

Grey power

Wellington Central

"We're part of your future"

Inside this issue

Christmas Lunch Pix	1
MEETINGS:	
Speakers Meeting 31 March	2
AGM 28 April	2
Arthritis Conference 5 th March	2
Health Seminar 4 March	2
HELP! Salesperson & Auditor NEEDED	2
Living in a Retirement Village	3
Drug Harm Prediction System	3
Grey Power Electricity	3
Funeral, Health Insurance - AIL	4
Super Seniors Website	4
Membership Form	4

Wellington Central Grey Power
PO Box 13 755
Johnsonville, Wellington 6440

Phone: (04) 471 1146
Email: greypowerwellington@gmail.com
Website: www.greypowerwellington.org.nz

FEB - MAR
2016

The Christmas Lunch 2015



Was held on 26th November,
at Chalk Café & Bistro



A good time was had by all!



Meetings Coming Up:

Speakers Meeting – 31 March

“Improving Our Health By Climate Action”

The next Speaker’s Meeting will be held on Thursday **31st March 2016, 10am-1pm**, at Anvil House

The speaker is **DR RUSSELL TREGONNING**. Russell is a recently retired orthopaedic surgeon and medical school teacher. He is an executive member of Ora Taiao: The New Zealand Climate & Health Council. He is also a member of Wise Response, a group of New Zealanders calling for a national risk assessment of the future and pushing for transformational action on climate change.

Russell belongs to a group of Wellingtonians called ‘FIT WELLINGTON’ who are advocating for a climate-friendly, all-electric public transport for our city, including light rail. ‘FIT’ stands for ‘Fair, Intelligent Transport’.

Annual General Meeting

Preliminary notice is hereby given that the AGM of Grey Power Wellington Central will be held on **Thursday 28th April 2016, starting at 10am**. to be held at the Museum Hotel (the Senna Room). 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. (They may also be notified from the floor).

Arthritis New Zealand Conference March 5, 2016

Arthritis New Zealand hold a conference every 2 years, and this year it will be held at Te Papa in Wellington, on **Saturday 5 March**.

It is open to the public, with some fabulous international guest speakers already confirmed. Help us celebrate 50 years of joint action!

Please click on this link for more information and how to register: <http://www.arthritis.org.nz/50th-anniversary/arthritis-new-zealand-conference-2016/>



Health Seminar

Invitation to the Ministry of Health's Health of Older People Strategy Workshop

Last year a number of engagement sessions were held with older people asking them what worked well and what didn't work well in relation to their health care. The feedback received from these workshops is helping in drafting a new Health of Older People strategy.

The Ministry of Health is holding another set of workshops early in March to discuss what has been found so far, and ask older people about their views on what they think MOH should do to address the concerns and issues raised.

The workshops will include:

- a summary of the engagement meetings held in October and November 2015
- suggestions and proposals for the Strategy's vision, objectives and actions.

The Wellington meeting for Health of Older People and carers of older people will take place on **Friday the 4th of March between 11am and 1pm at the Ministry of Health, 1 the Terrace**.

Individuals and organisations are also welcome to provide thoughts and suggestions, using the **MOH suggestions form**. For more information, see <http://www.health.govt.nz/our-work/life-stages/health-older-people/health-older-people-strategy-update>

All are welcome to attend

Salesperson Needed!

We need a volunteer with selling skills to sell space in this Newsletter – this would help tremendously with the costs involved in getting the newsletter out to all our members. If you can help, please contact our Secretary, Pat Hubbard, Ph 384 2646, or email to greypowerwellington@gmail.com. Thanks!

Greypower Audit

GreyPower Wellington Central needs to have accounts for April 2015 – March 2016 audited or reviewed by 20 April, for the AGM on 28 April. The accounts are very simple.

Interested? Please ring either President Bruce – 478 2888, or Treasurer Terry 461 6399

Thinking of Living in a Retirement Village?

A seminar will be held in the Hutt City Senior Association rooms, Westfield Tower, 45 Knights Rd, Lower Hutt, on **Tuesday 8th March**, 10:30am-12:00pm. Tea, coffee, and light refreshments provided.

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 provide practical tips for intending residents and their families.

The seminars 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 Village 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. Places are limited and registering attendance is essential.

To reserve a place:

<http://www.eventfinda.co.nz/2016/thinking-of-living-in-retirement-village/lower-hutt>

website: www.cffc.org.nz



A Great Website to Help Reduce the Costs of Funeral Planning

www.bettersendoff.co.nz helps families to plan the funeral of a loved one with really helpful resources allowing them to compare prices and with helpful hints that can make a huge difference at a really difficult time.

Better Send Off help to make the funeral planning process not only stress and hassle free, but is cost effective and is a one-stop for everything you need to personalise the celebration of your loved one's life.

Elderly Lives Could be Saved by New Drug Harm Prediction System

10th February 2016

Source:



New push underway to reduce hospitalisation of elderly people

Researchers are testing the latest health technology to see which older patients are at risk of overmedication.

Doctors could be able to electronically calculate the risk before medicines are prescribed to the elderly, saving lives, if a new system being tested in New Zealand proves successful.

Eighty-thousand New Zealanders are involved in a new Otago University study to reduce over-medication harm. Side effects from medications cause around 15 per cent of hospitalisations among the elderly, and overseas studies suggest one in five prescriptions may be inappropriate.

"It's very hard, when each drug has 10 side effects and somebody's on 20 medications, to work out whether they're having possible side effects from which drug," said **Dr Hamish Jamieson**, Otago University researcher and geriatrician.

The study is comparing patient outcomes on a nationwide health database with results from a newly-developed electronic measure called the Drug Burden Index, or DBI, to see if the DBI can accurately predict which elderly are most at risk of drug harm. Early overseas trials indicate a high DBI is a good predictor of falls, fractures, loss of independence and even death. A high DBI calculation score would throw up a red flag on the doctor's computer.

"So the patients and clinicians can see that and use that to together decide if continuing to use these medications is appropriate," Dr Jamieson said. If not, the patient can be taken off that drug or prescribed another.

It's hoped a pilot project with GPs and pharmacists might be underway by the end of this year.

Grey Power Electricity (& Gas)

Are you taking advantage of the low rate on offer? Maybe it's time you had a look. Have your GP 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>

From Grey Power Federation Commercial Agreements NAG:

Re: Funeral / Health Insurance

Grey Power Federation is pleased to announce that we have negotiated a funeral/health insurance offer on behalf of members. The pricing for this cover is approximately 35% below current market prices.

The discount is permanent. Unfortunately the offer can only be extended to members and their families below the age of 71. This offer is live from 4th Dec 2015.

All enquiries and purchases for the insurance can be made through **Vesta Cover Limited**,

Phone 0800 2 83782;

email info@vestacover.co.nz,

website: www.vestacover.co.nz.

(Note that Vesta are the brokers – the insurance provider is Partners Life Ltd, ranked No 2 in NZ for new insurance business.

For those of you who get Consumer magazine, the Partners Life medical cover was ranked No 1 for quality of cover in Sept 2015.)

SuperSeniors Website (MSD)

The new website, www.superseniors.msd.govt.nz, allows the opportunity to share information of interest to seniors. Grey Power is deciding whether to become a contributor to the website, with a regular column, as part of our constructive sharing of information.

AIL of New Zealand Ltd

All members of Grey Power are covered by a \$2000 Accidental Death and Dismemberment Policy. This automatic membership benefit is provided to you at NO cost, and covers you as long as you are a financial member of our association.

To receive your Certificate of Coverage and name your beneficiary, members can follow this link: www.ailnz.co.nz/request.

An AIL representative will contact you to arrange to deliver your Certificates and discuss other benefits available. AIL offers Funeral Cover and Life Insurance plans, plus Accident, Hospital & Cancer Protection policies (all international cover). You are under no obligation whatsoever.

MEMBERSHIP APPLICATION OR RENEWAL FORM

Name: Mr/Mrs/Miss			Membership Number: (for Renewals)	
Address:			Phone No:	
			Mobile Ph:	
			Post Code:	
Email:			Date of Birth:	
Subscription for year: (Circle as appropriate)	Apr 2015 – March 2016	Apr 2016 – March 2017	Individual (\$15)	Couple (\$20)
Donation:			(Amount)	
<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)				
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	