

Grey power

Wellington Central

'We're part of your future'

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2018

APR - AUG

President's Column

Annual Report 2018

The last year has been an interesting but quiet one for the Association.

Highlights were:

Meetings: The election year 'Meet the Candidates' meetings organised by the Committee for the candidates for political parties to show their wares to our members. These were held at the Rita Angus and Malvina Major Retirement villages and elicited good attendance and thoughtful questions from the floor. We also sponsored a meeting which explored the state of our health system in depth.

The Committee organised a Christmas Lunch for members at the Grand Restaurant on Courtenay Place. In the coming year the Committee has agreed to try and organise more meetings with a view to a more involving the membership.

Zone Meetings: Attendance at zone meetings. This has involved the President and Vice President meeting with other Associations in the lower half of the North Island once every 3 months for updates from our representatives on the Federation Board. These have proven to be very interesting and an opportunity to have our input from Wellington heard.



Our Next Members Meetings:

- **Saturday 29 September:** With guest Speaker **Hon Chris Finlayson**, at Wellington City Library, Mezzanine Room, at 2pm.

Election of Federation President. This year saw the retirement of Tom O'Connor as Federation President. There were three candidates for the role. Mr Mac Welch, Ms Jo Millar and myself. Mr Welch won narrowly after a somewhat tumultuous campaign which included failure to advise candidates of the details of the election campaign, and a mysterious email campaign. We will work with Mr Welch and endeavour to liaise with the Government and Opposition to return to our role with Grey Power the leading advocate for seniors.

Committee Activities: Your committee has decided to meet more regularly and promote more events for the membership. Plans for this will follow the election of a new Committee.

This year marks the retirement of Ray Markham from the committee. Ray has been very active over the past years and his efforts and assistance will be sorely missed.

Bruce McLachlan, Caroline Hubbard, Pat Hubbard, Terry and Elaine Scoble, Bernadine Pool, Owen Watson and I have indicated a willingness to continue as members of the committee for the next year. We would of course welcome new members to the committee's ranks.

Lloyd Falck.

President, Grey Power Wellington Central

- **Saturday 13 October:** With Guest Speaker **Hon Dame Annette King**, at Wellington City Library, Mezzanine Room, at 2pm.,
Parking in the basement of the Library.
See you all there!

Great Results on Super Gold Card Travel

from **Pete Matcham**,

Chair, Local Government, Housing and Transport National Advisory Group, Grey Power Federation
10th July 2018

Like many Regional Councils, Greater Wellington is re-organising its public transport system. Both local Grey Power associations and myself on behalf of the Federation have been actively engaged in the planning process to prevent any repetition of the problems that occurred in Auckland. As a result we were able to obtain assurances of no loss of service for Super Gold Card (SGC) travellers. So when the new timetables for Wellington City were published and we found out that some direct services had been replaced with a need to transfer to second service, and that if the second service departed after 3 pm, SGC holders would be charged full fare for that second part of the trip, we were naturally somewhat annoyed even though only a small number of people would be affected.

I'm happy to report though that both Councillors and Officers were very keen to meet with us to discuss the problem, and to offer a solution. As a result it was agreed that Gold Card customers caught by these changes will be able to continue their off-peak journey for free if they transfer to a second Metlink bus between 3pm and 3.30 pm in Wellington city. To get the free transfer, all that is needed is to show the driver your Gold Card and tell them that you have transferred from a previous off-peak service.

I would like to thank GW for their recognition of Grey Power as a key stakeholder in the planning of transport systems and for their willingness to meet and negotiate outcomes that benefit everyone.

We will use this precedent to continue our campaign for the preservation of Super Gold Card travel in other regions.

These Gold Card transfer provisions only apply to Metlink bus services in Wellington city. They do not apply on Metlink trains or ferries, the 91 Airport Flyer service, or Metlink bus services outside Wellington city as the timetable changes do not impact current conditions for Gold Card holders in these cases.

Grey Power Quarterly Magazine now available to Sight Impaired People

Message from **Mac Welch** –

National President of Grey Power:

Please be advised that I have concluded an agreement with The Blind Foundation that means the Grey Power Quarterly Magazine will be available via the Foundation to sight impaired readers as at the next Issue September.

The contact at the Blind Foundation is:

Gail Vipond, 09 355 6965 ext.6965.

Mac Welch

National President, Grey Power NZ FED INC.

Grey Power Lobby Visit To Wellington June 2018

The new President Mac Welch, and Jan Pentecost, National Secretary of Grey Power Federation, came to Wellington on 18th June to meet various MPs and Government Departments and discuss matters of interest with them. They were joined by Roy Reid, Federation Treasurer, for some of the meetings.

They met:

Hon Simon Bridges, Leader of the National Party;
Commerce Commission (also attended by Roy Reid)
Banking Ombudsman

Rt Hon Winston Peters (Acting Prime Minister)

Matt McPherson – KiwiBank

If you would like any further information about subjects of discussion and comments, please contact us.

“Life is like riding a bicycle. To keep your balance, you must keep moving.”

– Albert Einstein





NZ Super isn't Enough for 'No Frills' Lifestyle, but Kiwis are Bridging the Gap

ROB STOCK – Stuff Business

The gap between NZ Super and the cost of living even a "no frills" lifestyle has widened, research from Massey University shows. Fortunately, many retiring Kiwis seem to be bridging the gap from their own savings, while others keep afloat by continuing to work beyond the age 65.

The Westpac-Massey Fin-Ed Centre's annual Retirement Expenditure Guidelines show that for a two-person household of over 65 year-olds the cost of a "no-frills" lifestyle in a city was \$872.22 at the end of June last year. That was \$271.92 more than NZ Super paid to a couple.

Life was easier for a couple on the provinces, who had a shortfall of \$21.18 a week to make up. People managing on their own generally had a harder go of it in retirement than couples.

Read more:

<https://www.stuff.co.nz/business/money/105754878/NZ-Super-isn-t-enough-for-no-frills-lifestyle-but-Kiwis-are-bridging-the-gap?cid=edm:stuff:dailyheadlines&bid=823527945>

New Zealand Joins WHO Network

New Zealand has been accepted as an affiliate member of the WHO Global Network of Age-friendly cities and Communities. Minister for Seniors Tracey Martin made this announcement during the inaugural National Age-friendly Communities Forum in Wellington in June.

Close to 150 people came together for the forum including local council representatives, community groups, organisations and academics.

The Age-friendly Cities and Communities model was developed by the World Health Organisation in 2005 to help address the issue of ageing populations. It is a community-driven model with older people a critical voice and key partner along the way.

The key-note speaker at the forum was Christine Young, Director of Community Development for the City of Melville Council, who discussed how age-friendly is being implemented in Western Australia.

Presentations from the event are available on the SuperSeniors website for people interested in age-

friendly. For more information, go to www.superseniors.msd.govt.nz/age-friendly-communities.

Over 50? Employers don't Want You

Tamsyn Parker - NZ Herald – Business

Liz has applied for hundreds of jobs in the past six years - without a single bite, she says.

The now 51-year-old is tertiary qualified and has worked for a range of employers over her career, including the Government.

But Liz (not her real name) believes her age is now holding her back. "People say don't put your age on your CV but people are not stupid - you can tell from my CV I have had a lot of experience. It is the stereotype of the older worker." Liz is not alone.

When the Herald ran a story about a 65-year-old Whanganui woman applying for 32 jobs in six months and being unable to secure work, it was flooded with others in similar situations. It all comes as no surprise to Paul Jarvie, employment relations and safety manager at the Employers and Manufacturers Association (EMA).

Jarvie says research shows people who are out of work and looking for a job find it incredibly difficult to get a foot in the door if they are over 48 years of age.

"The code is: 'we will call you back'."

Read more: https://www.nzherald.co.nz/personal-finance/news/article.cfm?c_id=12&objectid=12091474

Disability Allowance

If you find that your income is insufficient to meet your costs, you may be eligible for extra benefit assistance for your medical expenses by way of a Disability Allowance. This is a discretionary allowance paid under Section 69C of the Social Security Act if the other forms of assistance are insufficient to meet the need.

It is not that you have to be "disabled" to qualify. In this context, disability means an ongoing health condition. It is normal for people in their senior years to experience a decline in health with the associated costs arising from that.

The Disability Allowance is subject to an income test. There is no assets test. Interest earned on savings counts as income.

This is a brief introduction to an article from Noel Ellis, Benefit Rights Advocate. To read the full paper, see our website. www.greypowerwellington.org.nz

Northland Grey Power Medicinal Cannabis Campaigner Pleased with Support

A Northland Grey Power leader and medicinal cannabis law advocate has welcomed a new poll showing the vast majority of Kiwis support her views.

Otamatea Grey Power member Beverley Aldridge has been campaigning for more than two years for people in extreme pain or terminally ill to be able to have easy access to medicinal cannabis. Since then some other Grey Power groups have joined the campaign.

And public support for cannabis law reform has soared in the past year - especially for medicinal use of cannabis, a poll commissioned by the New Zealand Drug Foundation has found. The Government is planning a referendum on personal use before or at the next election.

Support to decriminalise or legalise cannabis for the use of pain relief has increased from 78 per cent last year to 87 per cent this year in what has become an annual survey. Using cannabis for pain relief for terminal conditions has even higher support, at 89 per cent.

Support for personal possession is up to 67 per cent from 65 per cent and support for personal growing of cannabis is up to 61 per cent from 55 per cent. There is far less support for selling cannabis from a store, only 38 per cent, although that is up from 34 per cent last year.

Read more: https://www.nzherald.co.nz/northern-advocate/news/article.cfm?c_id=1503450&objectid=12094463



Office for Seniors
Te Tari Kaumātua

Administered by the Ministry of Social Development

Govt's Families Package: the Winter Energy Payment

The second part of the Government's Families Package, (which aims to improve incomes for low and middle income families with children), took effect from 1 July. The Winter Energy Payment is paid automatically to everyone who's eligible. No one needs to apply. This year it is being paid from 1 July to 29 September.

NZ Super/Veteran's Pension couples who have separate bank accounts get the full amount (\$31.82 a week) paid into one of their accounts. Unfortunately we can't split the payment.

Timing of Families Package payments:

The first July payment didn't include the full increase as 1 July falls part way through a payment period. That's because we pay for the week (or fortnight for NZ Super/Veteran's Pension clients) that's just been.

For people getting NZ Super and Veteran's Pension:

10 July – people got 10 days of Winter Energy Payment
24 July – people got their full new fortnightly amount.

We know the timing of payments is potentially confusing for people so we'd really appreciate this message to get out. We've explained it in our letters to clients, in recorded messages on the phone, in information on our website and on MyMSD.

Ngā mihi

Diane Turner, Director, Office for Seniors

Glimmer of Hope after Years of Pain for Kiwis sold Faulty Hip Replacements

Mike Wesley-Smith - NewsHub

Dozens of Kiwis sold a dangerously faulty hip implant, may have a new avenue to seek justice, after years of pain and frustration.

Around 400 New Zealanders were given a metal on metal hip replacement called the ASR between 2004 and 2011, and according to ACC a quarter of that number reported injuries relating to the device.

These injuries stemmed from a design flaw in the artificial joint which caused metal flakes to enter the patient's blood and surrounding tissue.

One such Kiwi is Joy Palaskas, who says she still lives with the effects of the ASR, even after having the faulty device replaced.

"I am quite slow walking, older people pass me and they're on zimmer frames," she told Newshub Nation. "People on zimmer frames walk past me; that is how slow I am with a limp."

The ASR was produced by the American company Depuy, a subsidiary of Johnson and Johnson.

Read more: <https://www.newshub.co.nz/home/shows/2018/07/glimmer-of-hope-after-years-of-pain-for-kiwis-sold-faulty-hip-replacements.html>

Play Spaces for Big Kids: Auckland Council Backs Play for the Elderly

NZ Herald

Auckland Council is considering creating play spaces for big kids, on the back of a document highlighting the benefits play holds for pensioners. The Council discussion document, *Tākaro - Investing in Play*, looks at benefits, demand and challenges to play, ahead of an investment plan for spending on recreational areas. The document said play into adulthood and old age supported the continued development and maintenance of cognitive and behavioural functions gained as a child.

"It is also thought to help reverse cognitive decline in seniors with dementia," the report read. Despite this, a gap was identified in the provision of play spaces designed to engage seniors. Play was also found to be a "low priority" for both adults and children.

The document specifically looked at the benefits of play for the elderly, and how demand for play spaces built for adults and seniors could benefit an ageing population. Examples used are swings in bus-stops in Montreal, and sand pits spread sporadically along sidewalks in Vauban, Germany.

Read more: https://www.nzherald.co.nz/nz/news/article.cfm?c_id=1&objectid=12088738

Facing Up to an Age Old Problem

Andrea Vance – Stuff politics

The music is pounding. Women in sequins sip something sparkling from flute glasses. Men in dinner suits dance in a conga-line. But this is more Tuesday Afternoon Foxtrot than *Saturday Night Fever*. The dancers are all pensioners, it's daylight outside and they are hoovering up jam-and-scones, not class A drugs.

"I just don't want to sit and play bingo," one grey-haired lady in diamante earrings tells the camera. "I come out here and I just feel smashing." This is one of London's nightclubs for the elderly – part of a campaign to curb loneliness – and a movement that first started in South Korea. And it's an idea that tickled Minister for Seniors Tracey Martin so much, that she shared a video of the event with her Facebook followers.

"They were having a blast, you should see this video, mate. It's just awesome," she said. "Now, we assume that all our older people want to do small, quiet things. But just because you are 80 doesn't mean you don't like dancing."

But while those day-time disco goers are looking to escape some of the problems of old age, Martin is facing them head on.

New Zealand's population is ageing rapidly. Within 20 years, about a quarter of the population will be over 65. But they will be healthier, live longer, be more educated and skilled – and will want to remain in the workforce well into their 60s and 70s.

Read more: <https://www.stuff.co.nz/national/politics/105064304/facing-up-to-an-age-old-problem>

What the 'Retirement Village Effect' brings to a Neighbourhood

Susan Edmunds – Stuff

If you wander the streets of Orewa any weekday, you will see cafes full to bursting and shoppers browsing racks of expensive clothing.

One thing they might all have in common? Grey hair.

Orewa is one of Auckland's major retirement village hubs, with half-a-dozen of the developments within its borders. Units, townhouses and villas sit on the hills overlooking the suburb, looking down on their own bowling greens, swimming pools and gardens.

Local business association manager Helen Wilkins says the local businesspeople do well from them. While the younger residents are at work, cafes do a brisk trade with retirees. The residents in these villages, some of whom have paid more than a million dollars for the rights to their homes, are active, eating out often and not afraid to drop \$300 on a shirt, she says.

That's reflected in the make-up of the shops. If you wanted cheap clothes for a trendy teenager, you'd be out of luck,

"It used to be that people said you went to Orewa to die but that's not so."

Read more: <https://www.stuff.co.nz/business/industries/104484682/what-the-retirement-village-effect-brings-to-a-neighbourhood>

Downsizing

Eight Tips for Home Unfurnishing

What can you do to avoid finding yourself forlorn in your late parents' home, broken up about the breakfront that's going begging? Some suggestions:

1. Start mobilizing while your parents are around. Every single person, if their parents are still alive, needs to go back and collect the stories of their stuff. That will help sell the stuff. Or it might help you decide to hold onto it.

2. Give yourself plenty of time to find takers, if you can. The longer you have to sell something, the more money you're going to make. Of course, this could mean cluttering up your basement, attic or living room with tables, lamps and the like until you finally locate interested parties.

3. Do an online search to see whether there's a market for your parents' art, furniture, china or crystal. If there is, see if an auction house might be interested in trying to sell things for you on consignment. It's a little bit of a wing and a prayer.

That's true. But you might get lucky. I did. My sister and I were pleasantly surprised — no, *flabbergasted* — when the auctioneer we hired sold our parents' enormous, turn-of-the-20th-century portrait of an unknown woman by an obscure painter to an art dealer for a tidy sum. (We expected to get a dim sum, if anything.) Apparently, the *frame* was part of the attraction.

4. Get the jewelry appraised. It's possible that a necklace, ring or brooch has value and could be sold.

5. Look for a nearby consignment shop that might take some items. Or, perhaps, a liquidation firm.

6. See if someone locally could use what you inherited. Dad had some tools that looked interesting. A farmer gave \$25 for them. Pick out five shelters and give them a list of all the kitchen items you wound up with. "By the fifth one, everything was gone. That kind of thing makes your heart feel good."

7. Get advice about downsizing. Search on "Tips for Seniors Downsize Your Home nz" – heaps of suggestions will come up. .

8. But perhaps the best advice is: Prepare for disappointment. For the first time in history of the world, two generations are downsizing simultaneously: the boomers' parents (sometimes, the *final* downsizing) and the boomers themselves. A 90-year-old parent wants to pass on stuff, or my siblings and I will have to clean up the house. And my siblings and I are 60 to 70 and *we're* downsizing.

This, it seems, is 21st-century life — and death. Is there a future for the possessions of our parents' generation? It's a different world.

Grey Power on Sentencing Law

Press Release: [Grey Power New Zealand](#)

Grey Power members are alarmed at Andrew Little's proposal to introduce reduced sentences for criminal offending. If you need more prisons build them, you don't solve the problem of too many lions in the cage by letting some of them out. As recent announcements have clearly demonstrated the senior citizens are more impacted than most by crime. How many more honest decent people do we have to see living frightened broken lives because of lenient sentences and lax parole laws.

Prisons do work, criminals can't offend against the public when they are locked up. Prisons should be punishment, not holiday camps.

Mac Welch

National President - Grey Power N.Z. Federation INC.

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interislander

NGĀ WAKA · NEW ZEALAND'S FERRIES

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 Each Way
Adult	\$52.00
Child	\$25.00
Motorcycle	\$50.00
Campervan/Motorhome up to 5.5mt	\$170.00
Additional half metre	\$42.00
Car/Ute/Van/4WD/trailer up to 5.5mt	\$137.00 each
Additional half Metre	\$22.00
Premium Lounge (Kaitaki & Aratere)	\$45.00 18yrs plus

Peak Dates:

01-28 February 18
29 March – 03 April 18

Fares:	Off Peak Each Way
Adult	\$47.00
Child	\$25.00
Motorcycle	\$40.00
Campervan/Motorhome up to 5.5mt	\$145.00
Additional half metre	\$37.00
Car/Ute/Van/4WD/trailer up to 5.5mt	\$124.00 each
Additional half Metre	\$20.00
Premium Lounge (Kaitaki & Aratere)	\$45.00 18yrs plus

Off Peak Dates:

01 March 28 March 18
04 April – 18 December 18

PLEASE NOTE THAT NO DISCOUNTED RATES ARE OFFERED BETWEEN 19/12/17 AND 31/01/18. PLEASE BOOK BEST AVAILABLE ONLINE FARE.

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

The E Word: When, if Ever, is it Acceptable to Call Someone 'Elderly'?

Virginia Fallon – Stuff

It was a bolt out of the blue that left us gobsmacked and reeling.

People say you never know when it will happen and, shockingly, for my mum it was during a routine medical checkup earlier this year. She was 69 and working as a registered nurse when the doctor turned to her and casually dropped the bombshell.

He called her elderly.

In the days that followed we searched for answers. Well, I did. Admittedly, Mum was far less bothered than I was; her reaction was more a wry curiosity in the term and how it couldn't possibly apply to her.

I was surprised at how offended I was. Weeks after it happened I was still seething and determined to understand exactly what "elderly" meant and who it should apply to. Where once "elderly" was used to describe those in their 70s and 80s, the experts now say it's a word that shouldn't be used at all: in fact it's become an insult.

We can blame the baby boomers, that generation of post-World War II children, when birth rates went up as the servicemen came home. As the first wave of the Boomers hit their early 70s, they're redefining the ageing process and rejecting the word used for the greying generations before them.

Read more: <https://www.stuff.co.nz/national/health/104630854/the-e-word-when-if-ever-is-it-acceptable-to-call-someone-elderlyM>

NEW MEMBERSHIP or RENEWAL

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 <small>(The 2017 AG approved an increase in Subs of \$5 for 2018/19)</small>		Individual (\$25)	Couple (\$30)
Donation:	Amount: \$	Total Paid: \$	
<p><i>Payable by Cash or cheque to "Wellington Central Grey Power" (attach to this form)</i> <i>Or: pay by Internet Banking to Kiwibank, A/c 38-9008-0407615-00</i> (Please include your name and/or membership number in banking details and send this form to PO Box 13-755 Johnsonville)</p>			
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 		YES / NO	
OFFICE USE:			