

NAPIER and DISTRICTS

GREY POWER

QUARTERLY NEWSLETTER

AUTUMN ISSUE 2022



**E-BIKES
AND HOW
WE LOVE
THEM!**

**“It’s just a part
of my life”**

**Nāpier Grey Power’s
89-year-old deputy
chair on the joys of
riding an e-bike**

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Renew Your Grey Power

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Editor's note

Greetings all, sorry we are not meeting in person at the moment but safety must be our top concern.

It's been great to put together all the various articles for this, our first newsletter in 2022. I decided to move away from politics for our cover story, after approaching our Committee's Number One Cyclist, 89-year-old Deputy Chair Russ Wyeth, when he rode his trusty e-bike to our January Committee meeting. His story is quite uplifting, and hopefully will encourage others to try or continue with their e-biking.

I'm a long-time e-cycler - have owned one for 8 years, and use it as often as I can mostly to get into town, just less than a km away, but I live on top of the hill so it's not easily accessible by a push bike. Hurtling down the hill is one thing, but the e-bike makes the return journey possible. Love cycling to Council meetings on it, that is when we had them (its all Zoom and Teams meetings now...).



Enjoy your newsletter!

Ngā mihi

Maxine Boag | Publicity Officer

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by Kathryn Perks

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Russ Wyeth - charged up about his e bike

"It's just a part of my life," said 89 year old Russ when asked about what he likes about his e bike. "I enjoy it (he rides 35 minutes every day-most with the battery turned off), it's good for me, and I don't come off very often!"

"I'm religious about keeping fit,"

he says, "I'd be lost for an(other) exercising option at 89!"

"There's nothing I don't like about e bikes. They're exercise, transport, they're good for the environment, and get me to the supermarket and library except when its raining very heavily.

"And you don't have to wear a mask!"

He has seen the growing trend for older people "there are 2 bike shops within 200 metres in Taradale," he said, some older people have the time and can pay for it.

Does he bike with others? "Oh I'm a Lone Star Ranger. But my next door neighbour goes out with a group several times a week."

Russ got his first bike as a schoolboy in the Depression, earning the money picking peas in a Chinese Market Garden near Oamaru. He got a half crown for a sugar bag of peas. "My parents in the Depression had nothing. My mother wore the same clothes for 3 - 4 years."

Bikes have always been a part of Russ's life. He has even had four bicycles since he retired. But he seems to have settled on this one!

Russ puts e bikes up there with sliced bread.

Keep those wheels turning, Russ - you're a wonderful example to all of us!

Meals on Wheels Drivers

Both Napier and Hastings Red Cross need new drivers. If you or any of your friends would like to help and can commit some time during the course of a week, please do contact either of the Service Centres. Napier is at 06 843 0041. If Omicron hits hard there will be a very real need for many more fill-in drivers.

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Brian, Ryman resident

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PRESIDENT'S REPORT

Kia ora Koutou Katoa
A warm welcome to you all.

It would have been nice to have started the year with some normality but unfortunately with the Omicron virus with us we are not able to do the things that we used to enjoy doing and sadly could be a while before we get back to at least the Orange traffic Light.

We are still however working behind the scenes advocating on behalf of our members and older citizens generally. The Federation is currently lobbying government on the plight of pensioners who have been stuck overseas and are not now eligible for their superannuation. Do you know anyone local in that situation? Would love to hear from you.

And housing. Our pensioner flats face the risk of being sold to a CHP (Community Housing Provider) or Kainga Ora as the cost of keeping them going at a loss is causing council to borrow to cover the deficit. Council is asking for us to tell them what we think they should do about them, with the options explained in the other Housing articles.

Well, as your President, I put pen to paper and submitted a letter which was published in HB Today on Friday, 11 February which is on this page.

We have just been informed that the government has introduced the first ever Aged Care Commissioner, Carolyn Cooper, with a nursing background, who has been the managing director of Bupa Villages & Aged Care NZ, which has about \$1.6 billion of assets in New Zealand. She will hold this new watchdog role for a five year term. Grey Power welcomes this much-needed appointment.

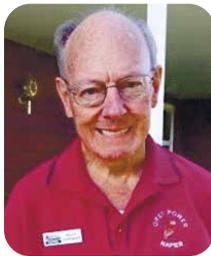
Finally, a couple of important reminders: first, your Grey Power membership expires on 31 March 2022, so please renew. There has been no increase in our membership fees – still only \$15 single, \$27 double – and your Grey Power electricity reduced rate will roll over when you renew. Membership forms are on page 13, or you can join on our website. Thank you!

Last but not least, if you have had the second of your two Covid vaccines three months or more ago, you are now being strongly encouraged to get your booster shots ASAP as they will give you much more protection against the omicron version currently rapidly spreading in our community. Evidence is clear that our immunity will be significantly strengthened with this booster.

Kia kaha

Bruce Carnegie

President | (06) 844 5635



Bruce Carnegie
President

Concerns over future of Council's pensioner housing Hawkes Bay Today, 11 February 2022

Dear Editor

Napier Grey Power is very concerned that the Napier City Council's recent decision to seek community feedback on whether or not they should sell some or all of their 377 social and pensioner housing will upset tenants and diminish their sense of security.

Council housing has provided subsidised rentals to those living solely on the pension or on a benefit for many years. Napier has the second highest number of people on the waiting list for social housing in New Zealand, and any notion of having Council back off from their role in providing community housing will make things worse.

Grey Power's role is to advocate for Napier's senior citizens and we are urging all residents to look at the Council's proposal and make a submission.

What Council needs more than anything is access to the Income Related Rent Subsidy, which all other social housing providers can use to keep rents low. Central government needs to wake up to the fact that Councils play a vital role in providing social housing and that we need the same benefit as other CHPs (Community Housing Providers).

We also want to remind Council that other assets they own also run at a loss, for example McLean Park, libraries, and the National Aquarium. Are they similarly planning to sell them off or shut them down?

Napier's Grey Power will be making a strong submission to Council when they consult in March, as we are against any reduction in subsidised pensioner housing in Napier. There's an increasing number of people who are approaching retirement without assets or a house which means they can't enter a retirement village. You can't afford market rentals when you're living just on the pension, so Napier's seniors must have subsidised housing available.

We support NCC's decision not to sell any flats on the open market, but still are concerned that any future sale at all may limit pensioners' access to affordable rentals. We are also concerned at the loss of land and buildings now owned by the people of Napier, in any future sale.

Napier City Council has done a good job of housing seniors up until now, so we hope that people will urge them to carry on.

Bruce Carnegie
President, Napier & Districts Grey Power

Napier City Council to put question of public housing's future to the community, three options being considered

Gianina Schwanecke, NZME Feb 03 2022

The fate of Napier City Council's public housing lies in the hands of its residents, with councillors agreeing on three options to put out for public consultation.

A recent review found the council cannot continue to provide housing, as it has done since the 1960s, funded solely through rents without resulting in a \$2.2 million shortfall each year. That would need to be serviced by debts and likely put pressure on ratepayers.

It's prompted the council to consider selling some, if not all of its 377 housing units which currently support retirees or people living with a disability through subsidised rents.

However, unlike other community housing providers, councils do not have access to the Income Related Rent Subsidy which allows CHPs to charge tenants only 25% of their income as rent, with the government topping up the rest to the provider.

Community strategies manager Natasha Mackie told councillors at their People and Places Committee meeting on Thursday that the council requested access to the subsidy from central government, but there seemed no intent to do so.

Asked by mayor Kirsten Wise about the historical use of rent revenues received from the housing portfolio, Mackie said that from at least 2007, the income had only been used to cover the service. Any leftover was put into the housing reserve, which had been used to fund previous shortfalls and pay for maintenance. The council would need to borrow to pay for this

year's shortfall.

The three options to go out for consultation included the status quo – providing the service through ongoing loan funding. That would likely end up meaning rent rises for tenants, or ratepayers paying for the long-term deficits.

The second and third options proposed that the council could sell some, or all, of its housing stock, to a community public housing provider (with covenants ensuring they would continue to be rented out at an affordable price and protecting existing tenants), Kāinga Ora or on the open market.

The portfolio, comprising 12 village sites, has a 2020 valuation of about \$65 million.

Cr Nigel Simpson raised concerns about the inclusion of vacant land surrounding the units, adding that the council had established a "reasonable asset".

Deputy mayor Annette Brosnan said selling on the open market was not a feasible option as it did not align with council's intentions to secure the future of affordable housing sustainably. She called for that wording to be removed from the options and it was passed unanimously.

The consultation will open for four weeks from March 16.

Asked if Kāinga Ora was in a position to possibly purchase the units, regional director East North Island Naomi Whitewood said it would be inappropriate to comment ahead of any final decisions as the matter was still being actively considered.



Deputy Mayor Annette Brosnan asked that selling on the open market was removed as an option.



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LOOP HEALTH AND SAFETY

Council housing – where to from here? By Cr Maxine Boag



As council's Housing Portfolio holder, I am keen to see as much information as possible available to the public to help inform your submissions to our council proposal which has three options for you to choose from for your recommendation (see articles on pages 5 and 11).

So here's some background to the situation council finds itself in – of having to either raise rates, borrow or raise rents to keep providing subsidized council housing to needy people in our city. Or selling some or all of the units to a provider which will maintain current tenancies and provide social housing.

By means of background, I have taken extracts from a paper by Local Government New Zealand's (LGNZ) Dr Mike Reid, "Is there a future for council providing social housing?" (Am happy to email it out to anyone interested).

Reid explains that councils began providing social (ie subsidized) housing almost a century ago and from the 1940s to 1991 were involved in a highly successful housing partnership with central government, who provided low interest loans to enable councils to build pensioner housing complexes.

"Yet despite its track record, councils have been largely ignored in the current (housing) crisis. This is shown in the fact that councils are unable to become community housing providers (CHPs) and therefore offer tenants income related rent subsidies (IRRS) while those eligible to receive the subsidy includes both for-profit and not-for-profit organisations." (Note: the IRRS enables Community Housing Providers to charge their tenants only 25% of their income, with the rest topped up to CHPs by central government).

As Dr Reid explained, for much of the 20th century, many older residents shifted into council-owned pensioner cottages as they became unable to live

by themselves. Pensioner cottages "were usually complexes that provided a level of collegiality and friendship for residents and where many domestic needs such as gardening, lawn mowing and utilities were looked after by the council as owner." As in Napier's case, complexes were scattered through towns and cities so that older people could stay in, or close to the communities in which they had previously lived.

"Pensioner housing was a highly successful partnership with central government. Councils built and administered pensioner housing complexes with low interest loans provided by central government. With councils taking care of older citizens, the Housing Corp (now Kainga Ora) was able to focus on housing poor families and troubled individuals.

"This partnership came to an abrupt end in 1991 with the "mother of all budgets" which saw a major reduction in central government spending.

"Following the removal of the low interest loans, most councils questioned their role as social housing providers with the result that the number of council-owned social housing units fell from about 15,000 in 1991 to about 12,000 today, despite the rise of the number of older people.

"While some 59 councils still own social housing portfolios, without support the number is likely to decline, with others seriously considering getting out of providing social housing."

The CHP dilemma

CHPs (Community Housing Providers) are able to access the Income Related Rent Subsidy, in which their tenants are charged only 25% of the income and the government tops it up to the CHP to a market rate. Councils are not able to become CHPs despite housing many of the same people.

Napier's situation

For most of Napier's portfolio, rent is set at no more than 30% of the tenant's income. Strict asset and income criteria are used to determine eligibility for a council unit. Many but not all the current tenants are likely to meet the criteria for the IRRS should it be available to them (which it isn't).

However, if NCC were to sell our units to a CHP, the current residents regardless of status would not be eligible for the IRRS – that only works if Kainga Ora is the purchaser. A CHP can only collect the IRRS with new, eligible tenants so there would be a gap before they made a profit, which would be a factor in any asset sale.

So, as Reid points out, the government's excuse that they could not afford to allow councils to become CHPS is based on the false assumption that all our council tenants would automatically receive the subsidy. They wouldn't.

The niche councils occupy – elder housing.

As Dr Reid points out, elder housing, which constitutes more than 90 per cent of councils' social housing investment, focuses on different tenants from a typical CHP tenant, which targets people with urgent housing needs and often multiple disadvantages. Older citizens don't need the same wrap-around services; the private market is poorly suited to addressing their needs, with a rapidly growing cohort of older renters reaching retirement age who do not own homes so don't have the capital to access retirement villages.

Local councils have met this niche for many years, providing housing for older people most of whom live entirely on the pension.

Reid said that a recent survey undertaken by LGNZ asked councils "how committed are you to expand your social housing investment?" and found that about 30 per cent are prepared to increase supply, despite uncertainty over funding.

"The majority of councils however seem happy to maintain existing stock numbers with just a few intending to reduce their portfolios or privatise them (ideally to a CHP). Asked how they would behave if they had access to support, such as IRRS, virtually all councils indicated a willingness to grow their social housing portfolio."

The Future for Local Government is the subject of a Ministerial Review currently underway and expected to report back to the Minister of Local Government in April 2023. The question of councils' current and potential role in social housing is likely to be a topic under consideration and one which I hope we will contribute to. LGNZ's conversations with the government on this topic has so far gone nowhere.

In the meantime, you have the task of reading through the Housing Provision Proposal (to be signed off on 10 March) and making a submission to tell us what you think council should do with our 377 council housing units, spread over 12 villages, covering 10.7 hectares, as we look at the continued provision of subsidized housing for those currently tenancing them and those needing them in the future.

The Housing Provision Proposal will be on the Council website when finalized; submissions can be made from 16 March on at sayitnapier on the council website or in printed copies which should be available at the libraries and Customer Service centre.

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Mayor Kirsten Wise

(Mayor Wise was to be our guest speaker at the February Grey Power meeting, which has unfortunately been cancelled.)



We've hit the year running, with a number of projects in the pipeline and ready to be delivered. Water remains our number one priority with a huge capital programme not only this year but over the next 10 years. One of our key projects this year is two new bores which will be opening by June this year. The new bores will enable us to turn off the two existing bores which are creating the dirty water issues we have been experiencing since the introduction of chlorine to our water supply.

The restoration of the War Memorial is progressing well and you may have noticed the fencing going up onsite just before Christmas. The floral clock has been removed temporarily and put into storage for the interim and Council will be signing off the detailed design for the project soon. Completion is expected in January 2023.

We are also moving forward with the Civic Precinct rebuild with the construction of the library being

phase one of this project. This year we will be demolishing the old Civic Building and working with key stakeholders on the detailed design.

Lastly I am aware that the proposed 3 Waters Reform is of high interest to many of you. Late last year we signed a Memorandum of Understanding with 23 other Councils representing more than a million people from around New Zealand. The group is growing and we welcome other councils around the country to join us to preserve the sanctity of private property rights in a democracy where local ownership and control has been the backbone of the home we call New Zealand for generations. It is important to note that we do not oppose reform full-stop however we believe we can do better than the 'one size fits none' proposals from the Government, and that we can deliver better services while still remaining affordable and locally responsive. I will continue to keep the community updated as we progress our conversation with the Government.

Now that we find ourselves in the red traffic light I am sorry that you will be unable to hold your monthly meetings. I hope that you find other ways to connect with your fellow members and friends but above all else please keep yourself safe as we all navigate the latest variant of COVID in our community.

SAFER NAPIER REACCREDITATION

At the beginning of December 2021, Bruce and I attended the Safer Napier Reaccreditation ceremony at the Chapman Pavilion, McLean Park. The Safer Napier group, under the Council, had applied for Safe Communities reaccreditation – necessary every 5 years - and representatives from the 59 participating groups and organisations signed the Memorandum of Commitment.

The Memorandum of Commitment becomes a

mutual agreement to work together for the benefit of the community. Goals include improving community safety, violence prevention campaign, Road safety, addiction harm and the running of Covid19 Vaccination Centres.

At the conclusion of a very interesting ceremony, conducted in both Maori and English, group photos were taken, followed by afternoon tea.

Isabel Wood Secretary.



Those who attended the ceremony and signed the Safer Napier Memorandum in December

Don't delay – get your Booster shot!

“I think we need to stop thinking of the Covid-19 vaccine booster as a booster. That makes it sound like an optional extra – good to get but not crucial.

On the contrary, the evidence shows that at least three doses are needed to protect most people against Omicron. In other words, we should be thinking of the current booster as just the next dose in the course. No-one should be left vulnerable to this awful disease when we have safe and effective vaccines.”

Dr Siouxsie Wiles, microbiologist and associate professor at the University of Auckland.



by Stuart Nash MP

Safely reconnecting New Zealanders to the world

I'm sure many of you will have heard that our border settings are changing, and all New Zealanders and key visa holders will be able to start entering the country without going into MIQ.

This will take place in stages, as different groups of people become eligible to self-isolate on arrival rather than going into MIQ. From 28 February, fully vaccinated Kiwis and other currently eligible travellers from Australia will be able to travel to New Zealand without entering MIQ. From 14 March, fully vaccinated Kiwis and other currently eligible travellers elsewhere, as well as several categories of worker and their family members, will also be able to do so. Meanwhile, MIQ will remain in place for

unvaccinated travellers.

Over the past two years, MIQ has been a crucial part of COVID response. It has helped save lives and livelihoods, leaving New Zealand with some of the lowest rates of hospitalisations and deaths in the OECD. It has helped create a stronger-than-expected GDP, and historically low unemployment and also given time to become one of the most highly vaccinated countries in the world and, now, to get boosted. This is super-important, as it's the booster that is making a real difference against Omicron.

While some of you will be excited at the prospect of reconnecting with loved ones, I know others will be a little anxious. A careful, phased approach – alongside high vaccination rates and the safeguards of the traffic light system – will reduce the risk of a surge of cases.

This reconnection plan is a key part of the work to secure a recovery that will leave New Zealand stronger than it was before the pandemic.

Stuart Nash

MP for Napier

Minister for Economic and Regional Development, Minister of Forestry, Minister for Small Business, Minister of Tourism

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Authorised by Stuart Nash MP, Parliament Buildings, Wellington



GREY POWER WANTS IMMEDIATE ACTION FOR PENSIONERS STUCK OVERSEAS.

The Grey Power NZ Federation supports calls by the Retirement Commissioner Jane Wrightson for an amnesty for all older people caught in the border closures in 2020 and 2021 and who now face the possibility of having to repay an overpaid pension because they were forced to stay out of the country over the 26 weeks limit, through no fault of their own.

Grey Power Federation president Jan Pentecost has called for an immediate halt to pension suspensions for all New Zealanders trapped anywhere overseas by Covid-19 travel restrictions.

“There is no acceptable reason why an amnesty should not immediately apply to anyone and everyone caught overseas beyond the twenty-six-week period for which they were entitled to

receive their pension, and to rigidly apply the rules of the system was and is heartless and simply inappropriate during a global pandemic.

“The government has spent millions of dollars to help all sectors of the community survive the pandemic and that is what we expect of them. Hitting pensioners stuck overseas through no fault of their own with large bills and loss of pension is contrary to that ethic; it is inhumane and totally unacceptable; an amnesty must happen now!” she said.

Jan Pentecost, President



Napier Positive Ageing Strategy Update

February 2022

As members may recall, the Napier Positive Ageing Strategy was adopted by Council in early 2020. After a few delays due to Covid-19 and the November 2020 Floods, we are now back on track.

To recap, the Strategy covers the period 2020-2024 and reflects the national ‘Better Later Life’ Strategy. Ours is a city-wide Strategy, which relies on support from a number of agencies and organisations, including Grey Power Napier.

The overall vision of the Strategy is ‘Living Well, Ageing Well – Kia Tika Te Ora, Kia Tika Te Tipu’. The seven priority areas (in no particular order) are:

- Being informed and involved – Kia mōhio, kia mahi
- Being safe – Kia haumarū
- Community spirit – Te wairua hapori
- Getting around – Hāereere
- Health & wellbeing – Hauora & oranga
- Housing – Ngā whare
- Things to do – Hei mahi.

A Positive Ageing Strategy Advisory Group has been established by Napier City Council and this is being Co-Chaired by Peter Grant and Piri Prentice. Membership of the Advisory Group is wide-reaching

and includes agencies such as the Ministry of Social Development, Hawke’s Bay District Health Board, Kāinga Ora, and Hawke’s Bay Regional Council, groups who provide services to older people such as Enliven Hawke’s Bay, Napier RSA, Māori Women’s Welfare League/Te Rōpū Wāhine Māori Toko i te Ora, and Age Concern Napier, along with some community representatives. Grey Power Napier is represented on the Group by Bruce Carnegie and Jacquie Hurst.

The next step is for the Advisory Group to lead development of an action plan for the Strategy. This plan will identify actions for each of the seven priority areas, which will be prioritised and phased over the five-year period of the Strategy to ensure they are achievable. The Group is in the process of setting up a page on the Council’s website.

This will include a feedback form where anyone from the community, including our members, is invited to give their suggestions – all of which will be considered by the Advisory Group.

More information, or if you’d like to read the draft Strategy and background documents, can be found here: <https://www.napier.govt.nz/napier/seniors/>

As they say, good things take time. We’re pleased to be members of the Positive Ageing Strategy Advisory Group and representing you as members.

by *Bruce Carnegie*

Future of community housing



Napier City Council has decided to consult on options for the future of social housing in Napier. A review has found that Council isn’t able to continue providing housing funded solely through rent. Costs have increased mainly due to the maintenance needed on the ageing homes.

Mayor Kirsten Wise explains that it is increasingly difficult to meet housing provision costs while keeping rents affordable.

“We’re concerned about the growing need for affordable rentals for superannuitants and the high demand for affordable housing in Napier.

“We are also aware that rates’ increases year-on-year to fund the projected shortfalls could have a big impact on others in our community.

“Tenant welfare is also a very important consideration. We don’t want our elderly and vulnerable living in sub-standard housing.

“It’s important we look at our options and consider very carefully what is best for our tenants, as well as considering the needs of our ratepayers,” says Mayor Wise.

There are three options proposed for the consultation: keep with the status-quo of 100% Council ownership; sell some of the housing units; or sell all of the units. Council’s preference for any sale would be to another community housing provider, with tenants’ current lease arrangements guaranteed.

“We now have a clear picture of the current situation and have identified our future options.

“We are pleased to now be able to seek feedback from tenants and the wider community,” says Mayor Wise.

Napier City Council started providing community housing over 50 years ago, with most units for retirees or people with a disability. Tenants pay subsidised rents based on income. Councils do not qualify for the Government’s Income Related Rent Subsidy that other community housing providers receive, which further exacerbates affordability.

If agreed to at the full Council meeting on 10 March, then consultation on the three options will open on 16 March 2022 at sayitnapier.nz

Projects for 2022

Every day our teams are out there doing the mahi, the regular maintenance that keeps Napier on course. We’re also working on a number of larger projects that reshape our city and prepare us for a resilient future. Visit napier.govt.nz/projects to read more

NEW WATER BORES

Two new water bores are almost up and running. Discoloured water is linked to naturally occurring manganese in our water. Finding water low in manganese is essential to solving dirty water issues. One bore is being drilled and the other is having its concrete pad poured in the next month, ahead of rigorous testing.

PARKING UPGRADE

New parking meters are on their way. Pay-by-plate parking meters are being installed in Napier CBD and Taradale to replace the current lollipop and pay-and-display meters. Pay-by-plate meters are easy to use. They use vehicle licence-plate numbers to record parking time and payment. We’ll start installing in a couple of months.

NAPIER ASSIST

We’ve responded to an increase in anti-social behaviour recently and more rough sleeping in parts of the City by introducing an ambassador programme Awhina Tāngata - Napier Assist. We are also modernising our CCTV network. These two activities work hand-in-hand to respond to issues of safety in our public places.

REPORT ON HBDHB MEETING, WEDNESDAY 19 JANUARY 2022.

This meeting was chaired by Suzanne Parkinson HBDHB, and also attended by Marie Beattie the Covid-19 Co-ordination Manager, Lisa Jones, Planning and Performance Leader and Emma Foster, Executive Director who was present at various stages during the meeting.

On our side as community reps of seniors, we had Bruce Carnegie and myself for Napier Grey Power, Ron Wilkins and Lyn Hakes (Hastings Grey Power), Etu Araipu from CHB Grey Power, Carol Winters and Wayne Bradshaw from Age Concern with Dee Withers from Age Concern on Zoom. Apologies were received from Morag Hill, Napier Age Concern, and Helen from Wairoa Age Concern.

After welcoming all present to the first of our 2022 meetings, Ron told the meeting of recent family concerns when his 91 year old brother was ill and how it had taken him five days to pass away. He queried whether it would be possible to change the present legislation so that when someone just wants to die (and this is imminent) that something can be done to help them. It was suggested that the Ministry Assisted Dying website link could be helpful.

Progress in waiting times to see consultants was again raised as this is a concern to many members of our organisations and their anxiety needs to be allayed. Information was also sought re the numbers of 65+ who have had their booster injections. The meeting was also informed that home visits for vaccination can be arranged with the DHB and General Practitioners.

Carol from Age Concern said that she understood that the St John's Transport Health Shuttle Service was being changed – to be extended to Napier and would not be just hospital appointments but would be a total welfare service under a Health and Wellbeing contract – a koha for using the service.

NB: Bruce followed this up and was advised that the service DID NOT as yet include Napier. We will keep following up on this and advise as appropriate.

A discussion around the Covid-19 Omicron modelling and the risks we are facing is being done by the HBDHB. Suzanne is writing an official article re this for the various newsletters (*Editor: it was far too long to include in our little newsletter!*).

Emma Foster spoke of the effectiveness of having the vaccine and booster shots so that illness would not be so severe – care planning was vital. Care kits

should include a thermometer, a blood pressure kit, masks, Panadol etc and a support plan made in case self-isolation was needed. The St. John's Ambulance service would still be available to those using their alarms for other illnesses – everyone will still be looked after regardless of their vaccination status.

The new health system, Health NZ, takes effect on 1st July 2022. The present DHB Boards would be disbanded on 30 June 2022 and staff would become employees of Health NZ, who would also oversee Maori Health Aotearoa who have already appointed their CEO. Interesting times ahead for everyone.

The new Kawaka Hospital presently being built would work on similar lines to Royston Hospital for contracted work. The new theatres being constructed now will eventually ease waiting times.

Our next meeting is to be held Wednesday 27 April 2022. Do let us know if you have any issues you would like us to raise.

Isabel Wood, Secretary.



Meeting with the HBDHB staff and Grey Power or Age Concern reps

Back: Bruce Carnegie, Wayne Bradshaw Age Concern; Dee Withers on Zoom - Age Concern, Ron Wilkins Hastings GP

Front: Isabel Wood, Etu Araipu CHB Grey Power (in her Cook Islands hat) and Lyn Hakes, Hastings Grey Power.

Carol Winters had left the meeting early and Morag Hill was absent (Napier Age Concern)

WHY JOIN GREY POWER?

For only \$15 per year (single) or \$27 for a couple, you can become a member of the Grey Power Federation as well as Napier & Districts Grey Power for the year **1 April 2022 to 31 March 2023.**

Membership benefits:

- Free local Discount Book
- Four local and four national newsletters per year
- Free Accident Insurance Cover - \$2000 paid by AIL in event of death by accident or loss of a limb
- Reduced Health insurance
- Cheaper gas & electricity through Grey Power Electricity's low user rates for members

Your membership is vital to our effectiveness in seeking discounts and advocating on matters you care about. By the way, you don't have to be over 60 to become a Grey Power member - anyone can join and get the benefits!

Call President Bruce 844 5635 for more information.

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INVOICE for GREY POWER MEMBERSHIP 2022-2023

If you are a NEW member; or an EXISTING member (and the sticker on your Grey Power membership card is not BLUE) your membership is due

Either:

1. Pay your sub online to **bank account number: 38-9009-0434068-00 (Kiwibank)** Grey Power Napier & Districts; put your Surname, Initial and Grey Power membership number if renewing. If you are a new member, please email mellorlinda84@gmail.com or phone 06 844 3837 to let us know you have joined. **OR**
2. Complete this form and drop it off to 10 Trigg Crescent, Taradale or phone Bruce at 844 5635 to arrange a pickup.

Your name/s

Address

Phone email M'ship no

You are paying \$15 for 1 member (tick if applies) or \$27 for a couple

Amount paid: Payment Type:

Can we email your newsletter?

Thank you

Mavis Church's Relish Recipe



Lots of tomatoes around as we go to press so decided to include this recipe I inherited off my late mother (Ida Boag's) best friend Mavis Church. I used to buy half a dozen jars every year. Give it a go!

1. Put 6 lb (2.7 kg) of ripe tomatoes in a bowl and cover with boiling water. Prick the skins, leave a while then immerse in cold water and skins fall off. Cut skinned tomatoes in small pieces.
2. Cut up 2lb (.9 kg) small onions
3. Take 2 tablespoons of common salt.
4. Combine all three ingredients above in large bowl and leave overnight.

Next Day:

1. Strain off the liquid in the tomato/onion/salt mix.
2. Cover with vinegar
3. Add 2 lb (.9 kg) of sugar
4. Add 6 chillies (put them in a muslin cloth or unused XLO cloth tied with string)
5. Boil for $\frac{3}{4}$ of an hour.
6. In a jug, mix 2 dessertspoons of mustard, 2 dessertspoons of curry powder, 6 dessertspoons of flour with cold vinegar.
7. Thicken the relish mix with the curry/mustard/flour mix and boil for another 5 minutes.
8. Pour relish into sterilised jars and seal when cold with wax.

(Personally I add more curry and mustard as I like relish with a "bang" but you can change this to taste. Makes about 6 – 8 jars. I generally make about 6 batches and give a lot away to friends. Mark Bluck – Mavis' apprentice and son in law)

Kay Nesdale



one of our newest Napier Grey Power committee members.

I joined Grey Power in 2020 and helped out at the Christmas lunch and then found myself on the committee!

I was born and raised on a small farm with six brothers in Otakiri, a very small place about 40 km out of Whakatane. After finishing my schooling at Edgecumbe College I came down to Napier to do my nursing training.

After living with six brothers it took me quite a while to adjust to living in a Nurses' Home. In those days it was compulsory for me to live in the Hinepare Nurses' Home for 18 months.

I then moved to Palmerston North where I could go to Massey University, when I finished my degree I was then going to head north again but I got married and ended up only 50 kms north in Kimbolton where I lived with my husband for the next 40 years.

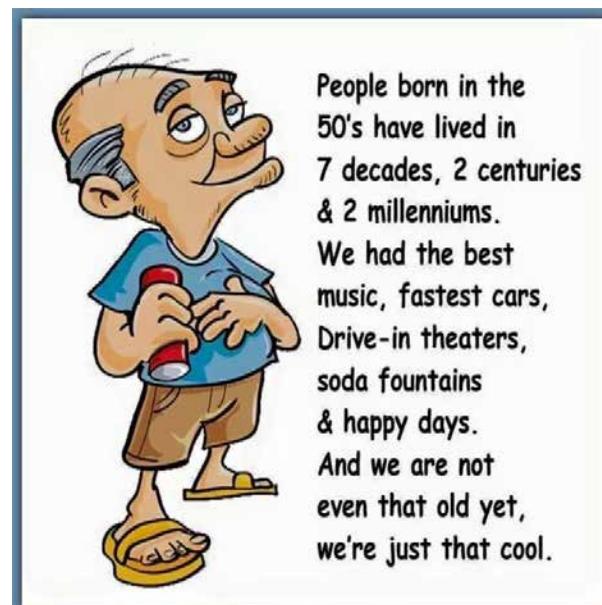
During that time I continued working at Palmerston North Hospital where I was in clinical areas, education and quality management. I also owned and operated a small rest home in Feilding for 10 years. It was a wonderful time and I have many great memories of my time there.

During my working life I had two changes from the health service, one as the quality manager for NZ Railfreight and one as a franchisee for NZ Post.

Despite being very out of my comfort zone at times both were interesting experiences and I was pleased to learn that the skills I had gained as a nurse were transferable.

The last years of my working life were spent as a lecturer at UCOL working with undergraduate student nurses and overseas nurses seeking NZ nurse's registration.

I retired when my husband and I moved to Napier in 2019 and we are both enjoying living in Ahuriri. Our family live in England and South Africa as well as in New Zealand so I enjoy travelling and am looking forward to when we are all able to travel again, something I had great plans for when I retired.



People born in the 50's have lived in 7 decades, 2 centuries & 2 millenniums. We had the best music, fastest cars, Drive-in theaters, soda fountains & happy days. And we are not even that old yet, we're just that cool.

Live in the moment, and find each moment worthwhile. You owe it to yourself to forgive the past. Live in the future. Make time every day to do what's important to you - to work enough to feel satisfied, to play enough, to stay young.

Quarterly Newsletters

Next issue

Tuesday 7 June 2022

Contact Maxine Boag with any items of interest.

Previous newsletters can be seen on www.kiwipublications.nz

Monthly Meetings

3rd Tuesday each month, 1:30 pm

Convenor: Bruce Carnegie

Art was on the agenda for Enliven Older People Services Day Programme this year, including providing works for an exhibition at Hastings Art Gallery.

Enliven clients worked with experienced art educators to bring their unique life experiences to their own visual language.

For some of the older people who had never visited the art gallery before, this was a chance for them to discover just how accessible art can be.

Enliven's vision is of older people engaged and empowered by experiences like this. Enliven Day Programme sessions are structured to ensure older people are connected to their community, intellectually stimulated and expressing themselves in ways they may not have tried before.

Enliven Day Centres in Pakowhai Road near Taradale and at JH Mason Village in Havelock North offer fun, fitness and friendship for older people. Alongside exercise classes and dedicated sessions for people living with dementia, Enliven runs a woodworking group for older men and is always looking for new ways to connect with the community.

You may qualify for funding to attend Enliven Day Programmes. Get in touch with the friendly team on 06 281 2534



See you at Enliven!

The Enliven Day Programme offers fun and friendship in a garden setting on Pakowhai Road, Taradale, and at JH Mason Village in Havelock North.

Our schedule includes exercise, sessions for people living with dementia, and even a woodwork group. Make meeting up with friends at Enliven part of your life. Enquire today.

Phone: 06 281 2534
enliven@psec.org.nz

enliven

Grey Power Napier committee 2021-2022



Front from left: Allie Beattie, Isabel Wood, Ian Cook, Maxine Boag, Anne Mitchell
Back: Bruce Carnegie, Linda Mellor, Kay Nesdale, Jacquie Hurst, Russell Wyeth

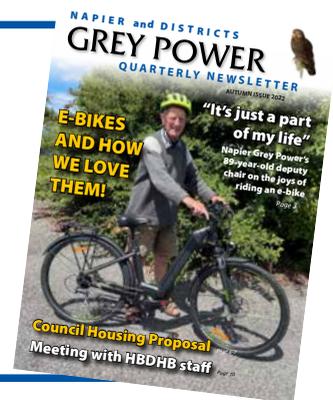
Newsletter Publication 2022

Issue 1, Autumn, Local delivery: Tuesday 1st March

Issue 2, Winter, Local delivery: Tuesday 7th June

Issue 3, Spring, Local delivery: Tuesday 9th August

Issue 4, Summer, Local delivery: Tuesday 8th November



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