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**FEB - MAR
2018**

President's Column

Hello there everyone. Welcome to our new year for Wellington Central Grey Power.

This year the new Government has addressed the issue of access to cannabis for the chronically ill. There is good evidence however to show that, properly administered, it is an effective sedative and pain inhibitor without many of the nasty side effects of conventional medications.

On that basis the Grey Power Federation Board established a policy, in November 2016, to support open access to cannabis-based pharmaceuticals on prescription from a GP but not to support home grown cannabis for self-medication.

As it turned out the Government Bill to be considered, is far too restrictive and does not go anywhere near far enough.

The Government Bill would provide a defence against criminal prosecution for terminally ill people, within a year of dying, using cannabis. It would still be an offence to grow and supply cannabis. That is clearly a nonsense as there are many people with chronic, debilitating pain who would benefit from having access to cannabis-based medicines. Grey Power intends to continue to advocate on this throughout 2018.

The other news has been my decision enter the race for the national Presidency of Grey Power New Zealand. I believe I would bring to the role a set of skills based around my past that would serve Grey Power in the future

Lloyd Falck

President, Grey Power Wellington Central

Grey Power Wellington Central Annual General Meeting

Notice is hereby given that the AGM of Grey Power Wellington Central will be held on **Saturday 5th May 2018, starting at 2pm.** to be held at the Seniors Room at the Central Library. Light refreshments will be provided.

Nominations for any position on the Committee should be sent to the Secretary beforehand. The nomination should be signed by two members, and also have the signed assent of the nominee. (Nominations may also be notified from the floor).

We are planning to have a very interesting speaker – details will be announced shortly.

Our Next Members Meeting

– the first for 2018 – will be held at Malvina Major on **Thursday 5th April, with morning tea at 10am, and the speaker from 10:30am.** The speaker is Dr Alistair McDonald, who will discuss the Sustainability of Health Services.

You can't go back and change the beginning, but you can start where you are and change the ending.

C.S. Lewis

Easy steps to learn to Skype and use your phone – FREE!!

- What's Facetime, & how do I use it?
- I need help making a skype call
- Want to learn the difference between wifi and data so you don't spend too much money.

You're not alone! Let's chat about it over a cup of tea, and ask all the questions you've never had a chance to ask.

When: **2-4pm Tuesday 20th March**

Where: **Newtown Community Centre, Ground floor**

Who: **Anyone with questions! All ages welcome.**

Enquiries to 0275 234559

Email: janethorwell@gmail.com

NB: Our apologies for missing the dates for this – give Jane a call (or email) to see if she is running the session again.



New Zealand Council Of
Christian Social Services

Excerpts from the latest NZCCSS Newsletter

Policy Watch

Loneliness and isolation is a crucial issue for older people, with recent research identifying that one in five of older New Zealanders that are referred to health services for assistance are lonely. Researchers Sally Keeling and Hamish Jamieson from Otago University used the data from needs assessments of 72,000 older people to identify that [15,000 of them were lonely](#). As the researchers say, interactions with others in the community are important to help people maintain their lives in the community, while loneliness can make health conditions worse, such as chronic pain, depression and respiratory conditions. This research supports the experience of [social services working with older people in the community](#) that identify isolation and loneliness as significant problem for older people in our increasing fragmented society.

To read Policy Watch in full go to:

<https://mailchi.mp/nzccss/policy-watch-february-2018?e=265ef5e189>

extracted from article in *50s Forward News & Views* – by Helen MacDiamid. With thanks

Put your hand out for your free \$700 if you're a pensioner

We need to do nothing at all to qualify for this pay-out. For 2018 it won't be the whole amount though, as this year it will be from July to September.

However, in 2019 it will come in from May to September.

Should you need to call the "NZ Superannuation line", their ONLY number is 0800 552 002

(With thanks to Wainuiomata Grey Power newsletter "Grey Natter")

New Zealand's ageing workforce - the elephant in the room for many companies

Julie Iles – Business Day - Stuff

With more New Zealanders working into their retirement and an ageing population, companies need to figure out how they can keep their older workers happy, or risk bearing the brunt of an oncoming skills shortage.

Growing numbers of superannuitants are working in supermarkets, driving buses or staying longer in the construction and agricultural sector.

At Countdown, where the oldest employee is 83, 1600 of its 18,000 staff are over the age of 60.

General manager of people and culture Lauren Voyce said older workers offered a lot of value through their "institutional knowledge".

"A lot of companies are concerned with how to recruit and retain millennials when in fact, New Zealand's population is aging and we're living longer than ever before ...

"By 2050 there's predicted to be 1.1 million people over the age of 65, so while many companies are focused on millennials I think it's important to think beyond that."

Yet research suggests many companies are being short-sighted on the matter.

Retirement Commissioner Diane Maxwell said a survey done last year by the Commission for Financial Capability found that of 500 organisations, 83 per cent had no policies or strategies in place for workers aged over 50.

Read more:

<https://www.stuff.co.nz/business/100998151/new-zealands-ageing-workforce--the-elephant-in-the-room-for-many-companies>

Reprinted from *50s Forward News & Views* – by Helen MacDiamid. With thanks

Powers of Attorney

Appointing an enduring power of attorney is second only to having a will in ensuring that personal, legal and financial affairs are kept in order according to your wishes.

Making a power of attorney is a straight forward procedure and could possibly be handled by your lawyer as an adjunct to other work such as a will revision at minimal cost.

It is important however that you choose your attorney very carefully. Remember that should the PoA have to be invoked that the person/s named will have complete control in the case of incapacity and should be absolutely trustworthy.

There are two types of enduring power of attorney:

- **Enduring power of attorney for personal care and welfare:** usually a close friend or family member (there can only be one at a time and it has to be an individual – not a trustee corporation) who makes decisions about your care e.g. selecting a rest home or deciding on medical treatment.

They can't make decisions about marriage or divorce, refuse standard or life-saving medical treatment, or consent to medical experimentation. This kind of enduring power of attorney comes into effect only when you lose your mental capacity. If a person has different attorneys for personal care and welfare and for property, both attorneys are required to consult each other regularly, to ensure that the donor's interests are not harmed by any breakdown in communication between them.

- **Enduring power of attorney for property:** you can pick one or more individuals or a trustee corporation to make decisions about how your property and finances should be managed. You can decide whether you want this to come into effect immediately or only when you lose your capacity.

It's possible to have one person who has enduring power of attorney for your personal care and welfare, and a different person who has enduring power of attorney for your property and finances.



Do you Need to Review and Update your Will?

When did you last review your will? As you grow older and your situation changes it is important for you to ensure that your will continues to be a reflection of how you want your estate to be dealt with.

Changes in personal circumstances such as divorce, partner death or additions to family could be good reasons for a review. Or it may be that you are entering into a new relationship that will result in agreements at variance with your existing will.

And even if you have none of these things you should still review it every three to four years.

(Reprinted from our 2017 Newsletter – Feb-Mar 2017).

Elderly couple's plight over expiring life insurance a 'timely reminder' to others, say Kiwi experts

NZ Herald

New Zealand insurance experts say an Australian case where a couple has been told their life insurance will expire soon unless they die is a timely reminder for people to get advice and regularly review their policies.

An elderly couple who have paid life insurance for more than 23 years are devastated after being told they wouldn't be paid out unless one of them died soon.

George and Irene Nesbitt, both 89, have paid more than \$31,000 in life insurance - but were told the money would expire if one of them didn't die in the next six weeks, before they turn 90..

Speaking with [A Current Affair](#), the distressed couple admit they only have a few hundred dollars to their name.

And they're worried their children will have to pick up the bill.

"I wanted to cover our own funeral, I didn't want [our children] to lay out anything," Irene Nesbitt said.

Read more:

<http://www.nzherald.co.nz/business/news/article.c>

Shingles Immunisation Programme

From 1 April 2018, people aged 65 years will be able to get one funded zoster vaccine from their GP/

There will also be a catch-up programme where, from 1 April 2018 to 31 March 2020, people aged from 66 to 80 years old will be eligible to receive a funded zoster vaccination.. The vaccine is available from your GP, and you will get the vaccination at the same time as your annual influenza shot. It won't be available through community pharmacies at this point, but this may be considered in the future.

(With thanks to Wainuiomata Grey Power newsletter "Grey Natter")

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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 Electricity (& Gas)

Are you taking advantage of the low rate on offer? Maybe it's time you had a look. Have your Grey Power membership number and last power bill to hand, then call. Freephone: 0800 785 753.

Check out the comparisons for different companies on Consumer's website:

<https://www.powerswitch.org.nz/powerswitch>

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: (optional)	
Subscription for year:	Apr 2018—March 2019	Individual (\$25)	Couple (\$30)
Donation: \$	(Amount) \$	NB: The 2018 subscription rates have increased by \$5 for both individuals & couples. This was approved at the 2017 AGM.	
I am interested in helping:		Do you want to receive promotional material?	
<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?		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, OR scan it & email to : greypowerwellington@gmail.com) PLEASE NOTE: Processing of your application cannot be completed until payment has been received			