



# GREY POWER MARLBOROUGH

Advocating for people 50 +

## From the President's Desk

Well, another year is almost over. For our committee it will be time to have a break before we start all over again in the New Year.

2024 will be a very busy year for Grey Power Marlborough. As with many organisations, we are rewriting our constitution to align with the new legislation, a major task which we have already started.

In February/March we host a Prostate Awareness meeting held by the Marlborough Prostate Cancer Support Group. We encourage men and women to hear expert speakers in this field including urology specialist Andy Malcolm. Some 4,000 prostate cancer diagnoses are made in New Zealand every year and this disease affects most men over 50 years of age.

In March we hold a seminar over two weeks following the Seniors Expo. The seminar will cover presentations from Ministry of Social Development (WINZ), Community Law, the Cancer Society and more.

I would like to thank all our members for their belief in, and loyalty to, Grey Power. We will keep working on your behalf locally and nationally in the future.

Gayle Chambers



## Keep safe this summer

The Cancer Society adage of Slip, Slop, Slap is a great message when looking at the risk of sunburn and skin cancers. Added to that we need, as seniors, to remember that dehydration can be a killer.

Dehydration happens when your body loses more fluids than it takes in. Staying hydrated is particularly important as you get older. An older adult who is dehydrated may be at a higher risk of complications like constipation, electrolyte imbalances, dry mouth, tiredness and fatigue, sunken eyes, and a decrease in urine or urine that is a darker colour than it should be.

More serious symptoms may require immediate medical attention such as a rapid heart rate, trouble with movement or walking, confusion or

disorientation, fainting and diarrhoea or vomiting that lasts longer than 24 hours.

Dehydration risk factors in older adults are a decline in total body fluid. As we age, the amount of fluid in our bodies begins to decrease. This means there are fewer water reserves for your body to use as we get older.

We can experience a lowered thirst response. Thirst is your body's way of letting you know you need water. However, because the thirst response becomes weaker with age, older adults may not know they need to drink.

We can also experience a decreased kidney function. Kidneys can decline in function with age, meaning that more fluid may be lost through urination.

### Causes of dehydration:

Heat exposure – spending time out in the hot sun without shade or water.

Illness – being sick with a fever, vomiting, or diarrhoea and not drinking fluids.

Mobility problems – not having easy access to get water on your own.

Underlying health conditions – diabetes or kidney disease can cause you to lose more fluid than normal.

Medications – A side effect of some medications may be increased urination and thereby additional fluid loss. Some examples of this are diuretics and certain blood pressure medications.

So, our adage, over the warmer months particularly, will now be Slip, Slop, Slap and Drink (water)!

## Discount book

The Christmas holiday season is the perfect time for your discount book. Use it to help pay the vet bill when your pet needs fixing right on Christmas, or a discount

on the ferry fare when visiting relations/friends up north. Buy your presents from the stores that are in the book or replace that homeware appliance that clapped

out the week before Christmas. Take your book with you wherever you go, as even if a business is not in the book they may still offer you a Grey Power discount.

## Office Snippets

Grey Power Marlborough would like to wish you a very Merry Christmas and Happy Holidays.

The office will close for Christmas from 1pm Friday 15 December, and re-open at 9am on Monday 8 January.

We sell hearing aid batteries sizes

A10, A13 and A312. \$6 for 6 batteries if you need to stock up for the holidays.

Please take care paying your Grey Power Electricity (aka Pulse Energy) bills online over Christmas. There will be no-one in the office to refund your money if you pay Grey Power

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# GREY POWER MARLBOROUGH

*Advocating for people 50 +*

## Neighbourliness over Christmas



Be you a senior yourself, or younger, here are some ideas we encourage you to use to help our seniors have that merry Christmas we wish each other.

Pop around to check in on your older neighbours, offer to go to the supermarkets or drive them there, have a cup of tea with them or simply let them know you are there if they ever need anything.

Christmas lunch and dinner are very special. Can you invite over anybody who is spending this alone to share a meal? If not possible, you could drop a plate over to them. Perhaps make a small donation to John's Kitchen who have a yearly Christmas dinner for struggling families over this time and for seniors without anyone around them to share this special day with.

Take the time to make that phone call with family and friends, or can you help older folk around you to set this up on phones, tablets or laptops for families.

This is a great way of helping grandparents and grandchildren interact.

Keep things social and offer to drive the elderly to one of the events on over the Christmas break such as carols by candle light. Encourage them to keep out and about as staying social over this time can help with feeling isolated or alone. Invite them to church, or over to your home to watch holiday movies. Seniors love children so include them in activities whenever possible. Also, don't forget that many would even love to help bake cookies or wrap presents.

Help them decorate and add festive touches to their home. Having decorations around can make the home feel cozy and cheerful. As we age, decorating can take more time, energy, and work so see what ways you can help. Offer to help set up their Christmas tree or add some lights to their windows.

Light up their life! Take them for a drive to see local street light displays or stroll around the neighbourhood. Enjoy your favourite holiday music or tune in to the radio for Christmas tunes! Take them to Pollard Park, McKendry Orchard or to the Taylor Dam.

Assist in the shopping. Christmas shopping can be overwhelming especially if you don't drive or are not savvy with online shopping. Those with declining energy and mobility issues need help but don't want to ask. Offer to shop for them or stop by to help them shop online!

Be a Santa to our seniors. A gift doesn't need to be expensive; it can be as simple as a Christmas card with a small personalised note, homemade arts and crafts or baking. This can be the highlight of their day!

*Merry Christmas from Grey Power's Santa!*

## Tania Cowie

In 2023, Tania Cowie joined the Grey Power Marlborough committee to represent her area of Picton especially.

Tania and Vincent arrived in Picton 30 years ago from Dunedin, purchased the Art Deco apartments in

Wellington Street with the view to retire but they both got involved in the Kaipupu Sanctuary. Previously, in Wellington, Tania was involved with the Maori Women's Welfare League and the Pendennis Hostel.

In Dunedin, she was very involved in community groups- the Hospice, Yellow-Eyed Penguin, Co-ordinator for Homestays for international students coming to Dunedin to learn English, Early Settlers Museum. Retired now,

Tania continues with community involvement in Picton, as an example to us all, with the Edwin Fox, Kaipupu Point Sanctuary, Picton Museum, Red Hat Organisation, Rotary, and St Vincent De Paul.

## Things to do in Picton

Tania informs us that Picton has the following events happening currently.

Tuesday mornings line dancing 10.00am to 11.30am. Wednesday nights the RSA hosts Quiz Nights. Thursday nights there are jam sessions at Oxleys. Cruise ships will visit until 10 April

2024. The Maritime Festival will be held on 19-20 January 2024. The Picton Museum and the Library are worth a visit.

In and around Picton, Tania suggests you might consider Beachcomber Cruises, Cougar Line Cruises, E-Ko Tours,

and Nature & Wild Life Tours. You can cafe crawl, stroll the beach front or take local walks, and shop especially at the Picton businesses that have discounts for seniors and Grey Power members.

Blenheim residents can travel to Picton for a half day out by taking the bus on

Tuesdays and Thursdays. Free for gold card holders, it leaves Blenheim in the morning and returns early afternoon.

<https://www.marlborough.govt.nz/services/bus-services/bus-routes-in-marlborough/bus-route-3-blenheim-picton>

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