

NAPIER and DISTRICTS

GREY POWER



SUMMER ISSUE 2024

50+ NEWSLETTER



Civic Awards

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**Hats through
the Ages**

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Photo: Cycling Without Age
cruising along the Parade (See page 20)



*Thank you for your support in 2024.
We wish you all a very Merry Xmas — see you next year!*

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Editor's note



It's been a while since you last got a Napier Grey Power newsletter – over four months – and I apologise for that. We decided, for a variety of reasons, to publish three rather than four newsletters this year and next year.

One of our major expenses is postage. Did you know it now costs \$2.30 to mail out a letter? No wonder our letterboxes are usually empty (apart from groups asking for money!) and most of us receive all mail online.

It is our age group who keeps the limited “snail mail” service alive, with 20 per cent of our members not having an email address. Those online receive their newsletters in an email, and thank you for that. We have no intention of stopping the delivery of your newsletters to your letterboxes if you have no internet.

However, we would appreciate those of you who DO have an email address at home letting us send your newsletter electronically (as most of our members do), saving us money in postage, or having volunteers deliver your newsletter. Let us know at greypowernapier@gmail.com if you are online and can receive your newsletter this way.

Over a hundred paper copies are delivered to libraries, churches, the NCC Customer Service Centre and of course our meetings so if you are online, then as well as receiving your copy in an email, you can pick up a hard copy there or other places where they have been dropped off. All our newsletters for the last 8 years are available on our website, see <https://napiergreypower.org/>

Same with the Federation's newsletter. If everyone with an email address chose to receive their Federation newsletters online, the savings would be enormous and give our hard-working volunteer Board more funds for their advocacy and lobby work. All you need to do is go to this web address: <https://greypowermag.co.nz/subscribe/> - have your membership number handy!

Meantime, hope you enjoy this newsletter and are looking forward to a Merry Xmas and a Happy New Year!

Ngā mihi *Maxine Boag* | Publicity Officer

PRESIDENT'S REPORT

If you have been wondering or thought you have missed out on receiving a newsletter, we as a committee had to make a decision about high costs accruing and to help with the expenses, we decided to reduce the newsletter from four editions to three giving us a saving of \$1300, which has helped to keep our expenses in line with our budget for the year. We thank you for your understanding about having to do this.

Our meeting in June featured our mayor Kirsten Wise as our guest speaker, followed by our AGM. The existing committee was happy to be re-elected plus two more members nominated giving us 10 on the committee. Our constitution allows us to have up to 12 on the committee so if you are interested in coming onto the committee, please make contact with me or a committee member. We would love to talk to you.

Also, in June there was the Federation AGM, where we were represented by committee member and experienced delegate Maxine Boag.

At our July general meeting the guest speaker was Jackie Pearse from the HB Community Law.

August General meeting, Wendy Schollum spoke about “Elder Abuse in NZ”

September meeting our guest was Hinewai Ormsby the Chair woman with the HB Regional Council plus Cycling without Age Napier Trust doing a presentation with one of their tri-bikes.

Our October meeting featured Sukhdeep Singh Khaira and Vikki Keating from the ANZ Bank giving us a refresher presentation about Scams and Frauds.

The success of our meetings is having good speakers who can relate to our age group and of course enjoying a delicious afternoon tea. They are very informative and social meetings.

We had the opportunity of meeting again our new MP Katie Nimon in her office to share concerns, thoughts and ideas. She was very approachable and easy to talk to. A good listener, Katie showed interest in what we do.

We have attended meetings with NCC Positive Ageing Strategy Advisory Group, DHB hospital management, Positive Ageing Trust HB, plus Volunteer HB who had



Bruce Carnegie
President

a training for volunteer managers / team leaders. As well I was very involved with the planned event in October celebrating the International Day of the Older Persons which was a very successful enjoyable afternoon for everyone.

I was also invited as a guest speaker to an Enliven staff meeting at which I enjoyed sharing about Grey Power to 60 caregivers.

Maxine Boag and myself were given the opportunity to meet the MSD Area and District Commissioners. It was a very good meeting and the good news is that the Acting District Commissioner Michelle McNab will be our guest speaker at our March general meeting.

Also to let you know that our first meeting in February is going to feature Tracey Martin, Chief Executive, Age Care Association NZ. Tracey is an excellent speaker who has a big heart for the elderly.

A highlight for myself as President was to receive a Napier City Council Civic Award for outstanding volunteer service to the Napier community. I was very humbled by the nomination and accepted the award on behalf of all our 50 Grey Power Napier volunteers. We are a team.

Christmas luncheon this year is at the Taradale Club; always a nice way, and an enjoyable time together, to finish the year.

On behalf of the committee, I take this opportunity to wish you all a very, very Merry Christmas and a safe and Happy New Year and look forward to seeing you at our first meeting on Tuesday 18th February 2025.



Receiving a Civic Award, from the Mayor and Councillor Boag



Grey Power representatives (back row) Bruce Carnegie, Deborah Walsh and Ron Wilkins (Hastings) at their regular meetings with HB DHB staff to discuss issues concerning our members.

Kindest regards *Bruce Carnegie* | President

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Winners All – Grey Power members receive Civic awards

Every year, Napier City Council chooses residents who have performed exceptional voluntary service to the community, and presents them with Napier Civic Awards.

This year, **President Bruce Carnegie** was one of the ten recipients, selected for his “compassionate, thoughtful advocacy for older people from all walks of life.” Bruce’s dedication to Grey Power over the last ten years has seen him visit frail members’ homes, represent the Association in meetings with our MP, Council, DHB professionals, and speak to many about Grey Power and what we offer. He organises and MCs our public meetings, finds speakers, manages and inspires volunteers and meets with other Grey Power zone representatives to share ideas and experiences. A hands-on leader, Bruce always has a smile and kind word to say to those of us working with him. “We’re a team,” is his response.

Bruce is not the only Grey Power committee member who has received Civic Awards in previous years. The late **June Graham**, an environmental activist and long-time Grey Power committee member was awarded this prestigious award in 2020; **John Wuts**, who served for many years on our Committee as Membership Officer (and still runs our mikes and a-v at monthly meetings) in 2021, and our current hard-working secretary **Isabel Wood** was nominated by us and the Taradale Senior Citizens for an award which she received in 2022.

Other Grey Power members who received this award include Music Teacher (and Grey Power volunteer) **Rachel Brownrigg** (in 2024) and well-known community volunteer **Selwyn Hawthorne** who was a recipient in 2017 for his work with Scouts and the Little Elms Charitable Trust.



We managed to get most of them together at our September meeting for a group photo!
Left: Selwyn Hawthorne, John Wuts, Rachel Brownrigg and Bruce Carnegie. Insert: Isabel Wood.

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http://napiergreypower.org

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www.kiwipublications.co.nz

15% off
use promo code
GP at checkout

Socks too tight?
soft topped bamboo and cotton socks
3 pairs \$36

diabeticsocks.co.nz

JOIN US AT OUR WALK IN WEDNESDAYS

Join us any Wednesday in November and experience the Ryman lifestyle that awaits.

Learn about our living options, tour our show homes and discover the wonderful amenities on offer.

We look forward to seeing you there.

EVERY WEDNESDAY
10AM - 3PM

To find out more visit
rymanhealthcare.co.nz/events



USED TEA BAGS [Milk less]

De-crustify Pots and Pans - If all the scrubbing in the world just isn't cutting it, leave a used tea bag to soak in that stubborn pot or pan. Tea contains tannic acid, which can break down grease. With a little time and patience, it should make cleaning the dish much easier.

Ditch the Glass Cleaner - To make windows and mirrors really shine, simply dampen a used tea bag. Use it to rub the glass surface, then follow up with a paper towel. You can also pour some leftover brewed tea into an empty spray bottle and use it as a glass cleaner.

Marinate Meats - Easily marinate pork, chicken or turkey with the help of a couple of tea bags. Simply put a cup of water, two used tea bags and the meat into a zip-close bag. Allow to marinate overnight, then cook and enjoy a flavourful cut of meat.

FYI - Tea has been enjoyed for centuries, but the tea bag wasn't invented until 1908-ish when a New York-based merchant named Thomas Sullivan decided to send tea samples in silk bags to his customers. They incorrectly assumed that the entire bag should be placed in the pot. Thus, the tea bag was born!

Are all used tea bags safe for composting or use in gardens? -

Most tea bags are safe for composting or gardening, but ensure the bags are a biodegradable material and free from plastic fibres to avoid environmental harm.

Tech Tip

Here's a tip about an easier way to snap photos with your phone: If you take a lot of photos with your smartphone you've probably noticed how difficult it can be to tap the shutter release button. There's a very simple solution: when you're ready, simply press either one of your phone's volume buttons to snap the picture. **Give it a try.**

Celebrating Community and Age at 'Hats Through the Ages'

Napier's Hats through the Ages event, held on the 9th October, was a celebration of the International Day of Older Persons (IDOP) and marked the 150th anniversary of the Napier Borough. Themed around different hat styles from across the decades, we saw over 140 guests gather for a day of community, entertainment and connection.

MC'd by the much-loved local identity Bertie, the afternoon began with captivating performances by the Kapa Haka group, Moko Boys, who wowed the audience with their energy and cultural pride. The Hoppin' Frogs ukulele group had everyone singing and tapping their feet, while the Raspberry Beret fashion show delighted guests with a stunning display of fashion and hats from various eras. The show highlighted Napier's rich history, tying fashion to the city's 150-year journey.

Each year, IDOP, marked on October 1, highlights the important role that older people play in our communities. This year's event celebrated more than just the past; it honoured the growing number of older adults who are healthier, more engaged, and living their lives to the full. These are individuals who continue to enrich our workforce, volunteer their time, support their whānau, and offer invaluable wisdom to the next generations.

As Napier looks ahead, we are proud to be part of the World Health Organisation's Global Network for Age-Friendly Cities. This global initiative is dedicated to making cities more inclusive and supportive of people of all ages, and Napier is committed to fostering an environment where older residents can thrive. With one in five New Zealanders expected to be over 65 in less than five years, and with Napier soon to have more seniors than youth, it is crucial that we continue to focus on building a city that values the experience and contributions of its older population.

Napier City Council cannot achieve these outcomes alone. With the help of partner agencies supporting the Napier Positive Ageing Strategy Advisory Group (PASAG), we can continue to support older adults in Napier through initiatives like IDOP and others, such as the free Silver Screen Series. As we celebrate 150 years of Napier's Borough, we look forward to many more years of ensuring that our community is a place where all generations can live and age well.

Rachael Kawana | Community Advisor, NCC



From the Mayor Kirsten Wise

Over the next few weeks, we are hosting key events in our 150th commemorations. It's a celebration you are all part of and all welcome to attend, there's a whole range of events and something for everyone.



One of the most important themes of our year of celebration has been to link our past with our present and out into our future. By looking back over where we've come, the good times and the challenges, we can imagine a bright and vibrant future for the generations ahead, for our city as a whole, for all the diverse groups who make up our community. Ahead of us we have the official commemoration events on 28 November, a century of the Fullagar Engine on 29 November, Whānau Fest 150 in Anderson Park and Collins St Festival in Ahuriri on 30 November. Then the following weekend on 7 December Napier City will come alive with festive spirit with the Christmas Parade and an all-star, free concert at the Soundshell.

Throughout this time of celebration, I encourage you to share our history with loved ones, friends and family, grandchildren and neighbours. We are all made stronger by spending time together, connecting, celebrating and sharing stories of who

we are, and what is important to us, as a place and as people.

There are many events that are well suited to motivating such conversations. We've already seen the impact events can have on people in terms of bringing them together to share a story, a laugh, a tear or a memory. We are all made stronger by spending time together, and whatever the reason the goal is to be in the company of others.

Our special release of Monopoly Napier Edition for the 150th is another excellent reason to come together with family, children and younger generations to reminisce about good times shared in Napier. It's a bit of friendly competition with our favourite landmarks along the way! There's a serious reason behind the fun. We are using the profits of Monopoly sales to offset the costs of putting on community events so we can minimise any impact to rates. We do want to celebrate Napier but we also need to be financially sustainable in everything we do. Napier is such a desirable destination for visitors we are sure our Monopoly will also appeal to tourists as a Napier keep-sake!

I look forward to seeing you out and about at our many events and hope you enjoy what we have planned.

Nymbbl improving bladder health



The Nymbbl app has a new feature aimed at improving bladder health and reducing the risk of bladder issues.

Many people believe the symptoms they experience are part of the ageing process, but these issues are often treatable.

The exercise app (sponsored by ACC) now offers a personalised and evidence-based programme that combines pelvic floor exercises, bladder training, and lifestyle tips to help older people regain control

of their bladder and confidence in their daily activities.

Nymbbl Bladder is designed to be an easy and effective way to improve bladder health in as little as 12 weeks. The feature is available for free and can be accessed from within the Nymbbl app.

Download the app to your device by searching 'Nymbbl training' in the Apple App or Google Play stores.

Learn more about the app at nymbblscience.com/bladder

If you have an ongoing need for continence products, funding for these may be available through the Disability Allowance, administered by Work and Income.

The Disability Allowance is a weekly payment for people who have regular, ongoing costs because of a disability. These could be visits to the doctor or hospital, medicines, extra clothing, or travel.

Reflecting on a year in Parliament

I've completed one year as your Member of Parliament. I enjoy meeting regularly with local constituents, seniors and community groups to discuss the issues that affect them. I'm also regularly meeting with Bruce Carnegie and Grey Power volunteers to understand your needs and advocate for you. These meetings are invaluable and I'm working hard with my colleagues to address your concerns.

Some great news for our region in the first year of our Government has been the announcement of SH2 Hawke's Bay Expressway as one of the first new Roads of National Significance (RoNS). Work has now started on the Hawke's Bay Expressway to four-lane this critical corridor that carries 29,000 vehicles a day and links freight to one of New Zealand's largest ports. The growing population and economy mean that the central section of this road is reaching capacity at peak times, and starting work now allows the NZTA to maximise the 2025/2026 construction season and bring forward the construction of this project by 12 to 15 months.

NZTA is prioritising the Taradale Road to Pākowhai Road section of the Hawke's Bay Expressway as it is the most congested part of the road and will help ensure more reliable journey times for commuters and freight operators in the Bay. Funding has also been allocated for the Waikare Bridge realignment, and a total of \$657 million in transport funding is forecast to be invested in the Hawke's Bay region between 2024 and 2027.

Budget 2024 has also increased investment for cyclone recovery in our region. It includes \$600 million for recovery works on our state highway network, and \$330 million for the next stage of local roading recovery work.

I'm also thrilled with the progress of my Members Bill. The Pae Ora Healthy Futures Amendment Bill

is currently making its way through Parliament, and if passed, it will create a mental health and wellbeing strategy. This will provide a framework to guide health entities for the long-term improvement of mental health and addiction care. I'm proud of what our government is doing to help Kiwis dealing with mental health issues.

I am incredibly proud each day to be the MP for Napier – I love our community and representing you all in Parliament. I am going to keep working hard to make sure that our Government delivers for the people of Napier, so that you and your family can get ahead, and I look forward to keeping you all updated with my progress.

KATIE NIMON MP for Napier

Our Government is delivering for New Zealanders and I'm working hard for you.

My electorate office is open, we are here to help you.

Napier Electorate Office

16 Carlyle St, Napier
katie.nimonMP@parliament.govt.nz
Please call on (06) 835 2569
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Instagram: @nzkatieinimon



Authorised by K Nimon, Parliament Buildings, Wgtn.



DID YOU KNOW THAT?

A "moment" used to be an actual measure of time and corresponded to roughly 90 seconds. It was used during the Medieval era and was derived from the solar hour (the hour on the sundial's face was, at that time, divided into 40 "moments").

Despite what cartoons have taught us, the coyote can run up to 43 miles per hour (that's nearly 70 km/h) while the roadrunner can only run up to 20 miles per hour (that's just over 32 km/h).

July Meeting Report Community Law

July saw us welcoming Jackie Pearce from the Hawke's Bay Community Law Centre (HBCLC). Jackie, who grew up in Southland was firstly a registered nurse, then a midwife, before moving into law with the emphasis on helping others to access law – not just older people but for everyone in the community.



The CLC was started in Flaxmere in 1988, managed by volunteers, to help fulfil a need for legal advice. The name change to HB Community Law Centre in 1991 meant that funding was available to provide a free service to the HB community.

Jackie stressed that the CLC's were not Legal Aid providers or part of the Citizen's Advice Bureau (CAB), though many referrals came through CAB. They are a legal practice needing to meet all regulatory requirements. There are 23 CLC's throughout New Zealand – most cities have a centre. They provide 30 to 45 minute free consultations for those who meet the criteria. Eligibility screening takes place and the history of the client examined to determine the kind of legal issue they have. One issue that the HBCLC has is that after training up young lawyers who are good with people – they are head-hunted by legal firms!

Jackie is available in Napier every Wednesday – by appointment only – at the Napier Family Centre. Ring the NFC at 06 843 7280 during office hours. The service is free.

Their office in Hastings is staffed by a Justice of the Peace, two senior lawyers, one intermediate lawyer and a client advocate. They visit Waipukurau once every two weeks.

The types of issues covered are very wide and include family, custody disputes, tenancy complaints, youth law, neighbourhood disputes, immigration, human rights, grandparents bringing up grandchildren, guardianship issues and so on. Criminal work is not a priority but some are dealt with. They do not cover conveyancing, wills, landlord/employer issues, Māori land law or work with those who can afford a lawyer or belong to a union. They see a lot of bad debt – clients wanting to access their Kiwisaver funds, stolen cars (very important to get an AA check first!). Their client advocate almost works fulltime. Scamming is now becoming an issue and this can be a difficult area.

Last year the HBCLC saw 1450 people – took 4500 phone calls – making them the biggest law firm in town!

Helping others is Jackie's vocation – the HBCLC runs various education programmes in schools with young people to teach them the pitfalls to avoid. Their reward is in helping resolve family issues for so many people.

After question time Jackie was thanked by Bruce Carnegie, President, for a very enlightening and interesting presentation.

Isabel Wood

NEW EDITION OF DRIVING AS A SENIOR AVAILABLE ON-LINE



A very useful aid to those soon to have a medical appointment to renew their driving licence has been published by NZTA in June, and is available on-line, as well as being available in hard copy for ordering by organisations (www.nzta.govt.nz/assets/resources/driving-as-a-senior/driving-as-a-senior.pdf).

Interestingly in this brochure there is a "Scenario" of a patient applying to have their licence renewed, and nowhere is there any mention of them having to complete a cognitive test!

August Meeting report Elder Abuse

At our August meeting, Hastings District Councillor Wendy Schollum, Chair of the Positive Ageing Trust Hawke's Bay, delivered a compelling presentation on the issue of elder abuse. The Trust, which includes representatives from Age Concern, Hastings District Council, Napier City Council, Grey Power Hastings, Heretaunga Seniors, and Grey Power Napier, is dedicated to improving the quality of life for seniors across the region.



Elder abuse takes many forms and is more widespread than many realise, including:

- **Financial abuse:** Misuse of assets, unauthorised withdrawals, or changes to wills and power of attorney;
- **Psychological abuse:** Bullying, name-calling, or manipulation intended to cause emotional harm;
- **Physical abuse:** Any form of physical harm, including hitting, shoving, or inappropriate restraint;
- **Sexual abuse:** Unwanted sexual contact, inappropriate language, or gestures;
- **Neglect:** Failure to provide necessary care, including food, medical attention, or hygiene, whether intentionally or unintentionally.

Recognising the signs of abuse is crucial. Some key indicators include:

- Sudden withdrawal from social activities or unusual changes in mood or personality.
- Physical signs such as bruises, untreated medical issues, or poor personal hygiene.
- Unexplained financial difficulties or significant changes in an elder's financial situation.

During the meeting, Schollum led an interactive exercise that encouraged attendees to explore their assumptions about elder abuse. This hands-on approach had us all thinking, and helped us better understand the complexities of the issue, particularly the troubling statistic that 84% of elder abuse cases are perpetrated by family members.

Schollum emphasised that addressing elder abuse requires collective action. Grey Power members have a vital role to play, and there are several ways they can support the Positive Ageing Trust's advocacy efforts:

- **Raise awareness:** Educate your friends and contacts about the signs of elder abuse and encourage reporting. The free helpline 0800 EA NOT OK (0800 32 668 65) is available for confidential support.
- **Advocate for change:** Support the Trust's call for mandatory reporting laws and stronger legislative protections for older adults by voicing your concerns to local and national representatives.
- **Provide support:** Offer companionship and assistance to older adults in your community, particularly those who may be isolated or at risk. Be alert to any sudden changes in behaviour or circumstances.

The Positive Ageing Trust Hawke's Bay continues to push for legislative reforms and increased funding for services that protect and support victims of elder abuse. As Schollum reminded those present, preventing elder abuse is a shared responsibility, and by staying informed and engaged, we can work together to ensure the safety and well-being of our seniors.

Europe paperwork

If you are planning a trip to Europe next year, New Zealand citizens will be required to apply for an ETIAS to enter participating countries for general tourism, business, transit or medical purposes under 90 days. The programme (ETIAS stands for the European Travel Information and Authorisation System) is intended to screen travellers as a response to the global increase in terrorist activities.

Any New Zealander that wishes to enter Europe for over 90 days or for other purposes will need to apply for a Schengen visa. Further details can be found at <https://etias.com/>.

Things to do before you die

When someone dies it can be very difficult for the family to find all the documents they need to settle the deceased's affairs.



Tell your family where you have stored your important documents and other important information. It could be:

- with a lawyer
- at a secure document storage facility
- in a secure location on your computer, or
- in a safe place in the house

You can record online where the documents are via the Department of Internal Affairs' Te Hokinga ā Wairua End of Life Services website <https://tinyurl.com/mttheabf>.

Examples of important documents and information are:

- where to find a copy of your will
- your birth certificate
- information your family will need if they have to apply for a death certificate (e.g. they will need your full name and your parents' full names)
- a list of people and organisations they need to contact, along with their contact details (Here's a checklist: <https://www.cab.org.nz/article/KB00000594>)
- Instructions about how you want personal belongings to be distributed
- details of all your property and investments (including your KiwiSaver), and who to contact about them

- any land titles and mortgage agreements
- your insurance policies
- Any firearms you own, including their serial numbers and your firearms licence number. Check the Te Tari Pūreke – Firearms Safety Authority website <https://tinyurl.com/ykd5a2ka>
- any online accounts that you will want shut down, e.g. email and social media accounts
 - any documents you own (e.g. the original manuscript of a book or music you have written; research you have done on your family history.)

State what you want for your funeral (and after the funeral)

NB: Your family will not be able to arrange a funeral if you have nominated to donate your body - or a part of it - to science.

- people you want to attend, and their contact details
- letters to individuals, or a recorded message for the funeral
- whether you have a funeral pre-payment plan. It should also say whether you want to be buried, cremated or something else.

Lots more information on the Citizen's Advice Bureau's site <https://www.cab.org.nz/article/KB00000593>

Updating your details

If you get payments from Work and Income (including NZ Super) and your contact details have changed, you need to let them know straight away. Contact details include your: mobile phone number / home and work phone numbers / email address / residential/postal address. It is important to keep your details up to date in case Work and Income need to contact you. You can update your details online, using MyMSD which is available 24/7. To login or register, visit <https://my.msd.govt.nz/>

MyMSD is a great option for services such as: checking upcoming payments, updating contact information, viewing letters, requesting help with one-off costs. You can get more information about MyMSD on the Work and Income website.

Senior Services: If you can't use MyMSD, you can call the Seniors Services team. Contact them by calling 0800 552 002 (Mon-Fri 7am-6pm and Saturday 8am-1pm). Wait times can be variable throughout the day. You may see a shorter wait time by calling at the beginning or end of the day, or on Saturday.

COMMUNITY DAY PROGRAMMES: ENLIVEN OLDER PEOPLE

Enliven Havelock North, located at JH Mason Village on Durham Drive, reimagines community day programmes with a fresh approach in a cozy hall setting. We offer morning tea and lunch, accredited falls prevention exercise classes, and a variety of engaging activities on Tuesdays, Wednesdays, and Thursdays.

We have community day programme spaces!

To find out more about community day programmes for you or your family, ask your GP about Enliven Older People services, call a Needs Assessment Service Coordinator (NASC) directly on 06 834 1871, or have a chat with our Enliven Older People team on freephone 0800 436 548.

To donate to support local older people, call 0800 002 953 or we can come to you with a mobile EFTPOS terminal in Napier or Hastings.



CARING, ENABLING, SUPPORTING WHILE YOU LIVE AT HOME

Ask your GP about Enliven services or contact us:

Freephone **0800 436 548**
Email enliven@psec.org.nz
Visit our website psec.org.nz

enliven
PRESBYTERIAN SUPPORT EAST COAST



Cancer Society Central Districts HB Centre
Ph 06 876 7638
email: enquiries.hb@cancercd.org.nz

They offer a range of support services to support the 1 in 3 people who will experience cancer, providing information and practical support for clients and their families dealing with cancer.

They provide transportation to local treatment by a team of volunteers or through a shuttle service to Midcentral three times per week.

Their Cancer Prevention Team works to reduce cancer risk through education, advocacy, and support. The focus is on SunSmart practices, being Smokefree, healthy eating, limiting alcohol intake, and staying physically active.

All the above is made possible with the help of a dedicated team of volunteers, who generously contribute their time, skills, or money to ensure they can continue supporting the community.

Multiple Sclerosis Hawke's Bay is here to support those living with MS, their families, and the wider community.

They offer peer support through regular groups like the Monday group, which meets every second Monday, and monthly coffee mornings in Napier, Hastings, and Central Hawke's Bay. Their MS nurse provides essential guidance, referrals, and support for managing MS. Plus, they share valuable information to help everyone understand and navigate the challenges of MS.

T: 06 835 8542 | 021 991 987
E: sarah@mshawkesbay.org.nz
W: www.hawkesbaymultiplesclerosis.org
174 Hyderabad Road, Ahuriri, Napier 4110

I have a pencil that used to be owned by William Shakespeare. But he chewed it a lot. Now I can't tell if it's 2B or not 2B.

Age Expo in Havelock North

In late September I went along to see this day-long expo which showcased a range of services which support older people.

Needless to say, our Hastings Grey Power mates had a stand and it was good to catch up with them and meet their committee members.



Hastings Grey Power
Vice President Mitch Smailes,
Secretary Roberta Budvietas, Maxine Boag,
and President Ron Wilson.

Other organisations present included:
Knowledge Bank, Hawke's Bay Digital Archives Trust
Stoneycroft, 901 Omaha Road, Hastings 4120
Email: admin@knowledgebank.org.nz
Phone 06 833 5333
Web Site: www.knowledgebank.org.nz

They are a digital archive, scanning family, business and club/society histories and storing on website and archives to ensure Hawke's Bay history doesn't get lost for future generations. To do this they have volunteers using computers, scanners, and cameras. The volunteers are generally of an older age group and are trained, to make use of skills, all in a social setting in order to make information available for the public and researchers.

NAPIER CITY COMMUNITY CHRISTMAS LUNCH

The community luncheon held on Christmas day is always a popular festive celebration for those who are on their own on Christmas day.

This is being held at Marist Boys Clubrooms, Clyde Jeffrey Drive, Park Island.

Phone Age Concern Napier office 06 842 1348 to book or email napier@ageconcernhb.org.nz

Bookings close on 18 December

150 YEARS OF NAPIER



A time to reflect and acknowledge our city's rich heritage, resilience and bright future ahead!

Napier Sailing Club Water Expo

17 November, 10am-2pm, Ahuriri

FREE

Sailing day at Ahuriri showcasing the rich maritime heritage and vibrant community of Napier Sailing Club.

Official Napier 150th Commemoration Service

28 November, 7am-9am, Marine Parade

FREE

Official commemoration event acknowledging 150 years since Napier became a borough, with special guests from the Royal NZ Navy and Napier's Sister Cities in Canada and China.

100 Years of the Fullagar Engine

29 November, 5pm-9pm, Faraday Museum of Technology

FREE

Celebrating the 100-year legacy of the humble Fullagar Engine at Napier Faraday Museum of Technology.

Whānau Fest 150

30 November, 10am-3pm, Anderson Park

FREE

Bring whānau and friends and join in this event aimed at connecting and celebrating our Napier communities. There will be music, live entertainment, food trucks, coffee carts, cultural displays and more! Proudly supported by Tremains.

Collins St Festival

30 November, Ahuriri

TICKETED

Held in one of Hawke's Bay's coolest little suburbs, this festival showcases the best of what the region has to offer. collinsstfestival.co.nz

Napier 150th Christmas Parade and Concert

7 December, 1pm-6pm, Napier CBD

FREE

With over 30 displays and floats, plus pipe bands, marching groups, mascots - and of course Mr Claus himself. The parade will be followed by a Christmas Fiesta and a free Napier 150th Concert at Napier Soundshell featuring legendary female supergroup of the '80s, 'When the Cat's Away' and other local musicians.

Come along and celebrate the city we love!



ourplacenapier.nz

HBRC Update

Hinewai Ormsby, Chair of the Hawkes Bay Regional Council, addressed our September meeting. Her presentation was focused on the Regional Council's progress and achievements over the last year.

Hinewai said that their key focus has been supporting communities recovering from the devastating impact of Cyclone Gabrielle which caused significant damage. It was an extreme weather event, unprecedented in our lifetime: the largest flood ever recorded in New Zealand history and transformed our region in a way we had ever expected.

For the Regional Council it meant an altered and extra ambitious work programme that demanded radical collaboration and cooperation at central, local, and community levels.

Together with local councils and affected communities, the HBRC has been working tirelessly on land categorisation. By October 2023, a major milestone was reached: the completion of the land categorisation process. This allowed local Councils to begin the voluntary buy-out process for Category 3 properties, providing clarity and support for those property owners.

Looking back to October 2022, a significant piece of work was completed: the building of the Taradale

stop bank in a co-investment programme with the then government. This critical infrastructure played a significant role in protecting Taradale and Napier from further flood damage, helping to avert substantial business and residential losses from Cyclone Gabrielle.

Following the cyclone, the Regional Council took on the enormous task of repairing flood infrastructure, managing to repair approximately six kilometres of breaches and 28 kilometres of weakened stopbanks across a 248-kilometre network. The bulk of this work was completed by October 2023, and all repairs were finalized by January 2024—a task that would usually take years to achieve.

As well, the HBRC focused on restoring the region's flood monitoring telemetry and communication networks. Current efforts are now directed towards enhancing resilience and restoring vital sites.

Negotiations with the Crown resulted in a significant recovery support package for our region. This funding is enabling the building of new flood schemes in Wairoa, Whirinaki, parts of Heretaunga, and Pōrangahau. These schemes will allow homes in Category 2A or 2C to be reclassified as Category 1, meaning that residents can stay on their properties and either repair or rebuild their homes.

The aftermath of Cyclone Gabrielle also necessitated extensive cleanup efforts. Removing silt, woody

debris, and waste was crucial for community recovery and for helping farmers and growers return their land to productive use. Teams and contractors worked diligently to restore our regional parks and trails, which were significantly damaged.

The rural and primary sectors in our region were heavily impacted, and HBRC teams worked closely with farmers, growers, and landowners to address their needs and guide their recovery planning. They tackled soil erosion, vegetation loss, and the influx of soil into our waterways. Funding for new planting, cyclone remediation work, and waterway protection through new fencing was crucial.

Financially, the cyclone had a substantial impact. However, despite the challenges, the HBRC is pleased to report an operating surplus of \$2.4 million for the financial year 2023-24, compared to a planned deficit of \$20.7 million. This surplus is largely due to subsidies and grants for infrastructure rebuilds, which have not been reflected in the operating statement. Revenue exceeded budget expectations due to external funding for cyclone-related activities, such as sediment and debris removal. Additionally, the value of our infrastructure assets has increased following a revaluation based on the costs incurred during the rebuild.

She thanked Grey Power for our generous support and kind contributions during response and recovery efforts. "Your helping hands, hot meals, and donations were invaluable and deeply appreciated."

Looking ahead, Hinewai said their focus remains on addressing immediate needs while investing in long-term solutions. "We are committed to building resilient flood infrastructure and keeping our community at the heart of everything we do."

At the end, Hinewai answered a range of questions on topics including the Brookfields bridge, forestry slash, Taradale and Waiohiki stop banks, cycle trails and the Wairoa bar. She was well received by our members.

Whooping Cough vaccine

If you are 65 or over and around babies and young children, it is important to get a booster for Whooping Cough. The booster is free at ages 45 and 65. If you missed your booster at age 65 you can still catch up for free. If you're unsure of how many doses you've had, check with your health provider.

The whooping cough vaccine also protects you against tetanus and diphtheria - if you've had a tetanus booster recently, you may already be protected against whooping cough.

Immunity reduces over time, so it's important to get the booster. A free whooping cough vaccine is available from your healthcare provider and from many pharmacies.

Boostrix is a vaccine used for booster vaccination against diphtheria, tetanus and whooping cough.

Certain people are recommended to have a whooping cough vaccine at least every 10 years – but there may be a cost. This is to boost protection against whooping cough.

This group includes people who:

- work with young children and vulnerable people
- live with a newborn baby
- are at higher risk of severe illness from whooping cough (for example those with chronic respiratory disease).



PART OF HAWKES BAY SINCE 1976

- BETH SHAN -

FUNERALS

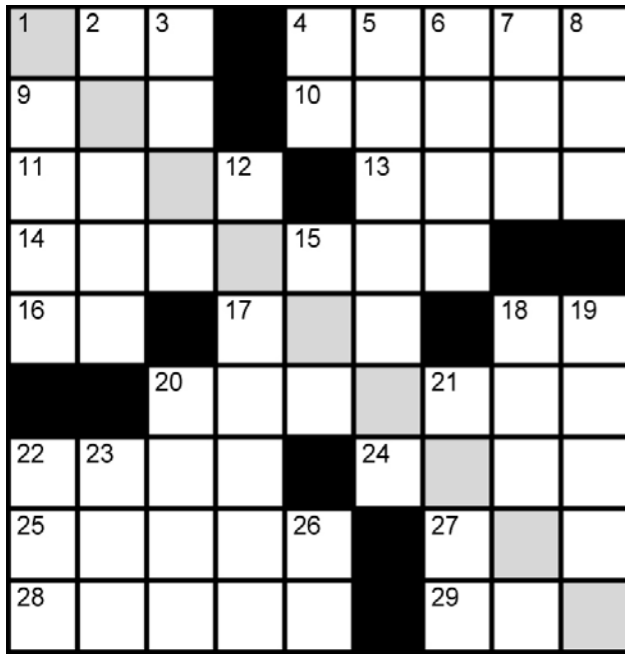
placing families first

NAPIER	HASTINGS	TARADALE
- Georges Drive -	- Maraekakaho Road -	- Gloucester Street -
06 835 9925	06 870 3399	06 835 9925

www.beth-shan.co.nz



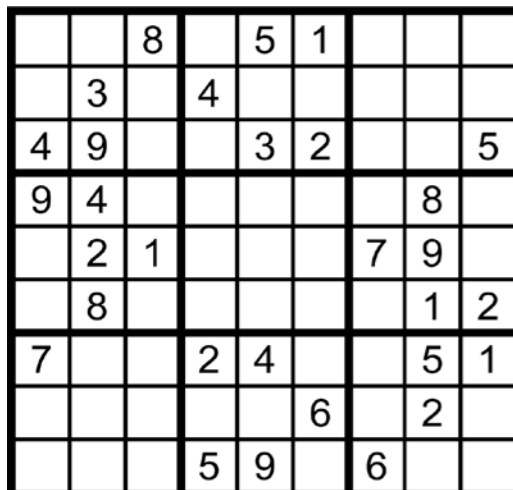
Big and Creepy



- Across**
- 1. ___ Aviv
 - 4. Sudden outpouring
 - 9. Sunbeam
 - 10. Betelgeuse's constellation
 - 11. Shrek, e.g.
 - 13. Halftime lead, e.g.
 - 14. Sewing machine part
 - 16. Element #2's symbol
 - 17. Genetic stuff
 - 18. Bell or Barker
 - 20. Nonsense
 - 22. Pair

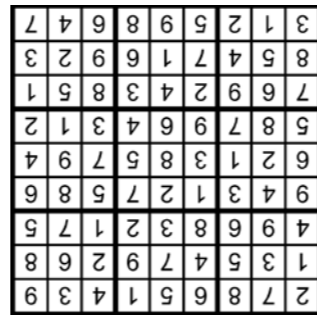
- | | | |
|----------------|------------|---------|
| BAMS | DISCARD | PUNG |
| BETTING | DOTS | QUINTS |
| CALL | DRAGONS | RACK |
| CARD | FLOWERS | RUNS |
| CHARLESTON | GOING DEAD | SINGLES |
| CHOW | HAND | SOAP |
| CONCEALED HAND | JOKERS | SUITS |
| CRAKS | KONG | TILES |
| DEAL | MELD | WALL |
| DICE | PAIRS | WINDS |
| | | YEAR |

SUDOKU



How to solve sudoku puzzles: No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*

- 24. Continental currency
 - 25. Radiant
 - 27. "A Nightmare on ___ Street"
 - 28. Motif
 - 29. Ocean
- Down**
- 1. Promise
 - 2. Tidal flood
 - 3. Orpheus' instrument
 - 4. Therefore
 - 5. Bishop, e.g.
 - 6. Campaign worker
 - 7. Deck (out)
 - 8. Compass heading
 - 12. Nobleman's domain
 - 15. Some trial evidence
 - 18. Actress Oberon
 - 19. Fragrance
 - 20. Cotton unit
 - 21. Colors
 - 22. "Who ___?" (slangy query)
 - 23. "That's terrible!"
 - 26. First word of the Constitution



The crossword headline is a clue to the answer in the shaded diagonal

Mah Jong



CELEBRATING AGEING

by Alexia Russell



"I wouldn't say I'm proud of my wrinkles, but I had a really good time making them," Lyn Slater, the septuagenarian cultural influencer and 'accidental icon', has spoken about growing older as being like a rose.

"There are some thorns but there is also the bloom, and there's always that bud of potential, growth and self-discovery." And it could be worth tuning in to these sorts of voices for a myriad of reasons: research has found that those who have positive associations around ageing actually age better and live longer.

As Anna Murphy puts it: "Is ageing a straightforward proposition? No. Does it have complexities including negative ones? Yes. But is it something to grab with both hands rather than somehow attempt to negate? Yes, because ageing is living."

TIME TO THINK ABOUT AGEING

But a new advocacy group says that involves solving some big problems NZ hasn't even looked at yet: in five years' time, one in five New Zealanders will be over retirement age. But there are concerns that older people still seem to be invisible citizens.

We are currently in the middle of what's been designated the UN Decade of Healthy Ageing, which has prompted organisations in the sector in this country to form an advocacy group and think tank.

The New Zealand National Forum for the Decade of Healthy Ageing aims to get society to re-think ingrained attitudes towards senior citizens, raise awareness and fund research and projects that will improve quality of life.

The Selwyn Foundation is one of the groups involved, and The Detail spoke to its CEO Denise Cosgrove. The foundation's work started 70 years ago looking at the tragic plight of older people with poor housing.

"People living in sub-standard housing without

water, without amenities, with no money ... in poverty. "We did some research a year or so ago and that number is 37,500 older people in Auckland and Northland alone experiencing multiple disadvantages across all those domains of wellbeing. It's going to get worse. In less than five years there'll be a million people over 65 in New Zealand."

Cosgrove says the UN decade is a platform for change. "It's about people realising that the world is changing, that [we] are getting more older people, and that we actually need to address this in a way that is going to enable people to age well, and to live healthier lives for longer."

The main issue the group wants to focus on is combating ageism. Cosgrove says that's about how we think.

"Let's just stop and pause and ask why I went down that pathway, why did I make a judgment about that person, is it valid?" Examples are stereotypes about old people not being able to use technical devices, or being poor drivers. Another issue is pushing for policy and legislative change that would improve the lives of the over-65s, such as changing the rule that they're not eligible for student allowances. And a third thrust is encouraging intergenerational activity – bringing younger and older people together to share knowledge skills and realise the value of each other.

"Ageism isn't only upwards," she says, "it's also downwards". Cosgrove says the ability for people to age within their own communities is really important, and very little work has been done on that problem in New Zealand.

"There will never be enough care beds, and the reality is most people want to age and die in their own community," she says. "So how do we enable that? "We need to work on those kinds of big meaty problems in New Zealand which we haven't really been addressing yet."

CYCLING WITHOUT AGE NAPIER TRUST



What do we do?

- We provide free recreational rides on trishaws Maggie, Nola and JOY
- Its not a taxi service but a ride for pure fun and enjoyment
- Our Trishaw named JOY can ride with you in your wheelchair



Why do we provide free rides?

- To reduce loneliness and isolation
- To improve physical & mental health
- To reconnect our seniors with their community and to build better lives
- You are never too old "to feel the wind in your hair"



When are the rides available?

- Weekday mornings or afternoon
- Selected Saturdays at Anderson Park or Marine Parade
- Visit our website www.cwanapier.nz for more information and sign up for rides.
- Or call Alan to chat on 0274 302 702



Federation Conference by Maxine Boag



I had the privilege of attending the 2024 Grey Power Federation Conference and AGM in June, on your behalf.

It was held at the Brentwood Hotel in Wellington and attended by delegates from 38 local associations, making up about 80 delegates, observers and elected Federation members.

With the unexpected resignation of President Jan Pentecost, Vice-chairperson David Marshall presented the president's report which covered a wide range of topics including "Where is Grey Power going?" and their advocacy visits to MPs and other organisations. Key topics included lobbying for fair superannuation policies, improving healthcare access and in-home care, and safeguarding senior rights. Exciting new initiatives such as enhancing Grey Power's digital presence to keep members better connected and informed were also introduced.

Palmerston North City Councillor (and long-time Grey Power member) Lew Findlay was confirmed as Federation Treasurer, promising to take the Federation out of the red and into the black (which he has successfully achieved).

Two candidates – Raymond Mudford and Gayle Chambers stood for the National President, with Gayle elected.



Casey Costello

Keynote speakers included the Minister for Seniors and Associate Minister for Health, Casey Costello, Aged Care Commissioner, Carolyn Cooper, the CE of Age Concern NZ, Karen Billings, and Sharnie Warren, CEO of Grey Power Electricity, who

said they will continue supporting the Federation financially (\$231,526 was the figure) and will be introducing a Pet and Car insurance later this year.

The bulk of the remits considered and approved at the AGM related to the new constitution meeting new regulatory requirements. Remits were also passed focusing on issues such as improved communication, authorisation of only publicly controlled fireworks displays, investigation of a national rates postponement scheme, free prostate screening, and provision for those who are not digitally enabled.

I volunteered to take photos at the Conference, which gave me the opportunity to meet many of the other delegates and get them to smile! I was pretty pleased to see the photo I took of President Gayle in the Federation newsletter and from what I can see, she's going to do a great job!



President Gayle Chambers and past president Jan Pentecost

Joining a book club



A nationwide book scheme is breaking the stereotypes on book clubs.

The Book Discussion Scheme has run for over 50 years since its humble beginnings in Canterbury in 1973. It's grown to encompass more than 13,000 group members from Northland, to Stewart Island as well as the Chatham Islands.

An internationally unique model for book clubs, the scheme has more than 1100 titles and dispatches book sets to its readers every month via an annual subscription. Groups meet at a member's house, a favourite cafe, or the library. The scheme provides comprehensive questions and notes on the reading material, so there's always lots to discuss.

Benefits of reading have been well documented when it comes to improving cognitive health, including reduced stress, increased brain power, better sleep, and improved memory.

Book club membership goes a step further by helping to minimise the mental health risks brought on by isolation.

Men's book clubs have become a particular focus. When men get together to discuss a book, it promotes friendships, mental health, and active engagement within their community.

Similarly, those in rural areas and small towns find their monthly meetings a great remedy for geographical isolation.

A Gore based member who has been part of the scheme for 40 years said it gave her stimulation, interest, excitement, diversion, relaxation, challenge and thought-provoking opportunities that have come our way each month.

New or old, the connections made through a book club can become lifelong friendships.

If you're interested in joining a book club, or interested in starting one with Book Discussion Scheme go to www.bds.org.nz/start-a-group to learn more.

MEMBERSHIP REPORT OCTOBER 2024

Grey Power Napier & Districts has a membership of 1100 at this point in the year. It is the policy of the Grey Power National Federation that all unfinancial members are removed from records at the end of September so this has now been done. Members have six months (March until September) to pay their subscription and after that are deemed unfinancial.

We have welcomed 112 new members this year and of course have had natural attrition of older members to arrive at the net result.

The renewal of subscriptions for the 2025/2026 year will be welcomed from February 2025 and there will be a new updated discount book to go out with the 2025 cards. Unfortunately we have had to increase subscriptions (as was passed at the AGM in June) and the new rates will be \$25 for a single membership and \$40 for a couple.

We encourage all members to talk about Grey Power and its benefits to their friends and neighbours, or maybe you could gift a subscription to your children for Christmas!

Remember you don't have to be a senior citizen to join Grey Power and get the benefits in our Discount Book (such as discounted Veterinary services)!

Linda Mellor | Membership Secretary



Members enjoying our delicious afternoon tea at one of our meetings.

Choose the right healthcare for you and your whānau



Care at home
Info.health.nz
Advice and information on general wellness, colds, flu and Covid, minor injuries and skin issues.



Healthline
0800 611 116
Free health advice and information 24/7 from trained nurses and other health professionals.



Pharmacy
Advice and treatment
Medicines and vaccinations, help to treat minor illnesses, over-the-counter treatment.



GP or Doctor
Appointments with a doctor for general wellness, high fevers and rashes, injuries, mid to long term healthcare and all vaccinations.



Accident urgent medical centre
Out of hours or urgent care if your GP isn't available, for urgent injuries or if you're feeling very unwell.



Emergency department
Call 111 if it's a life threatening emergency
Go immediately if you have chest pain, difficulty breathing, severe bleeding or severe pain.

GO WELL

Te Kāwanatanga o Aotearoa New Zealand Government Health New Zealand Te Whatu Ora

"Do not go gentle into that good night"

By Dylan Thomas

Do not go gentle into that good night,
Old age should burn and rave at close of day;
Rage, rage against the dying of the light.

Though wise men at their end know dark is right,
Because their words had forked no lightning they
Do not go gentle into that good night.

Good men, the last wave by, crying how bright
Their frail deeds might have danced in a green bay,
Rage, rage against the dying of the light.

Wild men who caught and sang the sun in flight,
And learn, too late, they grieved it on its way,
Do not go gentle into that good night.

Grave men, near death, who see with blinding sight
Blind eyes could blaze like meteors and be gay,
Rage, rage against the dying of the light.

And you my father, there on the sad height,
Curse, bless, me now with your fierce tears, I pray.
Do not go gentle into that good night.

Rage, rage against the dying of the light.

www.facebook.com/EnglishLiterature11

SILVER SCREEN SERIES

Join us for afternoon tea and a Christmas movie

WHEN: **Wednesday 4 December**
WHERE: **MTG Century Theatre, Herschell Street**
TIME: **1.30pm – afternoon tea / 2pm – film begins**



Cost: Free event for seniors aged 65+

**Bookings essential to
communityservices@napier.govt.nz
or call NCC Customer Services
on 06 835 7579**

Guest speakers for 2025 meetings



- | | | |
|---------|--------------|--|
| Tuesday | February 18 | – Hon Tracey Martin
Chief Executive
Age Care Association NZ |
| Tuesday | March 18 | – Michelle McNabb, Acting District Commissioner MSD |
| Tuesday | April 15 | – Distinguished Professor Emeritus Paul Spoonley,
Massey University |
| Tuesday | May 20 | – to be advised |
| Tuesday | June 17 | – Cr Wendy Schollum – Artificial Intelligence |
| Tuesday | July 15 | – Mobility Physical Aids |
| Tuesday | August 19 | – Local Body election candidates |
| Tuesday | September 16 | – Local Body election candidates |
| Tuesday | October 21 | – to be advised |
| Tuesday | November 25 | – Christmas luncheon (<i>date to be confirmed</i>) |



Sender: Napier & Districts Grey Power
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Marewa 4143

