

**NEW PLYMOUTH**

# **GREY POWER**

**50+ NEWSLETTER**

QUARTER THREE 2021 - SPRING

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



## **GENERAL MEETING**

**Thursday 26 August 2021 at 1.30pm**

**St James' Church, Lawry Street, Moturoa, New Plymouth**

**ENTERTAINMENT: Waitara Savage Club**

**Please check membership cards for payment date**



## 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:** Wally Garrett 7550 988

**VICE PRESIDENT:** Alison Brown 7588 040

**TREASURER:** Val Armstrong

**SECRETARY:**

**MINUTE TAKER:** Mary Perrott

**COMMITTEE:** Caroline Symmans, Kathy Sutton, Colin Kilpatrick, Isabel Carter, Mark Barraclough.

### TRAVEL TEAM:

Wally Garrett, Val Armstrong - 027 289 1810,

Pam Burkett, Agnes Lehrke - 021 022 98721,

Desrie Morgan.

### 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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**taranakisolar.nz**



## President's Word



The AGM was held in May as planned, where the guest speaker Stacey Hitchcock, gave a very interesting presentation on Hydrogen as a fuel source for the near future. Stacey responded very well to the question and answer session which followed.

At the AGM most of the positions on the committee were filled. However we are still looking for a Secretary.

The vaccination forum held in May in conjunction with Positive Ageing and Age concern was very well attended, with the representatives from the TDHB giving a very informative session on what COVID-19 is, how it spreads, and the ramifications if we don't vaccinate. The programme for vaccination was outlined by Steven Parrish who gave us the details surrounding the logistics of the rollout.

June saw the presentation of the National Bowel Screening programme by Kareen McLeod from the TDHB. Again this was held in conjunction with Positive Ageing and Age concern. This session was held at the NPDC Chambers where about 60 people showed a lot of interest, going by the questions afterwards.

The collaboration between Grey Power, Positive Ageing and Age Concern is working well and seems to be attracting bigger numbers to the various forums and presentations.

Grey Power N.P. has had a significant lack of interest in the planned trip to Whanganui and we are at a loss as to why there is the overall lack of appeal. It would be really helpful if those who had contemplated the trip but ultimately decided against would contact the office. The feedback could be really helpful when planning further trips.

The Grey Power New Plymouth discount book is currently being worked on in terms of getting it up to date and hopefully adding some more firms to the existing list of discounters that we appreciate for their support.

To finish up, I would encourage you all to have a good read of the Federation quarterly magazine. There is lots of information in there as to what the Federation is up to in terms of national lobbying on our behalves.

*Wally Garrett (President)*

## Grey Power New Plymouth's celebration

In mid August Grey Power New Plymouth Association will be 33 years old.

This is a great achievement and reason to celebrate. So good members let's get together and attend this gathering on the 26th of August in great numbers.

We are having entertainment from the Waitara Savage club at this quarterly Meeting and we really would like you to join in on this big occasion.

Come and bring a friend or neighbour and enjoy our day.

### Remember 26th August

at the St. James' Church Lawry St. 1.30pm

Be there and help make this a great celebration.

*Welcome all*

*Positive Ageing, Grey Power and Age Concern  
warmly invite you ... to a free public forum*

*'Kerbside Refuse Collection and Disposal'*

*what you may want, or need, to know...*

**10-12.00noon, Thursday,  
19th August 2021**

**at the NPDC Debating Chamber**

Speakers from the New Plymouth District Council (NPDC) Refuse Collection and Disposal section will share the latest information on why, what, when, how and to whom this programme is aimed to help in New Plymouth.

There will be time to have your concerns responded to.

Free transport will be available from the Racecourse to the event—leaving at 9.30am and returning at 11.45am.

There is no need to register

For more information, contact Positive Ageing Chair,  
Lance Gilling-Butcher—027 273 8066

Sponsored by:



And supported by...



## Grey Power Coffee Mornings

There have been a few requests for a more social side to Grey Power with cuppas and a chat for members.

**On the first Monday of the month at 10.a.m, at Aroma Café we will have a Coffee Cuppa.**

A table has been booked for our use. (please note it will be the second Monday in the month if the first one is a public holiday).

This has now started, so come and enjoy the company.



**Give this your support maybe bring a friend. Put this on your calendar.**

## Do your ears feel blocked, are you having trouble hearing?

- Are you prone to ear wax build up?
- Do you wear hearing aids?
- Do you use cotton buds?
- Are you about to have a hearing test?
- Are your ear canals narrow or hairy?

Ear wax build up can cause... Discomfort, Itching, Pain, Ringing in your ears (tinnitus), Dizziness and Reduced hearing.

Earwax removal is safe and effective. It is performed by our trained and experienced registered nurses and involves using a microscope to view your ear and a small suction tube to remove the wax.

**Ear suctioning removes ear wax gently and safely. No referral is necessary.**

**Simply phone Carefirst: 753 9505 to book your appointment in our Westown Clinic today**



The Taranaki Rescue Helicopter

The Taranaki Rescue Helicopter Trust has been proudly serving Taranaki Community since 1992. Prior to this, helicopters had been available in the region for emergency callouts, but they had not fulfilled the role of an air ambulance.

Initially the Trust utilised a helicopter that was available on a semi-dedicated basis, resulting in being called away from its current task when an emergency arose. However, it quickly became apparent that a machine solely dedicated to rescue work was required.

In 1999, the decision was made to invest in a 100% air ambulance, a search and rescue helicopter. Coming on board as a major sponsor, Taranaki Electricity Trust made this possible. A hangar was then constructed at Taranaki Base Hospital.

Armed with life saving equipment, rescue personnel and trauma trained medics, the rescue helicopter is a vital emergency resource for the Taranaki region. The service supplies rapid response and medical assistance in time - critical accident and medical situations and is accessible to remote and compromised locations.

Taranaki is a natural playground with peaks, rivers and ocean - all providing major hurdles for emergency services when an accident occurs. We pride ourselves on working collaboratively with other rescue to reduce lives lost in the community. The rapid response is powered by an expert crew of pilots, crewmen and paramedics. In a life and death situation it is speed, agility and expertise that can make the difference with patients able to receive medical treatment whilst enroute to a medical facility.

Our dedicated, free of charge service is ready to serve you, your family and your community - today and in the future.

We fly 300-350 hours per year. We are proud of our family of sponsors who have been supporting the Trust its entire lifetime. We would not be able to operate this service without them. Perhaps you would like to become a sponsor and help keep this wonderful rescue service continuing.  
( Fundraising 0508 473 7283 )



Our aim is to assist in tackling some tricky tasks on your technology device. We are offering open sessions to those aged 65 and over who are interested in upskilling.

A workshop providing the opportunity to receive individual tuition from local high school students on your device (e.g. mobile phone, tablet/ipad or laptop).

Each session will consist of introduction, one on one tutoring followed by review and group chat. A warm cup of tea will be provided. Learning is at your pace and on topics that you are interested in or need help with (e.g. social media, internet searches, photos, apps etc.)

Express your interest

Email [project@ageconcerntaranaki.org.nz](mailto:project@ageconcerntaranaki.org.nz)  
Phone 06 759 9196 or 0800 243 625

Letter from Hon Nanaia Mahuta to the Grey Power Federation - 24 June 2021

Tēnā koe Jan  
I am writing to inform you of my recent decision to make an adjustment to the Rates Rebate Scheme (the Scheme). This Government is committed to helping low-income earners. The adjustment represents part of this commitment.

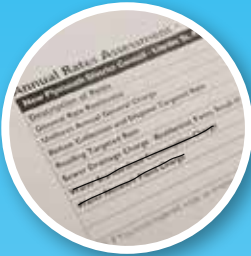
From 1 July 2021, the maximum rebate and income abatement threshold of the Scheme will be adjusted by increasing:

- the maximum annual rebate from \$655 to \$665; and
- the income abatement threshold from \$26,150 to \$26,510.

These changes reflect the 1.4% movement of the Consumer Price Index (CPI) All Groups Index for the 2020 calendar year.

Thank you for your continued advocacy for older people in our communities, ensuring they have access to the services they need, and the ability to get additional financial support, such as through the Rates Rebates Scheme.  
Nāku noa - Hon Nanaia Mahuta  
Minister of Local Government

Water Meters  
Myths Busted



Myth: I already pay for water in my rates bill, water meters will be an extra cost on top.  
**No, the water meter bill will replace the current flat rate charge.**



Myth: This is the first step to privatising our water supply.  
**No. There are laws that prevent the privatisation of our water network.**



Myth: It'll hit large and low income households in the pocket.  
**No. We haven't nailed down the price people will pay yet and we'll be looking at options to protect large and low income households.**



Myth: They're all about generating cash for the council.  
**No, our water charges only cover the costs of running our water networks and councils aren't allowed to create a profit from water.**



Myth: I will pay more for water.  
**No, we haven't nailed down the prices that will replace the existing flat rate charge, but if you save water you could end up paying less.**



Myth: We get plenty of rain here, we don't need them.  
**No. Living near our glorious Maunga means rainwater quickly runs out to sea. Saving water is millions of dollars cheaper than building new water storage.**

For more information visit [newplymouthnz.com/WaterMeters](http://newplymouthnz.com/WaterMeters)



# NZ Super

We are sorry that the incorrect data was given to us at the time of the Winter newsletter going to print. The correct data should be as follows:

### Fortnightly payments:

	Before Tax	Taxed at 'M' (if you have no other income)
<b>Single people:</b>		
Living alone	\$1,013.28	\$873.88
Sharing Accommm	\$ 932.06	\$806.66
<b>People with Partners:</b>		
Both people qualify	\$ 768.92 ea	\$672.22 ea
One person quaifies (you don't include your partner)	\$ 768.92	\$672.22

### People with Partners included before

9 November 2020

One person qualifies	\$ 728.64 ea	\$638.94ea (you include your partner)*
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\* This amount may be affected by other income you get. Rates at 1 April 2021 (adjusted 1 April each year).

**Living Situation:** If you live alone, you may quality for an extra amounth that recognises the costs of running a household on your own.

You may also get this rate of payment if you have a partner who's in residential care, hospital or prison, or in some situations if you're not living on your own.

Living alone diesn't mean you cna't have someone to come and stay for a while. You can have visitors for up to 13 weeks and still continue to get a single living alone rate.



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www.asimplecremation.co.nz New Plymouth

## Applying for NZ Super

The quickest and easiest way to apply for NZ Super is online. There are some circumstances when you should contact us first about applying, for example if you're already included in your partner's NZ Super or you already get another benefit.

## Grey Power Parking Dilemmas

No doubt you have been aware of the dramas of trying to park in Powderham Street in order to visit the Office and/or pay your subs.

The TDHB arranged to have the Vaccination Centre for Covid 19 in Powderham Street next door to Powderham Business Centre where Grey Power has the Office. The NPDC have met on several occasions to make this work for our parking and that of other businesses in the Centre and opposite. Quite a challenge.

The parking has been difficult until recent times but we seem to be working better with the difficult system established. Many members have managed to get into a park and come in but it is a limited system. We have tariffs removed from meters, and the limit for parking is 60 minutes note. So I think the best we can do is advise you of the Vaccination parking days.

Mondays are supposed to be free. (No vaccinations). Thursday a.m's also free. Not usually our office day but ring us if you wish to use this day and we will be there until 12 p.m 757 5885 OR 021 0229 8721

We would ask that you park on our side of the road, so no crossing that busy street please. If you would like us to call on you, then we will do so. Just ring please. Thank you all, Agnes.

LOOKING AFTER YOU AND YOUR *Property*

**Harcourts**

Enquire about our Goldcard Discount



**Pat McFetridge** AREINZ **Linda McFetridge**  
M 027 273 3940 P 06 759 9160 M 027 207 6809

# A warmer, greener home with a super cheap loan?



## Did you know about NPDC's Home Energy Scheme?

If you're a home owner, you can apply for an interest free loan to help make your home warmer and greener, and repay it with your rates.

### The loan can help pay for:

- Insulation.
- Double-glazing.
- Heating and hot water.
- Solar power.
- Rain water tanks.
- Grey water tanks.
- Upgrades and replacements to your septic system.
- Ventilation.
- Charging ports for electric cars.
- Energy-efficient lighting.
- A home garden package for food and self-sustainability (eg. green houses, fruit and vegetable gardens and raised beds).

### Ratepayers can apply for:

A loan of up to \$10,000 (to cover work including GST) to be repaid over five years with zero interest.

### How to apply

First, get in touch with an NPDC approved installer.

The installer will assess your home free of charge and provide options for the improvements you want. You can get more than one quote.

A \$200 application fee applies while we will also assess your credit eligibility.

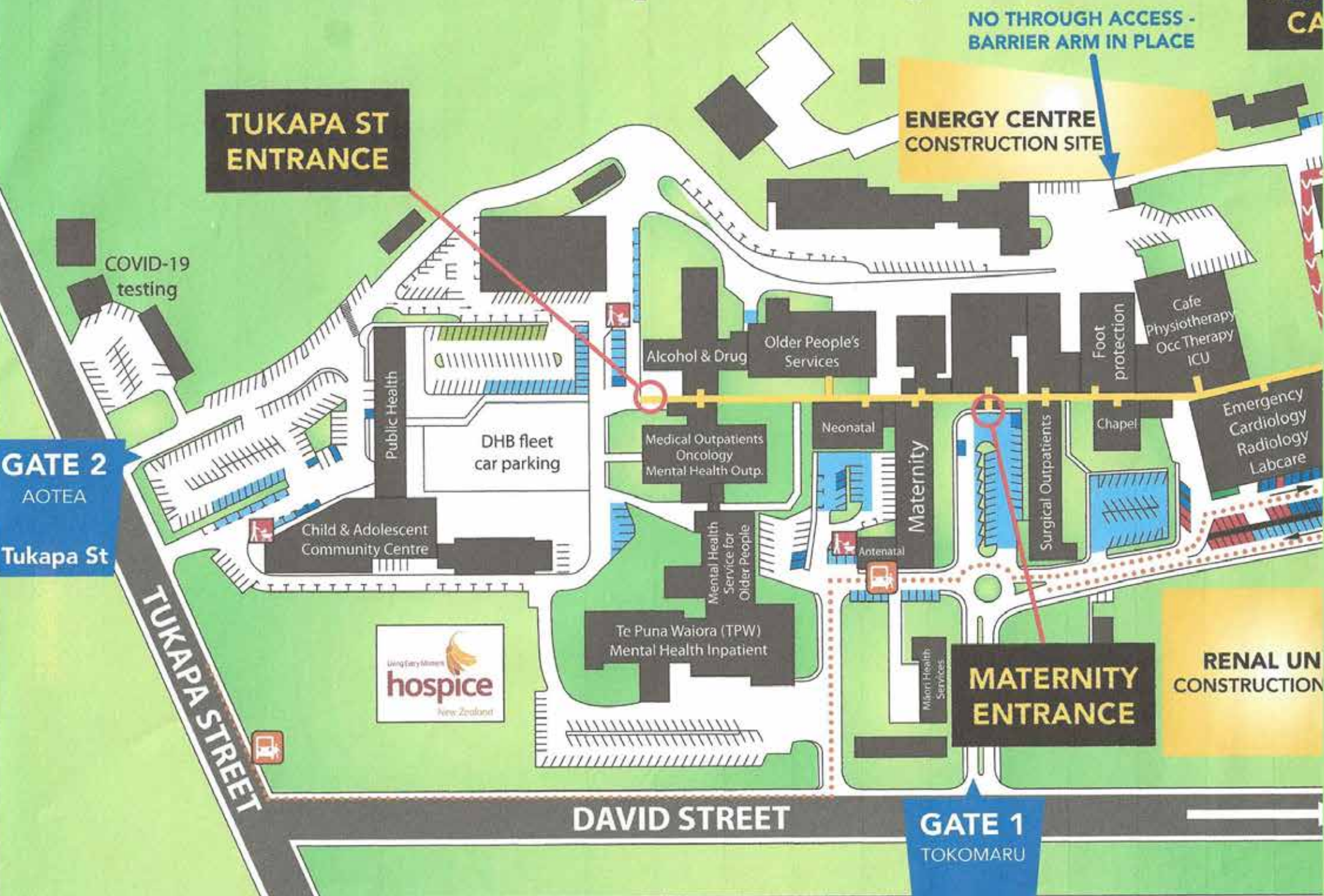
### Find out more at:

[www.newplymouthnz.com/healthyhomes](http://www.newplymouthnz.com/healthyhomes)



# Temporary Entrance to Hospital Facilities

## Taranaki Base Hospital Map



Please support the advertisers within this magazine and **PLEASE DO LET THEM KNOW.**

Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

*Thanks*



## Feel at home

at Enliven's Chalmers Home

Enliven creates elder-centred communities that recognise 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 | dementia  
short term respite | health recovery | day programmes

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



# Travel for the Year:

We have very interesting travels prepared for the last of the year ahead, but firstly we need to look at the procedures that enable us to book for travel.

Once you have selected which travels you'd like to undertake, book in with your payment choice. By cash, eftpos or Direct Credit to the Travel Account 15 3948 0007390 01 with Surname and trip name, e.g Tawhiti, or by eftpos. Fees to be paid up to a week prior to the trip please.

To make travel less expensive we have taken the meal amount out of the travel which you can determine to suit your likes.

**Pay for travel and have your seat booked.** Should there be any reason to need a refund, this will be readily available. (Such as Covid level interruptions, or illness etc.) Please ring 7699 630/021 0229 8721 for further details or interest. Thank you.

## 3rd Trip of the Year Whanganui Special 5th August 2021

Depart Raceway Car park 8.30am. Cost \$60.00 p.p. Aramaho Rowing Club on Taupo Quay and its history. Then off to the Glass Blowing Gallery with awesome displays. Up to Upokonahu for lunch and over the Bike Bridge for an adventure. We then set off for St Paul's Church Putiki, for a guided tour of this magnificent historic building.

Finally we visit the beautiful Fernery by Virginia Lake and into the Aviary which is close by.



We have several seats available right now as some have had to cancel. So we offer this wonderful trip to you and your friends and those who may love to enjoy the day out.

### Te Awamutu: 4th Nov.2021.

Leave Raceway Car Park at 8.30am. Cost \$60.00  
Buy own lunch.

Morning tea en-route. Te Awamutu beautiful Rose gardens, and on to the Memorial Gardens. Enjoy lunch at Red Kitchen Café. Time at Te Kuiti to visit Sir Colin Mead's statue and Information Centre. A surprise visit in store later. Home to Car Park by 5pm ish.

The Gardens are very worthy of a visit and will be in magnificent splendour at this time of the year. What a refreshing day out for all.

**Travel Disclaimer:** Whilst planning is spelt out as best able at time,there is always the risk that things will change, suddenly.It is no one persons fault and beyond control. Incidents happen and mean changes . SO please we do our best at the time of printing trips but if the trip slightly changes it is not because we didn't try to get it right.

## Business Discounts

Our Grey Power Logo will hopefully be displayed in shop windows, doors or counters to remind Grey Power members where discounts are available.

Therefore have your membership card ready for a check out and spread the word. Of course it is reaffirming to acknowledge the discount . Especially in these times.



## The Application Forms for Membership

Over the years we have spent hours trying to track down members' new addresses, new phone numbers And emails. We are now quite the detectives at concluding answers for these and other issues arising.

So the simple answer is for the new application form in your Newsletter to be filled out with subscriptions. That saves time and much work on the staff's behalf, thank you. Cards, magazines, Newsletters etc. can then be sent to the correct address and not end up back at the office again.

So thank you for filling out the form, and those who very kindly address an envelope. It is appreciated.

We need also to heartily thank those who have given donations to our Association each year. You are keeping us going in so many ways. We are not funded in any other way, so our subscriptions are our ability to provide for what it takes for an association to keep going, plus members of course. We need you too. Thank you.

"You don't stop laughing when you grow old,  
you grow old when you stop laughing."  
~George Bernard Shaw



## Safe Internet Banking

**The times they are a changing and one of the big changes is not being able to use cheques any longer.**

I am aware that many people will struggle with this change, so I am prepared to come to your homes and install a safe antivirus system.

It is a good idea to use ESET Smart Security antivirus software, which has a secure browser, so you can be confident accessing the bank through your computer and you cannot be hacked.

This costs \$80.00 for the first year. Annual renewal is \$50.00.

If you are interested in this idea, I am prepared to install ESET for \$100.00 which is almost half my usual fee, so \$180.00 in total.

On another subject, if you're getting ransomware emails, please get in touch so I can check your computer is not being affected.

Ransomware emails ask for payment so your data won't be encrypted or, if it is, payment to release your data.

We are also doing our system upgrades where we clone your system to a new or faster hard drive, to improve performance.

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## Home phone technology and calling 111

### what you need to know



#### CAN YOU CALL 111 IN A POWER CUT?

**If the power goes out and there is an emergency, will you or your loved ones be able to contact 111?**  
Most modern home phones require power to work. It's important that you know what technology your home phone uses and that you also check your family and friends understand this and are prepared.

#### WHAT TECHNOLOGIES NEED POWER?



Fibre and wireless  
home broadband



Home phones that use  
voice calling over the  
internet (known as VoIP)



Most cordless home phones  
on any technology

#### HOW CAN I CHECK?

- Ask your service provider what technology you are on and whether your phone will work in a power cut.
- Test it, by turning your power off (at the mains is best) and seeing if it works.

#### NEW TECHNOLOGY NEEDS POWER TO WORK

Every year, and when signing up to a new service, your home phone line telecommunications provider needs to tell you that new technology (fibre or fixed wireless) needs power to work and of the need to be prepared. This helps support everyone including the most vulnerable consumers.

#### TIPS FOR BEING PREPARED

- We suggest keeping a charged mobile phone handy ready to use as a back-up in case of an emergency.
- Keep your mobile phone charged – or purchase a portable power bank from an electronics retail store and keep it (charged) in an easy to find place.
- If your landline service is delivered over traditional copper lines keep a corded phone handy as a back-up, that you can plug into a phone jack if needed.

#### Do you, or someone you know, need extra support?

From August 2021 if you, or someone you know, meets the criteria of a vulnerable consumer under the Commerce Commission's 111 Contact Code they will be provided with a way to contact 111 emergency services in a power cut.



**If you are out of your Providers area another local provider will cover your call to ensure your call is connected to 111.**

## QuinLaw - Barristers & Solicitors

# Cyber Crime and Cyber Security

Cyber crime is a modern reality and none of us want ourselves or those we know being exploited this way. We hope that nowadays nobody would fall for the Nigerian Prince story and other get rich quick schemes are equally suspicious.

account. That is why we ring you to verify the account number.

We have a duty to protect our own systems and train our staff to be aware of fraudulent activity. Probably a month doesn't go by without us having some training on some aspect of cyber security. We hope that we are super vigilant and would pick up any scams. Part of the complete protection though is that you, our clients, are also aware of the cyber crimes which are happening in our country and in Taranaki.

We have already advised you of our policy that before paying money to you we will ring you to double check the bank account details before making the payment. We know of firms that have paid client's money to the wrong bank account as a result of receiving an email supposedly from the client, saying to use this bank

**If you are going to make a payment to anyone and you receive an email 24 hours beforehand saying this is my "new bank account" you need to double check those bank details. That is a classic cyber crime. That is why we prefer to have the client's bank account deposit slip to pay the money directly. The numbers don't have to be hand written and there is less chance of mistakes being made. Unfortunately with cheque accounts now going by the wayside there will no longer be handy deposit slips.**

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

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Editorial supplied by QuinLaw

	2			8			
3				4		9	
8	1		2				4
	7			1			3
	3					5	
4				8		7	
9					5	6	8
	6			7			9
			6			2	

How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. The difficulty on this puzzle is easy.

7	2	9	4	6	9	3	8	1
6	4	3	1	7	8	2	9	5
8	9	1	5	2	3	7	4	6
9	7	2	3	8	5	1	6	4
1	5	4	6	9	7	8	3	2
3	8	6	2	1	4	5	7	9
4	3	7	9	5	2	6	1	8
2	6	8	7	4	1	9	5	3
5	1	9	8	3	6	4	2	7

## LILLE Healthcare

# HOW TO CHOOSE CONTINENCE PRODUCTS

Problems with bladder control can increase as you get older, this is known as 'incontinence'. Many people may feel embarrassed and find it difficult to address the problem which can diminish the quality of life for those affected.

There is a range of easy-to-use products that can help, but it's important to choose the right one!

**Correct style** - The product needs to suit the user's lifestyle. There are pads that can be placed into underwear or pull ups that are an all-in-one style to be worn instead of regular underwear.

**Correct absorbency** - Pads and pull ups have different absorbency levels from light to heavy. It's

important to have the right one to avoid overly moist skin and the associated skin irritation and infections. If you are wearing the pad and still have spillage then we will recommend a higher absorbency. If you are feeling reasonably dry, then it's the right one for you. Of course, the absorbency level you need can change over time.

**Correct size** - The continence product you choose must fit properly to avoid leaking and inconvenience. There are sizes to fit all body shapes. It's hard to know which product will best suit your needs, which is why Lille Healthcare offers free samples for you to try before you buy.

Lille Healthcare has a wide range of products that can help you manage incontinence. If you require further advice, contact a continence specialist, nurse or doctor, or visit our online store for more information.

**Properly managed incontinence improves independence and confidence, making everyday life more enjoyable.**



DEDICATED TO CONTINENCE CARE

Lille Healthcare New Zealand offers a comprehensive range of disposable products suitable to manage all types and levels of incontinence. Our technologically advanced products are 100% breathable and hypoallergenic, ensuring optimum comfort, security and discretion.

## ORDER ONLINE for DELIVERY DIRECT TO YOUR DOOR

Our easy-to-use Lille Healthcare Online Shop provides the ability to buy continence products discretely in the privacy of your own home and have your package delivered direct to your doorstep.

Order now at [www.lillehealthcare.co.nz](http://www.lillehealthcare.co.nz)



Our Lille Healthcare range includes pads, pants, adult diapers and underpads.

# Renewal of Subscriptions: OFFICIAL NOTIFICATION

Take your membership card and check the date of expiration.

Name:

Number:

Expires: **31.3.21**

This is when your renewal is due.

Our friendly reminder that subs due date is March 31st 2021. Please contact the office if there is a problem and we will help collect them for you if necessary. Thank you

You can pay by ; Cash, Eftpos, cheque or Direct Credit.

our Bank number is **15 3948 0007390 00**

When paying by Direct Credit, please use surname and membership number in the reference section, or surname and phone number if new, so we know who is paying. 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: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email Address: \_\_\_\_\_

### PAYMENT DETAILS:

Subscription \$ \_\_\_\_\_ Donation \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

Please tick the box if you wish your information to remain confidential ☐

**NOTES:** Please return a completed form with every application. Payments may be made by eftpos, cash, method 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. Your details will be kept private at all times. A stamped addressed envelope with postal applications would be appreciated.

### Office use only

Date Received \_\_\_\_\_

Card Issued \_\_\_\_\_

Expires \_\_\_\_\_

Amount \_\_\_\_\_

Paid by \_\_\_\_\_

Date on Computer \_\_\_\_\_

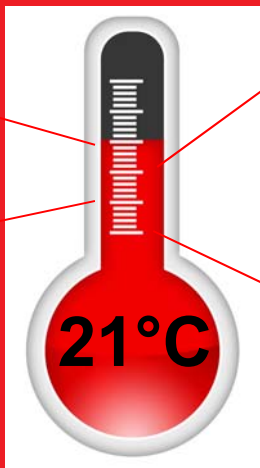


### **21°C The Healthy Temperature**

Keeping rooms you live in heated to 21°C helps prevent cold related illness

### **Below 12°C**

there is an increased risk of having a stroke or heart attack



### **Below 16°C**

there is an increased risk of respiratory illness

### **Below 9°C**

there is an increased risk of hypothermia

## **Is your Membership Subscription up to date?**

Are you a financial/paid up member of Grey Power?

If your card has 31/03/2021 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**

**proposed for  
25 November 2021**

Speaker

Julia Kennedy from  
Health & Disability

**YOUR QUARTERLY NEWSLETTER FROM  
GREY POWER NEW PLYMOUTH**

