

INTIMACY

Making bonds stronger

NEIL ROSENTHAL

THIS IS a continuation of ideas about how to deepen a relationship. Take turns talking to one another about your feelings, concerns, wishes and expectations about the following:

How much effort do you expect each person to give to the relationship? How should it be dealt with if one person feels the other isn't making much of an effort?

What's fun to you? How could you expand your notion of what's fun? What role should having fun or play have in your relationship on a daily/weekly basis?

What helps you to feel loved, valued and cared for? What assists you in feeling close and connected? What interferes?

Of what priority are travel and vacations to you? The frequency of travel? Where you wish to travel to?

How important is neatness, cleanliness, appearance and personal hygiene to you?

What priority does work take in your life? What priority should it take? What happens when one person feels the other is too consumed by work, or that the relationship is becoming subordinate to and less important than work?

When you become crabby, irritable, short-tempered or hard to be around, what would you like your partner to say or do? What should he/she not say or do?

If there are children/grandchildren in your life - or if you're wanting there to be in your future - what role would you like your significant other to play? How would you like disagreements to be resolved about how to parent or how to discipline?

How trusting of other people is your partner? What behaviours in your relationship would violate trust? To what extent do you have to continually prove that you're trustworthy to each other? What needs to happen if trust were ever to be ruptured in your relationship?

How would you like holidays, birthdays, anniversaries and special occasions to be honoured?

What would you like to see happen if ever there was a breakdown in communication, or if the connection between the two of you were to become weaker?

How important is daily non-sexual affection? What is the right balance between the giving and receiving of affection? How should it be handled if affection were to become strained or diminished?

What role does spirituality play in your relationship? What role would you like to play?

Have your previous intimate relationships had major trust issues? How about issues around control? Honesty? Fidelity? Integrity? Sex? Money? Children? Family? Common interests? Time spent together? Poor communication? Loss of connection? If any of these issues were to become important in this relationship, how would you like them to be handled?

Who's primarily responsible for household chores (cooking, dishes, laundry, childcare, keeping the house straightened up and clean, shopping, yard work, etc)? How do you want these tasks to be allocated?

What are your feelings about sex, including frequency, fidelity, what's desirable, what's undesirable and what's forbidden?

Neil Rosenthal is a marriage and family therapist specialising in intimate relationships. If you have an issue you would like him to address in this column, write to him c/o The Editor, The Dominion Post, PO Box 3740, Wellington 6140, or through heartrelationships.com

STYLE



It's a wrap: The David Lindsay range means minimal movement of the arms when standing, sitting or lying down.

Nurse Sally Keenan has designed a clothing range that is putting smiles on the faces of many patients, writes Carolyn Enting.

The challenge of getting dressed



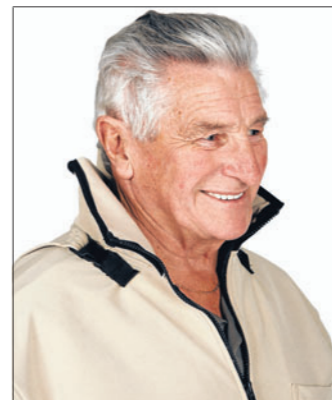
Easy does it: Sally Keenan shows how her designs wrap like a stole around model Patricia Paulsen. Photos: ROBERT KITCHIN

WORKING in a rehabilitation centre watching patients struggle as they attempted to dress, and struggling to help them get dressed, got nurse Sally Keenan thinking, "there has got to be a better way". Now she has found one.

Sally's solution is her Tunstole design, which "wraps like a stole, with part of the fabric going through a tunnel on the shoulder". She has incorporated it into a range of back-opening garments. It can be put on from the front, with minimal movement of the arms when standing, sitting or lying down. Once on, they look the same as any top, skirt, dress or pair of trousers. And although they are back opening, they are "not like hospital gowns"; the fabric is generously doubled over to provide ample coverage.

"There is nothing differentiating them [from normal clothes] apart from how to get them on," Sally says.

Sally's David Lindsay range (named in memory of her brother, who died aged 19) caters for men and women, and offers day and night-wear options. The smart fashion forward garments offer dignity as well as ease and comfort. They're in the latest colours, women's nightwear is trimmed with lace, and beads and



scarves are used as glamorous fastenings on tops.

A front fastening trouser also opens at the back, enabling the wearer to sit on the toilet without the front being open.

The fabrics, mainly viscose spandex or polyester spandex, have been vigorously tested - washed and dried 72 times consecutively - to ensure that they stand up to the high heat of hospital laundering.

Nurse manager Carolyn Taylor, at Metlife Care Coastal Villas, Paraparaumu, is full of praise for the designs. A 90-year-old resident there has been using the garments for the past six months. Not only have they stood up to daily washes, she says their client is "smiling" more.

"It was really hard to dress her because she is disabled and really stiff, and because her skin is so frail the skin often tore or got bruised. Every time this happened there was an incident report and it was investigated. Now that her clothing is easy to put on and take off that has reduced dramatically. It hardly happens anymore."

The Tunstole is not just for the elderly, but anyone with restricted movement. The design has improved the quality of life of MS sufferer Jackie Bevan, 45, as well as her husband Graeme, who dresses her. The MS has affected her legs and she can no longer walk, and has been confined to a wheelchair for the past three years.

"It now takes me five minutes to get dressed whereas before it would take between 15 to 20 minutes. I can put my arms through the sleeves or armholes and it is done up around me," Jackie says. "The garments make me feel lovely and I like the way jewellery is used as a way to fasten the garments, rather than just a strip of material or cord; it's a brilliant idea."

The David Lindsay range also incorporates a line of easy pull on/pull off styles - smart trousers and skirts (most of which are replicated in the Tunstole design) for people who can dress themselves, but don't have as much ease in their joints as they used to. This part of the range, which features a stretch component but still looks smart, was inspired after Sally saw stroke survivors ditch their "lovely wardrobes for Warehouse tracksuit pants because they were easier to pull on and more comfortable."

David Lindsay cover model Patricia Paulsen, 76, who posed with her husband Maurice, 82, for the label's catalogue and website, is a fan. "It is great that there is now an option out there for older people of feeling something that they can feel nice in," Patricia says.

■ davidlindsay.co.nz



Wheelchair friendly: Sally Keenan helps dress Jackie Bevan. Because her garments can be put on from the front, they are ideal for people in wheelchairs.

UNWIND



Bride-zilla: Anne Hathaway, in *Bride Wars*, plays Emma, who gets tired of being so selfless, poor soul.

Shallow be thy name

BRIDE WARS
(PG) 93min
Directed by Gary Winick
Starring Kate Hudson and Anne Hathaway
★★★

WHILE not going as far as to phone Victim Support, the young man on the counter at the Empire cinema was so sorry for me having to go to this movie that he gave me a very nice piece of cake to take with me into the cinema.

Of course, young men like him are not this film's target audience.

But we have a wedding coming up in the near future in our house, and I have spent an inordinate amount of time in the past few weeks sourcing ribbons and tablecloths, so I guess I

am among the target audience. But that seemed to make little difference to my emotional involvement in this trivial, uninspired, shrill film.

Longtime friends Liv (Kate Hudson) and Emma (Anne Hathaway) have always dreamed of marrying in New York's Plaza Hotel in June.

When both are proposed to by their boyfriends at more or less the same time, they race off to hire the world's best wedding planner (played rather nicely and dryly by Candice Bergen) to sort things out for them.

The problem is that one of her staff mucks up, and we have two weddings at the same place at the same time.

By now your heart must be breaking for the terrible dilemma these friends find themselves in. On top of this, described almost as a minor

irritation, Liv is an orphan with only a nice brother to give her away, and Emma is just beginning to tire of being selfless.

"Could have been worse," I said to the nice young man. After all, I had laughed a couple of times (Emma's self-absorbed colleague, Deb, played by Kristen Johnston, is actually very funny), and had become a bit teary-eyed when Emma's nice Dad said a couple of touching things to Liv about her dead parents.

In the end, however, this movie was dishonest. It implied at the end that it was all about friendship. Yet its portrayal of that very important thing, long-term female friendship, was shallow, to say the least.

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GIVEAWAY

In the 1980s, former Christchurch policeman Constable Keith de Dulin and his puppet dog, Sniff, became household names for their road-safety promotions in schools and on children's television. Now, to promote road safety, their *Constable Keith and Sniff - Greatest Hits* CD has been rereleased.

It's on sale till the end of this week at Caltex petrol stations, with a third of sale proceeds going to The Young New Zealanders Foundation.

Sniff and Constable Keith retired in 2001 but their 1994 singalong CD, which sold 70,000 copies, has been released again because its message is so timely.

"The greatest hits CD is an easy and enjoyable way to reinforce important road safety messages to our children," Constable Keith said. It incorporates road-safety messages into well-known songs such as *Puff, the Magic Dragon*,

Buckle it Up and On Top of Spaghetti. Constable Keith said Safekids New Zealand figures showed that every two weeks a child is in hospital with injuries received from a vehicle driving on a private driveway. "A further four children are killed annually, on average, in the same way."

We have 10 summer fun packs, each worth \$65, to give away. Each includes a *Greatest Hits* CD, a Splash and Play water slide and a four-in-one ball set, with a frisbee and mini scoop ball, catch ball and badminton sets.

To be in our draw write your name, address, including postcode, and daytime telephone number on an envelope and post to: Sniff Giveaway, Life Draw, Features Department, Dominion Post Contests, PO Box 3741, Wellington 6140, or email: life@dompost.co.nz with Sniff in the subject line. Draw closes 9am, Tuesday. One entry each.

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