



New support service brings support and guidance for local seniors

A gentle, helpful new support service has arrived in Stoke, offering a warm welcome to everyone and their families.

A Response to What Matters Most

This new initiative has been launched as a response to many expressing a need for friendly, easy-to-access assistance. Whether it's the stress of managing finances, feeling lonely, or navigating on-line forms, many of us often find ourselves without a clear place to turn. "Many of our older clients just want someone to check in with to or help with the confusing things in modern life," says support worker Deb Cullen, who helped create the service. "Our Stoke-based centre is able to do just that."

All the Help You Need—Under One Roof

The support service is located in the bright and accessible building at Stoke Methodist Church, perfect for anyone who wants to drop in and get some friendly advice. Deb will take the time to listen and guide you to the right resources. Her warm smile welcomes you to a trustworthy, patient and empathic encounter. She can adapt to various situations while maintaining a positive attitude. As she says, "understanding individual needs and empowering others to achieve their goals - that's what I do."

Who is it here to help?

Anyone who feels they need



New support service Deb Cullen in action.

some assistance and/or direction towards a more detailed service. Deb came to helping others because of great support and mentoring she received herself. Having had that experience she understands how difficult life can be in some situations and how to get out of them. For her it feels natural to want to help others and show them that they can get out and find their peace, too.

Working Together for Seniors

To best support older adults, the centre will partner, if necessary, with professionals and agencies, senior living communities, faith groups, and local businesses. If you need support to find something, Deb is ready to connect you with trusted partners. "It's about making every step feel achievable," she says.

For Deb it feels natural to help other people, plain and simple. When she sees a person in a situ-

ation of need, she has an instinct to show concern and help. All of her working life she has chosen to work in health and community service roles because she believes that's the best place to provide support with compassion and thoughtful communication - ideally making a tangible difference in people's lives.

Currently, the completely free Support Service is operating part time for a year. It is available

1-4pm Mondays and Fridays at the Stoke Methodist Church (Nelson Tasman Methodist Parish Centre). Looking forward, Deb would love nothing more than to have that availability increased and be able to provide more intensive and community-based support.

To make an appointment contact Deb directly on 027 272 6717 or email debrac@mmsi.org.nz

NEED EXPERT ADVICE ON DENTURES?

Come and see the team at
Wilson Denture Design



Full Dentures
(implant-overdentures as well),
Partial Dentures, Denture Relines,
DENTURE REPAIRS and Additions
Greypower and Gold Card discounts.

**CALL NOW - FOR A
FREE CONSULTATION**

82 Waimea Rd, Nelson. Ph 03 546 8551
www.wdenturedesign.co.nz



Legal protection for your family through the stages of life

- ✓ Inheritance/estate planning and wills
- ✓ Advice on retirement village and aged care facility contracts
- ✓ Rest home care and residential care subsidy applications
- ✓ Enduring powers of attorney
- ✓ PPPR applications

PITT & MOORE
LAWYERS AND NOTARIES PUBLIC

Nelson: 78 Selwyn Place Phone: 03 548 8349
Richmond: 66 Oxford Street Phone: 03 543 9090
www.pittandmore.co.nz



TIMMILLERPLUMBING

For all your Plumbing,
Drainage and Heating needs
large or small

PH 547 4532

55 BOLT RD, NELSON

www.timmillerplumbing.co.nz

**Able
Gardeners**



- ✓ Weeding
- ✓ Lawn Mowing
- ✓ Planting
- ✓ Hedge Cutting
- ✓ Mulching
- ✓ Greenwaste Removal

Employing people with disabilities,
while making your garden look its best

Personalised, flexible service

Jana Neynens 021 072 8023
able.gardeners@outlook.co.nz



President's Report

Sue Sara
President

Welcome, Welcome, Welcome

To all our new and renewing Motueka and Nelson Tasman members.

Wonderful to see so many joining up and staying connected through the Nelson Association.

Remember, to stay connected to Grey Power Electricity you need to be a financial member. We are looking forward to having some members join our committee from Motueka so they are able to give us feedback on issues happening in their region.

In the meantime, if there is anything you would like us to look into please email me at president@greypowernelson.org.nz

They tell us that spring is here, so that's a reminder the Winter Energy payments will cease on the 1st October. These certainly help during the winter months.

Hopefully, those that were affected by recent floods are starting to see a bit of daylight with a road ahead.

Grey Power Nelson will be at the Motueka Aging Expo on the 4th of October, so we hope to see lots of you there.

I have been absent for a couple of weeks so have a bit of catching up to do.

Huge thanks to my office admin Kim. She manages to keep things ticking along smoothly. Please feel free to call into our office in Putaitai Street, Stoke, to chat, join or renew.

A grant was applied for and received from Pub Charity for a replacement computer not compatible with upgrading to Windows 11. This is gratefully received, and we thank them for helping with this expense. We say goodbye to Valda Hood who has volunteered on the front desk in the office for about 25 years and wish her well.

Regards for now.

Join us before you Need Us



Drew and Esme, from the UN Decade of Ageing collection, Aotearoa NZ National Forum.

We see you: New Zealand's 1m+ family carers in the spotlight

More than a million New Zealanders support a friend or family member who is frail, unwell, or has a long-term health condition or disability.

Caring for family members who rely on this support is a common role, one we may all experience in our lives, but a recent survey completed by 1700 carers shows that 92% feel invisible and undervalued.

That's why national not-for-profit Carers NZ and the Carers Alliance of 60 national NFPs are spotlighting carers and their important unpaid role with We See You on 29 October.

Carers NZ CEO Laurie Hilsen

says the day has the simple goal of appreciating family carers, whose efforts have an annual economic value of \$17.6 billion, and priceless social and family value.

"If we need family help for a short time or a lifetime, having someone do this is an amazing gift. We See You is about ensuring that family carers also feel seen and supported by family, communities, workplaces, and government."

We See You coincides with the international UN Day of Recognition for Care and Support Workers on 29 October. Carers NZ and the Carers Alliance

hope that everyone who cares about carers will sign a petition seeking improved recognition and well being support for them at www.wecare.nz

We See You also offers tips so we can all appreciate the carers in our lives.

"Most of us know at least one family carer. Make them feel appreciated with a text, a call, an email, a hug, or something lovely. Make time to let a carer know you understand that things can be tough – tell them 'We see you' on 29 October and every day."

Valda Hood & Sue Sara



Here for you,
every step



Waimea
Richmond

Marsden
House

Golden Bay
Motueka

HOPE GARDEN
OF REMEMBRANCE

0800 522 444
daysfuneralservices.co.nz

DAY'S FUNERAL SERVICES

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



Geeks on Wheels – online safety, Windows 10

Geeks on Wheels is a mobile computer support and repair service. We come to your home or office to fix troublesome technology and help solve your computer problems. The Geeks on Wheels team arrived in Nelson last year, and you may have spotted our van zipping around solving tech troubles across the Nelson-Tasman region.

Our local technician, Matt Ayers, is excited to speak to Nelson Grey Power members about all things tech at the Grey Power office, 33 Putaitai Street, Stoke, at 10:30am on October 16. He'll be focusing

on online safety and the fast-approaching Windows 10 End of Support.

The online world is rapidly evolving. With advancements in AI and an increasing reliance on digital communication, it's becoming harder than ever to tell real from fake when it comes to messages and ads online. Matt hopes to give you the confidence and skills to better identify online scams, with the aim of keeping you safer in the digital world.

If you're using a Windows 10 or earlier device, you may have ques-

tions about upgrading and what the end of support really means. We'll provide clarity and go through the options available to you, which will hopefully be useful in guiding your decision-making going forward.

We encourage anyone attending to bring their devices and a list of questions, as we'll have plenty of time to answer queries and assist with small tech fixes after the presentation. Whether you have printer problems, a PC that's playing up, or a smartphone that's not being so smart, our local Geek on Wheels, Matt, will have advice to share.



Matt Ayers from Geeks on Wheels

Did you know that Grey Power NZ provides a No Cost Accident Death Benefit to all members, automatically as part of your membership?

Since 2009, all members of Grey Power NZ are covered by a \$2000 Accidental Death & Dismemberment policy. This is provided FREE by AIL of New Zealand Ltd.

AIL enjoys an A Excellent financial rating (AM Best 8/23), is an accredited Living Wage Employer, and has almost 30 years' experience serving community and industry groups in New Zealand.

You don't have to have a Certificate to be covered, but if you do you can designate a next of kin/beneficiary and make sure your family is aware of this coverage. Please visit www.ailnz.co.nz/greypower and add your contact details. One of their Registered Financial Advisors will follow up and issue your personal Certificate.

AIL also offers affordable and comprehensive Life and Health insurance plans – be sure to ask how AIL can assist your family when the Advisors follows up with you. You are under No Obligation.

If you have any questions or queries, please call AIL of New Zealand on tel. 09-973 5254 or email info@ailnz.co.nz.

AIL of New Zealand Ltd



Nelson Grey Power,
33 Putaitai Street, Stoke

Mon-Fri 10am - 3pm • Ph: 03 547 2457
P. O. Box 2190 Stoke 7041
admin@greypowernelson.org.nz • www.greypowernelson.org.nz

Living situations

A recent survey from another zone. Replies from 162 responses we received.

Only 8% of members live in retirement villages, with over 91% living independently. This shows the importance of advocating for services that support older people living in the wider community. Top Priorities for Action when asked what issues matter most, the top five were:

- Lowering power and grocery prices (78%)
- Improved health services for older people (76%)
- Transport and mobility (45%)
- Raising superannuation (45%)
- Elder abuse prevention and protection (35%)
- Other concerns included housing and tenancy, digital What Else Is On Your Mind? Members also raised issues like:
- The stress of driver's licence renewals, especially memory testing
- High rates, healthcare, and retirement village fees
- A lack of home help and support to age in place
- Loneliness, isolation, and poor footpath access
- Frustration with complex systems and feeling ignored by councils and government



HELP US SAVE YOU & FUTURE GENERATIONS

Our Endowment Trust provides a powerful way for our community to help create a reliable and secure revenue stream, ensuring that we can plan for the future with certainty.

The Trust's funds will remain in perpetuity, growing year after year for generations to come. If you would like to make a living gift or a bequest please contact us for a confidential conversation.

03 547 7278 or endowment@helirescue.co.nz



Harcourts
Nelson & Richmond

Talk to us today to discover how we can help you sell your *Home*

Grey Power Discount Available



Nelson
P 03 548 3034

Richmond
P 03 544 4441

Platinum Blue Limited Licensed Agent REAA 2008



SENIOR LAW
NELSON LIMITED

Wills | Estates
Powers of Attorney | House sales
Retirement Villages
Ring for a no obligation discussion

KRISTY RUSHER
SPECIALISING IN SENIOR LAW

03 547 3366 | krusher@seniorlaw.co.nz
Stoke Central Mall, 530 Main Road, Stoke

LIVE STRONGER FOR LONGER

PREVENT FALLS & FRACTURES

More Stable More Able

Have you felt a bit wobbly on your feet?

Concerned about your balance?

Learn about the do's and don'ts, the why and why not's associated with "Falls Prevention"

Learn about Nymbi - A FREE ACC app to keep you on your feet so you can keep doing the things you love!

Contact Angela.Baker@nbph.org.nz or call 021 790415





Members wanting to subscribe to the NZ Grey Power magazine

With postage costs for delivery of Grey Power magazine now untenable, the Federation Board, earlier this year, instigated a small annual home delivery subscription rate of \$10.

This is to ensure subscribed members have the magazine sent to their homes. There are few publications available at just \$2.50 each – the subscription covering four consecutive issues.

There are now other ways in which members can have ongoing access to our quarterly Federation magazine:

Digital – All members can have free access to the digital version of the magazine and will be advised via email when each new issue is available. Sign up is simple via phone call 09 299 2113 or email fedoffice@greypower.co.nz, or via the Federation website www.greypower.co.nz.

Subscribe for Home Delivery at \$10 for four consecutive issues. Simply deposit \$10 into the Federation bank account: 38-9018-0089518-00. When making the transfer put the word magazine in the particulars tab and your member-

ship number in the reference tab. (An option to use a Credit Card will be available shortly through the membership portal on our website).

The September paper copy can be picked up from the Nelson Grey Power office between 10am and 3pm.

If postage is covered, funds are freed up for the Board's advocacy work – meeting with Parliamentarians, addressing the many issues that impact New Zealand seniors, providing support to associations and more.

Be scam savy

Each year, New Zealanders lose millions of dollars to sophisticated scams. While some might think the older generations are more vulnerable, the reality is there is a scam catered for everyone. Yes, even you.

Scams can be broken down into the 'unauthorised', and the 'authorised' scam typologies. Depending where you may fall on the demographic segmentation determines what scams you may be most prone to. Have some spare cash to burn? Watch out for investment scams. Feeling lonely and isolated? Stay alert with online dating & romance scams. Are you not very tech savvy? Be careful of the remote access scams. No one is immune.

Unauthorised scams include cold call, phishing, and remote access. These scenarios will begin with contact out of the blue with an impending 'threat'. Victims are manipulated using isolation and urgency to obtain trust and banking credentials.

Authorised scams include investment, romance, and inheritance or lottery. Similar manipulation tactics can be seen, except trust is gained via false promises, companionship, and community. Once you start making the payments, victims are manipulated into believing the bank is 'corrupt', emphasising the idea you should be able to 'spend your money how you please'. Even when your bank is doing everything in their power to protect you.

How to Spot a Scam

- Unexpected contact: You receive a call, email, or text from someone you don't know.
- Urgency: You feel pressure to act immediately.
- Requests for personal details: You're asked to share private information like bank account numbers.
- Secrecy: They urge you not to tell anyone about the contact.
- Too good to be true: If it seems unbelievable, it probably is.

If you have been scammed, remember you are not alone. There is nothing to be ashamed of, speak to your bank or someone you trust.

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)

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



Stay Strong, Steady and Confident - FREE Falls Prevention Workshop

Did you know that one in three people over the age of 65 will experience a fall each year? While falls are common, the good news is that there are simple and effective ways to reduce the risk and stay confident on your feet.

At Connected Chiropractic, we believe that movement is medicine and that prevention is always better than cure. That's why we're inviting you, your friends, and your family to our Free Falls Prevention Workshop on Thursday 24th October at 10am.

This interactive, practical session will give you:

- Balance and coordination techniques to help you feel steady in daily life.
- Strengthening exercises for key

- muscles and joints that support mobility.
- Simple strategies you can apply right away to reduce your risk of falls.
- Confidence tips to help you move with ease, whether at home, in the garden, or out in the community.
- Insights into chiropractic care, including how reducing nervous system interference through gentle, specific adjustments can improve your body's ability to coordinate movement, maintain balance, and adapt to life's daily stresses.

The workshop is designed for all ages and abilities, but will be especially valuable for anyone who has experienced unsteadiness, wants to stay ac-

tive as they age, or is keen to support a loved one. Everything we cover will be safe, gentle, and easy to adapt to your level of fitness.

Our goal is to empower you with knowledge and tools so you can keep doing the things you love without worry.

When & Where:

Thursday 24th October 2025, 10am at Connected Chiropractic, Nelson (13/643 Rocks Road, Tahuna)

Cost: Free of charge.

Bookings:

Please phone 027 269 8849 or email nelson@connectedchiropracticnz.com to secure your spot. Spaces are limited. Stay strong, steady, and confident - we'd love to see you there!