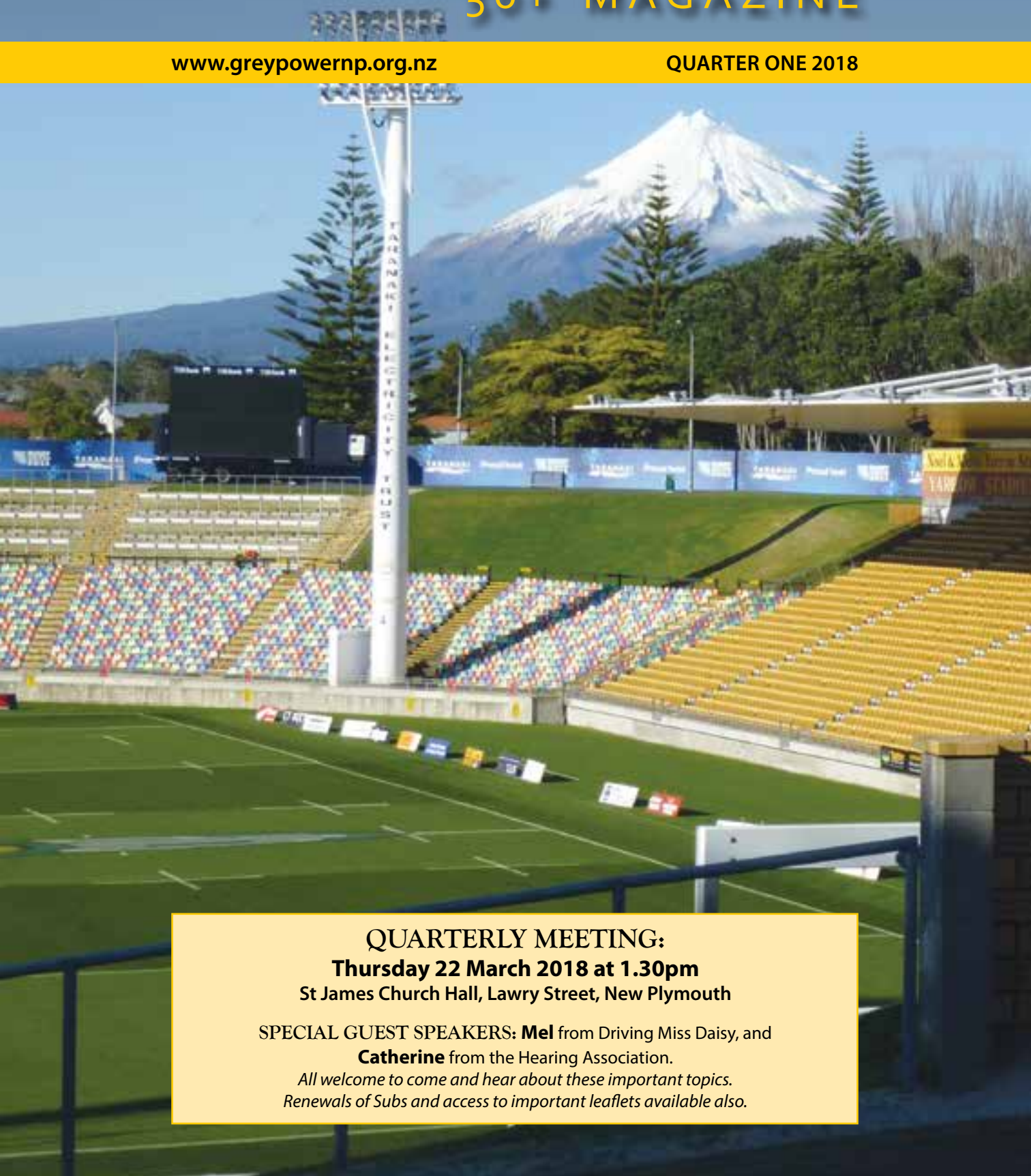


# NEW PLYMOUTH GREY POWER 50+ MAGAZINE

[www.greypowernp.org.nz](http://www.greypowernp.org.nz)

QUARTER ONE 2018



## QUARTERLY MEETING:

**Thursday 22 March 2018 at 1.30pm**

**St James Church Hall, Lawry Street, New Plymouth**

**SPECIAL GUEST SPEAKERS: Mel** from Driving Miss Daisy, and  
**Catherine** from the Hearing Association.

*All welcome to come and hear about these important topics.  
Renewals of Subs and access to important leaflets available also.*



**GREY POWER NEW PLYMOUTH INC.**  
21/117 Powderham Street, New Plymouth 4310  
**Phone:** (06) 757 5885  
**Email:** greypowernp@gmail.com  
**www.greypowernp.org.nz**  
**Office Hours:** 9am - 1pm Monday, Wednesday & Friday

**COMMITTEE 2017 - 2018:**  
**PRESIDENT:** Chris Manukonga 857 0448  
**VICE PRESIDENT:** Roger Catlin 751 1064  
**SECRETARY:** Suzanne May-Gurnick  
**TREASURER:** Chris Hinton  
**COMMITTEE:** Keith Allum, Alison Brown, Louis Carter, John Gardiner, Chris Gimblett, Siva Natarajan, Tom Waite  
**TECHNOLOGICAL:** Bruce Carter  
**OFFICE MANAGER:** Agnes Lehrke 769 9630  
**TRAVEL CLUB:** Ian and Jill McKillop 757 5403

**A COMMON MISCONCEPTION:**  
Grey Power is not aligned with any politician or political party. We are an advocacy group and we present our views to Parliament 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.

**Disclaimer:** The information contained in this publication is given on good faith and has been derived from sources believed to be reliable and accurate. Neither Grey Power New Plymouth Inc. nor any person involved in the presentation of this publication accept any liability whatsoever for its contents including advertisements, editorials, opinions, or for any consequences or from its use.

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*Please refer to our website for disclaimer.*

### Missing things in conversation?

Hearing Therapy is a **FREE** and independent national service funded by the Ministry of Health.

We can help you to live well with your hearing loss.

Call 0800 008 011 to book your free appointment with one of our qualified hearing therapists.

**0800 008 011** **www.hearingtherapy.co.nz**  
Part of Life Unlimited Charitable Trust



**March Hours of Work**  
**Grey Power New Plymouth will be open each weekday in March 2018. Normal Hours will resume in April 2018.**

**Would you like your Grey Power newsletter by email?**  
**Please phone the office on (06) 757 5885 with your email address or email details to: greypowernp@gmail.com**

**Remember that daylight saving ends on 1 April at 2.00am – so remember to turn your clocks back one hour before you go to bed. Also time to check your smoke alarms and electric blankets.**





**SeniorNet**  
**Phone (06) 759 4979**


**SeniorNet aims to assist adults over the age of 50 to use digital technology**

- To contact family, friends, and communities
- To play a valuable part in community activities
- To maintain their personal interests and hobbies

*We run structured courses and workshops including use of laptops, phones and tablets, social media*

**For details of membership, and courses see our website: [www.seniornetnewplymouth.weebly.com](http://www.seniornetnewplymouth.weebly.com)**  
**27 Liardet Street, New Plymouth - 10am -12noon Mon to Fri**

### President's Word



Hello and welcome to my news and views for Grey Power since our last meeting and where we'd like to go in the next period. I hope you have all had a very happy and safe start to the new year.

The Government is making the shingles vaccine injection free to everyone over 65 years.

The Grey Power Federation is proposing a nationwide project to look at the declining membership and we look forward to their findings of how it will assist to increase our membership which currently sits at 2114 members. Locally, we have promoted Grey Power by having a stall at the Seaside Market and Car-boot Sale on the Corner of South Road and Pioneer Road.

We can look forward to our guest speakers at our next members meeting who will be Mel

from Driving Miss Daisy and Catherine, who will enlighten us with her knowledge about the services of Hearing NZ and hearing aids.

We're looking to get great outcomes from our newly formed sub-committee which meets to look into items and topics that concern our members. The purpose of the sub group is to gather information, meet, discuss, then report their findings and recommendations back to the association committee.

At the Zone meeting in March we will discuss the remits that will be submitted to the Federation Conference in April 2018, which is held in Blenheim.

Finally, I'm not sure if this occurs to you, but for some strange reason, my clothes seem to shrink down a size, from about Christmas day to trying them on in mid-January.

Looking forward to another great year with Grey Power.

*Chris Manukonga (President)*



**independence** **meaning**  
**pets welcome** **variety**  
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# For your information

The Government has announced a new Winter Energy Payment to help older people and people on a benefit heat their homes over winter. This will start on 1st of July to the 30th September for 2018 and from 1st May to 1st of October 2019.

### Important information

You don't need to do anything to get this payment - if you qualify, it'll be paid to you automatically.

### Who can get it?

You can get the Winter Energy Payment if you're getting either:

- New Zealand Superannuation
- Veteran's Pension
- Jobseeker Support
- Sole Parent Support
- Supported Living Payment
- Youth Payment
- Young Parent Payment
- Emergency Benefit

### Who can't get it?

You won't get this payment if you're getting Residential Care Subsidy or Residential Support Subsidy.

### What you can get:

- \$20.46 a week if you're single with no dependent children
- \$31.82 a week if you have a partner or dependent children

This will be paid from 1 July to 30 September 2018. From 2019, it will be paid from 1 May to 1 October. You don't have to pay it back.

If you leave New Zealand while this payment is being made (and you're still getting your benefit or NZ Super payment) your Winter Energy Payment will continue for the first four weeks you're out of the country, but will stop from the beginning of the fifth week.

If you're back in New Zealand before the Winter Energy Payment ends (e.g. 30 September 2018) you'll need to contact us about restarting it.

Find out more about the Families Package on the Work and Income website.

## Fraudsters

Be aware that there are many fraudsters out there. Recently a supposedly Grey Power Member rang another unknown member and asked for payment for a young man, his son, with a breakdown in the area. So the money necessary was given the young man who disappeared into the night. No reimbursements forthcoming. Do be vigilant. Never give out money. Ring the police to advise them.



**Ending the Role of Private Banks in Money Creation: How We Get There**  
*FREE public forum by Amanda Vickers, author of NZ First remit on sovereign money.*  
**\*\*Wednesday 4 April 2018 at 8pm\*\***  
**St Mary's Peace Lounge - 44 Vivian St**  
*(across from St Mary's Cathedral)*  
*Most money is issued by private banks out of thin air, as debt. This has many deleterious effects on our economy and prosperity as a nation.*

**COMPUTERS BEYOND**  
Level 2, Kings Building, 36 Devon Street West, New Plymouth  
**Steve Hobo-Tuck**  
**Phone:** (06) 757 9690 or 027 312 2629  
**Email:** sales@ctsnp.co.nz  
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# Ryman Peace of Mind

Not all retirement villages are the same...



### Deferred management fee is capped at 20%

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### Fixed weekly fees – know what you've got to 'play' with

Few things in life come with certainty. However, Ryman's fixed weekly fees provide just that. Your weekly fees are fixed for the entire time you occupy your townhouse or apartment, guaranteed\*. Therefore, worries such as increasing council rates are no longer a concern.



### Full continuum of care – keeping care at the heart of everything we do

We understand that your health needs change as you age. Our full continuum of care means that Ryman villages can provide independent living, serviced apartments, resthome care; and in the majority of villages, hospital and specialist dementia care. You can be reassured that, if your needs change, we can continue to look after you.



For more information about the Ryman difference or to enquire about our availabilities please phone Debbie on 06 751 4504

71 Barrett Road, New Plymouth



\*Terms and conditions apply

# Elder Abuse Response Service: Age Concern Taranaki

My name is Sinead Thomas. I was raised in Stratford, Taranaki, for a majority of my life. I completed my schooling there and soon after decided to complete my Bachelor of Applied Social Sciences (Social Work) at the Western Institute of Technology in Taranaki (WITT).

In the last year I have been in the role of Elder Abuse Response. This involves responding to all allegations of elder abuse. I accept referrals from anyone. This can be self-referred, referrals from concerned family members/friends, as well as professionals in the community. Once a referral is made I must respond within a week, even if that is just phoning a client to schedule an appointment.

All information is kept confidential and I pride myself in being able to engage with older people and treating them with the dignity and respect they

deserve. I understand that it can be difficult to speak out about what may be happening. It is important to understand that it is not the older person's fault. They may feel powerless and don't want to 'rock the boat' within their family in case there are negative consequences for seeking help; this may include not being able to see grandchildren etc. Engaging with a social service may seem overwhelming but with time things will begin to improve; including relationships with family.

Abuse can take shape in many forms; particularly when there is an expectation of trust. I work with those who may be suffering from physical, financial, psychological, institutional, sexual abuse and neglect. This abuse can look like many things such as, being threatened, using someone's money without authority and causing someone pain; whether that be through injury or withholding medication. I complete an assessment to determine what type of abuse may be occurring and work alongside the older person to see what changes can be made to improve their overall well-being.

I work 9am to 4pm Monday to Friday here at Age Concern on 28 Young Street. While I am out and about

in the community a lot, I encourage anyone to make contact on (06) 759 9196 or pop into the office if they would like to have a chat or make a referral.

Warmest regards to you all,

*Sinead Thomas*  
Elder Support Coordinator at Age Concern Taranaki

## Leisure Lane Swimming

It is widely recognised that swimming is one of the best forms of exercise as it is stress-free on joints, offers improved flexibility and cardiovascular fitness. If you simply want a nice relaxing swim to start your day or if you're planning to take your swim training to the next level, Streamline Swim Academy have a heated 18m four lane pool which is the ideal place for you to succeed in your aquatic goals.

Times Available: Monday - Friday 6.30am - 9.00am  
Charge Rate: \$50 for a 10 sessions concession card

Contact them for further information at 55a Rimu Street, New Plymouth or phone 022 394 8194.



**RENEWAL OF MEMBERSHIP  
IS DUE BY THE 31ST MARCH 2018.**

Our Grey Power New Plymouth office will be open daily Monday to Friday during March 2018 during the hours of 9.00am - 1.00pm, to enable members to make their visits for renewal of their subscriptions.

Deadline for renewals for 2018 is the 31/3/18. Unless you have renewed for 2 years and your card is stamped 2019.

Payments can be made by cash, cheque or direct debit. As yet we haven't the long awaited eftpos machine. Remember your applications need to be sent in too please.

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## MEMBERSHIP APPLICATION / RENEWAL FORM

**Grey Power New Plymouth Assn Inc** | 21/117 Powderham Street, New Plymouth 4310  
[www.greypowernp.org.nz](http://www.greypowernp.org.nz) | Email: [greypowernp@gmail.com](mailto:greypowernp@gmail.com) | Ph: (06) 757 5885

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

Membership: New Member ☐ Renewal ☐ Membership Number: \_\_\_\_\_

Type: Single (\$15) ☐ Dual (\$25) ☐

### MEMBER DETAILS:

First: \_\_\_\_\_ Title \_\_\_\_\_ Surname \_\_\_\_\_ Initials/Forename \_\_\_\_\_ Year of birth \_\_\_\_\_  
Second: \_\_\_\_\_ Title \_\_\_\_\_ Surname \_\_\_\_\_ Initials/Forename \_\_\_\_\_ Year of birth \_\_\_\_\_

Postal Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

### PAYMENT DETAILS:

Subscription \$ \_\_\_\_\_ Donation \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

Do you wish to register with our travel group? Yes ☐ No ☐

Are you a member of Grey Power Electricity? Yes ☐ No ☐

### NOTES:

Please return a completed form with every application. Payments may be made by cash, cheque at our offices, or internet banking into our bank account. Sorry we have no eftpos or credit card facilities.  
**Online Account: 153948 0007390 00.** Please ensure your name and membership number appears in the reference section of the form.  
A stamped addressed envelope with postal applications would be appreciated.

### Office use only

Date Received \_\_\_\_\_  
Card Issued \_\_\_\_\_  
Expires \_\_\_\_\_  
Amount \_\_\_\_\_  
Bank Cheque \_\_\_\_\_  
Date on Computer \_\_\_\_\_





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TARANAKI

## Joke Corner

**Q. What do you call it when a bunch of sheep roll down a hill?**

A. A lambslide.

**Q. Why should you never try to make a three-level wedding cake?**

A. Because it always ends in tiers.



**Q. Why can't a jug become king?**

A. Because it never reigns, but it pours.

**Q. Where do planets go to get an education?**

A. Mooniversity.

**Q. Why won't we have calendars in the future?**

A. Because their days are numbered.

YOUR QUARTERLY NEWSLETTER FROM  
GREY POWER NEW PLYMOUTH

