



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

I was reading an article the other day that made the ageing process make sense. Like it or not the brain's cognitive power – being the ability to learn, remember and solve problems – slows down as we get older. We are more easily distracted and can forget what we were about to say or do.

Overall, most people start to notice changes as they enter their 50's and 60's. Although these changes can cause consternation, most age-related memory and thinking problems do not stem from a brain disease such as Alzheimers and Dementia. Instead, through medical research, what appears to be a memory problem may simply be a slower processing speed and poor retrieval of new memories as a result of the ageing process.

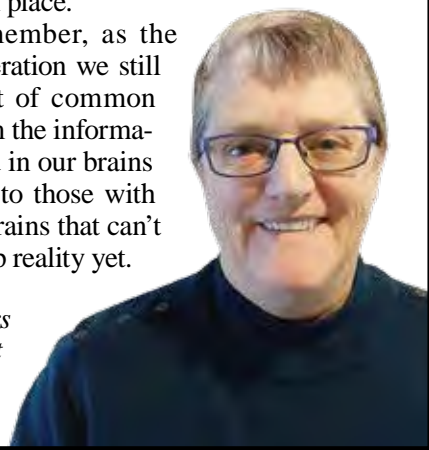
One of the many annoying things about ageing is loss of hearing, or our hearing is not as crisp as it used to be. This can make it more challenging in a noisy environment or you may find you are constantly turning the TV up, something that my children and grandchildren find frustrating when I visit them.

If you think about the changes to your overall body, such as the elasticity of the skin diminishing, sore joints, and loss of mobility, why would the brain not age as well?

The 'upside' is that even though your brain may be slower to learn and retain information, your ability to make sense of what you know remains in place.

Just remember, as the older generation we still have a lot of common sense from the information stored in our brains to impart to those with younger brains that can't quite grasp reality yet.

Gayle Chambers
President



2023 General Election progress report

What we are doing? National Grey Power president, Jan Pentecost, answers.

We work hard to influence the political parties' 2023 election policies using every opportunity to advance, support and protect the welfare of older New Zealanders at the appropriate times preceding central government elections.

We call for action from political

parties to acknowledge and fix the high cost of living for low-income households including those older people whose only income is from New Zealand superannuation or who have very little extra income; the many health system problems; access issues to affordable housing; and financial security now and in the future for older people.

So far, these issues have been dis-

cussed with relevant decision-makers during many past lobby visits and we have provided background information for decision-makers which was accessed through academic articles, media items, personal stories, and statistics etc, along with relevant, simple questions for politicians to answer around the problems/issues decided for this election strategy.

Notice of Annual General Meeting

The AGM of Abbeyfield Marlborough will be held on Friday 18th August 2023 starting at 11am.

Abbeyfield Marlborough aims

to build and manage suitable accommodation for our seniors, and is supported by Grey Power Marlborough.

This meeting will be held in the Community Room, Alfred Street, Blenheim.

Helen Faulkner, Secretary

Office snippets

Please pay outstanding subscriptions as soon as possible to receive the benefits of Grey Power. If you are using Grey Power Electricity, you are required to keep membership current.

If you have a green membership card and Discount Book, your membership has been renewed. Thanks for your continued support.

Leaflets for a variety of organisations and companies dealing with issues affecting our generation are available from our office. We also work with Age Concern and Citizens Advice Bureau.

We send out emails regarding events and issues that may interest our members. Please let the office staff know if

you would like to receive these emails. Unfortunately, we cannot post out this extra information.

Information on such events and issues is also available on our Facebook page, Grey Power Marlborough. Have a look and give us a "like" when you see something interesting or useful.

Our office phone number is 03 578 4950 for any comments or questions; our office hours are 9am to 1pm, Monday to Friday, excluding public holidays. Our email is office@grey-powermarlborough.co.nz or come in and see us.

Please update changing contact details with the office. Many members

getting rid of landlines forget to give us of their mobile number. Without your email address, and if you move house, we cannot check whether you wish to keep your membership, and you will be removed from our database.

Work is beginning on the Discount Book for 2024. Contact the office if you would like to advertise your business, ideally including a special discount for our lovely members, or if there is a business that you would like us to approach. We would love to see more businesses from Picton, Havelock, Seddon, Marlborough Sounds, Kaikoura and other areas. Our members are spread throughout Marlborough.

Up to \$1000 OFF!

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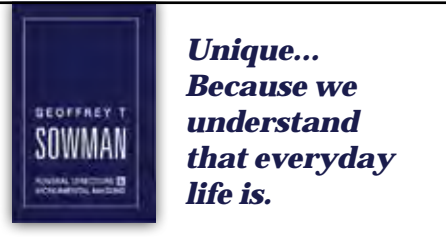
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Grey Power Election meetings

Grey Power Marlborough will hold election meetings so that both members and the public can hear from the candidates for our electorates. Usually well attended, they provide a platform for candidates and parties to address

the public.

We therefore ask that parties and candidates wishing to take part in these meetings contact our office. We ask the political parties to contact us as soon as possible to allow us to organise

such meetings.

Nominations close on the 15th September, a month before the 14 October election, but we need earlier advice as to who might be attending.

Graeme Faulkner, Secretary

'COOKING for ONE or TWO'

This eight week cooking course is fully funded so there is no cost to people participating. Aimed at people over 55 years old and supporting seniors, many of whom are living isolated lives, the classes can foster new friendships.

Course members learn to plan meals and realise the importance of breakfast (which many skip).

Often they are men who never had to cook for themselves before; some are women who being used to cooking for a family struggle to adapt to cooking

for one or two.

Some are newly widowed who never had to cook a meal for themselves before, some have partners with dementia; all find themselves with a new problem around preparing food.

The classes encompass nutrition, breakfast ideas, cooking on a budget, meal planning, shopping tips and healthy desserts.

By the last class, many students have exchanged contact details and there are usually plans afoot to meet up for a meal or coffee.

When the students are enthusiastic and motivated again in the kitchen, have made social connections and have future events to look forward to, then the course is a success.

All classes are on Tuesdays, at the Vintage Car Club Rooms, Brayshaw Park, from 10am to 1pm. Course dates are August 22nd, 29th, September 5th, 12th, 19th, 26th, October 3rd, 10th.

For more information contact Carol Boswell, Senior Chef Marlborough ph 0210656789 or email seniorchefmarlborough@gmail.com

Home ventilation

HRV offers Grey Power NZ members discounts on the following products: 5% off heat pumps/air conditioning, 10% off water filtration products.

Contact HRV <https://www.hrv.co.nz/community/greypowernz> or contact Philip Whitaker email Philip.Whitaker@hrv.co.nz. Provide HRV with your Grey Power membership number. If you can provide a floor plan with your inquiry it will assist HRV to assess your house requirements.

Record your own stories

Marlborough District Councillor Jonathan Rosene is facilitating a discussion to explore ways to encourage and provide the means for seniors to digitally record their stories to share with family and friends. This will be held at 10.30am Tuesday 8 August, at Blenheim Library, Room 2.

To get more information or RSVP, please contact Kate: 022 600 3582 or kate@reapmarlborough.co.nz

E-Bike coaching

Charge ON is coming to Blenheim! There are two E-Bike coaching sessions to choose from on Sunday Aug 20th. E-Bike E-Essentials (beginners) 10am-12pm or Powered Up (Intermediate) 1-3pm.

The Marlborough District Council is giving a discount. Use the code BCOUNCIL23 to get \$50 off!

Booking online is easy and instant, head to: <https://www.chargeon.co.nz/workshops#book-a-workshop> to lock in your spot with these fantastic savings.

Committee members

Our treasurer, Murray South, has been a Grey Power member for 10 years.

He joined primarily for the benefits offered by the discount book especially with fees for optometrists, the vet and the Stadium, while still working. He says that the Stadium is offering for \$11 per week membership a great deal for the use of the gym, pool, sauna, spa and steam room .

After retiring, he was shoulder tapped to become treasurer by the vice-president. Murray says, "This was a way to fulfil my desire to do voluntary work and involve my expertise as an accountant."

Murray joined for his personal satisfaction, since volunteering is a good thing to do.

Working over two years now with the current committee and office staff he finds "rewarding and enjoyable, keeping him mentally active."



Grey Power committee member Murray South.

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