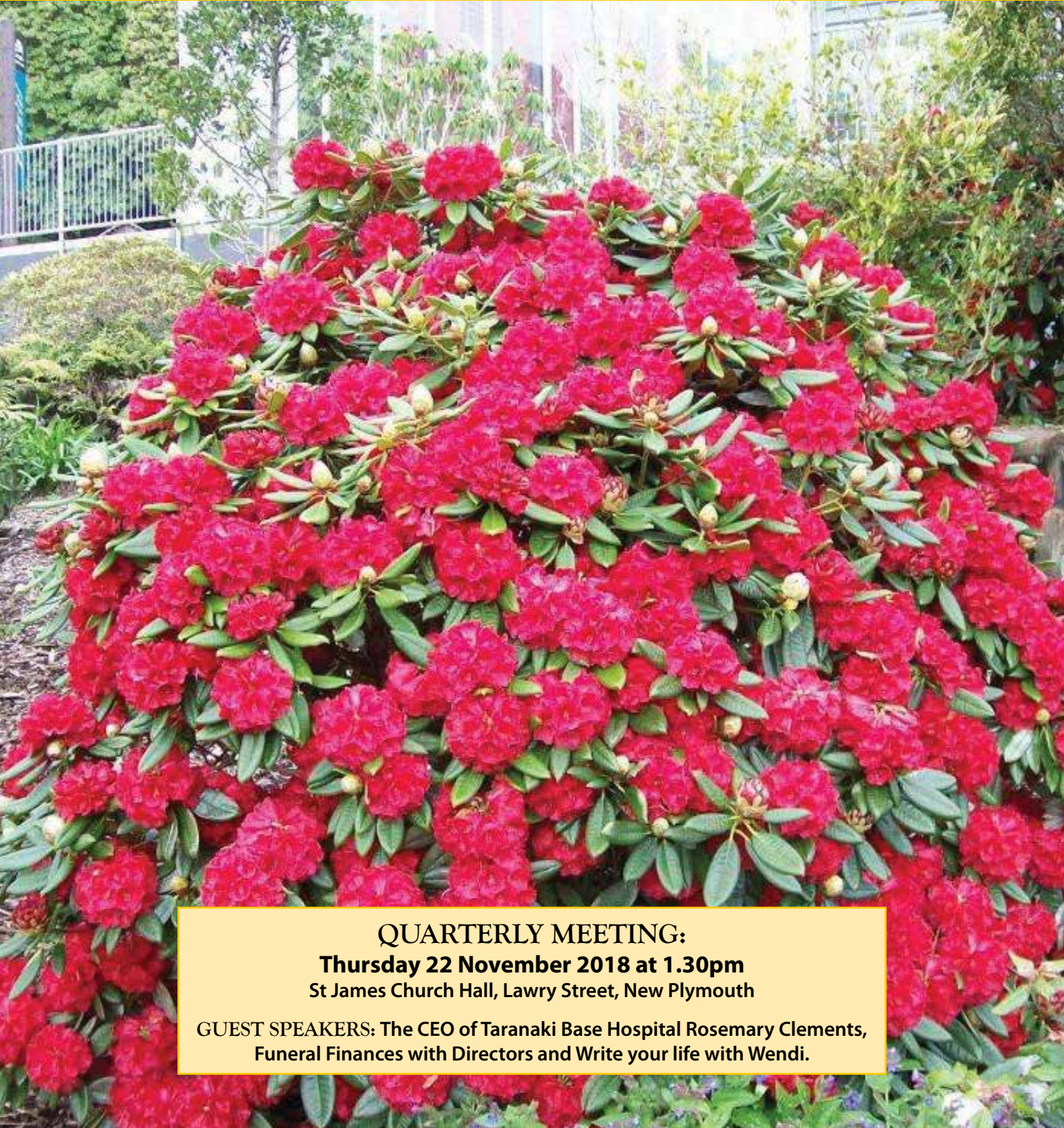


NEW PLYMOUTH
GREY POWER
50+ NEWSLETTER

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QUARTER FOUR 2018



QUARTERLY MEETING:

Thursday 22 November 2018 at 1.30pm
St James Church Hall, Lawry Street, New Plymouth

**GUEST SPEAKERS: The CEO of Taranaki Base Hospital Rosemary Clements,
Funeral Finances with Directors and Write your life with Wendi.**

GREY POWER NEW PLYMOUTH INC.

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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, Caroline Symmans

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, members and friends, there has been a lot to do and many hats to wear over the past 3 months, but the concern for many on the street is that the cost of living is sure to rise due to the rate of increasing fuel prices and the impact it has on goods that are transported into our region, as well as Ambulance, Driving Miss Daisy, Taxi's, Buses and the Carers who make visits to homes, are all affected. We don't know when it will stop, except to say perhaps some pressure of intervention by the Government to the fuel companies, may stall further price increases. Anybody on a fixed income and without any other means of personal financial support, can get help and support from WINZ and superannuants can contact the Senior Services; please don't be complacent or shy, ask for help before it becomes too much to handle, we know some people will struggle so, be kind to one another.

We are fortunate to have Rosemary Clement, Chief Executive Officer of the Taranaki District Health Board as our keynote speaker at the November quarterly meeting, because when it comes to getting an update on what is happening with the operational activities of the TDHB, then Rosemary is the best. We also have brief presentations from two funeral planners speaking briefly about financing a funeral, and a brief presentation about how to write your life (autobiography). These fantastic and very interesting guest speakers make this meeting, a must to attend.

Our Grey Power committee has an ongoing plan to raise the profile of Grey Power in New Plymouth, by holding events where we can fly the flag, promote what we are about, hand out flyers and give out membership application forms. There is a car-boot sale and car fair on every 2nd Sunday of the Month in Spotswood, over summer, and we will have a stand in the Huatoki Plaza, on some occasions, so come along and support your committee when you can.

I look forward to catching up with you all at the November meeting.

Chris Manukonga (President)

5 things you need to know about writing your Life Story

Written by Wendi Langman – Write Your Life



Are you guilty of procrastination when it comes to writing your life story or memoirs? We all know that this is something we should do; the numerous benefits gained from both writing and reading memoirs are well documented. Here are some tips to help you take the first step in this rewarding journey:

1. Writing your story is not a chore

Writing your story is not about you sitting on your own at a desk with pen and paper for hours on end. There are many options for how to record your wonderful memories - often this includes reconnecting and reminiscing with loved ones, while creating new memories along the way.

2. Your story does not have to be War & Peace

Your story does not have to be a full autobiography or cover every detail of every part of your life. It is your story, and up to you to choose which memories you wish to revisit and record. Even a memoir of a single event in your life will be cherished by your family.

3. Your story is fascinating

What may seem like insignificant details of your daily life to you will make for delightful reading to future generations. Never underestimate the importance of your own unique experiences.

4. The best time to start is yesterday

Your memory will never be clearer, and you will

never be less busy. Make writing your story a priority; include it in your daily routine, even just for ten minutes. You will be amazed at how quickly you will build a body of work.

5. Technology is your friend

While we all have struggles adapting to new technology, it is worthwhile getting familiar with some of the very helpful services that technology can provide, like video calling to easily stay in touch with out-of-town family, or online book writing templates which you complete by simply answering questions.

Want to find out more? Wendi from Write Your Life will be speaking at the New Plymouth Grey Power meeting on 22 November 2018 at St James Church Hall and would love to see you there!

Grandparents raising Grandchildren

This is a support group for Grandparent/s raising their Grandchild/ren of all ages and Kin Carer's are welcome. A place to enjoy morning tea with other Grandparents and share experiences with each other.

This group is held on the last Wednesday of every month, 9.30am - 11.30am at Knox Fitzroy Presbyterian Church, 524 Devon Street East, Fitzroy, New Plymouth (in the small lounge). There is ample off-street parking with disability access.

For more information please contact Lorraine on (06) 927 4494 or 027 520 1144.

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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.



On 30 August we had a beautifully fine day for our Opunake trip. Morning tea was at the Stony River Hotel, with great hospitality from Renate and Heimo, followed by an interesting visit to the Egmont Sea Rescue centre and lighthouse at Cape Egmont. The lighthouse also has museum information on Ernest Rutherford (his having been a coastal Taranaki boy).

A dinner/lunch was enjoyed at the Club Hotel in Opunake, before 'going back in time' to watch the

WWII movie "Appointment with Venus" at Everybody's Theatre - a war-time black and white film about the British having to kidnap a special Guernsey cow from one of the German occupied Chanel Islands. Great memories of David Niven, Kenneth Moore and Glenis Johns as young actors and actress.

Our return home via Wiremu Road provided a pleasant change of scenery.

Our Travel Club pre-Christmas lunch is set for 23 November 2018.

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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

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Taranaki's hearing, caring specialists

With over 20 years of experience working in the Taranaki region, we know and value our customers and community. Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. We're the only 100% Taranaki owned and operated independent audiology practice in the region with the largest supply of hearing products available. This means we are able to tailor a hearing solution to suit you.

Our staff and experts are passionate about healthy hearing, providing our customers with the most recent technology based on the latest research. The team is dedicated to providing excellent customer service, ensuring that all of our clients are given the utmost care and respect. Most of all, we're

dedicated to helping you achieve healthy hearing, so you can enjoy everything life has to offer.

In New Zealand, we are fortunate to have access to a wide range of funding avenues to assist with the purchase of hearing solutions. We can work with you to determine the best method of funding. Whether you want a simple product to help you be more present in conversations with family and friends, or the latest gadget to connect to your smart phone we have all bases covered. With longer appointment times, we really take the time to listen.

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Editorial supplied by Central Audiology Taranaki

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New location in New Plymouth from mid November will be 20 Robe Street (next to the Police Station), New Plymouth

Adele Senior Living

Mission Rest Home ceased operating in June. The facility is now known as Adele Senior Living. It has been transformed into affordable rental accommodation for independent seniors. It is awaiting Charitable status.

It is situated at 10 Pukaka St, Fitzroy alongside Sacred Heart College. The Sisters of the Mission who own the building wish to see it utilized for the good of the New Plymouth community.

There is a gap in accommodation options for seniors who for whatever reason can no longer live in their own home or with family.

It is an alternative for those who cannot afford entry into a retirement village or the retirement village lifestyle does not appeal.

The rental market is becoming increasingly difficult and the seniors in rental accommodation are particularly vulnerable.

Loneliness is one of the greatest challenges we face as we age. To those who do not qualify for rest home entry this could be an option.

There is a range of accommodation available with weekly payments starting at \$390.81. Double rooms are available for couples.

Rental includes power and heating, delicious home cooked meals, weekly room cleaning with linen service, access to a landline and Wi-Fi in a small lounge. Personal Sky TV, telephone and Wi-Fi can be installed at individual's expense. Safety and security with a staff member on site 24hrs/day along with fire alarms and sprinklers. A range of shared spaces - lounges, dining, craft and library rooms, Chapel, sitting areas inside and out and laundry facilities.

Most importantly Adele Senior Living offers the opportunity to be part of a vibrant community with companionship and a sense of belonging.

Enquiries welcome. Please phone Judith, Manager (06) 757 5520.

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 _____

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Chalmers Home has spark

An elder-centred community

Chalmers Home is more than just a rest home. As well as providing daily living support we take every opportunity to bring companionship, fun and meaningful activity into the lives of elders.

The social life

At Chalmers Home the busy social calendar and stimulating recreation programme certainly make for a vibrant and engaging atmosphere.

Family and friends

Chalmers Home is like one big family. Residents are encouraged to invite their loved ones to visit at any time; there's no set visiting hours.

Pets welcome

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