



SUPER PEOPLE

Magazine of Kapiti Grey Power Association Inc.

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Kāpiti Seniors Network

Over the past few months Grey Power has been working with other seniors organisations to form the Kāpiti Seniors Network.

The drive coming from Roger Booth, who is both Chairperson of Kāpiti Age Concern and Vice President of Grey Power, aims to combine and enhance the capabilities of volunteer groups supporting Kapiti's older citizens, and increase our lobbying power.

"It's a collaborative venture, with no one group dominating, and each offering their areas of interest and expertise," says Roger.

"There are 15,000 seniors living in Kāpiti and the numbers will only increase in the coming years. It makes sense that we don't duplicate and that each group supports a combined effort for improvements in our district."

In preparatory meetings, representatives of Kāpiti Health Advisory Group, Kāpiti RSA, Kāpiti Retirement Villages, the combined Whanau group, Citizens Advice, CABK Cameo, and the Elders Council have indicated support for Grey Power and Age Concern in such a venture.

Roger says one practical initiative under way involves the recognition of Age Friendly businesses and organisations. Grey Power and the Support Network are referring to a World Health Organisation checklist *Essential Features of Age Friendly Cities and Communities* and relating its guidelines to Kapiti.

"Age friendly means any age, including the elderly, those with children or babies, disabled, and the idea is to inspect and signpost those businesses, buildings and facilities that comply with the guidelines," says Roger.

"We have talked about becoming a genuinely age friendly district for a good ten years without making much practical progress. There has, unfortunately, been general expectation that Council will drive the changes. The drive will now come from us, the people, and Council has already indicated that they are likely to support what we do. So watch this space."

Inside Issue 139

Aug—Oct 2021

	Page
Office Mgr Report	2
President's Report	3
Bank fees	4
COVID	5
NZ Budget	6
Gold Card photo	7
Meeting MPs	8
Digital petition	9
Ageist car rentals	10
Over 75 driving	11
Grey Power benefits	12
Electricity savings	13
Hospital transport	14
Health report	15
Gold Card walk	16
Tenancy laws	18
Tech info	19
Gardening	20
Recipe	21
Interislander	22
Membership form	23

The deadline for contributions - Issue 140 is Wednesday, 27th October

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From the Office and Membership Administrator



Dear Members

Welcome to all our new Members - 54 having joined us since the last edition of Super People in May. We have just about reached the 200 mark for new Members this year. That is excellent, but we still need more Members, so do remember to mention us to your friends, family, and the clubs you belong to. We are happy to give you information to 'spread the word' about KapitiGrey Power. Just contact our Office for flyers and magazines.

"Why Keep it Secret?" This is a small booklet that can function as a personal record of your assets and matters pertaining to your estate. These have been extremely popular with Members. We have just received a new order, which are for sale in our Office, \$5 per booklet at the Office, \$7 if posted.

In the last copy of NZ Grey Power Magazine, it mentioned on Page 11 a 'new Resource to help you use healthcare services' and that they were available in Association Offices. We do have these. You are welcome to pop up to our Office for one. No cost for these.

Our recent Membership Drive in Coastlands Shopping Town was a big success. We are having another on Tuesday 14th September, and we will be at the Spring Market at Waikanae on Saturday 23rd October. It would be excellent to see you and your friends there.

2021/22 Membership fees are now overdue. Please check your Membership Card to ensure you have renewed. Your card should read: Valid to 31 March 2022. Please look at **Page 4** of this Magazine for ways to pay, and subscription amounts.

Keep well and stay warm

Diana

Members' Coffee Morning

Our next social meeting is on Wednesday 22nd September at 10am

Ocean Road Community Centre

OUR SPEAKER WILL BE DR CORDELIA THOMAS, ASSOCIATE HEALTH AND DISABILITY COMMISSIONER

President's Report



Dear Members,

It is with pleasure that I report to you that the problems we experienced at the beginning of the year have all but disappeared now.

We have a strong committee that is representing our organisation in many ways. From the Council Chambers, Kāpiti Health group, Road Safety group at KCDC, Age Concern, Volunteer Kapiti, and Old Persons Council, to the volunteers in the office every day putting an actual face to the Grey Power name, a gigantic 'Thank You' to you all, no matter what you do.

On a more serious note, the Grey Power Annual General Meeting was held in Nelson, from the 13th to 15th of July. Trevor Daniell and I attended, driving down via ferry on the 12th and returning on the late-night ferry on the 15th. The conference was held in the Trafalgar Centre which, although rather cold on the first day and hard seats for the three

days, was a good venue. The subjects discussed were numerous and varied. I have six pages of notes, but maybe the most important topic was the diminishing membership nationwide.

We were supplied with several pages of suggestions on how we may try to encourage new members to join. Possibly the best one was that our membership fee for a single person is about the price of three cups of coffee, and if you use our discount book even once you will more than likely recoup that outlay many times over!

What can you do about this you ask? Plenty, if every member got just one person to join up we would double our membership overnight!

Please consider this an urgent matter. Without more members and the increasing prices we are facing, we are possibly having to seek special funding to keep us going.

There you have it, if every member does their bit, we would be successful.

Be safe, be careful.

Derek

Our speaker for September

Dr Cordelia Thomas, the Associate Commissioner for the Health and Disability Commissioner (HDC), is the speaker at our next social meeting, which is on **Wednesday 22nd September at the Ocean Road Community Centre.**

Morning tea will be served at 10:00am and Dr Thomas will speak at 10:30 am.

Dr Thomas was previously the HDC Associate Commissioner - Investigations, Acting Chief Legal Advisor and Specialist Senior Legal Advisor. Before joining the HDC, she was the senior legal advisor for Toi te taio: the Bioethics Council. Her projects included "*Who Gets Born: Prebirth testing*" and "*Human Embryos for Research*".

For a number of years Dr Thomas was a senior lecturer in law at Massey University and continues to teach Public Health Law.

Her research interests include medical law and bioethics. Her PhD thesis in law proposed a legal framework for the collection, retention and use of human body parts. She has published widely and is the author of several textbooks.



Kapiti Grey Power Magazine Deliveries

Otaki Residents ... we need your help

Magazine deliverers needed urgently for Otaki to deliver our quarterly magazine to the letter boxes of our members in Otaki. Different areas of Otaki are available.

Magazines are delivered in February, May, August and November.

For more information and any offers of help please phone either Jan Harris, our Otaki coordinator on 06 3645653 or Chris Robertson - Kapiti Grey Power magazine coordinator on 04 9040576 or 021 258 3091 or robbys.kapiti@gmail.com

Thank you

Banks charge in-branch transaction fees

With New Zealand's banking sector phasing out cheques and the continuing closure of branches across the country, the New Zealand Bankers Association has provided a report for Age Concern in order to help the elderly transition to phone-based and online banking.

Research carried out by the *New Zealand Herald* shows that all the country's leading banks are charging customers for over-the-counter, in-branch "staff-assisted" and "manual" transactions. These include over-the-counter withdrawals, setting up direct debit services and bill payments.

ANZ charges \$3 for in-branch assistance but offers the service free to customers with more than \$5000 in the bank. BNZ imposes a \$5 fee for "manual" transactions. Westpac charges \$2.50. Kiwibank charges under-65s \$5 for withdrawals and \$3 per deposit—after one free. ASB charges 80 cents for both deposits and withdrawals.

In conjunction with New Zealand's six biggest banks, Age Concern has been offering "banking workshops" to help the elderly with the transition from face-to-face banking to online and telephone services.

"It's all about working together with these changes," says Age Concern New Zealand chief executive Stephanie Clare, "particularly with our seniors, who are used to banking in a different way, used to knowing who their bank manager is, and who the bank teller is."

Clare advises those who are worried about of the fees for face-to-face banking to speak to the bank in person. New Zealand Bankers' Association chief executive Roger Beaumont agrees:

"Anyone concerned about their bank fees should talk to their bank to discuss their particular situation and how they can avoid fees," he said. "Some banks waive fees for older customers. Everyone's circumstances are a bit different and it pays to have a chat about how your bank can help you."

Source: *New Zealand Herald*



designed by freepik



Have you paid your 2021/22 Membership fee?

If you have paid, thank you. If you are unsure whether you have paid or not, please check your Membership card., The date shown should read 31 March 2022. This is the expiry date

If you have NOT paid, there are several ways to do this.

Membership payments can be made by Internet banking to our Kiwi Bank account number: **38 9018 0407796 02. Please quote your membership number.** This will be processed and your Membership card sent to you,

You can visit our Grey Power office on the first floor, Coastlands Shopping Town and pay by EFTPOS or cash.

Our office hours are Monday-Thursday 10 am to 4 pm. Friday, 10 am to 1 pm.

You **MUST** be a financial Member of KapitiGrey Power to be able to take advantage of the many benefits Grey Power can offer, including this quarterly *Super People* magazine, discounted Grey Power electricity, gas, phone and broadband. There are many other national and local discounts together with the automatic death and disability insurance.

Booking your Covid-19 vaccination Group 4 appointment

New Zealanders in **Covid-19 vaccination group 4** are now able to book their appointment.

With more than two million people – the general population – Group 4 is the biggest group yet in the rollout ... so things won't happen at once.

This part of the vaccination rollout is staggered by age, and invitations will be going out to different age groups between now and the end of the year.

Those aged 60 and older will be first.

But a booking invitation doesn't mean you can secure an appointment quickly. Director-General of Health Dr Ashley Bloomfield advised that most people would be

JAB TIP

Take something to read or do.

You'll be asked to wait for at least 20 minutes after the injection so medical staff can check you don't have a serious allergic reaction.

waiting four to six weeks after booking before their first injection. In some locations, it could be longer.

People aged 55 and older have been able to book from August 11.

Depending on vaccine supply and progress with other age

groups, those **aged 45 and older** will be able to book from mid to late August.

Those in the wider population are able to register their details in the national booking platform **Book My Vaccine** (www.bookmyvaccine.covid19.health.nz), and will be contacted when it's their time.



The official 'Book My Vaccine' website

To make a booking, call the COVID Vaccination Healthline on **0800 28 29 26** (8am to 8pm, 7 days a week).

When bookings are open for your age group, you'll receive a text or email – so make sure your contact details are up to date at your doctor's office. Some people are also being sent letters.

The message will include a link to the **Book My Vaccine** platform. Click through to "Book or register for your vaccine", where you can select to do the process in either English or te reo Māori.

Tick through the questions, choose a location and date, fill out your details, and you're done. You'll receive a confirmation and will get a reminder beforehand.

Source: Ministry of Health press release



TWITTERATI

Are you aged 60+? If so, you can book through Twitter to reserve your spot to get the COVID-19 vaccination.

pic.twitter.com/Alcjz7qiq4

Other options: at: www.bookmyvaccine.nz

or by phoning **0800 28 29 26** free of charge.

KĀPITI'S VACCINE CENTRE

Your family doctor or medical centre is now inviting Covid-19 patients for vaccinations.

The Kāpiti Community Covid-19 Vaccination Centre is at 45b Te Roto Drive, Paraparaumu

It can be contacted direct by ringing **0800 122 504** or by email at haumaru@horotepai.co.nz

LOOK OUT FOR VACCINE SCAMS AND MISINFORMATION

The New Zealand Government has directed that anyone in New Zealand, whether they are eligible for publicly funded health services or not, will be eligible to receive the Covid-19 vaccination until 31st December 2021.

The timing of the vaccinations will depend upon the priority schedule and these vaccines will not be available to purchase privately.

However, look out for scammers who are devising ways to trick you into sharing personal or financial details, especially via phone and email.

Reliable information about the vaccine is on the Ministry of Health and Unite Against COVID websites. Visit: covid19.govt.nz/vaccines or call **0800 466 863**

“The rule is, jam tomorrow and jam yesterday—but never jam *today*.”

“It *must* come sometimes to ‘jam to-day,’” Alice objected.

“No, it can’t,” said the Queen. “It’s jam every *other* day: to-day isn’t any *other* day, you know”

— Lewis Carroll, *Through the Looking-Glass and What Alice Found There*

The Treasurer giveth ... and then taketh away

Stuff, reporting on the July Budget, described SuperGold Card holders as the ‘Biggest Losers’, saying: ‘The Government has done away with a hangover from the prior Labour-coalition Government, an NZ First policy that would have given SuperGold cardholders a free medical consultation, including an eye check.’

Super People asked for clarification from the Ministry of Health. This is the Response from a spokesperson in full:

The Ministry of Health acknowledges the importance of ensuring older people have affordable and easily accessible healthcare, including eye care, so they can enjoy the best quality of life possible.

In Budget 2021, the Government decided not to proceed with implementing an initiative to offer free annual GP visit and nurse-led eye check for SuperGold Card holders that was identified as a priority for the 2017 Labour New Zealand First Coalition Agreement. As the policy was not implemented, there will be no change in eyecare services for seniors.

This decision follows a recommendation from the Ministry of Health which, after considering feedback from the wider health sector, concluded that implementation would add little additional benefits on top of existing programmes.

There are a number of existing schemes that benefit older people who need assistance with the cost of health care, including eye health. Access to low cost general practice care is available to those aged 65 and over through the Very Low Cost Access and the Community Services Card schemes. High Use Health Cards are also available, as are prescription subsidies for people requiring 20 or more prescriptions per year.

Alongside these initiatives, the Ministry is implementing, with DHBs and service providers, wider improvements to health and support services for older New Zealanders including a new national framework, service specification and funding model for home and community support services. Approximately 65,000 older people receive home and community support funded by DHBs. These improvement initiatives will enable development of more restorative models of care and improve the targeting of funding and consistency of these services across New Zealand. They will also drive greater emphasis on addressing equity concerns in the sector. These initiatives are due for full implementation by DHBs by July 2022

KAPITI GREY POWER CHRISTMAS LUNCH

Date: Wednesday 1st December 2021

Venue: Community Centre, 45 Ocean Road,
Paraparaumu

Time: 12 noon

Cost: \$35.00 per member

There is a limit of 100 seats, so please make sure you reserve and pay for your seat by Monday 22nd November. No payments can be made on the day.

You can reserve and pay by:

- Calling in to the office in Coastlands
- Paying by internet banking. Please use your membership number as your reference and pay to KiwiBank “Xmas” account number: 38 9018 0409796 11

CHRISTMAS MENU

\$35.00 PER HEAD

Hot Glazed Ham (Mustard Sauce)

Roast Beef (Gravy)

ROAST VEGETABLES

Potato

Pumpkin

Carrots

Minted Peas

SALADS

Coleslaw

Green Salad

Homemade beetroot

Curried egg/pasta

DESSERTS

Pav / Fruit salad

Christmas pudding, (brandy sauce)

Trifle, Cream

TEA AND COFFEE

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Antenno is a free mobile app that sends you Council-related notifications directly to your mobile phone about the places you care about.



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You can choose the places you want to be alerted about, so Council is not bothering you with things that don't affect you. You can also opt out of topics that aren't of interest.

Antenno is also a fast easy way you can report information to Council, for example graffiti that needs to be removed from a public place, a tree that's fallen and is blocking a road or a twisted road sign. Just go to the app and add to 'your reports' – the app will prompt you for the information Council needs.

If you send your report outside working hours (8am – 5pm, Monday to Friday) and it's urgent, call Council on **0800 486 486** so it can respond immediately. Otherwise, your report will be processed on the next business day.

Download it from the App Store or get it on Google Play. It doesn't ask for any personal information or login



Pitopito kōrero mai i te Kaunihera o Kāpiti

Another way to keep informed is to subscribe to Council's free weekly newsletter.

It drops into your email inbox and is full of what's new this week, hot tips, opportunities to get involved, dates to remember and other goodies. You're even able to share some of your picture perfect Kāpiti moments.

It's a jolly good read.

The signup page is at <https://mailchi.mp/kapiticoast/everything-kapiti-sign-up>

details, so it's a nice easy way to stay informed.



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SuperGold card not yet a photo ID

The AA is offering its members who are SuperGold Card carriers the opportunity to choose to add a photo to their SuperGold Card.



To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with **three forms of identification** that verify your name and date of birth, plus, evidence of your address. It's a free service for all SuperGold card holders.

Your photo will be taken and a new card posted.

The AA suggests this card may work as a form of photo ID for when you may no longer have a current driver's licence or passport. But must be used in conjunction with your birth certificate as there is no date of birth on the card.

Kapiti Grey Power President Derek Townsend, who attended the national annual general meeting says that acceptance of a photo SuperGold card is at the discretion of the provider.

"It's not official, but Grey Power's National Board is working on it," he says.

Editor's Note: *It seems strange to place the emphasis on a birth certificate, as you can order one (even someone else) by phone or over the Internet and there's no picture on the document (it wouldn't be an up-to-date likeness, anyway).*

Send us your funny story about when you were last asked for ID to prove your age?



Kapiti Grey Power hosted the Region's two Labour MPs. Pictured here are Isobel Ngobi, (left) the Member for Otaki, and Barbara Edmonds, the Member for Mana, with Grey Power's Local Body Issues representative, Trevor Daniell (left) and President Derek Townsend.

Last Issue *Super People* published a photograph of Opposition MPs who were touring the area. One of our Members was affronted as we described the MPs as "Liberal". The error came about as a result of your Editor 'doing time' in Australia for the past 38 years!

At least this time he remembered to include the 'u' in Labor!

QUIZ; THE ANSWER TO EACH QUESTION IS A COUNTRY

The European Football (soccer) championship took place in July. 24 Nations took part. See if you know which ones:

1. Which country has 11 time zones?
2. Which country changed its name in 2019?
3. Which country has only 3% of its landmass in Europe?
4. Which country has CH on its number plates?
5. Which country's national animal is a unicorn?
6. Which country has the most northerly capital?
7. Which country was the only republic to play in the semi-finals?
8. Which country is home to the Cinque Ports?
9. Which country was once protected by a construction built by Offa?
10. Which country has newspapers called El Pais, El Mundo & Diario AS?
11. Which country's leading TV channels are called ORF 1 and ORF 2?
12. Which country is home to the Magyar tribes?
13. Which country has the highest per capita beer consumption?
14. Which country contains the most islands?
15. Which country has the lowest highest peak?
16. Which country was led by Lech Walensa in the 90's?
17. Which country is home to Prosek and Prsut?
18. Which country has the lowest GDP per capita?
19. Which was the only country (not a home nation) where matches kicked off at the same time as in the UK?
20. Which country is divided into Departments?
21. Which country is home to the Manneken Pis?
22. Which country hosts a race which last took place in 1997 and also hosts a famous head-wind cycling race?
23. Which country's major airport has the code BTS?
24. Which country is divided into 16 Bundeslaender?

ANSWERS ON PAGE 20



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---	---

info@courtenayhearing.co.nz
www.courtenayhearing.co.nz

Digital Exclusion petition delivered to Parliament

Volunteers, staff and supporters of the Citizens Advice Bureau have delivered its digital exclusion petition to Parliament.

The petition received 7,500+ signatures calling on the Government to take urgent action to ensure that public services are accessible to all, recognising that a 'digital first' approach does not work for everyone.

The CAB highlighted that vulnerable people in society should not be left behind in the rush to 'digitally transform' public services.

The petition delivery was supported by representation from the Salvation Army, Rural Women New Zealand, Disabled Persons Assembly, Grey Power and Race Relations Commissioner, Meng Foon.

The petition was received by Hon Dr David Clark, Minister for Digital Economy and Communications.

The Minister stated that the Government expects its own services will be provided in a range of ways, but acknowledged that the petition was drawing attention to situations where public services were falling short.

"We're here to accept the challenge and accept the petition, I'm keen to see better practice into the future" said Mr Clark.

He recognised that many people either do not have access to digital services, or simply choose to not be online.

"There are a whole variety of people in our community impacted by this issue," said Citizens Advice Bureau Acting Chief Executive, Dr Andrew Hubbard. "Yes older people are disproportionately impacted, but so are a whole range of others – with 8% of those identified as digitally excluded being under 30. Māori and Pasifika peoples were also disproportionately affected."

The CAB released a report in February this year and shone a spotlight on the impacts of government digital services on inclusion and wellbeing in society. The CAB has analysed over 4,000 client enquiries where digital exclusion was identified.

Hubbard went on to say that the barriers were widespread as well, such as: disabilities, issues around literacy and those who do not have English as a first language.

The petitioner want the Government to realise that people need to be able to access support in a way that works for them – whether this is online, over the phone or face-to-face.

Source: CAB media release

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Ageist policies of car rental companies exposed by *Fair Go*

Some car rental companies in New Zealand refuse to rent cars to people over 'a certain age' - even if they have a valid drivers' licence.

TV's *Fair Go* has highlighted that some car rental companies have ageist policies, with drivers over 75, 70 and even 65 getting asked to pay more to rent a car.

Fair Go says the Human Rights Act in New Zealand states it's unlawful to refuse any goods or services based on age. Insurance can be an exception, but only if backed by statistics that show there is a valid reason for the policy.

The programme's research found no such data to justify denying car rentals to older people who have a valid driving licence. In fact, the clearest research on the issue comes from a US study that looks at the crash rate per million miles driven for different age groups. The safest drivers overall are those aged between 40 and 70 years of age.

Fair Go warns that drivers booking through internet-based brokers should look for a pre-ticked box identifying that the driver is between 21 and 70 years of age.

If you fail to untick it, the websites will take you to these age-restricted sites.

Drivers should check the terms and conditions of the actual rental car company. The safest option is to give the rental company a call before confirming any booking and not to hand over any money until clarifying who the company will rent to.

You can see the video <https://www.tvnz.co.nz/one-news/reporter/gill-higgins>

Source: *Fair Go*



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" I DON'T MIND A MEDICAL BUT I THINK THAT'S A BIT MUCH! "

Driving health checks concern Grey Power Member

In our last edition, Super People highlighted inconsistencies in doctors' interpretation of the need for a 'cognitive test' when a driver reaches the ages of 75, 80 and so on.

We received this letter in reply. (Its author asked to remain anonymous):

To Whom It May Concern

I was most interested in your article in the recent *Super People* magazine concerning the Cognitive Test people over 80 are put through when renewing their driver licence in the Kāpiti area.

I am now in that category, and have been for some years, but I know from others how worrying this was for them and, in some cases, caused unnecessary stress.

I have been driving for 68 years now and in past years, prior to this test being foisted upon us, I had never had a problem with just a visit to my usual GP to complete the renewal form.

So I duly turned up to be seen by a nurse who gave me the above test which is based on the system used in Canada called a *Simard Test* – you can Google this and print it out.

If my licence renewal depended on this test I would have failed!

Out of the ten words I was given and asked to remember to quote back later in the test I could only remember two. Over the whole test apparently one needs to get 70% but I only achieved 58% !

For this I was charged \$20 and was booked to see my GP for the physical examination, eye-test etc. which was 100% at another cost of \$80 – i.e. \$100 all up - which I know for a fact, many elderly pensioners would struggle to find.

I have relatives in their late 80s who live in the South Island who were only asked five simple questions when seeing their doctor – no nurse or Simard Test involved.

I would be interested to know the outcome of any discussion you have about this test with the NZTA as I wrote to them, several months before my licence renewal was due, and had a long conversation with a staff member there who told me I was quite right and that this test is not a legal requirement for licence renewal.

As I am one of the patients of a GP who has known me for over 20 years there was no problem about getting the form signed to proceed with the renewal. I have no problem with this test being applied to patients where their GP has cause for concern in this area.

There is no doubt whatsoever in my mind that this has caused undue stress to others of my acquaintance, so much so that they would seriously think about giving up driving in two years time. That is simply not on!

Tricky gardening based emoji quiz challenges you to name popular flowers

1. 🍷 🗨️

2. 🚗 🇺🇦

3. 🔍 🌊

4. 👩 👨 🏆

5. 🧈 🥤

6. 🍬 🅑

7. 🟦 🔔

8. ❄️ 💧

9. 🦊 🧤

10. 🪄 📌

• **Answers on Page 20**



Kapiti Grey Power is an apolitical organisation advocating for the welfare of the over-50s plus age group. We work with other local groups and make submissions on your behalf to Kāpiti Coast District Council; the four community boards, Greater Wellington Regional Council, Capital and Coast and Mid Central Hospital Boards and, through our national federation, the New Zealand Government.

There are other—more tangible -benefits available to our members. **BUT YOU MUST BE A FINANCIAL MEMBER** to take advantage of them. Take a look ...

Insurance cover is free

Many Members are unaware that when they join Grey Power, they are automatically covered by a \$2000 Accidental Death and Dismemberment Policy from American Income Life Insurance Company (AIL). This is provided at no cost to our members.

AIL is rated A+ Excellent for overall Financial Strength (as of 7/20) and their programmes are offered to help our members.

Mario Soljan from AIL suggests Members register their details. "This solves a lot of issues because it identifies who you want to be the beneficiary," he says

You can register with AIL Online: AILNZ.co.nz/request; by email to pr@ailnz.co.nz; by phone: (09) 973 5254 or ask our Grey Power office staff for a free NZ Post postcard

You and your family may qualify for additional insurance benefits offered at this time. To have an AIL representative deliver your certificate of coverage and explain additional insurance coverage available. You are under no obligation at all.

Mario says AIL often checks if a claimant is a financial member of our association.

SPEAKING UP FOR SENIORS

Trevor Daniell, Kapiti Grey Power's Local Body representative received this email from Council:

"First of all, on behalf of our team we wanted to thank you. Your advice and efforts on the Aged Friendly strategy has not gone unnoticed and if ever there were Aged Friendly champions then you guys would be at the top of the list! Secondly, thank you for presenting the Grey Power survey results to the Strategy and Operations committee."

\$2,000 AD&D

All financial members of Grey Power are now covered by a \$2,000 Accidental Death & Dismemberment Benefit provided through American Income Life Insurance Company. This is an automatic membership benefit of belonging to Grey Power.

To have an AIL representative deliver your certificate of coverage and explain additional insurance coverage available:
Reply Online: AILNZ.co.nz/request
Reply by Email: Email your name, address, and contact number to PR@AILNZ.co.nz
Reply by Phone: (09) 973 5254



in New Zealand

Mario Soljan
 Telephone (09) 973 5254
Mario@AILNZ.co.nz
AILife.com

A.M. Best, one of the oldest and most respected insurance ratings companies, has rated American Income Life as A (Excellent) for overall Financial Strength (as of 7/20).

AD-1003



Grey Power members can claim discounts on the Interislander ferry and on the Great Railway Journeys of New Zealand.

Remember, you **must** book through the website shown in order to get the preferential rate. The fares for 2022 are shown on **Page 22**.

Interislander fares will rise from February 1st next year and see a 5% increase on all passenger and vehicle rates. This is due to New Zealand being a signatory to the International Convention for the Prevention of Pollution from Ships (MARPOL), the primary international regulation for addressing the impacts of shipping on climate change.

Interislander Plus will also increase for the 22/23 season.

A review of costs has identified the service has been priced too low to remain viable.

KiwiRail Tourism is working to increase the personal service levels, comfort and offerings in the lounges to reflect these rates.

Electrifying savings through Grey Power!

By Gerald Ponsford

I only recently became a member of Grey Power Kapiti. One of attractions of joining was the promise of some great discounts on offer to members from a wide variety of local Kāpiti businesses.

Even better, I didn't need to wait until I was 65 (almost there) to get those discounts. You can start saving from the moment you join and Grey Power accepts members at 50 years or older.

A week after joining my membership card arrived along with a package of material including the Discount book I was after. Scanning the pages I was amazed at the offers from tradespeople, stationers & health professionals to name but a small selection.

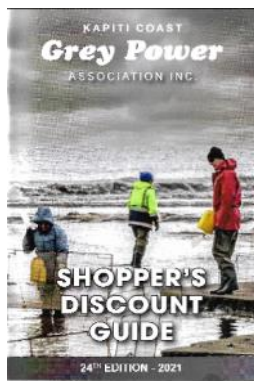
The one that initially jumped out at me was Grey Power Electricity who apart from electricity offer gas, internet & phone packages.

Even though I regularly do a check on pricing, I thought I'd get a comparative quote electricity & gas. Nothing ventured, nothing gained my father used to say!

A few days after I sent me the details, I received a phone call from Electra, our local Kāpiti power company which provides the Grey Power electricity for this area.

They said they couldn't offer any saving on the gas price I was getting but indicated could save about \$30 per month compared to the three recent electricity bills I had sent them. While these are for the relatively cooler months, on balance expectations of at least \$20 to \$25 per month (about 7% saving for me) were indicated.

\$200 plus of savings a year are not to be sneezed at



Kapiti Grey Power's Discount Book offers members great savings with local businesses

(by me at least) particularly when it's tied up with our local power company. I agreed to sign up (a simple process) and then for the icing on the cake they said they'd back date the savings a month - that was worth an additional \$25.70 for me! Wow, within one month of joining GPK I'd already saved more than the current \$25 for a couple (\$15 individual) annual membership fee.

While not all members and potential members will save as much (I'm normally a \$350 per month electricity consumer) even if you only manage to save 3% off your current electricity cost you'll probably cover your membership 2 or 3

times over as a minimum and with a local power company to boot. But don't take my word for it, check out how much you would save. We'd love to hear your experiences!

Remember though that these potential savings are only available to current financial members of Grey Power. Remember also that these savings are available to all Members over 50, so if you've got family members of that age let them know so they can join & benefit too!

Now, how much more can I save with that excellent discount book. I'll let you know in future issues!

Why keep it a secret?

(A booklet published by Grey Power Rotorua Inc 2003)

This booklet is a personal record of matters pertaining to your estate. It covers issues, for example your will, life insurance, health insurance, pension plans, bank account details, safe deposits etc as well as especial information regarding organ donation and funeral requests ... all for you to fill in and keep in a safe place.

To order or purchase a copy, please contact the Kapiti Grey Power office on 902 5680

Cost: \$5 each + \$2 postage (if required)

Electricity, Gas and Broadband for Grey Power Members

Signing up to Grey Power Electricity is easy!

Plus you'll receive

- Low Cost Electricity and Gas
- Unlimited Broadband Plans
- No Long Term Electricity Contracts¹

Grey Power Electricity

¹ No Early Termination Fee applies with 30 days' notice. The normal fee is \$150+GST.

0800 473 976 greypowerelectricity.co.nz

Hospital and local medical appointment transport options for Kāpiti residents

Provider	Details	Contact	Cost / Koha
A Safe Kāpiti (ASK) Kāpiti Health Shuttle	Monday to Thursday door to door to Wellington Regional and Kenepuru Community Hospitals for morning appointments only. Wheelchair capable.	A Safe Kāpiti (ASK) 0800 502 066, extension 0	Suggested koha - Wellington \$30 - Kenepuru \$20 - Wheelchairs \$45
Kāpiti Carers	Volunteer driver weekday personal door to door service to all hospital and medical appointments, will escort to appointments.	Paraparaumu: 04 902 0759, 04 298 3810 Waikanae: 04 293 8590, 04 293 6349	Suggested koha - Wellington & Lower Hutt \$50 - Kenepuru \$30 - Local \$10
CCDHB shuttle	Return car transport between Porirua Station and Kenepuru Community Hospital. Only available on request. Return shuttle service between Kenepuru Community Hospital and Wellington Regional Hospital every hour on the hour from 7am until 6pm.	For all CCDHB travel bookings please book 24 hours before travel 04 806 2708 Shuttle.booking@ccdhb.org.nz	Free service
Cancer Society	Volunteer driver door to door service	04 389 0088 ask for Driving Service	Koha appreciated
Otagi RSA Coach	Service for financial RSA members to local, CCDHB and MCDHB appointments. Bookings essential.	Peter Clareburt: 06 364 6221	Koha appreciated
St John Otagi Health Shuttle	Weekday service from Otagi to medical services in Horowhenua and Palmerston North including MCDHB Hospital. Wheelchair capable.	06 368 6369	Koha appreciated

DISCHARGED PATIENTS: The Kāpiti Health Shuttle collects Wellington discharged patients from the Transit Lounge located adjacent to the Accident & Emergency Department around midday Monday to Thursday. Please ensure your discharge process includes CCDHB informing the Kāpiti Health Shuttle you require transport home. Discharged patients without transport options are entitled to a CCDHB funded taxi voucher.

Compiled by the Transport Working Group, Kāpiti Health Advisory Group, December 2019

With thanks to: Waikanae Community Board, Paraparaumu-Raumati Community Board and Capital Coast District Health Board

KAPITI HEALTH ADVISORY COMMITTEE'S HEALTH & WELLBEING DIRECTORY LISTS ALL THE HEALTH SERVICES YOU NEED BROWSE IT AT [HTTPS://WWW.KAPITHEALTHADVISORYGROUP.ORG/HEALTHSERVICES](https://www.kapitihealthadvisorygroup.org/healthservices)

Hospital Express bus trial

CCDHB has partnered with Metlink to trial a new Hospital Express service between Wellington Station and Wellington Regional Hospital. Monday to Friday buses run from Wellington Station Stop A at 6.05, 6.25, 6.35, 7.05 and 7.35 pm and return from Wellington Regional Hospital Stop B at 3.45, 4.15, 4.45 and 5.15pm. Information can be found on the Metlink website: <https://www.metlink.org.nz/service/HX/timetable>

The National Bowel Screening Programme

The National Bowel Screening Programme, a free initiative that helps detect bowel cancer, is being offered every two years to eligible people aged between 60 to 74. Those who are diagnosed early have a 90% chance of long-term survival. If the cancer is found at a later, more advanced stage, it is harder to treat.

The test is easy to do and can be done at home. Information on who is eligible for the programme, or how to opt out if you wish, is available on the Ministry of Health website or by phoning **0800 924 432**.

Improved access to after-hours and urgent healthcare for Kāpiti

Some Kāpiti residents requiring emergency ambulance care and a possible trip to Wellington Hospital now have treatment closer to home.

Thanks to a joint partnership between local general practice teams, the Kāpiti Health Advisory Group, Wellington Free Ambulance and the Capital and Coast DHB, some patients will receive funded treatment by their GP or medical centre without a trip to hospital.

CCDHB Strategy, Innovation and Performance Director Rachel Haggerty says: "This is what locals have been asking for. We want to avoid Kāpiti people having to come in to Emergency Department if at all possible. It's often not the ideal place, wait times can be several hours, and then there's a long haul to get home again.

"Ambulance services take people to hospital, but can't bring them home again. People often get stranded in Wellington, adding another level of stress to being unwell."

Every year, more than 6200 Kāpiti residents travel to Wellington Hospital Emergency Department seeking treatment outside normal consulting hours. More than half travel by ambulance, but fewer than 50% actually end up requiring hospital admission.

This places a huge strain on the available resources – and on families and loved ones.

GP Clinical Lead and member of the establishment group, Dr Herman Van Kradenburg from Waikanae Health, says Kāpiti GPs have a lot of experience in urgent and emergency medicine which, until now, has been very under-utilised by the DHB.

"Over 10,000 patients are treated by the two existing urgent care centres, Waikanae Health and Team Medical, each year. "We have the capacity and the skill right here in Kāpiti, so it's a real bonus to our community that the CCDHB are funding an excellent front line health

care service in the community where they live."

Kāpiti Health Advisory Group (KHAG), a community organisation advocating for patient needs, has been working towards improved access to urgent care for Kāpiti residents.

KHAG is chaired by Kathy Spiers and was established with support of Kāpiti Coast Mayor Gurunathan who says this is a significant development in terms of a safer and convenient delivery of services closer to home.

"On behalf of the community I congratulate Kathy Spiers and her team of dedicated and skilled volunteers who have put in thousands of hours to deliver this outcome. I'm keen to see further collaboration."

Paraparaumu Pop-In Centre

Pop in for a chat and a cuppa. Meet & make new friends, come and go as you please.

Where: Murray Jenson Room, Paraparaumu Community Centre.

Need an Enduring Power of Attorney?

Eoin Cameron, Waikanae Law, is offering Kapiti Grey Power members the opportunity of meeting as part of a group and together you will complete the EPOAs. He will provide the required certification in respect of each document. The cost will be at a reduced rate of \$100.

If you are interested in taking part in this initiative, please call Diana Pierce at the Grey Power Office on 04 902 3669 or email kapitigreypower@outlook.com and we will be in touch.



TAUA TAPU TRACK

For this edition, here's a walk you won't need to change your transport for. Just get off the train at Plimmerton!

The track, an old Māori trail, ran from the Taupō settlement, over the hill and north to Waimapihi Pa at Pukerua Bay. No longer used after roads were built in the area it is now a signposted walk that starts at the top of The Track and roughly follows part of the route. Running from Paekakariki south along the shore line, the track rose up the hill to Waimapihi Pā at Pukerua Bay. From there it followed through nearby gardens, down the valley to the north end of the Taupō Wetland, and up over the hill to Taupō Pā.

Walking Tua Tapu Track

From Steyne Avenue take Motuhara Road and branch up The Track to its end at the top of the ridge. From there, walk along a sealed driveway to a blue marker post on the right, which takes you down to a gate and the beginning of the path through farmland.

Follow the blue marker posts, passing through gates and over a style before zig-zagging down to Airlie Road near the railway line.

The walkway from the top of The Track continues along a driveway for 300 metres to a high point adjacent to the bush. Along this link there are views to the west of Mana Island, Cook Strait, and, on a clear day, the top of the South Island.

There are some excellent stands of native bush in the vicinity, mainly in private ownership. Further to the north is partly bush-covered public reserve. The five minute detour to the heart of this reserve is a pleasant walk with bush on either side.

Please appreciate that the ridge section of the walkway passes through private farmland. Walkers are asked to stay close to the fences, follow the marker posts, use the stiles, and leave the gates closed.

From a post by Mary Beckett, <https://www.plimmerton.nz/early-maori/taua-tapu-track/>. Mary provides a fascinating history of the track and posts interesting historic views.

If you're a keen walker and would like to share a hike, please contact the Editor of *Super People* at editor.gpkapiti@gmail.com.



Look out for and report weeds

Even if you don't follow *Super People's* Gold Card walks and do your own thing, there are many things we can do collectively, as individuals and as a community.

Help Wellington Regional Council locate pest species so they can be removed.

If you see one of these pest plants then note the location, take a photo if you can, and contact the Council on 0800 496 734 or email pest.plants@gw.govt.nz.

You can still tell the joke, though!

Here's a joke to share along the way

The wife was cranky because her husband was late coming home again.

She left a note, saying, "I've had enough and have left you ...don't bother coming after me." She then hid under the bed to see his reaction.

After a short while, the husband came home. She could hear him in the kitchen and then he starts making his way into the bedroom. She could see him walk to the dresser and pick up the note.

After reading it he writes something on it and then calls someone on the phone – "She's finally gone...yeah, I know, it's about time, I'm coming over, put on that sexy French nightie. I love you...can't wait to see you... we'll do all those naughty things you like." He then hung up, grabbed his keys and left.

The wife heard the car drive off as she came out from under the bed, seething with rage and with tears in her eyes.

She picked up the note to see what he had written. "I can see your feet. We're out of bread, be back in 5 minutes"!!

The New Zealand guidebook, "Arranging a Funeral - What You can Do Yourself", is still available (for a nominal \$10 & post free).

We do not intend reprinting so if you'd like a copy/copies while still on hand, please email Philip & Dorothy Tomlinson at pdtgmt@gmail.com

Expandavan



Local Kapiti Business Supporting Kapiti Locals.

Is Park Living for you? Need to free up your Equity?

Discover the new option available with a 2 Bedroom Expandavan located close to the beach and shops from \$230,000 including a 10 year licence to occupy.

We invite you to visit one of our Open Homes at Kapiti Holiday Resort, 16 Beach Haven Place, Paraparaumu:

We have the following **Open Home** dates to visit from 10am to 12pm:

Saturday 21 August

Saturday 4 September

Saturday 25 September

Thursday 2 September

Thursday 23 September

Tuesday 28 September

Park Living in Kapiti

Downsizing your home

Rental Option

More lifestyle

Increase Income

Accommodate Family

Holiday Home

Air BnB

For **further information** or a **personalised tour** please contact **Toby Bach:**

Email: toby@expandavan.co.nz

Mobile: 022 1887557

www.expandavan.co.nz

Housing can have a significant impact on wellbeing as we age

Older people can face a range of housing issues such as affordability, accessibility, location, insecurity of tenure and even homelessness.

There are more older people renting now than ever before. Home ownership rates for those aged 50 to 64 are still steadily decreasing.

Earlier this year, the Government made changes to the Residential Tenancies Act 1986 which covers the rights and responsibilities of landlords and tenants in New Zealand.

The changes aim to make things easier for those living in rental properties and by improving the security of tenure and allowing minor alterations, so they can make their house a home.

Tenants can now ask to make changes to the rental property and landlords must not decline if the change is minor. Landlords can, however, set reasonable conditions.

Landlords can no longer end a periodic tenancy without cause. This gives tenants more security that they can stay in their home long term.

Notice can only be given in specific situations. For example, landlords can give at least 63 days' notice if a family member will be moving into the property as their main residence within 90 days from the end of the tenancy; or at least 90 days' written notice if they are selling, demolishing, or extensively renovating the property.

Full details on what minor changes are and templates to help you request these changes in writing can be found on the Tenancy Services website. <https://www.tenancy.govt.nz>.

GET OUT THERE AND MINGLE!

Retirement can be exciting – and daunting. You may be new to Kapiti.

Some new retirees worry that they'll be bored. Here's a random list of organisations that can help stimulate you:

late you:

Kāpiti U3A; Contact Sandy at 021 0255 3000 or Jan at 027 416 3454.

Kāpiti Mana Forest and Bird (includes Waikanae Estuary Group)

Phone: 0800 200 064 or email: membership@forestandbird.org.nz

Kāpiti Women's Club of Paraparaumu: Meets third Thursday of the month. 021 911 722

Waikanae Arts & Crafts Society Painting Group: Jenni England 04 904 2725

Kapiti Probus Club: Jasmine Thompson 022 099 1500, email: jasmine.thompson12@gmail.com

WEA: Phone 021 162 7000, mail PO Box 1536 Paraparaumu 5252 or email: kapitiwea@gmail.com

Kāpiti Horticultural Society: kapiti.horti.soc@gmail.com. Phone:

Kapiti Hearing



Independent Audiology and Hearing Aid Clinic

9A Ngaio Road, Waikanae, & 4, Margaret Road, Raumati Beach.

Ring: 04-293-4693

EAR WAX MICROSUCTION available in Waikanae clinic.

Senior audiologist: Jeanie Morrison-Low, MNZAS.

ACC, MOH and War Pensions registered clinic.



Netsafe keeps an eye out for scams

Who could have predicted that just a few decades ago that things like banking, socialising, reading - even looking for recipes - would change so significantly?

These things have all migrated online. Netsafe was founded more than 20 years ago to help internet users connect safely to the new opportunities and challenges of digital technology.

Netsafe's commitment to helping keep everyone in New Zealand safe online includes the older members of our community - 'silver surfers' are the fastest-growing group of users.

In 2020, there were 22,705 online incidents reported to Netsafe. People aged over 65 made up 21.3 percent of this figure.

Generally, any new internet user is more likely to encounter risks and challenges. It's important that anyone embracing the opportunities can adopt safe behaviours along the way as this will help them avoid or minimise possible harm.

Netsafe has developed self-help advice for seniors on a range of topics including scams, protecting your 'digital footprint' (the 'breadcrumbs' you leave behind online) and devices, tips on how to shop safely and online dating. You can find *Top Tips for Older People* at www.netsafe.org.nz/olderpeople

Mostly, time online is a positive experience, but it does mean that 'surfers' might be more susceptible to risks. We know that older people are defrauded out of larger sums of money than the rest of the population.

Netsafe has much experience supporting people with

online scams, which can take many forms, and can talk to you about the ways you can stay safe. Netsafe also provides a service under the *Harmful Digital Communications Act* to help people dealing with serious or repeated harmful communications.

Whether you're dealing with harassment, scams or need advice about another issue for yourself or someone else, Netsafe's service is free, non-judgemental and available seven days a week.

Call toll-free on 0508 NETSAFE (0508 638 723) or email help@netsafe.org.nz.

You can also text 'Netsafe' to 4282 or complete an online form on the website: www.netsafe.org.nz.

WHERE TO GET TECH HELP

SeniorNet in Kāpiti can help you learn and enjoy computing and introduce you to the many computer and tablet applications available.



The Learning Centre is at 200 Matai Road, Raumati Beach. Contact SeniorNet Kāpiti on <http://kapiti.seniornet.nz/>. Phone 04 299 0754

And don't forget Kapiti's Libraries ... they put on some great computer classes, so keep an eye on their weekly announcements

THERE'S AN APP FOR GOLD CARD

By Jennifer Custins BoP Grey Power

I dashed into a shop recently to pick up some goods and was offered a discount if I had a Gold Card. I had left it in the car which was miles away—so forfeited the discount.

As I turned to leave a very nice person spoke to me and showed me her smart phone and then helpfully told me about **Stocard**.

This is an APP which is quick to download and you can easily scan all your cards which have bar codes. These include your Palmers, library, Farmers, Air points, Flybuys and supermarket cards to name a few! Just so easy and no more rattling around in your bulky wallet trying to fish out the right card.

I leave my handbag in the boot of my car now and just take my phone and eftpos card when I go shopping!



Kapiti Grey Power's Facebook page has been updated.

It can be found here: <https://www.facebook.com/Kapitigreypower>

Please "Like" it and also promote it to your online networks.

if you have ideas for content for this page or issues we may look to seek feedback on, please let our administrator, Brett Sangster, know on secretary.kgp21@gmail.com.

Bringing nature indoors

Along with the retro revival of all things mid-century, houseplants are making a big comeback in fashionable living spaces worldwide. They haven't been so popular since the seventies. Even macramé hangers are right on trend! This all bodes well for happy, healthy homes.

Short wintry days mean we can be confined inside. Having beautiful indoor plants around us promotes a happy state of mind. What's more, houseplants are the best looking air-fresheners around.

Though not a substitute for adequate ventilation, plants are scientifically proven to improve the air we breathe, absorbing carbon dioxide and replacing it with oxygen. Common building materials, paints, adhesives, cleaning products, and furnishings emit gases that can lead to headaches, nausea and fatigue. Houseplants can literally clean the air of these toxins.

Being surrounded by living plants also makes us feel more relaxed and positive, psychologists say. A plant on your desk could also give you the oxygen boost you need to think more clearly.

If you don't have the budget for a larger plant, buy a small one and enjoy nurturing it into a lavish specimen. Simply repot it once a year, ideally in spring, into a slightly larger pot with fresh potting mix.

And when your houseplants get past their best, don't stress. Enjoy them while they last - longer than a bunch of flowers of the same price – and then replace them with a new one.



Top foliage plants that last the distance indoors

Spathiphyllum (peace lilies)
Phalaenopsis (moth orchid)
Sansevieria trifasciata (Mother-in-law's tongue)
Ficus benjamina (weeping fig)
Ficus (rubber tree)
Aspidistra elatior (cast iron plant) *Dracaena*
 (dragon plants)
Schefflera arboricola (umbrella tree) *Rhapsis exelsa* (lady palm)
Monstera delicosa (fruit salad plant)
Philodendron
Syngonium
Ardisia (coral berry)
Howea forsteriana (kentia palm) Bromeliads

Winter Houseplant Care

- *Water very sparingly. In winter, the potting mix should be dry on top and just moist (like a squeezed out sponge) beneath. Succulents and cacti should be kept practically dry.*
- *Shift topical plants away from cold draughts. Find a warm part of the house where there is bright light but not direct sun.*
- *Move plants away from heaters and fires and away from direct sun. The sun is at a lower angle in winter.*
- *Raise the humidity around precious plants by placing them on a dish of stones filled with water so that the pot sits just above the water. Heaters create dry air.*
- *Wipe the dust from leaves with a damp cloth. Add spraying oil for extra shine and to kill scale insects (but don't use oil on palms or ferns).*
- *Keep watch for sucking insect pests such as scale and mealy bug. Move infected plants away from others.*

ALL THE ANSWERS

FLOWERS

From Page 11

1. Tulips
2. Carnation
3. Pansy
4. Marigold
5. Buttercup
6. Sweet Pea
7. Bluebell
8. Snowdrop
9. Foxglove
10. Lupin

Euro Nations —From Page 8

- | | |
|--------------------|----------------------------------|
| 1. Russia | 13. Czech Republic |
| 2. North Macedonia | 14. Sweden |
| 3. Turkey | 15. Denmark |
| 4. Switzerland | 16. Poland |
| 5. Scotland | 17. Croatia |
| 6. Finland | 18. Ukraine |
| 7. Italy | 19. Portugal |
| 8. England | 20. France |
| 9. Wales | 21. Belgium |
| 10. Spain | 22. Netherlands |
| 11. Austria | 23. Slovak Republic (Bratislava) |
| 12. Hungary | 24. Germany |

KAPITI DENTURE CLINIC

Mahara Place Waikanae

Natalie Heenan

B. Dent Tech, Dip. Clin. Dent Otago
 NZIDT

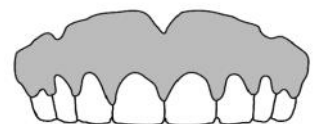
New Dentures

Relines

Repairs

5% Discount off a new set of dentures

Phn: 04 904 0623



RECIPE

THE BEST CHICKEN MARINADE

Course: Dinner

Cuisine: American

Servings: 6

Use whatever types of chicken you prefer — breasts, thinly sliced breasts, tenders, or thighs.

Chicken tenders and thinly sliced chicken breast will cook much quicker than thick chicken breasts so watch carefully.

You have such a variety of seasonings in this marinade, working together to keep the chicken extra moist and juicy; make it tender; give it a salty depth of flavour; add rich sweetness and give the chicken a nice crust when grilled.

Prep Time: 30 mins

Cook Time: 10 mins

Ingredients

- 1 kg Chicken Breasts Tendere, or Thighs
- 1/3 - 1/2 cup Extra Virgin Olive Oil depending on preference
- 3 Tablespoons Fresh Lemon Juice
- 3 Tablespoons Soy Sauce
- 2 Tablespoons Balsamic Vinegar
- 1/4 cup Brown Sugar
- 1 Tablespoon Worcestershire Sauce
- 3 Garlic Cloves minced or 1/2 teaspoon Garlic Powder
- 1 1/2 teaspoon Salt
- 1 teaspoon Pepper
- Garnish:
- Fresh Parsley

Instructions

In a bowl, stir together oil, lemon juice, soy sauce, balsamic vinegar, brown sugar, Worcestershire sauce, garlic, salt, and pepper.

Pierce the chicken breasts with a fork all over to ensure the marinade can seep into the meat to make it juicy. Place in a large Ziploc bag. Pour marinade over chicken. The key is to let the chicken marinate for at least 30 minutes. An ideal marinating time is 4 – 5 hours.

To grill the chicken, set your grill at medium heat. Allow it to preheat before adding the chicken. To keep the chicken from sticking, brush a bit of oil on the grill.

Cook for about 5 – 6 minutes per side, depending on the thickness of the chicken breast. The chicken needs to reach 165 degrees to ensure that it is completely cooked through.

Remove chicken from grill and let rest for 5 minutes.

Eating healthy is cheaper, easier, and more important than you might think

Senior Chef is a provider of culinary education for the over 60s.

“Nutrition is one of the major determinants of successful ageing,” says a spokesperson. “Eating well gives our body the fuel we need to do the things we enjoy.

“It can also help to prevent or manage lifestyle diseases like heart disease, diabetes and reduce the risk of some cancers.”

According to The Nutrition Foundation, older people need 25% more protein than younger adults.

“Not eating enough protein can make skin more fragile; slow down wound healing, meaning longer recovery times; and lead to decreased immune function.”

Good sources of protein are pulses like beans and chickpeas, fish, chicken, eggs, dairy, meat, nuts and seeds.

Seniors should also be dining on plenty of high-fibre fruits, vegetables, and wholegrains, as well as calcium-rich foods to look after their bones, such as dairy products and canned fish with bones (salmon, sardines). The experts also advise drinking plenty of water and enjoying foods with plant fats (peanut butter, avocados) and minimising animal fats.

Being healthy doesn't have to be expensive if you include plenty of vegetables with some protein. It's always a good idea to have frozen veg and fish fillets to hand. A well-stocked pantry should have a good supply of grains, canned food, and dried herbs and spices. You also can't go wrong with flour, pasta, cooking oils, dried fruit, and eggs.

If you're looking for inspiration, download some recipes from www.5aday.co.nz, found under the Health Professionals tab.

If you want to learn how to cook there are plenty of community classes. On offer. Contact your nearest Citizens Advice Bureau for information.

INFORMATION RESOURCES

From time to time the Health and Disability Commissioner (HDC) receives complaints from older people and their families about their experiences with health and disability services.

To help reduce stress, HDC has created a new booklet called *Using Healthcare Services in the Community*

You are welcome to pop up to our office at 1st Floor, Coastlands Shopping Town and collect a copy.

They are free.

THE GREAT JOURNEYS OF NEW ZEALAND



RATES QUOTED FOR GREY POWER 2022 (Interislander)

Group Booking Reference: **FA5477**

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

Fares:	Peak Each Way	Fares: Each Way	Off Peak
Adult \$57.00		Adult \$51.00	
Child \$28.00		Child \$28.00	
Motorcycle \$56.00		Motorcycle \$45.00	
Campervan/Motorhome up to 5.5mt \$181.00		Campervan/Motorhome up to 5.5mt \$155.00	
Additional half metre \$45.00		Additional half metre \$40.00	
Car/Ute/Van/4WD/trailer up to 5.5mt \$146.00 each		Car/Ute/Van/4WD/trailer up to 5.5mt \$132.00 each	
Additional half Metre \$24.00		Additional half Metre \$23.00	
Premium Lounge \$80.00 18yrs plus		Premium Lounge \$80.00 18yrs plus	
Peak Dates:		Off Peak Dates:	
01-28 February 22		01 March – 13 April 22	
14-19 April 22		20 April - 15 December 22	

**PLEASE NOTE THAT NO DISCOUNTED RATES ARE OFFERED BETWEEN 16/12/21 AND 31/01/22.
PLEASE BOOK BEST AVAILABLE ONLINE FARE.**

Group Booking conditions and instructions for members are:

Reservations to be made direct with Interislander online at <https://www.greatjourneysfnz.co.nz/members-fares>

- 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.
- **Grey Power 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

Fares valid for travel 01 February through to 15 December 2022

SCENIC TRAIN OFFER

Promo Code: FA5477

Booking conditions and instructions for members are:
10% off best available fare.

Please read fare conditions prior to continuing through the booking process

- Reservations can be made direct with Scenic Journeys online at <http://www.greatjourneysfnz.co.nz>
- Click on Book – top of page
- Book a train
- Enter journey details
- Enter FA5477 into the promo code box
- Click continue
- Choose fare type- discount will be applied/shown
- Continue
- Add any extras if required
- Continue through the booking process.
- Space is subject to availability at the time of the booking request.
- Date and time changes as per fare conditions.
- Grey Power Federation INC. ID to be shown at check-in or full retail fare will be charged. Membership card must be in the name of the person travelling
- Fares subject to change with notification.
- If booking from outside NZ you will need to request your booking be made via email.

Valid for travel 01 February through to 15 December 2022

THE GREAT JOURNEYS
OF NEW ZEALAND





KAPITI COAST GREY POWER ASSN. INC.

P O BOX 479
PARAPARAUMU 5254

Phone: 04 902 5680

Email: Kapiti.greypower@outlook.com

Web: www.Kapiti.greypower.co.nz

MEMBERSHIP FORM

(Renewals) MEMBERSHIP NUMBER _____

Title (please circle) Mr Mrs Miss Ms Dr

Last Name: _____ First Name _____ Birth Year: _____

Address: _____

_____ Post Code: _____

Phone No. _____ Mobile _____

Email: _____

Second Person (at same address)

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(if available)

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Do you wish for Privacy? **Yes/No** (Please Circle)

(Your private information will be forwarded to the Grey Power Federation for the sole purpose of the distribution of the Lifestyle Quarterly Magazine)

Do you live in a Retirement or Lifestyle Village? **Yes /No** (Please Circle)

Please note any Skills that you can share with Grey Power

E.g. Magazine Delivery, Magazine Folding, Office Volunteer, Odd Job Person. Any other skills that may assist us ?

Would you like information about becoming a Committee Member **Yes / Maybe / No** (Please Circle)

Signed.....(Member)

Date

For Office use only: Eftpos/ Cash/ Internet.

Receipt Number _____

INTERNET BANKING: KIWI BANK - Kapiti Coast Grey Power 38 9018 0409796 02

NB: When using internet banking, please ensure you note your Membership number as the reference

*You can pay by cash by calling into Grey Power's office at First Floor, Coastlands (Mon - Fri 10 am – 4pm)
or at Grey Power's desk in Otaki Library (First and third Thursdays 10 am – 1pm)*

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