

NAPIER and DISTRICTS

GREY POWER

QUARTERLY NEWSLETTER

SUMMER ISSUE 2023



WHAT IS PICKLEBALL?

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Napier becomes an Age-Friendly city

Page 8

Recycling Day November 4th

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Sara Le Comte at the Meanee Hall

Napier Grey Power's committee thanks all our members, sponsors, advertisers and the wider community for your support this year.

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Dates for 2024

Grey Power meetings

All at St Columba's Church Taradale.
Starting 1:30 pm.

February	Tuesday 20th
March	Tuesday 19th
April	Tuesday 16th
May	Tuesday 21st
June	Tuesday 18th
July	Tuesday 16th
August	Tuesday 20th
September	Tuesday 17th
October	Tuesday 15th
November	Tuesday 26th (Christmas Luncheon) – venue TBC



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

**Deep thought of today:
When you clean out a vacuum cleaner.
You become a vacuum cleaner.**

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**THE MEASURE OF
RETIREMENT LIVING**

PRESIDENT'S REPORT

Tena Koutou Katoa

First of all congratulations to our



new Napier Electorate MP, Katie Nimon, who we will invite to come and speak to us at one of our

monthly meetings next year.



Congratulations also to Cushla Tangaere-Manuel, the new Ikaroa-Rāwhiti MP. As an advocacy group for seniors, we are keen to build strong relationships with local and central government, as we have with our Mayor and our previous

MP Stuart Nash.

On behalf of Napier Grey Power, I'd like to thank both Stuart and Meka Whaitiri, for their years of service to our Napier people. With the final makeup of Parliament not clear as I write this, we do know that we will have a National-led government and we will wait and see as to what that actually means!

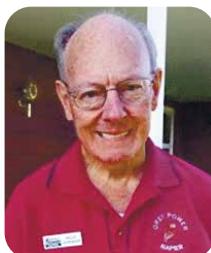
Since the last newsletter we have had three general meetings all with very good attendance as Isabel has outlined in her report (See pages 6 & 7).

The October meeting was held after the newsletter deadline and will be reported on in our first newsletter in 2024.

Our final meeting for the year will be our **Christmas luncheon, 21 November**, this year at the Napier RSA. It has proved to be a very popular choice because the limited numbers of 100 were booked within a very short time from when the notice went out. Sadly, some who would have liked to come to the luncheon have missed out and we are very sorry for that.

Highlights for our Association included celebrating the International Day of Older persons. This year's celebration was held on October 10th with a mystery bus tour followed by a delicious afternoon tea and entertainment held at the Marist Rugby Club venue. Volunteers from Grey Power, Age Concern and the Council made the occasion a very enjoyable time together. This was an opportunity to acknowledge the many ways older people add value and enhance our society (see article and pictures on page 14).

More good news! Napier City has finally become



Bruce Carnegie
President

a member of the World Health Organisation (WHO) Global Network for **Age Friendly Cities and Communities**. We are the sixth city in NZ to join the global movement that strive to better meet the needs of older people. By joining the network, we are committed as a city to implementing an Age Friendly environment for now and the future. There are approximately 26 agencies including Grey Power Napier who contributed towards this achievement and will continue to be involved. (see article on page 8).

Concerns and issues

Remember that we meet quarterly with hospital management as well as having a strong relationship with council, so if you have any concerns you think may help by allowing us to share at these meetings, please let us know. We will be making submissions to the Council's Three Year Plan next year, and keeping an eye on the new government as they get us "back on track"!

This being our last newsletter for the year, on behalf of your committee I wish you all a very Merry Christmas and a safe holiday period.

Best wishes everyone.

Bruce Carnegie | President
Ph. 844 5635 E. bpcarnegie@gmail.com

What makes a community age friendly

An age friendly community is one with the desire and commitment to create policies, physical and social environments that support the wellbeing of older people.

In an age friendly community, older people can:

- be active
- feel secure
- enjoy good health and respect of others
- continue to participate fully in society, regardless of their age
- mix with different generations
- easily access local services and parks, attend cultural events, and take part in further education

Pickleball – a popular sport for seniors

by Maxine Boag

Pickleball is THE sport for an increasing number of active seniors (and juniors) across the Western world. If you used to play tennis, table tennis, squash (or not), you'll find it easy to learn the rules.

Using a paddle (you're not allowed to call it a bat) like table tennis, Pickleball uses a badminton court, where you hit a (plastic, holey) ball over a tennis net, playing doubles.

People play it here in Napier, at the Meanee Hall, 6 days a week, so curious to find out more, I rang the Pickleball HB contact Sara Le Comte and asked if I could interview her for the Grey Power newsletter.

"Come down and see what we do!" was her enthusiastic response.

So I turned up at the Meanee Hall on a Monday afternoon where over 40 people were taking turns to play 10-minute doubles games. Although not the youngest, I was definitely not the oldest person present, and after asking Sara my interview questions, I took up their offer to play.

Well they say it's addictive, but like any drug, it usually takes more than one hit to get hooked! As a former (pretty hopeless) social tennis player, I had some rusty skills but only hit the ball about 25% of the time. So although I was impressed with the enthusiasm of the players, I realised like any new activity, practice was needed to get good enough to enjoy it.

I can see why people like it though: it's cheap (\$5 for two hours), you need just sports shoes, a paddle (costs start at \$50), a water bottle and time.

"It's exercise and friendship," (they do social outings, lunches, wineries, a Ladies Night) Sara said. "If you've ever played tennis, squash or badminton and want to scale back, or if you've never played anything before it's easy to learn and fun!"

It's on at the Meanee Hall Monday, Wednesday and Friday 1-3 pm, Monday 4:30-6:30 pm, Thursday 10am-12 noon, then 4:30-6:30 plus Saturdays 10-12.

Contact Helen 021 286 0085 or Sara 027 648 8811 if you want to find out more.

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http://napiergreypower.org

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above website and on the
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10 HABITS TO CHANGE YOUR LIFE

1. Set three or four daily priorities.
2. Read for an hour a day.
3. Get 7-8 hours' sleep nightly.
4. Walk thirty minutes a day.
5. Listen to others and think before you speak.
6. Follow an intermittent fast/eat pattern.
7. Be present in the moment.
8. Give love freely.
9. Write in your journal for thirty minutes a day.
10. Save 30% of your income while working, if you can – if not, at least 10%!



REPORTS ON SPEAKERS, 2023 GP MEETINGS

With Cyclone Gabrielle having cancelled our February meeting, it was appropriate to have **Mayor Kirsten Wise** as our guest speaker at the March meeting. She spoke of her own personal experiences, starting with meeting with Civil Defence on Monday 13 February – everyone totally unaware of the devastating catastrophe that was about to be unleashed on us all.

A regional State of Emergency was called in the early hours of 14 February and then of course a National Emergency which meant local decision making was lost and made all the more difficult as Napier had no power, phone connection or internet, plus isolation with bridges gone and water, silt and debris everywhere making roads impassable. The stormwater system had survived, but not the wastewater plant at Awatoto, causing huge problems. Unison Power did amazing work in restoring the power as did Waka Kotahi with the roading infrastructure. The Mayor acknowledged the massive work done by everyone in the various communities and the way they had responded to the emergency by helping those who had lost everything.

Jenny Pearce, the Manager of Citizen’s Advice Bureau, was the speaker for April (*no report available*).

In May, **John Collyns**, Executive Director of the Retirement Villages Assn spoke to us on recent changes made to the Retirement Villages Best Practice Standards. Invitations to the meeting had been extended to the various Retirement Villages in Napier and a number of visitors from these establishments were present.

John told us of the 465 villages currently in operation in New Zealand – this comprised 41,500 villas and apartments with 50,200 residents, the average village size usually 86 units. 65% of villages offer continuing care to residents. Another 216 villages are in the development pipeline and many were currently expanding or refurbishing. Village resident growth was expanding rapidly with 80,000+ people by 2033 and up to 119,600+ by 2048: a huge increase. Age care facilities are audited regularly by the Ministry of Health but not the retirement villages so it was necessary for them to do it themselves. Their focus was on developing best practice standards and ensuring that any complaints made by residents were immediately dealt with. John assured everyone present that most village residents were very happy within their village environment.

Our **AGM** was held at the conclusion of John’s presentation, with our current committee elected unopposed.



Our speaker for the June meeting was **Marya Hopman**, Corrective Exercise Specialist who focuses on addressing chronic pain and discomfort, improving posture and the way we sit, stand and move to help us have pain-free movement. She gave us some simple solutions. Good posture is so important – a message that Marya kept repeating with each exercise demonstrated.

She had all the members present participating and noting the difference when getting ourselves into balance. Standing with chin and chest up and butt muscles squeezed was a good start to all exercises, as well as breathing properly, Marya demonstrating this technique. Marya urged us all to stop and pay attention to our posture and stance.

July saw us welcoming **Sukhdeep Singh JP** an ANZ Bank Cyber Ambassador for 10 years, “Banking safely and protecting ourselves against fraud and scams” his subject. He stressed the importance for clients to read the fine print re disclosure of liability to protect themselves – banks will offer help if needed.

The advent of Covid 19 saw a huge increase in online banking and shopping with a relevant increase in scams as well. All the different kinds of scamming have different names such as phishing for emails, smishing for text messages. His advice was that emails and text messages should always be deleted if you are the slightest bit unsure they are genuine and for phone scamming calls just hang up. It should be remembered that banks and businesses DO NOT ASK FOR PERSONAL DETAILS by email or phone. People should be particularly aware of “parcel arriving” texts or emails – clicking on the link shown gives scammers access to personal information. If you should click on one of these links accidentally, contact your bank immediately.

Key protection tips were using strong passwords, never giving out your password or PIN number to anyone, including family. If suspicious contact your bank immediately. Keep your cards in a safe place – shield the numbers at ATM’s when withdrawing money. If cards are lost call the bank immediately to

block them. Do not ever click the “save password” option for emails. Always log out after using internet or online banking. Paywave (if cards are lost or stolen) can be used multiple times by unscrupulous people. Banks have systems in place for suspicious activity on cards and will call the client. Sukhdeep strongly recommended investigating and using voice ID with cards as no-one else can copy your voice, and to keep your personal information confidential. A lot of very good information for our members to consider.

Our August meeting was “**Meet the Candidates**” for the Napier seat in the Parliamentary elections which proved to be an interesting insight into the views and opinions of the Labour, National, Green, Act, NZ First and Democracy NZ parties. NB: Congratulations to successful Electoral candidates, National’s Napier candidate Katie Nimon and Labour Ikaroa-Rāwhiti candidate Chushla Tangaere-Manuel for your election wins!



In September, police sergeant **Andrew Graham**, who has been in the police force for 27 years, spoke to members about his role as supervisor for Hawkes Bay’s Rural Cyclone Recovery Team. He showed photos taken on 14 February of the bridge at Waiohiki, EIT, Gloucester Street in Taradale, the truck stranded at Devil’s Elbow, Esk Valley, the fruit trees and shrubs stripped bare of fruit and leaves, the silt, and the utter

devastation of many homes. This gave an appreciation of how high the rivers rose and the immense pressure on the stop banks causing many to breach. These photos were a stark reminder of that very chaotic day on 14 February 2023, and showed what everyone was dealing with.

The rural communities in places like Rissington,



Our raffle drawn under police supervision by Sgt Graham!

Puketapu and Dartmoor all pulled together, forming hubs, looking for support, answers and solutions. Police presence was consistent and appreciated by the communities. They focussed on what was going on, identifying the community needs – what they could do to support them – sharing food and fuel and generally getting on with clearing debris.

The silver lining out of Cyclone Gabrielle, Sgt Graham said, was communities taking care of themselves and others. For the police it was providing regular patrolling with extra numbers in rural areas. The police have learnt what can be done to improve responses to disasters – having the right people in the right positions was very important.

Isabel Wood, secretary.



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Napier welcomed into global Age Friendly City network

Napier has been welcomed as the latest member of the World Health Organization's (WHO) Global Network for Age-friendly Cities and Communities. We are the sixth city in New Zealand to become a member, along with Hamilton, New Plymouth, Gore, Tāmaki Makaurau, and Nelson. Wairarapa Region has since been announced as the seventh. The global network currently includes 1,445 cities and communities, in 51 countries, covering over 300 million people worldwide!

As a member, we will be part of a growing global movement of communities and cities that are striving to better meet the needs of older residents. By joining the network, Napier commits as a city to creating age-friendly local environments and sharing our experiences with other Network members.

We have been working towards becoming a member for several years. This culminated with the adoption of Napier's Positive Ageing Strategy in late 2020, and the formation of the Positive Ageing Strategy Advisory Group, which is independently co-chaired by Peter Grant and Lexia Puna, two of our older Napier residents. The Positive Ageing Strategy Advisory Group has been key in progressing our application to the WHO.



The Positive Ageing Strategy promotes an age-friendly approach for our city with the vision of 'living well and ageing well'.

Seven priority areas are identified in the Strategy, based on discussion with and feedback from the Napier community:

Te wairua hapori – Community spirit ; Kia mōhio, kia mahi – Being informed and involved

Kia haumarū – Being safe; Hāereere – Getting around; Hauora & oranga – Health & wellbeing

Ngā whare – Housing; Hei mahi – Things to do.

Napier's population of almost 63,000 (2018 Census) includes 13,000 older people 65+ (20% of the population, one in five people). By 2038 this is expected to increase to 31% and for the first time, older people will outnumber children in the city.

The Minister for Seniors at the time, Hon Ginny Anderson, congratulated Napier on becoming a

member of the WHO's Global Network saying "this is a fabulous achievement that reflects a large amount of work by the Council and the community of Napier over the last few years. I can see that this is the beginning of an exciting journey for Napier City, and I look forward to seeing the community's progress in the future."

- See our Napier information on the WHO page: https://extranet.who.int/agefriendlyworld/search-network/?_sf_s=napier
- More info on our website about PASAG and membership, including an opportunity to send in ideas and feedback: <https://www.napier.govt.nz/napier/community-development/about-our-community/napiers-positive-ageing-strategy/positive-ageing-strategy-advisory-group/>

Proposed District Plan Consultation

kōrero mai!

sayitnapier.nz



Once every ten to fifteen years Napier people have the chance to provide their views on how and where development in the city should take place through the District Plan review process.

The Napier City Council Proposed District Plan is now open for public submissions until 15 December 2023.

The Proposed District Plan sets out the rules and policies needed to achieve sustainable management of natural and physical resources, protect the environment, and address the social and economic needs of our community.

The District Plan is a requirement under the Resource Management Act (RMA) 1991. It has a rolling review cycle that takes many years.

This Proposed Plan has been prepared over a five-year period and will be adopted and used from 2025.

These outcomes are a key focus of our Proposed District Plan:

- Greenfield growth in the hills
- Premiere Regional Park - Environmental
- City living supporting a vibrant CBD
- Leveraging our heritage
- Great urban areas
- Regional approach to industry

Join us at a drop-in session

4.30 - 6.30pm,
Thursday 2 November

Napier War Memorial Centre,
48 Marine Parade, Napier

say it!

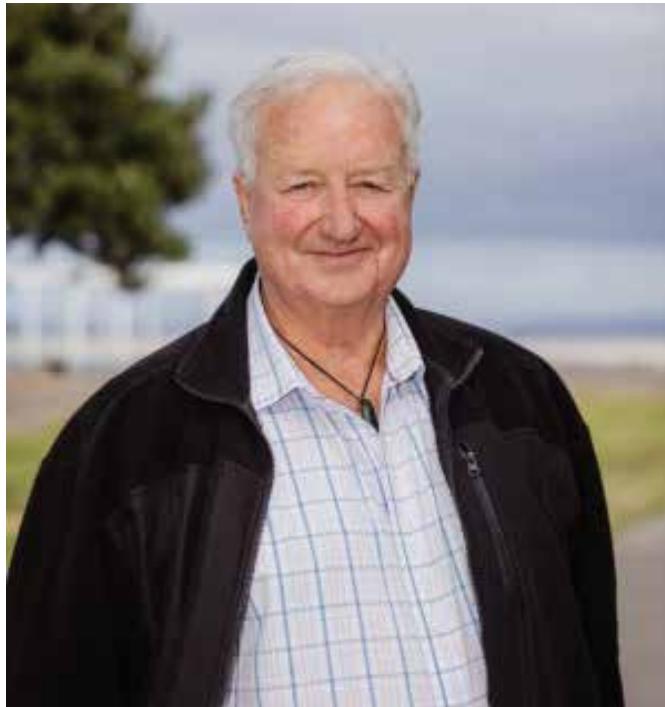
Submissions can be made at sayitnapier.nz, at Napier or Taradale Library or at the Napier City Council Customer Service Centre.



A message from the co-chairs of Napier's Positive Ageing Strategy Advisory Committee

Introducing Peter Grant, co-chair of the Positive Ageing Strategy Advisory Committee.

From NCC Website



The Positive Ageing Strategy Action Plan is important for today's older people living in Napier, but it should be much more than that. It is about making our beautiful city an even better place to live than it is now, not just for those of us who are already of advanced years, but for all the people of Napier, because all of us are 'ageing' and are a day older each morning when we wake.

A little about me: I am a 73 year old Pākehā and I am married to Jackie. We have a 'melded' family with six grown 'children' between us and 20 grandchildren! I grew up in Hastings and joined the Military straight from school in 1966. I served for 26 years in the Army; I am a Returned Serviceman with active service in

Vietnam and The Sinai. I retired from the Army in 1992 as a Lieutenant Colonel as my first wife was dying following a major stroke and we had four school aged children at the time. After two years as Civil Defence Manager for Napier City Council I moved into managing the then Mangaroa Prison. I ran prisons, both public and private, in New Zealand and Australia, over the next 15 years. I retired from Corrections just before my 60th birthday but was asked to go back and work for Council as the Parks and Reserves Manager a couple of years later, principally to oversee the building of the new grandstand at McLean Park. Once that was done I retired again and like all retired people I am flat out working on a mix of 'other things'.

I was a member of the Taradale RSA for 45 years and President and/or Treasurer of the RSA for about five years. However, a group of mainly Veterans, including myself, left the RSA and have established the Taradale Club Services Association at the Club in Wharerangi Road. The Association undertakes all sorts of remembrance and legacy activities in the community particularly with schools in the wider Taradale District.

I am also Chair of the Association's Trust Fund, which provides support and welfare assistance to Veterans and their whānau, members of the Club, and also into the wider Taradale community.

I am also a Board Member and Advisor to an organisation called Mahi Tahī Akoranga Trust, which is based in Rotorua and works to reduce reoffending by Māori prisoners, so I am still a regular visitor to prisons. I work with Community Corrections mentoring offenders on community based sentences, and I mentor offenders struggling to adapt to life when back in the community.

I am very much looking forward to working with the Advisory Group to develop positive, pro-active and practical actions to assist those of all cultures, backgrounds and groups in our community in their ageing both 'positively' and 'gracefully'.

Introducing Lexia Puna, co-chair of the Positive Ageing Strategy Advisory Committee.

From NCC Website



Ko Tuhirangi te Maunga
Ko Tutaekurī te Awa
Ko Timi Kara, Ko Moteo, Ko Wharerangi ōku Marae
Ko Ngāti Hinepare, Ngāti Maahu, Ngai Taiwhao ōku Hapū
Ko Takitimu te Waka
Ko Ngāti Kahungunu te Iwi
Ko Paora Kurupo tōku Rangatira
Ko Lexia Puna ahau
Ka nui taku mihi ki a koutou katoa, nō reira
Tēnā koutou, tēnā koutou, tēnā koutou katoa.

I lived in Moteo with both my great-grandfather and his daughter, my grandmother. I was brought up in a strong self-sufficient cultural community. As a young girl I started playing in sports tournaments and participating in the Kapa Haka competitions against other marae whānau. Later in life I played for Napier High School Old Girls hockey team and became a Hawke's Bay representative.

My grandmother cared for her father and other elderly kaumātua. Through this experience I felt an affinity towards caring for older people.

Growing up I went to school at Puketapu, walking two and a half miles each day with my brother and cousins. Some children, including myself, spent our intermediate learning at Taradale Primary and from there I became a boarder at Saint Joseph's Māori Girls' College. During my time at college I cared for one of

the oldest nuns and during the school holidays I worked at Saint Mary's nursing home on Mataruahou. At the end of my college education, I attended nursing training at Waikato Hospital. Although I and other students wanted to apply to train at Christchurch Hospital, we were informed that they did not take Māori girls as trainees. On completion of my training, I returned to Hawke's Bay.

I got married and built our home in Napier where we had four daughters. Tragically my husband passed away after battling with cancer. My life changed immensely as I became a sole parent.

Some years later, I moved to Australia with my family and worked in a geriatric rest home before working in the communications industry, in Sydney. I managed and trained staff, working in a multi-cultural environment which I found interesting and educational. I joined the Sydney Māori Women's Welfare League. We engaged with other community groups and assisted with their projects.

Many years later I returned to New Zealand as my mother had passed away and the new millennium was upon us. I lived in Wellington with my daughter and granddaughters. I worked with Telecom until I returned to Hawke's Bay.

I continued to support our marae as a committee member, assisting with many tasks and representative roles. I became a manager at Te Kupenga Hauora – Ahuriri working with registered nurses and later I managed the establishment of the mental health service at Napier Taiwhenua.

I currently reside at the Napier City Council Centennial Village, in Taradale. I appreciate the friendships I have here. I spend time with my great-granddaughter and my whānau whānui as they live nearby.

I have worked in a voluntary capacity with many organisations. I was the President of the local Kiwanis Club, a global organization of volunteers who support activities that improve the lives of children, young people and the elderly.

I am happy and honored to be Co-Chair of the Positive Ageing Strategy Advisory Group alongside Peter Grant. I believe it is important to recognise and acknowledge the skills, life experiences and stories of our kaumātua, older people living in Ahuriri, Napier. I am looking forward to the mahi ahead of us, improving the health and well-being opportunities that support people living within our community.

Ngā mihi nui

The 88-year-old Hawke's Bay inventor who wants to rid the roads of sunstrike

By Mitchell Hageman, NZME



photo credit Warren Buckland NZME

The mild-mannered 88-year-old has a passion for inventing things, and he's putting it to good use to help put an end to the age-old issue of sunstrike when driving.

The retired ear, nose and throat surgeon was thrown into the wonderful world of creation after seeing the serious consequences sunstrike could have on people.

"About seven years ago, my sister was blinded while driving from Palmerston North to Wellington, and she stopped her car in the middle of the road," Benjamin told *Hawke's Bay Today*.

"The driver behind managed to stop his car without tailgating and told her off for stopping in the middle of the road."

He'd heard of many others in the community being blinded by sunstrike and crashing, sometimes resulting in injury and death, so decided it was time to do something about it.

"It took me a lot of time to try and work out a good solution. I first used an x-ray plate and finally found an

engineering firm to produce some frames."

After experimenting with a variety of coloured plastics, he settled on grey for the basis for his new creation.

"Yellow was a little too dark. Purple was good but the man at the firm did not have purple. In the end, I opted for grey."

The device, in simple terms, is plastic screen with two adjustable pieces of elastic through it.

The two elastic bands fit snugly over a car's sunshield, locking the screen in place and allowing for it to be adjusted to where sunstrike usually hits.

"It was a labour of love to get the frames ready to be able to be attached to the car sun visor," Benjamin said.

Benjamin's first prototype came out in 2018 and more than 300 sales in the Hawke's Bay community later, he's just made another batch.

He's mainly sold them through the many community groups he's involved in and said people would often buy them as gifts for relatives or friends.

"I also went to the local AA and asked them if they wanted to put it in their store, but they said they had to get approval from head office."

While Benjamin acknowledged there were likely other similar products on the market - such as clip-on attachments -they weren't as easily adjustable and often didn't cover the affected area properly.

He had never thought about getting the product into stores but said if there was interest, he would be happy to talk to people about it.

"That'll be good if they want to, but I'm not sure how much they will charge for it. Sooner or later, I will have

to hand it over to somebody."

For now, people who want to get in touch can contact Benjamin directly. He's selling them for \$20 per shield with postage at \$4.60 for 1-3 shields.

"It's the cost of 4-5 coffees or lunch but could save many from serious accidents," he said.

People can get in touch by emailing robert.jeyam@slingshot.co.nz or calling him on 0274 48 58 98.

COMMUNITY DAY PROGRAMMES: ENLIVEN OLDER PEOPLE

Enliven Havelock North, located at JH Mason Village on Durham Drive, reimagines community day programmes with a fresh approach in a cozy hall setting. We offer morning tea and lunch, accredited falls prevention exercise classes, and a variety of engaging activities on Tuesdays, Wednesdays, and Thursdays. Our expert team is revolutionising the experience by introducing modern daily activities into routines. Instead of prescribed activities, input from our older people shapes what we do.

The closure of the flood damaged Enliven Centre on Pākōwhai Road has led to more programmes at Enliven Havelock North. Napier residents who had nothing on for a while following Cyclone Gabrielle, have found a welcoming home at Enliven Havelock North, settling in well and enjoying themselves.

We have community day programme spaces!

To find out more about community day programmes for you or your family, ask your GP about Enliven Older People services, call a Needs Assessment Service Coordinator (NASC) directly on 06 834 1871, or have a chat with our Enliven Older People team on freephone 0800 436 548.

To donate to support local older people, call 0800 002 953 or we can come to you with a mobile EFTPOS terminal in Napier or Hastings.

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Celebrating International Day of Older People

About 60 older residents enjoyed an afternoon out on 10 October to celebrate International Day of Older Persons (officially recognised on 1 October each year). Grey Power Napier, Age Concern Napier and Napier City Council joined forces to host the event, with support from members of the Napier Positive Ageing Strategy Advisory Group.



Many of the attendees had the opportunity to join a mystery bus tour, hosted by Councillors Ronda Chrystal and Chad Tareha, where they learnt about the recent and past history of our lovely city. The bus tour was followed by an afternoon tea full of treats and entertainment, including some spectacular spot prizes donated by the organisers and supporters (Napier and Taradale RSA's, Greenmeadows New World). MC Councillor Grego Mawson kept things moving along, and Mayor Kirsten Wise launched the Positive Ageing Strategy Action Plan. (see Positive Ageing Strategy Action Plan on the Council website).

Stunning harmonies were heard from the Council's Kapa Haka Roopu/Group and Jeriel Sajan (Council staff member) who sang solo. After a delightful afternoon tea, PolyActive got everyone moving to their tunes, to work off the treats! Council gardeners provided the wonderful spring flowers for the special day.

As one participant said: *There were ladies on the bus trip from both our Napier and Taradale KiwiSeniors programmes which was lovely and they really appreciated being made to feel special. Also they loved the food and flowers (I believe some were given to take home). They really enjoyed the kōrero that took place on the bus.*



Photo credits: Napier City Council

RETIREMENT VILLAGE RESIDENTS' COUNCIL

editorial supplied by Retirement Villages Association

Championing the Voices of Retirement Village Residents: Introducing the Retirement Village Residents' Council

Nestled within the heart of retirement villages nationwide, vibrant communities thrive, each with its unique stories, concerns, and aspirations. In an endeavour to ensure that these voices resonate loudly and clearly, we are thrilled to introduce the Retirement Village Residents' Council, an initiative designed to be a powerful advocate for the residents of retirement villages all across the country. In the following article, we will delve into the essence of this independent body and its unwavering mission to empower and represent residents' interests.

A New Dawn for Retirement Village Residents

While there is already an established association for retirement village residents, it's essential to acknowledge that not everyone feels equally represented within it. The formation of the Retirement Village Residents' Council stems from a belief that inclusivity is key and that every voice within the retirement village community deserves to be heard and valued.

The Council's primary objective is to cultivate effective communication, engagement, and collaboration among residents, management, the RVA, and other relevant stakeholders. Rather than seeing this as competition, it's seen as a complementary initiative designed to understand better what residents want and need.

At its core, the Residents' Council is a platform dedicated to championing the collective interests of retirement village residents throughout the country. It serves as a sanctuary where residents' concerns find a receptive audience, their opinions are not just acknowledged but cherished, and where their innovative ideas can forge the path ahead. This is more than a council; it's a dynamic community that aims to make informed decisions ensuring that retirement village residents reap the fullest benefits of their chosen lifestyle.

Leading the charge is Deborah Hart, a seasoned professional with a diverse background that encompasses legal expertise, directorship, and executive leadership. Notably, she currently chairs the independent review of New Zealand's electoral laws and leads the Consumer Advocacy Council. Deborah's enthusiasm for this cause is palpable:

"I am thrilled to lead this remarkable initiative. The Retirement Village Residents' Council offers residents a unique opportunity to have a powerful voice, and I am deeply committed to helping them address their concerns and advocate for their needs."

The formation of the Council hasn't been a unilateral process. Nominations for its members were solicited from retirement villages and their residents spanning the entire

nation. Ms. Hart oversaw the appointments, ensuring that the Council comprises individuals deeply vested in policy matters, possessing a profound understanding of the retirement village sector, and possessing the impartiality needed to faithfully represent their fellow residents. Already influential figures within their respective village communities, these individuals will bear the responsibility of guaranteeing that the Council echoes the rich diversity found in retirement villages nationwide.

Diversity isn't just a talking point; it's a driving force behind the Council's mission. The aspiration is for the Council to represent as many facets of the retirement village community as possible, embracing differences in gender, age, ethnicity, disability, background, and geographic regions. One of the Council's hallmark features is its independence. The terms of reference make it unequivocally clear that while the RVA will fund the chairperson, secretary, and all meeting and logistical costs, the Council will enjoy the freedom to express its opinions without any external expectations or control.

This commitment to transparency and autonomy ensures that the needs of residents are prioritised above all else. The Council can make public statements independently, unfettered by any party's influence, including the RVA's. This unwavering dedication to the residents' well-being is the cornerstone upon which the Council stands.

The Residents' Council isn't just another advisory body. It's a living, breathing platform for retirement village residents to share their insights, experiences, and perspectives directly with stakeholders, including the RVA. This avenue of direct engagement promises to enrich the collective understanding of the residents' needs, desires, and their vision for the future.

As the Retirement Village Residents' Council embarks on this transformative journey, we invite you to join us in supporting this exciting initiative. Together, we can ensure that the voices of retirement village residents are not just heard but listened to attentively, and their aspirations translated into action.

In Deborah's own words:

"I look forward to working with the Retirement Village Residents' Council, and I encourage all stakeholders to get involved."

For more information and to stay updated on the Council's initiatives, please reach out to info@residentscouncil.org.nz.

Let us continue to build a brighter future for retirement village residents together, united by the vision of a more inclusive, empowered, and harmonious community for all.

SPINAL HACK:

TIPS FOR DEALING WITH LOWER BACK PAIN

By Nicky Pellegrino, NZ Herald

The one factor that can prevent another episode of back pain is physical activity. Health professor Manuela Ferreira says even a short walk can help.

Bed rest used to be the advice given to those with lower back pain, but now we know that the sooner someone can get moving again, the better. Experts now tend not to recommend bed rest at all, since lying down for more than 48 hours may actually delay recovery, as the body stiffens and weakens.

With an ageing population, it is estimated that by 2050, there will be more than 800 million cases of lower back pain worldwide – a 36% increase from 2020. That number comes from research done at the University of Sydney, drawing on data from more than 100 countries.

Professor Manuela Ferreira, believes we have to improve our approach to lower back pain. “The spine was made to move,” she says. “The fact it has so many joints should tell us something. But there is still this belief that, if you have back pain, then bed rest is a good option when, in fact, research has shown the one factor that can prevent another episode of back pain is physical activity.

“The secret is to move in a way, and to the extent or duration, that you can tolerate. Even just moving around, rather than sitting the whole day, is helpful.”

Pain medications tend not to be much help for lower back pain. Paracetamol has been found to be no better than a placebo, and non-steroidal anti-inflammatories, such as ibuprofen, are only slightly more effective. Back pain is a complex and multifactorial condition,” says Ferreira. “It’s not like a toothache; it’s really much more similar to cardiovascular disease in that it’s about healthy lifestyle behaviour “.

Older people are more likely to be severely incapacitated, with a loss of mobility and independence, so staying active within physical limitations is particularly important. Tai chi has been shown to be helpful, and Ferreira says even a short walk or gentle stretching session can provide benefits and speed recovery.

If you include all those who will have knee, hip and neck pain in 2050 in addition to the 800 million-plus cases of lower back pain, it adds up to a lot of chronic conditions, she says.

“We won’t have the healthcare workforce needed to deal with that, so we had better make sure we find the right and most efficient prevention strategies.”



From the Mayor Kirsten Wise

It has certainly been a full and interesting year! We have had some lows and some trials but we’ve also had high moments, triumphs and celebrations.

Throughout our recovery journey post-Cyclone Gabrielle, we have looked for ways to improve infrastructure and services, building back better rather than just staying with status quo. It has been a really challenging time for many in our community and our role has been to support them to come back from the impacts of the cyclone. We have got to know our community even better through this time. Often it is disaster that strengthens connections and brings people together. What we need to do now is solidify those links and ensure we stay connected in times of calm as well as crisis.



Soon after the cyclone, our wonderful **new Chief Executive** joined the organisation. **Louise Miller** is an experienced, dynamic and down-to-earth leader. She is just what’s required to lead Council through recovery and into a place where we are again achieving great things for Napier, now and for future generations.

A landmark project completed this year is a huge accomplishment for the people who worked on it, and will remain a significant icon in the heart of Napier for many generations to come: the **Napier War Memorial restoration**. This was rededicated in August. I am very proud of what we have achieved with the help of many in our community.

Other projects across the city, which are only just beginning to be seen, will change the face of the city for the better, improve infrastructure and make our built environments more welcoming. These include the **Civic and Library project, Te Aka**, and the revitalisation of **Emerson St. Carlyle St and Tennyson St** are both also being redeveloped to make them more people- and cycle-friendly. We are also redesigning spaces to ensure they are accessible to all. In some places this means installing ramps, in others it means installing boardwalks and pathways. All these projects, as well as our parks and playgrounds work happening across Napier, are designed to create places and spaces where everyone wants to be.

The work our community will be most aware of at the moment is our engagement around the **Three-Year Plan**, the **Proposed District Plan**, and our newly adopted **Strategic Priorities**. These documents give a comprehensive picture of how we envisage Napier growing and adapting over the next three, five and ten years. We need to acknowledge and reflect a city and surrounds that are changing shape, demographic, size and make-up. We must also plan well ahead to ensure we keep elements of our character that are vital to us, protect our natural resources and make decisions that benefit our whole community.

In 2024, we will officially mark the **sesquicentennial of Napier**. To celebrate we are encouraging groups, organisations and individuals from right across Napier to get involved in marking 150 years since Napier became a ‘borough’. We have been through many iterations since 1874. Some things remain consistent though: our innovative spirit, our strength and resilience, and our inherent ability to celebrate our community, our heritage and our identity whenever and however possible.

Launch of New Grey Power Federation Website

The new Federation Website was launched in August, and can be accessed at <https://greypower.co.nz/> There is much to explore so please take a look at the website and share it with friends and family to promote the important advocacy work we are all involved in supporting.

David Marshall Vice-President Grey Power NZ Federation Inc

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www.beth-shan.co.nz



Recycling Day 2023

On the first Saturday of November every year, the Keep Napier Beautiful committee organises a Recycling Day, for residents to drop off useable but unwanted household items, which others can purchase at a budget price. It's happening between 8:30am and 12 noon on Saturday, 4 November, at the Freyberg Avenue end of Anderson Park.

It's a great community event for the city, usually attended by a thousand people throughout the morning. It is managed by the Napier Host Lions, with assistance from the City of Napier cadets, Westshore Boy Scouts, Repair Café, Keep Napier Beautiful committee members, Bird and Wildlife, Youth Council members, City Councillors and Depot staff.

"It's a community 'bring-and-buy' morning," Cr Maxine Boag chair of the Keep Napier Beautiful committee said.

"You can drop off household items that are too good to throw out, but you don't want. You can buy others' cast offs for a budget price.

"The kids can fossick around for toys, furniture; Dad for tools and big things; Mum bric-a-brac bargains! "There's always something for everyone," she said.

The Kaupapa of the event is to reduce what is sent to the landfill by finding new homes for pre-loved items. However, not all cast-offs are acceptable.

"This isn't a day to drop off your rubbish," Cr Boag said. "Your donated goods have to be useable or we won't accept them. Broken, stained, damaged items won't be unloaded from your vehicle or trailer."

Neither will old TVs, computers, fencing wire, wire netting, window glass, car parts, broken furniture, hazardous waste, plant pots and punnets.

"But we'd love to receive quality furniture, household goods," she said. Like toys, clothing, books, bric a brac, reusable timber, bottles and jars, frame windows and metals.

There's no Eftpos, so it's all cash only. This is collected by the team from Host Lions, who collect the money at the check-out tables.



None of the money collected goes to council; it is available in \$500 grants for community groups, schools and organisations who need funding for beautification projects. These can be applied for through the NCC website.

Recycling Day

Bring your spare things or buy something new!

Drop off for free any reusable items, or buy items for a donation. All money raised goes to local community beautification projects.



SATURDAY 4 NOVEMBER, 8.30AM - 12PM
ANDERSON PARK, NAPIER Entry on Freyberg Avenue

For more info visit napier.govt.nz



TIPS TO FIGHT FOOD WASTE

With the cost of living so high, one way to save money is to not waste any food. We typically throw away hundreds of dollars each year on food waste. Plus, all the water, energy and fuel that helped bring those ingredients into your kitchen can end up going to waste as well. And when unused food ends up as landfill, it produces methane, a potent greenhouse gas.



Know when to throw: Use-by vs best-before
 The use-by date shows when a product must be consumed by. It's a serious business, as eating something past its use-by date could compromise your health. Eating something after it has passed its best-before date, on the other hand, isn't necessarily unsafe, but the food may have deteriorated in quality.

Waste not, want not - Storing food correctly can help it last the distance. Here are the best ways to store seven common food items:

- Eggs In their carton in the fridge for up to six weeks
- Bread In the pantry or bread box for two to five days
- Cooked pasta Refrigerated and eaten within three days
- Berries In the crisper for two to four days
- Fresh meat Sealed tight in the bottom of the fridge for three to five days
- Milk In the coldest part of the fridge (not in the door)
- Avocados at room temperature until cut, then place in the fridge with the stone for up to one week.

Ref: Love Food Hate Waste, lovefoodhatewaste.co.nz and Healthy Food Guide.

PARACETAMOL versus IBUPROFEN – WHICH WORKS BEST AND WHEN?



This article was put together from Sydney University research because there is often misunderstanding about the two medicines. However, it is always better to consult your doctor for any ongoing pain and read the dosage directions carefully.

In most cases, pain and fever relief is as simple as a trip to your local supermarket for some paracetamol or ibuprofen. While both are effective at reducing pain, they work in different ways. So, deciding which one you should choose is dependent on the type of pain you are experiencing. Sometimes it might be appropriate to take a medication that contains both drugs.

In Australia & NZ, paracetamol is branded as Panadol, Paracetamol, Pharmicare, and other generic chemist brands. Nurofen is the common brand name for ibuprofen, which is also sold under generic brand names.

So how do you know which one to choose and when?

While ibuprofen and paracetamol can be taken for similar reasons (pain relief) each works in a slightly different way. Ibuprofen is a non-steroidal anti-inflammatory drug, which means it acts by blocking the enzymes that produce a group of chemicals called prostaglandins. These chemicals are important for normal body functions such as relaxing blood vessels, preventing blood clotting, secreting protective mucus in the gut and helping the uterus contract. They are also involved in inflammation, pain and fever.

It is still not completely understood how paracetamol works. Like ibuprofen, it is thought to act by blocking

the enzymes that produce prostaglandins, although through a different mechanism to ibuprofen. There is also good evidence that paracetamol interacts with the brain's endocannabinoid system and the "descending pain pathway", which inhibits the perception of pain.

Is one drug better than the other? Because they each provide pain relief in different ways, paracetamol can be better at treating some types of pain, while ibuprofen is better at treating

other types. But be wary of packaging that claims a medication is useful for targeting pain associated with a specific condition as these claims are not true.

Because it reduces inflammation, the Australian Therapeutic Guidelines state ibuprofen is the better choice for pain associated with osteo- and rheumatoid arthritis, period pain, some types of headaches, and for pain that comes from having an operation. Paracetamol does not reduce inflammation but it is a better choice when fever is associated with the pain, like when you have a cold or flu.

We can sometimes get better relief when we take both types of medicine at the same time, since each targets a different cause or pathway of the pain. If one pathway does not completely control the pain then it can be useful to target the other one. The effects of each drug can add together for a bigger effect.

Combination products that contain both paracetamol and ibuprofen in a single tablet include Nuromol and Maxigesic.

Using a combination product means you can take fewer tablets. However, the doses in these combined products are sometimes less than the maximum recommended dose, meaning they might not work as well when compared with taking the tablets individually. Other times, you can get the best effect by alternating doses of ibuprofen and paracetamol. This keeps the levels of the medication in the body more constant and helps to provide more steady pain relief.

University of Sydney - Ref: Over 60

CREAM OF TOMATO SOUP



A classic spring/summer dish you can whip up quickly and store for later!

Ingredients

450g canned skinless tomatoes	Seasoning
60g butter/spread/margarine	60g flour
150ml water or white stock	1 onion
4 peppercorns	2 bay leaves
475mL milk	cream

Method

Tomato Puree: Heat 30g butter and sauté the sliced tomatoes and chopped onion together with bay leaves and peppercorns. Add water and simmer until quite soft. Rub through a sieve.

Base: Heat the other 30g butter in a pan and stir in the flour. Cook for several minutes and gradually add the milk. Bring to the boil and cook until smooth and thickened – season well. Remember this is a thin white sauce.

Reheat the tomato puree. Take both pans off the heat and make sure the contents are not boiling, then, using an egg whisk, whisk it all together. Adding cream will enhance flavour and texture – it also stops the soup curdling.

FISHCAKES WITH TARTARE SAUCE

Ingredients

- 600g floury potatoes (eg agria), peeled and cut into chunks
- 500g hoki or other fish fillets or tinned fish
- 200g frozen peas or other vegetables
- 2 tablespoons plain flour
- 2 teaspoons sunflower oil
- Salad or vegetables when serving



For the tartare sauce

- 150g reduced-fat Greek yoghurt
- 2 teaspoons capers, chopped
- 2 tablespoons chopped fresh parsley
- zest and juice ½ lemon
- 4 gherkins, chopped

Instructions

1. Steam the potatoes for 15–20 min until tender. Drain thoroughly, tip into a large bowl, then mash until smooth. Add salt.
2. Meanwhile, put the fish in a pan and cover with boiling water. Bring to the boil, cook for 1 min, then turn off the heat. Leave the fish in the pan for 5 min, then drain. Discard the skin, flake the fish and add to the mashed potatoes.
3. Cook peas/veg then drain and add to the potato bowl. Mix well, season with freshly ground black pepper and shape into 8 fishcakes. Put the flour on a plate and use to lightly dust the fishcakes.
4. Heat the oil in a large non-stick frying pan over a medium-high heat, then fry the fishcakes for 3–4 min on each side until golden.
5. Mix all the tartare sauce ingredients together, then serve with the fishcakes and salad or cooked vegetables.

Remember to be SunSmart

Slip, slop, slap and wrap!

Pantry Contents

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			

24. Cuckoos
25. Biblical garden
26. Crude bed, in Britain
27. Comprehends
- Down
- Egg on
 - Marine eagle
 - Golden Triangle country
 - Laxity
 - AKC concerns
 - Attempt
 - "No problem"
 - 20-20, e.g.
 - "Andy Capp" cartoonist Smythe
 - Cousin of a herring
 - Casino game
 - Nile bird
 - Auxiliary
 - Complimentary
 - Wallet fillers

- Across
- Salon supply
 - Challenge
 - "Check this out!"
 - Gave details of
 - Kind of account
 - Beer barrel
 - Sewing case
 - Burn unit procedure
 - Water buffalo
 - Cork's place

- | | | |
|----------------|---------------|-----------|
| BAEZ | KINGSTON TRIO | |
| CHAPIN | KRISTOFFERSON | |
| COHEN | LIGHTFOOT | |
| COLLINS | MITCHELL | |
| DENVER | OCHS | SEEGER |
| DONOVAN | ODETTA | STEVENS |
| DYLAN | PPM | TAYLOR |
| GUTHRIE | PRINE | THE BYRDS |
| IAN AND SYLVIA | RUSH | WEAVERS |

SUDOKU

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

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.*

S	E	E	S		S	S	O	D
N	E	D	E		S	I	N	V
E	R	E	I	E	B	E	H	E
T	F	T	A	F	G	I	N	S
			G	E	K			
D	E	D	I	B	R	C	S	E
E	A	R	E		A	N	O	N
I	U	I	E	T	L	O	R	A
S	T	P	S	T	L	S	E	L

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

FOLK SINGERS

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

ANNOYING CHORES WITH UNEXPECTED SCIENTIFIC HEALTH BENEFITS

Wash dishes: Reduce anxiety

People who cleaned their plates mindfully (focused on smelling the soap, feeling the water temperature, and touching the dishes) could lower their nervousness levels by 27%. Cleaning with a lemon scented cleaner could make you happier as a citrusy scent is a potent mood booster. Studies have shown a significant decrease in peoples overall mood disturbance, a measure of tension, anxiety, depression, confusion, fatigue and anger.



Making your bed every morning Boosts productivity.

Starting your day with a freshly made bed is what Charles Duhigg, author of *The Power of Habit*, calls a "keystone habit"; one that has a ripple effect to create other good behaviour. He notes that making your bed every morning is linked to better productivity, a greater sense of wellbeing, and stronger skills at sticking to a budget. Bedmakers also report getting a better night's sleep than those who leave their covers messy in the morning.

Clean up your yard to prevent a heart attack.

People who did the most yard work, housecleaning, and DIY projects had a nearly 30% lower risk of a first-time cardiovascular event like a heart attack or stroke compared with those who were the most sedentary, according to a new Swedish study of 3800 older adults.

Banish kitchen clutter:

A recent study showed that people with super-cluttered homes were 77% more likely to be overweight or obese. The likely reason: it's harder to make healthy food choices in a chaotic kitchen.

Mow the lawn: Feel more joyful. There's something to that grassy scent. Australian researchers discovered that a chemical released by freshly cut grass makes people feel more relaxed and more joyful.

Growing flowers and vegetables can lower the risk of depression.

In a study out of Norway, people diagnosed with different forms of depression spent six hours a week gardening; after a few months, they experienced a notable improvement in their depression symptoms, and their good moods continued for months after the study ended. Doing a new activity and being outside in nature can certainly help, but some experts believe that dirt itself might be a depression fighter. A study found that there could be an increase in the "release and metabolism of serotonin in parts of the brain that control cognitive function and mood, much like serotonin-boosting antidepressant drugs do."

With spring well on the way, it's time to make the bed, do the dishes while inhaling the citrus smell of the cleaning products and then head outside with a broom or rake or get out the motor mower! Find a garden trowel and loosen the soil to plant some peas or beans. After all that grab a book and put your feet up in the sun!

REF: OVER 60

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Grey Power Napier Committee 2023-2024



Back from left: Linda Mellor, Maxine Boag, Kay Nesdale, Ian Cook, Shona Bayliss
Front: Russ Wyeth, Bruce Carnegie, Isabel Wood, Allie Beattie



Sender: Napier & Districts Grey Power
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