



Grey Power Napier & Districts

P O Box 4247, Marewa, Napier 4143

Quarterly Newsletter <http://napiergreypower.org>

Spring 2018

Come to our meeting!

Napier Grey Power's monthly public meetings are intended to provide an enjoyable, memorable experience for all who attend.

After being guided to your car park by Maori wardens, you're welcomed at the door of the venue, where you can drop off your donation to the Food Bank, pick up your name badge, buy a raffle (and score a complementary chocolate fish), purchase cheap bags of freshly-picked fruit, then find a seat before enjoying the interactive announcements and the guest speaker. This relaxed event is topped off with a sumptuous free sit-down afternoon tea.

No wonder well over 100 come along each month!

However, Grey Power is a lot more than a social group for older people. It is a national advocacy group with 68,000 members across the country. Here in Napier, the local committee, supported by a team of volunteers, makes sure the well-being of our 1400 members is on the agenda of decision-making bodies.

As well as inviting politicians to come along to speak and hear members' concerns, Grey Power has recently met with DHB CE Kevin Snee, attended the Hawke's Bay Power Consumers' Trust AGM, presented our LTP submission to the Napier City Council and attended a meeting in Parliament on Age-Friendly Cities.

So when you come along to our next meeting (it's open to all!) bring a friend and show them who we are and what we do: we have much to be proud of!

You are invited to our
Monthly Public Meeting

Guest speaker

**Michael
Warrington**

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**“An Update on
Investment Conditions”**

When? Tuesday, 21 August 1:30 pm

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

There will be time for questions.

*Bring money for raffles, a donation for the Food
Bank, Gabriela's Romanian Orphanage Op Shop*

We have a delicious free afternoon tea

2018-19 Grey Power Committee

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Find us on Facebook



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

For all who don't know me, I have been a Grey Power member for thirteen years, four of these as an active member on your committee here in Napier.



During this time, I have been responsible for the development of the discount book and the distribution of the newsletter.

Being elected as your new President and with the excellent committee that served under Laurie, I am sure we will maintain the great work that has already been achieved and to build on that. So, a big thank you to Laurie for his leadership over the past 8 years.

My career through the years has been in sales, marketing and management; these experiences will certainly help me in the leadership and responsibilities of what we as a team need to achieve.

Hawke's Bay volunteers' awards 2018. We nominated Laurie for the individual award. There were 15 nominations and the outcome was that Laurie won the award, which was greeted with much excitement and was well deserved.

"Volunteers do not necessarily have the time, they just have the heart"

Bubbles Munroe also nominated Laurie for the team award and also deserved but this went to another nomination.

Laurie in turn gave a great heart-felt speech about

teamwork and the importance of being a volunteer as so many organisations would not survive without their active help.

Looking towards the future **we need your help.** We are three committee members short and it would be great if we could fill those positions as we require active people to share the work we do and help with our decision making. Please talk to us if this is you.

If, however, you do not wish to have that responsibility but have skills and time to be in a supportive role come and talk to us. For example, we could use one or two people with experience to look at ideas for membership growth; and someone with the skills to help Maxine with putting together the newsletter.

We would encourage you to talk about Grey Power to others. If other organisations that you may be part of would like to know more about us we can come and speak to them. Check our web site, Facebook page or pick up a brochure. Give any of the committee a ring or email us.

Discount Book 2019/20. We are in the planning stage of putting together our next discount book and let me know if you think any of any services or business that you use or have dealt with could be interested in being included in our new book. Please again let me know and we will talk to them. Most entries are free but there is room for paid advertising.

A quote: Volunteers do not necessarily have the time, they just have the heart.

Look forward to hearing or communicating with you.

Best wishes and hope to see you soon.

Bruce Carnegie (President)



What's Up?

TAIT DRIVE SOCIAL CLUB

Every Monday,
January to November

Greenmeadows East
Community Hall
9:30 am

Home cooked lunch \$6
No bookings needed
Enquiries Elsie 843 4415

Social Events For Seniors



International Day of The Older Person

Come to a Garden Party
Oct 1 @ Rose Gardens
Russell Road
2.00 to 3.30

NCC, Age Concern, Grey Power
Bring your own teacup

RSVP to Age Concern
Phone 842 1346



Photos taken at Age Concern's
Korero and Kai, every Monday
10 am to 12 noon at The Hub,
Maraenui shopping centre

FUTURE MEETINGS

Our monthly meetings are usually held starting at 1:30 pm on the third Tuesday of the month (but there is no meeting in December and January) at St Columba's Church, 176 Gloucester Street Taranaki. They are open to the public. There is always an interesting speaker.

We collect donations for the Napier Food Bank, and for Gabriela's Orphanage Shop; there are great raffles and a scrumptious afternoon tea.

Here are the dates for the rest of the year:

18th September: Gary Holden Pulse Energy CE

16th October: Darrin Fisher, NZ Transport Authority, Napier

27 November: luncheon at Pukemokimoki Marae

This newsletter is published four times a year: in March, May, August and November. I welcome your feedback. Editor maxine.boag@gmail.com



Our parking team: Maraenui & Districts Maori Wardens, from left: Te Ahuru Te Moho, Soraya Longtime, Miripaina Hune, Minnie Ratima, Whaea Bubbles Munro.

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Looming Housing Crisis for the over-65s

By Robin Martin, Radio NZ News 6 August

The retirement commissioner is warning of a looming housing crisis for the over 65s as home ownership rates decline while the number of pensioners is set to almost double over the next 20 years.

Currently 70 percent of New Zealand's 750,000 over 65s own their own home, but Dianne Maxwell said she feared for people who had been unable to get on the property ladder and those who have been bumped off due to ill-health or relationship break-ups.

Ms Maxwell said as the population aged and people lived longer, an integrated government strategy was needed to prevent more older people from falling into hardship.

New Plymouth man Murray Tunnage did not even bother applying for a pensioner flat when he suddenly found himself without a roof over his head two years ago.

New Plymouth's 140 council-owned pensioner flats are full and there are 40 people on the waiting list., while in Auckland all of its 1400 pensioner flats are occupied.

Ms Maxwell said there was a housing crisis looming for today's 30, 40 and 50-year-olds who were not on the property ladder.

"When we look in 20 years' time when we have 1.4 million people 65-plus I suspect we will not have 70 percent of them mortgage free in their own home and then the questions are: Is there good housing stock for our older New Zealanders that is affordable and dry and warm and in the right place?"

Ms Maxwell said the government needed to step up. "Once people reach retirement, if they are renting we need good housing stock and we need good government-owned and local government-owned housing stock."

Positive Ageing New Plymouth chairman Lance Girling-Butcher agreed.

"I thought that was what the government was there to assist people who had financial problems and housing problems. It's great that they are concentrating on families, but this pensioner thing is a big issue and it is only going to get worse.

Andrew Plant, from the Ministry of Social Development, said the ministry knew there was a problem.

"More housing is needed to support the most vulnerable people in our community, regardless of their age, where they live or any other characteristic," Mr Plant said.

"The government has committed to increasing public housing by about 6400 homes over the next four years - or 1600 a year on average."

NZ has more than 67,000 public housing places, but in June there were 10,658 people on the social housing register - a figure that has jumped from 4457 in 2015. Almost 900 or 8 percent of those people were over 65.



Facing up to the challenge of a thriving Hawke's Bay economy

Hawke's Bay Regional Council (HBRC) is going to consult with the community later this year on options to fund the development of Napier Port.

Over the next decade, cargo volumes through the Port will increase by 50 per cent, driven by forestry, horticulture and other export industries.

Port of Napier is a hard-working but small port. It now needs to invest heavily in its growth - including in a new wharf - to enable it to continue to support the growth of our region. At present, the port is having to turn away multiple cruise ship visits every year as ships are bigger. The port is congested - especially at the height of the summer export season.

The Napier Port is critical to the continued success of our region. It is indirectly associated with approximately 27,000 jobs and roughly half of the Hawke's Bay economy.

Later this year decisions will need to be made on how to fund the Port's growth. The Regional Council will formally consult the public on options to raise the funds that our port needs. Every option that we can consider has pros and cons.

The Council is committed to keeping community ownership of our port but we have important choices to make. Doing nothing is not an option. When we confirm the options, I will again engage with Grey Power to ensure the voice of its members is heard. If you have any questions or comments please don't hesitate to email me at James.palmer@hbrc.govt.nz.

James Palmer, Chief Executive HBRC



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GREYPOWER MEMBERS 20% OFF!

Stuart NASH MP for Napier

Our first year

It is now approaching a year of the new government, and I'm proud of the things we have done to support our seniors as well as the next generations coming through.

We want New Zealand to be the best place in the world to raise a family. Over the past ten years everyday families have been increasingly squeezed. Costs kept rising while incomes stayed pretty flat.

Every year around 2,100 babies are born in the Hawke's Bay region. A newborn brings so much joy and hope into the lives of their parents and wider families. As a proud father of four I marvel every day at what they are achieving. All families with newborn babies are eligible for \$60 a week Best Start payments once any parental leave finishes. We're also extending paid parental leave to 22 weeks so every baby can spend more time bonding with parents.

We've brought in a universal winter energy payment for all senior citizens and beneficiaries to help with heating costs.

And for those middle income families, many will be surprised to learn they now qualify for Working for Families payments. We are changing the rules so 26,000 more middle income families are eligible.

We have made tremendous progress on the biggest state-led housing project we've seen since the very first Labour government – KiwiBuild. Over 34,000 people have registered their interest in a new affordable home, and more than 3,000 of those are from the Napier-Hastings area. We are opening the door to home ownership for more New Zealanders.

And we are on track with our plans to recruit an extra 1800 Police officers and 485 support staff as part of our coalition agreement with New Zealand First. There is now a graduation ceremony for new recruits at the Royal New Zealand Police College every month. At last count, more than 600 new officers have been deployed to the regions since we took office. We are working hard on crime prevention and community safety.

We can afford this because of careful management of the economy. We are running surpluses and have different priorities to the previous government. Tax cuts for people like me are not a priority. We will continue to pay down debt and keeping our economy running smoothly as well as investing in social services and infrastructure. This government is determined to be both responsible and ambitious, and ensure that nobody is left behind.

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 of Small Business

Authorised by Stuart Nash, 155A Tennyson Street, Napier



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Reports from our meetings

By Isabel Wood

ARE YOU PREPARED? was the theme for lawyer **Paul Morgan** from Carlyle Downing and **Katherine Dunstall** from Dunstall's Funeral Services at our May meeting.

Paul spoke of the necessity of preparing for the one event that affects everyone – the end of our lives. It is extremely important to have an Enduring Power of Attorney (EPA) – a legal document wherein you appoint a trusted person to take care of you when you are no longer able to.

Paul explained the two types of EPA: appointing a close friend or family member to take care of your personal needs; and your property which relates to all assets and financial matters.

It is very important that the person appointed is over 20 years old, not a bankrupt, and understands fully the role being undertaken: someone who you have complete trust in.

The EPA finishes when you die and your will takes over.

Katherine (pictured right) spoke of the need to have clear wishes in your will as to what you want done when you die, regarding interment or cremation and funeral service options.



Her opinion was that you need to have a funeral, to give family and friends the opportunity to say goodbye. "Goodbye is as important as hello," she said. Discussion with family as to your wishes is most important as the will is often read after the funeral.

EPA holders and trustees should have a copy of your will (which should be kept updated) to enable them to act on your behalf immediately.

Our MP for Napier, Stuart Nash, spoke to us in June about the portfolios he holds for the coalition government, which are Police, Fisheries, Small Business and Revenue.

Stuart likes to involve the audience as he speaks, and in answer to a question re checking commercial fishing rights he said that while it was early days in government, audits and checks were being put in place for this.

He gave an update on his police portfolio, speaking about the extra police presently coming through the system and ongoing encouragement for further recruitment.

Stuart said that he was concentrating on improving areas of the most concern in all his portfolios.

Several questions arose on health issues, and while Stuart pointed out that this was not his portfolio he was prepared to listen to people's concerns and act where possible.

Members with issues could visit him at his Electoral Office.

Janice Byford-Jones, CEO of Cranford Hospice spoke at our July Meeting.

Cranford Hospice was established in 1982 and presently has 85 paid staff, 400 volunteers with 750 families annually receiving care and support.

English by birth and training, Janice has been at Cranford for three years.

Cranford holds a special place in the community who provide 50% of the funding needed yearly.

Their area covers Wairoa through to Central HB with 90% of care being given in the home, where they help patients with life-limiting conditions to lead as full a life as possible.

Patients with respiratory problems, motor neuron disease and cancer are all supported by Cranford at no cost to them. Helping people to live every moment is very important to all the staff.

Janice praised the work done by volunteers, not just at the Hospice itself, but also in the charity shops where the finance raised is a very important funding source.

Plans are currently underway towards building a new Hospice as Knight Street is not coping with the increased numbers. They are fortunate to have been gifted a site on Chesterhope Road. It will be developed over the next 3 – 5 years, costing between 10 to 15 million dollars and will provide a better environment for patients.

It is hoped that building will commence in 2019 with occupation by February 2021.

This will be "everybody's" project with community fundraising and help.



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Hamilton becomes the country's first 'age-friendly city'

Hamilton has become the first place in New Zealand to be recognised as an age-friendly city.

It's the 600th city, or town, to receive the honour from the World Health Organisation. New York was the first.

Hamilton's age-friendly four-year plan covers nine themes; transport and mobility, housing, social participation, safety, open spaces and public buildings, respect and social inclusion, civic participation and employment, communication and information, community support and health services.

"An age-friendly plan is not just looking at the issues, the problems that older people might have; it's more forward thinking and anticipating how to improve the environment but also the social environment as well," said the driving force behind the plan, **Dame Peggy Koopman-Boyden** (pictured right).



Dame Peggy is a noted academic who specialises in gerontology, the scientific study of old age, the process of ageing, and the particular problems of old people.

She said the trend towards an ageing population is a world-wide phenomenon which cannot be ignored.

"This is something absolutely new, just like climate change. We actually don't know what to do, at worst, because we have never had it before, so we are trying to look at not just the cost of older people who may need more health security and housing security but also how they can contribute to society."

The plan was written after a steering committee, made up of people from community groups, got ideas from across the city.

Elizabeth Bowers from Grey Power said breaking down the barriers which often exclude older people, is a step in the right direction.

It is estimated that 12 percent of Hamilton's population is over 65 and this is predicted to grow to 17 percent, or to nearly 38,000 people in 20 years.

John McIntosh is the community liaison person for Life Unlimited, which offers health and disability services, advice and support.

He has lived in Hamilton for 50 years, is aged 70 and is disabled.

"If you make services or a city eligible for people with disabilities then it is eligible for everyone, whether it be aged people, whether it be mums with prams, whatever it is."

Rangimahora Reddy heads Rauawaawa Kaumātua Charitable Trust in Kirikiriroa. She said the age-friendly plan was exciting as it acknowledged older people, recognised what they have to offer, but also looked at the wider community.

"For us, aged-friendly means an age-inclusive environment so it is not only good for our older people, it is also good for our young mums with their babies in their push chairs, it is good for our whānau with autistic tamariki. It's very empowering environments when you actually design in an age-friendly way."

Hamilton's Mayor, Andrew King, said he supported the age-friendly plan and having it driven by the community, and not the council, was a bonus.

"When you have an interest group which leads something it has heart and soul and I believe it will continue going forward because it is in their interests to drive it."

"Council should support things but not front-foot things

like this," he said.

Dame Peggy Koopman-Boyden said to be successful the plan must involve all organisations in the city.

"We are pulling together the people who already provide facilities, services and policies for older people and saying to them, what could you do new and different or expand to do with the increasing numbers of older people?"

Dame Peggy said New Zealand was lagging behind in the age-friendly movement, but with Hamilton now the first to be recognised, cities such as New Plymouth and Tauranga were not too far behind.

Andrew McRae, Radio NZ News 3 August

Napier goes to Parliament

In June I was privileged to represent Napier Grey Power at the Age Friendly Forum held in the Grand Hall at Parliament Buildings in Wellington - a fantastic venue.

The Forum was opened by Hon. Tracey Martin, Minister for Seniors, who stressed government's commitment to older people now and in the future.

She was followed by Diane Turner, Director from the Office for Seniors who pointed out that by 2036 one quarter of our population will be over 65; their health and well-being are big issues and will involve the whole community.

The keynote speaker for the Forum was Christine Young, Director of Community Development, City of Melville, Perth, Australia. She shared her experiences of her involvement with the Age Friendly Communities model when Melville was a pilot city for the World Health Organisation (WHO) for their inaugural Age-friendly communities programme in 2007.

The WHO Global Network provided \$190,000,000 - spread over 600 cities in 38 countries supporting local governments. Priority areas are housing, transport, culturally diverse programmes and social participation. One programme that caught my attention was the Memory Café set up to provide a meeting place for connecting people on all levels where information could be accessed and recreational programmes available to encourage healthy ageing.

Dame Peggy Koopman-Boyden then outlined Hamilton's Age-friendly plan (see article above).

After lunch I attended a workshop presentation by Kawerau and Districts Ageing in Place Inc. Kawerau has a population of around 7000 residents, 27% of whom are seniors. They lack auxiliary services like buses, taxis, specialist health care providers and banks. The challenge was optimising opportunities for healthy participation and security by using the good points of a small community. Modelled along similar lines to a "virtual village" this volunteer group is focused on meeting the needs of older residents who wish to remain in their own homes with safety, dignity and comfort as they grow older; a win-win for them and the community.

In conclusion the main point of the forum was that what is appropriate for older people is appropriate for everyone and to ensure that our voice is heard.

Isabel Wood



Napier's reps—Michele Grigg, Janet Smith, Isabel Wood, Maxine Boag

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145 Battery Road, Ahuriri



Meeting with Dr Kevin Snee

By Isabel Wood

In early July, two of our Grey Power committee members, along with representatives from Hastings and CHB associations as well as Age Concern representatives met with HB DHB Chief Executive Dr Kevin Snee and other senior managers Paul Malan and Chris Ash.

The purpose was to hear their answers to questions we had submitted concerning services provided to older people.

Paul Malan, Strategic Services Manager at HB DHB had graphs which showed us that the highest services provided for older patients was in outpatients followed by home and community services. The majority of services were provided for people in their own homes, and other services provided medical care. Inpatient care was 40% medical and 25% surgical; the biggest cost being intensive care and cardiology.

Forward planning is being made for another theatre by 2020 though this could be held up by the need to make sure that any new building could withstand a major event. The new bowel screening building is expected to be completed by October this year.

Some time was spent on discussing hip and knee replacement surgery. We were told that in comparison with other DHBs, Hawke's Bay is on target for hip operations but below with knee operations.

The reason why specifically-trained physiotherapists assess patients for these operations was to allow surgical staff to spend more time doing operations. The DHB is considering having surgeons work weekends to reduce the waiting lists.

They are doing long term planning over all services, to increase efficiency and meet the health care needs of older people.

In response to our questions, we were told that the hospital only has two designated beds for dementia

patients, but that there are 130 beds in specialised units in the community.

The "mothballed" ward we asked about is used when hospital is at capacity. It was agreed that staffing needs to be increased, but more funding is needed for additional nurses.

Home care issues were raised. Age Concern representatives expressed grave concern about older people having home care hours reduced.

Transport issues were also raised for Napier patients attending appointments. It was suggested we all approach HBRC collectively about increasing taxi vouchers for those unable to use public transport.

The next meeting will be held in October.

If you have any questions for us to ask on your behalf, please contact Isabel or Bruce.

Governance training together



Age Concern Board members and Grey Power committee members joined together for a 2 1/2 hour training on Governance run recently by Exult.

Front: Janet Smith, Isabel Wood, Bruce Carnegie;

Back: Annette Boyd, Gail Mulvey, Facilitator Kat Macmillan, Maxine Boag.

GREY POWER MEMBERSHIP 2018-2019

If the sticker on your Grey Power membership card is not YELLOW, or you are not a member, this is an invoice for you to pay for membership from 1 April 2018 to 31 March 2019.

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Would you like to volunteer with Grey Power? _____ **Can we email your newsletter?** _____

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A Tribute to Clive Barker

By Laurie Jenkin, Past President

Clive joined Grey Power in the 1990's, when Napier and Hastings were a joint association. When the two cities split and formed their own branches, Clive was a foundation member of Napier and Districts' Grey Power Association.

Clive was the very first person I met when I attended my first meeting in August, 2005. He was the "greeter", and I warmed to him immediately because of his friendliness, cheerfulness and enthusiasm. I found him to be a genuine enthusiast. His widow, Clorene, who was his chief supporter said, "He put everything into all that he did." If the Association was running a sausage sizzle, or canvassing for new members, Clive was always there to give his support.

In 2006, Clive was in charge of organising our telephone tree; in 2007 he became Deputy Chair; in 2008



Laurie, Clive and his Life Membership.

and 2009 he was a committee member; from 2010 to 2012, he was elected Deputy Chairperson, but in August, 2012 Clive was forced to retire, due to failing health.

Two months later, he was the first male member of Napier Association to receive a Life Membership in recognition of his long, faithful and significant service.

Clive and Clorene continued to come to our monthly meetings until early 2018, by which time health issues for both had the last say.

Clive died in late June, and his funeral was held at Trinity Methodist Church, with a strong family presence, as well as a number of Grey Power members. We salute you, Clive!

Laurie's Award

Shona Jenkin and Laurie with his Hawke's Bay Volunteer of the Year award he received on 20th June.



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- John took out all the "what ifs" out of the situation, always being available at the drop of a hat, to answer a question, talk us through contracts, look at council plans, nothing was too much trouble".
- John is approachable and friendly so we were confident he would build good relationships with potential buyers at open homes. With John's experience, integrity and sound advice we wouldn't hesitate to recommend him to future vendors".

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RAY WHITE

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