



Grey Power Hamilton

Newsletter No 4 – October 2024

Advocacy group promoting the welfare and well-being for those citizens in the 50+ age group.

From the Editor

Isn't it lovely to see the change in our weather and generally speaking, spring has arrived with a flourish. It's one of my preferred seasons and if you are a gardener like me, the warmth of the sun is a welcome change from the chilly wind that used to whip around me and chill my bones during winter.

In the garden, the flowers are emerging and exhibiting their brilliant displays. Dormant during the cold season, they now push their heads up to meet the sun and the bees are busy going about their business.

My bird-feeder has small birds and ring-neck doves clamouring to get the food I put out for them and the Rosellas and the Tuis are frequenting my Australian frangipani tree, creating a great photo opportunity for this enthusiastic amateur photographer.

Day light saving has commenced and I'm sure some of you will enjoy the opportunity to pursue activities in the evening like taking walks or bike riding. We have so many 'cycle ways' now around the city, it is nice if you are able to enjoy them.

So, whatever pushes your buttons (as they say) I trust you are enjoying what you are doing.
- Robyn B.

CONTACTING HAMILTON GREY POWER ON PHONE 021 173 2672.

This phone is monitored **Monday to Friday - from 10am to 4pm** from my home address.

Due to personal circumstances, your call may not be answered during these hours. I apologise for any inconvenience, but I will respond at my earliest convenience. A voice message left on the phone cannot be accessed by me, you may send me a text message instead.

Outside of the above hours your call may not be answered. I will respond on my own personal phone and not the Grey Power phone.

I hope this clarifies any issues you have experienced when trying to contact me.

Robyn Bryant - Secretary

- **Hamilton Grey Power SENIORS MOVEMENT CLASS**
 - **Wednesday 10am –11am**

Robin, a qualified instructor, teaches us how to strengthen our muscles with low impact movements to help prevent falls.

Held at the Waikato Indoor Bowling Hall, Duncan Road, St Andrews, Hamilton, the entry fee is Koha for members - \$5.00 for non-members (we thank you for your donation which helps with hall hire for these sessions).

NOTE: no classes during school holidays.

HAMILTON GREY POWER - MONTHLY MORNING COFFEE MEETINGS

This Month the meeting will be Thursday 31st October 2024, South Baptist Church Hall, 131 Ohaupo Rd, Melville Hamilton.

- Morning tea 10am - Meeting starts at 10.15am.
- Welcome by President and any notices.
- Guest speaker or the topic of the day.
- Meeting closes 11.30am
- Speaker this month: Deeanah Winders of Trust Law & More. With a recognized TEP qualification that assures sound advice if clients have a complex trust or family situation to deal with when looking into a retirement village lifestyle. Deeanah will share tips and traps for them to consider. She has more than 20 years' experience in estate planning, trust and elder law and provides specialists personalised legal service to her clients from throughout New Zealand. Handouts will be available.



Guest Speakers from Age Concern Talk to Grey Power Members About Their Organisation

Martin and Kirsty from Age Concern Hamilton were our guest speakers at Hamilton Grey Power monthly coffee morning on Monday 30th September 2024. Their presentation offered advice on what Age Concern Hamilton can provide by way of information and services to empower older people to make their own choices and decisions followed by members questions and group discussion. They also extended an invitation to join them the following day at the Classic Car Museum to celebrate International Day of the Older Person.

They explained the full range of services available at Age Concern some of which are Elder Abuse & Neglect Prevention, social connection, total mobility scheme – reduced transport costs, health promotion and exercise groups, and the very popular “Staying Safe – Refresher Course for Older Drivers, just to name a few.

Age Concern can coordinate caring volunteers to visit and brighten an older person's world through regular interaction for which they are always looking for volunteers to fill this need.

A visit to their website will show the many areas that you can become involved with. If this sounds like something you would be interested in contact them on email:

enquiries@ageconcernwaikato.org.nz

Portions of this Information for this article has been taken from the website for Age Concern.



How Things Have Changed.

Article by Robyn Bryant



I got to thinking how different the world and life is now for seniors, the changes we have experienced and had to adapt to, as we have grown older.

Would it be fair to say; that if you are now in the 60+ age group, you got to experience some of the best years growing up in this country. WW2 had ended and then the commencement of manufacturing in this country began with all sorts of goods produced and this continued for many years following. There was great prosperity in New Zealand.

We had car manufacturing plants, Fisher & Paykel home appliance brand manufacturing and the production of the house hold brand of crockery - Crown Lynn.

We saw black and white television arrive, superseded by the introduction of colour television. Who didn't have a NZ made Phillips 'K9' television.

We had a dairy industry that rivalled any country in the world. Now we can barely afford to buy the butter and cheese in our supermarkets, that we still produce here in New Zealand.

Clothing and footwear factories were dotted around the country creating 'local' quality manufactured items. Collectively all those different industries gave employment to hundreds of thousands of New Zealanders. Somehow though, we abandoned our "Made in NZ" label for cheaper imports and over the years, production of most of these goods, has ceased in NZ.

Communication would have to be one of the biggest changes. From "party line" telephone system to individual landline numbers and now even the humble landline is obsolete in many homes. Technology has significantly changed society, as many prefer now to send a txt message, or email each other in preference to phoning and having a conversation, which creates social isolation amongst the people.

We had an education system to be proud of back then. We left school and could take up any trade or profession of our choosing. Now some children here in NZ leave school with no skills, some not even knowing how to read or write properly and many young people unable to find work.

Layoffs are common place now, as business's struggle in our economy. Many workers with a wealth of experience and knowledge, are 'let go'. For some; job security is a thing of the past.

We don't even have the same trust in each other that we once had, partially from the 'pandemic situation' which caused social separation.

Statistics of the 2023 General Social Survey report, conducted in 2021, showed that New Zealanders' no longer have the same trust they once did in our institutions. They saw lawlessness as having escalated to epic proportions and our safety is of greater concern now than it once was. Many said they no longer have the same trust in our police force that they once had, or in our parliament, or in our media and in our hospitals.

Many said they no longer felt safe waiting for and using public transport or even walking alone, especially at night. Having a sense of safety has to be on the top of the list for all of us.

I can recall elderly neighbours having a home invasion some years ago. The burglars had already taken electronics from their lounge, then brazenly decided to search for other valuable items in the house.

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The couple woke to find the two men in their bedroom. They left when she screamed. A 111 call was made to the police; back came the response “sorry, we have no units available to attend at present”. They felt abandoned by those that they thought they could trust. They both were in shock and fear of what had just happened and the wife had sleeping issues for weeks after the incident.

What can we do to help ourselves? It could be a worthwhile suggestion that you get to know your neighbours, even if it is just to exchange phone numbers for the time when you may need their help. We need to stand together as a community. Even if it is just for our safety’s sake.

Article By Robyn Bryant

Editor’s Note: The 2021 survey taken, was called “wellbeing statistics,” and it was asking New Zealanders on how they view our Police and Court, Health System, Education System, Parliament and Media today. The full report released in 2024, can be found online for those interested in reading it.

“Dress for Success”

A service helping to empower Waikato women since 2002.

Julie is one of our Grey Power members and she mentioned that she is a volunteer at the “Dress for Success” store. I had heard of this store, but never understood what “Dress for Success” was, till Julie explained it to me.

Their role is to empower women who need support with appropriate clothing for employment or a life event such as mother of the bride. Building confidence and self-esteem, when we look good, we feel good.

The service is open to all Waikato women. The boutique is a welcoming, non-judgemental space where stylists will take care of you.

Do you have a special occasion coming up ladies and you are looking for a special out-fit, but daunted by expensive price tags in other stores? Why not pop in and check out their range.

Follow them on Facebook. Special \$5 pop- up sale days.

Dress for Success - 169 London Street,

Hours - Thursday & Friday 10am – 2pm - First Saturday in each month 9am – 12pm



HAMILTON GREY POWER CHRISTMAS LUNCH

Tuesday 26th November 2024

Christmas Theme

To be held at - Smith & McKenzie,
Lindon Court, Chartwell Square, Hamilton.

Cost is \$39 per person.

We meet at 12 noon, but there are limited spaces for those wishing to attend. I ask that you pre-order your meal please, to speed up the process for everyone.

Members to email me on events.hamiltongreypower@gmail.com with order.

Please order 1x main and 1x dessert per person attending. I will acknowledge their email to confirm booking. Refer to menu on next page for selection.

Thank you.

Brigitte



**SMITH & MCKENZIE
SENIOR'S CHRISTMAS
MENU**

MAIN

Seasonal Roast Lamb

Roast lamb rump, served with crispy roast potato, herbed baked baby carrot, mash potato, port wine jus & mint sauce

Christmas Delight Ham Salad

Baked ham salad, croutons a orange & marmalade dressing & toasted pecan

Holiday Cranberry Chicken

Sous vide chicken breast seared with cranberry stuffing, broccolini, bok choy, mash & white wine sauce

Festive Tempura Fish

Fresh fish in a crispy tempura batter with thick-cut chips, mesculin salad and tartare sauce

DESSERT

Plum and Ginger Delight

Plum and ginger pudding, seared with a spiced custard, cinnamon crumb & vanilla bean ice cream

Whittaker's Torte

Whittaker chocolate torte, pastry creme, raspberry gel & boysenberry cheesecake



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