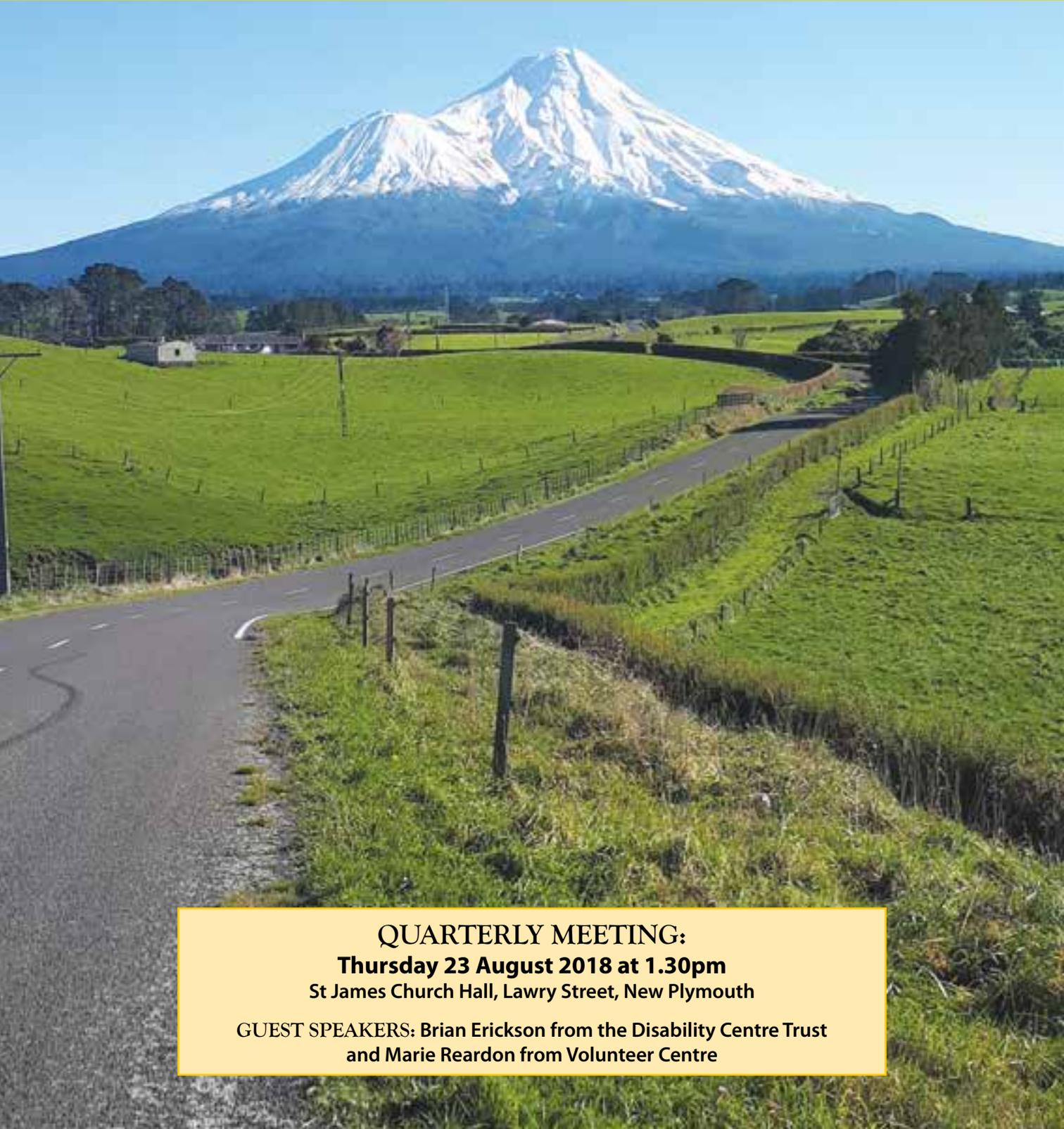


NEW PLYMOUTH
GREY POWER
50+ NEWSLETTER

www.greypowernp.org.nz

QUARTER THREE 2018



QUARTERLY MEETING:

Thursday 23 August 2018 at 1.30pm

St James Church Hall, Lawry Street, New Plymouth

**GUEST SPEAKERS: Brian Erickson from the Disability Centre Trust
and Marie Reardon from Volunteer Centre**

GREY POWER NEW PLYMOUTH INC.

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Office Hours: 9am - 1pm Monday, Wednesday & Friday

COMMITTEE 2018 - 2019:

PRESIDENT: Chris Manukonga 758 0449

VICE PRESIDENT: Mary Perrott 755 0644

SECRETARY: Suzanne May-Gurnick

TREASURER: Chris Hinton

COMMITTEE: Louis Carter, Isabel Carter, Alison Brown, Carolyn Symmans, Wally Garrett

ASSISTANT TECHNOLOGY: 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.

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Presidents Word



Welcome, naumai, haere mai to friendly New Plymouth. The city of potential, where dreams are reached and success comes to the adventurers, and especially those who are moving into our region from "the big smoke" for the good life, all to the glorious satisfaction of the grandparents. Well I have to be very happy now that my son and family is transferring here through his employer - marvelous!

I felt relieved when the Mayor Neil Holdem called it quits over the proposal to sell Council/our "reserve land". We are a region where land isn't scarce for development for residential properties, so why would you begin to pick on protected "reserved land" to build on? Well done for the change of heart Mayor Holdem, and to the lobby groups who stood up for the right to challenge the proposal.

I do wonder if there will be a retraction over his comments that baby boomers are a selfish lot. By my reckoning the hundreds of baby boomers in voluntary service, caring for grandkids, offering to finance home starts for their children, should be a signal for him to review his comments before the 2019 local body elections.

Our new committee members for the 2018 - 2019 term are: Mary Perrott, Carolyn Symmans, Isabelle Carter and Wally Garrett. They join us already on board: Chris Hinton, Alison Brown, Suzanne May-Gurnick, Louis Carter and me. Those departed were Keith Allum, John Gardner, Tom Waite and Roger Catlin.

There is a lot of energy and really good vibe in this group but as an advocacy team we need your input into the issues and problems. The National Federation is taking on the big issues with the Government and we wish them every success as they lobby for better health, transport and housing for all New Zealanders. How grateful we must feel if you are a recipient of the financial support from this Government and the Winter Energy Payment to heat our homes, and boy its cold this winter, what good timing.

I look forward to Brian Erickson from the Disability Centre Trust and Marie Reardon from Volunteer Centre who are our guest speakers at our August members meeting. Come along and enjoy the company of other members and a cupper tea after, its great fun.

Finally the tribute of a waiata to Tom O'Connor at the Nation Conference was something we felt was appropriate and right for the occasion.

Chris Manukonga (President)

Subscription are vitally necessary to the association

WE CANNOT EXIST WITHOUT THEM

Are you a financial/paid up member of Grey Power? Simply take a look at your membership card.

Name:
Number:
Expires..... 31.3.2018

If your card has this date on it, then yes you need to renew your subscription, **as it is now well overdue.**

Find the application form on Page 6 of this newsletter and fill it in. Payment methods are at the

bottom on the left hand side.

This needs to be done NOW please.

Each year we experience the reactions of members who have overdue memberships. No one likes to be told of course, or reminded by email, post or phone. So lets just remember to note what our cards have down as expiry dates and keep it in a good place, like noting it on the March calendar.

We did place a reminder in the earlier newsletters, and since the majority can use the card method to be a reminder, let's all try it.

Thank you.

Grey Power Associations

Grey Power has 72 associations throughout New Zealand. Should you shift to another part of the country you will be welcomed at that area's association. Seek the association out prior to your shift, your local association has the lists of each one.

Your membership number is nationwide, so it is uniquely yours. Keep that membership card safe so you can use it in other areas for discount and/or travel ventures and such like.

Be a proud member of Grey Power as our personality is special:

- Strong and active but never militant
- Friendly and mature
- Acting with dignity and integrity
- Having the wisdom of age
- Adding to quality of life
- A positive organisation to be associated with

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Steve Hobo-Tuck

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Email: sales@ctsnp.co.nz

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Creamy Broccoli and Spinach Soup

Serves 4

Ingredients

2 leeks, chopped
4 tablespoons unsalted butter
salt and black pepper
6 cups low-sodium vegetable broth
1 bunch broccoli, chopped
1 small potato, peeled and chopped
5 ounces spinach
sour cream

Instructions

1. Cook the leeks in the butter with $\frac{3}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper in a large pot over medium-high heat, stirring occasionally, until softened, 4 to 6 minutes.
2. Add the vegetable broth, broccoli, and potato. Simmer until tender, 18 to 22 minutes.
3. Stir in the spinach until wilted. Transfer the mixture to a blender and puree until smooth. Top with the sour cream and black pepper to taste before serving.



Volunteers Required

Grey Power Office urgently requires staff.

Please consider this worthwhile assistance.

Please ring Agnes on (06) 757 5885.



Grey Power Travel Club Report

Jill and Ian McKillop write your travel reports and have been heading the Travel Club for three years. They organise 4 day trips and one longer trip each year.



We have only had one more day-trip since our last report in the Quarter Two newsletter. On 17 May we visited Howard Wright's Hospital and Rest home bed manufacturing factory at Bell Block. It was thought that being of an engineering nature this may not be so interesting to the ladies, but in fact it became hard to 'drag' everyone away from a most fascinating tour, and we were ¾ of an hour late for our lovely morning tea at St Luke's Church (Mangati Road).

Our other activities were a visit to the Bell Block Labyrinth, Big Jim's exhibition vegetable garden, a delicious lunch at the Raleigh Restaurant in Waitara, and then to Steve & Joy Fabish's new Holden Museum at Hillsborough (pictured below). This is quite an addition to Taranaki's tourism attractions (also has mini-putt golf, a water slide, swimming pool and tennis court) and they have plans for significant further expansion - a café, conference facilities, train ride, etc.

The return home was via Lake Mangamahoe (pictured right).

Our winter trip (in August) will be to Opunake for another old movie afternoon at Everybody's Theatre, followed by a repeat one to Wanganui in October. Hopefully to make the visits we were unable to achieve last year, when most were closed for earthquake-proofing.

The pre-Christmas luncheon is set for Friday 23 November 2018.



Not all retirement villages are the same...

Ryman Peace of Mind

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.



Deferred management fee is capped at 20%

This makes it one of the lowest in the retirement sector. And it's even capped if you transfer to another townhouse or apartment within a Ryman village. There are no hidden costs.



Fixed weekly fee – providing certainty about your living costs

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



For more information about the Ryman difference or to enquire about our townhouse available please phone Jane on 06 751 4504

71 Barrett Road, New Plymouth



*Terms and conditions apply

Points of interest

1. We need to save ED for the real life saving health issues we're told. So when there is a health problem/ accident, you may not be sure where's best to go. So ring the Health Line 0800 611 116 and talk to the wise nurses who will say where to go. I.e. "Yes the hospital for ED services or the urgent Doctors in town." At least you sort advice before arriving. If it is an emergency, cardiac or serious accident (life threatening) ring 111 and get the ambulance. As time is of essence to save a life.
2. Did you know you can get a free shingles vaccination now for over 60yrs to 80yrs. (Maybe you're immune after 80yrs?)
3. There is also a pneumonia vaccination that is a good protection for those tending to get this illness easily. \$60.00 at GP.
4. Of course the Flu vaccination is a good protection each winter against the latest strain of Flu. Be wise and get this free vaccination offered to seniors.
5. Now we are told that Fluoride is to be put into all drinking water, as this was recently ruled as a court order. So our teeth will be strong and outlast us by far.
6. Safe Drive called "Staying Safe", is available for all 75yrs + to recapture our perfect driving skills. Worth asking about at Age Concern or the NZ Transport Agency. Of course we all drive safely, it's those other ones that don't! But worth checking out to stay safe.
7. The best meat around comes to town from the farm every week. Check it out on face book. It's called Paddock to Plate. Now that's a really good hint.
8. Now what handy hints have you all to offer...Let us know please for next time round.



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SCAMS – CAREGIVERS – ABUSE

Unfortunately in our Society older people are the unwitting targets of scams via mail, internet and particularly door to door. Many cases of elder abuse concern financial abuse by family members and/or by attorneys.

More changes to the Enduring Power of Attorney form occurred in March 2017. The document itself has gone from a one page document to a twenty five page document. This is an attempt supposedly to prevent elder abuse. It does not of course, because elder abuse is done by people not forms and a longer form does not prevent abuse.

There was a case taken to Court in 2017 that involved a paid caregiver. The paid caregiver began caring for Mr X unpaid in the weekends for three years. They became "dear friends". The Court found that the caregiver had used

her influence over a sick, near death "friend" to cause the gift of \$50,000.00 in Bonus Bonds to her, to be the product of an unhealthy relationship and the abuse of that relationship. The Judge in this case was helped by the discovery of an unsigned Will leaving everything to the friend as well as a joint savings account the two operated.

Carers that belong to appropriate caring agencies are educated not to take on close relationships, nor take benefits from their clients. This is because the very position of being a caregiver usually suggests that the elderly person is at some disadvantage. Gifts then from that elderly person to the caregiver can be innocent, but could be evidence of undue influence.

Be Alert for the vulnerable people in society. Contact Catherine if you have any concerns.

Editorial supplied by QuinLaw

MEMBERSHIP APPLICATION / RENEWAL FORM

Grey Power New Plymouth Assn Inc | 21/117 Powderham Street, New Plymouth 4310
www.greypowernp.org.nz | Email: 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: _____

Second: _____

Postal Address: _____

Post Code: _____ Phone Number: _____

Email Address: _____

PAYMENT DETAILS:

Subscription \$ _____ Donation \$ _____ Total \$ _____

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

Do you wish to resign from the 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 eftpos, cash, cheque at our offices, or internet banking into our bank account.

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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Take Corner



Q. What did the cat say when the mouse got away?

A. You've got to be kitten me!

Q. Why don't cats play poker in the jungle?

A. There are too many cheetahs.

Q. Why should you stand in the corner if you get cold?

A. It's always 90 degrees.

Q. Where did the music teacher leave her keys?

A. In the piano.

Q. What's a golf clubs favorite type of music?

A. Swing.

Sudoku

Each row, column and 3 x 3 square should contain the digits 1 - 9

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

Chalmers Home

Chalmers Home is special; it's more than just a rest home. That means as well as providing daily living support we ensure residents have choice and control in their lives. We take every opportunity to bring companionship, fun and meaningful activity into the lives of elders.



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YOUR QUARTERLY NEWSLETTER FROM
 GREY POWER NEW PLYMOUTH

