



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

Well, another year is near its end. They seem to go quicker every year, or am I going slower?

Grey Power Marlborough has achieved a lot in 2023 and here are some of the highlights.

We have given several presentations during the year to service groups and community organisations.

Grey Power hosted meetings throughout the year for John Collins, Retirement Villages of NZ, Alec McNeill, for the MDC Wheelie Bin rollout in 2024 and Carolyn Cooper, Aged Care Commissioner.

We have had very successful meetings with our Mayor Nadine Taylor and our MP Stuart Smith.

We partnered with MDC and Blenheim South Rotary on projects that affect seniors.

As part of our Outreach Programme, we visited Picton, Havelock, Wairau Valley and Kaikoura.

Throughout the year we had meetings with Health New Zealand (Te Whatu Ora).

We sent in submissions and remits to Grey Power Federation. Two delegates attended the Federation AGM making their voices heard loud and clear.

We worked on a three year strategic plan for future-proofing Grey Power Marlborough, and have introduced two new committee members, one being our new Picton Rep.

Grey Power hosted three parliamentary candidates meeting in both Blenheim and Picton.

On a lighter note, having taken my 14-year-old grandson to Wellington during the recent holidays I found Uber. What a great service this is! Cheaper than getting taxi's around a city you don't know and lovely people driving the vehicles. Who said old dogs can't learn new tricks!!

Health Article

Winter is now a distant memory and summer is just around the corner. It is now time to come out of winter hibernation and start planning healthy activities that you may put a halt to in the colder weather.

There are several healthy activities you can enjoy coming in to the warmer weather; dust off your bicycle, or bite the bullet and buy an e-bike and start enjoying the clean air while taking in many of the sites and sights that Marlborough offers.

Join a walking group. There are many groups in Marlborough that offer easy walking for the less fit and more vigorous tracks for long time walkers.

Stadium 2000 also offers some great healthy option exercises. You can pay as you use for the swimming pools. I go to aqua gentle, on a Tuesday and Thursday morning at 10am, and there are more challenging aqua size classes on Monday, Wednesday and Friday at 9.30am.

This is a great way to meet new people while keeping fit. I enjoy a spa after the session, while some people have a group that have coffee afterwards. You can also do aqua jogging with a friend and chat while doing lengths, or you can do it on your own.

I also go to the 'Go for Gold' classes that are held Monday's (strength), Wednesday's (Cardio), and Friday's (balance) at 9.30am. These are not in the pool. I go when I can and enjoy the variety of exercises.

The stadium also has a great gym facility and they have recently updated all their equipment.

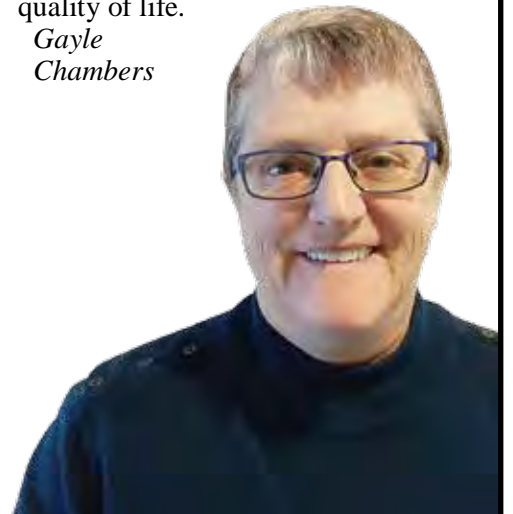
As a Grey Power member, you can take out a corporate membership which means you can use all of these

facilities as many days as you wish at no extra cost.

If you are doing outdoor activities to increase your fitness, remember to use a good sunscreen and try to go out before 11am or after 4pm. Vitamin D is something we do not get in generous amounts during winter so it is good to be outside, even in the shade, for at least 15 minutes per day. Always remember to drink plenty of water during the warmer months as dehydration can have severe effects, especially in the very young and seniors.

So get out and enjoy summer and exercise regularly to have a better quality of life.

Gayle Chambers



Office Snippets

If you would like to join Grey Power Marlborough, please see our website, greypowermarlborough.co.nz or come into the office at Room 19, 25 Alfred Street, Blenheim. \$29 for an individual, \$43 for a joint membership. Easy car parking at the car park behind Farmers

or at the Clubs of Marlborough car park.

The office is open Monday to Friday, 9am to 1pm.

If you have not paid your annual subscription yet this year, it is not too late!

Advance notice for Christmas office closure: the office will be closed from 1pm

Friday 15 December. The office will re-open at 9am on Monday 8 January 2024.

If you have a local business and may be interested in advertising in our Discount Book, please contact the office as soon as possible, office@greypowermarlborough.co.nz

Events:

Heart Foundation Heart Checks on Friday 17 November, 11am to 1pm, in the Community Trust Building Meeting Rooms, 25 Alfred Street, Blenheim.

Foodbank Appeal on Monday 27 November, 6-8pm.

The world's first 100% invisible hearing aid

CALL US TO FIND OUT MORE AND EXPERIENCE UNPARALLELED HEARING.

Blackmore AUDIOLOGY

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

SECURITY ALERT

All I want for Christmas...

Is knowing help will come when I need it.

- Fully mobile alarms with GPS
- Fall detectors
- shower proof
- two way voice comms
- Connects you to EMERGENCY SERVICES
- Able to summon a SECURITY GUARD
- More AFFORDABLE than many others!

You may be eligible for government funding too.

KARYN DELVES
0273 539 698
Karyn@securityalert.co.nz

Let's talk!

"I LIVE, I LOVE, I SELL MARLBOROUGH"

25 years of caring, wearing her heart on her sleeve for you!

Greypower members discount on offer

Need friendly hassle free advice from the trusted agent? Call Debbie now!

Phone 021 797 454
debbie.webster@mikepero.com

mike Pero | REAL ESTATE
Mike Pero Real Estate Ltd. Licensed REA (2008)



GREY POWER MARLBOROUGH

Advocating for people 50 +

Improving Media Literacy

Manipulated, false or misleading information online can cause people to worry and be anxious for no real reason. The rise in misinformation has seen people reduce trust in institutions, the media, public acceptance of science and the integrity of government.

Improving digital inclusion helps us to access services and participate in society, but it is important that we recognise misinformation when they see it.

Media literacy provides a framework to access, analyse, evaluate, and participate with messages in a variety of forms - from print to video to the internet.

One of the most effective ways to help you evaluate information in the digital world is the SIFT method:

Stop
Before you read or share an article

or video, STOP!

Be aware of your emotional response to the headline or information in the article.

Headlines are often meant to get clicks and will do so by causing the reader to have a strong emotional response.

Investigate the source

Take a moment to look up the author and source publishing the information.

What can you find out about the author?

Do they have vested interests?

Would their assessment be biased?

Do they have authority in the area?

When an article references a quote from an expert, or results of a research study, it is good practice to attempt to locate the original source of the information. Click through the links to follow the

claims to the original source of information

Would their assessment be biased?

Do they have authority in the area?

Find better coverage

- See if you can find other sources corroborating the same information or disputing it.
- What coverage is available on the topic?
- Keep track of trusted news sources.

Trace the original

- When an article references a quote from an expert, or results of a research study, it is good practice to attempt to locate the original source of the information. Click through the links to follow the claims to the original source of information.

Cybersecurity Awareness

October was Cybersecurity Month, a dedicated month to raise awareness about the importance of cybersecurity.

If you missed it, this article is a reminder to use these Internet security techniques.

Use strong passwords and a password manager: Strong passwords are long, random, unique, and include all four-character types (uppercase, lowercase, numbers, and symbols).

Password managers are a powerful tool to create long, random, and unique passwords for each account. They also make storing passwords and user IDs easy.

Turn on two-step authentication: Enabling two-step authentication makes you significantly less likely to get hacked.

Enable it on all online accounts that offer it, especially email, social media, and financial accounts and use authentication apps or hardware tokens for added security.

Recognise & report phishing: Phishing is an email, telephone or text message by someone posing as a legitimate institution to lure individuals into providing sensitive data such as personally identifiable information, passwords, banking and credit card details.

Be cautious of unsolicited emails, texts or calls asking for personal information, avoid sharing sensitive information or credentials over the phone or email unless necessary, don't click on links or open attachments sent from unknown sources.

Verify the authenticity of requests by contacting the individual or organisation through a trusted channel. Report phishing attempts to the appropriate authorities or IT department.

Update software: Ensuring your software is up to date is the best way to make sure you have the latest security patches and updates on your devices. Regularly check manually for updates if automatic updates are not available and keep operating systems, antivirus software, web browsers, and applications up to date.

Emergency radio

In an emergency, Brian FM is the official station for local emergency information.
100.9 – Blenheim

105.9 – Picton & Awatere Valley
104.3 – Seddon
105.9 – Ward

100.1 – Havelock
105.9 – Okiwi Bay & French Pass
100.3 – Kaikoura

Marlborough Community Foodbank Appeal

Foodbank Street Appeal Monday 27 November, 2023, 6-8 pm. Donate canned or other non-perishable food. Back-up

date Monday 4 December. Collectors will visit Blenheim, Picton, Rarangi, Seddon, Renwick, Havelock, Woodbourne,

Grovetown, and Spring Creek. When you hear the sirens and see the collectors please give generously.

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

GREY POWER MEMBERS DISCOUNT
Conditions apply
03 578 4719
Cnr Hutcheson & Parker Sts, Blenheim
www.sowmans.co.nz
MEMBER Funeral Directors ASSOCIATION OF NZ

Better Digital Futures For Seniors

Free 1 hour session with Shona. Only available on a Wednesday. Ring the office to book your space

Learn how to Text, email, online shopping, photos

03-578-7848

SUPPORTING THE MARLBOROUGH COMMUNITY

Come to us for the right advice

Your trusted local Glass Company for 50 years

Viridian we♥glass
When experience counts talk to us
P: 578 0850 | 47 Grove Rd, Blenheim
www.viridianglass.co.nz