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Kāpiti push Grey Power to boost lobbying effort

Kāpiti Coast Grey Power is urging the Federation to turbocharge its lobbying of the Government for a better deal for the over 50s by investigating establishing a permanent presence in Wellington.

The association, backed by Zone 4 (lower North Island) associations, has succeeded with a remit to July's Federation AGM that the GP Board gives priority to evaluating the pros and cons of establishing a permanent presence in Wellington.

"Wellington is where everything happens," says Kāpiti Vice President Enrico Vink. "It's essential that Grey Power has a permanent presence in our capital city, in order that it can continue its advocacy work with Government Ministers, their advisors, Members of Parliament, Ministry and NGO chief executives, and other influencers and decision makers."

Until now the Federation makes periodic advocacy visits to the capital.

"While the advocacy visits can be

seen as important to the work that the Board might do on a regular / irregular basis," says Enrico, "being able to access people immediately in much the same way as professional lobbyists do, would be a distinct advantage to promote the agendas of Grey Power."

Keeping an ear to the ground for personnel and policy changes is vital, he says.

Enrico assured other associations that the remit is not suggesting the Auckland secretariat be closed. "Rather," he says "that Grey Power opens a 'satellite' base in close proximity to Parliament and the halls of power where our people can meet and greet those decision makers who can assist Grey Power with the changes we seek."

Key lobby issues for Grey Power cover a wide gamut of portfolios, including Finance (NZ Super and benefits), disability, health, housing, transport, road safety, law and order and local government. Shortly after the AGM, Kāpiti Coast

President Roger Booth and Enrico met with newly elected Federation President Gayle Chambers and Zone 4 representative Colleen Singleton. Gayle believes there is real merit to this motion.

Enrico says Kāpiti Coast will be helping the Federation

- establish a working party to investigate and follow up
- establish a timeframe and a budget
- undertake a cost benefit analysis of the options
Grey Power membership must be informed of the results and recommendations no later than the 2025 AGM.



Enrico
Vink

Our apologies: Kāpiti Coast Grey Power was planning in this issue to conduct a survey of Members – a follow-up to one we conducted two years ago – to get your views on how we're performing. We got it all ready for this issue, but unfortunately we're experiencing a major problem with our website. That means those Members who prefer to return the questionnaire digitally cannot do so. Apologies to all. We're working on getting the website back ASAP.



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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New board member



Newly appointed to the Kāpiti Coast Grey Power association board is Sue Roberts, a retired secondary school teacher. Sue has been involved in many other associations and is a keen sailor, walker and gardener.

Sue is especially welcome as the Kāpiti Coast association works to rebuild the Mana/Tawa area association.

Welcome to another edition of 'Super People' magazine

Our next Coffee Morning is to be held Friday, 16 August at Ocean Road Community Hall – 9.30 am for coffee/tea and a 10am start with guest speaker, David Galt, Managing Director of Mowbray Collectables. Bring money for raffles.

Having mentioned that, I would once again like to thank Lieutenant General, The Right Honourable Sir Jerry Mateparae, a former soldier and ex Governor-General of New Zealand for making the time to come and talk to our membership, it was greatly appreciated.

Guest Speakers

As per our last magazine I have had no feedback with regard to any female speakers members would like to hear from. Remember we are open to suggestions. Call either President Roger on (04 902 3421) or myself on (04 902 5680). We would love to hear from you.

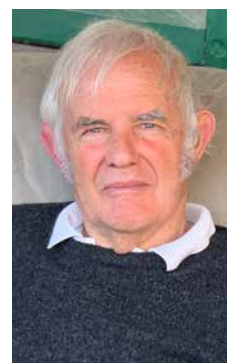
Membership Renewal

Just a gentle reminder, if you haven't renewed a single membership is \$25 and a couple is \$35.

Payment options are as follows:

- Internet Banking to our Kiwi Bank Account 38-9018-0409796-02 using your name and membership number as a reference.
- Cash or EFTPOS at our Coastlands or Otaki offices. Coastlands office operates Monday to Friday, 10am to 2pm. Otaki (at the Otaki Library) opening hours are the first and third Thursday of the month from 10am to 1pm.

Nga mihi *Emilia McDonald*
 Membership Administrator



PRESIDENT'S REPORT

The New Zealand Grey Power AGM in Wellington, attended by Vice President Enrico Vink and myself, was a highlight last month, although the fact that representatives of only 38 of 72 associations attended is one of the matters that needs to be looked at as a major concern.

A key feature was the election of Gayle Chambers as the new President. Gayle has led the big Marlborough association for several years, and more recently has also been the Zone 5 Director. We had helped to drum up support for Gayle, and she won easily.

I popped back to Kāpiti during Conference to interview Sir Jerry Mateparae at our Coffee Meeting. We had an attendance of over 100, which was great, and we have received good feedback, particularly on how the interview format seems to work well. It is a big advantage to ask questions like, in his case, what it was like mixing with royalty. What a likeable and unassuming individual Sir Jerry proved to be.

The next coffee meeting is with Mowbrays' CEO David Galt, and he has also selected the chat method. I am yet to sort things out with David, but the topic is really that all of us have a lot of stuff that we have kept for years, and now need to thin out. What stamp collections, coins, memorabilia etc merit a trip to Mowbrays? What happens? And what other things do they deal with? When do you just send boxes off to auction rooms, and how much stuff needs to be sorted? It will also be interesting to hear why David chose this career, and for him to recall highlights.

Enrico and I have also hosted a visit from President Gayle and Zone 4 Board representative, Colleen Singleton. Over the last 12 months Enrico and I have put a good deal of work into piecing together proposals for national improvements on the process of media releases, efforts to stop the collapsing of branches, setting up some sort of base in Wellington, the strategic plan, and the restructuring of the constitution. Gayle is very keen for this material to be refined, and then considered by the Board. She also has plenty of her own ideas, but absolutely wants our help and support. For Enrico and I this is a pleasant change. So watch this space.

Roger Booth | President

Members' Coffee Morning



Our next coffee morning will be on **Friday, 16 August at the Ocean Road Community Centre, Paraparaumu Beach - 9.30am** for a cuppa and a 10am start.

Our speaker, **David Galt** Managing Director of Mowbray Collectables, one of the largest dealers and auctioneers of stamps in the southern hemisphere. The business also auctions rare coins, banknotes, medals and related items. David will talk about what to look out for when assessing your collectibles.

Keep your diary free on **Wednesday 16 October**, when **Roger Gascoigne**, ex-broadcaster and now a guide at Te Papa will speak.

Wednesday 4 December will be our last coffee morning for the year.

Here's the real Sonia

It shows that you can't believe everything you see on the internet. "That's not me," said new Kāpiti Coast Grey Power board member Sonia Pratt when she saw "her" picture in the last edition of *Super People*.

And it wasn't. (Sonia was on holiday when we last published so your editor downloaded a picture from Google ... and assumed.)

There's an article in UK's The Guardian <https://tinyurl.com/5272ppvf> explaining that when you search the name of a notable person, Google may create what it calls a "knowledge panel" from generic information and then its algorithm confuses a picture with the biography of another person of the same name.

So here's the real Sonia. We know because she supplied the picture herself!



Need an Enduring Power of Attorney?

Hamish Cameron of Cameron Lawyers, is offering current Kāpiti Coast Grey Power members the opportunity of meeting as part of a group and together completing an Enduring Power of Attorney. Cameron Lawyers will provide the required certification for each document.

We are hoping to hold the session sometime in Paraparaumu in October/November. The cost is at the reduced rate of \$100 per person. We need at least 10 people to make this viable.

This initiative has been of immense value to our members so if you are interested, call me at the Grey Power office on (04) 902 5680 or 027 358 5731 or email me at Kāpitigreypower@outlook.com and I will be in touch.

Nga mihi *Emilia McDonald*

For Grey Power Electricity complaints or questions, direct contact details are:

Phone: 0800 473 976

email: customer.care@greypowerelectricity.co.nz
or website: www.greypowerelectricity.co.nz

KiwiSaver default contribution rate should rise - Retirement Commissioner

The default rate for KiwiSaver contributions needs to rise, according to the Retirement Commissioner, Jane Wrightson.

It's one of a series of 15 proposed changes to improve the scheme.

"KiwiSaver balances across all the age groups are lower than we would have expected after almost 18 years of the scheme," she said. "The reality is we all need to be saving more for our retirement."

Wrightson would like to see a higher default contribution of at least 4 per cent, with employers required to match that level or higher. The current default rate is 3 per cent.

Other changes posed by the Commissioner include:

- increasing the government contribution for those who do not benefit from employer matching, such as self-employed workers
- making employer contributions mandatory for workers aged over 65 and under 18
- removing total remuneration approaches, and
- extending Government contributions to those on paid parental leave to include those who cannot continue to make their own contributions.

The Commissioner's *KiwiSaver Opportunities for Improvement* paper also suggested retaining many of KiwiSaver's current settings.

"We believe the existing soft compulsion setting of auto-enrolment with opt out, and the ability to opt-in directly is working. However, improvements could be made to incentivise the self-employed to contribute to the scheme."

She also said the pre-65 withdrawal settings were working as intended and that existing settings limiting membership to one KiwiSaver provider should be retained

The report can be read at <https://tinyurl.com/3pbxndn8>

Reaction to rates increase

Kevin Burrows, Chair of the Kāpiti Older Persons Council (OPC) issued a press release after district councillors in July increased 2024/25 rates by an average of 17.19%.

"Such a large increase will cause a lot of hardship for some Kāpiti residents, particularly for those on fixed incomes," he said.

The OPC "accept that KCDC needs to keep on top of essential maintenance and must invest in infrastructure that supports resilience of the community," he added.

"At same time KCDC should have considered residents' ability to pay and it needs to set an example and show some financial restraint in order to curb inflation. We believe this could have been done by undertaking a reduced capital expenditure programme and only conducting essential maintenance.

"Any increase in rates flows through the local economy affecting local landlords and businesses. A high increase such as this will increase rents and force some businesses to lay off staff, thus compounding the problem whereby those laid off will not be able to afford to pay their rates."

The OPC also submitted that entry to swimming pools should be free for over 65s for reasons of fitness, joint health and social interaction. Instead, Council will increase entrance fees by 2.9%.

The OPC, he said, was pleased that council took on board its submission about rental increase for older persons' social housing. "The rental increases first proposed would have seen increases of \$53 per week for singles and \$84 per week (34%) for couples. Rents will now increase by 2.9%."

Mr Burrows suggests the present system of rates is not fit for purpose and urged council to push Local Government NZ to run a strong campaign for developing a new and sustainable model.

In its submission to council the OPC also suggested transferring \$4.7 million to establish water reforms required by central government to the water rate. The submission can be found at: <https://tinyurl.com/3unj4m6>

Signs outside local shops:

We buy, sell or swap anything – bicycles, washing machines, etc. Why not bring your wife along and get a wonderful bargain?

(and on the repair shop next door) We can repair anything. (please knock hard on the door - the bell doesn't work)

Rates rebates assistance

There are two ways to apply for assistance to pay your rates.

The Government scheme is run by the Department of Internal Affairs (DIA), and can be up to \$790 with the income abatement threshold now at \$31,510.

The local government scheme's remission is up to \$300 for residential properties.

Councils process both types of application.

Contact Kāpiti Coast District Council by Email: kapiti.council@kapiticoast.govt.nz
Phone: 04 296 4700 Freephone: 0800 486 486 or visit the service centre at 175 Rimu Road, Paraparaumu.

Porirua City Council is at 16 Cobham Court, Porirua City Centre, Phone: 04 237 5089, email: enquiries@porirua.govt.nz

Resolve problems with financial service providers

Financial Services Complaints Limited (FSCL) is an independent not-for-profit dispute resolution service established to resolve complaints about financial service providers. A financial service is basically anything to do with money - lenders, insurers, banks, credit unions, money transfer services, trustee companies, KiwiSaver, brokers and financial advisers.

The services are free. Contact them if something doesn't look right. Phone 0800 347 257 or email complaints@fscl.org.nz

LETTERS TO THE EDITOR

We would like to share with other members your opinions or concerns in our magazine. 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. Letters may be edited for clarity and length. We may not always print all letters we receive. Email editor.gpKapiti@gmail.com or post to: the office address on Page 1.



For information, reports and photographs from the Federation AGM in Wellington in June, visit the Federation website Membership Portal, which is located at the bottom of the homepage <https://www.greypower.co.nz/>. Use the first three letters of your surname in upper case, followed by your membership number)



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Gayle Chambers our new Federation President

By Roger Booth, Kāpiti Coast Grey Power President



Newly appointed Grey Power Federation President, Gayle Chambers, will bring a world of life and work experiences into her new national role.

Gayle is no stranger to our part of the world. Born and bred in Palmerston North she worked for the Cancer Society, who made her Kāpiti Coast Coordinator," a well-rounded new sort of role which encompassed health promotion; patient and family support; and fundraising."

This job led Gayle into other not-for-profit organisations – Marlborough Hospice Trust, and Service Centre Coordinator with St John Marlborough. She also had experience within Home Care and Rest Home Care.

Gayle joined Grey Power when she turned 50 - 16 years ago. "In my journey with Marlborough Grey Power association I have held the roles of Secretary, membership, Vice President, and finally President. I then became Zone 5 Secretary and currently Zone Director."

Looking at what she will need to do in her new role, Gayle believes that the national body can operate more effectively.

"People need to realise that there are really two parts – associations working at a local level, and the Board at a quite high-end national level ... and at that higher level we need to strive more effectively to make a difference.

"At association level, Grey Power is not the only national organisation battling to save its branch associations. All not-for-profit organisations are struggling to get people on their committees."

She believes however that the Board is well on the way. "We now have a strategic plan, but will have to look hard at what this entails, and have important issues identified to genuinely pursue within that plan."

But, she believes the national body has too many national advisory groups and standing committees, another matter that needs revision.

"Age Care, Retirement Villages and Health generally need real attention. Our national health sector is in disarray, and patients are being affected."

"At this stage I need to get my head around everything. I am keen for us to be a family, to support each other in our various roles, local or national. And to do this we need at national level to be more transparent, to let the associations know what we are doing."

A more extensive interview with Gayle will appear in the next Grey Power Federation magazine

Password variety is the spice of life

Online scams are always developing and becoming more clever as the years go on. Always be vigilant with odd links, monetary requests you aren't expecting, and be aware of who you are providing your personal information to.

One action people can take is to review your online passwords.

Using easy passwords to safeguard some of your most important assets can be really dangerous in today's online climate.

Passwords, such as 'password' or 'abc123', can be very easy to guess by hackers or even people you know. PIN numbers, such as 1111 are just as predictable.

Another concerning factor is the number of people who use derivatives of the same passwords. For example, say you decided to make your password named after your cat, Fluffy. You used the same name as the basis for the password, but just added numbers to make it different between the multiple online accounts you have. So your bank account password can end up as 'Fluffy1', or another account is Fluffy followed by the day of your birth, 'Fluffy25'.

A good idea is to mix up your passwords where possible to make your online accounts safer. This means utilising a mixture of letters and numbers and a mixture of capitals or lower case letters.

If you are worried about losing your passwords, start using an online password manager to keep all of your passwords in one place under a strong primary password key.

If you need help changing passwords, the local library can help. So, too, can SeniorNet.

INNOVATIVE NEW DEFIBRILLATOR

Hato Hone St John has partnered with medical technology manufacturer ViVest to create, produce and sell an innovative new Automated External Defibrillator (AED).

The new PowerBeat defibrillators can deliver a shock to the patient in as little as seven seconds and will be Hato Hone St John's preferred AED available for purchase via its <https://tinyurl.com/2mhkb7dp>

Having accessible, up-to-date and easy-to-use AEDs is essential in the event that someone suffers a cardiac arrest in public. Early and proper use of CPR and an AED increase the chances of survival greatly.

Check where Hato Hone St John and Wellington Free Ambulance's defibrillators are located near your home or business at <https://aedlocations.co.nz/>



Editorial supplied by Kapiti Coast Funeral Home

Keeping Funeral Costs Down - Informed Decisions

By Andrew Malcolm

In these tight financial times, many people are seeking ways to keep funeral costs down. In this article I will briefly explore various strategies to achieve this, starting with the importance of informed decisions.

Choose Wisely: One of the most crucial decisions is selecting the right Funeral Director. Even if you opt to DIY some of the funeral yourselves, getting the right advice from the right Funeral Director is a key. All our Funeral Directors are versed in offering low-cost options but choosing a funeral director you talk freely with is a great help. We suggest checking out our website for photos of our staff and that you call and have a chat to see if they are right for you.

Avoid Markups: Be aware that some Funeral Homes

impose markups (10%-15%) on items like newspaper notices, flowers, and catering. Others, like us, don't add any mark ups. There are not many like us, so please be warned. Sometimes we even get a discount from a supplier for 'bulk' like newspaper notices and when we get a discount we pass this on too.

Estimates: Reputable Funeral Homes, like ours, will provide a full written estimate of expenses so that we can help align costs with their budget. We provide estimates for all funerals we look after.

Budget Packages: We have a series of budget packages to keep costs down. When some funerals reach \$15,000 to 20,000 it is nice to know there are packages such as our informal farewell at \$6,985 that covers everything needed for a small informal farewell.

To keep costs down, choose the right Funeral Directors. www.KapitiCoastFuneralHome.co.nz

Kapiti Coast Funeral Home

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Discounts for all Grey Power members

- No charge for streaming services in our chapel.
- No charge for our follow up Bereavement Care after a funeral when you use us
- No markups on items purchased for you, like flowers or newspaper notices
- No charge to set up Pre Arranged funerals, or Pre Paid funerals.
- Free Memorial Photo book

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Whatever needs doing we are there for you.

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Office open: Monday – Friday 8.30am to 5.00pm Saturday mornings, 10.00am – 1.00pm

Kapiti Coast Funeral Home
There in times of need

KCGP focusses its resources through new Business Plan

Kāpiti Coast Grey Power (KCGP) is a not-for-profit association registered under the Incorporated Societies Act. It is a membership-based organisation operating on a voluntary basis; one of 76 associations connected to the national Grey Power Federation (GP). Collectively, GP represents a powerful voice for the over 50s of New Zealand. At the district level it has the ability to positively influence change.

The KCGP Vision & Strategy

“To advance, support and advocate for the welfare and well-being of people aged 50+ in the Kāpiti Coast District”

The key areas of interest that guide us in our activities are:

A **Advisory services** – to be a valuable source of relevant information.

Example: Info Book

The 2024 KCGP Discount Booklet identifies many valuable services and includes a handbook that answers the key what/where/who questions that we may face on a daily basis.

B **Advocacy** – Identify and represent key issues and proposed solutions to relevant authorities and communities.

Example: Kāpiti Health Hubs

KCGP seeks to garner support from politicians and local authorities in an approach to the Government to enhance specialist services available to the district, thereby alleviating patients from arduous and lengthy travel arrangements.

C **Engagement** – arrange regular topical events and activities for members and the wider community.

Example: Guest speakers

Every two months KCGP arranges a social event with an entertaining speaker. Many are open to the public.

D **Governance** – Ensure that KCGP is suitably structured to achieve its goals and objectives.

The roles of board members and our many volunteers have been clarified. Additional support is always welcome, offering members use of their skills and experience, mixed with good social interaction.

E **Marketing & Promotion** – maintain and develop

a range of tools to promote the association to its members, and to the wider public.

Example: Increase and strengthen membership

- After recent declines due to COVID, there has been renewed interest in Grey Power. Membership has grown, better reflecting our constituency of the over 50s.
- Written materials eg Super People, newsletters etc. continue to be enhanced to ensure members’ access to current news
- Social media usage (Facebook) has increased, as well as an actively managed website.

This Business Plan has been adopted to facilitate activities and resources. Volunteers are always welcome.

The libraries are aiming to build skills that can help people tell the difference between fact and fake on the internet, stay safe online, and use technology confidently.

Porirua Library conducts basic free digital literacy courses in various subjects such as online shopping, online banking, how to set up an email account or browse the internet. The courses are slow paced, suitable for seniors. In addition, the library can provide:

- One-on-one technical support
- Tech help drop ins. Every week on Wednesdays 10am-1pm (booking recommended)
- Internet Connection help (by appointment only)
- Job Seekers Support. (appointment only).

Information on their website or phone: 04 237 3835 / 021 764 096

Tech Tip

Here’s a tip from SeniorNet Kāpiti about an easier way to snap photos with your phone: If you take a lot of photos with your smartphone you’ve probably noticed how difficult it can be to tap the shutter release button. There’s a very simple solution: when you’re ready, simply press either one of your phone’s volume buttons to snap the picture. *Give it a try.*



MEMBERS SUPPORT FOODBANK

The Kāpiti Community Foodbank is making a special call out to grandparents who look after children and grandchildren.

It wants them to stop being timid and use its services when they can’t afford to put food on the table. Grandparents doing it tough are under-represented in those using its services.



The Foodbank distributes free parcels and is supported by generous donors, including all supermarkets in Paraparaumu and Kāpiti.

After an interview to determine needs, each applicant is given a food parcel which lasts several days, and usually up to four parcels a year.

You can assist by donating food which can either be delivered direct to the Foodbank, or by placing it in the bins at your local supermarket.

- The Warehouse
- Pak n Save: Paraparaumu
- Countdown: Paraparaumu
- New World: Waikanae and Paraparaumu

Just one extra food item in your weekly groceries, can make a huge difference to the assistance we can provide others.

Foodbank is a charity, run by volunteers from 17 Hinemoa Street, Paraparaumu. Phone 04 298 1907. It is open from 10 am to 12.00pm each weekday except public holidays. Cash donations can be made via its website www.thekapitifoodbank.co.nz

The Ōtaki Foodbank is at
43A Main Street
Phone 06 364 0051
Open Tuesday, Wednesday and
Friday mornings from 9.30.

Its website is
www.theŌtaki foodbank.co.nz

NEWSLETTER DELIVERY ŌTAKI

Help Kāpiti Coast Grey Power members and stay fit!

The person who services the central part of Ōtaki, (vicinity Waerenga Road to Aotaki Street) is no longer able to deliver.

Magazine delivery is just four times a year and takes around 3-4 hours.

Contact Ann Lawler in, Ōtaki
malawler@gmail.com or 022 643 1068
or Steve in the Grey Power office on 04 902 5680
or email kapitigreypower@outlook.com

Dune planting volunteers wanted



Protection and restoration of dunes provides a haven for native birds and animals, and protects people and property from tides and storm surges along Kāpiti’s coastline. Find and join a nature restoration group near you at <https://tinyurl.com/4enkbsp>

15% off
use promo code
GP at checkout

Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

Innovative Grey Power housing plan

South Taranaki Grey Power advocates have come up with an audacious plan to house cash-strapped pensioners into villages of tiny homes.

President Fred Kumeroa, a retired project facilitator, said he had fully costed a prototype 100-unit village to be built in Hāwera. After 15 years it would be self-supporting, with the initial investment paid back and rental income from the houses providing cash for maintenance and further developments.

He said Age Sector NZ figures showed more than 61,000 retirement units would be needed within a decade. One in four seniors are entering retirement age without owning the home they live in and the proportion of those 65+ with a mortgage still to retire is rapidly rising.

The vision is for district councils to take on the responsibility for administering housing for the elderly, but central Government would foot the bill.

He indicated that one model was the Palmerston North City Council built Papaioea Place housing complex consisting of 51 units for \$7.6 million, albeit before rampant construction inflation.

To read the full story: <https://tinyurl.com/y2frcmef>

HEARING AND DEMENTIA PODCAST

The link between hearing loss and dementia is significant. Audika's Ben de Farias joins the Alzheimer's New Zealand podcast to delve deeper into why looking after your hearing is another important piece of the puzzle for ageing well. For the podcast: <https://alzheimers.org.nz/podcasts/hearing-and-dementia/>

HEARING SERVICES

Your Way I Kia Roha is a charitable trust offering information, support, and equipment to enable disabled people to thrive, living the lives they choose in their communities. It offers free services for over 16 year-olds that include:

- free hearing test and needs assessment
- aural rehabilitation
- consumer and community information and advice
- hearing instrument management
- tinnitus information and management strategies
- enabling people to live well with hearing loss
- pre and post cochlear implant support

For more information on appointments home visits and remote clinics, call 0800 008 011 or visit www.yourwaykiaroha.nz

Healthy Eating guide for seniors

Eating for Healthy Older People is a free booklet with information on nutrition, food groups, fluids, foods low in fat, salt and sugar, healthy weight, exercise, important vitamins and minerals, and food safety.

The booklet can be downloaded or physical copies ordered from HealthEd <https://tinyurl.com/2s4et9ak> or from Wellington / Hutt Valley / Wairarapa: Level 1, Community Health Building, Hutt Hospital, phone 04 570 9691.

For Manawātū / Tararua / Horowhenua / MidCentral they are at Rata House Resource Room, Community Village of Palmerston North Hospital, phone 06 350 9110

Perky SUPERGOLD



The full range of benefits and discounts available with the SuperGold Card are on the SuperGold website

<https://supergold.govt.nz/>.

There's also a useful summary of all the perks, discounts and benefits provided by MoneyHub at <https://tinyurl.com/42sc7v9t> together with a look at the various additional perks available beyond the card's primary offerings and list of non-financial support services.

Uber for oldies : Uber now allows customers to make bookings over the phone.

Research by YouGov New Zealand showed 77% of Kiwis older than 65 are more confident booking a service via a phone-call. The study also unveiled that over a third lacked confidence in booking services exclusively through mobile apps, and even struggled to download a mobile app.

The new hotline service is 0800 GO UBER 24/7 in areas where Uber operates.

ATTENTION GREY POWER MEMBERS:

Go digital and WIN one of four \$200 Prezzy Cards!



Did you know you can now receive your Grey Power Magazine right in your email inbox?

And Grey Power Magazine has a new website where readers can read the latest news and stories.

The great thing is when you get your digital magazine emailed you stay up to date, anytime, anywhere!

- This means you get the latest member magazine as soon as it is published
- You are helping the Federation cut down on its mailing costs
- You are helping the environment by cutting down on waste and pollution associated with deliveries
- You will also get more regular updates and special offers via your online subscription account

We are offering members who wish to receive the magazine digitally a chance to WIN one of four \$200 Prezzy Cards!

SIMPLY HEAD OVER TO:

www.greypowermag.co.nz/subscribe



Sign up as a digital subscriber, and you'll be in the draw.

All digital edition subscribers are included in the draws, irrespective of when they subscribed.

Entry is only valid for current 'paid up' members, you'll need your membership number handy. If you still need to pay your Federation membership subs, there is still time to do so.

One entry per member. Winners will be drawn on June 30, July 31 and August 31.

Ts & Cs apply

Good luck



AIL of
New Zealand Ltd

\$2,000 AD&D

All members of Grey Power are now covered by a \$2,000 *Accidental Death & Dismemberment Benefit* provided through American Income Life Insurance Company.

This is an automatic membership benefit of belonging to Grey Power.

To have an AIL representative deliver your certificate of coverage and explain additional insurance coverage available, please scan the QR code or visit the website below:

Reply online: ailnz.co.nz/request

Reply by phone: (09) 973 5254



A.M. Best, one of the oldest and most respected insurance ratings companies, has rated American Income Life as A Excellent for overall Financial Strength (as of 8/23).

Mario Soljan

Public Relations
Manager

(09) 973 5254

mario.soljan@ailnz.co.nz

ailnz.co.nz

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.

Making hearing loss easier for everyone to manage

Because we hear with our brains, we can often “fill in the gaps” in other people’s speech by:

- **Looking at other people when they speak.** (Your eyes share information with your brain).
- **Training other people to get our attention before they speak.** (Your brain needs to attend to speech – you don’t want to miss the first few words).
- **Training other people to speak a bit more slowly** (if you are over 60). (Our brains don’t process speech so quickly as we get older).
- **Choosing quieter venues to have conversations.** (Your brain finds this easier, too; less effort).

Communication is a two-way street;

If you are talking to someone who can’t hear well, get their attention; and face them when you speak to them. If you talk to them while walking out of the room, (or from another room); or with your head in a cupboard, they often won’t hear you well. Be kind!

If you or loved ones are worried about your hearing, you can book in to have a hearing test. This usually takes about an hour.

There are many causes of hearing loss, and a test will help you decide whether you should do anything about it now or wait for a few more years. Sometimes the cause of hearing loss is simply wax blocking your ears!

KAPITI HEARING



Audiology and hearing aid clinic



Eloise
Koenig



Katie
Sawaya



John
Dobbs



Jeanie
Morrison-Low

- **Four MNZAS audiologists.**
- **Raumati Beach and Waikanae Clinics.**
- ACC, Ministry of Health, & VA approved.
- ISO-standard sound-treated test booths.
- Open 5 days a week—*independent advice.*
- Fully-equipped, hospital-grade equipment.
- Ear Wax suctioning in Waikanae Tues & Thurs.
- Diagnostic hearing tests age 10 and above.

04-293-4693

admin@kapitihearing.co.nz

www.kapitihearing.co.nz

Landline alert

The Commerce Commission has updated its 111 Contact Code, to ensure vulnerable consumers of a residential landline service are made aware, and are regularly reminded:

- that the service will not operate in a power outage;
- of alternative ways to contact the 111 emergency service in such situations; and
- additional protections are made available (such as a mobile phone).

To be classified as vulnerable, a consumer must be more likely to need to contact 111 (due to health, safety, or disability reasons), rely on a non-copper home phone (e.g. fibre or fixed wireless), and have no other way to call 111 (such as a mobile phone).

Age friendly Fund opens in August

The Office for Seniors is opening the 2024 Age friendly Fund for applications this month.

The Fund supports communities to become age friendly, through new projects that promote inclusion and the contribution of older people in all aspects of community life.

The one-off grants of between \$5,000 - \$15,000 for new projects are aimed at New Zealand local councils, community organisation, or registered non-profit organisation. All proposals must be supported by your local council.

Applications close on Monday 30 September. More information, including eligibility criteria are at <https://tinyurl.com/5z86aas2>

Review of the End of Life Choice Act

New Zealanders can share their views on the End of Life Choice Act 2019 as part of a review of the Act. Online consultation at <https://tinyurl.com/44bx7es5> ends at 5pm on 26 September. The Ministry of Health is required to review the Act's operation within three years of it coming into force, and every five years after that.

The Government will not make changes to the Act following the review. However, individual political parties can decide whether they wish to progress changes through Members' bills.

Aged care inquiry public submissions close soon

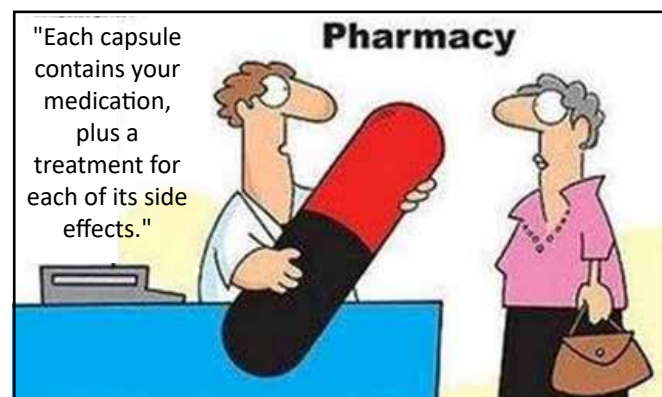
Public submissions are open until Monday, 19 August to the Parliamentary inquiry into the aged care sector's current and future capacity to provide support services for people with neurological cognitive disorders.

The terms of reference include:

- Appropriate services for people with neurological cognitive disorders across the care continuum - from home and community care, to residential care, to palliative care
- The funding model, amount of funding available, measured against best practice and international examples
- Resources available and the ability for the health system to provide appropriate care and what support enables "ageing in place", including for priority populations
- The process of applying for funding and care resources
- Appropriate and sustainable asset thresholds for people with neurological cognitive disorders
- Process for diagnosing neurological cognitive disorders and the effects of diagnoses on funding and treatment
- Projections for future needs for people with neurological cognitive disorders

Submissions can be made via: <https://tinyurl.com/45j97hb7>

The Ministry of Health has also begun the second phase of its own review into the aged care funding and service model. Grey Power Federation, in a statement, said it would welcome a Government Older-Person strategy that embraces NZ-wide access to healthcare in a timely manner, as well as the well-known contributing factors impacting on wellness including; cost of living impact, affordable fit for purpose accommodation options, improved digital literacy, and appropriate affordable transport options.



Things to do before you die

When someone dies it can be very difficult for the family to find all the documents they need to settle the deceased's affairs.



Tell your family where you have stored your important documents and other important information. It could be:

- with a lawyer
- at a secure document storage facility
- in a secure location on your computer, or
- in a safe place in the house

You can record online where the documents are via the Department of Internal Affairs' Te Hokinga ā Wairua End of Life Services website <https://tinyurl.com/mttheabf>. If you prefer paper, Kāpiti Coast Grey Power sells a memory jogger booklet: *Why Keep it a Secret*.

Examples of important documents and information are:

- where to find a copy of your will
- your birth certificate
- information your family will need if they have to apply for a death certificate (e.g. they will need your full name and your parents' full names)
- a list of people and organisations they need to contact, along with their contact details (Here's a checklist: <https://www.cab.org.nz/article/KB00000594>)
- Instructions about how you want personal belongings to be distributed
- details of all your property and investments (including your KiwiSaver), and who to contact about them
- any land titles and mortgage agreements
- your insurance policies

- Any firearms you own, including their serial numbers and your firearms licence number. Check the Te Tari Pūreke – Firearms Safety Authority website <https://tinyurl.com/ykd5a2ka>
- any online accounts that you will want shut down, e.g. email and social media accounts
 - any documents you own (e.g. the original manuscript of a book or music you have written; research you have done on your family history.)

State what you want for your funeral (and after the funeral)

NB: Your family will not be able to arrange a funeral if you have nominated to donate your body - or a part of it - to science.

- people you want to attend, and their contact details
- letters to individuals, or a recorded message for the funeral
- whether you have a funeral pre-payment plan. It should also say whether you want to be buried, cremated or something else.

NB: In Kāpiti ashes may only be interred in designated cemetery plots. Currently there's no set area for spreading ash in the district. In Wellington City Council the only approved area is Willowbank Park in Tawa. Scattering ashes in public places in the Porirua District is not allowed. There is a dedicated space at Whenua Tapu.

Lots more information on the Citizen's Advice Bureau's site <https://www.cab.org.nz/article/KB00000593>

ARE CANNED VEGGIES OR FROZEN FRUIT JUST AS GOOD AS FRESH?



The cost-of-living crisis is affecting how we spend our money and for many, this means tightening the budget on the weekly supermarket shop. One victim may be fresh fruit and vegetables. On the whole, we don't eat enough and they are crucial for a healthy, balanced diet, providing a range of vitamins and minerals as well as fibre.

If you can't afford as much fresh produce at the moment, there are other ways to ensure you still get the benefits of these food groups. You might even be able to increase your intake of fruit and vegetables.

Fresh produce is often touted as being the most nutritious (think of the old adage "fresh is best") but this is not necessarily true. Nutrients can decline in transit from the paddock to your kitchen, and while the produce is stored in your fridge.

Frozen vegetables may actually be higher in some nutrients such as vitamin C and E as they are snap frozen very close to the time of harvest. Variations in transport and storage can affect this slightly.

Minerals such as calcium, iron and magnesium stay at similar levels in frozen produce compared to fresh. Another advantage is the potential to reduce food waste, as you can use only what you need at the time.

Canned or tinned vegetables and fruit similarly often offer a cheaper alternative and they're also very convenient to have on hand. The canning process is the preservation technique, so there's no need to add any additional preservatives, including salt. Due to the cooking process, levels of heat-sensitive nutrients such as vitamin C will decline a little compared to fresh produce. When you're using canned vegetables in a hot

dish, you can add them later in the cooking process to reduce the amount of nutrient loss. To minimise waste, you can freeze the portion you don't need.

Fermentation has recently come into fashion, but it's actually one of the oldest food processing and preservation techniques. It largely retains the vitamins and minerals in fresh vegetables. But may also enhance the food's nutritional profile by creating new nutrients and allowing existing ones to be absorbed more easily. Also, fermented foods contain probiotics, which are beneficial for our gut microbiome.



Other tips to get your fresh fix: buy in season, don't shun the ugly shaped produce, reduce waste, swap and share and grow your own. Regardless of how small your garden is you can always plant produce in pots and having put the effort in to growing your own produce, you are less likely to waste it.

Ref: The Conversation

Embrace a plant-based meal



Dedicate one day a week to plant-based meals. By reducing meat and dairy consumption, you can lower your carbon footprint, save water, and promote biodiversity.

Try exploring new recipes with seasonal vegetables and grains. Not only is it good for the planet, but it can also be a delicious and healthy change!

Arthritis costs NZ more than \$1 billion a year

Arthritis is causing more than \$1 billion in lost potential income in New Zealand each year.

Arthritis New Zealand CEO, Philip Kearney, told Newsable the number of arthritis sufferers was predicted to increase from about 700,000 now to 1 million by 2040.

He said a 2019 survey showed the illness was causing about \$1.2 billion annually in "productivity loss", split into about \$600 million due to reduced employment: \$250 million for time off from work: and about \$300 million for "presenteeism" - the inability to work to the highest level.

Read more: <https://tinyurl.com/bduwf4t6>

Stamp out scams campaign

More than a million households in New Zealand have been targeted by scammers in the past year.

Consumer NZ says New Zealand is falling behind when it comes to scam protections. It's calling for:

- Banks to refund scam victims for authorised and unauthorised scam payments, unless the victim has been grossly negligent.
- A national anti-scam framework requiring banks, telcos and digital platforms to take action to address scams and outlining their liability if they fail to meet their obligations.
- A centralised anti-scam centre where relevant organisations work together to keep us safe.

It has raised a petition: <https://tinyurl.com/4h892h8m>

Europe paperwork

If you are planning a trip to Europe next year, New Zealand citizens will be required to apply for an ETIAS to enter participating countries for general tourism, business, transit or medical purposes under 90 days. The programme (ETIAS stands for the European Travel Information and Authorisation System) is intended to screen travellers as a response to the global increase in terrorist activities.

Any New Zealander that wishes to enter Europe for over 90 days or for other purposes will need to apply for a Schengen visa. Further details can be found at <https://etias.com/>.

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

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.



Caring for your hearing



For independent professional advice

- 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



WELLINGTON

Level 2, 15 Courtenay Place | (04) 385 9144

WAIKANAЕ

In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

LEVIN

SeeHear, 174 Oxford Street | (06) 368 0130

PARAPARAUMU

8A Ihakara Street | (04) 385 9144

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



SPRING SPECIAL

**Mention this advert and receive
10% discount on a full hearing test.
(Valid September / October 2024)**

Kāpiti Coast Concert Calendar

AUGUST

Saturday 17 Beachside Harmony Concert Showcase
Te Raukura ki Kāpiti,
Coastlands Theatre, 6pm

Tickets: <https://teraukura.nz/event/k%C4%81piti-choral-festival-showcase>

Sunday 18 Waikanae Music Society
Violin/Piano, 2.30pm
Waikanae Memorial Hall

Contact: Wendy van Delden Concert Manager at waikanaemusic.org.nz@outlook.com

Saturday 24 Hutt Valley Orchestra
Te Raukura ki Kāpiti,
Coastlands Theatre, 6pm

Tickets: <https://teraukura.nz/event/south-pacific-in-concert>

Saturday 30 Love Shack
Te Raukura ki Kāpiti,
Coastlands Theatre, 8pm

Tickets: <https://teraukura.nz/event/love-shack>

SEPTEMBER

Saturday 14 Kāpiti Concert Orchestra Twentieth Anniversary Concert
Beethoven Symphony No. 9 with Orpheus Choir & Kapiti Chorale
7.00pm

Te Raukura ki Kāpiti,
Coastlands Theatre

<https://teraukura.nz/event/kcos-anniversary-concert>

Contact via www.kco.nz

Sunday 15 Waikanae Music Society
Organ Recital, 2.30pm
Waikanae Memorial Hall

Contact: Wendy van Delden Concert Manager at waikanaemusic.org.nz@outlook.com

OCTOBER

Sunday 13 Waikanae Music Society
Piano Trio, 2.30pm
Waikanae Memorial Hall

Contact: Wendy van Delden Concert Manager at waikanaemusic.org.nz@outlook.com

Saturday 19 Come and Sing Handel's Messiah!
With orchestra
Rehearsal 2.00pm

Concert 7.00pm
St Paul's Church, Kāpiti Road

Enquiries/Contact: Ken Dougall
kmdougall@hotmail.com

NOVEMBER

Saturday 2 Elton John v Billy Joel NZ Tribute
Te Raukura ki Kāpiti,
Coastlands Theatre

Tickets: <https://teraukura.nz/event/elton-john-vs-billy-joel-nz-tribute-k%C4%81piti-2024>

Saturday 9 Waikanae Music Society
Kapiti Student Musicians Concert
2.30pm
Waikanae Memorial Hall

Contact:
Kathy Hutchison student@waikanaemusic.org.nz

Saturday 23 Kāpiti Concert Orchestra
2.30pm
Otaki Memorial Hall
Fun Filled Family Concert with Ewan Clark

Sunday 24 Kāpiti Chorale
Music of Broadway
3pm
St Paul's Church, Kapiti Road

With our thanks to Doreen Douglas. If you have an upcoming concert, let Doreen know at doreendouglas5@gmail.com.

GUIDED TOUR OF PUKEAHU PARK

Pukeahu National War Memorial Park is the central place for New Zealanders to remember and reflect on this country's experience of war, military conflict, and peacekeeping, and how that experience shapes our ideals and sense of national identity.

Age Concern Wellington is working with Manatū Taonga - Ministry for Culture & Heritage to arrange free one-hour tours of this amazing park starting at 10am on Thursday 26th September and Thursday 28th November.

Bookings are essential. Call Vanessa on 027 248 0335 or email events@acwellington.org.nz. The tour is accessible for different mobility needs.

Editorial supplied by Enliven

Kapiti Cottage in Paraparaumu!

Enliven's Day Programmes are important for the happiness, companionship, and overall wellbeing of each attendee, allowing rest for families too. Our Enliven staff understand that as you age, so do your needs and requirements for a sustainable wellbeing.

Keeping things fresh and fun and creating a space for connection with others is what it's all about at Enliven's Kāpiti Cottage. The programme is person-centred, flexible, and responsive.

Kapiti Cottage team leader, Robyn, says she enjoys the friendships that develop between people who come along during the day.

"We have a fairly diverse group," she says. "I call it the Kapiti Cottage family."

Some activities that are involved include scrabble, bowls, exercise, music, and celebrating special occasions while other times they will go for a drive to check out the scenery.



feel at home
with Enliven in Kapiti

Enliven's Kapiti Day Programme in Paraparaumu, provides a friendly, relaxed and fun place for elders to socialise and keep active. The programme has been designed for elders, including those experiencing health issues, memory loss or dementia.

The Day Programme was developed and is run by experienced diversional therapists in secure space with a relaxed and supportive environment, while offering carers the chance to take a break knowing their loved one is well cared for.

"My friends at Kapiti Day Programme take me out of the house & put me amongst my generation. I enjoy the activities and games. It's been years since I played Gin Rummy and Uno!" - Joyce, regular Kapiti Cottage guest

For more information please visit:

www.enlivencentral.org.nz

Ambulance services' appeals



Look out for "Onesie" street collectors in Kāpiti and Greater Wellington on Thursday 12th and Saturday 14th September.

The annual Onesie Appeal is vital for ensuring Wellington Free Ambulance services - emergency ambulance and patient transfer - remain free of charge to the community

The more collectors, the merrier, so if you fancy yourself in a Onesie, sign up to collect through <https://tinyurl.com/3chssuc8>

For those in the Hato Hone St John service area, its Light the Way appeal aims to raise \$4 million to fund 14 urgent repair and new build projects for its ambulance stations.

Demand for emergency services in New Zealand has steadily increased over the past ten years due to an increasing and aging population and the additional pressures of extreme weather and health events.

Donations can be made online at
www.lighttheway.org.nz



SLOW DANCE

Have you ever watched kids on a merry-go-round
Or listened to the rain slapping on the ground?
Ever followed a butterfly's erratic flight
Or gazed at the sun in the fading light?
You'd better slow down
Don't dance so fast
Time is short
The music won't last.

Do you run through each day on the fly
When you ask "How are you?"
Do you hear the reply?

When the day is done, do you lie in your bed
With the next hundred chores running through your head?
You'd better slow down
Don't dance so fast
Time is short
The music won't last.

Ever told your child, "We'll do it tomorrow"
And in your haste, not seen his sorrow?
Ever lost touch. Let a good friendship die
'Cause you never had time to call and say "Hi"?

You'd better slow down
Don't dance so fast
Time is short
The music won't last.

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day
It's like an unopened gift, thrown away.
Life is not a race
Do take it slower
Hear the music
Before the song is over.

This poem is by a young girl with 6 months to live. She has cancer. As her dying wish, she wanted to send a chain letter across the world by email telling everyone to live their life to the fullest, since she never will.

Deep thought of today:
When you clean out a vacuum cleaner.
You become a vacuum cleaner.

Covid 19 Update

COVID-19 vaccines remain free for everyone aged five and over. They are also available to children from six months who are at greater risk of severe illness.

COVID-19 antivirals remain free and available for people with a higher risk of severe illness. Some pharmacies can supply antivirals without a prescription.

However, people will be charged for COVID-19 healthcare consultations/visits.

Free rapid antigen tests (RATs) will be available until 30 September. You can find a collection site near you on <https://healthpoint.co.nz/covid-19/>.

People who live rurally, have a disability, are immunocompromised or experience some other difficulty accessing RATs may be eligible for additional help, including delivery if necessary, by calling 0800 222 478.

Faster access to radiology services

Kāpiti will have better access to radiology under a Health NZ programme to make diagnostic services more responsive and accessible.

The Government in July announced a \$30 million investment in diagnostic radiology services that will remove most co-payments on X-ray, CT scans and diagnostic ultrasound, and enable primary health providers (GPs) to refer patients directly, rather than waiting for a hospital specialist.

The investment includes targeted support packages to cover travel for people who cannot access radiology services locally.

The services will be delivered across both public hospitals where available, and private radiology providers.

Wellington, Porirua, Kāpiti, and Hutt districts will have consistent access to radiology services from July, followed by other areas where access is poor.

I have a pencil that used to be owned by William Shakespeare. But he chewed it a lot. Now I can't tell if it's 2B or not 2B.

Hotel discount for members

Handy to Wellington airport, the Brentwood Hotel offers all Grey Power members a 10% discount on accommodation.

If you are making a booking tell them you're a Grey Power member and when you check in show your membership card.

Call for research participants

The Australasian Pearson Clinical Assessment Research and Development Team is looking for New Zealanders aged 16-90 years to participate in a research project testing cognitive skills (e.g., the ability to think, problem solve, and pay attention, memory and learning) and functional ability (such as the ability to communicate or prepare food).

The team particularly needs more people aged 75+ who did not complete high school or any further qualifications.

More details can be found at www.pearsonclinical.com.au/participant

Mistreatment study

Auckland University of Technology's New Zealand Policy Research Institute is looking for people aged 55 and over to talk about how their health and wellbeing has been affected after being harmed or mistreated as an older person by somebody they know well. It is part of a larger study funded by the Ministry of Social Development. If you are interested, contact researcher Leon Iusitini, at leon.iusitini@aut.ac.nz, or phone 09 921 9999 extension 7933.

OMAI FA'ATASI - COME TOGETHER

Age Concern Wellington is partnering with Atamu to provide a regular free social connection service specifically for Pasifika seniors.

The gatherings include fun activities -including Steady As You Go light exercise, lunch, a chat and an informational session.

There's no need to register, just turn-up to the Salvation Army, 89 Warspite Ave, Cannons Creek, from 10am – 12.30pm on 3rd & 24th September or 15th October.

Why Keep It a Secret?
(A booklet published by Grey Power Rotorua Inc 2003).

This booklet is a personal record of matters pertaining to your estate. It covers issues such as your will, life insurance, health insurance, pension plans, bank account details, safe deposits, etc, as well as especial information regarding organ donation and funeral requests ... all for you to fill in and keep in a safe place. To order or purchase a copy, contact the Kāpiti Coast Grey Power office on 902 5680.

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

Odd Job Scheme

Our Odd Job scheme is a valuable resource for members.

Do you have the skills to help our members, for example, Building (Minor), Carpentry, Gardening, Handyman/DIY, Lawns, Painting or anything else you can think of.

If you can help, phone Steve for more information during business hours on 04 902 5680. Please note if you are applying to join the Scheme you must be a current member.

“Grey Power members helping Grey Power members”



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:

- Opportunity to be actively involved as a volunteer
- Social meetings with excellent speakers that relate to our interests, offering good fellowship
- A free Kāpiti-centric discount book offering benefits from local business
- Save a minimum 8 cents a litre at Challenge service stations
- Competitive 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.



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

Payment Options:

- Internet Banking into **KIWI BANK a/c is 38 9018 0409796 02**
Please put your name and Membership number as reference.
- Pay by Cash or EFTPOS at our Coastlands or Ōtaki Offices. Details of opening hours are at the top of the front page.
- Visit our WEB SITE www.kapitigreypower.co.nz click on 'Membership' and follow the instructions.

A REMINDER: If you have your Power provided by Grey Power Electricity (Pulse), 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

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.

PO Box 479, Paraparaumu 5254 | Phone 04 902 5680

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.

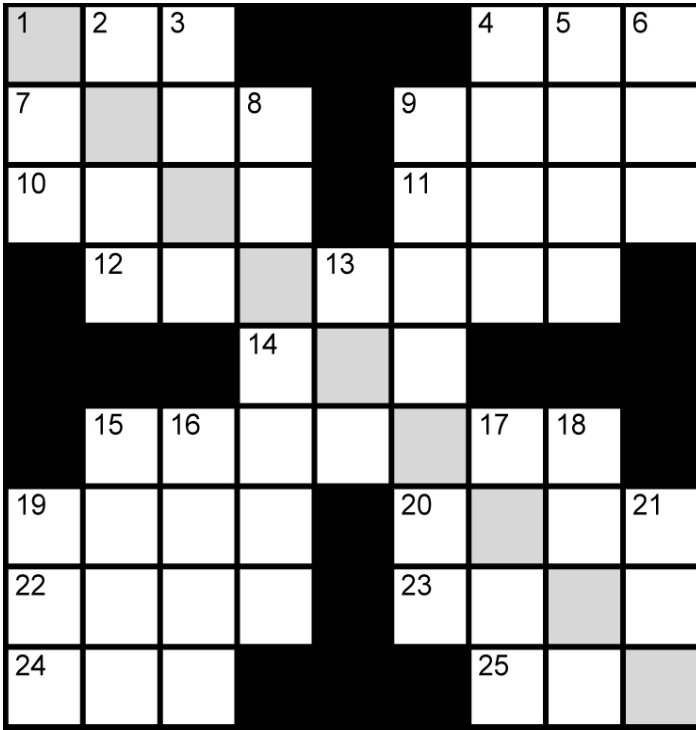
How you can pay:

- **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

Tiny Purple Fruit



Across

- 1. Louisville Slugger
- 4. Hallucinogen
- 7. Coalition
- 9. Woodland deity

10. Women's hat lining

- 11. Gumbo ingredient
- 12. Guided
- 14. Agatha Christie's "The ___ Murders"

- | | | |
|---------------|--------------|----------|
| BAGELS | GEFILTE FISH | NOVA LOX |
| BOLOGNA | HAM | PASTRAMI |
| BRISKET | HERRING | PICKLES |
| CHALLAH | HOT DOGS | SABLE |
| CHEDDAR | KAISER | SALAMI |
| CHOPPED LIVER | LIVERWURST | SALMON |
| CORNED BEEF | MOZZARELLA | TURKEY |
| CREAM CHEESE | MUENSTER | |

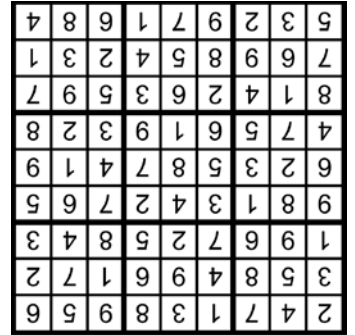
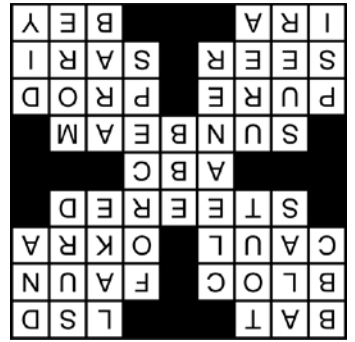
SUDOKU



- 15. Solar beam
- 19. Unadulterated
- 20. Egg on
- 22. Oracle
- 23. Indian wear
- 24. 401(k) alternative
- 25. Ottoman governor

Down

- 1. No Clue
- 2. "C'est la vie"
- 3. Praise highly
- 4. Vacation destination
- 5. Irrational, in math
- 6. Some forensic evidence
- 8. Grime fighter
- 9. Delivery aid
- 13. "Chicago" lyricist
- 15. Litigant
- 16. Fertilizer chemical
- 17. Riyadh resident
- 18. Oliver's request
- 19. Tire meas.
- 21. Home improvement letters



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

FROM THE DELI



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 medium.*