

NAPIER and DISTRICTS

GREY POWER

QUARTERLY NEWSLETTER

WINTER ISSUE 2024



ANZAC DAY

by Peter Grant

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Photo: Bruce Carnegie, Maxine Boag and Les Hewitt on Anzac Day

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

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The proposed 23.7% rates increase attracted a lot of attention in this year's Three year Plan (TYP); plus council housing and Ocean Spa fees. We made a written submission which Bruce presented to the council hearings.

SUBMISSION TO NCC's Three Year Plan 2024-2027

Grey Power Napier and Districts is a local advocacy group for seniors, currently with 1200 members. We are part of a regional network of independent Grey Power associations throughout New Zealand.

One of our aims and objectives is to support and advocate to protect the welfare and wellbeing of older people. At present, there are 16,000 Napier citizens over the age of 65, and another 10,000 between the ages of 50 and 65, so they make up a significant and growing proportion of the population.

We keep our members informed about the council through communicating in various ways which includes the contributions to our quarterly newsletters, having our Mayor as a guest speaker at a monthly meeting and having Councillor Boag on our committee, keeping us well informed with updates on matters of interest.

Locally we meet regularly with DHB executive managers, HB Positive Ageing Trust, and are actively involved in Napier's Positive Ageing Strategy Advisory Group and are committed to supporting Napier's Age Friendly City status.

Proposed Rate Increase of 23.7%. In the 2022 government statistics it says that 60% of retirees have no other or very little extra income besides the NZ Superannuation and 80% are homeowners and coping with the high cost of living. Many don't know how they are going to be able to pay the high cost of the rates along with increases in insurance, power, petrol and food. **The Rates rebate scheme** of \$750 a year for low income homeowners sounds helpful but most superannuitant couples do not qualify as their income exceeds the threshold.

For owners and renters, the high cost of living, including the rates (NCC and HBRC) are affecting the financial, physical and mental wellbeing particularly of our elderly.

Because of this, we have looked at your Plan to see if there are items we consider essential, "must have" or if they are instead "nice to have". Our own members have contacted us to express concern asking us to advocate for less council spending as they are feeling desperate.

Council Housing. As you know Napier is an ageing city with an explosion of retirement villages which benefit those who own their own houses, and can afford them but does not address the growing number of renters entering retirement without owning their house. **It is the welfare of these seniors who are living solely on their pensions** which we are concerned about as they will need subsidised rental housing.

We agree that Council needs to sell their social villages in order to pay for the deficit in keeping the retirement villages.

We appreciate all efforts you have made to receive the Income Related Rent Subsidy for council housing, but there seems little hope of this occurring.

Building up community resilience. We support the preferred option1 and believe it is very important to have funds in reserve in case there is a future emergency.

Creating a Council Controlled Trading Organisation. We agree that this is a sensible move to maximise Council investment assets.

Reviewing fees and charges. We understand the need to increase fees and charges for Council services and facilities and thank you for offering discounts for seniors and community service card holders. However, the new fees at Ocean Spa are so prohibitive that low income people including many superannuitants will not be able to afford to go there, much less take their grandchildren.

We would like you to extend a discount for superannuitants and community services card holders to their dog registrations as many people depend on them for company and exercise.

NCC's office accommodation. Although we appreciate the need for the redevelopment of the Library Tower, we feel this is not urgently needed and is a "nice to have" rather than a "must have". We are asking council to budget for this in future plans.

***Napier footpaths.** We are concerned about the state of some of our footpaths with the increasing use by mobility scooters, walkers and people with disabilities. We would like to know what plans you have to upgrade footpaths and make them age or disability-friendly?

Parking fees. With the proposed increase in parking fees, we see this as a deterrent which could have the effect of discouraging our seniors from shopping with in the intercity, this is not what our business wants and we would like to suggest to have a look at what the Palmerston North council do (**on their website "Parking permits and exemptions"**) for their seniors when parking, they have a Super Gold card parking permit service offering free parking between 9am and 3pm. We

have been told when this was introduced it has made a big difference for businesses.

***Mobility car parking.** With the anticipated demand due to the ageing population growing, we would like to see an increase with on-road mobility car parks strategically placed within city streets.

***Marewa Shops/Kennedy Road safety improvements.** We would appreciate measures to be taken to improve the safety of this area for people particularly the elderly and those with disabilities.

Emerson Street Improvements. Several of our members have voiced concern that this is a "nice to have" investment rather than a "must have", particularly in light of your huge rates increases. If it is necessary, then we recommend you put this on the back burner until the cost of living is lower.

Again, just a reminder that 60% of our seniors because of the high costs of living will find it very hard to pay their rates and look forward to hearing from you a date and time for us to talk about our submission.

Bruce Carnegie, President Grey Power Napier
(Bruce presented this to Council at TYP Hearings at the end of May)

***Editor's Note: Council officers' responses**
As we went to press, the submissions had just been published, some with officers' comments. Here's what they said about some of the items in our submission (others will be discussed by elected members):

"The draft TYP (Three Year Plan) includes two programmes intended to improve the pedestrian networks and accessibility, one to implement the NCC Disability Strategy and the other to upgrade footpaths in high-use areas such as neighbourhood centres, near medical facilities, schools, retirement villages etc.

"The government's Draft Policy Statement on Land Transport 2024 does not provide much funding for active transport mode improvements which these programmes would generally be funded under, so these proposed programmes are unlikely to receive NLTF funding support. Council may choose to fund these programmes without subsidy at proposed or reduced levels.

"Council is committed to making improvements to Mobility parking where practical. This process will take time and will be an ongoing programme of work, based on criticality and prioritisation.

"Safety improvements at Marewa Shopping Centre are included as a project in the draft TYP programme (\$1 million, year 2). The design will be developed when both NCC and NZTA funding have been confirmed, but will incorporate the most effective and appropriate elements required to address the safety problems identified."

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WHAT DOES ANZAC DAY MEAN IN 2024

By Peter Grant

As a youngster growing up in Hastings I learnt at a young age that ANZAC Day is a very important part of our heritage as a nation and is a very special day. But frankly very few really understand what we commemorate and why we do so on 25 April each year. As a Returned Serviceman what does ANZAC Day mean to me and how did I commemorate this day in 2024?

ANZAC Day is the one day every year that NZ stops to recognise those who died in war fighting for the peace and freedoms we still enjoy in our wonderful country today. It is the day that we pay tribute to all of those who 'gave their tomorrows for our todays'. It is a day about our whakapapa as a nation and as whānau. There are very few families in NZ who will not have someone who has served and died so that we all might have a future.

Why is this on 25 April each year? Yes it is the day of the landings at Gallipoli, but the real significance is that this was the very first time the New Zealanders had been deployed in a battle overseas to defend the freedom of other nations, as well as our own. It is the day that we became a nation.

I come from a Service oriented whānau. One of my grandfathers was in WW1 and was gassed in France. I remember him as a very bitter and angry old man who spent much of his time sitting in his shed drinking home brew and cutting kindling wood for everyone in his street in Lower Hutt. He never attended ANZAC Day events and when I asked him why he didn't go to the parades, he said to me very simply, 'Boy, every day is ANZAC Day for me'. It was not until I had served in Vietnam and had mates killed and wounded that I really understood what he meant. I miss these mates, I honour their sacrifice every day of my life since Vietnam, and for me ANZAC is just another of those days.

My father was a veteran who had served in 27 Machine

Gun Battalion and then because he was 6 ft 6 inches tall, he was chosen to be in the J Force as part of the occupying force and undertook his duties guarding the Emperor's Palace. He was wounded at Cassino when his Company was supporting the Māori Battalion and when he returned home he was found to be suffering from TB, as many of his mates were. He died well before his time as a result of his service.



I myself served for 26 years including operational deployments to Vietnam and the Sinai. My eldest son, and his wife have both served for 33 years each, and are still serving. My son has operation deployments in Somalia, Bosnia, Timor, Afghanistan and Iraq. All three of us are suffering various injuries and ailments attributable to our service to our country, but are very proud to have served and don't complain about the impact of this service on our lives.

Like my grandfather, my father, my son and his wife, every day is Anzac Day, and I remember and honour those I served with every day. I visit the Soldier's Cemetery very often and say giddy to my mates there and thank them for their service and for their sacrifice. Unless I have a part to play in a public service I prefer to spend my Anzac Days with my whānau at a Soldiers Cemetery, or if I am not with them then I go alone.

This year again I spent part of ANZAC morning at the Taradale Soldier's Cemetery, and again honoured the 37 mates who lost their lives, and the 187 who were wounded, in Vietnam. For the 37 I read out their Regimental Numbers, their names and their rank, and placed a poppy on the Lone Pine monument for each one and again thanked each of them for their sacrifice on behalf of a grateful nation. **LEST WE FORGET**

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THE MEASURE OF
RETIREMENT LIVING

President's Report to the AGM 2024

We have been very fortunate to have had our monthly meetings each month through the year with appropriate speakers to suit our Grey Power age group.

June 2023: Our AGM in 2023 was in June and our special guest was **John Collyns, Executive Director with the Retirement Villages Associations NZ** speaking about the reforms and what they could mean to the village residents present and future. This was followed by our AGM and election of our committee for the 23/24 period, a very good meeting with approximately 120 in attendance.

July: Guest speaker was Sukhdeep Singh JP who shared about **"How to do banking Safely and how to protect against Scams and frauds"**. The key point is: "Do not send money to anyone you have not met in person or trust". "If in doubt check it out".

August: This was a **meet-the-candidates opportunity** to see those standing to be our next Napier MP. There were six candidates and the result of the elections was that the National candidate Katie Nimon is now our Local MP. Congratulations to Katie and we wish her all the very best.

September: Our special guest was **Police Sergeant Andrew Graham**, Community Rural Relations manager and he shared about his involvement post-Gabrielle and how people were affected during and after the cyclone.

October: Our guests were from the **Ministry of Social Development**; Belinda Botherway and Hinemarie Onesi who did a power point presentation explaining the many services that MSD can give to help people in need of financial assistance.

February 2024: First meeting for this year and we had two guests from **St Johns** explaining the new shuttle service between Napier and the Hastings hospital and other health appointments.

March: Our speaker was Mr John Cunningham from Pin Drop Hearing. (see meeting report page 16)

April: A year after Cyclone Gabrielle it was an ideal time to have as our guest **Tammy Arendse and Hamish Duncan** from the H B Emergency Management team talk to us about being prepared for when we have the next emergency disaster. (see report page 16) Like the Girl Guides and Boy Scouts motto, **"Be prepared"**!

We also talked about our **submission to the NCC long**

term plan and encouraged everyone to also do a submission because the proposed 23.7% rates increase for many, plus all the other high cost of living expenses, are causing real stress and concern that they may not be able to pay the expensive rates.

May: The new NCC CEO Louise Miller was our guest speaking about "Local Water Done Well" which was replacing the 3 Waters proposed by the previous government.

Other Activities:
October 1st 2023
"International Day of the Older Persons"

This special celebration was organised with the NCC, Age Concern, Grey Power and other like-minded organizations with a special bus trip sightseeing around the city followed by an enjoyable afternoon tea at the Marist rugby club Tamatea. A really enjoyable afternoon celebrating the value of the older persons.

For this year we will be celebrating a very special exciting event on the 9th October. So, diarise this date and plan to keep the afternoon free. More news about what is being planned later, watch this space.

Christmas Luncheon 2023: This was held at the Napier RSA. Their Buffet meal and entertainment was enjoyed by many and always a nice way to finish the year off.

Volunteers' luncheon 2024: Also held at the Napier RSA. We do this at the beginning of each year to give thanks to our 50 volunteers for their service and support during the year.

I took this opportunity to give a big thanks to all our volunteers who give of their time, energy and expertise in many ways including putting the newsletter together and distribution, phoners keeping in touch with members who don't have access to the internet, catering, organising events as well as attending other



meetings. And an extra big thanks to our dedicated committee who do so much managing and working on your behalf.

Also we had the opportunity to present the **10-year Active Service Awards** to six volunteers. It is very important to show appreciation to all our volunteers who give of themselves freely. All very loyal, dedicated and committed to our Grey Power Association and what we stand for.

Zone meetings: Four times during the year with 22 other associations from Wairoa through to New Plymouth and down to Wellington we meet at Palmerston North. It is important to be able to communicate with other associations to discuss issues, concerns and share helpful advice. Our Publicity Officer Maxine Boag is in Wellington the week of our 2024 AGM, representing us at the Federation's Conference.

We are also very involved in the Napier City Council project **"Positive Ageing Strategy Advisory Group"**. The Strategy has the vision of "Living Well, Ageing Well" with seven priorities for action. They are, Getting Around, Community Spirit, Health and Wellbeing, Being Informed and Involved, Things to Do, Housing and Being Safe. We meet six times during the year and discuss what could be achieved to make Napier a better, healthier place to live for the older persons. We attended local meetings and are actively involved with **The Positive Ageing Trust HB**, and the **HB Hospital Management**. All meetings are in conjunction with other HB Grey Power Associations, Age Concern and other community groups.



Bruce telling the Positive Ageing Strategy Advisory Group about Grey Power

It was great to be able to attend the **ANZAC Day memorial services** and to present wreaths at Taradale Memorial Clock and Napier Memorial Square, always an honour to be at these services as we should never ever forget what happened in the past and the sacrifices made by many.

Sponsors. A big thanks to our sponsors who advertise in our newsletters, Discount Books, and Beth Shan Funeral Directors who donate generously towards the afternoon teas and a special thanks to Shona Bayliss from Princess Alexandra Retirement Village who donate the delicious savouries as well as a generous donation towards our Christmas luncheon plus a further donation that helps with our daily expenses. Receiving financial help like this certainly helps make our events extra enjoyable.

Also, a big thanks to the Greenmeadows Rotary club who greet you when parking at our meetings with a friendly smile ensuring you park safely and correctly. We appreciate the importance of this service that they do.

Finally, I thank you all for your continued membership and support.

Best wishes to the new committee and look forward to an exciting successful year ahead.

Kia Kaha (stay strong), Stay safe
Bruce Carnegie (President)

Napier first for global age-friendly survey

Older people in Napier are the first in New Zealand to participate in a survey measuring a city's age-friendliness.

The survey is open until the end of June and was developed by The Hague University, Netherlands. It has been designed to find out from older people how they perceive the age-friendliness of their city or community.

In rolling out the survey, PASAG is being supported by the Office for Seniors, which is the Government's primary advisor on issues affecting older people, The Hague University and Te Pūkenga.

The survey is a valuable opportunity to see how a significant proportion of Napier residents feel about their community. The survey findings will help develop a better picture of what it means, in practice, to be age-friendly. The findings of the survey will help guide the implementation of Napier's Positive Ageing Strategy action plan.

To take part in the survey, go to www.napier.govt.nz and look for the image below. Paper copies of the survey are available at the Napier and Taradale libraries and from Council's Customer Service Centre.

IT'S BETTER TO LEAVE A WILL

When someone dies without leaving a will it is called dying intestate, and could give rise to confusion and legal issues following their death.

Where assets are less than \$15,000 an estate can be managed and distributed by their next of kin.

Anything more will, by law, require formal administration. The process for managing someone's estate when there is no will is longer and more complex than if there was a will.

If you want to do a little research, there are plenty of websites with really useful information and links to help you.

- Sorted has information on wills, including how to get one for a low cost
- The Public Trust provides a useful explanation of the issues of not having a will and the rather lengthy process of sorting it out: <https://tinyurl.com/4hv5uvr5>
- Radio NZ has a podcast about the importance of wills, different ways of managing estates <https://tinyurl.com/yv45d3ej>

Napier's New Chief Executive



Kia ora koutou

I have had the privilege of being the Chief Executive at Napier City Council for just over a year. What a year it's been!

I arrived at NCC almost one month after the cyclone. I had just come back from a three-month backpacking adventure around Europe with my two sons, even completing my recruitment process whilst traveling, thanks to the wonders of modern

technology!

Before my arrival here I was the Chief Executive at Kaipara District Council in Northland which is quite a different environment to Napier. What has amazed me since I joined, is the variety and reach of our Council and staff across our communities and the passion they bring to their roles.

It has been a challenging but fascinating time to start a new role. Council's focus for the first six months was cyclone recovery and then finding a way to meet the Government direction of buying Category 3 properties. At the same time, we have been working hard with our Mayor and elected members to build the new vision and strategic priorities which underpin the Three-Year Plan 2024-27.

Napier is one of a small number of councils with low reliance on borrowing, but retains numerous assets. These include our retirement villages and social housing, and a wide variety of community facilities. There aren't many councils our size that have an aquarium, conference centre, municipal theatre, museums, and hot pools.

I am excited by Napier City Council's new vision, and I can't wait to get on with delivering the new Three-Year Plan, as I believe we have a great story to tell. As a city we offer so much opportunity to those that live here or might be looking to relocate here. The next three years will be our opportunity to reset our focus and deliver the projects we have promised our community.

Ngā mihi nui,
Louise Miller

Breast screening

Free breast screening has been extended to women aged 70-74. Previously it was for 45 to 69-year-olds.

Breast cancer is the most common cancer among New Zealand women. Finding more cancers early through breast screening means better treatment outcomes.

Around 120,000 additional women will be eligible for screening every two years. The extension will be phased in.



More information:
<https://tinyurl.com/3p7z7wus>

AGE-FRIENDLY NAPIER SURVEY

If you are aged 65+ we invite you to complete this survey to contribute your experience of living in Napier.



KATIE NIMON MP for Napier

Our Government is delivering for New Zealanders and I'm working hard for you.

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Urgent Call for Revised Driving Licence Procedures for Seniors

Many seniors dread visiting their doctor for their licence renewal once they reach 75 years of age, and then biannually from age 80. This is because many GP clinics are now utilising a memory/cognitive test to decide whether or not a driving licence should be renewed. Many of us have poor memories but are still competent and safe drivers.

A Radio NZ Nine to Noon interview, on the 30th April, with Dr Alexander Crizzle, who has extensively researched the value of cognitive tests to predict practical driving skills, concluded that they were a poor predictor, and that many of those who failed would have passed a practical driving assessment.

Dr Crizzle is Director of the Driving Simulation Laboratory, School of Public Health at the University of Saskatchewan, and has published extensively on these issues.

David Marshall, Acting-President of Grey Power NZ Federation, explains that the consequences can be devastating for seniors who often feel demeaned by having to remember addresses and grocery items that have zero relevance to their driving ability, and often no questions on the road code, or their driving history and accident record.

When a GP fails a patient they may be referred for an on-road driving test, or to an Occupational Therapist for a full evaluation. This creates more stress on an overloaded system – especially when a significant proportion will pass their practical driving assessment.

The on-road safety test is only available through certain centres, so those in smaller towns or in rural areas may be forced to travel 40 km or more to sit a practical test in an area that is unfamiliar to them when feeling stressed at the potential cancelling of their licence.

Some of our members have given up persevering to renew their licence and are often resentful at the way they have been treated after years of safe driving. Waits of 2 months or more to secure an appointment are not uncommon, so a temporary licence needs to be re-issued.

Grey Power wants to see this service expanded so those referred can be assessed within their own locality. This could be potentially facilitated if licensed driving instructors, who teach our young people to drive, were also certified to conduct an on-road safety test.

For those referred to an Occupation Therapist, the costs are a significant barrier to many seniors who are dependent on NZ Super as their sole income. Our members have reported costs of \$700-\$1200 just for the assessment. For those referred again 2 years later the cost and effort often results in them reluctantly surrendering their licence and losing their social connectivity.

The situation around New Zealand is highly variable, as shown in a recent survey of Grey Power members 75 years of age or older. There is no consistency as to how seniors are evaluated by their GP. Some GPs conduct routine tests such as eyesight, ask how their patient is feeling, and then sign off the statutory form. At the other extreme some practices have made a cognitive test (such as the Mini-ACE) a mandatory part of every evaluation. The hurdle to licence renewal for seniors is wildly inconsistent nationally.

With NZTA currently reviewing their guidelines for assessing seniors for licence renewals, Grey Power urges that they work collaboratively with GPs, senior advocacy groups such as Grey Power and organisations like AA to develop simpler transparent guidelines for GPs.

Grey Power urges that a cognitive test is never mandatory and is only used as another tool in patients where there is a suspicion of early dementia. To utilise cognitive tests in all patients is demeaning and creating an unnecessary burden on both seniors and our other assessment systems.



David Marshall
Acting-President/Vice President
Grey Power NZ Federation Inc

Grey Power Electricity New Members Offer

A new sign-up offer for Grey Power members: Receive a credit of \$150 off your first power bill when you join Grey Power Electricity.

This offer can be redeemed online at www.greypowerelectricity.co.nz/gpe150off

This offer is valid for new customers only for a limited time until 30 June 2024.

Note: All customers have the option to receive paper bills by mail at no cost, as GPE knows that this can be important to some customers



AGM

ANNUAL GENERAL MEETING

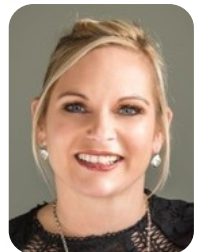
Tuesday June 18th

St Columba's Church, Taradale

Meeting starting at 1.30 pm.

AGENDA

Guest Speaker:
Napier Mayor Kirsten Wise



Annual Reports
Financial Report.

Notice of motion: Membership
subscription to increase from
Single \$20 to \$25. Double \$30 to \$40.

Elections for committee

Notices

Afternoon tea.

For information phone Bruce **06 844 5635**

Napier's homeless – why they matter by Maxine Boag

My partner Pete Findlay and I started connecting with Napier's homeless whānau the day Cyclone Gabrielle slammed into our region – February 14, 2023 which happened to be Pete's birthday!

Like others, we were stuck at home, no power, comms, apart from a transistor radio, without any idea of the extent of devastating damage suffered by parts of our region; but what we did know was that we didn't want to sit at home doing nothing. It was Pete's birthday, not a time for moping!

So we made our way down to the Outreach, the drop in centre for Napier's homeless whānau, in Clive Square, run by Whatever It Takes Trust, a housing and mental health provider, to see if we could be of any help.

We found mattresses were on the floor, and over a dozen people including staff were sleeping there, women and men – something the Outreach never does. They are just a day-time centre rather than a shelter, providing a meal and support four mornings a week. WIT staff – some of whom couldn't get home to Hastings and others stuck at home somewhere else - were working with the Civil Defence to keep this very vulnerable group safe.

However, like most of us, the Outreach had no power and no gas cooking facilities to feed their guests, and food in the freezer was thawing out. So we went home and brought back our gas ring, gas bottles and a little gas BBQ. Pete is the cook in our household, so he launched into cooking for those sheltering at the centre – for two days. A very memorable birthday!

During that time, we met a diverse group of locals who were usually sleeping in cars, or on the street, in

tents on the beach or anywhere they could. We sat down and heard some of their stories. They called my partner "Poppa Pete" and have since got to know him well as he is a regular helper for many of them and has become part of the Outreach whānau.

So who are our homeless folk you might ask? Well, it's true that many have mental health issues and often addictions – alcohol, synthetics and P being the common culprits.

But there are many who I look at and think: "there but for the grace of god go I!" They've lost their job, broken up with their partner, are unable to find affordable housing, and have been pushed out of safety and onto the street.

Their numbers are growing. Council has counted well over 100 sleeping out, including families living in cars on the foreshore. Older people with addictions and health problems are sleeping out on the ground, in our freezing winter weather.

One of Napier's houseless whānau had the guts to make a submission to our 3-year Plan, and this is some of what he said:

"We feel we are being judged as outcasts of society by the Napier community."

What they want is: "Have more toilets open 24/7; free hot showers; food every day – WIT can only feed us 4 days a week, hence people beg and steal food; there needs to be a safe place for the homeless to sleep at night."

And "come and visit us at the Outreach, we are Napier residents and part of your community."

Council is working with WIT, the homeless whānau and community groups and churches to tackle the question of how to help. Efforts to find a new site for the Outreach have been unsuccessful to date. The key concern now is how to best support the growing cohort of houseless citizens currently living rough in our beautiful city.

Napier will not be judged on whether or not we have homeless whānau – every city in the world does! But we will be judged on the compassion we show, and how well we support them in finding a way forward.



Poppa Pete cooking for the homeless on his birthday!

Action needed for aged care services



A report released recently by the Aged Care Commissioner Carolyn Cooper highlights the need for action to meet the ongoing health and disability needs of older people.

The Aged Care Commissioner made 20 recommendations to improve quality of care in her report, which is underpinned by the voices of older people, their whānau, carers and providers.

"Following conversations with older people and their whānau, I have significant concerns about access to, and coordination of, health and disability services," Ms Cooper said.

She says older people are enormously valuable in our communities. "With quality, accessible health and disability care they can maintain their independence and dignity and contribute to their communities for longer."

"At the moment older people are not always able to access home and community support or residential care when needed and the sustainability of these workforces needs to be prioritised."

The report points to a lack of integration in health and disability services for older people. "This shows up in issues like avoidable hospital admissions or older people staying in hospital longer than they need to because they lack alternative options," Ms Cooper said.

"Not only does this cause enormous stress for older people and their whānau, it places additional pressure on the health system which affects emergency and planned care."

In around a decade, older people will comprise 20% of the population, which means more New Zealanders living with chronic conditions and high health needs.

Older people need a continuum of care to meet their changing needs as they age. These services need to be provided when and where they are needed. This might include at home, with the support of primary and community care, or in residential or respite care.

Providing a continuum of care is underpinned by the need for a sustainable workforce with the specialist training required to care for a diverse population of older people.

"We need a clearly coordinated strategy and action plan to meet these needs. Health reforms need to consider the requirements of older people and recognise and value primary and community care and aged residential care as critical partners in delivering a continuum of care."

"It's encouraging to see that Te Whatu Ora is undertaking an aged care funding and service models review with the aim of improving the sustainability of services and ensuring equity of access and outcomes," says Ms Cooper.

The report's key recommendations include:

- For workforce planning by Te Whatu Ora to include actions that contribute to a sustainable aged care workforce
- Supporting and monitoring actions outlined in the Dementia Mate Wareware Action Plan
- Valuing primary and community care, especially GP clinics, as critical partners with priority investment in changing models of primary and community care

Ms Cooper will advocate for the changes in the health and disability services identified in her report and monitor actions taken in response to the recommendations by continuing to connect with older people, their whānau and the providers who are in the sector.

GENERAL MEETING DATES AND GUEST SPEAKERS for 2024

February Tuesday 20th

March Tuesday 19th

April Tuesday 16th

May Tuesday 21st

June Tuesday 18th

July Tuesday 16th

August Tuesday 20th

September Tuesday 17th

October Tuesday 15th

November Tuesday 26th

Hato Hone St John

John Cunningham

Tammy Arendse

Louise Miller

Mayor Kirsten Wise

Jackie Pearse

Sukhdeep Singh JP

Hinewai Ormsby

Katie Nimon

Christmas luncheon

Service to the community

Identifying hearing loss

H B Emergency Management

Chief Executive, NCC

Council update

HB Community Law

Refreshed Scams and Frauds

Chair, HBRC

National MP for Napier

Venue to be confirmed

Over 65s staying in paid work longer



There has been a 10 percent increase in the number of years that New Zealanders are staying in paid work, since a mandatory retirement age was eliminated in 2000.

RNZ reports a study by AgeCalculator.com using OECD data indicates New Zealand had the fourth highest increase in the age when workers retire and was the only non-European country to make the top 10 list.

While government superannuation kicked in at 65, people were staying in work longer, with the average age rising to 67 years in 2020, from 61 in 2000.

In February, Commissioner Jane Wrightson said a superannuation age of 65 was "perfectly affordable" at the moment, but if that changed, access to NZ Super could be income tested.

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

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

Te Whatu Ora Health New Zealand

Residential Care Crisis is on its way ...

Major risks to the future of New Zealand's aged care sector have been revealed in a damning report by Health NZ - "Te Whatu Ora. It's analysis if historic building rates continued, there would be a shortage of almost 12,000 aged residential care beds by 2032!

That is just eight years away.

Waiting times for high priority individuals to access a residential bed varies between regions ranging from 92 days in the Manawatu to 219 days on the West Coast.

For high needs dementia and psychogeriatric care, residents were waiting, on average nearly six months to be admitted to an Aged Care Residential facility after being assessed as high priority for moving out of a home setting. Six months! That is an awfully long wait!

The review said that with an ageing population, it is expected demand for these care beds will increase - with the sector's lack of beds and staffing for these people causing significant issues.

This shortage, in a critical high need end of accommodation for extremely vulnerable older adults only exacerbates and highlights the looming accommodation shortage across the spectrum of support for older adults.

Opinion: Gordon Hudson.



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Many thanks

Rates Rebate

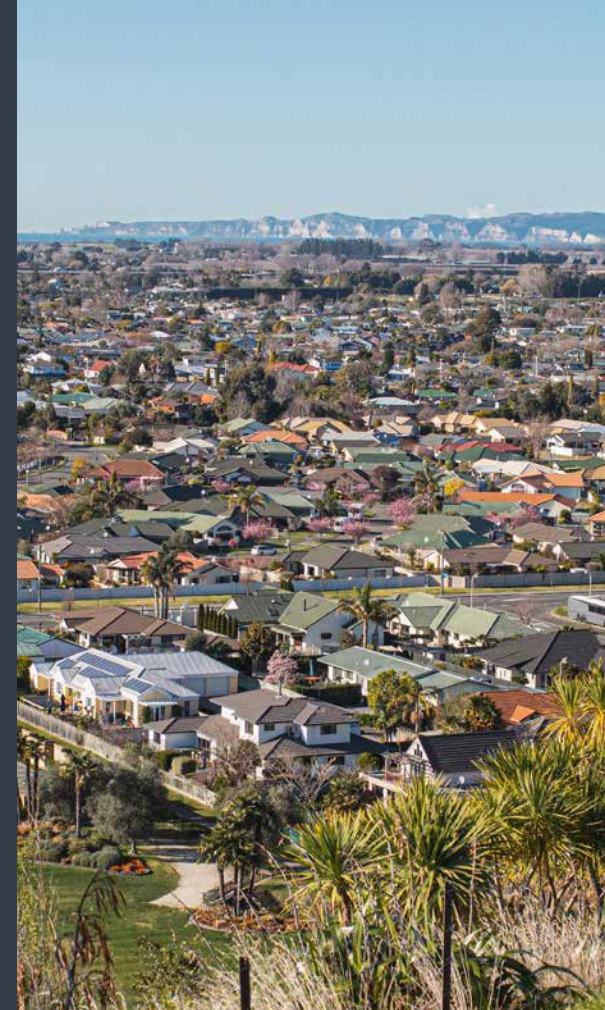
If you are on a low or fixed income and you have not yet applied for this rating year, you may be eligible for a rates rebate of up to \$750.

This includes students along with retirees living in their own home or in a retirement village.

If you have paid your rates in full already, you can still apply for a rebate.

Property rebate applications close for the current financial year on **30 June 2024**.

Apply at napiert.govt.nz
keyword search
[#ratesrebate](https://twitter.com/ratesrebate)



Disasters can happen anytime and often without warning

- Have a plan, practice the plan, and be prepared.
- Make a list of any medical or equipment needs in case of evacuation, and have a plan for bringing them with you in a disaster.
- Identify a support network of family, friends, caregivers, and others who can help you during an emergency. Practice your plan with them.



For information on how to Get Ready and Get Thru visit hbemergency.govt.nz



MEETING REPORTS 2024

by Isabel Wood

MARCH: Our March meeting saw Bruce introducing



John Cunningham

John Cunningham, a Hearing Consultant, who spoke on the health aspect of hearing.

Hearing loss can be brought about by many things such as obesity, diabetes, loneliness, dementia, hypertension (blood pressure), cardiovascular disease, tinnitus, safety/balance, toxicity.

There are 800,000 people in New Zealand with hearing loss. For most people not hearing their family speaking to them is stressful and those with good eyesight soon learn to lip read. Cost of hearing aids is a big factor – not always affordable for older people, many of whom do not like the feeling of foreign objects in their ears. Unfortunately hearing loss gets worse if left for too long, and tinnitus (noises in the ears) in particular is most distressing. John advises seeing your doctor straight away as it is very important to do something about it.

While cognitive decline is expected with ageing, those with hearing loss may show faster decline. While hearing aids do not stop dementia they can help slow it down. Raising your voice doesn't really help those with hearing loss. John advises saying "Can you repeat that please" giving a better chance of hearing correctly.

Depression can lead to social isolation with hearing loss increasing this decline.

Those with hearing loss are more likely to have a history of falling as balance is affected. Falls can increase 30% with hearing loss. Looking after our ears is very important. In some areas a six to nine month waiting time for an Audiologist is far too long and hearing loss can be accelerated. MSD is not helpful here as grants have to be paid back. A new system is being launched but not being well promoted: NZ citizens or residents who have not accessed the government subsidy for hearing aids in the previous six years may get hearing aids for free with the usual terms and conditions applied.

The life of hearing aids is considered to be around 6 years.

For those with hearing loss, it is most important to do something about it. Full hearing tests are needed to ascertain the full extent of loss. These days hearing aids can be connected to your mobile phone, with

noise levels set to suit the individual.

Bruce thanked John for his very enlightening presentation and said that as March was Hearing Awareness Month having John as our speaker was most appropriate.

APRIL: Civil Defence Emergency Management

A lot of interest was shown at our April meeting. Our guests were **Tammy Arendse and Hamish Duncan, advisors to both NCC and HBRC on emergency preparedness** for seniors. With Cyclone Gabrielle still fresh in our minds these were very timely speakers.

The Emergency Management Team are focussed on keeping people safe in emergencies such as earthquakes, floods, tsunamis, fire, drought, landslides, ash, strong winds and so on.

Being better prepared is their focus, using the 4 R's – Response, Redirection, Recovery and Readiness.

Response requires everyone to have an up-to-date emergency plan; Redirection means evacuation plans as to where to go for safety and what to do if unable to get home; Recovery – getting back to normal as soon as possible.

Hazards in regard to cyclones now well known in our district – no power being the main concern. A Grab Bag is essential for all emergencies and should contain the following:

Medication – diabetics in particular should include sugar high foods; **water** – up to 5 litres per person is recommended; **cash** also essential, as are **passports** and important documents; **warm clothing, Jacket, warm blanket, torch/flashlight, shoes;**

If staying at home during the emergency you need a **BBQ, gas bottle, water and food** for five days, plus a **bucket and plastic bag** for an emergency toilet as well as all of the above. **Batteries** - also very important, access to a generator if available.

Making plans that are fit for purpose is essential. If using a walker, walking stick as well as your glasses should be beside your bed, with a second pair of glasses in your grab bag as well as batteries for hearing aids. Mobility needs should be considered when planning – look at what you have and what you need to get.

Staying informed also important – a **transistor radio** is invaluable. Communities need to have a place to gather at so know where the nearest Emergency Hub is situated. Checking up on elderly neighbours also

important. Support from carers, Age Concern, family and friends should be included in your plan.

Emergency Hubs will be established and communication measures put in place. Volunteers will be needed to help others in an emergency. Caring communities able to help each other are so important in an emergency. Civil Defence will be looking at suitable hubs in a safe area, making it easier for elderly people to access them.

During question time the lack of response for Taradale residents after Cyclone Gabrielle was voiced – nothing at all seemed to have been planned. Civil Defence centres were unmanned, seen as a serious problem during the cyclone. The blue line for safety during a tsunami is located in Taradale. The overall feeling of members was that Napier and districts were totally unprepared for the scale of the cyclone disaster.

Tammy and Hamish assured everyone that community hubs will address this problem in the future and information will be readily available. They stressed that it was important for people to have a plan, talk about the impact of a disaster, work out supplies, have a plan for your pets, check the petrol level in your car, stay informed and make your home safe.

In thanking Tammy and Hamish Bruce said that everyone was affected by the Cyclone in different ways and being prepared was the most important aspect.



NCC's Michele Grigg,
Tammy Arendse and Bruce Carnegie

Rapid Antigen Tests free until June



Additional supplies of COVID-19 rapid antigen tests (RATs) have enabled continued free testing through to the end of June.

P2/N95 masks also remain free for people at higher risk of getting very sick from COVID-19 until 30 June.

They will be available through the established national distribution network and some pharmacies, as listed on <https://www.healthpoint.co.nz/>

If you live rurally, have a disability, are immunocompromised or experience some other difficulty getting RATs, you may be eligible for additional help, including delivery if necessary. To find out, call 0800 222 478.

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

IMPORTANT: If you already have RAT test kits, DO NOT use them after the expiration date.

Butler & Hewitt 10% DISCOUNT on parts for Grey Power Members (please advise when booking)

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**

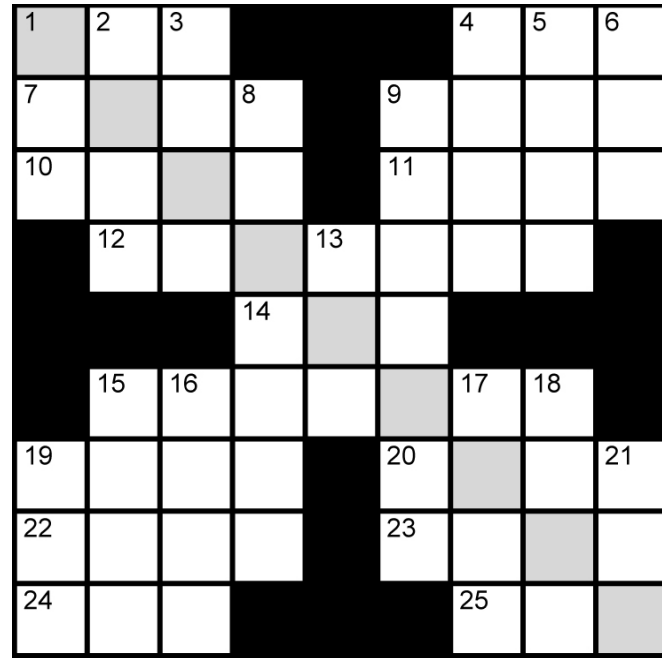
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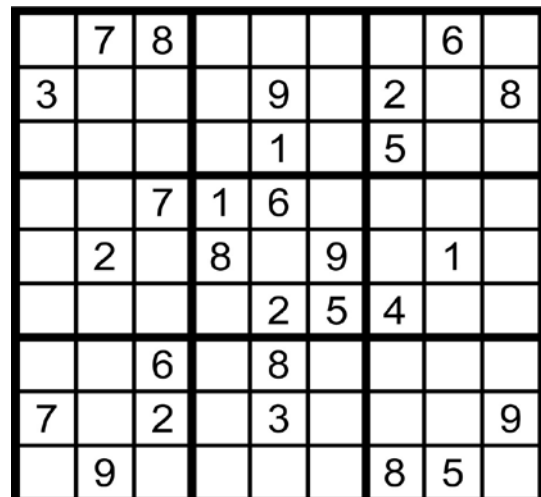
Holiday Goal



Across
 1. Movie SFX
 4. Short snooze
 7. Neural network
 9. Cheek
 10. Scream

ANTS	GARLIC	QUINOA
ASH	GORILLA	RICE
ASPHALT	HAIR	SKUNK
BEANS	INK	SNAKE
BEAR	LABRADOR	SOOT
CAT	MASCARA	SWAN
COAL	NIGHTTIME	TAR
CORMORANT	ONYX	TARMAC
CROW	PANDA	TEA
DRESS	PANTHER	TOP HAT
EBONY	PENGUIN	TUXEDO
	PIRATE FLAG	VAMPIRE
	PUG	WITCH

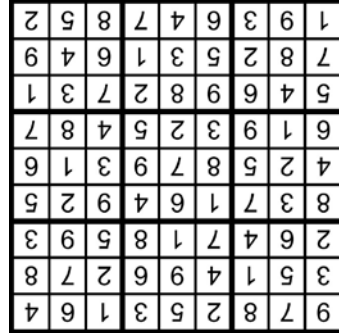
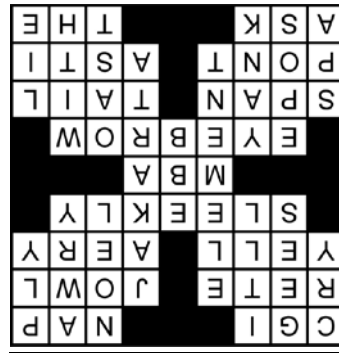
SUDOKU



11. Eagle's nest
 12. In a smooth manner
 14. Wharton degree
 15. Facial feature
 19. Reach across
 20. Peacock's pride
 22. Bridge, in Bretagne
 23. ___ Spumante
 24. Inquire
 25. Café alternative

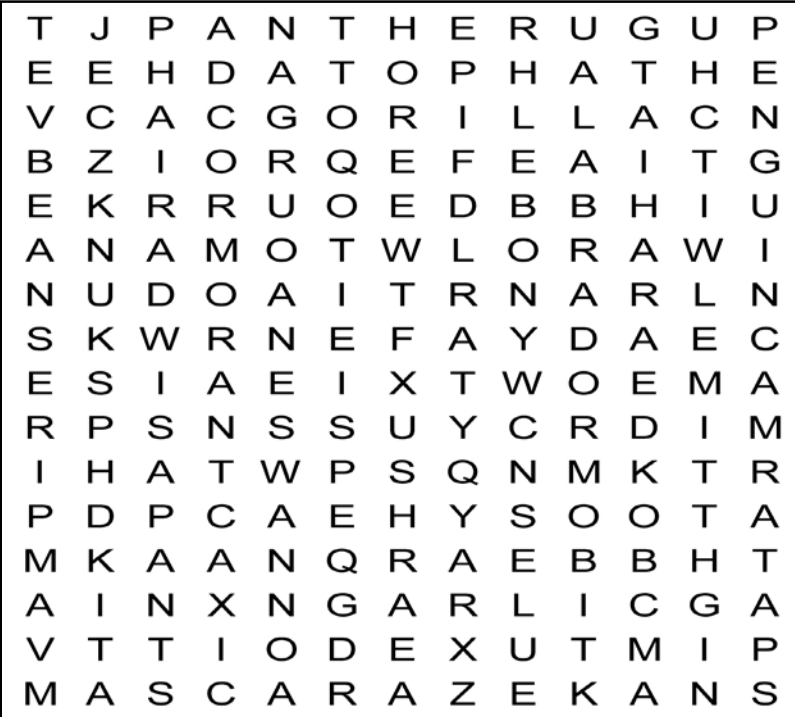
Down

1. Weep
 2. The Bee ___
 3. "___ have to do"
 4. Christmas carol
 5. Not straight
 6. Thickness
 8. Periodic table listing
 9. Capital of Indonesia
 13. "Chicago" lyricist
 15. Heroic poem
 16. Tug sharply
 17. Brewer's equipment
 18. Accompanying
 19. Hot springs
 21. Fanciful story



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

PAINT IT BLACK



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.*

Insurance Blues – a few tips

Editor: Having just had my \$4000 e-bike stolen, and finding out my insurance company will only pay \$2000 unless the value was listed on my policy (it wasn't), this is all about shopping around and reading the fine print!

If you're looking for ways to cut down insurance, Consumer NZ has some useful ideas on how you could save money on insurance.

- Go for a higher excess**
 A higher excess – the amount you pay if you need to claim – will significantly lower your premiums. It could be more painful at claim time, but if it's the difference between keeping or cancelling a policy, it would be easier to find the cost of the higher excess than paying to replace your uninsured belongings. Just don't make it so high you wouldn't be able to pay it.
- Shop Around**
 You can often find big savings by spending time comparing insurance. Consumer NZ found there was an annual price difference of more than \$300 between the most expensive and cheapest contents insurance policies.
- Consider an alarm**
 Ask your insurer if they will give you a cheaper premium if you install an alarm or cameras. If you were considering it anyway, you may find the saving subsidises the cost of installation.
- Pay annually**
 If your budget can stretch to paying your premiums annually, you'll get a discount.
- Reassess your needs**
 No one wants to spend their spare time reviewing their insurance needs but you could save hundreds each year. Your life insurance needs will be different if you no longer have dependents living at home and have repaid your mortgage.
- Consider third-party**
 It might be tempting to cancel your car insurance if it's not worth a lot, but if you cause an accident, you could be responsible for the damage you caused to another car. You could consider the cheaper third-party option that will cover you just for the damage to the other car. You can also get a third-party fire and theft policy, which covers you if your car is stolen or damaged by fire.
- Have policies with the same insurers**
 If you have one insurer you could get a multi-policy discount, up to 20%. You should only stick with the same insurer if the price is right.

ANZAC DAY 2024



The Treaty and Me

Thinking ahead to 2040, and the 200th anniversary of the signing of the Treaty of Waitangi, what will our grandchildren's community look like?

Will the national values of fair play kick in as we work out how we honour the agreement made by our ancestors in 1840?

“New Zealand has a harmonious Treaty-based future ahead, it's just a question of how long it takes to get there,” is what Neill Gordon, one of the organisers of an upcoming free Winter Lecture series on the Treaty of Waitangi, said.

“If you live in Aotearoa you're either Tangata Whenua or you're Tangata Tiriti - here, thanks to the welcome laid out at Waitangi in 1840. The Treaty is our foundation as a nation and the positive relationship it promises is what our speakers will be focussing on over four Thursday nights in Napier and Hastings.

“As Pakeha, when we speak up for Te Tiriti, we're both acknowledging we've not held up the end of the bargain settlers struck and saying it's not too late to put that right. If we're honest with ourselves, we won't stand comfortably on this land until we do.”



Former New Plymouth Mayor Andrew Judd kicks off The Treaty and Me series in Napier on June 13 talking about “Standing up as Treaty Partners.” Judd, who calls himself a recovering racist, will challenge and inspire, a good place to start showing how Te Tiriti offers all New Zealanders a solid place to stand, Neill says.

“These four talks are for everyone, but particularly those keen to hear how the Treaty is key to New Zealand's harmonious future. There might be bumps in the road but the younger generation especially understand the path we're on and why honouring Te Tiriti is not just the right thing to do, it's inevitable and is in fact, the only way forward.”

Judd's June 13 talk at St Paul's Presbyterian Church in Napier will discuss what it means to be Tangata Tiriti and how we can be proactive. A staunch advocate for Maori wards, Judd's talk will be timely, with our local councils facing the coalition government's attempt to get rid of them altogether.

The audience will have the opportunity to put forward written questions to be addressed during a panel discussion on each of the four evenings.

The series continues fortnightly on Thursdays, alternating Napier and Hastings, for 8 weeks.

On June 27 at St Matthew's church in Hastings, veteran community campaigner (and a member of both Black Power and Grey Power!) **Denis O'Reilly from Waiohiki along with Central Hawke's Bay author Mary Kippenberger** will help the audience lift their eyes to their mokopuna's future with a talk called 'Imagining Matariki 2050'.

On July 11 at St Paul's in Napier, the topic is 'What does honouring the Treaty look like?' The panel that night is **environmental lawyer and Regional Councillor Martin Williams, Auckland Kirsty Fong of Asians Supporting Tino Rangatiranga and Napier-based Treaty educator and podcaster Gwyn John.**

The series concludes with 'Living a Treaty-based future – a youth perspective' at St Matthew's in Hastings on July 25.

Napier City Councillor Maxine Boag, one of the organising team said they have “warmly invited tangata whenua to these lectures, but our kaupapa is on how we as tauiwi (non-Maori) can stand up as Treaty partners.

“We've chosen our speakers very carefully as people who we know are not afraid to look at the Treaty. They will all offer a positive way forward.

“We do not want to lean on Maori, they are very involved in their kotahitanga (unity) and we want to inform and strengthen Tangata Tiriti sufficiently to stand beside them.”

Organisations supporting the free lecture series are the Waipureku Waitangi Trust, Sustainable Hawke's Bay, Tangata Tiriti Aotearoa, St Matthew's Anglican Church and St Paul's Presbyterian Church.

Details:
Free Thursday lecture series.

All nights the doors open at 6.30 for tea and cake, talks start at 7pm and finish at 9pm.

Website: <https://tta.org.nz>

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Free Thursday Lecture Series

The Treaty & Me

June 13 Standing up as Treaty Partners
Andrew Judd
7 - 9pm St Paul's Tennyson St Napier

June 27 Imagining Matariki 2050
Denis O'Reilly, Mary Kippenberger
7 - 9pm St Matthew's King St Sth Hastings

July 11 What does honouring the Treaty look like?
Martin Williams, Kirsty Fong, Gwyn John
7 - 9pm St Paul's Tennyson St Napier

July 25 Living a Treaty-based Future:
A Youth Perspective
7 - 9pm St Matthew's King St Sth Hastings

Cuppa and cake from 6.30, speakers from 7pm

More: ttaotearoa@gmail.com
tta.org.nz

Fair Go petition



The TV programme Fair Go is being taken off the air. Over the years consumer affairs experts have done great work and helped a large number of Kiwis from being ripped off by scams and untrustworthy people, and providing them with support and guidance.

If you want to express your concern about Fair Go's future, there's a petition at:
<https://tinyurl.com/yc36cx83>

Out delivering Council rates bills so I brought an assistant.....



MEMBERSHIP RENEWALS

Many thanks to all the members who renewed after the last reminder - there were so many of you that I am still processing the renewals.

If you are unsure whether you have paid - please check your Grey Power Membership Card. If the label is YELLOW then you are a current member. Any other colour label and you have still to renew.

Many thanks

Linda Mellor | Membership Secretary

Another month ends

All targets met

All systems working

All customers satisfied

All staff eager and enthusiastic

All pigs fed and ready to fly

THINGS YOU CAN DO TO HELP US

We welcome your membership.

There are ways to make joining easier at both ends:

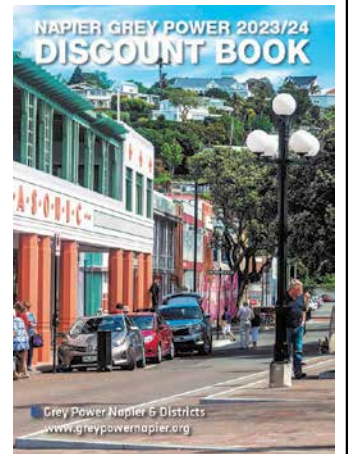
- When paying by Internet banking, or across the counter at the bank, please include your surname and membership number. We have 13 Smiths, 11 Johnstons and 8 HARRISES on our database so having the membership number helps a lot – even if you don't have a common surname!
- Let us know if you change your 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 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
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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

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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

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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
18 June 2024**

**Mayor Kirsten Wise
Council Update**

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

