



NOVEMBER EDITION

Grey Power Christmas Lunch



To be held at the St Johns Club, Glasgow Street on the 11th of December 2025 at 12pm. This is a buffet lunch with two courses, and the cost is \$38.00 per head. We need to have confirmed numbers by the 4th of December, so please email greypower@gmail.com with your name, membership number and a contact number. Come and enjoy a time of fellowship. A reminder that we have our monthly café get-together this coming Friday 14 November at Columbus Café, Mitre 10 Mega at 2pm. Look forward to seeing you then.

We have copies of the Grey Power Federation magazine along with 'Where to From Here', available from the office, which remains at the same location, former Club Metro, and same hours, Tuesday and Thursday, 12 pm till 2pm. Please call in for your copy.

Office shutdown

The office will close on the 9th of December and will not reopen until February 2026.

Grey Power Whanganui would like to wish you all a safe and happy Christmas, and enjoy spending time with family and friends, making new memories.

Eye health is important



It is extremely important to protect and maintain eye health to help prevent macular degeneration and cataracts.

Wear sunglasses that block out 99-100% of both UVA and UVB rays. Take screen breaks: Use the 20-20-20 rule. Every 20 minutes, look at something 20 feet away for 20 seconds to reduce eye strain.

Eat a nutritious diet: Consume foods rich in vitamins A, C, and E, Zinc and Omega-3 fatty acids. Include fish, leafy green vegetables and colourful fruits. A good rule of thumb is to eat a rainbow.

Exercise regularly: Physical activity increases blood flow to the body, including the eyes and can help reduce or prevent macular degeneration or cataracts. Get regular eye exams

every two years or more frequently if advised. If you experience any sudden change in vision, don't wait for your next scheduled appointment. Please see your doctor or optometrist immediately.

What is a stroke versus a TIA?

AT ANY SIGN OF STROKE
CALL 111



A stroke is a sudden interruption of blood flow to part of the brain, causing it to stop working and damaging brain cells. A stroke is caused by either a blood clot or a burst blood vessel. Normal blood flow is essential to bring oxygen to brain cells so that they can work properly. If blood flow is not restored quickly, this damage cannot be repaired. Anyone can have a stroke. Although strokes often happen to older people, up to 30% of strokes happen to people younger than 65. Every year, it is estimated that over 9000 strokes and an unknown number of TIAs happen in New Zealand. TIA stands for transient ischaemic attack. A TIA is like a stroke, except

that the signs last for a shorter amount of time, no longer than 24 hours and show no damage on brain imaging. A TIA is very serious, even though the signs do not last if left untreated, up to 18 per cent of people with TIA will have a full-blown stroke within three months, twelve per cent within seven days, and eight per cent within 48 hours. Because of this, it is often called a warning stroke or mini stroke and requires urgent medical attention. Have your blood pressure checked regularly. Normal blood pressure is around 120/80 mark. High blood pressure is when it is consistently over 140/90. Getting your blood pressure taken regularly is the

only way to know if you have high blood pressure. A healthy diet, regular exercise, not smoking, and keeping a healthy weight can help prevent or reduce high blood pressure. Online resources and information can be found at stroke.org.nz/understanding-stroke

What does FAST mean?
F – Face – drop
A – Arms – cannot lift one or both arms
S – Speech – slurred
T – Take Action = call ambulance
A stroke is a medical emergency and has a window of four hours from the time of the stroke until medication is administered.



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New & current members can sign up or renew online at
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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.

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