

GREY POWER

ADVERTISING FEATURE

From the President's desk

Gayle Chambers

President
Grey Power Marlborough

As the saying goes "Life is like a box of chocolates; you never know what one you will get."

The safe life we take for granted has been thrown into

chaos with Covid-19 raising its thorny head again.

Most New Zealanders will bite the bullet and follow the advice given by the Government to manage this new outbreak and the others that may come. Unfortunately, there are some



people in our communities that bleat about the unfairness of it all.

If we put our situation into perspective simply look at our nearest neighbours, Australia, who, due to a lack of respect for 'rules' and 'regulations', still have many parts of Australia overrun

by this virus. It gladdens me to see in Marlborough our seniors out getting exercise, with their masks on and people being very vigilant when going to the supermarket.

Keep it up Marlborough, and fight the good fight and eventually we will win.

In Brief

We are adhering to all Government advice and requirements during this time of Covid-19 lockdown levels.

At the time of writing, the office is closed as per the Government's requirements, but we are working from home, checking emails and answerphone messages, and processing online payments for your subscriptions.

Subscriptions were due from 1 April 2021. If unpaid, please pay ASAP and we will send out your new membership cards and local discount books.

Recently there has been a big effort to contact members by telephone to gently remind them about subscriptions.

Many landline numbers are disconnected. This has revealed that many members have not updated their telephone or email details with us. Please get in touch by email or telephone call, and we will amend our database.

If you no longer wish to be a member, please let us know that as well - just remember that you need to be a current member of Grey Power to access any discounts at Grey Power Electricity!

We are starting to look ahead to putting the discount book for 2022-23 together. If you have a business or service that could offer a discount to Grey Power members, please get in touch!

Equally, if you have suggestions of businesses you would like to see, let us know. We are keeping our Facebook page up-to-date with useful information. If you use Facebook, visit and give us a 'like'

and a 'follow'; 'comments' and 'shares' are good too! We know you will not need reminding to keep comments respectful. There are a couple of posts about what Grey Power have been doing recently, along with community advice from various organisations.

If there is anything that we may be able to help with, please get in touch:

office@greypowermarlborough.co.nz or phone 03 578 4950.

Why Choose a Retirement Village?

John Collyns, the RVA Executive Director, will deliver a presentation about the whole spectrum of retirement villages, 32,000 dwellings for about 45,000 people. An entertaining speaker, he is well placed to describe the different types of retirement village, relevant legislation, and the benefits of living in a retirement village.

Subject to lockdown restrictions, his talk will be at the Wesley Centre, 2pm and 7pm, on September 29. All are welcome to this informative and interesting talk. Admission is free, but we would appreciate a gold coin donation to assist with costs. For further information call the Grey Power Office, or call John Leader, 578 8207.

Tips for Mental Health

It's normal to feel anxious or stressed in times of difficulty. Here's some tips of things you can do to take care of your mental



Once you receive your rates bill, you can apply for a rebate up to a maximum of \$665 for the rating year 1 July 2021 to 30 June 2022. You must apply by 30 June 2022.

health:

Stay connected. This is important for our wellbeing and helps to make us feel safer, less stressed and less anxious.

We can support each other by keeping the connections and close ties to others that we forged during the COVID-19 pandemic.

Acknowledge your feelings. It's completely normal to feel overwhelmed, stressed, anxious, worried or scared. Reach out and talk with people you trust about your concerns and how you're feeling or even write them down in a journal.

Stick to routines where possible. Try to go to sleep and wake up at the same time, eat at regular times, shower, change your clothes, and do your chores.

Exercise. Even just a stroll around the block can help you relax and have a positive impact on your thoughts.

Check in on other people who might need help. Reach out to

those who you think may be feeling stressed or concerned, particularly those who live alone. It can benefit both you and the person receiving support.

Call or text 1737 if you are feeling anxious or just need someone to talk to.

(Supplied courtesy of the MSD Super Senior's August newsletter which comes as an email. <https://www.superseniors.msd.govt.nz/news-events/superseniors-newsletter/index.html> .

To receive this newsletter sign up at this site.)

Q & A on superannuation and other topics for seniors

A varied programme was aired on August 29, but is available on-line. Go to <https://www.tvnz.co.nz/shows/q-and-a/episodes>

The panel included David Marshall, a member of the Grey Power national board, who has been advocating for a group of

retirees in the Bay of Plenty, along with Jane Wrightson, Retirement Commissioner, Tama Potaka, CEO of Ngai Tai Ki Tamaki, formerly on the Super Fund Board, and economist Brad Olsen.

The Minister for Social Development and Employment, Carmel Sepuloni, was interviewed on the programme.

Rates Rebates

Once you receive your rates bill, you can apply for a rebate up to a maximum of \$665 for the rating year 1 July 2021 to 30 June 2022.

You must apply by 30 June 2022. Approach the Marlborough District Council by phoning 520 7400 to see if you are eligible and how to do this. The rebate is paid by central government, so you're not taking money from local rates. It is designed to help those on lower incomes.

Grey Power Achievements

We encourage people 50+ in age to join Grey Power, but you may well ask what you get in return.

Over the next four months we will continue to list another five of the 25 achievements we are proud to have been effective nationally in obtaining for seniors.

6. Asset testing legislation being phased out.
7. Lower doctors' fees.
8. Lower pharmacy fees.
9. Removal of over 80's driving tests.
10. Removal of simulated driving tests by occupational therapists.



GREY POWER MARLBOROUGH

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In the corner of the carpark behind Farmers.
Phone 03 5784950 or
visit our website on
www.greypowermarlborough.co.nz**

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Building positive relationships

This term in schools - and online - Kiwi Can children have been learning all about positive relationships, which is explained as: 'working and playing in safe and thoughtful ways with others'. The term's Kiwi Can lessons focus on three key components of resilience: Fairness and Fair Play, Conflict Resolution, Leadership. As a programme designed to help empower young people to overcome obstacles, of course the Kiwi Can team jumped at the opportunity to keep working with students throughout the COVID pandemic. The Graeme Dingle Foundation Marlborough has moved its lessons to virtual platforms in response to the needs of the time.


Check it out for yourself!

If you haven't previously had the opportunity to see a Kiwi Can lesson before, now's your chance. Why not check out what the kids are getting up to - perhaps listen to a story, try out a little yoga, or maybe even learn some new dance moves!

And if you are talking with the children in your life, why not talk about it with them?

Here are the two steps you need to take to find the Marlborough Kiwi Can YouTube channel at home:

1. Open up your internet browser (Google Chrome, Internet Explorer, Safari or whatever application you like to use.
2. In the top toolbar, type in this exact string of letters and symbols `www.bit.ly/GDFKiwiCanYT`. It will look like this:



Kiwi Can online: Right: A remote lesson with Linkwater School.

Photo supplied.



Life may indeed really begin at 40

On National Radio, Sunday August 1 at 11.07am there was a fascinating programme explaining how the best years for our brain may be still ahead of us! Of course this depends on our

age, but it was most encouraging to learn that the brain, in terms of deliberative wise reasoning, peaks about the age of 70. Seemingly, intellectual humility, knowing what the limits of our knowledge are, being able to understand what other people's perspectives are and to compromise, all improve for seniors. While IQ declines with age, wise reasoning does the

opposite. There's a lot more in the programme to be learnt about what having a sense of control means, and how we can positively change our attitude to ageing. I hope this piques your interest.

<https://www.rnz.co.nz/national/programmes/sunday/audio/2018806355/why-life-may-indeed-really-begin-at-40>
Brian McNamara
Publicity Officer

The TV GUIDE




All your viewing in one place

Includes Sky TV listings


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