



GREY POWER MARLBOROUGH

Advocating for people 50 +

President's report

Last month I wrote about the proposed home care cuts. While this is still of huge concern, the current climate means that there is the potential for home care workers to be affected by either contracting COVID-19 in some form, or having to isolate due to close contact with a COVID sufferer.

While I can see that this is a very real problem for the home care agencies, I still worry that home personal and housekeeping care may not return to the level needed once this current situation has abated. To that end the committee have decided to send out a letter to all our members that have access to

email asking them to complete a short survey. However, we also want to enable those members and non-members who aren't on email to have the opportunity to have their say. The letter going out by email is also being published in this newsletter and on our Grey Power Marlborough website with information on how to obtain a hard copy of the survey.

We would also be interested to hear from anyone who is receiving home-based care who is willing to share their care progress over the next 6 months with Grey Power, on a purely confidential basis, to track whether they are



Gayle Chambers President, Grey Power Marlborough.

affected long term with prospective home care packages being reduced. If you are one of those people you can contact the Grey Power office on 578 4050.

*Gayle Chambers
President, Grey Power
Marlborough Inc.*

Office news

• Thank you for the great response for plastic bags and bottles etc for Foodbank. They are very appreciative.

• Please let us know if you have moved house, changed telephone numbers or email addresses, so that we can keep the database up to date.

• Invoices for subscriptions will be coming out over the next couple of weeks. Please check your email Spam folders if you have not heard from us. If we do not have an email address on file, we will post out your invoice.

• Online banking details are on the invoice, and cash or eftpos are available at the office, during the hours of 9am to

1pm, Monday to Friday.

• Please remember to scan or sign in at the office.

• The presentations by John Collins on retirement villages have had to be postponed again. Sorry for the inconvenience.

• Simon Byrne at The Sun is looking for people to deliver the newspaper. Please contact him on 03 577 7868.

• Grey Power Electricity are known as Pulse Energy Alliance LP for online banking.

We are closing our PO Box as of late March. Our address for snail mail is:

Grey Power Marlborough,
Room 19, 25 Alfred Street, Blenheim 7201

AGM Grey Power Marlborough Inc.

Notice is hereby given for the AGM to be held in the RSA Rooms, Clubs of Marlborough.

Monday, March 21, 2022 at 2pm.

Agenda:

Ratification of last year's minutes

Ratification of accounts

Appointment of auditor

Appointment of committee

General Business

Guest Speaker: Rhys Welbourn, CEO Port Marlborough

Rhys is a very good speaker, and members will enjoy his address.

Members attending the AGM are advised that Clubs of Marlborough will require production upon request of a current vaccination certificate.

*Graeme Faulkner, Secretary
Grey Power Marlborough*

Repair Café

Marlborough's first repair café was launched last Saturday. The café will be open on the fourth Saturday of each month from 9am to midday at John's Kitchen, 2 Redwood St.

Bring along items that still have life with a minor repair. The most popular repairs are for clothing, electrical items and bikes. Donations accepted. A practical alternative to the 'throw-away society',

the idea is to utilise skills that are being lost in today's world and help people to learn them if they wish to.

Please get in touch with Gerrie Mead 0273030762 if you have skills to share and you'd like to lend a hand, even just occasionally.

For more information go to www.facebook.com/RepairCafeNZ/

Condolences

With some sadness I note the passing of Eric Percy, a former member of the Grey Power committee. Eric was the editor of this newsletter until 2012. Grey Power

Marlborough offers its condolences to Eric's family.

Brian McNamara, Publicity Officer

Monthly meetings

We have been planning to hold monthly meetings for our membership. However, Covid-19 is still restricting us so the

committee has decided to put these in abeyance until the pandemic eases.

An old medical joke

A recently retired medical person said that having birthdays was good for your health. He said "The more you have, the longer you live."

Accessing this newsletter online

For our tech-savvy members there is a digital subscription to the Blenheim Sun available. Simply go to www.blenheimsun.co.nz and type your email address into the field provided,

click the 'subscribe' button.

You will receive an email every Wednesday morning containing a link to the latest issue.

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SeniorNet Returns!

When: Saturday 26 March at 2:00 pm
Where: Linkwater Hall Supper Room, Queen Charlotte Drive
What: It's our first view of the smart new space specially designed for our Marlborough Sounds Learning Centre. Heather and Vinay from SeniorNet Federation are coming over to open our new space, and will tell us about the latest developments at SeniorNet and SeniorHangouts.

Catering by *The Queen Charlotte Tavern*

RSVP to: Brian 574 2267 or Ian 574 2558

Alzheimers Marlborough

Supporting a dementia friendly community

If you would like to volunteer please contact us today.

We are currently seeking a keen gardener.

Alzheimers Marlborough
8 Wither Road, Blenheim
Phone 577-6172

Renters' Rights?

Not sure? ASK US.

Citizens Advice Bureau Marlborough
25 Alfred Street Blenheim

Ph 03 578 4272 | marlborough@cab.org.nz
Open face-to-face 9.30am - 4pm
Te Pou Whakawhirinaki o Aotearoa



GREY POWER MARLBOROUGH

Advocating for people 50 +

Health care letter and survey

Dear members, Grey Power Marlborough is very concerned about the impact of the Omicron variant of COVID-19 on those who are receiving home-based care.

The Ministry of Health has sent out information to DHB's nationwide on how this may affect service provision with the possibility of home care workers being affected by the virus, therefore causing staff shortages.

The information states that clients will be informed by letter how these

staff shortages could alter the service provision over the next few months and what measures home care clients can put in place to alleviate this.

We are asking those of you who have service provision through home-based care through the likes of Access Health and Nurse Maude to complete a short survey for us as to:

How a cut in your home care would affect your level of personal hygiene, safety, nutrition, mental health, and house hygiene.

Whether you have family or friends who could support your day-to-day care if need be.

This will give Grey Power at national federation level the information they need to lobby the Minister of Health to maintain the level of care needed for you to enable you to remain in your own home once the current situation has abated.

Gayle Chambers

Home Care Survey March 2022

What type of home care do you receive?

- Personal care Housework Both

What type of personal cares do you receive?

- Showering Dressing Meal preparation Toilet aid
 Pressure stockings Exercises Change of dressings
 Moisturising Bed-making Aiding to take medication
 Other

How often do you receive your cares?

- Daily Every other day Weekly

What type of housework care do you receive?

- Toilet cleaning Bathroom cleaning Hanging out washing
 Vacuuming Mopping floors Cleaning kitchen Bed-making
 Washing dishes Other.....

How often do you receive housework assistance?

- Daily Every other day Weekly

Do you have a spouse or family member living with you?

- Yes No

Do you have friends or family who could carry out your personal housekeeping/ care on a regular basis?

- Yes No

Your comments:.....

Thank you for taking part in this survey.

(The survey can be collected from the Grey Power office between 9am – 1pm Monday to Friday, or emailed (download from the website), or filled in from this newsletter and dropped into the office or mailed to Survey, Grey Power Marlborough, Room 19, 25 Alfred Street, Blenheim 7201.)

Appointment of Aged Care Commissioner

Jan Pentecost, President of the Grey Power NZ Federation, reports that the organisation has lobbied for many years for an aged care commissioner.

“We are happy that there will be a designated commissioner and look forward to the commissioner’s support in advocating for more carers and nurses in the sector. The new commissioner’s background in aged care and the health system bodes well for older people. We wish her the very best as New Zealand’s first age care commissioner.”

Thanks to The Warehouse

Grey Power would like to acknowledge The Warehouse Blenheim for their support of local community groups. The Warehouse offered the opportunity to all community groups in Marlborough to apply for consideration of a grant from them of a \$300 voucher.

Grey Power is extremely grateful to have been awarded a voucher and would like to thank The Warehouse and recognise their support to our community in what are trying times.

Businesses offering discounts:

Over 70 Marlborough businesses offer discounts (see the discount book for details) available to our members. We urge you to support these businesses, informing them of your membership card.

Over 50 years old but not yet members? It’s a good reason to join Grey Power Marlborough and help us in our advocacy work on your behalf.

This year we will feature businesses in our newsletter in each issue.

Abernethy Pest Control ph 03 572 7268 or 021 025 06271 10% discount email rogerandabby@gmail.com

Access Mobility ph 578 8002 5% discount www.accessmobility.co.nz

Aircon Elect Ltd 5-10% discount ph Eric 021 192 6227 Air conditioning and electrical.

Appliance Technical Solutions white ware repairs and installation ph Herman 022 073 7080

Auto Electric City battery mart 10% discount ph 03 578 4900

Automotive Solutions 10% discount on parts and labour, WOF ph 03 578 3209

Beaver Bed and Breakfast ph 03 578 8401 or 021 626 151 email rdhopkins@xtra.co.nz 10% discount.

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Welcoming
GREY POWER
 to the Blenheim Sun

We are delighted to be bringing you the
GREY POWER MARLBOROUGH
 monthly newsletter.

Wednesday Sun
 Marlborough's largest circulating newspaper

COVID TESTING
 Horton Park
 9am to 4pm
 Monday to Sunday for:

- symptomatic people needing a covid test
- household rapid test collection
- critical worker rapid test collection

Marlborough Primary Health
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