



NEW PLYMOUTH

# GREY POWER

QUARTER ONE 2025 - AUTUMN

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

50+ NEWSLETTER

## GENERAL MEETING

**Thursday 27th March 2025 commencing at 1.30pm**  
Barclay Hall, 158 Tukapa Street, New Plymouth

### GUEST SPEAKERS:

Richard Anderson from Age Concern  
Charles from Resonate Hearing

**All subs are due by 31st March 2025 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 98721.*



GREY POWER NEW PLYMOUTH INC.  
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**Email:** greypowernp@gmail.com  
**www.greypowernp.org.nz**  
**Office Hours:** Wednesday, Thursday, Friday 9am - 1pm  
**COMMITTEE 2024 - 2025:**

**PRESIDENT:** Vacant  
**CO-LEADERS:** Agnes Lehrke 021 022 98721  
Joy Southee 027 341 7586  
**SECRETARY:** Sharon Mace  
**TREASURER:** Joy Southee  
**REGISTER:** Fleur Pepper  
**COMMITTEE:** Val Armstrong / Alison Brown / Sue Rae /  
Dennis Eales / Caroline Symmans  
**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 /  
Val Armstrong / Joy Southee / Danielle Manu  
**NEWSLETTER:** Agnes Lehrke 021 022 98721  
**SAUSAGE SIZZLE VOLUNTEERS:**  
Suzanne May Gurnick / Glenis Stephens

### 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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## LEADERSHIP WORD

Greetings to all this new year of 2025. We hope you are well and enjoying the latter part of our summer days. Our office is open and ready to receive your visits if so wished. Staff are keen to serve your needs and advocate for you as always. We look forward to the unfolding year of achievements with you all and hopefully some new faces on our team of leadership and Committee. It is always interesting work to serve in the various voluntary areas of our association and also satisfying to have assisted too. **Please do think about how you can give some time towards assisting as this is what keeps our wonderful Grey Power Association working for us all.** So we will be waiting to receive those volunteering calls from you.

Our team of newsletter distributors offer such a great energy to providing service four times a year and some have undertaken this work for many years. Great work team!! Thank you so much.

Putting together the travel plans and also the Newsletter also means hunting around for the best items and articles and places that would serve us best. We need fresh ideas please.

Our Committee needs some men to assist with planning and discussions. So come on let's hear from you good people. Come and see if this is what you could do for one hour or so every month. Our AGM is at the end of May but nominations need to be sent in prior please. Of course we would love to have a leader in the form of a president and I'm sure someone just needs a gentle push to accept the role. Think about it please do!!!

Sausage Sizzle fund raiser is on the 8th of March outside Mitre 10 in the Waiahaikaio, we are fortunate enough to gain a place on the demand list. So let's see you there.

**Our General Meeting on the 27th of March** at Barclay Hall offers two good speakers. Age Concern's Richard Anderson will give us much information on the association. Charles from Resonate Hearing Devices will also present the latest technology to us. It will be good to have these two gents present and learn about the work they perform for the elderly. Both should offer informative and up to date information.

Keep well. Keep alert and avoid those Scammers. Let us know how we can advocate for you all. See you soon.

*Agnes & Joy*

## SAUSAGE SIZZLE time again everyone



**Saturday  
8th March 2025**

**Mitre 10 Whaiwhakaio Valley  
10am - 1.30pm**

**Come and join in and raise  
money for Grey Power**

**List and Sell  
exclusively  
with me  
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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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## Pukekura Park Water Fall

The Water Fall at Pukekura park was built in 1969 and was no small task to construct. It was constructed of boulders set in concrete and unobtrusively as possible. The bank allowed for a drop of about ten metres, but this was to be broken up into for separate cascades, the uppermost of the structure violently turbulent, the lower a broad tranquil water curtain.

Vertical reinforcement of the structure was to rely on the placement of three eleven metre power poles provided by the city electrical department forming a strong backbone.

When the poles had been seated in recesses in the almost vertical bank a depression was excavated in front of this to form the receptive water pool.

Several cubic metres of concrete was pored into the depressed area to stabilise the bases of the suspended poles forming the deep water pool.

The work on this area was mostly performed by hand, then tractor involvement and finally to top cascade area by crane. The Huge work commitment was all performed outside of normal commitments of workers.

A pumping machinery used a 15 horsepower electric motor driving the supply of water per hour. The water supply provided by the Waiwakaiho River Lighting was to be totally concealed by location beneath cascades, each shining down on the wet rocks below. This is a very unique feature which avoids the need for flood lighting. Fluorescent lighting was chosen because of low maintenance and high light efficiency, the colour integral to each tube as distinct from other colour filters used.

The unveiling of this spectacular feature took place on 21st October 1970 by Mayor D.V Sutherland .

What a magnificent fete this creation is! Each festive season we enjoy and appreciate the waterfall provided by these dedicated workmen of the Park.

*Thank you to you all.*

## Team workers Please can you help us



### Can you help with

Planning the Grey Power Newsletter

Assisting with our Grey Power Travel

Help plan trips

Distribute newsletters  
where we need more helpers

Assist with once a year functions  
such as luncheons

????????????????

Please contact

021 022 98721 or 027 289 1810

*Thank you*

For Grey Power Electricity  
complaints or questions,  
contact details are:

0800 473 976

customer.care@greypowerelectricity.co.nz

or website:

[www.greypowerelectricity.co.nz](http://www.greypowerelectricity.co.nz)

We will have a raffle at each of our  
General Meetings. 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.

[govettbrewster.com](http://govettbrewster.com)



GOVETT -  
BREWSTER  
ART  
GALLERY

## Who's your 2025 Local Legend?

It's time to celebrate the  
unsung heroes who keep our  
community going.

Get your nominations in for the NPDC  
Citizens' Awards and Youth Awards,  
by Friday 6 June.

Call us on 06-759 6060 or visit  
[npdc.govt.nz/locallegends](http://npdc.govt.nz/locallegends)



## Housebound Readers Service

Can't visit the library? Our volunteers  
deliver books to eligible residents for free!  
Choose from a wide selection of fiction,  
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Puke Ariki



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06-759 6060

[enquiries@npdc.govt.nz](mailto:enquiries@npdc.govt.nz)

84 Liardet Street, New Plymouth 4310



# GREY POWER TRAVELS for members 2025

Payments of Direct Credits  
Bank number: 15 3948 0007390 01  
Add Surname, membership  
number and place of travel please.

Reference Box example  
**Particulars:** Surname  
**Code:** membership No  
**Reference:** Place of Travel.



Your seat will be booked when you pay for your trip. Please provide your valid phone number and name for the office list. Thank you .

We have had to alter the travel date because of Taranaki Anniversary and the Womad at the weekend. Busy Bus schedules.

## First travel of the year is to Tawhiti Museum, Hawera.

**Monday the 17th of March**  
**9.30am departing from the Raceway Car park**  
**Returning by 3.30-4pm**

Cost for the travel is \$33.00.  
There is a cost of \$20.00 for each of two main areas of display which you may either accept or choose one to view.

Since costs have risen we are unsure if the trip would be of good interest. So booking needs to be complete by the 2nd March please. This should indicate your choice for the travel.

Should this trip be cancelled there is a possible one to Lake Rotakere Eltham. A beautiful area with the necessary facilities for group. Also experience bird life and natural habitat to appreciate as well as the lake and forest . We could possibly set this up in May 2025. Therefore the next Newsletter would provide necessary details for travellers. Costs the same as Tawhiti \$33.00 p.p.

**Tawhiti Museum** is acclaimed as one of New Zealand’s innovative museums. It has life size exhibits to capture the past in super realistic displays. The models are all produced on site and access to this area is also included in the visit. Our day would be completely given to Tawhiti museum, so no haste need be made between areas of display. A great educative, leisurely day enjoying the displays. We will also view King Edward Park in Hawera with so many great displays to behold. Take lunch or eat at Badger’s Café.

**Travel To Mokau:Wednesday the 4th of June. Cost \$35.00.** leaving Race Way Car Park at **9.00am**  
We may be able to glimpse the deviation work on Mt. Messenger on route and learn of the latest progress. Attend the local Museum and Gallery, see the making of the Pois. Visit the Junk Art place in 42nd Street. Lunch at the White Bait Inn or take your own. All in a great fresh environment and wonderful Coastal highway nearby. Book early to get a seat on this splendid adventure and outing.

**July 31st Mid Winter Dinner:** Up for planning. Will be in next Newsletter.

**October Thursday 30th** Our Garden Visits: Come on the festival run with our own tour. Great line up of visits to delight new and old visitors to the displays.

## Pictures from our TRAVEL TRIP TO WHANGAMOMONA 10th October 2024



## The Community House Waitara

The Community House is situated opposite the B.P petrol Station on the corner of the Street. Open from 9.00am to 12.30 pm daily.

This House is providing membership renewals to Grey Power members and is in touch with our main office as necessary.

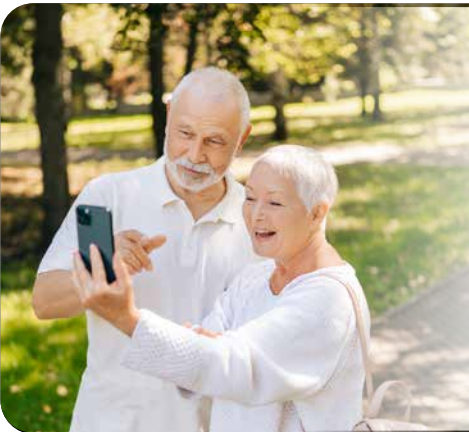
Kath the coordinator, offers us accommodation for our morning teas on the 2nd Friday of the month at 10.00am. Kathy from Grey Power, organises guest speakers very often for this occasion and attends to the needs and requests of members. So there is much going on at this hub for Grey Power members.

You do not have to travel to our office in New Plymouth if you find this difficult transport wise, your Community House can see to your renewed subs and cards.

Why not join in on morning tea days and see what Kathy has organised for you all. It is always good to meet new locals and make more friends, hear what the latest is.



**So come along and join in with the warm, friendly atmosphere at the Community House.**



## 5 Steps to Wellbeing

1. **Connect.** Talk and listen. Be there. Feel connected.
2. **Take notice.** Remember the simple things that give you joy.
3. **Keep learning.** Embrace new experiences. See opportunities. Surprise yourself.
4. **Give.** Your time. Your words. Your presence.
5. **Be active.** Do what you can. Enjoy what you do. Move your mood.

*Good advice from the Mental Health Foundation.*

15% off  
use promo code  
GP at checkout

## Socks too tight?

soft topped bamboo and cotton socks

**3 pairs \$36**

**diabeticsocks.co.nz**



## The Healing Rythmn



A recent article on Music & Rhythm gives us the evidence that music and rhythm in particular dates back thousands of years in it's use in therapy.

From overworked corporates to elderly Alzheimer's patients, and those with Parkinson's disease, the practice of listening to music and in particular the group drumming sessions show significant beneficial results.

People who don't normally speak, suddenly sing an almost forgotten song or spontaneously dance. It goes from non participation to sudden interaction with smiles also, and people who were hyperactive or aggressive become calm.

Music and especially rhythm at its most basic level is the action of being involved in a drumming session or to just listen to music in a controlled manner. It is as effective as medication, yoga and other therapy in reducing stress giving relaxation and calm. It is also community building especially when used in group sessions. It is also used in pain therapy relaxation and personal growth.

Music can also trigger memories such as past even forgotten adventures and episodes in life. At this point it can be a transportation to previous times which brings great united joy for families and associates of those who usually are locked out of conversations and participation.

What a great gift music and rhythm is. Surely then we can use this gift in our daily lives to promote healthy living and stimulate our brains cells, keep them active and alive .



## Scams / Scammers

I listened to people who had been scammed, losing so much money and think I'd be wised up. It wouldn't happen to me, but guess what it did when you would least expect it. You then begin to realise just how these tricksters work. Scammers don't all come from overseas as some unfortunately think. In fact locals do have a hand in the action of it all.

It isn't that you're not clever enough to be wised up. As we now know even people in high professions get scammed. But it comes when you can be at your worst, sick and off guard. So be sure that you keep alert at all times. As we are advised with emails, look for the common company particulars that usually are part of the statement or written message. Ring and check it out.

**Note:** Is it unexpected? A sudden urgent request, from companies you use sometimes, or maybe you don't even know. Then you are requested to do something ... but there is no urgency for you to answer, but the scammer will say so.



Beware of the phone calls that will talk about keeping your money safe because they are about to steal your funds. They are fraudsters.

So check out that the callers are from who they say they're from by ringing that company or just hang up. Always safest. On the computer

just delete it. BUT do not open it if you are unsure. Best be safe than sorry. With phone calls just hang up. Never give personal information over phone or bank card numbers, etc. you are not obliged to do anything. Be a wise Kiwi and check them out before they check out your money and steal it.

### Provider's Account and Quotes:

Recently a member wrote in about double charging Invoices with slightly different amounts on each arriving a month apart. Seems like big tricks! Quotes written, then turning into twice the amount than quoted. There cannot be a mistake when these are written, they need to be challenged.

If you need support then we will provide that for you. That's our advocacy role that we willingly offer you at these times of need. Ring the Office so we can help you. 06 757 5885.

(Thanks for your letter Judith What a sham.)

## Whooping cough epidemic declared

Health agencies have confirmed that New Zealand is now in the early stages of a whooping cough epidemic, with a nationally coordinated response now in place.



Director of Public Health, Dr Nicholas Jones, says New Zealand should be ready to see high levels of cases over the next 12 months or more and, as in previous epidemics, Māori and Pacific children will be most affected.

Dr Susan Jack, National Clinical Director, Protection, at Health New Zealand | Te Whatu Ora, says whooping cough is a highly contagious illness that can be particularly dangerous for newborn babies, and older adults.

For adults, New Zealand has a combined pertussis and tetanus vaccine. Adults are eligible for one free booster from age 45 (if they have not had four previous tetanus doses) and can get one free from age 65.

For more information, call the Vaccination Healthline free on 0800 28 29 26 (8.30am-5.00pm Monday to Friday) or visit the website <https://tinyurl.com/4245b2ts>

## Men urged to check their pecs

Oncologists reckon the average woman's risk of developing breast cancer is about one in seven. But what's less commonly known is about one in 600 men will develop breast cancer. Unlike women, regular breast screening is not recommended but men should still check their bodies, particularly as they get older. If you've got a lump, skin or nipple changes always let your doctor know. With the treatments available today most men diagnosed are going to be cured.

*The Breast Cancer Foundation of New Zealand has resources tailored to men at <https://tinyurl.com/3ecu93n7>*



## 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.

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\*Conditions apply

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# Vaccines for Older Adults update

In the last newsletter an article appeared from the Immunisation Advisory Centre that a new vaccine is available to those in need.

The article failed to inform that the vaccine called RSV, **respiratory support vaccine** is now available through the General Practitioner agreement only.

It is for those who are compromised during the winter months with Pneumonia like symptoms and serious respiratory disease. At this stage it is at a cost which is the norm but hopefully to be released free to these patients at some stage.

I hope that explains the article for those concerned. We apologise for any confusion. Do always ring the office for information.

*thank you, Agnes.*

# KIWISAVER FUND for children:

Many of you will have young grandchildren and even great grandchildren. Economists are advising parents to set up a fund while they are very young so as to start saving but also to embed in them the value of putting some money aside each week to watch it grow. If a 5 year old saved \$5 a week they would have \$5000 by the time they were 16 years old. That's a great start for when they have part time work and beyond.

# Grow to Give

Help us to support those most in need from your Garden

## 1. Do you have excess fruit on your trees?

Do you have any spare fruit on your trees that you would like to donate to the Grow to Give Initiative. We can help you pick your fruit if you would like a helping hand.

## 2. Do you have excess veges?

Do you have large harvests? After feeding yourselves, your family and neighbours do you have extra veges you would like to donate to those in need?

## 3. Do you have available space to grow extra veges?

Do you have space in your garden to plant an extra row of veg that you are willing to dedicate to the Grow to Give initiative?

To register please call Amy on 0204 222 101 or email [cmtaranaki@salvationarmy.org.nz](mailto:cmtaranaki@salvationarmy.org.nz)

## Join the Grow to Give Initiative today

- Join for Free
- Help feed families in need with fresh fruit and veg from your garden
- Receive 3 invites a year for gardening presentations.
- Receive an annual Grow to Give newsletter which will show how your gardening has impacted those most in need in our community.

## How it works:

- Every Tuesday we can pick up any fruit/veg you leave for us outside your front door all you need to do is let us know.
- If you would like a helping hand we will come and help pick fruit or veg from your garden
- You are welcome to drop off your fruit/veg at any Salvation Army Centre, pls call us to arrange

# Chalmers Home is a modern rest home with spark

The residents of Chalmers Home tell us they love the friendly, vibrant and family-focused atmosphere. Of course, they love the beautiful views too. Overlooking the Tasman Sea to the west and Mount Taranaki to the East, Chalmers Home has arguably one of the best rest home outlooks in the country. At Chalmers Home we embrace Enliven's philosophy of care. That means we take every opportunity to make sure you have companionship, spontaneity, fun, meaningful activity and a sense of purpose in your life here.

## You're encouraged to really make the home your own.

You can get involved in the decision-making about what happens at the home, have a say about what is on the menu or in the recreation programme, bring a beloved pet to live with you or even go to breakfast in your dressing gown!

Residents enjoy the modern, well-appointed rooms, many of which include an ensuite bathroom and/or balcony or courtyard. Of course, you can bring along you own familiar things that make you feel at home. Many residents bring items such as photographs,

artwork, ornaments, bed covers and even favourite pieces of furniture.

Uniquely, at Chalmers Home we have six separate 'cottages', residents are able to enjoy lounge and domestic style kitchen and dining, but also have the option of larger lounge/dining and entertainment areas for bigger groups and lovely shared courtyard gardens too.

## A full range of positive ageing services

As your needs change, so too can the support Enliven provides.

At Chalmers Home we offer both rest home and hospital level care. If there comes a time residents need extra support, they will have priority entry to our Chalmers Home when there is availability.

We cater for elders with dementia symptoms although we are not a locked dementia facility. We're also able to offer short-term respite and health recovery care at Chalmers Home.



Scan here for more information



free phone  
0508  
ENLIVEN

# 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.



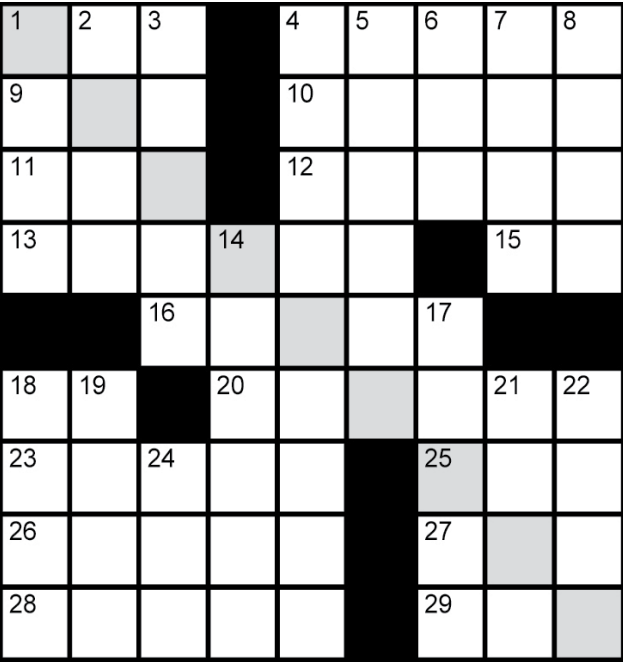
rest home   hospital   short term respite   health recovery

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





Point for dramatic shot

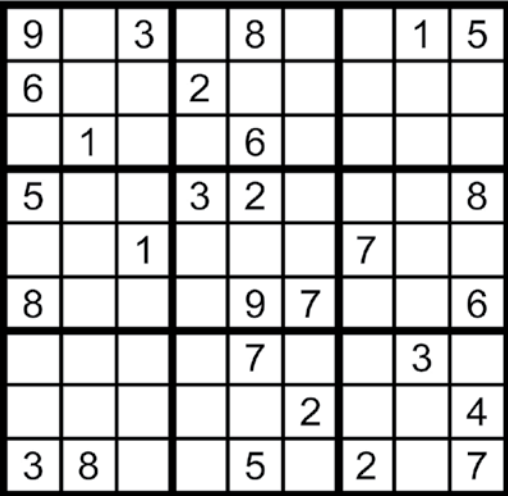


Across  
1. "48\_\_\_"  
4. Peer  
9. "Nice!"  
10. 100%  
11. Down with the flu

12. Skinny's opposite  
13. Joint  
15. Atop  
16. Ancient Britons  
18. Symbol for arsenic  
20. Discordant

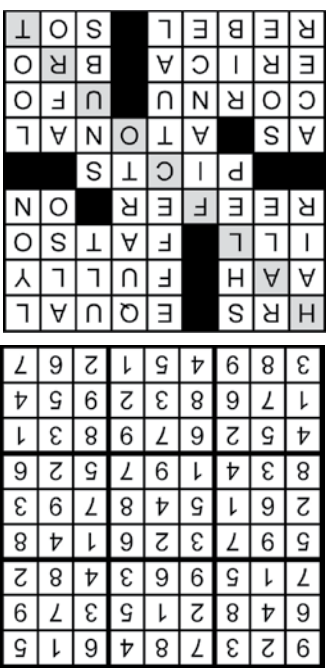
QUACKED	QUELLED	QUINTET
QUAKERS	QUERIED	QUIPPED
QUALIFY	QUESTED	QUITTER
QUARREL	QUIBBLE	QUIVERS
QUARTER	QUICHES	QUIXOTE
QUARTET	QUIETED	QUIZZED
QUASHED	QUILTED	QUORUMS
QUEENLY	QUININE	QUOTING
QUEERER	QUINOAS	

SUDOKU



23. Object shaped like a horn  
25. ET's ride  
26. "All My Children" vixen  
27. Buddy  
28. Nonconformist  
29. Boozier

Down  
1. "Aquarius" musical  
2. Rough breathing sound  
3. Lug  
4. Useful  
5. Book size, in printing  
6. Last: Abbr.  
7. Additionally  
8. Capital of Rhône  
14. Spouse-to-be  
17. Ignores in a snooty way  
18. Maple genus  
19. In pain  
21. 60's hairdo  
22. Plunder  
24. Barbecue offering



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

All powerful Q



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.

Are you drinking enough?



Causes of: Mental CONFUSION IN THE THIRD AGE

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: *What are the causes of mental confusion in the elderly?* Some offer: "Tumours in the head". I answer: No! Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

1. Uncontrolled diabetes
2. Urinary infection
3. Dehydration

It may sound like a joke, but it isn't.

People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

**Conclusion:**  
People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

- So here are two alerts:**
1. Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple. Orange and tangerine also work. The important thing is that, every two hours, you must drink some liquid. Remember this!
  2. Alert for family members: Constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).



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www.skinclinetaranaki.co.nz



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### Kiwi Access Card



If you don't have a driver's licence or passport, the Kiwi Access Card is a Government-recognised form of photographic ID that can make a wide range of day-to-day transactions a lot easier.

The card costs \$60. It's valid for 10 years and available to both NZ nationals and international visitors over the age of 18.

Application forms are at a participating NZ Post or AA Centre or apply online at <https://kiwiaccess.co.nz/>

I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet ... but the thyme is cumin.

### What Grey Power New Plymouth has available to Members:



- Discount lists of businesses giving discount.
- Handy Service List in Office. (ring 757 5885)
- Travel for members.
- AIL Insurance. (see your new pack.)
- Newsletters from our local Grey Power.
- Social occasions. Dinners and Afternoon teas.
- General Meetings.
- Internet Learning on one to one basis.
- National Magazines.
- Advocacy for all members. (Ring Office for information)
- Pamphlets available on various items of interest at office.
- Grey Power Electricity discounted.

The above are some of the items you may find helpful. Always ask, do ring and see what can be done to assist where necessary.

Occasions when we need assistance. Whatever you can offer help with.

- Fund Raising, Bingo, BBQs, Raffles.
- Sorting Newsletter Bundles. (4 times a year at office)
- Assist with our Travel. Many areas to be covered.
- To be a deliverer of the Newsletters.
- Assist with Social occasions and General Meeting set up/clear aways.
- In the office as receptionist. Desk staff.
- Sorting of data and listing items of need in office.
- General liasons when necessary for office.
- Waitara courier with Data. (Maybe you regularly visit N.P. and can bring in data from the Community House for Grey Power.
- Assist on day of Travel with Lanyard's. Collect at travel end.
- Be a telephoner, for Grey Power.

There may be other needs not listed but you could ring us please. 757 5885 / 0210 229 8721.

### We welcome your membership. There are ways to make membership renewals easier for both of us.

1. When paying by internet banking, please include your surname and membership number. (Same surnames come in frequently.)
2. Let us know if you prefer to receive your national magazine and local Newsletter by email.
3. Let us know if your change your address or phone number please.
4. Do let us know if you wish to resign from Grey Power.



### 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. Applicant Signature: \_\_\_\_\_

**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 \_\_\_\_\_



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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 31/03/2025 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.

## **AGM MEETING**

**Thursday**

**29 May 2025**

**1.30pm at Barclay  
Hall 158 Tukapa St**

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

