



Protecting what's important - you!

Karyn Delves of Security
Alert NevaAlone.

In these unsettling times, peace of mind is like a treasured commodity. Global threats make for hard contemplation, and local social issues and health system stress can lead to great worry for many vulnerable people in our community. Karyn Delves is doing what she can to support independence and confidence for all with personal alarms. Karyn came to this vocation at a turning point in her career where she wanted to focus on the needs of her local community. Since then, she has helped hundreds of people across the top of the South Island in

accessing systems that empower people to live more freely.

Her personal alarms have a variety of features that can connect the wearer to a monitoring service that provides wrap-around support through an incident including contacting nominated emergency contacts on behalf of the wearer, as well as any emergency response necessary.

The monitoring service for these particular alarms has been accredited as a funded service for eligible people. There is no age threshold or relationship sta-

tus that excludes someone from consideration of an alarm. Criteria is set to encourage independence and safety, where an event will likely have a better outcome if help comes quickly.

With families being dispersed, and neighbourhoods changed from the open doors of yesterday, perhaps a personal alarm that can assist when there's a 'bump in the night' or a health crisis.

Professionals that enter threatening premises may also benefit from a wearable device that can be GPS located and allows for two-way communications

should a situation escalate dangerously. Karyn certainly has availed herself of this service - but thankfully has not had to use it for herself.

Karyn believes that good decisions are made with good information and encourages anyone concerned for themselves or someone who has a personal safety vulnerability to come and hear her talk.

Grey Power Nelson will be hosting a presentation by Karyn at 10.30am on Wednesday 20th August at their Stoke premises.

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Ad Number: SI02412.1

Artwork: SI02412AA

Size: 10x1.7144

Description: Well by Design Chiropractic

Account: Grey Power

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Ad Number: SI02397.5

Artwork: SI02397AG

Size: 10x1.7144

Description: Able Gardeners

Account: Grey power

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President's Report

Sue Sara
President

And just like that, the year is halfway through.
How time is flying.
Things are busy, busy at the Grey Power Office. Membership is continuing to rise and we are constantly looking for things to keep our members informed about.
A Harcourts presentation on downsizing was well received and they will be running another one of these later in the year.
Upcoming, we have a talk from NevaAlone security and Geeks on Wheels. Patricia Curry and I attended the Federation AGM recently. Always heaps of information to process and there is report adjacent.
Our biggest announcement is that, sadly, Motueka Grey Power has closed down due to lack of finances and committee members.
Nelson has put their arms out and have welcomed the members to join with us here. This will allow those on Grey Power Electricity to remain connected as required.
We look forward to a couple of them coming onto our local committee, we can always use more hands.
Please don't be afraid to put your hand up, with more than 5000 members there must be a few of you with an hour or so to spare a month to help us out.
Please let me know if there is something in particular you would love us to cover at a local meeting.
In August Grey Power will be undergoing a whole new, fresh rebranding. Watch this space.



Sue & Pat at National AGM



Kevin & Sue at National AGM conference

Grey Power Federation annual meeting

The meeting was held in Wellington at the Brentwood Hotel. Sue Sara (President), Pat Curry (acting Secretary) and Kevin Gardener (Zone 5) attended. We received donations from Harcourts Nelson, Grey Power Federation and Nelson Building Society, which enabled us to attend.
There were 43 associations present out of a total of 69. The meeting lasted two and a half days and there was some lively debate. Speakers included:
Rt Honourable Winston Peters
Stated that the Super Goldcard is to be rejuvenated over the next 6 months. Happy to look at the cognitive testing issue currently with GPs. "Driving is our visa of independence". Government needs to look at GP fee's structure, as there seems to be no consistency. Ageing should not be a handicap.

Aged Care Commissioner – Carolyn Cooper
Carolyn was appointed as New Zealand's first Aged Care Commissioner in February 2022. She has been a strong advocate for older people and reports through the Health and Dis-

bility Commissioner (HDC). She asked the question, what health services do older people deserve. Transitions of care are still a very difficult journey; there is not enough home support. Power supply and heating is actually a health issue. Models of care are still lacking.
Some GP practices are excellent, and others have access issues. Prevention is still the best policy. An aged care budget of \$25 million / 4 years is targeted for transitions of care. This is not new money. This funding needs to go to the receivers rather than to Te Whatu Ora. Te Whatu Ora is desperate to get older people out of hospital, slightly different drivers to HDC. Skin surveillance is important, and we should be promoting the hearing health subsidy. Bone health should be promoted, exercise is important, mobilizing load bearing exercises and balance. Oral health is another important facet, promote a \$1000 per annum subsidy if the person has a community services card. Our oral health is important and costly if not looked after well. Our mouth is important to our general health.
There is no consistent approach to

palliative care planning for older people and there are only two people involved in training nationally. Carolyn informed the meeting that she has now resigned and will maintain her position until the end of August. This is a huge blow. Hopefully this position will be maintained by this current government.
Resonate Hearing – James Whittaker CEO
"An untreated mild hearing loss doubles the risk of dementia". Subscription model of payment - \$90 a month. Looking at healthy ageing as opposed to just hearing. When you sign up costs are fixed forever, update every 3 years. No repair costs!
Always in warranty. Never have to send away for repairs. Check out the website for further information. Govt subsidy and ACC funding is claimed every 6 years on customer behalf.
Working with veteran's association. Refer a friend and get 3 months free. Looking at donating to Grey Power & 50% Ear360 hearing assessment discount.

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Senior driving licence renewal update

There is an ongoing lack of consistency in GP evaluations of senior drivers for their licence renewals throughout NZ. Our ongoing national and local publicising of this discriminatory situation has achieved some practical improvements as outlined below:

1. NZTA took steps in late 2024/early 2025 to address the long waiting time to secure an On Road Safety Test (ORST) with the accredited examiners around the country. This has resulted in waiting times being significantly reduced.

2. NZTA have clarified that the ORST is free to all drivers 75 or older (NZTA has

been made aware that some staff within the organisation were unaware that drivers could make their own appointments, and this has been addressed in April 2025). This is a far less expensive third party assessment than being referred to an Occupational Therapist where the costs vary from \$800 - \$1300 as reported by our members.

3. NZTA announced in March 2025 that seniors may now initiate their journey to renew their licence up to 6 mths prior to their eligible birthday. The renewal will still take effect from their birthday.

4. NZTA will commission the University

of Auckland to conduct a literature review on the evidence supporting the use of cognitive tests to assess driving ability in seniors. Grey Power has consistently raised the very real concern that a cognitive diagnostic test for early stage dementia did not appear to have any credible published clinical evidence as to its ability to predict driving ability in patients with no history of dementia.

5. The NZTA Safer Drivers team alongside the Regulatory System Design team will review the renewal letters and existing support material and will consider adding information on what drivers can expect ahead of their renewal date.

6. The NZTA Safer Drivers team will continue to engage and communicate with health practitioners on Medical Aspects for Fitness to Drive, including options for cognitive tests (once we have the literature review), On Road Safety Test, conditional licences, etc. This action will hopefully mean that more GPs consider alternatives to the expensive referral to occupational therapists with the free of charge ORST, or a negotiated conditional licence that may restrict the driver to daytime driving, or to driving within their rural town for example.

As published in the NZ Grey Power June Magazine

Thinking about quitting smoking?

The Nelson Marlborough Stop Smoking Service offers free, confidential, one-on-one support to help you quit smoking in a way that works for you. Our experienced quit coaches provide regular behavioural support, helping you understand your smoking triggers and build the confidence and tools to stop for good. We can also offer:

- Free nicotine replacement therapy (patches, gum, lozenges)

- Grocery vouchers to celebrate key milestones in your journey
- Access to a Health NZ vape kit (for eligible clients) as a supported quit option

Whether you've tried before or are thinking about it for the first time, we're here with compassionate, practical support every step of the way. Many people find quitting easier with the right tools and encouragement — and that's exactly what we provide. Our service is open to all ages, and we warmly welcome referrals from whānau, friends, and health providers too. Make this the time you quit for good — and feel the difference for your health, your wallet, and your whānau. To get in touch: Call us on 0800 NO SMOKE (0800 667 665) Email nm-nphs-smokefree@tewhatuora.govt.nz Visit www.info.health.nz/nelson-marlborough

Committee 2025/2026 member portfolios:

The Nelson Grey Power Committee work is undertaken on a voluntary basis by the organisation's officers and committee members via a portfolio system. The member with portfolio responsibility reports on their portfolio to each Committee meeting.

Current members and their portfolios are:-

President – Sue Sara – Superannuation and Welfare, Membership, Employment, Aged Care & Health, Zone 5 Meetings, Both Local Councils, and supporting all committee members in their portfolios.

Vice President – Kevin Gardener – Energy, Aged Care & Health, ACC, Zone 5 Meetings, Civil Defence

Treasurer – Position Open

Zone 5 – Kevin Gardener.

Acting Secretary- Pat Curry – Aged Care & Health – NMDHB and NBPHO, Nelson City Council Meetings

Committee Member – Christine Hutton - Housing

Committee Member – Gwen Bezett - Over 50s

Issues communicated to office volunteers are recorded in the Enquires Log and referred to the member with the relevant portfolio as required.

AWAITING COPY Ad Number: LR04495.8 Artwork: LR04495AC Size: 10x1.8 Description: Days Funeral Services (Formerly Marsden House) Account: Grey Power Newsletter Colour: Filename: LR04495AC	AWAITING COPY Ad Number: SUE01351.10 Artwork: SI01351AE Size: 10x1.8 Description: Nelson Bays Primary Health Account: Colour: Filename: SI01351AE	AWAITING COPY Ad Number: SI02448.4 Artwork: SI02448AG Size: 10x1.8 Description: Nelson Marlborough Rescue Helicopter Trust Account: Grey Power Colour: Filename: SI02448AG	AWAITING COPY Ad Number: SI02447.4 Artwork: SI02447AG Size: 10x1.8 Description: Tim Miller Plumbing Account: Grey Power Colour: Filename: SI02447AG
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National benefits available to Grey Power Members

Atopis® Skincare - 20% discount on their exclusive skincare range. Access the website at www.atopis.co.nz and use the code GP20 for your discount.

Carter's Tyre Services – 59 Quarantine Road, Annesbrook • 25% off vehicle tyres • 20% off services including tyre installation, wheel alignment, battery replacement, and more • Available at 50 stores nationwide

GOfuel Fuel Card - GOfuel provides a way in which all members can obtain a discount off fuel at virtually all major service stations throughout New Zealand. For more details, and to apply for your GOfuel fuel cards, phone 0800 42 83 83.

Resonate Health - Grey Power members will get access to their unique and comprehensive EAR 360 assessment for just \$49 (50% discount).

Bluebridge Cook Strait Ferries - All Year Discounts

Interislander Cook Strait Ferry - See Discount book

Brentwood Hotel Discount - Wellington. A discounted rate of 10% off the hotels advised rate at the time of booking. (Bookings can be made by calling the hotel on 04 920 0400 or emailing reservations@brentwoodhotel.co.nz)

Cherished Memories - cherishedmemories.co.nz Cherished Memories is a wonderful service from experienced film maker Dave Munn. Dave works with families to create a unique story on the life of an older person as a legacy to their families.

Harrisons - Harrisons are offering all Grey Power members 20% off carpet and hard flooring; 30% off Curtains & Blinds; and 20% off Solar Panels.

HRV - discount offer 10% off HRV AirSense™ home ventilation (excluding HRV AirSense™ Lite) • 5% off heat pumps/air conditioning • 10% off water filtration products

Solatube Skylights Discount Offer- Brighten your home naturally with a Solatube DS skylight and enjoy a \$150 discount as a valued Grey Power member! Contact Solatube on 0800 765 288 or visit www.solatube.co.nz for more details.

Vesta Cover Funeral / Health insurance Grey Power members save up to 20% on all major Life & Health Insurers

Grey Power Electricity - Electricity, Gas Broadband & landline phone packages. Customers only. Car up to 10% off & Pet insurance 20% off with Cove

Benefits of joining Nelson Grey Power

- * Use of Nelson Grey Power discount book – which gives more than one hundred business discounts and is updated and republished biennially.
- * Membership confers automatic free \$2000 accidental death & dismemberment insurance.
- * Provides an avenue for bringing concerns and ideas for improving welfare and well-being of older persons.
- * Opportunity to meet with other members and socialise and form friendships.
- * Access to a wide range of information brochures and education/learning opportunities.
- * Opportunities to volunteer in the work of Nelson Grey Power.

To become a member visit greypowernelson.org.nz

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admin@greypowernelson.org.nz
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NELSON GREY POWER ASSN INC. Membership Form

Office Use Only
Date
Receipt No:
Cards Issued
Actioned By

EMAIL..... MEMBERSHIP NUMBER

SURNAME..... FIRST NAME YEAR OF BIRTH.....

SURNAME..... FIRST NAME YEAR OF BIRTH.....

POSTAL ADDRESS

POST CODE PHONE NUMBER

ANNUAL SUBSCRIPTION \$25 Single or \$35 Double Plus optional donation

Total Payment \$.....

Payment methods:
Visit Nelson Grey Power, 33 Putaitai St, Stoke (Eftpos available) or Post to PO Box 2190, Stoke, 7041.
Internet Banking: 03 1709 0071804 001. Please use surname as reference and mark NEW if a new membership.
Subs can be left at Triton Hearing, 95 Bridge St, Nelson or McGlashen Pharmacy, Richmond.
Your details will not be given to any other organisation for the purpose of sending you promotional material.

All memberships expire 31 March.

Phone 547 2457 | Office hours 10am to 3pm | www.greypowernelson.org



For more useful information
and advice visit
greypowernelson.org.nz