

# Grey Power

## Taupo District News

EST. 1974



Join us for our next meeting and afternoon tea!

Wednesday 28th February 2024

1.30pm at the [Taupo Bowling Club, 4 Ferry Road.](#)

Cost: \$7 per person.  
Delicious afternoon tea provided.

There will be a raffle:  
\$50 cash prize, tickets are  
2 for \$3 or 7 for \$10.

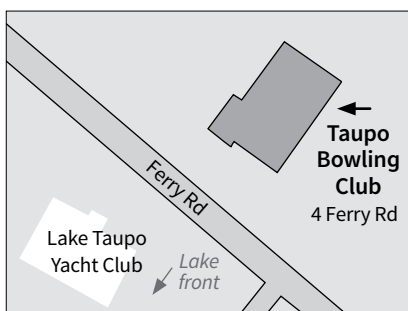
Parking available in the parking lot beside the building (even though it says *Private Parking*).

Our afternoon tea meetings are on the last Wednesday of every month at the Taupo Bowling Club.

### Our guest speakers

**28th February**  
To be advised.

**12th March**  
**Howard Rogers, from No Bull Technology, will speak to us about "Technology for Seniors". Will be very interesting.**



## How normal is forgetfulness?

Do you forget where you parked the car or keep losing your glasses? Do you find yourself struggling to remember someone's name? We're all getting older. What is normal forgetfulness?

It's great to do crosswords and jigsaws but they only use part of your brain. It's amazing to think that our brains have unlimited capacity: every day we learn something new, even if it's only what we had for dinner. Hopefully we remember the important stuff. How many people's names have you learned in your lifetime? No wonder we get confused! It helps to ask them how it's spelled, repeat

it, and associate the name with something you already know. My name is Bobbie, like the bananas, an easy one to remember!

Of course, if you don't hear someone's name, you'll never recall it. Don't leave it too long to arrange a cognitive assessment and hearing test;

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**Grey Power**  
Taupo District



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**Treasurer/Membership:**

Joanne Dunn

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Faye Stead and Angela Amodeo.

**Assistance to committee:**

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PO Box 862, Taupo 3351

*Affiliated to the New Zealand  
Grey Power Federation Inc.*

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[www.theartset.design](http://www.theartset.design)



*Do you have something  
you would like to share  
in our newsletter?*

Email: [bill.olga@xtra.co.nz](mailto:bill.olga@xtra.co.nz)



## From our President

Greetings from Bill Larkin.

Hi everyone.

Season greetings and may 2024 be kind to us all. I hope you had an enjoyable Christmas and New Year.

Grey Power Taupo membership continues to grow and our meeting numbers have been on the increase, which is a healthy sign.

We plan to have another great year, with some more interesting and informative guest speakers.

*Owl badges*, the official badge of Grey Power, will be available from the Treasurer at our next meeting, at the cost of \$10.00 each. We can wear these badges to show our support for the Grey Power movement of which we are members.

Age Concern Taupo is holding their Annual *SENIOR'S EXPO* at the Great Lake Centre on Wednesday 13th March 2024. Grey Power

Taupo will have a stand there and we encourage everybody to come along and enjoy this excellent Expo.

*Super Gold card* are now advertising on the radio and there are more and more businesses offering discounts, so we should ask if this is available when out shopping. An app can be downloaded onto your smart phone or go to <https://supergold.govt.nz> on the web to discover how Super Gold Card helps stretch your money further with instant discounts and special offers.

We encourage all members and prospective members to come to our meetings held on the last Wednesday of the month and enjoy the quality guest speakers and our hospitality.

Kind regards,  
Bill

***If there are any changes or cancellations to meetings, an advert will be placed in the Taupo Turangi Weekender the week prior.***

*Disclaimer:* Neither the Association, or any person associated with it, accepts any liability for the contents of this letter, which has been prepared in good faith.

We acknowledge and thank other Grey Power Associations from whom we have copied newsletter articles and ideas. Working together, to bring the best to our members.



**25th October 2023**

Kendall Goode, who is from the *Taupo District Council*, gave us a very informative talk on current and future planning including the 10 year plan of the Taupo District Council. With the change of government quite a bit of legislation relating to local governments has been changed, and in some cases has been cancelled, meaning the TDC has had to also change their future planning to comply with these changes.

Kendall was assisted, when required, by Vice President John Williamson who is a councillor on the TDC.

Thank you Kendall for a very interesting and informative talk.

**28th November 2023**

Graeme Gordon, a *Grey Power Taupo* member, entertained us at our Christmas special meeting with some good old Christmas songs which allowed a few sing a longs and feet tapping. This was followed by some Xmas 'goodies' which included some yummy Christmas cake.

Thank you Graeme for an entertaining afternoon and to Sue and her catering team for our Christmas afternoon tea.



**Need to get to a medical appointment?**

Are you needing transport to your appointment in Rotorua?

The Taupo Health Shuttle service can help.

Bookings need to be made at least 24 hours before your appointment.

Health Shuttles are provided as a community service, and any donation you make assists them to keep the service running.

To make a booking or enquire about this service, please phone 0800 824 3258 between 8:30am and 3:00pm, Monday to Friday.



**St John**  
Here for Life

**Owl Badges**

Owl badges, the official badge of Grey Power, will be available from our Treasurer at our next meeting at the cost of \$10.00 each. We can wear these badges to show our support for the Grey Power movement of which we are members.





## NATIONAL BENEFITS

**Negotiated by Grey Power NZ Federation Inc.**

The following organisations are of benefit to Grey Power Federation and the membership at large:

- ALL Insurance
- Inter-Island Ferry
- Tranzalpine
- Scenic Train Offer
- Northern Explorer
- Coastal Pacific
- Grey Power Electricity
- Challenge Fuel
- Vesta Health Insurance

*Further details can be obtained from:*

Federation Office  
 Phone: 0800 473 979 or email [fed-office@greypower.co.nz](mailto:fed-office@greypower.co.nz)  
 Web: [www.greypower.co.nz](http://www.greypower.co.nz)

## A note from the Treasurer's Desk

Hi everyone.

Happy New Year!

I hope you got time to enjoy family, rest, travel or just do nothing over the summer period. I had three weeks leave from work, mostly spent around Taupo, so I've had lots of swims in the Lake: the water's so warm! I'm pleased all the visitors have seen Taupo at it's best!

The committee will get back into action again with their committee meeting on the 2nd Tuesday of February and then the monthly general meetings on Wednesday 28th February. Did you know we have a leap year this year? We're still looking for additional committee members – so if you're interested and would like to know more, please contact us on [gprmemtpo@gmail.com](mailto:gprmemtpo@gmail.com). We'd love to hear from you.

The financial year ended on 31

December 2023 so I'm working on the annual accounts and getting these through to the auditor so they will be ready for the AGM in May. Notifications will be sent out nearer the date advertising the time and venue.

As I mentioned in the membership secretary report, the March 2025 annual subs will be increasing.

Couples: \$35

Single: \$25

We've had to increase the yearly sub so we can keep ahead of various costs. If you would like to receive our quarterly newsletter by email rather than post, I'd love to hear from you. With the price of stamps going up, emailing these would be a huge saving. So please consider email as an option.

Joanne Dunn

*Grey Power Taupo Treasurer*

You are never too old to  
 set another goal or to dream  
 a new dream.

– C.S. Lewis

## A note from the Membership Secretary

The current membership subscription year end is 31 March 2024. (Only a few weeks away) Renewals can be made anytime between now and March and this will then mean you are a financial member through to 31 March 2025. You will not receive an invoice to remind you to pay.

As passed at the 2023 AGM, the annual subscriptions due to 31 March 2025 will be increasing to:

Couples: \$35.00

Single: \$25.00

You can complete the official membership form on the back page of this newsletter:

- Post completed form to P O Box 862, Taupo, advising of any changes of address and your email address and phone number AND
- Make your payment to Grey Power ANZ bank account 06-0583-0550994-00 advise your name and membership number.

You will then receive a new membership card in the mail current to 31 March 2025.

I'd like to thank Krys for her continued assistance she provides to me by co-ordinating the mail out of new membership packs and renewal membership

cards. She's ably assisted by John when required.

Any queries, you are welcome to email me on [gprmemtpo@gmail.com](mailto:gprmemtpo@gmail.com) I only clear the emails every few days, so please be patient with me.

Joanne Dunn  
Grey Power Taupo  
Membership Secretary



### Thinking of becoming a member?

One of the benefits of becoming a member, is being connected to our friendly GP Taupo community, by way of receiving our newsletter.

Receiving this newsletter via email is the most economic way of sending it to you. When you fill out the membership form on the back page of this newsletter, please be sure to add your email address (if you have one), and you will be sent your newsletter by email. It also means we can contact you via email for any messages that need to go out.

## How normal is forgetfulness?

*Continued from page 1*

thinking and hearing are closely linked - just different parts of your brain.

The WHO recommends cognitive training for **normal** older adults to reduce the risk of cognitive decline and dementia. That's why I hold Brainfit For Life classes as well as seeing individuals at Taupo Memory Clinic.

Together, Dr Laura Arnold and I offer assessments for hearing and cognition. Call me on 027 255 4979 to discuss any concerns or make an appointment at Laura Arnold Audiology 07 377 8957.

Bobbie Bryce,  
MSc (Hons) Cog Psych.

## One for the diary

**Age Concern Taupo** is holding their Annual **SENIOR'S EXPO** at the Great Lake Centre on Wednesday 13th March 2024 between the hours of 9:30am and 1.30pm. Grey Power Taupo will have a stand there, along with many other Senior Service Clubs and/or Organisations. We encourage everybody to come along and enjoy this excellent Expo.

## Travel assistance



### Do you need to travel to Rotorua Hospital or Waikato Hospital to see a specialist?

The National Travel Assistance may help pay for some travel costs when you are referred to a specialist.

If your specialist refers you to see a specialist at a different location, you may be eligible for travel assistance. If eligible, you will get financial help towards your travel and possibly your accommodation costs.

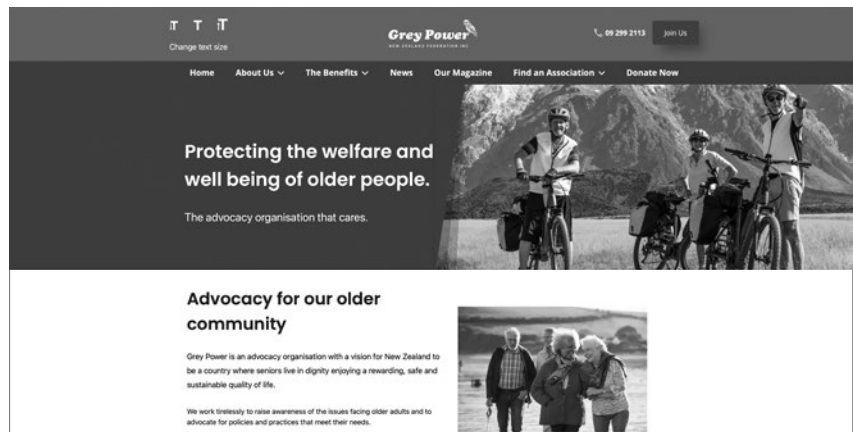
If you are a Community Services card holder and travel more than 80k one way, per visit, you may qualify.

With our fuel costs these days and accommodation costs hard to find on a Pension, this can be great help in times of need.

For more information about claiming travel assistance please contact:

Ministry of Health  
National Travel Assistance  
PO Box 1026  
Wellington  
Ph: 0800 281 222 (press 2)

NB: Authorised by the Ministry of Health  
*Submitted by Cheryl Carswell*



## Launch of new Grey Power Federation website

In August last year the new Grey Power Federation website was unveiled. The new look website ushered in a host of changes and updates enabling members to more easily access useful information. Grey Power vice president David Marshall recently outlined some of the key improvements.

The website can be accessed at [www.greypower.co.nz](http://www.greypower.co.nz)

Our [Helpful Links](#) section has been updated to other organizations and services that will assist older people and their families. We have added a [News Section](#) that will be refreshed regularly, with some articles coming directly from our national magazine and others from main stream media or press releases.

In the [About Us](#) section we have included information about issues we are currently focusing on.

There has been a significant change in the layout of our [Find an Association](#) section on the website, with the associations no longer listed alphabetically, but regionally to better help visitors find the association closest to their home.

There is much to explore so please take a look at the website and share it with your friends and family to promote the important advocacy work we are all involved in supporting.

If you have some suggestions for improvements or additional features for our website that the Communications & Marketing Standing Committee could consider, as funds allow, please contact me.

David Marshall  
Vice-President  
Grey Power NZ Federation Inc  
[national.vicepresident@greypower.co.nz](mailto:national.vicepresident@greypower.co.nz)



## Time out with Bill

Laughing at your mistakes can lengthen your life. Laughing at your wife's mistakes can shorten it.

I recently bought a toilet brush ... long story short, I'm going back to toilet paper.

Shortly after a British Airways flight had reached its cruising altitude, the captain announced: "Ladies and Gentlemen, this is your Captain speaking. Welcome to Flight 293, non-stop from London Heathrow to New York. The weather ahead is good, so we should have an uneventful flight. So, sit back and relax and ... OH...MY GOD!" Silence followed... complete silence... then some moments later, the captain came back on the intercom. "Ladies and Gentlemen, while I was talking to you a flight attendant spilled coffee on my lap. You should

Wife speaking to a medical centre nurse. "He is complaining of chest pain, shortness of breath, cramps and dizziness. Do you sell earplugs?"

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see the front of my pants".

From the back of the plane an Irish passenger yelled "For the luvva Jaysus, you should see the back of mine!"

My neighbour just yelled at her kids so loud that even I brushed my teeth and went to bed.

The annoyed wife said to her husband. "When I speak to you it goes in one ear and comes out the other." "No" was his reply "you're wrong – it doesn't even go in one ear".

When a man says he will do anything for a woman, he means fight the bad guys and kill dragons, not vacuum or wash dishes.

**She.** Restaurant bills are designed to be paid for by men, that's why it is called MEN-U. **He.** You are wrong, it is actually ME-N-U.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

Age 60 might be the new 40, but 9.00 pm is the new midnight.

It's the start of a new day and I'm off like a herd of turtles.

I had my patients tested. I'm negative.

I finally got 8 hours sleep. It took me three days, but whatever.

When you ask me what I am doing today and I say "nothing", it does not mean I am free. It means I am doing nothing.



**Dr Praveen Mathew**  
General Dentist BDS MFDS RCS (Eng)

118 Tuwharetoa Street, Taupo  
(Next to Taupo Medical Centre)

Ph: 07 377 2547

Email: mathaidentaltaupo@gmail.com  
Dental emergency: 021 0819 4048 (text please)

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# Is your membership current?

If not, you might be missing out on your entitlements.

**Remember:**  
Membership is due 31 March each year.

To see if you're financial, ***please check your Membership card and see if you have a green label with expiry date 31.3.2024.*** Any other coloured label/date means you are not financial.

Unfortunately that means you may be missing out on these benefits, of being a Grey Power Member:

- The Grey Power low cost upfront Electricity, Gas, Broadband and Landline phone packages

- The AIL Insurance (\$2000 for Accidental Death and Dismemberment ). It is renewed yearly when you pay your Subscription.
- The Grey Power Newsletter & the National magazine
- Any future benefits

A big *thank you* for all those who are financial, we really appreciate your support!

For any membership queries or more information

Email Vice President John: [councillorwilliamson@taupo.govt.nz](mailto:councillorwilliamson@taupo.govt.nz) or phone 027 310 8013.



## Grey Power Official Membership Form

**Remember:**  
Membership is due 31 March each year.

NZ FEDERATION INC. AND ITS AFFILIATED ASSOCIATIONS

Please tick which applies:

New member     Address change     Renewal Taupo Association, Membership Number: \_\_\_\_\_

Title: Mr / Mrs / Miss / Ms    First Name(s): \_\_\_\_\_    Surname: \_\_\_\_\_

Preferred contact:     Email     Postal    Email: \_\_\_\_\_

Postal: Address: \_\_\_\_\_

City: \_\_\_\_\_    Postcode: \_\_\_\_\_

Phone: Home \_\_\_\_\_    Work \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_ (\$20 pp, \$30 per couple)    Include donation: \_\_\_\_\_ Thank you!

**Internet Banking: Grey Power, 06-0583-0550994-00, ANZ Bank.**

Please use your surname and membership number as a reference.

**Please mail completed form to: Grey Power, PO Box 862, Taupo 3351.**



Unsolicited Electronic Messages Act 2007: If you do not wish to receive the occasional email and regular newsletters from us, please place a tick in the box to opt out.