



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

One of the benefits of being a Marlborough Grey Power member is our discount book.

Some of our members use this book religiously when out shopping, whereas others do not use it to its full benefit.

Reasons for not using this resource go from forgetting to use it, not looking through the book to find discounted retail outlets and services before purchasing and using a different supplier to purchase.

I find the best way for me to get the most bang for my buck out of the book is to read it carefully when I receive it and highlight shops for purchases and services that I may require.

A couple of years ago I had to get new dentures. By using Ortho-Dent denture Clinic, I saved myself \$250.00 off the full cost, while also receiving a highly professional service.

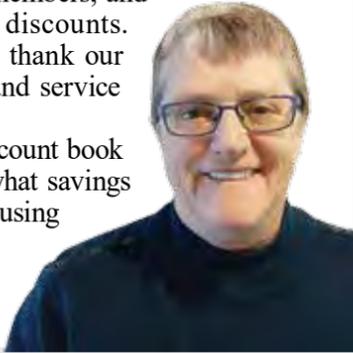
I also purchase linen spray quite regularly, and by going into Cerise Gifts, to just browse, I found a lovely range, which was already affordable, and saved \$1.35 on the purchase. It may not seem a lot but all these savings add up.

We have 75 outlets and services in the book this year, including cafes, optometrists, Bed & Breakfast stays, restaurants and many more options.

This is a benefit to our members, and also to those who offer discounts. I take this opportunity to thank our Marlborough businesses and service providers for participating.

So, go and grab your discount book and a hot drink and see what savings you can make by regularly using this financial resource.

Gayle Chambers
President.



Meetings with President Gayle

The President has offered to commit one hour per month starting July 2022 to be available for personal meetings with members at the Grey Power office. That hour will be on a Tuesday from 10.30am – 11.30 as follows; 12th July, 9th August, 13th September, 11th October, and 8th November.

Subscriptions Reminder

Thank you to members who have paid. For those who have not yet paid, please arrange payment either through your bank, (our bank account number is on your invoice) or by visiting our office between

9am and 1pm weekdays; we have eftpos available. On payment you will receive your new membership card, discount book and continue to receive the Greypower Magazine quarterly.

Zone news

Grey Power Marlborough is part of Zone 5, which is made up of the Nelson, Golden Bay, Motueka, Marlborough, Hokitika, Greymouth and Buller Grey Power associations.

We meet four times a year to discuss what is happening in our region and how we can collectively send remits through to Grey Power Federation to lobby Government. These remits generally go through, once passed, to the Federation AGM.

At present we have two remits on the table, the

most important one being subsidised dental care for those on low and/or fixed incomes.

Seniors suffer not only tooth and gum diseases through not going to the dentist due to their financial status, but there also appears to be an association with increased risk of multiple gastric problems and dementia when adequate dental hygiene is not available (<https://www.mia.nih.gov/t>).

Our zone, and association, hope that by lobbying Government on this issue that there will be less mouth-related problems in the future for seniors.

The Discount Book

Our 2022 discount book lists 75 businesses which offer discounts to our members. Please support them. Each month we will highlight some of them in this newsletter. They're a good reason to join Grey Power Marlborough. Conditions may apply.



- CM Refrigeration and Air Conditioning Ltd, ph 03 972 3893 or 028 405 2863. \$59 heat pump service. 10% discount on new heat pumps.
- Cresswell Electrical 2021 Ltd, ph 03 578 7247 10% discount to Grey Power members 3 Stuart Street Blenheim Email info@cresswellelectrical2021.co.nz
- Dolce Cafe, Restaurant and Bar, upstairs the Forum, Market Street, ph 03 579 3182 10% off coffee, tea, bakery items Mon-Fri 10-11am Website: www.dolcerestaurantbar.co.nz
- Estate Busters downsizing or estate assets dispersals ph 578 5580, 578 4386, 021 257 8549 and 021 615 723. Email jennylandrews@xtra.co.nz and paulinemead@hotmail.com Website: www.estatebusters.wordpress.com

- Dominator Garage Doors 41 Grove Road, Blenheim. ph 03 578 8251. 5% discount for Grey Power members. Email info@dominatorblenheim.co.nz
- Eureka Personal Assistant Ph 027 625 3080 10% discount for dealing with an Estate, de-cluttering, down-sizing, event organising. Email eurekapipton2021@gmail.com
- Geoffrey T. Sowman funeral directors ph 03 578 4719 available 24 hours. 10% discount on full funeral fee. Corner Hutcheson and Parker Streets. Website: www.sowmans.co.nz email sowmans@funerals.co.nz
- Harcourts Marlborough real estate. 1 Scott Street Blenheim Central. 15% discount on standard fee includes \$1200 marketing package. ph 03 578 0888

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Emergency contacts

We all know how to call 111 in an emergency, but it's important to remember that fibre and wireless landline connections will stop working if the power goes out.

This also means some cordless phones and other devices (like medical alarms) may not be able to connect—even if they have a battery.

If you have a mobile that works at your place, you should be just fine. Remember to keep it charged and make sure everyone at your place has access to it and knows how to

use it if there's a power cut.

If you don't have a mobile, you can get a special battery known as a UPS (Uninterruptible Power Supply). This will keep your fibre or wireless connection going if the power goes out for a short time. Remember, if your landline handset plugs into the power, this may also stop working, regardless of whether it's on copper, fibre or wireless.

If you, or someone at your place, needs extra support to call 111 in a power cut, you can apply to be on

the Spark Vulnerable Consumer Register. If you qualify, Spark will give you a way to call 111 in the event of a power cut, at no cost to you. Read more about the Vulnerable Consumer Register below.

If you, or someone at your place, relies on a fibre or wireless landline for health, disability or safety reasons and you don't have a mobile or other way to call 111 during a power cut, you can apply to be on Spark's Vulnerable Consumer Register by calling the Spark team on ph 126.

Advocacy work

This past month Grey Power has met with our MP and the Mayor, keeping in touch and raising issues from slippery footpaths to ACC payments. Our representatives attended the Older Person's Forum on our behalf and the AGM of Abbeyfield Marlborough, as well as the Zone 5 meeting reported on above.

Former President Roy Reid was kind enough at that Zone meeting to give Marlborough a special mention in praising our work on behalf of Marlborough seniors.

Keep safe and warm.

Brian McNamara
Publicity Officer.

Fire Alarms

Working smoke alarms save lives. Modern alarms have a 10 year battery life and are less susceptible to accidental activation. Consider up-dating your alarm if you suspect it may be the older style. If you are not sure, contact us and we will come and advise you.

An important consideration when thinking about your smoke alarm is can you hear it when you take your hearing-aids out at bedtime? A simple test will help you identify this - take your hearing aids off, stand behind a closed door, get someone to activate the test function on an alarm in another room to see if you can hear it. If you can't hear it, it won't alert you to a fire so you will require the Hearing Assistive Technology (HAT) alarm option. The HAT system has strobe lights and a vibrating pad placed under your pillow to wake you when an alarm activates. Contact our community risk team via 0800NZFIRE (0800693473) for advice and assessment.

From Darren Crawford, Senior Advisor, Readiness and Recovery, Fire and Emergency NZ.



Can't hear your fire alarm and need an alternative? Contact 0800NZFIRE for advice and assessment.

Emergency Services messaging

Did you get a message on your cell phone two Sundays ago from Emergency Services that had been already warned would be coming?

It seems some people are alarmed that their cell phone number is known to the authorities. Well, that message was not a text message sent to your phone but rather a notification sent to all cell phones within range of a cell-phone tower. It was not sent personally to you but was a general notification to all, so no need for any concern.

I was a member of a Grey Power advocacy group that meets with some government departments. Last Friday we met in Wellington with Emergency Management and worked with them to address issues affecting seniors when there is an emergency.

The issue of some people getting alarmed about that emergency test message was raised by the Emergency management team, so I have explained it here.

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