

Offices: First Floor, Coastlands, Paraparaumu. (*Mon to Fri 10am-2pm*)
Otaki Library, Cnr Main and Aotaki Streets. (*First and third Thursdays 10am-1pm*)
Ph: 04 - 902 5680 | Email: kapitigreypower@outlook.com | PO Box 479, Paraparaumu 5254

Congratulations Kapiti Council for this Positive Action

Otaki Library users will soon notice a new set of furniture which is specially designed for older and disabled users.

And one person who'll be excited by the arrival this month of the new chair and computer desk is Ron Eckman.

Until now Ron, because of his height and disability, has been excluded from most of the library's services: free Wifi, book search, genealogical research, the book discussion group. Once he sits down on KCDC meeting room chairs and library chairs that have a "standard" seat height of 420mm Ron has not been able to raise himself. He needs seating that is 520mm or more.

Ron approached Kapiti Coast Grey Power at a membership drive in Coastlands in July, explaining his concern about KCDC seating - inside and out - and facilities such as drinking fountains and accessible public toilets.

"Every day, I see people, primarily seniors, struggling to stand up from inappropriate seating. Many seniors have trouble with balance, arthritis, and/or knee or hip replacements and a range of other health issues such as Stoke, MS, ALS, and Parkinson's that make daily life challenging. In contrast, medical centres, and businesses such as hearing aid providers, many café's and banks provide high chairs or stools suitable for seniors," he said.

KCDC's Acting Group Manager, Place and Space, Mike Mendonça, when consulted, said the issue of delivering accessible facilities for the public is in a huge range of community needs.

"The asset must be as amenable for a five year old as for an 85 year old. That's a huge height difference. And what was considered acceptable 20 years ago is now inadequate. Public expectations and industry standards are constantly changing. Replacing or upgrading public assets is vital but expensive."

Mr Mendonça said that Ron Eckman had pointed out his difficulties at the June KCDC Sustainability Subcommittee meeting, and improvement to the Otaki library seating was the beginning of a genuine response.

KCGP President Roger Booth congratulated KCDC on its initiative and says Grey Power will continue to advocate. "We'll keep in touch with this initiative, keep an eye on acceptance of the facility and if positive, press for the furniture to be installed in all libraries.

"Toilets and park seating improvements need to follow. Instead of having meetings and writing documents about it, Council have just set about fixing things. Wow!! Let's have more of this!"

Kapiti Coast Grey Power is holding Meet the Candidates meetings for the electorates of Mana and Otaki.

Full details on Page 6
We hope you can attend



Kapiti Grey Power's Facebook page is updated regularly. It can be found at:

<https://www.facebook.com/Kapitigreypower>
Please "Like" it and also promote it to your online networks. If you have ideas for content for this page or issues we may look to seek feedback on, please let our administrator, Brett Sangster, know on secretary.kgp21@gmail.com

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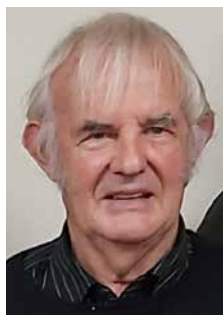
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PRESIDENT'S REPORT

Kapiti Grey Power Stage More Public Meetings

The public meetings Kapiti Coast Grey Power has staged recently, and the genuine progress generated as a consequence, have attracted favourable attention.

This includes 300 new members! We now have close to 3000 members - more than any other Grey Power association in the North Island.

More public meetings are scheduled. After our highly successful candidate meetings for last year's local body elections, KCGP will stage key meetings for the looming national elections.

Kapiti is of course involved in two electorates. Mana candidates will front up at Southwards Car Museum Theatre at 7pm on Tuesday September 26th, and Otaki candidates at the same venue on Thursday September 28th. Grey Power will MC, guaranteeing the candidates will be grilled. KCGP appreciates the generous support of Southwards for these important public meetings.

Kapiti Coast Grey Power will also stage bi-monthly coffee meetings at Ocean Road Community Centre Paraparaumu Beach, with good speakers. You are welcome to bring along non-members, as often they sign up as a consequence. No pressure!

At **10am on Wednesday August 23rd** there will be two interesting speakers.

The proposed public sculptures, 'Whale Song', are now looking more possible with the necessary funding accumulating well. A considerable fund is already in place, but the passage of time caused by the problem of raising major funding has increased costs. The Chairperson of the Trust, and its key promoter, Marco Zeeman, will show visuals of the intended sculptures, give feedback on the funding to date, and explain the prospects of this exciting art work.

A second presenter will be former KCDC Councillor Brian Colegate. Brian served as a councillor under three Kapiti mayors. He has recently written a book on living in Kapiti retirement villages, with useful information for those looking at the possibility of shifting into one. We will stage this part of the proceeding in the conversation style as we did in the meetings featuring ex-Prime Minister Jim Bolger and Fair Go's former star turn Kevin Milne.

Roger Booth | President



Odd Job Scheme

Our Odd Job scheme is a valuable resource for members.

Do you have the skills to help our members, for example, Building (Minor), Carpentry, Gardening, Handyman/DIY, Lawns, Painting to name a few or anything else you can think of.

If you can help or want more information, phone the Grey Power office during business hours 10am to 2pm on 04 902 5680.

"Grey Power members helping Grey Power members"

FROM THE OFFICE

Kia ora, As we have settled into the Winter months - a traditionally slow time in the office - we have had an opportunity to tidy things up. We still have members coming in to renew their memberships, which is very much appreciated. As always our payment details are as follows:

- Internet banking account is 38-9018-0409796-02 please use your Membership Number as reference
- Pay by cash or EFTPOS, in our office, Level 1, Coastlands, Paraparaumu
- Pay by cash at our Otaki Office in the Otaki Library 1st and 3rd Thursday of the month, 10am – 1pm

We recently held a very successful membership drive on the ground floor at Coastlands. We got the opportunity to meet members, to welcome new ones into the fold and talk to the public at large about what we do and listen to them and their concerns. You may have seen us there. We are hoping to hold another in October before the Christmas rush.

Don't forget our coffee morning being held on **August 23rd at 9.30am** for coffee/tea with a **10am start** at the **Ocean Road Community Hall, Paraparaumu Beach.**

I will be out of the office for five-ish weeks starting 1st August, so any enquiries please contact Diana Pierce on phone 029 776 3330 or 04 902 5680.

Nga mihi

Emilia McDonald

Members' Coffee Morning



Dates for your diary:

Our next coffee morning will be on **August 23rd** (See the President's report on page 2 for details of our speakers: Marco Zeeman of the Whale Song project and Brian Colegate on retirement villages).

October 18th – we haven't been able to confirm speakers yet, but our theme for Spring will be gardening.

And our Christmas cheer will be on

December 16th. Details will be in the next edition of *Super People*.



**All are at Ocean Road
Community Centre, Paraparaumu Beach
and begin at 10 am.**

We're all sorted

Our next coffee morning on August 23rd will start with a Special General Meeting, with presentation of the Reviewer's report on our 2022 financial statement.

Members will recall that this had not been completed for the AGM due to the death of our Treasurer, Brett Pierce. We had hoped the process would have been completed in time for our last coffee morning in June, but this was not able to happen.

Anyway, all is now done and we are able to complete our legal responsibilities. The SGM should be quick, and for those unable to attend we'll publish details in our November edition of *Super People*.

Last Chance to Tell Us about Home Care

As a result of public meetings held earlier this year, the importance of effective home care in the region was brought to Kapiti Coast Grey Power's attention.

Feedback from the audiences suggested that available care locally has been erratic, especially in the reliability of delivery.

The Kapiti Health Action group undertook to survey both Grey Power members and the wider community on their experiences with Home Care - whether satisfactory or not.

In particular, the survey is looking at the initial assessment process of recipients; the type of service being provided; and the reliability and quality of that service.

KCGP thanks local pharmacies and the local media for their support of this project. A good response is aimed for in order to produce robust data.

Otago Medical School students visiting in August have kindly agreed to assist in evaluating the data. A decision will then be made on appropriate further action.

As we move toward a national election, and with Grey Power facilitating key election meetings, prospective candidates will be sure to be asked probing questions on this issue.

Why Keep It Secret?

(A booklet published by Grey Power Rotorua Inc 2003).

This booklet, published by Grey Power Rotorua Inc 2003, is a personal record of matters pertaining to your estate. It prompts you to record issues such as your will, life insurance, health insurance, pension plans, bank account details and safe deposits together with your special requirements regarding organ donation and funeral arrangements ... all for you to fill in and keep in a safe place.

Cost: \$5 each plus \$2 for postage (if required)

To purchase a copy, contact the Kapiti Coast Grey Power office on 902 5680.

Age Friendly

A paper presented to Kāpiti District Council on developing an Age Friendly community last month was referred back to the Age Friendly Reference Group for further work.

From there it will go for Council for sign-off in late August.

A project implementation budget has been established and we should see the results by the end of the year.

There will be ongoing work on Age Friendly for people who are interested. The council can lead and advise on Age Friendly, but it will require community organisations such as Grey Power, Age Concern and other agencies to implement and establish an Age Friendly community in Kāpiti.

My work on Age Friendly is done once the council endorses the project. I have been elected Chair of the Older Persons Council (OPC), an advisory group to the Council on a wide range of issues affecting older people.

Due to the COVID pandemic a lot of meetings of the OPC were cancelled and attendance has not picked up since. I will be concentrating my energy on the restructuring and development of the OPC to increase the participation of a wider group of older people.

The OPC meets on the last Wednesday of the month between 1.00pm and 3.00pm in the council chambers. Anyone can attend - so why not come along and have your say.

Kevin Burrows

... and there's more money around to speed up implementation:

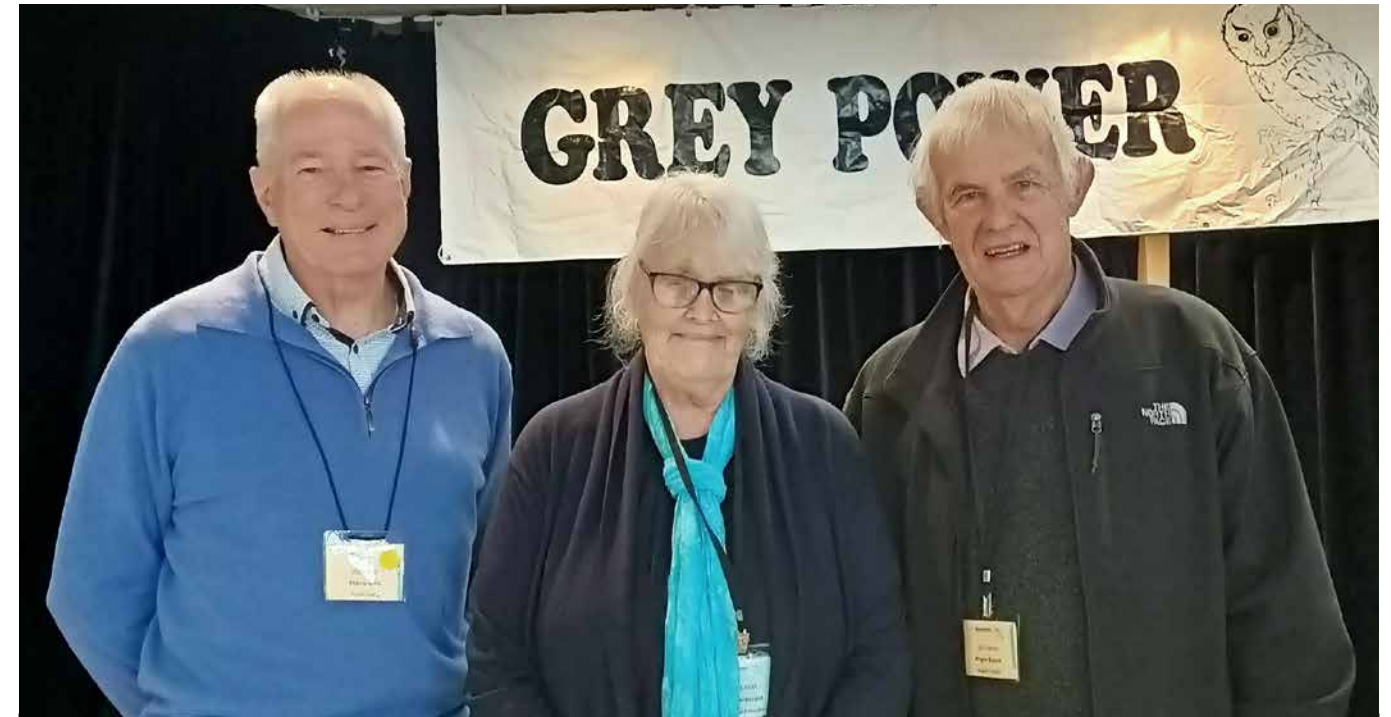
The 2023 funding round for the Office for Seniors' Age friendly Fund is now open.

The programme makes one-off grants of between \$5,000 and \$15,000 to a select number of new projects that demonstrate innovative approaches to age friendly communities or support intergenerational connection and participation.

The Age friendly Fund is open to any New Zealand local council, community organisation, or registered non-profit organisation. All proposals must be supported by the local council.

Applications close on September 24th 2023.
Information: <https://rb.gy/9tqns>

Grey Power Federation AGM



Kapiti Coast Grey Power President, Roger Booth (right) and Vice President Enrico Vink with Federation President Jan Pentecost at the 2023 AGM

Kapiti Coast was amongst the representatives from 51 member associations to attend the Grey Power Federation AGM in Wellington in July.

Cost and time was often the main cause for non-attendance. Several associations are believed to be struggling in terms of membership, and financial constraints.

The agenda ran for 6 pages. Supplementary papers & reports went on for an additional 32 pages.

The animated interactions from delegates indicates strong interest in, and support for, the overall aims and objectives of GP. Many good things are happening, even if many Associations struggle to find skilled and enthusiastic volunteers. The Federation appears to be

engaged with a large number of issues such as Aged Care; ACC; Transport infrastructure; Age Friendly facilities; Driving Tests; Health & Disability; Climate; Pensioner Housing; Crime; Retirement homes & villages; retirement income and pensions.

Details on the various Committees and Advisory Groups can be found on the website <https://greypower.co.nz/>

Included in the reports was an overview of what the board has done during the year, and what work was in progress.



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VOTE FOR TIM COSTLEY

Tim Costley works hard on the issues that matter to our seniors



Authorised by Tim Costley, 31 Redwood Grove, Levin

Meet the Candidates: 2023 General Election

Kapiti Coast Grey Power will once again participate in New Zealand's General Election which will be held on Saturday October 14th.

We will be hosting meetings for the two electorates that cover our district, and inviting all candidates to participate.

To accommodate the greatest number of people possible, both meetings will be held at Southwards Car Museum Theatre, 250 Otaihanga Road, Paraparaumu:

Mana electorate: Tuesday September 26th.
Doors open 6.30pm for a 7pm to 9pm session

Otaki electorate: Wednesday September 27th.
Doors open 6.30pm for a 7pm to 9pm session.

Meetings will be open to both KCGP members and non-members of all ages. There may well be intense interest in candidates in your electorate. Kapiti Coast Grey Power must comply with hall capacity safety regulations, **so do come early to ensure your place.** There will be no refreshments.

The format will be that candidates will be asked to introduce themselves, followed by a panel discussion led by our President Roger Booth and taking questions from the floor.

Nominations for candidates in all electorates close on September 15th. We will try to inform all nominees of the meetings as soon as possible after their names are published.

Your Board has decided that our tight financial situation will not allow the cost of preparing a special election edition of *Super People*.

Instead, we will provide links via our website and Facebook pages to the candidates' profile and policy pages. For those who have difficulty accessing the Internet, call into our office at first floor, Coastlands and we will print out candidates' primary pages at a cost of \$2. NB: It would be helpful if you telephoned ahead to arrange a time for our volunteers.

We hope you can attend.

"The outcome of every election is determined by the people who take the time out to vote"



**CHECK YOUR ENROLMENT DETAILS AT
vote.nz or 0800 36 76 56**

LETTERS TO THE EDITOR

We would like to hear your opinions or concerns on subject matter for printing in our magazine. Letters must include the writer's name, home address and phone number. NB: We will not print this. Letters should not exceed 120 words.



We may not always print all letters we receive. Letters may be edited for clarity and length. Post to: the address on Page 1 or email editor. gpKapiti@gmail.com

Disability Allowance -medical alarm service changes

The Ministry of Social Development (MSD) has included 'anywhere' medical alarm services in the Disability Allowance.

Previously, only 'in-home' medical alarm costs were included.

Details are on the Work and Income website <https://bit.ly/3DqhKhD>.

KiwiSavers should be saving another 2% of their gross salary



People aren't putting enough in their KiwiSaver accounts, a new report says.

Clive Fernandes, National Capital founder, says the average contribution rate for active KiwiSavers was 4.3% of a worker's gross salary - significantly lower than the "optimal" rate of 6.3%.

The highest contributors were young people aged 18 to 24, perhaps because they were working hard to save towards their first home, while 35 to 44 year-olds were the lowest contributors.

The under-contribution did not bode well for Kiwis' retirement prospects. "While we're experiencing economic hardship and uncertainty, the data shows alarming numbers of Kiwis are not effectively saving for their retirement," Fernandes said.

The annual KiwiSaver report from the Financial Markets Authority shows many Kiwis aren't saving anything into KiwiSaver. Only 1.9 million of the 4.2 million with KiwiSaver accounts made any contributions in the 12 months ending March 2022.

"Kiwis are not investing their KiwiSaver money in the best way that suits their life stage," Fernandes said. This would result in billions of potential investment returns lost.

"There's that mindset of KiwiSaver being a savings vehicle rather than an investment vehicle," Fernandes said.

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VOLUNTEERS TO STAFF THE FRONT DESK

Kapiti Coast Grey Power is a not for profit organisation with members doing their best to keep abreast of local events concerning older people in the Kapiti region and informing you of topics that are relevant to you.

We are looking for people who may have between two and four spare hours a fortnight to help staff our front desk in our Grey Power office. Full training will be provided.

If you are able to assist or want further information, please contact Emiliia McDonald 04 902 5680 or email kapitigreypower@outlook.com.

We would love to hear from you.

Volunteers retire ... with our thanks

Kapiti Coast Grey Power thanks two of our long serving volunteers who are retiring after many years (13+++)
of sterling work

John Dyke was responsible for letting us know on a weekly basis the Grey Power members who had passed away.

Barrie Woods made the changes to members' addresses on our office data base and Grey Power Federation's Data Base.

We thank them for the years of service they gave to Kapiti Coast Grey Power.



VOLUNTEERS SOUGHT

Our current Magazine Co-ordinator for the Waikanae area, Lesleigh Olsen, will be finishing up after this August's magazine drop, so we are on the lookout for a replacement. There are four magazine drops per year. Lesleigh will be available for training.

We are also looking for magazine delivery people in Waikanae, but especially in the Paraparaumu area. We would love to hear from you if you are available for this once every three-month task.

Call the office on 04 902 5680.

Older Kiwis need to consider home modifications sooner



Most older New Zealanders would prefer to remain in their home for as long as possible, but few consider age-friendly modifications that reduce risks to safety.

Australia's Flinders University researchers determined that many older people are living in homes with clear dangers, hazards, and limited accessibility as they age, but lack the information they need to properly address these challenges.

Most common potential hazards and solutions:

- High maintenance garden (without an irrigation system)
Consider: reducing garden maintenance needs (e.g. plants that don't need much water or pruning, low maintenance landscaping, irrigation systems).
- All entrances to the house have one or more steps
Consider: how one entry could be modified for easy access if a wheelchair or wheeled walking frame was required in future (e.g. ramp)
- Step or ledge present between shower cubicle and bathroom floor
Consider: alterations to ensure smooth transition between cubicle and floor
- Slippery bathroom tiles
Consider: application of non-slip treatment or tiles which are not slippery when wet
- Toilet door swings inwards
Consider: have the swing of the door changed.
- Chairs in living room are low and/or soft
Consider: when purchasing new chairs, purchase chairs that are firm, supportive and not too low (height depends on height of individual). Armrests can be helpful.

The researchers have designed and tested a digital tool with 60 older people to assist with identifying and eliminating risks and are planning to make it freely available in the near future.

The journal article "Considering the home environment and planning for the future: A qualitative exploration of the views of older adults and individuals with older relatives" is available at: <https://tinyurl.com/334bv6ur>

Plan your spending through the three stages of retirement

When you're still in the workforce, the idea of retirement usually evokes an image of one long holiday doing whatever you want – without the boss looking over your shoulder.

For most people, however, the reality is a little different. The typical retirement actually consists of several phases, each with its own spending pattern.

For most Kiwis, retirement generally progresses through three distinct stages based on health and the type of activities you pursue as you age. Your spending pattern in each stage reflects this.

Stage 1: The Active Years

In the early years you will generally have the same physical capabilities you had during the latter years of your working life.

This phase often involves more time for hobbies, entertainment, overseas travel, home renovation and caring for grandchildren. Some active retirees may volunteer or undertake part-time work.

Stage 2: The Sedentary Years

As you slow down mentally and physically, most retirees adopt a more passive lifestyle. This means your spending tends to fall.

Many move into a smaller home, travel tends to be closer to home and there is more expenditure on

health. You should complete aged care and estate planning, if they haven't already done so.

Stage 3: The Frail Years

In later life, we can become increasingly frail and our ability to move around decreases. Restricted mobility means your leisure activities tend to be more limited and your health costs often increase.

Many retirees in this stage start needing help around the house and in their daily activities, they consider moving into a retirement village, or some fund home-based care or move into a residential aged care facility, which requires very substantial funding.

What does this mean for my retirement budget?

The retirement expenditure of Kiwis tends to be more like a lop-sided smile – higher spending at both ends (albeit not quite as high in frail old age) with lower outlays in the middle.

Super tip

When working out how much you think you will need to fund your retirement, create a separate budget for each stage. This in turn simplifies the process of working out how big the total lump sum required to fund your retirement years needs to be.

A tool to create a plan for your retirement is sorted.org.nz available on line

Campaign encourages Kiwis to get their money sorted

August is the Retirement Commission's (Te Ara Ahunga Ora) "Sorted Money Month". Sorted Money Month is an annual free campaign run alongside financial sector organisations to raise awareness and engagement on money matters.

It provides information tools, guides and blogs needed to tackle debt, plan and budget, save and invest, dial up your KiwiSaver, plan for retirement, protect what's important, and manage a mortgage.

Sorted's new event calendar includes lunchtime webinars and allows people to sort by region to find out what is happening locally and get involved.

For more information go to [Sorted.org.nz](https://sorted.org.nz).

If you are unsure whether your smoke alarm is clean or working, or if you can't replace the batteries without assistance, ring your local fire brigade. They will provide this service for you ...



It could save lives!

Problematic supermarket pricing to look out for

By Abby Damen, Communications and Campaigns Adviser, Consumer NZ



At a minimum, shoppers deserve to go to a grocery store and trust that the prices they're seeing are accurate.

But over the past year and a half, Consumer NZ has watched sentiment towards the cost of groceries significantly change, rocketing up the list of household financial concerns.

Here's a round-up of the least favourite types of supermarket 'specials', as uncovered by more than 600 Consumer NZ members.

1. Misleading-multi-buys



The price for individual bottles of Pepsi Max was \$2.99 - yet a Super Saver sale encouraged shoppers to buy two for \$7. Likewise, individual broccoli were sold at \$2.69, but the Super Saver sale promoted two for \$6.

2. Clubcard pricing displayed as the default.



If you're not a member you pay the regular price.

3. 'Specials' that cost more than the original price.

Examples included: Metamucil Fibrecaps 50 dose was \$5 more on its club card special, and Angus Pure premium beef on clearance had a premium of its own - \$3.82 extra.



4. Mismatched pricing.



Always question the bill at the till. There were countless examples where the advertised shelf price wasn't honoured at the checkout.

Many people who shared their examples described the awkwardness of requesting a refund of 20 or so cents. They also said going to the supermarket has "become a bit of a memory exercise" as shoppers try to remember the shelf price and match it with what's charged at the till.

5. Confusing signage



A special at Pak'n'Save showed a special during multi-buy week, where you could buy hash browns for an extra low price of \$3.99 each, or 2 for \$6. The eagle-eyed shopper who grabbed two packets of hash browns noticed they rung up with no discount. He queried why the sign wasn't over the pancakes, and was told "there was no room for it."

Consumer NZ's End dodgy 'specials' campaign is at <https://rb.gy/8bp98>

STOP PRESS

New regulations designed to ensure supermarkets clearly display the unit prices of groceries will come into effect at the end of August.

However, supermarkets will have a year before the rules become mandatory.

Food stores with a floor space of less than 1000 square metres, which means the likes of dairies and convenience stores won't need to comply

Metlink rolls out new fares

Metlink will be rolling out new fares for children and young adults from September 1st.

The new fares, part of the Government's Budget announcements, replace the current half price fares that have been in place since April last year.

Fares for over 25 year-old passengers who do not qualify for any other concessions will revert to full price.

Snapper card users will continue to pay at least 25% less than if they paid in cash.



Snapper card holders should visit Metlink's fare selector tool at snapper.co.nz to ensure they receive the best concession type.

Passengers will be able to apply and pre-load their new fares from August 26th.

Need an Enduring Power of Attorney?

If you are interested in completing an Enduring Power of Attorney, Kapiti Coast Grey Power is coordinating a session in September through Cameron Lawyers. Call the Grey Power office on 04 902 5680 to register your interest. The cost is \$100 per person. We need at least 10 people to make this session viable.

We recently had a member into the office who told us that on the passing of a parent the lawyer said this booklet had saved them money and their client three months of research because of the information it contained.

Nga mihi *Emilia McDonald*

50% off public transport when you register your Community Services Card on a Snapper card

Community Services Card holders can get a 50% discount on Metlink public transport fares with the new Community Connect Concession.

Apply for this discount by registering your Community Services Card on a Snapper card online at snapper.co.nz/community-connect.

For help to apply and to request a free Snapper card, call Metlink on 0800 801 700.

SuperGold cardholders with a Community Services Card can apply for this concession to get 50% off during peak fares.

Continue to show your SuperGold card to Metlink staff to enjoy free off-peak travel.

Visit metlink.org.nz/concessions for more details and exclusions.



metlink.org.nz | 0800 801 700

Additional Government support for the needy

Work and Income supports people as they age to be happy, healthy and valued. Additional assistance comes in a number of formats.

Accommodation Supplement: You may get it to help with the cost of owning your own home, rent or board (not available if you live in a home owned or managed by Kainga Ora - Homes or Communities). This is income and asset tested. Cash asset thresholds: Single \$8,100 or Couple \$16,200.

Disability Allowance: Provides non-taxable assistance for people who have ongoing, additional costs because of a disability or medical condition. To apply you will need to include a medical certificate signed by your GP (or specialist etc) and provide proof of costs. Income limit: Single \$733.72, Double \$1,092.55.

Temporary additional support: This is a last resort to help with regular essential living. To qualify, you must be accessing all other available assistance as well as taking all steps possible to reduce costs and increase your income. Clients must reapply after 13 weeks.

Special Needs Grant: Designed to meet an emergency financial deadline or need to pay for something urgently and you have no other means to pay for it. The Grant may help with things like food, emergency dental care and medical and associated costs. Usually, clients won't have to repay this grant.

Advance payment of pension/benefit: You may be able to get some of your NZ Super/Veterans' Pension or benefit paid ahead of time when you can't afford to pay for something essential, such as dentures, glasses and hearing aids or perhaps power arrears.

SuperGold Card: A discounts and concessions card issued free to all eligible seniors and veterans.

There are numerous other areas of financial support, such as Community Services Card, Funeral Grant, and relief offered by local government ... so it does pay to investigate!

COMPUTER AND CELL PHONE HINTS

To make an email larger to read or to print it out in a larger size just hold down "Control" and press + and the document will become larger. Control with - (minus) will reduce the size. I have also found on my cellphone that if I press the up arrow twice that the Capitals will continue until I change to the lower case format.

TOTAL MOBILITY DISCOUNT UPDATE

Total Mobility (Te Hunga Whaikaha) provides subsidised licensed taxi services for people of all ages who cannot use buses, trains or ferries because they have a physical, intellectual, psychological, sensory or neurological disability.

The Scheme, administered by Greater Wellington Regional Council, also provides funding assistance to purchase and install wheelchair hoists in taxi vans. The scheme has no minimum fare threshold. A 50% discount applies until a maximum subsidy is reached.

The Total Mobility subsidy will continue in Greater Wellington at 75% on a more long-term basis (maximum subsidy amounts per trip may apply).

Contact NZTA (Waka Kotahi) for more information totalmobility@nzta.govt.nz or call 0800 801 700.



At the SeniorNet Kapiti AGM elected were: Chair: Peter Jones; Deputy Chair: Val Jeal; Secretary: Phil Glasson; Treasurer: Teresa Urutia; and the Committee: Barry Bailey, Catherine Lewin, Jan Bason,

Larry Purchase, Patrick Stephens, Sue Connor and Veronica Kemp.

The Committee now has broad representation from all Kapiti's communities – Paekakariki, Raumati, Paraparaumu, Waikanae and Otaki.

Long-serving members appointed Honorary Members in recognition of their significant contributions were Barry Bailey, Brian Milne and Erik Herdahl-Thorsing.

Outgoing Chair, Sue Connor, has been nominated as the Representative for the Lower North Island on the Board of the SeniorNet Federation.

Now is the time to catch a few classes during the winter from the Term 3 offerings of courses <https://tinyurl.com/2wkrzwha> or workshops <https://tinyurl.com/mwj5y52f>. Term three goes through to October 7th

I relabeled all of the jars in my wife's spice rack. I'm not in trouble yet ... but the thyme is cumin.

ADVERTORIAL

Kapiti Freedom Driving Service

Access to assisted transport has been a significant issue throughout the country and particularly in Kapiti for many years.

One local provider is Freedom Companion Driving owned and operated by Lindsey Gott of Paraparaumu.

Lindsey says a primary aim for them is safety and the general well-being of Freedom clients.

"I am also another pair of eyes, and bring the service to the client's door and provide extra help at either end of the journey as needed."

Lindsey says the growing demand for their services is coming from people with older parents who want to make sure they are looked after properly whether it is a visit to the doctor, shopping or going out for a social occasion.

"I can transport people safely and comfortably to and from appointments and can assist with walkers and shopping, including going around the supermarket with clients, bagging and unpacking shopping bags at home. During the lock downs I did shopping for several people over 70+."

An important role for Freedom is in ensuring clients, when on doctor or hospital visits, get to the right department and often collect wheelchairs and walkers to assist clients.

"I will stay with clients if needed, taking notes for family and I work with a strong code of ethics." Lindsey says she has number of regular daily, weekly, monthly clients and this works well for the clients and for Freedom as she can have people securely booked. She says the service is well used by Total Mobility Card users which means, at present, a quarter price transport around the local area.

She says she gets asked for a wide variety of services from medical appointments to social and business trips.

"I am asked, take pets to the vet, long trips and local and are happy to look after the varying needs of our clients. It is important for people to have transport they can trust and that is what I take pride in providing," says Lindsey.

For more information on this important local service contact Lindsey Gott 021 355 142, 04 298 3184

Have a Hmmm with your hottie

As winter takes hold over the country, families all over New Zealand are trying to stay warm and cosy at bedtime.

But hotties are causing a spike in burn claims, and ACC is challenging Kiwis to take a moment to think before they hit the pillow.

In 2022, ACC accepted 856 claims for hot water bottle related injuries with 91 per cent coming from burns. The leading age group for hot water bottle related injuries was 65+ with 223 people (26 percent). Women were almost three times as likely to have a hot water bottle injury compared to men.

ACC injury prevention leader James Whitaker says people should ensure their hottie has a safety stamp that looks like a daisy.



"We need to 'Have a Hmmm' before we get ready for bed," he says. "We recommend never using boiling water to fill your hot water bottle because this can cause the bottle to split or leak. "For children and our older people, use the bottle to warm the bed, then remove it before getting in."

TRANSPORT YOU CAN TRUST



Reliable and friendly service

- Medical appointments
- Social and business trips
- Shopping
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- One off or regular
- Long trips and local

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For more information

04 298 3184 or 0800 956 956

Total Mobility Provider

ACC REGISTERED VENDOR

freedom.
companion driving

www.freedomdrivers.co.nz

Grey Power ventilation discount

HRV has been in business for almost 20 years and has helped more than 500,000 Kiwis tackle some of the healthy home issues we face in New Zealand. HRV offers solutions that span home ventilation, home heating and water filtration systems for any type of home.

HRV offers Grey Power NZ members discounts on:

- 10% off HRV AirSense™ home ventilation (excluding HRV AirSense™ Lite)
- 5% off heat pumps/air conditioning
- 10% off water filtration products

Use this link to contact HRV

<https://www.hrv.co.nz/community/greypowernz>
or contact Philip Whitaker
email Philip.Whitaker@hrv.co.nz

Please provide HRV with your Grey Power membership number. If you can provide a floor plan with your inquiry it will assist HRV assess your house requirements.

Return unneeded medical equipment, Hospitals ask

Health New Zealand (Te Whatu Ora) Capital, Coast and Hutt Valley is asking people to return unneeded medical equipment – such as crutches, walking frames, shower stools, and raised toilet seats – so that it can be available for new patients.

“We’ll take them back no questions asked.” said Head of In-House Services Tina Ririnui.

Each year, 14 percent of the equipment loaned out is not returned, making it difficult to ensure the correct equipment is available for other patients in need. It also creates the need to buy new equipment at a cost of around \$673,818 per year for Capital Coast alone – money that could be better spent on providing or improving health services across the district.

“We know that each person’s recovery is different and can take longer than expected. If you have equipment and need it longer, you can phone us and we will extend the return date,” said Tina.

Anything with a hospital bar code or yellow sticker should be returned. People do not need to return personal items such as moon boots, strapping or linen.

To return equipment to Wellington Regional, Kenepuru Community hospitals or Kapiti Health Centre call 04 918 6334. For Hutt Hospital returns call 04 570 9427 or email equipmentreturns@ccdhb.org.nz

Information about how and where to return items is also available at <https://rb.gy/bt7z1>. The hospitals will also arrange for items to be picked up from your home.

Mid Central loan equipment can either be left at the Loan Equipment Store at Palmerston North Hospital (Ruahine Street entrance) or Horowhenua Health Centre reception. To arrange a free pick-up ring 06 350-8990.

Changes in carer support

Health New Zealand (Te Whatu Ora) has made changes to the Carer Support Subsidy to support the wellbeing of family, whānau and aiga carers.

It is envisaged that the changes will help reduce hospital admission and ensure timely patient discharge by better supporting carers in the home.

Improvements to Carer Support includes:

- A national increase in the daily rate - to at least \$80.
- Full-time carers now have the flexibility to buy items that provide them with respite – examples can be found online at Carer Support Subsidy.
- New purchasing guidelines, published on the webpage, to support carers with making claims.
- Carer Support can be used to pay others in the household so the full-time carer can have a break.
- The Subsidy funding can be used all at once, or through the year.

Grey Power member discount - Molemap

Melanoma is fast-growing and the most life-threatening of all skin cancers. It is also hard to detect with an untrained eye.

MoleMap has joined with Grey Power to give members a 20% discount on their next Full Body Skin Check or Skin Check + service.

This promotion is available to 31 January 2024.

Use the QR code here <https://rb.gy/atu74> or telephone 0800 665 362 to book an appointment, at your preferred clinic.

Use the promocode GREYPOWER20 and your discount will be automatically applied. Have your membership card with you as they request your membership number.

Council starts household battery recycling trial

Kāpiti Coast District Council has started a year-long trial for recycling household batteries.

Normal household batteries, such as lithium-ion or Li-ion (including rechargeable ones); nickel cadmium and alkaline AA/AAA, C, D, and N batteries; and silver zinc hearing aid batteries – all in good condition – can be dropped off at Paraparaumu Library for recycling.

The initiative helps divert hazardous waste from landfill and reduce the risk of old batteries starting fires in rubbish or recycling bins and collection trucks.

Leaking or damaged batteries, those for power tools, electronic devices or vehicles cannot be dropped off at the library and would still need to go to the free-of-charge battery drop off at the transfer station for safe disposal.

The library trial has safety measures in place to lower the combustion risk. In addition, people dropping off lithium-ion batteries will need to tape the ends with tape provided at the recycling station.

The unique handcrafted recycling station was custom-built by Allan Cannell and Jim Walls from Menzshed Kāpiti out of wood reclaimed by the Zero Waste Ōtaki timber recycling centre.

The trial – which so far has not been extended to other libraries-- is in collaboration with battery recycling company Upcycle.

Visit kapiticoast.govt.nz/BatteryRecycling/ for more information.



Call Kapiti Coast Grey Power office for full details of the scheme, but the basics are:

- Reservations direct with Interislander online: <https://www.interislanderz.co.nz/members-fares>
- enter FA5477 into the group discount code box.
- Space is subject to availability at the time of the booking request.
- Bookings are 90% refundable if cancelled up to 1 hour before departure.
- Date and time changes allowed up to 1 hour before departure without penalty, subject to availability.

Grey Power membership card in the name of the person travelling must be shown at check-in or full retail fare will be charged.

Memory Bags help revive memories

Memory Bags (He Kete Pupuri Mahara) are a collection of vintage items and images to encourage conversation and reminiscence for people with dementia or memory loss and their supporters. They also contain specialised items and conversation cards to provide a range of experiences. These memories, thought to be lost, can stimulate the senior emotionally and prompt a conversation with loved ones.

A Memory Bag can be a source of pleasure and encouragement for a loved one as they make the journey into old age.

Wellington City Library members can borrow Memory Bags for three weeks. Also its website gives hints and tips on how you can create your own to share with your loved one.

To find out more search on <https://rb.gy/gzzjm>

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or email: bellaspose@hotmail.com

\$40
1 hour

Tips to save power:

- Get the most out of your heat pump – Set it to a maximum of 21 degrees – save up to \$320
- Shorten your showers to five minutes – save up to \$260 per person.
- Change your washing machine settings to cold wash – save up to \$50.
- Switch off your appliances at the wall when you're not using them – save up to \$100.

For details on these changes, and more advice and information, visit Save500.org.nz.

Ref: Office for Seniors – June newsletter

DUST IF YOU MUST

Dust if you must – but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake or plant a seed;
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim and mountains to climb;
Music to hear, and books to read;
Friends to cherish, and life to lead,

Dust if you must, but the world's out there
With the sun in your eyes and the wind in your hair;

A flutter of snow, a shower of rain.
This day will not come around again.

Dust if you must, but bear in mind
Old age will come, and it's not kind,
And when you go (and go you must)
You, yourself will make more dust.

by Rose Milligan



Credit cards

The number one rule with a credit card is to pay off your balance in full each month. Otherwise you'll be paying high interest charges - about 20 percent - on money owed.

Avoid the minimum payment trap:

Don't be tempted to pay just the minimum - minimum payments are designed to benefit the bank, not you, and you'll be charged interest on the outstanding balance.

Don't get caught by steep annual fees:

The other trap with credit cards is the annual fee. This fee will be much higher if your card is linked to a rewards scheme.

Credit card rewards schemes only really reward big spenders. Unless you spend more than \$25,000 every two years - and pay off your card at the end of each month - most schemes won't be worth it. You'll be better off by switching to a card with no (or a low) annual fee.

When to consider a debit card:

Debit cards can be used over the internet just like credit cards and over the counter when you're overseas, and their annual fees are much lower (in some cases non-existent).

The big difference with a debit card is that it's like cash: it draws on the money in your bank account, so you're not getting yourself into debt. However, if you always pay off your credit card each month, there may be no real benefit from switching to a debit card. You'll lose the interest-free period on purchases that you get with a credit card.

consumer.org.nz

Escooter review

Grey Power Federation is included in a group submission to a review on where scooters can be ridden in the future.

The Government Gazette Notice declaring scooters to "Not Be Motor Vehicles" and thus allowing them to be ridden and parked on footpaths, expires at the end of September. NZ Transport Agency (Waka Kotahi) is consulting on its replacement.

The Footpaths 4 Feet coalition <https://www.livingstreets.org.nz/node/4952>, of which Grey Power Federation is a member, has made a submission reiterating its fundamental objection to e-scooters being allowed on footpaths.

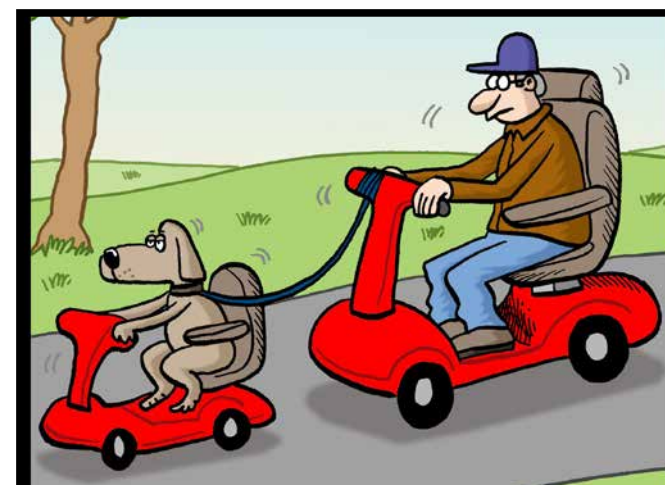
It has passed on members' comments and experiences with e-scooters either being ridden or 'parked' on the footpath, and the effect it has had on their ability to use and enjoy walking in their neighbourhood.

As a backup the coalition intends to propose conditions and restrictions that would achieve a much better outcome for pedestrians should our initial position fail to carry the day.

Kāpiti Coast District Council access and transport manager Ruchir Gaur "We strongly encourage anyone using an escooter on our footpaths and shared paths to operate them in a careful and considerate manner."

Council will involve the Cycleway, Walkway and Bridleway Advisory Group before making its submission.

(Editor's note: An escooter is not the same as a mobility scooter. Electric wheelchairs are operated using a joystick mounted on the armrest, requiring less upper body mobility to control. Mobility scooters are operated using a tiller handle and will require both hands to steer and control.)



Caring for your hearing



For independent professional advice

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing



WELLINGTON

Level 2, 15 Courtenay Place | (04) 385 9144

WAIKANAĒ

In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

LEVIN

SeeHear, 174 Oxford Street | (06) 368 0130

PARAPARAUMU

8A Ihakara Street | (04) 385 9144

info@courtenayhearing.co.nz
www.courtenayhearing.co.nz

Editorial supplied by Courtenay Hearing Centre

Courtenay Hearing Centre Serving the Kapiti area since 1993

Rechargeable hearing aids have become commonplace in the last few years. Changing to rechargeables has brought a huge improvement in convenience and ease of use. From sleek, elegant desktop chargers to cute, compact pocket-sized chargers the options for both in-the-ear and behind-the-ear devices have expanded considerably. Many of these devices are on display at our Waikanae clinic or you can make an appointment with one of our audiologists at any of our clinic locations (Waikanae, Paraparaumu, Levin, Wellington) to discuss your specific needs

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre at a location near you, for caring, professional advice

Visit our website www.courtenayhearing.co.nz for more information.

Review of older persons' housing

Kapiti Coast Grey Power is getting involved in Kāpiti Coast District Council's first comprehensive review of its older persons' housing portfolio in 30 years.

Council's portfolio is 118 units in 10 locations throughout Kāpiti. There have been no new builds for 28 years. Properties are fully occupied with a current waiting list of approximately 60 prospective tenants. None have wheelchair access.

Vice President Enrico Vink attended a workshop with other participants affiliated to the Older Persons Council, Age Friendly Advisory Group, Age Concern and the Disability Advisory Group.

Mayor Janet Holborow says the objective is ensuring the ongoing sustainable delivery of the service. "This work is about improving and diversifying how we do that," she says.

"Broadly speaking, we want to understand the options available to expand or diversify our housing to meet current and future needs. We also want to consider our role in the provision of those housing services and the other partners we might need to work with.

"I know that any type of review, especially when we're talking about homes, can feel unsettling. I want to reassure all of our tenants that this is about growing a service that continues to meet our community's needs,

not about reducing services."

Council's ability to provide support services is also limited. This may be something that could be delivered through partnerships with other agencies, depending on the recommendations to come out of the review.



**For more information, visit <https://tinyurl.com/kbkvryk6>
Options will be presented for public engagement in October/November.
Council is expected to make its decisions in early 2024.**

Revealed: The most common substance in NZ accidental poisonings

Paracetamol is New Zealand's most popular medicine – and also the number-one substance involved in emergency calls to the National Poisons Centre.

A new analysis reveals paracetamol is the most frequently involved drug in cases the Otago University-based unit deals with, from curious young children tasting tablets, to older people making medication mistakes.

The study, published in the Australian and New Zealand Journal of Public Health, reviewed tens of thousands of contacts between 2018 and 2020.

Among adults and older people (aged 65 and over), the researchers found "therapeutic errors" accounted for around 50 per cent and 86 per cent of their exposures, respectively.

"Older people can be frail, and generally also use more medicines than younger people," the study's lead author, Dr Eeva-Katri Kumpulainen said.

The most-commonly exposed substances among adults were paracetamol, codeine, tramadol, antidepressants, and hypnotics, while older adults were exposed to paracetamol and various cardiac medications.

Some 50 million tablets of widely-accessible medicines are used by Kiwis each year. While there are limits on pack sizes, there were no restrictions on quantity.

New Zealand's MedSafe has made changes to labeling requirements, aimed at promoting safe use and accidental overdoses.

She noted that a contact with the centre didn't necessarily mean the person involved was harmed – and around two thirds of patient records showed a medical assessment wasn't advised.

Anyone concerned that someone has swallowed poison should stay calm, and phone the National Poisons Centre on 0800 POISON (0800 764 766), with information about the medicine or chemical container if possible. Do not make the person vomit, rinse or wipe the mouth, and do not give fluids unless instructed to do so by the Poisons Centre. If the person is sleepy or unconscious, check their pulse, ensure they are breathing, place in a recovery position and phone an ambulance. If not breathing or does not have a pulse, phone 111 and apply CPR.

Keeping Yourself Safe at Home – NZ Police

**REMEMBER
in an emergency, call 111.**

Other safety tips:

- Secure your doors, windows, sheds, and garages with good quality locks.
- Install security stays on windows, especially those on ground level.
- Don't answer the door for someone you don't know or don't want in your home. Ask for identification if they say they represent a company.
- If you're outside for an extended time, e.g. in the garden, lock your front door.

For older people, you may also want to consider:

- Having a phone by your bed.
- Arranging with a neighbour to phone or visit you if your curtains are still drawn after a certain time in the morning.
- Having a personal or medical alarm that you can press in an emergency.
- Only discussing financial personal details with people you know and trust.

If you are cheated or scammed, tell Police. If you suspect somebody else has been, you can contact Citizens Advice Bureau or the local Police for advice. In the interest of your safety.



Diabetes Wellington Inc.
"And you – Partners for life"

Have you recently been diagnosed with diabetes or know someone who has diabetes?

Diabetes Wellington can provide help, up to date information and support for people in the Kapiti Coast.

Diabetes Wellington sells a range of blood glucose meters, lancet devices, lancets, glucose tablets, pen needles, low sugar jams, sauces, toppings, lollies, socks, books and more. It also provides supermarket tours, education classes and demonstrate our cooking classes.

The Field Officer service is not available, but the charity hopes to offer this service again soon.

Contact Diabetes Wellington via:

Phone 499 5085, Email office@diabeteswellington.org.nz

or website: diabeteswellington.org.nz

The Information Centre (Monday to Friday 10am to 4pm) is at:

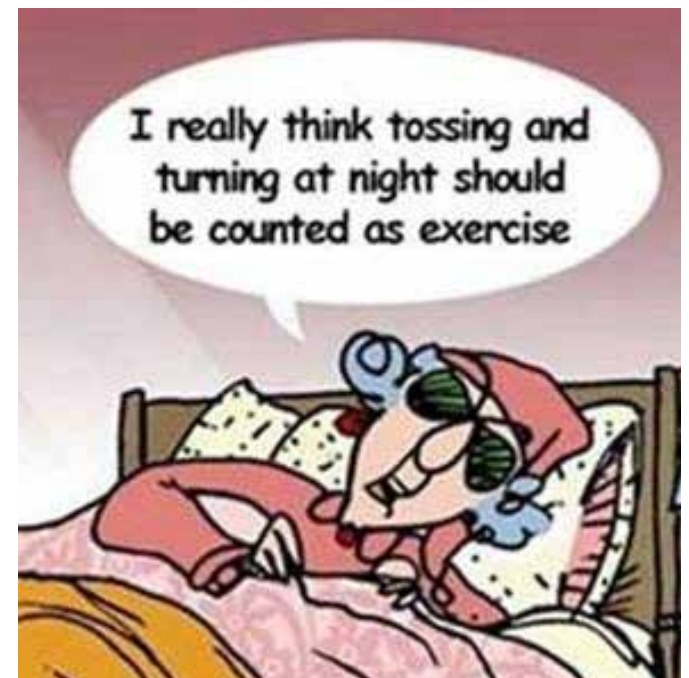
Level 1, Room 3, Anvil House, 138–140 Wakefield Street, Wellington



Kapiti U3A provides a social and learning opportunity for retired residents.

It lists 20 interest groups, covering subjects such as gardening, current affairs, music, fitness and writing.

Check out the U3A Kapiti website: <https://www.kapitiu3a.com/>



Staying Safe Driving Refresher Course



Staying Safe is a classroom-based refresher workshop for senior road users.

Age Concern Kāpiti runs the workshops in partnership with NZTA (Waka Kotahi). It is a friendly noncritical look at driving regulations and provides helpful tips on better driving habits.

All ages are welcome to the free four-hour courses which discuss keeping ourselves safe on the road, thinking about the routes we travel in our daily lives and thinking of all the scenarios we may encounter on the way to our destinations.

The upcoming sessions run from 10.00am – 2.00pm and will be held on:

Monday, 11 September

at Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu

Thursday, 12 October

at Charles Fleming Retirement Village, Waikanae

Tuesday, 7 November

at Waikanae Baptist Church, Te Moana Road, Waikanae

**Bookings are essential
phone Age Concern Kāpiti (04) 298-8879**

*Light refreshments are provided
but – please BYO lunch*



Support services for older people

If you're getting older, you may be finding it harder to cope on your own. There are support services available to support you.

These services can help you to:

- maintain your independence and quality of life
- stay in your own home for as long as you can
- participate in your community.

Support services for older people may include:

- personal care (eg, getting out of bed, showering, dressing, medication management)
- household support (eg, cleaning, meal preparation)
- carer support (help for the person who lives with you and/or looks after you for 4 hours or more each day)
- equipment to help with your safety at home.

To access support services you must

- Be a New Zealand citizen or resident eligible for publicly funded health or disability services, and
- Have a needs assessment.

You, or someone else with your consent, can refer you to a Needs Assessment Service Coordination (NASC) agency. Your local NASC is listed on website <https://www.nznasca.co.nz/regions/>

More information on support services:
<https://tinyurl.com/yh7abcft>

Older digital TVs need adjusting to stream TVNZ+ content

TVNZ has taken over the rights to a range of major sports and events from Spark.

However, about 25,000 people with Samsung 2015/2016 digital connected TVs are no longer able to live-stream coverage from TVNZ+. A spokeswoman said as part of that agreement, TVNZ has added new copyright protections to stop its streams from being illegally copied. "While live streaming will not be accessible on these devices, TVNZ+ video-on-demand content including movies, TV shows and sport highlights will all work as normal," she said. She suggests that rather than investing in a new TV, a solution may be to add a device such as a Chromecast to the TV set up.



TVNZ's helpdesk has instructions on Chromecast setup on <https://rb.gy/jt9yn>. (Editor's note: If this doesn't work for you, find a 13-year-old boy to help!)

Alzheimers NZ calls for urgent cash injection

Dementia patients are waiting longer than ever to access community care, and those who look after them say they're running out of money to even keep the lights on.

The situation for people living with dementia is becoming increasingly hopeless with most people not able to get the help and support they so desperately need, Alzheimers New Zealand has warned the Health Minister.

The day after the Budget was released, Alzheimers NZ board chair Clare Hynd wrote an abrupt letter to Ayesha Verrall and Associate Minister of Health Barbara Edmonds:

"We understand Government has competing priorities and times are tough, but even so it was very disappointing that this week's Budget provided nothing for the sector."

"The \$9 million pa needed now to take the immediate pressure off the system is within the margin of error for the health system and could have easily been absorbed into the funding provided for demand increases and cost pressures, but nothing has happened."

"The lives of people living with dementia matter and yet the health system continues to let them down and ignore their needs."

Alzheimers NZ figures show demand for services has increased significantly, with referrals in the first three months of 2023 up by 165 percent from 2022.

Alzheimers NZ chief executive Catherine Hall estimated 30,000 people across the country were missing out on help and support because of the constraints.

"They are really struggling because they've got these contracts that are old. They were always poorly funded. They've been living with a sinking lid as far as the contract funding goes."

"Demand has been going up, cost of living has hurt, Covid hurt and affected all of their other funding and so they are absolutely struggling to keep the lights on now."

She said it was a "postcode lottery" when it came to receiving dementia care.

"We've got some parts of the country, for example in Tauranga, where they've managed to negotiate increases in the contract and we've got other parts of the country like Gisborne [which may have to close]."

"South Canterbury only gets 4 percent of its total funding from its contract with government, and then

the Wairarapa have never had a contract, they get no money at all from government ...I mean, that's just scandalous that the differences can be so huge across the country."

The \$9m referred to in the letter sent by the board chair was the cost "just to keep the lights on".

Hall said community dementia support was often the last port of call for people, and they deserved better.

"It's difficult to get in to see a GP, very difficult to get a diagnosis of dementia, it's hard to get home help. You can't get into a rest home, carers can't get respite."

So [these groups] are a last type of support ... and if that goes, there will be nothing."

She said some organisations were seriously looking at reducing the number of clients they could manage.

"They're looking at having to make some very hard decisions. These are organisations that have been around for a very, very long time so they're not going to make any decisions to close up quickly but for some of them, they're going to just reduce their services even more, in order to just keep something going and try and hang on in the hope that this is going to change."

Government response

Associate Health Minister Barbara Edmonds said she had discussed the challenges directly with Alzheimers New Zealand.

"I acknowledge the challenges people face when managing dementia or supporting whānau living with dementia. This is an area of healthcare that the government is committed to."

She said in last year's Budget \$12m was allocated to provide support in this area, with new services through this funding, coming into effect shortly.

She said there was also a range of funding for health services that would impact on people with dementia.

This included \$255m a year for dementia services within aged care residential facilities, improved pay and conditions for care nurses and allowing family carers to be paid to look after their family member.

"I want to ensure that people with dementia, their whānau and carers can live their best possible lives, and I look forward to continuing discussions with the sector on how we can best support their work."

Change to residence criteria for NZ Super and Veteran's Pension

The residence criteria for NZ Super and Veteran's Pension will change from July 2024.

The minimum number of years people must have been resident and present in New Zealand will be gradually increasing from 10 years to 20 years between July 2024 and 2042.

Anyone already getting NZ Super or Veteran's Pension won't be affected by this change.

For more information, visit the Work and Income website <https://rb.gy/584fs>

No8 Wire

No8 Wire is an annual programme of free and affordable events to encourage community resilience, DIY resourcefulness and environmental responsibility through fun, hands-on events and workshops.

It's a great way to discover new places and learn practical ways to reduce environmental impacts.

If you're interested in providing a workshop for 2023, or have ideas about what you'd like to learn more about, contact <https://tinyurl.com/2p8dspju>



WHAT IS GREY POWER?

Grey Power is an advocacy group seeking a better deal for over 50s and superannuitants. We present our views to Parliament and local governments and speak to any political group or politician who is likely to make a positive difference. Often our lobbying benefits the whole community.

Kapiti Coast Grey Power Membership benefits include:

- Opportunity to be actively involved as a volunteer
- Social meetings with excellent speakers that relate to our interests, offering good fellowship
- A free discount book offering benefits from local business
- Save a minimum 8 cents a litre at Challenge service stations
- Cheaper electricity, gas and broadband
- Free AIL accident insurance: \$2,000 paid in the event of accidental death
- Up to 25% savings on medical insurance by Vesta Insurance for members 70 years of age and younger
- Off peak rates for InterIslander and Great Journeys fares
- Quarterly Kapiti Coast Grey Power and Grey Power Federation newsletters
It's easy to become a Grey Power member and enjoy the benefits.



MEMBERSHIP RENEWALS

It would be greatly appreciated if all members who have not yet renewed for this year would make prompt payment. This gives you Membership until 31st March 2024

Payment Options:

- Internet Banking into **KIWI BANK a/c is 38 9018 0409796 02**
Please put your name and Membership number as reference.
- Pay by Cash or EFTPOS at our Coastlands or Otaki Offices. Details of opening hours are at the top of the front page.
- Visit our WEB SITE www.kapitigreypower.co.nz click on 'Membership' and follow the instructions.

A reminder: If you have your Power provided by **PULSE Electricity**, your Membership **MUST** be up to date, or you will **NOT** be entitled to the Grey Power discount. Your Membership also needs to be up to date to continue to receive our Kapiti Coast Grey Power Magazine '**SUPER PEOPLE**'.

Thank you for your continuing support of Kapiti Coast Grey Power

IF PAYING ONLINE and YOU USE GREY POWER ELECTRICITY
Please separate your membership from GP Electricity in your Payee list so your power account is not paid to us in error – as this could result in your account being overdue.

Grey Power Electricity (GPE) is a subsidiary of Pulse Energy and has a partnership with Grey Power NZ ... but there is no ownership between the two.

For all power enquiries phone 0800 473 976



KAPITI COAST GREY POWER ASSN INC.

PO Box 479, Paraparaumu 5254 | Phone 04 902 5680

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Facebook: @Kapitigreypower

MEMBERSHIP FORM

New Member Renewal Membership Number: _____ Mr / Mrs / Miss / Ms / Dr (circle)

Name(s): _____

Address: _____

Suburb: _____ Postcode: _____

Email(s): _____

Preferred phone number: _____

Our membership year runs from 1 April to 31st March.

You MUST be a financial Member of Grey Power to enjoy the benefits we offer. (Your private information will be forwarded to the Grey Power Federation for the sole purpose of the distribution of the national Grey Power quarterly magazine)

ANNUAL SUBSCRIPTION (please circle):

Single \$20.00 \$

Couple \$30.00 \$

Voluntary Donation \$

** Postage (see below) \$12 \$

TOTAL REMITTANCE: \$

** Note postage for Grey Power Magazine (4 issues per year) is payable where delivery is to a PO Box or by Rural Delivery.

How you can pay:

- **INTERNET** Banking into our **KIWI Bank Account 38 9018 0409796 02**
Please ensure you use your name and Membership Number as reference.
- **Call into** our Kapiti Coast Grey Power Office, 1st Floor Coastlands Shopping Centre to pay by EFTPOS or Cash.
- **Call into** Otaki Library, Kapiti Coast Grey Power desk (1st and 3rd Thursday of month 10am-1pm). Cash only.

For Office use only: Eftpos/ Cash/ Internet Receipt Number _____

New Member Renewal Discount Book Card Magazine



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