

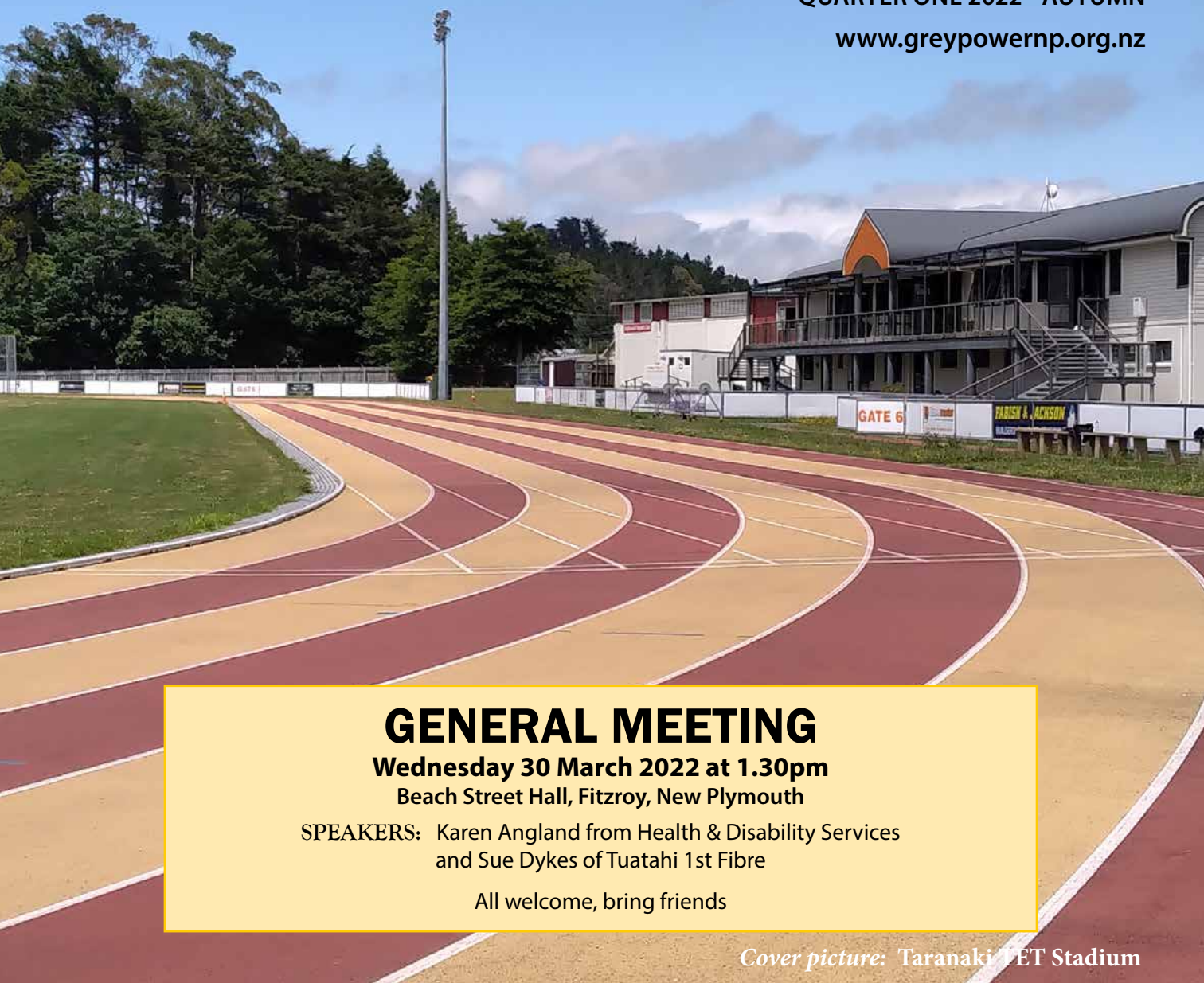
NEW PLYMOUTH

GREY POWER

50+ NEWSLETTER

QUARTER ONE 2022 - AUTUMN

www.greypowernp.org.nz



GENERAL MEETING

Wednesday 30 March 2022 at 1.30pm

Beach Street Hall, Fitzroy, New Plymouth

SPEAKERS: Karen Angland from Health & Disability Services
and Sue Dykes of Tuatahi 1st Fibre

All welcome, bring friends

Cover picture: Taranaki TET Stadium

**Official Notice that subs are due by
31 March 2022 unless your card states otherwise.
Your prompt payment will be much appreciated.**

GREY POWER NEW PLYMOUTH INC.
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VICE PRESIDENT: Alison Brown 7588 040
TREASURER: Val Armstrong
OFFICE MEMBERSHIP SECRETARY: Karen Hamer
MINUTE TAKER: Mary Perrott
CO-ORDINATOR: Agnes Lehrke 769 9630
COMMITTEE: Caroline Symmans, Kathy Sutton, Colin Kilpatrick, Isabel Carter, Mark Barraclough.
TRAVEL TEAM: Wally Garrett - 755 0988
Val Armstrong - 027 289 1810 / Pam Burkett / Margaret Humphries / Jill Ellis / Dennis Eales

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.

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.



President's Word



A New Year has begun, but the same issues are still confronting us. We now have a new variant of the COVID-19 virus (Omicron) to contend with, which has the distinct possibilities of having more hospitalisations occurring, than the Delta variant at the end of the day.

As per usual, COVID-19 plays havoc with many plans, and for the third time, the planned Recycling forum with Positive Ageing and the NPDC is having to be postponed.

The G.P. committee has decided that all attendees of G.P. meetings such as the Quarterly or Committee meetings, will need to be able to produce a vaccine pass which may be verified on occasion.

In early January the Executive members of the committee met with some of our office staff and we now have some real clarity and definition of the key roles within G.P. New Plymouth. The office staff have also been beavering away behind the scenes, to improve our website and also our emailing services to the members.

One of many issues confronting some older people is the issue of care in the family home. Grey Power has heard many stories from up and down the country. Hours of care being reduced from 1 hour per week to 45minutes per fortnight which is plainly ridiculous. What beds can be changed and cleaning done in that amount of time? This is just one example of a huge range of problems. These stories are demonstrating that many people who receive HCSS so as to stay at home, rather than be in rest homes, are not being well supported by the system.

Grey Power supports E tū and the PSA in their bid to have the home support system overhauled.

We also support permanent regular shifts, hours and income, like other health workers.

Wally Garrett (President)

Grey Power Office working with the Red Light System:

Grey Power Office will still be processing your Applications, so please continue to Post **or** drop them off at the letter box marked on the left side of the building. We will post returns out to you. (An addressed return envelope included would be gratefully accepted. Thank you).

If you wish to come into the office you are welcome but will need to be masked and have a Vaccination Pass. If no Vaccination Pass drop the subs into the letterbox. If you wish to speak to us knock on the office door please or ring us 757 5885 or 021 0229 8721.

Other means of payment:

- 1. In the office using the eftpos machine. The Application Form needs to be completed prior to coming in, thank you.
- 2. Direct Credit via your banking on the computer. Or ask the teller at the bank to pay the amount into our bank account.

Account:
15 3948 0007390 00
(as on the Application Form).

All Direct Credits must have your surname and membership number in the reference box please. Otherwise we have much detective work to do to identify the payee.

We want you to continue to keep in touch so we can assist when and where necessary. So do ring us or your President.

Now is the time to get those subs up to date with payment, so we look forward to assisting you.

All the best and keep well and safe.



It is becoming more necessary to show photo ID with the Vaccination Pass at some occasions, so be prepared by taking your drivers license or such like with you to events etc. Saves hurrying off to get it.

GREY POWER COFFEE MORNINGS



Grey Power members and friends are enjoying these occasions for cuppas, chats and new friends. We enjoy the company, so why not join us.

Coffee days are the first Monday of the month at 10am, at Aroma Café. The next day Tuesday if the Monday is a holiday.

A few tables are booked for our use. Any member may join in and maybe there are some potential new members to come.

Let's give this our support. Come and spend time together, bring a friend. Put this on your calendar.

See you there.



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www.asimplecremation.co.nz New Plymouth

Our Birthday Celebration

Solo singing Instrumetal playing Choral Songs Acting

On the 25th of November we held a birthday entertainment in the Beach Street Hall. This was well attended and we were entertained admirably by the Waitara Savage club. There was a variety of musical instrument performances displaying great talent and such good old songs sung by their choral group. A short play held of a chemist shop encounter and finally a few duets on the piano by very competent pianists



After the entertainment Alison Brown, Vice President asked if there were any issues. This was responded to by one gent on the state of his In Home Care. This has been noted and will be researched. Thank you for bringing this to our attention.

The earlier talk given was on the commencement of Grey Power in New Plymouth. The enthusiasm

that brought about our organization. The dedication and work done to bring us to today. What our predecessors provided us with was strong and vibrant. Let’s recapture this spirit and encourage others to be part of our Grey Power Association to continue this enthusiasm to assist the elderly where we can.

Digital Literacy

Our brand-new Digital Literacy programme started on the 8th of November, following a round of surveys to understand our community’s needs - and so far, so good!

Anyone who is interested in attending a free Digital Literacy Lesson can contact either Antonia or Bex on 06 759 9196 to book a time.

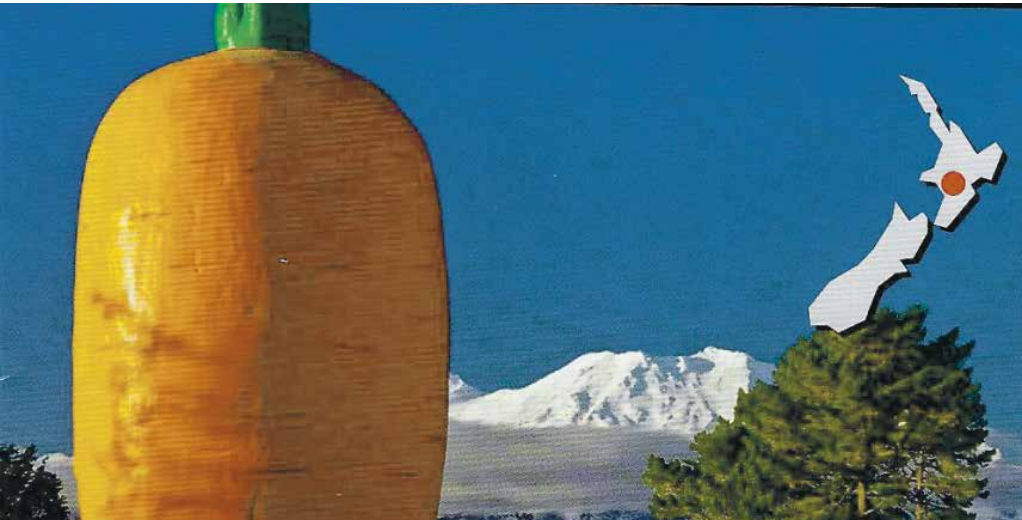
- Time slots available:**
- Monday 9.30am, 10.15am or 11am
 - Wednesday 1pm or 1.45pm
 - Friday 9.30am, 10.15am or 11am

Anyone can book in for a free 40 minute 1-1 lesson with one of our volunteer tech tutors and work on whichever specific problem they have.

We nominated lesson timeslots of 40 minutes so that people can just work on one problem at a time and it’s not too overwhelming, we encourage attendees to book in as many times as they need to feel confident

with their devices. We decided on a 1-1 personalised teaching format rather than a crash course of set topics, because when surveying prior to beginning the service we found people had varying needs and pre-existing skill sets, and we recognised everyone has a different learning style and pace. We will be running regular workshops in the future on specific tech topics too, such as enhancing cyber security or the basics of video calling, to allow for some group learning to occur.

So far, we have had very positive feedback and the lesson slots are being filled quickly as we’ve found there is a big demand in the region. Gratefully, both of our current volunteer tech tutors have a history of teaching, and as they are both older people themselves they are very understanding of the learning process and they are very patient. They really are the stars of our programme! I anticipate we will have more tech tutors coming on board in future so we can expand the service to meet the demand.



If you’re looking to do some short walks, hikes or rides there’s no better place to start than the small town of Ohakune nestled in a spectacular setting at the base of Mount Ruapehu, located in the heart of the Tongariro National Park.

Ohakune walk for all fitness types

Mangawhero River Walk

Meandering along the banks of the Mangawhero River, this easy, well-maintained path connects the main town centre with ‘The Junction’ area at the foot of the mountain and is a pleasant family-friendly walkway. Ohakune 2000 Inc. Volunteers maintain the route and are re-introducintg native plant species to attract birds and animals to the area.



The river itself has its origins high on the slopes of Mount Ruapehu and follows a fault line down the mountain, through the volcanic landscape and over two waterfalls before it reaches Ohakune. From here it continues on until it joins the Whangaehu River. The Mangawhero River Walkway can be easily combined with the Jubilee Walkway for a longer trail if desired.

- Distance:**
2km
- Time:**
30 minutes
- Start Point:**
Burns Street, southern end of Ohakune, or Old Station Road, The Junction, Ohakune.
- Difficulty:**
Easy
Family-friendly





Honourable Dr Ayesha Verrall...
Minister for Seniors.

The Office for Seniors is working hard to keep you up to date and informed throughout the COVID-19 pandemic.

We haven't won the battle against COVID-19 yet, but overall New Zealand is doing well and that's thanks to everyone who has stuck by the rules and stuck in their bubbles. Seniors have been a big part of that.

Key telephone numbers:

- COVID-19 Healthline **0800 358 5453**
- For general health issues, phone your doctor
- For emergencies dial **111**
- If you are feeling anxious or just need someone to talk to call or text **1737**
- Elder Abuse Helpline **0800 32 668 65**
- Money Talks free and confidential budgeting advice **0800 345 123**
- If you need to discuss your entitlements phone the MSD Senior Services line **0800 552 002**
- Make sure all your details are correct through your MyMSD Account at www.my.msd.govt.nz
- **Our new website is now live ...**
officeforseniors.govt.nz

The new website provides an easy pathway to connect you with helpful information relevant for older people from other organisations, and Government Departments such as where to go online to update your tax code for your NZ Super or apply for an insulation grant.

This website was developed with an older audience in mind, especially for those with visual impairments, so it's easy to use and navigate. It also gives an insight into the work of the Office for Seniors and will replace the SuperSeniors website.

**Deep thought of today:
When you clean out a
vacuum cleaner.
You become a
vacuum cleaner.**

The Taranaki TET Stadium

(as pictured on front cover).

In 1985 the Taranaki Centre New Zealand Amateur Athletics Association, set up the Taranaki Community Stadium Trust.

The purpose was to raise funds to build an all-weather-purpose track in New Plymouth.

It was considered by the New Plymouth District Council in 1997 and after reviews on locations, work began on the complex at Jubilee Park Inglewood, the traditional home for athletics in the early 2000's.

It was however the original vision of Norman Read the Olympic athlete and others to achieve this goal for athletics. It took 15 years to complete the project.

The overall aim of the TET, Taranaki Electricity Trust, and major sponsors was to ensure that the stadium tract and function Rooms were accessible to the widest range of individuals and groups.

The TET Stadium is renowned as one of the best sporting venues in the Taranaki. It hosts marching bands, and various events on N.Z's first Olympic class Mondo Athletic track and superbly maintained fields.

A fantastic player and supporter facilities with a large fully equipped medical room run by St.John Ambulances also included with this venue. All this with Mount Taranaki as the stunning backdrop .

TET Stadium & Events Centre is managed by the Taranaki Community Stadium Trust with support from TET it aims to provide facilities that are high quality and can support a wide variety of local regional and national events.

Visitors are welcome to this stunning Stadium. Well done to all who maintain and support this great venue of which we are very proud.



**PLEASE SUPPORT
OUR ADVERTISERS**

Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks



Rahul Radhakrishnan
2021 Citizens' Awards Recipient

Rahul has used his two water-front eateries to raise thousands for local community causes, and support our essential workers.

Who's your

Local Legend²⁰²²

Do you know an unsung hero who keeps our community going?

Fill out a nomination form at
npdc.govt.nz/locallegends
or call 06-759 6060

NPDC Citizens Awards nominations close on 18 May.



Grey Power New Plymouth Office Use Survey January 2022

The Grey Power NP office volunteer staff are interested in finding out how many of our members come in to the office, how often members come in and their reasons for coming in.

The survey is anonymous, it does not ask for your personal details, and there is room for comments should you wish to share your thoughts on any other topics.

To this end we are counting the numbers visiting each day, and would find it very helpful if you are able to answer the questions below (even if you only want to answer some, all feedback is useful).

Circle your answer or, if none apply, feel free to write your answer in the space below the question.

1.

How often do you come in to the office?

1x per year2-3x per yearmore than 3x per year

2.

Have you been on any of the Grey Power NP trips?

Yes / No

3.

Would you come to the office if it were further out of town?

Yes / No

4.

Would you find it difficult if the office were to close completely?

Yes / No

5.

Are you comfortable paying the yearly subscription by Internet Banking?

Yes / No

6.

Alternatively, are you able to pay your subscription at your bank branch?

Yes / No

7.

If we had a letterbox or drop-box somewhere, would you be happy returning membership forms by mail or dropping them off?

Yes / No

8.

If we had a website form would you be comfortable with entering your details to join or renew your membership in this way?

Yes / No
Would need help

9.

Would sending your renewal details to us by email suit you?

Yes / No
Would need help

10.

Are you comfortable using email and/or social media to communicate and keep in touch withy groups you belong to?

Yes / No

11.

Do you get the Daily News newspaper?

Yes / No

12.

Do you read the Midweek newspaper?

Yes / No

13.

Which radio station do you listen to (if any)?

14.

What do you find is the best way for Grey Power NP to keep in touch with you?

Grey Power NP is wanting to actively seek answers to difficulties our members encounter. (eg home help, housing, accommodation for the elderly, parking, rates, pedestrian needs, footpaths). Are there any particular issues you are concerned with? Feel free to email or write to us at Grey Power New Plymouth office. Grey Power New Plymouth, 21/117 Powderham Street, New Plymouth, 4310. greypowernp@gmail.com

FOOD WASTE IS A MASSIVE PROBLEM IN NEW ZEALAND

<https://lovefoodhatewaste.co.nz/>



EVERY YEAR KIWIS SEND 157,398 TONNES OF FOOD TO LANDFILL, ALL OF WHICH COULD HAVE BEEN EATEN. NOT ONLY IS WASTING FOOD COSTING US MONEY, IT IS ALSO BAD FOR THE ENVIRONMENT. LOVE FOOD HATE WASTE HAS TIPS AND RECIPES TO HELP YOU REDUCE YOUR FOOD WASTE AND SAVE MONEY

FOOD DATE LABELS – WHAT DO THEY MEAN?

Take a quick glance at your food packaging – chances are, there’s probably a date on there somewhere. The dates can be a bit confusing if you don’t understand them, so ‘Love Food Hate Waste’ can help you make sense of them, and in the process save your food from being wasted!

BEST BEFORE

‘Best before’ refers to quality: your food will be at its best before the date given. After this date, it might not be at its best, but it will still be safe to eat. Depending on how your food is stored, it has the potential to be good enough to eat for a long time after this date. Here’s a guide to a few key food items and how long after the date they can be eaten:

- Crisps – one month
- Biscuits – six months
- Cereals – six months
- Canned food – 12 months
- Confectionary – 12 months
- Pasta sauce – 12 months
- Dried pasta – three years!

USE BY

‘Use by’ refers to safety: you must not eat food past the ‘use by’ date. You cannot always smell the bacteria that causes food to spoil, so after the ‘use by’ date, the food may appear perfectly fine to eat, but could still lead to food poisoning. Let’s be absolutely clear: you should NOT eat food after the ‘use by’ date - even if it looks and smells OK.

Top tip: you can freeze food right up to and including the ‘use by’ date. If you’re not sure you will eat it in time, freeze it for another day!

Be willing to be a beginner every single morning. (Meister Eckhart). In other words do not give up. Have a go at something. Do something. Help someone. You will be helping yourself to enjoy life.

Did you know that in a rapidly aging Japan, older adults now use more diapers than babies do. One town is recycling used diapers into fuel pellets.

Our office is open

Contact our friendly team in our New Plymouth office: 78 Gill St, New Plymouth 4310

Glen Bennett MP for New Plymouth 06 757 5662 glen.bennettmp@parliament.govt.nz /glenbennettlabour @glen_bennett01

Authorised by Glen Bennett MP, Parliament Buildings, Wellington

ONLINE SHOP

Visit ShopEnliven.org.nz

ShopEnliven is Enliven’s one-stop online shop featuring products for older adults

We offer gifts, food and nutrition, dementia care, personal care, and lifestyle products all at an affordable price.

New products are being added all the time –so make sure to check in on a regular basis!

To see what we have on offer, visit www.ShopEnliven.org.nz

75g butter, melted
250g packet gingernuts, finely crushed
850g can Wattie's Black Doris Plums in Syrup
250g cream cheese, softened
½ cup caster sugar
4½ tsp gelatine powder

1 cup cream
2 egg whites

2 tsp cornflour
1 cup reserved plum syrup
Fresh plums to garnish (optional)

Line the base and sides of a 22 cm loose bottom springform cake tin with baking paper.

Mix the melted butter into the biscuit crumbs and press into the base of the tin. Refrigerate while preparing the filling.

Drain the Wattie's Black Doris Plums in Syrup and reserve the syrup. Remove the stones from the plums.

Using an electric beater, beat the cream cheese, caster sugar and plums in a mixing bowl until smooth. Add the cream and beat again until well mixed.

Pour ¼ cup of boiling water into a small bowl. Add the gelatine and stir to dissolve. Strain into the cheesecake mixture and stir to mix.*

In a clean bowl, whisk the egg whites until stiff. Fold into the cheesecake mixture. Pour over the biscuit base. Refrigerate for 4-6 hours or until set.

To make the Plum Coulis: Mix the cornflour with $\frac{1}{4}$ cup of the reserved plum syrup. Pour into a small saucepan and add the remaining syrup. Heat, stirring continuously, until the coulis thickens and boils. Remove from the heat and allow to cool. Refrigerate until cold. Serve with the cheesecake.

To serve, release the sides of the tin and remove the baking paper from the sides then slide the cheesecake off the baking paper base onto a serving platter. Serve with the plum coulis and garnish with fresh plums or seasonal fruits.

*Straining the dissolved gelatin will avoid unpleasant lumps of undissolved gelatin going into the cheesecake. If wished, replace gelatin powder with leaf gelatin. Use according to packet directions and check conversion amounts on pack.

Makes about 30



METHOD

Place Tim Tams in food processor (one packet at a time) and process until like breadcrumbs. Put into a bowl and mix in the icing sugar and then the cream cheese and mix all together.

Take out teaspoon lots and roll into balls, and then roll in coconut.

Place in a container and freeze in freezer until ready to use.

These keep for a long time in the deep freeze – and you can use either a few at a time or as many as you want as the rest keep well.

Can eat straight out of freezer.

In the following analysis the French Professor Bruno Dubois Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals/addresses the subject in a rather reassuring way:

1. I forget the names of families ..
2. I do not remember where I put some things ..

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.
Half of people 60 and older have some symptoms
that are due to age rather than disease.

- Forgetting the name of a person,
- Going to a room in the house and not

Now for a little neurological test. Only use your eyes

[illegible][illegible][illegible]

If you pass these three tests without problem:

- you can cancel your annual visit to the neurologist.
- your brain is in perfect shape!
- you are far from having any relationship with Alzheimer's.

So, share this with your over-65 friends, if you can remember who they are.

remembering why we were going there,
a blank memory for a movie title or actor,
an actress,
A waste of time searching where we left our
glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following statement:
"Those who are conscious of being forgetful have no serious problem of memory."

"Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Grandparents raising grandchildren in retirement villages

Article supplied by Retirement Villages Association

Isobel Harris-Clark doesn't remember a time when she didn't live with her grandparents in Summerset by the Ranges, Levin. She was just over two when her grandmother, Gwyneth Harris, collected her from the social worker who'd brought her south on the bus and took her home to her villa, and there Isobel stayed, until she left in 2019 to go to Otago University.



Isobel's babyhood had been challenging, with her parents unable to provide the stability she needed. Gwyneth had raised six children, and nurtured Isobel in the village within the same frameworks – love, routines, expectations and lots of activities. She remembers, "I knew Isobel needed routines to give her security. I got her into preschool three mornings a week to give her friends, and we did lots of activities – we went to plays, the pantomime, the circus, and library programmes. When she was little, I took her to meetings in her pushchair; she had books and snacks, she was always happy." On Sundays Isobel went to church, sitting with Gwyneth in the choirstalls. Isobel was also part of village life, going to all the events with her grandparents. Gwyneth remembers explaining, "Isobel, there are people here with wobbly legs and walkers, so you have to be careful and quiet." She quickly became the Christmas fairy and the Easter bunny's helper. Isobel's still Santa's helper when she goes home for Christmas. Her great aunt and uncle also lived in the village; Isobel remembers "They were very gregarious, they ran all the events – St Patrick's and St Andrew's Day breakfasts, shared dinners, communal fireworks – and I loved getting involved. If I lost a tooth – especially the time I lost one at a potluck dinner – I got lots of coins from all the Tooth Fairies there." Sometimes living in the village gave Isobel an advantage over her schoolmates. The mini-golf course was a great drawcard, as were the grounds. "We could practice gymnastics on the lawn – I had a bigger backyard than anyone else! One of the residents told me recently how much she enjoyed watching us practicing from her window – she'd been a gymnast herself." Looking back, Isobel says, "Growing up in a retirement village was my normal,

and we made it work."

By contrast, Milly French is only ten, but she has very similar views about the time she spends in Northbridge Residential Village on Auckland's North Shore. Milly's mother Rachel died when Milly was four; since then she's spent every second weekend and much of her school holidays with her grandmother Carol and step-grandfather Dennis Thornbury. Carol says Milly's made friends with their neighbours, mainly women on their own: "People have been very welcoming, especially on our apartment floor. Our neighbours treat her like a friend, they look forward to seeing her. And there's so much to do – we swim in the pool, use the spa, and go to the beach. Northbridge is informal and unfussy, so it's easy to have her here. It's her second home, and she feels safe."

Milly agrees. "I love seeing all the lovely people here. And it's really fun in the pool. Gramps races me, and I make a little floaty house out of the pool noodles and Gramps pretends to be a leopard seal."

The differences between living in her father's house and her grandparents' apartment are all taken in her stride as well: "It's quite different to come to the apartment, it's bigger than my house and I like the way Granny has a rubbish chute so we don't have to do the bins and mow the lawns. It's really nice and quiet out on the balcony. At Christmas people decorate their doors and railings, and Ross, who delivers the mail, puts tinsel on his mobility scooter basket, it's lots of fun. We give the neighbours on our level Christmas baskets with fudge and biscuits."

As growing up in a retirement village did for Isobel, Carol says going to village functions has given Milly confidence. "It makes her feel grown up, being part of an adult community. I think it's been very good for her."

While these arrangements are relatively uncommon, with goodwill on all sides they can work well for the families concerned and for other residents. They give a taste of multi-generational living in an older community, and having a child around regularly may go some way in filling the gap for residents whose grandchildren don't live nearby. Isobel and Milly are living proof that it can indeed take a village – even a retirement village – to raise a child.

To read more about this remarkable story, visit Retirement Life website - <https://www.retirementlife.co.nz/grandparents-in-retirement-villages>

We were created to be "in the community" with others. So if you are feeling a little isolated or lonely, reach out to someone and be the friend to them that you would like them to be to you.



Be kind to yourself

- ☞ **Start each day with three things you're thankful for.**
- ☞ **Do something nice for yourself every day.** Give yourself a compliment, soak in a warm bath, take yourself out for a coffee.
- ☞ **Make a list of mini goals.** These may look like: Take a shower. Brush your hair. Get fresh air.
- ☞ **Keep a 'done' list alongside your 'to do' list,** to keep yourself positive about what you've already achieved.
- ☞ **Connect: get in touch with a friend once a week, just because.** It can be as simple as a quick text to say you're thinking of them.
- ☞ **Tidy up in bit-sized bursts.** Set aside some time to transform one corner only of your home. Donate or bin anything unwanted within this corner. Give the rest a good dusting, and try a few different arrangements.

If you're struggling, remember that there are therapists out there to talk to. If the cost is prohibitive, there are free options you can explore online.

<https://mentalhealth.org.nz>
<https://www.justathought.co.nz>
<https://www.instagram.com/thisisyolandarenteria>

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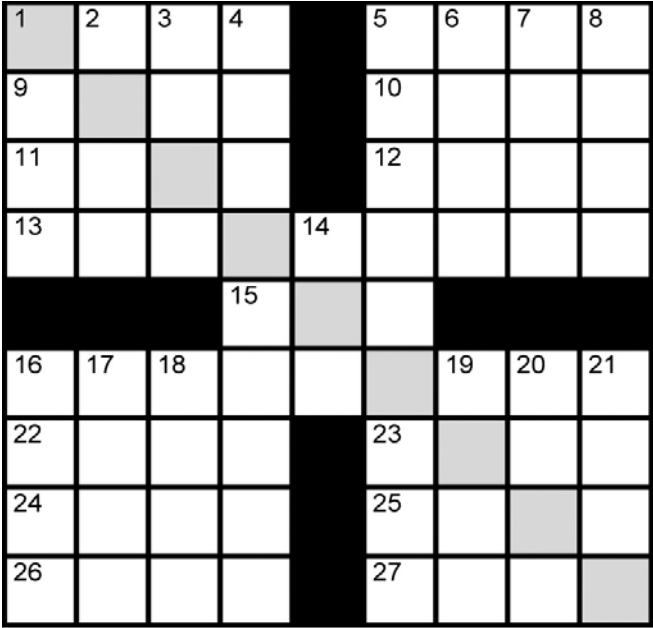


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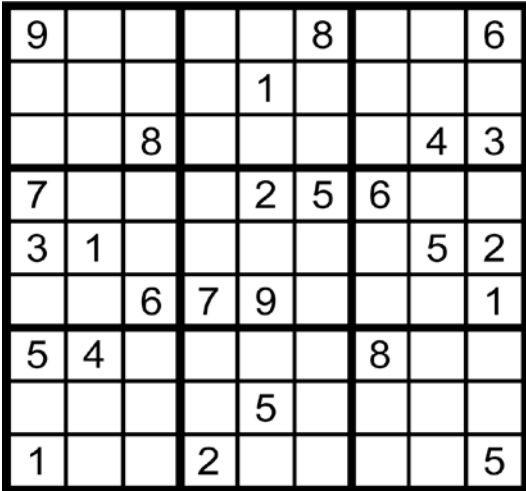
Editorial supplied by QuinLaw

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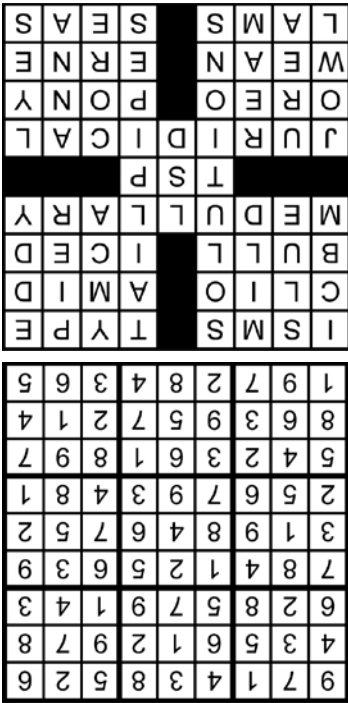
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6. Village People hit
7. Dock
8. Small whirlpool
14. Hallucinogen
16. Bloodhound feature
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- NEUTRALITY
- PALACE SQUARE
- PORTE SAINT DENIS
- ROOSEVELT
- RUA AUGUSTA
- VICTORY GATE
- WASHINGTON SQUARE
- WELLINGTON

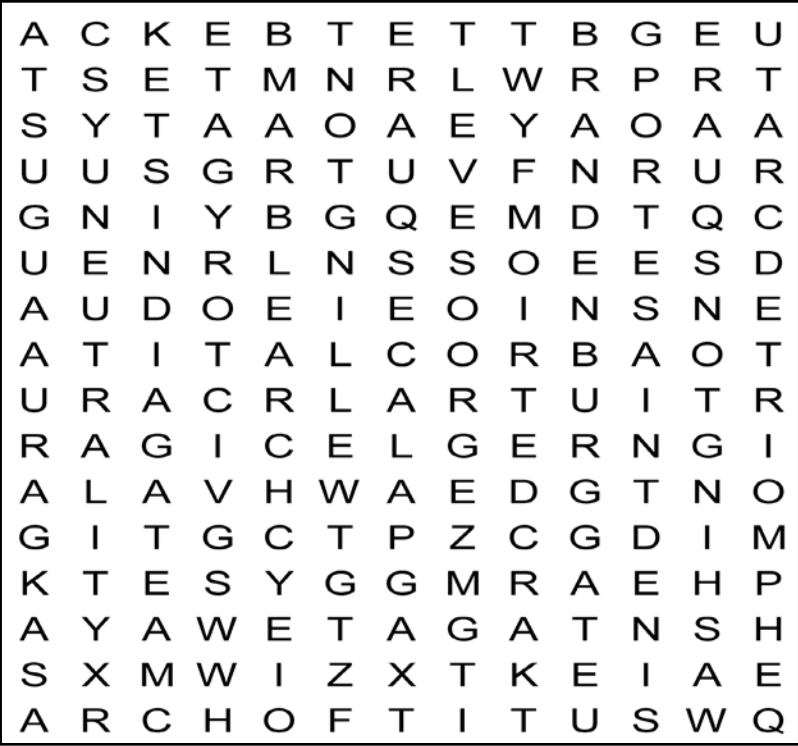


15. Kitchen meas.
16. Of or relating to the law
22. Snack often twisted apart
23. Small horse
24. Withdraw gradually
25. Sea eagle
26. Flees
27. Neptune's realm

- Down
1. Missile
2. Swing around
3. Gentle
4. Answers
5. Vents on cars
6. Village People hit
7. Dock
8. Small whirlpool
14. Hallucinogen
16. Bloodhound feature
17. Fertilizer chemical
18. Paper purchase
19. Reactor part
20. Writer Quindlen
21. Cleaning cabinet supplies



FAMOUS ARCHES



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.

Renewal of Subscriptions: OFFICIAL NOTIFICATION

Take your membership card and check the date of expiration.

Name: _____

Number: _____

Expires: **31.3.22**

This is when your renewal was due.

Our friendly reminder that subs due date was 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 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 _____

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at one of our clinics.**

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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 31/03/2022 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

Thursday 26th May

AGM,

St James, Lawry St,

Moturoa

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

