



focus

Auckland Greypower Association Inc
Member of the NZ Grey Power Federation

The Active Organisation
for 50 Plus Years

Summer 2020 Issue 55
www.aucklandgreypower.org.nz
ISSN 2703-1888

Explore the underwater world

— see page 16

Grey Power electricity
cheap power for members!

***GIVE A FRIEND MEMBERSHIP
FOR CHRISTMAS!*** - see page 13

**\$2000 accidental death
benefit: - you should register now.**

Undersea coral garden. Photo by Leni Riefenstahl.

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Office Hours: Monday to Friday
10 a.m. till 12.30 p.m.

Holiday Hours: Shut from Friday 18th Dec
Reopening Wednesday 13th January 2021.
During Jan & Feb, we will be open Wed to Fri only.

Volunteers are ready to listen and help with resources and contacts. Our Mailing Address:

PO Box 48-157, Blockhouse Bay, Auckland 0644.



LIKE US ON FACEBOOK:

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www.aucklandgreypower.org.nz

Joining us is easy

All memberships are **\$25** single, **\$30** double
see page 13 for details on how to join.

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President's Message

Kia ora/ Greetings Everyone.

A most unusual year. Our major political meetings and our Branch AGM had to be cancelled. But we have achieved a lot.

We have produced three Focus magazines and the fourth is on its way on its due date. We have increased the production run from 1,500 to 6,000 over this last year, and it has been distributed far and wide across Auckland City.

We enjoyed two very successful public events.

The media have contacted me on several occasions and letters have been published.

Our membership has risen to the best it has been for many years. Over 45 new members joined in the last three months alone. The Blockhouse Bay office is receiving numerous phone calls from many members of the public, some even from outside Auckland. We still have things that can be improved though. We now hope to have our AGM in the New Year, and possibly a larger Committee or subcommittees that operate.

My appreciation to all our current Committee Members, Volunteers, and to members for their support and encouragement.

Enjoy a great holiday break.
Nga mihi nui. Best wishes.

Gillian Dance President
Phone 09-626-0895 | Email: akgp2gillian@gmail.com



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Grey Power Aims and Objectives

1. To advance, support and protect the welfare and well-being of older people.
2. To affirm and protect that statutory right of every New Zealand resident, to a sufficient New Zealand Superannuation entitlement.
3. To strive for a provision of a quality Health Care to all New Zealand residents regardless of income and location.
4. To oppose all discriminatory and disadvantageous legislation affecting rights, security and dignity.
5. To be non-aligned with any political party, and to present a strong united lobby to all Parliament and statutory Bodies on matters affecting New Zealanders.
6. To promote and establish links with kindred organisations.
7. To promote recognition of the wide-ranging services provided by senior citizens of New Zealand.
8. To gain recognition as an appropriate voice for all older New Zealanders.

Visual Personality of our Organisation

- Strong and active but not militant
- Friendly and mature
- Acting with dignity and integrity
- Having the wisdom of age
- Adding to quality of life
- A positive organisation to be associated with

Grey Power policies

Superannuation

Grey Power believes New Zealand superannuation to be a state, tax-funded scheme payable at the age of 65 years that allows the retired person an adequate income to live in reasonable comfort and dignity and be able to participate fully in the community. That superannuation be accepted as an entitlement and not means-tested. This income should include a special provision to provide for the needs of the person living alone. A multi-party Superannuation Accord should secure the scheme.

Health

Grey Power believes in a Public Health System that protects and promotes the health of New Zealanders. Grey Power will strive to have a Parliamentary Accord on Health that interprets the declared will of the majority of citizens of New Zealand and not a system that reflects the aspirations of any current government.

Social services

Grey Power believes all persons in New Zealand should have access to and be accurately informed, of all

entitlements, initiatives or changes that affect them. Equal opportunity must exist in all areas of Social Services to ensure a fair and equitable standard of living for all.

Essential services

Grey Power believes energy (electricity, gas, solid and liquid fuels) should be produced, delivered and used in the most effective ways possible and at a cost that is affordable to the domestic consumer. Energy supplies should as far as possible be reliable and secure, and energy prices stable, undistorted and at a level that reflects their strategic importance to New Zealand.

Law and Order

Grey Power seeks a fairer justice system encompassing all people in New Zealand and to strive to make people safe in their homes and on the streets.

50 plus

Grey Power strives to improve the living standards, benefits and equal work opportunities for those aged 50 years to 65 years.

Privatisation

Grey Power strives to ensure that there is no further privatisation of public state assets and to resist any sales of State Owned Enterprises.

Since Grey Power's inception in the mid-1980s, in response to the introduction of taxes discriminating against older New Zealanders, the society has won recognition as "the voice of the over 50's" and has successfully lobbied government and local authorities on issues threatening older people's ability to continue participation in their communities. Grey Power now has New Zealand wide coverage with a huge representation of people retired or approaching their retirement years. The aging of New Zealand's population will see people spending up to a quarter of their lives in retirement. And never before has there been so much insecurity over health, safety within one's home, and the cost of living. It is becoming increasingly evident that people aged over 50 years need a united voice if their circumstances on reaching the age of retirement are not to be jeopardised.

You need Grey Power, and Grey Power needs You!



Future Meetings

Meetings will proceed or be cancelled according to Covid levels. **Mark your diary now!**

FEBRUARY 2021

5 - 9 February: **MASTERS GAMES, WHANGANUI**. Anybody interested in joining a group trip down for this, please contact the office.

SELWYN HEIGHTS VILLAGE, 42 Herd Road Hillsborough. Thursday 11th February. Meet at Reception. 10 am Morning Tea. Social hour and Issues of the Day. View facilities. Stay for hot lunch if you like. c\$12.

MARCH 2021

MONTHLY MEETING, First Thursday, 4th March, Meeting at McDonalds, Greenlane. Morning Tea. Issues of the Day. RSVP to Office phone 626-0895.

APRIL AUCKLAND GREY POWER AGM. Date and venue to be advised in next Focus. Reports, Amendments to Constitution, Election of Officers. Topic: **HEALTH CARE OF SENIORS IN AUCKLAND**. Supper to follow.

HOLD YOUR MAIL....

Senior Citizens can request the Post Office to hold mail deliveries to your home address. There is no charge if you produce a Gold Card. The forms are in all Post Offices. Just ask for one. Or you can complete it on-line. Give them at least five working days notice. Just put in the date you want the mail to stop being delivered and when you want it resumed. It worked well for me. (GD) You may need to make arrangements about junk mail. Either a notice on your box or a friendly person to double check.



Grey Power Federation AGM

Report by Gillian Dance,
Auckland Grey Power President.

Because of Covid-19 outbreaks, the Conference was off and on again several times and the venue changed because some venues were booked out as quarantine accomodation at the last minute. It was finally arranged and held at the Cordis Hotel in Symonds Street, Auckland.

Auckland Grey Power was represented by myself and Nanette Nathoo, both as Delegates. And Heldur Bender as an Observer.

This was my first time attending a Grey Power Conference. I had pre-registered the night before to make it easier to start at 8 a.m. the next day.

Mr Mac Welch chaired the meeting until the election of the new president, and opened the meeting with the National Anthem. Then he read out a roll call and checked the person who answered to their name. I found it unusual to start the meeting this way. I do not know if that is what is done at other conferences. I have never met it before.

I am not sure who was actually there or what Branches. I need to ask Federation for a list. So I am not sure how many delegates were there but it was a good number. Some delegates had proxy votes for absentee Branches. But 96 Votes were cast on each remit.

I am not used to limiting the speakers to remits to only two people for each side. Usually I have seen greater flexibility in allowing more people to participate in the debates.

You might say I questioned the Standing Orders that the Chairman had imposed. I am not sure we agreed to it — if we were ever asked. Maybe I need to become more familiar with what happens these days.

I soon realised that if one wanted to speak for or against an issue, one got off one's chair fast and raced to the microphone. I think I made some good contributions.

I met a lot of the delegates and spoke to the Presidential candidates. I also had a very constructive discussion with the Editor of the Federation Grey Power magazine. It was a useful one and a half days spent mixing and meeting with

other Grey Power Committee members.

Remits passed

9 remits were discussed. Those remits passed: firstly, two administrative remits concerning office holders needing to be paid-up members of a Grey Power Association, and procedures for nominations, were both passed.

REMIT 6 – COVENANTS ON PENSIONER HOUSING.

That Grey Power NZ Federation lobby Government and Local Government NZ to ensure that any pensioner housing properties that Territorial Local Authorities sell in the future have a covenant registered on the title during the sale process to restrict occupiers to those over 55 years of age and that other steps be investigated also to address the alienation of pensioner housing for the housing primarily of pensioners. **(Passed)**

REMIT 8 – MEMBER AGE PROFILES

That Grey Power Federation begin a statistical

GREY POWER ELECTS NEW PRESIDENT

The New Zealand Grey Power Federation, the country's seniors' advocacy group with 50,000 members, has elected a new president – Jan Pentecost, who's been the Federation board's secretary for ten years and is the first woman to occupy this position since the Federation started 34 years ago.

Awarded a QSM in 2018 for her voluntary work with seniors, Jan sees her role as leading the Federation in their fight for issues which affect many older people.

“Across the country we have many older people with inadequate income, poor housing, unacceptable health and home service care, loneliness and elder abuse,” Jan said. As the chair of the Federation's Advocacy committee, Jan believes the fact that all the main political parties have finally agreed to support the appointment of a Seniors' Commissioner comes from years of lobbying by the Federation.

“We have an ageing population, many of whom are living solely

study of the age profile of Members, including gathering all suitably anonymised available data on Members' ages and the age at which they joined from Association and Federation records, to be used to determine if that data is sufficiently robust to draw general conclusions about the entire Federation membership, with the purpose of using such age profile data to aid membership growth, advocacy, communication and advertising by Associations and Federation alike. **(Passed)**



on their pension. They cannot afford private medical care; they don't own their own homes so aren't able to move into a retirement village and can't pay sky-high market rent for their accommodation.

“We have also seen cuts in home health care for elderly people still living independently.”

Jan said the Federation will go back to the new government to see election promises for a Seniors' Commissioner are put into action.

“We need someone with a similar role to the Children's Commissioner and the Race Relations Commissioner to advocate effectively for older people. With our seniors' population expected to make up 25 per cent of the population by

2051, and with projections showing there will be at least 60 per cent more elderly than children then, we need an effective voice across all our issues.”

In her new role, Jan is keen to put the Federation back in the public eye.

“We want our work to complement the wonderful effort made in all local Grey Power Associations. Clear communication at all levels will be my goal,” she said.



Jan Pentecost
new Federation President

MAILBOX

Baby Boomer Bulge?

With abolition of the surtax on NZ Super and a generous rate of universal NZ Super entitlement from age 65 having been achieved – and the NZSF (New Zealand Super Fund) keeping it sustainable at least for our BBB (Baby Boomer Bulge) until 2060 – Grey Power seems to have run low on steam since the peak membership of about 10 years ago.

The recent upsurge in membership seems to be motivated primarily for joining the Grey Power Electricity scheme, which is fine for both those that join and Grey Power – but what about keeping it all sustainable for our increasing proportion (in relation to working age people) of our longer living descendants after the BBB?

The unspeculative, clear answer to that is through unceasing, preferably increasing contributions into our NZSF as a permanent institution, for investment wealth creation in financing or ownership of tangible assets, but never for financing wealth-consuming consumption, which should come directly out of income.

Hopefully, these strong statements will encourage questions and substantiated disagreements or approvals – or even alternative visions – which should not be seen as "Grey Power disunited or in trouble" but as "Grey Power constructively busy in search of ways for poverty prevention not only among retirees, but the whole country".

Jens Meder, Point Chevalier.

Masks

I never thought I'd see the day that banks would welcome me into their bank when I was wearing a mask.

Name with-held by request.

Hospital Parking problem

Auckland Hospital has some of the steepest rates for parking, and also doesn't have enough

carparks, meaning it can be hard to find a parking space during week days particularly. I wondered if this was an issue of concern for members of Auckland Grey Power?

Nick Jones, Auckland.

Could people with thoughts on this phone the office, 626-0895, or write to us, at P.O. Box 48-157, Blockhouse Bay 0644. You can claim a special free pass for parking from the Ward Co-ordinator. – Editor.

Look after our environment

The Whau Catchment Trust invites adults and children, and families, to help us over the summer months. We do water stream testing for its quality, pest management, diversity audits, and cleaning up streams. If you would like to get involved ring me on 021-627-864 or email me, justine@whauriver.org.nz

Justine, Auckland.

Flatmates

Hello, I'm in my 60s and don't own my own home. So I want to keep rent low by finding flatmates who would be good at sharing a home with me and others. I'd like people of my own age who are active and sociable. Do you have any ideas on how to advertise this?

Kind regards, Michelle.

Great idea, Michelle! We could print letters requesting flatmates in Focus, but we only appear 4 times a year, so you would end up getting phoned replies for months after you have filled your spare room! May be better if the Office can keep a list, and give details to interested folk. Contact us if you want to go on such a list, either as a tenant or a landlord. And remember to tell us when to cancel your listing so we don't keep giving your details out after you are satisfied. – Editor.

Like to go to the Masters' Games?

Auckland Grey Power would like to alert the more athletic of us that the New Zealand Masters' Games are taking place in Whanganui from 5th to 9th February 2021. It would be great if we could enter a Grey Power Team perhaps – or wear our Grey Power tee-shirts around the place.

The opening event is on Friday 5th February. Activities include bowls, swimming, etc etc. Visit their website: www.nzmng.com

You compete in age bands of 5 years, e.g. 60 – 65, 75–80, 90 – 95 etc. You can enter as many events as you like. The entry fee is only \$10 per event.

If anyone would like to go, I am interested in arranging travel and a motel. So please ring me in the office on 09-626-0895. Start training now!

Gillian Dance, Mount Albert.

Adverse drug reactions

From 2nd till 6th November 2020, medicine regulators around the globe joined forces in a campaign raising awareness of adverse drug reactions. The theme for 2020 was "Your Report Matters", said Jo Millar, Chair of Grey Power's Health National Advisory Group.

This campaign was to make people including healthcare professionals aware of side effects which can occur with medication. This quite often happens when a subsidised medicine is changed to another brand.

Whilst the object of the campaign was to remind healthcare professionals of the need to check the possibility of an adverse reaction to a medicine it is also equally important for patients to be aware of any changes to their health when a different medication is prescribed.

If you or any members are aware of any changes to their daily health when they have received a change of medication, please encourage them to speak to their pharmacist, GP or Nurse at their medical centre. And let Grey Power know! Write to us with details to P.O. Box 48-157, Auckland 0644, or ring the Office on 626-0895.



GARDENING CORNER

GARDENING CAN BE DANGEROUS

Safe handling of potting mix and compost is needed. Legionnaires disease, if caught, can be deadly. It is a type of pneumonia caused by bacteria that commonly live in potting mix, compost and soil. It can be breathed in via dust.

People over age 60 or those who are current or former smokers or those with pre existing conditions, are more at risk from death from this disease. Flu-like symptoms can appear two to ten days after exposure.

Symptoms present may be a cough, shortness of breath, fever, muscle pain, stomach aches, headache, diarrhea or nausea and vomiting. If you experience any of these symptoms it is recommended you contact your medical advisor and tell them of your recent gardening activities. Early treatment is usually effective but serious illness can require hospital care.

Care is needed when using potting mix. It is sensible to wear a well-fitting mask and wear gloves. Open bags carefully with scissors, and reduce dust by damping down the potting mix or compost.

Work in a well-ventilated area outside. And wash your hands before you remove your mask.

The disease can also be caught from infected water droplets from air conditioning systems.

Enjoy your gardening but keep safe!



SUPPORT OUR ADVERTISERS!

Please support our advertisers who make it possible for us to bring this magazine to you. Tell them you saw their ad in the Grey Power Focus.

Scam alert!

by Gillian Dance.

There are SCAMS GALORE going on. Always get your receipts, and check them!

I bought something today. I handed over a \$20 note. The till rang up \$4.50 change. I queried it. What I bought was \$10.50. The female teller gave me my change and muttered something about ringing up \$12.50.

She never offered me my receipt. It was screwed up. I left the store and had a quick think. I decided that I may have just been attempted to be scammed.

So I returned. I asked for my receipt for my purchase. She printed out a new one from the till. The old one had disappeared.

I have Grey hair. But I am not dumb. I had the feeling that I had just escaped from being "milked". This teller had overcharged me \$5. I doubt that her employer even knew what she was doing.

A similar thing but different happened at a supermarket not so long ago. I had delivered Focus magazines to the Onehunga library. The cost at the checkout differed by about \$2 from the price on the item. I queried it and got the item as marked on the price tag after some persistent arguing from me.

I have just read that this supermarket has been fined **\$25,000** in the Auckland Court for its persistent overcharging of goods. Despite being warned several times over a number of months. So it pays to check your receipts.

Report anything like this to Grey Power and we will follow it up. If is happening to me, the President of Grey Power, it can be happening to us all.

ROMANTIC SCAMS

I have just been told of someone being relieved of nearly \$3 million of cash assets by someone whom he thought was going to marry him. He had been persuaded to transfer cash. I am not sure how this was done but they may have used fictitious accounts.

The police said it was a civil matter. A family member who was a lawyer took it to the High Court so I am told, but I have yet to see the ruling or the Court documents.

There are so many issues that Grey Power members need to be alert to. Our call for an Independent Seniors Commissioner is a timely one.

If anyone has similar problems, let Grey Power know. It will be confidential.

RECIPE CORNER

NO-COOKING CHRISTMAS TREATS:
Chocolate Crackles.



Ingredients

- A packet of rice bubbles.
- A block of white chocolate.
- Cherries.
- Icing sugar.
- Baking paper or Patty-Pans.

Method

- Melt the chocolate and let cool.
- Add a little icing sugar to taste.
- Stir in rice bubbles until coated.
- Spoon out into paper cup cases.
- Put half a cherry on top of each.
- Leave to set in a cold place.
- Store in freezer or air-tight container in fridge.
- Rice bubbles will soften if kept too long.

Dark chocolate can also be used instead, as in the photo. Dust with icing sugar.

Disclaimer: Opinions expressed in this magazine are those of the contributors. All information is believed to be reliable. Auckland Greypower does not accept any liability for its contents.

Selwyn Village meeting

The meeting at Selwyn Village, Point Chevalier, was very successful. About 25 people attended. Some members that live in the village met each other and others joined in also who wanted to learn more about Grey Power. Other members from outside the village as well as several of our current Committee also attended.

The Chairman of the Selwyn Residents Committee attended and a welcome morning tea was provided by the Village Liaison Co-ordinator. We each introduced ourselves and spoke about why we joined Grey Power or our concern or interests about age-related issues.

One member renewed his membership and four other people have joined since then. We are arranging Meet the Residents in other Retirement Homes.

COMPUTER CORNER

Do you have trouble reading the words on your screen?

Go to your settings button. It looks like a cog wheel. Touch on Display.

When this feature is open, this will let you increase the size of the text you see on your screen.

Just use your finger to slide the bar to the right to increase to the size you want.

Smaller print size will allow more text to be seen on the screen at one time. So if you have excellent vision this may be best.

But larger print may make it easier to read your messages or phone numbers.



Retire with financial freedom with a Heartland Reverse Mortgage



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REVERSE MORTGAGES

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A Heartland Reverse Mortgage is similar to a normal home loan that has been designed for the needs of people aged 60 and over.

Heartland Reverse Mortgages have helped over 17,000 New Zealanders live a more comfortable and enjoyable retirement. A Reverse Mortgage can be used for a number of purposes including home improvements, assisting family, medical and healthcare, repaying debt, day to day living expenses or unexpected costs. A Heartland Reverse Mortgage offers considerable flexibility and protection, including:

- Maintain ownership of your home.
- Flexible finances.
- No regular payments required.
- Designed to provide you peace of mind.

For more information visit heartland.co.nz or call one of our Reverse Mortgage specialists on 0800 488 740.

QUIZ

1. Which flower's name comes from the Ancient Greek word for star?
2. The Avenue of the Baobabs is a group of famous trees in which country?
3. Which flower inspired the William Wordsworth poem I wandered lonely as a cloud?
4. Which flower is sometimes called the sword lily?
5. What spice comes from the Cinnanomum tree?
6. The nuts of which trees are sometimes called conkers?
7. Can you name the only country named after a tree?
8. What is a common name for Manuka?
9. What type of tree is Tane Mahuta?
10. What disease is threatening the Pohutukawa tree?

(Answers: See page 12)



William Wordsworth,
poet
(1770 – 1850)

New Services from Funeral Home

Just Funerals have recently finished renovations at their Penrose Funeral Home to enable families to hold small, intimate services in their chapel with year-round comfort of Air Conditioning for the warmer months and heating in the winter.

They have upgraded the IT systems to allow music and videos to be played at the service and configured the arrangement room with a system that will soon be able to have 'overflow' seating and allow people to view the service through a camera.

A new reception area has been created with full wheel chair and ramp access and the carpark has been re-configured to allow for up to 7 car parks for family and friends and a hearse. There is extra parking around the back.

For small groups this is an ideal location as they are central to both the Southern and South Western motorways.



Please feel welcome to call in for a chat or call ahead to make an appointment.

editorial supplied by Just Funerals

Helplines

POLICE contact numbers:

IF ITS HAPPENING NOW, call 111

IF IT'S ALREADY HAPPENED, use 105

COVID 19 NEED HELP?

Contact **COVID EMERGENCY MANAGEMENT**.

In Auckland, ring **0800 22 22 96** for any problems related to Lockdown, Food, etc.

CITIZENS' ADVICE BUREAU

are operating remotely.

Phone **0800 367 222**.

OFFICE FOR SENIORS Concerns, help on elder-abuse, call them on **0800-32-668-65**.

HUMAN RIGHTS COMMISSION

Complaints, Concerns, Suggestions
Phone **0800-496-877**.

For tradesmen & maintenance issues,
Age Concern: **820-0184**.

Gold Card discounts: 0800 254 565



PHONE
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Auckland's Affordable Funeral Home Proudly Family Owned and Operated

Private Service with Cremation

Transfers within Auckland | Temporary Preparation | Eco Coffin Option (*upgrades available*) |
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Cremation (*Just Funerals Preferred Crematorium*) | 1 Death Certificate

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(*including hearse transfer*) Other Chapels or Venues available** | Celebrant or Minister Donation |
30 Colour Service Sheets | Music of your Choice | Cremation (*Just Funerals Preferred Crematorium*) |
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Flat Lid Casket | Dressing at Funeral Home | Transfer Home 1 Death Certificate |
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now \$2125**

** There can be extra costs depending on unique circumstances.

Please call for an appointment to visit with
us at 14 Bassant Avenue, Penrose, Auckland



BANK CLOSURES

Grey Power is disappointed to learn of more bank closures.

Many older people are being left without essential services because of cost cutting and the march of modern technology. It is now expected that most banking transactions can occur via the internet or telephone.

Jan Pentecost, President of the Grey Power Federation, said “We have lobbied relevant agencies since 2016 to ensure, to the best of our ability, that older people are not disadvantaged by bank closures and the transfer of banking business to digital technology because numerous older people do not or cannot use the internet.

Some live in rural areas with only intermittent or no internet coverage, hearing and sight difficulties mean that telephone discussions with banking staff is challenging, access to banking facilities far removed from their home is difficult because many can no longer drive, and all this requires the growing dependence of the elderly to allow others to manage their finances, potentially leading to elder abuse.

Grey Power is watching the capacity of the banking hub trial with great interest. Let’s hope it will alleviate our concerns. After all, older people matter too.”



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They never get returned.
The only ones I have in my library are ones I have borrowed.

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The SuperGold app makes it fast and easy for you to find special offers and discounts when you are out and about. You might be surprised at all the ways you can save using your SuperGold card.

You can download the SuperGold app on to a smartphone or tablet. Downloading the SuperGold app is easy.

- 1. Tap on the A icon or open the App Store (if you have an ipad or iphone) or **Google Play** if you have any other brand.
- 2. In the Search bar, type **SuperGoldNZ**.
- 3. Tap on the **SuperGoldNZ** logo.
- 4. Tap the **get** button.

Once downloaded, the icon will appear on your home screen. You may need to swipe across to find the icon on another screen.

For tips on how to use the SuperGold app, go to www.supergold.govt.nz and **like** the SuperGoldNZ page on Facebook.

When supporting the advertisers within this magazine **PLEASE LET THEM KNOW.**

Their continuation enables our magazine to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

| QUIZ ANSWERS | |
|--------------|---------------------|
| 1 Aster | 6 Horse chestnut |
| 2 Madagascar | 7 Brazil |
| 3 Daffodil | 8 Ti-tree |
| 4 Gladioli | 9 Kauri |
| 5 Cinnamon | 10 Myrtle leaf rust |

Join Us Before You Need Us

Membership Application Form 2021

Auckland Greypower Association Inc



Applying to Join ☐ or Renewing membership ☐ and paying annual subscription of
Single \$25 ☐ or Couple \$30 ☐ plus (if any) Donation \$ _____ Total: \$ _____

First Name *Dr/Mr/Mrs/Miss/Ms* _____ Last Name _____

Partner's Name *Dr/Mr/Mrs/Miss/Ms* _____

Street Address _____

Suburb _____ Postcode _____

Phone(s) _____

Email _____ @ _____

Year of Birth _____ Partner's Year of Birth _____

I can volunteer to help Grey Power:
twice weekly ☐, weekly ☐, monthly ☐, occasionally ☐, sorry unable to help ☐. Please tick one.

Send me extra copies of Focus & Greypower brochures to distribute: Yes ☐ No ☐

Privacy Act. All information remains confidential & is not supplied to any other party.

Issue 55 2020 Summer

Payment Options:

- 1. Internet Banking transfer into either of our Auckland Greypower Association’s accounts:
Kiwibank **38-9012-0058673-000** or
TSB **15-3968-0008956-000**
Use your surname in Particulars and phone number in Reference fields for identification.
- 2. Set up direct debit to one of our bank accounts payable before 31st March annually. Details as in option one above.
- 3. Pay at any TSB or Kiwibank branch convenient to you. Details as in option one above.
- 4. Mail cheque (no Cash) to Auckland Greypower, PO Box 48 157, Blockhouse Bay, Auckland 0644.
- 5. Pay in person at the office, 557 Blockhouse Bay Road, Auckland (for hours see page 2).

Mail this application with the payment, or simply email the form’s information to us:
membership@aucklandgreypower.org.nz

Benefits of Membership

- 1. Having a voice and influence to protect seniors rights and interests, welfare and wellbeing. Advocacy and input into policies and decisions at Parliament, Local govt, Auckland Council & Local Boards/ Watercare/DHB’s/ Auckland Transport, etc
- 2. Regular publications, our newsletter and the Federation’s magazine.
- 3. Accident Insurance – \$2,000 free for our members in the event of death by accident. To register contact ALL: www.aillnz.co.nz/request/
- 4. Save with Greypower Electricity on power and phone. Call 0800-473 976, www.greypowerelectricity.co.nz
- 5. Savings on own and on partner’s Medical Insurance – go to www.vestacover.co.nz for more details.



Have your input! Have your say!

Auckland Greypower would like to identify the skills and resources that our members could perhaps share with our Association in various ways.

Would you like to let us know what skills and interests you have and might be able to contribute if Greypower needs help with any of your talents?

A: Skills, talents and experience you could offer: *(Tick those applicable)*

e.g. trades & crafts ☐, *teaching* ☐, *nursing* ☐, *catering* ☐, *office management* ☐, *publishing & printing* ☐, *lawyer* ☐, *consultant* ☐, *IT & website management* ☐, *Facebook* ☐, *Photography* ☐, *Videoing* ☐, *Podcasting* ☐, *etc.*

Other:.....

B: Can you provide help at our AGM and/or Public Meetings? *(Tick those applicable)*

e.g. registration and greetings desk ☐, *provide scones* ☐, *pikelets* ☐, *sandwiches* ☐, *savouries* ☐, *cakes or biscuits* ☐, *Vegan* ☐, *etc. Offer transport for members needing assistance to attend meetings* ☐.

Details:.....

C: Could you help on: Committee or Interest Group ☐, Secretarial skills ☐, Treasury ☐, Membership ☐, Arranging Public Speakers ☐, Public Meetings ☐, Editorial ☐, Arranging discounts for members ☐, Publicity & press releases ☐, Advertising our events ☐, Telephoning older members (Friendly Caller) ☐ ?

(Tick those applicable)

Could you help in running Raffles ☐, **Trading Table** ☐, **or similar activities?**

Details:.....

D: I am available regularly ☐, **once a week** ☐, **once a month** ☐, **or casually** ☐ **(once in a while)?**

.....

E: What are the current main issues you have interest and/or concerns about?

e.g. health, dental, local body, private motor & public transport, crime, etc.

.....

F: Do you have any suggestions on how Grey Power can become more effective?

.....

My name and phone number and/or email:

.....

Many thanks and with our appreciation – your Greypower volunteers!

Please post this form back to: **Auckland Grey Power, P.O. Box 48-157, Blockhouse Bay 0644.**

Please comment on the Disability Review.

The Grey Power NZ Federation Health Advisory Group (NAG) invites members to provide comments on three of the 2020 Health & Disability review recommendations, says Jo Millar, Chair of the Health Advisory Group.

It is the Health NAG’s intention to prepare a case to talk to decision-makers in Wellington on the following recommendations from the review.

We are keen to hear your thoughts on the three recommendations provided below. Please let us know what your views are so we can represent you on these issues.

What do you think about:

1. A new crown entity (provisionally called Health NZ) to be established to:
Ensure consistent operational policy and lead the delivery of health and disability services across the country. All DHBs would be required to operate cohesively subject to Health NZ leadership

Be accountable to the Minister for the overall financial balance of the system

Ensure continuous clinical and financial improvement and address unwarranted variation in performance

Take on common services roles for the system, for example, strategic employment relations

Develop and support new commissioning frameworks, ensuring that it partners with the Māori Health Authority to include specific provisions for commissioning Māori health services

· Health NZ should be governed by a board of 8 members and a Chair, with 50:50 Crown–Māori representation, with board membership drawn from DHB board members in each of the regions.
2. District health boards:
DHBs should be refocused and fully accountable for achieving equitable health outcomes for their population and should also be accountable for contributing to the

efficiency and effectiveness of the nationwide health and disability system.

· In particular DHBs should assume full accountability for ensuring Tier 1 services are planned and delivered appropriately for their communities. NB: Tier 1 is the overall arch for all health services. The significance of the review is that it requires Tier 1 money to be ringfenced so it cannot be diverted to other services which is something Grey Power has advocated for a number of years. It also requires DHBs to be accountable for ensuring appropriate services are available in all localities and for the achievement of health outcomes.

· The number of DHBs should reduce to between 8 and 12 DHBs within five years of Health NZ being established.

· The provision to elect board members should be repealed and boards should comprise eight appointed members and a Chair, appointed against a transparent framework to ensure board members’ experience covers an appropriate range of governance and health sector competencies, and reflects the Tiriti partnership.

3. A charter for the system:
The Review recommends that:

· legislation requires a health and disability system charter be developed setting out shared values and guiding the culture, behaviours and attitudes expected of all parts of the system

· all providers funded with public money should be expected to abide by the charter, and other provisions of the commissioning framework.

Thank you for your consideration and it would be appreciated if your replies could be sent to me at donjomillar@gmail.com as soon as convenient.

DO YOU NEED A TRADESMAN?

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It only costs \$20 a year to join them

The fascination of undersea exploring

by Bruce Henderson. bh@graphic-designer.com

When I was young, I enjoyed reading science-fiction stories of Earthlings aboard space ships visiting strange and unusual planets, and admiring (or combatting) the various life-forms there. Meanwhile, they carefully wore space suits, to ensure they continued to breathe our oxygen-rich atmosphere.

Now that I'm a scuba-diver, I realise that such scenarios are unlikely, mainly due to the need to take our atmosphere with us. Scuba (abbreviation of **self-contained underwater breathing apparatus**) divers carry a tank of compressed air on their back, but this tank is usually only good for about half an hour below the surface, before you need to re-surface and get more air. So it's unlikely we could do days or weeks in space suits on a hostile planet. Where would you re-fill your air?

But no worries: we can indeed explore and delight in an alien environment: the undersea world! Below the surface lies a magical realm, filled with vibrant colours and fascinating life forms. Rather more amazing than anything you might see on a distant planet. And all the fish you see just treat you as "just another fish" and ignore you, just as we regard "just another pedestrian" when out walking in the city.

I first got into scuba diving when I was aged 50, and saw an incredible movie: "*The Wonderful, Horrible Life of Leni Riefenstahl*" which deals with the life and career of a German film director who has made a number of pioneering films. One of her most famous is "Olympia" (1938), an artistic view of the Berlin Olympic Games held in 1936. In *Wonderful Horrible Life*, she is interviewed by a younger film maker, and asked about her technique, and after she explains, the scenes showing what has just been discussed are shown. The whole movie is like a training course on film-making!

Leni revealed that at age 71, she enrolled in a diving class, and learned scuba. She was fascinated by what she saw below the surface, so got an underwater movie camera and spotlights and began filming. For the next thirty years, she travelled the globe, visiting many great dive sites, and working on an epic movie. This was **finally released** in 2002, on her hundredth birthday, titled "*Underwater Impressions*."

Wonderful Horrible Life inspired me to enrol in a scuba course too, and I have not been disappointed. New Zealand has some of the clearest sea water anywhere!

Jacques Cousteau, who invented scuba during World War II, said that the Poor Knights Islands marine reserve (off Whangarei) is among the top ten best dive spots on the planet.

Elderly folk really enjoy the underwater life. Gravity is no longer a problem, as you float with neutral buoyancy. Divers wear a neoprene wetsuit, 7 mm thick, as well as gloves and booties, a mask, snorkel, goggles (which you can have fitted with your optical prescription lens), fins (or "flippers"), and a weight belt, and when you jump into the water on a cold day, a tiny amount of water only about one molecule thick will sneak in to your wetsuit through the openings round your neck, wrists, and ankles, and in 3 seconds, it warms up to your body heat. So though it may be the middle of winter and icy in the sea, you feel as though you are in a warm bath at home, with no discomfort! Many seniors who suffer from back pain or walking difficulties find that the absence of gravity underwater means they are in a stress-free and enjoyable environment.

Diving is totally safe these days. In earlier times, folk would sometimes get "the bends", but today, we know how to avoid this. Most divers carry an underwater dive computer. No, it's not to check your emails, but to indicate temperature, depth, and show your "dive profile", which is vital for safety. It also includes a compass, so you know what direction you are heading underwater. If you decide to be a diver, it is best to enrol in a training course (details at most dive shops). When you have completed your training, you get a PADI certification (from the Professional Assn of Dive Instructors), and this is like an international driver licence. It shows that you are trained and competent, and you can use this to hire gear anywhere in the planet, so no need to lug all your gear with you. You should never dive alone. Always have a buddy with you, then if one of you has any difficulty, the other can help.

Contrary to most folks' expectations, you don't need to dive deep. All the best marine life and sea vegetables live and grow very close to the surface, within the first 3 meters. And when you are near the surface, you use less air, so your tank will last you longer.

For more information, join a dive club, such as one at Westhaven: www.divehqauckland.co.nz Once you have your PADI certificate, you can join dive trips by boat to interesting dive sites, meet other divers socially, and enjoy undersea exploration. Good luck on your diving! The underwater world will have you totally fascinated.

