

Tauranga & WBOP GREY POWER 50+ MAGAZINE

Official publication of Tauranga & WBOP Grey Power Phone 07 571 2558 email: wbopgreypower@xnet.co.nz

August 2014

A photograph of three people standing outdoors in front of a building. On the left is a woman with short grey hair, wearing a black and white striped long-sleeved shirt and a white patterned scarf. In the center is a woman with short grey hair, wearing a red turtleneck sweater. On the right is a man with dark hair, wearing a dark suit jacket over a light blue checkered shirt. They are all smiling. The man is holding a black folder or clipboard. The background shows a building with a balcony and a sign that says 'MASH'.

Grey Power Working for you

Tauranga City Councillors recently toured the 17th Ave Village and met with organisations and groups based at the Village.
Pictured are Cr Catherine Stewart and Deputy Mayor Kelvin Clout, with Christina Humphreys, Tauranga & WBOP Grey Power president.



Brand new 'Jordan' apartments...

Come and view plans for our brand new 'Jordan' apartments.

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Tauranga & WBOP Grey Power
The Village 17th Avenue
PO Box 841, Tauranga 3140
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We would like to hear your opinions on matters of concern for printing in our magazine.
Mail to: Editor, Grey Power. PO Box 841, Tauranga
Email to: wbopgreypower@xnet.co.nz subject line Letters. Letters must include the writers name, home address and phone number. Letters should not exceed 120 words and should be exclusive. Letters may be edited for clarity and length.

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MESSAGE FROM THE PRESIDENT

Thank you for a good attendance at our AGM 22 May.

Everyone seemed to enjoy the presentation by Colin Craig from the Conservative Party. He does talk practical sense!

Grey Power had a brief clip on the following Sunday's Q & A program on TV One after the AGM. Most people in the room that day were on the TV. At the beginning when the camera focused on our Grey Power sign, it mentioned that we were the group of people that did actually vote at election time. I would like to hold you to that, so please make sure you do all vote in September, it's about the only democratic right we have left.

I attended the Grey Power Federation AGM in May held in Invercargill. It's a full on four days and gets quite controversial at times. I put forward our three remits. One failed, one passed [that government make a more stringent criteria to be met for immigrants and their extended families entering NZ before allowing them to access our pensions and free health care], and the last one on 'no tax on incomes under \$15,000,' I withdrew.

We had an article in the BOP Times, June 26th, regarding the survey on 'Elective Surgery'. This was great as we have had a good response, but we are happy to have more people complete the survey if they are not receiving their operations or are not even getting on a list! Please visit the office to fill in the form.

The response to 'Grey Power Electricity' is still good, once again the more the merrier.

The other issue that is certainly on the increase is 'Elder Abuse' and is coming to our door a lot more now. We require a little more direction on how to deal with this one. We will keep you posted.

I am still getting about speaking to a few groups and retirement villages, which has brought in new members.

Our new members coffee mornings at the Village Café seem to be a success so we are wondering if we should have more Coffee mornings for all members. Would any of you be interested in that? Phone the office on 571 2558.

Christina Humphreys, President

Scottsdale tours

Keep it moving

The key to good health is good exercise, suitable to your lifestyle.

Differences can be made just by parking your car a little further away from appointments, taking the stairs, carrying the groceries, engage your core when you sit.

Tai Chi

Tai Chi is often described as 'meditation in motion.' It's low-impact, slow motion exercise that proceeds without pause through a series of movements focusing your attention on your breathing. Movements are usually circular and never forced, muscles are relaxed and joints are not fully extended or bent and connective tissues are not stretched. Tai Chi can be adapted for anyone

Yoga

This gently stretches and tones the muscles, flexes the spine and focuses the mind inwards, helping to reduce stress. It aims to activate the parasympathetic nervous system by focusing on breathing and mindfulness. It's great for stress. Take it slowly, don't force yourself into poses. It's beneficial for the mind and body.

Pilates

This uses and strengthens the core muscles of your body – your back, your abdomen and your pelvic floor. We rely on these deep muscles for support for a good strong supple back, good posture and efficient movement. When your core is strong, the frame of your body is being supported, meaning that your neck and shoulders can relax and allow the rest of your muscles and joints to do their work. Pilates gets the breath and circulation moving, stimulates the spine

and muscles, flooding your whole body with good feelings.

Biking

Whether you are a cruiser or a mover, get out and about, there are bike tracks all over New Zealand. Cycling is wonderful. It improves general muscle function gradually with little risk of over-exercise or strain and is great for mobility of hip and knee joints

Swimming

Water provides gentle resistance for muscular endurance and strength training. It helps with arthritic or painful joints through buoyancy where it supports your weight, spine, joints and muscles. Try aqua aerobics at Baywave, Greerton or Mt Hot Pools.

Walking

Regular movement is one of the best ways to improve your health. One study showed that taking a 15 minute moderately paced walk about 30 minutes after a meal helped control blood sugar levels in those at risk of developing Type 2 diabetes. Have a good pair of walking shoes or join a walking group.

Dancing

An exhilarating and exciting way to move your body. Ask at the gym and think Zumba.

Whatever form of exercise you may choose to do, have fun doing it.

By Carolyn Townsend



Looking for a group to join? Here is just a small selection of some of the local groups on offer. For even more ideas be sure to check out your copy of The Weekend Sun What's On guide for more.

Body & Soul Fun Fitness

For over 50's, social events & guest speakers. Mon & Fri Greerton Hall Cameron Rd. Tues Wesley Church Hall, 13th Ave. Weds City Church cnr Otumoetai Rd/Sherwood St. All classes 9.15-10.15am. First class free. For men & women. Dianne 576 5031 Qualified Instructor/ Cardiac Care leader.

Learn to Dance Te Puke

Every Mon at St Pats Hall, Beatty Ave 6.30pm. Sequence dancing for beginners & experienced dancers. Partners for our dancers are always welcome. \$3ppm. Gordon 572 0060

Recycled Teenagers

Gentle exercise for 50's forwards, & injury or illness rehabilitation. Mon & Weds, 14 Norris St, Tauranga Senior Citizens Club, behind Pak n Save. Tues at St Mary's Church Hall, Girven Rd. All 9 - 10.30am. Classes taken by qualified instructor. First class free. Jennifer 571 1411

YMCA - ALFS

(Active lifestyle for seniors). Smooth Movers class Mon 9-10am & 10.15-11.15am at Matua Community Hall, Levers Rd. Also 9-9.55am & 10-10.55am at Arataki Hall, Zambuk Way (off Grenada St). Tues 9.15-10.15am & 10.30-11.30am at Papamoa Community Centre, Gravatt Rd. Weds 9.15-10.15am Welcome Bay Hall, Welcome Bay Rd. First class free. Thurs 9-10am at Otumoetai Action Centre, Windsor Rd. Also 10.30-11.30am at Bethlehem Hall, Bethlehem Rd. Fri 9.15-10.15am at Papamoa Community Centre, Gravatt Rd. Also Fri at Papamoa Library 10.20am. 578 9272

Fernlands Spa Water Exercise Classes

Weds 10.45-11.45am held rain or shine but not during school holidays. New participants planning to attend ph Jennifer 571 1411

Global Hearts Exercise Group

Weds 2-3pm & Fri 11am - 12pm. Provides

group activities combined with health education that encourages members to live a healthy & active lifestyle. Proudly supported by NZ Heart Foundation. Mark 0274 444 945

Sequence Dancing

Tauranga Social & Leisure Club. Every Tues at St John's Anglican Church Hall, 94 Bureta Rd, Otumoetai 7-9.30pm. Second Tues of month 3-5.30pm. Visitors welcome. John 578 9716

Fitness League

Safe, effective, low impact exercise to music using the Bagot Stack technique, designed for females. All ages & abilities, complementary first class, every Thurs Central Baptist Church Hall, cnr 13th Ave & Cameron Rd 9.30am & Weds at Katikati Memorial Hall 10am. Pam 549 4799 or 021 117 170

Tennis Seniors WBOP

Every Thurs at Tauranga Lawn Tennis Club, Wharepai Domain, Cameron Rd 9am - 12pm. \$3 ball fee. New members & visitors welcome.

Power to the people

Great news that there are still plenty of you seeing the light and joining up to Grey Power Electricity!

The advantages are really worth it. A phone call to 0800 473 976 with your power account on hand and the operator will tell you how much your power account would be discounted if you switch to 'Grey Power Electricity'.

The latest news is that the company is now adding Natural gas and LPG to the electricity package so call 0800 473 976 or email greypower@pulseenergy.co.nz to register your interest for gas. Please include your full name and phone number.

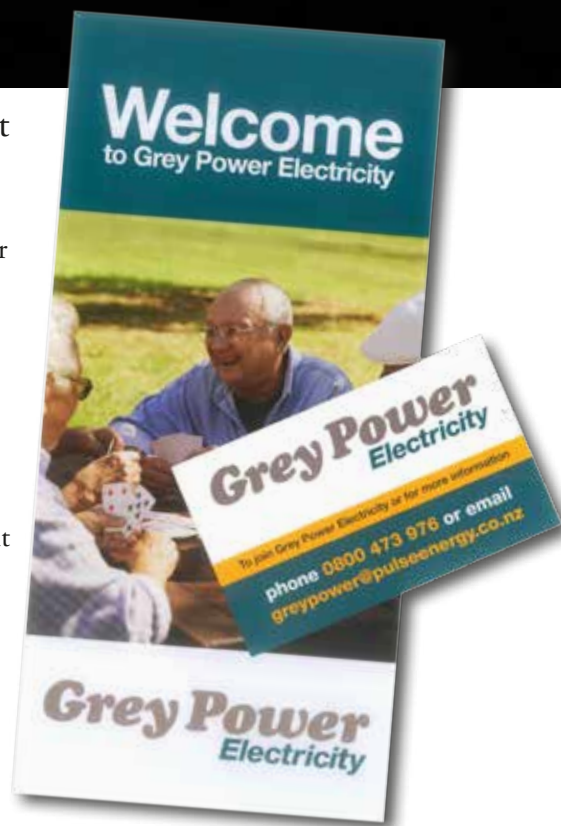
a. You can take advantage of our 'ALL energy' discount by combining your electricity and gas supply with Grey Power Electricity.

b. As a Grey Power Electricity customer, you will receive an extra discount off your cylinder rental.

c. As an energy customer you will receive one bill for your electricity and gas. We provide simple and transparent billing by clearly separating the charges, which make up your bill.

d. You can save money by choosing to use gas in your home. Gas appliances are efficient and are usually cheaper to operate in the long term.

e. Sign up for 'ALL energy' with Grey Power Electricity by 31 August 2014 and you will be in the draw to win 1 of 5 \$100 petrol vouchers.



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TRITON
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RATES REBATE SCHEME

**You may be entitled to a
\$605 Rates Rebate**

THE rebate is available to low income homeowners. Although your income might exceed the income threshold, a rates rebate could still be available, depending on the rates amount and number of dependants you may have. Check out Council's website for more information.



RATES POSTPONEMENT SCHEME

Are you **over 65
and finding your
rates a burden?**

**Want to squeeze a little more from life
...a holiday ...the occasional night out
dining ...something new for your home?**

Put your annual rates bill on hold ...for as long as you choose by joining Council's rates postponement scheme.

Full details of the rates schemes can be viewed on Council's website:
www.westernbay.govt.nz/rates/rebates

**If you would like further information on either of these
rates schemes please contact our rates team on:**

571 8008

Western Bay of Plenty
District Council

VISIT OUR WEBSITE • WWW.WESTERNBAY.GOV.T.NZ

The power of

Your Tauranga WBOP Association thought that maybe we needed to write a piece on Grey Power and the impact it has on ALL elderly folks.

I have been around the district quite a bit lately, speaking to retirement villages and other organizations, explaining just what Grey Power does and I have begun to realize that most members do not actually know.

The Grey Power organization was founded in 1986, some 29 years ago, by a group of angry superannuitants protesting against the imposition of the surcharge on NZ Superannuation.

It began in Auckland and attracted a lot of media attention and by being well publicised, the movement quickly spread and more Grey Power Associations popped up throughout the country.

Soon a Grey Power Federation was formed as the head of the organisation and there are now 76 associations and approximately 70,000 members throughout New Zealand.

Although the original reason for forming the Grey Power movement was to remove the surtax from NZ Super, which Grey Power achieved, it soon became apparent that there were other battles to lobby for on behalf of the elderly.

Other areas like health, electricity and energy, human rights, social services, local bodies and law, aged care, justice, retirement villages and elder abuse; the list goes on.

These areas of importance are allocated to Board members as Portfolios and each has a committee called a National Advisory Group (NAG) to research and investigate the issues pertaining to each portfolio.

After the Federation has deliberated on these findings or after a survey has been done (like our elective surgery survey on the go at the moment) by the NAG committees, a delegation to Parliament eventuates. Meetings with certain Politicians or people relevant to the particular issues of the time are arranged to hopefully initiate changes.

Members of the Advocacy groups spend approximately a week every two months (at least twice maybe three times a year) in Wellington talking to politicians and trying to make a difference to the issues in these portfolios.

Grey Power –

Don't mess with the elderly

Folks need to realize how important the Grey Power advocacy movement is to all folks over 60 so this is why I am writing this article. If it wasn't for Grey Power continually discussing or liaising with Parliament on your behalf, like on the subject of our superannuation, and helping to stop any negative changes to our pension, you would find yourselves a lot worse off!

Grey Power has recently set up 'Grey Power Electricity' for the benefit of the elderly, again to try and help keep costs under control and much, much more. One of the more recent submissions was regarding the rates rebate debacle.

Grey Power is for the 50 plus age group so if you are reading this but are not a member, please consider joining. We will be your watchdog and protector for the future!

Grey Power needs all this age group to be members of Grey Power. We can only have real power to help our age group if we have the people numbers to back our differ-

ent causes and be taken seriously at a Political level.

Grey Power is well positioned as an effective lobby group for the elderly and is respected by government as a reliable advocacy group and is asked for input by government on many issues.

At the moment there are approximately 600,000 pensioners, but with the baby boomers now coming on stream, by 2020 there will be over a million of us. Now that is a force to be reckoned with.

People Power

We are one of the largest demographic groups in New Zealand and we are not using that power enough to make the point - 'Don't mess with the elderly'.

I believe our age group is the one that gets dropped off elective surgery lists and don't receive the treatment or care we require because of our age.

We need to be more assertive and above all united. Grey Power needs you now!

By Christina Humphreys

'The Office Engine Room' at work with Christina Humphreys and volunteer Jeanie O'Connell'





We can help.

Cooney Lees Morgan specialises in issues affecting the elderly.

When you're looking for legal advice, confidence is knowing that you're dealing with people you can trust.

Call Murray Telfer, Peter Washer or Margaret Cannon today, 07 578 2099.
www.clmlaw.co.nz

Home visits by appointment for Grey Power members.

CooneyLeesMorgan

Probate of a deceased estate

The term 'Probate' is official recognition by the High Court of a Will of a deceased person. Once Probate has been granted by the High Court, the executors named in the Will have the authority to carry out the terms of the Will.

When the person dies, any Power of Attorney, whether it is an Enduring Power of Attorney or not, held on behalf of the deceased person ceases to be valid and the executors named in the deceased person's Will assume all authority and take over all responsibilities.

The executors are the persons chosen by the Will-maker and appointed under the Will to administer the person's estate following their death and to carry into effect the provisions of the Will. When making a Will the Will-maker can choose who they wish to appoint as an executor whether it be family members or professional persons.

The Application for Probate must be accompanied by the original Will and sworn Affidavits by the executors of the estate which contain evidence of the death of a deceased and state the executors' belief that the Will accompanying the Affidavit is the deceased's last Will and the executors will faithfully carry out the terms of the Will.

The Application for Probate is filed in the Wellington High Court and usually takes 4 to 6 weeks to be granted.

An Application for Probate is required when a deceased holds assets in excess of the value of \$15,000.00 in their sole name as well as when the estate includes ownership of land or an interest in land regardless of the value of the property. In addition to this there may be situations where executors will choose to apply for Probate in order to have their authority formally recognized.

Once Probate of the Will has been granted by the High Court, the executors are then in a position to deal with the assets and administer the estate.

When Probate has been granted, the date of grant will trigger various time frames under the Administration Act. For instance, the executors of an estate may have a personal liability if a distribution or transfer of assets is made within six months of the date of grant of Probate in the event a notice of claim, or potential Family Protection Act or Property Relationship Act or Testamentary Promises Act claim is made within the time frame. Unless the leave of the Court is obtained, a claim against an estate must be made within 12 months after the date of grant of Probate.

By Peter Washer of Cooney Lees Morgan

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Help for people affected by Dementia

Alzheimers Tauranga provides information, support and guidance to families affected by dementia across the Western Bay of Plenty through a range of services:

Individual Family Support

Our Field Officers can meet with individuals and family to discuss how to meet their needs, provide information and facilitate access to appropriate services.

Carer Support Groups

We hold carer support meetings throughout the region for carers. These provide carers the opportunity to meet, share ideas, gain information and receive peer support. Check with us on locations and timetable.

Carer Education

Living With Dementia programme

For families, whanau and carers to help them understand and deal with the symptoms of dementia, and prepare them for their role as carers from early onset to placement in, and during residential care.

Support for People with Dementia

Living With Memory Loss course

A 10 week course for people with a diagnosis of early stage dementia to help participants deal with progressive memory loss, and manage and maintain life skills.

Activity Club

Supported by volunteers for people with dementia to



participate & socialise. Activities focus on retaining skills at an appropriate level for those attending.

Companion Group

A small group of people with dementia supported by volunteers who participate in weekly activities and enjoy a shared lunch.


To find out more

Phone: 07 543 6433

E-mail: tauranga@alzheimers.org.nz

Website: www.alzheimers.org.nz/tauranga

Watch out for information coming out over the next fortnight too about the Alzheimer's Awareness Memory Walk on Sunday 31st August 2014.



Alzheimers Tauranga

Dementia – How will you know?

Dementia occurs as a result of physical changes in the brain which affect memory, thinking, behaviour and emotion. Its most common form is Alzheimers disease.

If you notice someone close to you has:


- Changes in Memory
- Difficulty with familiar tasks
- Changes in concentration
- Changes in Motivation

They may have the onset of dementia. Support them to see their GP who can refer them to Alzheimers Tauranga for assistance with:

- Information and education
- Support Groups
- Individual and family support
- Companion services

For further information contact Alzheimers Tauranga.
Phone: 07 577 6344 Email: tauranga@alzheimers.org.nz

Making life better for all people affected by dementia | kia piki te ora mo ngā tangāta mate pōrewarewa



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Only \$4 a sachet (makes 10 litres)

POLITICAL FORUM

Focusing on health and wellbeing

National is committed to supporting senior New Zealanders. Despite incredible economic challenges, we have continued to invest strongly in public health, more than ever before.

We've invested an additional \$3.34 billion of new operating and capital funding into health in the past five years, and next year our NZ public health services budget will reach a record \$15.6 billion.

Over the past five years record numbers of New Zealanders have received the operations they need, faster than ever before. 40,000 more patients now receive elective surgery each year.

This year's Budget includes \$110 million of investment to build on this success and will mean even more Kiwis will benefit from hip and knee replacements, and other elective surgery, and they will get their surgery sooner.

We are committed to confronting elder abuse by encouraging Police to work more closely with partner organisations such as Age Concern, to share information and improve responses to elder abuse.

The Government already funds 24 Elder Abuse and Neglect Prevention (EANP) services around New Zealand, and we have recently invested \$170,000

to expand elder abuse services in Wairoa, Rotorua, and Kawerau.

As a Government, we want an environment where older people can live life as healthy, independent, connected and respected members of our communities. There's always more to do, and communities need to share responsibility for the care and wellbeing of their older community members.

National will continue delivering and growing frontline public services, such as health, as part of our commitment to deliver better Better Public Services for all New Zealanders.

By Scott Simpson MP

Winnie woos the senior constituents

Mr Peters spoke about whether the age at which a person qualifies for national superannuation should be raised from 65 to 67.

"We absolutely give you a commitment as we always have, to protect it (at 65)," he said.

"Other political parties talk about putting the age up, but they can't tell you why."

Mr Peters said superannuation is affordable if kept at 65, as its cost compared to gross domestic product (GDP) is just 4.1 per cent.

"So why have we got parliamentarians saying we can't afford you?" he asked. "New Zealand First gives you the commitment that we will never allow them to touch superannuation because we can afford it."

Mr Peters then turned his sights on immigrants receiving superannuation after living in New Zealand for a decade.

"What do those who claim we can't not afford superannuation (if it 'stays 65') say about people who come here for 10 years and then receive the same amount as you, who have worked for 40-45 years or more?"

"What is happening under the family reunification policy is people come here at age 55, never pay tax, and then qualify for superannuation when they are 65."

"I'm the only guy in Parliament prepared to confront this issue and say it's not fair."

During his term as deputy prime minister, Mr Peters signed the final visa agreement for Chinese students to study in New Zealand.

"The Chinese political leadership said to me back then, would you give us a solemn promise that when they graduate you will send them home (to China)?" he said.

"On behalf of my country I gave that promise, but what is happening now?"

"Someone can come here from China, bring their spouse and child and because of family reunification in a short time bring all four grandparents in."

"How can that be a sound policy?"

"You go to any province in China, find a Chinese person in politics, and see if they think that is fair."

"Right now we have a case with family reunification to New Zealand where the applications from China outnumber all the rest of the countries in the world."

NOTE: Mr Peters also commented that 'we Pensioners are the single biggest block of consumers in the country and his advice to us is stop being so humble, because it isn't getting us anywhere!'

Questions
to ask your
political
candidates

Immigration - Question - What are your views on immigration?

Do you realise that 6 billion people from all over the world are at present eligible, under our present immigration policy, to emigrate to New Zealand?

Immigration - Question - Family reunification: Are you in favour of this policy?

Younger immigrants only have to be in NZ for ten years prior to collecting the pension hopefully paying tax. They can then bring their two parents into NZ under the family unification program. Those parents are then eligible to collect the NZ pension having made no contribution to our system.

Binding Referenda- Question - Do you agree that on important issues we need binding referenda in this country?

Given that the previous Government thumbed its nose at two divisive referenda which were held in recent years

a) The Foreshore & Seabed (horse-trading) legislation.

b) The anti smacking legislation (86% against it and it still went ahead).

Rates Rebate Scheme for 2014/15

Government's changes to the settings of the Rates Rebate Scheme for 2014/15.

Grey Power has a particular interest in the situation of many of those 111,000 people who received rates rebates last year because their incomes were low. I am pleased to tell you that for the rating year beginning 1 July 2014 the maximum rebate will increase from \$595 to \$605, and the income abatement threshold will increase from \$23,870 to \$24,250.

These changes reflect the movement in the Consumers Price Index since the Rates Rebate Scheme was last adjusted on 1 July 2013.

If the opportunity should arise, I would appreciate you informing your members of these changes. This will help us ensure that as many people as possible are aware of the Rates Rebate Scheme, and that those who are eligible apply for a rebate.

You can find further information about the Rates Rebate Scheme on the website www.rates-rebates.govt.nz or by contacting the Department of Internal Affairs Rates Rebate Team: Telephone (04) 495 9365 **Alan Hardy [Customer services]**

Travelling overseas – when do I tell senior services?

If you are receiving New Zealand Superannuation or a Veteran's Pension and intend to travel overseas for a short period of time then in most cases you don't need to tell Senior Services.

We encourage you to tell them about your travel plans if you or your partner:

- intend to be out of New Zealand for 28 days (four weeks) or more
- don't know when you will return
- intend to have more than one overseas trip in the next 12 months.

By letting them know about your travel plans in these situations, they can give you the best advice about what effect your trip may have on your payments.

It may also help you avoid having to pay back an unexpected debt or being left stranded overseas without any money if things happen that may delay your return to New Zealand.

You can go overseas for 26 weeks or less and if you already receive New Zealand Superannuation your payments can continue as normal. If you receive extra help from them such as a Disability Allowance or Accommodation Supplement you may be able to get this for the first 28 days of your absence from New Zealand.

If you are still overseas after 26 weeks, your entitlement to New Zealand Superannuation may stop. If they don't hear from you and you are still out of New Zealand four weeks later (30 weeks in total), then you may have to repay all the payments made to you since you left.

If you go overseas to live you may be able to take all or some of your payments with you, or receive payments from the country you move to. Make sure you talk with us about your plans before you leave New Zealand as generally you must apply for payment overseas before you go.

How to tell them about your travel plans

You can tell them about your travel plans by emailing them your name, address, client number and travel dates to: seniors@msd.govt.nz

If you'd like to discuss your plans with them, you can call 0800 552002

More information: Visit their website at: www.msd.govt.nz

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A Disclosure Statement is available on request from this office free of charge or you can download one from our website: www.bayfinancialpartners.co.nz

Smart meters - are they only for dumb folk?

SMART METERS are on their way and it sounds like you are not even asked if you want one, it will suddenly appear on your wall. They say its to save money, it will recognize how much power your fridge or washing machine or other appliances are using and will get to the point of being able to turn your appliances off. Later they will add a chip to that meter that power companies will then be able to phone your meter to check your power usage.

So if you do wish to object or say no to this meter you will need to notify your power company now. You can say no for health reasons. (from the stress of another imposition forced onto you)!

All these SMART METERS, SMART PLANS etc are once again part of Agenda 21, more impositions of power and control of the people by the UN.

Power prices have different prices at different times of the day/night.

The lowest price is between 11pm and 5am and the highest price is between noon and 2pm. Following on their logic to get a really cheap power bill, you should become nocturnal and live through the night and hiber-

nate through the day!

The other thing they have not told you is less than 2% of appliances in New Zealand have the technology to recognize a SMART METER and not all new appliances have it either.

In a recent article in the Dominion Post, an Auckland power company monitored several homes fitted with a SMART METER and they admitted that an ordinary family (assume mum, dad and two kids) saved \$86 per year! Consider the make-up of this family, it is a fair assumption that for 40 weeks per year (school term) no one is home between 9am and 3.30pm. We elderly do not fall into that bracket; many are at home all day.

What will happen if you have one of these meters is that your power bill is likely to go up, unless of course you want to shiver in a cold house during the day and eat cold meals or become nocturnal!

Power companies are trying to suggest these will have to be fitted by law. Just be wary, we think this is 'Bully Boy tactics' again!

So don't be frightened to say NO if you don't want one fitted.





Need Short Term Mobility Equipment?

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- Wheelchairs
- Knee Scooter
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Mobile 027 473 3708
info@tubularequipment.co.nz
www.tubularequipment.co.nz



Locally owned and operated

Tubular Equipment is dedicated to providing top quality, affordable and effective mobility equipment from right here in Tauranga.

Locally owned and operated since 1986 by Allan and Maree Sargent, Tubular Equipment design and manufacture a large range of mobility equipment from their premises in Brook Street – they can even design specific products to suit your individual needs.

“As long as we can make it, we can do it,” says Allan.

“Our products are easy to use, are safe and very stable.”

The new product they have available is the Knee Scooter. This scooter is designed for people who have non-weight-bearing injuries below the knee.

So if you are to have leg or ankle surgery, or have injured your Achilles tendon, then hiring a Knee Scooter may be of benefit to you.

This three wheeled scooter is built to support the injured leg/ankle and will allow you to move around confidently, while still recuperating.

As the only manufacturers of the Knee Scooter in New Zealand, Allan and Maree hire out the product nationwide. They also have a number of other mobility products for sale and/or hire. After sales service and repair work can also be done on any type of equipment. The company are members of the BUY NZ MADE CAMPAIGN.

Feeling bleary eyed?

Do you feel bleary eyed when reading, writing or doing craftwork?

Do lines appear wavy or have a curve? Does glare make you squint?

You may have Age-related Macular Degeneration (AMD). It reduces central vision and is a leading cause of blindness in NZ. Maybe it's time for an eye check up?

There are two types of AMD, wet and dry.

Wet AMD can come on more suddenly with severe loss of vision and you need an

immediate visit to your ophthalmologist for treatment now.

Eighteen years ago I was diagnosed with AMD. Luckily I had dry AMD and was told to take trace minerals daily. It can also be genetic. My optometrists have recommended a combined supplement. My number one choice is: Lutein and Zeaxanthin (both are carotenoids' with an antioxidant action). Others are zinc, magnesium, Omega 3 (fish or flax oil) and other antioxidants selenium, Vitamins A, C, D and E. Folate (folic acid) has also been added.

Most of these supplements can be obtained in a multi vitamin/mineral marketed for seniors.

MSG (monosodium glutamate No 621) an additive found in so many foods today is to be avoided. A healthy



diet and lifestyle is recommended, good exercise and no smoking.

Your Optometrist will give you an Amsler Grid (a criss-cross of vertical and horizontal lines with a central dot). Looking at this once or twice a week can indicate any changes such as dips or bent, missing or blurry lines, and this needs to be reported. I keep my AG taped inside my wardrobe door for easy viewing.

Fit-overs worn over your glasses; take away the glare when outside, so you don't squint and your eyes don't water. Good overhead and side lighting is helpful and other aids like magnifying glasses for close up work.

I have learnt over the years to pace myself and don't sit for too long a time doing close up work.

By Bev Beck

NOTE: Macular Degeneration Seminar 4th October enquiries phone 0800 622 852

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have a hearing problem?**

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NOTICE BOARD August 2014

NAME CHANGE

We are now officially; Tauranga & WBOP Grey Power Association

COMPUTER SKILLS

Grey Power office would appreciate offers from any member that has computer skills and a little time to give in our busy office.

GREY POWER SUBS

Subscriptions are now way overdue and we have sent out our last invoices and magazine for those that have not paid.

Remember we are your voice to Parliament!

ELECTIVE SURGERY FORMS

These are available at the Grey Power office at the Historic Village, 17th Avenue.

If you are not receiving the operation you require and are not getting on a surgery list or you are just not getting your surgery we need you to fill in one of these forms for Grey Power's survey for us to have the info to advocate to government on this issue.

PAY WAVE SECURITY CARD PROTECTION

We have a selection of protective sleeves and holders at the Grey Power office, prices ranging from \$2.50 to \$25. These have been selling well so be aware you may have to wait on an order.

OFFICE

We have a newly painted front office, light and bright. Thank you to Carolyn, Mike & Warren for their hard work.

KNITTING & CROCHET IDEA

For those who might enjoy knitting, crocheting or sewing hats to give away?

We wondered if anyone would like to make oversize hats for the Chemo Clinic. Please drop at Grey Power office for us to deliver. Folks who have had breast cancer, Leukemia or Lymphatic Cancer are the ones that lose their hair and need oversize hats or berets to wear, something nice to make life easier.

BROCHURES

Grey Power office also has for your benefit, other brochures from organisations like 'End of life choice' email: tess.nesdale@gmail and budget advisory office, in the village here, Citizens advice bureau,

Age Concern, Scottsdale Tours, also St Johns, Bupa and Tunnall for safety alarms and much more. Remember 'Grey Power

Electricity Forms' too.

HEARING AIDS and BATTERIES

The Hearing Association 1342 Cameron Rd, Greerton (just down the Rd from Crockford Real Estate) can help people obtain hearing aids at a very reasonable rate (approx. \$1000 a pair).

Batteries can also be obtained at a bulk rate on line.

Give us a call for details. Phone 578 6476, office hours 9am - 2pm.

CANCELLED MEETING

Grey Power decided to cancel the 'Meet the Candidates Meeting' that we had set for 31/7/14 it seemed to end up in the to hard basket and we had to consider the cost!

GOLD CARD AND DENTISTS

Recruitment is under way to get a better discount and more dentists involved in the Gold card and all Pensioners are encouraged to ask your Dentist for a discount to encourage them to give a discount.

'PUB CHARITY'

Has kindly given our Grey Power Office a substantial donation for us to up grade our Computer. Tauranga & WBOP Grey Power would like to Note a big thank you for this funding.

MAKE YOU SMILE:

- I don't suffer insanity; I enjoy it!
- Don't take life too seriously, nobody gets out alive
- Being 'Over the hill' beats being 'under it'
- I keep hitting 'escape' on my computer, but I never do
- I used to have a handle on life, but it broke!

Grey Power Coffee Mornings

Held at Village Café next door to the Grey Power Office. Historic Village, 17th Ave.

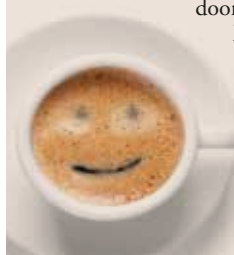
First Tuesday of every month at 10am.

DATES: 5 Aug/ 2 Sept/7 Oct/ 4 Nov. ALL WELCOME

Village café, 'The Sugar Plum Tree' is very conveniently next door to the Grey Power office. Grey Power has initiated this coffee morning for new

members to get to know other new members. OTHER members are WELCOME on this first Tuesday of each month too. The Café offers a special price of \$6.50 to Grey Power members. We look forward to meeting you all.

Jenni.



Discount Book Updates

DELETIONS

Rod Stewart Carpentry *Page 14 delete*
 Ross Anderson Builders *Page 15 – delete*
 Volantis Cafe & Craft Shop *Page 26 – delete*
 Carters Owens Place, Bayfair *Page 15 – delete*
 Health 2000
 Devonport Road Branch **ONLY** *Page 33 – delete*
 Domain Road Optometist, Papamoa
 Accumulus Chartered Accountants *Page 22 - delete*

UPDATES

Painting & Paperhanging

A1 Decorating Services

1643 State Highway 2, RD 7, Te Puke
(Page 50 – correction to the State Highway Number)

Plumbing Works

Interislander NZ Ferries

Group booking reference FA5477 otherwise your Grey Power card. Rates below are based on prices to date, incl GST and subject to availability.

Fares *Off Peak EACH WAY*

Adult \$45 Child \$25 Motorcycle \$39
 Campervan/Motorhome up to 5.5 mt \$142
Additional half metre \$37
 Car/Ute/4 WD/Trailer up to 5.5 mt \$126
Additional half metre \$19
 Premium Lounge [Kaitaki \$ Aratere] \$40 *[18 years plus]*
 The Cove [Arahura only] \$30

OFF PEAK DATES: 01 July -15 December 2014
 01 - 12 February 2015, 16 February – 01 April 2015
 09 April – 15 December 2015

- Reservations can be made direct with Interislander online at
- <http://www.interislander.co.nz/booking>
- Then for group bookings add /group-bookings.aspx by entering FA5477 into discount code box

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MEMBERSHIP APPLICATION FORM Please print clearly and fill in all relevant spaces. Circle where appropriate

NEW MEMBER YES RENEWAL OF MEMBERSHIP YES MEMBERSHIP CARD NUMBER.....

NAME (S) MR / MRS / MISS / MS

ADDRESS.....

POST CODE.....TELEPHONE NO.....

EMAIL ADDRESS.....

ANNUAL MEMBERSHIP SINGLE \$ 20.00 DOUBLE \$30.00 DONATION \$ (Circle appropriate) Any donation to help with the cost of Postage, envelopes, paper etc would be very much appreciated.

A receipt will be given for donations if requested YES / NO

Do you wish to receive promotional material and / or advertising material YES / NO


ONLINE BANKING: Kiwibank 38 9001 0051732 00 Please note we do not have Eftpos available

For Office Use Only..... DATE RECEIVED..... TOTAL ENCLOSED...\$..... CASH / CHEQUE/ ONLINE
 DISCOUNT BOOK RECEIVED..... RECEIPT #..... CARD SENT / GIVEN
 ALTERATION SHEET AK..... ALTERATION SHEET TGA..... ENTERED ON DATA BASE

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