



Grey Power Wanganui Inc Newsletter

Affiliated to Grey Power New Zealand (Inc)

www.greypower.co.nz

'President Don's Report'...



Where on earth did 2016 go? It is true that the longer one stays on this planet the quicker the years roll by.

The content in this the last newsletter for the year is pretty much a 'good news' story. Firstly, congratulations to our long serving Treasurer and former President Graham on being elected to the Whanganui District Health Board. His election advertisements alluded to his wish to be 'Your Voice' and I am sure he will be. Well done Graham!

Secondly, we were advised a few weeks ago that a member has bequeathed a substantial amount to Grey Power Wanganui and the funds have now been received. As far as can be ascertained, this is the first ever legacy that any association has received in the 30 years existence of Grey Power and we have expressed our humble thanks to the executors of the donor's estate.

Wanganui was again a leader in the percentage of votes cast in the recent elections and you are all to be congratulated on performing your civic duties. Of the 12 candidates whose profiles appeared in the September newsletter 10 were successful. To the two who were not, we extend our commiserations.

My wife Heather and I extend season's greetings to you all and sincerely trust that year 2017 will prove everything you wish for.



A very Merry Christmas and a Happy New Year

*Don Burney
President*

Number 84
November/December 2016

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© taking care of your concerns and
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Secretary
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WANGANUI 4541

WEBSITE REFERENCE
Grey Power Wanganui's own:
www.greypowerwanganui.co.nz

Grey Power Federation
www.greypower.co.nz

No liability is accepted for the contents of
this newsletter which is prepared in good
faith.

CHRISTMAS LUNCHEON MEETING

THURSDAY, 8 DECEMBER COMMENCING AT 11.30 AM

VENUE: LAIRD PARK BOWLING CLUB, PEAT STREET

ENTERTAINMENT FOLLOWED BY LIGHT LUNCHEON

**Please telephone: 345 4559 to register your attendance - if the
telephone is unattended, please leave your name and
membership number**

**Registrations limited to 140 members
Membership card to be produced on arrival at the venue**

PUBLICATION KINDLY SUPPORTED BY H&A PRINT

FROM THE EDITOR

A sincere **THANK YOU** to all those who supported my candidacy for the Whanganui District Health Board, including my friends and acquaintances in Ohakune, Raetihi, Taihape, Marton and Bulls. I am conscious of the faith you have all shown in me and will do my utmost to be an effective board member on your behalf.

Membership

Membership continues to increase steadily with most new members making use of the 'join now' facility on our website – Grey Power Wanganui. As at 31 October the number of financial members stood at 1942 - this after having deleted 135 unfinancial members. The cross-checking of membership details of Pulse Energy and the Federation is proving very effective, with several instances locally of people receiving reminders of their obligation to provide a membership number. How much simpler it would be if new consumers were to be informed at the time of switching from another provider that they will be on public rates until they advise their membership number!

The Legacy – Your thoughts please

We are in the enviable position of having been bequeathed a considerable sum by one of our members and your executive committee feels it best to solicit ideas from the wider membership as to how the funds should be used. Thoughts thus far are:

- A scholarship of some form that would help benefit Grey Power members and/or their families
- An annual award from interest earned on the capital sum to a volunteer engaged in some activity benefiting older people
- An annual award to a young person embarking upon a course of study to enable then to pursue a career in an activity benefiting older people.

We do hope you will convey your thoughts to us by 6 January 2017 – either by telephone to 345 4559 or by email to graham.adams@xtra.co.nz

Committee numbers

We do need more faces around the table to replace known departures in the near future. So, please, if you can spare just an hour or so a month do come along and look us over. Meetings are held on the first Monday in each month at the Age Concern boardroom in St Hill Street at 2.00 pm.

Members in need of hip and knee surgery who have been unable to get on the waiting list will be interested in this letter. A reply from the DHB is awaited and will be published in the next newsletter.

GREY POWER WANGANUI INC
PO Box 4197, WANGANUI

5 October 2016

The Chairperson
Whanganui District Health Board
c/ Whanganui Hospital
Private Bag 3003
WANGANUI

Dear Madam

I have been instructed by the committee of Grey Power Wanganui Inc to write to you as Chairperson of the Whanganui District Health Board with various health concerns.

Grey Power is concerned that the published information regarding waiting lists for elective surgery does not show the full picture. Grey Power has heard of many people who although seriously disabled are rejected at the assessment stage.

At a recent Health Board meeting which I attended as a Grey Power observer it was reported that a number of patients from outside the Wanganui district are having their orthopaedic operations performed in the Wanganui hospital.

Grey Power is concerned that these patients are being given preference over local people and we would like basic data regarding the situation. This is the information my committee solicits on behalf of our members:

- 1 Does the treatment of patients from outside the WDHB restrict and delay operations for the people within the WDHB region?
- 2 Does the assessment procedure in Wanganui demand a higher level of disability than in other regions?
- 3 Could you please supply the following figures for knee and hip surgery for the current year?
 - (a) Number of cases assessed.
 - (b) Number of cases added to waiting lists.
 - (c) Number of cases declined at the assessment stage.
 - (d) Number of procedures carried out.
 - (e) Number of procedures carried out on patients outside the WDHB area.

Grey Power remains vigilant about the wellbeing of our members and the wider community, and we would be grateful if you could give us certainty on the matters raised herein.

Yours faithfully

Sharron Callaghan (Mrs)
Health Spokesperson for Grey Power Wanganui Inc

Keeping mobile

If you have pain from hip or knee osteoarthritis, you can sign up to a new service to learn how to reduce the pain and effectively manage your condition.

The Government is investing \$6 million over the next three years to fund the Mobility in Action programme.

James McBride was struggling with pain and discomfort before he signed up.

“It was either find a solution or end up at the hospital,” he says. “I was experiencing a lot of pain and was limited during the day.

“Pain relief wasn’t helping and I felt really frustrated. It started to affect my work to the point where sometimes I couldn’t move, and my boss noticed.”

Mr McBride says after going through the programme, he now has a better understanding of what pain is okay, and when to rest.



“Instead of being a couch potato in front of the TV, I have been going out to the gym three times a week, and it’s making me feel good.

Mobility in Action with James McBride enjoying his time at the gym.

“I never thought I’d be the type of person to go to a gym, but now I am, and I’m really enjoying it.”

You can find out more about the Mobility in Action programme, which is either free or subsidised, through your GP or go to www.tbihealth.co.nz/map

Wills, EPAs, mobiles and broadband – SuperGold offers

Wills & EPAs

Setting up a Will or an Enduring Power of Attorney has just been made easier by more legal firms joining the SuperGold programme.

Legal services can be an unavoidable cost but there are now 280 legal firms across the country providing discounts to SuperGold cardholders

for these essential services, after 40 more signed up recently.

It’s a good idea to set up your Will or Enduring Power of Attorney at the same time, and while you’re working.

You may want to talk with the person you want to appoint as your attorney beforehand.

If someone becomes mentally incapable and doesn’t have an EPA for personal care and welfare set up, somebody (eg a family member) would have to apply to the Family Court to have someone appointed as a welfare guardian.

Applying to the Family Court can be expensive and time consuming and the Court may not appoint the person you would have chosen.

Before you see your legal advisor, you may want to think about:

- who you want your attorney to be
- what you do and don't want your attorney to do on your behalf
- who you want them to consult with when making decisions
- making a list of the main things you own.

John angrily looked at the text he had just received from his Mom. It read: "Professor called to say you failed the course. LOL. Mom." How could he have failed?! ... And all his Mom has to say is that she's Laughing Out Loud?! Fed up, he text-ed his Mom: "What was up with the LOL?" his text said. "I just wanted to send you Lot's Of Love because I know how disappointed you must be."

Mobile & broadband

If you're using your mobile and internet a lot, 2degrees has teamed up with SuperGold to provide the following special offers for cardholders:

- Mobile: If you're on Pay Monthly they'll give you a \$5 discount per month off your plan fee.
- Broadband: They'll give you a \$5 discount per month off your broadband bill.

The company already offers a \$10 per month discount if you have both your Pay Monthly mobile and broadband with them, but the SuperGold card offer can be used on top of that, to make a total saving of \$20 per month.

Find other special offers through the SuperSeniors website.

Driving safely with CarFit

"I've been putting up with driving with my seatbelt across my neck for years."

Older drivers can take advantage of free checks at community events known as CarFit to make sure their car is correctly set up for them.

Seat belts, the driver's seat, head restraints and steering wheels can be adjusted in many vehicles to be the right 'fit' for different people's bodies.

Often drivers find they're able to see a lot more around them with simple changes to the height of their seat and the mirrors.

It can make driving safer and more comfortable.

At a CarFit event, a team of volunteers checks drivers in their own vehicles and helps them make adjustments. It takes about 20 minutes for the 'check-up'.

"Even as an old hand it's good to switch out of autopilot to check things," said one driver.

"It's not that we are driving wrong but being able to drive smarter is always better."

CarFit events are co-ordinated by local authorities and community groups like Age Concern and



A CarFit volunteer making sure the driver's set up properly for safe driving.

Lions International, with the support of the AA and the NZ Association of Occupational Therapists.

There are currently 12 communities running CarFit events in Tauranga, Rotorua, Taupo, Whanganui, Wellington City, Upper Hutt, Lower Hutt, Wairarapa, Marlborough, Nelson, Selwyn and Hurunui. To find out more go to aa.co.nz/carfit or email carfit@aa.co.nz

Find other special offers through the SuperSeniors website.

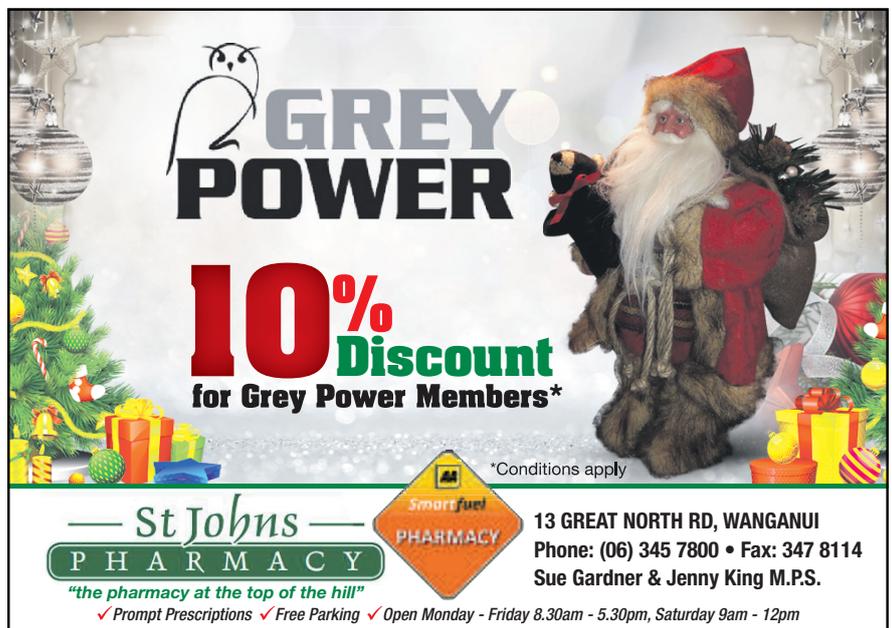
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Sue Gardner & Jenny King M.P.S.

Visiting a loved one with dementia

Visiting a loved one who has dementia is important as it can sometimes help slow down the progression of the disease and it can also reduce feelings of loneliness or the risk of becoming isolated.

It can be difficult at times because someone who has dementia may not be able to recall family or friends, and often their personality changes.

Tips for a successful visit

- Be careful not to ask questions they may not be able to answer, like "Do you remember your grandchild?"
- Gently remind them who you're talking about, for example "Your daughter Mary"
- Try talking in a comfortable, quiet place and avoid noises from the radio or TV
- Focus on the present rather than the past or the future
- If they're able, take a walk outside where they can get some fresh air
- Take part in activities you can do together like art or listening to music
- Try to stick to regular routines to help minimise any confusion
- A warm smile or holding hands can communicate your care

"C'mon Ma you have got to try it" I pleaded to my elderly Mother. I don't know how my Mother lasted this long without ever using the internet, but enough was enough! I thought. "Ok" she said reluctantly settling down by the computer and slowly putting on her reading glasses "what do I do now?" "Now I'm going to open the home page of google", I explained. "OK here it is! Now type in ANY question you want into the bar over here and you will find an answer to your question." I confidently assured her. My Mother looked at me warily, thought for a second, and slowly began to type, How is Gertrude doing this morning?

This information is repeated for the benefit of new members.



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\$22.00	Additional half Metre
\$45.00 18yrs plus	Premium Lounge (Kaitaki & Aratere)

Peak Dates:

01-28 February 2017
13-18 April 2017

Off Peak Each Way Fares:

\$45.00	Adult
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\$39.00	Motorcycle
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\$37.00	Additional half metre
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\$45.00 18yrs plus	Premium Lounge (Kaitaki & Aratere)

Off Peak Dates:

01 March - 12 April 2017
19 April - 18 Dec 2017

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Group Booking conditions and instructions for members are:

Reservations to be made direct with Interislander online at <http://www.interislander.co.nz/Booking/Group-Bookings.aspx> by entering **FA5477** into the group discount code box.

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