



GREY POWER MARLBOROUGH

Advocating for people 50 +

From the President's Desk

I would like to thank and welcome our new members, and all those who have renewed their membership this year. There are a few who have not renewed their membership, but there is still time to do this.

We recently welcomed a new committee member, Ann Betts, onto our team. Ann has a wealth of knowledge and experience that we know will be a great contribution and we look forward to working with her on the committee. If you are interested in finding out more about becoming a committee member, please contact me at gayle.y.chambers@gmail.com or phone me on 021 053 8707.

I have had to hit the road running as the newly elected National Federation President as there is much to do and the days just seem to fly by. Of immediate attention is an opportunity to put in a submission to the Government Health Select Committee in regard to ageing-in-place (in-home care) and how the system can work more efficiently. This is obviously a very relevant issue for Grey Power and a timely chance to voice our concerns and recommendations to this committee.

It is my belief that this sector is fraught with issues that include a shortage of care workers, low pay rates, and inadequate government funding. These concerns need to be addressed in order that seniors have every opportunity to stay in their own homes. This is something that I feel very passionately about as I have been a carer and I know how vulnerable some seniors are. Hopefully our focus on this issue can help make a difference.

Gayle Chambers,
President



Frozen and canned vs fresh – just as good?

The cost-of-living crisis is affecting how as seniors, we spend our money. And for many this means tightening our budgets on our weekly supermarket shop. One victim may be fresh fruit and vegetables. On the whole we probably don't eat enough, and they are crucial for a healthy balanced diet, providing a range of vitamins and minerals as well as fibre.

The question is always asked 'is fresh the best'? If you harvest fruit and vegetables straight from the garden there is no doubt that they are best, but when we are purchasing these from a supermarket or green-grocer, we don't always know when and how well they are stored.

Frozen vegetables and berries may

actually be higher in some nutrients such as vitamin C and E as they are snap-frozen very close to the time of harvest. Variations in storage and transport could affect this slightly but this is not really an issue anymore. And gone are the days of only being able to buy frozen peas, beans and mixed vegetables, as there is such a wide range available now.

Minerals such as calcium, iron and magnesium stay at similar levels in frozen produce compared to fresh. Another advantage is the potential to reduce food waste as you only use what you need at the time.

Canned or tinned vegetables and fruit similarly often offer a cheaper alternative and they are also very convenient to have on hand. The

canning process is a preservation technique, so there is no need to add additional preservatives, including salt. Due to the cooking process, levels of heat sensitive nutrients such as vitamin C will reduce, however there are other ways of getting your daily dose of this vitamin. Canned vegetables need only to be heated through so you can add them to stews and soups at the end of the cook.

Canned fruit has always been an alternative to fresh, especially when as a nation we did not import fruit out of season. For dietary requirements you can always buy from low-sugar alternatives to heavy syrup.

So just because you can't always afford fresh, don't miss out on your daily fix of fruit and vegetables.

Use that Discount Book

Work is about to commence on the Discount Book for 2025. Please get in touch with the office if you would like to advertise your business, ideally including a special discount for our 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.

We do encourage you to look through your Discount Book, there are some great savings to be had.

Each month we would like to acknowledge the support shown to our members by some of the businesses. In this year's book we have some new advertisers - two new window cleaning companies as requested last year: **Better Call Bob Window Cleaning** and **K&H Window Cleaning**; gardeners **Absolute Landcare and Mowing and Maintenance Marlborough**; **Fodwise Digestive Enzymes**; **Seaside Gems** in Picton have beautiful jewelry; **Beachcomber Cruises**; and **Blue-**

bridge Ferries.

New discounts: Green Contracting, 027 765 3522, are offering cleaning, including ovens and windows, and gardening to Grey Power members, with 10% discount off their regular rates.

Scenic Hotel Marlborough, 03 520 6187, are offering members a special price of \$40 pp for their new family-friendly buffet dining at Savvy Restaurant & Bar on Saturday nights until 11 August. Bookings essential.

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Looking back

I was listening to a group of kids the other day talking about how hard their lives were and it got me thinking about my life when I was their age. I am now 66 and was bought up by my parents on what would be considered a low income. Even so, when I was about seven Mum and Dad managed to buy a house that was being sold off by State Advances.

In those days, school lunch was Mum's sandwiches wrapped in wax paper, homemade baking, and a piece of fruit. Dinner was meat and three veg, or in the

summer cold meat and lettuce salad. Rice, tapioca, junket, jelly and fruit or instant puddings were always a favourite dessert. And every now and then, fish and chips on a Friday night - the biggest treat ever. As for broccoli, capsicums, eggplant, celeriac - what were they? And things like mushrooms, tripe, and leeks were a delicacy and not even offered to us kids. But we never went hungry.

In winter the only warm room in the house was the lounge due to the one fireplace, and I can still hear Dad saying

'were you born in a tent?' if we failed to close the door. Going from the lounge meant a freezing cold hall and bedrooms, where the mornings would find us rushing to get dressed and warm. And of course, in the summer it was the sweltering opposite - no insulation, no AC, but no complaints - it's just the way things were.

In the evenings, there was no TV so it was mostly playing board games, listening to the radio, or reading. Going uptown on an occasional Friday night was so exciting, getting dressed up and looking

at all the shops was amazing. Weekends saw us helping Mum with the housework and then out to play. Roly-poly down the hill, making huts out of cardboard, guns out of clothes pegs, and just enjoying being a kid. Sometimes to the shop for a bag of lollies - 5 for a penny - and Sunday drives with an ice-cream afterwards was very special.

Did I enjoy my childhood, you bet I did. We had little, expected less, and were grateful for whatever we got.

Gayle C.

Of note...

Marlborough District Council Rates rebate applications update

Rates rebate applications for the 2023/2024 rating year have now closed. Applications for the new financial year normally open the first week in August however this will be delayed several weeks for the upcoming 2024/2025 financial year. This will be based on your income for the tax period 1 April 2023 to 31 March 2024.

Once dates are confirmed an update will be provided through Council's website and communications channels.

Anyone who received the rates rebate in the last financial year will also receive a notification to advise when applications are open.

For more information about rates rebates go to www.marlborough.govt.nz/services/rates/rates-rebate.

Chris Lake, Financial Services and Planning Manager, MDC.

Commerce Commission amends 111 Contact Code

The Commerce Commission has updated its 111 Contact Code, to ensure vulnerable consumers can contact emergency services during a power failure, and is available at its website - <https://comcom.govt.nz/>.

The 111 Contact Code is in place to ensure vulnerable consumers are able to contact the 111 emergency number in the event of a power failure. To be classified as vulnerable, a consumer must be more likely to need to contact 111 (due to health, safety, or disability reasons), rely on a non-copper home phone (e.g. fibre or fixed wireless), and have no other way to call 111 (such as a mobile phone).

The Code sets out mandatory obligations on providers of a residential landline service, to ensure that all consumers are made aware, and are regularly reminded:

- that the service will not operate

in a power outage

- of alternative ways to contact the 111 emergency service in such situations
- that additional protections are available to vulnerable consumers

Support under the Code

Home phone customers who don't have an alternative way to contact 111 in a power cut can apply to their provider if they are at particular risk of needing to call emergency services for health, security or disability reasons. If they qualify, their provider will work with them to determine the right product for their particular needs, at no cost to the consumer.

If you have any questions, contact Telecommunications@comcom.govt.nz

Office for Seniors Newsletter, July 2024

Office snippets

- **Late subs:** Please pay any outstanding subscriptions as soon as possible to receive the benefits of Grey Power. Remember, if you are using Grey Power Electricity it is a requirement to keep your membership current.
- Each month our office receives deposits of payments meant for Grey Power Electricity. A reminder that if you do pay Grey Power Electricity, perhaps change their name in your online banking to Pulse Energy, or Electricity rather than Grey Power.
- Speaking of Grey Power Electricity, they are currently offering an August/September \$200-off deal for new customers. Go to greypowerelectricity.co.nz or call the office for more details.
- **Near Miss** incidents. MDC ask that if you have a near miss either cycling or as a pedestrian, go to the Marlborough District Council's website and search "near miss". Once there, please fill out the near miss report so that they can see where there may be safety issues. You can also drop into the office or phone MDC and ask them to complete the form online for you.

MOVING SALE

30% off all cushions and throws!

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DROP-IN DAY

NOTE - NEW DATE

SeniorNet Marlborough Sounds will be holding its Drop-in session to sort any technology problems you may be having.

Bring your device along, or come with a question to ask, and we'll sort them out.

Monday 19th August from 1pm
LINKWATER HALL

NEW DATE:
We are proposing to have these sessions on the 3rd Monday of each month.

ALL WELCOME

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