

# Grey Power Napier & Districts

P O Box 4247, Marewa, Napier 4143

Quarterly Newsletter

<http://napiergreypower.org>

March-April 2019



Yoo Hoo!  
Time to renew  
your subs!

If you don't have a **BLUE** sticker on your membership card, then your subscription ends on **31st March**.

So now's the time to renew your membership to keep getting cheaper electricity, discounts from our Discount book, enjoying our meetings, strengthening our voice with decision makers as well as being part of an active group which advocates for an age-friendly world!

**Inside:**

- p 3 Presidents' report**
- P 4 Housing woes for pensioners**
- P 5 MPs report**
- P 6 Council comment & meeting report**
- P 7 Photos**
- P 9 Membership form**
- P 10 Meetings dates**

## You're invited!

To our next Monthly Meeting to:

- Enjoy the company of others
- Have a yummy afternoon tea
- Be in to win great raffles
- Catch up with Grey Power's latest news

Guest Speakers for March:

Optometrists Hazel Wong and Rebecca Burn speaking on:

## Recognising Sight Emergencies



When? **Tuesday, 19 March**  
1:30 pm

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

Bring money for subs, raffles, goods for the Foodbank; enjoy a delicious free afternoon tea and great fellowship!

**ALL WELCOME**

## 2018-19 Grey Power Committee

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**Russell Wyeth** (co-opted)  
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Front from left: Bruce Carnegie, June Graham, Lillian Rennett, Carol Brunton

Second row: Maxine Boag, Anne Mitchell, John Wuts, Isabel Wood, Rana Dallas.

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## From the President's Desk

Warm greetings to you all and hope you had a very enjoyable holiday period. A special welcome to new members and renewed members – thank you for joining the Napier Grey Power family.

Since our last newsletter, we finished the year off with our Christmas luncheon at the Pukemokimoki Marae.

True manaakitanga (hospitality) was in abundance with 160 of us all enjoying the good food, great entertainment, good company and relaxed ambience of the whare kai.

A big thanks to the committee for their hard work in making the day a great success!



Our first official Napier Grey Power 2019 get together was on the 29<sup>th</sup> January with our annual volunteers' luncheon at the Napier RSA. We asked 65 volunteers, 55 of whom attended. This year was very special for nine volunteers who received a certificate of appreciation for their ten years plus active services to Grey Power Napier. (See Alison Winnill receiving hers above). They have worked tirelessly behind the scenes to keep our association live and growing. (more photos on page 9) A big thank you to all our volunteers, we could not do what we do without you. Just last year, former President Laurie Jenkin won the Individual Volunteer award at the HB Volunteer Excellence Awards for all he had done for us and other organisations he worked in, so that's what we aspire to!

Early in February our committee held a day-long meeting to plan for the year ahead. We chose our speakers for the monthly meetings and have local MP and Minister of Police Stuart Nash speaking to our meeting in April. With Local Body elections in October, we will be holding three candidates' meetings, from July through to September, for people running for the Mayoralty, city council, regional council and district health board. There are many issues for us to raise with candidates. We are part of the growing ageing population, many

living just on the pension, so elected bodies need policies and practices which are age-friendly. For example, Council's provision of low-cost housing for pensioners must be continued and extended when market rentals are so prohibitive for all those on a fixed income.

Maxine and I will be representing you at the Federation's Annual Conference in May, where we are proposing two remits: one to include interactive workshops in the Conference's programme next year; and another to urge Central Government to help councils fund their rental properties. It makes sense to have them working together on this.

We co-opted a new Committee member, Russell Wyeth who is helping with organizing our speakers. Many hands make light(er) work!

Welcome again, and look forward to seeing you at our meetings!

**Bruce**

Grey Power Napier and Districts Association Inc.

A good time was had by all at our November Xmas luncheon at Pukemokimoki marae.



Sad news though hit at the end of the year, with the sudden demise of Hastings Grey Power leader and kuia, **Marie Dunningham**, on Christmas Day after a short battle with lung cancer.

Grey Power Vice President Pete Matcham, plus representatives from associations right down to Wellington were at her funeral.

We all mourned the loss of someone who made such a huge contribution over her lifetime, fighting for social justice for the most vulnerable. Rest in peace, Marie, you were a great role model with principles we could all learn from.



## Gold Card Fraudulent Use

The Grey Power Federation has been lobbying for quite a long time now for the SuperGold card to incorporate some means of identification on it when it is issued to superannuitants.

Members have reported to us that they believe fraudulent use of the card occurs e.g. that people other than the card owner use the card for off-peak travel or business discounts.

If you know of such cases could you please let us know and give us details?

Could you also please tell us if you believe this is a concern to you?

Your response can be sent to:

[ian.pentecost@gmail.com](mailto:ian.pentecost@gmail.com) or be posted to

The Advocacy Standing Committee

c/o Federation Office

PO Box 2721719

Papakura 2244

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### Elderly people are skimping on food and doctors' visits to pay for skyrocketing accommodation costs, a study has found.

A Victoria University study published today found poorer health in elderly New Zealanders living in rentals, compared with those living in houses they owned.

The study used data from a survey of more than 15,000 New Zealanders over 55 years old. They found women over 75, Māori and Pasifika were more likely to be renting, and these groups were more vulnerable.

People renting were more likely to live alone, have lower physical health and mental health, lower income, higher blood pressure, and more prone to obesity. They were more likely to experience serious health problems such as heart failure, a heart attack, stroke, chronic pain or asthma.

Among renters, those living in publicly provided rentals such as state housing or council housing had worse health indicators than those in private rentals.

One of the paper's authors, Kay Saville-Smith, said by 2020 about half of those turning 65 would be in rentals, compared to historical rates of home ownership at that age of 85 per cent.

"New Zealand has had a tenure revolution, where we've moved from essentially a home ownership society to a rental society and that is affecting older people," Dr Saville-Smith said.

"One of the immediate implications is that if the health service recognises that an older person is renting and is more likely to be health vulnerable, then they can actually give attention to that, see where their health status is, see how we can support them."

Earlier research found that older people were more likely to live in poorer condition rentals.

There were also reports some elderly people's tenancies were ended if they fell ill, because landlords saw them as a problem, she said.

"Tenure insecurity then leads to all sorts of both mental, physical and financial stresses.

"So one of the things we're trying to do with this research is help health providers, but also landlords and service providers to think about how they can support older tenants better, given that older tenants are usually very good tenants for landlords."

### Younger renters pushing out pensioners

Wellington Age Concern social worker Hanny Naus said older New Zealanders were reluctant to ask for improvements to rental homes that could help

their health and safety for fear of being seen as a problem.

This meant they went without things like railings in bathrooms and outdoor steps, and lived without insulation, Ms Naus said.

"They are minimising every possible way that they could be moved out of their rental accommodation."

Many struggled to keep up with the soaring rents, so went to drastic lengths to cut other costs, including cutting out food and not going to the doctor, Ms Naus said.

"They will stay in one room with a one-bar heater through the winter time, rather than incur extra cost for electricity. And certainly if the accommodation has no insulation they will live without opening windows."

This type of situation endangered both their physical and mental health, and left them socially isolated. People of other ages who had bigger incomes were pushing out older renters, Ms Naus said.

Grey Power president Mac Welch said central and local government needed to make available more social housing to the elderly.

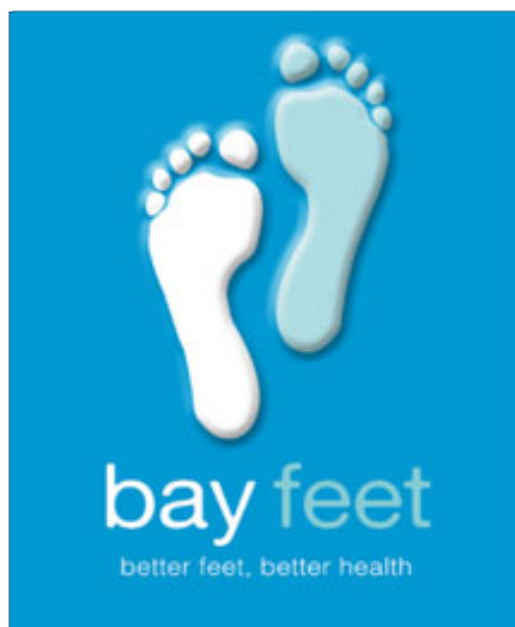
"We know that a large section of the senior population is becoming impacted and there's more and more people coming into that demographic every day."

Grey Power had petitioned this government and the previous one about the issue and little was being done, Mr Welch said.

Otago University public health professor Philippa Howden-Chapman said the new research added to growing awareness about the issue of elderly renters, which should be a wake-up call for policy makers.

"If you're living in a rental housing and you're given 90-day notice, you're in dire straights because you've got fixed income, and the rents are going up really rapidly."

The study is part of a four-year research programme called Life When Renting, funded by the Ageing Well National Science Challenge.



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# Stuart NASH MP for Napier

## Lower Doctors' Fees Under the Labour Led Government

The cost of visiting the doctor has been slashed for more than half a million Kiwis as part of a package of initiatives to help more New Zealanders get the primary health care they need. Those with a Community Services Card will be saving up to \$30 per visit.

The eligibility for the Community Services Card has been extended to an estimated extra 540,000 people, so if you were ineligible previously, it is worth your while checking with MSD whether you may now be eligible. This would mean a great saving on doctors' bills for those on a limited income.

Furthermore, the needs of the ageing population have been recognised with work this financial year on developing options for a free annual health check, including vision, for all SuperGold card holders. There has also been a major investment in supporting the 33,000 New Zealanders who need assistance for physical, mental or sensory disabilities.

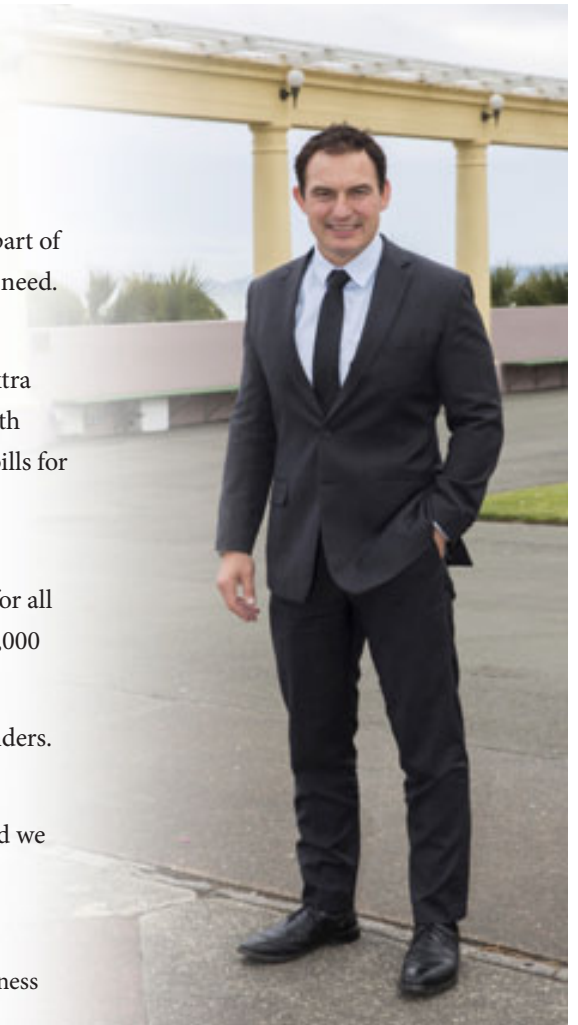
The government is determined to make healthcare more affordable for all New Zealanders. We do not want cost to be a barrier to visiting the doctor.

Thanks for your support. My office hours are 9.00 am – 4.00 pm Monday to Friday and we are just a phone call away on (06) 835 6093.

### Stuart Nash MP for Napier

• Minister of Police • Minister of Fisheries • Minister of Revenue • Minister for Small Business

Authorised by Stuart Nash, 155A Tennyson Street, Napier



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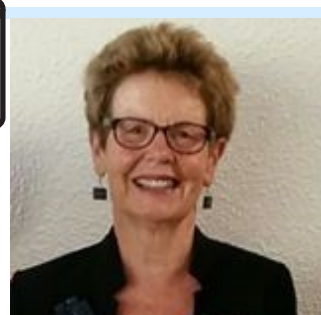
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# Councillor Comment



Kia ora all.

It was good too see some of our members at the full Council meeting on Tuesday 5th March where we unanimously voted for a community-led resolution to the reinstatement of the Roll of Honour and Perpetual Flame to the **War Memorial Centre**. Thanks to our youngest Councillor, Annette Brosnan, and Cr Kirsten Wise for all the hard work they did to find a way through. At least we can face this upcoming Anzac Day in the knowledge that our city's War Memorial is on track to being properly reinstated.

The **Positive Ageing Strategy** is nearing the stage at which it will be presented to Council, along with a plan to release it for feedback from the community and groups like ours. It looks like the draft Strategy could be out in early June. A lot of work has gone into the Strategy and I'm confident it will give us a base for ensuring that the needs of older people will be taken into consideration in future council plans and projects.

We will be seeking feedback on our draft **Disability Strategy** soon. Keep an eye out for it on [www.sayitnapier.nz](http://www.sayitnapier.nz) You can also download the draft from:

[http://napier.infocouncil.biz/Open/2019/02/STR\\_20190219\\_AGN\\_360\\_AT\\_WEB.htm](http://napier.infocouncil.biz/Open/2019/02/STR_20190219_AGN_360_AT_WEB.htm)

This year we are taking a different approach to getting feedback on our **Annual Plan**. There will be no formal hearings but several community feedback meetings where people can share their thoughts di-

rect to Councillors in a more interactive environment while also being able to make a formal written submission. We will be sending out information to every Napier letterbox in April with all the details on how you can have your say.

Remember if you do want to raise an issue with the full council, there is always the opportunity to make a five-minute presentation in our **Public Forum** timeslot at the start of any council meeting.

This is **election year for all local bodies** - city councils, regional councils and district health boards - and I'll be running again. While I will do my best to represent all constituents, the ageing population will need strong advocacy and representation.

I'm particularly excited that the introduction of the **Full Ward system** this election will see four, instead of two councillors sharing the work in my ward, which will mean stronger representation and accountability.

The **housing shortage** has hit pensioners hard (along with other low income tenants) and as more and more Baby Boomers retire we will find many who don't own their own house and are living off the government superannuation which is inadequate for paying market rents. I am taking a remit to the Local Government NZ conference in July urging this body to lobby the government for ongoing funding for Council flats. It seems to me a logical partnership to help ease the shortage.

Always nice to talk to you! **Maxine Boag**

**ARE YOU A SAFE DRIVER?** was the theme of February's Grey Power meeting. Darrin Fisher, Senior Licensing Advisor from the NZ Transport Agency was our guest speaker.

Darrin reminded us in order to keep your licence, at age 75, then again at age 80 (and every two years after) all drivers have to visit their doctor who can either sign you as fit to drive with or without conditions eg. glasses; or not medically fit and needing to attend the Road Safety Test.

Part 1 of this test involves screening to check your vehicle safety knowledge as well as a basic driving test which 80% of older drivers pass.

Part 2 involves 8 to 10 minutes where you will be asked to follow the instructions of the Testing Officer – involving negotiating roundabouts, indicating correctly, give way and stop signs and being aware of traffic hazards around you.

If you pass this stage you move to Part 3 which involves 10 minutes of a more difficult test driving in traffic density areas – 50 to 80 km, through a local shopping centre, turning right at crossroads, straight driving and being aware of hazards.

When finished the Testing Officer will calculate your score and advise whether you have a pass rate. If you fail the initial test, Darrin's advice was to prepare well for a re-test – study the Road Code, be aware of changes and have someone drive with you to test your driving ability and to take you to the test.

If you are advised to stop driving you need to surrender your Drivers Licence and it is advisable to explore other transport options in the area. *By Isabel Wood*



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# Thank you! to our Grey Power Volunteers at their luncheon at the RSA



Left - President Bruce with new Committee member Russell Wyeth and Deputy President Maxine Boag with her certificate of appreciation for her voluntary services .



Above and right: Happy participants in last year's International Day for the Older Person in the Rose Gardens.



## Acknowledgements:

This newsletter was compiled by Publicity Officer Maxine Boag with the assistance of committee members. It was printed by VW Print, folded and distributed by member volunteers and delivered by members or emailed by the Membership Secretary. John Wuts and Maxine Boag took most of the photos.

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.

It costs the Association \$2 for each newsletter to be printed in full colour; so we appreciate emailing it where applicable which saves us a lot of money. Thank you!

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# Renew or join Grey Power - now!

Here's the guff: your membership is almost out of date, so now's the time to renew!

It's only \$15 per person, \$27 a couple to join and this will give you full membership in Napier's Grey Power from 1 April 2019 till 31 March 2020.

With your membership comes:

- A free, new 2019-20 Discount Book with over 180 entries from businesses offering discounts exclusively to Grey Power members
- Access to lower-cost medical insurance
- Grey Power Electricity – lower rates only for members (if you're already joined up to this, renewal of your GP membership is essential to stay on the lower rate)
- Automatic payout of \$2000 from AIG for any members who die in an accident
- Four local newsletters and four national magazines
- Monthly meetings, usually the third Tuesday afternoon each month, with interesting speakers, updates on current issues, great raffles, free afternoon tea, opportunities to socialize with other members

You're part of an effective, respected advocacy group which is dedicated to supporting the well-being of all older people; and voicing their concerns, particularly those of the most vulnerable.

Volunteers are the backbone of Grey Power; and we are always looking for more.

At right, at the volunteers' luncheon, President Bruce Carnegie awarded Membership Officer John Wuts with a Certificate of Appreciation for his many years of voluntary work on the Committee supporting Grey Power.



We have an interesting year ahead, with Local Government Elections in October. Grey Power always leads the way in holding well-attended candidates' meetings. As long-time voters, we like to know the candidates' stand on issues, particularly those affecting the older generation.

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

**Maxine Boag**

*Publicity & Deputy Chair, Napier Grey Power*

## INVOICE for GREY POWER MEMBERSHIP 2019-2020

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**If you pay us on line, please help us identify you! We need a membership number or a full name ("Smith" or "Jones" is not sufficient alone)**

## This year's Grey Power meetings

All 1:30 pm at St Columba's except November

April 16th - Stuart Nash MP

May 21 - To Be Announced

June 18 - AGM & Fire service

July 16 - NCC election candidates

August 20 - HB Regional Council candidates

September 17 - HB DHB Candidates

October 15 - End Of Life Choices

November 19 - Xmas luncheon @  
Pukemokimoki marae

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<sup>2</sup> Delivery and Retailer charges are not subject to Price Protection. Delivery charges include, Network Services, Retailer Services, Metering and the Electricity Authority Levy.



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**The amount accumulated will equal  
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### Café Ahuriri

16 Mahia Street, Ahuriri  
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Marewa 4143

