

NAPIER and DISTRICTS

GREY POWER

QUARTERLY NEWSLETTER

AUTUMN ISSUE 2024



**ART DECO
RETURNS!**

**Council Housing:
What next?** *Page 6*

Health Shuttle *Page 17*

Safe Cycling *Page 11*



Photo: Derek Rossiter

Your Grey Power Membership expires on 31 March. Renew inside, at a meeting, on our website or phone Bruce for information.

GREY POWER NAPIER

PO Box 4247, Marewa,
Napier. 4143

Phone: 06 844 5635

www.greypowernapier.org

COMMITTEE

President - Bruce Carnegie

(06) 844 5635 / 027 427 2023
bpcarnegie@gmail.com

Deputy Chairperson - Shona Bayliss

021 365 131
shona.bayliss@princessalexandra.co.nz

Secretary - Isabel Wood

(06) 843 0524 / 021 106 7834
iawood@slingshot.co.nz

Treasurer - Ian Cook

06 844 4862 | ijcook@xtra.co.nz

Membership Officer - Linda Mellor

(06) 844 3837
greypowernapier@gmail.com

Publicity Officer - Maxine Boag

021 024 70484
maxine.boag@gmail.com

Committee

Allison Beattie

0221 077 653 | allibeat@gmail.com

Kay Nesdale

021 261 9400 | kaynesdale@gmail.com



PRESIDENT'S REPORT

Kia ora and warm autumn greetings!

On behalf of the committee, I'd like to make two thank yous. First, to Russ Wyeth who has resigned from our committee for personal reasons. Thank you Russ, we enjoyed your dry sense of humour and your contribution to committee work. We wish you all the best.

And thank you to Beth Shan for their generous donation of \$1000 to help with our meetings expenses. We appreciate your support.

The year so far has been so busy with many activities with the memorial remembrance of Cyclone Gabrielle, Waitangi Day, Valentine's Day, Art Deco weekend and the best of all (just kidding) our volunteer's luncheon which gave us the opportunity to say thank you to our 50 volunteers who all do so much keeping our association actively alive for all members and within the community.

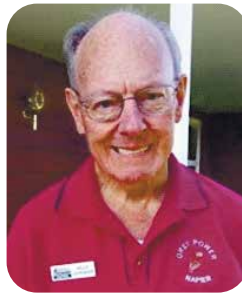
Our 1200 members provide the strength of our association and without which, we wouldn't be here today.

Our volunteers are our biggest asset. We all do many different activities – helping set up for our monthly meetings, newsletter production, folding and delivery, phoners, afternoon tea workers, supporters and the essential work of your committee. Everything is managed and actioned by teams of committed volunteers.

This year it gave me great privilege to present to six volunteers the 10-year Active Service Award (see article page 7). We at present have 20 volunteers who have achieved this plus one 18 years and three 19 years. This shows dedication, commitment, loyalty for which we are all very appreciative of who they are and the support they give.

You our members, including those of you who come to our monthly meetings, are our backbone and we hope you will renew your Grey Power membership for the coming year.

Going back, we finished the year with our Christmas luncheon at the Napier RSA (see photos pages 4 and 5). Always a nice way to finish the year enjoyed by about



Bruce Carnegie
President

100 members. Previous years we enjoyed the luncheon at the Pukemokimoki marae but it was always a lot of work setting up and making the luncheon enjoyable and the advantage this time was less work, less expensive, a buffet lunch and a room exclusively to ourselves.

During the year lots will be happening with Grey Power Napier actively involved with attending four Zone meetings in Palmerston North meeting up with 22 associations within our Zone, and Anzac Day memorial services.

We will be submitting on your behalf to NCC's Long Term Plan, so keep us posted on your concerns. Rates increases are always an erosion of our income, so we are concerned about big hikes.

As well, there are four newsletters and delivery, our Napier AGM in June, International Day of the Older Person October 1st, Positive Ageing Trust meetings, Positive Ageing Strategy Advisory group meetings, Hospital Management quarterly meetings, with our Christmas luncheon at the end of November.

Many associations throughout New Zealand have declined in membership since Covid and natural attrition but I'm very pleased to say that we are continually maintaining our membership numbers but with having a population in Napier of 16,000 at age 65 plus and another 10,000 aged 50 to 65 means there is the potential to further grow our membership and one way is word of mouth.

I encourage you to tell your grown-up sons, daughters, neighbours, friends, people you know about what we are about and what we do. Although we advocate for the 50 plus age group, we have no minimum age restrictions and plenty of benefits (see page 23). We have plenty of brochures we can give you and also remember to mention our website, www.greypowernapier.org as well as the Federation website, www.greypower.co.nz

They say word of mouth is the best form of advertising so please talk to your friends and family.

Monthly meetings. Diarise our monthly meeting dates (third Tuesday in the month Feb to October). See page 2 for dates and speakers. If you can, please bring a friend. All very welcome.

Finally, we need your help, our constitution allows us to have up to 12 members on our committee, we at present have eight.

Having a committee is extremely important in managing and keeping what we do all together and the old saying is more people make less work. If you feel that you would like to give it a try, please talk to me or one of our committee members. You will recognise who they are on the back page of the newsletter.

Finally, I wish you all the very best for the year ahead and hope to see you soon.

Kindest regards

Bruce Carnegie | President



Our volunteers (or most of them) enjoyed a thank-you get-together lunch at the RSA in February

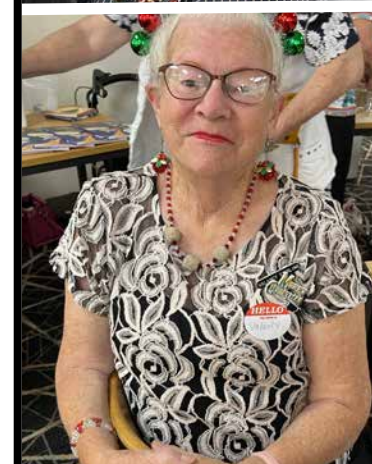
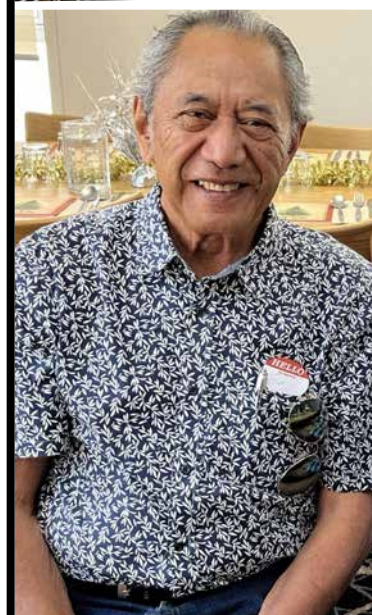
Acknowledgements: This newsletter was compiled by Publicity Officer Maxine Boag with the assistance of committee members. It was printed by Kiwi Publications, folded and distributed by member volunteers and delivered by members or emailed by the Membership Secretary. Neither the Association, nor any person or persons associated with it accepts any liability whatsoever for the contents of this newsletter, nor do we necessarily endorse any product advertised, or any opinions expressed.

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.



Hot off the Press:

Council Housing is back on the table

Napier City Council is reopening the conversation about its community housing portfolio as part of public consultation on its draft Three-Year Plan.

The Council owns 377 community housing units in 12 villages. Of those, 304 are categorised as retirement housing and 73 as social housing.

Mayor Kirsten Wise explains the importance of rethinking Council's approach to its housing: "In 2022, we made the call to keep our full portfolio intact, we raised rents but it's not enough to keep up with maintenance. This hasn't been enough to maintain and operate the villages without putting additional costs onto the rest of the community.

"We are now putting housing back on the table. But whatever decision is made we have key things that are most important to us including making sure our current tenants have a home, focusing on retirement housing over social housing, and ensuring social housing is looked after by experts in that area.

"We do want to make sure there is as little financial pressure as possible on our community and on our tenants, and we want to be able to invest in our housing portfolio to make sure it's fit for our tenants now and in the future."

Excerpts from media release from Napier City Council - 28 February 2024

Comment from Cr Boag, Housing Portfolio holder:

We are reviewing our housing again as part of its future planning for Napier. There was a review in 2022, but lots has changed since then. Now we need to make big decisions about whether to keep or sell our housing. These decisions will be made with our community, and you will have opportunities to be involved and to share

your views with us. There are five principles that are important to us:

1. We will honour our current tenants and make sure they have a home.
2. We want to make sure there is as little financial pressure as possible on our community and on our tenants.
3. Over time, we want to move away from social housing.
4. We want to keep, and potentially increase, our retirement housing.
5. We want to be able to invest in our retirement housing including making sure it is healthy for our tenants.

In 2022, we made the decision to keep all our units, increase rents to cover costs, fund the shortfall through loans, and investigate further property and tenancy models. We also agreed to create a Housing Strategy, which is underway.

Many things have changed since 2022 including cyclone recovery, and increased costs of labour, materials and insurance. The rental income from our housing is 'ring fenced', which means it can only be used for upkeep of the Villages, but there is not enough money from rent to keep up with maintenance and operations.

The Council is now reviewing community housing again. Before a final decision is made in late June 2024, there are lots of steps in the process ahead of us. Any decision the Council makes may take a significant amount of time to put in place. It is important you have your say when our consultation opens on 25 March. You can go online to sayitnapier.nz or visit our libraries or Customer Service Centre to make a submission.



Volunteer Active Service Awards

By Bruce Carnegie

We have 50 volunteers who give of their time, energy and commitment towards making Grey Power Napier a respected organisation within the community. Our volunteers are our biggest asset to our association and in recognition of achieving 10 years plus volunteer Active Service the following Volunteers were presented with this award at our recent Volunteer luncheon:

They were: Anne Mitchell, Dawn Harvey, Helen Berry, Isabel Wood, Elizabeth Hughes, Bruce Carnegie.

We now have 22 volunteers who have given 10 years plus service with one 18 years and three 19 years.

**Very loyal, faithful
and committed to what we do.**



Helen Berry, Bruce Carnegie and Isabel Wood – recipients of 10 years plus volunteer Active Service awards.



Scam-proofing toolkit

Netsafe has launched a new free nationwide initiative to arm older New Zealanders with the skills and know-how to keep themselves safe online.

The Get Set Up for Safety joint project with Chorus, includes a toolkit of guides, videos, and other resources with practical advice on everything from fundamental online safety and security habits through to protection from financial scams and safer online shopping and socialising.

Get Set Up for Safety resources will be freely available to access, download, or print out from the Netsafe website at

www.netsafe.org.nz/olderpeople.

Printed pamphlets will be available over the coming months, at public libraries, Citizens Advice Bureaus, Chorus community events, Digital Seniors hubs and Age Concern regional offices.

**No matter who you are,
or what you are going through,
Samaritans are here to listen.**



Samaritans listen without judgement, available 24/7, so that no one in New Zealand ever has to feel alone when dealing with life's challenges.

samaritans 0800 72 66 66
Aotearoa New Zealand samaritans.org.nz

RENEWING MEMBERSHIP

A friendly Reminder that subs are now due for the 2024-2025 year

A big thank you to all who have renewed your membership and a friendly reminder to those that haven't and that your membership requires your attention please!

If you are not sure, contact Linda Ph: 06 844 3837

The fee is \$20-00 single and \$30-00 double

Paying options are:

You can pay at our general meetings
(3rd Tuesday each month)

- Online, our bank no is **38-9009-0434068-00** (please include your name, initial and membership number if you're renewing in the reference space) or
- Drop into Linda's letter box
10 Trigg Crescent, Taradale or
- Bruce's letter box
13 Blenheim Street, Taradale or
- Bruce can pick up.
To arrange Ph:06 844 5635

We thank you for your loyalty and support. We would not be able to continuously provide our members with valuable benefits and actively be involved with in the community without your membership which makes what we do possible and is very much appreciated.

The Federation Magazine is Online



The rising cost of postage and printing has dramatically impacted on the cost of distributing the Federation's quarterly magazines. Escalating postage costs now consumes over 60% of membership capitation fees, leaving far less for Grey Power's core business of advocating for older people.

The Federation is encouraging those members who are internet savvy to switch to receiving its magazine online.

You can have a look online here <https://greypowermag.co.nz/> to see the smart format and test how easy it is to use.

Grey Power members who would prefer to receive the digital-only version of the quarterly newsletter via email should go to: www.greypowermag.co.nz/ subscribe and enter your details. You will need to have your membership number handy.

Federation President Jan Pentecost says hard copies will always be available to members who do not want a digital copy. You can expect the Federation magazine in early March, June and September and in mid-November.

PS it's a great website, so do check it out!

From the Mayor Kirsten Wise

February in the Hawke's Bay calendar has always been a busy month and 2024 was no exception with a number of events bringing our community together as one.



We started with our Annual Earthquake Survivors' Morning Tea which is now held as a community-wide event hosted by the Waiapu Cathedral. February 3rd 1931 will forever be remembered as the day our city was absolutely devastated by a 7.8 magnitude earthquake. This year, on the 93rd anniversary, it was lovely to come together with survivors, their families, and our wider community.

This was followed closely by our local Waitangi Day events, to commemorate the 184th anniversary of the signing of Te Tiriti o Waitangi. I had the pleasure of attending two events starting with the early morning half-hour Hikoi (walk) for Unity with hundreds of others, from the Celestial Compass, Waitangi Park, to be welcomed with a Haka Powhiri by mana whenua at Farndon Park, close to the site of the original signing of the Treaty in Hawkes Bay. There, as Local Body leaders we talked about our mahi in honouring the Treaty. We then moved to the Regional Park where Ngati Kahungunu Iwi were holding a huge family-fun festival where we were again made most welcome. A beautiful day of commemoration and celebration.

The 14th February was the first anniversary of Cyclone Gabrielle and Council hosted two events to commemorate this significant day in our history. The first event was an Appreciation Day for the many hundreds of people who went above and beyond in both the initial response and ongoing recovery from the Cyclone. The people who showed up to help out, who reached into their pockets, people who at the very end of their own resources – found the strength and the love to push a little deeper, work a little harder. The Appreciation Day was a small way to say thank you to all these people for the huge mahi, aroha, awhina, tiaki shown to each other, to all of us, to our whole region.

Alongside this we invited the whole community to join us for a civic event, a time of commemoration and reflection. With a minute's silence at 12.00pm and an invitation to all present to place a pebble in a vessel of water, it truly was a time to come together to remember what we went through but also a time for us to come together to begin to heal.

The month of events culminated with the return of our beloved Art Deco Festival after a three-year hiatus. The Art Deco Festival is an acknowledgement of the resilience and spirit of the Hawke's Bay communities who, in the aftermath of the 1931 earthquake, rolled up their sleeves and rebuilt Napier city, creating the magnificent Art Deco capital that we celebrate today. The Festival means a lot to Napier. Our sense of place is defined by our heritage, and Art Deco architecture and design is a reminder of our history. The style and culture on display during Art Deco Weekend is unique in New Zealand and indeed the world. Where else do you see vintage planes flying, while the streets are filled with thousands dressed in 1930s fashion, along with the ever-present sound of vintage car horns? It was so wonderful to see everyone, locals and visitors alike, out spending time together and enjoying the hundreds of events on offer.

As the Mayor of our beautiful city it has been an honour and a pleasure to host and participate in all the very special events we have shared as a community over the month of February. A month of commemorating and celebrating our history, remembering the times of heartbreak but ultimately celebrating our rich and colourful heritage

Katie Nimon MP for Napier

We are here to help.

Electorate Office
16 Carlyle St, Napier
06 835 2569

Katie.NimonMP@
parliament.govt.nz



Authorised by K Nimon, Parliament Buildings, Wgtn.



What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.

Stave off loneliness: make an effort to make friends



The Aged Care Commissioner is urging elderly New Zealanders to get out and about.

Carolyn Cooper said social isolation and loneliness had a range of mental and physical impacts – such as a substantial increase in the likelihood of dementia, coronary artery disease, and strokes. She said loneliness was particularly common in the older population and urged elderly people to take initiative and make new connections.

"It's useful to be aware of what's happening in your community. There'll be a number of opportunities for social activities." Try new hobbies and make friends. "I know it's hard to do as you age, but it's really worth it for your health to find something you enjoy with people you get on with.

Gear up for safe cycling

What are the rules – for all cycles?

- ▶ You must wear a helmet when riding a bike, and your bike must have good brakes.
- ▶ You must also have the correct lights and reflectors for the conditions you are riding in.
- ▶ A bike helmet will only protect your head once. If it is dropped or involved in a crash, inspect it for small cracks, inside and out. Damaged helmets should be replaced.
- ▶ Your helmet must fit properly and be designed for use as a bike helmet. Motorbike, climbing or horse riding helmets are not suitable.
- ▶ If you carry any passengers on your bike on and off-road, they must wear a helmet too.

Read the rules in greater detail on the NZTA website <https://bit.ly/2NaOOBj>

E-Bikes – the facts

- ▶ 60 to 74-year-olds have the most Ebike injury claims.
- ▶ The number of ebike-related ACC claims has risen five-fold in five years and last count cost more than \$4 million. The latest year with available data, 2021, shows 60 to 64-year-olds had the highest crash rate nationwide, with 161 claims. This was closely followed by 65 to 69-year-olds with 151 and 70 to 74-year-olds with 143 claims.
- ▶ ACC statistics also show spinal and back injuries are more common for ebike riders than any other type of bike.
- ▶ ACC injury prevention leader James Whitaker said the best advice for riders new to ebikes was to take a course. "Ebikes can go pretty quickly so start slowly then ease into it. They're very different to traditional bikes. Practise in a quiet spot without traffic until you're feeling more confident."

E-Bikes are different – a personal account

By Maxine Boag

I've ridden a bike to school, cross country tours, triathalons, round town, in big cities (Toronto for four years), to work and to meetings, really all my life from primary school to now, off and on.

I've "graduated" onto an ebike to keep cycling at age 75. I live on top of a hill and my push bike uphill climbs are over! But believe me, ebikes are different. A bit like riding a horse at times. They can take off suddenly and are heavy and often difficult to physically turn around or park.

They do wonderful things though. At city intersections and ebike can hold its own, it won't hold traffic up, and can pull out quickly if caught in fast moving traffic, or roundabouts. And you can ride easily up the hill! I live just .5 km from the CBD so my ebike has become a major alternative to driving into town for meetings or shopping, to Marewa, Napier South, Maraenui or to the gym, a bit of fresh air while helping reduce my carbon footprint!

They are safer in many ways but dangerous too. My ebike was responsible for breaking my foot 18 months ago. It wasn't me falling off the bike, it was the bike falling on me! I was walking it on a riverbank, I turned the battery on to get it up a little rise, and it charged ahead, me holding on, then it fell on me! That wouldn't have happened – or had such a crippling result - with a push bike (or a smarter rider you might say!).

The fact is, riding a bike of any kind around Napier is a mission and have your safest route mapped out. It may alternate between off-road pathways, main roads with cycle lanes, quiet suburban streets, and even walking your bike in places like the CBD where there's no room for cyclists coming in and out. Riding on footpaths is illegal and can be dangerous so it's not recommended.

Stay safe! Don't become an ACC statistic! Believe me, it's not much fun!



Pictured left - On my three-wheeler in the Hastings Blossom Parade



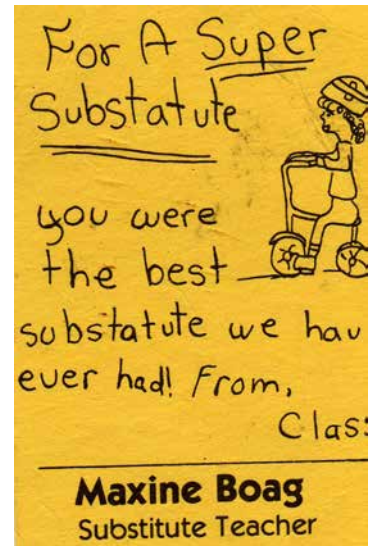
Toronto in the 70's – it was either public transport or my 10-speed



On the bridge between Windsor Ontario and Detroit, Michigan – a 10-day ride between Toronto and Chicago!



Ebike number 1 I'm up to my 3rd



My business card as a reliever in Victoria BC

Get back your independence.

Regain your independence with your very own TM3 Trike. Go wherever you want to go in supreme comfort and classic style. Hassle-free ownership with no licence, no registration and almost no maintenance. Plus, have peace of mind with fantastic personal local support, local repair and local parts from EV Bikes.

Order yours today and get your very own TM3 Trike for only \$4,500 tested and delivered right to your door. Buy online or call us and get back your independence today!



EV Bikes NZ, 508 Ferguson Street, Palmerston North

★★★★★
CALL US
0800 222 249

★★★★★
BUY ONLINE
EVBIKES.CO.NZ

Plan for retirement

There are many pitfalls and surprises to watch out for when planning a happy retirement.



1. Not planning for retirement early enough in life

Many Kiwis make the mistake of procrastinating on their retirement planning, or assuming they don't have enough to bother planning with. It's essential to get proactive at least five years before retirement, and ideally 10 to 15 years beforehand, so you have the opportunity to harness the power of compound investing.

2. Not developing interests outside work

Retirement isn't just about hanging up the work boots; it's a chance to enjoy a whole new phase of life and lean into the things that bring you real joy in life.

The years leading up to retirement, the prime time of your life, is the ideal time to build a portfolio of things that you are passionate about, new pursuits or hobbies, epic holiday plans, a greater focus on your health, purposeful work projects and quality time with family and friends.

Focusing solely on your career or job right up to retirement can lead to a feeling of relevance deprivation after retirement. And that is avoidable.

3. Retiring too early

So many people jump the gun on retirement, underestimating the financial and psychological impacts. Retiring early might seem enticing, but it often leads to financial strain and boredom. Quite frequently these people find their way back into the workforce later.

Experiment with part-time work and part-time retirement.

4. Underestimating their real cost of living

We all like to tell ourselves that we're spending less

than we are. But it's not until we build a budget from our actual bills and expenses and project forward that we can recognise just how much we need to cover our desired living expenses in retirement.

Practice living on your projected retirement budget – and see how you go for a month.

5. Withdrawing all their superannuation when they retire for dumb reasons

The fundamental purpose of private superannuation, such as KiwiSaver, is to serve as a financial nest egg, ensuring a dependable income stream throughout retirement.

Drawing it all out as a lump sum runs counter to the very essence of superannuation's designed purpose, and it certainly sees those people missing out on a lifetime of earnings unless they have a real strategy behind their decision.

6. Dragging debts into retirement

One of the most common questions is: "What do I do about my mortgage when I retire?" Debt is designed for a time in life when you have the income to pay it down.

It's much better to take proactive steps to demolish your debt in the years leading up to retirement. Plan your retirement date after the debts are cleared.

The best way to avoid mistakes is to get some advice when you do your retirement planning. It's often worth it.

Bec Wilson is the author of the bestselling book *How to Have an Epic Retirement* and host of the new podcast *Prime Time with Bec Wilson*. She writes a weekly newsletter at epicretirement.net.

Travellers urged to vaccinate

Health New Zealand | Te Whatu Ora advises Kiwis travelling overseas to make sure they are fully immunised against measles. Cases have cropped up in Australia, the United Kingdom, across the Middle East and Asia, and parts of the United States.

The Measles, Mumps Rubella (MMR) vaccine is free for everyone aged 18 and under, and for others who are eligible for free New Zealand healthcare.

More information at <http://tinyurl.com/ypeudajj>

Not having a power of attorney could mean a longer hospital stay

Older people have had to wait up to five weeks in hospital beds due to not having the legal representation to be discharged. Not having an enduring power of attorney (EPA) in place can prevent older people from being able to easily move into a residential care home from hospital.

If a family member suddenly loses capacity, an application for a welfare guardian has to be put through the Family Court, and this legal process can be "time-consuming". It could also mean patients in hospital have to continue paying rent or electricity bills, because no one has the power to end living arrangement agreements for them.

A personal care and welfare EPA allows a person to make choices for another when they are deemed to lack the capacity to make rational decisions. The cost of an online EPA for personal care and welfare with Public Trust is \$219, and for an in-person consultation it is \$358. Visit <http://tinyurl.com/ms3bx7va> for details.

COMMUNITY DAY PROGRAMMES: ENLIVEN OLDER PEOPLE

Enliven Havelock North, located at JH Mason Village on Durham Drive, reimagines community day programmes with a fresh approach in a cozy hall setting. We offer morning tea and lunch, accredited falls prevention exercise classes, and a variety of engaging activities on Tuesdays, Wednesdays, and Thursdays.

We have community day programme spaces!

To find out more about community day programmes for you or your family, ask your GP about Enliven Older People services, call a Needs Assessment Service Coordinator (NASC) directly on 06 834 1871, or have a chat with our Enliven Older People team on freephone 0800 436 548.

To donate to support local older people, call 0800 002 953 or we can come to you with a mobile EFTPOS terminal in Napier or Hastings.



CARING, ENABLING, SUPPORTING WHILE YOU LIVE AT HOME

Ask your GP about Enliven services or contact us:

Freephone 0800 436 548

Email enliven@psec.org.nz

Visit our website psec.org.nz

enliven
PRESBYTERIAN SUPPORT EAST COAST

Join the positive pro-Treaty movement



Amidst divisive talk from politicians at Waitangi, a group of Hawke's Bay people launched a new movement that aims to be inclusive and positive.

The multicultural group is called Tangata Tiriti Aotearoa (people of the Treaty).

"We believe that New Zealanders can co-operate and collaborate to create a beautiful future for all our grandchildren and build a flourishing nation, Aotearoa New Zealand," says convenor Denis O'Reilly of Waiohiki, a member of Grey Power.

People interested in the movement can sign up to stay updated on their website TTA.org.nz.

"We've responded to a groundswell of pro-Treaty public opinion," Denis says.

"This movement is for all people regardless of where they are at on their personal journey to understand, honour and fulfil Te Tiriti."

Denis has 50 years of community development behind him and a CV that includes senior management roles in government and leadership in the drive to combat methamphetamine harm.

Denis is working to grow the Tangata Tiriti Aotearoa movement alongside Napier community builder Neill Gordon and Taradale-based Treaty educator Gwyn John.

Neill says it's not the fault of his 50-plus generation and those before them who grew up uneducated about why Māori had patiently, persistently been seeking a fair deal on the Treaty for 184 years.

"Most people under 40 have grown up with an understanding of the very clear injustice Māori have endured. For others who have been told all their lives that New Zealand has the best race relations in the world and Māori have nothing to complain about, it can be a challenge to overturn that lifetime of misrepresentation," Neill says.

Successive Labour and National governments have worked for decades on Treaty settlements and the current coalition's controversial policies threaten to undermine 40 years of steady progress.

"Whatever the current government does, I'd expect Māori will keep on requesting the fair deal and

partnership promised in the Treaty so, unless we want to burden our grandchildren with this, we should all stand up as honourable Treaty partners.

"Our strength is in our differences. Māori, Pakeha, Pasifika, Asian, African, and many more peoples are living here. Living here because in 1840 Tangata Whenua generously agreed to share this land. We achieve unity by celebrating diversity. It's the old strands of a rope thing.

"We welcome people to join us. There's no membership fee, just sign up at TTA.org.nz."



The new Tangata Tiriti Aotearoa movement formed at Waitangi on February 3 holds that Te Tiriti/Treaty of Waitangi is for all New Zealanders.

Photo: Katie Priestly Charlton-Jones



New Zealand public policy scholar and former politician Marilyn Waring (in purple) at the TTA launch at Waitangi with Denis O'Reilly and Taape Tareha.



Dame Rangimārie Naida Glavish and Neill Gordon connect at Waitangi.

Retirement Commission launches push to keep superannuation age at 65

Te Ara Ahunga Ora The Retirement Commission wants a cross-party political agreement to keep the superannuation age at 65.



The Commission has released a paper outlining its Superannuation (NZ Super) policy recommendations. Commissioner Jane Wrightson said any change to the age would disadvantage certain groups.

"Any change to the age of eligibility would

disproportionately disadvantage manual workers, carers and those they care for, and those with poor health, due to differences in savings, wealth and ability to remain in paid work after the age of 65. Women, Māori, and Pacific Peoples are overrepresented in those groups," Commissioner Jane Wrightson said.

National wanted to raise the age to 67 from 2044, **while Labour was sticking with 65.**

"General political claims that NZ Super is unaffordable are not supported by independent, publicly accessible analysis," Wrightson said.

"The age of entitlement to NZ Superannuation should remain at 65. Current and projected expenditure does not represent an internationally high proportion of GDP."

Wrightson told *Morning Report* a superannuation age of 65 was "perfectly affordable" at the moment, but if that changed access to NZ Super could be income tested.

It would be "absolutely fair" for someone on double the median income to not get NZ Super, she said.

"It's harder to administer, there's a whole bunch of difficulties around any change like this, but it seems to me that's an option that should be considered alongside raising the age and probably as a better one."

According to data from the Organisation for Economic Co-operation and Development (OECD), New Zealand spent 5.1 percent of its GDP on superannuation in 2021, compared to the OECD average of 7.7 percent. The average OECD retirement age is 64.

"The simplicity of NZ Super's design is internationally envied and New Zealand's expenditure on its pension is relatively low compared to other OECD countries.

Current and future recipients say that they want to see its broad eligibility maintained without means-testing," Wrightson said.

The paper gave eight alternatives to a flat hike of the retirement age if "fiscal savings were essential".

Those suggestions included different benefits for those aged 65 and 66, allowing earlier access to a reduced NZ Super amount and requiring some estates to repay NZ Super.

"There needs to be evidence-based discussion about the policy options and the impacts of any change. This paper, along with the Super Summit being held in Wellington next month, aims to contribute to that discussion and to inform the public and policymakers," Wrightson said.

Political support for a stable long-term system was crucial, she said.

"The government should encourage Te Ara Ahunga Ora Retirement Commission to investigate the possibility of a new cross-party accord on the retirement income system to provide stability and certainty for future generations of retirees and to encourage sound decision-making," was one of the recommendations made.

"At the very least, the number of parties who have made a political commitment under the New Zealand Superannuation and Retirement Income Act 2001 could be expanded".

Only National and Labour supported both parts of the Act, while the Greens supported part one.

The paper also called for "a legislated and periodic review (for example every nine years or so) to be undertaken to enable environmental, fiscal, and population changes to be formally and independently assessed by Government."

The Super Summit will be held on 21 March.

Radio NZ

Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

Age Concern: Serving the older generation

Many have heard of Age Concern – but what exactly do we do?

Recently, a client impacted by Cyclone Gabrielle who is receiving on going support from Age Concern, expressed her appreciation and commented, “I always thought Age Concern only did such things as line dancing and morning teas to keep the oldies amused!”



Social activities are definitely part of what we do, however one of the things that makes Age Concern a lead organisation in the community is the wide diverse range of support we provide - community work, education workshops, health and social connection activities, visiting service.

If there is a situation causing an older person concern, we are available for advice, advocacy, assistance, referral and support. The concern may be related to a health or social need.

If appropriate, a community field worker will assess them and may assist them decide a way forward. They often serve as ‘navigators’ through the complex healthcare and social service systems, ensuring that older people have access to services and information.

Community workers have a wide knowledge of the needs of older people and work closely with other community-based organisations and health professionals who also provide support and services.

Health programmes such as our Strength and Balance Falls Prevention, educational workshops and morning teas with guest speakers and regular social connection activities all encourage people to age well and ensure they remain connected to their community.

The Visiting Service provides a socially-isolated older person with a regular visitor, and our Pakeke O Maraenui programme, held in Maraenui, provides our Kaumatua, many of whom are socially isolated, with a weekly group gathering (see photos).

Cyclone Gabrielle threw a new set of challenges to the staff. A decision was made that as an organization we needed to be part of the recovery process and Red Cross partnership

Funding was applied for and granted. These funds, plus a grant from Perpetual Guardian Trust-Kingdom

Foundation and the combined Rotary Clubs of Napier allowed us to provide support to both individuals and volunteers doing the hard mahi of silt digging and house clearances.

One year afterwards, a portfolio of clients remain with us, still living in sheds and caravans while waiting on rebuild of their homes and still requiring practical and welfare support.

People trust us to deliver results in our community. We’re connected and have become the go to place for anything related to ageing. If we can’t help, we know someone who can. We believe in personalized services because we know there’s no one size fits all solution.



Poi Power
Nga Pakeke o Maraenui swinging the poi!



Nanny Rau sorting through vege donations for the pakeke

GENERAL MEETING DATES AND GUEST SPEAKERS for 2024

February Tuesday 20th	Hato Hone St John	<i>Service to the community</i>
March Tuesday 19th	John Cunningham	<i>Identifying hearing loss</i>
April Tuesday 16th	Tammy Arendse	<i>H B Emergency Management</i>
May Tuesday 21st	Louise Miller	<i>Chief Executive, NCC</i>
June Tuesday 18th	Mayor Kirsten Wise	<i>Council update</i>
July Tuesday 16th	Jackie Pearse	<i>HB Community Law</i>
August Tuesday 20th	Sukhdeep Singh JP	<i>Refreshed Scams and Frauds</i>
September Tuesday 17th	To be confirmed	
October Tuesday 15th	To be confirmed	
November Tuesday 26th	Father Christmas	<i>Christmas Luncheon</i>

All meetings are open to the public, providing an interesting speaker, delicious afternoon tea and opportunities to mingle with others. Bring cash for raffles, a donation for the Food Bank and a friend!

Hato Hone St John Health Shuttle Service

The February Grey Power meeting was addressed by Richard Gregory who is the leader of the 27 volunteers who drive for the health shuttle service. The service is aligned with Hato Hone St John but is run completely independently of the St John Ambulance Service. The drivers are not paramedics but are trained in first aid. The health shuttle service is for taking people to appointments at the hospital, GP, optician, dentist or any other health-related appointments, or to visit people in hospital, in exchange for a koha or donation.



HOW IT WORKS: As soon as you have an appointment, ring the Shuttle Service number – 0800 424 778. They will take your details and ring you back with a time to be collected from your home. As there is only one bus that is wheelchair friendly, in general clients have to be able to get onto a mini bus. The service guarantees that they will get you to the appointment on time. When you leave the bus, you will be given a number to call when you are finished your appointment. The office co-ordinates people and buses, so there may be a wait before there is a bus available to pick you up and return you to your home but it is all free.

Linda Mellor

follow us facebook

**follow us on Facebook
@greypowernapier or website
<http://napiergreypower.org>**

This newsletter is posted on the above website and on the Kiwi Publications website
www.kiwipublications.co.nz



PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support helps to enable the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

Cervical screening is important

Cervical cancer is one of the most preventable. Regular cervical screening and human papillomavirus (HPV) immunisation are the best ways to protect yourself.

Screening allows for early detection, follow-up testing and treatment. It finds early warning signs before they become cancer.

Find out about HPV and cervical cancer at <https://www.timetoscreen.nz/about-this-site/contact-us/>, email screening@health.govt.nz or phone **0800 729 729**

BOWEL CANCER SCREENING

Bowel cancer is one of Aotearoa's most common and second highest cause of death by cancer. Early detection is important, and screen testing aims to save lives by finding the cancer at an early stage, when it can most often be treated.

Free, at-home tests are available to eligible people. For more about the test, on who is eligible and local initiatives <http://tinyurl.com/3mmmmrc8> - which includes videos in 11 different languages - or phone **0800 924 432** or email info@bowelscreening.health.nz



New Health Information and Services website

Health New Zealand | Te Whatu Ora's website focusing on public health and information is now live, providing consistent, reliable information in one place. The site currently includes information about immunisations, vaccine-preventable diseases, and conditions (including COVID-19), pregnancy information, and help to access services. More will be added over time. The next step is to move consumer information to the new site. The site is <https://info.health.nz/>.

Prostate warning signs

Every man "of a certain age" has experienced the urge. You suddenly feel a strong pressure in your bladder and the need to urinate becomes an inevitable rush to a lavatory. Such urges can happen at night, disrupting vital sleep.

This rush is something that King Charles III, admitted to a London hospital in January, might have encountered prior to his decision to undergo prostate surgery.



Your kidneys produce urine. The liquid waste then travels down ducts called ureters to the bladder. In a male, the urethra runs through a part of the reproductive system called the prostate. Its function is to produce nourishing fluid that transports sperm.

As the body ages, factors such as family history, lifestyle and hormonal changes can cause the prostate to enlarge. This common condition, known as benign prostatic hyperplasia, varies in severity, and is often noticeable around age 50.

It's important to note that benign prostatic hyperplasia is not associated with prostate cancer and does not increase your cancer risk. However, it can make prostate cancer screening more challenging.

Therefore, regular check-ups including a digital rectal exam and discussions with your health care provider are crucial. If you notice changes in urination, consult your doctor.

Prostates can range in size from a walnut to larger than a baseball. All prostates grow, but not all prostates cause symptoms. A mildly enlarged prostate can cause noticeable symptoms such as a weaker stream when urinating or increased frequency, especially at night. A significantly enlarged one might not cause any symptoms.

King Charles' need for improvement in quality of life highlights the importance of paying attention to these symptoms.

This article was edited from a contribution to CNN from Dr. Jamin Brahmbhatt, a urologist. For the full article, including a discussion on effective medical and surgical options: <http://tinyurl.com/mr34jb7a>

How big is the risk of Covid and flu coinfection?

With both Covid and flu viruses circulating at high levels, how likely it is for someone to get both at the same time? Fortunately, it appears to be rare.

Last year, the US Center for Disease Control (CDC) tracked coinfections in the U.S. and found just 3% of people hospitalised with the flu also tested positive for Covid. This phenomenon, called viral interference, is where infection with one virus ramps up the body's immune system and can make it less likely to get infected with another. Not being able to shake a lingering cough or runny nose is not necessarily unusual. Even a normal bout of respiratory infection can take several weeks to recover from.

Does it matter whether you're sick with Covid or flu? It might. For example, it could make a difference in how quickly someone gets back to a regular routine. With Covid, Health New Zealand | Te Whatu Ora recommends isolating for five days after a positive test or from symptom onset. With flu, people are considered most contagious for the first three days of their illness and the authority recommends staying home until at least 24 hours after fever is gone.

Also, knowing which of the two viruses you are fighting can be important for people at high risk of having a bad infection. For people who are 65 or older, pregnant or immunocompromised, the antiviral Paxlovid can help protect against hospitalisation if taken in the first few days of a Covid illness. If it's flu, a doctor can prescribe the antiviral Tamiflu. For everybody else who is not at high risk of severe disease, the advice is simple - stay home if you're sick.

For the full article go to NBC Health at <http://tinyurl.com/yyxdrub>

Free Rapid Antigen Tests until June

Health Minister Dr Shane Reti, has announced that additional supplies of COVID-19 rapid antigen tests (RATs) will enable continued free testing through to the end of June. They will be available through the established national distribution network providers of health providers and some pharmacies, as listed on <https://www.healthpoint.co.nz/>.

Information about COVID-19, testing, treatments and support for urgent costs is at <http://tinyurl.com/32jxhtvd>



Beware annual credit card subscriptions

If you make annual payments through your credit card, just be aware they can go on forever.

A Kapiti Coast Grey Power member reports was told by a company he dealt with that his credit card details had expired and he needed to update them. Thinking he would use this opportunity to let the service lapse, he did nothing. So imagine his shock when the payment appeared on his credit card statement.

On querying with the company how they got his updated details they replied: Actually your terms with the credit card company allows this. The account does not expire of course, and the bank typically sends the replacement about one month ahead of the expiration date. Also, continuing subscriptions are handled differently than individual transactions. If the merchant has coded the transaction as a recurring type of payment, they can continue to charge the account without obtaining new authorizations and expiration dates from the customer.

The member checked it with his bank ... and yes the bank does update credit card details on annual subscriptions.

You have to change how you pay annually, but if you're unsure about how to do this, the bank suggests you contact your branch.



Butler & Hewitt 10% DISCOUNT on parts for Grey Power Members (please advise when booking)
Meeting all of your appliance and heat pump needs. **Butler & Hewitt can do it!**

Butler & Hewitt can supply, install, maintain, and repair all leading brands of Heat Pumps and Air Conditioners and are Elite Dealers in Hawkes Bay for: **Panasonic**

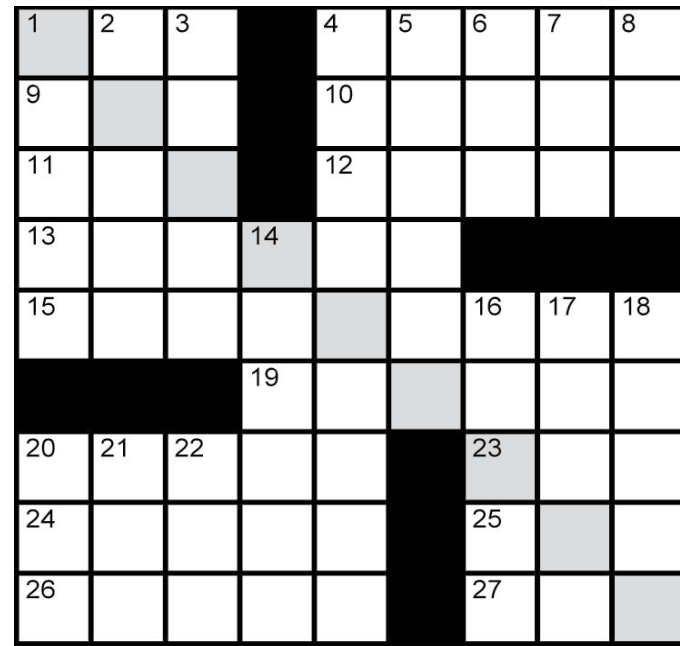
AIR CONDITIONING

HBRC & EECA Grants/Loans are available for Hawkes Bay residents.

We also install, service and repair household appliances.

Napier 06 835 3104 | Hastings 06 870 8799
www.butlerhewitt.co.nz
admin@butlerhewitt.co.nz | 31 Niven Street, Onekawa

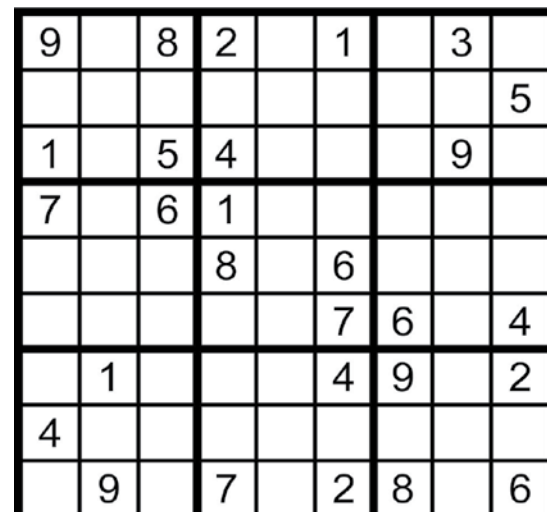
Chilling Wall



- Across
- Tax prep. expert
 - Like some buckets
 - “You ___ bother!”
 - Yucatán natives
 - Archaeologists’ finds
 - Drive-in employee
 - Reproductive cell
 - Early form of sonar used to detect submarines
 - Not well

- | | | |
|---------|------------|---------|
| ACTOR | DOCTOR | NURSE |
| ACTUARY | FARMER | PILOT |
| ARTIST | FIREMAN | PLUMBER |
| ATHLETE | FURRIER | PRIEST |
| AUTHOR | GROCER | ROOFER |
| BANKER | JEWELER | SOLDIER |
| CASHIER | JOURNALIST | TAILOR |
| CHEF | LABORER | TEACHER |
| CHEMIST | LAWYER | TELLER |
| DENTIST | MANAGER | VET |
| | MINER | WAITER |

SUDOKU

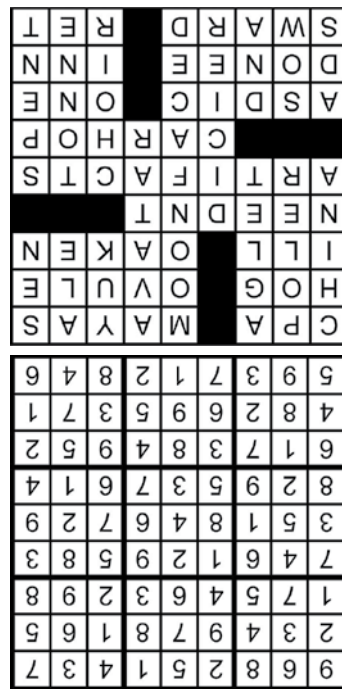


How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle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

- Small bill
- Gift recipient
- Bed-and-breakfast
- Grassy area
- No longer working: Abbr.

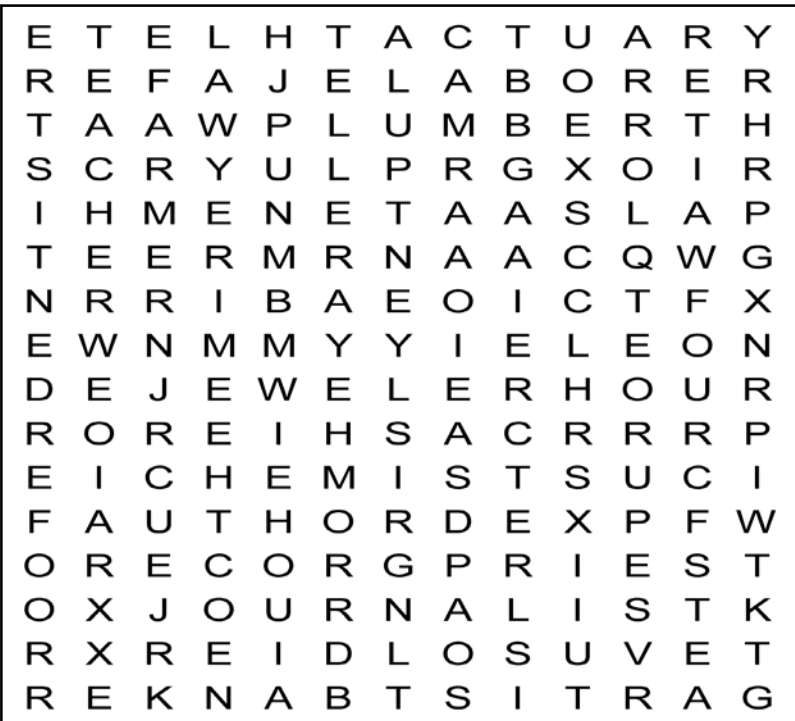
Down

- Fine dinnerware
- Gondolier, e.g.
- Lace tip
- Look caused by Cushing’s syndrome, sometimes
- Hindu incarnation
- Big laugh
- Pub pint
- Member of Cong.
- More risky
- Church singers
- 1,000 kilograms
- Tuckered out
- Magazine revenue source
- Boar’s mate
- Some trial evidence



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

OCCUPATIONS



HEALTH AND DISABILITY ADVOCACY

Health and Disability Advocacy is a free service that operates independently from all health and disability service providers, Government agencies and HDC.

Advocates should be able to help If you want to know more about your rights, get questions answered, or make a complaint. The service will:

- Help you understand your rights
- Listen to your concerns
- Talk through your options
- Help you to formulate and make a complaint
- Support you while you resolve your issue

Freephone: 0800 555 050
or Email: advocacy@advocacy.org.nz

My Health Record is live

My Health Record is a secure website that gives people access to their immunisation records and COVID-19 test results. It also provides parents with children under 12 years old the option to link to their children’s immunisation records.

Over time, Health New Zealand | Te Whatu Ora will make more information available, such as current and past medications, lab results and community services and high use card entitlements.

To sign up, go to: <https://identity.health.nz/>

Free shingles vaccine eligibility

The shingles vaccination is free for 12 months after your 65th birthday. You need two doses, two to six months apart. The second dose will be free, even if you’ve turned 66.

If you’re eligible, you can get the vaccination from your nurse, doctor, healthcare provider, and some pharmacies.

New Grey Power discount

Grey Power Federation has announced a new offer available to all financial Members – Atopis® - a unique New Zealand skincare range scientifically designed for older people. Members can get an exclusive 20% discount* on all Atopis products. Just use the special code GP20 when you buy at <https://atopis.co.nz/>

Visit the Federation’s website <https://www.greypower.co.nz/to keep up to date with information and resources>.

Introducing the new Minister for Seniors



The new Minister for Seniors, Casey Costello, was sworn in just before Christmas and introduced in the December Office for Seniors newsletter.

She is quoted: “As the coalition agreement between New Zealand First and National outlined, this portfolio is important to us and we are committed to delivering ... Over the next few months you will hear more about the work that will be undertaken and how I propose this will be achieved.”

Here’s what the agreement says:

- Keep the superannuation age at 65
- Amend the Building Act and the Resource Consent system to make it easier to build granny flats or other small structures up to 60sqm requiring only an engineer's report
- Progress the review of the Retirement Villages Act
- Upgrade the Super Gold Card and Veterans Card to maximise its potential benefit for all Super Gold Card and Veteran Card holders
- Investigate the funding formula for new residential care beds
- Engage openly and constructively with the aged-care sector
- Undertake a select committee inquiry into aged care provision to include supporting people with early onset conditions and what asset thresholds are appropriate in 2023/24
- Explore options to build on the Local Government Rates Rebate Scheme for Super Gold Card holders
- Work on establishing bipartisan agreement to fund both care and dementia beds that New Zealand needs now and with a focus on the long term needs by 2040
- Liaise with retirement village owners and occupiers to seek a mutually agreed way forward to safeguard the interests of the 50,000 plus New Zealanders living in retirement villages

The Office for Seniors briefing to the Incoming Minister (BIM) is <http://tinyurl.com/yb73t2m2>.

Members' Questionnaire

Your committee would appreciate members' feedback on your thoughts about Grey Power so we can best meet your needs. Either cut this off and mail to PO Box 4247, or bring it to the next meeting, or send in responses by email to greypowernapier@gmail.com. *Thank you!*

Q1. Why did you join Grey Power?

.....

Q2. What do you like about Grey Power?

.....

Q3. What could we do better?

.....

Q4. Do you have any suggestions or contacts to help with sponsorships or fundraising for us?

.....

Q5. Any other comments or suggestions?

.....

Your name (optional)

.....

THINGS YOU CAN DO TO HELP US

We welcome your membership.

There are ways to make joining easier at both ends:

- When paying by Internet banking, or across the counter at the bank, please include your surname and membership number. We have 13 Smiths, 11 Johnstons and 8 Harrises on our database so having the membership number helps a lot – even if you don't have a common surname!
- Let us know if you change your address or change your phone number or email address – we use all 3 modes to keep in touch with our members and having the most current one really helps our communicators.
- Let us know if you want to receive your notices and newsletters by email. It does make communication with you easier.
- Please let us know if you no longer wish to be a member of Grey Power Napier.

Thanks for your consideration!

Linda Mellor | Membership Secretary.

Grey Power bus route action wins concession

Our colleagues at Grey Power Manawatū have been active standing up for older Palmerston North bus passengers, incensed by the overhaul of the city's bus routes.

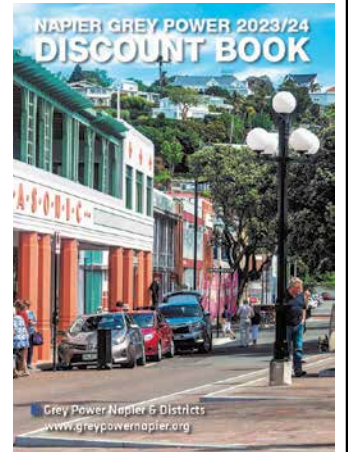
The new all-electric services are launching on March 4 and the proposal was to have fewer, more direct routes more often, at the expense of current services through some of the poorer areas of the city.

Grey Power won a tweak to the new network timetable to make off-peak services better when seniors could travel free.

One night, a Viking named Rudolph the Red was looking out of the window and said: "It's going to rain." His wife asked: "How do you know?" "Because," he said, "Rudolph the Red knows rain, dear."

Grey Power Napier and Districts Membership Benefits

1. Low membership fees - \$20 Single \$30 Double p/a
2. To support an organisation that will advocate (lobby) for our protection and concern on matters like superannuation, health, law, justice
3. Monthly meetings with excellent speakers that relate to our interests plus good fellowship over a delicious afternoon tea
4. A free Discount Book with approximately 200 supporting trades and services – gives under-65 members Gold Card discounts
5. Cheaper gas, electricity and broadband for Grey Power Members
6. Opportunities to volunteer
7. Quarterly local newsletter
8. Quarterly Federation magazine
9. Free Accident Insurance. \$2000 paid by AIL insurance in the event of accidental death
10. 20% discount on Medical Insurance by Vesta Insurance for 70 years and younger
11. Interisland Ferry fares at off peak rates
12. An Appreciation Volunteers Luncheon
13. End of year Christmas Party / Luncheon for all



MEMBERSHIP APPLICATION/RENEWAL FORM

Membership Subs are now due for the 2024/25 year

Cost is \$20 single and \$30 couple. Membership year is 1 April 2024 - 31 March 2025 ANYONE CAN JOIN - YOU DON'T HAVE TO BE OVER 65!

To pay your membership, you can:

1. Pay your sub online to **bank account number: 38-9009-0434068-00** Grey Power Napier & Districts; put your Surname, Initial and Grey Power membership number if renewing. If you are a new member, please email greypowernapier@gmail.com or phone Bruce 06 844 5635 to let us know you have joined. **OR**
2. Complete this form and mail it to us at Grey Power Napier & Districts, PO Box 4247, Marewa 4143 or phone Bruce and he will pick it up. Or scan and email. **OR**
3. Join online on our website www.greypowernapier.org

Your name/s

Address

Phone email

You are paying \$20 for 1 member (tick if applies) or \$30 for a couple

Amount paid: Payment Type:

Can we email your newsletter? M'ship no

www.napiergreypower.org

Find us on Facebook @greypowernapier



Grey Power Napier Committee 2023-2024



Back from left: Linda Mellor, Maxine Boag, Kay Nesdale, Ian Cook, Shona Bayliss
Front: Russ Wyeth, Bruce Carnegie, Isabel Wood, Allie Beattie

Is your Membership Subscription up to date?

Are you a financial/paid up member of Grey Power?
If your card has 31/03/2024 on it, then yes you need to renew your subscription.
Find the application form on Page 23 of this newsletter and fill it in.
Payment methods are included.

NEXT MEETING

**Tuesday
19 March 2024**

**John Cunningham
Hearing Loss**

Sender: Napier & Districts Grey Power
PO Box 4247
Marewa 4143

