

# ROTORUA GREY POWER

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WINTER ISSUE 2021

Evening Glow,  
Hinemoa Street

*Cover photo by: Wieland Hartwig*

**AGM notice** PAGE 2

**Free Gift Certificate** PAGE 4

**May 3 Forum Report** PAGE 12

**Covid Vaccination** PAGE 11

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11am to 2pm Tuesday to Thursday inclusive.

**Committee Members 2020/22:**

**PRESIDENT:**

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Wieland Hartwig

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**TREASURER:**

David McPherson

**OUTINGS COORDINATOR:**

Wieland Hartwig

**OFFICE ROSTER COORDINATOR:**

Felix Hohener

**WEB MASTER:** Keith Garratt

**COMMITTEE:**

Martin Christensen / Keith Garratt / Mark Gould /

Gerald Hanson / Leo Pol / Miriam Ruberl

If there are issues you would like Grey Power Rotorua to take up on your behalf, let your Committee know by phone or contact us via our website [www.greypowerrotorua.org.nz](http://www.greypowerrotorua.org.nz) or email [greypower.rotorua@gmail.com](mailto:greypower.rotorua@gmail.com)

**REMEMBER Grey Power Rotorua when you change your contact details**

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**DISCLAIMER:** Opinions expressed in this magazine are those of the contributors. All information is given in good faith and believed to be reliable. Nevertheless, Grey Power Rotorua Inc accepts no liability for its contents.

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Please refer to our website for disclaimer.

## To come to your AGM

at Linton Park Community Hall.  
On Saturday 29 May From 1pm to 3pm  
Refreshments after.  
**Our Guest Speaker is**  
Robyn Skipwith  
from The Rotorua Library Outreach Group.

Members please bring a friend.

Please download a Nomination Form from our Grey Power Rotorua website or pick one up from our office.

We have plenty of roles in our group available. President, Vice-President and 10 or more Committee Members.  
So don't hold back any longer become an active part of Rotorua Grey Power.

Please check out the updated 2021 calendar to see the other interesting outings and forums that we have planned so far.  
-Ed

### Clarification on articles 5 & 6 Grey Power Achievements GPR Autumn magazine

We at Grey Power Rotorua are not experts in this area and would advise that you seek any in-depth information from the NZTA website : Relicensing.

The article of Grey Power Achievements was published by our National Federation so any questions regarding the article should be addressed to them.



### From the mind of the Ed.

Featuring in this issue is: Controversy, Challenges, Clarifications and more.

Do you really think that more than one National Health Authority will work for all New Zealanders of all ages? After all we are One Country, One People and should be One Voice. Having all these different Authorities is not necessary for a Country of our size and population as we cannot afford it. Our National Debt is too high now with the continuing Covid issues. So very soon some of us will feel the effect of this debt and guess what, it will probably be our Senior Citizens. Superannuation will slip further behind, Power Charges will sky-rocket, fuel prices will get really out of hand, food prices will continue to rise because produce exporters think that we should pick up the tab for the current decline in exports. House prices and rental accommodation continue to rise because there is not enough Government control. What do you think? Or are you just along for the ride?

Our AGM this year is on a Saturday so that more members can attend. And we do need you there. We have a MAJOR election of positions available and need YOUR support to fill them. It is not a full time volunteer role. It is your time that you can give to GPR when you want to give it. Having a good amount of folks in "office" will help make us run smoothly and continue to work for you in the community. You must be a current GPR member to nominate, vote or hold an "office". So take up the Challenge and pick up a Nomination Form.

I have had people speak to me as if I am now President of Grey Power Rotorua. This is very INCORRECT. At present both Wieland Hartwig and myself are "keeping things running" until the AGM. Wieland is retiring from GPR duties at the AGM. I am only "the self-appointed Deputy VP" and interim Chairman of our committee until the AGM. I will continue an active role on the committee and be Editor of our magazine, but will not be standing for either President or VP roles.

So you can see now, why your nominations are extremely important to our future role in the Rotorua Community.

But wait there is more. Grey Power Federation have advised that any outstanding membership renewals by June will lose their Grey Power Electricity benefits.

Enjoy your read of our amazing local GP magazine.

Gerald Hanson | ANZIM  
\*copyright Monty Python Productions

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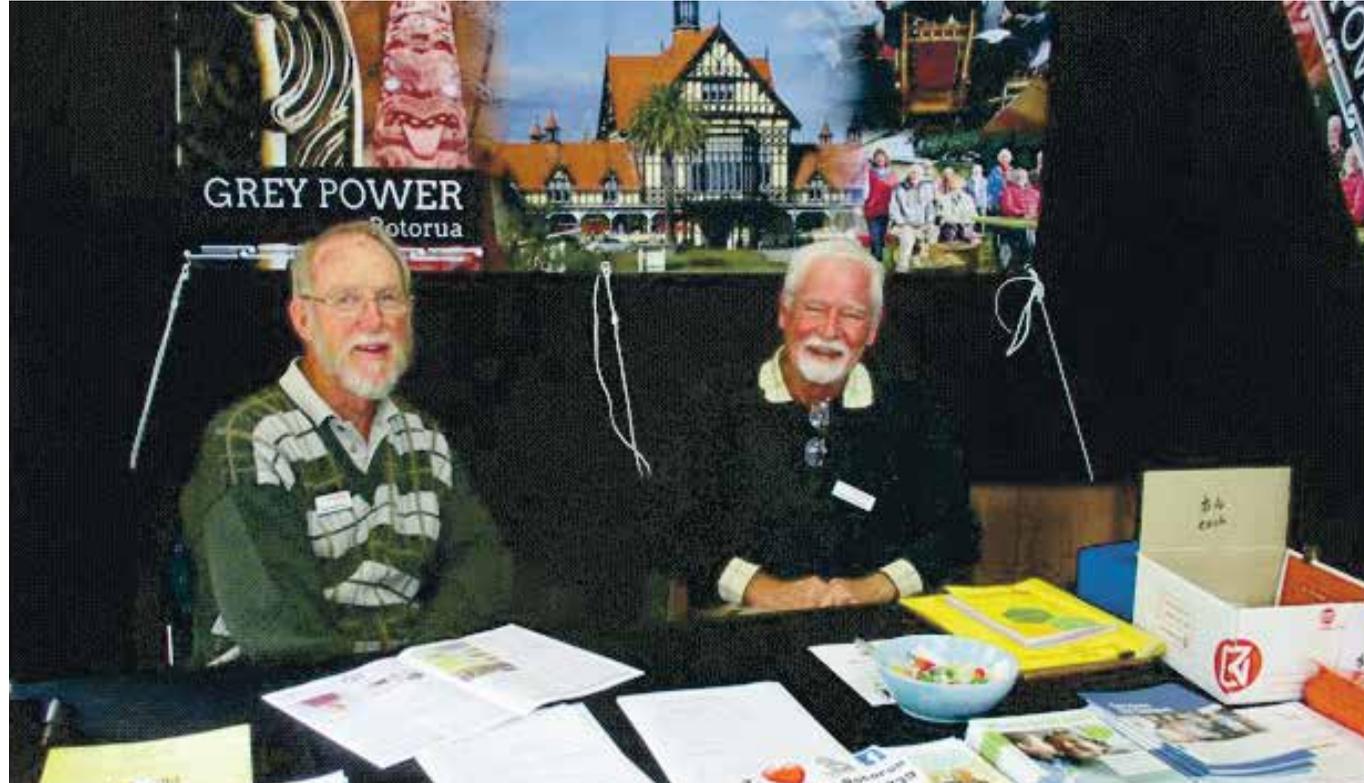
**Kindness is Free;  
Lets pass it on.**

# "Positive Ageing" Expo

On March 20th Greypower Rotorua attended the "Positive Ageing" expo at Parksyde. We and about 20 other organisations had a successful and enjoyable day, informing visitors about Grey Power and registering some membership renewals. Others

decided to join the association as new members. Others again just stopped by for a chat.

On the photo we have David McPherson on the right and Wieland Hartwig on the left.



**FREE TO MEMBERS**  
**Send Your Name, Membership and Email Address to our Office Email.**  
**Save it, Frame it, Talk about it.**

## Late night Hospital discharges of elderly patients

Grey Power notes the recent media release by Dr Shane Reti, National Party Health spokesperson, regarding DHBs discharging elderly in the middle of the night.

Over many years we have lobbied with local DHBs and Health decision makers about this but despite all our efforts these discharges continue to occur.

To be able to re-inforce our continued efforts at lobby trips it would be of immense assistance if you could advise of any incidences that are reported to you. The information that is most valuable is the DHB area, time, date and whether there had been any confirmation by staff that the patient had all the necessary assistance and support required to ensure their safety.

Please forward any information to Jo Millar donjomillar@gmail.co.nz

## Zone 3 Representative Report - 07.05.2021

There have been no Board Meetings since the last Zone Meeting, with one scheduled in a fortnight.

Following up on the loss of the Patient Advocacy Service within the Waikato DHB that was raised at our last Zone Meeting I have implemented some steps to address this locally and nationally.

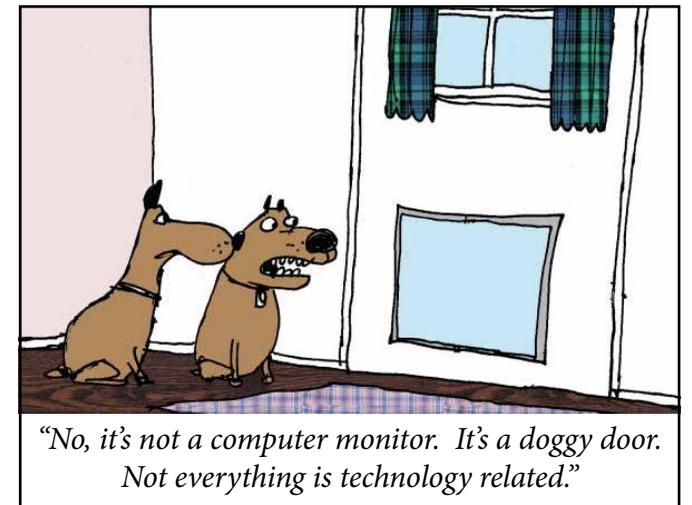
- Jo Miller Chair of the Health NAG is investigating the potential of lobbying for a national independent Patient Advocacy Service as the majority of the country has access to no such service.
- A remit from Tauranga & WBOP Association for this action has been submitted to this Zone Meeting.
- An email from the Zone Director and myself was sent on April 12th to the Waikato DHB CEO, Board Chair and relevant politicians requesting the rescinding of the decision to terminate this service in the Waikato DHB. No response had been received as of yesterday, apart from followup from Dr Shama, Hamilton West Labour MP who asked if we had any response to date. I requested a response from the CEO for today's Zone meeting. The Chair of the Waikato DHB Board - Commissioner, Karen Poutasi responded that the CEO was trying to arrange a meeting. An email was received later confirming the willingness of the CEO and his team to meet with us. The Zone needs to decide how to respond considering the CEO's response.

The Board has been focusing on the disruption to many older citizens with the removal of cheques and closure of Bank branches, particularly in rural communities. As well as lobbying regarding the

impact of the changes on those who have poor internet access, are digitally challenged, or rurally isolated - we are working with other organisations to try and find some practical alternative such as banking hubs and digital support.

There has been an unfortunately short notice provided to Associations that there are elections due for Vice-President and for Secretary of the Federation Board. Nominations need to be submitted by the 14th of May on the prescribed forms.

In my role as NAG Chair for Superannuation and Taxation, I have handled several enquiries regarding eligibility for NZ\$ payments from those who were trapped overseas, as well as from those who have worked in different countries and are trying to navigate applying to other countries for any super entitlements. I advertised in the Federation magazine for others interested in supporting this Advocacy Group who were computer literate to contact me, but there has been a zero response to date.



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## SUBMISSION TO ROTORUA LAKES COUNCIL LONG TERM PLAN APRIL 2021

### 1. INTRODUCTION

Grey Power is an advocacy organisation with the aim of representing the interests of the older age group. We believe that it is essential that their interests be specifically recognised in forward planning.

### 2. THE CONSULTATION DOCUMENT

For several reasons, we find it quite difficult to respond to the consultation document:

- We are aware that the consultation document is the result of many hours of effort by councillors and staff in non-public workshops. While we appreciate the effort involved, we do find ourselves at a disadvantage without being aware of all the information, background and debate that has led to the current document.
- We note that the consultation document and the survey response form on your website encourages respondents to focus on just four chosen issues. Given the overall importance of the long term plan, we do not find this satisfactory.
- On several key issues, you ask respondents to select one of multiple choices. We do not find this satisfactory, as these are complex issues with many nuances that cannot be addressed in a simple multiple choice.

Rather than respond to your online questionnaire, we have chosen to provide this written submission. We would be glad of an opportunity to talk about it.

### 3. A KEY UNDERLYING PRINCIPLE

A key issue is that the elderly age group will become an increasingly high proportion of Rotorua's population within the timescale of this long term plan. It becomes increasingly important that their interests are specifically recognised and provided for. We would urge that, in any proposed policy, programme or project, consideration of the impacts and consequences for the elderly is an automatic and key component of the planning process. As a mechanism to achieve this, we recommend that Council considers the creation of a specific role within the council and/or the creation of an effective means of early consultation with organisations representing the elderly as projects and programmes are developed.

This LTP consultation process is itself an example where the needs of the elderly should have been considered at the planning stage. Many older people have problems driving or attending events after dark.

We would have recommended that at least one of the consultation sessions occurred during the day at a location easily accessible by public transport.

(The CBD parking system is another example where early consideration of the needs of the elderly might have avoided subsequent problems. Many elderly simply cannot use the fiddly machine keyboards or the phone app because of tremor. We are aware of older people who are completely avoiding the CBD for this reason.)

Some more specific comments follow.

### 4. HOMES AND THRIVING COMMUNITIES

We of course support moves to free up land for housing to meet growing needs. We note that you refer to "houses do not meet the needs of our people". We feel that particular attention needs to be paid to the needs of the growing older generation.

We see a gap in the market for elderly people seeking suitable modern accommodation for their post-retirement phase of life. In many private subdivisions, sections are designed for large family homes. The ability to build compact accommodation on small low maintenance properties is often prevented by covenants imposed by the developers. For older people wanting a modern warm but compact home, often the only option is to move to a retirement village. This is not to everybody's liking. We urge that for future housing development projects, whether private or public, Council requires that suitable provision is made to meet these needs.

We note the proposals to build "community service hubs" in some locations. Their function is not described. We trust that they will be designed to incorporate the special needs of the older population.

### 6. COUNCIL'S ROLE IN LAND DEVELOPMENT

We firmly believe that Council needs to have an active role in land development for housing. Private developments are driven by commercial considerations and often constrained by developer covenants. Consequently, they are often beyond the means of first home buyers or do not meet the needs of the elderly and other groups. Development by Council provides the opportunity for a wide range of living styles. For example, these might include "pepper-potting" of small properties, well-designed enclaves of suitable dwellings, or well-designed terrace houses in quiet cul-de-sacs.

Development by Council would also offer the opportunity to offer other options that may be

welcomed by some older people, such as secure lifetime leases of a range of purpose-built dwellings.

These proposals would complement the existing Council's pensioner housing units facility and the rates rebate scheme.

### 7. AQUATIC CENTRE

We agree that the Aquatic Center is an important community facility, and we certainly support the need to encourage and help our young people to learn to swim and to enjoy this healthy activity. However, we are also conscious that low-impact water-based activities are very beneficial for older people for therapeutic reasons and for relaxation. We note that most of the new facilities proposed under option 3 are very oriented to the young. We are concerned that the centre could become less attractive for older people. We urge that in redeveloping the centre, careful consideration is given to the needs of elderly so that it remains an attractive and peaceful facility for them.

### 8. COMMUNITY SAFETY

We support any moves that will give older people a greater sense of security and safety.

### 9. INFRASTRUCTURE

We note that in the commentary on infrastructure and the proposed capital infrastructure investment proposals, there is no specific mention of footpaths. We trust that adequate attention will be given to new footpaths and the maintenance of existing paths as more detailed planning is done. Footpaths become increasingly important to the elderly if and when they can no longer drive. The condition of many existing footpaths and street crossings is far from satisfactory for those unsteady on their feet or using walkers or mobility scooters.

Please also refer to our earlier submission on Open Spaces.

### 10. FUNDING DELIVERY AND RATES

The proposed heavy rate increase in 2022 is obviously a concern for older people on fixed incomes. Also, while increases in the following years are smaller in percentage terms, they are of course cumulative. A rough calculation suggests that rates will rise by more than 50% over the 10 year period. It seems unlikely that superannuation will increase by a similar proportion, so the burden on superannuitants will increase.

Superannuitants continuing to live in the long-time family home can find themselves "asset-rich but

cash-poor." Consequently, rates can be a real burden. Anything that can be done to reduce that burden would be good.

The consultation document discusses development contributions and fees and charges. In general, elderly superannuitants are unlikely to be undertaking developments that incur contributions, or doing activities that incur large fees and charges, such as major building consents and resource consents. We therefore strongly favour the option of acquiring as much revenue as possible on a user pays basis through development contributions and fees and charges.

### 11. CONCLUSION

As noted previously, we find it difficult with the limited information provided to comment in detail. However, because this is a long term plan, we believe that acceptance of underlying principles to provide guidance over the coming years is more important than current detail.

As an advocate for the growing older community, we reiterate our firm belief that Council must have effective processes in place to consider their needs from the outset of any proposed policy, programme or project. We would welcome an opportunity to discuss this.

Keith Garratt | for Grey Power Rotorua



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## Life's simplest pleasures: 9 things that makes everyone happy!

by Maggie | Apr 1, 2021 | Health & Lifestyle Feature

**Whether you dream of a new car parked on the driveway or a fabulous holiday when the world returns to normal, most of us have a material goal that we're working towards. As the old saying goes though, the best things in life really are free.**

From breathing in lungfuls of fresh summer air to walking barefoot in the sand, there are plenty of inexpensive highs that can bring a smile to your face, without burning a hole in your wallet. We've found a handful of simple pleasures that pretty much everyone can enjoy. No million-dollar lottery win necessary.

**Fresh bed sheets** - Stripping the bed and changing the sheets is always an effort, but there's nothing more delicious than tucking up for an early night in freshly-laundered sheets.

**Finding a \$10 note in your pocket** - It's probably a rare occurrence, but when you find forgotten money in a random coat pocket, it can turn a really bad morning into a good one.

**Crossing off the last thing in your to-do list** - Writing and actually tackling the to-do list is never fun, but ticking off every item is one of the most satisfying things you'll ever do leaving you free to read a book, enjoy some music or catch up with a friend.

**The buzz after a hard workout** - It can be difficult to find the motivation to exercise, but if there's one thing that will get you moving, it's the thought of all those feel-good post-workout endorphins.

**Laughing until it hurts** - Whether it's a hilarious friend or re-runs of your favourite comedy show or a Zoom with family to cheer you up, there's no greater feeling than a bellyache from too much loud giggling.

**Relaxing in a warm bath** - When you were a kid, you probably detested having to get into the bath, but now you look forward to a good, long soak – especially if there's a glass of wine and some bubbles involved.

**Walking in the fresh air** - Going for a walk on a sunny day, enjoying the fresh air and boosting yourself with some much needed Vitamin D, nothing quite compares to a stroll outside, especially if you have a four-legged friend to accompany you. Up a hill, along a beach or by the river whatever you have close to where you live.

**Getting a bargain** - Ever taken something to the till, only to find out it's way cheaper than the ticketed price? Then you'll know exactly the rush of pleasure we're talking about.

**Freshly-mown grass** - Is it just us, or does the amazing smell of a cut lawn instantly take you back to happy summer days from your childhood?

Yep, it really is the simple things in life that make us feel most content.

## Grey Power Federation Board Snippets



Board meetings are being held in Wellington this year to reduce costs and to allow visits to key government departments for Advisory Group Chairs. A Government lobby visit is planned for mid March focusing on the following issues:-

Health – implications of review of health system & consequences of less DHBs. Post Code health, and inadequate funding of long-term disabilities.

Retirement-Aged Care – issues including equality nationwide in provision of home care.

Housing affordability and repeal of the Act that prevent Councils' offering rent subsidies.

While the Government announced in 2020 funding for all those 65 or older to have a free GP health check, this is yet to be implemented and this is being followed up.

The Federation has supported Andrew Bayley's petition against removal of cheques as this is an issue affecting many of our older members. With bank branches closing or reducing hours all around the country Grey Power is lobbying to support the development of Banking hubs to service all areas. These are being trialled in 4 areas in New Zealand and we are monitoring their value and acceptance by our members in these areas.

MSD is planning to stop NZ Super to those stranded overseas on April 27th. We will be lobbying the Minister for flexibility on a case-by-case basis. If you know of a member affected due to lack of available flights or spaces in MIQ, or unable to return due to illness please contact me as soon as possible.

**David Marshall** | ph 022 1854 263  
Zone 3 Representative Federation Board  
Chair Superannuation & Taxation NAG

## Todd McClay Member of Parliament for Rotorua

### New Zealand needs swift action that will resolve our Housing problem

A recent study commissioned by Rotorua Lakes Council shows a deficit of up to 1700 houses in Rotorua and growing. Rotorua has 45 motels currently in use for emergency housing and homelessness with thousands of people being left to languish in small motel rooms.

My office has had numerous calls from property owners around the Glenholme area where many Senior's feel vulnerable and uneasy in their own homes. This is unacceptable! At my recent public meeting, hundreds of residents attended with concerns around security and safety and increased disorderly behaviour on our streets. This is also unacceptable!

Judith Collins and National recently released a policy that will urgently address the issue of land supply that will enable developers to build homes and develop communities for the future. The Emergency Response (Urgent Measures) Members Bill, will put in place emergency powers similar to those used to speed up the building in Canterbury following the 2010 and 2011 earthquakes.

This proposed new law will require Council to immediately free up enough land for at least 30 years of housing development so that we can have a long term solution for our community. It will also enable developers to move forward with construction by focusing on the process under the Resource Management Act so that we can get people into warm dry homes across Rotorua faster.

The law change would support Council with infrastructure development by providing a grant of \$50,000 per house, for every dwelling they consent above their five year historical average, supporting the development of local infrastructure including sewerage, waste water, fresh water and roads.

The time has come to take action and to provide a housing solution that is timely, effective and affordable. You deserve to live out your retirement in a safe and secure neighbourhood, the Emergency Response (Urgent Measures) Bill requires Councils to say "yes" to housing development, and will enable developers to move swiftly and develop neighbourhoods for more families to call home.

Hon Todd McClay | Member of Parliament for Rotorua.  
Authorised by T McClay, Parliament Buildings, Wellington

## Comments on Proposed Rotorua Open Space Level Service Policy

Grey Power recommended the following on the proposed Policy (Draft):

- Include Strategy
- Structure the contents and add a table of content
- Draft the policy to acceptable industry standards, levels of service with a list of figures, tables and annexures (attached as schedules).
- Include the purpose of the document (\*suggestion: Provide a cohesive view of the open space systems' nature and purpose)
- Unpack the management tools, procedures and principles in a separate document
- Propose a methodology for implementation and rollout of the policy
- Include information on the Ecological Processes and Biodiversity
- Under the heading of Relevant Legislation, Bylaws and Policies extract and add applicable principles from New Zealand's Environmental Legislation
- Refer to relevant sections from Biodiversity NZ Resources and Biosecurity
- Consider using the technical term Primary Open Space (or POS) throughout the policy. Currently, this is only referenced once (in clause 2.1.2 as a parenthesis)

### NEVER LEND BOOKS.

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



## Hon Todd McClay MP for Rotorua

**I hold constituent clinics every week, and I am here to help.**

1301 Amohau Street • 07 348 5871  
rotoruamp@parliament.govt.nz  
toddmcclaympforrotorua  
toddmcclay.co.nz

**National**  
Authorised by Todd McClay, Parliament Buildings, Wgtn.



## Grey Power Rotorua Calendar 2021

Date	Day	Time	Where	What
Apr-07	Wed	1pm-3pm	Westpac Bank	Committee
Apr-19	Mon	9:30am-12:30pm	Parkside Community Centre	outing:
May-03	Mon	1pm-3pm	Linton Park Community Centre	forum: Banking in the Future
May-05	Wed	1pm-3pm	Westpac Bank	Committee
May 7	Fri			magazine deadline
May-17	Mon	9:30am-12:30pm	Parkside Community Centre	outing:
May-29	Sat	1pm-2pm	Linton Park Community Centre	GPR AGM (cuppa after)
Jun-02	Wed	1pm-3pm	Westpac Bank	Committee
Jun 4 <sup>th</sup>	Mon	1pm-3pm	Linton Park Community Centre	Forum
Jun-21	Mon	9:30am-12:30pm	Parkside Community Centre	outing:
Jul-05	Mon	1pm-3pm	Linton Park Community Centre	forum:
Jul-07	Wed	1pm-3pm	Westpac Bank	Committee
Jul-19	Mon	9:30am-12:30pm	Parkside Community Centre	outing:
Jul 13-15	Tu-Th		Nelson	Federation AGM
Aug-04	Wed	1pm-3pm	Westpac Bank	Committee
Aug-16	Mon	9:30am-12:30pm	Parkside Community Centre	outing:
Aug 17 <sup>th</sup>	Tues	1pm-3pm	Linton Park Community Centre	Minister for Seniors visit
Sep-01	Wed	1pm-3pm	Westpac Bank	Committee
Sep-06	Mon	1pm-3pm	Linton Park Community Centre	forum:
Sep-20	Mon	9:30am-12:30pm	Parkside Community Centre	outing:
Oct-06	Wed	1pm-3pm	Westpac Bank	Committee
Oct-18	Mon	9:30am-12:30pm	Parkside Community Centre	outing:
Nov-01	Mon	1pm-3pm	Linton Park Community Centre	forum:
Nov-03	Wed	1pm-3pm	Westpac Bank	Committee
Nov-15	Mon	9:30am-12:30pm	Parkside Community Centre	outing:
Nov-27	Sat	12pm-2pm	???	EOYear lunch
Dec-01	Wed	1pm-3pm	Westpac Bank	Committee
Dec-09	Thu	11am-2pm	office	last day



Next outing is on Monday, May 17. Meet at 9:30 at Parkside for morning tea. Car pool takes off at 10:00 am.

## GP outing to the Trout Hatchery

On April 19 some members and friends met at Parkside for morning tea. At 10 o'clock we carpoled to drive to the Ngongotaha Trout Hatchery in Paradise Valley Road. One of the staff there took us outside to explain the layout of the place and to give us a run-down of the work they do 365 days a year.

## GREY POWER ENCOURAGES SENIORS TO HAVE THE COVID-19 VACCINE

Grey Power is pleased to note that the Pfizer/BioNTech vaccine has arrived in the country and inoculations have already started with our most vulnerable workers.

We look forward to this becoming available to our members, in fact, to all older people. We are all aware that vaccinations are the most effective way of protecting not only ourselves but also those around us. This is another way we can continue to be part of the "team of 5 million" doing our duty to try to eradicate this virus from the community.

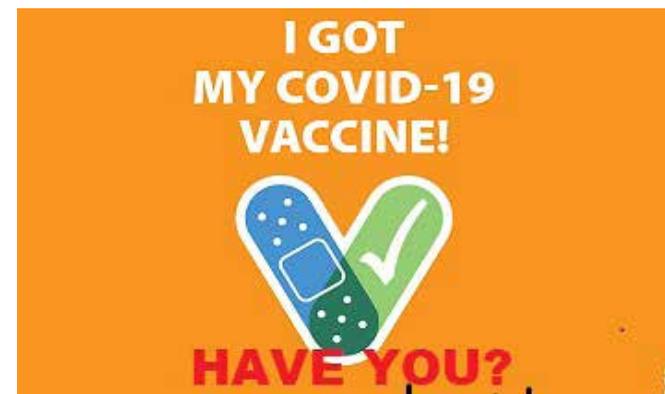
Many of our seniors already utilise the various immunisation programmes available to ensure our children, grandchildren and great grandchildren are protected from the many illnesses which are part of our day to day living.

I have no doubt they will be incredibly grateful when the time comes to partake of this latest immunisation so they can be confident they have done their bit to ensure they and their families can continue to live safely in the current environment.

In recommending the vaccine to our seniors it is also timely to remind them that we must continue to use the contact tracing app, signing into premises, wearing a mask when out and about on public transport, social distancing, washing our hands, staying home if sick and if necessary getting tested.

Fortunately our seniors are very adept at following rules when there is a requirement to protect themselves, their families and the community. The example they set will undoubtedly be followed by their families throughout the country and we will once again prove that the health guidelines as set by the Ministry of Health will continue to enable all to remain healthy and able to enjoy our way of life.

*Jo Millar* | Chair Grey Power NZ Federation Health National Advisory Group



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*editorial supplied by Catholic Diocese of Hamilton*

Leave your loved ones fond memories.... not your funeral costs

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51 Grey Street, Hamilton East

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## Grey Power Rotorua remembers Terry Hawkey

Terry Hawkey, R.I.P 2021

Terry joined Grey Power Rotorua in the late 1990's. He was a member for 21 years and held the office of President for 14 of those years.



He was passionate for Elderly Rights and preventing Elder Abuse.

Rosemary MacKenzie, a committee member and past-president of the Rotorua office knew Terry as a well-known local identity in Grey Power circles, being on the committee at the same time. He pursued Grey Power's aims and objectives with great enthusiasm, a real powerhouse for us.

At an AGM, he bailed up Helen Clark to talk about drivers license retesting rules for seniors.

We understand that former Rotorua Mayor, Graeme Hall knew him well and said "he was a very good and dedicated man who had good vision, doing everything possible for the elderly. He didn't let challenges hinder him".

Over the years Terry Hawkey appeared in the Daily Post with reports about surgery wait times, rates, rising doctor's fees, crime, superannuation and more including regular contributions to Letters to the Editor.

He also received Life Membership of Grey Power Rotorua and the national Grey power Federation.

*Edited from a news article.*

The Future of Banking was covered mainly by answering member questions. Julie gave us an insight into the Kitcal app and tablet. She was very clear that it would not suit everybody but had a definite place with the older age group. She also advised that the Tablet and app could be subsidised by WINZ or ACC. They do have a website. Search Kitcal.

At our refreshment time after the meeting, the writer and other GPR committee who were there, received excellent comments about the forum's interesting and beneficial topics.

Gerald Hanson | ANZIM

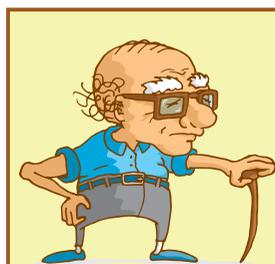
## Will the healthcare reforms be accessible for all older New Zealanders?

Grey Power commends the Minister of Health on what appears to be the most progressive and well-structured health system review for many years.

The initial document presented by the Minister on Wednesday 21 April 2020 embraces many issues that Grey Power has raised over numerous years. Not the least being the removal of the current postcode lottery. It appears that the Minister's promise is that finally everyone wherever they live will have equal access to the health services they need.

"We are very pleased to see that emphasis has been put on community healthcare and that our very precious and diligent health workforce in all capacities has been recognised and are to be valued, supported and well-trained," said the Grey Power NZ Federation Health Advisory Group Chair, Jo Miller.

Jo, who represented Grey Power, a the Minister's public release of the reforms this week also said that "like many other organisations it will be the details of the reforms that Grey Power will be most interested in but we sincerely hope that the promise of people-centred health which includes all older New Zealanders happens."



There is absolutely nothing to be said in favour of growing old. There ought to be legislation against it.

- PATRICK MOORE

## "Why Keep It Secret?"

Available from Grey Power Rotorua

We're now on our 6th reprint. The foreword says: "Nothing is surer than death and taxes". "Why Keep It Secret?" does not replace a Will and is not a legally binding document. WKIS guides us through documenting our important information, so that those responsible for carrying out our wishes are clearly advised.

### Order Form for Booklet "Why Keep It Secret?"

Payment must accompany order

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TOTAL: \$ .....

"Every place is within walking distance if you have enough time" <><> Steven Wright

## Now offering the TOTAL MOBILITY discount in Rotorua!

Freedom Drivers in Rotorua is absolutely delighted to let its customers know we are now able to offer the Total Mobility subsidy on our transport services.

"Our customers have been asking us for this service for years so it's fantastic that we are now able to provide the TM discount throughout the Bay of Plenty," says Kelly Seymour from Freedom Drivers Rotorua. "This will make a big difference to the cost of transport particularly for our senior clients. I'd love to hear from anyone who has a TM card and who has not tried our service before to give me a ring for a chat and a quote. We are also able to provide wheelchair accessible transport for both power and manual wheelchairs."

Freedom Drivers specialises in providing safe caring transport and assistance for our senior citizens. Freedom prices are comparable to (and often less) than a standard taxi and our service is very personal with lots of extras.

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*Editorial supplied by Freedom Companion Drivers*

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**Our Next Forum is**  
**14 June at 1pm**  
**Linton Park Community Hall**

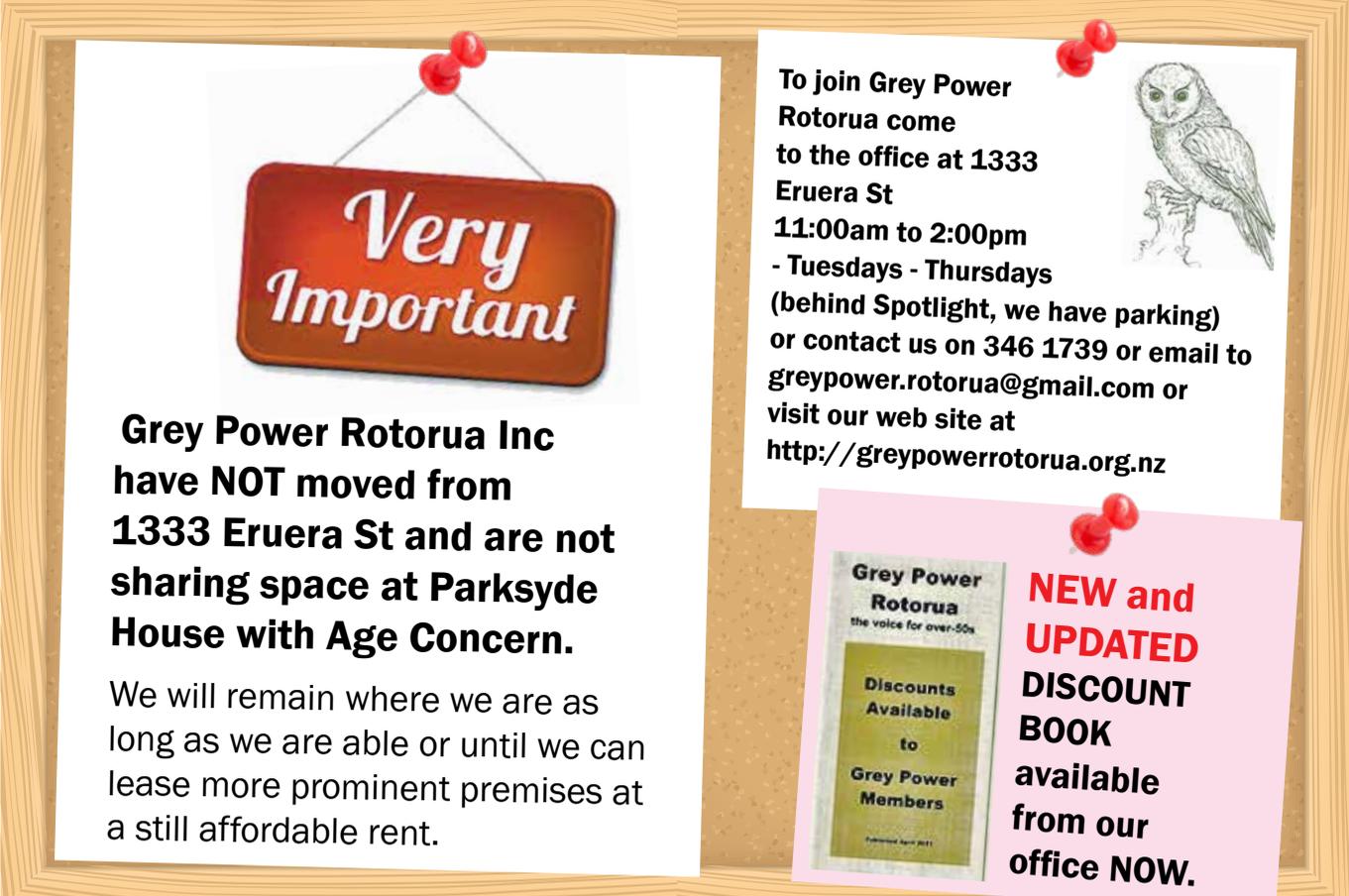
*The speakers are:*  
 Ana Lee  
 Royal Commission for Elder Abuse and  
 Febe Camacho  
 Elder Abuse Response Services, Rotorua.

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**Getting a COVID-19 vaccination is the best way to protect yourself your family and your community.**



**Very Important**

**Grey Power Rotorua Inc have NOT moved from 1333 Eruera St and are not sharing space at Parksyde House with Age Concern.**

We will remain where we are as long as we are able or until we can lease more prominent premises at a still affordable rent.

To join Grey Power Rotorua come to the office at 1333 Eruera St 11:00am to 2:00pm - Tuesdays - Thursdays (behind Spotlight, we have parking) or contact us on 346 1739 or email to greypower.rotorua@gmail.com or visit our web site at <http://greypowerrotorua.org.nz>

**NEW and UPDATED DISCOUNT BOOK available from our office NOW.**

**Grey Power Rotorua Inc.** PO Box 414, ROTORUA 3040 Office hours Tuesdays-Thursdays 11.00am - 2.00pm  
**RENEWAL and NEW MEMBER APPLICATION FORM** 1333 Eruera Street greypower.rotorua@gmail.com  
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[www.greypowerrotorua.org.nz](http://www.greypowerrotorua.org.nz)

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EMAIL **		OFFICE USE ONLY: Office volunteers: Please check application is complete and initial.
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**Grey Power office**

Come in, complete a renewal or membership application form and pay by cash or EFTPOS. EFTPOS : Cheque or savings only as we cannot accept Credit Cards.

**Just Cook 4 Healthy Ageing**

Spaces are available for the Just Cook 4 Healthy Ageing programme starting in May. Just Cook 4 Healthy Ageing is aimed at older people 55+ who are cooking for one or two and need to get motivated to do so.

The Tika Tunu pilot programme commenced on the 20 April. Tika Tunu programme is best suited for people who are feeding young families are struggling financially and need the ideas for healthy inexpensive meals. The purpose of a pilot is to gauge if there is interest and a need in our community for such programmes.

Both programmes deliver similar messages about Healthy eating, with appropriate adjustments made to suit participants' age and needs. All the programmes are hands on fun and interactive where participants learn basic cooking, get plenty of opportunities to ask questions and learn valuable practical life skills. In each session we prepare a few easy recipes from the cookbook that is received in the first session. We also hand out number of high-quality resource materials at each session, so people can keep and refer to it later. Thanks to our industry partners we are getting some foods and food vouchers and occasionally donations from local food growers which we use in our cooking

sessions.

Currently, Just Cook 4 Healthy Aging is available in May, then two more one in June and one in July. Programmes are FREE, participants wanting a hard copy of the cookbook will have to cover the printing cost of \$5. Otherwise, all the recipes we use in our sessions are available for download and printing from the New Zealand Nutrition Foundation website.

Registrations to the programme are essential. Tatjana Smolic, NZ Registered Nutritionist, Rot 027 3911 633  
 E: rotorua@nutritionfoundation.org.nz



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