

WHANGAREI

# GREY POWER

50+ NEWSLETTER

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

QUARTER ONE 2019





## GREY POWER WHANGAREI INC.

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



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COVER PICTURE: Town Basin, Whangarei



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to follow us on Facebook.**

## Presidents Word



I trust you all had a pleasant Christmas and New Year, it seems so long ago now. My Christmas was spoiled due to health reasons. Thankfully I am coming right, but it is a slow process. Fortunately I am not required to play for the All Blacks.

We are still continuing to build an email system to enable those members with email addresses to be contacted regarding matters that arise from time to time from the Grey Power Federation or other avenues. These sometimes include just general advice and sometimes can involve completing a survey.

I hope as many as possible of you have been reading the "Announcements" information on our website, this contains interesting articles, for example, Spousal Deductions, the Governmental appointment of an Age Care Committee, and other informative articles from time to time.

The Annual General Meeting for the Federation is to be held in Wellington this year on 21st, 22nd and 23rd May. Your Committee is hoping to send one or two representatives to this Conference.

Hoping to see as many of you as possible at the Public Meeting on Tuesday 19th March.

I await with baited breath as to what 2019 will bring.

Having recently received the resignations of three Committee Members we are anxious to fill these positions. If you are able to play an active role on our Committee please do not hesitate to contact me. I would love to hear from you.

**Don't sit on the fence  
– Come join us  
and help keep the Power in  
Grey Power**

Take Care,

*George Snell* (President)

## Membership Matters

Yes, it is that time of the year again when membership subscriptions are due, officially 1st April. Please complete and return the enclosed blue Membership Subscription form as soon as possible with all your details filled out. You can either mail it to P O Box 964, Whangarei 0174 or scan and send it to [lynfrankiefox@gmail.com](mailto:lynfrankiefox@gmail.com)

It is important that you complete and return this as this helps us to keep our database up to date. You may phone me, if you so desire, and I will run through your last year's form to check that your details have not changed and then transfer the information on your behalf.

You can pay on line, by mailing a cheque, or by paying the money into our Kiwi Bank account. Details for these three methods of payment are on the blue form.

It is also important that prompt payment is made as some members were paying extremely late last year and this causes a lot of inconvenience for our book work. A reminder will be sent out with our June newsletter and those not financial by the end of July will be removed from our database without further notice.

**Please Note** – For those of you who have joined since 1st January this year onwards your membership is paid up until 31st March 2020 so you do not need to do anything. You will still receive a Membership Subscription form with this newsletter but that is only because when mailing out 600 plus newsletters it is not practical to sort out those very new members.

**HOME SUPPORT NORTH**  
Charitable Trust  
a non-profit community organisation  
**Quality Home Support Services in your area**

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**Whangarei Office: 09 430 2090**  
[www.homesupport.co.nz](http://www.homesupport.co.nz)

**Helping Northlanders since 1994**

## Public Meeting

for all members is to be held  
on Tuesday 19th March 2019  
starting at 1.30 pm  
at the Kamo Club, Meldrum Street,  
Kamo, Whangarei

Guest Speaker – Betty Smith,  
Age Concern, Whangarei

Refreshments served  
after the meeting

Raffle Table

## Name Cards

**Don't forget to bring or wear your  
membership card to all public meetings.  
This helps us to recognise you, and you  
us. Name card holders are available at all  
meetings at a cost of 50 cents and these  
will allow you to pin your card to your  
clothing for easy recognition.**

**Care  
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Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

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## Farewell to Committee Members

Patricia Bennett, Pam Blowers and Joan Smith have all recently resigned from the Committee for personal / health reasons. A big Thank You to Patricia, Pam and Joan for the work they undertook while on the Committee.

## Future Committee Meetings

The first Committee for 2019 was held on Monday 11th February.

The following are future Committee Meetings for the next quarter -

- Monday 11th March
- Monday 8th April
- Monday 13th May

All financial members of Grey Power are welcome to attend any of these meetings but as an observer only, with no speaking rights. Any new prospective members are also welcome to come along as observers only.

## Walking Through the Shadows

This is a four week small group course where you can process and understand the grief and loss you are facing. You are invited to participate as much or as little as you feel comfortable with.

Facilitators – Lyn Hutchinson and Suzanne Mackay

There will be an opportunity to explore the grief process and what that experience may look like for the individual and to form strategies to assist in managing with the inevitable changes that grief and loss brings.

Note – This group is not appropriate for those early in the grief process, i.e. if the loss has been within the last six months.

Where: Anglican Care Centre, 1 Mill Road, Regent, Whangarei

Dates: Every Monday from 20th May to 10th June inclusive

Time: 6.00 pm to 7.30 pm

To register: Phone (09) 4376 397

Cost: No charge

## Parking Exemption for those 70 Years and Over

If you are a permanent resident of Whangarei the Whangarei District Council can provide you with a permit to place on the windscreen of your vehicle. This will allow you to park free of charge in any Council car park in Whangarei for the maximum time indicated on the meter or car park.

These can be applied for directly at the reception desk of the Council in Forum North, you just need to take some form of identification to show your date of birth. Any enquiries phone Whangarei District Council (09) 4304 200 or 0800 932 463.

## Huffers'N'Puffers

The last newsletter for 2018 had an article on the Huffers'N'Puffers Exercise Group. It stated that these classes are held each Thursday from 2.00 pm to 3.00 pm. Please note that these classes are now held on a Tuesday at 10.30 am.



## Jane Mander Retirement Village

Jane Mander Retirement Village would like to invite you to come along to the Village on Wednesday 27th March at 2.00 pm to hear a short presentation about the Village, followed by a tour of the Village and beautiful gardens and then a delicious afternoon tea. It would be lovely to meet as many of you as could attend.

RSVP to Fiona  
phone (09) 4353 803  
by Monday 25th March.



# The Ryman Difference

Putting residents first! Our winning formula for over 30 years.



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### Care options that suit your needs

We provide independent living and assisted living in serviced apartments. Plus, resthome and hospital care, and in most villages, specialist dementia care.

For more information about the Ryman difference phone Fiona on 09 435 3803 or visit [www.rymanhealthcare.co.nz](http://www.rymanhealthcare.co.nz)



Where community shapes the heart of your retirement



# Citizen's Advice Bureau

Citizen's Advice Bureau has a proud history of serving the people of Whangarei for over 40 years.

The Bureau is on the ground floor of the Municipal Building at 71 Bank Street, Whangarei. For those of you who have been Whangarei-ites for many many years (like me), this building was originally the old Whangarei Town Hall.

It is staffed by trained, helpful and highly motivated volunteers and is open from 9.00 am to 4.30 pm Monday to Friday. The information provided is free and current and the service independent and confidential.

Last year Whangarei Citizen's Advice Bureau fielded some 10,000 plus enquiries including matters like relationship issues, health and welfare, employment, consumer rights, human rights, insurance and banking problems, parenting orders, debt, government department disputes, housing, contacts for clubs, social groups and leisure activities.

A free legal advice clinic is run every second Tuesday evening, with a roster of local lawyers. Bureau advocates can also help those with more complex consumer, vehicle or beneficiary disputes.

New migrants are most welcome and assistance can be offered with immigration advice clinics and workshops on various topics.

If you feel frustrated by a situation or think you may have been sold a dud and are not sure what to do next, ask Citizen's Advice Bureau.

**Call on freephone  
0800 367 438 or  
09 4388 046**

or come in to sort out face to face any issues you may be struggling with, there will always be a friendly person to talk to, with relevant options to consider.

You can also ask questions by email at [cab.whngr@extra.co.nz](mailto:cab.whngr@extra.co.nz) or access real time interviewers at [cab.org.nz](http://cab.org.nz)

# Christmas Luncheon 2018

After feedback from some members and a review, the Committee has listened to what some of you have said and will be taking this into consideration for future improvements.

Despite the disappointments with the food, the afternoon went well, with students taking their jobs seriously as they waited on us, music playing in the background and Robyn stepping up to the microphone to sing beautifully to round the day off. It is always a great opportunity to get everyone together in a social setting.

Thank you everyone for topping up our wonderful raffle bags that were filled with some fabulous goodies, as I am sure the winners would agree.

## OUR THANKS TO OUR SPONSORS

**American Income Life Insurance Company**  
**EVES - Wendy Powell**  
**Kamo Club**  
**Morris & Morris Funerals**  
**Carters Tyre Service**

### DISCOUNT: Regent New World Supermarket

This supermarket offers a 5% discount every Tuesday to all Gold Card Holders who make a purchase of \$40 or more at one time.

*Note: You will be asked to present your Gold Card at the time of purchase.*

## PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.

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

# Forget-Me-Not Adult Day Centre

This Centre is a day care service and is available to adults of all ages, including those who are young with disabilities, the elderly and frail, those with memory loss, head injuries and / or other disabilities. It provides quality day care that enhances the welfare not only of the clients but also of the carers and families who look after their loved ones at home on a 24 hour a day basis. The Centre has capacity for 40 client visits per day.

The programme at the Centre is structured with a variety of activities that provide motivation, diversional therapy and holistic exercise and fun.

A cooked lunch is provided daily for all who attend. This service is fully subsidised by the Trust and a "take home" meals service is available for clients who require an evening meal. Frozen meals are also provided to those in need in the community. These delicious meals are not restricted to clients only, but are available for any of the elderly and disabled people in the local community who can no longer cook roast meals themselves at home. Phone 09 4371 144 to order meals or discuss availability. Donations can be cash, internet banking or by cheque.

For further information the Centre can be contacted as follows:

- Email – [forgetme-not@forgetmenot.org.nz](mailto:forgetme-not@forgetmenot.org.nz)
- [www.adultdaycentre.co.nz](http://www.adultdaycentre.co.nz)
- [www.facebook.com/forget-me-not-whangarei](https://www.facebook.com/forget-me-not-whangarei)
- Phone (09) 4371 144

*When life gives you a hundred reasons to cry  
Forget-Me-Not gives you a thousand reasons to smile*



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**FREE**  
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AGE19

# Renewal of Drivers' Licences for Seniors

Drivers must renew their driver's licence at age 75, 80 and every two years after that. You must renew your driver's licence on or before its expiry date if you wish to continue driving, but you cannot renew it more than six months in advance.

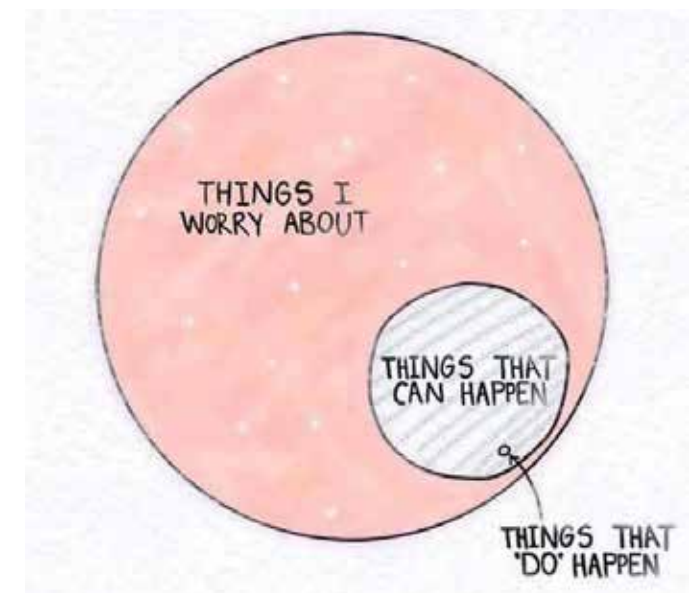
To apply to renew your driver's licence you must visit a driver licensing agent in person. The two available organisations in Whangarei are the Automobile Association, 17 James Street, Whangarei and VTNZ, 119 Port Road, Whangarei.

You need to take with you:

- A current medical certificate issued by your doctor within the last 60 days
- Your current photo driver licence
- A cheque, cash or EFTPOS card for payment

Once your application is complete, you will receive a temporary licence which is valid for 21 days. Keep this with you whenever you are driving until your new licence arrives in the mail.

Your doctor may state that you are medically fit to drive, that you are medically fit to drive with conditions - for example correcting lenses required, time of day restriction or distance restriction, or in fact that you may require an on-road safety test.



*There's no doubt that older people are vulnerable to loneliness and social isolation – research shows that very clearly.*

Their vulnerabilities arise from the loss of a spouse, loss of mobility, loss of income, the children have moved away, or perhaps they're all by themselves in a big house and everyone else in the street's out at work.

This is important, not just because loneliness is painful, but because having inadequate social relationships has been shown to be as bad for health as smoking. British research suggests that lonely people are more vulnerable to chronic diseases, eat less well and give up on themselves, are more likely to be smokers, overweight or underweight though poor diets, drink heavily and are less likely to engage in physical activity.

Breaking the cycle of loneliness takes conscious effort. Break the cycle by making a plan – talk to your local barista or call someone rather than sending a text. Volunteering and hobbies are almost certain ways to make new friends. Pets offer a good antidote – it's important to think beyond oneself.

The vulnerabilities above often trigger a move to a village. It's a great opportunity to make new friends in a community of like-minded people. Villages often have a vast array of new activities, events and entertainment designed to pique residents' interests and encourage involvement.

From time to time we survey our residents to see how we're going in meeting their needs and expectations. The last survey asked 1,300 randomly-chosen residents about their life in the village.

66% reported a greater sense of security and confidence, one third said they enjoy better physical health, and a satisfactory 67% said their social life had improved. So we can tick all those boxes!

*editorial supplied by Retirement Villages Association*



## Friendly, local personal transport

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Call Freedom Drivers for medical, business and personal appointments or assistance with shopping. How about a drive with a stop for morning or afternoon tea for yourself and a couple of friends?

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