



If Undelivered return to: 635 Queen St East, Levin

Your Committee

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Gary Benton
027 2568147

Vice President

Lynette Jones
022 3616633

Treasurer

Peter Dyer
06 3676488

Membership

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Lynette Jones
022 3616633

Secretary

Terry Hemmingsen
Communications
027 4805834

Committee

Bill Tofts
Disability Sector
027 5097444

Diane Brown
Local Transport
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Horowhenua
Grey Power
Association Inc
635 Queen St East
Levin 5540

Next Meeting's News

Next Meeting: Our next meeting will be Friday 20th September 2024 at the Cosmopolitan Club, Oxford Street starting at 1:30 p.m.

Guest Speaker for September Meeting

Shelley (Educator) From Community Law

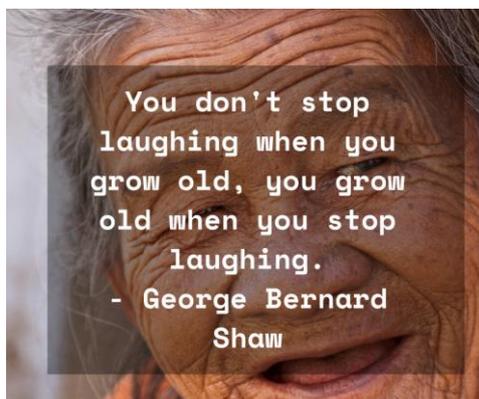
Speaking about: Enduring Power of Attorney (EPOA)

Put your thinking caps on Members!!

Our President (Gary Benton) has asked members to write down just one subject of interest that would appeal to them so that we could organise someone to come and speak to them about their concerns or interest. Please bring this to the next meeting as our Management Committee will discuss these at our next management meeting and report back to the members the outcome.

Stress Management Kits

We will be giving out some items to the members that are fun and help distress,



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Monthly meetings at Cossie Club

Here are our monthly meeting dates (third Friday in the month Feb to Dec 2024. Please note change in December). If you can, please bring a friend. All very welcome.

OCTOBER	18 th
NOVEMBER	15 th
DECEMBER*	13 th

Denotes Changes from the normal schedule *

Complaints/Queries about Grey Power Electricity

Grey Power Federation has been fielding calls from members who are with Grey Power Electricity (GPE) who have a complaint or questions.

Please contact Grey Power Electricity directly. Below are the contact details:

Phone – 0800 473 976

Email – customer.care@greypowerelectricity.co.nz

Email – khalid.sooran@pulseenergy.co.nz

Website – www.greypowerelectricity.co.nz

Guest Speaker: Last Meeting

Many thanks to Shelley from Community Law. She gave us advice on Wills which we hoped answered any query you had. We look forward to her advice on EPOAs.

Interesting Member's stories

We have a lot of members that have an interesting past. If you care to share these with us, we have thought of displaying your interesting story on a table at our meetings and maybe you can give us a talk on them. Please contact Lynette Jones on 0223616633 and we will arrange this with you.

Your Mortgage and you

From the Prime Minister Christopher Luxon:

The Official Cash Rate has just been cut for the first time in four and a half years.

That means our plan to reduce inflation is working, the Reserve Bank is easing interest rates, and your mortgage repayments will get more affordable. Two years ago, inflation was 7.3 per cent. Now it's 3.3 per cent and on track to keep going lower. We're focused on driving it down further to ease the cost-of-living pressure you're facing.

It's still really hard out there – and mortgage repayments are a big financial challenge for so many families – so today's announcement is welcome news and an early sign our economic plan is working. We've stopped wasteful spending, we're getting rid of red tape and we're delivering the tax relief you deserve. There is so much more work to do as we rebuild our economy but this is a step in the right direction and shows more relief is on the way for hardworking Kiwis.

Health NZ structure

It is becoming more and more difficult for our Health Medical organisations to supply sufficient staff to help an older growing population. This, we hope will help you clarify where you can find the Medical help when you need to.

When making an appointment to see a health practitioner you will be asked what your appointment is about. This goes into a 'classification' as to who you need to see e.g. Doctor or Nurse Practitioner.

Doctor's Role

Doctors provide treatment and health advice for:

- long-term conditions
- treat injuries
- help with wellbeing and mental health conditions
- prescribe medicines and give injections
- perform minor surgery
- refer you to other health professionals when necessary and work with them to look after you.

When should I see a practice nurse?

A practice nurse can be your first port of call when gathering information about what is wrong with you or your child and whether you need to make an appointment with the doctor – call them and have a chat.

Practice Nurse

This article outlines the role of the practice nurse within a general practitioner surgery. It explains when you are likely to need to see a practice nurse and how to access one.

<https://www.kiwifamilies.co.nz/articles/practice-nurse/>

The role of the practice nurse may include:

- Assessing health conditions over the phone or in clinic
- Performing first aid in emergency situations
- Giving vaccinations and injections
- Health promotion and education – for instance running asthma clinics, stop smoking classes, teaching about sexual health, running diabetes clinics
- Health screening such as checking blood pressure, treating wounds, doing blood tests
- Administrative work on behalf of the patient – for instance ensuring hospital appointments have been booked in
- Liaising with other health professionals such as Plunket and district nurses
- Minor surgery on behalf of the doctor – suturing up wounds or treating warts and verrucae.

Contact your practice nurse for issues like:

- Diabetes, asthma, weight problems, sexual health
- A minor scrape, cut or infection on your child that you are not sure how to deal with
- Organising blood pressure or other health checks
- Seeking help from a district nurse or other health professional if you are unsure how to organise health checks
- Chasing up a hospital appointment your doctor has made.

How do I find a practice nurse?

Most practice nurses work in conjunction with a general practitioner medical practice – so check the front section of the White Pages of your phone book for medical practitioners operating in your area.

To find an independent Nurse Practitioner working in your area contact the New Zealand Nurses Organisation or Nursing Council of New Zealand (see the website details below).

What will the practice nurse do?

Practice nurses can help you with:

- Cervical smears
- Sexual health information – including types of contraception that might be suitable
- Checking blood pressure, blood sugars, body mass index (B.M.I.)
- A wound that needs dressing or treatment

- Childhood vaccination programmes – this is often done in conjunction with your child's 'Well Child Check' done by the practice nurse and/or general practitioner
- Immunisation before travelling overseas against diseases such as hepatitis A or cholera
- Special clinics for asthma (teaching the use of inhalers and other devices); diabetes (teaching administration of insulin injections); weight clinics (offering nutritional advice and a weekly weigh-in).

Occasionally services performed by a practice nurse are free to patients, although increasingly a charge will be incurred. Check with the nurse or receptionist prior to treatment.

Link for the website of the Nursing Council of New Zealand. www.nursingcouncil.org.nz

Link for the website of the New Zealand Nurses Organisation. www.nzno.org.nz

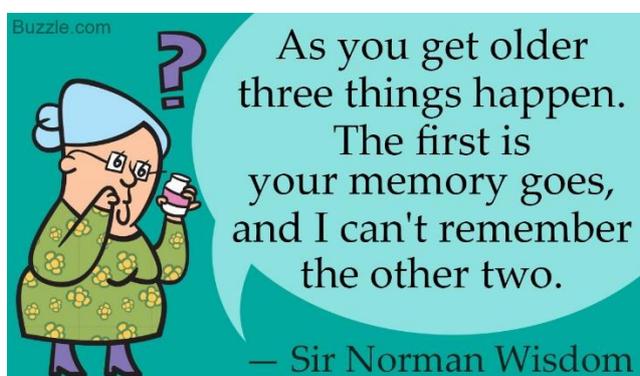
When should I see a practice nurse?

A practice nurse can be your first port of call when gathering information about what is wrong with you or your child and whether you need to make an appointment with the doctor – call them and have a chat. You may want to talk to a Doctor and this can be discussed with the Practice Nurse.

If you are to be seen by a Nurse Practitioner and “not your Doctor” the information below may allay any fears you may have in whether you are being seen by an expert medical practitioner.

The above information has been approved by the Nursing Council of New Zealand December 2012. Further information can be obtained via the following link:

https://www.nursingcouncil.org.nz/Public/Nursing/Standards_and_guidelines/NCNZ/nursing-section/Standards_and_guidelines_for_nurses.aspx



Retirement Housing?? That is the question.

Innovative Grey Power housing plan South Taranaki Grey Power advocates have come up with an audacious plan to house cash-strapped pensioners into villages of tiny homes. President Fred Kumeroa, a retired project facilitator, said he had fully costed a prototype 100-unit village to be built in Hāwera. After 15 years it would be self-supporting, with the initial investment paid back and rental income from the houses providing cash for maintenance and further developments. He said Age Sector NZ figures showed more than 61,000 retirement units would be needed within a decade. One in four seniors are entering retirement age without owning the home they live in and the proportion of those 65+ with a mortgage still to retire is rapidly rising. The vision is for district councils to take on the responsibility for administering housing for the elderly, but central Government would foot the bill. He indicated that one model was the Palmerston North City Council built Papaioea Place housing complex consisting of 51 units for \$7.6 million, albeit before rampant construction inflation.

To read the full story: <https://tinyurl.com/y2frcmef>

New Subscription due 1st April 2024

Payment of Horowhenua Grey Power Membership Fees

Please check your expiry date on your current card first

Payments can be made to our account or via cash payments.
The Annual Subscription is Single (\$20) or Double (\$35)

Cash: Place in envelope with our Application Form and use the free boxes at Te Takeretanga o Kura-hau-pō Levin Library or the Te Awahou Nieuwe Stroom Foxton Library.

Internet Banking This is our preferred method of payment.

Account Name: Horowhenua Grey Power Inc.

Account Number: Westpac 03 0667 0284304 00

If you are a new member and paying via this method, please also send an e-mail to lynetteberyljones@gmail.com and we will send you a form for your details and instructions on how to pay and the information we need including identifying how the amount paid is made up.

Details to Appear on our Bank Statement:

Particulars Initials & Last Name

Code Subs/Don

Reference Membership Number**

(** New Members please leave the 'Reference' field blank, your membership number will be e-mailed or posted to you once payment received. Please Note - Failure to fill in our Bank Statement details correctly could be treated as a donation and you may be required to pay again.

The Double subscription will rise to \$35 starting in the new membership year i.e. 1 April 2024.

This is due to our fees per couple to the Grey Power Federation being increased.

Please remember that all Memberships expire 31st March

Who/what do you want to see/know about at our Monthly Meetings?

We want to know from you, our members, what would you like to see the Committee provide as an interest to you and maybe other members at our monthly meetings. Do you have any suggestions for speakers? Please let me know and we will see what we can provide for you.

Contact Details

Please let us know if any of your contact details change. This will help with email messages, delivery of cards etc.

Skills to be tapped

We would love to know if any of our members have skills that can be utilised not only by the Committee but for helping others. This could be just reading to another member who has a sight impairment or to help change a light bulb.

Feedback

We love to hear your ideas for improving your reading experiences in our Newsletters. Please let me know if you have any feedback for me at lynetteberyljones@gmail.com

More members

Encourage one of your friends to join the membership.

Horowhenua Grey Power Post Office Box

As another cost saving initiative, all correspondence is to be sent to 635 Queen St East.

Horowhenua Odd Job Scheme



Helping Grey Power Members

Tips:

Make sure you get a written quote.

If you are not happy with the quote do not accept it.

If you are unsure, ask for references for work from previous clients.

Disclaimer:

We do not take responsibility for quality of workmanship.

If you can help or want more information, please phone Lynne (our Trade Lady) on 063688069 or Terry on 0274805834

Our sponsor

Colling & Gray Ltd., Panel Beaters/Spray Painters

