

Grey Power

NORTH CANTERBURY (INC)



AFFILIATED TO GREY POWER -
THE ACTIVE NON-POLITICAL ORGANISATION FOR 50+

THE OFFICIAL NEWSLETTER FOR GREY POWER NORTH CANTERBURY ASSOCIATION (INC)



PRESIDENT

Jan Pentecost
03 312 9331
113 Stringers Road
RD7 Rangiora 7477
jan.pentecost@gmail.com

VICE PRESIDENT

Gordon Smart
027 4599 522
gordonarnoldsmart@gmail.com

TREASURER/ MEMBERSHIP

Albie Brand
021 0902 0251
PO Box 28
Rangiora 7440
albiemjb@gmail.com

EDITOR

Tom Bedford
03 313 0580
tbedford@slingshot.co.nz

COMMITTEE MEMBERS

Gary Fisher
Tony Pentecost
Peter Walker

Older Workers Employment Action Plan

Minister for Seniors Dr Ayesha Verrall recently launched the Older Workers Employment Action Plan.

The plan is a collaborative effort, bringing together input from the public, business, and government to provide critical guidance to help ensure opportunities to support and encourage older workers now and in the future. It acts as a blueprint on how the Government can help support and encourage older people to stay in the workforce if they want or need to.

The plan focuses on people aged 50 and over and is made up of 11 action items with a focus on training and upskilling, finding and staying in work, supporting employers to be more inclusive, and planning for the effects and opportunities of an aging workforce.

You can read the Action Plan on the Office for Seniors website.



DISCLAIMER: neither this Association nor any person associated with it accepts any liability for the contents in this newsletter which is prepared in good faith and believed to be correct.

- Aphorism -

Is a short, pointed sentence that expresses a wise or clever observation, or a general truth.

After 60, if you don't wake up aching in every joint, you're probably dead.

Money will buy a fine dog but only kindness will make him wag his tail.

A Daily Inspiration:

If you can't have the best of everything, make the best of everything you have.

From Wings of Silver

Never let your friends feel lonely...

Disturb them all the time



In his late 80s, my father-in-law went to the AA to renew his driver's license. At one point during the road test, he approached a four-way stop, looked to his left, and cruised straight through the stop sign. "Sir! You didn't look to your right," yelled the frightened inspector. My father-in-law calmly shook his head. "That's Mum's side."

This publication is designed and printed by Kiwi Publications Limited. For advertising phone Sam on 027 872 6629 or email: samanta@kiwipublications.nz
www.kiwipublications.co.nz

Please refer to our website for disclaimer.

PRESIDENTS CHAT

I hope you are keeping warm, cosy and safe as we head towards spring. Its always good to look forward positively but also to be realistic about life. Grey Power North Canterbury has been busy as usual - both at committee level and at our general meetings.

Committee News: Recently the committee donated \$200.00 to the local Salvation Army. It also agreed to become more involved in Hurunui activities and to host an afternoon tea for long-time members of our local Grey Power association.

The committee, at its last meeting, agreed that Tony Pentecost will be our association's delegate at the national Grey Power Federation's 2022 annual general meeting. And we also decided to change the production of this magazine to Kiwi Publications so we hope you enjoy it.

Our recent activities:

Shortages of carers in aged care facilities – nationally Grey Power has been working with carers' union to push for reasonable wage increases for carers and pay parity for registered nurses in rest homes because these problems which have led to a shortage of carers and nurses impinge negatively on the care older people who must use these services need as the following media release about high health and safety notices from aged care from Dr Shane Reti discloses:

"In the first six months of 2022, there have been almost 2,000 formal health and safety notifications submitted to the Ministry of Health from aged care facility nurses, National's Health spokesperson, Dr Shane Reti says.

"A Section 31 notice is submitted from a registered nurse to notify the Director-General of Health when there is a health and safety risk for residents or a situation that could potentially put the health and safety of a person at risk.

"In the first six months of 2022 alone, there have been 1,875 Section 31 notices submitted to the Ministry of Health, including 987 nurse shortage notifications. This is a substantial increase from previous years.

"In 2021 there was 851 Section 31 notices submitted and only 260 in 2020.

"These notices are consistent with the reports of 800 aged care beds closing over the past 12 months due to a lack of nursing staff in aged care facilities.

<http://www.voxy.co.nz/politics/5/404809>

Health – Helen Walker who provides our association with health information at our general members' meetings has supplied the following information:

- The Christchurch Public Hospital emergency department is overloaded on numerous occasions
- The Rangiora Hospital has been demolished but meals on wheels still operate from the health hub kitchen
- The North Canterbury forum for Elder Care has resumed meetings again after a Covid break.
- DHBs have ceased to exist and Health NZ took over as the lead health body
- This new health system, we are told is to be people-centred, equitable, accessible and cohesive

The following Q & A about the new health system may be of interest to our members from the consumer health forum Aotearoa

Te huarahi ki pae ora | The journey to healthy futures

The following questions were posed at the Consumer health forum Aotearoa on 7 April 2022 about the future health system. The Health Transition Unit and interim Health New Zealand have prepared answers to these questions. They relate to the future of Aotearoa's health system.

Where does the UN Convention on the Rights of Persons with Disabilities (UNCRP) and the Disability Action Plan sit in the New Zealand Health Plan?

They are included in the New Zealand Health Plan, as part of a strong Disabled Persons/Tangata Whaikaha approach.

Does the new system have a plan for the influx of complex health needs for consumers, due to long COVID?

We're still uncovering the long-term effects of COVID-19, though we know that our elimination strategy and high vaccination rates will have made a difference in improving New Zealanders' long-term outcomes. As evidence about the long-term impacts of COVID-19 emerges – including best practice approaches to helping people manage with 'long COVID'. The health system will absolutely be working on how to best provide that support, particularly for those with comorbid or complex health needs.

Can New Zealand have equity within a public health system while we have a private health system?

Through these reforms we are focused on making our public health system the best it can be. We are ensuring that every New Zealander can have full confidence that our public health system can meet their needs, particularly those this system has long underserved. Changes to New Zealand's private health system were not in scope for these reforms.

The intention to have multiyear budgets is hopeful.

Will there be a proportional formula to ensure funding lands in parts of the system where the expectations of where the service delivery is intended to be prioritised i.e. hospital (expensive) versus the earlier intervention/preventative at general practice/ NGO's service delivery level?

There will be a process for prioritising service access across the system to best achieve equity of access and outcome, and better health outcomes for all the people of New Zealand. There is not intended to be a formula like the Population-Based Funding Formula.

Wellness/hauora includes spirituality/wairua – often

what matters most to us, consumers (even Health care practitioners. Is spirituality/wairua being explicitly considered in this new evolution of the healthcare system?

Spirituality/wairua is being considered in the broader Kaupapa Māori models of care (hauora Māori).

How have you focused on patient harm and minimising future harm that occurs. What new strategies will be put into place to effectively monitor this?

The development of a national system for monitoring incidents will be part of the future operating model.

How will you utilise the principle of universal proportionalism in addressing health inequities?

An equity-based approach, which prioritises improving access and outcomes for those who are currently underserved by the health system, is at the heart of our vision for the reformed health system. This approach is in line with principles of universal proportionalism.

What is the strategy to increase the current workforce?

There's no one solution to growing our health workforce and better supporting the workforce we already have working in our communities.

In future, our health system will be a much more active participant in shaping our workforce: ensuring we have the right people with the right skills in the right places; that our workforce reflects the diversity of the communities it serves; and that health is a better place to work.

The interim New Zealand Health Plan which will be released by September, will set out a plan for how the reformed health system will start working differently through to 2024 to better support and build our workforce.

Will the new system address inequalities in access to services that are based on diagnosis e.g., will access to Disability Support Services (DSS) become equitable between those that access DSS services and those that are currently disabled by long term chronic conditions inadequately served by the Long Term Supports – Chronic Health Conditions funding by District Health Boards (DHBs) that has much less access to support?

This is a policy matter and therefore outside Health NZ / Hauora Aotearoa's areas of responsibility. This will be a matter that the Ministry of Health and the new Ministry for Disabled People will work to resolve.

continued on page 4

Given the current variation in DHB performance, will the 'common denominator' be set at the level of the best performers?

There is some great mahi going on across New Zealand. We will be looking closely at what is being done so that we can share what is working well and support the different locations replicate it in ways that meet their local needs.

Are these new health reforms taking into account the new Ministry? The reform was started even before this new Ministry was announced. I'm worried there will still be a portion of our community that will continue to get lost in gaps in the system.

We are working very closely with our central government colleagues including those responsible for establishing the new Ministry for Disabled People.

How will these new reforms include people with rare disorders when we are not mentioned as a minority/priority group within any of the new legislation?

The needs of people with rare disorders will be supported by the work of national specialty networks that will consider how we ensure equitable care for all people across New Zealand.

Will the multi-year budgets have a flow-on effect to providers? The annual contracting process does not provide sustainability for providers.

We are expecting contracts with providers would be for periods longer than one year over time, once the system is bedded in.

The intention to have four regional entities within Health New Zealand looks a bit like replacing 20 DHBs with four similar but larger organisations. How will the four regional entities differ from DHBs?

Health New Zealand will have regions because there are some decisions and systems that it makes sense to manage regionally, like hospital networks.

There will not be regional entities as such – all four regions will be part of Health New Zealand under a shared national structure, which will work much more as a coherent whole across Aotearoa than is the case with DHBs.

All parts of the health system, including the regions will be responsible for involving people more in their work – making sure that everything we do in the health system reflects the needs and aspirations of whānau, and is tested with a diverse range of people where we can. Over the coming months and years, the locality approach will offer opportunities for people to be more formally involved in shaping the care they receive locally.

How will localities be defined – boundaries and populations?

Iwi and community will work together to determine the geographic area that makes sense to them, with an over-riding principle that it still feels 'local'. It may follow iwi or local government boundaries, but not necessarily. The only hard 'rules' are that everyone must be part of a locality, and locality boundaries can't overlap.

Some of the DHBs have not even started incorporating Pacific community health focus i.e., consumer groups/community level, how do you see this getting integration in the plans forward?

Pacific leadership and a Pasifika health focus are integrated throughout the draft New Zealand Health Plan.

You talked of co-design with consumers what about co-production? Is this in the new plan? Co-design can still be tokenistic. It is important DHBs are educated in this major change and how to avoid this being tokenistic involving consumers.

The plan is still in draft and will be circulated for community feedback. The draft looks to prioritise the involvement of consumers and the embedding of the consumer voice in delivery as well as planning and design at all levels, local regional and national.

Will access to New Zealand facilities outside of people's districts be a requirement? Currently we are seeing children with some health conditions (specifically mental health and eating disorders) excluded from care facilities appropriate for their conditions as their local DHBs either don't have the facilities or workforce suitable to provide best practice treatment. Will access be opened up with DHBs being dissolved?

Yes. Ensuring equal access to health care across the motu is a key reason for the health reforms.

Will the 3-year plan relate to Government elections?

No. The cycle is set commencing 2024, with the first plan being a two-year interim Health Plan.

My question is around securing funding for our community mahi around support and provision of information, alongside our desire to strengthen community voice and opportunities for co-design. Our perception is that presently this is a minefield. From what I have been able to establish there appear to be hundreds (or thousands?) of NGO's (our preference would be 'for purpose organisations' or 'community organisations' would receive some funding through either MOH or DHBs - which is not only fragmented but also inequitable. We receive \$0 while we are

aware of others receiving reasonably substantial sums for comparable mahi. How will this be addressed? How do we get our services recognised and equitably funded? With conservatively 180,000 women affected by endometriosis some funding would go a long way to addressing issues. We are mindful that we do not fit into the priorities of Māori, Pasifika and Disability either.

In the reformed health system, Health New Zealand and the Māori Health Authority will be much better placed than DHBs to make sure that services are being commissioned in a consistent and fair manner across the motu – so that providers offering similar services are treated and funded fairly to meet the needs of New Zealanders.

While Māori, Pacific peoples and disabled people are priorities for the reformed health system, given the inequitable access and outcomes our system has traditionally given these communities, we will continue to invest in the health of other groups who don't receive equitable care today, including women.

Other:

Brent Cairns from the Kaiapoi-Tuahiwi community board informed that there were plans for a motor home park and that Skinny Jump provided Low-cost prepaid broadband | visit <https://www.skinny.co.nz/jump/home>

Ray Harpur from the Oxford-Ohoka spoke of a proposed large new housing complex planned for Ohoka.

For the future:

1. Local body elections are to occur later this year – please vote because it is our democratic right to chose who we want to represent us.

We normally invite candidates to speak at our general meeting but this year nominations did not close until after our August meeting and we had already arranged our September speaker however, candidates will receive a copy of the questions below via email and we will follow the successful candidates to ensure they honour their promises.

a) Footpath safety

Some of our older people are anxious about being injured by signage and e-scooters on the Waimakariri districts' footpaths, can you assure our older people that they are safe on Waimakariri district footpaths?

b) Housing

We are experiencing a housing crisis, including a shortage in rental housing. Older people, including those with disabilities, often face

barriers in finding affordable and appropriate housing.

Do you support council involvement in this type of housing in the Waimakariri district?

c) Transport

How would you ensure that public transport is easily accessible for older people in Waimakariri?

d) Rates

Would you ensure that rate increases remain in line with inflation?

Do you have a focus on core service delivery – on necessities rather than the nice to have but not essential items?

During rates discussions around the council table is the 'wellbeing' of long-suffering ratepayers seriously considered? And if so, how does this occur?

If you are re-elected, will you ensure that your council participates in Local Government NZ's performance improvement initiatives.

e) Climate Change

Have you done any work on Climate change and its effects on older New Zealanders especially as far as adaptation to the effects of climate change for seniors is concerned?

continued on page 6

NEED A PLUMBER?



Walton Plumbing is one of the most trusted plumbers in Christchurch and the Canterbury region.

- REPAIRS
- MAINTENANCE
- RENOVATIONS

CALL NOW to talk to our friendly team...

03 366 0306
bookings@waltonplumbing.co.nz



Waltonplumbing
A plumbing team you can trust

waltonplumbing.co.nz

How will you ensure that older peoples' needs in this issue are attended to?

f) The Future of Local Government Review

What are your views on the strengthening of local democracy, a stronger focus on wellbeing, an authentic relationship with hapū/iwi/Māori, a genuine partnership between central government and local government and more equitable funding shifts which underpin the review? (Review into the Future for Local Government)

g) Will you commit to engaging with and carrying out the Waimakariri communities wishes regarding the Review?

2. Waimakariri Age-Friendly – the vision for **Age-friendly** is a community where older people are engaged and connected to a community that values, respects and supports them. And where older people can have the best possible future with opportunities to achieve their full potential, regardless of their capacities, resources, lifestyles or preferences.

Age-Friendly is very important for our districts' older people and Grey Power North Canterbury is represented on this group so please keep tuned for more information about this.

Of interest the Hurunui Age-Friendly Communities Project Report March 2019 was published. The intent of this research was to provide the Hurunui District Council (HDC) with the findings but also to share with other organisations which operate within the Hurunui district. The project results may assist HDC in its planning and policy development

and advocacy role to further enhance the Hurunui district being age-friendly and recommendations were proposed for consideration by Hurunui District Council (HDC) and to promote the concept to other organisations and the wider community to collectively create age-friendly communities within the Hurunui district.

The recommendations are summarised below:

- Age-friendly HDC steering group to incorporate age-friendly initiatives into future planning.
- Establish an Older People's council or steering group to ensure that older people are actively involved in shaping how their future looks.
- Improve the footpaths in the Hurunui district and communicate to ratepayers on progress.
- Provide regular printed communications from HDC.
- Strengthen existing community, sports and service groups/clubs.
- Reduce the minimum section size in Hurunui.
- Investigate rest home and retirement village options.
- Bridging the information gap for events, activities, public consultation & buy and sell.
- More transport options in the Hurunui district.
- Community and adult education in the Hurunui district.
- HDC join the WHO Age-Friendly network

Please take care of yourselves and remember

*"They say I'm old-fashioned and live in the past, but sometimes I think progress progresses too fast!"
(Thanks to Dr Suess)*

Jan Pentecost | President

Editors News

Hello Everyone,

I trust you are all coping with the winter weather we have been receiving and keeping warm and dry. For those of you who are farmers or gardeners you will know that we need the cold winter to kill the bugs and pests we have at other seasons of the year.

Also welcome to our new magazine now being published by Kiwi Publications Limited. They publish magazines for eight other Grey Power Associations. We have changed over because our printing costs were becoming too high and we will save money on our printing costs. This comes about by organisations and businesses advertising in our magazine, that will pay for our printing costs.

We had two businesses lined up to advertise in this our first edition, however for various reasons they haven't. If you know of any organisations or businesses in your area who would like to advertise in our magazine, please contact me as we would like to have some more advertising in our next edition due in be published in November. Please note the deadline is 28th October.

MAGAZINE BY EMAIL.

Those members who would like to receive their magazine in future by email please contact me. Thank you.

Articles.

If members have articles they consider may be suitable for publication my contact details are on the front page.

Tom Bedford | Editor

Notice can only be given in specific situations. For example, landlords can give at least 63 days' notice if a family member will be moving into the property as their main residence within 90 days from the end of the tenancy; or at least 90 days' written notice if they are selling, demolishing, or extensively renovating the property.

The full list of changes to the Act is available on the Tenancy Services website www.tenancy.govt.nz



Changes to Tenancy Laws

Housing can have a significant impact on wellbeing as we age.

Older people can face a range of housing issues such as affordability, accessibility, location, insecurity of tenure and even homelessness.

There are more older people renting now than ever before and home ownership rates for those aged 50 to 64 are still steadily decreasing.

Earlier this year, the Government made changes to the Residential Tenancies Act 1986 which covers the rights and responsibilities of landlords and tenants in New Zealand.

The changes aim to make things easier for those living in rental properties and by improving the security of tenure and allowing minor alterations, so they can make their house a home.

Tenants can now ask to make changes to the rental property and landlords must not decline if the change is minor. Landlords can, however, set reasonable conditions.

Full details on what minor changes are and templates to help you request these changes in writing can be found on the Tenancy Services website www.tenancy.govt.nz

Landlords can no longer end a periodic tenancy without cause. This gives tenants more security that they can stay in their home long term.

From your Membership Secretary

Hi Members.

Many thanks to those of you - approximately 80% - that have returned your Declaration forms.

This will now allow me to update our Data-base, and minimise the "bounced" emails, "gone no address" returns, and inability to contact you by phone.

Having such a Data-base will save a lot of money, time and effort for everyone.

As we are aware, communication is vital for all of us, especially during these troublesome times.

For those of you without email, I will still assure you that you will be kept informed of our activities etc, by phone, or "snail-mail" - yes, it is a pity that I resort to calling it that, but the postal service today is sometimes slow, and not always reliable, or indeed, affordable - \$1.70 now to post a letter! and the service.....

Can you help us?

We are looking to enhance our involvement with those outside our current base - Rangiora/Kaiapoi.

Our area of representation extends from the Waimakariri River, inland to Oxford, Culverden, Hanmer Springs, and along the coastline to the Conway River Flat.

We would like to establish some local hubs within this area - possibly at Cheviot, Amberley and Culverden/Hanmer Springs.

Is there anyone within these localities willing to act as a co-ordinator for our current, or new, members?

We would envisage that the co-ordinator would be the distribution centre, and focal point of all communication from Grey Power North Canterbury and also for the current, and new, members within that local hub.

We certainly would like your views on national/local issues, and would value your input from a local prospective.

Should anyone be interested in helping us establish these local hubs, could you please contact me accordingly. My contact details are on the front page.

Many thanks for your help.

Albie | Membership Secretary

Are retirement villages affordable? Busting the myth!

Written by Janet Brown, Head and Heart Ltd, for the RVA

How affordable really is retirement village living?

Sometimes you might hear people saying it's only for the wealthy. But increasingly those who never expected to be able to afford a retirement village unit are moving in to villages, having sold their freehold homes and freed up more capital than they anticipated. One resident at the Masonic Villages Trust's new village in Wainuiomata says "I didn't think I could ever afford it". She also didn't want to move out of Wainuiomata. When her neighbour of seventeen years opted to move into the new village under development locally she was surprised to find that she could indeed afford to buy there, and the two neighbours are now happily relocated in their local retirement village.

Nick Merritt, Operations Manager for the Masonic Villages Trust, says "Most of our residents have a property to sell, but don't have a lot of money sitting in the bank." She notes that it's important to provide a choice and options, especially in smaller towns where the property boom may have been patchier. The Trust's initial social housing for older people came into being over sixty years ago, supported by Housing Corporation loans, and underpinned by the firm conviction of the religious and welfare sector that there was a need for housing for the elderly. Those first units were one bedroom and relatively modest, but now older people expect more, which is one factor driving the development of retirement villages by charitable trusts.

About 25% of the Trust's holdings are affordable rentals, scattered across a number of villages. The Trust's recent policy of acquisition of existing villages has helped ensure that they can offer a variety of options, both geographically, and in the style and price of units. Warick Dunn, Chief Executive of The Masonic Villages Trust, notes that, for the older demographic, mobility and access is important: "People are now coming into our villages older, so design is crucial, as are aspects like double-glazing. Our facilities are now warmer and healthier than the housing our residents have come from because of improved design. These factors also increase affordability, costing residents less to heat their homes and reducing their regular outgoings.

Arvida, a large scale Retirement community operator with national coverage, is also strongly focused on providing affordable options. General Manager Sales, Tristan Saunders, says that from Arvida's perspective there are two key elements to affordability: offering a wide variety of unit types, and ensuring pricing is linked to the local residential market. Arvida offers options starting from single bedroom studios, one, two and three bedroom apartments and townhouses, all the way up to standalone two and three bedroom villas. He notes that "no one size fits all.

Affordability according to location and linked to the local residential market works because prices are set relative to the local market, and positioned to allow potential residents to realise and retain money from the sale of their original

property. This is ensured through Arvida's annual central review of prices against local markets and advice from professional valuers, and allowing scope for buyer choice. Tristan notes that, to make sure this works, "We will always lag behind the market movement, giving customers a buffer when they sell in the local market."

Generally across New Zealand, retirement village units cost around 70% of the market price of the average freehold home in their surrounding community. This indicates how when older people sell their freehold home to move to retirement village they can free up extra capital in the process, which can then be used to fund retirement living and give them choices.

Affordability, and a range of offerings, is also key to ensuring that Arvida villages reflect a cross-section of their surrounding community. Tristan explains that the Arvida design team works out what unit types will work best in a local context. He says the aim is to have as much range as possible on offer in the early stages of development, and to keep prices as affordable for entry as possible, with products and price points to appeal to a large cross section of the local community considering a retirement community.

The CEO of Howick Baptist Healthcare, Bonnie Robinson, says they focus on affordable housing options for older people because "we're here to meet the needs of vulnerable older people, and to do that you have to determine who's vulnerable and why." From Bonnie's perspective, among the most vulnerable are those who reach retirement without owning a mortgage free home. HBH has a rental village as well as its main licence-to-occupy retirement village, and is currently exploring how to provide more rental options – "we see that need just climbing, we're currently getting at least two to three enquiries about rentals a week."

These are usually from people who have been in a stable rental situation that changes, for example, they may have rented a granny flat long-term, but then the house is sold to a developer who wants them out. Bonnie notes that it's hard to assess the positive impact for residents who secure a unit in HBH's rental village: "Residents don't want to talk about money, but once they settle in you can see their health and wellbeing improving as the stress and worry disappear."

Bonnie predicts, as does Warick, that there will be an ongoing increase in the number of retirees who have no savings or resources other than national superannuation at retirement. Bonnie also expects the number who have very little margin, perhaps because of divorce, or unemployment late in life, will also increase.

The last word on affordability of retirement village living and its positive impacts goes to Ken, who moved into HBH's retirement village earlier this year after his wife died. He tells me, "I looked at all the local villages, and this felt like the best value. I saw the advert, and I had that amount of money. Compared to paying rates and maintaining a house, here it's all incorporated and cheaper. I definitely have lower outgoings here. I enjoy the company. Here, you can get a meal if you want or need one, even though you're independent. And the price I paid meant I had extra money for other activities like travel."

Editorial supplied by Retirement Villages Association

Godfreys | Law

REAL FAMILIES. REAL SOLUTIONS.



For expert planning
and advice in your
twilight years.

Gina Dobson
Life Law Specialist
(03) 366 7469

Later in life, having accumulated some assets, you may be wanting to make sure your family and loved ones are looked after. You may be considering giving some money to your children or family to help them get into the housing market, or as a lump sum gift or asset.

You should only be gifting assets to your family if you are in a financial position to do so. Another risk we see is that money given to children may be poorly spent or in the event of a relationship ending the ex-partner can walk away with half of the money you gave. So there are some real risks involved when gifting assets.

In April 2018 Pharmac funded the shingles vaccine for everyone aged 66-80 years old. This period was extended due to COVID until 31 December 2021.

Now that period has gone, anyone who is aged 66 and above who did not get a shingles vaccine during that 1 April 2018 – 31 December 2021 period would have to pay for it. It remains funded for everyone when they are 65 years old.

As you are all aware Grey Power does not agree with age being a factor in the availability of any medical or prevention services.

The new health system currently in the process of being implemented places a greater emphasis on equity of services and Grey Power will be pursuing our policy of age not being a factor for declining services.

Unfortunately in the meantime this is the situation with the shingles vaccine.

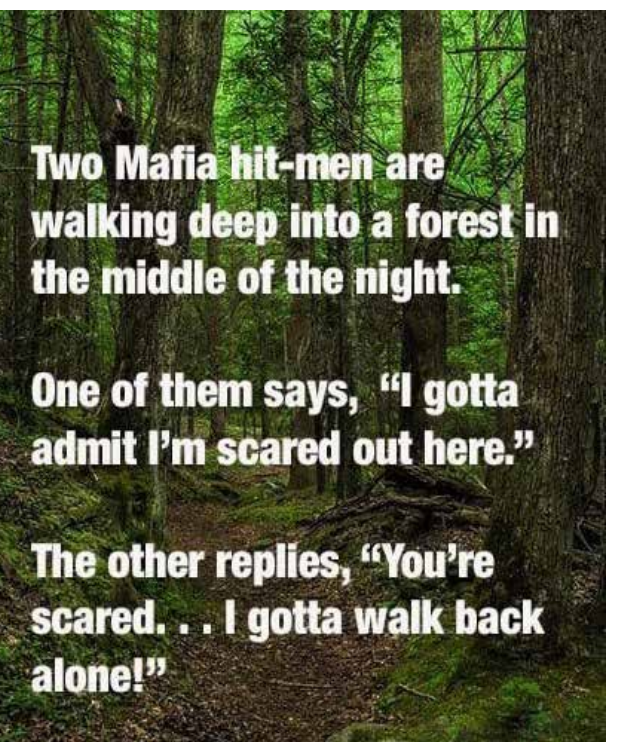
When it comes to family, it is often best to loan that money instead of gifting it. That way if any relationships fail, you can be assured that you are able to recall the loan or that the money remains with the intended person.

A simple way to ensure that gifting assets to family goes smoothly is by creating a contracting-out agreement. The simple contracting out agreement does require specialist legal advice. Both parties also need independent legal advice for the contracting out agreement to be binding. Even if you want to consider the 'loaning idea,' the documenting of the loan is something a lawyer needs to help with. It's all about getting the details, getting the details right and written up in such a way that they'll stand up if they are challenged in future.

Our team at Godfreys Law has dealt with issues like contracting out agreements, property conveyancing and documenting loans for many families over many years. We have many solutions because all families are different, and this is definitely not a case of one size fits all. We'll go through all the options and find what's best for you.

If you're looking to gift money or assets and want to make sure your children are taken care of long into the future, come in and chat with the team at Godfreys Law. Simply call 03 366 7469. We're here to help.

editorial supplied by Godfreys Law



The good old days

It is for all people born before 1945.

"We are the survivors! Consider the changes we have witnessed!

We were born before penicillin, before polio shots, frozen food, plastic, contact lenses and Frisbees.

We were born before credit cards, laser beams and ballpoint pens. Before tights, dishwashers, clothes dryers...and before man walked on the moon.

We got married first, and then lived together. How quaint can you be? In our time, closets were for clothes, not for 'coming out of.'

Designer jeans were scheming girls called Jean, and having a meaningful relationship meant getting along with our cousins.

We thought fast food was what you ate during Lent. We were before house husbands, gay rights and computer dating.

We were before day care centres and group therapy. We never heard of FM radio, tape decks, electronic typewriters, artificial hearts, word processors, yoghurt and guys wearing earrings.

For us, time-sharing meant togetherness, a chip meant a piece of wood, hardware meant hardware and software wasn't even a word!

Back then, 'Made in Japan' meant junk, and pizzas and instant coffee were unheard of.

In our day, grass was mowed, Coke was a cold drink and pot was something you cooked in. Rock music was a grandma's lullaby and Aids were helpers.

And we were the last generation that was so dumb to think you needed a husband to have a baby.

No wonder we are so confused and there is such a generation gap today.

But we survived"

"from the Northern Outlook"

Vegetable Soup

Ingredients:

1 cauliflower	2 litres hot water
1 onion diced	2 beef stock cubes
2 Tbsp butter	1 tsp salt
1 leek sliced	1 tsp curry powder
3 carrots diced	
3 handfuls macaroni	



Method:

Wash cut and separate the cauliflower.

Fry onion on medium heat in butter until soft.

Add other vegetables and stir-fry for 15 minutes. Add hot water and bring to the boil, then add the macaroni, beef stock, salt and curry powder. Bring back to the boil, stir regularly and simmer for 25 minutes.

If too thick, add water.

ORANGE ALMOND CAKE (gluten free)



Preheat oven to 180c
Prepare a 20cm cake tin

Method:

Boil 2 navel oranges for 15 mins in water. Cool, chop roughly and whizz in a processor. Beat 3 eggs with 1 cup of sugar. Fold in 3 cups of almond meal and 1 tsp of baking powder. Fold in oranges to mixture and place in tin. Bake 1 hour at 180c until cooked

Are you aware!

Is your vehicle Insurance Policy payment the correct cover type for the value of your vehicle? In the event of an accident will your cover be adequate.

National **Matt Doocey**
MP for Waimakariri

Here to Help

Kaiapoi Office • 137 Williams Street
03 327 0514 • kaiapoi@parliament.govt.nz

Rangiora Office • Level 1, Conway Building, 188 High Street
03 310 7468 • waimakariri@parliament.govt.nz

Funded by the Parliamentary Service. Authorised by Matt Doocey MP, Parliament Buildings, Wellington.



As National's first spokesperson for mental health and suicide prevention, I'm constantly reminded of the state of our mental health system. Mental health has long been a significant issue in New Zealand, and it has only been exacerbated by the ongoing effects of Covid-19.

The pandemic and lockdowns have put a strain on the older population, however, it's important the government counteracts any detrimental effects by ensuring support for suffering Kiwis.

For months I've been hearing there have been no improvements from the \$1.9billion promised by this government for mental health. Take age-appropriate mental health services. Why are we yet to see any government initiatives to support the complex needs of our older population?

Earlier this year I attended an event with the National Party SuperBlues, a group of senior New Zealanders who work collaboratively with National MPs to

promote solutions to issues that will enhance the lives of our older population. We discussed important opportunities for future policy and the growing need for age-appropriate mental health support nationwide.

We discussed how today's older adult population is less likely to acknowledge mental illness or access mental health services. Many stigmas exist around mental illness, with the elderly unlikely to talk about problems they may be experiencing, especially when they fear a loss of independence or further isolation.

Now is the opportunity to confront the variety of mental health issues affecting seniors, and the stigma around seeking support. It will take strong leadership, an all-of-government approach and a well-managed plan to execute change, along with targeted spending that delivers outcomes for Kiwis.

Matt Doocey MP

FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

© MENTAL HEALTH FOUNDATION OF NZ 2019

Mental Health Foundation
mauri tū, mauri ora
OF NEW ZEALAND
www.mentalhealth.org.nz

ADDRESS TO JUNE 7TH 2022 GREY POWER MEETING

Alan Malcolmson on behalf of the Canterbury West Coast Air Rescue Trust addressed our members; he provided information on the air rescue service.



We learnt that:

- the Rescue Helicopter Trust has funded the life-saving Rescue Helicopter in Canterbury and the West Coast since 1989,
- the service is free of charge to New Zealanders.
- rescue helicopters provide a critical lifeline and that the Canterbury and West Coast Rescue Helicopter Service watches over the lives of more than 600,000 people.
- the Westpac Rescue Helicopter is based in Christchurch and is an H145. This is a new helicopter and was added to the service in August 2019. It is the first Airbus H145 in air rescue, in New Zealand.
- the Christchurch Westpac Rescue Helicopter and the ROA Rescue Helicopter based in Greymouth are on standby 24/7, 365 days of the year. Also, a third, backup helicopter is available in Christchurch. These two bases cover the region from Kaikoura down to Waitaki and, from Karamea to Haast on the West Coast.
- the Rescue Helicopter Crew consisting of a pilot, a crew member, and Intensive care paramedic are ready to deliver life-saving aid using the best training and technology,
- the vast and diverse rural environments mean the speed and manoeuvrability characteristics of a rescue helicopter offer unique advantages over conventional land ambulances. In a life and death

situation, the Rescue Helicopter Service may be a patient's only chance for survival,

- In trauma cases such as road accidents and medical emergencies, getting emergency care or treatment to a patient at the scene within 60 minutes of an accident or incident increases the patient's chance of making a full recovery by over 80%,
- the New Zealand Flying Doctor Service is also supported by the trust and is the only option for many patients. This service provides critical-care patient transfer services between hospitals across New Zealand, including transporting children to Starship hospital,
- the service operates 24/7 transferring critical care burn victims, spinal injury patients, neonatal transfers, trauma victims, surgery transfers, organ delivery, blood or equipment supplies,
- the service has successfully undertaken over 14,000 rescue missions.

The Rescue Helicopter Trust is 70% subsidised by government but still needs to raise \$4 million a year to provide this life-saving service; the New Zealand Flying Doctor Trust needs to raise close to \$3 million each year to support the air ambulance service and these costs are met by the goodwill and generosity of our community.

If you wish to donate, please visit <https://www.airrescue.co.nz/> for details

COVID-19 Second booster

A second booster is recommended for those at increased risk of severe illness from COVID-19 – a minimum of 6 months after a first booster.

A second booster is important for our most vulnerable. Several hundred thousand people will be eligible, which includes:

- our older population
- residents of aged care facilities
- disability care facilities aged 16 years and over
- severely immunocompromised people aged 16 years and over and who have received a three-dose primary course and a first booster.

The Government is working to enable the second booster to be made available in the same way as the primary course and booster — that is, without needing to access a doctor.

Keep an eye on the Ministry of Health website and the official Unite against COVID-19 website.

Health Quality and Safety Commission/Partners in Care have developed 2 new resources below to help plan for your next hospital or health care visit.

These resources are available in many languages and formats for accessibility (like easy read, NZSL videos and audio versions). If you prefer a hard copy, phone our office on 578 2631.

Let's plan for your next health care visit | Me whakamahere i tō toronga haumanu hauora

This resource is to help you plan your next health care visit. Planning and asking questions will help you understand more about your health and treatment for an illness or injury. Your doctor, nurse and others included in your health care want you to ask questions to help you make decisions together.

www.hqsc.govt.nz/resources/resource-library/lets-plan-for-your-next-health-care-visit

Let's plan to leave hospital | Me whakamahere i te wehenga i te hōhipera

Hospital staff want you to leave feeling well informed and with answers to any questions you may have. This sheet will help. Some things may have already been discussed with you and won't be relevant. There are spaces if you or your whānau want to make notes.

www.hqsc.govt.nz/resources/resource-library/lets-plan-to-leave-hospital



ROSS GALT
LOCK & ALARM LTD
TOTAL SECURITY SOLUTIONS
52 years of experience in Canterbury
Keys. Lock repairs & replacements.
Alarms. Cameras. Safes. Padlocks.
Automotive keys. Remotes.
24/7 emergency service.

Phone (03) 365 0298 | www.rossgalt.co.nz
393A Main South Road, Hornby & 95 Kingsley Street, Sydenham. Weekdays 8am-5pm & Saturday 9am-1pm.

Minister for Seniors Hon Dr Ayesha Verrall



It is hard to believe that we are nearly halfway through the year. As you may have heard, I officially launched the Older Workers Employment Action Plan (OWEAP) at the end of April. The launch was held at Bunnings, which is a business well known for valuing older workers, and it was a fantastic event. It was a pleasure to speak directly with seniors in the workforce and to share the action plan, which will break down age discrimination barriers by making sure the needs of older workers are fully considered and addressed in employment services.

This action plan acts as a blueprint for how the government can help support and encourage older people to stay in the workforce if they choose to, as well as supporting the Government's overall Employment Strategy. Thank you to all those who contributed to this important work.

You can read the Older Workers Employment Action Plan on the Office for Seniors website.

World Elder Abuse Awareness Day takes place on 15 June every year and it's an important opportunity to acknowledge the role we can all play in putting an end to elder abuse. Roughly one in ten people will experience some form of elder abuse, and it can be difficult to identify this abuse because there is no single 'type'. Some forms are more subtle than others and are often hidden in plain sight. It can be psychological, as well as physical, and more often than not people experience more than one type of abuse.

World Elder Abuse Awareness Day is about taking the time to understand what elder abuse looks like and raising awareness for how those affected by elder abuse can get the help they need. The thing to know is that support is available – whether you are concerned about how you or someone you know is being treated. The Elder Abuse Response Service (EARS) includes a free 24-hour confidential helpline which anyone can call. So, if you have any concerns about yourself, a loved one, a friend or a neighbour call 0800 32 668 65 (0800 EA NOT OK). If you are in danger, call 111 and ask for the police. You can also text 5032 or email support@elderabuse.nz for help.

Elder abuse is not OK. Now is the time to make sure the older people in your life are safe and well. We all have a role to play in putting an end to elder abuse and to help support the health and wellbeing of the older people around us. Not just for World Elder Abuse Awareness Day, but every day.



Supporting seniors through Budget 2022

The Government will support seniors through a number of initiatives announced in Budget 2022.

The Government is investing \$3.103 million over four years to continue implementing the Better Later Life – He Oranga Kaumātua 2019 to 2034 strategy and its Action Plan He Mahere Hohenga 2021-2024 through three priority actions to encourage digital inclusion, senior entrepreneurship, and shared housing.

The digital inclusion initiative includes digital literacy training and support to enable older people to embrace technology and access essential services.

The senior entrepreneurship initiative will pilot programmes to support senior entrepreneurs in establishing sustainable businesses, including those not currently well-represented in entrepreneurial activities, such as older Māori, Pacific people, and women.

The shared housing initiative will pilot programmes to encourage home sharing by older people providing an affordable housing option and supporting them to age in place.

And in a pre-budget announcement on May 10, the Government announced that it would be investing in developing new approaches to prevent elder abuse as part of a \$37.625 million family violence prevention package. This will include trialling innovative approaches to prevent elder abuse and developing and testing digital and media prevention solutions.

You can read more about the 2022 budget announcements on the Beehive website.

In life we do things. Some we wish we had never done. Some we wish we could replay a million times in our heads. But they all make us who we are, and in the end they shape every detail about us. If we were to reverse any of them we wouldn't be the person we are. So just live, make mistakes, have wonderful memories, but never ever second guess who you are, where you have been, and most importantly where it is you're going.

Ministry for Disabled People



The new Ministry for Disabled People, announced by the Government last year started on 1 July 2022. The new Ministry's long-term purpose is to transform how Government serves disabled people, tāngata whaikaha, families and whānau. It is vital to get input from the disabled community.

To start to do this, the team setting up the new Ministry has launched AmplifyU. This is an online platform for two-way engagement that is managed by disabled people, for disabled people. Its aim is to help people understand what's happening with the new Ministry and to share important topics. All disabled people, tāngata whaikaha and whānau are encouraged

to add their input. Please visit the AmplifyU platforms and share this information.

There are several ways you can share your thoughts and provide feedback. You can visit the AmplifyU Facebook page, send an email, phone or post a letter:

Phone: 0800 566 601

Email: EstablishmentUnit@msd.govt.nz

AmplifyU engagement platform

AmplifyU Facebook

Freepost: Establishment Unit for the new Ministry for Disabled People

Reply Paid: 262204, PO Box 1556, Wellington

Membership Application Form 2022-2023 North Canterbury Grey Power Association Inc

Applying to Join Renewing membership paying annual subscription

single \$20 couple \$30 plus (if any) Donation \$..... Total \$.....

First Name (Mr/Mrs/Miss/Ms/Dr)

Surname

Street Suburb

City / Town Postcode Occupation

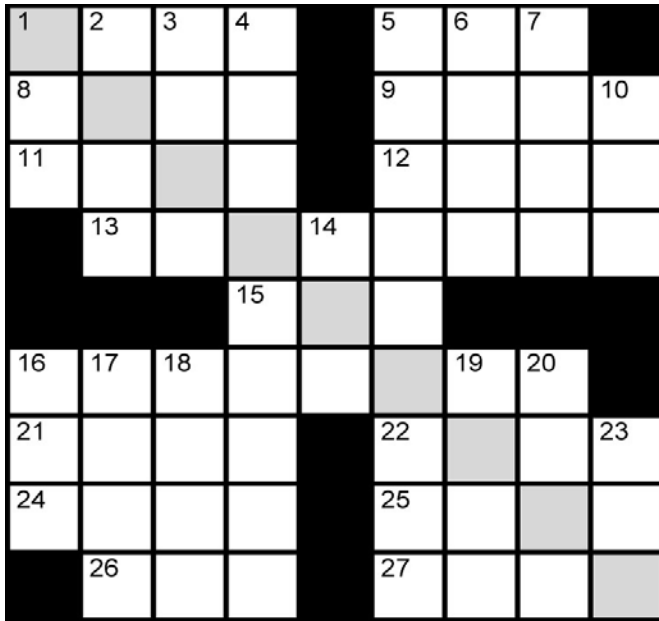
Phone Number (Home) (Mobile)

Email

Paying:- Internet banking Kiwibank using account number: 38 - 9006 - 0651286 - 01 and your Membership number and surname as a reference.
Cash at Kiwibank or NZ Post using the above account number and membership number.

New Members please contact: The Membership Secretary, P O Box 28 Rangiora or phone 021 0902 0251 or email albiemjb@gmail.com

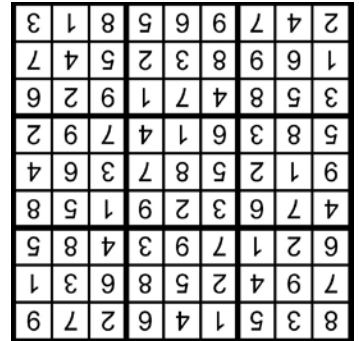
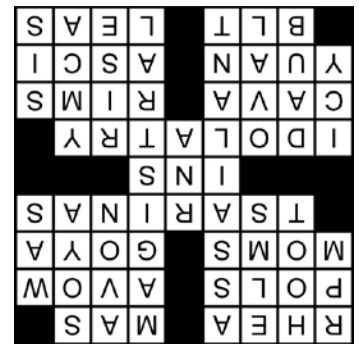
Lovers, Painters & Writers



- 21. Spanish sparkling wine
- 22. Hoop edges
- 24. Chinese dollar
- 25. Fungal spore sacs
- 26. Deli sandwich
- 27. Grazing sites

Down

- 1. Dashboard abbr.
- 2. Owl's call
- 3. "Desire Under the ____"
- 4. Attacker
- 5. Authoritative
- 6. Shakespeare, the Bard of ____
- 7. Bean used to make miso
- 10. Used to be
- 14. Genetic material
- 16. Slick
- 17. Slap on
- 18. Track shape
- 19. Get up
- 20. Village People hit
- 23. Bro's sibling



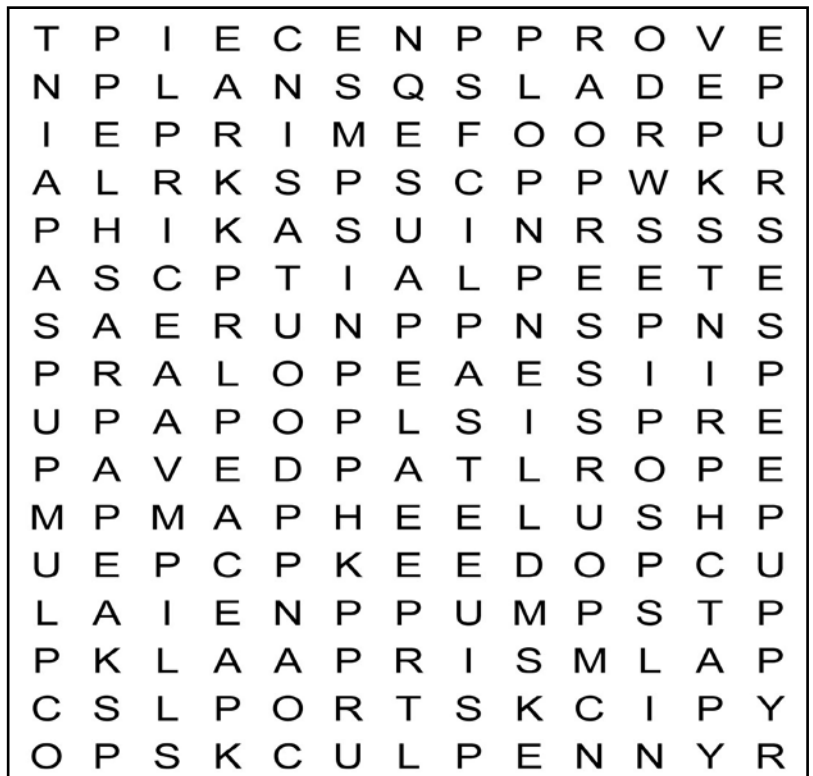
The crossword headline is a clue to the answer in the shaded diagonal

Across

- 1. Actress Perlman
- 5. More, in Madrid
- 8. D.C. bigwigs
- 9. Acknowledge
- 11. Some PTA members
- 12. "Naked Maja" painter
- 13. Winter Palace residents
- 15. Officeholders
- 16. Hero worship

- | | | | |
|-------|-------|-------|-------|
| PACKS | PEARL | PLAIT | PRICE |
| PAINT | PEARS | PLANE | PRIME |
| PAIRS | PEDAL | PLANK | PRINT |
| PALMS | PEELS | PLANS | PRISM |
| PAPER | PEEPS | PLOWS | PROOF |
| PARKS | PENCE | PLUCK | PROUD |
| PARTS | PENNY | PLUMP | PROVE |
| PASTE | PHASE | POLAR | PULSE |
| PATCH | PIANO | POLES | PUMPS |
| PAUSE | PICKS | PORCH | PUPIL |
| PAVED | PIECE | PORTS | PUPPY |
| PEACE | PILLS | POURS | PURSE |
| PEAKS | PIPES | PRESS | |

PLENTY OF Ps



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

