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Grey Power
The Active Organisation For Those 50+



Grey Power Wanganui Inc Newsletter

Affiliated to Grey Power New Zealand (Inc)
www.greypower.co.nz

'President Don's Report'...



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- especially those out of the workforce

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parliamentary policies

© newsletters to keep you
up-to-date on health, local
government
& financial matters

© taking care of your concerns and
welfare

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www.greypowerwanganui.co.nz

Grey Power Federation
www.greypower.co.nz

Hi Members



At last it is summer and those blustery winds seem to have eased.

As we age, our concerns seem to revolve around health and the general safety of the community. Our committee reflects these concerns by attending Health Board meetings, District Council meetings as well as the Positive Ageing Forum and general meetings involving care of Senior Citizens.

As you will be aware our elections take place this year on the 23 September. This causes all sorts of interesting thoughts. I received an e-mail asking me to support single transferable vote (STV) rather than MMP. We already use the STV system for Health Boards. It allows the voter to rank candidates in order of personal preference. The writer was keen to change the MMP voting system. You might like to check STV by looking at this website www.stevebaron.co.nz/stv

Grey Power has also joined the marijuana debate and the national body has produced some interesting items. You might like to check these comments in our local papers.

Our next meeting is with Mayor Hamish McDouall as Guest Speaker and we look forward to a good attendance to hear what he has to say. Having said that, I apologise now that I have an important family function to attend and cannot be there. However I shall certainly catch up with the facts when I return.

I enjoyed a comment from one of my mates recently who said, 'Old age isn't for sissies'.

Kind regards
Don Burney
President

GENERAL MEETING

The first members' meeting for 2017 will be held on

THURSDAY, 9 MARCH COMMENCING AT 2.00 PM

**VENUE: CENTRAL BAPTIST CHURCH AUDITORIUM
CORNER DUBLIN AND WICKSTEED STREETS**

GUEST SPEAKER: MAYOR HAMISH MCDOUALL

Donations of tinned food for the FOODBANK will be very much appreciated.

NOSTALGIA TIME

A smile or two for all of us who were born in the 1930's, 40's, 50's and 60's.

We survived being born to mothers who smoked and/or took a glass or two of alcohol while they carried us and lived in houses with asbestos in them. Our cots were painted with brightly coloured lead-based paints. We had no Child-proof lids on medicine bottles and when we rode our bikes we had no helmets or shoes. We drank water from the garden hose and not from a bottle and we would ride in cars with no seat belts or air bags. Sometimes we rode on the tray of a ute!

Takeaway food was limited to fish and chips – no pizza shops, McDonalds, KFC or Subway and even though all the shops closed at five or six o'clock and were not open in the weekends somehow we didn't starve! We shared one soft drink with friends straight from the bottle and no one died from the practice! We could collect old drink bottles and cash them in at the corner store and buy sweets with the proceeds as well as 'crackers' to blow up frogs with!

We ate copious biscuits, white bread, and real butter and drank soft drinks with heaps of sugar in them but we didn't get fat **because we were always outside playing!** We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents. No one was out looking for us all day and we were OK. Our bikes had back pedal brakes but only for as long as the chains stayed on! We would spend hours building our go-carts out of old prams or fruit boxes and then ride down the hill only to find out we hadn't thought of brakes! **We had freedom, success and failure, and responsibility and we learned how to deal with it all!**

There were no mobile phones, computers, internet chat rooms, play stations or video games. **We had friends and we went outside and found them.**

Mum didn't have to go to work to help Dad make ends meet. There were 'tryouts' for rugby, cricket and basketball and not everyone made the team. Those who didn't had to learn with the disappointment. Imagine that! Getting into the team was based on **merit!** The idea of a parent bailing us out if we got into trouble with the law was unheard of. They actually sided with the law as well as administering their own punishment!

WE ARE SURVIVORS! CONGRATULATIONS!

**This is the reply from
the DHB to
our letter to them
dated 05 October 2016**



100 Heads Road, Private Bag 3003
Whanganui 4540, New Zealand

23 November 2016

Sharron Callaghan
Health Spokesperson
Grey Power Wanganui Inc
PO Box 4197
Whanganui

Dear Sharron

Concerns raised by Grey Power Wanganui Inc

Thank you for your letter to the Chair of the Whanganui District Health Board received 13 October 2016, I do apologise for the delay in responding. In this letter you express concerns regarding access to elective orthopaedic surgery. For ease of reference, your questions are in bold text, with the Whanganui District Health Board's (WDHB) response below:

1. Does the treatment of patients from outside the WDHB restrict and delay operations for the people within the WDHB region?

The WDHB provides an excellent level of access for orthopaedic surgery. In terms of published Ministry of Health data the WDHB provides the best access to orthopaedic surgery when compared to other DHBs. A subset of this data relating to hips and knees indicates the second best access when compared to other DHBs. This access rate to orthopaedic surgery is calculated on the WDHB resident population and excludes out of region work.

Our population has excellent access to surgery, this access however comes at a cost i.e. a greater investment in elective services than other DHBs. Providing services to other DHBs assists in offsetting the cost of this greater investment and assists other DHBs in meeting their targets.

All DHBs are obligated to meet the Ministry of Health's waiting times of a maximum of four months (120 days) once accepted onto a waiting list. WDHB has a good record of meeting these targets.

2. Does the assessment procedure in Wanganui demand a higher level of disability than in other regions?

Our access rates would suggest that this is not the case and the recently introduced national orthopaedic prioritisation tool for orthopaedic surgery would suggest this is not the case.

3. **Could you please supply the following figures for knee and hip surgery for the current year?**

Our patient management system does not record a subset of surgery e.g. hips and knees. The figure below represents all referrals for orthopaedics. We have supplied volumes for the orthopaedic department. These volumes include all orthopaedic conditions and is not specific to knee and hip conditions. WDHB does not count volumes by conditions.

- (a) Number of cases assessed**
- (b) Number of cases added to waiting lists**
- (c) Number of cases declined at the assessment stage**

The orthopaedic department received 2152 referrals in 2015/16 period, 1508 referrals were accepted for a First Specialist Assessment. This represents 70% of referrals received.

(d) Number of procedures carried out

In the 2015/16 period of the follow number of orthopaedic surgical procedures was performed: Acute 822; elective 681, and ACC 441

(e) Number of procedures carried out on patients outside the WDHB area

In the 2015/16 period 68 orthopaedic surgical procedures were performed on patients outside the WDHB area, this number is a subset of question above. Note that this number includes patients living in the Waverly (part of the Taranaki District Health Board region).

If your members would like to further discuss electives services in Whanganui or any other matters relating to our health services then I am very happy to meet or address a meeting. This can be arranged through phoning my EA Brenda Thorley on 348 3140.

Yours sincerely



Julie Patterson
Chief Executive Officer

Travelling to Australia? Pack your SuperGold Card

If you're going to be visiting Australia over the Christmas break, make sure you take your SuperGold Card with you.

There are a number of discounts you'll be able to take advantage of, although you won't be able to use it for public transport concessions, as you do at home.

There are different discounts on offer so check out what's available before you go, on the info for cardholders' page at the **SuperGold website**.

You can also look out for the 'Seniors Card welcome here' stickers in Australia and ask if they accept our SuperGold Card.

Check out the Australian websites

- ACT: www.actseniorscard.org.au
- New South Wales: www.seniorscard.nsw.gov.au
- Northern Territory: www.nt.govt.au/community/seniors
- Queensland: www.qld.gov.au/seniors
- South Australia: www.seniorscard.sa.gov.au
- Tasmania: www.tas.gov.au
- Victoria: www.seniorsonline.vic.gov.au
- Western Australia: www.seniorscard.wa.gov.au



Grey Power executive visit the Beehive



The Grey Power advocacy team, Pete Matcham, President Tom O'Connor and Jan Pentecost met with Minister for Seniors Maggie Barry recently to talk about Seniors' issues, including smart cards.

Members of the Grey Power executive recently met Minister for Seniors Maggie Barry at the Beehive for discussions on a wide range of issues.

On the agenda were smart card options which the Minister hopes to progress early in the New Year.

There were also discussions around ID for seniors.

There are some situations where you need to provide several types of identification, for example, when opening a bank account or when applying for NZ Super.

You're generally asked to provide what's known as primary ID and supporting ID so organisations can be confident you are who you say you are and they record your details correctly.

Primary ID generally includes government-issued documents with a photograph such as a passport, a driver licence, or firearm licence, but can also include others, such as the 18+ card.

Supporting ID can include a birth certificate, a citizenship certificate, utility bills, and signed New Zealand debit or credit cards.

Some banks and other organisations will accept your SuperGold Card as supporting ID as people have had to prove who they are to the Ministry of Social Development to get the card.

Banks have different policies about the ID they accept so it is best to find out before you go into a branch.

For example, Westpac asks for current ID but will accept expired passports or driver licences as primary ID for those aged 65+ as long as they expired less than 10 years ago. BNZ has a similar policy for all their customers, but the ID needs to have expired less than 12 months ago. The Minister for Seniors is writing to other banks to encourage them to do the same.

If you're asked to supply ID, check what the organisation requires before you visit them.

There is useful information about passports, citizenship and identity on the New Zealand Government website www.govt.nz

Help others to get this newsletter

More and more people are signing up to get the SuperSeniors newsletter emailed to them so they can keep up with news for and about older New Zealanders and the latest SuperGold Card special offers.

If you have a friend or family member who doesn't get the newsletter, please share this with them.

It's easy for them to sign up using the link on the **SuperSeniors website**.

Links to the stories and SuperGold Card special offers in this newsletter can be found in the electronic version

» superseniors.msd.govt.nz > News and Events (purple circle) > Newsletter > December 2016

Calling people in the quake-affected areas

Following the recent earthquakes, the Ministry of Social Development checked in with more than 1,500 seniors living in Kaikoura and surrounding areas.

Phone calls were made to ensure they were safe, had been in contact with family or friends, basic facilities were working, and they had the support they needed.

One lady in her 80s said she was a bit shook up but was impressed with the community spirit after the quakes.

She was able to source water and food from a local marae and a porta-loo was provided on her property.

She said it was great MSD was checking in to see if she was okay.

MSD connected seniors with other services available to help, ranging from health support to advice about property damage.

Financial assistance was provided to those who needed it.

The calls found the majority of people reported they were okay and now have the support they need.

Tips for being prepared

In most emergencies you should be able to stay in your home. Plan to look after yourself and your loved ones for at least **three days** or more.

- Get your family or household together and agree on a plan
- Have these emergency survival items:
 - Water for drinking – 3 litres per person, per day, and extra water for washing and cooking
 - Canned or dried food plus can opener
 - Torch and radio with spare batteries
 - Mobile phone and recharging device
 - Wind and waterproof clothing, sun hats, and

- strong outdoor shoes
- First aid kit and essential medicines
- Blankets or sleeping bags
- Pet supplies
- Toilet paper and large rubbish bags for your emergency toilet
- Face and dust masks

In some emergencies you may need to leave in a hurry. Everyone should have a packed getaway kit at home and at work.

For more details of what you need to include go to www.getthru.govt.nz/how-to-get-ready.



CAR KEYS – They weren't in my pockets. Suddenly I realised I must have left them in the car. Frantically I headed for the parking lot. My husband has scolded me many times for leaving the keys in the ignition. He's afraid that the car could be stolen. As I looked around the parking lot I realised he was right. The car was nowhere in the parking lot so I immediately called the Police. I gave them my location, confessed that I had left the keys in the car and that it had been stolen. Then I made the most difficult call to my husband:

'I left my keys in the car and it has been stolen!'

There was a moment of silence. I thought the call had been disconnected but then I heard his voice: 'Are you kidding me?' he barked, 'I dropped YOU off!'

Now it was my turn to be silent. Embarrassed, I said, 'Well, come and get me.' He retorted, **'I will as soon as I can convince this cop that I didn't steal your damn car!'**

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SuperSeniors champion Nanette Nathoo QSM



Extending a helping hand to somebody in need is second nature to Nanette Nathoo QSM, the latest SuperSeniors Champion.

She is a hospice volunteer, business owner and head of the Auckland Indian Association Crime Prevention Committee, and

is passionate about creating safer communities.

The vivacious Champion has experienced difficult times herself in the past year. "I lost my young 28-year-old son, my baby Prasant, in a fatal truck and train accident, just on his way to work. Just snap like that, in a blink of an eye," she says.

Nanette is working with Auckland Police to develop safety videos and workshops.

"A lot of people are scared to ring 111 and they don't necessarily know you can ask for a different language – it's not just always in English."

Mrs Nathoo is also urging seniors to get help when they need it.

"I think for seniors especially, they're too proud to ask for help.

"The elders don't want to go to the doctor's so they get sicker and sicker – the bronchitis sets in. Ask the family 'Can you cook dinner for me?'. Little things count and that's what makes an impact in others' lives."

Tips for positive ageing

- Start a bucket list, do things you've always wanted to do
- Take up a hobby that interests you
- Look after a pet and get love and company in return
- Volunteer and do it from the heart
- Stay healthy by being active and looking after yourself
- Ask for help when you need it

Grey Power Wanganui Inc

Membership Renewals are now due

Please complete this form and return it with your payment if paying by cheque or cash

Name/s:.....
.....

Membership number:-

I/we enclose my/our subscription for the year 01/04/17 to 31/03/18

\$15 Single

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Donation

Please tick appropriate box/es above

Please make your cheque payable to: **Grey Power Wanganui Inc** and mail to:

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PO Box 4197
WANGANUI 4541

Internet Banking: Bank account number: **38-9006-0435305-02** (Kiwibank).

Important: Be careful to record your surname and initials in the **CODE** Box and your membership number in the **REFERENCE** box. Your new membership card will confirm receipt of the subscription.

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