

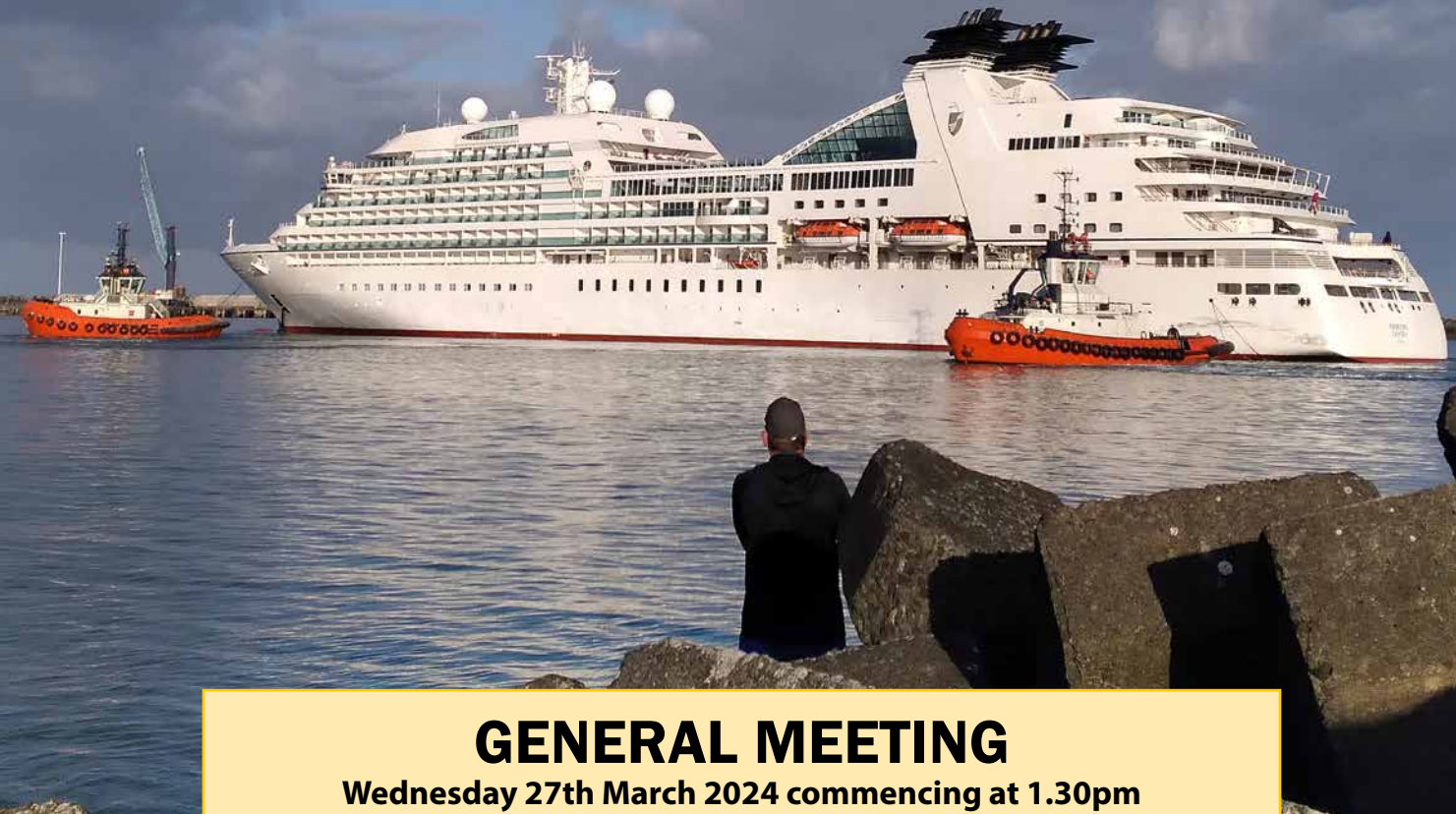
NEW PLYMOUTH

GREY POWER

50+ NEWSLETTER

QUARTER ONE 2024 - AUTUMN

www.greypowernp.org.nz



GENERAL MEETING

Wednesday 27th March 2024 commencing at 1.30pm
Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKER: Tony Parr, Harbourmaster Port Taranaki.
Promises to be a very entertaining occasion.

All subs are due by 31st March 2024 unless previously paid.
The office will be open Wed. Thurs. Fridays until 31st May and will then revert to Wed, and Fridays only. 757 5885 / 021 022 9872.

GREY POWER NEW PLYMOUTH INC.

158 Tukapa Street, Westtown, New Plymouth, 4310

Phone: (06) 757 5885

Email: greypowernp@gmail.com

www.greypowernp.org.nz

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

COMMITTEE 2023 - 2024:

PRESIDENT: Vacant

CO-LEADERS: Alison Brown 758 8040

Agnes Lehrke 021 022 98721

SECRETARY: Sharon Mace

TREASURER: Joy Southee

REGISTRAR: Karen Hamer

PUBLICITY/ADVERTISING AGENT: Sharon Mace

COMMITTEE: Carolyn Symmans, Kathy Sutton,

Dennis Eales, Val Armstrong

DISTRIBUTION: Peter Huzziff 027 6027203

Office Co-Ordinators: Agnes Lehrke 021 022 98721

and Val Armstrong - 027 289 1810

TRAVEL TEAM: Margaret Humphries / Dennis Eales /

Kathy Sutton / Val Armstrong / Joy Southee /

Agnes Lehrke

GREY POWER WAITARA REPRESENTATIVE ;

Kathy Sutton 0211 050 454

NEWSLETTER: Agnes Lehrke 021 022 98721

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.

Disclaimer: The information contained in this publication is given on good faith and has been derived from sources believed to be reliable and accurate. Neither Grey Power New Plymouth Inc. nor any person involved in the presentation of this publication accept any liability whatsoever for its contents including advertisements, editorials, opinions, or for any consequences or from its use.

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Please refer to our website for disclaimer.

YOUR COMMITTEE'S WORD

We are well into the new year with our office open and ready to receive those to whom it may serve.

We welcome prompt sub payments as this keeps our finances on an even keel. Thank you it's great that some have been getting this seen to.

At our last Committee meeting in December we discussed where we are as an Association ..

1. What is it that we need to consider doing to keep up to date in these times.?
2. How to raise the profile of Grey Power.
3. Promoting our membership.

It is very apparent that we are losing memberships which is not good. Some would say most clubs etc. are also. But if we all took the task in hand and tried to invite a friend along to a General meeting, or spread the news of what Grey Power does for members, etc. we would surely be putting Grey Power on a better footing. Let's at least try this please.

Recently we were given an incite into the cost of the National magazines production and postage costs. Hence we are invited to accept this very informative magazine via email.

That certainly would be a very effective way of reducing costs, as we don't want capitation to rise again. So if you can receive the national magazine by email please let Federation or the producers know. (Federation: fed-office@greypower.co.nz 0800 47 39 79).

This past year we have been without a president to lead us. Is this a position that needs consideration by some? You certainly would be given every preparation for the role and we do need leadership. Our May AGM is election time for Committee and leadership, so please let's get those thinking caps on and the generous spirit that I am sure you have.

We look forward to seeing you at our General Meeting at the end of March (as advertised on front page). Great Speaker too. Let's make this a bonza year with good enthusiasm and courage.

Thank you

Official Notification of Due Subscriptions

Subs are due by the 31st of March 2024.

PLEASE do try and renew them now. Thank you.

Single subs are \$20.00 | Doubles are \$35.00.

View your membership card and check it's due date. Payments may be made by, Eftpos, Cash in the office, or by Direct Credit to bank account **15 3948 000739 00** reference surname and membership number necessary.

Office is open Wed,Thurs, Fridays 9am - 1pm Please note that all subs need to be accompanied with an Application form, as particulars change constantly and we need to keep the register up to date.

Waitara, Urenui and Mokau now have the Community House in Waitara as a payment depot. Thanks to the generosity of the Community House and staff. *See notice in Newsletter.*

Grey Power Office 757 5885 / 021 022 98721.

Assistance required Please

Some Discounters are needed to help Pauline, and with occasional tasks please.

Great job Pauline well done.

Ring 021 022 98721. *Thank you.*

Sharon Mace

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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.



Helping Taranaki families with a range of simple, professional funeral services. With affordable caskets, urns & jewellery.

0800 236 236 233 Carrington St
www.asimplecremation.co.nz New Plymouth

The Seabourn Odyssey

Our front page photo of the latest visitor to our Port Taranaki.



On the 24th of January we were given a delightful view of the arrival of the Seabourn Odyssey in our Port Taranaki Harbour. What a magnificent vessel on a cool cloudy day so no Mt. Taranaki in sight sadly.

The arrival was very much on time and many of us watched the impressive leadership role our Harbour supporting tug and pilot boats gave this huge vessel to enable entry to our port.

The Seaborne Odyssey was built in Genoa, Italy in 2009 and the sister cruiser in 2010. This impressive cruiser has 11 decks, 2 swimming pools spas, marina mini golf course with giant chess and shuffle board to provide some of the entertainment desired by passengers, plus all the usual on board occupational provisions. There are 4 restaurants, so plenty of choice, 335 crew and accommodation for 450 passengers.

The cruiser was on it's way from Auckland to Sydney and due there by the 6th of February.

Consumer Ways to Lower the Electricity Account



- Upgrade to LED lighting.** Swap out incandescent bulbs for LED Lighting. Will lower power usage. LED use 90% less power.
- Fully stock your fridge.** Cold foods help keep other items cold if stored nearby. Lessening strain on the compressor. Set at 37°F.
- Insulate your house.** Obvious power saver.
- Use insulating paint** in recoating exterior walls. Reduces energy needs by 36%.
- Take shorter showers.** Invest in an energy efficient showerhead.
- Use fans** instead of Air Conditioning.
- Seal around leaky windows and doors.** Check rubber strips for cracks.
- Switch energy providers** after careful investigations. Should review annually.
- Unplug items** that are not in immediate use around the house.
- Close blinds** to reduce energy.

Hopefully these suggestions may be of some benefit.

Our Raffles:

Just to prepare you all, we will have a raffle at each of our General Meetings this year.

(1 ticket \$2 or 3 for \$5) *Thank you*



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

AQUAROBICS
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DEEPWATER 9.15am - 10.15am & 5.50pm - 6.50pm, Tues & Thurs.

Todd Energy
Aquatic CENTRE

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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

20-27 MARCH 2024

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Puke Ariki NPDC

JERSEY BOYS
The story of Frankie Valli & The Four Seasons

ON SALE NOW!

4-20 JULY 2024

npos G.J. Gardner TICKETS

CREEDENCE CLEARWATER COLLECTIVE

TSB Showplace
Thursday 25th July at 7.30pm

06-759 6060

enquiries@npdc.govt.nz

85 Liardet Street, New Plymouth 4310

Congratulations Karen Hamer for your Conservation Award.



Well done

Karen is our Registrar & Committee member

GREY POWER TRAVELS for members 2024



**(Paying for travel on Direct Credit use
Bank Number: 15 3948 0007390 01)**
Add surname and membership number. *Thank you.*
Payment is seat booked.

April 4th:

Leave Raceway Car park at 9am
Visit to the Okurakura vineyard, Oakura.
Information on the vineyard processes etc.
Visit Melva's Chocolate Making business. Visit to the
Crafty Fox. Meal at Butler's Reef (*hopefully listen to
Ukelele band*). Home 3.30-4pm **Cost pp. \$26.00**

June 6th:

Attend a film occasion at the Opunake Cinema and
Meal nearby.

This should be an interesting venture and good outing
round the mountain. Depart Raceway car park 9am.
Attend Cinema Screening. Lunch at nearby eatery. Then
return via Stratford route. 3.30-4pm **Cost: pp \$37.00**

August 7th:

Mid Winter Dinner: Cobb n Co. 12pm midday meal.
Contact Office to book in.

October 24th:

Visit to Whangamomoana.
Depart the Raceway car park at 9am.
Visit a garden enroute. Lunch at the Hotel. Continue
route through to main highway at Piopio and return to
New Plymouth. This should be a very enjoyable day
out for all. Great scenery and travel. Return to New
Plymouth 5pm.

Christmas Meal:

The Christmas meal was a very successful occasion last
year, so we will try and repeat this again. Please watch
for the date and time which will be set in the August
Newsletter.

All need to ring to book for meal as we need numbers
handed in please. Ring the office 757 5885
or text 021 022 98721. *Thank you.*

How big is the risk of Covid and flu coinfection?

With both Covid and flu viruses circulating at high
levels, how likely it is for someone to get both at the
same time? Fortunately, it appears to be rare.

Last year, the US Center for Disease Control (CDC)
tracked coinfections in the U.S. and found just 3% of
people hospitalised with the flu also tested positive
for Covid. This phenomenon, called viral interference,
is where infection with one virus ramps up the
body's immune system and can make it less likely to
get infected with another. Not being able to shake
a lingering cough or runny nose is not necessarily
unusual. Even a normal bout of respiratory infection
can take several weeks to recover from.

Does it matter whether you're sick with Covid or flu?
It might. For example, it could make a difference in
how quickly someone gets back to a regular routine.
With Covid, Health New Zealand | Te Whatu Ora
recommends isolating for five days after a positive
test or from symptom onset. With flu, people are
considered most contagious for the first three days
of their illness and the authority recommends staying
home until at least 24 hours after fever is gone.

Also, knowing which of the two viruses you are fighting
can be important for people at high risk of having a bad
infection. For people who are 65 or older, pregnant or
immunocompromised, the antiviral Paxlovid can help
protect against hospitalisation if taken in the first few
days of a Covid illness. If it's flu, a doctor can prescribe
the antiviral Tamiflu. For everybody else who is not at
high risk of severe disease, the advice is simple — stay
home if you're sick.

For the full article go to NBC Health at <http://tinyurl.com/yyxdrub>

Free Rapid Antigen Tests until June

Health Minister Dr Shane Reti, has announced that
additional supplies of COVID-19 rapid antigen tests
(RATs) will enable continued free testing through to
the end of June. They will be available through the
established national distribution network providers
of health providers and some pharmacies, as listed
on <https://www.healthpoint.co.nz/>.

Information about COVID-19, testing, treatments
and support for urgent costs is at
<http://tinyurl.com/32jxhtvd>



Waitara Community House



Grey Power has found a very helpful depot for it's
members at the Community House in Waitara. The
House is open to various groups and associations and
is proving to be an ideal place for locals. It is situated in
the main street, McLean Street, opposite the B.P Petrol
Station.

Grey Power members can call in and renew their
subscriptions which saves going all the way to New
Plymouth Office. Of course if you pay your subs on
line then you are not in need of this service, nor if you
prefer posting.

We trialed this venue last year and found several felt it
very helpful for them. Members from Mokau, Urenui
and local Waitara should find this a petrol saver.

Kath, the Community House Manager, and her team
have taken on the role of seeing to the renewals for
members and also keep a good supply of Grey Power
Newsletters. So do visit the Community House to see
what you can glean from your visit and meet these
lovely ladies.

On the 2nd Friday of the month is Grey Power
Members morning tea day at Waitara. A.M tea
commences at 10.00am. All welcome do come
along and bring a friend, spread the word please. All
welcome whether Grey Power or not to join in the
discussions and interesting speakers that are present
from time to time.

Kathy from the Grey Power Committee will also
welcome you. So let's join this group on a regular basis
and enjoy the company present there.

Socks too tight?

We sell soft topped
bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz



A Wee Story About Strokes (CVA)

A few weeks ago Val was taken to hospital with the intent of surgery, but about an hour before the surgery she suffered a massive Stroke, a CVA.

As Val was already in hospital this was a time saver for her. Val was given what is known as a "Wonder Drug" because of its immediate and sure effect.

Then Val was flown to Auckland hospital to undergo surgery to remove the clot from her brain. The results were amazing for Val and all who knew of the event.

The recovery for Val was truly a miracle, but it is important to realise that the time factor in giving with that Wonder Drug saved Val's life as well as the hoards of prayers offered for her.

The Taranaki Base Hospital Staff acknowledge this amazing miracle but do want to emphasise the message, that the time factor be recognised as well, as this does save lives.

There is a 6 hour time span to get assistance of this magnitude and the message we need to hear is ...

"don't delay if you think you or your loved one is having a Stroke."

Get to hospital as soon as possible. Tomorrow is too late.

We don't want to suffer the paralysis or worse that comes with Strokes, so best not to chance it either. Spread this story so you can help others save lives too.

Val is one of our Grey Power Office Co-Ordinators and this very brief version of events was written with her permission. As you would realise, she is grateful for the wonderful recovery she has made since then and thanks all concerned.

Great one Val, we wish you speedy and full recovery in the days ahead.



Introducing the new Minister for Seniors



The new Minister for Seniors, Casey Costello, was sworn in just before Christmas and introduced in the December Office for Seniors newsletter.

She is quoted: "As the coalition agreement between New Zealand First and National outlined, this portfolio is important to us and we are committed to delivering ... Over the next few months you will hear more about the work that will be undertaken and how I propose this will be achieved."

Here's what the agreement says:

- Keep the superannuation age at 65
- Amend the Building Act and the Resource Consent system to make it easier to build granny flats or other small structures up to 60sqm requiring only an engineer's report
- Progress the review of the Retirement Villages Act

- Upgrade the Super Gold Card and Veterans Card to maximise its potential benefit for all Super Gold Card and Veteran Card holders
- Investigate the funding formula for new residential care beds
- Engage openly and constructively with the aged-care sector
- Undertake a select committee inquiry into aged care provision to include supporting people with early onset conditions and what asset thresholds are appropriate in 2023/24
- Explore options to build on the Local Government Rates Rebate Scheme for Super Gold Card holders
- Work on establishing bipartisan agreement to fund both care and dementia beds that New Zealand needs now and with a focus on the long term needs by 2040
- Liaise with retirement village owners and occupiers to seek a mutually agreed way forward to safeguard the interests of the 50,000 plus New Zealanders living in retirement villages

The Office for Seniors briefing to the Incoming Minister (BIM) is <http://tinyurl.com/yb73t2m2>.

Know the **STROKE WARNING SIGNS** and **BE FAST!**

B	E	F	A	S	T
BALANCE	EYES	FACE	ARMS	SPEECH	Terrible HEADACHE
Loss of balance, coordination or dizziness	Blurred vision	One side of the face is drooping	Arm or leg weakness	Speech difficulty	Sudden severe headache with no known cause

With a stroke, time lost is brain lost. **Call 111** immediately for any BE FAST signs!

Do you experience any of the following symptoms?

- Raised, twisted or bulging veins?
- Leg pain/tenderness?
- Dry, itchy, stained skin?
- Swollen ankles?
- Cramp & restless legs?
- Varicose eczema and ulcers?

You may benefit from a **FREE** initial varicose vein assessment with our specialist team.

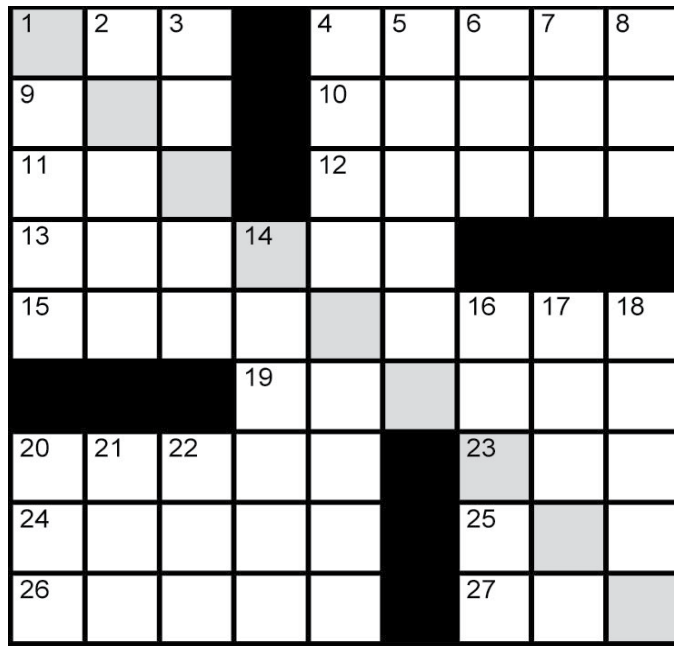
Find out more at our website or contact our friendly team today!

skinclinictaranaki.co.nz

Vein Specialists
skin clinic
TARANAKI

☎ 06 281 1698 ✉ reception@skinclinictaranaki.co.nz 📍 183 Powderham Street, New Plymouth

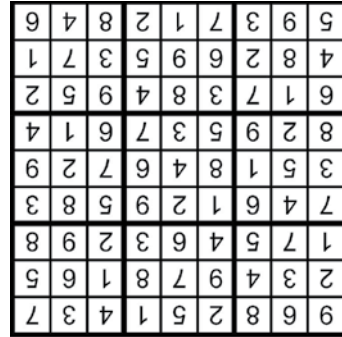
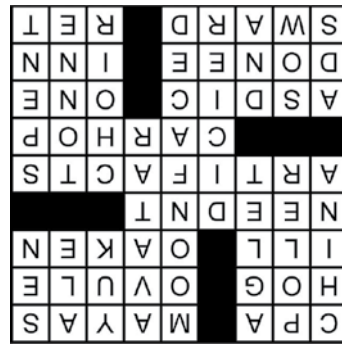
Chilling Wall



- Across
- Tax prep. expert
 - Yucatán natives
 - Hoard
 - Reproductive cell
 - Not well
- Down
- Like some buckets
 - "You ___ bother!"
 - Archaeologists' finds
 - Drive-in employee
 - Early form of sonar used to detect submarines

- Small bill
- Gift recipient
- Bed-and-breakfast
- Grassy area
- No longer working: Abbr.

- Down
- Fine dinnerware
 - Gondolier, e.g.
 - Lace tip
 - Look caused by Cushing's syndrome, sometimes
 - Hindu incarnation
 - Big laugh
 - Pub pint
 - Member of Cong.
 - More risky
 - Church singers
 - 1,000 kilograms
 - Tuckered out
 - Magazine revenue source
 - Boar's mate
 - Some trial evidence

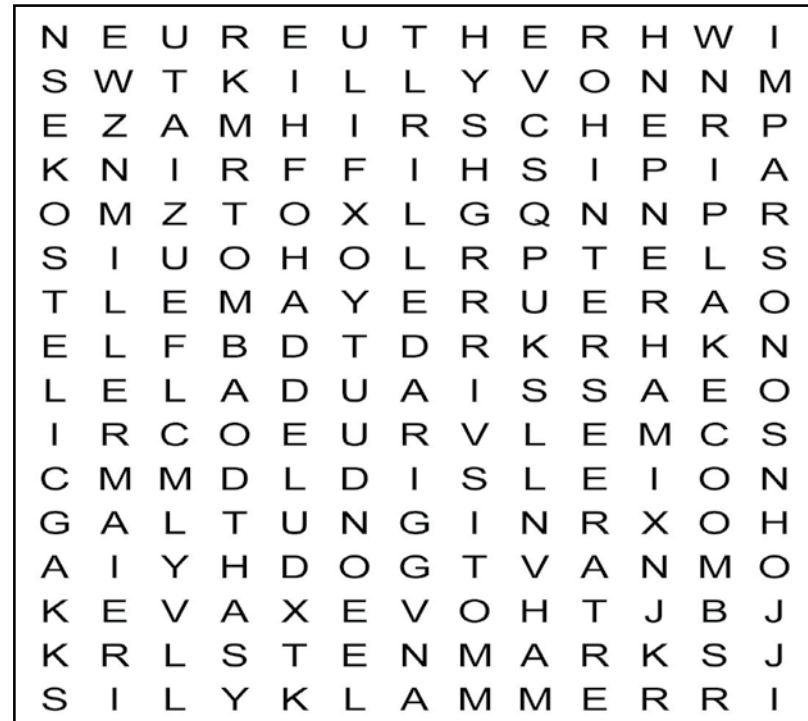
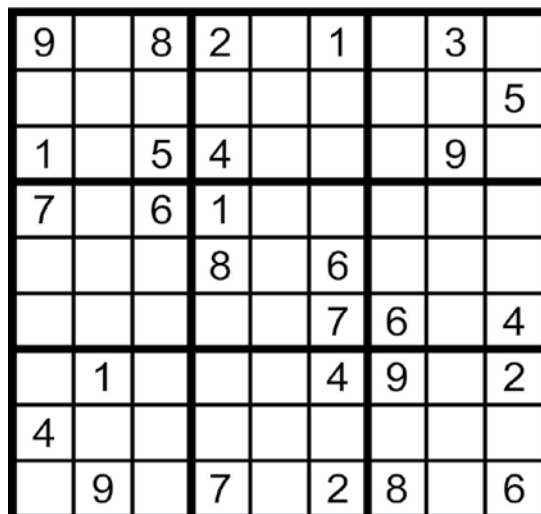


The crossword headline is a clue to the answer in the shaded diagonal

FAMOUS SKIERS

- | | | |
|------------|----------|------------|
| AAMODT | KILLY | NEUREUTHER |
| COOMBS | KLAMMER | PARSON |
| FEUZ | KOSTELIC | PINTURAU |
| GIRADELLI | LIGETY | PLAKE |
| HINTERSEER | MAHRE | SHIFFRIN |
| HIRSCHER | MAIER | STENMARK |
| JANSRUD | MAYER | SVINDAL |
| JOHNSON | MAZE | THOVEX |
| KILDE | MILLER | TOMBA |
| | | VONN |

SUDOKU



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.*



Beware annual credit card subscriptions

If you make annual payments through your credit card, just be aware they can go on forever.

A Kapiti Coast Grey Power member reports was told by a company he dealt with that his credit card details had expired and he needed to update them. Thinking he would use this opportunity to let the service lapse, he did nothing. So imagine his shock when the payment appeared on his credit card statement.

On querying with the company how they got his updated details they replied: Actually your terms with the credit card company allows this. The account does not expire of course, and the bank typically sends the replacement about one month ahead of the expiration date. Also, continuing subscriptions are handled differently than individual transactions. If the merchant has coded the transaction as a recurring type of payment, they can continue to charge the account without obtaining new authorizations and expiration dates from the customer.

The member checked it with his bank ... and yes the bank does update credit card details on annual subscriptions.

You have to change how you pay annually, but if you're unsure about how to do this, the bank suggests you contact your branch.



Making sure older patients are taking the right medication

New resources have been developed to help ensure older people on multiple medications are taking the right medication at the right time and in the right way.

Pamphlets for patients, posters for GP waiting rooms, and communication tips for primary healthcare practitioners have been prepared.

The tips for clinicians advise keeping the consultation patient-centred and structuring it around the patient's health conditions, rather than on their list of medications.

Educating patients about the need to have their medications reviewed is becoming increasingly important.

"As people get older, some of the medications they are on may not be necessary any more. On the other hand, some people may not have been prescribed medicines which they could benefit from," says lead researcher Jo Hilder.

A recent published survey found 75 per cent of patients who had multiple health conditions had been prescribed four or more medications.

"The frequency of adverse drug events has been shown to increase with the number of medicines taken. This makes it important to reduce the number of medications for people if it is possible," Ms Hilder said.

The link to this research is <http://tinyurl.com/5e6rsv7j>

HEALTH AND DISABILITY ADVOCACY

Health and Disability Advocacy is a free service that operates independently from all health and disability service providers, Government agencies and HDC.

Advocates should be able to help if you want to know more about your rights, get questions answered, or make a complaint. The service will:

- Help you understand your rights
- Listen to your concerns
- Talk through your options
- Help you to formulate and make a complaint
- Support you while you resolve your issue

Freephone: 0800 555 050
or Email: advocacy@advocacy.org.nz

My Health Record is live

My Health Record is a secure website that gives people access to their immunisation records and COVID-19 test results. It also provides parents with children under 12 years old the option to link to their children's immunisation records.

Over time, Health New Zealand | Te Whatu Ora will make more information available, such as current and past medications, lab results and community services and high use card entitlements.

To sign up, go to: <https://identity.health.nz/>

Free shingles vaccine eligibility

The shingles vaccination is free for 12 months after your 65th birthday. You need two doses, two to six months apart. The second dose will be free, even if you've turned 66.

If you're eligible, you can get the vaccination from your nurse, doctor, healthcare provider, and some pharmacies.

New Grey Power discount

Grey Power Federation has announced a new offer available to all financial Members – Atopis® - a unique New Zealand skincare range scientifically designed for older people. Members can get an exclusive 20% discount* on all Atopis products. Just use the special code GP20 when you buy at <https://atopis.co.nz/>

Visit the Federation's website <https://www.greypower.co.nz/to keep up to date with information and resources>.

Unsure where your next meal is coming from?...

Here are some options...

Daily, (except Sunday) 10am - 9pm
Waimanako Taranaki Retreat Hub, 33 Devon St Plaza. (suggested koha)

Sunday - Dinner - **City Life Church**. 24 Egmont St (old RSA). Dinner 5.30pm. 2 course meal.

Monday - **On the House**. 24 James St, Presbyterian Church, 24 Lawry St. Moturoa 5-6pm. (redistributing quality surplus food. Bring a bag).

Monday, Wednesday and Friday, **NP Community Food Bank**, 40 Vivian St, (behind Peace Hall). 12.30-2pm. 06 758 2757.

Tuesday - **Taranaki Cathedral Community Breakfast**, opposite the Cathedral Church, 37 Vivian St, in the Peace Hall 7.30 - 10am - last orders at 9.45am.

Tuesday - **St Joseph's Catholic Church Hall** on Devon St (down from the clock tower). Weekly dinner 5.30pm for 2 course meal.

Tuesday and Thursdays - **Salvation Army Foodbank**, cnr Powderham and Dawson St. Tuesday and Thursday 10 - 12 noon.
For appointment, please ring 06 758 9338.

Thursday - **On the House**, redistributing quality surplus food. 5 - 6.30pm at 10 Henui St Community Hall next to the Holy Trinity Church.



AGE CONCERN TARANAKI
He Manaakitanga
Kaumātua Aotearoa

TOMORROW'S MEALS

Convenient frozen healthy meals available for purchase daily. Excellent value. Deliveries on Friday by arrangement for a \$5 fee. Purchase during office hours. Mobile Eftpos available.

Contact: Pauline Julian
06 759 9196 or 0800 65 2 105
pauline@ageconcerntaranaki.org.nz

Plan for retirement

There are many pitfalls and surprises to watch out for when planning a happy retirement.



1. Not planning for retirement early enough in life

Many Kiwis make the mistake of procrastinating on their retirement planning, or assuming they don't have enough to bother planning with. It's essential to get proactive at least five years before retirement, and ideally 10 to 15 years beforehand, so you have the opportunity to harness the power of compound investing.

2. Not developing interests outside work

Retirement isn't just about hanging up the work boots; it's a chance to enjoy a whole new phase of life and lean into the things that bring you real joy in life.

The years leading up to retirement, the prime time of your life, is the ideal time to build a portfolio of things that you are passionate about, new pursuits or hobbies, epic holiday plans, a greater focus on your health, purposeful work projects and quality time with family and friends.

Focusing solely on your career or job right up to retirement can lead to a feeling of relevance deprivation after retirement. And that is avoidable.

3. Retiring too early

So many people jump the gun on retirement, underestimating the financial and psychological impacts. Retiring early might seem enticing, but it often leads to financial strain and boredom. Quite frequently these people find their way back into the workforce later.

Experiment with part-time work and part-time retirement.

4. Underestimating their real cost of living

We all like to tell ourselves that we're spending less

than we are. But it's not until we build a budget from our actual bills and expenses and project forward that we can recognise just how much we need to cover our desired living expenses in retirement.

Practice living on your projected retirement budget – and see how you go for a month.

5. Withdrawing all their superannuation when they retire for dumb reasons

The fundamental purpose of private superannuation, such as KiwiSaver, is to serve as a financial nest egg, ensuring a dependable income stream throughout retirement.

Drawing it all out as a lump sum runs counter to the very essence of superannuation's designed purpose, and it certainly sees those people missing out on a lifetime of earnings unless they have a real strategy behind their decision.

6. Dragging debts into retirement

One of the most common questions is: "What do I do about my mortgage when I retire?" Debt is designed for a time in life when you have the income to pay it down.

It's much better to take proactive steps to demolish your debt in the years leading up to retirement. Plan your retirement date after the debts are cleared.

The best way to avoid mistakes is to get some advice when you do your retirement planning. It's often worth it.

*Bec Wilson is the author of the bestselling book **How to Have an Epic Retirement** and host of the new podcast **Prime Time with Bec Wilson**. She writes a weekly newsletter at epicretirement.net.*

Travellers urged to vaccinate

Health New Zealand | Te Whatu Ora advises Kiwis travelling overseas to make sure they are fully immunised against measles. Cases have cropped up in Australia, the United Kingdom, across the Middle East and Asia, and parts of the United States.

The Measles, Mumps Rubella (MMR) vaccine is free for everyone aged 18 and under, and for others who are eligible for free New Zealand healthcare.

More information at <http://tinyurl.com/ypeudayj>

Afternoon Tea special for Distributors of the Newsletters and new Grey Power members of the last 6 months:



We would like to gather all the Distributors of the newsletter and new members to a special afternoon tea. This special occasion is to show appreciation for the great work you all do. It is also an occasion to meet other fellow distributors and new members to Grey Power. Afternoon tea will be provided for you, we would love to see you all there.

April the 9th at 2.30 pm at Barclay Hall, 158 Tukapa Street, Westown. 757 5885 / 021 022 98721

Do come and give us the pleasure of meeting you all.

Vicks VapoRub:

- Sore Throat** - rub on throat and wrap with man's sock.
- Decongestant** - rub on chest and under each nostril.
- Coughs** - rub generously on feet and cover with socks to help minimize coughing.
- Sore muscles** - rub generously on sore muscles.
- Headaches** - rub a small amount on your temples and forehead.
- Ear Aches** - apply a small amount to a cotton ball and place in the ear to relieve pain.
- Nail fungus** - rub on toenails with fungus. The nail will turn a dark colour as it kills the fungus. Dark colour will go away as the nail grows.
- Mosquito Repellent** - rub a small amount to the exposed skin.
- Itchy Bug Bites** - rub on bites and cover with a band-aid.
- Cracked Heels** - rub on feet in the morning and at night.
- Acne** - dab on spot til it clears up.
- Cold Sores** - rub a little on the area when you begin to feel one coming on.

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.



Te Whatu Ora Health New Zealand

Taranaki Health Consumer Engagement Group

As you are aware the formation of the Consumer Engagement Group was established after the disbandment of the Taranaki Health Board.

Whilst this group has accountability to the Te Whatu Ora Taranaki, it is representative of our community in health matters .

For almost the past year we, Positive Aging, Age Concern and Grey Power New Plymouth have tried to enable communication between us, but to little avail.

Finally last week we did have a meeting with Paula King one of the chair ladies of this group and Gillian Campbell. The meeting was to express our concern that there has been no senior person on this committee, i.e no one over 67yrs. Which means unrepresentation of us all.

Not only the lack of elderly input but invitation to even have a listener from our age group at these meetings. We certainly need the information.

We did have an outcome however from our meeting, which gave positive intent that the Consumer Engagement group will have ongoing meet ups with us and also attend a forum later this year.

Communication between us is vital as health issues need to be presented and listened to from us the actual consumers. This is true for all age groups.

So please watch for this forum when it arises and attend in good numbers to show our participation and interest in all areas of health.

The minutes of the Consumer Group can be accessed via the little search box on the Te Whatu Ora Taranaki website. We need to keep ourselves informed and up to date with what is happening and as usual your three named associations especially Grey Power will try and keep any updates on Health before you.

MEMBERSHIP APPLICATION / RENEWAL FORM

Grey Power New Plymouth Assn Inc | 158 Tukapa Street, Westown, 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
 Amount
 Paid by
 Date on Computer

St. Vincent de Paul collect unwanted furniture for families in urgent need

This society collect goods in their van and transfer to the needy people locally.

We heard recently that this society will also help with shifting of those elderly with few other family ties to assist them. That is a very generous offer. We know what relief this could bring as shifting is one of those very stressful times in life.

St. Vincent de Paul were responsible for our recent windfall of free firewood for those who have homes with fireplaces. This has been a most generous gift for those concerned. If you would have liked to be a recipient then do let the office know for any future offer.

So do bear this generous workforce who offer charitable suppose to our needy and would be grateful for any donated goods or support for their work.

For Contact please ring
Kevin 027 519 998

Thank you all.



Is your Membership Subscription up to date?

Are you a financial/paid up member of Grey Power?
If your card has 31/03/2024 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

AGM

Thursday

30 May 2024

1.30pm at Barclay
Hall 158 Tukapa St

YOUR QUARTERLY NEWSLETTER FROM
GREY POWER NEW PLYMOUTH

