

NEW PLYMOUTH

# GREY POWER

50+ NEWSLETTER

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

QUARTER TWO 2020 - WINTER



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 2020 - 2021:

**PRESIDENT:** Chris Manukonga 758 0449

**VICE PRESIDENT:** Agnes Lehrke 769 9630

**SECRETARY:** Jean Graham

**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.

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Please refer to our website for disclaimer.

### HOW TO CONTACT ME AND MY OFFICE

Email: [newplymouthmp@parliament.govt.nz](mailto:newplymouthmp@parliament.govt.nz)  
Phone: 06 759 1363

**WE ARE HERE TO HELP**

Though my office is closed, as we work from home, my team and I are available to help you. We are clearing phone messages every 30 minutes or so, but the quickest way to contact us is on email or Messenger.



**JONATHAN YOUNG**  
MP for New Plymouth

Presidents Word



Welcome members, I write this message with the hope that everyone is safe and well at this time of alert level 4 lockdown, due to Covid-19 Pandemic (Corona Virus). Please keep in touch with family or friends that can support you with a phone call to check on how you are managing, and even share a conversation.

The Grey Power committee have not been able to meet and our members meeting is still on hold until we get the okay and move to alert level 1. Our next meeting will be the first opportunity to hold our AGM and the election of executive offices and committee members. We cannot be blamed for breaking the rules of our constitution during this pandemic because this an unprecedented event. I can share with you, that the audited review of our financial accounts for the year ending 31 March 2020 will be available for the AGM.

I have been privileged to hold the role of President, but the association always needs new ideas that are vibrant and fresh, and for that reason I will be stepping down as President at the next AGM.

The date for the 2020 General Elections has been announced by the Prime Minister Jacinda Adern for Saturday 19 September 2020, and there will be 2 referenda, e.g. End of Life and Legalise Marijuana. This is another chance for us all, to have our say on who will lead the next Government.

Stay Home, Keep Safe and Save Lives.

*Chris Manukonga* (President)

KEEP SMILING  
BECAUSE LIFE IS  
A BEAUTIFUL THING  
AND THERE'S SO MUCH  
TO SMILE ABOUT

Grey Power New Plymouth Association Inc  
AGM Committee Nomination Form 2020

Grey Power New Plymouth Association Inc. Committee Nominations - AGM 2020		
Full Name of Nominee	Position on Committee	Signature of Nominee
	Proposer:	Seconder :

All positions on the Committee will be voted on.

The above form is **not** a voting form but your nominations for the Grey Power Committee. Actual voting takes place during the AGM.

You may nominate as many as you wish. So fill out the form and send it in to the office by hand delivery, email or post please.

Your nominee must be aware of your nomination and sign the form to show their willingness to stand. Your support is greatly appreciated.

All nominations will be available on display, for viewing at the AGM.

Remember this is your opportunity to have a say on who you want on the Committee.

If you know someone who is a good TEAM player and may be interested in an active roll, and a dedicated person for Grey Power, then please nominate them.

Nominating Committee members or one for a leader's role is so important for the growth and welfare of our Association. Therefore it is an important exercise that we need to be seriously involved in. (Currently we do not have an idea when this AGM will take place, but that doesn't mean we can't get nominating or planning. Let's be prepared.)

**Items for Sale:**

Crutches in good condition	\$15
Walker with seat & compartment great condition	\$45
Stand up Walking Frame. Good condition	\$45
Very good wheel chair	\$45
Raised comfy toilet seat with arm rests	\$45

If interested send Mel an email [smithy.mel@xtra.co.nz](mailto:smithy.mel@xtra.co.nz)





## Tawhiti Museum: (Normanby, Hawera)

Nigel Ogle's Tawhiti Museum near Hawera brings you face to face with your heritage.

It is widely claimed as one of the most innovative museums in size exhibits and scale models to capture the real image of South Taranaki's past history in super realistic displays.

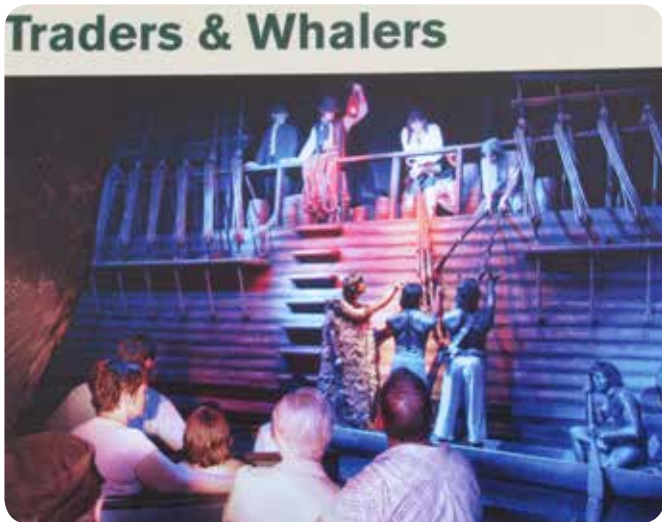
The life size figures are from real people, they are designed and built on the premises in Nigel's workshop better known as "The Body Shop" and is a must see part of the Prepared Traders and Whalers . An Attraction not to be missed.

Take a haunting voyage into the past on a boat through a dark rocky coastal environment.

Tawhiti Bush Railway outside, weather permitting, takes you on a ride through the history of past logging days.

Mr. Badger's Cafe, named after that wonderful character in the "Wind in the Willows" illustrated scenes from the book along with a selection of Farm Power Hall, also an impressive collection of vintage farm machinery.

A nautical themed gift shop compliments an exciting and enjoyable day out for all.



## Grey Power Travel Update:

Since Corona Virus 19 a big spanner has been thrown into the world of planning. So we can only plan as able, i.e. bit by bit and try and get it right. That is life now.

Therefore we ask that any "planned" trip be taken up by you with action on your part first, by showing EXPRESSION OF INTEREST input. That is you ring us and show that you would be interested in going on that trip. Not such a different tactic, as we make appointments all the time for our various need. This will enable the TEAM to get on with the organising and fine tuning.

Travel members to respond with interest, just ring Agnes at the Office 757 5885/021 022 98721 or Judy on 021 027 29845

The trips to date: (Hopefully)

**Tawhiti** - June 21st Sunday. Cost \$53? (to become more accurate when you ring.)

**Whangamomona, Mt.Damper,** September 3rd. Hotel meal. The cost dependent on seater of bus - \$56-68?

**Crosshill Gardens & Gala Kimbolton.** Saturday ? October. Cost \$70- 82. Dependent Bus seater .

**Each News letter nearest the trip will explain the trip better. Thank you.**

## Information re-driver Licence medicals during Covid 19:

**CABINET HAS AGREED TO EXTEND ALL EXPIRED LICENCES BY UP TO 6 MONTHS, BY WAY OF RULE CHANGE.**

The amended rules come into force on 16th April 2020.

The change applies to licences that were due to expire from January 1st (unless they were otherwise already invoked) and applies for a period of up to 6 months.

Drivers over 75 years can continue to drive using their existing licence, as the term of the licence has been deemed to have extended until further notice.

You can find the summary of changes here: <https://www.nzta.govt.nz/bout-us/coronavirus-disesae-covid-19-services-update/frequently-asked-questions/rules-changes-general-fags/>

Kia noho tehaumarua, Nga Mihi  
Helen Frances  
Senior Advisor//Primary Care /Primary Health Care  
System Improvement and Innovation

## SPICY BRAIN FOOD

New research has shown that occasionally eating curry produces "better cognitive performance". This was a National University of Singapore study, reported in New Scientist. It seems that turmeric is the golden key here. Turmeric (Curcuma longa) contains an antioxidant called curcumin, which acts to prevent the buildup of amyloid plaques, which lead to degradation of the brain. Turmeric is a basic constituent of curry, so curry boosts brain power in elderly people.



**Alzheimer's Curry Preparation time = 30 minutes. Cooking time = 40 minutes. Serves 4.**

- 1 tablespoon **vegetable oil**.
- 1 **onion**, halved & sliced.
- 2 **garlic** cloves, crushed.
- 2 teaspoons grated fresh **ginger**.
- 2 teaspoons ground **turmeric**.
- 2 teaspoons ground **coriander**.
- 2 teaspoons ground **cumin**.
- ½ teaspoon ground **cinnamon**.
- ½ teaspoon **cayenne pepper**.
- 400g can diced **tomatoes**.
- 1 cup **chicken stock**.
- 750g **chicken thigh fillets**, trimmed, cut into into 3cm chunks.
- 500g **kumara**, peeled & cut 3cm pieces.
- 80g baby **spinach** leaves.
- ½ cup **coconut milk**.
- Cooked basmati **rice**, to serve.

**Method:** Heat the vegetable oil in a large pan, and add the sliced onion. Cook over medium heat for about ten minutes, until soft and golden brown. Add the garlic, ginger, & spices, then cook, stirring for 30 seconds, then add the tomatoes and stock. Stir well, scraping the bottom of the pan.

Now stir in the chicken and kumara. Cover and bring to the boil, then reduce the heat to "low" and simmer for 30 minutes, until the kumara is soft. Take the lid off for the last 5 minutes of cooking.

Finally, add the spinach and stir through to wilt it, then stir in the coconut milk. Serve with rice.

**Notes:** Don't be put off by the long ingredients list: it is mostly dried spices, which are easily available at the supermarket or Food for Less. Have the garlic, ginger, and spices measured out into a small bowl so you can add them all at once to prevent them burning. You can decrease the cayenne to ¼ teaspoon if you prefer a milder curry.

During the Covid-19 emergency, we are unable to come to your home to fix your computer.

But, Computers & Beyond have a remote tool that allows us to see your computer and fix any problems!

The services we offer are as follows:

- 2 remote access sessions of up to 15 minutes, per month
- Windows updates installed
- Managing computer files and disk space
- Solving printer problems
- Help with online activity such as banking
- Solving email and password issues
- Set up backup routines

All you need is your computer and a cellphone. We are conscious of your security: we can only log in if you give us permission and we sign a contract that guarantees confidentiality.

Our agent can be sent to you in an email as a link: all you have to do is follow the simple instructions in the email to install the agent. Or give us a quick phone call.

**All this for only \$25.00 a month**

You can cancel with one month's notice and we can remove our tool remotely, so we don't have to come on site.

We do have contactless workshop services arranged for computer repairs.

**So give us a call or email us today!**

*editorial supplied by Computers & Beyond*



# COMPUTERS & BEYOND

We'll look after you

SALES SERVICES SUPPORT YOUR CHOICE  
Workshop or Remote Services

Phone: (06) 757 9690 or Steve 027 312 2629  
Email: [sales@ctsnp.co.nz](mailto:sales@ctsnp.co.nz)

www.ctsnp.co.nz



# Web Site

Did you know that there's more  
Grey Power New Plymouth  
news on our web site?

The web site can be  
accessed at  
[www.greypowernp.org.nz](http://www.greypowernp.org.nz)

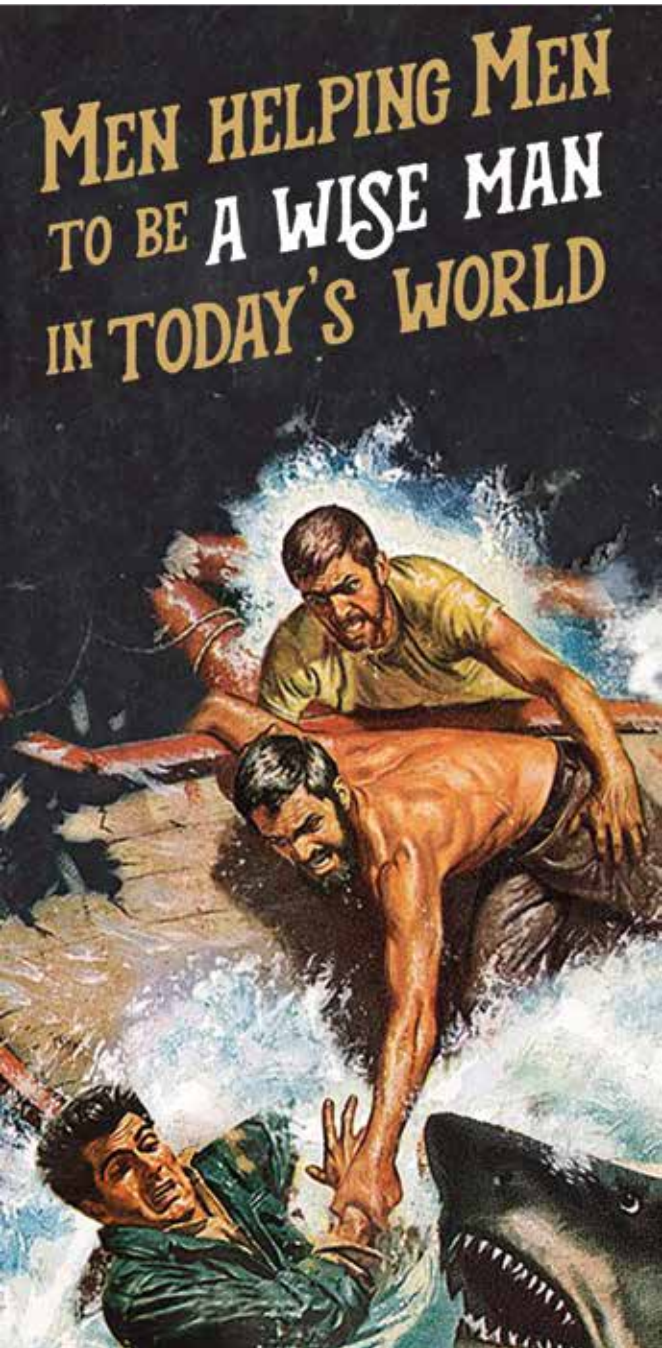
The site contains information and links to other Grey Power and seniors-related web sites. It would be preferable for current and prospective members to access the local Grey Power web site before they access the Grey Power Federation web site. (One of the links on the local Grey Power web site will access the Federation Grey Power web site.)

Notice of the Grey Power New Plymouth meeting details can be found on the "Home" page of the web site.

There is the opportunity, on the "Contact" page, for members to make enquiries or have their say about any issues they are concerned about. The "Local Governance" page contains information and news about NPDC, TDHB and ACC matters.

Local Grey Power New Plymouth and Positive Ageing Trust Newsletters are uploaded on the "News" page of the web site. Current local news and, notice of upcoming public forums etc. are also placed on the web site "News" page for members from time to time. The "Have your Say" area is available also.

Business discounts available to Grey Power New Plymouth members, membership application forms and details of Grey Power membership qualification are located on the "Membership" page.



## This Men's group is offering On Line participation now.

When it comes to meetings on Line Remember;

- Don't forget people are looking into your very home.
- Everyone mute their mics when not speaking.
- Restrict oral intake ...food and drink.
- Silence the alerts on your P.C or close Outlook altogether.
- Tell family you are in a meeting.
- Think about the camera placement
- Use a chair.

My licensed Zoom profile is [paul@engagement.nz](mailto:paul@engagement.nz)

# MEN'S GROUP

**MEN SUPPORTING MEN  
SUPPORT & ACCEPTANCE**

*Community Social Services*

**Facilitator:** Lawrence Prior MNZAC

**Contacts:** Kevin Betteridge 021 024 49304  
Greg Kirk 021 272 7939  
Paul Scott 027 357 9630

**Email:** [npmens@outlook.com](mailto:npmens@outlook.com)

**Emergency Contacts:**

Lifeline	0800 543 354
Depression Helpline	0800 111 757
Healthline	0800 611 116
Samaritans	0800 726 666
Suicide Crisis	0508 828 865
Alcohol Drug Helpline	0800 787 797
Rural Support Trust	0800 787 254
Men's Shelter	06 758 0198

MEN'S GRUP IS RUN BY COMMUNITY SOCIAL SERVICES WHICH IS PART OF THE ADVENTURE HEALING WELLNESS TRUST (AHW TRUST)

EVERY  
**THURSDAY**  
6:45 NIGHT 9PM  
SAFE & CONFIDENTIAL

## MEN'S GROUP

is a place to get to know other men and to know what other men have been through. To know others have had similar experiences. To hear how other men are dealing and learning as they face these challenges.

*The opportunity*

A chance to talk and share your story and listen to other men's stories.

We meet at:  
The Tasman Club  
35 Octavius Place, New Plymouth

## PROVIDING A SAFE AND CONFIDENTIAL PLACE TO TALK AND SHARE.

*We thank*

The Tasman Club for providing rooms for the good of the community. We take a gold coin collection for the room each week.

*We cover issues such as:*

STRUGGLING AS A FATHER  
RETURN FROM THE BREAK UP  
PARENTING IN BLENDED FAMILIES  
DEALING WITH STRESS  
SELF-AWARENESS  
MANAGING THOUGHTS & FEELINGS  
ANXIETY  
MEN'S DEPRESSION  
BEING A WISE MAN IN TODAY'S WORLD  
COMMUNICATION & NEGOTIATION  
SELF ESTEEM

*Other activities*

Social, adventure or retreat activities are also arranged periodically to further network and connect as men.



## OUR COLLECTION CENTRE LOCATIONS AND CONTACT DETAILS FROM 1 FEBRUARY 2020

LOCATION	OPENING HOURS
<b>NEW PLYMOUTH</b> 79 VIVIAN STREET (NO CHANGE) P: 06 755 2760, F: 06 759 9049	7:30AM - 6:00PM (MONDAY TO FRIDAY) 8:00AM - 11:00AM (SATURDAY)
<b>BELL BLOCK</b> 1 PARAITE ROAD P: 06 755 2760	8:00AM - 4:30PM (MONDAY TO FRIDAY)
<b>WAITARA</b> 14 DOMETT STREET	9:30AM - 11:30AM (MONDAY & FRIDAY)
<b>STRATFORD</b> 12 ROMEO STREET P: 06 755 2760	8:00AM - 4:15PM (MONDAY TO FRIDAY)
<b>HAWERA</b> 78 ARGYLE STREET P: 06 755 2760	8:00AM - 4:15PM (MONDAY TO FRIDAY)

### RETIREMENT VILLAGES ASSOCIATION Our short story competition

We know our residents are a pretty imaginative lot and we wanted to offer them a challenge with a difference during the lockdown.

So, with the support of RVA member Generus Living Group, we organised a short story writing competition and the winner would receive a case of quality Nevis Bluff wine, the runner-up a ½ dozen bottles and the third placegetter would receive a bottle each of pinot noir and pinot gris.

There were three broad topics – “All’s well that ends well,” “An unexpected turn”, and “Trouble in the village”. We thought that if we got 40 or 50 entries we would be doing well, so we were stunned to find 172 outstanding stories in our in-box. All were forward to our judge, Joan McKenzie, for her consideration, but in the end we did away with the classic podium finish and opted instead

for “Joan’s Top Ten” picks. The prizes were redistributed accordingly.

Our judge, Joan MacKenzie, has worked in the book industry for almost 40 years, in both publishing and bookselling, but she much prefers bookselling as she gets to look across the broad range of books from all publishers and find the ones she loves the most. She has been with Whitcoulls for the last 10 years where she’s both the Head of Books and also become the voice behind Joan’s Picks.

In times like this, where we are all in enforced isolation, Joan thinks that writing stories and reading books is a perfect way to spend the time, and she’s looking forward to reading the many and varied works of imagination which our community will produce. Anyway, the top ten stories are lovely examples of imagination and personal experiences. The winners came from a variety of villages across New Zealand and you can read their stories on [www.retirementlife.co.nz](http://www.retirementlife.co.nz) We really suggest you do so and happy reading!

## QuinLaw - Barristers & Solicitors

### QUINLAW v. LOCKDOWN

Well, we are still in the stages of Lockdown, albeit a little bit improved. We were fortunate in that we had prepared for Bird Flu and hence we had moved our legal software into the cloud ten years ago and the Hand Sanitizer that was on all desks and tables was still working although ten years old.

Like other organisations we work from home with mixed results across our fourteen employees. Two staff members are living in different parts of the greater city had their power off on different days, Maria had just shifted house and Fibre was not installed immediately. The beautiful weather was also a diversion for some. Some of us are hanging out for takeaways and Sushi.

We have learnt that we can manage at home although not always that successfully and that’s got more to do with personality and style of working, than with difficulties at home per se. Our software provider Actionstep really showed it’s worth as all of us were able to access documents at home by ‘Tapping into the Cloud’.

We have been able to buy and sell properties even under Alert Level 4. This is because Title changes

now occur via the online platform at Land Information. Banking no longer requires us to attend at the bank with a cheque to pay back the mortgage. We do all of that by email and or fax.

I was shopping and cooking for four adults. I found the men in my life were the fussiest, one did not like rice, the other wanted green vegetables, one hated frozen vege, one loved rice risotto, the one who never complained at all was my 91 year old mother. Leftovers disappeared very fast from the fridge.

We are available on Alert Level 3, some of us are now back in the office, but clients cannot visit us. Please do not hesitate to contact us for:

#### General enquiries:

Email – [catherine@quinlaw.co.nz](mailto:catherine@quinlaw.co.nz)  
or phone us on 06 7699687

#### EPAs, Wills & Estates:

Email – [alison@quinlaw.co.nz](mailto:alison@quinlaw.co.nz) and

#### For any Family matters please:

Email – [gordon@quinlaw.co.nz](mailto:gordon@quinlaw.co.nz)

#### Conveyancing matters:

Email – [rosemary@quinlaw.co.nz](mailto:rosemary@quinlaw.co.nz)

*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”**

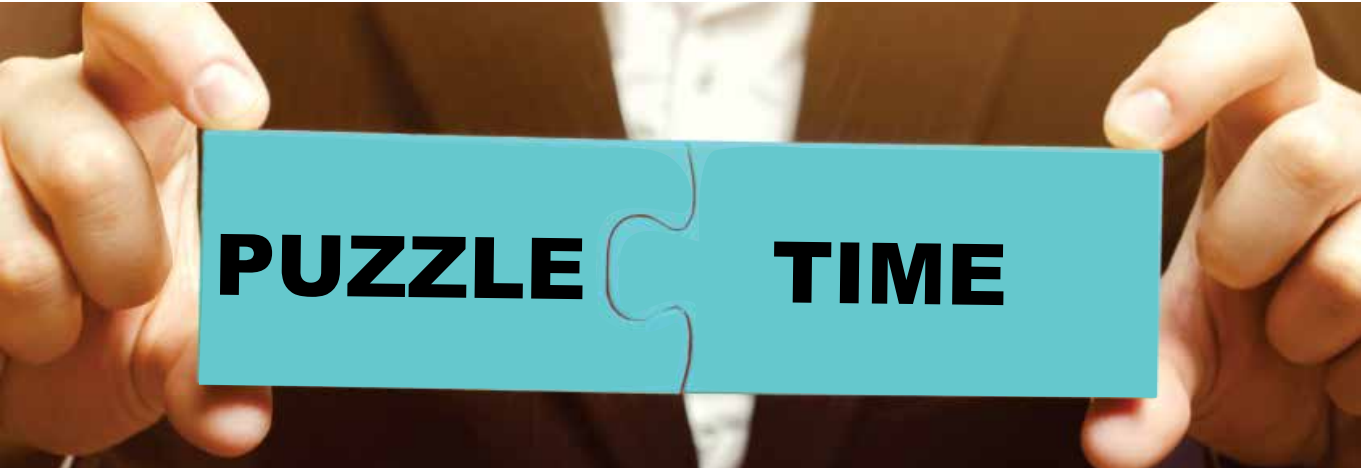
- ✓ Estate Planning
- ✓ Wills and Trusts
- ✓ Enduring Powers of Attorney
- ✓ Sales
- ✓ Purchases



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

 **QuinLaw**  
Barristers and Solicitors





# Ice Cream Flavors

Y	M	T	R	L	C	H	O	C	O	L	A	T	E
A	S	K	C	A	R	T	E	S	O	O	M	E	T
P	Y	V	A	N	I	L	L	A	S	N	O	T	E
M	K	D	E	T	D	E	A	C	F	A	N	A	A
C	A	T	N	L	I	N	N	A	O	C	O	O	E
O	K	P	O	A	A	G	O	D	K	E	A	E	T
E	C	U	L	N	C	A	E	F	O	P	L	R	N
D	O	T	A	E	E	N	O	R	Y	W	E	E	E
O	C	B	O	A	W	Y	O	T	T	E	O	I	E
C	O	I	E	A	A	A	R	T	S	A	O	A	R
R	N	T	T	C	R	A	L	E	T	N	I	A	G
E	E	G	D	U	F	O	S	N	I	O	V	L	T
D	A	O	R	Y	K	C	O	R	U	A	C	G	T
A	E	E	T	U	N	O	C	O	C	T	P	E	S

COTTON CANDY  
MAPLE WALNUT  
PECAN  
BANANA  
TIGER TAIL  
MOOSE TRACKS  
COCONUT  
ROCKY ROAD  
GREEN TEA  
FUDGE  
REESES  
CHOCOLATE  
VANILLA

Did you know unless food is mixed with saliva you can't taste it

## How to Invest in Uncertain Times

Investing has ups and downs, and for all of us, the start of 2020 has certainly been a roller coaster!

It's easy to forget that market ups and downs are a normal part of investing. Understanding where and how your money is invested can help give you perspective on current market activity and cycles. We're living in unprecedented times right now, and we know it's important for you to understand how your investments remain connected to the wider world.

You've probably come across the word 'Diversification'? It basically means not keeping all your eggs in one basket. It refers to the spread of risk meaning that your investment isn't reliant on the success of any single investment and in my opinion, it's the biggest thing you can do to lower your investment risk.


Imagine investing \$10,000 in Air New Zealand shares. The share value falls and your investment heavily falls in value. Now instead, imagine you invested that \$10,000 in a diversified investment portfolio. Your investment is spread in different types of assets (e.g. cash, shares, property) and whilst some of these assets may fall in value, other assets will increase in value thereby helping to smooth out any market ups and downs.

The reality is that for the foreseeable future, you are not going to be able to rely on bank returns or term deposits to grow your capital so you need to be smarter and look for other opportunities to increase your capital (without taking too much risk).

This is where KiwiSaver funds can be a great investment. Most KiwiSaver scheme funds are already diversified, so you won't have all your eggs in one basket. In addition, new legislation allows over-65s to enrol in KiwiSaver and you can choose how much risk you are comfortable in taking. The charges are low and if you are over 65, funds can be withdrawn at any time.

"Buy when there's blood in the streets, even if the blood is your own"

-Baron Rothschild



Also, remember that whatever you choose to invest in, you are effectively buying units in that investment. Even though fund value may drop, this does not mean that you have lost your money. You still have the same number of units in your investment as before the slump, they are just now worth less per unit, hence the drop in fund value. Therefore, when markets turn around and unit prices increase, so will your fund value.

It is also important to remember that if you are contributing regularly into a plan, you are purchasing more units for your money as they are at a far reduced price. This is what leads to substantial growth when markets bounce back.

Whenever there are big market swings, it's easy to lose sight of the potential benefits of staying invested over the long run - remember that volatility is a normal part of investing. The key thing to do is not to panic and jump into any rash decisions.

When share markets fall, there's always an opportunity. The key thing is to get the right sort of advice and take things slow. Happy investing!

Michael Lay (Authorised Financial Adviser)  
Foresight Financial Planning  
[www.foresightfinancial.co.nz](http://www.foresightfinancial.co.nz)



free phone 0508 ENLIVEN

## Enjoy life with Enliven

Chalmers Home, New Plymouth

Enliven creates elder-centred communities that recognises elders as individuals and supports them in a way that's right for them.

Enliven's Chalmers Home in New Plymouth offers top quality care in a warm, welcoming home-like environment with breath-taking views overlooking the Tasman Sea and Mount Taranaki.

rest home | hospital | short term respite  
health recovery | day programmes

For more information please visit:  
[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

# COVID-19 CORONAVIRUS

## How to protect yourself and others

March 2020

## What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. There are simple steps you can take to protect you and your family/whānau.



## Symptoms of COVID-19

The symptoms of COVID-19 are:

- a cough
- a high temperature (at least 38°C)
- shortness of breath.

These symptoms do not necessarily mean you have COVID-19. The symptoms are similar to other illnesses that are much more common, such as cold and flu. However, infections with mild symptoms such as cold-like symptoms or no symptoms are likely, but it's not known how common this is.

## How to protect yourself and others

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often.
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit [health.govt.nz/covid-19](https://health.govt.nz/covid-19) for more information.

New Zealand Government



For more information about Covid-19 visit <https://covid19.govt.nz/>  
Take care of yourself and please reach out if you need our support.

# COVID-19



## Don't be scared, be prepared.

That's the Ministry of Health's advice for older people anxious about the current COVID-19 pandemic. People aged over 70, and in particular those with underlying health conditions such as respiratory issues are more vulnerable to infections, including COVID-19.

Older people need to take more precautions to protect themselves against all infections, not just COVID-19, including avoiding close contact with people who have a cold or flu-like illness.

The annual flu vaccination is free for people aged over 65 and those with certain long term conditions. While influenza vaccination does not prevent COVID-19, influenza is a serious illness that causes hundreds of deaths each winter in New Zealand, and thousands of hospital admissions and doctor's visits. Improving the population's protection against influenza will improve our ability to manage any increased demand on health services as a result of COVID-19.

It's also important that people seek help quickly if they're worried about their health. Sadly many older people are delaying going to their GP for a routine check-up or if they are feeling unwell because of concerns around COVID-19.

People needing health care should contact their GP as usual or call Healthline for advice on 0800 611 116. If it's an emergency, call an ambulance.

Here are some tips on staying well during this time.

- Wash your hands regularly for at least 20 seconds using soap and water and dry them well. This is especially important after; using the bathroom, coughing, sneezing or blowing your nose, getting home, eating or preparing food.
- Avoid touching your nose, mouth or eyes unless you have washed your hands.
- Stay away from sneezes. Two metres is a safe distance to stay from anybody sneezing. This is about the length of your couch or bed.
- Cover your cough – If you need to cough or sneeze, cover your nose and mouth with your bent elbow or a tissue (then throw it in the bin).
- If you feel at all unwell, make sure you stay at home until you feel better and try to stay in a

separate room from people you live with.

- Find the facts – lots of people are talking about COVID-19 right now. It can be confusing when lots of people are saying different things. Make sure you get your information from official sources like the Ministry of Health and the COVID-19 website. If people tell you new information, ask where they got it from – make sure it's official! Keep up to date with facts, not rumours.
- Manage your mental wellbeing. Reach out to your family and whānau, friends and workmates. Sharing how we feel and offering support to others is important. We also recommend sticking to a routine such as having regular mealtimes, bedtimes and exercising. Tell yourself that how you are feeling is a normal reaction and will pass – it's nothing to be afraid of.
- If you feel you are not coping, it is important to talk with a health professional. Call your regular health care provider or for support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 – free, anytime, 24 hours a day, 7 days a week – to talk with a trained counsellor.

*editorial supplied by Ministry of Health*



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# Relationship Changes in a Village

Retirement villages are microcosms of the wider society. Residents' relationships and obligations can change in a village, just as they do elsewhere. But retirement village residents' obligations are governed by contracts that usually don't have the level of flexibility to easily allow for changes when personal circumstances change.

This is the third article on this topic. We've looked at divorce and the opposite, moving a new person in. This time we'll look at how operators treat dependent adults or children who want to move to live with a village resident.



Operators encounter many different scenarios where residents ask for consent to have a dependant or vulnerable adult, a child who has fallen on hard times, or grandchild live in the resident's unit either temporarily or permanently. Whether or not an operator will allow this will depend on the particular village and circumstances. The operator's consent is required because these people will be living in the village as guests.

Operators appreciate that these requests to support family need to be managed with fairness to everyone involved. Having said that, operators also must respect the needs of the wider resident community and consider whether the dependant person's needs can be suitably managed by both the resident and the village. Further, the operator will want to know that there's a plan for the dependent person's care if the resident becomes unable to care for them. Where consent has been granted to a long-term

guest, the operator is likely to reserve the right to revoke it if the person's presence in the village becomes undesirable, they become a nuisance to others, or the resident, in the operator's opinion, becomes unable to care for that person.

Having children live in a retirement village can be divisive, so many operators will be unwilling to agree to children living permanently or semi-permanently in a village.

Increasingly, adult children who have fallen on hard times, maybe through divorce, mental health issues or having just been released from prison want to move into mum or dad's unit at a village. These situations can be particularly fraught and there have been instances where a child has

pressured a resident to allow him or her to move into the unit. Some operators may require a police check and certain types of conviction could impact on the guest's right to stay at the village. Operators have talked about the need to trespass children where it is evident that elder abuse is occurring or other residents are being put at risk.

Where a fully competent person is allowed to move into a resident's unit as a semi-permanent or permanent guest, the operator will usually want the guest to sign an acknowledgement that they will

comply with all village rules, respect other residents' rights and that his or her right to live in the unit may be revoked by the operator.

In the end, it's in everyone's interest that resident relationship changes and the need for residents to support loved ones are managed with care and empathy. While the village operator needs to ensure the village is managed so as to protect the interests of the whole resident body, individual residents' needs are also important. Our experience can be summed up in two key points:

- If a resident's financial interest in an ORA is going to be affected, then a resident must get proper legal advice from a solicitor; *and*
- Talk to their village manager promptly so they can jointly work through the options open to the resident.

*editorial supplied by Retirement Villages Association*

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# NEW PLYMOUTH AIRPORT - NEW TERMINAL BUILDING



New Plymouth Airport started the new terminal project back in 2016 working with BECA Architects and Puketapu Hapu on the design, with Clelands being the construction company heading the build.

The terminal is 100% funded by the Airport Company, with no reliance on the general ratepayer, and after 4 years the new building was opened on 17th March 2020.

We have transformed our 1960s airport into a modern regional gateway for almost half a million passengers for the upcoming year.

The new terminal will allow much needed space and services that the old terminal could not offer due to limited space and a building that was more than 50 years old.

The new terminal has a retail outlet as well as two eateries. The large windows throughout the building offer excellent viewing of the aircraft, the mountain and plenty of natural light which creates a welcoming atmosphere.



***The new terminal will hold the test of time and continue to set the mood for people visiting our region for many years to come.***

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**proposed for  
27th August 2020  
AGM & Speaker**

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