

# Grey Power Napier & Districts

P O Box 4247, Marewa, Napier 4143

Quarterly Newsletter

<http://napiergreypower.org>

March 2017



*It's time to  
renew your  
membership!*

## MEMBERSHIP FEES DUE 1 APRIL

The last AGM changed our financial year to run from 1 April to 31 March. As April 1 is not too far away, it would be appreciated if you would renew your membership between now and 1 April.

The subs are **\$15 single, \$27 couple.**

You can pay by internet banking to **Kiwibank # 38-9009-0434068-00, Grey Power Napier & Districts**, quoting your name and membership number. If you can't find this last one, give John Wuts a call (844 4751) and he will look it up for you.

You may also put a cheque in the mail for the right amount and send it to **Grey Power PO Box 4247 Marewa Napier 4143**, with your name and membership number enclosed.

If you prefer to pay by cash, you can give it to treasurer Carol Brunton at the next meeting on 21 March, but please, **put it in an sealed envelope with your name and membership number on the outside.**

For your information, the membership card colour for 2017 is green, so if you haven't got a green card, your fees are due now.

Carol and I look forward to an avalanche of renewals!

*John Wuts Membership Secretary*

## “Health issues for an ageing population”

Is the topic of a presentation at our March monthly meeting, from guest speakers:

**Kevin Atkinson**  
Chair HB District  
Health Board (right)  
and



**Paul Malan,**  
Specialist Manager,  
HB DHB, Health for  
Elderly People.

**When?**

**Tuesday, 21 March 1:30 pm**

**Where?**

**St Columba's Church  
176 Gloucester Street Taradale**

**If you have any questions you would like our speakers to address, send them to: [info.greypowernapier@gmail.com](mailto:info.greypowernapier@gmail.com)**

*All Welcome!*

Bring money for raffles, something for our Food Bank collection, saleable items for Gabriels's Romanian Orphans shop. We sell fruit and provide a delicious afternoon tea.

## Grey Power Committee Contacts

### **President:**

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Anne Mitchell	844 7011
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**You can also join or renew your Grey Power membership on our website:**

**<http://napiergreypower.org>**

## Meetings - 2017 dates

We meet on the 3rd Tuesday of the month, 1:30 pm at St. Columbas church, 176 Gloucester Street Taradale—except for our May meeting which is a week later; and November when we have our Xmas luncheon at Pukemokimoki Marae.  
All Welcome!

March 21st	Kevin Atkinson HBDHB chair
April 18	Mayor Bill Dalton
May 23	AGM
June 20	TBA
July 18	Candidates meeting—Minor parties
August 15	Candidates meeting—Major parties
September 19	TBA
October 17	TBA
November 21	Xmas lunch Pukemokimoki marae

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## The President's Report

**Laurie Jenkin**

2017 started off for our Association with the volunteers' luncheon at the Napier RSA, a very pleasant venue. Not all our volunteers were able to attend, but we saw this as an opportunity to appreciate all our very valuable volunteers, without whom we would be unable to function as an Association.

Just a few days after the luncheon, the committee held a planning meeting, to evaluate the previous year, to plan dates and speakers for the ensuing year, and to revise the "nuts and bolts" issues associated with running our meetings and our association. It proved to be a very worthwhile exercise, as in previous years.

Our first general meeting in February featured Napier's M.P. Stuart Nash, who gave a very good account of himself and kept the 200 members and visitors very interested and entertained, answering a lot of pertinent questions with panache.

A point I need to make about off-road parking at St Columba's is that, because our regular traffic wardens were not present that day, the parking procedure was not as precise as usual, and a number of vehicles parked in the "No Parking" precinct between the Church and Gloucester St. This area is designated an Assembly Area in case of a natural disaster, so must be kept clear at all times. Hopefully, the wardens will be back on duty for future meetings.

Did you notice our newly-revamped full-page ad in the Napier Mail? We are very grateful to Dunstall's Funeral Services for sponsoring it and enabling the page to be laid out by a graphic designer. It is more colourful, and easier to read, and will, undoubtedly, attract some new members. Our current membership stands at 1,177 and with renewal of membership subs due as at April 1st, we are hoping all members will sign up again! We would like to reach 1,500 members by year's end!

Grey Power Electricity (GPE) continues to be one of the main reasons for people to join Grey Power. GPE have just put out an attractive new brochure, which sets out all the benefits very clearly. The package includes natural gas and LPG. Eligibility for GPE requires membership of Grey Power, and if a member fails to renew their annual sub, they no longer qualify as a GPE client. A call to their 0800 number will let you know if it is worthwhile

changing your electricity supplier. For most applicants it is worthwhile, and it is possible to cover your annual sub many times over.

For many Grey Power members, the best perk is the Association's discount book. Ours is a new one this year, with four times the number of advertisers, and will be delivered with the May newsletter. My grateful thanks to Bruce Carnegie and Pete Findlay for the many hours they have spent visiting advertisers and Trish Carnegie for typing it up. Please make sure you use your book regularly, as both you and the advertisers benefit from your custom.

I was able to raise a team of volunteers for the recent Heart Foundation Annual Street Appeal. We manned the booth at the Warehouse. Appeal organiser, Pauline, gave us some brownie points for a job well done! Greg Edmonds, the past organiser, was there emptying the cash bucket, and was delighted to watch Wini Mauger and Bubbles Munroe working in tandem. He said they were priceless in their enthusiasm, and made it difficult for people not to give! Well done, those ladies! Thank you very much to all those who took part in our team.

Three of our committee will be attending the National GP AGM in Palmerston North in May. Maxine and Isabel will be delegates, and I will attend as an observer. We will all be staying at relatives' homes, because of the high cost of accommodation. There is bound to be heightened interest in proceedings, as this year is an election year, and I expect a number of political parties will come knocking at Grey Power's door!

The committee opted to start the year's meetings on a political note, with Stuart Nash. The only other meetings involving political content will be July (minor parties), and August (the major parties). All other meetings will involve high interest speakers from organisations that have special significance to the 50+ demograph.

Among our membership, we have a lot of very switched-on people. If any of you have ideas or strategies by which we could add interest and value to our meetings, provide shortcuts, increase our membership numbers etc, please feel free to talk to any of the committee members, or e-mail us (listed on newsletters).

There is always the opportunity to volunteer for the different tasks outlined on the clipboards at each meeting. Inevitably, age will eventually preclude us from tasks we are able to perform at present --- and that is when we need younger members to step into the breach!

Keep well, safe, and happy!

Very best wishes --- Laurie Jenkin (President)

My grateful thanks to all our volunteers!

## Ageing with dignity is a basic right

By Professor Jenny Carryer.

**Recently, a close friend observed a proud and dignified elderly woman in care request a trip to the bathroom, only to be told by a caregiver, "Just go in your pull ups dear... we are too busy." This is a spectre that haunts us all; the notion of having all of our faculties but having lost every shred of dignity and independence. It is a grim thought and we only deal with it by refusing to believe it "could happen to me".**

At about the same time other similarly elderly friends returned elated and glowing after a planned extreme adventure overseas. This is why we now say that age is just a number – and for many people it is. But ageing is also emerging as one of the greatest areas of inequality.

The Dunedin Multidisciplinary Health and Development Study has revealed that stress and disadvantage as a child lays the foundations for chronic disease. A life of poverty further ensures that lifestyle choices are limited, stress is maximised, and the scene is set for early onset of chronic illness and disability as a precursor to the ageing process. Ageing, when compounded by disease and disability, is an even more challenging prospect.

The growing bulge of older people in our population is too well recognised to require further description. At the simplest level, the number of people available in the workforce will progressively become disproportionately smaller than those who have retired, regardless of whether they are living independently or receiving care. Available workforce is an issue for the provision of high quality residential care, high quality hospital care and the support systems that allow the elderly to remain independent and living in their own home.

As a country, we need to be giving considerable thought to cost-effective, workforce-sensitive and attractive ways to support an ageing population. It is certainly in our interests to do so. Such planning needs to accommodate the societal changes that have occurred, such as the need for families to have both parents working in order to survive, the rapidly rising costs of housing, the increasing levels of homelessness and the low level of personal savings held by many people at retirement. All this impacts on how we structure ser-

vices to older people and what people can afford in their golden years.

In a recent visit to the Netherlands to explore some of their innovations in aged care, a number of things stood out to me. One stunning example was De Hogweyk, a village for the care of people with dementia. Founded 23 years ago, the village is resourced in the same manner and to the same level as all residential facilities, and receives people with severe dementia for permanent long-term care until death.

However, the person-centred approach to dementia care sets this facility apart from others both in the Netherlands and worldwide. The village uses the notion of back stage (all mechanisms for the care of the residents) and front stage (their life, home, entertainment and autonomy). The back stage is kept entirely invisible and residents live in houses of six or seven, which function independently in terms of food, laundry, gardening and resident engagement.

One to two caregivers are stationed in each house between 6am and 10pm, and manage the care of the residents alongside the cooking and laundry, assisted by any residents that choose to do so. The character of each house is based on the previous lifestyle of the residents who are assessed prior to entry. This influences the choice of art on the walls, the music and even whether beer or wine is served at 5pm!

Residents respond to the normality of the environment with a major reduction in many of the distressing characteristics of dementia. They wander freely, socialise, some recognised that we spoke English and responded in kind, they sleep in normal beds and have a busy social life. The village contains a supermarket, pub, restaurant, a full theatre for musical shows and other normal amenities.

Further intentions for the village include a greater integration with the local community and increased freedom for residents. This would be interesting in the context of our health and safety regimes. Normal life incurs risk but reducing risk removes freedom and choice, forcing dependence. Normal life means having a range of ages present and the Dutch have some experiments with housing students cheaply in residential care settings or establishing childcare centres next to elderly residents.

Whether we experience ageing as an opportunity to be experimental, to travel and spend our kid's inheritance, or whether we are living on a very reduced income or have major health challenges, older people should always be entitled to the essentials. These include dignity, autonomy, respect, feeling needed and useful, feeling connected and part of a wider social sphere.

As the pressure of an ageing population increases, along with rapid social changes, we will need to change the way we build residential settings and support ageing at home. We need to have some significant conversations about the widespread adoption of advanced care planning and we must become more focused on putting people, themselves, in the driving seat to determine how and where they live as they age.

*Prof Jenny Carryer is the Professor of Nursing at Massey University's School of Nursing and executive director of the College of Nurses.*



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## Thanking our volunteers with lunch at the RSA

Napier Grey Power could not function without the volunteers who willingly give up their time helping at meetings, folding and delivering newsletters, phoning, being on the committee, serving our members in so many ways. In January they were shouted to a thank-you lunch at the RSA. Here are some of these happy diners!



Above:  
Don Wilson, Pete Arthur, Elizabeth Rhodes, Margaret Arthur

Right: Laurie Jenkin, Shona Jenkin, Bruce Carnegie, Isabel Wood, Lillian Rennett, June Graham, Wendy Cook, Ian Cook



Above, from left: Anne Mitchell, Robin Dalmar Jane Smart, Anne Clairmont, Helen Twort, Alan Twort



Above:  
Jim Stitchbury, Carol Stitchbury, Alison Winmill, Pam Wuts, John Wuts, Les Dine, Diane Dingle, George Dingle



Above: Mary Mills, Elizabeth Lambern, Betty Wilson, Ros Jones

Below: Helen Berry (front), Helen Ball, Dawn Harvey, Selwyn Hawthorne, Bubbles Munro, Ray & Barbara Turner, Rana Dallas, Peter Ball.

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### Acknowledgements:

This newsletter was compiled by Publicity Officer Maxine Boag with the assistance of committee members. It was printed by Easy-Print, 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.

# Stuart NASH MP for Napier

## From Stuart Nash

I am very much aware of the valuable contribution that older people have made, and continue to make, right across our communities. We owe our current prosperity and way of life in no small measure to the forward thinking and hard work of our parents and grandparents. I believe our older people are entitled to excellent health services and a good standard of living. I will be working hard on your behalf to achieve this.

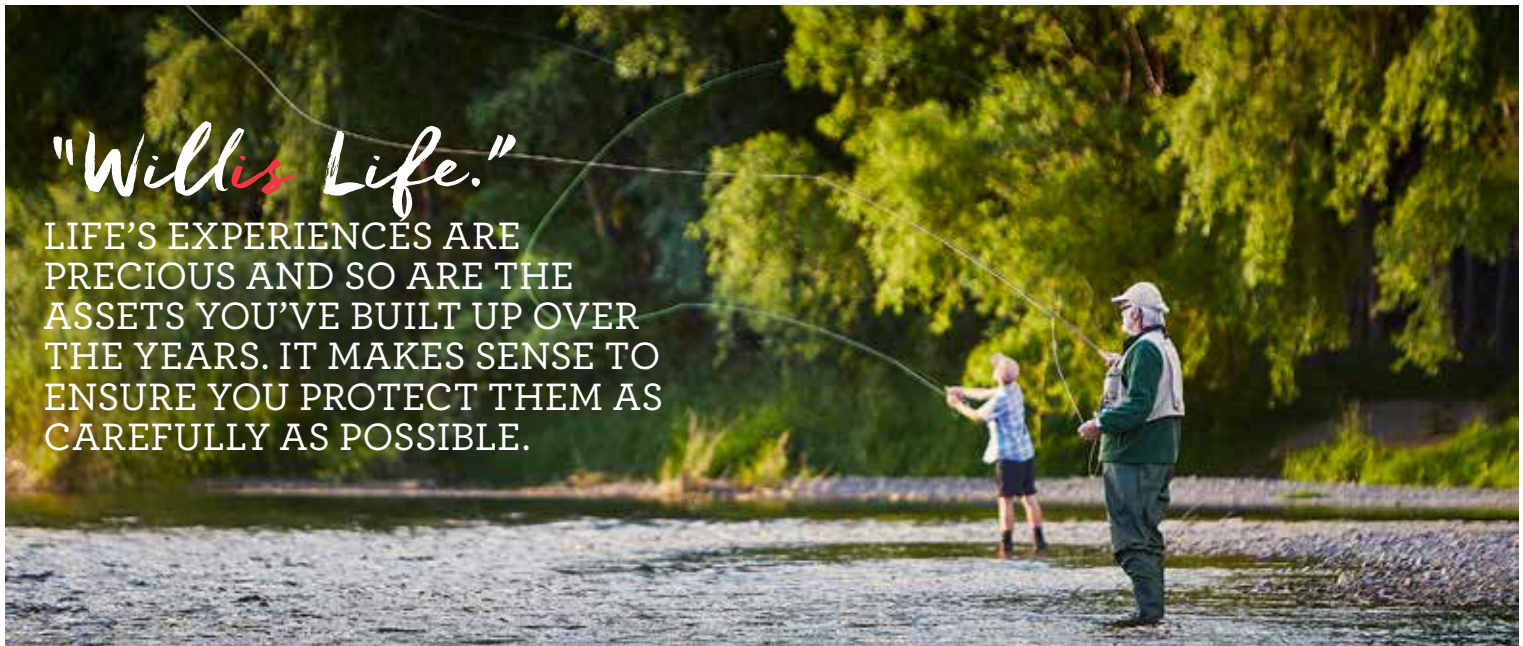
We have recently announced that Labour and the Green Party are joining with Grey Power to investigate the state of aged care in New Zealand, and will be touring the country to hear from patients, professionals and families over the next two months.

If you require any information or assistance my office is here to help you, the office hours are 9.00 am to 4.00 pm Monday to Friday and we are just a phone call away on (06) 835 6093.

*Stuart Nash*



Authorised by Stuart. Nash  
155A Tennyson Street Napier



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## Our February Meeting By Isabel Woods



Stuart Nash, MP for Napier was the guest speaker at the February meeting of Napier Grey Power which was very well attended by close to 200 members and friends.

We had asked Stuart to cover particular topics, including the Labour Party's view on medicinal cannabis. He said that if used for medical purposes for alleviating pain and suffering, this should be made available under prescription. Good research had been undertaken which showed this treatment was proven to work.

With regards to End of Life Choices – a conscience vote for Party members – Stuart said he felt this should only be allowed to go ahead if express permission given and person assessed as being of sound mind. Stuart's conscience vote would be yes, which would allow a second reading to go to the Select Committee, then he would seek the views of his constituents.

On the question of the availability of State Housing for beneficiaries and pensioners, statistics showed that NZ wide 4706 people were on waiting lists, 125 in Napier alone. Families were living in appalling conditions some with no hope of gaining appropriate housing. Rebuilding of houses pulled down by Housing NZ was not happening. Labour was proposing to build 10,000 homes a year – some of the 5000 presently unemployed people should be learning a trade which would enable them to help in the rebuilding process.

Stuart's stance on police numbers is well known – crime is increasing and resolution rates are below 10%. Policing should encourage crime resolution –Community Policing is needed in every suburb as they play an incredibly important part in keeping communities safer. 20,000 offenders pass through our prison system yearly of which 12,000 would have sentences of up to 6 months - mental health issues and addiction issues affect 62% of these offenders.

Stuart said that our prison system is not provided with enough resources to make sure these offenders have a good opportunity to become good citizens when leaving prison. P addiction is a real problem and the reason behind 10% of robberies. Stuart said this is a health issue not a prison issue and addiction centres in communities would give opportunities to overcome addiction and become useful citizens instead of locking them up

On the question of increasing the age of superannuation eligibility, Stuart said that Andrew Little has stated there will be no increase for four years under a Labour Government. Affordability of NZ Super in future years could be a problem and young people are encouraged to save through Kiwi Saver for their retirement.

Stuart also touched on the Water issue – every 90 seconds a child dies world wide (500,000 per year) due to water related illnesses. He believes that our water should not be free to overseas companies ; that they should be paying a levy. 10 consents so far have been issued; if they were charged 2c per litre taken, this would provide \$80 million dollars yearly – profit which should come to our community.

After answering questions related to the above issues Stuart was thanked by John Wuts on behalf of the Grey Power members present.



## Personally Speaking

By Maxine Boag

Being editor of this little paper has its disadvantages—like the time spent putting it all together—and advantages, like I get to choose what goes in it (though the committee

has to OK it before it's printed up).

As I was privileged enough to get re-elected onto the Napier City Council last October, I'm going to put on that hat and give you a short version of what we are up to.

I'm delighted to report that six out of our 12 councillors are women—the highest proportion of our council ever and although it doesn't mean we all speak with one voice, it does mean we are a step closer to equal representation on our local government body.

It's also good for democracy that we elected our first ever Maori councillor—Apiata Tapine—who did not stand to represent Maori, but who stood (with me) as the candidate/s best placed to represent Nelson Park ward. It is great to have him on board and like having six women, it makes our council more accurately reflective of the composition of our city.

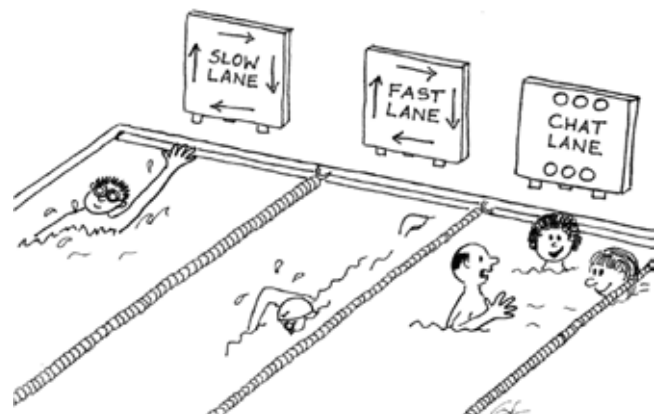
Updating you on issues that Grey Power expressed concern about last year: there has been some progress towards becoming an Age Friendly City (see p 12); a

safe crossing outside Atawhai has not yet gone back onto an agenda and the \$22 million velodrome/courts complex looks unlikely to go ahead in the foreseeable future, thanks to your efforts in lobbying us councillors with your views. And yes we are working on getting better swimming facilities and keeping rates low.

Council will not this year be holding Annual Plan hearings but we are assured that there will be other ways to seek Council's support, including through existing funding committees whose budgets will be increased.

You can always ring the council office with your questions and concerns and be directed to the right person.

And we councillors love to hear from you!





## Annette King and Jacinda Ardern deserved better than this

### **Annette King is the leader Labour was never canny enough to have.**

This makes it all the more dispiriting that the reef-fish media response to Jacinda Ardern's entirely predictable win in Mt Albert has effectively drummed this senior woman politician out of her job.

This episode, which neither woman caused or deserved, has damaged both of them, and sends an appalling signal to older women in the workforce about how poorly they're valued.

King has the forthright, combative, compassionate but steely quality Maoridom harnesses in the form of aunty-power. She would have been the Labour leader who could bear down on John Key at his most glib, administer a verbal clip about the ear and a warning not to be a smart Alec and, in the manner of all mothers who really do know best, send him to the naughty stool.

She was an effective minister and a lively communicator, but also a warm personality who would likely have had a readier reach into New Zealanders' consciousness than the robotic Phil Goff, the hesitant and stumbling David Shearer, the smug and distrusted David Cunliffe and the permanently grumpy-seeming Little.

This was never on the cards. If King did have leadership ambitions, she kept them to herself. That she didn't put herself forward despite being so obviously qualified may be another sign of our chronic workforce imbalance and the distance women still have to travel before being promoted and paid equally to men.

King has at least gone under her own steam, announcing both her resignation as deputy and her retirement from Parliament at the next election without collegial or party duress. The duress came entirely from the media; from commentaries which assumed putting a younger, prettier face on the deputyship of Labour would somehow wow disengaged voters into thinking the party groovy again.

Voters are not that gullible. This is also terribly unfair on Ardern. The media also supposed that she was personally ready to step up and would happily see King cast aside. Neither is likely to be true, but her hand has now been forced, ready or not. She must smile, and magically be ready to mark the supremely cocky Deputy Prime Minister Paula Bennett.

The new Mt Albert MP is experienced and intelligent and has a politically saleable image. But she hasn't put runs on the board in the way colleagues like Stuart Nash and Kelvin Davis have. She hasn't made a name for herself by getting showy stories in the media. She's more of a team player than a hungry self-promoter.

That's a form of modesty that's both a strength and a weakness. Opposition success depends heavily on putting oneself out there and fronting dag-rattling allegations against the Government. In Ardern's mainly social policy shadow portfolio areas, getting into the media this way would very often have entailed parading an unfortunate family or individual for the cameras, an exercise which can often see troubled people exposed and objectified, and re-victimised on social media. Sometimes the only benefit from these excursions is to the Opposition politician's pro-

file, since such stories seldom change policies or help people with their problems. Ardern's style is to talk about policy inequities without always seeking to personalise them.

Now she has begun to register in the nether reaches of the polls' preferred prime minister rankings, she will be expected to hustle her wares more aggressively.

Ardern's accession to deputy was always on the cards. But, thanks to this media-generated brushfire, she gets no interlude to prepare. She is now pitched into the job, only to face an inevitable question, "But what has she ever done?" That comes with the unspoken, unfair but equally inevitable addendum: "...besides being young and attractive?"

King has been spooked out of the job, and the inevitable question about that is, "But what did *she* ever do wrong, except be over 60?"

The Rongotai MP has been considering retirement in recent years and was rather a reluctant bride when she accepted the deputyship in 2014. Her experience, political nous and extensive party network were judged indispensable ballast to maintain loyalty and unity in the troubled party, and so it has proved. To that extent, at least, Labour has belatedly made good use of her abilities.

She has been pivotal to shoring up party unity while Andrew Little settled into the top job. Under the pair, the divisive party ructions have largely subsided. Though King has been characterised by some disaffected party members as right-wing and part of the ABC (Anyone But Cunliffe) faction (otherwise known as most of the Labour caucus), one would struggle to find anything even homeopathically neoliberal in her public statements of the last couple of decades.

King has decided that despite the insultingly ageist nature of the faux-clamour for rejuvenation of the deputyship, she will capitulate to it sooner rather than later, to prevent the theme becoming a distraction in election year. Thus it's an honourable and far from the worst way in which a distinguished politician career might end. But King deserved better and so did Ardern.

So, for that matter, do the over-60s who, it's best not forgotten, make up 20% of the electoral roll and have a much higher voting rate than younger voters.

**By Jane Clifton, NZ Listener, 2 March 2017**





Ryman serviced apartment resident Joyce with her daughters

## “I feel like I’m on a cruise ship!”

Joyce has recently moved to a serviced apartment, and her daughter Lynley can’t believe how her mum’s attitude towards life changed. “She was enjoying life again, and her health was so much better. She has so many wonderful reasons to get up each day”.

Lynley finds it very reassuring that there’s someone around 24 hours a day if her mum needs help. “She can just press

a button and the staff will be there. It’s a huge relief”.

Joyce had been losing her confidence with driving and she felt like her independence was slipping away. Now, she joins the shopping trips and outings from the village each week. “I have a bounce in my step again. And I love having my friends to visit. I feel like I’m on a cruise ship without the seasickness!”

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- **Medical & life insurance:** Members can save up to \$100 per month permanently. Check out the details at <http://www.vestacover.co.nz/gpnapier> or phone 0800 283 782 weekday working hours.

- **Accident Insurance cover:** all paid up members are offered a payout of \$2000 to their estate in the case of sudden death by accident.
- **Local Discounts:** Members are able to access local discounts through our free Napier Grey Power Discount Book.

*Editor's Note: Although being concerned with political advocacy and lobbying local and central government on behalf of the older generation, Grey Power does not align itself with any particular political party.*

## Grey Power Napier & Districts—Membership 01/04/2017 to 31/03/2018

Send this form to: Membership Secretary PO Box 4247 Marewa Napier 4143

Or email this information to [wutsie@xtra.co.nz](mailto:wutsie@xtra.co.nz) AND [carolgarry@xtra.co.nz](mailto:carolgarry@xtra.co.nz)

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**Any enquiries phone John Wuts Membership Secretary at 844 4751**

## Age - friendly in our community

By Maxine Boag

Being an older person (kaumatua) in a Maori setting has given me first-hand experience of some “age-friendly” practices. Having access to a special tent only for elders with free refreshments at Matatini; being ushered to the best seats, reserved for kaumatua in the front row at a children’s kapa haka concert; having younger people offering me cups of tea and cakes at the marae are all examples of being valued as an elder.

“Age-friendly” of course means more than having special discounts and being treated with respect in some situations. It is an environment which enables “active ageing” - having older people actively engaged as contributing members of our communities. In an age-friendly community, all people can participate in their city and its activities and are able to access local services, shops, parks, attend cultural events.

An age-friendly environment is not just good for older people; it can create a more connected, responsive and supportive community for all of us, no matter our age or abilities.

For the last four years, Napier Grey Power has lobbied the Napier City Council (NCC) to actively pursue becoming an age-friendly city.

This is based on a model, developed by the World Health Organisation (WHO) and endorsed by our Ministry of Social Development (MSD) which means cities and communities will take the needs of older people into consideration wherever possible. Hundreds of cities and communities throughout the world have adopted this model. It is seen as best practice in dealing with the needs of the burgeoning ageing population. See: <http://superseniors.msd.govt.nz/documents/who-global-age-friendly-cities-guide.pdf>

### How does a community become age-friendly?

According to the MSD Office for Seniors’ “Age-friendly in your community”, to become age-friendly, older people partner with their local council and organisations with

an interest in the well-being of older people.

Partners form a steering group that works with older people to identify what is already age-friendly in the community and what needs to be improved to encourage actively ageing for health, participation and security.



This may look at transport, communication, outdoor spaces and buildings, social participation, housing, shown on the graphic (left).

Priorities are then recorded

in a three-year action plan which guides the community to take positive and achievable steps to becoming age-friendly. The local council enrolls with the WHO network, becoming accredited as an age-friendly city, making a commitment to continuous improvement.

### Who should be involved?

The age-friendly process has to be supported by councils, who agree to work on making the city age-friendly in certain areas. Older people’s voices are crucial in this process, as well as local organisations that provide services or advocate for older people.

NCC has made a start, working to develop a Positive Ageing strategy using the MSD prototype. With the MSD reviewing that strategy in 2017 to include the WHO age-friendly cities model (which they are actively promoting nationwide), this has to be the next step.

Grey Power has asked NCC to commit to joining the WHO age-friendly network. It could be included in next year’s Long Term Plan. You can help by telling your councillors that you support Napier adopting the WHO age-friendly cities model- to make our city better for all.

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