

WAITAKERE Grey Power



June 2024

NEW ZEALAND FEDERATION INC

Assisting the 50+ Builders of the Nation

Presidents Report

Winter is upon us so we give a timely reminder to have your influenza vaccine and your Covid injection .Both the flu and Covid are pretty rampant in the community at present .The Winter Energy payment will be useful to help keep you warm this winter,it is \$20.46 weekly.Thank you to all members who have paid their annual membership subscription,we value your support.We had a meeting with the Mayor of Auckland Council, Wayne Brown and the Deputy Mayor Desley Simpson on Monday 10 th June at the Council Administration Building in Albert St, Auckland.We discussed Rates and Water charges.Prooerty rates are increasing by 6.8% and Water charges by 7.2%.We made submissions to Auckland Council on the draft Annual Plan and the 10 year Auckland Council Plan.You need to apply for a Rates Rebate of \$790 if you are eligible before the end of July .We wish Judy Remacha who lives at Amberwood Resthome in Massey .Judy was made a life member in April 2024,well done you good and faithful servant serving many years on the Committee as Newsletter Editor for many years.Thanks to all Committee for their assistance and support in the past year.Our heartfelt thanks and gratitude to Jill Harvey, Steve and Denise

McDonald who are standing down from the Committee.Our thanks for your loyal services to Waitakere Greypower Association. We wish to record a vote if thanks to them in the Minutes for their loyal support and service.Anne Pala,our Secretary and Vincent Naidu from our Committee will be our delegates at the Greypower Federation Annual General Meeting from 18 th to 20 th June 2024 being held at the Brentwood Hotel in Kilbirnie, Wellington.Our Guest speakers today are from State of Grace Funerals in New Lynn.We need at least four new Committee members to put their names forward and be nominated from the floor, please don't be shy.I will be standing for the position of President of Waitakere Greypower for 2024/25.I have been unwell in the past month and Peter Harvey has been of valuable assistance in our Office. Many thanks to Peter and our loyal volunteers who assist in our Office on numerous advocacy issues for our members.I extend an Invitation to our Waitakere Greypower Association Mid Winter Lunch on Thursday 18 th July 2024 at 1.30 pm at the Hobsonville RSA.Please phone out Office on 09 838 5207 to confirm your booking for the Mid Winter lunch.Written by Mate Marinovich President, Waitakere Greypower Association.

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Renewal or Enrolment Form
8 to noon, Monday to Friday.
Phone & Fax: 838-5207
Email: waitakgp@xtra.co.nz

Next Waitakere Grey
Power General Meeting.
**Friday 27th September
2024. 1230pm at
247 Edmonton Rd
Te Atatu South.
Guest Speaker
Nicola Atkins
SPCA giving hearts programme.**

Sincere Thanks

A big thank you for those of you who donated goods for the SPCA. The electric blankets go to IHC where they remove the wiring for copper recovery. They are cut up for pet blankets, nothing is wasted.

February Newsletter survey results

A very poor response either indicative of no perceived problems or a feeling that nothing can be done to alleviate them! However the following are the results gained from those that completed the survey.

1. No real problem with public transport to attend events or meet people. Main problem arose when using public transport for shopping, goods too heavy to carry any distance. 15% responding had had physical mobility problems.
2. Most own cars but are only comfortable using them for short distance, low traffic, daylight local trips. Grocery shopping and visiting appears to be main use.
3. Fifty percent own a computer or smart phone same number don't feel confident using them for online payments.
4. Those living alone in their own house have problems with upkeep, maintenance and gardening, this due to physical mobility problems and financial restraints.
5. 80% owned their homes and lived alone. 19% in retirement villages, 1% rented.
6. They do not appear to have a problem making a doctor's appointment, but may have a wait of up to two weeks to get a particular Doctor. Family doctor is a redundant phrase. 25% have health insurance.
7. 50% have a community services card and live on superannuation alone.. While the problems above, are shared by the general public. The effect on those in the older age range is exasperated. Usually manifested by having to be dependent on others as family grows up, and moves away. The main concern of course being mobility or lack of it, creating especially, for those with low computer skills and no hobbies, a feeling of loneliness and withdrawal. This is not as apparent in those living at home with partners or relatives, or in retirement villages.

Grey Power is forming relationships with a number of organisations i.e. Age concern, Communicare, local government and other government agencies on a number of these concerns and is working on improving the problems.

Pete Harvey

Community Meals Prepared by Senior Volunteers of Waitakere Indian Association

Volunteer group of 10 seniors have prepared 21,500 meals at Waitakere Indian Association (WIA) centre in Massey, West Auckland since 2023 January flood. It was a time when communities rallied together to support flood affected residents and continues to do so for the wellbeing of residents.

In the aftermath of 2023 January flood in West Auckland, volunteers at WIA centre prepared and delivered 500 vegetarian meals daily over a period of 7 weeks to emergency centres for displaced people, community service agencies and residents at home in flood affected streets in Henderson. The response was overwhelming in support of the community meals initiative, and it is an ongoing venture now.

On Friday morning, volunteers prepare 150 to 200 vegetarian meal packs for local community hubs, community pantries "pataka kai" and families with identified needs.

There is a sense of camaraderie and fellowship amongst the volunteers.

Donations for the meals are received from individuals, community agencies and businesses.



Two of the volunteers, Vincent Naidu and Madhavan Raman are members of Waitakere Grey Power Association.

Volunteerism fulfills the innate need to help fellow beings and lends to a sense of our vocation in life.

Volunteersim underpins our civic society and community wellbeing. It is an art of contribution for a better society.

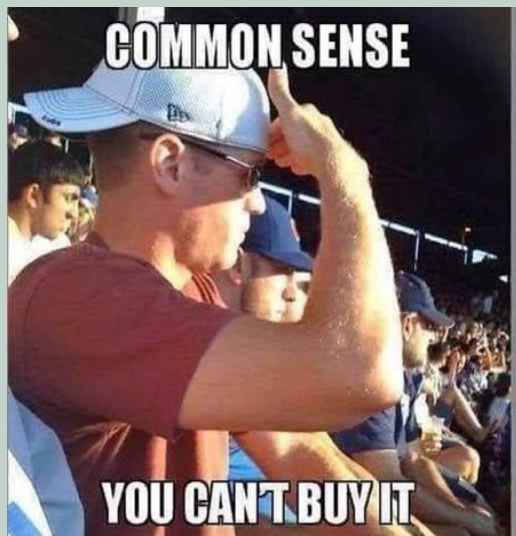
Vincent Naidu

Waitakere Grey Power Association - Committee Member

Birthday Celebrations

Two of our former Committee members, **Marion Keene** and **Lois Sherlock** have recently celebrated their 90 th birthday. They both still work as volunteers in our Waitakere Greypower Office once a week. Marion has been an Office volunteer for 19 years and Lois has been an Office volunteer for five years. Wishing you both A Happy and Belated Birthday from the Committee and members.

Written by Mate Marinovich,
President Waitakere Greypower Association.



Obviously not a Grey Power member

OFFICE NEWS

A very big thank you to our volunteer office staff Lois, Marion, Rowena, Nickie, both Lorraines, Sylvia, Anne Marie and John. A sad farewell to Red and Pat who passed away far too soon, you will be sorely missed. The office could not run without your input.

However their job could be made much easier if members could: Inform the office of changes of personal information i.e.; email, address, phone numbers.

If you pay on line identifying your payment with either your surname or member number. Please send any mail to our PO Box number not our street address.

Please do not pay your Power Bill into our account we then spend ages trying to locate you to pay it back! Come in to the office any time for a cup of tea or coffee a chat and exchange of ideas.

If you have problems and we can't help you, we can direct you to someone who can.

Federation has greatly improved their website greypower.co.nz. It now includes information regards what we are doing, helpful links to other websites (see our helpful links) and if you enter the first three letters of your surname and membership number i.e. (HAR1234) into (member log in), press releases, magazines, newsletters, reports, contacts and benefits. It's well worth a browse.

Please remember that we are an Advocacy organisation from you to the government, you are the driving force for change, Grey Power is directed by your ideas imparted to us through meetings and information from letters and emails from you our members. We look forward to hearing from you.

Pete Harvey
Office Co-ordinator



I have made my mark in Real Estate since 2003, working from the same Barfoot & Thompson office. **"Real Estate With Enthusiasm"** is my motto.

I list and sell mainly in West Auckland where I have lived since 1980, and am based in the Te Atatu Peninsula office. My main source of business is repeat and referral work and I have a good working relationship with, and respect of, my peers in the local community.

I am passionate about selling in the West and would love to have a chat about your real estate needs in today's market, whether buying or selling. Recommendations available.

JULIE HEY

M: 021 356 021 ah: 09 215 1971

Email: j.hey@barfoot.co.nz

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A fond farewell

to our retiring editor
Judy Remacha, who
has given many years
of her life formatting
our newsletter. Whilst
also being a most
valuable member of our
Waitakere Grey Power
Committee
Thank you Judy

COMMUNICARE MEETINGS SCHEDULE

Blockhouse Bay Friendship Centre	Wednesday	Sturges West Community House	58 Summerland Drive
Glen Eden Friendship Centre	Monday	Glen Eden Community & Recreation Centre	44 Glendale Road
Massey Friendship Centre	Tuesday	Community Hub	385 Don Buck Road
Donovan St Friendship Centre	Tuesday	Iona Presbyterian Church Hall	38 Donovan St
Henderson Friendship Centre	Wednesday	Sturges West Community House	58 Summerland Drive

All meetings 9.30 am to 12.30 pm

Enquiries: ***communicare.org.nz*** --- Phone 09 631 5968

CHALLENGE



SERVICE STATION

720 Swanson Road

Ph: 833 6148

*Offers 8c per litre discount on fuel on
presentation of your valid
Grey Power membership card
or Gold Card.*

OFFICE ADMINISTRATION VOLUNTEERS

Marion Keene, Sylvia Sweatman,
Rowena Akroyd, Lois Sherlock,
Anne Marie Scott, Lorraine Snell,
Nickie Frye, John Winther,
Lorraine Mcfadzean & committee members

ELECTED COMMITTEE 2023-June 2024

President **Mate Marinovich**

Vice-president **Steve McDonald**

Secretary **Anne Pala**

Treasurer **Owen Frewin**

Members: **Peter Harvey, Denise McDonald,
Jill Harvey, Fiona Whelan, Vincent Naidu**

A long term, community-based rehabilitation provider, for people with neurological conditions such as

- Stroke
- Parkinsons
- Multiple Sclerosis
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- Brain Injury

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Tui Glen Centre,
2 Claude Brookes Drive,
Henderson, Auckland 0650
Ph: 09 836 6830
W: neuroconnection.org.nz
FB: [https://](https://www.facebook.com/neuroconnectionfoundation/)
[www.facebook.com/](https://www.facebook.com/neuroconnectionfoundation/)
[neuroconnectionfoundation/](https://www.facebook.com/neuroconnectionfoundation/)



Census 2023 data:

What the first results reveal

The Census, conducted in early 2023, placed New Zealand's official population just shy of 5 million, at 4,993,923.

Nearly a million people (one in five) are of Māori descent.

The total number is slightly lower than estimates of 5.34 million, because it does not include people out of New Zealand during the Census, those who did not complete the Census, and those who have been born or moved to New Zealand since.

Overall, New Zealand's population has grown by about 295,000 since 2018.

New Zealanders are now more diverse than ever.

Overall, New Zealand's population has grown by about 295,000 since 2018.

Those who identify as European or Pākehā make up 59.1 percent, Māori 15.5 percent, Pasifika 7.7 percent, people of Asian ethnicities 15.1 percent, and those from other backgrounds, including Middle Eastern, Latin American and African, make up 2.6 percent.

The population is continuing to gradually age: the median age is now 38.1, up from 37.4 in 2018

Further data from the Census, including people's transport habits, household income and size, and access to technology, will be gradually released over this year and 2025.

Elder abuse and neglect

Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. You can find more about what elder abuse is here.

Elder abuse can fit into different types of abuse, and often several types occur together. These include:

Psychological abuse

Causing mental anguish, stress, or fear. This could include:

Ridicule and humiliation

Threats, coercion, and bullying

Control, social isolation, and prevention of choice

Hostility and lack of affection

Financial abuse

Illegal or improper use of money, property, or other assets. This could include:

- Unauthorised taking of money or possessions

- Misuse of power of attorney

- Failure to repay loans

- Use of home and assets without contributing to costs

- Scams that rely on establishing a relationship with the older person with the intention of exploiting their savings and/or assets, for example, romance scams

Physical abuse

Infliction of pain, injury, or use of force. This could include:

- Hitting, pushing, or rough handling

- Over-medicating

- Inappropriate use of restraints or confinement

Neglect

Not providing for physical, emotional, or social needs. This could include:

- Inadequate food, clothing, or shelter

- Lack of social contact or support

- Not attending to health needs

Sexual abuse

Non-consensual sexual acts or exploitive behaviours. This could include:

- Inappropriate touching

- Sexual acts which are not wanted

Institutional abuse

A policy or accepted practice within an organisation that disregards a person's rights or causes harm and distress.

How prevalent is elder abuse?

The New Zealand Longitudinal Study of Ageing has

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shown that 10% of over 65s living in our community experience abuse. It is estimated that only 1 in 14 abuse incidences are brought to the attention of a service agency that can intervene and help stop abuse.

Elder abuse can reduce the person's independence, self-esteem, confidence, and safety, especially if the person is dependent on others. However, it can be hard for older people to talk about their abuse when it happens for a variety of reasons. Some of the reasons an older person may not talk about abuse include:

- They depend on the abuser for support
- They have low self-confidence and self-esteem
- They don't want to make a fuss
- They are afraid that if they complain the abuse will get worse
- They are isolated, so that it is difficult for them to tell anyone
- They do not know who to tell or how to get help
- They have dementia or an illness prevents them from telling anyone
- They blame themselves for the abuse
- They are ashamed that the abuser is a family/whānau member

Confidential Age Concern Elder Abuse Services can be found throughout the country.

If you cannot find a service close to you, please contact 0800 EA NOT OK (0800 32 668 65) or Age Concern on 0800 65 2 105.

CELEBRATING MATARIKI: 28 JUNE

This year, New Zealand celebrates Matariki on 28 June. Matariki is observed as a public holiday since 2022.

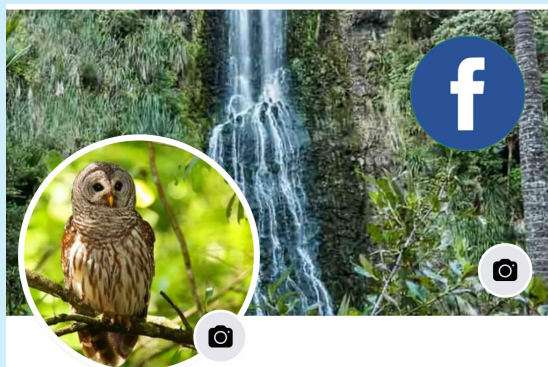
The date of the public holiday varies, as it is based on the nearest Friday to the Tangaroa lunar period during the lunar month of Pipiri.

Matariki is the Māori name for a cluster of stars that can be seen during midwinter. For many Māori, it signals the start of a new year.

Matariki is an abbreviation of 'Ngā Mata o te Ariki Tāwhirimātea' ('The eyes of the god Tāwhirimātea') and refers to a large cluster of stars, known in some European traditions as the Pleiades.

According to Māori tradition, the god of the wind, Tāwhirimātea, was so angry when his siblings separated their parents, Ranginui the sky father and Papatūānuku the earth mother, that he tore out his eyes and threw them into the heavens.

Traditionally, Matariki was a time to acknowledge the dead and to release their spirits to become stars. It was also a time to reflect, to be thankful to the gods for the harvest, to feast and to share the bounty of the harvest with family and friends.



Waitakere Grey Power Association

New Waitakere Grey Power Association Facebook Page

Waitakere Grey Power Association has new Facebook Page to better inform, engage and facilitate increased participation by members and interested stakeholders in the wellbeing of senior citizens.

The page has regular posts about events, newsletters, news articles and information for senior citizens.

There is scope for readers to make comments and suggestions about the posts.

We invite members, senior citizens and stakeholders to follow Waitakere Grey Power Association Facebook Page.

www.facebook.com/WaitakereGreyPower

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INFORMATION FOR USING ST JOHN AMBULANCE TRANSFERS

Below explains how I was accidentally trapped into a \$200 account to pay St John to take me from Waitakere Hospital to my rest home in Massey - a distance of 6.6 kms.

I was told by a doctor at 11 am that I was ready to be discharged and I had to leave by 12 to reach the rest home (to sign in for the first time) as the administration person to meet me had to leave by 1.00 pm. "The ambulance has been ordered; Pack your bag and be ready by 12.00"

No one asked my opinion of method of transport. I could have got a taxi for about \$10 or a nearby friend for free).

I did as I was asked, and left for a quick trip to the rest home, where I completed admission documents and settled in for an indefinite stay.

A week later I received an invoice from St John for \$200.

I rang to query this, as I have paid annual membership to St John for about 40 years, and the last about 4 years had their home medical alarm, for which WINZ reimbursed me to pay St John about \$31 a fortnight.

In response to my query of the \$200 account St John advised me that I had had a TRANSFER, which is a different category/department from what I had been subscribing to, and I had no choice now but to pay this account.

As those of you who are in rest homes with no other income know, this is a very big account to pay from the small fortnightly allowance you receive when your superannuation has nearly all been paid to the rest home.

So I had to negotiate to pay \$20 a month to clear the

account with St. John. I am still an ambulance member paying \$55 per year, but will not be able to make any other donations they request at other times for specific needs.

Below is an excerpt from the St John Website: www.stjohn.org.nz

How much does an Ambulance Transfer cost?

If booked by a healthcare professional, the cost of an ambulance transfer may be covered by Health NZ. Please check if this is the case before the transfer takes place.

If the ambulance transfer is a private booking (booked by a member of the public), the patient/whanau are responsible for the cost of the service. The cost depends on the number of kilometres travelled, the number of staff required, and whether the distance requires an overnight stay for Hato Hone St John staff. A quote will be provided and must be accepted by the patient/whanau prior to the transfer commencing.

CHARGES: (GST inclusive)

Distance travelled Charges
35 km or less \$200.00
36 – 100 km \$5.66 per km

If you need to ask St John for a TRANSFER which is not an emergency, I recommend you get the details of the trip before booking. Ambulance Transfers | Hato Hone St John or phone St John 0800 785 686

Judy Remacha

(former editor of Waitakere Grey Power newsletter)



Delegates Anne and Vincent at the Grey Power AGM in Wellington

ANNUAL GENERAL MEETING

As a quorum was not achieved at our AGM in June, it has been rescheduled. It is important that we have a full attendance to continue our service to you, our members. The new date for the AGM is at **1230 on Friday 12 th July** in the Te Atatu South Community Centre 247 Edmonton road Te Atatu South.

Nominations for committee positions would be welcomed. A debriefing of the National Grey Power AGM attended by our delegates will be presented.

Could you please let the office know if you are attending for catering purposes.

Thank you.

Pete Harvey

09 838 5207 / 027 315 0905

QUIZ NIGHT: GOOD HOME LINCOLN

6.30—9.30 pm Wednesdays

159 Lincoln Rd, Henderson Ph: 839 2481

Admission FREE. Bring a team and test your knowledge. come in at 6pm or earlier to register. Happy hour is 4pm - 6pm and we have a Macs Gold & Good Home Brew Pitcher special every Wednesday. We have a fantastic menu to treat your taste buds too.

I have been working in real estate for over 22 years, mainly in West Auckland, where I grew up. I am available to help with any of your real estate needs.

I am offering Grey Power members 15% off our standard commission rate—so do call.

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FREE BOOK EXCHANGE & LENDING LIBRARY

Te Atatu South Community Centre Activity Room 9am – 12, Monday, Wednesday and Saturday.

Good selection of fiction, non-fiction and jigsaws. Donations of good, clean books accepted.

Knitting group operates at the same time, with knitters or learner knitters welcome to partake in a social morning. Morning tea available.

WAITAKERE GREY POWER ASSOCIATION INC

Postal Address: P O Box 83300 Edmonton, Auckland 0652 Ph: 838 5207
Address: 247 Edmonton road Te Atatu South. Email: waitakgp@xtra.co.nz

Membership Application / Renewal Form

Renewal	New	Change address
Member no:	Email address:	
1:Mr. Mrs. Ms:		
2:Mr. Mrs. Ms:		
Address:		
		Post Code:
Phone H:	Phone Mobile:	
	Annual Subscription	
Single: \$25	Double: \$35	Donation:

Would you like to assist us?

In the Office:	Phone tree:	Other
Do you want to receive promotional material		Yes / No
Do you wish to receive your newsletter by email?		Yes / No
Office use only		
Payment method: Cash. / On line /office		Card Issued: Y / N
Maintenance form number:		Date:

Membership fees can be paid by cash in the office, or on line. Kiwi Bank 38 9002 0160893 00 Online payments must be verified by membership number and/or name.

NOTE: Do not pay YOUR ELECTRICITY bill to this account.

This form is included in newsletters for renewal or change of address. Members are also requested to use it to encourage new members to join. Thank you to those who have already paid.

SUBSCRIPTIONS FOR YEAR 2024-25

When you have paid, you will have a new ID card with a YELLOW sticker

The fee is \$25 for a single person or \$35 per couple.

Just call into the office in Edmonton Road for a visit and make your cash payment
(9.30—12 Mon-Fri)

OR pay by phone banking OR online **(with name and membership number)** to
our bank account: **38-9002-0160893-00**

MPHS Community Trust offers a meeting and activity group for year 60+

Meetings are held at MPHS Community Trust (Hub West) 27 Corban Ave, Henderson every Tuesday 10.00—11.30 am. It is free to join and food, tea or coffee is provided. The group chooses activities of interest, such as outdoor adventure, technology, arts & crafts. Whatever it is—we help make it happen. Enquiries to 09 838 4820 or email info@mphs.org.nz.

**Share your newsletter
with a friend.
We welcome new
Members. More people
give us a stronger voice.**

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