

NEW PLYMOUTH

GREY POWER

50+ NEWSLETTER

QUARTER FOUR 2023 - SUMMER

www.greypowernp.org.nz



GENERAL MEETING

Wednesday 22nd November 2023 at 1.30pm
Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKER: Julia Kennedy from Health and Disability

We are still awaiting subs from members, can we please have these all in as soon as possible. Any difficulties phone the office 757 5885 Wednesday/Thursday/Friday 9am-1pm Thank you.

GREY POWER NEW PLYMOUTH INC.

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www.greypowernp.org.nz

Office Hours: Wednesday, Thursday, Friday 9am - 1pm

COMMITTEE 2023 - 2024:

PRESIDENT: Vacant
Alison Brown 758 8040

TREASURER: Joy Southee

COMMITTEE SECRETARY: Sharon Mace

MEMBERSHIP REGISTRAR: Karen Hamer

PUBLICITY/ADVERTISING AGENT: Sharon Mace

COMMITTEE: Carolyn Symmans, Kathy Sutton,
Dennis Eales, Val Armstrong - 027 289 1810.

TRAVEL TEAM: Val Armstrong - 027 289 1810 /
Kathy Sutton - 0211 050 454 / Dennis Eales /
Margaret Humphries - 769 6751 / Joy Southee
(we are looking for further members to join
this team please)

Office Co-Ordinators: Agnes Lehrke and
Val Armstrong - 027 289 1810

Newsletter Distribution:

Peter Huzziff - 027 602 7203

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.



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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YOUR COMMITTEE'S WORD

Well the year is speeding past and life has been busy for us all. The committee have been engaged in various projects for our members and several advocacy needs to hand.

The Sausage Sizzle went well in August and it was great to have Suzanne and Jack join us. We were very thankful for their assistance. A good amount was made.

The three day Wellington travel at the beginning of September was a good success, with many stories. Caroline has written a good coverage of the trip for us, which is interesting.

The Election Candidates Forum was a great success with splendid attendance. The joint venture with Positive Aging & Age Concern are enabling good team work to bring the topics we need to hear about to the fore.

Our support was also given very readily to a letter sent to the local Health, Consumer Engagement Council, which we feel is unrepresentative of Seniors & their needs. This must be a priority and one we hope will be rectified in the future. An ongoing issue to be observed.

Our next event is the Garden Outing on the 2nd of November. See the Travel Page of this Newsletter for details please.

We have a Bingo evening on the 6th of November at the Stumble Inn. Starting at 6.30p.m. \$20.00 cost to work through the boards and win those many prizes. Do come, bring friends and have some fun and nibbles. We look forward to seeing you all.

Christmas Dinner is at 5.30pm at Cobb'N'Co on the 15th of November and \$27.90 for a two course meal is very good. Please ring the office for us to get numbers. Very essential.

Lastly but certainly not least; **We wish to thank Toi Foundation and the Bruce Carter Trust for their very generous Grants this year. It was so wonderful to be able to have the Wellington trip, our Newsletter continued and other essential items attended to.**

As last Newsletter for the year ...we wish all a very Happy Christmas & New Year.

Business Discounts:

We have lists of these Discounters available as well as the list on the website.



Lists have been devised rather than booklets which soon outdate.

There is a folded leaflet for you to use at the office, available on request. As the discounters change this list will be easier to update and reprint.

The website is **www.greypowernp.org.nz**
Our phone number is 757 5885.

Remember to show your membership card before reaching the transaction.

10 HABITS TO CHANGE YOUR LIFE

1. Set three or four daily priorities.
2. Read for an hour a day.
3. Get 7-8 hours' sleep nightly.
4. Walk thirty minutes a day.
5. Listen to others and think before you speak.
6. Follow an intermittent fast/eat pattern.
7. Be present in the moment.
8. Give love freely.
9. Write in your journal for thirty minutes a day.
10. Save 30% of your income, if you can – if not, at least 10%!

Sharon Mace
Licenced Salesperson REA 2008



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**Thinking of Selling?
Not sure what to do next?
I can help you every
step of the way.**

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027 230 5685 | 06 759 8084
sharon.mace@remax.co.nz

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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

Birthday Celebrations:

On the 23rd of August we celebrated our 35th Grey Power Birthday in Taranaki

All present enjoyed our spectacular birthday cake pictured below.

Our general meeting's guest speaker was Georgie-Anne from Arthritis Taranaki and we were well informed on the types and conditions of Arthritis and osteoarthritis which is a very painful condition. Georgie-Anne spent time suggesting ways to ease that pain and supplied various leaflets for use. (Remainders of which have been left in the office.)

Thank you to Kathy's daughter who created our beautiful cake and to all of you who attended and helped make it a great occasion.




COME AND JOIN US FOR
CHRISTMAS DINNER

COBB & CO.
New Plymouth
15th November at 5.30pm

Senior Menu
2 Course \$27.90
3 Course \$33.90
(Restaurant menu also available)

Please phone the Grey Power office
to reserve your spot
06 7575885

What's happening...



SENIORS ART


Monthly | Check session times on our website

Free-flowing conversations about contemporary art. No knowledge of art required.

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GOVETT -
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ART
GALLERY



50+ FORWARD
GYM CLASSES | 9am-10am | Mon, Wed and Fri.

AQUAROBICS
SHALLOW 9am - 10am | Mon, Wed & Fri
DEEPWATER 9.15am - 10.15am & 5.50pm - 6.50pm, Tues & Thurs.

Todd Energy
Aquatic CENTRE

06-759 6060
npdc.govt.nz

TODD ENERGY NPDC



Active IN AGE

Every Tuesday at
TSB Stadium from
10am -12pm.
\$5 cash per person
participation cost.

TSB Stadium NPDC



COMING SOON TO
PUKE ARIKI 9 DEC 2023!

Puke-Ariki NPDC

Kōunt 5 PLUS TWO

A Summer's Day - LIVE -

DIRE STRAITS LEGACY

MARCO CAVIGLIA PRIMIANO DI BIASE STEVE WALTERS ALAN CLARK DANNY CUMMINGS MEL COLLINS PHIL PALMER ALEX POLIFRONE

Nazareth Hello Sailor (UNPLUGGED)

3rd January, Bowl Of Brooklands - New Plymouth

TICKETS: TRADEMARKLIVE.CO.NZ

The Fernery & Display Houses

Spectacular seasonal displays with a wide range of plants and ferns

Free entry, Pukekura Park

Open daily 8.30am - 4pm

NPDC

GREY POWER TRAVELS for members 2023



**Wellington Grey Power Travel
6th-8th September 2023.**

We left at 8am in drizzle rain but by Stratford the rain had stopped for the entire journey.

After loo and lunch stops we arrived at the Southward Car Museum at Paraparaumu. Here there were over 450 cars - all showing off their very best. One of the most unique vehicle collections in the world.

Next stop was our lodgings at the Brentwood Hotel In Kilbirnie where we stayed two nights, very convenient. Next day we went on the passionate tour of the Weta Experience tour- here they make all sorts of stuff for the film industry. After lunch we went to parliament and were given a 1½ hour tour of the building - always interesting. Then on to Te Papa Museum where the Gallipoli Exhibit was on. Back to Brentwood. Then on the last day we visited the Police Academy & Museum in Porirua and saw an extension to the training, here the police Graduate as well. A lovely spot to be.

We give many thanks to our driver Chris who took great pleasure in making sure we were all safe and showed us some interesting scenes. Firstly Shelly Bay, a controversial land sale, that has just been purchased by Sir Peter Jackson and Dame Fran Wilde. It's a coastline that holds a great deal of historical significance. It was saved from multi development (11 hectares).

We read about an artistic collection of mailboxes on one of the narrow streets. We found it and the owner, it's believed to be a magical mystery. I'm sure the man was back making more of these whimsical boxes, knowing they create a lot of interest. We also visited Victoria heights and Wadestown. A lovely city with many narrow streets, old heritage houses and of course it blew!!!

Many thanks to Agnes for organising the trip and to Alison who stepped in at the last minute. Many thanks to our travel members and your good company.

*Write up by Caroline Symmans
(Many thanks Caroline)*



November Garden Trip Itinerary

2nd November 2023

Cost = \$35.00

(You are booked when you pay thank you.)

Bus leaves the Raceway Car Park at 9.30am.

Visit the Potter's Shed. 24 Brookes Street Inglewood.

Visit Abstract Garden Art. 59 Fenton Street Stratford.

Arrive at Hollard's Gardens and enjoy time apart. Lunch at the Centre there. *(Please bring your own lunch).*

Visit last garden of the day, Ricky's garden Kaponga & plant sales.

Return home arriving approximately 3.30pm



Grey Power Travel for 2024:

Early April:

Visit to the Okurakura Winery - 4th April 2024

Introduction to the vineyard & surrounds. Talk about the Winery. Sample the wines. Maybe a Boogie, and more....

Call upon the Malva Chocolate Maker in Oakura. Learn about the business of making chocolate.

Early June:

Visit to the Everybody's Theatre in Opunake - 13th June 2024

Enjoy a film in this cosy setting. Meal at the nearby hotel. A great and different day out for all.

End of July:

Our midwinter dinner at the Cobb'N'Co.

October:

Visit to Whangamomona.

Hear the history of the town. Take a walk to the various interesting places. Lunch at the hotel. Visit a garden nearby en-route.

More and full itineraries will be available in the following newsletters.

TIPS TO FIGHT FOOD WASTE

With the cost of living so high, one way to save money is to not waste any food. We typically throw away hundreds of dollars each year on food waste. Plus, all the water, energy and fuel that helped bring those ingredients into your kitchen can end up going to waste as well. And when unused food ends up as landfill, it produces methane, a potent greenhouse gas.



Know when to throw: Use-by vs best-before

The use-by date shows when a product must be consumed by. It's a serious business, as eating something past its use-by date could compromise your health. Eating something after it has passed its best-before date, on the other hand, isn't necessarily unsafe, but the food may have deteriorated in quality.

Waste not, want not - Storing food correctly can help it last the distance. Here are the best ways to store seven common food items:

- Eggs In their carton in the fridge for up to six weeks
- Bread In the pantry or bread box for two to five days
- Cooked pasta Refrigerated and eaten within three days
- Berries In the crisper for two to four days
- Fresh meat Sealed tight in the bottom of the fridge for three to five days
- Milk In the coldest part of the fridge (not in the door)
- Avocados at room temperature until cut, then place in the fridge with the stone for up to one week.

Ref: Love Food Hate Waste, lovefoodhatewaste.co.nz and Healthy Food Guide.

SPINAL HACK:

TIPS FOR DEALING WITH LOWER BACK PAIN

By Nicky Pellegrino, NZ Herald

The one factor that can prevent another episode of back pain is physical activity. Health professor Manuela Ferreira says even a short walk can help.

Bed rest used to be the advice given to those with lower back pain, but now we know that the sooner someone can get moving again, the better. Experts now tend not to recommend bed rest at all, since lying down for more than 48 hours may actually delay recovery, as the body stiffens and weakens.

With an ageing population, it is estimated that by 2050, there will be more than 800 million cases of lower back pain worldwide – a 36% increase from 2020. That number comes from research done at the University of Sydney, drawing on data from more than 100 countries.

Professor Manuela Ferreira, believes we have to improve our approach to lower back pain. “The spine was made to move,” she says. “The fact it has so many joints should tell us something. But there is still this belief that, if you have back pain, then bed rest is a good option when, in fact, research has shown the one factor that can prevent another episode of back pain is physical activity.

“The secret is to move in a way, and to the extent or duration, that you can tolerate. Even just moving around, rather than sitting the whole day, is helpful.”



Pain medications tend not to be much help for lower back pain. Paracetamol has been found to be no better than a placebo, and non-steroidal anti-inflammatories, such as ibuprofen, are only slightly more effective. Back pain is a complex and multifactorial condition,” says Ferreira. “It’s not like a toothache; it’s really much more similar to cardiovascular disease in that it’s about healthy lifestyle behaviour “.

Older people are more likely to be severely incapacitated, with a loss of mobility and independence, so staying active within physical limitations is particularly important. Tai chi has been shown to be helpful, and Ferreira says even a short walk or gentle stretching session can provide benefits and speed recovery.

If you include all those who will have knee, hip and neck pain in 2050 in addition to the 800 million-plus cases of lower back pain, it adds up to a lot of chronic conditions, she says.

“We won’t have the healthcare workforce needed to deal with that, so we had better make sure we find the right and most efficient prevention strategies.”

THE DOMINO EFFECT – AGED CARE ASSOCIATION NZ

For far too long, New Zealand has been underfunding the aged care sector. It’s now become unsustainable, with residential facilities closing down right around the country. Looking ahead to 2030 and beyond, aged care beds will become extremely limited. And while this will directly impact our older New Zealanders looking for care, it’ll also have a huge domino effect on everyone else. From burnt out healthcare workers, to families caring for Nan at home, to Kiwis facing unbearable hospital wait times, the ‘Aged Care Crisis’ will affect us all.

RIGHT NOW, THE SECTOR IS SHORT 12,000 NURSES. As recently as last year, the sector was short of over 1,200 aged care nurses. It also had a nurse vacancy rate of 20% and an annual turnover of 50%. When aged care facilities don’t have enough nurses, they’re left with two options. The first is for existing nurses to cover the extra hours. No one wants staff who are overworked, therefore the second option is often taken: closing beds.

BY 2030 WE’LL NEED 13,200 MORE AGED CARE BEDS. Over the next decade or so, we’ll have 84,000 more Kiwis aged 80+. The number of beds needed to meet that demand is around 54,000. Right now, we have 40,800. To grow by 13,200 in that time, we’ll need around 1,400 extra beds per year – which corresponds to 10 facilities. Under the current funding model, this simply will not happen. In fact, as of today, the supply of beds is declining, falling by 146 beds last year alone.

AGED CARE BED: \$372 PER DAY.

PUBLIC HOSPITAL BED: \$1,700 PER DAY.

With so many aged care facilities closing down, many of our seniors will be forced into public hospitals. This makes no long-term financial sense. Studies show it costs the Government around \$1,700 per day to care for someone in a hospital ward, while a break-even cost of a bed in aged care is just \$372. At just 21.8% of the hospital rate, this represents a significant saving for the health sector and country as a whole.

60% OF AGED CARE FACILITIES DON’T HAVE A RETIREMENT VILLAGE ATTACHED.

When people hear the term ‘Aged Care’, many think of retirement villages. This inevitably leads to questions around why we need extra government funding. But it’s important to understand that while some of these villages do offer aged care and experience underfunding, they’re able to lean on profits from their villages to fund their aged care services. Unlike the 60% of facilities run by charities, trusts or private owners.

WHAT WE NEED.

ULTIMATELY, WE NEED SUSTAINABLE FUNDING.

This year’s cash injection helped pay our nurses a fair wage, but we need a smarter long-term approach to cover the basic costs. Each year, the government calculates how much funding each aged care facility needs. Then they ignore it. This results in underfunding each year, which has compounded into the issue we face today. And it will only get worse. Sustainable funding will give us:

- Enough beds to meet the projected increase in older New Zealanders.
- Quality staff who stay in the sector due to good conditions and fair pay.
- Equitable access to aged care, no matter who you are or where you live.
- A positive effect on the public health system and country as a whole.

From: www.dominoeffect.co.nz

NB: Grey Power is very concerned about this issue and will be advocating any new ministers in parliament post the National Election. It helps if we all speak to our local MPs about this and make them listen to how it may be affecting you, your loved ones or remind them that this may impact their own family members in the future.



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
toll free 0508 ENLIVEN



Launch of New Grey Power Federation Website

The new Federation Website was launched in August, and can be accessed at <https://greypower.co.nz/> There is much to explore so please take a look at the website and share it with friends and family to promote the important advocacy work we are all involved in supporting.

David Marshall Vice-President Grey Power NZ Federation Inc

Pantry Contents

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

24. Cuckoos
 25. Biblical garden
 26. Crude bed, in Britain
 27. Comprehends
- Down
1. Egg on
 2. Marine eagle
 3. Golden Triangle country
 4. Laxity
 5. AKC concerns
 6. Attempt
 7. "No problem"
 8. 20-20, e.g.
 14. "Andy Capp" cartoonist Smythe
 16. Cousin of a herring
 17. Casino game
 18. Nile bird
 19. Auxiliary
 20. Complimentary
 21. Wallet fillers

- Across
1. Salon supply
 5. "Check this out!"
 9. Kind of account
 10. Sewing case
 11. Water buffalo
12. Challenge
 13. Gave details of
 15. Beer barrel
 16. Burn unit procedure
 22. Daughter of Zeus
 23. Cork's place

- | | | |
|----------------|---------------|-----------|
| BAEZ | KINGSTON TRIO | |
| CHAPIN | KRISTOFFERSON | |
| COHEN | LIGHTFOOT | |
| COLLINS | MITCHELL | |
| DENVER | OCHS | SEGER |
| DONOVAN | ODETTA | STEVENS |
| DYLAN | PPM | TAYLOR |
| GUTHRIE | PRINE | THE BYRDS |
| IAN AND SYLVIA | RUSH | WEAVERS |

SUDOKU

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

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.*

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

The crossword headline is a clue to the answer in the shaded diagonal

FOLK SINGERS

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


REMEMBER

- Gardens Tour.** November 2nd. See travel \$35.
- Bingo.** Monday 6th November 6.30pm Stumble Inn.
- Christmas Dinner.** Cob 'n' Co. 15th November at 5.30pm. All welcome.
- General Meeting.** Wednesday 22nd November, Barclay Hall at 1.30pm.

*Come and join in.
All most welcome*

MAGAZINE CONTENT

Contributions for our magazine are always welcome. If you would like to make a contribution, send us a short story, poem; recipe, letter to editor; household hint; notes on a trip away; anything you would like to share with other members. Please send to the editor for publication - agnesmaire@gmail.com or greypowernp@gmail.com
Our next issue will be out Feb/March.



Bingo night At Stumble Inn

Monday 6th November at 6.30pm sharp

Help Grey Power raise funds.
(1½ hours of fun) Great prizes. \$5.00 a board. Usually 4 boards.

Bring a few friends and make it a great event.

For contact:
757 5885 / 021 02298 721

See you there! If you can't come maybe you could donate to the funds. *Thank you*

CHECK US OUT

Grey Power New Plymouth is now on facebook



Follow US



LIKE OUR PAGE

PARACETAMOL versus IBUPROFEN – WHICH WORKS BEST AND WHEN?



This article was put together from Sydney University research because there is often misunderstanding about the two medicines. However, it is always better to consult your doctor for any ongoing pain and read the dosage directions carefully.

In most cases, pain and fever relief is as simple as a trip to your local supermarket for some paracetamol or ibuprofen. While both are effective at reducing pain, they work in different ways. So, deciding which one you should choose is dependent on the type of pain you are experiencing. Sometimes it might be appropriate to take a medication that contains both drugs.

In Australia & NZ, paracetamol is branded as Panadol, Paracetamol, Pharmicare, and other generic chemist brands. Nurofen is the common brand name for ibuprofen, which is also sold under generic brand names.

So how do you know which one to choose and when?

While ibuprofen and paracetamol can be taken for similar reasons (pain relief) each works in a slightly different way. Ibuprofen is a non-steroidal anti-inflammatory drug, which means it acts by blocking the enzymes that produce a group of chemicals called prostaglandins. These chemicals are important for normal body functions such as relaxing blood vessels, preventing blood clotting, secreting protective mucus in the gut and helping the uterus contract. They are also involved in inflammation, pain and fever.

It is still not completely understood how paracetamol works. Like ibuprofen, it is thought to act by blocking

the enzymes that produce prostaglandins, although through a different mechanism to ibuprofen. There is also good evidence that paracetamol interacts with the brain's endocannabinoid system and the "descending pain pathway", which inhibits the perception of pain.

Is one drug better than the other? Because they each provide pain relief in different ways, paracetamol can be better at treating some types of pain, while ibuprofen is better at treating

other types. But be wary of packaging that claims a medication is useful for targeting pain associated with a specific condition as these claims are not true.

Because it reduces inflammation, the Australian Therapeutic Guidelines state ibuprofen is the better choice for pain associated with osteo- and rheumatoid arthritis, period pain, some types of headaches, and for pain that comes from having an operation. Paracetamol does not reduce inflammation but it is a better choice when fever is associated with the pain, like when you have a cold or flu.

We can sometimes get better relief when we take both types of medicine at the same time, since each targets a different cause or pathway of the pain. If one pathway does not completely control the pain then it can be useful to target the other one. The effects of each drug can add together for a bigger effect.

Combination products that contain both paracetamol and ibuprofen in a single tablet include Nuromol and Maxigesic.

Using a combination product means you can take fewer tablets. However, the doses in these combined products are sometimes less than the maximum recommended dose, meaning they might not work as well when compared with taking the tablets individually. Other times, you can get the best effect by alternating doses of ibuprofen and paracetamol. This keeps the levels of the medication in the body more constant and helps to provide more steady pain relief.

University of Sydney - Ref: Over 60

RETIREMENT VILLAGE RESIDENTS' COUNCIL

editorial supplied by Retirement Villages Association

Championing the Voices of Retirement Village Residents: Introducing the Retirement Village Residents' Council

Nestled within the heart of retirement villages nationwide, vibrant communities thrive, each with its unique stories, concerns, and aspirations. In an endeavour to ensure that these voices resonate loudly and clearly, we are thrilled to introduce the Retirement Village Residents' Council, an initiative designed to be a powerful advocate for the residents of retirement villages all across the country. In the following article, we will delve into the essence of this independent body and its unwavering mission to empower and represent residents' interests.

A New Dawn for Retirement Village Residents

While there is already an established association for retirement village residents, it's essential to acknowledge that not everyone feels equally represented within it. The formation of the Retirement Village Residents' Council stems from a belief that inclusivity is key and that every voice within the retirement village community deserves to be heard and valued.

The Council's primary objective is to cultivate effective communication, engagement, and collaboration among residents, management, the RVA, and other relevant stakeholders. Rather than seeing this as competition, it's seen as a complementary initiative designed to understand better what residents want and need.

At its core, the Residents' Council is a platform dedicated to championing the collective interests of retirement village residents throughout the country. It serves as a sanctuary where residents' concerns find a receptive audience, their opinions are not just acknowledged but cherished, and where their innovative ideas can forge the path ahead. This is more than a council; it's a dynamic community that aims to make informed decisions ensuring that retirement village residents reap the fullest benefits of their chosen lifestyle.

Leading the charge is Deborah Hart, a seasoned professional with a diverse background that encompasses legal expertise, directorship, and executive leadership. Notably, she currently chairs the independent review of New Zealand's electoral laws and leads the Consumer Advocacy Council. Deborah's enthusiasm for this cause is palpable:

"I am thrilled to lead this remarkable initiative. The Retirement Village Residents' Council offers residents a unique opportunity to have a powerful voice, and I am deeply committed to helping them address their concerns and advocate for their needs."

The formation of the Council hasn't been a unilateral process. Nominations for its members were solicited from retirement villages and their residents spanning the entire

nation. Ms. Hart oversaw the appointments, ensuring that the Council comprises individuals deeply vested in policy matters, possessing a profound understanding of the retirement village sector, and possessing the impartiality needed to faithfully represent their fellow residents. Already influential figures within their respective village communities, these individuals will bear the responsibility of guaranteeing that the Council echoes the rich diversity found in retirement villages nationwide.

Diversity isn't just a talking point; it's a driving force behind the Council's mission. The aspiration is for the Council to represent as many facets of the retirement village community as possible, embracing differences in gender, age, ethnicity, disability, background, and geographic regions. One of the Council's hallmark features is its independence. The terms of reference make it unequivocally clear that while the RVA will fund the chairperson, secretary, and all meeting and logistical costs, the Council will enjoy the freedom to express its opinions without any external expectations or control.

This commitment to transparency and autonomy ensures that the needs of residents are prioritised above all else. The Council can make public statements independently, unfettered by any party's influence, including the RVA's. This unwavering dedication to the residents' well-being is the cornerstone upon which the Council stands.

The Residents' Council isn't just another advisory body. It's a living, breathing platform for retirement village residents to share their insights, experiences, and perspectives directly with stakeholders, including the RVA. This avenue of direct engagement promises to enrich the collective understanding of the residents' needs, desires, and their vision for the future.

As the Retirement Village Residents' Council embarks on this transformative journey, we invite you to join us in supporting this exciting initiative. Together, we can ensure that the voices of retirement village residents are not just heard but listened to attentively, and their aspirations translated into action.

In Deborah's own words:

"I look forward to working with the Retirement Village Residents' Council, and I encourage all stakeholders to get involved."

For more information and to stay updated on the Council's initiatives, please reach out to info@residentscouncil.org.nz.

Let us continue to build a brighter future for retirement village residents together, united by the vision of a more inclusive, empowered, and harmonious community for all.



What is Grey Power?

Grey Power is an Advocacy Association formed in 1986 for the Superannuitants who vigorously opposed the idea of a Surcharge on the Superannuation at that time. Thus Grey Power was formed only under the name of Superannuants'. Later changed to Grey Power New Zealand.

Our leadership is from Federation, the head office in Auckland where Grey Power began. This team of leaders advocate for our members with parliamentarians to achieve improved living situations for the elderly of New Zealand. There are 76 Associations throughout the country. These Associations are grouped into Zones so that as groups these gatherings can bring solutions for each and enable input with Federations' active role in advocacy.

We all take on the role of Advocacy however, trying to assist local members wherever possible. We seek discounts with businesses, electricity, hold forums with Age Concern and Positive Aging and our own General Meetings. All to communicate the latest items of much interest for members. Every effort to seek a better future.

Our major form of Communication however, is our local Newsletter. **It is produced quarterly and desperately needs sponsors to keep it afloat.** Federation send out their magazine to all financial members quarterly also. We offer travel and lately morning tea occasions so that members can meet others and socialise.

This is your local Grey Power. Please help us build it further with new members and do spread the word. We look forward to assisting you in the office at 158 Tukapa Street. Phone 757 5885.

Our email is greypowernp@gmail.com and web site www.greypowernp.org.nz.

If we all encouraged a new member each, what a strong thriving Association we would be. So share the good news. Take a friend to morning tea or a meeting. Or join our travel and other ventures. All very welcome. Now share the good news with others won't you. *Thank you.*

Do you need help finding a trades person to do jobs around your home - either inside or out ?

The staff at the Grey Power office might be able to assist.

We hold a list of Taranaki service providers, including those businesses who provide discounts to Grey Power members and SuperGold card holders.

Our list also includes local businesses who have been recommended by our members.

Please make contact with us if you would like support in finding a suitable person to assist with tasks around your home.

Phone our office (06-7575885)
or Agnes (021 0229 8721)

or email us at greypowernp@gmail.com

We would love to receive feedback on these service providers to assist with future recommendations.



OFFICIAL NOTIFICATION OF DUE SUBSCRIPTIONS

SUBS WERE DUE BY THE 31ST MARCH 2023.

PLEASE do try and renew them now. Thank you.

The Subs have increased this year. Singles.....\$20.00 Doubles.....\$35.00. *Thank you.*

The decision was made at the AGM last year in order to meet rising costs.

Deletions of membership has to take place when subs are over due. Payments can be made at the office (Wed. Thurs. Fri. 9.00-1.00 p.m.) by cash, eftpos OR by Direct Credit to bank account; **15 3948 0007390 00** you can also use phone banking, or automatic payments.

All payments need to be accompanied with the Application Form below please, as particulars change and we need to keep the register up to date. Waitara now has their Community House as a payment depot, which also may be useful for Urenui, Ureti and Mokau. Thank you to the Community House for accommodating our needs. A.M tea is on the last Friday of the month, all welcome. Our phone number is 757 5885 or 021 0229 8721. Call us for any questions.

MEMBERSHIP APPLICATION / RENEWAL FORM

Grey Power New Plymouth Assn Inc | 158 Tukapa Street, Westtown, 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 (\$20) Dual (\$35) **Office Open: Wednesdays, Thursdays and Fridays - 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 \$ _____

All information will remain confidential and not supplied to any other party.

NOTES: Please return a completed form with every application. Payments may be made by eftpos, cash, method at our offices, internet banking into our bank account or phone banking.

Online Account: 15 3948 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
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- Wax removal by microsuction



Visit our website www.centralaudiology.co.nz

Clinics in New Plymouth, Stratford and Hawera

FREephone 0800 751 000

Central Audiology Taranaki

Central Audiology has been a leading hearing specialist throughout Taranaki with clinics in New Plymouth, Stratford and Hawera. With over 20 years of experience working in the Taranaki region, we know and value our customers and community.

We're the only 100% independently owned and operated audiology practice in the region with the largest supply in the latest hearing aid technology. This means we are able to tailor your hearing needs to suit you.

To complete the services under one roof, Central Audiology has added "earwax microsuction" for adults. No referral required.

**Call us today on 0800 751 000
and book a FREE hearing check
at one of our clinics.**

We're here to help.

Editorial supplied by Central Audiology Taranaki

Is your Membership Subscription up to date?

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

If your card has 31/03/2023 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

Wednesday

27 March 2024

1.30pm at Barclay

Hall 158 Tukapa St

YOUR QUARTERLY NEWSLETTER FROM
GREY POWER NEW PLYMOUTH

