



STRATFORD AND DISTRICT GREY POWER (INC)



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Treasurer - M Mills

Comm. - B Hughes. M Drylie. B Gibson.

M Barnard. D Heath.



We have four Forum meetings each year on the third Wednesday of February, May, August and November

NEXT EVENT

FORUM. - Wednesday 15th May 2024

VENUE - Stratford and District Senior Citizen Lounge

TIME - 10am

SPEAKERS:

Rebecca and Shona from St John.

Changes to Your details

Please inform us if you have changed

Address, phone number or email etc.

POINTS OF INTEREST

1. Time for Tax Returns.

Do you claim donations of \$5 and over to a Charities Commission or a Church etc?

You could get a Tax refund of one third of your donation back. (St John is a charities registered)

2. Photo ID have you had your photo added to your Super Gold Card?.

3. Subscriptions

Check your membership card, your name and number should be printed on a Yellow sticker (if not you are unfinancial.)

Subscription is \$10 per member for the 2024 year

4. Handy hints for living with Low Vision

Contrast have a few different coloured chopping boards, knives, potato peelers, and any other item you use regularly. It's easier to see a white potato if it is against a red chopping board and you are using a brightly coloured peeler and or knife.

Manage boiling water to drain your vegetables or any liquid, put a colander in the sink and drain them into that. When making tea or coffee put the cup in the sink, so if you overfill the cup, there is no mess to clean up. Plates with an upturn on the rim may be another helpful item and could stop that horrible feeling of losing your food over the edge of your plate.

5. Am I at Risk?

Each year one in three people aged 65 and over will fall. For people aged 80 and over, the risk increases to one in two. Your balance may decline if you have issues with your vision, hearing, or muscles so important to frequently do exercises, this could include tai chi, yoga standing on one leg, chair raises, playing bowls. (Senior Seniors have bowls on Monday and Friday afternoons).

Participants not only benefit physically but socially as well.

6. Health Rick

Loneliness can be a real issue, whether it be emotional, social or physical. The good news is there are things you can do to overcome your loneliness. How you think and feel can make a difference. Making a change can make you happier and healthier. It does require a conscious effort on your part but it's worth it. Actively find ways to ensure that you are connected into the communities. These may feel like bigger steps, but it can come easier.

Pursue passions and hobbies, Adopt a pet, volunteer to help someone else, help could come from Age-Concern, St John (caring caller service).

7. Digital drop-in

Stratford Library on Tuesday 1 pm-2.30pm free digital support in a safe, friendly and fun space.

8. Winter Energy payments.

From 1st May to 1st Oct, \$20.46 single and \$31.82 couple per week.

9. Community Service Card (CSC)

Do you have one? You may be able to get one if your yearly income (before tax) is less than
\$33181. Single living with others
\$35213. Single living alone
\$35283. NZ Super Single living with others
\$37531. NZ Super Single living alone (Gross Super is \$31546 per year)
\$56327. NZ Super married (Gross Super \$47986py)

helpful computer links

www.seniorline.org.nz

www.superseniors.msd.govt.nz

www.eldernet.co.nz

www.tdhub.org.nz/services

www.stratford.govt.nz - Council Website

Alzheimers New Zealand

<https://nzdementia.org/>

www.healthpages.co.nz

Helpful Phone Numbers

MSD (NZ Super Line) 0800552002

Elder Abuse 08003266865

Age Concern (central) 0800243625

Age Concern (NP) (06)7599196

Taranaki Disabilities

Information Centre Trust 0800693342

Seniorline 0800 725463





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How confident and prepared are you for a medical mishap, do you even have a first aid kit? Come along to the forum and hear about

St John service and see a demonstration on how to do CPR and use a defibrillator.



Hope I will see you at 10am on Wednesday 15th May.

Joy Adams and Gary Farmer are having a concert at the Senior Citizens Hall starting at 1.30pm also on 15th May cost \$12 per person.

Condolences : Our sympathy goes out to all members who have lost loved ones.



Disclaimer : Neither the Association nor any person associated with it accepts any liability whatsoever for the entire contents of this newsletter, which is presented in good faith without material reward and to the best of our knowledge is true and correct in all aspects