

**NEW PLYMOUTH**  
**GREY POWER**  
**50+ NEWSLETTER**

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

QUARTER THREE 2019



**The Meeting  
of the Waters**

**QUARTERLY MEETING:**

**Thursday 29 August 2019 at 1.30pm**

St James Church, Lawry Street, Moturoa, New Plymouth

**GUEST SPEAKERS:**

New Plymouth Fire Department | Grey Power New Plymouth Travel Club Consultation

**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 2018 - 2019:**

**PRESIDENT:** Chris Manukonga 758 0449

**VICE PRESIDENT:** Agnes Lehrke 769 9630

**SECRETARY:** Suzanne May-Gurnick

**TREASURER:** Val Armstrong

**COMMITTEE:** Mary Perrott, Wally Garrett,  
 Caroline Symmans, Louis Carter, Isobel Carter,  
 Alison Brown

**TECHNOLOGY:** Bruce Carter

**OFFICE MANAGER:** Agnes Lehrke 769 9630

**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.

**This publication is designed and printed by  
 Kiwi Publications Limited.**

For advertising phone Dave on 027 652 5220  
 or email: dave@kiwipublications.nz

**www.kiwipublications.co.nz**

*Please refer to our website for disclaimer.*



**Presidents Word**



Naumai haere mai, welcome, and a timely reminder to members that the deadline for renewing of member subscriptions was 31 May 2019 which has long past, but we have 484 members who are yet to renew. Being a member rewards us with outstanding benefits, and our request is that you check your membership card and if the Expiry Date says 30 April 2019 then contact the Grey Power office and renew immediately to save our volunteer staff from the extra work-load of chasing them up.

Our guest speaker for the August quarterly meeting is from the NZ Fire Service who will be speaking about fire safety, and smoke alarms, then that will be followed by a consultation forum to reform the Travel Club, and we invite members to come along and give constructive feedback to that. You will notice that we are starting the consultation process with the member survey located in this newsletter.

Finally, the Candidates for Council Forum, will be a joint hosting opportunity with Positive Ageing, in September.

Ka pai

*Chris Manukonga (President)*

**September Forum**

**Meet the new  
 Candidates  
 for the NPDC Election**

**Thursday 19 September  
 at St. James Church  
 Lawry St. Moturoa  
 at 1.30p.m**

**All welcome to hear the candidates  
 and ask questions**

**GREY POWER NEW PLYMOUTH & POSITIVE AGEING NEW PLYMOUTH**

**Extend a warm invitation to you...**

**'Meet the Candidates'  
 opportunity**

**Thursday, 19th September, 2019  
 1.30pm – 3.30pm**

At St James Church, Lawry Street, New Plymouth.  
*(Please do not park in the Supermarket car park)*

**The 5 Mayoralty Candidates  
 and the 25 Candidates  
 for the City Ward will each  
 have 3 minutes to convince  
 you to vote for them.**

We are hopeful that we will have time for general questions at the end of their presentations. This is a free public forum provided by Grey Power New Plymouth and Positive Ageing New Plymouth.

Grey Power New Plymouth and New Plymouth Positive Ageing both want this event to be informative, entertaining and enjoyable for you – and the candidates.

There is no need to register coffee and tea available from 9.30am We do advise however, that you be early to be assured of a seat.

www.positiveageingtrust.org.nz  
 Or Email. greypowernp@gmail.com  
 06 - 757-5885  
 www.greypower.org.nz

**AA Senior Driver  
 Keep your freedom and  
 independence**

AA Members  
 aged at  
 least 74  
 are eligible



**Book a FREE in-car  
 coaching session**

AA Motoring Driving School

New Zealanders love to drive. Cars are our main form of transport. For those who have had their driver licence for many years things have changed dramatically in the road safety landscape. The roads are busier and more complex and vehicles are quite different now.

The AA wants to keep senior drivers safe, confident and independently mobile for as long as possible, so we're offering a FREE, 1 hour coaching session to AA Members aged 74 plus.

This is a relaxed session with a friendly AA Driving Instructor in your own vehicle.

**FREE  
 coaching  
 session**

**To book now:**  
 Call 0800 223 748 or  
 Visit [aa.co.nz/senior-driver](http://aa.co.nz/senior-driver)

*Conditions apply, see website for details*

**The coaching session covers:**

- Vehicle Check
- Cockpit drill
- Friendly and relaxed check of your driving style
- Communicating and signalling
- Car Control
- Hazard identification
- Tips, hints and feedback



The AA Senior Driver coaching session is a great way of checking up on your safe driving skills and road rule knowledge. In the event that your doctor requires you to complete an official on-road safety test the AA can help you with this.

# GREY POWER TRAVEL CLUB SURVEY

Grey Power New Plymouth is undertaking this survey to obtain an understanding of the Travel Club members' wishes. This is in regards to the types and frequencies of the trips to be offered in the future.

Please tick your answer in the appropriate box at the end of each question.

1. I would prefer day trips
2. I would prefer overnight trips
3. I would prefer 1-2 night overnight trips
4. I would prefer 1-5 night overnight trips
5. I would prefer longer trips
6. I would like one trip per year.
7. I would like more than one trip   
per year (please insert number) \_\_\_\_\_
8. My main interests when on a trip are:  
Arts, Gardens, Museums, Places of interest  
other (Please circle)
9. Is cost a factor when deciding on a trip?  
Yes  No
10. Would you prefer that the trips are for  
Travel Club members exclusively?  
Yes  No

We welcome any positive constructive feedback comments below.

---



---



---



---



---

Please complete and return to:  
Grey Power New Plymouth Assn office:  
21/117 Powderham Street, New Plymouth

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



From the comments made by Travel Club members who enjoyed the 2 May bus journey to Whanganui, it was a successful trip and worth repeating. There is every reason to do so later this year, either October or November, with the good intention of including Travel Club members who may not have been able to travel previously. Please indicate your interest by telephone or email to the Grey Power New Plymouth office (contact details inside front page of newsletter). Committee member Mary Perrott will contact you back.

Sincere Thanks go to the former sub-committee members of the Grey Power New Plymouth Travel Club for keeping the travel events to a high standard. The Grey Power committee members elected at the AGM on 30 May are quickly developing guidelines for a restored Travel Club with an important objective to ensure equal opportunity to go on Grey Power trips.

Your feedback to the Travel Club Survey questions left are welcome. All intending Travel Club members wanting to be part of the Grey Power Travel Club can also have their say at the August quarterly meeting. Grey Power belongs to all members and it is stronger when we team-work towards mutual goals.



## The Ryman Difference

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



### Fair terms

The weekly fee is fixed for the entire time you occupy your townhouse or apartment, guaranteed.\*

There are no hidden costs such as waitlist fees, surprise move-in costs or administration fees. And you will benefit from one of the lowest deferred management fees in the retirement sector, capped at 20 percent.



### Resident-focused innovation

Ryman Delicious menus offer choice and freshness, our myRyman electronic care programme enables individualised care at the touch of a button, and emergency power generators in every Ryman village centre keep residents safe and warm even if the lights go out.



### Care options that suit your needs

We're dedicated to caring for you now and into your future.

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

For more information about the Ryman difference phone Michelle on 06 751 4504 or visit [www.rymanhealthcare.co.nz](http://www.rymanhealthcare.co.nz)



# FUNDRAISING IDEAS

## SUPPORT

Please let the Grey Power New Plymouth office know of any fundraising ideas you may have.

All suggestions appreciated.

love your hearing

## Hear, every time New Plymouth

Your local hearing expert, Lisa Keen, is here to keep you connected. Be sure you're part of the conversation, **every time**.

Free Checks  
18 years & older



Now affiliated with Southern Cross Insurance



Call: 0800 555 676  
280 Devon St West, New Plymouth  
Doctor of Audiology, MNZAS

LISA KEEN  
audiology  
100% privately owned and operated

## How to Know You are Getting Older

- The gleam in your eye is the sun hitting your glasses
- You feel like the night before and you haven't been anywhere.
- You know all the answers but no-one asks you the questions.
- You look forward to a dull evening.
- You need glasses to find your glasses.
- You turn out the lights for economic, rather than romantic reasons.
- You sit in a rocking chair and can't get it going.
- Your knees buckle but your belt won't.
- Your back goes out more than you do.
- You have too much room in the house, but not enough in the medicine cupboard.
- You sink your teeth into a steak, and they stay there.
- You wonder why more people don't use this size print.
- When you lean over to pick something up off the floor, you ask yourself if there is anything else you need to do while you are down there.
- You find yourself in the middle of the stairway, and you can't remember if you were downstairs going up or upstairs going down.
- When you use valet parking to avoid losing your car



## Kitchen CORNER



### Pumpkin and Carrot Soup

Lovely soup – you can freeze the leftovers, then all you need to do is pour it into a pan to reheat for next time.



#### Ingredients 4-6 Serves

- 1 Pumpkin, peeled and seeded
- 2T Corriander seeds
- 1t Ground cinnamon
- 2 Dried red chillies (optional)
- 2t Olive oil
- Salt and pepper to season
- 1 bunch fresh sage leaves, or 1t dried sage (optional)
- 1 Onion, peeled and finely chopped
- 1 Carrot, sliced
- 1 stick Celery, chopped
- 1.4 litres Vegetable stock (use liquid stock or follow instructions on packet of vegetable stock powder)
- 4T Sour Cream

#### Method

1. Preheat the oven to 200°C.
2. Cut pumpkin into even-sized chunks and transfer to a roasting tray.
3. Chop and mix the coriander seeds, cinnamon, and dried chillies until nice and fine, then sprinkle over the pumpkin.
4. Drizzle with a little olive oil, season with salt and pepper, then roast in the preheated oven for about 40 minutes until nice and soft.
5. Before the pumpkin is ready, gently cook the onions, carrots, and celery with a little olive oil in a large pan for 10 to 15 minutes.
6. Add the roasted pumpkin to the pan and pour in the vegetable stock.
7. Bring everything to the boil then turn off the heat.
8. Purée the soup using a stick blender or bench top blender.
9. Fry the sage leaves in a little olive oil for 2 minutes until crispy.
10. Serve soup with a swirl of sour cream and a sprinkling of crispy sage leaves in each bowl.

## NZ Police have launched a new non-emergency number.

# 105

It's a free nationwide number which will be available 24/7 for all New Zealanders and visitors to contact them to report situations that don't require immediate Police or Emergency Services attendance. They also encourage people to go on line to report non-emergency situations.

The new number is expected to alleviate congestion on the 111 emergency line which currently receives 1.8 million Police non-emergency calls per year.

Police's mission is for New Zealand to be the safest country. The introduction of the new non-emergency number contributes to this by helping ensure people can contact them easily and efficiently when they need to.

It's important that every New Zealander is aware of this new number and it is hoped you will share it on whatever channels you have available.

There will be more information, key messages and a link to multi-lingual collateral which will be available online for you to print and use in whatever situations may be appropriate. If you have any queries at this stage, please contact [snencampaign@police.govt.nz](mailto:snencampaign@police.govt.nz).

### Have you had your Shingles Vaccination?

The shingles vaccine is fully funded for those aged 65. Those aged between 66-80 years of age can also receive the funded vaccination up to **31st March 2020**. As the supply of vaccine is in short supply from time to time it is recommended that you book your vaccination in advance.

Shingles is a painful rash that develops on one side of the face, body or head. The rash is made up of small blisters that typically scab over after 7-10 days. The pain or irritation from shingles will usually go away in 3 to 5 weeks. However, if the virus damages a nerve, you may have pain, numbness or tingling for months or even years after the rash is healed. This chronic condition is most likely to occur in people over 50.

The best protection against shingles is immunisation. (*Ministry of Health website – Shingles*)

## All you need to know for the 2019 elections



- We have a change to the way we vote: we'll be using Single Transferable Vote (STV) this year.
- STV is an easy system, many people will have used it before (health boards have been using it for years).
- You use numbers rather than ticks to cast your vote.
- It gives you a chance to give preference to your favourite candidates, rather than giving all candidates the same vote.
- Number one is your first choice, and so on.
- You can rank as many or as few candidates as you like.
- If you know how to do it, make sure you tell others.
- STV was first developed in the 1850s and is used in general elections in Malta and Ireland.
- If you want to know more go to [newplymouthnz.com/STV](http://newplymouthnz.com/STV).
- #VoteNP2019.



### Better access to our walkway

We're continuing to work with the Taranaki Disabilities Information Centre Trust to make our district more accessible to those who need a hand getting around. In addition to the scooters in Pukekura Park, we now have scooters to borrow for enjoying the Coastal Walkway. They can be used all the way from Port Taranaki to Te Rewa Rewa Bridge. Call us on 06-759 6060 or email [enquiries@npdc.govt.nz](mailto:enquiries@npdc.govt.nz) to book. After a successful three-month trial, the mobility scooters will remain in Pukekura Park for another 12 months.



### Apply for your rates rebate

If you want help with claiming a rates rebate, there will be a small team in the Civic Centre during August. They can offer one-to-one advice on how to claim a rebate as part of the scheme run by the Department of Internal Affairs. Getting a rebate depends on how much income a ratepayer has, the size of their rates and the number of dependants living with them. Some retirement village residents are also able to apply for a rebate, even if they don't own their own unit. If you earn \$42,000 or less per year, give NPDC a call any time to see if you're eligible for a rebate.

## Industry initiative makes it easier for intending residents

If you've visited a retirement village you'll know that you'll be taking home a huge pile of paper – village disclosure statements, the Code of Practice and Code of Resident Rights, an occupation rights agreement (or contract) and perhaps the village's financial statements. All this material must be provided by law so you can make a decision to move to a village (or not) with full disclosure and transparency. All intending residents must also have proper legal advice and the operator cannot counter-sign the contract without an affirmation from the resident's solicitor to say they've been given that advice.

- Details of the deferred management fee (DMF) and the method of calculation
- Details of the weekly fees, how they can be increased, and when they stop when the resident leaves the village
- Details of any other fees payable by the resident
- Whether the resident shares any capital gain or is liable for capital loss, and if so, how it's calculated
- When the resident or their estate receives the capital refund
- Whether there is any home, hospital, dementia or other specialist care available
- Whether the resident has priority over non-residents when transferring to another unit or when moving to care



The Association supports this approach. It's in everyone's interests that the decisions are made with full knowledge and understanding what's involved. We also urge intending residents to discuss their decision with their families. All too often we see children misunderstand what their parents' contracts mean, and an early discussion will ease that concern.

However desirable all this information is, it can be difficult to distinguish one village's offering from another, especially if some of the key details about costs and fees are buried in the body of the documents. We felt that this should be improved so we have developed a double-sided A4 page that sets out the village's offerings:

- How the DMF is treated for any move to another unit or to care

The Summary of Key Terms is a template that allows you to compare each village's offerings side-by-side and will save you a lot of time and effort wading through pages of legal documents to find the information you need.

If you haven't got one from the villages you've visited – ask for it! It's a RVA member benefit so only RVA member villages will have it. We are relying on customer demand to encourage members to use the Summary.

*editorial supplied by Retirement Villages Association*

## The tax refunds process is now automatic

On 26 April, the latest changes as part of our transformation to make tax more straight forward came into effect.

### What does this mean for you?

The main things you need to be aware of are:

#### • Income tax assessments

You'll receive an income tax assessment between Monday 20 May to the end of July to finalise your end-of-year tax information if your income is from:

- salary or wages
- schedular payments (including ACC Attendant Care)
- income-tested benefits
- interest or dividends
- taxable Maori authority distributions
- benefits under an employee share scheme
- superannuation (NZ Super)
- student allowance
- Accident Compensation Corporation (ACC).

This will show how much you've earned, how much tax you've paid and your tax calculation – so you'll know exactly where you stand.

If you have a myIR account, we will notify you that your income tax assessment is there. If you don't, it will be posted to you.

#### • Automatic tax refunds

If you paid too much tax during the year and are due a refund, we'll automatically pay the refund directly into your bank account (so long as your bank account details are up to date in our system).

#### • New website and improved myIR

Our new website features a brand-new homepage, look and feel and layout, with improved search and the ability to navigate content by role, situation, topic or task. We've re-written the Child Support, Working for Families Tax Credits and Income Tax content in a crisper and more accessible style. We'll progressively re-write and move the remaining content over the remainder of the year. In the meantime, you can search across the new and old content using the improved search function.

Other features of the new site include:

- Shorter content and fewer pages
- The ability to navigate content by role, situation, topic or task
- A responsive design allowing you to view the site on any device
- An improved online experience for those who are visually impaired.

We've also made enhancements to myIR, including a new landing page and changes to layout, as well as greater control, visibility and certainty for users of their tax and social policy obligations.

### What do you need to do?

Keep your details up to date and we'll take care of the rest.

Make sure we have your current bank account details so we can pay refunds and entitlements, and your up-to-date email and address details so we can make sure you get your income tax assessment.

You can check or update your details using myIR.

### What else do you need to know?

For more information on the other changes that have become law, including tax code notifications and donation receipt uploading through myIR, visit our website.



"Hey Mr Burgler, That security door you just kicked in was there for your protection not mine!"

**PLEASE SUPPORT OUR ADVERTISERS**

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

# QuinLaw - Barristers & Solicitors

## Mental capacity

Today scientists and researchers know more about the brain, how it functions and how it will not function in certain situations. There is more and more understanding of capacity issues, partial capacity and capacity for certain actions. Lawyers are now looking more at brain activity, brain action and brain ability and therefore lack of brain ability.

One of the interesting things is that in the previous Enduring Powers of Attorney form, the donor needed the capacity to understand that he or she was giving control to another person for their welfare and/or property. The new form, 2017 which is designed to prevent abuse, has actually raised the test for capacity. No doubt this was not intentional. However, it means that for some people who used to be able to do Powers of Attorney because they knew they were handing over the control to Mum or Dad, or daughter, now require a higher level of understanding before Lawyers can witness the Power of Attorney. This has already led to difficulties in our practice because there are people now who don't meet the

standard for doing a Power of Attorney, but they also don't meet the criteria for a court Order which is another higher standard again. Consequently, there will be a small number of people left in limbo.

I am sure this will be sorted and hopefully will revert to the earlier standard which was, "Did the person understand that he or she was giving the power over their welfare and/or property to Mum, Dad or X". That has been the test for 27 years.

Another interesting point is that there are 127 conditions which can cause a person to lose mental capacity. There are slightly different signs/features to all the different conditions. Everyone wants a diagnosis but in fact there are only two conditions where definitively Doctors can diagnose the cause of lost mental capacity while the person is alive. So often there may not be a clear cut answer or a definitive answer about the cause of brain deterioration and mental capacity.

*Editorial supplied by QuinLaw*

## For the MOST important decisions of your life see us

**QuinLaw are dedicated to offering professional and cost effective legal services with a personal touch.**

**At QuinLaw "people matter"**

- ✓ Estate Planning
- ✓ Wills and Trusts
- ✓ Enduring Powers of Attorney
- ✓ Sales
- ✓ Purchases



11 Robe St, New Plymouth  
**Phone:** (06) 769 9687  
**Email:** office@quinlaw.co.nz  
**www.quinlaw.co.nz**



## Get Confident with technology – SeniorNet can help

Our aim is to encourage adults over 50 years age to become confident in using desk top computers, laptops, Smartphones, tablets, iPads and iPhones. Age is not a barrier to using modern technology. Our members range from 50 to 90 years of age. These days so much information is exchanged via digital technology.

Having the confidence to use these devices can make a dramatic impact on a person's ability:

- to manage their personal affairs,
- to maintain contact with family and friends,
- to maintain and expand their interest in their hobbies,
- to participate in community activities.

If some young whippersnapper says you are too old or too dumb to understand modern technology just remind them that you taught them or others of their ilk how to use a spoon. Remind them that our generation developed the technology on which this modern gadgetry is based. Remind them that over the years you have stored so much information in your brain's filing system that it takes a bit longer these days to enter information into the files!

In New Plymouth we run our courses and workshops at the Senior Citizen's Rooms on Liardet Street. Sessions usually last about a couple of hours and we aim to have a good ratio of tutors to learners so that members can work at their own speed and receive personal help.

Most of our tutors are members who volunteer to share their knowledge with other members. As such this means they all recognize that many of our new members have had little or no close contact with digital technology. Some may have used some form of computer at work but often only for specific work related programmes, that doesn't relate to personal

computer use for friendly communications. We do have outside support for special programmes e.g. our online banking from Westpac.

Our programme of sessions usually matches the school terms as some of our members including the tutors and support team are on Grandparent "duty" during school holidays. Our volunteer team also deserves a rest.

Each term we run 3-4 week courses on the basics of using laptops, Smartphones, tablets, iPhones and iPads plus some workshops on specific subjects such as using emails, Facebook, online banking, backing up your information, photography.

Annual membership of New Plymouth SeniorNet costs \$45 per person. Our subscription year runs from January to December. New Members joining after the 1st July pay \$25.

This membership entitles you to register for and attend courses and workshops without any further fees. Some subjects do have course specific manuals for which there is a charge.

We also send out an email newsletter about once a month with details of what is happening and other information likely to be of interest to members. SeniorNet New Plymouth is a member of the New Zealand Federation of SeniorNet Societies. This is a nationwide organisation of about 70 local groups. Grant Sidaway the CEO of the Federation sends out a newsletter every 2 months about SeniorNet matters and digital communication. We forward this to all our members as it is worthwhile reading.

Like all voluntary organisations we are always looking for volunteers to assist in maintaining and expanding our services to our members and the wider community.

We are looking for folk willing to join us and share their knowledge with other members. There are many useful apps (programmes) available for use on the current devices, such as Skype, Pinterest, instagram, maps, cloud storage.....

It would be great to have a larger team of people with experience of some of these and other apps who were prepared to come along to present a short session on their preferred ones.

Apart from tutors an important need of any society is the management team to share the administrative duties essential for the smooth functioning of any organisation.

We have an **urgent need for a treasurer.**

Due to personal commitments our current treasurer is unable to continue. Our income and outgoings are not huge and we currently use the MYOB accounting system. We are an Incorporated Society and registered with the Charities Commission as a Tier 4 entity.

If we can help you to enjoy easy communication with your friends or family or if you can help us we would be pleased to hear from you.

**Our New Plymouth office** is at 27 Liardet Street.  
**Open each morning** Monday to Friday from 10 am to 12 midday. except during holidays  
**Office phone number** is 06 - 759-4979.  
There is an answer phone.  
**Office email** – seniornetnp1997@gmail.com  
**Website** – www.seniornetnewplymouth.weebly.com

**Hawera SeniorNet** - 06 - 278-7295  
**Hawera email** - seniornet110@gmail.com

*Marian Macklin*  
President, SeniorNet New Plymouth.

## Accommodation in Hamilton near the Hospital

Recently a bit of good news was forthcoming. There is a hostel in the Waikato hospital grounds. So as handy as you can get, to be near your ill patient.

The establishment is Taurima, full title Te Whera Taurima. It has 22 beds, with general kitchen, laundry and parking. Cost per night is \$15.00. So very reasonable.

The regulation to gain access is that you live 100kms outside of Hamilton. Therefore. book early or contact them pronto when you are aware that you require accommodation.

Some of us remember Hilda Ross House. This building has the same purpose but with secure guidelines to attain good accommodation for those in need outside of the Waikato.

For further information try on line with Taurimu Motel. There is another Taurima but that is near the University campus and is for students. This is called Te Whare Taurima.

Apply for information to Te Whare Taurima (C/- Hilda Ross House)  
Waikato Hospital, Private bag 3200  
Hamilton 3240  
Ph: 07 - 839 8899 extension 92224  
A/Hrs. 07 - 839 8644  
Email; Taurima@waikatodhb.health.nz

There are other handy Motels near by such as the Argent Motor Lodge, cost \$159 a night. But for essentials only and cheaper accommodation the Taurima is the one. I have sent for leaflets but still await these.

*Agnes,* at Grey Power Office  
7575885 greypowernp@gmail.com.

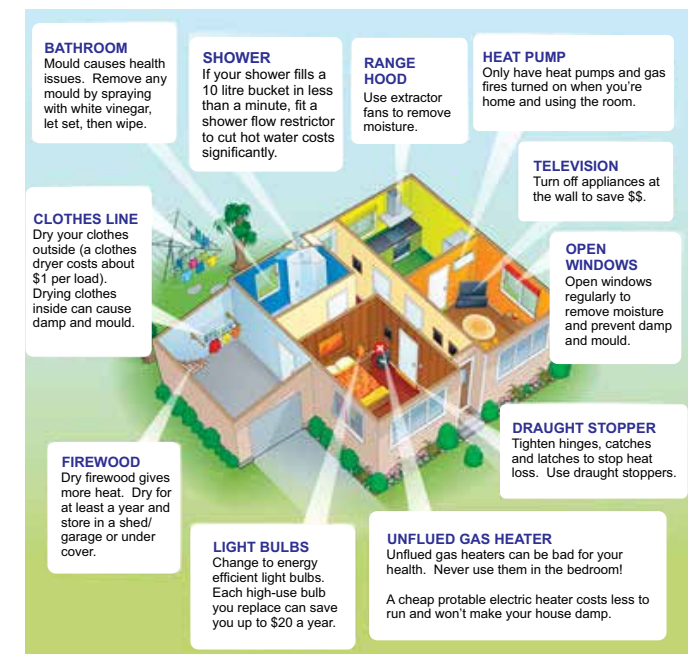
*Let's hear from those who have had reasonable luck with accommodation at a time when we need a helping hand.*

## Using heat pumps wisely

- Only heat when you need it - don't leave your heat pump on all day if you're not there. Use the timer to turn on the heat pump shortly before you get home and turn it off when you don't need it.
- Only heat the space you're actually using - shut doors and curtains to keep the heat in.
- Set the thermostat to a healthy temperature - aim for 18°C to 20°C. High thermostat settings cause high electricity use. Inadequate heating can lead to mould growth and dampness.
- Avoid using the 'Auto' mode - use the 'Heating' mode. In 'Auto' mode, the heat pump tries to maintain the set temperature by constantly changing between heating and cooling, as the room temperature fluctuates. This can waste a lot of energy.
- Clean the filter regularly - inside the indoor unit, as per the manufacturer's instructions.
- Avoid using it as an air conditioner when you can - try opening windows and doors on either side of the house to create a through-breeze. Close curtains on hot, sunny days to keep your home cool and shady.

<https://www.energywise.govt.nz>

## Tips for a warmer, healthier home



  
**SeniorNet New Plymouth**  
**ARE you over 50?**  
**Do you have a laptop, a phone, a tablet?**  
**Do you want to learn how to use such equipment?**  
**Or could YOU HELP someone else to use their equipment?**

**For details contact our office**  
**Now on Ground Floor, Senior Citizens Rooms,**  
**27 Liardet Street, New Plymouth.**  
**Phone 06 - 759 4979**  
**Email: seniornetnp1997@gmail.com**



# Happiness is a cat Partnering Seniors and Cats

Seniors and cats make a perfect pairing  
Original by Guy Robertson

Sherbet, a female orange tabby cat, stretches out on Martha's sofa. "She's truly a miniature lion," says Martha. "When she lounges on my furniture, I recall the lions I saw when my husband and I visited Kenya years ago and she looks just like those lions".

Martha's husband died several years ago. She acquired Sherbet from an acquaintance who already had several cats and decided to give Sherbet to somebody reliable, such as Martha. Sherbet settled in with no difficulty.

"She marched into my front room and jumped up on the sofa," says Martha. "She gave me a look that told me that she accepted her new home, and then she stretched out and fell asleep."

## A VET'S ADVICE FOR FIRST-TIME OWNERS

Martha had never owned a cat and realized that she needed to learn how to care for Sherbet. She took



## A REST HOME WITH SPARK Chalmers Home 20 Octavius Place, New Plymouth

Offering rest home, hospital and health recovery care.

Chalmers Home is more than just a rest home, it's an elder centred community that recognises older people as individuals and supports them in a way that's right for them. We offer companionship, choice, variety, meaningful activity, independence and fun.

Come and see!  
Call us on (06) 758 5190

Free phone 0508 ENLIVEN or visit [www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

her to a local vet for a check-up, and asked for advice regarding feline nutrition and a proper feeding routine. Fortunately, Sherbet was vaccinated, desexed and wormed so apart from a few fleas, she was problem-free.

The vet advised Martha not to over-feed Sherbet. "He told me that new cat owners can love their animals too much, and stuff them with goodies. I promised that I'd do no such thing, but in the beginning I did. I loved Sherbet from the first moment I saw her. It was so tempting to give her treats."

But when Sherbet put on weight, Martha disciplined herself and followed the prescribed feeding routine. It was hard at first as she was on her own and Martha wanted to shower her with affection. Luckily she realized that the best way to keep Sherbet from becoming obese was to feed her properly.

## SOURCES ON THE SHELVES

Another good source of information was the local library. On a limited budget Martha relied on books for an education on cat ownership." The library is a godsend. I learned how to recognize when Sherbet needed the vet's care, and when she could get by without it. and Martha also learned how to access a plethora of websites concerning cats.

## ADVANTAGES:

Single people such as Martha report a number of advantages of owning cats. First, the presence of a cat can reduce loneliness and isolation—serious threats to a person's happiness. When one's spouse or friends have moved on or died, a cat can provide welcome company.

"I talk to Sherbet a lot," says Martha. "Everybody needs human contact, but I get enough at clubs and other meetings, and it's nice to come home to Sherbet and tell her what I've been up to. And I can gossip with her all I want, and not cause my human friends any grief. Sherbet knows how to keep a secret."

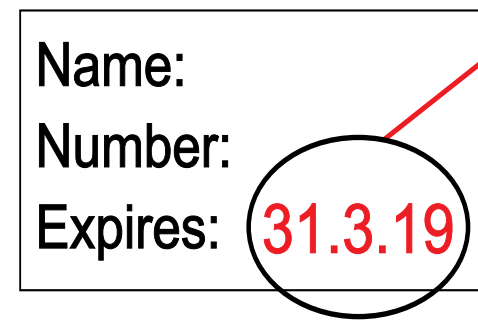
Also, for seniors with physical limitations, a cat can be easier to care for than other animals. Martha does not need to take Sherbet for a walk, or store heavy bags of food for her. It's not difficult to groom Sherbet and clean her litter box.

"She doesn't get in the way or under my feet," says Martha. "She seems to know how to share our space. We both know where we stand with each other, literally and figuratively. Sherbet has enriched my life in so many ways, and I recommend cat ownership to many of my old and older friends. Remember that ad about putting a tiger in your tank? Well, consider putting a little lion in your life."

*Altered and abridged for the magazine.*

## Renewal of Subscriptions is now due : OFFICIAL NOTIFICATION

Take your membership card and check the date of expiration.



This is when your renewal is due.

Please pay by that date.  
If unsure ring the office on 757 5885.  
(so you don't pay twice.)

You can pay by ; Cash, Eftpos, cheque or Direct Credit, our Bank number is 153948 0007390 00 When paying by Direct Credit, please use surname and membership number in the reference section, so we know who is paying.

We are not the Electricity Company. That needs to be paid directly to Grey Power Electricity ... account number 02 0108 0333798 029

So **PLEASE pay punctually**, the association survives by your subscriptions. Thank you. We're the cheapest Subscription fees in the country. So let's be the best at fulfilling this obligation please. Well done to those already paid.....Agnes.

## 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)  Office Open: Monday - Wednesday - Friday - 9am - 1pm

### MEMBER DETAILS:

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

Second: \_\_\_\_\_  
Title Initials/Forename Surname 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

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 \_\_\_\_\_



## Taranaki's hearing, caring specialists



- Hearing health checks
- Hearing aid advice and fittings
- Expert knowledge to manage tinnitus



Visit our website [www.centralaudiology.co.nz](http://www.centralaudiology.co.nz)  
Clinics in New Plymouth, Stratford and Hawera  
20 Robe St (next to Police Station), New Plymouth  
**FREEPHONE 0800 751 000**

## Central Audiology New Plymouth have moved!

Hearing plays a pivotal role in our everyday lives. When faced with a hearing loss you could find yourself missing out on so many things like; missing conversations and losing connection to loved ones but you don't have to anymore. Our team of experts at Central Audiology are dedicated to helping you achieve healthy hearing, so you can enjoy everything life has to offer!

With 20+ years of experience working in the Taranaki region, Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. In fact, we are the longest operating and 100% independently owned and operated audiology practice in the region. Being independent, we are not aligned with any one brand of products so you feel empowered to make your own choice about what is right for you. We have one of the largest supplies of hearing products giving you a wide range to choose from which we can tailor to your unique needs and preferences.

We provide the best in hearing care with the most recent technology, based on the latest research. We ensure you are given the utmost care and respect as soon as you set foot through our doors. That's why we have moved our New Plymouth clinic to a newer, easy to access building located in the heart of the city that has everything we need to give you the most comfortable experience possible.

Call us today on 0800 751 000 and book a free hearing check so you can start enjoying the sounds of life.

**We're here to help.**

*Editorial supplied by Central Audiology Taranaki*

## Is your Membership Subscription up to date?

Are you a financial/paid up member of Grey Power?  
If your card has 31/03/2019 on it, then yes you need to renew your subscription.  
Find the application form on Page 15 of this newsletter and fill it in.  
Payment methods are at the bottom on the left hand side.

## NEXT MEETING

**28th November 2019**

## YOUR QUARTERLY NEWSLETTER FROM GREY POWER NEW PLYMOUTH

