



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

It is with a glad heart that I see we are returning to some semblance of normality.

Spring is full steam ahead with blossom appearing on the trees and the warmer weather kicking in. Mask wearing is no longer mandatory in most areas now and it is lovely to see the effects of the 2-year pandemic waning.

It is my hope that our more vulnerable seniors will now find the courage to venture out into the real world again and enjoy our new found freedom as we no longer have to live in fear.

Smile your biggest smile, laugh your loudest laugh and enjoy life.

Gayle Chambers
President



Meet the President:

If you would like to meet Gayle, our president, there is the monthly opportunity to meet her on Tuesday 11th October 11am to 12pm at the Grey Power office in the Alfred Street community building.

Office Snippets:

The office will be closed on Monday 10 October.

Usual office hours are 9am – 1pm Monday to Friday.

Work is starting on Discount Book 2023. We are always looking for extra businesses to join, and particularly welcome businesses outside Blenheim for our non-Blenheim based members to use. Picton, for example, has several hundred members. . . Please get in touch with the office for more information: office@greypowermarlborough.co.nz or 578 4950.

We are still chasing some members for overdue subscriptions. Please let us know if you decide not to renew your membership. With so many of our members taking advantage of Grey Power Electricity's discounted rates, and emails sometimes going to Spam folders or email addresses changing, we are

unable to assume that non-payment means non-renewal.

Please remember to let the office know if any of your contact details have changed. As part of chasing the overdue subscriptions, we know that many members no longer have landline telephone numbers. Posting overdue subscription invoices repeatedly is just not possible financially for a non-profit organisation.

New stock of the **Why Keep It Secret?** booklet is on its way. This is a great little booklet for you to write down medical information, where to find your will, insurances, bank accounts and investments and personal contacts etc. Only \$6 from the office at Room 19, 25 Alfred Street, Blenheim, 9am – 1pm Monday to Friday.

The Stroke Foundation will have a van doing free blood pressure

checks at Pak'nSave Blenheim on Tuesday 25 October, 12.30pm – 5.30pm.

You can get copies of this newsletter online or at your local supermarket if it has not been delivered, and also get it from our website above.

The Marlborough Emergency Management rescue / response team is going through a national accreditation audit on Oct 8th and 9th and wants volunteers to play the role of casualties. They would not be placed in a hazardous situation but would be given some information cards about their injuries, so the team have to determine the triage priorities. Please contact Gary Spence, Emergency Management Officer

15 Seymour Street, PO Box 443, Blenheim 7240, New Zealand
Phone: +64 3 520 7475 021 220 4612 www.marlborough.govt.nz

Scam Alerts

The Financial Services Federation represents responsible non-bank lenders operating in New Zealand. It warns of a scam operating in their name and targeting older and more vulnerable people. Their website is www.fsf.org.nz

Over recent weeks older people have been targeted by phone or email by someone claiming to be from the FSF (in emails the FSF logo has been used to add authenticity) seeking money from them in order that an amount of money in turn may be released to them that, of course, is never forthcoming.

For information on scamming alerts on phones, texts, emails, and Facebook see: www.netsafe.org.nz – 0508 638 723

cfc.org.nz
www.scamwatch.govt.nz
www.ageconcern.org.nz

Upskilling on the computer

Literacy Aotearoa is a national organisation of adult literacy providers. Grey Power New Zealand has highlighted the need for digital inclusion and upskill support, and programmes for older persons.

The following service by Literacy Aotearoa is free to citizens or NZ permanent residents who can commit to a minimum of 8 hours of tuition. It covers understanding your digital device, e-mailing and texting, social media, including sharing your videos and photos, using the internet safely, online banking and shopping, finding, downloading and using apps and basic computing. Go to their website at <https://www.literacy.org.nz/>



Maintain Your independence

- 24/7 monitoring nationwide
- No hidden fees or surprises
- World class technology
- No long term contracts
- MSD accredited

Contact Mike for local enquiries:

027 919 1922 or 0800 865 865

www.securely.nz



Need help online?

Not sure?
ASK US.

Citizens Advice Bureau



03 578 4272 | marlborough@cab.org.nz
25 Alfred Street, Blenheim
www.cab.org.nz

We are delighted to be bringing you the

GREY POWER MARLBOROUGH

monthly newsletter.

Wednesday Sun

Marlborough's largest circulating newspaper



GREY POWER MARLBOROUGH

Advocating for people 50 +

News about Falls Prevention

Emma Sorensen-Brown is the new Community Falls Prevention Coordinator for Marlborough, working within the Nelson Bays Primary Health Promotion Team. She advises the following. A patient can be referred via GP, Practice Nurse, Hospital physiotherapist but also by a community physiotherapist or self-referred. A referral can be made simply by a physio by email to fall-prevention@nbph.org.nz with the patient's name and contact number.

If the patient is considered to benefit from coming along to the session because they have had a fall, trip, stumble or are just more unsteady than they were then they can be referred to Falls Prevention. The patient can then be invited by Emma to a 2 hour "More Stable, More Able" Falls Prevention education session, free for anyone over 60 years at such risk. Quite informal, it allows for the group to speak openly about their own views and feelings about why they may have fallen; morning or afternoon tea provided. It focusses on strength & balance, access to ACC approved exercise classes, hazards and obstacles, nutrition, hydration, bone health and how to get up off the floor following a fall. There is a "More Stable, More Able" session upcoming on Thursday 27 October from 10 am to 12 noon at Stadium 2000. E-mail Emma.Sorensen-Brown@nbph.org.nz

Info on resources and support networks

Eldernet provides a wide variety of resources for older people and their support networks. The service is available via their website <https://www.eldernet.co.nz/> or by hard copy request. They also profile a range of products and services for the older person, including: Community Groups; Dental and Denture services; Hearing; Vision; Travel, Tours and Recreation; and Equipment and Products. The Eldernet website includes a nationwide database directory and comprehensive information about community groups and organisations, home help services, rest homes, aged care facilities, retirement villages, private hospitals, dementia care, public hospitals and other third age services for seniors. Eldernet's "Where from here" publication (which is updated every 12 months) is free. Hard copy books can also be ordered on-line on www.wherefromhere.co.nz or by phoning 0800 162 706.

Businesses offering discounts to Grey Power members

Terms and conditions may well apply. More information may be found in our discount book.
 Lynfords Furniture 43 Scott Street ph 577 9506 10% discount off the RRP
 Majestic Plumbing and Gas 15% off labour on maintenance work ph 577 6920 or 021 625 378 majesticplumbing.co.nz
 Managed Computer Networks 64-66 High St Blenheim ph 577 9099 email support@mcn.co.nz 10% on services
 Marlborough M S Society 25 Alfred St Blenheim email mmss@xtra.co.nz ph 027 255 1299 or 578 4058 supporting people who may have Multiple Sclerosis or Parkinson's.

Marlborough TV Services and Security Cameras 6 Opawa Street 10% discount on repairs and installation. ph 578 8410 www.marlboughtvservices.co.nz
 Marlborough Plumbing and Heating Ltd 10% on materials and labour PO Box 5140 Blenheim ph 577 9278 or 027 214 1366
 Marlborough UFS Pharmacy cnr Queen and High Sts Blenheim 10% discount ph 578 6099 and/or join the Pharmacy Friendly society and get 20%.
 Matthews and Hassan Eyewear Eye-care 10% discount 48 Market Street Blenheim ph 578 5880 www.matthews.co.nz
 Mayfield Motorworld 6 Hutcheson

Street Blenheim 5% discount on parts and service ph 577 5335 www.mayfieldmotorworld.co.nz
 McKendry Motors 56 Charles Street Blenheim 5% discount on parts and service. ph 578 3379
 McRaes Fashion 53 Market St Blenheim 10% discount ph 578 5886
 Mike Pero offers lower fees/costs ph 021 797 454 email Debbie.webster@mikepero.com
 Michael Rea at Ray White Estate offers an exclusive discount ph 027 364 3914 www.michaelrea.co.nz
 New Heritage Bakery and Cafe 10 % discount 5 Mills and Ford Road East ph 570 5598 www.newheritagebakery.co.nz

Employers and employees - a website for senior workers

This website offers information for workers and businesses alike to advise them on opportunities for senior workers who are 50+ years of age. The website offers tips, case studies, demolishes myths, opens up opportunities for both employer and employees and is a most valuable read. <https://www.business.govt.nz/mature-workers-toolkit/>
 It makes sense to consider our older work force especially in these times of labour shortage. Can our employers offer flexible hours for capable and dependable workers who can still perform the tasks but are not available for 8 hour day/40 hour weeks?

Unique... Because we understand that everyday life is.

GEOFFREY T. SOWMAN
 FURNISHING DIRECTORIAL
 INTERIORS & DESIGN

GREY POWER MEMBERS DISCOUNT
 Conditions apply

03 578 4719
 Cnr Hutcheson & Parker Sts, Blenheim
www.sowmans.co.nz

DOMINATOR

Featuring **TrioCode** Technology

A revolutionary new coding system, TrioCode 128 provides enhanced reliability and security by using three frequencies to overcome interference issues.

SEE US FOR...

- Tilting • Rolling • Sectional Doors
- Garage Door & Gate Openers

41 Grove Road, Blenheim
 • Ph: (03) 578 8251
 Email: info@dominatorblenheim.co.nz

vines cafe

Book your brunch or lunch at
 (03) 572 7170 or email bookings@vinescafe.co.nz

193 RAPAURA RD • www.vinescafe.co.nz

This October - Get ready for a Summer of connection

Pair of premium rechargeable, Bluetooth capable hearing aids with a free Bluetooth TV connector and premium charger with inbuilt battery for \$5990*

Pair of advanced rechargeable, Bluetooth capable hearing aids with a free premium charger with inbuilt battery for \$4990*

Contact us for more info

Blackmore AUDIOLOGY

T: 03 579 3092 • 21 Francis St, Blenheim
www.blackmoreaudiology.co.nz
 *conditions apply, valid until 28th Oct 2022