



Super People

Kāpiti Coast Grey Power Association Inc
<https://www.facebook.com/Kapitigreypower>

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Kāpiti Coast Grey Power urges council rates constraint

Kāpiti Coast Grey Power (KCGP) is urging Kāpiti Coast District Council and Wellington Regional Council to restrict any rates increase to New Zealand's consumer price index of 4.7%.

KCGP President Roger Booth said that recent reports indicate the district council is planning a 12.5% increase, with the regional body also suggesting a double digit hike.

This is unacceptable.

"The councils, as our community leaders, should be showing the way for fiscal restraint, not blithely passing their costs on to ratepayers who can ill afford it," Mr Booth said.

He pointed out that ASB economists say the average New Zealand household will have to find an extra \$70 a week in 2024 just to cover their costs.

Kāpiti Coast Grey Power advocates for a membership of some 2700 over-50s, but Mr Booth believes that the association speaks for the whole community. In our population of 55,000, 50% are over the age of 50, he said.

"We've reminded the councils that increases in council rates impact not only property owners but those renting as well as the businesses that employ our community.

"Insurances, borrowings, prices of foodstuffs, materials and even the separate rubbish collection service have all gone up for every household."

"It's an ongoing spiral where increased costs are dumped on individuals facing exactly the same

financial pressures as Councils.

"Many Kāpiti residents, especially those on fixed incomes, cannot afford the increases and are going through the painful exercise of where to pare back".

"And sometimes that means going without meals or relying on the Food Bank, not turning on the electricity, dipping into KiwiSaver accounts for daily needs and replacing clothing at the Op Shops."

Booth said that public consultation on rates rises is intended to take place in March.

"Kāpiti Coast Grey Power will be at the forefront of pushing for both councils to cut their cloth, and care for their community ... and put their pet projects on the shelf."

You can read our full submissions to KCDC and to GW on our Facebook page
<https://www.facebook.com/Kapitigreypower> or on our website at www.kapitigreypower.co.nz

Muck in ... and give us a hand!

Special interest organisations such as Kāpiti Coast Grey Power can only survive with the active participation of its members. We have an enviable group of people who deliver this magazine, staff the office and complete our odd jobs. But finding willing volunteers is a constant task. Our board – which should have nine members representing the whole of the district – is looking a bit thin. See President Roger's appeal on Page 4 for people to step into a leadership role.

Our list of jobs is on Page 8. Please consider.



Kāpiti Grey Power's Facebook page is updated regularly. It can be found at:

<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

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PRESIDENT'S REPORT

Welcome to 2024.

The Kāpiti Coast Grey Power Board felt that we made a good contribution to our members' affairs in 2023. We were very public in the district, and we feel that we were prominent in NZ Grey Power Zone 4 and Annual

Meeting discussions as well.

Kāpiti citizens noticed what we did, and a good number fronted up to our office during the year to join up or renew lapsed memberships.

Now in 2024 we need to prove that your support is justified.

During 2023 we lost our Treasurer, Brett Pierce. Now Brett's wife, Di, has recently decided that she will resign at the coming AGM from our Board and as our Office Administrator. Her contribution over so many years has been huge, and she will be very hard to replace. The search is on for someone suitable to plug this gap.

Charles Lloyd and Ruby Eastick have also resigned from the Board. Again, thanks for your efforts, especially long-termer Charles.

The 2023/2024 Discount Booklet and Information Guide is now available as you pay your upcoming subscriptions. We will launch into a bit of media publicity this month about this year's book, as we believe that the Information section will be hugely useful and attract a lot of new punters.

Why the addition? Quite simply we are constantly visited in our office by members, non-members or their younger-age group messengers, seeking: 'What do you do about this? Who can we see?'

This section leads you to the many and varied places where you can find answers. It does not provide all of them - it would have to be a rather large book to do that - but it offers current details of where to go for specific help on all those widely varied matters.

Please note also that the Discount Book offers are for you to seriously consider. For instance - 5-10% discounts for roofing and other plumbing work from a selection of local businesses can be a saving in the hundreds of dollars.

Remember, these are not Government GoldCard offers for the over-65s. Our membership entry age is 50!

Anticipate **Health** report-back meetings during this year. The non-KCGP committee set up is making progress on two matters:

Health Hubs: As we have previously reported we have two new ones - the Kāpiti Day Surgery in Te Roto Drive, and the provision of women's health facilities at the Paraparaumu Medical Centre in Ihakara Street. The closure of the specifically built St Joseph's Skin Cancer Centre in Presentation Way after four years was a huge shock, and leaves further gaps for Kāpiti of specialist one-day health operations.

Home Care: We have identified one especially dicey provider, and are in the process of finding a way of fixing things. The change of government has caused temporary delay, but we are currently seeking consultation with new local government and health sector appointees.

Roger Booth | President

Kia ora Grey Power members

Happy New Year and welcome back – to our first magazine of the year.

We have had a busy couple of weeks in preparation for the office opening. I would like to thank our volunteers who came in and have worked tirelessly to get things ready.

We are open for business.

I would like to invite you to come and say hello while renewing your membership.

Membership Renewal is due by 31 March for the 2024/25 year.

A reminder: We have our Coffee/Tea meeting coming up on **Friday, 15 March 9.30 am for a 10am start.** Our Guest Speakers will be talking about legacy planning.

As there is not another magazine out before our Annual General Meeting please keep that date in mind – **Wednesday, 24th April at Ocean Road Community Centre: 9.30 for 10am start.**

When you are retired you are always on holiday (or so I have been told) so please enjoy all the upcoming holidays. We have already had Wellington Anniversary Day and Waitangi Day. Easter and Anzac Day are on the horizon.

Nga mihi *Emilia McDonald*
Membership Administrator

Members' Coffee Morning



Our next coffee morning will be on **Friday, 15 March at the Ocean Road Community Centre, Paraparaumu Beach - 9.30am for a cuppa and a 10am start.**

We have two guest speakers: Andrew Malcolm from Kapiti Coast Funeral Home will explain the range of funeral services on offer, followed by a presentation on wills and legacy planning.

Our future speakers will be Sir Jerry Mateparae and David Galt acting Director of Mowbray Collectables.

For your diary, future coffee mornings are:

Wednesday 19 June

Friday 16 August

Wednesday 16 October, and

Wednesday 4 December

And of course, the Kāpiti Coast Grey Power

Annual General Meeting on Wednesday 24 April.

Member dismayed

A Kāpiti Coast Grey Power Member has written to *Super People* expressing dismay at the lack of contact details other than email addresses.

The Member quotes from Ministry for Seniors' "Better Later Life" information that "around a quarter of people aged 65+ do not have internet access, and more than 35% of people aged 75+ are not online."

Your Editor's comments:

We on the KCGP board are conscious of the need to consider the welfare of digitally excluded older people. We provide telephone numbers when we can find them (often they are not given), and our volunteers at our Coastlands and Ōtaki offices are always ready to help Members connect to information in the magazine.

Check our new Discount Book when you pay your subs. There's lots of useful contact information. In addition, we publicise the affordable services of SeniorNet.

We'll keep trying.

Kāpiti Grey Power Needs Your Help

This is an appeal to you, Kāpiti Coast Grey Power member. We need your help.

Grey Power has been around for a while, formed back in 1986 to protect superannuation, a monetary reality for which most of us are very grateful. New Zealand Grey Power has had considerable influence on a number of things in place in our country that are of special benefit to our older citizens.

Our current board team has taken a prominent part in pursuing local changes and improvements, and our public presence over the last 12 or so months has resulted in an increase in our membership numbers. Thanks to those who have recently come on board.

But this is an appeal for you as an individual to consider offering to give us a hand. We need constantly to replenish those who help us in the office and with delivery of our magazine. You'll see our advertisements in this magazine for those volunteers and that we need an Office Administrator to share supervision of our office with Emiliia.

But we currently also really need at least three new Board members. I can assure that we currently have a very good Board team, but we need at least three more of our members to offer to assist in this way. And especially from the 50+ age-group. Grey Power is for those of us over 50, but our advocacy work is designed to benefit our wider community.

Please ring me, Roger Booth, (04 902 3421/027 569 8515), or email (chrisrog@outlook.com), even to just have a bit of a chat about possibilities.

We know that there are a host of ex-public servants and the like out there, who could offer handy experience. We can talk through possible roles, and chat about what Board involvement is all about.

Please help us. *Roger Booth*, President

Stave off loneliness: make an effort to make friends

The Aged Care Commissioner is urging elderly New Zealanders to get out and about.



Carolyn Cooper said social isolation and loneliness had a range of mental and physical impacts – such as a substantial increase in the likelihood of dementia, coronary artery disease, and strokes.

She said loneliness was particularly common in the older population and urged elderly people to take initiative and make new connections.

"It's useful to be aware of what's happening in your community. There'll be a number of opportunities for social activities."

Organisations such as Age Concern, Kāpiti's libraries, Volunteer Kāpiti, and Grey Power had social connection programmes for people who did not know where to start.

Try new hobbies and make friends. "I know it's hard to do as you age, but it's really worth it for your health to find something you enjoy with people you get on with.



pictured above Roy Opie (right) and Julian Chadwick

Thank you Roy Opie

Kāpiti Coast Grey Power is in awe of the efforts of builder Roy Opie, who has spent three years working on significant renovations to the Ocean Road Community Centre at Paraparaumu Beach.

Roy managed and carried out the bulk of the construction work entirely voluntarily.

He was assisted by a small team of volunteers he recruited, notably his "top apprentice" Julian Chadwick, which enabled the project to be completed within the funds available, and well short of what the commercial cost would have been.

The renewed facility includes a more accessible point of entry via a drive-through covered entrance, a stand-alone committee room with a small kitchen, a disability toilet, new office space, an expanded storage area for the use of clubs and societies improved roofing, more fire exits, and a better women's bathroom.

The revamped centre marked the fulfilment of a vision after seven years of committed fundraising and hard work by the Kāpiti Citizens Services Trust, which owns and manages the complex. They ended up raising \$360,000 in total, and thanks to Roy, were able to stay within that budget.

The Trust is made up of Kāpiti Rotary, Kāpiti Lions and the Kāpiti Senior Citizens Association.

Over his three years of working, Roy managed almost everything all the subcontracting work such as plumbing, drainage, and painting, and has had to deal with rising costs, Covid restrictions, and disruptions due to people needing the building.

His helpers over the years, apart from Julian, include, Menz Shed member Kevin Avery, Doug Hooper-Smith, and many others who have come and gone.

The project would not have been possible without help from Alistair Beissel from ANB Diggers, Winstone Wallboards, Shane Murland, Paraparaumu Doors & Joinery, Tile Warehouse Kāpiti, Zip Plumbing Plus and PlaceMakers.

A plaque on the wall also acknowledges Roy's wife Meryl and Julian's "better half" Susan, NZ Lotteries, Ray Wilson, Kāpiti Coast District Council, ANB Contractors Kāpiti, Rod and Carol Lingard, Infinity Foundation, Kāpiti Senior Citizens Association, Wellington Community Fund and Kāpiti Rotary Club

Kāpiti Mayor Janet Holborow officiated at the official opening in November.

LETTERS TO THE EDITOR

We would like to share your opinions or concerns in our magazine with other members. Letters must include the writer's name, home address and phone number (NB: We need the information for verification, but will print only name and suburb). Letters should not exceed 120 words. We may not always print all letters we receive. Letters may be edited for clarity and length. Email: editor.gpKapiti@gmail.com or post to the address on Page 1.



YOUR LIFE STORY DESERVES TO SHINE

It's never too late to begin documenting your memories. Be inspired and get started on your legacy project in the local series of 'Write Your Story' community workshops or get one-on-one personalised, professional support. Don't let your stories go untold. Your legacy project starts with a single step. Contact me for a complimentary consultation.

Dr Angela Robertson
Local Author, Inspirational Speaker, Facilitator & Coach
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**KĀPITI COAST
GREY POWER
ASSOCIATION INC
29th AGM Minutes**

Wednesday 26 April 2023

10:00am – Ocean Rd Community Centre

1.0. Attendance Register

The following 48 members participated in the meeting: S Olsen, T Kelly, N Highman, S Roberts, J Cook, C Ward, D Ogden, G Donaldson, I Burt, C Robertson, C Tweedie, M Brown, W van Galen, H Twiss, Jim Gibson, S Vink, E Vink, V Hall, C Sharma, B Cutler, M Kennedy, C Lloyd, R Dixon, M Maddock, J Maddock, C Mihare, G Gould, E McDonald, J Gunn, R Clapperton, D Clapperton, R Gasson, M Oliver, R Booth, John Gibson, R Eastwick, M Monk, K Burrows, D Ogden, R Strickland, K Chambers, A Chambers, P Ryan, J Thomas, A Mark, L Jones, D Taylor, S Anderton

2.0 Apologies

Apologies were received from 8 members: Yvonne Fraser, Katrina Hilterman, Viola Palmer, Diana Pierce, Brett Sangster, Ann Scanlon, Shirley Clark, Kathy Gibson (*Moved by R Booth/seconded J Gibson. Carried*)

3.0 Remembrance

Attendees noted the recent passing of Past Treasurer Brett Pierce. Charles Lloyd recalled his many years of stalwart membership, and his dedication to the restructuring of KCGP finances. Condolences were extended to his wife and long-standing GP member, Diana Pierce. A moment of silence was observed.

4.0 Approval of 28th AGM Minutes – 20th April 2022

The minutes had been circulated in the recent KCGP Newsletter. The chair moved that these be accepted. (*Booth/ Vink. Carried*)

4.01 Matters arising

These were covered in the agenda.

5.0 President’s Report

Roger Booth spoke to his report. He noted the increased focus on specific issues of importance to members and the community, including health. There was general discussion on the recent successful public meetings facilitated by GP. Issues included home care, localities to be established, 24/7 emergency care, medical hubs. It was moved that this report be accepted. (*Booth/ Gibson. Carried*)

6.0 Finance Report

Roger Booth introduced the incoming Treasurer David Ogden. A draft financial statement for 2022 was presented. The Treasurer noted that a small loss was anticipated. A number of items were still to be clarified

(including the year’s opening balance of equity) before the review could be completed. It was agreed that the report be received, but not yet approved.

7.0 Business Plan

By way of background, board member Enrico Vink outlined the structure of KCGP as an incorporated society, bound by legislation. He referred to the need to review and upgrade the constitution in line with the legislation. He outlined the process for developing a business plan to facilitate a focus on those issues of most interest and relevance to GP. *John Gibson moved that the plan be approved/Lloyd. Carried.*

8.0 Election of Board Members

A schedule of nominations was tabled. No further nominations were received from the floor. No elections were needed. Appointments were affirmed by acclamation as follows:

- President: Roger Booth
- Vice President: Enrico Vink
- Treasurer: David Ogden
- Secretary: Brett Sangster
- Committee: Chris Tweedie, Charles Lloyd, Emiliia McDonald, Ian Burt

9.0 Motions from the Chair

9.1 That KCGP convenes an Extraordinary General Meeting at the Ocean Rd Community Centre on 21st June 2023 at 10am. This meeting will receive the Review of the Financial Report for 2022, completing constitutional requirements. (*Booth/Lloyd. Carried*)
The chairman noted that such a meeting requires 14 day’s notice, and must be called by at least 20 financial members (see attendance list for this AGM). The EGM will be held in conjunction with the next scheduled KCGP event, featuring guest speaker Sir Jon Trimmer.

9.2 That the membership fees for the 2024 year be increased by \$5 – to \$25 for a single membership, and \$35 for a combined membership. (*Booth/Ogden. Carried*)
The chairman explained that this was necessary to accommodate an increase in capitation fees and general inflation related cost increases.

9.3 That Don Day be retained as Reviewer for the 2023 financial year. (*Booth/Olsen. Carried*)

10.0 General Business:

Kevin Burrows spoke to the issue of the lack of and inappropriateness of council owned accommodation for socially needy people. He suggested this might be an issue for GP to pursue, and agreed to keep the President informed of plans to set up a Community Land Trust.

The meeting closed at 11:10am, followed by a fascinating talk by special guest Kilian de Lacy, concluding at midday. The President thanked everyone for their attendance.

NOTICE OF MEETING

**Kāpiti Coast Grey Power Association Inc. 30th Annual General Meeting
To be held Wednesday 24th April 2024 Starting at 10 am
Ocean Road Community Centre, Paraparaumu**

AGENDA: 1. Apologies | 2. Approval of Minutes of 29th Annual Meeting (as published in February’s Super People) | 3. Matters arising | 4. President’s report | 5. Treasurer’s report – Reviewer’s report | 6. Election of officers | 7. Subscription fees | 8. KCGP Association constitution – status update | 9. 2024/25 KCGP strategic direction | 10. General business | *The meeting will be followed by a guest speaker.*

Kāpiti Coast Grey Power Association Inc. Election of Officers Annual meeting 2024

NB: Proposers and Nominees MUST be Financial Members. You may nominate a Member for each position

Position	Nominee
President	
Vice President	
Secretary	
Treasurer	
Committee (several positions)	

YOU MAY NOMINATE ONE OR MORE POSITIONS

Nominated by (Please print):

Name: Number:

Seconded by (Please print):

Name Number:

Nominated person’s signature agreeing to accept nomination:

Name: Number: Signature:

Name: Number: Signature:

Name: Number: Signature:

Forms MUST be returned to the Secretary Kāpiti Grey Power Association Inc. by mail (PO Box 479, Paraparaumu), dropped into the office (1st Floor Coastlands, Paraparaumu) or by email (secretary.KGP21@gmail.com) by FRIDAY April 19.

Secretary’s Use Only: Date Received:

Kāpiti Coast Grey Power EXPRESSION OF INTEREST: OFFICE ADMINISTRATOR

Our current Office Administrator is leaving the position in April and we are seeking an expression of interest from someone with a passion for the welfare of those of our Over-50s community.

If this is you, or someone you know, who loves to be at the hub of things, please contact us via email kapitigreypower@outlook.com or give us a call on phone 04 902 5680.

The position is voluntary part time and it may be possible for some work to be undertaken at home. Ideally you have administrative experience and be familiar with the Microsoft suite of software, and have some database experience.

A complete job description is available on request.

Full training will be given by the incumbent before she leaves in April. Additional support will also be provided by the Membership Administrator and daily office support volunteers, all amazing people to get to know.

Applications close on Wednesday, 13 March.

Emilia McDonald

Membership Administrator & Board Member

WANTED: ASSISTANT EDITOR/EDITOR

Your *Super People* editor will be taking a long break in September/October, so Kāpiti Coast Grey Power is looking for someone to produce the October edition of our quarterly member newsletter. You can get your eye in co-producing the May and August issues.

If you're interested, contact Chris Tweedie at editor.gpkapiti@gmail.com or ring him on 0210 239 2653.

VOLUNTEERS TO STAFF THE FRONT DESK

Kapiti Coast Grey Power is a not for profit organisation with members doing their best to keep abreast of local events concerning older people in the district and informing you of relevant topics. We are looking for people who may have between two and four spare hours a fortnight to help staff our front desk in our Coastlands office. Full training will be provided. If you are able to assist or want further information, contact Emilia McDonald 04 902 5680 or 027 358 5731; email kapitigreypower@outlook.com.

We would love to hear from you.

The Federation Magazine is online

The rising cost of postage and printing has dramatically impacted on the cost of distributing the Federation's quarterly magazines.

Escalating postage costs now consumes over 60% of membership capitation fees, leaving far less for Grey Power's core business of advocating for older people.

The Federation is encouraging those members who are internet savvy to switch to receiving its magazine online. You can have a look online here <https://greypowermag.co.nz/> to see the smart format and test how easy it is to use.

You can switch to the online version using the online form - <https://tinyurl.com/ycx657em>.

Federation President Jan Pentecost says hard copies will always be available to members who do not want a digital copy.

You can expect the Federation magazine in early March, June and September and in mid-November.

Grey Power bus route action wins concession

Our colleagues at Grey Power Manawatū have been active standing up for older Palmerston North bus passengers, incensed by the overhaul of the city's bus routes.

The new all-electric services are launching on March 4 and the proposal was to have fewer, more direct routes more often, at the expense of current services through some of the poorer areas of the city.

Grey Power won a tweak to the new network timetable to make off-peak services better when seniors could travel free.



****MEMBERSHIP RENEWALS ARE NOW DUE****
Couple \$35.00, Single \$25.00

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- Visit our WEB SITE www.kapitigreypower.co.nz click on 'Membership' and follow the instructions.

A REMINDER: If you have your Power provided by **PULSE Electricity**, your Membership **MUST** be up to date, or you will **NOT** be entitled to the Grey Power discount. Your Membership also needs to be up to date to continue to receive our Kāpiti Coast Grey Power Magazine '**SUPER PEOPLE**'.

Thank you for your continuing support of Kāpiti Coast Grey Power

Bringing infusion services into communities

Te Whatu Ora MidCentral's Community Infusion Service (CIS) is now fully operational and providing care to patients with chronic conditions in more comfortable settings closer to their homes.

Patients who needed intravenous infusions for inflammatory bowel disease, arthritis and psoriasis can, with their consultant's agreement, get them in a relaxed, community setting instead of in a hospital.

Since a pilot project was launched in December 2021, 90 patients have used the service. It is provided through four community sites in Dannevirke, Feilding and Palmerston North (2). Another is scheduled to have opened in Levin by the end of 2023.

For more information, contact
communicationsunit@midcentraldhb.govt.nz.



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A new way to release equity for retirees



A retirement fund is breaking into the home equity market and plans to launch the country's first home reversion scheme soon.

Newsroom reports the scheme works on an agreement to sell Lifetime Home – part of the Lifetime Retirement Income group – a portion of your house and get the money paid back in instalments over 10 years.

Founder and managing director Ralph Stewart told *Newsroom* it was not like a reverse mortgage which paid out a lump sum at the start of the term and accumulated interest to be repaid when the homeowner sold up.

"We supplement homeowners' retirement income, every fortnight with a small amount of money, that adds up every year to an amount that we exchange for equity in their home. We do that for 10 years from age 70," he said.

"So for a million dollar house, we pay the homeowner around \$23,000 a year and at the end of the 10-year period, we would own 35 percent of the home and they will own 65."

When the homeowner sold the house they would essentially "buy-out" Lifetime Home – which would benefit from any capital gains.

He said the difference in this model to a reverse mortgage was certainty about total overall costs.

"The reverse mortgage model is based on debt – the homeowner borrows the money and defers the repayment of the debt until they sell the house. It's a good model but it means that the homeowner has to effectively suffer a variable interest rate – the amount of money they will pay back to the bank when they sell their house is unknown at the beginning.

The Retirement Commissioner's review of Retirement Income Policies last year recommended better information on equity release products.

"There is an information gap that it may be useful to fill so that retirees have good comparative information available," it said.

The full *Newsroom* article can be read here: <http://tinyurl.com/7bm8k97d>

SeniorNet

Do you (or a friend, neighbour or family member) sometimes struggle to cope with your laptop, PC, smart phone or tablet?

Maybe you've never done much computing and need to start with the basics? Or are you a regular user and just want to stay up-to-date with new developments? Are you nervous about signing up for Internet Banking or any of the many other services that we are now encouraged to access electronically?

Would you like to learn how to recognise and avoid scams or would you like to explore CHATGPT? Do you get frustrated trying to find saved documents and photos when you need them? If so, our Managing the Data on your PC is the course for you.

SeniorNet Kāpiti deals with these sorts of issues all the time and friendly tutors are always willing to go the extra mile to help. Term One of a comprehensive programme of courses and workshops started early February. For more details visit seniornetkapiiti.nz.

By the way: SeniorNet Kāpiti has a new phone number: 021 229 6561. In the short term the old landline number will redirect to the new number.



Making sure older patients are taking the right medication

New resources have been developed to help ensure older people on multiple medications are taking the right medication at the right time and in the right way.

Pamphlets for patients, posters for GP waiting rooms, and communication tips for primary healthcare practitioners have been prepared.

The tips for clinicians advise keeping the consultation patient-centred and structuring it around the patient's health conditions, rather than on their list of medications.

Educating patients about the need to have their medications reviewed is becoming increasingly important.

"As people get older, some of the medications they are on may not be necessary any more. On the other hand, some people may not have been prescribed medicines which they could benefit from," says lead researcher Jo Hilder.

A recent published survey found 75 per cent of patients who had multiple health conditions had been prescribed four or more medications.

"The frequency of adverse drug events has been shown to increase with the number of medicines taken. This makes it important to reduce the number of medications for people if it is possible," Ms Hilder said.

The link to this research is <http://tinyurl.com/5e6rsv7j>



How big is the risk of Covid and flu coinfection?

With both Covid and flu viruses circulating at high levels, how likely it is for someone to get both at the same time?

Fortunately, it appears to be rare.

Last year, the US Center for Disease Control (CDC) tracked coinfections in the U.S. and found just 3% of people hospitalised with the flu also tested positive for Covid.

This phenomenon, called viral interference, is where infection with one virus ramps up the body's immune system and can make it less likely to get infected with another.

Not being able to shake a lingering cough or runny nose is not necessarily unusual. Even a normal bout of respiratory infection can take several weeks to recover from.

Does it matter whether you're sick with Covid or flu?

It might. For example, it could make a difference in how quickly someone gets back to a regular routine.

With Covid, Health New Zealand | Te Whatu Ora recommends isolating for five days after a positive test or from symptom onset.

With flu, people are considered most contagious for the first three days of their illness and the authority recommends staying home until at least 24 hours after fever is gone.

Also, knowing which of the two viruses you are fighting can be important for people at high risk of having a bad infection. For people who are 65 or older, pregnant or immunocompromised, the antiviral Paxlovid can help protect against hospitalisation if taken in the first few days of a Covid illness.

If it's flu, a doctor can prescribe the antiviral Tamiflu.

For everybody else who is not at high risk of severe disease, the advice is simple — stay home if you're sick.

For the full article go to NBC Health at <http://tinyurl.com/yyxdrub>



Free Rapid Antigen Tests until June

Health Minister Dr Shane Reti, has announced that additional supplies of COVID-19 rapid antigen tests (RATs) will enable continued free testing through to the end of June. They will be available through the established national distribution network providers of health providers and some pharmacies, as listed on <https://www.healthpoint.co.nz/>.

Information about COVID-19, testing, treatments and support for urgent costs is at <http://tinyurl.com/32jxhtvd>



Identity check opens at MSD

New NZ Super or Veteran's Pension clients can now verify their identity online.

Identity Check is a new option when applying online for a benefit or ongoing payment in MyMSD

Using facial recognition technology, it will take a live photo of you and compare it to the image on your driver's licence or passport. If the check isn't successful, you don't want to – or can't- use Identity Check, you will be asked to bring your original government-issued ID into a Ministry of Social Development (MSD) service.

There's more information at <http://tinyurl.com/464p5d4b>



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Plan for retirement

There are many pitfalls and surprises to watch out for when planning a happy retirement.

1. Not planning for retirement early enough in life

Many Kiwis make the mistake of procrastinating on their retirement planning, or assuming they don't have enough to bother planning with. It's essential to get proactive at least five years before retirement, and ideally 10 to 15 years beforehand, so you have the opportunity to harness the power of compound investing.

2. Not developing interests outside work

Retirement isn't just about hanging up the work boots; it's a chance to enjoy a whole new phase of life and lean into the things that bring you real joy in life.

The years leading up to retirement, the prime time of your life, is the ideal time to build a portfolio of things that you are passionate about, new pursuits or hobbies, epic holiday plans, a greater focus on your health, purposeful work projects and quality time with family and friends.

Focusing solely on your career or job right up to retirement can lead to a feeling of relevance deprivation after retirement. And that is avoidable.

3. Retiring too early

So many people jump the gun on retirement, underestimating the financial and psychological impacts. Retiring early might seem enticing, but it often leads to financial strain and boredom. Quite frequently these people find their way back into the workforce later.

Experiment with part-time work and part-time retirement.

4. Underestimating their real cost of living

We all like to tell ourselves that we're spending less than we are. But it's not until we build a budget from our actual bills and expenses and project forward that we can recognise just how much we need to cover our desired living expenses in retirement.

Practice living on your projected retirement budget – and see how you go for a month.

5. Withdrawing all their superannuation when they retire for dumb reasons



The fundamental purpose of private superannuation, such as KiwiSaver, is to serve as a financial nest egg, ensuring a dependable income stream throughout retirement.

Drawing it all out as a lump sum runs counter to the very essence of superannuation's designed purpose, and it certainly sees those people missing out on a lifetime of earnings unless they have a real strategy behind their decision.

6. Dragging debts into retirement

One of the most common questions is: "What do I do about my mortgage when I retire?" Debt is designed for a time in life when you have the income to pay it down.

It's much better to take proactive steps to demolish your debt in the years leading up to retirement. Plan your retirement date after the debts are cleared.

The best way to avoid mistakes is to get some advice when you do your retirement planning. It's often worth it.

*Bec Wilson is the author of the bestselling book **How to Have an Epic Retirement** and host of the new podcast **Prime Time with Bec Wilson**. She writes a weekly newsletter at epicretirement.net.*

Travellers urged to vaccinate

Health New Zealand | Te Whatu Ora advises Kiwis travelling overseas to make sure they are fully immunised against measles. Cases have cropped up in Australia, the United Kingdom, across the Middle East and Asia, and parts of the United States.

The Measles, Mumps Rubella (MMR) vaccine is free for everyone aged 18 and under, and for others who are eligible for free New Zealand healthcare.

More information at <http://tinyurl.com/ypeudayj>

Editorial supplied by Kapiti Hearing

Kapiti Hearing is an independent, owner-operated audiology and hearing aid clinic, offering hearing services, ear wax suctioning and advice about hearing needs. We sell the latest technology hearing aids (with an eight-week fitting trial); and can program, test, clean and adjust hearing aids from the "big five" global hearing aid manufacturers.

What is an audiologist?

An audiologist is a specialist in hearing who can treat hearing disorders and give advice regarding hearing and communication strategies.

They have post-graduate qualifications that cover acoustics, engineering, diseases of the ears, balance disorders, tinnitus, auditory neuroscience and other related topics. In New Zealand, they must have at least a two-year post-graduate degree in Audiological Science, with a further year of training in an audiology clinic followed by clinical exams.

In order to access Government funding and subsidies

towards hearing loss treatment (such as hearing aids) for their patients, they must also be full members of the New Zealand Audiological Society (MNZAS) and must undergo continuous education to keep up-to-date in a rapidly changing technical and scientific field.

In NZ, funding can come from ACC, the Ministry of Health, Veterans' Affairs, and some private grants. WINZ can also give loans to help with the cost of hearing aids. Ask your audiologist.

You are encouraged to bring a friend or family member to any appointments.

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www.kapitihearing.co.nz

KCGP adopts the Macron

Readers of *Super People* would have noticed that in our last (summer) edition we spelt Kāpiti with a macron.

Your board in October decided it was respectful, and that our usage of macrons will be limited to generally accepted place names such as Kāpiti and Ōtaki and words such as Māori.

For a little history: Wikipedia tells us the island does not have an official name, but is recorded on topographical maps - and hence in the New Zealand Gazetteer - as *Kapiti Island*.

In 2010 the Māori Language Commission acknowledged that iwi of the Kāpiti region have evidence from history and local pronunciation that the place name is a variant form of āpiti, and that Kāpiti (with a macron) is correct.

HANDY HINT

Handy hints on how to set up the Māori keyboard on your device: <https://kupu.maori.nz/about/macrons-keyboard-setup>.

New libraries app!



Kāpiti Libraries' users can now browse, reserve, renew and even issue books using the new free app.

Spotted a book you'd like to read in a shop or friend's house? Scan its barcode with the app and see if it's available in the library. You can even use the app's scanner to borrow an item.

You can download the app at <https://www.kapiticoast.govt.nz/libraries/services/kapiti-libraries-app/> or ask your librarian for help setting it up.

Digital Grey Power

Congratulations Grey Power Marlborough who have won an Age Friendly grant for a Digital Storytelling project. It's a year-long project to promote older person's uptake of digital technology, recording their stories in new and creative ways. There will be workshops and courses culminating in a public exhibition after 12 months.

Revised Brochure on transport to health services

Some years ago *Super People* published a table produced by A Safe Kāpiti (ASK) detailing ways in which those who do not have access to private transport can reach hospitals and services in Wellington, Kenepuru and Lower Hutt.

It has now been republished with the help of Paraparaumu Raumati Community Board. Hard copies can be picked up at medical centres, pharmacies, CAB office, Kāpiti Coast Grey Power and from ASK.

For those who live north of Peka Peka Te Whatu Ora MidCentral District publishes health shuttle services for Ōtaki /Horowhenua at: <http://tinyurl.com/m5zsbj9w>. The Ōtaki shuttle often heads south.

Then there's the Total Mobility scheme

Funded in partnership between local and central government, the Total Mobility scheme assists eligible people to access subsidised door to door transport services to meet their daily needs. It provides:

- 75% of the normal transport fare up to a maximum set by the relevant regional council
- funding to scheme providers to help purchase, install and operate wheelchair hoists

To find out about Total Mobility service in the Wellington region <http://tinyurl.com/mv5ub7su> or phone 0800 701 800.

For Manawatu/Whanganui it's <http://tinyurl.com/4hhfvd7u> or phone 0508 800 800.

Note: Horizons Regional Council will pay half the fare up to a maximum specified for the location. Any additional fare must be paid in full by the user.

HANDY HINT

In a medical emergency an ambulance for St John serviced residents will normally cost \$98. Our sister Horowhenua Grey Power association strongly recommends you become a member of the Hato Hone St John Ambulance Supporters Scheme. Becoming a supporter will negate these charges ... and if you don't use it, the annual funds are used to replace equipment.

Forms are available online from www.stjohn.org.nz/join or call Customer Services on 0800 785 646.

Memories of the Royal Family

Kāpiti Coast Grey Power member Angela Robertson is hosting a community book launch for Memories of the Royal Family - A Kiwi Collection at the Ocean Road Community Centre on Friday 23rd February 10.30am



The idea for this collection of stories came about as result of the local series of 'Write Your Story' community workshops.

This book features a collection of experiences and perspectives that takes readers on a journey through recent generations of the Royal Family, as seen through the eyes and cherished memories of the Kiwi

community.

It contains a treasure trove of stories, anecdotes and musings, accompanied by intimate family photos, memorabilia, and original newspaper cuttings lovingly preserved by our community.

From the poignant to the humorous, these shared moments are a testament to the enduring fascination, admiration, and affection for the Royal Family in Aotearoa.

Beware annual credit card subscriptions

If you make annual payments through your credit card, just be aware they can go on forever.

A Kapiti Coast Grey Power member reports was told by a company he dealt with that his credit card details had expired and he needed to update them. Thinking he would use this opportunity to let the service lapse, he did nothing. So imagine his shock when the payment appeared on his credit card statement.

On querying with the company how they got his updated details they replied: Actually your terms with the credit card company allows this. The account does not expire of course, and the bank typically sends the replacement about one month ahead of the expiration date. Also, continuing subscriptions are handled differently than individual transactions. If the merchant has coded the transaction as a recurring type of payment, they can continue to charge the account without obtaining new authorizations and expiration dates from the customer.

The member checked it with his bank ... and yes the bank does update credit card details on annual subscriptions.

You have to change how you pay annually, but if you're unsure about how to do this, the bank suggests you contact your branch.



New research reveals the added cost of growing older

The Retirement Commission (Te Ara Ahunga Ora) has released a new study looking at the often-unforeseen financial impacts of health conditions as people age.

In-depth interviews were conducted with older people grappling with disabilities or experiencing difficulties with a physical condition since turning 65 ... and the additional expenses they face.

Research Lead Dr Jo Gamble says becoming less able in some way as one ages is a natural part of human experience and needs to be planned for.

Of the approximately 842,100 people aged 65+ in Aotearoa in 2022, 129,522 people received the disability allowance (15%). However, Dr Gamble says because the allowance is means tested this is low - given 59% of over 65s are considered disabled.

"People reported that the barriers to accessing it include lack of awareness about the allowance, unfamiliarity with Work and Income/MSD, pride in being self-sufficient, shame in feeling incapable, and lack of proactivity by GPs/health professionals."

Retirement Commissioner Jane Wrightson says Te Ara Ahunga Ora is committed to broadening understanding of what impacts New Zealanders heading into retirement.

"This research is also a nudge to those able to plan their retirement income to factor in increased health costs. And to MSD and health professionals to understand and clearly explain the financial assistance that can be available," she says.

Fighting to make your golden years golden

Nearly four out of five Consumer NZ members said they wouldn't consider moving to a retirement village in their golden years. Unfair retirement village contracts lack the protections residents deserve in their golden years and make the prospect of retiring undesirable for everyone.

Consumer NZ's legal expert has pulled together a monster submission to the Review of the Retirement Villages Act calling for fixes to the problems.

To read the submission: <http://tinyurl.com/36ajz4vn>

Reshaping orthopaedic care

In a ground-breaking initiative, a Capital and Coast pilot musculoskeletal orthopaedic program is reducing waiting times and transforming the way patients are assessed.

The programme allows orthopaedic physiotherapists to assess patients initially, resulting in a 75% reduction in treatment waiting times.

The conventional process involved a direct referral to an orthopaedic surgeon, meaning patients faced a lengthy wait for treatment. The Capital and Coast pilot, however, emphasises non-surgical care whenever possible.

Expert orthopaedic physiotherapist Sarah Francis highlighted that not every patient's first assessment needs to be done by a surgeon. "Part of this project is about making sure people get non-surgical care earlier. The sooner we intervene for people with, particularly conditions like osteoarthritis, we can prevent progression to joint replacement,"

The initiative has seen more than 600 patients benefit from the programme since September 2022 at Wellington Regional Hospital, Kenepuru Hospital and Kāpiti Health Centre.

The results speak for themselves — 86% of patients express confidence in this new assessment approach, with fewer than 5% needing further referrals after one year.

In Capital and Coast, patients are now waiting an average of 40 days for an initial spinal assessment, rather than 180 days in December 2019. Hip or knee complaints were being assessed in about 45 days, rather than 165 days in August 2021.

Primary and urgent care funding under review

Health New Zealand | Te Whatu Ora is reviewing primary care funding models by looking to support the stabilisation of the existing urgent care and after hours system.

A review is also underway that looks at the provision of urgent care, after hours care and other forms of unscheduled/unplanned care such as PRIME, ambulance services, and telehealth.

This review will look at how the response services are working and what needs to be done to strengthen these networks in both urban and rural areas, including looking at key areas of service vulnerability and cost pressures.

Te Whatu Ora intends to develop a model by December. ACC is also focusing on injury-related care in the primary acute sector.

Ambulance telehealth pilot

Te Whatu Ora | Health New Zealand has created an Emergency Telehealth Consult service for paramedics when assisting low acuity patients.

This service enables an on-scene paramedics to call a doctor and work together to determine the best care for the patient. This can mean that instead of being transported to hospital Emergency Departments (ED) a patient has the potential to have their health needs managed in the community.

This may involve treatment at home or an arranged follow-up with the patient's local doctor.

A pilot service was launched in July 2022 in response to growing strain on ambulance and emergency department resources in the wake of COVID-19., and scaled up in response to Cyclone Gabrielle.

Since then ambulance staff have made 5,000 referrals to the telehealth service, with more than 3,500 patients diverted from hospital emergency departments. No adverse incidents have been reported through the pilots.

Nearly 300 patients with possible COVID-19 and another 300 patients with a clinical impression of respiratory tract infection have had been diverted from presentation of contagious patients to EDs.

A full review of the results of the pilot is underway.

Accessibility for New Zealanders Bill petition

Since its inception Grey Power Federation has been an active supporter of Access Alliance and Access Matters Aotearoa <https://www.accessmatters.org.nz/>.

It actively supports their efforts to have effective accessibility legislation so that every New Zealander is able to participate fully in their daily lives, regardless of age and whether or not they have a disability. A quarter of New Zealand's population struggles daily.

The Accessibility for New Zealanders Bill was passed in 2022 but put on hold until after the 2023 election. It is currently on pause indefinitely.

A petition is now online asking for the withdrawal of the current Bill and for a new one to be drafted that includes minimum standards, a regulator and an enforcement mechanism. Grey Power Federation asks you to sign the online petition and encourage others to sign it too. The link is: <http://tinyurl.com/mmsup4sa>.

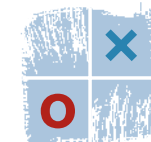
Access Matters has planned a March to Parliament on Thursday, 7 March from 12.30pm – 3.30pm. Grey Power members, families and friends' participation is encouraged.

Advocates want electricity disconnection fees banned

Advocates are calling on the Electricity Authority to ban disconnection fees for customers who are disconnected due to late payments.

Disconnection and reconnection fees vary considerably among electricity retailers. For most, the total cost for disconnection and reconnection ranges from \$25 to \$90 if it can be done remotely with a smart meter, or \$125 to \$276 if an on-site technician is needed. Some companies do not charge at all.

Everyone Connected, a campaign led by Common Grace Aotearoa and supported by organisations including FinCap, Citizens Advice Bureau and Child Poverty Action Group, has a petition at <https://rb.gy/nq8ks>. It also calls on the Electricity Authority to ensure fair prepay prices and introduce enforceable rules for consumer care.



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- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing



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PARAPARAUMU

8A Ihakara Street | (04) 385 9144

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

Editorial supplied by Courtenay Hearing Centre

Courtenay Hearing Centre Serving the Kapiti area since 1993

Rechargeable hearing aids have become commonplace in the last few years. Changing to rechargeables has brought a huge improvement in convenience and ease of use. From sleek, elegant desktop chargers to cute, compact pocket-sized chargers the options for both in-the-ear and behind-the-ear devices have expanded considerably. Many of these devices are on display at our Waikanae clinic or you can make an appointment with one of our audiologists at any of our clinic locations (Waikanae, Paraparaumu, Levin, Wellington) to discuss your specific needs

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre at a location near you, for caring, professional advice

Visit our website www.courtenayhearing.co.nz for more information.

Learning opportunities

U3A Kāpiti

Kāpiti U3A provides a social and learning opportunity for retired residents. It lists 20 interest groups, covering subjects such as gardening, current affairs, music, fitness and writing.

Check out the U3A Kapiti website: <https://www.kapitiu3a.com/>



Kāpiti Coast WEA



Kāpiti Coast WEA aims to provide community based, stimulating and varied educational activities that develop knowledge, skills, creativity, understanding and enjoyment of life.

It offers about 20 events each year, in a published programme that runs from March to October. For course information and enrolments: kapitiwea@gmail.com ; Phone 021 162 7000 (voicemail), www.kapitiwea.org.nz or P O Box 1536 Paraparaumu Beach 5252

Website to find seasonal work

Are you interested in exploring the great outdoors whilst incorporating some short-term seasonal work?

Employers are looking for people to help with seasonal horticultural peaks and there are plenty of roles suited to all ages.

Pick Your Path is an online tool which connects people with seasonal work in the Nelson-Tasman, Marlborough, and West Coast regions. It has a calendar to guide demand labour.

There are similar tools for other regions, including **Pick NZ** and **Opportunities Grow Here**.

The tools allow you to explore different roles, including what skills you may need and what you will get out of it. Some industries and employers are open to flexible work to help you find the right balance of work and leisure while you are in the region.

One night, a Viking named Rudolph the Red was looking out of the window and said: "It's going to rain." His wife asked: "How do you know?" "Because," he said, "Rudolph the Red knows rain, dear."

Prostate warning signs

Every man "of a certain age" has experienced the urge. You suddenly feel a strong pressure in your bladder and the need to urinate becomes an inevitable rush to a lavatory. Such urges can happen at night, disrupting vital sleep.

This rush is something that King Charles III, admitted to a London hospital in January, might have encountered prior to his decision to undergo prostate surgery.



Your kidneys produce urine. The liquid waste then travels down ducts called ureters to the bladder. In a male, the urethra runs through a part of the reproductive system called the prostate. Its function is to produce nourishing fluid that transports sperm.

As the body ages, factors such as family history, lifestyle and hormonal changes can cause the prostate to enlarge. This common condition, known as benign prostatic hyperplasia, varies in severity, and is often noticeable around age 50.

It's important to note that benign prostatic hyperplasia is not associated with prostate cancer and does not increase your cancer risk. However, it can make prostate cancer screening more challenging.

Therefore, regular check-ups including a digital rectal exam and discussions with your health care provider are crucial. If you notice changes in urination, consult your doctor.

Prostates can range in size from a walnut to larger than a baseball. All prostates grow, but not all prostates cause symptoms. A mildly enlarged prostate can cause noticeable symptoms such as a weaker stream when urinating or increased frequency, especially at night. A significantly enlarged one might not cause any symptoms.

King Charles' need for improvement in quality of life highlights the importance of paying attention to these symptoms.

This article was edited from a contribution to CNN from Dr. Jamin Brahmbhatt, a urologist. For the full article, including a discussion on effective medical and surgical options: <http://tinyurl.com/mr34jb7a>

HEALTH AND DISABILITY ADVOCACY

Health and Disability Advocacy is a free service that operates independently from all health and disability service providers, Government agencies and HDC.

Advocates should be able to help if you want to know more about your rights, get questions answered, or make a complaint. The service will:

- Help you understand your rights
- Listen to your concerns
- Talk through your options
- Help you to formulate and make a complaint
- Support you while you resolve your issue

Freephone: 0800 555 050
or Email: advocacy@advocacy.org.nz

My Health Record is live

My Health Record is a secure website that gives people access to their immunisation records and COVID-19 test results. It also provides parents with children under 12 years old the option to link to their children's immunisation records.

Over time, Health New Zealand | Te Whatu Ora will make more information available, such as current and past medications, lab results and community services and high use card entitlements.

To sign up, go to: <https://identity.health.nz/>

Free shingles vaccine eligibility

The shingles vaccination is free for 12 months after your 65th birthday. You need two doses, two to six months apart. The second dose will be free, even if you've turned 66.

If you're eligible, you can get the vaccination from your nurse, doctor, healthcare provider, and some pharmacies.

New Grey Power discount

Grey Power Federation has announced a new offer available to all financial Members – Atopis® - a unique New Zealand skincare range scientifically designed for older people. Members can get an exclusive 20% discount* on all Atopis products. Just use the special code GP20 when you buy at <https://atopis.co.nz/>

Visit the Federation's website <https://www.greypower.co.nz/to keep up to date with information and resources>.

Not having a power of attorney could mean a longer hospital stay

Older people have had to wait up to five weeks in hospital beds due to not having the legal representation to be discharged.

Age Concern Whanganui manager Michelle Malcolm reports that not having an enduring power of attorney (EPA) in place can prevent older people from being able to easily move into a residential care home from hospital.

If a family member suddenly loses capacity, an application for a welfare guardian has to be put through the Family Court, and this legal process can be "time-consuming".

It could also mean patients in hospital have to continue paying rent or electricity bills, because no one has the power to end living arrangement agreements for them.

A personal care and welfare EPA allows a person to make choices for another when they are deemed to lack the capacity to make rational decisions.

The cost of an online EPA for personal care and welfare with Public Trust is \$219, and for an in-person consultation it is \$358. Visit <http://tinyurl.com/ms3bx7va> for details.



Going on holiday or needing to catch up on other life demands?

For people living with family carers, Enliven offers short-term respite programmes.

For carers, this offers a chance to take a break and focus on your own wellbeing. Taking a break to look after yourself can do wonders for your mental health while having peace of mind that your loved one is well cared for.

Short-term care options available in Enliven homes in Taranaki, Whanganui, Manawatu, Horowhenua, Wairarapa & across the Wellington region.

Give our friendly team a call on 0508 365 483 to discuss your situation.

For more information
www.enlivencentral.org.nz
0508 ENLIVEN (0508 365 483)



Scan QR code with your smartphone to view more information online.



Cervical screening is important

Cervical cancer is one of the most preventable. Regular cervical screening and human papillomavirus (HPV) immunisation are the best ways to protect yourself.

Screening allows for early detection, follow-up testing and treatment. It finds early warning signs before they become cancer.

Find out about HPV and cervical cancer at <https://www.timetoscreen.nz/about-this-site/contact-us/>, email screening@health.govt.nz or phone **0800 729 729**

BOWEL CANCER SCREENING

Bowel cancer is one of Aotearoa's most common and second highest cause of death by cancer. Early detection is important, and screen testing aims to save lives by finding the cancer at an early stage, when it can most often be treated.

Free, at-home tests are available to eligible people. For more about the test, on who is eligible and local initiatives <http://tinyurl.com/3mmmmrc8> - which includes videos in 11 different languages - or phone **0800 924 432** or email info@bowelscreening.health.nz



New Health Information and Services website

Health New Zealand | Te Whatu Ora's website focusing on public health and information is now live, providing consistent, reliable information in one place. The site currently includes information about immunisations, vaccine-preventable diseases, and conditions (including COVID-19), pregnancy information, and help to access services. More will be added over time. The next step is to move consumer information to the new site. The site is <https://info.health.nz/>.

STEADY AS YOU GO® exercise classes



Steady As You Go classes are designed to improve strength and balance and help prevent a fall.

New beginner classes have started at:

- Paraparaumu: Mondays at 9.30am
- Waikanae: Tuesdays at 10.00am and
- Ōtaki: Wednesday, starting 20 March at 1.30pm



ZOOM into Steady as you Go Online Exercise Classes

Every Wednesday at 9:30am there is a livestream Steady As You Go class on Zoom. It's open to anyone and a gentle entry-level exercise class designed for seniors. Register by filling in the form online <https://www.acwellington.org.nz/saygoexercise/>:

Aligned to Go is a new dance-based falls prevention programme to improve balance, strength, flexibility, agility, coordination and mobility.

- Paraparaumu



Staying Safe refresher courses for older drivers:

Age Concern Kāpiti runs these workshops in partnership with Waka Kotahi (NZTA). Upcoming course dates:

- Thursday, 14 March – Paraparaumu
- Thursday, May – Ōtaki
- Tuesday, 11 June - Waikanae

For more information on all these courses, please contact Age Concern Kāpiti on: 04 298 8879 or admin@ageconcernkapiti.co.nz



Introducing the new Minister for Seniors



The new Minister for Seniors, Casey Costello, was sworn in just before Christmas and introduced in the December Office for Seniors newsletter.

She is quoted:

"As the coalition agreement between New Zealand First and National outlined, this portfolio is important to us and we are committed to delivering ... Over the next few months you will hear more about the work that will be undertaken and how I propose this will be achieved."

Here's what the agreement says:

- Keep the superannuation age at 65
- Amend the Building Act and the Resource Consent system to make it easier to build granny flats or other small structures up to 60sqm requiring only an engineer's report
- Progress the review of the Retirement Villages Act

- Upgrade the Super Gold Card and Veterans Card to maximise its potential benefit for all Super Gold Card and Veteran Card holders
- Investigate the funding formula for new residential care beds
- Engage openly and constructively with the aged-care sector
- Undertake a select committee inquiry into aged care provision to include supporting people with early onset conditions and what asset thresholds are appropriate in 2023/24
- Explore options to build on the Local Government Rates Rebate Scheme for Super Gold Card holders
- Work on establishing bipartisan agreement to fund both care and dementia beds that New Zealand needs now and with a focus on the long term needs by 2040
- Liaise with retirement village owners and occupiers to seek a mutually agreed way forward to safeguard the interests of the 50,000 plus New Zealanders living in retirement villages

The Office for Seniors briefing to the Incoming Minister (BIM) is <http://tinyurl.com/yb73t2m2>.

"Life Without A Car" booklet revised

A revised "Life Without a Car" booklet offers practical guidance, tips, and resources for people who may no longer drive or choose not to own a car.

Age Concern New Zealand and companion driving service Driving Miss Daisy NZ Ltd have designed it for older people and their families to make informed decisions about mobility options. It covers topics such as:

- Alternative transportation options, including community transport services
- Staying socially connected and engaged in the community
- Managing groceries, medical appointments, and other essential tasks
- Safety considerations and tips for pedestrians and passengers.

To access "Life Without a Car" visit either organisation's website.



Scam-proofing toolkit

Netsafe has launched a new free nationwide initiative to arm older New Zealanders with the skills and know-how to keep themselves safe online.

The Get Set Up for Safety joint project with Chorus, includes a toolkit of guides, videos, and other resources with practical advice on everything from fundamental online safety and security habits through to protection from financial scams and safer online shopping and socialising.

Get Set Up for Safety resources will be freely available to access, download, or print out from the Netsafe website at

www.netsafe.org.nz/olderpeople.

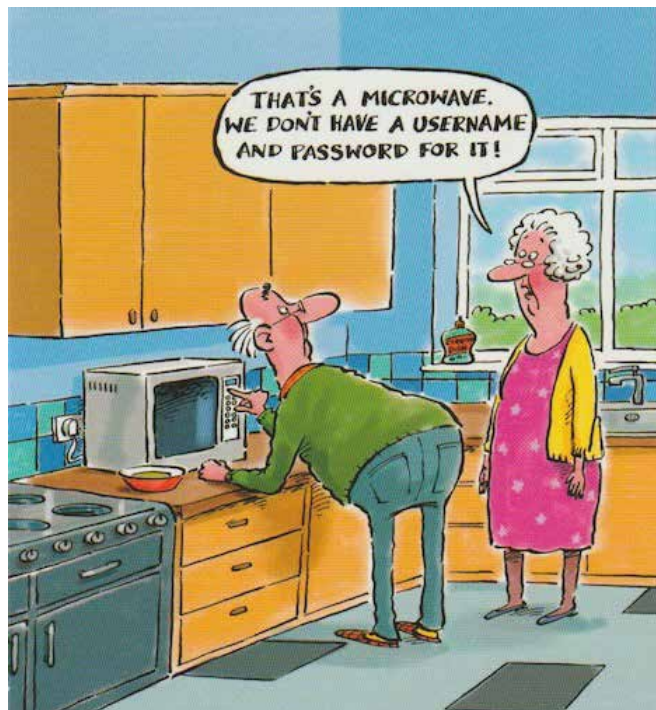
Printed pamphlets will be available over the coming months, at public libraries, Citizens Advice Bureaus, Chorus community events, Digital Seniors hubs and Age Concern regional offices.

Why Keep It Secret?

This booklet, published by Grey Power Rotorua Inc 2003, is a personal record of matters pertaining to your estate. It prompts you to record issues such as your will, life insurance, health insurance, pension plans, bank account details and safe deposits together with your special requirements regarding organ donation and funeral arrangements ... all for you to fill in and keep in a safe place.

Cost: \$5 each plus \$2 for postage (if required).

To purchase a copy, contact the Kapiti Coast Grey Power office on 902 5680.



PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support helps to enable the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

WHAT IS GREY POWER?

Grey Power is an advocacy group seeking a better deal for over 50s and superannuitants. We present our views to Parliament and local governments and speak to any political group or politician who is likely to make a positive difference. Often our lobbying benefits the whole community.

Kāpiti Coast Grey Power Membership benefits include:

- Kāpiti-specific discount book offering benefits for all over 50-year-old members from local businesses
- Opportunity to be actively involved as a volunteer
- Social meetings with excellent speakers that relate to our interests, offering good fellowship
- Access to our Kāpiti Coast Odd Job Scheme.
- Save a minimum 8 cents a litre at Challenge service stations
- Cheaper electricity, gas and broadband
- Free AIL accident insurance: \$2,000 paid in the event of accidental death
- Up to 25% savings on medical insurance by Vesta Insurance for members 70 years of age and younger
- Special rates for InterIslander, Bluebridge and Great Journeys fares
- Quarterly Kāpiti Coast Grey Power and Grey Power Federation newsletters

It's easy to become a Grey Power member and enjoy the benefits.

Divorce, remarriage, inheritance, and outdated laws

Sharon Brett Kelly on RNZ's The Detail says but the laws governing divorce, remarriage and inheritance haven't kept up with the times. No one wants to bring up the subject of a pre-nuptial agreement in the first flush of new relationship, she says, but some sort of legal documentation could save a lot of heartache down the line, especially if the Bank of Mum and Dad has been involved.

However, even if you get a mid-nup at that stage, or a contracting-out agreement, if it ends up challenged down the track, the whole thing can be ripped up by a court if it finds that an agreement has become seriously unjust. The Family Court realms of divorce, inheritance, de facto relationship splits and mixed finances are ruled by laws cemented in 1976, and they're no longer considered good enough for some of the complex situations that arise now.

The Law Commission has recommended 10 changes that have wide backing, and would make it easier to sort out disputes over assets such as family homes, the bach, and the business. You can read and listen to the full story on <http://tinyurl.com/yc4dtrtw>.

The Detail is at. <https://linktr.ee/thedetailnz>



IF PAYING ONLINE and YOU USE GREY POWER ELECTRICITY

Please separate your membership from GP Electricity in your Payee list so your power account is not paid to us in error – as this could result in your account being overdue.

For all power enquiries phone 0800 473 976



KĀPITI COAST GREY POWER ASSN INC.

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Email: Kapitigreypower@outlook.com | Web: www.Kapitigreypower.co.nz

Facebook: @Kapitigreypower

MEMBERSHIP FORM

New Member Renewal Membership Number: _____ Mr / Mrs / Miss / Ms / Dr (circle)

Name(s): _____

Address: _____

Suburb: _____ Postcode: _____

Email(s): _____

Preferred phone number: _____

Our membership year runs from 1 April to 31st March.

You MUST be a financial Member of Grey Power to enjoy the benefits we offer. (Your private information will be forwarded to the Grey Power Federation for the sole purpose of the distribution of the national Grey Power quarterly magazine)

ANNUAL SUBSCRIPTION (please circle):

Single \$25.00 \$

Couple \$35.00 \$

Voluntary Donation \$

** Postage (see below) \$12 \$

TOTAL REMITTANCE: \$

** Note postage for Grey Power Magazine (4 issues per year) is payable where delivery is to a PO Box or by Rural Delivery.

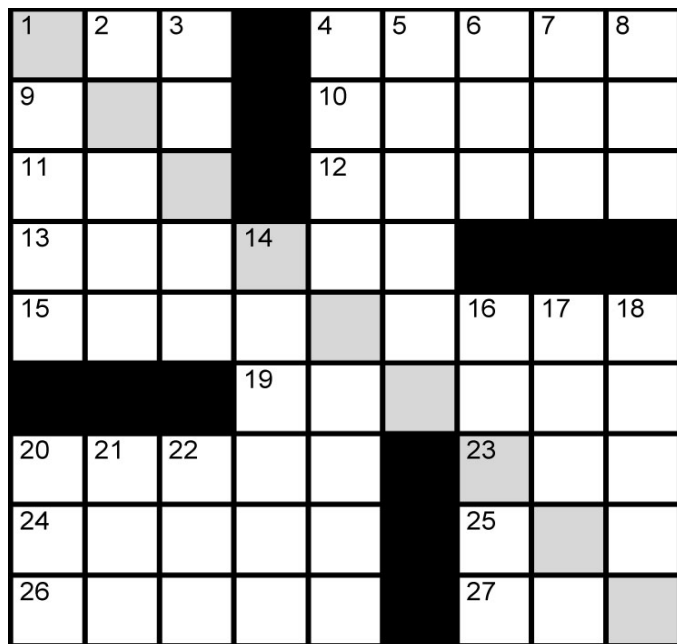
How you can pay:

- **INTERNET** Banking into our **KIWI Bank Account 38 9018 0409796 02** Please ensure you use your name and Membership Number as reference.
- **Call into** our Kāpiti Coast Grey Power Office, 1st Floor Coastlands Shopping Centre to pay by EFTPOS or Cash.
- **Call into** Ōtaki Library, Kāpiti Coast Grey Power desk (1st and 3rd Thursday of month 10am-1pm). Cash only.

For Office use only: Eftpos/ Cash/ Internet Receipt Number _____

New Member Renewal Discount Book Card Magazine

Chilling Wall



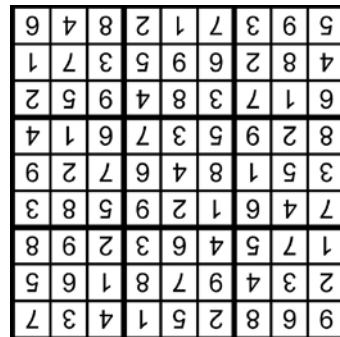
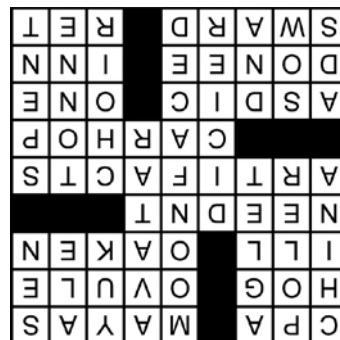
Across

- 1. Tax prep. expert
- 4. Yucatán natives
- 9. Hoard
- 10. Reproductive cell
- 11. Not well
- 12. Like some buckets
- 13. "You ___ bother!"
- 15. Archaeologists' finds
- 19. Drive-in employee
- 20. Early form of sonar used to detect submarines

- 23. Small bill
- 24. Gift recipient
- 25. Bed-and-breakfast
- 26. Grassy area
- 27. No longer working: Abbr.

Down

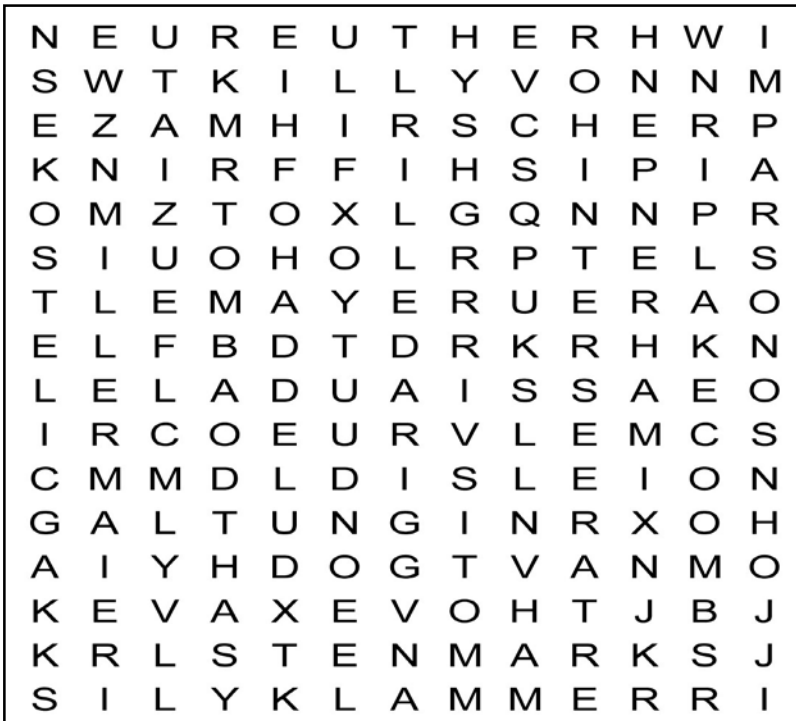
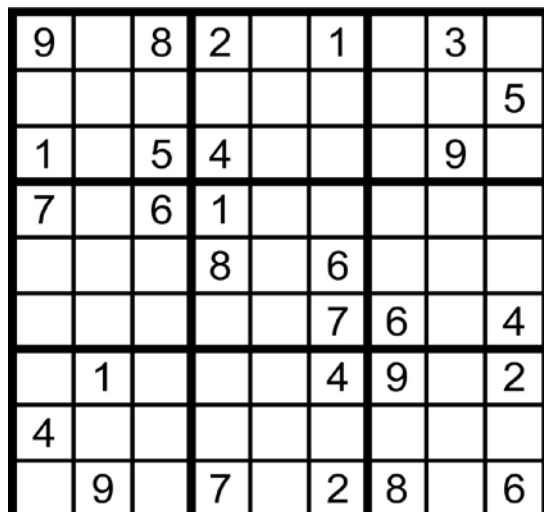
- 1. Fine dinnerware
- 2. Gondolier, e.g.
- 3. Lace tip
- 4. Look caused by Cushing's syndrome, sometimes
- 5. Hindu incarnation
- 6. Big laugh
- 7. Pub pint
- 8. Member of Cong.
- 14. More risky
- 16. Church singers
- 17. 1,000 kilograms
- 18. Tuckered out
- 20. Magazine revenue source
- 21. Boar's mate
- 22. Some trial evidence



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

- | | | |
|------------|----------|------------|
| AAMODT | KILLY | NEUREUTHER |
| COOMBS | KLAMMER | PARSON |
| FEUZ | KOSTELIC | PINTURAU |
| GIRADELLI | LIGETY | PLAKE |
| HINTERSEER | MAHRE | SHIFFRIN |
| HIRSCHER | MAIER | STENMARK |
| JANSRUD | MAYER | SVINDAL |
| JOHNSON | MAZE | THOVEX |
| KILDE | MILLER | TOMBA |
| | | VONN |

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.*

FAMOUS SKIERS