

TAURANGA & WBOP GREY POWER QUARTERLY NEWSLETTER AUGUST 2021

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Hello and welcome to our winter newsletter Although they say it has been the warmest June and July, I feel the latest cold blast has evened things out. My poor plants don't whether they are coming or going but I hope the last frost doesn't burn the new shoots on my roses! We had two volunteers from the St John Shuttle service which was very interesting about taking people to medical appointments and picking them up later This is an excellent service for when you have to have a treatment the prohibits you from driving home afterwards. We could really do with a few more volunteers to help out at the office. If you could contribute 2 ½ hours weekly, fortnightly or even once a month we would be very grateful. Grey Power offers an essential service to the community but listening to people's concerns and approaching the necessary agencies to see if some resolution can be reached. Please call the office on 572 2558

Membership Renewal:

A reminder that **some membership subscriptions are now overdue!** Our year is from **1 April to 31 March. Single \$20 & double \$35.** Check your card and if it still has a pale blue label with a 2021 expiry date, then it is time to renew. To pay, go online or come into the office with cash. Go to our website – www.greypowertauranga.govt.nz and click on PAY NOW. Online, members who are renewing do not have to fill in a form – just use your membership number when you make your internet payment. If the office is not open you can safely pop an envelope, containing cash, through the mail slot in our door. So as to be able to pay your subs next year an easy way is to ask your bank to set up an A/P (Automatic Payment). For all those who have renewed, thank you so much and an extra thanks to those who adding a donation 😊 This is a tremendous help when we post out our newsletters and magazines to those who don't have email. As we are not a charity it does mean that donations cannot be claimed on your tax return which is one of the reasons that we no longer issue receipts, your new card is proof of payment

Joke: 😊

A shoutout to everyone who can remember their childhood phone number but can't remember the password they created yesterday!
Not in jail, not in hospital, not in a grave – I say I'm having a very good day!

Covid vaccine:

The number to call for an appointment is **0800 829 000** and the place to go is in 1st Ave half way along on the Farmers building side or Baypark Stadium. Parking is more guaranteed at Baypark but there is a little more walking needed to get to the building. The staff and helpers at both venues are very kind and helpful. You need to allow about an hour for the whole process including the required 20 minute wait after the vaccine. With the newer Delta variant just across the water it is vital that we make the effort to protect ourselves and others so we can lead a relatively stress-free life.

Abbeyfield golf tournament:

Abbeyfield is a community initiative to provide affordable housing for older people. They have organised a fundraising golf tournament at Fairview Golf Course **Katikati on 10th September 2021 at 10am**. Entry is \$35. Please contact the office for details or info@fairviewgolf.co.nz

Coffee Mornings: Friends, family and neighbours are all welcome.

Tauranga – The meeting is now at the Senior Citizens Club, 14 Norris St, (behind Pac N Save). First Thursday of the month at 10am and on alternate months we have a speaker and the other, it's 'tea and chat' when anyone can raise any questions or bring ideas to our attention. A \$2 donation towards the hall hire would be a great help. **Our speaker for September 2nd is Robyn Paterson, a retired Community Magistrate who is going to tell us about her life as a Magistrate and her present role with the Community Health Service. Robyn is a very accomplished and popular speaker.**

Papamoa – Members meet on the 3rd Thursday of the month at Pacifica Nursery Café, Tara Rd at 10am. No speakers as yet but the coffee and company are excellent.

Katikati – Members meet at the Katikati Community Centre in Beach Rd on the 3rd Thursday of each month. Having the meetings monthly is a new initiative which we hope will be embraced by members. We have a new host, Chris Pickett who is keen to meet you all and continue the coffee morning culture/tradition. A \$2 donation towards the hall hire/morning tea would be great. **The speaker on the 19th will be Senior Constable Muir from the Katikati police and he will talk about the ever-increasing problem of 'scams', particularly those that affect the older generation. This is a multi-million-dollar industry coming out of countries such as Russia and Nigeria and is costing vulnerable NZ's millions of dollars.**

Healthy Living:

Dr Doug's Wilson is an author who writes about seniors living well and was named Senior Person of the Year Here are some of his top tips for aging better:

*You only need 15 to 20 minutes of exercise a day. Over 15 to 20 years this will reduce your chance of premature death by 30 percent. Getting the blood flowing also improves brain function. Starting to exercise at any age will get results, he says.

*Focus on your diet. Cut out the fast food and sugar and eat more fruit and vegetables, nuts and things like olive oil. Cut down on the red meat – go for more of a Mediterranean diet. This will significantly reduce your risk of heart disease.

*Don't let your brain go "fallow". The more you use your brain, the better your brain will perform.

*Maintain good relationships. As you age the "coterie" of those you are close to reduces as people die or you find you no longer have things in common. Join clubs that interest you and foster a healthy relationship with those close to you. It matters to your health.

*Don't have the phone and TV on just before bed and don't put yourself to sleep with "too much booze" - you might fall asleep fast, but it's more of a chemical sleep and not a healthy one. Go to sleep at the same time every night and if you wake and can't get back to sleep, get up and walk around for a bit.

*Keep track of your biological measures. Make sure you're having regular, age specific medical reviews – treat yourself like a car that gets a regular warrant of fitness.

That's all for this issue. Take care of yourselves and each other,
Jennifer and your Committee