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FEB - APR
2017

**Grey Power
Wellington Central AGM**

Friday 28th April 2017

At Anvil House, 10:30am.

Refreshments at 10:15am

The Agenda will include:

*Annual Reports
(Chairman Bruce and Treasurer Terry)*

Election of Committee for 2017/18

Discussion of other matters – anyone present.

See you there!

Thinking Of Living In A Retirement Village?

Grey Power members and interested others are invited to attend Retirement Villages Seminars

- **Wellington, 3 May**

The Retirement Commissioner works to ensure the legislative framework for retirement villages is effective in protecting residents within a well-functioning market, and that retirement village operators comply with the Retirement Villages Act 2003, regulations and the Code of Practice.

(.....Continued from previous column)

The upcoming seminar series can provide information and practical tips for intending residents and their families.

The Commission for Financial Capability is running free seminars about living in retirement villages with support from the Retirement Villages Association and experienced legal practitioners.

These seminars are for intending retirement village residents and their families.

The seminars will focus on things to consider before choosing to live in a retirement village and practical tips before you sign up to live in a retirement village.

Speakers from the Commission, Retirement Villages Association and legal profession will discuss types of retirement village structure, costs and operations. The seminars will also explain some important resident's rights and where you can find out more information.

The seminars are 90 minutes long and include plenty of dedicated question and answer time throughout the event. Tea, coffee and light refreshments will be provided.

Event Registration:

Places are limited, so registration is essential.

For further information, or to register your attendance please call 0800 268 269.

- **Wellington, 3 May**

Note: there are plans for additional seminars in other towns. Email your contact details to troy.churton@cffc.org.nz and he will let you know which new venues and dates have been arranged.

Jan Pentecost
Board Secretary
Grey Power New Zealand Federation Inc.

New Zealand Could Lead Age-Friendly Agenda

Being a long way from anywhere with a small population can be isolating but it can also present opportunities.

A leading expert on the ageing revolution, Dr Alex Kalache, says precisely because New Zealand is small and has a highly urbanised population, it is well placed to adopt new ideas.

The co-president of the International Longevity Centre in Brazil has long promoted the concept of age-friendly communities, with hundreds of cities worldwide taking on the challenge.

Work on the concept is beginning in a number of places around New Zealand, including Kapiti, New Plymouth, Palmerston North, Tauranga and Napier, and there is also interest in pursuing the venture by other areas.

The emphasis is on creating a community for all ages, be it from wide ramps which work for both wheelchairs and pushchairs, to good transport links, access to information and strong social connections between generations, among other priorities.

Read more:

<http://www.superseniors.msd.govt.nz/age-friendly-communities/age-friendly-communities/new-zealands-ageing-revolution.html>

Helen McDiarmid

ADVICE FROM SOME OLD PEOPLE

Years go by in the wink of an eye.

Don't marry young.

Live your life.

Go places. Do things.

If you have the means or not.

Pack a bag and

go wherever you can afford to go.

**While you have no dependents,
don't buy stuff.**

Any stuff.

See the world.

**Look through travel magazines
and pick a spot.**

GO!

Helen McDiarmid

Christmas Lunch 2016 – some of us!



YOU DON'T HAVE EMAIL?

We have been emailing out news that can't wait until the next Newsletter – but if you don't have an email address, you haven't been getting these additional messages. It's a question of affordability – but we'd really like to get the news to you all!

If you don't have email, is there someone who could receive your messages and pass them on to you? A neighbour, or relative, or friend? Please let us know their email address, and we will be delighted to include you (and them) in these email blasts.

The Way To Fix An Ageing Society Is By Redefining Who Is Old

Getting old is scary, but most people in their sixties reckon they have a way to go before yet.

When do you become a senior citizen?

That's an increasingly important question in Japan, the world's oldest nation, where the challenge is to keep people healthy and productive as they live longer.

The answer should be 75, ten years older than many people think now, according to two groups of medical experts who specialise in ageing.

Today's senior citizens are much fitter than past generations.

People aged 65-74 ought to be thought of as "pre-old," the Japan Gerontological Society and the Japan Geriatrics Society said in a report last month. "Old" would be better defined as 75-89, and a special label of "super-old" could be adopted for people 90 and above, they said.

Read more:

<http://www.stuff.co.nz/business/world/89550356/the-way-to-fix-an-ageing-society-is-by-redefining-who-is-old>

George Heard/Fairfax NZ

28 March 2017

High patient numbers causing longer waits in Wellington ED

People may wait longer to be seen at Wellington Regional Hospital emergency department because of high patient numbers.

Chief medical officer John Tait says more people are using the ED, and the hospital is experiencing high occupancy.

Around 180 patients present to ED daily. Numbers reached 196 on Saturday and 182 on Sunday.

Meanwhile, hospital occupancy has been consistently above 93 percent for the past month

“High patient numbers mean people coming to ED with non-urgent illnesses or injuries are waiting longer than usual,” Mr Tait said.

ED prioritises people by the severity of their injury or illness – not the order of arrival – and staff are doing a great job to safely manage the large volume of patients.

“There’s no single reason why we’re busier, but we’ve noticed people coming to ED are sicker and need to be admitted.

“With winter approaching, people should remember to take care of themselves – getting the flu vaccination, and visiting their GP if they’re unwell. This may prevent the need to come to hospital for treatment later.”

Anyone unsure about whether they need ED care should contact their GP or call Healthline (0800 611 116) for free advice from a registered nurse.

For our latest news, visit www.ccdhb.org.nz or www.facebook.com/CCDHB

Media contact: Chas Te Runa – 027 230 9571

Kiwis Urged To Start Conversations That Count

You may be hearing a lot about ‘conversations that count’ this month. That’s because **April** is the month that Kiwis are being asked to think about, talk about and plan for their future and end-of-life care.

With the theme ‘**Get them talking**’, Conversations that Count Day on 5 April encouraged people to think about and share with their loved ones what was important to them as they neared the end of their life.

Dr Barry Snow, clinical lead of the National Advance Care Planning Cooperative, says having an **advance care plan** is a great way to record this information and share it with your family and health care team. “For example, what medical treatment would you want if you had a life-threatening illness? Would you want to be kept comfortable with your pain controlled, or for your life to be prolonged with active life-support medical treatments?”

“What is important to you and gives your life meaning? This might include people and pets, your values and the ways you would like those caring for you to look after your spiritual, cultural and emotional needs.”

Dr Snow says having an advance care plan is particularly important if you become too unwell to tell your loved ones and health care team what you want yourself.

“Many people see having an advance care plan as an important gift as it can relieve loved ones of the burden of having to make decisions on their behalf.”

Arthur Te Anini agrees. He has chronic obstructive pulmonary disease, or COPD – an umbrella term for emphysema, chronic bronchitis and chronic asthma – a chronic illness which he knows will limit his life.



Arthur Te Anini

It’s a sobering thought, but the ex army man understands that thinking about and planning for his future and end-of-life care makes everything much less scary.

So, Arthur (Ngāti Whanaunga) has completed an advance care plan that tells his whānau and health care team what’s important to him and the end-of-life care he’d like. (Continued on next page...)

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"Having been in the army, the idea of an advance care plan appealed to me," he says. I could see it straight away. It presents clear information, not just for me, but for my family and medical team too.

"For example, if I reach the stage where I can't speak and prolonging my life would be futile, I don't want to be kept alive by having a feeding tube or being hooked up to machines. My advance care plan was an opportunity to say that to my medical team, while I could."

Arthur's plan also says that if he is unable to speak for himself it's important to him that he is "kept presentable – clean shaven, fingernails cut and

wearing clean clothes. Where I am isn't important to me, but I'd like to hear familiar voices singing and talking".

"It's a huge relief to have done my advance care plan and to know that my whānau and my health care team are aware of it. I can still change it at any time, but it means I am free to enjoy my life."

There are lots of free resources to help Kiwis think about and prepare their advance care plan at <http://www.advancecareplanning.org.nz>

Submitted by Helen Rigby

*- Advance Care Planning Project Manager
(Wairarapa, Hutt Valley & Capital & Coast District Health Boards)*

Helen.Rigby@sidu.org.nz

Time to get Your Free Flu Protection

Influenza.
Don't get it.
Don't give it.
Get
immunised.

If you are aged 65 years or over, you should consider getting your annual influenza immunisation – it's available free for you from your doctor or nurse from March until the end of July.

Influenza or 'the flu' isn't just a 'bad cold'. It is a serious

disease that can put people of any age or state of health in bed for a week or more, lead to complications such as pneumonia or organ failure, a stay in hospital, or even death. As you age the risk from influenza complications increases, no matter how fit or healthy you think you are. For advice about influenza immunisation visit www.fightflu.co.nz or call 0800 IMMUNE. The influenza vaccine is a prescription medicine. Talk to your doctor or nurse today about the benefits and possible risks.

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 2017—March 2018	Individual (\$20)	Couple (\$25)
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 Cash or cheque 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			



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NGĀ WAKA · NE

RATES QUOTED FOR Greypower

Group Booking Reference: **FA5477**

The below rates are based on prices to date,
inclusive of GST and subject to availability.

Fares:	Peak Off
Each Way	
Peak Each Way	
Adult	
0	\$52.0
0	\$45.0
Child	
0	\$25.0
0	\$25.0
Motorcycle	
0	\$49.0
0	\$39.0
Campervan/Motorhome up to 5.5mt	
00	\$170.
00	\$142.
Additional half metre	
0	\$42.0
0	\$37.0
Car/Ute/Van/4WD/trailer up to 5.5mt	
00 each	\$137.

00 each	\$124.
Additional half Metre	
0	\$22.0
0	\$19.0
Premium Lounge (Kaitaki & Aratere)	
0 18yrs plus	\$45.0
00 18 yrs plus	\$45.

Dates:

Peak Dates:

Peak Off-
01-28
01
13-18
19
February 2017
March – 12 April 2017
April 2017
April – 18 December 2017

Group Booking conditions and instructions for members are:

- Reservations to be made direct with Interislander online at <http://www.interislander.co.nz/Booking/Group-Bookings.aspx> by entering FA5477 into the group discount code box.
- Space is subject to availability at the time of the booking request.
- Bookings are 90% refundable if cancelled up to 1 hour before departure.
- Date and time changes allowed up to 1 hour before departure without penalty, subject to availability.
- **Greypower membership card to be shown at check-in or full retail fare will be charged.**
- Fares subject to change with notification.

If booking from outside NZ you will need to request your booking be made via email to groups@interislander.co.nz

Other stuff