

WHANGAREI

# GREY POWER

50+ NEWSLETTER

[www.greypowerwhangarei.org](http://www.greypowerwhangarei.org)

QUARTERTWO 2018





## GREY POWER WHANGAREI INC.

PO Box 964, Whangarei 0140

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George Snell (09) 437 5550

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Lynette Fox (09) 436 1822

[www.greypowerwhangarei.org](http://www.greypowerwhangarei.org)



## COMMITTEE 2017 - 2018:

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### MEMBERSHIP SECRETARY: Lynette Fox

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### COMMITTEE MEMBERS:

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Please refer to our website for disclaimer.

### COVER PICTURE: Whangarei Falls

## Home-based Support Services

Many of the elderly people we talk to are capable of staying in their own homes - all they need is a bit of extra help. We offer local, trustworthy and caring home-based care in Northland.

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Email: [support@aidehbss.co.nz](mailto:support@aidehbss.co.nz)

[www.aidehbss.co.nz](http://www.aidehbss.co.nz)

## Presidents Word



Greetings to all of you.

Do hope you get a pleasant surprise when you open up our new style newsletter - Lynette Fox our Editor-in-Charge, with the help of George Snell our Vice President, have liaised with Pukeko Print and Design and have brought to fruition this publication. I personally think it is a great little magazine.

Our Grey Power Committee have had a great loss with the sudden passing of Gordon Bibb. He was a true Grey Power supporter and we had only just honoured him with a well deserved Life Membership at our last Quarterly Meeting.

His journey started with Kaitaia some years ago. He held positions of responsibility both at Association and Zone Level. His knowledge will be sorely missed by the Committee. To his wife Natalie and his family, our sympathy and thoughts go out to you.

Lynette and I attended the Grey Power Annual General Meeting and Conference in Blenheim in April. It was a very enlightening experience for us both. We will give a talk about the new plans for our members, the ideas from the floor and information that we feel will be of interest to you.

Later in this newsletter you will see a nomination form for appointment of Officers and Committee Members to be held at our Annual General Meeting on Tuesday 19th June 2018. Now is your chance to nominate anyone you may think would be suitable to come and join your Committee.

Nominations will be taken from the floor on the day. Nominees could be asked to provide a short Resume.

Take Care,

*Jan Kini* (President)

## Membership Renewal

A very big thank you to all those who have renewed their membership. Renewals have been flowing in thick and fast and it is great. Also a big thank you to those who have given a donation with their membership renewal, this is very much appreciated. Yet another thank you to those who sent a return stamped addressed envelope.

There are still about 200 members who have not yet renewed so attention to this would be appreciated.

Some of you may have paid on line and not received your new membership card. This is probably because you have not returned your Membership Subscription form. Give me a ring if this is you and I will get your details over the phone and issue your card.

Membership can be renewed by paying on line to Kiwi Bank Whangarei, account number 38-9016-0307796-00, by mailing a cheque to PO Box 964, Whangarei 0140, or by paying your subscription into Kiwi Bank in person. Don't forget to give your name when paying on line or at Kiwi Bank. There are a couple of folk who have paid this way and not given any form of identification, so if you have paid but not yet received your new membership card please get in touch with me.

Remember if paying on line or in person at Kiwi Bank your membership form is still required for administration purposes.

On the Membership Subscription form you were asked if you would like to be known by your christian name or initials. A few of you put initials last year and christian names this year, or vice versa. The Membership Card labels are printed at the end of the last Financial Year so whatever you had chosen to put on last year's renewal form is what was printed on your card. If you are not comfortable with this please let me know and I will re-issue your card.

*Lynette Fox* (Membership Secretary)

Phone: (09) 4361822

Email: [lynfrankiefox@gmail.com](mailto:lynfrankiefox@gmail.com)

Logic will get you from A to B.  
Imagination will take you everywhere.

## Yellow Slip Survey

A very big thank you to all those who returned this survey that was sent out with the March newsletter. A large number of you responded, making this a very successful exercise, and this was very much appreciated.

The results at the time of this article going to print were:

Medicinal Cannabis	For 281	Against 40
Fluoride in water	For 121	Against 197

From the many remarks on the survey forms we gather that a large percentage want Medicinal Cannabis, but only with doctor's prescription.

The fluoride voting was intriguing, even though both these questions were voted on and passed at a Membership Meeting, these results are interesting and will assist with lobbying the District Health Board and Members of Parliament.

## Your New Look Newsletter

Let us know what you think of the New Look Newsletter by placing your feedback on our Facebook page or by emailing or phoning me.

Email: [lynfrankiefox@gmail.com](mailto:lynfrankiefox@gmail.com)

Phone: (09) 436 1822

*Lynette Fox* (Newsletter Editor)



For more information about funeral planning and prepayment options please contact us

A. 199 Kamo Rd, Whau Valley, Whangarei  
P. (09) 437 5799 E. [office@morrisandmorris.co.nz](mailto:office@morrisandmorris.co.nz)

[www.morrisandmorris.co.nz](http://www.morrisandmorris.co.nz)



## Rates Rebate

The Rates Rebate provided by the Department of Internal Affairs and administered by your local Council applies from 1st July 2018 for the new rating year.

If you received a rebate in the last rating year you will automatically be sent an appointment for this year. If you have never received a Rebate before but think you may qualify do not hesitate to contact the Council and they will assess you for this. If your income is a little over the standard amount for a rebate you may still qualify for a partial rebate.

To find out more phone the Whangarei District Council on (09) 4304 200 or 0800 932 463.



## OUR THANKS TO:

### AMERICAN INCOME LIFE Insurance Company

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### LJ Hooker Real Estate Agents Whangarei



Visit the Kamo Club website and keep up to date with what's happening at the club - latest entertainment, events, sports and activities.  
[www.kamoclub.co.nz](http://www.kamoclub.co.nz)  
Ph: (09) 435 1765

## Total Mobility

Total Mobility is a nationwide scheme that provides a transport subsidy to help people with disabilities stay connected within their community.

If you no longer drive a motor vehicle and have a disability that prevents you from using public transport, you may be eligible for a 50% subsidy (up to a maximum of \$25 per trip) on eligible door-to-door transport to help you get around.

To confirm your eligibility you will need to contact a Total Mobility Agent and undergo an assessment to ensure you meet the requirements. There may be a charge for this.

To enquire further about this contact:  
**Age Concern**, 16 Manse Street, Whangarei  
Phone: (09) 4388 043 | Contact person - Betty Smith

**NorthAble**, 40 John Street, Whangarei  
Phone: (09) 4300 988  
Contact person - Dianne Sullivan

**CCS Disability Action**, 291 Kamo Road, Whangarei  
Phone: (09) 4371 899  
Contact person - Michelle Devine

## Flu Vaccination

This vaccination is available each year free of charge for those 65 years of age and over, or those with a specified medical condition. It takes up to 2 weeks for the flu vaccine to provide protection. Contact your local GP or Medical Centre to make arrangements to have one if you so wish.



## Shingles Vaccination

THIS IS NOW AVAILABLE FREE FOR THOSE 65 TO 80 YEARS OF AGE.

You can only get shingles if you've had chickenpox in the past (usually as a child). While anyone, who has recovered from chickenpox may develop shingles, the risk of shingles increases as you get older. Contact your local GP or Medical Centre if you wish to take advantage of this offer.

## A Message from the Ministry of Social Development

They wish to advise that they have launched a Safe to Talk helpline. This provides free confidential information and support to people affected by sexual harm. It is staffed by specialists trained in this field. People will be able to access information, crisis counselling and support and/or given advice about their local service providers.

They can be contacted free, 24 hours a day, 7 days a week by phone, text, website, on-line chat or email.

Freephone: 0800 044 334 Text: 4334  
Website/on line chat: [www.safetotalk.nz](http://www.safetotalk.nz)  
Email: [support@safetotalk.nz](mailto:support@safetotalk.nz)

This service is available to all age groups.

## Kiwi Bank

There has been a lot of controversy regarding information released about changes in charges to Kiwi Bank customers. The following account holders are not affected at all by these changes.

- People 65 years of age and over
- Non Profit Organisations
- Home Loan Customers
- Graduate Pack Customers
- Tertiary Pack Customers
- People under the age of 19 years



## Life Membership

Your local Association appointed two Life Members recently - Gordon Bibb and Jack Kerr. They have both done sterling work for Grey Power over many years.

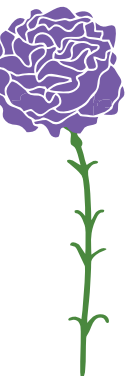
Gordon joined Grey Power in Kaitia in the 1980s, where he served as President and undertook many other tasks for Grey Power in that area. He moved to Whangarei some years later and was quickly scooped up by the Whangarei Association to serve on their Committee. He also served as Zone Director for some time, attending to matters at Northland level.

Jack Kerr joined Grey Power in 1995 taking on many roles over his time with the Association. He served as Secretary, Treasurer and Director for Zone 1. He also served on the Federation Board for a number of years, taking on many portfolios. Jack was always there to lend a helping hand.

Both these men have given admirable service to Grey Power over the years and your Committee was delighted to award these two members Life Membership.

## Obituary - Gordon Bibb

Gordon passed away peacefully at his home in Whangarei on Saturday 7th April 2018. He was a well known identity with many Grey Power Members and had only recently become a Life Member (see previous article). Gordon was a current member on our Committee until his passing. He was always willing to help with any matters put his way and was very knowledgeable on all matters relating to Grey Power.



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# National Annual General Meeting and Conference

Jan Kini and myself recently attended this Conference in Blenheim and we learned a lot of what is going on at Board level and also did some valuable networking. We will be giving a presentation of this Conference at the Annual General Meeting on Tuesday 19th June.

Tracey Martin, the Minister for Seniors, gave an interesting address at the Conference. She spoke about the need to develop a new positive ageing strategy which she feels needs to cover work, play, volunteering, housing, health, transport and all facets of the lives of senior citizens. We will elaborate on her address at the A.G.M.

Notes were also presented from Tracey Berry, Group Sales and Services, Kiwi Bank. We will touch briefly on these as well in our presentation.

**WHANGAREI  
GREY POWER ASSN AGM**

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**Date:** Tuesday 19th June 2018  
**Time:** 1.30pm  
**Venue:** Kamo Club, Meldrum Street, Kamo, Whangarei

Address to be given by Jan Kini and Lynette Fox on their attendance at the Federation Conference.  
**Raffle Table**  
*Afternoon tea will be provided after the meeting.*

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## Future Committee Meetings

- Monday 11th June 2018**
- Monday 9th July 2018**
- Monday 13th August 2018**

All members can attend these meetings, but as observers only. Come along, you might even decide to join the Committee. We are looking for new members to join our happy group. Come along and make new friends. We are looking for active members who can bring with them new skills and a willingness to promote Grey Power.

## Manage My Health

Managemyhealth.co.nz is a new on-line service that gives you freedom to manage your health needs on line. It allows you to access your medical records and view medical conditions, lab results, immunisation records, allergies, prescriptions and share health information with other health providers. It also provides on-line tools to improve your health and track your progress.



To link in to Manage My Health ask the Receptionist at your Medical Centre. The registration process is quick and easy.

Manage My Health is hosted in a secure environment, similar to internet banking, and ensures your information is completely secure.

## Home Handy Work


Jacquelyn, phone (09) 434 6153 / 021 933 336, can help with day care or care for the elderly in their house.

- We are looking for the following folk to join our list:
- Lawn mowing and gardening
  - House sitting
  - Feeding animals / walking animals

## Nomination of Officers

This will be taking place at the Annual General Meeting. All current Committee Members will be standing again. Jan Kini, our President, will be standing down as President but still wishes to remain on the Committee.

If you wish to nominate someone to be on the Committee or for an executive role, you will need to complete the form below. The person nominated must be a current financial member of the Whangarei Association, as does the Proposer and Seconder who must sign the form, along with the person nominated.

**Nomination for Officers and Committee Members** 

Please tick which position on the Committee your nomination is for:

**President**    **Vice President**    **Secretary**    **Treasurer**    **Membership Secretary**

**Committee Member**

Name of Nominated Person: .....

Signature of Nominated Person:.....

Name of Proposer: .....

Signature of Proposer:.....

Name of Seconder: .....

Signature of Seconder:.....

## Welcome to New Committee Member

We welcome Irene Bamber back into the fold. She has previously been a Committee Member and had to resign due to health issues, but is now able to come back and join us.

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# Anglican Care Trust

This organisation is running a meeting on Tuesday 5th June 2018 at 12noon at their premises on the corner of Mill Road and Deveron Street, Regent, Whangarei.

Kaz from NorthAble will demonstrate helpful aids for elderly/disable people. Light lunch provided. Donation appreciated.  
To register phone 0800 4376 397.

## Safety Tips from the Fire Service

- This is a good time of the year to have your chimney swept - chimney fires are a common cause of house fires in the winter.
- When cleaning out the fireplace, ashes from fires may look fine to throw out but they can start a fire up to five days later. Ensure you place all ashes into a metal container.
- Keep everything a metre from your heater - this includes furniture, curtains, clothes and children.



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## Visualeyez Boutique Optometrists

According to the World Health Organisation, 75% of blindness is preventable.

After the age of forty, you should have a comprehensive eye test performed every two years. Give yourself peace of mind, by having your precious sight monitored, even if you only use reading glasses, or your existing spectacles are still performing well.

Changes in your visual acuity can take place very slowly; your brain can adapt to these changes and may not even perceive the difference. Left uncorrected, this can lead to complications like dry, irritated, or tired eyes. Neck, back or shoulder pain and double or blurred vision.

If you have a family history of macular degeneration, glaucoma, other eye conditions, diabetes or high blood pressure: - then check-ups are vital!

Visualeyez Boutique Optometrists pride themselves on clinical excellence, contact them today to book a comprehensive eye examination; this will take almost one hour and cost just \$89. Call (09) 438 9984, or book directly on their website [www.visualeyez.co.nz](http://www.visualeyez.co.nz). They are on the corner of Bank & Cameron Streets, Whangarei.

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### Get in touch

PHONE 09 438 9984

ADDRESS Corner of Bank & Cameron Streets

EMAIL [info@visualeyez.co.nz](mailto:info@visualeyez.co.nz)

[www.visualeyez.co.nz](http://www.visualeyez.co.nz)

*Editorial supplied by Visualeyez Boutique Optometrists*