury, think vegemite or peanut butter sandwiches while the bread is still fresh. If all else fails eat chocolate! For those with special dietary needs, you are probably more used to having what you need in stock.

**Other items** – Paper towels, t/rolls, plastic bags (yes they have their uses), a bucket with a well fitting lid. If not for bathroom use it could be used to contain food rubbish although it is better to put fruit and vege waste outside in the elements or garden if you have one.

**Pets** – make sure you have extra food on hand, especially dry food. Make sure you have drinkable water for them. If you ever have to transport a cat in a hurry and can't manage the cage, have a robust pillow case set aside and a cord to tie round the top. Yes, in an emergency this can be a good, safe alternative. Dogs should always wear a collar so a lead can be clipped on any time. All pets should be microchipped – even the bird or bunny.

**Money** – It's always a good idea to have some cash put aside in the house – even \$100 in small notes and some coins. Having cash could make a world of difference in an emergency.

**Fuel** – even if you don't have a motor mower, a 5 or 10 litre can of petrol stored safely, could be a great backup for the car or to give to someone else.

**Photos** – these can very easily be lost or damaged even without a natural disaster. Think about where all

those old family photos and albums are at the moment. Are they in a box on the cold side of the house? Are they beginning to change colour and fade? All photos can now be scanned and stored in 'the cloud'. It is a rather labour-intensive process but very rewarding to know they are safe from harm. There may be a young family member who might take this on as a holiday project? If this is not an option, they can be scanned at a photographic shop like Carters for \$3 each or \$1.50ea for 100 or more. Failing that store them in plain acid free boxes or ask professionals about the best way to keep them from deteriorating.

## **The Civil Defence Emergency Management**

**Agency** advises us to always be prepared and for older people the last thing you need is to be 'unprepared'. Do a few of the above and find a waterproof carry bag or backpack to put things in just in case you are asked to leave your home. Being prepared = less stress.



**[www.getready.govt.nz](http://www.getready.govt.nz)**

is an excellent website to read for more information.



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# “AGEING IN PLACE”

In 2002 a New Zealand policy directive named “Ageing in Place” was established with a view to supporting older people to remain in their own homes rather than having to move into residential care. In order to achieve the strategy an integrated approach to health and disability support services was proposed.

On balance, this strategy has been successful and has allowed many older New Zealanders to remain in their own homes and keep the independence that is so important later in life. However, since COVID it has become increasingly difficult to maintain the levels of health and support systems that are required.

Recent research indicated that 81% of 45-64 year olds live in a stand-alone house or town house and 66% would prefer to live in this type of housing for life<sup>(1)</sup> The ability to age in place is being further tested as the first of the baby boomers start to reach retirement age and look for low maintenance homes with fewer bedrooms and smaller gardens than the big family homes that they currently occupy. The changing population age demographic is well illustrated in Figure 1.

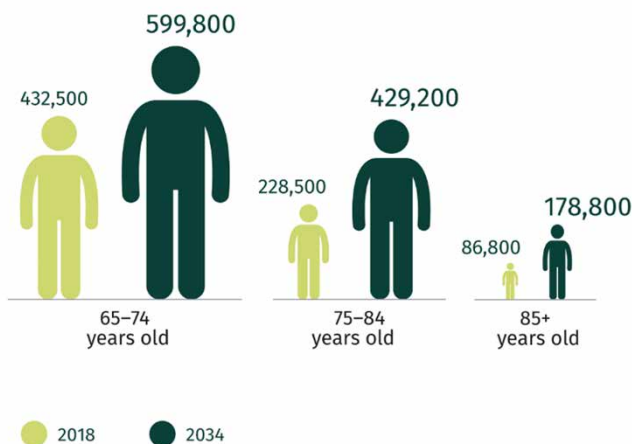


Figure 1: 65+ population 2018/2034<sup>(2)</sup>

The ability to successfully age in place is largely governed by five key areas:

- **Suitability of housing**
- **Good physical and mental health**
- **Community health services**
- **Strong social networks**
- **Public transportation**

A variety of housing is available for those looking to downsize however there is often a waiting time for the most suitable housing. Many of the retirement villages

and 55+ villages are full and have waiting lists. Smaller freehold homes can be difficult to find, especially those with facilities suitable for older people. There are advocates for a universal housing design however these designs can be expensive, are still rare, and consequently it can be difficult to find a home that meets the special needs that advancing age can bring.

When looking for a smaller home or assessing the suitability of your current home there are several key areas to check. Firstly, easy access, single level, wide doorways and wheelchair access to bathroom and shower with grab rails.

Maintaining a healthy lifestyle in combination with good genetics and a little bit of luck gives older people the best chance of ageing in their own homes. Many people will have a time when they may need to recover from a significant illness or injury. Have a plan in place in case you need to recover from an accident to increase the chance of being released from hospital and back to your own home.

There is some onus on the individual to maintain their social networks, whether that is with family, friends or community connections. Technology is helping many to keep in touch with their networks by using Facebook, WhatsApp, Facetime and other similar online applications. Many people find that it is easier to make and keep friends by being active in a sport or a hobby such as golf or bridge. Volunteering is another worthwhile avenue to create community connections; many local community groups are searching for volunteers and will be delighted to meet you. Grey Power will welcome you to monthly meetings and supporting Grey Power will help us to advocate for older New Zealanders.

Knowing that there is public transport available can take the pressure off when driving becomes difficult or impossible. In some cities there are senior drivers and community organisations that will take older people to and from medical appointments.

If you are one of the New Zealanders that like the idea of aging in place then it is important to create a plan for your home that covers the five key areas above so that if circumstances change you are well positioned to stay at home and in your own community.

<sup>(1)</sup> Dr Jo Gamble (2022),

<sup>(2)</sup> Office for Seniors website.

**Vanessa Charman-Moore**

Housing Specialist & committee member for Tauranga and WBOP Grey Power Assn.

## OMA'S RHUBARB CAKE

Something completely different when you want to bake for friends or take a plate. Rhubarb is in season right now, and this South African recipe is easy to make, and can be eaten cold, or hot as a pudding with yoghurt or custard. It takes half an hour to put together, and 45 minutes to cook and is absolutely delicious topped with a streusel layer. From the Internet, but tested and tried at home.

### INGREDIENTS

#### Cake:

2 cups flour	1¼ cups white sugar
1 teasp. Baking soda	½ salt
2 eggs, beaten	1 cup sour cream
3 cups diced rhubarb	

#### Streusel:

1 cup white sugar	¼ cup butter, softened
¼ cup all-purpose flour	¼ cup ground cinnamon

### METHOD

Preheat oven to 350°F (175°C). Grease and flour a 9x13" baking dish.

To make cake mixture, stir together flour, sugar, baking soda and salt in a large bowl. Stir in Eggs and sour cream until smooth, then fold in diced rhubarb. Pour into the prepared dish and spread out evenly.

Make the streusel. Stir together sugar and butter in a medium bowl until smooth. Stir in flour until mixture is crumbly. Sprinkle mixture on top of cake and dust lightly with cinnamon.

Bake in the preheated oven for 45 minutes or until a toothpick inserted in the centre comes out clean.



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# COMMUNICATION FOR THE FUTURE

## Cyclone Gabrielle broke vital communication links when people needed them most – what happened and how do we fix it?

Modern communication systems need two main things: power, and what engineers call “backhaul”, the connections that link cell towers and exchanges to the national network. When Cyclone Gabrielle struck, both were badly compromised. Many sites lost power not long after the mains went down. They were only designed to run on battery for a few hours (or days at most) – enough for routine faults, not for disasters.

Much of the backhaul – usually fibre optic cables running along main roads, often parallel to power lines – was also knocked out by landslips and flooding. Because of this, even where cell sites still had power, they couldn’t connect anyone to anywhere. This disconnected large numbers of cell sites, including those run by the Rural Connectivity Group (RCG) – the government appointed provider of broadband and mobile services in sparsely populated areas.

New Zealand’s three big telecommunications operators (Spark, Vodafone and 2degrees) use the RCG service in rural regions, causing all three (along with wireless internet) to lose coverage in affected areas. Emergency services have also increasingly abandoned their own radio-based communication networks for cheaper cell phones, which offer more privacy and coverage. Imagine calling 111 after the cyclone – if you could – only to find the emergency services themselves were incommunicado. Furthermore, disaster responses by citizens and emergency services alike require fuel for vehicles, as well as food and other supplies. But electronic payment systems like eftpos and fuel cards need an internet connection.

About 80% of cell site outages after Cyclone Gabrielle were related to power loss, and around 20% to loss of backhaul connectivity (the responsibility of telecommunications infrastructure provider Chorus). Failed operator-owned urban cell sites can often be covered by nearby neighbouring cells. If mains power stays off, they are generally easily reached and supplied with generators. After the cyclone, much of the initial reconnection progress was made in this way. To be economically viable and cover enough customers, however, rural sites are often on hard-to-reach hills with precarious power supplies. Without power and road access, helicopters need to fly in generators and fuel – a task Vodafone described as “challenging” in the aftermath of Gabrielle.

Backhaul internet service provider Kordia fared much better. Its core sites (mostly on hilltops) were inherited from the former Broadcasting Corporation and were designed for resiliency. Big battery banks and significant on-site generation let them operate autonomously for weeks. After the cyclone, Kordia provided microwave backhaul links, replacing broken fibres.

Cyclones and storms are not the only risk. Tairāwhiti and Hawke’s Bay, for example, are vulnerable to earthquakes from the offshore Hikurangi subduction zone, which could cause tsunami inundations and slips. For any other potential disasters, we need to look at two key technical concepts: site resilience and diversity. Resilience could mean equipping cell sites with solar or wind generation, larger batteries and “redundant” equipment for operation over long periods without any need for external power or access.

It could mean requiring cell sites to have an independent, alternative backhaul path: a second cable along a different route, a microwave or satellite link or trying to connect a cable to the wider internet at both ends, rather than just at one. This would mean both sides of a break could be supplied from one end or the other. It could also mean having more sites, and making more use of alternative cable corridors such as railway lines and overhead high-voltage power line pylons and more interconnections between these



Power and telecommunications infrastructure often runs parallel with roads, so is vulnerable to slips and landslides.



corridors for use in emergencies.

International connectivity also matters. New Zealand currently connects to the world via five undersea fibre-optic cables. A significant volcanic eruption on Auckland's North Shore, for instance, could cut the country off from three or possibly four of these.

A satellite internet service such as Starlink definitely has a role to play. It helped Wairoa reconnect with the world after hours of complete blackout, and has since brought numerous banks and retailers back online. It is easy to deploy, doesn't depend on local infrastructure, and only needs a small generator for power. Starlink and other satellite backup can't provide the amount of international capacity needed in a major disaster but they are still a valuable option. The terminals aren't expensive, so kitting out every Civil Defence post with one shouldn't break the bank.

And in coastal communities, marine VHF radios are also abundant – something that could also be used onshore when other systems fail. It's ironic that boaties are told to have two different means of communication, but emergency services are expected to make do with one.



Disaster risk assessment and mitigation must now be a vital component of all communication projects. Other options put forward – should we bury more of our cables? And 'Build back better' sounds great in theory, but what does it really mean in practice? There is much to be considered for a more reliable future.

Ref: The Conversation

## **Real Estate Update** seniors with Vanessa

The recent release of the REINZ (Real Estate Institute of New Zealand) statistics makes for interesting reading as a year has now passed since the early-2022 peak of the real estate market in Tauranga. In February 2022 the median residential house price reached a high of \$1,100,000 with a 21.5% increase from February 2021. In February 2023 the median house price in Tauranga is \$907,000 with a 17.5% decrease from February 2022.

Rising interest rates and a government curb on investors along with more houses on the market have brought the market back towards pre-covid levels. There are predictions that the market will stabilise towards the end of 2023 and the general election should contribute to reducing uncertainty.

Out in the field, the reality of the market has hit home and I get notifications of sale price adjustments (downwards) for properties on the market every day. It is a buyer's market for the moment and if you are buying a house then it pays to have done your research on current prices in the market so that you are paying market value. This is important if you have a house to sell as your own home is likely to be selling for less than your Rating Valuation will have led you to believe.

Over the past few years, I have spent time helping older people to find homes that suit their current needs, which may also include different village options. Properties are mainly advertised online and some never make it to the printed media. I've noticed that customers without internet access can struggle to keep up with the market and what is available. If you are finding that you are in this position then let me know and I will help you to get the latest information.

Vanessa Charman-Moore is a Tauranga Seniors Real Estate specialist. For more information, see Vanessa's advertisement below or visit

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

*Editorial supplied by Vanessa Charman-Moore*



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# FEATHERSTON INCIDENT 80 YEARS ON

Last month, at one of our Coffee Meetings, Dawn Hindmarsh spoke of having some carvings done by some WW11 Japanese POWs. Her father had been a Home Guard during the war and the carvings were done by the prisoners in return for cigarettes and other extras and Dawn wanted to find a way for them to be returned to the community. After much research and effort, she was directed to the Featherstone Memorial Museum. The timing was just right because that month was the 80th anniversary of a major incident in that very town.



## Tributes flow at the 80th Anniversary of the Featherston Incident

Just outside the Wairarapa town of Featherston a memorial serves as a reminder of a Second World War incident that resulted in the deaths of 48 Japanese prisoners of war (POWs) and one New Zealand guard, with many wounded. The date was 25 February 1943. Eighty years later, Japan's Acting Ambassador Mr Tatsushi Nishioka and Mayor Martin Connelly, Kieran McNulty (MP) and the Australian High Commissioner Harinder Sidhu joined around 100 guests to mark the 80th anniversary near what used to be the Featherston military camp.

Historians say that a group of recently arrived prisoners refused to work and staged a sit-down strike. A warning shot was fired and when a prisoner was wounded, the others rose to their feet and the guards opened fire. The incident took less than 30 seconds and also resulted in the death of six guards and Private Walter Pelvin, who died of his injuries 3 days later.

All the speakers reflected on the cultural

misunderstandings of that time which led to the tragedy, the role of cultural differences back then, and the close relationships that exist now between our countries. Mr Nishioka spoke of this heart-breaking incident during a time of much misunderstanding, but since the end of the war, "Both our countries have worked hard to build mutual respect".

"The Memorial Garden no longer symbolises the tragedy that occurred 80 years ago; but instead serves as a reminder of the progress towards reconciliation and appreciation that both Japanese and New Zealand people have made together.

Mayor Martin Connelly spoke of the special relationship between Japan and New Zealand, and said, "Wars are terrible things and I express my gratitude to the Governments of New Zealand and Japan that since 1945 we have worked hard to develop a mutual respect for each other. Instead of enmity and hostility, we have developed friendship and understanding".

# THE JOYS OF CYCLING

For Dr Patterson Stark, 70, cycling has been a part of his life since his first banana seat bike in the 1950s. Born and raised in California, Patterson has lived in Christchurch, for the last 20 years. As a USA-trained and board-certified chiropractor and double board-certified health practitioner in lifestyle medicine and anti-ageing medicine, he knows a thing or two about the benefits of cycling.

I came back to cycling in my early 60s, says Patterson. "The bike, for me as a child, was the first exploration of my universe. I went to school on it, and I met people on it, but the bike got put to the side when I learnt to drive. And as the years matured, I did other activities. And then I came back to cycling."

For low impact exercise, cycling is gentle on the joints and muscles, it's an ideal form of physical activity for retirees. "It still provides a great cardiovascular workout and can help to reduce the occurrence and impact of heart disease, stroke and other chronic conditions," says Patterson. "Increased heart and lung metabolism are better for everything. We know that increased cardiovascular endurance and pulmonary function are directly opposed to the number one reason for death," says Patterson. "So, by cycling, people can forestall death and improve their quality of life."

Cycling is a great way to build leg and core strength, as well as improve balance and coordination. This can help prevent falls and injuries, which is especially important as we age. "Better physical awareness, balance and coordination are really important as we age."

Cycling can also provide mental health benefits, such as reduced stress and anxiety. Being outside and enjoying the fresh air while exercising can bring mental clarity, an overall sense of wellbeing and improved mood. Cycling is also a great way to socialise and meet new people. Patterson is a great believer in exercising with others, saying, "I joined a biking group locally. I'm the oldest guy in the group, but it's great to get out with others. And I'm stronger than when I started riding with them!" There are plenty of biking groups in all the major cities of New Zealand.



There's minimal equipment required for cycling – just a bike and a helmet – making it an affordable way to stay active. Patterson started mountain biking in his 60s initially and would go out several times a week. And in 2016, he took up e-mountain biking. "I was an early adopter," says Patterson. "The e-mountain bike allowed me to ride daily as opposed to having a recovery day. And so that increased my abilities."

Just sitting on a bike and pedalling, even though it has a battery on it, is movement. And it still requires effort. But it's a great way to get your 30 minutes of exercise a day without the side effects of tearing down too much muscle or finding a hill you can't go up."

*Ref: Kathy Catton*

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# RETIREMENT VILLAGES REVIEW

Nothing has highlighted the inequities caused by the loss of capital gain in retirement villages as much as the dramatic property price increases of the past few years so it is timely that the Retirement Villages Act 2003 review is being started in 2023.

The following story provides a good example of how loss of capital gain can trap residents in a village. A Tauranga couple sold their lovely, large family home 10 years ago and bought into a local retirement village. The price they paid was in the \$400,000's and they were told there would be care facilities available in the future. The care facilities never eventuated and 10 years later when they needed support, they found that they were unable to afford to move as their original purchase price, less a 30% deferred management fee, left them well short of current housing costs. They were not ready to be assessed as requiring residential care. As luck would have it, a large village group bought their village and they were able to transfer to another village (within the same group) that was able to meet their current and future needs.

This raises the question of what would have happened if one of them had needed greater care in a village that had no care services. Firstly, a needs assessment would allow for government assisted home help, provided that the asset requirements are met otherwise it is up to the individuals to foot the bill. If additional care was required at residential care or hospital level, then the couple faces separation. Transitioning from retirement village to care is often not seamless with availability often dictating that move. For those retirement villages with a continuum of care, the expectations of future availability and options need to be transparent and clearly explained.

After assisting a client to find a facility that could provide hospital level care for one spouse while also providing accommodation (in the same apartment) for an able spouse, I found that this option is as rare as hen's teeth. There are some care suites available for couples however the waiting lists can be long. My experience is that the process of purchasing in a village and transferring within a village or to another village can be extremely difficult to understand with regard to transfer fees.

The main purpose of the Retirement Villages Act 2003 is to protect the interests of current and future residents and to enable retirement villages to develop legal frameworks that are easy to understand. The Act provides a regulatory and monitoring regime and gives powers and duties to the Registrar of Retirement Villages and the Retirement Commissioner.

The Act and related regulations and codes have not been reviewed since they were introduced 20 years ago. Over that time there has been an increasing number of retirees seeking the relative safety and companionship gained from retirement villages and this increased demand has resulted in the construction of many new villages in Tauranga and the expansion of others.

This demand has kept village prices up and villages are often only accessible to those that have a house to sell. With an increasing number of people renting into older age, there is a significant gap in the market for rental accommodation for retirees.

An emerging option for a transition from independent living to full rest home care are serviced apartments and care suites. These often include a small kitchen to allow some independence however, they also have options for supply of meals, cleaning and other services as required. Currently, there are small numbers of care suites available but this model may gain popularity with village operators if demand continues.

Addressing issues and striking a balance between the rights and responsibilities of residents and operators of retirement villages is the primary aim of the review while also assessing whether the current Act and its parts are fit for purpose.

There are some elements of the review which will examine some of the points outlined above. These include:

## ***Disclosure requirements on entry to the village, including:***

- what is contained in disclosure statements, for example information about and support for transferring to higher levels of care

## ***The need for:***

- an independent body to oversee the complaints and disputes process to ensure transparency and accountability

## ***Minimum standards for specific financial exit matters concerning:***

- termination of weekly fees once the unit is vacated,
- resale and return of residents' capital after exiting
- treatment of deferred management fees and capital gains and losses

The full scope of the review can be found at [www.hud.govt.nz/news](http://www.hud.govt.nz/news). A discussion document is expected to be released by the Ministry of Housing and Urban Development in September 2023. Grey Power welcomes feedback from its members on retirement villages and areas where improvements can help to meet the needs of older people in 2023 and beyond.

By ***Vanessa Charman-Moore***



## WHEN IS A CAT NOT A CAT?



We'd been getting visits from a kitten that belonged to the neighbours, who don't look after it as well as they could. They go off for a couple of days at a time, and make no arrangements for her, so she comes and shares our cat's food.

We found out her name is Bunny, so when Gerry came home late and said, "There's a bunny in the garden," I told him to bring her in.

"Do you really want a rabbit in the kitchen?" he asked, and pointed out the window to where a white rabbit with pink ears was eating my silver beet.

"I thought you'd bought a new garden ornament," he said, "until he wiggled his ears and twitched his nose." It was late, so although I was a little concerned for the rabbit's safety – he was obviously a pet – I couldn't work out how to catch him or where to keep him. So off we all went to bed.

In the morning when Michael came into the kitchen, I told him about the rabbit and, when we looked out the window, there it was again, sitting on the compost heap and eating discarded lettuce leaves.

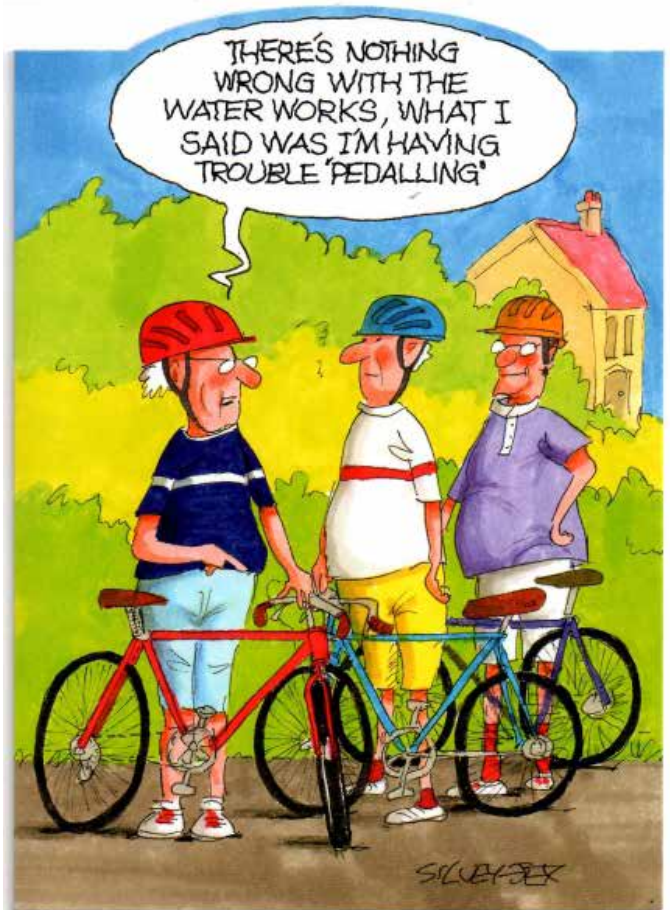
"I expect a magician will come knocking at the door any minute," said Michael, "with his top hat in one hand, asking if we've seen his white rabbit."

Michael is a poet and must be excused his fantasies. And maybe the magician did come when we were out, because the rabbit had disappeared by the time we came home from work.

Telling this story to Clare next door, we found out that the rabbit belonged to the owners of Bunny – so perhaps its name was Tiger.

After all, Wallace and Gromit had to deal with a Were-Rabbit, and I knew a Killer Rabbit once. But that's another story.

By Jenny Argante



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## FEDERATION BOARD SNIPPETS

- The Board is working on a Strategic Plan for the Federation which is timely in an election year.
  - The MSD Policy Manager for Seniors presented research they had completed on vulnerable older people with multiple disadvantages. The results may be used to create a more focused way in which future support is targeted for the most vulnerable.
  - The Marketing & Communication Standing Committee has commissioned research with non-members aged 50-75 to identify community perceptions of Grey Power, and potential barriers to membership. An internal on-line members survey is due to be launched shortly. Both surveys will be useful in completing the strategic plan and refining election priorities.
  - A new website for the Federation is in development and is planned to be launched prior to the AGM –
- it will include a public area with information on Grey Power, as well as a membership section with resources for members, Associations, Zones, and the Board. This section will be password protected.
  - The next lobby visit with new ministers and other policy decision makers is planned for April.
  - Work is continuing on a submission regarding concerns with some of the proposed changes in the Therapeutic Medicines Bill.
  - The Review of Retirement Income Policies from the Retirement Commission supported Grey Power submissions to Increase the cash asset test for Accommodation Supplement to at least \$42,700 per person. (Seniors in many "Pensioner Villages" are only eligible if their cash assets are less than \$8100, while those in social housing are able to have cash assets of up to \$42,700 due to silo policy decisions in the past. The \$8100 limit has not increased since 1993.)

### You may be surprised to learn what SOS really means — and what it doesn't mean.



Even children at play know that when you're in a life-threatening emergency — maybe you are stranded somewhere — the way you let the world know you're in trouble is to wave your arms and signal distress by repeatedly shouting three simple letters: SOS.

You can write them on the beach, send them via Morse code or, if you have a pen, write them on your hand and flash them at passers-by. We all know that sending out an SOS signal is the best chance you've got at being rescued.

**So, what does SOS mean?** It must mean something important? Nope. The letters SOS stand for nothing - it wasn't even originally designed to stand for letters of the English alphabet. Yet, it's the standard distress signal most people know.

Although the letter sequence "SOS" stands for nothing, it came from somewhere as a replacement for a visual distress signal. That somewhere, is Morse code, which was developed along with the wireless telegraph machine to send messages using electrical signals. Samuel Morse himself sent the first telegraph, which said: "What hath God wrought?" He sent the message in Morse code over an experimental line from Washington, D.C., to Baltimore, Maryland.

However, in 1905 the German government published the "German Regulations for the Control of Spark Telegraphy." It mandated that German wireless

operators use "... --- ..." (three dots, three dashes and three dots) to signal an emergency. This didn't really have anything to do with letters of the alphabet, but it was quick and easy to type, and difficult to mistake for anything else.

It also happened to spell "SOS" in Morse code. Everyone agreed it was way better than "SSSDDD," which is what the Italians were pushing for at the International Radiotelegraph Convention in November of 1906. The term SOS was voted in as the official international distress signal and went into effect July 1, 1908.

It took a while for the SOS distress call to catch on. The first recorded American use of SOS to call for help was sent Aug. 11, 1909, off the coast of Cape Hatteras, North Carolina, when Theodore Haubner called for help from the steamship SS Arapahoe.

As the Morse code SOS call was initially intended for maritime use, it was replaced with the verbal signal "Mayday" at the International Radiotelegraphic Convention in 1927. Mayday is derived from the French "m'aider" which means "help me." But SOS couldn't be ousted so easily: Mayday is still in use today as the distress signal for voice communication, while the SOS is still used as the distress signal in telecommunication.

By: Jesslyn Shields

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

*[Editorial supplied by Retirement Villages Association]*



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

"It's something you are required to do under the Retirement Villages Act so it makes sense, and is in your best interests, to get good advice early on" says Kate, a senior associate, property and personal law, with legal firm Tavendale and Partners.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



# EarthDiverse:

## An Idea for our Times?

Diversity seems to be the in-word at present, and many welcome this concept in a changing world where the enlightened among us seem ever-ready to welcome difference. In fact, filtering down from science and psychology into communities and neighbourhoods is the idea that difference isn't wrong; it's only difference. We are all different, each from the other, and therefore differently normal.

Whatever our status quo in terms of physical or mental differences, even those usually perceived as disabling, this is who we are. Whatever that is becomes, for us, and for those who know us best, our norm. After all, the one thing we have no control over, surely, is who we are born to be. Unless, like some, you think we choose this as spirit beings in the spaces between lives.

So a flyer entitled 'EarthDiverse: Embracing Diversity' seemed worth a read. Undertaking this, you will discover that EarthDiverse is a not-for-profit charitable trust providing educational resources for all disciplines: languages, religions, cultures arts and the humanities, science and the environment. The aim is to broaden community knowledge and to strengthen

critical thinking skills that help human beings face challenge and change in ways that are positive and transformative.

***The vision of EarthDiverse can be summarised as follows:***

- to use the multiculturalism of New Zealand as a platform for building awareness about and empathy for others;
- to provide learning opportunities that will grow social cohesion and mitigate racism and discrimination;
- to cultivate healthy relationships between humans and the environment.

***Exactly how does EarthDiverse plan to do this?***

1. **Communication.** Teaching intercultural communication skills and hard-to-access languages.
2. **Critical thinking.** Teaching history, current events, religions, philosophy, literature, film and arts across geographies and from diverse points of view.
3. **Stewardship of Planet Earth.** Creating opportunities for learning about biodiversity, sustainability and the restoration and renovation of our environment.
4. **Collaboration.** Partnering with other organisations to create participatory events that contribute to community and individual well-being.

**BUSIT**

Rose is **FREE** to explore our beautiful region

**SuperGolds Ride FREE**  
ALL DAY, EVERY DAY

**Load your SuperGold Card onto a Bee Card today!**

Bee Cards are available at:  
**Hamilton Transport Centre | 0800 205 305 | beecard.co.nz\***

\*Bee Cards cost \$5 when purchased online



### ***How would such partnerships work?***

EarthDiverse claims, and it would seem rightly so, that there are gaps in our knowledge of diversity in humanity and the environment. As our nation becomes increasingly diverse and faces such challenges as climate change and pandemic.

Earth Diverse tells us that it is vital we do not imitate nations that struggle with racism, religious conflict, failing ecosystems and the denial of science. EarthDiverse is taking action to fill those gaps through education, community events and diversity research. Its mission is to build inclusion and cohesion within the community and to encourage that community to live an ecologically balanced life.

Because if knowledge is the power, then information is the key. You can find out more at [earthdiverse.org.nz](http://earthdiverse.org.nz).



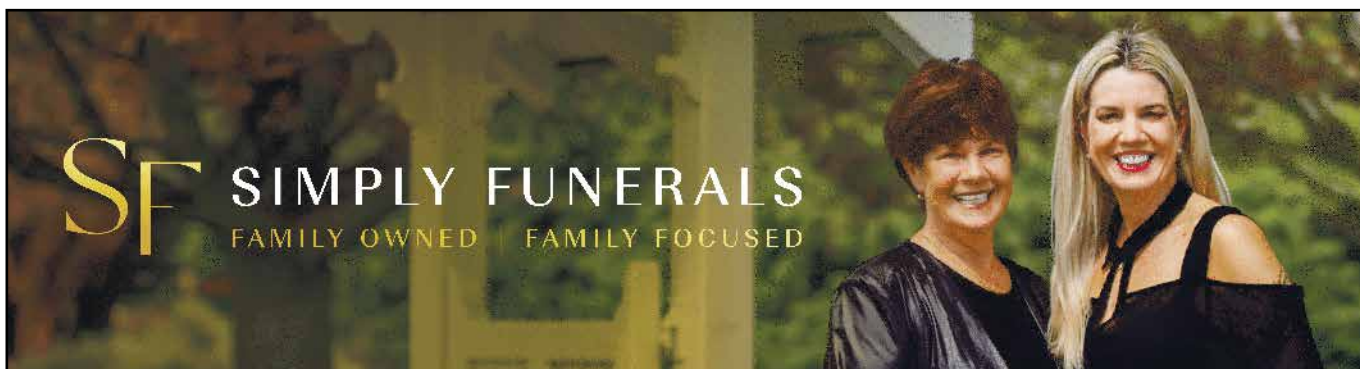
## **New search functions simplify choosing a retirement village**

If you're looking to make the move to a retirement village, the Eldernet Group has made the process easier by adding new search functions to its website. The free online service showcases every retirement village in New Zealand, hosting the country's largest selection of available properties in every region. Each property is listed with 'starting-from' prices, allowing users to filter within their specific price range.

The Eldernet website is [retirementvillages.co.nz](http://retirementvillages.co.nz)



A busy night at Stone Henge as workers move all the stones back one hour...



**At a time when decisions can feel daunting, we're here to support you in preparing a dignified farewell.**

A funeral is an occasion to come together, acknowledge memories and celebrate the legacy of your loved one through a meaningful farewell. With understanding, respect and support, we'll collaborate with you to capture what's most important and create a celebration of life that is a true reflection of your loved one and your family's wishes.

### **Our family, serving yours**

Simply Funerals is family owned and operated, with three generations of our family playing a part in supporting yours. With care, patience and genuine compassion for what is inevitably an emotional time, it's our hope that you feel heard, supported and reassured in honouring your loved one.

**0800 920 222**

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

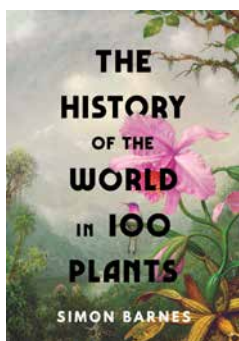
## THINGS TO DO THIS YEAR

- ✓ Apply for the Rates Rebate with TCC - based on income not savings
- ✓ Check your insurance policies - have your circumstances changed? Check whether your contents are overvalued.
- ✓ Is your Will up to date?

## MAGAZINE CONTENT

Contributions for our magazine are always welcome. If you would like to make a contribution, send us a short story, poem; recipe, letter to editor; household hint; notes on a trip away; anything you would like to share with other members. Please send to the editor for publication [tgagreyppower@gmail.com](mailto:tgagreyppower@gmail.com)

Our next issue will be out early March.



## Book Review

### The History of the World in 100 Plants

by Simon Barnes

A fortnight ago I opened the front door to find a parcel left there by a courier. As it had my name on it, I opened it up. Inside was one of the most beautiful books I have ever seen, The History of the World in 100 Plants, by Simon Barnes. A sturdy hardback with smooth black surface and the title in

gold letters was encased in a loose dustcover, high quality paper, with a design of plants of brilliant hue. A book that was almost edible to this gourmet reader.

I couldn't recall ordering such an expensive book so I rang the number on the statement that came with it. Apparently, I had won it in a competition I could not remember entering. How lucky is that?

It is described as 'The tale of 100 plants and fungi that have had the greatest impact on humanity, including the plant that made colonialism possible; the plant that gave us power over fire; the fungus that caused the population explosion; the plants behind the deadliest illegal trade and the plant that showed us how life works.

No, I am not going to name them. To satisfy your curiosity you must buy the book if you're affluent, or request it from your nearest branch library.

It's the perfect book for dipping into, and will provide anecdotes for dinner-table conversations, and divulge the meaning behind unknown facts you can now use to fascinate. Copiously illustrated in gorgeous technicolour, it has entranced even a reluctant gardener like myself. I knew who it was meant for. My housemate Kinsa, a trained horticulturist. I had to wrest it from her grasp for twenty minutes to write these notes and now, tired of her hovering nearby, I have returned The History of the World in 100 Plants to her.

BARNES, S. *The History of the World in 100 Plants*. 2022, Simon & Schuster, UK. RRP \$NZ52. ISBN 978-1-3985-0548-3.

## HEARING AID MISSING

The old man was sitting on the examining table in the doctor's office having his hearing checked. The doctor poked his light scope in the old man's ear and said, "Hey, you have a suppository in your ear!" "Rats," said the old man. "Now I know where my hearing aid went."

Realized I had to use the bathroom. Got up and walked across the house, to the pantry. Couldn't remember why I was in the pantry. Remembered I had to use the bathroom. Walked across the house to the bathroom. Sitting on the throne I remembered why I went to the pantry ... Toilet paper.



# GREY POWER HAMILTON MEMBERSHIP FORM

website: [www.greypowerhamilton.com](http://www.greypowerhamilton.com) | email: [greypowerhamilton@gmail.com](mailto:greypowerhamilton@gmail.com)

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New Member ☐ Renewal ☐ Membership No .....

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ADDRESS: .....

Post code..... Phone Number..... Mobile: .....

EMAIL ADDRESS .....

**Note:** All information will remain confidential to Grey Power. Mail outs (Postal and Email) may include advertising material from support organisations but only with approval of the executive committee.

## ANNUAL MEMBERSHIP

Single: ..... \$25.00

Couple: ..... \$35.00

Donation: ..... \$

**TOTAL:** ..... \$

## Payment options:

**Banking Account: 15-3972-0132992-00**  
**or Cash at Coffee Morning Monthly**

If paying by internet banking or from your bank, please use your  
**Membership Number** or **Surname + Initials**  
as the Reference



# TAURANGA & WBOP MEMBERSHIP FORM

Tauranga & WBOP Grey Power Assn Inc PO Box 841, Tauranga 3140 ( Historic Village, 17th Avenue)

[www.greypowertga-wbop.org.nz](http://www.greypowertga-wbop.org.nz) | Email: [tgagreypower@gmail.com](mailto:tgagreypower@gmail.com) | Ph: (07) 571 2558

**\* Membership year is from 1 April to 31 March**

New Member ☐ Renewal ☐ GP Electricity ☐ yes ☐ no Membership Number: .....

Name: (s) Mr / Mrs / Miss / Ms .....

Address: .....

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

Email Address: .....

AGE GROUP INDICATION: 0 – 49 50 – 65 66 – 75 76 – 95 + [circle one]

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## ANNUAL MEMBERSHIP (please circle):

Single \$25.00

Double \$35.00

Donation \$

**TOTAL:** \$ .....

## Online Banking: Kiwibank 38 9001 0051732 00

**Cash - pay at office**

Office Hours: 10am to 2pm Tuesday - Thursday.

Please note we do not have eftpos

(Renewals use membership number as reference.

New members use phone number)

Any donation to help with the cost of postage, envelopes, paper etc. would be very much appreciated.



Spaghetti Addition

1	2	3		4	5	6	7	8
9				10				
11				12				
13			14				15	
		16				17		
18	19		20				21	22
23		24				25		
26						27		
28						29		

Across

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

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

20. Property  
23. Nosy one  
25. Fish story  
26. More aloof  
27. In the style of  
28. Tot watcher  
29. "Indeed"
- Down
1. \_\_\_ Verde National Park  
2. Gym set  
3. Assassinated  
4. Trendy "superfood"  
5. "From \_\_\_ with Love"  
6. Sapporo sash  
7. Calf-length skirt  
8. Top guns  
14. Soup holder  
17. Put to rest, as fears  
18. Whirl  
19. Boat in "Jaws"  
21. Game piece  
22. Nay opposers  
24. Yang's counterpart

S	E	A			Y	N	N	A	N
A	L	A			R	I	C	I	
E	L				R	E	R	P	
Y	T	A			R	E		S	O
		A			B	U	N		
S	I				S	I	T	S	A
E	D				S	A		S	P
C					C	U	B		E
A	M				A	R	O	S	M

8	7	5	9	1	4	2	3	6
2	3	6	7	5	8	9	1	4
6	4	1	3	6	2	5	7	8
1	5	3	8	7	9	6	4	2
6	9	8	4	1	2	7	5	3
9	6	8	7	2	4	1	3	5
7	2	4	5	9	3	6	1	8
3	1	6	2	8	7	4	9	5
5	9	1	2	3	4	8	6	7
4	7	8	6	9	5	3	2	1

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

DANIELLE STEEL

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

		3	5	6	9			4
7	6			4			9	
	9			8			1	
6	8							
3								9
							5	1
	7			9			4	
	1			5			3	2
9			4	1	6	5		

R	I	A	F	F	A	E	H	T	M	P	Z	D
T	H	E	M	I	S	T	R	E	S	S	E	R
S	U	S	P	E	C	T	S	P	G	L	M	A
E	Z	R	O	Y	A	L	Y	I	S	V	A	W
V	K	Q	S	R	E	N	N	I	W	R	G	A
I	Y	T	H	E	D	U	C	H	E	S	S	E
L	R	X	L	R	I	G	G	I	B	E	R	H
E	B	E	T	R	A	Y	A	L	G	L	E	T
N	B	E	L	E	G	A	C	Y	V	A	B	U
I	Y	U	U	T	Q	R	M	I	Q	T	M	T
N	O	F	J	L	U	N	H	T	K	Y	U	H
S	J	A	T	Y	B	B	Y	A	L	R	N	E
I	E	S	U	S	A	G	E	P	R	I	E	C
Y	R	T	N	U	O	C	S	H	M	A	H	A
L	U	F	I	T	U	A	E	B	T	F	T	S
L	P	R	I	N	V	I	S	I	B	L	E	T

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.