



President's corner

At the recent Grey Power Federation AGM, it was agreed to change the Grey Power logo. SEE BELOW. This new stylised logo, a symbol of our evolving identity, it's a step towards modernising how people perceive our organisation. We hope this change will raise awareness among more people about the significant work Grey Power does for older people in our community.

The recent cold weather has been particularly challenging for those on superannuation. With the increased costs of everyone's power account, super recipients have expressed appreciation for the government energy payment. The support significantly eases the burden of high electricity bills, especially in these times of rising costs.

This winter has been particularly hard, with many suffering from the effects of influenza and Covid-19, which is still very much present in our community. The same rules apply; if



President Nerrily Frith

you are unwell please stay home.

Some of you may be aware Club Metro has now closed, but we are lucky enough to still retain our current office at Club Metro. We still staff the office each Tuesday and Thursday from 12pm until 2pm and would love to see you and have a chat.

Reminder, CASH ONLY— no EFTPOS available.

We advise our members that the latest Grey Power Federation magazine is available for collection from our office.

The strength of Grey Power is in its membership, so please JOIN TO HELP US IN ADVOCATING THE GOVERNMENT FOR A BETTER SERVICE FOR SENIOR NEW ZEALANDERS

Nerrily Frith President.

Tips for managing morning arthritic pain

Note: The following is not intended as professional medical advice. Always check with your GPA before adopting new ways of managing your arthritis.

Arthritis can be painful at the best of times, but in the early morning, pain and stiffness can be particularly troubling. Those who suffer from osteoarthritis may experience stiffness for just a few minutes; with gentle movement, it begins to ease. However, those who have inflammatory arthritis, often have to contend with pain for an hour or more. Unfortunately, mornings can be one of the most demanding times of the day, which is why, if you suffer from arthritic joint pain and stiffness, the following tips can help you manage the challenge of getting up and getting going.

Warmth

Gentle warmth can help relieve stiffness and pain associated with it. Some people find that a warm shower, first thing after getting out of bed, is enough to relieve pain. Warming your bedroom with a safe heating device for a few minutes before you get up can also provide comfort. Warming of your clothes can sometimes help, too.

Hello morning!

Sunlight can help boost serotonin, the body's natural chemical, which promotes a feeling of well-

being. As soon as you get up, open your curtains to let natural light flood into your bedroom.

All from your bed

Before you retire for the night, place your morning medication beside your bed, along with a glass of water and, if you need to eat before taking medication, a few snacks. By the time you get up, the effects of your medication may already be kicking in. Some people find the best way to relieve pain is to set your alarm for a morning wake-up call, take the medication, then doze off again while they wait for the medication to take affect.

Ready and waiting

Stiffness and pain make it more difficult to move about in the morning. Reduce the number of chores you have to do first thing by setting out your breakfast requirements the night before. If lifting the electric kettle is going to be difficult, heat water in a cup in the microwave. Leave your clothes within easy reach, including any aids you use to help you dress.

Plan your day

If morning is difficult for you, save your meet-ups and gentle exercise for later in the day. That way, you will have more time to achieve chores and reduce pain and stress.

Tools at the rescue

Ask your GP or arthritis association about tools, such as can openers and

special cutlery, which achieve simple morning tasks.

Dates for your calendar

25 September 2025 Special General Meeting:

A Special General Meeting to ratify the new Grey Power Wanganui Constitution, required by law for Incorporated Societies, will be held at St Andrew's Church, Glasgow Street, at 1.30pm. The new constitution can be viewed on our website www.greypowerwanganui.co.nz/Committee page under 'Who We Are'.

Our guest speaker at the Special General Meeting will be Michaela, who is a legal executive working at the Claw Office. Michaela will talk on the relevance of EPOAs and Wills. Following the meeting, refreshments will be provided with a chance for a chat.

For your Diary: 11 December Grey Power Christmas lunch to be held at the St John's Club. Details to come.

Office closure date for the year:

The office will be closed from the 9 December 2025 to 10 February 2026.

Facebook: Don't forget to join our Facebook page for news items, dates of meetings or any changes.

Café Catchup at Columbus Mitre 10 monthly on the SECOND Friday of each month at 2pm.

The Whanganui District Library has some wonderful information and courses which is posted on our Facebook page, so keep checking in.

2025 Federation AGM

The 2025 Federation AGM was held at the Brentwood Hotel in Kilbirnie, Wellington from Tuesday, 17 June until Thursday, 19 June.

Delegates from 42 Associations, including two (2) from the Manawatu, were present to hear presentations made by:

Rt Hon Winston Peters, MP, Deputy Prime Minister; Carolyn Cooper, Aged Care Commissioner, and James Whitaker, CEO, Resonate Health.

David Marshall was re-elected as Vice President unopposed, as there were no other nominations for that position.



Jo Millar was elected as National Secretary, officially, but has held the position in an acting capacity until now.

Fourteen (14) Remits were discussed at length - 8 were approved (3 remits were classed as one, due to their content), 2 were rejected and 1 was withdrawn.

The topic of one remit was the use of proxy vote at the AGM. There was much discussion on this topic and the voting was very close, only being lost by 3 votes. There would be no proxy voting at the 2026 AGM.

Another hotly debated remit was to increase the capitation for to \$10 per person. This remit was defeated, overwhelmingly. A second remit to raise it to \$8.50 was also defeated.

There was a lot of discussion about Board Restructuring, to get the organisation more in line with the 21st century. A report concluded that the Board needed to change its outlook on various issues and use different methods of communication more effectively.

A presentation to hold the 2026 AGM in Invercargill was made. After much discussion, it was decided that the next AGM would still be held in Wellington.

The new logo was unveiled by Winston Peters, MP, at the conclusion of his address on Tuesday morning.



Old logo



New Logo

On Friday, 18 July, Jo Millar, the National Secretary passed away after a short illness. Jo will be greatly missed by family and all her Grey Power friends and colleagues. R.I.P Jo

Advocating for senior well-being

—Aims and objectives

- * To advance, support and protect the welfare and well-being of older people.
- * To affirm and protect the statutory right of every New Zealand resident to a sufficient New Zealand superannuation entitlement.
- * To strive for the provision of quality healthcare to all New Zealand residents, regardless of income and location.
- * To oppose all discriminatory legislation affecting rights, security and dignity.
- * To be non-aligned with any Political Party.
- * To advocate with local and central government over issues affecting members.
- * To promote and establish links with kindred organisations.
- * To promote recognition of the services

provided by the senior citizens of New Zealand.

* To foster public participation in New Zealand's social policy through discussion, research and submissions.

Anyone who agrees with our aims and objectives may join Grey Power Wanganui.

Join now, and give Grey Power a greater voice.

Grey Power Wanganui will not be holding a "Meet the Candidates for Local Body Elections" meeting this year, as there appears to already be a large number of events which our Grey Power members can attend. We encourage all our members to vote as it is our democratic right to choose who we want to represent each of us on our Local Councils.

Grey Power Wanganui Inc

BECOME A MEMBER TODAY!

Please complete this form and return it with your payment IF PAYING BY CASH



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Please tick appropriate box/es above

New & current members can sign up or renew online at

www.greypowerwanganui.co.nz (click the membership tab)

Internet Banking: Bank account number: 38-9006-0435305-02 (Kiwibank).

Important: Be careful to record your surname and initials in the CODE box and your membership number in the REFERENCE box.

Your new membership card will confirm receipt of the subscription.

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