



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

WELCOME to 2024.
 For most of us we were able to spend the festive season with friends and/or family.
 For some of our seniors this could have been a lonely time and I hope you had someone that held out their hand in friendship to you.
 There are also others that do not celebrate Christmas Day and for them it is just another day, but there are no shops open.
 One of my daughters bought me an Air Fryer for Christmas.
 I went out and bought a cook book and with that at hand I tried my first recipe, Chicken Kiev.
 I followed the recipe to the letter and proudly offered my husband his dinner.
 He dug in only to find that his chicken was RAW!
 Whereas I love that my daughter thought this new-fangled way of cooking will save me hours, the microwave came to the rescue.
Gayle Chambers, President.



Office news

Hearing aid batteries, sizes A10, A13 and A312 are available from the office. \$6 per card of six batteries. Badges with "I have a hearing loss" are also available, \$8 each.
 Invoices for the April 2024 – March 2025 financial year will be going out via email or post at the beginning of March. Please allow us some time to process your payment before getting in touch to follow up, as it does take a long time to process thousands of online payments all

coming in at once.
 Please get in touch during February with any changes of address, so that invoices can be sent to the current email or postal address.
 Grey Power Federation has introduced a new benefit for members: Atopis skin health system will give Grey Power members a 20% discount. This skincare helps reverse the skin damage cycle. This makes it particularly appropriate for people aged 55+, and thus a natural partner

for Grey Power. An email has been sent with the details or enquire at the office ph 03 578 4950 for the promo code.
 The Marlborough District Council Community News is available to view online at <https://www.marlborough.govt.nz/our-community/community-information-database> or paper copies are available from the Citizens Advice Bureau and libraries. This is a great way of finding out about what's going on in the community.

Grey Power Marlborough Seminars

These seminars are free and suitable for anyone 50 years and over, or if you would like to gain information for family or friends.
Seminar 1.
 Tuesday March 12, 2024 Nativity Centre 2pm - 3.30pm
 Rest Homes - gain a bit more insight into things such as the criteria to go into a rest home, choosing a rest home etc.
 Ministry of Social Development

- what is important to know about superannuation and other entitlements.
 Warmer Kiwi Homes - what resources and information are key to having a healthy home.
 Rates rebate - who qualifies for a rates rebate and how to apply.
 Fire & Emergency NZ - fire safety in the home.
Seminar 2.
 Tuesday March 19 2024 Nativity Centre 2pm - 3.30pm

Stadium 2000 - find out more about the great programmes and activities offered at the stadium and pool.
 Community Law - legal advice on a number of key topics.
 Hospice - what services and care is offered by Hospice Marlborough.
 Estate Busters - this unique service in Marlborough explains the support they offer.
 Emergency Management - how people can be prepared for an emergency.

Prostate cancer news

On February 19 at 7pm Grey Power Marlborough hosts a Prostate Cancer information evening at the Church of Nativity in Alfred Street, Blenheim. Open to the public, both men and women, presenters include urologist Andy Malcolm and other professionals

in this field.
 Prostate cancer is the most common cancer found in men in New Zealand. 3,500 patients are diagnosed every year and around 600 men die of the disease every year.
 Prostate Cancer is diagnosed through tests which determine

whether the prostate is enlarged, PSA testing and biopsies, usually starting with a visit to your GP. While older men are more likely to suffer from this disease, research indicates that 1 in 350 males younger than 50 years old will be diagnosed with prostate cancer.

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Wither Hills Farm Park fire danger

Grey Power met with the Mayor last Friday. Amongst the topics covered was the concern about people still attempting to access the Wither Hills Farm Park, even though public notice has been given of its closure because of recent hot and dry conditions.

It was reported that people are ignoring the signs and advice and still entering the park, cyclists and walkers both, even with push chairs! The Mayor was clear that the

real danger is that people cannot outrun a fire such as can be expected. They will be caught in the flames.

A fire in the Wither Hills Farm Park, fed by dry grass in the park, warm temperatures and windy conditions, would readily ignite, be extremely fast spreading, difficult to control and have extreme fire intensity with 10m flame heights.

The danger is to both those people who put themselves at risk and also to those

rescuing them.

The public can assist, if you see law-breakers (which is what they are), by informing the Council office - ph 520 7400. This can be used outside of office hours as well. Rangers can be sent out and fines imposed.

Park users are reminded of other excellent recreational areas in Marlborough including Pollard Park pathways, the Taylor River Reserve and Picton's tracks and trails.



Grey Power's intentions for 2024

Grey Power Marlborough will lobby diligently again this year for the rights of seniors. We will work with council and other Marlborough agencies on a local level, and will have input into national issues as the Grey Power Federation lobbies government ministers. We will continue to meet with our mayor and our two local MPs.

Grey Power National Federation newsletter

This is delivered to all financial members who can opt to receive it by email or a hard copy by post. Obviously, the email option is cheaper for the Federation and helps environmentally.

Older Persons Seminar

The Older Persons Seminar at St Christopher's Church Hall is on Thursday 22 February, at 10am - 1pm, morning tea and light lunch provided. Only \$6. Guest speaker is Catherine Donnelly from Alzheimers New Zealand. Contact Donna on 027 385 2333 for more information.

Multicultural Festival

The Marlborough Multicultural Festival is being held on March 9 from 10am - 3pm at Pollard Park, access from Parker Street and McLaughlan Street, Blenheim.

Grandparent and Grandchild cooking classes

Carol Boswell of Senior Chef Marlborough invites registration for cooking classes offered to pairings of grandparents and grandchildren.

Classes will be Thursday evenings from 6.30pm, finishing at approximately 8.30pm at the Connect Church Hall, Beaver Road, Blenheim.

They will cost \$30.00 per session for grandparent and grandchild. A minimum of 5 and a maximum of 6 caregiver and child groups are sought.

Four sessions will take place on February 29 and March 7, 14, and 21.

Course menus are: 29 February - Chicken Tetrastini, fresh and tasty Cheese Salad; 7 March - Sweet and Sour Chicken, homemade Tortillas, Noodles; 14 March - Picnic Pie, Roasted Pumpkin, Beetroot and Walnut Salad; 21 March - tasty spicy Rice Pilaf, Vegetarian Stewed Chickpeas.

Contact Carol as below about attending and payment. She will forward bank account details.

Carol Boswell
Senior Chef Marlborough
ph: 021 0656789 or email seniorchefmarlborough@gmail.com

Marlborough Seniors Expo:

The Seniors Expo will take place on Tuesday March 5 from 9am - 1pm at the Marlborough Events Centre, 42A Alfred Street, Blenheim. This will feature recreation and activities for older people in our community.

Falls Prevention

Sessions are starting up again this year. Where: Stadium 2000, Kinross St, Blenheim. When: Thursday 29th Feb 1pm - 3pm, Thursday 28th March 1pm - 3pm, Friday 31st May 1pm - 3pm. Contact the Falls Prevention Coordinator, Angela Baker, on 021 790415 or email: angela.baker@nbph.org.nz for more information or to book in. Bookings are essential.

Annual General Meeting

The AGM of Grey Power takes place at 2pm on Tuesday 18 March at the Nativity Centre Hall at 76 Alfred Street. The guest speaker is Helen Grenall who will talk most interestingly about her time as a nurse in Saudi Arabia.

Open Day Alzheimers Society

Alzheimers Marlborough is having an Open Day on Tuesday February 13, 2024 from 10am - 7pm at 8 Wither Road, Blenheim.

Anyone interested in older persons' health or who are interested in volunteering, family/whanau who are experiencing the onset of dementia, and those involved in professional services are especially invited.

Come and meet their friendly team. Hear about and see first-hand the work that they do at their centre and in the community supporting dementia friendly support services.

Tea, coffee and refreshments provided. For further information, phone 03 5776172.

Courtesy crossings

Our representatives also discussed with the mayor the issue of pedestrians not being fully careful in the town centre when using the courtesy (non-zebra) crossings. Those walking were advised to wait and check with road users, who still have right of way, to cross safely.

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GEORFFREY T. SOWMAN
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I was under the understanding that the process of selling a home is stressful and drawn out, with plenty of sleepless nights... but with Debbie at the wheel it was none of these, always motivated, enthusiastic, confident, we always felt we were heard and the decisions were always ours. We felt we were in control of this crazy ride and have been successful moving up onto the next step up in the property ladder. Full praise to Debbie, she came as an Agent and has left as a friend, many thanks!

Proud to support Grey Power members

Call Debbie now!
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debbie.webster@mikepero.com

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