

Grey power

Wellington Central

"We're part of your future"

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2016

AUG-NOV



Christmas Lunch

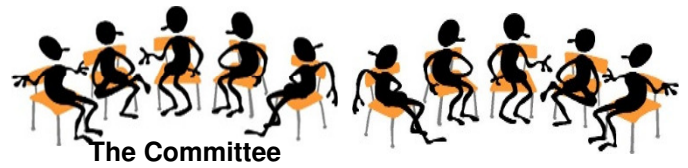
To wrap up this year the Committee has booked a **Christmas lunch on Thursday 24th November at 12:30pm, in the Grand** (Courtenay Place, next to the St James).

Put it in your diary now!

Once again there will be a \$15 per head subsidy for members only.

Please let Caroline know if you are coming.

Phone 384 2646, by 16th November.



The Committee

A Message from GP Federation

The Grey Power Federation office is concerned about the tactics of the newly-formed potential political party "NZ Seniors Party".

Tom O'Connor, President of the Grey Power Federation, said: "Grey Power is NOT a political party: we are non-sectarian and non-party political. The only reason we get invitations to speak with senior MPs from all political parties in Parliament is because we are not a political party ourselves. That is too valuable to give away.

"In spite of several clear explanations that Grey Power is not aligned to any political party, we are still getting requests to join with the NZ Seniors Party. There now seems to be an air of desperation in these attempts, which is probably because they have yet to get sufficient members to register their party before the general elections next year.

"It seems that this new group are trying to obtain copies of Grey Power's membership lists. This is not what we hold lists for, and be assured that we would never give them to any outside parties."

If you are interested in finding out about them, as a citizen you are entitled to, but please be careful about passing on information that is not permitted to be shared. We guard our independence and our privacy very strongly.

Notes on the Committee's Activities.

We thought it was timely to update you on what is going on both with public meetings and what your Committee is doing.

- We held a public meeting at the beginning of September at Malvina Major.
It was an opportunity for an audience of 100+ people to hear what the mayoral candidates had to say and ask questions. Those attending gave a favourable response to the meeting..
We would like to have at least one public meeting a year at this venue. We hope this will suit members, especially those who live on that side of town.
- We are discussing shared strategies with the National Grey Power Federation.
- We will continue to lobby Govt and WCC about Super Gold Card entitlements.

**The secret to living well and longer is:
Eat half, walk double, laugh triple and love
without measure.**

Tibetan Proverb



Age Friendly Cities A report on a talk by Dr Kathleen Brasher

As one of the Grey Power Wellington Central Committee, I was recently fortunate to be able to attend an interesting and stimulating talk organised by the Wellington City Council Social Services Department.

Dr Brasher is a member of the World Health Organisation Strategic Advisory Group on Age Friendly cities and shared with us her considerable experience of working both in Canada and her native Australia. She gave us the WHO phrase 'Inspiring a new vision of later life' as a way to think about planning for older people, but then asked the question 'Who is the older person?' Clearly there will be increasing numbers of us in the years ahead.

She then asked the audience some questions relating to Wellington. What would an Age Friendly Wellington look like? What is good about Wellington and what could make it better. She pointed out that the Social Environment is equally as important as the Physical Environment.

There was lively discussion, with a number of questions from the floor. Dr Brasher said that changes in planning and catering for older people usually needs to come from beneath, but there also must be positive leadership for useful change to occur.

It is good that Grey Power in Wellington is now on the invitation list for sessions like this, and encouraging that the Council is thinking of our needs.

Caroline Hubbard



RATES QUOTED FOR GREYPOWER

Group Booking Reference: **FA5477**

GST included. Bookings subject to availability.

| | | |
|-------------------------------------|--------------|----------------|
| Fares: Peak Each Way | Adult | \$52.00 |
| | Child | \$25.00 |
| Campervan/Motorhome up to 5.5mt | | \$170.00 |
| Additional half metre | | \$42.00 |
| Car/Ute/Van/4WD/trailer up to 5.5mt | | \$137.00 ea |
| Additional half metre | | \$22.00 |

Peak Dates: 19/12/16-28/2/17; 13-18/4/17

| | | |
|-------------------------------------|--------------|----------------|
| Fares: Off Peak Each Way | Adult | \$45.00 |
| | Child | \$25.00 |
| Campervan/Motorhome up to 5.5mt | | \$142.00 |
| Additional half metre | | \$37.00 |
| Car/Ute/Van/4WD/trailer up to 5.5mt | | \$124.00 ea |
| Additional half metre | | \$19.00 |

Off Peak Dates: 1/3-12/4/17; 19/4-18/12/17

Some conditions and instructions for members :

- Reservations to be made direct with Interislander at <http://www.interislander.co.nz/Booking/Group-Bookings.aspx> by entering FA5477 into the group discount code box.
- **Greypower membership card to be shown at check-in or full retail fare will be charged.**
- **For a full list of fares and conditions see our website www.greypowerwellington.org.nz**

Wellington CarFit Event Saturday 26th November

CarFit is a free community education service that helps older drivers make the best use of their vehicle so that they can continue to drive safely and retain independent mobility for as long as possible.

The programme involves a 12-point check-up of things like the driver's positioning in their car, their field of vision and use of all vehicle controls to increase driver safety. CarFit also gives participants tips, advice and information about products or services that older drivers might benefit from. A check takes about 20 minutes and involves trained community volunteer technicians and health professionals working individually with each participant to ensure they 'fit' their vehicle properly.

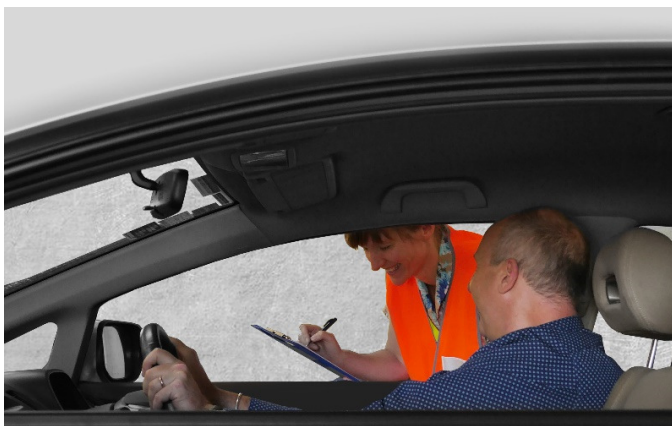
CarFit is based on CarFit in the USA, which was created by the American Society on Aging and developed in collaboration with American Automobile Association, AARP and the American Occupational Therapy Association. The programme has been adapted for New Zealand by the NZ Automobile Association with advice from the NZ Association of Occupational Therapists. Local government and non-profit community groups help to run CarFit events.

Wellington City Council, Wellington Host Lions and Johnsonville Lions

are running a CarFit session on Saturday 26 November from 10am

at St Brigid's School in Phillip St. Johnsonville.

Bookings are essential, phone 04 803 8330.



Is your car well-adjusted to fit you?

CarFit is a free programme that shows older drivers how to set-up their car so they are in the best position physically, have the greatest range of vision and can access all controls.

Come meet our friendly team of volunteers and learn how to adjust your car to fit you. Appointments essential phone 04 803 8330



Advance Care Planning

Planning for our Future

We are human and we love to plan. We plan for holidays, celebrations, events and even things that will probably never happen such as winning lotto. There is one area, however, that we don't like to plan for or even discuss and that is our end-of-life. It's a difficult and important topic and unfortunately talking about dying has become a taboo subject in our society.

Advance Care Planning (ACP) is the process of thinking about, talking about and writing down our wishes for future and end-of-life. It's about identifying what matters to us – our hopes and personal beliefs. It is good to start this process when we are well. ACP sits alongside writing a will and appointing an enduring power of attorney as part of the organizing and planning that we should be doing for our end-of-life.

Around 85% of us will die from a chronic illness (not suddenly) and more than half of us will not be able to communicate our wishes towards the end. Talking with our whānau and health professionals about what we might want if we are unable to speak for ourselves at some time in the future will mean that we have some control over the choices that are made and will make a difficult time much less stressful for family.

New Zealand is very lucky to have a National Advance Care Planning Cooperative (established 2010) who have been helping break down the taboo of thinking about and planning for our future and end-of-life by promoting us to have these conversations at home and with our health professionals. See www.advancecareplanning.org.nz for a wealth of information and resources.

How do you do Advance Care Planning?

- 1) Think about your beliefs, values and goals for what is important in your life. You might like to start by working through the questionnaire: [Thinking About Your Future Healthcare](#)

<http://www.advancecareplanning.org.nz/assets/ThinkingAboutYourFutureHealthCare.pdf>

- 2) If relevant, talk to your general practitioner (GP), hospital doctor &/or other health professionals and find out more about any illness you have and what may occur in the future.
- 3) Talk to your whānau and friends about your wishes for health care in the future.
- 4) Choose a person to be enduring power of attorney (EPoA), and discuss your beliefs, values, goals and wishes regarding medical treatment with them.
- 5) Write your choices and wishes in an [Advance Care Plan](#).

http://www.advancecareplanning.org.nz/assets/Advance_care_planning_Leaflet.pdf

Give copies of your ACP to relevant people. This includes your GP and EPoA. It may also include your family, friends, hospital, and lawyer.

Health services in Wairarapa, Hutt Valley and Capital & Coast district health boards are working on increasing the amount of advance care planning offered to people

they care for. This includes many General Practices, hospital services and hospices. Part of the current ACP work is also aimed at educating public about what ACP is and why it is useful and important.

Speakers are available across the region to come to talk to community groups. Such presentations are resulting in lively discussions. Here's some feedback from one couple at a retirement village after a recent ACP presentation:

"It's funny to say that we have enjoyed facing our own mortality but we have! We really enjoyed being able to talk about this freely. We are also aware that we don't want to become too bogged down in the serious or negative stuff and we can see that part of this [advance care planning] is planning how to spend our years – thinking about what's important and gives us joy"

Helen Rigby – 3DHB Advance Care Planning Project Manager:
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SOBERING PREDICTIONS FOR AGED CARE

OTAGO DAILY TIMES

By [Simon Hartley](#)

<https://www.odt.co.nz/author/simonhartley>

Westpac industry economist David Norman tackles the vexed issues of New Zealand's ageing population and the future of its 20 district health boards. His findings do not bode well for the public, ODT senior business reporter Simon Hartley reports.

New Zealand's ageing population should lower their expectations of healthcare during retirement, as the cost and increasing type of treatments outweigh the country's ability to pay for health services for the aged.

World Bank estimates are that New Zealand's health spending per capita has quadrupled in less than 20 years, the majority of it (about 82%) provided by the public healthcare sector.

Despite the proliferation of independent-living retirement villages during the past five to eight years, including the successes of listed companies Ryman Healthcare, Summerset and Metlifecare, there is a "huge gulf" developing for those who cannot afford that level of care, Westpac industry economist David Norman says.

"Those type of companies [Ryman, Summerset and Metlifecare] provide about 40% of the bed numbers, while 60% are your small, independent, local rest-homes with 25 or 30 beds. But they are closing," he said of tightening financial support from the Government.

The Government's Vote Health budget for 2016-17 is \$16.1billion.

Read more: <https://www.odt.co.nz/business/sobering-predictions-aged-care>

The Coffin Club: Elderly New Zealanders building their own caskets

Quilting, lawn bowls and bridge it is not. Elderly people in New Zealand are enthusiastically embracing a new pastime: coffin construction.

Scores of retirees across the country have formed clubs so they can get together and build their own coffins. They say the activity is cost-saving and helps to combat loneliness.

The original coffin club was founded in Rotorua in 2010 by former palliative care nurse Katie Williams, 77. Since then the model has spread around the country, and there are now a dozen coffin clubs operating in both the North and South Island.

“Because of my work and my age I had become a perpetual mourner,” says Williams.

“I had seen lots of people dying and their funerals were nothing to do with the vibrancy and life of those people. You would not know what they were really like. That they had lived and laughed and loved. I had a deep-seated feeling that people’s journey’s deserved a more personal farewell.”

Williams initially launched the Kiwi Coffin Club in her garage, with no tools, no volunteers and no idea how to construct a coffin. But after a host of handy local men came on-board – she calls them “the darlings” – the club took off, and soon moved to a larger facility to cater to its swelling numbers.

Read more: Google ‘the coffin club nz’, OR <https://www.theguardian.com/world/2016/sep/22/the-coffin-club-elderly-new-zealanders-building-their-own-caskets/>.

(reprinted from Helen MacDiarmid’s 50s Forward News & Views 20160930)

GREY POWER WELLINGTON CENTRAL: Committee members for 2016-2017

| | | | |
|------------------|----------------|----------|--|
| Joan Brown | Telephone Tree | 479-3420 | |
| Lloyd Falck | Adviser | 476-2993 | Lloyd.falck@clear.net.nz |
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| Pat Hubbard | Adviser | 384-2646 | pathubbard@xtra.co.nz |
| Ray Markham | Membership | 478-6091 | rbmarkham@clear.net.nz |
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| Bernie Pool | Adviser | 476-7696 | bernadinepool@gmail.com |
| Elaine Scoble | Editor/Website | 461-6399 | escoble@vodafone.co.nz |
| Terry Scoble | Treasurer | 461-6399 | terrys@xtra.co.nz |

GREY POWER WELLINGTON CENTRAL: MEMBERSHIP APPLICATION FORM

| | | | |
|--|----------------------------|--|----------------------|
| Name: Mr/Mrs/Miss | | Membership Number: (for Renewals) | |
| Address: | | Phone No: | |
| | | Mobile Ph: | |
| | | Post Code: | |
| Email: | | Date of Birth: | |
| Subscription for year: | Apr 2016—March 2017 | Individual (\$15) | Couple (\$20) |
| Donation: \$ | | (Amount) \$ | |
| I am interested in helping: <ul style="list-style-type: none"> • Giving a lift to a member in my area to meetings • Helping with phoning members reminding them of meetings • Working on the Committee Anything else? | | Do you want to receive promotional material? YES / NO | |
| Payable by cheque (payable to “Wellington Central Grey Power”: attach to this form) Or: pay by Internet Banking to Kiwibank, A/c 38-9008-0407615-00 (Please include your name and/or membership number in banking details and send this form to PO Box 13-755 Johnsonville) | | | |
| PLEASE NOTE: Processing of your application cannot be completed until payment has been received | | | |