

NEW PLYMOUTH

GREY POWER

50+ NEWSLETTER

QUARTER THREE 2025 - SPRING
www.greypowernp.org.nz



GENERAL MEETING

Thursday 28th August 2025 commencing at 1.30pm
Barclay Hall, 158 Tukapa Street, New Plymouth

GUEST SPEAKER: Gayle Chambers, our National President

Do come and meet Gayle

**PLEASE remember to get those subscriptions
paid up as soon as able. Thank you.**

Check membership cards or ring the Office.

*The office will be open Wed. Thurs. Fridays until 31st May and will
then revert to Wed, and Fridays only. 06 757 5885 / 021 022 98721.*

GREY POWER NEW PLYMOUTH INC.

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

COMMITTEE 2025 - 2026:

PRESIDENT: Agnes Lehrke 021 022 98721

SECRETARY: Sharon Mace

TREASURER: Carol Cowling

COMMITTEE: Val Armstrong / Don McGhee /
Helena & Kevin Hartfield / Roger Hoskin

HOSPITALITY: Helena / Sue / Priscilla / Elizabeth

NEWSLETTERS & DISTRIBUTION: Peter / Agnes

GRANTS & FUNDRAISING: Kevin 027 251 9998

SAUSAGE SIZZLE VOLUNTEERS: Suzanne / Glenis / Sue

TRAVEL TEAM: Sue / Margaret / Carol / Jean

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

The days have been so wet but maybe now we may experience some sunny days at last. Since our AGM we have settled to usual routines and planned gathering.

Thank you to the retiring Committee for your efforts and contributions to Grey Power. We also thank the new members of Committee for their commitments generously given.

Our Deliverer and New Members afternoon tea was a good occasion to catch up with our wonderful deliverers and those new faces. Thank you all for attending and joining in to make the afternoon so successful. There were offers to take on areas that needed support and enabling the release of those wishing to retire. This is great team work on new comers part especially. It is very uplifting to receive.

We have heard from our National President Gayle who will definitely attend our August 28th General Meeting to speak to us all. So I hope you can be present to show support and welcome Gayle and hear what she has to share with us.

As you will see by the Newsletter there are many Notice Board items of interest at hand over the next few weeks. We have busy times ahead as we meet the needs of our Association. We have the NPDC Elections Forum organised by positive Aging, Grey Power and Age Concern. That is 25th September and always presents a very interesting afternoon for us all. Remember 1.30pm at St.James' Church Lawry St. Moturoa. See you there. We are hosting the event so we need traffic parking directors, leaflet hand out people, ushers probably, afternoon tea persons, and door welcomers. So ring the office if you'd like to assist anywhere.

Generally we are going well and on time with the year's requirements. Subs continue to slowly arrive, check those membership cards or ring us if unsure of financial status.

Remember to keep in touch with us should you have issues or causes to air or items of interest and ideas to benefit our association members. Go well and see you at the General Meeting with our national President Gayle.

Agnes

SAUSAGE SIZZLE time again everyone



**Saturday
6th September 2025**

Mitre 10 Whaiwhakaio Valley

10am - 1.30pm

**Do come and support
our fundraising event please**



0800 236 236

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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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COVER PHOTO: The Black Swan.

(As on our
cover photo
by Steve
Green)



This bird was thought to have been introduced from Australia but in fact the black swans are New Zealand Natives. They flew here and settled like all kiwis. Sensible birds.

The residential home for the black swan are at large lakes, such as Rotorua, Taupo, Ellesmere, Wairapa and Chatham islands.

The swans breed in pairs or colonies and have large tangled nests near shore. On the water these magnificent birds are all black but in flight they have white wings showing. The swan has a red bill and a call that sounds more like a bugle. They hiss loudly at predators.

One story of self defence was at our own Pukekura main lake some years ago. The provoker kept trying to poke the swan with his umbrella from his position at the edge of the lake. Then suddenly after many attempts, the swan grabbed the umbrella and pulled both the man and umbrella into the lake. A smelly wet figure was rescued later. What a well deserved dunking.

Understanding eligibility for Shingrix



Shingles can be a serious and painful condition, so it is important that you know how and when you are eligible for your free vaccinations. The shingles vaccination is free for 12 months following your 65th birthday. To be effective, you will need two doses received between two to six months apart. Your second dose will be free, even if you've turned 66.

If you're eligible for a free vaccination, you may get it from your nurse, doctor, or healthcare provider. It is also available at some pharmacies. If you are not 65 years old but still wish to be vaccinated, you will need to pay. The price will vary depending on the provider, but you can expect it to cost between \$600 to \$800 for both doses.

What is shingles: Everyone who has had chickenpox is at risk of developing shingles later in life. One in every three people will get shingles during their lifetime. Shingles is a painful rash that develops on one side of the face, body or head. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. The most serious complications are nerve pain that can last for months or years, and eye problems that can result in loss of vision.

**The best protection you can have against shingles
is to make sure you get vaccinated.**

What's happening...



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Don't want to receive your rates notice in the post? Simply visit our website and fill in your details to have them emailed to you instead!

npdc.govt.nz/emailrates



The Fernery & Display Houses

Spectacular seasonal displays with
a wide range of plants and ferns

Free entry, Pukekura Park

Open daily 8.30am - 4pm



50s 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

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TODD ENERGY NPDC

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PLUS MORE CHART BUSTERS & SPECIAL GUESTS

TSB SHOWPLACE NEW PLYMOUTH

7.30PM
WEDNESDAY
20 AUGUST

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Located in Puke Ariki Museum the New Plymouth i-site is your one-stop shop for booking tickets for events, travel and unique experiences, in and beyond Taranaki.

Puke Ariki Museum | 65 St Aubyn Street | Open 7 days



Seniors Art

Second Friday of every month | 10.00AM

Free-flowing conversations and
experiences of contemporary art.
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AUGUST RAFFLE



We will have a raffle as usual at the
August General Meeting. 1 ticket \$2 or 3 for \$5
Raffle kindly prepared by Mary White
(thank you Mary for your generosity)

GREY POWER TRAVELS for members 2025

Payments of Direct Credits
Bank number: 15 3948 0007390 01
Bank name:
Grey Power New Plymouth Inc.

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 .

Mokau Bus Trip 12th June 2025 by Carol Cowling

After being deferred from the previous week 17 of us met at the Racecourse at 9am to board the bus to Mokau. The weather looked a bit gloomy but soon improved.

For some of us even seeing the road changes through Waitara with the new roundabouts created some interesting conversations.

Travelling over Mt. Messenger was amazing, with the condensation on the bus windows giving a very ethereal impression. The construction work is well worth seeing and was further informative at the Mokau Museum.

On arrival in Mokau we had morning tea at the River Run Café, then onto the Museum itself. Such a lot of history for a small community and many interactive displays, including a video flyover of the work on Mt. Messenger possibly filmed by drones which gives a much better view of what is not visible from the road. The pianola was well played. The staff were very welcoming and happy to assist with any questions.



Lunch for most of us was at the Whitebait Inn, well coordinated for orders and the option to purchase frozen whitebait. Some of us also spent up on meat at the Mokau Butchery.

Then onto Kawakawa Kottage Krafts (yes the spelling is correct), a home industry producing Kawakawa based health products . Rae explained some of their

production processes and showed the range of products available. I know I'm not the only one to have made a purchase.



From there, we had a short drive around the beach area and then headed back home returning after 4pm.

A great day out, cost effective and very friendly. Many thanks to Agnes for her background work to make this happen. Alison and Priscilla for looking after us all throughout the day and Bruce our driver from Tranzit who also added to the itinerary and timekeeping.

Get on Board everyone, there is so much to see and do in our province. if you have suggestions for outings, I'm sure the Committee would love to hear from you.

Tawhiti Museum Travel: Monday 1st September

Departing raceway carpark at 9.30am
Returning 3.30-4.00pm
Cost \$35.00.

This museum is acclaimed as one of New Zealand's innovative museums. It has life size exhibits to capture the super realistic displays.

The models are all produced on site and access to this area is available. Our day will be given completely to the museum, so there is no haste between displays. Be aware that there is a \$20 fee for entry to the big exhibit areas. So you may wish to choose between visiting each. The badgers' Café provides a good choice of food and fluids or you may simply wish to take your own lunch along with you.

Please book early. All bookings must be in by the week prior to the 1st.
(By the 25th of August).



Gardens Visits in October

We have a travel planned for late October to visit gardens around Central Taranaki.



So book your seat and join the enthusiastic gardens en route. You don't have to be a gardener just an admirer like most of us now. Flowers do so much for us, lets get among them then. We will visit several gardens and lunch in or near one.

**Our planned Garden Visits are on
23rd of October 2025.**

**All bookings must be in a
week prior to our trip please.**

**Phone the office on 06 757 5885
or 021 022 98721. To have your
name put on the travel list.**

**But remember you are not booked
if you haven't paid. Cost \$35.00.**

Reference for Direct Credits;
Particulars: Surname
Code: membership Number
Reference: Garden Visits

Be in to travel with our party to the lovely gardens created here in Taranaki. Great day out. Lots of lovely viewing. Come along and bring a friend.

I DON'T HAVE AN EMERGENCY CONTACT - WHAT SHOULD I DO?

Whatever the situation, there are crucial moments when you'll be asked to provide an emergency contact. But what happens when you have no one to call on?



When nominating an emergency contact, a partner or family member might seem an obvious choice - but what if no one comes to mind? What do you need to consider when signing up someone to be your emergency contact?

Gayle Chambers, president of over-50s advocacy organisation, Grey Power, understands people may feel embarrassed or ashamed about not having someone to call on in emergencies, but she says isolation and loneliness are a problem for New Zealand's ageing and growing population. It's not just elderly people - international students, single parents or those without immediate family around may hit this issue.



Grey Power National President Gayle Chambers says there's no shame in asking for help.

If you haven't got anybody, where do you start?

Chambers suggests joining social or hobby groups like an exercise class or a knitting circle. Think of those near you, she says, like a neighbour who can check in on you when you're unwell. Churches are commonplace and could be a starting point, even if you aren't religious, she says.

Royal NZ College of GPs medical director Luke Bradford says it's very rare that a patient would be put on the spot to provide an emergency contact immediately. Often, doctors will suggest you bring a support person ahead of time if there's some bad news after running tests in the lab.

For patients suffering from serious or chronic illnesses and older members of the community, there are support groups available who could point you in the right direction, both Chambers and Dr Bradford say. Usually, emergency contacts are other family members, but sometimes a neighbour might be pre-approved to help.

What should I consider? When will they be called on? Think about who it is that's asking and consider

what kind of person would be best suited for that situation, Dr Bradford says. For work [paid or unpaid], Barlow says think of someone who is willing to be contacted on your behalf in a crisis.

"They're only used in serious situations — if someone has a medical emergency, is unreachable and there's concern for their wellbeing, or if urgent decisions need to be made. It's about duty of care; it's not about tracking or monitoring." Three key attributes she notes are trust, calmness, and reachability. "Ideally, they're contactable during the day and understand your basic personal circumstances. They don't need to be a family member or even live nearby, but they should be someone who could speak on your behalf in an emergency.

"You can list someone overseas, but it's smart to think about time zones and have a local backup if possible." Chambers agrees trust is key — you need someone who is not going to act for their own benefit. "It's really very much like when you're going down the enduring power of attorney checklist." It's entirely up to a patient whether they want their emergency contact to know about their condition, Dr Bradford says. They do need to let the practitioner know their wishes though. Be honest with your GP if you don't have anyone to put in as an emergency contact, or don't want them to be notified of your health condition.

Situations where an emergency contact would be called on to make decisions on behalf of someone are exceptional, and there are ethical considerations in those cases, he says. For most cases, they would be the next-of-kin to be notified if, for example, something was to go wrong in an operation you were undergoing, he says. He notes it should still be someone you feel comfortable with, and that could be someone you rely on for emotional support rather than say someone who drives you to the hospital or fills in your forms.

How do I ask someone to be my emergency contact? Never be afraid to ask for help, Chambers says. People are usually more than willing to help. "There's no shame. If you are alone and you need someone to help you, unless you tell someone they don't know." Also, if you have noticed a parent or a neighbour who appears to be alone, take it as an opportunity to see if they need help, she says.

Ref: Isra'a Emhail Digital Journalist RNZ



Mid Winter Dinner 31st of July Cobb 'n' Co Time for meal - 11.50am

We have opted for this venue because of the parking available and easy access to the restaurant. Note your car's registration so you can enter this on the tablet in the restaurant. This will ensure no parking fines.

**There is a Senior's two course menu for \$32.35
or you have other choices to take for your meal**

PLEASE ring the office to have your name and phone number recorded
This is essential. 06 757 5885 or 021 022 98721 / 027 289 1810

Thank you and we hope to see you there.



Do you experience any of the following symptoms?

- Raised, twisted or bulging veins?
- Leg pain/tenderness?
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- Swollen ankles?
- Cramp & restless legs?
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Creamy Chicken and Mushroom Risotto

Although you need to put in a bit of stirring time, this satisfying meal can be put together in less than 40 minutes. **For 2 servings:**



2 Tbsp olive or canola oil
1 medium onion, diced
2 cloves garlic, chopped
250-300g boneless skinless chicken, cubed
200g mushrooms, sliced
½ red pepper, deseeded and diced
1 tsp dried thyme
1 cup arborio rice
2½ cups boiling water
2 tsp instant mushroom stock
¼ cup cream
½ - 1 tsp salt / Pepper to taste
Chopped fresh basil or thyme and a little additional grated or shaved Parmesan cheese to garnish, optional

1. Heat the oil in a large non-stick pot. Add the onion and garlic and cook, stirring frequently, until the onion is soft. Add the chicken to the pan and cook until the meat is no longer pink. Stir in the mushrooms, red pepper and thyme and cook, stirring occasionally, until the mushrooms soften. Add the rice and cook for 2-3 minutes further, stirring constantly.
2. Add 1 cup of the water and the instant stock powder to the pot and bring to the boil. Reduce the heat and cook, stirring frequently until the liquid has almost disappeared. Add the remaining water to the simmering mixture, half a cup at a time, stirring frequently until the liquid has almost all been absorbed before making the next addition. After about 20 minutes, test to see if the rice is cooked; the grains should be firm but with no hard centres. If necessary, add another ¼-½ cup of water and simmer for a few minutes longer. When the rice is cooked, add the cream and stir to mix and heat through. Season to taste.
3. Serve immediately, garnished with the basil and Parmesan if using. A crisp green salad, some crusty bread and a glass of wine make ideal accompaniments.

Note: Transfer leftovers to an airtight container and refrigerate for up to 3-4 days.

Apple Crumble

Apple crumble is most definitely 'comfort food'. There is nothing nicer, on a cool winter night, than to open the kitchen door and enjoy the spicy warmth of mixed spice or cinnamon.

For 2 servings:

½ cup plain flour, sifted
2 Tbsp butter
¼ cup sugar
2 cups sliced apples
(2-3 apples)
A little butter for buttering the loaf tin

1. Heat the oven to 180°C.
2. Put the flour, butter and sugar into a food processor and mix them in bursts until only tiny amounts of butter are visible.
3. Peel the apples and slice them fairly thinly into a buttered metal loaf tin about 10 x 23cm. Sprinkle the flour mixture over the apples in the loaf tin.
4. Bake for about 45 minutes, or until the crust is golden brown.
5. Serve warm, with lightly whipped cream, pouring cream or plain yoghurt.

Variation: Add about ½ tsp of mixed spice or cinnamon to the sliced apple and toss to mix.



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 your 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 a resident needs extra support, they can have peace of mind knowing our dedicated care team can support them.

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.

enliven
Positive Ageing Services
PRESBYTERIAN SUPPORT CENTRAL

Scan here for more information



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.

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rest home hospital short term respite health recovery

For more information please visit:

www.enlivencentral.org.nz

enliven

Deliverers you do a great service. To ensure we run smoothly we will have a wee note from time to time to reach those who may need these extras.



All leaders have extra newsletters in their bag when collected from the office. So if you want an extra one the leader has these. We also now place Newsletters in the libraries around the city. So another avenue.

All leaders will **ring you** before delivering your bundle. But if you are going to be away during the delivery time please ring the office where we replace you temporarily. **06 757 5885** or **021 022 98721**.

The dates of the next arrival of newsletters at the office are:

July 23rd.

So ready for you on **Friday 25th.**

(These have to be sorted and bundled of course so ready on Friday 25th)

October 15th

This is the last of the year to arrive.

So ready October Friday 17th.

Thank you all for your wonderful contribution to Grey Power New Plymouth.

Agnes



**National Partnership with Grey Power
and Carter's Tyre Services.**

This new partnership brings exclusive discounts to Grey Power members;
25% off vehicle tyres.
20% off Services including tyre installation, wheel alignment, battery replacements and more.
Available at 50 stores nationwide, simply show your membership card to receive the discounts.

[illegible]

Fitzrov Motors:

Good discount for mechanical repairs.
Tyre replacements. New Battery.

When

25th September
1.30pm

Where

St. James' Church
Lawry St., Moturoa

Come and hear candidates statements
Have answers to your questions
Meet the candidates personally

Sponsored by: Grey Power
Positive Aging | Age Concern

A photograph of a cup of coffee and a croissant. The coffee is in a dark blue cup on a matching saucer, with a white foam top. The croissant is on a white plate. Both are on a wooden table.

We are starting Coffee/Tea mornings for Grey Power members and friends on the 2nd Tuesday of each month at 10.00am. If you are a Grey Power member do come along and join in. We also welcome new comers .

Gold card discount, so have these cards on show to get your discount.

**Let's make this a special occasion
happening regularly in Inglewood.**

We would love to see you there.
Take this opportunity to be in touch with
others and enjoy their company.

REMEMBER
2nd Tuesday of the month.
10.00am

Please come and collect your June issue of the National Magazine as they have been sent to the office instead of individual posting. *Thank you.*

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. Guest speakers are often organised for this occasion.

There is much going on at this hub for Grey Power members with needs and requests attended to.

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 has been 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.***

How Gardening Can Help You Live Better for Longer

By Julia Hotz (abridged)

Research shows gardening preserves cognitive function, helping you live well for longer. Now, dementia patients are reaping the benefits with "care farms" prescriptions.

In 2015, Norway became one of the first countries to create a national dementia care plan, which includes government-offered daycare services such as Inn på tunet – translated as "into the yard" – or care farms. Now, as researchers recognise the vast cognitive benefits of working on the land, more communities are integrating gardening into healthcare – treating all kinds of health needs through socially-prescribed activities in nature, or green prescriptions.

"Nature prescriptions can increase physical activity and social connection while reducing stress, which have multiple positive knock-on effects for blood pressure, blood sugar control and healthy weight, reducing the risk of diseases that can lead to dementia," says Melissa Lem, a family physician based in Vancouver and researcher at the University of British Columbia, Canada – where she examines the opportunities and barriers around nature-based prescriptions. "We all know that more physical

activity improves mental and physical health, but gardening supercharges those benefits," she says.

New data sheds light on the advantages of spending time gardening. In a first-of-its-kind study, researchers from the University of Edinburgh investigated if there might be a link between gardening and changes in intelligence over lifetimes. The study compared the intelligence test scores of participants at age 11 and age 79. The results showed those who spent time gardening showed greater lifetime improvement in their cognitive ability than those who never or rarely did.

"Engaging in gardening projects, learning about plants and general garden upkeep involves complex cognitive processes such as memory and executive function," said Janie Corley, the study's lead researcher, in a press release.

Corley says some of those benefits may come from the "use it or lose it" cognitive framework, a theory that suggests the strength of our mental abilities in older adulthood depend on how frequently we use them. When we neglect to perform tasks that stimulate certain parts of our brain, those parts of our brain begin to lose their functionality, but regularly engaging in these activities – such

as problem solving, learning a new skill or being creative – in older adulthood can have the opposite effect.

One 2002 study of more than 800 nuns in the United States found that frequently participating in cognitively stimulating activities reduced their risk of Alzheimer's disease. A more recent study of older adults in Japan found participation in meaningful activities could protect against declines in memory function. Meanwhile, other research has found that people who received an intervention of cognitively stimulating activities, typically in a social setting, saw improvements in cognition, mood, communication and social interaction.

And gardening appears to have specific cognitive benefits. For one thing, gardeners seem to experience gains in the nerve levels of brain-derived neurotrophic factor (BDNF), a protein that plays an important role in the growth and survival of neurons. They also receive boosts to their vascular endothelial growth factor (VEGF), a protein associated with improving cognitive functioning.

One 2006 study from the University of New South Wales, which followed Australian men and women throughout their sixties, found that those who gardened on a daily basis had a 36% lower risk of developing dementia than those who didn't. Gardening has also been shown to improve attention, lessen stress, reduce falls and lower reliance on medications.

Some of these cognitive benefits may come from simply being in nature. Roger Ulrich, a world expert in designing health systems and a professor of architecture at Chalmers University in Sweden, was among the first to connect nature exposure to stress reduction. Throughout the 1980s and 1990s, he conducted a series of landmark studies demonstrating how simply looking at trees and other plants – even through a window – can reduce pain, boost positive emotions and strengthen concentration.

Ulrich suggested that these responses were driven by evolution. Since the ability to recover from a stressful situation was favourable for survival, the tendency to recover from stress in natural settings was genetically favourable, passed down through generations, and could explain why even just small doses of nature can improve wellbeing among modern humans.

www.bbc.com/future/article/20250509-how-gardening-boosts-brain-health

AIL Certificate

All members of Grey Power are covered by a \$2000 Accidental Death & Dismemberment Benefit provided through **AIL Insurance**.

This automatic membership covers tragic times for us.

In the last year, sadly, two of our New Plymouth Grey Power members had accidental deaths and this fund was paid out to their families.

It is good to have a Certificate to remind your family that this policy exists for them and that they can access this fund very readily.

No one wants this experience but this policy is there for your use thanks to AIL. To have an AIL Certificate of coverage contact;

ailnz.co.nz/greypower

Email your name, address and contact number to pr@ailnz.co.nz

**Or phone Mario 09 935254
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clinic**
TARANAKI
Screening • Diagnosis • Surgery



Wisdom Village Project

It is with much interest we observe the development of buildings for the elderly in Taranaki. This project is one of a few ongoing projects.

Wisdom Village is preparing for building at the Nga Pekanga Marae on Bayley Street Waitara. The Māori Catholic Trust recently received a large grant from the Taranaki Electricity Trust in the form of \$1.5 million. The grant now enables the start of construction on what has been called the Wisdom Village. A proposed elderly housing complex in Waitara. It is expected that this project will proceed later this year. Occupancy should then be available from June 2026.

The plan for 24 Kaumatua flats will be 17 one bedroom and the other 7 as two bedroom flats. The other existing units to be relocated in keeping with a Village site. Well done Waitara. Great foresight and planning.



The plan of Wisdom Village, housing for kaumatua, that will be built in stages.

CLEANING

There are often kitchen items that get overlooked and one of those is a can opener. Like knives they should never be put in the dishwasher. Instead- scrub in hot soapy water. Use a toothbrush to clean the hard-to-reach areas and dry well. If you spot any rust on the blades, soak in vinegar and scrub well, rinse and dry.

Some other overlooked household items are remote controls, light switches, toothbrush holders and reusable grocery bags. Don't forget to remove your mobile phone from its case regularly and give it all a good clean. Don't you feel much better now you've done all that!

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

0800 473 976
customer.care@greypowerelectricity.co.nz
or website:
www.greypowerelectricity.co.nz

One Day

One day at a time ... this is enough. Do not look back and grieve over the past for it is gone; and do not be troubled about the future for it has not yet come. Live in the present and make it as so beautiful that it will be worth remembering.

Ida Scott Taylor

DIGESTION AS WE AGE

From - HFG

Nutritionist Cindy Williams shares her top tips for keeping your digestion working properly as you age.

About one-third of people over 65 suffer deterioration of their stomach lining, which means it doesn't make so much hydrochloric acid, pepsin (a digestive enzyme) and intrinsic factor. This reduces how much vitamin B12, folate, iron and calcium they can absorb. A deficiency of vitamin B12 seriously affects the nervous system. B12 comes mainly from animal foods. To get the recommended 2-3mcg a day include some lean meat, salmon, tuna, oysters or liver.

Constipation is common in older people, especially those who are inactive. Some try to solve the problem with laxatives (not a good idea long-term) and others by taking copious amounts of unprocessed bran. The odd bran muffin makes a yummy morning tea but too many will bind up vitally important minerals such as calcium, iron and zinc. One study found that eating two tablespoons of wheat bran three times a day halved the amount of calcium absorbed. Try to get your fibre from a range of sources including plenty of fruit and vegetables

instead (most are a good source of fibre).

Our gut contains many 'friendly' bacteria that enhance the immune system and make us more resistant to food poisoning and tummy bugs. But as we head into our 70's there are less of these 'friendly' bacteria around. Eating yoghurt or fermented dairy drinks will add a few 'friendly' bacteria back into your gut. Check the use-by date to buy the freshest yoghurt as the bugs die off over time. To help these bacteria survive the perilous journey through your stomach, eat foods with resistant starch such as rolled oats, nuts, seeds, lentils, baked beans or cold rice or pasta. You may find yourself sitting on the toilet a bit more often, but straining will be a thing of the past!

To keep your gut in top working order, try these ideas:

- Banana or berry yoghurt smoothie
- Porridge or muesli topped with yoghurt
- Baked beans on grainy toast
- Pasta or rice salad
- Stir-fry beef with lots of vegetables on rice
- Fruit salad with yoghurt
- Sushi
- Lean mince cooked with red lentils, vegetables and a jar of pasta sauce
- Add in a little exercise and lots of water

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Editorial supplied by Central Audiology Taranaki

Driver Licence

When you're turning 75 or over, you'll need to get a medical certificate before you can renew your driver licence. Renew at age 75, 80 and every 2 years after that. Your licence will expire on your 75th birthday, on your 80th birthday, and every second birthday after that. You must renew your driver licence on or before its expiry date if you want to keep driving.

How to renew your licence



You can renew your driver licence up to 6 months before it expires. NZTA will send you a reminder and an application form about 8 weeks before your licence is due to expire, but you can renew earlier if you wish. You'll need to make an appointment with your doctor to get a medical certificate. You may also need to see a specialist or take a test, so allow plenty of time. Once you've got your medical certificate, you'll need to visit a driver licensing agent in person.

What you need to take

- A medical certificate issued within the last 60 days.
- Your current photo driver licence or other acceptable evidence of your identity (e.g. Passport). More information can be found on NZ Transport Agency Waka Kotahi / Identification page.
- EFTPOS, credit card or cash to pay the renewal fee of \$21.50.

You'll need to complete an application form (DL1). You can download the form and take it with you or fill one in when you get to the agent. When your renewal is complete, the agent will give you a temporary licence which is valid for 21 days. Keep this on you whenever you're driving until your new driver licence arrives in the mail – within 2 to 3 weeks.

Getting a medical check

You need to get a medical check to renew your licence, so make an appointment with your doctor. The doctor will give you the medical certificate you'll need to renew your driver licence. The certificate is valid for 60 days, so make sure you take it to a driver licensing agent before the 60 days runs out.

Your doctor will give you one of the following results:

Medically fit to drive

- You're able to drive safely in all conditions.
- Your doctor will give you a medical certificate to take with you to renew your licence.

Medically fit to drive with conditions

- You're able to drive safely, but only if you do, or don't do, specific things. For example, you might need to wear glasses or not drive at night.
- Your doctor will give you a medical certificate with the conditions on it. Take this with you to renew your licence.

Medically fit to drive if a specialist agrees

- You need to see a specialist for more testing. Your doctor will tell you what kind of specialist. It could be an optometrist to test your eyes, or an occupational therapist to check you can safely cope with complex driving situations.
- If you pass, you're able to drive safely and can renew your licence. The specialist will give you a medical certificate to take with you to renew your licence.

Medically fit to drive if you pass an on-road safety test

- Your doctor may ask you to do a driving test in a car with a testing officer.
- The doctor will give you a medical certificate with a requirement to sit an on-road safety test. Take the certificate with you to a driver licensing agent, and they'll start your renewal application and book the test.
- The test is included in your renewal fee. There's no fee to change, cancel or rebook the test. You can sit the test more than once if you need to with no extra fees.
- If you live in an area that doesn't have testing officers, you'll need to request an on-demand test. Check our agent list to see if you need to do this in your area. You'll need to apply to renew your licence and present your medical certificate at the agent first. It can take up to 3 months to get a test booking, so make sure you do this early.

If you pass the test, you're able to drive safely. The testing officer will give you a temporary driver licence to use until your photo driver licence arrives in the mail.

Not fit to drive

You're not able to keep yourself and others safe when driving. It's no longer safe or legal for you to drive, and you must stop driving immediately. Your doctor will let NZTA know, and you won't be able to renew your licence.

Not being able to renew your licence can be upsetting. Take some time to process this news. There are many options for people who don't drive.

Medical conditions and driving

If you have a medical condition that could affect your ability to drive safely, NZTA may need to review your medical certificate and determine whether you can continue to drive before your licence can be renewed.

On-road safety test

The on-road safety test checks you still have a good knowledge of the road rules and continue to use safe driving skills. It takes about 30 minutes.

Check out NZTA website for more information on:

- Renewing for seniors
- Driving as a senior
- How's your driving?
- Alternatives to driving
- Factsheets

Ministry of Social Development Useful contact numbers

Seniors	0800 552 002
Working age	0800 559 009
Supergold card	0800 254 565
Community Services card	0800 999 999
information@supergold.govt.nz	
Veteran pension	0800 650 656
veteranspension@msd.govt.nz	
veterans affairs (not MSD)	0800 483 8372
Residential Care	0800 999 727
residential support (under 65)	0800 999 779
International Services	
(from NZ)	0800 777 227
international.services@msd.govt.nz	

Let's Talk Road Safety: Reducing Hidden Risks

The data tells us that regardless of causation, if a person over 70 is hospitalised following a road crash, length of hospital stay increases. This is especially so from 80 years onwards. As we age recovery takes longer.



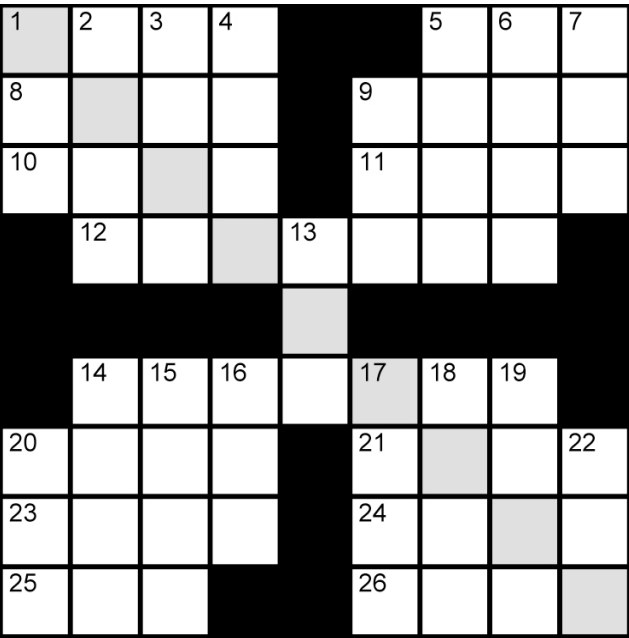
The free class-room based refresher course Age Concern Taranaki run for older drivers includes focus on what we can do to keep ourselves safe on the roads. They share all sorts of tips like correct use of mirrors which must be adjusted to eliminate as many blind-spots as possible.

Some drivers of modern cars with light-up side mirrors that indicate proximity to other objects, are relying solely on those side mirrors to determine close objects. But these mirrors are not foolproof and blind spots still exist. In some cases, buying additional cheap compact mirrors and attaching them to side mirrors can extend field of vision which can help a lot. (They help with parking, too).

Most people do not realise how big blind-spots are. Cyclists and motorcyclists can get completely lost in them. Even so, a visual shoulder check should always precede a lane change, turn or merge. If a shoulder check is not used in these circumstances when a driver is required to take an on-road driving test (which can be required by a medical practitioner assessing a driver 75 and over for competence to drive), the driver will automatically fail the on-road test.

And that is one reason they would like to see more of our older drivers come to their free class-room based Staying Safe driving refreshers, funded by NZTA. It's an opportunity for older drivers to be affirmed in their knowledge, check they are up-to-date with all the key road rules and be able to discuss with other drivers what their solutions to local traffic situations might be.

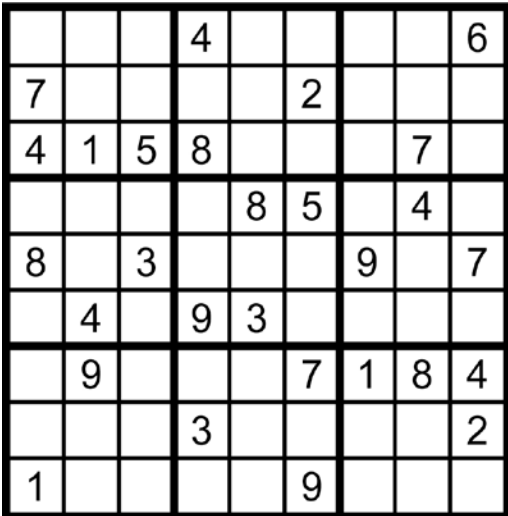
Expecting an Answer



- Across
- 1. "What ____ is new?"
 - 5. Any doctrine
 - 8. Greek earth goddess: Var.
 - 9. On the ocean
 - 10. Jobs
 - 11. Responded in court
 - 12. Con man
 - 14. Souvenir
 - 20. Wise one
 - 21. Eagle's nest

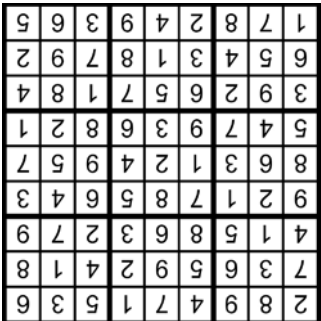
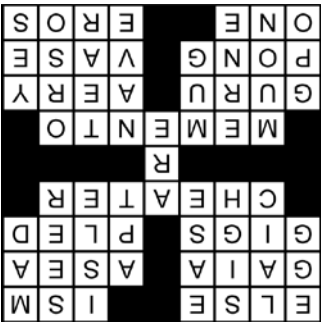
- BASTILLE
- CATACOMBS
- CHAMBORD CASTLE
- DDAY BEACHES
- EIFFEL TOWER
- LASCAUX CAVES
- LES INVALIDS
- LOUVRE
- NIMES ARENA
- NOTRE DAME
- OMAHA BEACH
- PONT DU GARD
- SACRE COEUR
- SAINT MALO
- SAINTE CHAPELLE
- VERSAILLES

SUDOKU



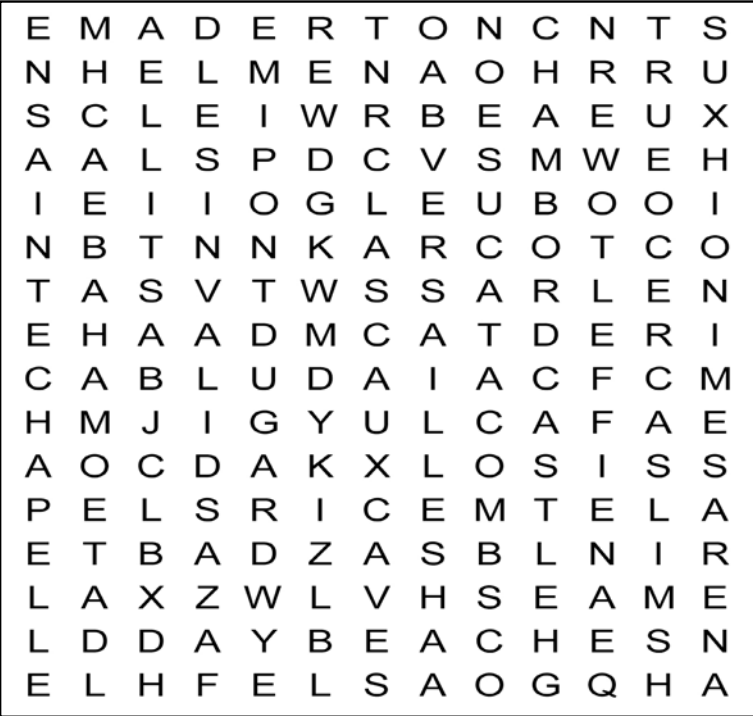
- 23. Early video game
- 24. Flower holder
- 25. "A Chorus Line" number
- 26. Greek god of love

- Down
- 1. Breakfast fare
 - 2. Secular
 - 3. Sound of relief
 - 4. Facilitate
 - 5. Part of an archipelago
 - 6. Soothsayer
 - 7. "Spy vs. Spy" magazine
 - 9. Likely
 - 13. "____ we there yet?"
 - 14. Atomic particle
 - 15. Sea eagle
 - 16. Coffee holder
 - 17. Church section
 - 18. Eye drop
 - 19. About
 - 20. U.S. document publisher
 - 22. "I agree"



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

French Sites



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.

COST OF LIVING
OLDER KIWIS CUTTING BACK ON FOOD TO SAVE MONEY



Older New Zealanders are cutting back on food to pay the bills, with advocates saying some are making frozen meals last three days or skipping meals entirely.

Pre Covid-19, research in the Journal of Primary Health showed that out of 174 people going into residential care, 93 percent were either malnourished or at risk of malnutrition.

Research shows 40 percent of New Zealanders aged 65 and over have no other income besides superannuation, while 20 percent only have a little more.

"Those fixed costs that we reflected on earlier this morning, the rent, the power, the mortgage, the rates, the insurance, with them increasing the only movable bit of a budget is often that food spending," Billings-Jensen said. Some people are "living on toast".

Research from Massey University in 2021 found more than a third (37 percent) of older people who live in the community are at risk of malnutrition. She said older people need enough protein and iron to help keep their muscle mass. "If you are not getting the right energy in then it might be harder to be doing some of the things that will keep you active and keep you connected to the community and the people that you love," she said. "Nutrition is just so important to prevent chronic disease, disabilities and enable people to live in their homes."

Aged Care urges New Zealanders to have conversations with older people in their lives about what they are eating. She said they have seen an increase in older people using foodbanks. She also advices those struggling to reach out to Work and Income.

March 2025 Nine To Noon

New Sorted retirement navigator a one-of-a-kind tool for spending in golden years

A groundbreaking new Sorted tool has been released to help New Zealanders nearing or already in retirement feel more confident about their financial future and how to plan for it.

Launched by Te Ara Ahunga Ora Retirement Commission, the retirement navigator is free to use on **sorted.org.nz**

Rates Rebates

Rates, that huge expense home owners pay annually. Quite a burden especially for retirees who rely on fixed income.

The Rates Rebate scheme is a partial refund for eligible, low income rate payers who pay rates on their own home to the District Council. So why not enquire if you are eligible? Many don't use this scheme it is said.

Simply make a trip to the District Council and ask to see someone who can advise you. So when you receive your Rates Account apply for the Rates Rebate.

If you are in a Retirement Village you can still apply for the Rates Rebate.

The Council send out a very helpful person to fill in the papers and inform you of what you can expect. This is your right so why not receive reimbursement for your payments.

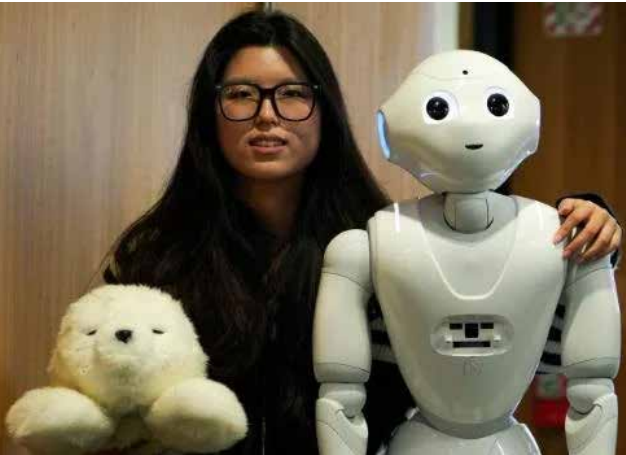
If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you

It could save lives!

ROBOTS IN THE HOME

There is overwhelming evidence that the majority of us would prefer to stay in our own homes as we age. However, would we accept technology such as robots in our homes to enable us to stay, to give us some assistance? Physical impairment is not always the reason for many to need care homes, more and more of it is forms of dementia.

Yuan Gao, a doctoral student from Auckland University, working toward her PhD in Health Psychology, has collaborated with robotics experts to design robots that help slow cognitive impairment by engaging and motivating users to do physical and mental activities.



As New Zealand grapples with an ageing population and the rise in dementia, improving the quality of life and slowing the progression is critical work. There's a shortage of healthcare providers and workers and that is why Gao says she wants technologies to be part of the solution.

To this end she has developed a robot, a replica seal and online virtual caregivers. She has launched the first phase of her research by involving people over 65 years, to chat with 'Pepper' the robot and a virtual human while engaging in activities such as physical exercises, cognitive games and watching a video about mild cognitive impairment. The seal-like robot is more to provide comfort and companionship, to reduce loneliness. It can't communicate – it's more akin to a pet but you don't need to feed or toilet it.

Gao wants to see if older people feel more motivated with Pepper demonstrating exercises or with a robotic seal called 'Paro' on their lap, responding to their touch by wriggling and making sounds. Our target population is for people with

cognitive impairment that show that engagement in physical, cognitive and social behaviour can help slow the decline. We are hoping the robots could help improve their cognitive health rather than progressing into dementia.

When contacted, Alzheimers NZ said dementia is a real health and social challenge affecting individuals, families, the health system and the economy. Of the 73,000 with dementia in 2023, around 30,000 were missing out on essential community-based support due to underfunding. And this will get worse as the elderly population grows, a factor that successive governments have long been aware of. 'What is surprising is that 'the system' has not adequately planned for the impact of New Zealand's ageing population. Little or no action is being taken to address the existing unmet need or prepare for the rapid increase in need for these services. Most recent estimates are that of the around 73,000 with dementia, 9300 receive care from Alzheimer's and dementia organisations and 26,000 are in residential care - there are still 30,000 not getting help," Alzheimer NZ said.

Yuan Gao had personal experience when her grandmother was diagnosed with dementia and had to watch as she slipped away. She knew that her grandmother needed someone with her all the time and wondered if the progression could have been stabilised if that had been possible. That is why she has an interest in how technology could help.

A question was asked as to whether an older person would become dependent on the companionship of the robot or AI helper and not distinguish it from reality? It is an ethical concern but when participants were asked, they seemed unconcerned. "They are very clear that this is a robot, or this is a virtual tool."

To read the full original article
– Sunday Star Times 1 June 2025

MOBILE PHONES

If you have an older model, make sure that it is not operating on 3G only as this network is closing later this year. If you are unsure, phone your provider or pop into one of their stores. Most people have 4G & even 5G by now. One of the positives of Covid, many of us had to upgrade to use the QR Code.

REMEMBER

1. **Mid Winter dinner** 31st July/11.55am
2. **Travel to Tawhiti** 1st September
3. **Sausage Sizzle** 6th September 9am - 1.30pm
4. **General Meeting** 28th August 1.30pm (Gayle Charmers)
5. **NPDC Elections Forum at St James Church** 25th September 1.30pm
6. **Garden Tours** 23rd October. Book as early as possible.
7. **Morning Teas**
1st Mon of month 10am Aromas, New Plymouth
2nd Tue of month 10am Winsor Cafe, Inglewood
2nd Fri of month 10am Community House, Waitara

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 mid October.

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 24 of this newsletter and fill it in. Payment methods are at the bottom on the left hand side.

NEXT MEETING

Thursday
27 November 2025
1.30pm at Barclay Hall 158 Tukapa St

TSB Forum

You are invited to attend a forum on Scams and Fraud by the TSB Professionals.

Forum will be on Thursday 21st of August
9.30 - 11.00am
held at the Civic Centre of the NPDC Building.

Come early, have a coffee or tea and settle to hear this very good speaker on the issues we all face with Scammers and Fraudulent activities on our accounts. Let's be there to learn how to keep updated and protect ourselves and our accounts against these activities.



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

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Email Address: _____

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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.

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Grey Power New Plymouth Inc.

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.

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YOUR QUARTERLY NEWSLETTER FROM GREY POWER NEW PLYMOUTH

