



Grey Power

MARCH 2019

NELSON GREY POWER ASSN INC

Reflections on Page 10
the Pigeon Valley Fire

Autumn Page 16
at last

Choosing your Page 27
own help

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Office Hours 10am to 3pm

IT IS TIME TO RENEW YOUR MEMBERSHIP

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Please fill in the above form before making payment as it will speed up the process for the volunteers and others waiting if you are paying in person. This form is used to update your record with your payment and is needed every year.

Nelson Grey Power will be in a variety of extra places in March & April see article 'Where to find us out & about'

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Presidents report

Christine Tuffnell

Our 2019 Nelson Grey Power year has started with members calling into our Stoke office to renew their membership. This issue of our magazine gives details of where our "Out and About" volunteers will be at various dates and times in the community to receive membership subscriptions and the membership renewal form is on the front of this magazine – so please do give us your support! February has turned out to be a severely challenging month for some of our members affected by the fires. How fortunate we are to have so many people who volunteered time, skills, and goods to help fight the fires, and care for displaced people and animals. Nelson Grey Power has just published our new discount book with discounts from

a wide range of businesses. Thank you to those businesses who continue to offer our members such great discounts and welcome to our new advertisers. We look forward to hearing how the discounts scheme works for you. In the last few months of 2018 we continued to press Kiwibank and NZ Post regarding their decision to close the Stoke branch – the only bank left in Stoke. While one of Kiwibank's key advertising strategies has been "Kiwibank – Its Ours!" we have unfortunately found "It's not Ours" – and because of what Kiwibank calls "the digital divide" the people of Stoke



will lose this branch from their community.

We kicked off the 2019 year with our Nelson Grey Power picnic in the lovely gardens of Broadgreen on Waitangi Day. Thank you

to those who took the time to attend and join in discussion.

The notice for Nelson Grey Power AGM for 2019 is in this magazine.

It is on Saturday 6th April at 2pm at Stoke School. Remits need to be in by Friday 8 March, and nominations for President, Secretary, Treasurer and Committee need to be in to Grey Power Office by Monday 18 March. We have given public notice of the AGM in local newspapers during February.

At our AGM we will be discussing the following:

"In accordance with the notice given at the 2018 AGM the annual single subscription be increased by \$5.00 to \$25.00 from 1 April 2020 and the double subscription remain at \$30.00."

We will also be discussing in general business whether members wish the weekly coffee mornings to continue during 2019.

Also included in this magazine issue are Nelson Grey Power's remits to Federation Conference and AGM in May. This helps members see the issues we are pursuing at national level at present.

Note that the Positive Ageing Expo is on again this year – on 22 March 10am -3pm. This is a great opportunity for members to search out information and advice particular to their needs. Do come along!

For more useful information and advice visit www.greypowernelson.org.nz

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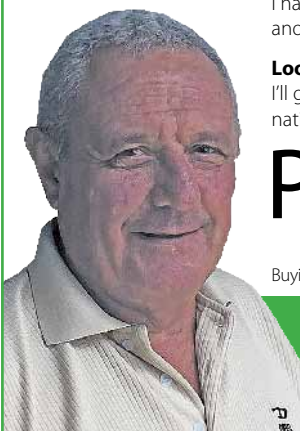
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Nelson Grey Power

33 Putaitai Street, Stoke

(Between Kiwibank/Post Office and the walkway to the Stoke Library)

Office Hours

Mon-Fri 10am - 3pm

Ph: 03 547 2457 Fax: 03 547 2157

P. O. Box 2190 Stoke 7041

nelsongreypower@xtra.co.nz

www.greypowernelson.org.nz

Disclaimer

Neither this association, nor any person associated with it, accepts any liability for the contents of this magazine which has been prepared in good faith and is believed to be correct. The final say on any articles printed in this magazine is at the discretion of the Nelson Grey Power President who has overall editorial approval.

Local ladies aid evacuees

Matt McCrorie

Members of the Stoke/Tahunanui Inner Wheel group were a part of the community effort to give back and help those evacuated from their homes, due to the Pigeon Valley fire.

Gathered in Richmond at the home of Ruth Bagnall, members of the Stoke/Tahunanui chapter of Inner Wheel community made and filled toilet bags for families that were evacuated from their homes. Inner Wheel is an international women's organisation founded in 1924, and the Stoke/Tahunanui club de-



Ruth Bagnall, Marie Crooks, Bernadette Storer and Joan McKeowan are four of the members of the Stoke/Tahunanui Inner Wheel group and are using their time to donate toiletry packs to civil defence.

cided that they had the resources and the time to help. Ruth said that toiletries is basic need that sometimes gets overlooked, and that they were trying to make

sure that everyone that was evacuated had access to basic hygiene products.

"We wanted to do something to help, so we called up Civil Defence to see if

there was a need for toiletries for evacuees, and they said absolutely. So, we got organised" says Ruth.

Finding ways to help the community is at the core of the Inner Wheel values, said Ruth. "The club is really about friendship and community. We aim to support each other, and to support the community around us."

Marie, a steadfast member for over 40 years, says that giving back is the best reason to get together. The group knits for Plunket, and donates time and resources to the cancer society. "We are a service group, and we help wherever we can."

LET'S TALK ABOUT FEES...

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Office News

Kim Harding

Office Administrator

Membership Renewal for the next membership year, which is from 1/4/2019 to 31/3/2020 is underway meaning you can do that anytime from now on. If you are one of those lovely people who send a return envelope it needs to be able to fit the discount book in, thank you. For your convenience, payments can be left with the Nelson Mail Office and Unichem Richmond Mall Pharmacy who have membership forms available. Murchison members can leave their pay-

ments with NBS. You need to leave the right money, EFTPOS is NOT available at these places. These are just a drop off point and picked up by Nelson Grey Power once a week with more regular pickups when it gets closer to when all memberships are due. You will not be sent an Invoice for your membership.

Look for the article "Where to find us Out and About" to find us at the eleven extra places you can pay subs in March and April. Having a form already filled in helps the volunteers and keeps the queues short. Thank you to our volunteers who

do twice the shifts at this time of the year when it is busy.

Renewing early in January, February and March puts you into a prize draw of which there is three prizes for each month being 1st, 2nd and 3rd. The first of which has been drawn with the winners notified, and prizes picked up. Congratulations to the winners who feature in the article "Paying Early Prize Winners."

Thanks to Nelson Building Society and Peg Salton for donations towards this draw. Prizes in the upcoming draws have been donated by Grey Power Electricity, Nelson Building Society, Heartland Bank and McGlashen Pharmacy.

This year you will receive the new discount book which has a new feature of an alphabetical listing of the businesses in the back of it. This book lasts for two years and has approx. 30 new/different businesses with approx. 30 businesses pulling out for various reasons so have a look at it and, also the article "Additional discounts" to make the most of discounts available to you. If you are paying your Grey Power Electricity bill, please be careful that you do not pay Nelson Grey Power by mistake.

I hope you all have a lovely Easter spent with friends and family. Our next issue will be sent out to you in June.



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Charles Wakelin,
winner in the
January paying
early prize draw.

Congratulations paying early prize draw winners

1st Prize NBS Gift Bag

No 3 Mr C & Mrs K Kempton

All winners have been notified.

2nd Prize Big Gift Basket

No 66 Mr C & Mrs J Wakelin

There will have been a further prize draw for all members who renewed their membership as at 28 February and a final prize draw to come for all those who renew by 31 March 2019.

3rd Prize Small Gift Basket

No 64 Mr C & Mrs J Van Ginkel

Don't miss out and good luck!

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**NELSON GREY POWER AGM
SATURDAY 6 APRIL 2019
2PM AT STOKE SCHOOL**

Nominations for Nelson Grey Power Committee and positions of President, Secretary, and Treasurer need to be in the hands of the Secretary Linda O'Dea by Monday 18 March 2019.

Nomination Forms are available from the Nelson Grey Power office.

All members welcome.

Where to find us out of hours

Grey Power volunteers and staff will be at the following venues in March and April so that members have an opportunity to pay their subscriptions somewhere more convenient. New members will also be welcome to join at these places.

Mon 18 March	Oakwoods Village	10.00am-11.00am
Mon 18 March	Waimea Village	3.30pm-4.30pm
Fri 22 March	Positive Ageing Expo	10.00am-3.00pm
Tues 26 March	Nelson Public Library	1.00pm-3.00pm
Thurs 28 March	Richmond Mall	9.30am-3.30pm
Sat 30 March	Grey Power Office	10.00am-12.00
Sat 30 March	Nelson City Arcade	9.30am – 12.00
Tues 2 April	Ernest Rutherford	3.00pm-4.00pm
Thurs 11 April	Richmond Mall	9.30am-3.30pm
Satur 13 April	Grey Power Office	10.00am-12.00
Satur 13 April	Nelson City Arcade	9.30am-12.00
Tues 16 April	Summerset	3.00pm-4.00pm
Thurs 18 April	Nelson Public Library	10.00am-12.00
Sat 27 April	Nelson City Arcade	9.30am-12.00

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Waitangi Day Picnic

It was a strange old day for the 2nd annual Waitangi Day Picnic held at Broadgreen House.

The day started off a bit grey, which turned to slight drizzle and eventually ended up gloriously hot and sunny.

Unfortunately, despite advertising in the December magazine, the Waimea and Nelson Weeklies and the Nelson Mail only a handful of committee and members attended.

NGP had use of the conservatory which would have been great if it had rained but we set up our

chairs by one of the picnic tables. Skittles were set plus petanque (which seemed to be more fun).

There were great conversations and discussions jumping from 'What did you do in your holidays' to 'Writing your Life Story' plus other chit chat.

While sitting eating our lunch a couple of young ladies passing by walking their dogs asked if we would like get up close and personal with them.

There were several long-haired Chihuahuas and one Italian Greyhound. Beautifully presented and very friendly little lap

dogs for cuddling. The owner told us all about the breeds and informed us that Chihuahuas lived to about 20 years old, didn't shed and if well-bred were very low maintenance. Indeed, an ideal dog all round.

After lunch and more games of petanque several of us walked round the rose gardens and then we visited Broadgreen House. A beautiful restored heritage building which is a credit to Nelson City Council and the Broadgreen Trust which maintains the House and grounds.

Refer a friend & win!

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HOUSE OF TRAVEL

Reflections from the frontline - Pigeon Valley Fire

Bob Hancock

Although ours was a relatively small part, given the wider scenario of such a large and moving fire, teamwork requires the common goal of defending saveable life and structural property. When mother nature takes charge, we are all but minnows and all need to be very defensive and calculating in the face of such a frightening inferno. With over 200 personnel being briefed at the base command centre, and a squadron of over 20 helicopters, it was a daunting spectacle indeed, but one that proved to be very effective and well organised by our new organisation Fire and Emergency New Zealand (FENZ). Incorporating both Rural, Urban firefighting, Civil Defence and the other emergency forces.

Being one of many 'Sector' established we were assigned on Friday to a property high in the hills above



A bewildered lone calf.

Teapot Valley. Access was by a long winding and hilly driveway of 2-3km, along which tankers most reliably and efficiently trudged a continuous vital water supply to our fire appliances. Up at the scene a huge robust plume of dark smoke could be seen above the forest threatening a modern and substantial home.

It was 0700hrs as we changed shifts and following a brief

with O/C Matt and his crew of the night shift, we quickly got to work attacking fire in the undergrowth of the forest whilst five helicopters attacked the face of the alarming conflagration.

It is truly remarkable that those tired fellow firefighters who had been there throughout the night, would then seek a couple of hours 'kip' before returning to their regular employment.

Furthermore, for several of them, this was their second or third similar shift in as many days in other areas such as the battle to save the Eves Valley Mill.

The scene was one of really good teamwork though, as both Wakefield and Stoke fire brigades worked superbly together, interconnecting with the tankers and supplying multiple forestry deliveries from both appliances.

All credit too, to our most capable female fire fighters, who help make up most brigades, Stoke, of which has four, they were amazing on the forestry deliveries (hoses) at the sharp end. Two who were with us; Alana; also, a St John Volunteer Medical Technician and who aims to become a paramedic, and Penny; who aims to be a career firefighter. Alana finishing her third shift in as many days, took a break, then undertook her tutoring duties that day.

Amid the action together



Age Concern Nelson Tasman is the go-to agency for people 65+ in the region. Our staff of six are committed, professional and dedicated to ensuring all older people are treated with dignity and respect.

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with the continual thumping noise of the choppers, the lingering smoke, and the threatening fire behind, a young bewildered cattle beast appeared looking for a drink, thus illustrating the perils faced by the wonderful animals and wild life, so many of which that were not so fortunate. Later returning to the base command centre in Appleby, we had a welcome bite to eat, and then found ourselves being dispatched to smoke showing at Rabbit Is., then shortly after thereon, to a fire at Walters Bluff. Aircraft and crews were promptly redirected thus avoiding another catastrophe.

All the way, from Appleby to the city, traffic was nose to tail in both directions. Nelson city was literally gridlocked, with most traffic stationary through multiple phases of the traffic lights.

For now, depending on the wind, over the coming

weeks or months, the tedious task remains of dealing with embers and smouldering undergrowth with additional crews being coordinated to assist from other NZ centres.

We salute too all the volunteer food providers, and all the many other generous volunteer support people and organisations. We personally took six banana boxes full of food to the scene on our appliance, courtesy of Countdown Stoke, and of course, there were so many other organisations and people who were so similarly generous. We are all mindful of the huge losses of our valuable forestry assets and the enormous widespread costs incurred. Thank goodness however, for the people of Wakefield, and beyond, that lives, and most structural property has been spared.

An inspiration to see our community being so united in such adversity.



It's been a long night - Alana Murphy after a hard night shift.

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Look for us at the Positive Ageing Expo

Come and see Nelson Grey Power at the Positive Ageing Expo and renew your membership. New members will also be welcome. The Positive Ageing Expo 2019 is being held on Friday 22nd March at the Head-ingly Centre in Richmond from 10am to 3.00pm.

We'd like to encourage you to come along and discover recreational, health and social services that can help you live life to the fullest.

The Expo has been running since 2007 and this year, along with over 80 stalls, there will be semi-

nars, demonstrations and a chance to have a go at a range of activities, games as well as the opportunity for some quick health checks.

The Positive Ageing Expo is widely known as "the place to be" for getting all information in one easy place, last year over 2000 people attended.

The expo showcases the recreational, health and social services that make ageing a positive experience. There will also be presentations, entertainment and activities for attendees to take part in.

Underpass to be built

Bob Hancock

At our regular meetings with both the NCC and TDC, the existing and dangerous provision for pedestrians, mobility scooters and cyclists at the Champion/Salisbury Rd's roundabout has often been discussed. Mayor Richard Kempthorne too shared his concern from his own observations. As a result, and with the proposed development at this busy intersection, it is so pleasing to note that a pedestrian underpass is to be constructed, similar to what already exists across

Salisbury Rd

It is to be hoped that to coincide, the NCC will at the same time upgrade the hazardous and inadequate narrow track back to the Saxton field entrance. Presently it is barely the width of a mobility scooter in some places and has a deep ditch along one side with a blackberry thorn hedge on the other. Upgrading this small section of track would complete and streamline a most useful commuting connection and fit well with the other excellent developments already established at Saxton Field.

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Nelson Grey Power remits to Federation AGM in May 2019

Nelson Grey Power has the endorsement of the other Grey Power Associations in Nelson/Tasman/Marlborough/West Coast for taking the following remits to our national Grey Power Federation AGM in Wellington in May.

Nelson Grey Power remits to Federation AGM

1. Prescription of New Zealand Post Bank Services

That the Federation lobby Government to review the Deed of Amendment and Restatement between government and New Zealand Post, and in particular Clauses 12 and 14 to ensure that service points where personal assistance is available to consumers for the purchase of Additional Postal Services are available in all communities where there is a hub of businesses and services.

Rationale:

New Zealand Post has been separating its post shops from Kiwibank locations and then providing services via contracted agencies. The present Deed of Amendment and Restatement under clause 12 requires a network of at least 880 service

points at which consumers can purchase basic postal services including, but not limited to, the purchase of postage for, and the acceptance of, Basic Postal Items, excluding bulk mail services; whilst the present clause 14 requires that New Zealand Post maintains at least 240 service points where personal assistance is available to consumers, including Additional Postal Services and bill payment services to the extent offered by New Zealand Post. These volumes prescribed in the Deed of Amendment and Restatement do not currently provide adequate availability of postal services for many communities, particularly in provincial areas.

2. Prescription of Kiwibank Services

That the Federation lobby government to establish a Deed of Understanding with Kiwibank, in addition to its annual Statement of Intent, which sets out the requirements for Kiwibank, as a public entity to consult with communities about location of Kiwibanks, and to provide banking services where personal assistance is available to customers.

The Deed of Understanding should specify number of Kiwibanks required in specific geographical areas and actual location should be agreed with relevant local government councils.

Rationale:

2018 has seen Kiwibank closing its banks in many locations without consultation or provision of customer usage services. Kiwibank has been pursuing an e-commerce strategy that does not reflect the needs of a large and growing number of its customers – those over 65 years of age.

3. Consumer/Customer Representation on State-Owned Enterprise Boards

That the Federation lobby Government to appoint Consumer/Customer Representatives to serve on the Governing Boards of State-Owned Enterprises.

Rationale:

Currently the Government appoints people with corporate, governance, financial, legal expertise to the boards of State-Owned Enterprises. There is currently no consumer/customer representation on these boards, and this is reflected in the lack of consultation with commu-

nities and decisions which have been shown to favour profit at the expense of consumer/customer needs.

State-Owned Enterprises should be in the first instance, for the service of the people, not a money maker for government.

4. Dental Hygiene Services for Older People

That the Federation lobby the Ministry of Health to undertake a pilot study in which the existing rural mobile dental clinics also visit aged care facilities for the purpose of providing dental hygiene services and referral to dental services as required.

Rationale:

The 2012 NZ Ministry of Health Survey "Our older people's oral health" found that The proportion of older adults living in residential care who were dentate (had some natural teeth) was 43.4%.

61.3% living in residential care who were dentate had untreated coronal decay on one or more teeth; the average number of teeth affected was 3.5; 33.7% had untreated root decay on one or more teeth; the average number of teeth affected



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was 0.8. The overall lifetime experience of dental decay (the DMFT score) was 24.2 for dentate older adults in residential care (comprising 2.6 decayed, 15.6 missing and 6.0 filled teeth).

A large proportion of dentate older adults had heavy plaque and calculus deposits on their teeth on more than one-third of the tooth surface;

Of older adults living in residential care, 35.8% had heavy plaque on their teeth, and 20.8% had heavy calculus on their teeth.

25.4% of those living in residential care had one or more oral mucosal conditions, including ulcerated lesions, oral candidiasis or denture stomatitis and 52.7% reported having a dry mouth.

One third (33.3%) of dentate older adults living in residential care reported having difficulty cleaning their teeth.

The majority of older adults usually visited a dental professional only when they

had a problem, rather than for routine dental check-ups; Only 12.9% of older adults living in residential care usually visited a dental professional for a check-up. 17.3% living in residential care reported cost as a barrier.

It has been clearly shown that gum disease is a major risk factor for diabetes, heart disease, and other major medical conditions.

Advantages of mobile clinic: staff who know person on hand to assist, care-staff can be educated in dental care for their clients, use of existing staff as dental hygienists.

5. Concern for Younger Generation Literacy

That the Federation explore with Government self education programs in numeracy and literacy via the NZ Parliamentary television channel whenever Parliament is not sitting.

Rationale:

17% of secondary school students leave school func-

tionally illiterate eg. they cannot understand prescription instructions on a medicine label, cannot accurately fill in a time sheet.

70% of inmates in NZ prisons are illiterate. Improving their literacy could improve their life opportunities.

Advantages of this method of self education are;

- low cost – facility exists
- no compulsion – voluntary
- Sound and vision combined

6. Federation Database for Over 50's Employment

That the Federation develop an online database of those unemployed over the age of 50 looking for work, organized in regional format, which can be searched by potential employers.

Grey Power Federation Membership Number could be used as key identifier instead of name.

Other fields would include contact details, qualifications, work experience to

date, type of work sought.

Rationale:

The Federation has the opportunity to take a leadership role in supporting members during the projected increase in the New Zealand population over 65 years who will continue to be in the workforce.

For example in Tasman the proportion of the workforce aged 50 years and over was 29% in 2001, 43% in 2013. National research by the NZ Ministry of Social Development noted that participation rates for both genders in the 65-69 year age group by 2051 will increase to 65% for men and 55% for women.

There is wide international evidence that ageism and bias to work recruitment, retention, and training are endemic. A Federation Over 50's employment database could assist Grey Power members to make known their work knowledge and skills to potential employers, and increase their opportunity for employment.

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(In the library carpark)

Autumn at last

Philippa Foes-Lamb

Autumn is officially here, and I've never been more thankful. Summer was horrendously hot and dry and the wild fires in February were truly petrifying - we were told to "prepare to evacuate" at one stage and I've never felt more frightened.

Gardening during the past couple of months has been challenging to say the least. We've had to contend with searing heat, more winds than usual and major water restrictions which all add up to stressed plants and gardeners.

My summer kitchen garden was a non-productive disaster mainly due to all day sun and water restrictions. It's large so there was no way I could keep it well-watered - I just had to "let it go". I'll weed, feed and plant for winter harvest when soil



moisture levels rise. It will take quite a while for this to happen after such a seriously hot summer - we need very regular rainfall for a start. Hopefully it won't be long before things start to cool a little and we start getting gorgeous heavy morning dews, which will help. March is the month to plant early flowering bulbs - ranunculus, anemone and jonquils such as "Early Cheer".

If your ground is too hard and dry at the moment it is possible to plant right into April - they'll just flower a little later.

Our local hardware stores have a good selection of bulbs, but if you're looking for something different, find it hard to get to these stores or, like me, prefer to receive your treasures in the mail, then an online bulb company such as Bulbs Direct

(www.bulbsdirect.co.nz) is a fabulous option. I've heard really good things about the quality of their bulbs and I'm ordering a lot from them this season.

I adore Muscari (grape hyacinths) because I remember seeing them in my Grandmother's garden when I was very young. They tolerate most conditions and look wonderful planted in clumps, as a gardening edge or in containers. These days you can get several different varieties including white "Siberian Tiger" and pink "Pink Surprise" which are just gorgeous. There is also an unusual double variety called "Fantasy Creation". When planting, it's a great idea to insert a marker because they can look a bit like grass when they emerge and you don't want someone to mow or spray them by mistake. Happy Autumn gardening.

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Federation ACC Committee

Kevin Gardener

The Grey Power Federation ACC Committee is conducting an enquiry into the services and charges Grey Power members encounter when they present themselves to their doctor with an ACC claimed condition.

Firstly, there is a widely varying difference in the

charges some members have been asked to pay.

The committee is asking members to inform us of the difference between their ordinary doctor's consultation and the fee asked for when it is an ACC matter.

There have been brought to our attention cases of claims for ACC being accepted then mysteriously after time they become a

medical issue only with no ACC involvement.

Others having claims turned down which then get accepted as a claim once an appeal has been lodged after creating a ruckus to do so!

We have had some horror stories to date of people continuously fighting with ACC to accept claims

If any members feel they

can help in this enquiry, please contact the author of this with any information.

Any information you supply must be factual and be also able to be backed up with the relevant paperwork times and dates etc. With privacy and confidentiality being a priority in all matters.

Thank you.

Contact:

Kevin Gardener (Committee member) Cell: 0274 372 029 Evenings (after 6.30pm): 03 545 2010

Email: kevingardener@paradise.net.nz



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Date: 16th October - 3rd November 2019.

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RSVP: Enquire in store, by email or phone.

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HOUSE OF TRAVEL



Coastal Hazards Engagement

Nelson City Council is seeking stories, photos and maps of the Nelson coast

Have you or someone you know experienced seawater flooding in the past? Have you observed changes along the Nelson coastline, for ex-

ample how beaches or landscapes have changed over time? Have you witnessed extreme events, such as big waves overtopping coastal roads or other barriers? Then we want to hear from you!

Nelson City Council is developing a strategy on how we manage coastal hazards like coastal erosion, storms and flooding, now and in the future. To help us write the strategy we are asking you to share your experiences of what you know about how the coast has changed over your lifetime, what major events you remember and what you know and value about our coastal features.

We're interested in stories, newspaper clippings, fam-

ily photos and videos, diaries and any other information you may have.

You can share your information until 30 April 2019 by sending copies via post to Nelson City Council, PO Box 645, Nelson 7040, dropping off copies at the Nelson Greypower office who will forward them to the council, sending electronic copies via e-mail to ourcoast@nelson.govt.nz or uploading them to the Coastal Hub: <http://ourcoast.nelson.govt.nz>

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Carer Support Transformation: I Choose

If you receive disability support funding, the Ministry of Health will replace Carer Support with 'personal budgets' i.e. you'll receive this funding directly.

Most people will move to the new funding model, I Choose, when it's rolled out. A time for this has yet to be confirmed. The Carers Alliance and Carers NZ are working with the Ministry of Health to ensure a smooth introduction of I Choose for carers. It will make it easier for carers to organise and pay directly for time out, with more flexibility and less red tape.

The success of I Choose will hinge on how well it is introduced. Stay tuned for more news about this.

I Choose is not ready yet. When it is ready, you will be let know all about the changes around the time of the disabled person's review or reassessment.

I Choose is a once or twice per year cash payment into your bank account. You will be able to use the money that we pay into your bank account to buy any respite support or service you want, as long as it gives you a break from your caring role.

Enliven Presbyterian Support

Are you, or a family member, feeling isolated or lonely?

Are you a caregiver who needs a break?

Presbyterian Support recognises the importance of keeping people engaged and social as they move into their older years. Totara and Harakeke are the social and activity groups which are held each day. Qualified staff co-ordinate activities and have a lot of fun with group members.

Val – "coming to Totara is the highlight of my week. I get picked up in the van and have a lovely day enjoying the discussions, activities, cuppas and com-

pany"

Joan – "Ian has memory loss and goes to the Harakeke group which he thoroughly enjoys. Last week he helped paint the outdoor seating. I know he is happily engaged for the day while I have a wee break for myself"

Small groups ensure everyone is welcomed and included.

If you are living with age related physical challenges or memory loss (and not driving) then you may qualify for funding to attend.

To find out more please phone Trish Armstrong, Day Services Manager, 547 9350 Ext 710

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NCC to no longer install Pedestrian Crossings

Bob Hancock

For those of us who qualify within the category of senior citizen, whether driver or pedestrian, one of the most fundamental rules that we have carried from school age, are those pertaining to pedestrian crossings. Pedestrian crossings giving those on foot or using mobility scooters a legal right to require traffic to stop in order to safely cross the road.

In more recent times we have been expected to adjust to various alternatives such as raised 'courtesy crossings' in busy shopping areas, and what is being described in

Land Transport terminology as 'platforms', (or central refuges erected in the centre of the road). They are part of the wide-ranging tactics being deployed nationally to calm and discourage traffic. Such changes whilst understandable need also to be reasonable which is not always apparent.

Nelson Grey Power has received information in writing, that the Nelson City Council, no longer intends to install traditional legal pedestrian crossings in Nelson and furthermore, that they are looking to remove an existing crossing in Nayland Road in Stoke. Ironically the

council spent a significant amount upgrading these crossings only recently.

There are two crossings serving three schools and a kindergarten, plus a busy dairy. The crossing by the dairy, being an essential facility well beyond its busy use in school hours, and in the face of increasing traffic volumes.

The alternative is apparently a centrally located pedestrian refuge, which has no legal requirement for vehicular traffic to stop or make way. There is no legal requirement upon either incumbent, be they the driver or the pedestrian beyond an equal obligation for care and courtesy. In the case of an accident a dispute is inevitable, the pedestrian or mobility scooter rider being the vulnerable victim likely to suffer severe, enduring consequences with little or no recourse.

Indeed, there have been two adult accidents at the Nayland Road crossing, the most recent being assisted by a previous victim

who had also suffered similar consequences. Both of these people required hospitalisation, the latter has enduring back and neck problems.

In the interests of the Grey Power membership, and of course children, such intentions relating to pedestrian crossings must be vigorously opposed and seriously questioned.

By comparison, the Tasman District Council has removed the controversial courtesy crossings in Queen Street and replaced them with well highlighted, coloured and legitimate pedestrian crossings at the time of the upgrade. Likewise, in Blenheim, pedestrian crossings remain and have also been enhanced to raise visibility.

The traditional Pedestrian Crossing is a well-known, well proven means for all to safely cross the road. All that is required is for all motorists to be alert and give way to all using the crossing as the law has always been.

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Carers New Zealand

Carers NZ was established more than 20 years ago to provide advice and information to New Zealand's 420,000+ family carers. We can all expect to give or receive family care during our lives, at times of illness, disability, after surgery, or for other reasons.

"Caring is a common human experience, but the carers need help too," says Carers NZ CEO Laurie Hilsgen.

Established more than 20 years ago, Carers NZ provides a national information and support service for carers. Carers can request a free infopack to find out what help is available for them, and Carers NZ has revived its popular Family Care maga-

zine to maintain the sense of community it provides for many carers. The charitable trust distributes regular e-updates and maintains a lively Facebook page (CarersNZ).

Carers NZ acts as a hub for many other charitable, community, and health networks, providing free information to share with carers. It is also the Secretariat for the Carers Alliance, a coalition of 46 national not for profits who seek progress about key issues for carers with government and across society.

This year Carers NZ's awareness campaign, She Cares, recognises that two thirds of family carers are women, who often juggle paid work and caregiving for at least

one person. Learn about She Cares at <https://she-cares.org>. Older carers, and carers of older people, are the fastest growing population of carers in New Zealand, Laurie says. It's important for older carers to look after themselves and have regular breaks from caring. Two thirds of carers experience depression, and many receive injuries while carrying out caring tasks such as lifting and transferring.

"It can be hard to accept help or to ask for help but, caring well for yourself is the best thing you can do for the person you support," she says. "Say yes to offers of help and make a list of things others might be able to do. Then when someone asks if they

can help, they can look at the list and tick something off for you."

Friends and family can be proactive by listening, being open to helping, and looking out for things they can assist with such as transport, the odd meal, lawnmowing, or social outings.

Knowing what funding and other help is available is another way for carers to look after themselves. We produce special resources for these carers. To request a free Carers NZ info pack and the Trust's resources for older carers and carers of older people, phone 0800 777 797 or visit www.carers.net.nz where they can all be downloaded free.

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Scam Alert

Roisin Burns

*Member Administrator
Retirement Villages
Association*

We wanted to keep you informed in case you had not yet been notified of a current scam targeting Retirement Village Residents. We have sent the following notice to all Member Village Staff.

We are hearing reports that this is more widespread than just the Waikato DHB region.

We have also had reports of people calling residents

to discuss their medication and presumably make an appointment to visit or simply know what medication is available in a residence.

We urge you to make all residents within your villages aware of this as soon as possible to forewarn them and therefore hopefully preventing the scammers having any success.

Message sent Thursday 10 January 2019:

The Waikato DHB has alerted us to the activities of persons unknown who are entering Retirement Villages, knocking on residents' doors and introduc-

ing themselves as DHB Staff and wanting to inspect all medications stored in the resident's unit.

The DHB wish to advise that this is not a practice of theirs and if you should be approached, do not allow entry and call the police.

So far, this practice has been reported in Matamata and Hamilton, but it may spread to other areas.

This is clearly drug related and maybe an attempt to access pharmaceuticals that may be close to or passed their use by dates.

Please advise all residents to be on alert.

For more useful information
and advice visit
www.greypowernelson.org.nz

INDEPENDENT NELSON COUNCIL CANDIDATE



Graeme O'Brien is a family man working in the support sector caring for vulnerable people in our community.

- Successfully started and operated his own business in Japan.
- Was a presenter & reporter for Mainland TV.
- Active as a community advocate.
- Ran in the 2013 (2100 votes) & 2016 Elections (5500 votes).
- Secretary of Nelson Whakatu Menzshed & Committee member of the Nelson Residents Association.

As a ratepaying working man I am concerned by the continual increase of rates and service charges above the rate of inflation. Total rates revenue taken by Nelson City Council has increased by 71% between 2008 and 2018 and rate increases above the rate of inflation continue.

• I am committed to transparency and openness of our council as the key to getting good decisions and to help people be informed. I successfully lobbied to have all council meetings videoed and put on the council website.

• Real engagement with residents before they are affected by council decisions is a priority for me. The people in the community must be able to have input into what may affect them and their concerns addressed, not ignored or dismissed.

Phone: 022-1942-516

Email: graeme4council@gmail.com

Testimonial from a resident in Nayland Rd Council Flats.

"In the 2016 Elections Graeme was the only Mayoral Candidate to respond to my request for a meeting to address long term issues with my council flat. He has comprehensive knowledge of the processes needed and helped me to speak to our council. After nothing changed Graeme supported me to win a case in the Tenancy Tribunal against Nelson City Council."

Lea Beaven, aged 77.

Say no to elder abuse

It is important to check on the older people in your life - whether it's family, friends or even neighbours.

As many as one in ten older people in New Zealand will experience some form of elder abuse. The majority of cases will go unreported.

The abuse can be psychological, financial, physical or sexual. It may be intentional or unintentional.

It affects people of all

ethnicities, genders and socioeconomic groups.

If you are worried that someone you know is experiencing elder abuse, speak out.

A free, confidential telephone helpline is available, all day, every day for help and support.

Anyone can call 0800 32 668 65 (0800 EA NOT OK) whether you are being abused or you know someone who might be.

Having problems with your telecommunications provider?

If you have problems with your mobile phone, internet or telecommunications provider, help is at hand.

The Telecommunications Dispute Resolution (TDR) provides an independent, impartial, and free complaint resolution service.

If your telecommunications company is part of the scheme (and most of them are) you can use the service, whether your complaint is about your bill, a specific product or service.

But first you must have made a formal complaint to your telecommunications provider and given them the opportunity to resolve your issue. If you're still not happy or they haven't re-

sponded within six weeks, TDR may be able to help. TDR can handle any claim with a total value of up to \$15,000. To make a complaint you must be the account holder or authorised to work on their behalf.

TDR will work with both you and the company to try to reach a settlement. If that's unsuccessful, TDR will make a decision about the dispute. If you're unhappy with the decision you can still take your complaint to the Disputes Tribunal or through the court system.

If you want to know more or see if your telecommunications provider is part of the scheme, visit www.tdr.org.nz or call free 0508 98 98 98.

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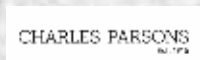
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Heart attack awareness

Gavin Ross (60) was feeding his farm dogs when he felt a pain shoot across his chest, he dismissed it as "just a pulled muscle".

The next day, he saw the Heart Foundation Heart Attack Awareness Ad on TV and realised it might have been a heart attack.

The next morning, with the ad playing on his mind, Gavin attempted a normal day's work on his Tikitiki farm, but he couldn't shake the image of the guy in the background quietly having a heart attack.

The television advertisement explains that a heart

attack may not be as dramatic as you think.

Gavin drove the 40 minute trip to his GP clinic where they did some tests, including an ECG. His GP told him that he had experienced a heart attack. "Oh boy," was his response.

Despite Gavin's 'she'll-be-right' determination to drive his ute to Gisborne Hospital, staff called an ambulance for the hour and a half journey. After more tests, he was flown to Waikato Hospital where a stent was inserted to open up the blocked artery that had caused his heart at-

tack. Gavin says he now realises he had warning signs prior to the heart attack but just didn't know what they were.

If you think you are having a heart attack:

1. Stop and rest now
2. If your symptoms are severe or they appear to be getting worse, take action, now.
3. Dial 111 immediately

For local support: Contact the Nelson Marlborough Branch, P. 027 215 3836. E averilw@heartfoundation.org.nz

HeartHelp support groups meet monthly.

HeartHelp Richmond.
Contact: Keith Broady P 03 544 4304 E keithbroady@xtra.co.nz

HeartHelp Stoke
Contact: Alan Parker P 027 618 3050 E ruralnum@snap.net.nz

HeartHelp Ernest Rutherford. Meets 1st Monday. 10am-11.30am Ernest Rutherford Retirement Village Lounge Contact: Averil West, Heart Foundation, 027 215 3836.

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Choosing your own help

Natalia Brunzel

Mycare Communication Manager

Sometimes we all need an extra hand, but it can be difficult to accept help.

How can we find just the right person – someone we feel comfortable with, who has the skills to do what we need help with?

Mycare is a nationwide online platform that lets you search for and contact pre-vetted people looking for work in your community. Services offered by workers registered with Mycare range from companionship to providing hands-on personal care.

Finding support workers through Mycare is not just about having someone that can help with chores. You are in control of choosing someone who is like-minded, and building a meaningful connection with them. In the Nelson area we have

over 150 people registered as workers on Mycare and more signing up all the time. So if you are looking for help we have many ready and willing to help you.

Annette Andrews, who has found work through Mycare in the Nelson area, says “Looking after people is my passion. Being able to provide companionship helps me maintain my independence, as it’s something I can offer wherever I am.”

She has been supporting 67-year-old John*, a retired businessman who lives rurally with his wife and extended family. John has been in remission from a brain tumour for more than two years, but his illness has seen his abilities affected, including his speech. Three times a week, for three to four hours at a time, Annette heads out to the farm to keep John company. “Caring for John is full-on for his wife and daughter,

so I’ve become his companion to help give them a break,” she explains. “And that’s essentially all I do. I occasionally hang out the washing and make his lunch, but they say if you don’t move it, you lose it, so because John’s family want him to keep his independence, he does most of those things for himself.”

The unexpected surprise for Annette is that it’s not only John who’s reaping the rewards of her companionship. “I was struggling when I first moved to Nelson,” she admits, “but since meeting John, there’s a spring in my step. He and his family already treat me like I’m part of theirs.

“There’s such a need for com-

panionship in the community. As a worker, it changes your whole outlook on how your presence can affect someone and put a smile on their face – just having someone other than their family to talk to. I’ll look at taking on other clients if the opportunity comes up. I love working for myself, the routine, and doing what’s asked to the best of my ability – it motivates me and makes me more self-aware,” says Annette.

If you or a loved one would benefit from having some extra support, visit www.mycare.co.nz or give us a call on 0800 677 700 or email hello@mycare.co.nz

* Name has been changed



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www.getreadyroasted.co.nz - email: admin@getreadyroasted.co.nz

Anzac Biscuits

Ingredients

- 100gms butter
- 2 Tbsp Chelsea Golden Syrup
- Half cup raw sugar
- Half tsp Baking Soda
- 2 Tbsp Boiling Water
- Half cup plain flour
- Half cup coconut
- 3 quarters cup rolled oats
- Half cup mixed seeds (Sunflower & Pumpkin seeds)

Method

Preheat Oven to 180C. Grease or line baking trays. In a large saucepan melt butter with golden syrup and raw sugar over a low heat.

Remove and set aside. Dissolve Baking Soda in water and add to saucepan with the remaining ingredients.

Stir until thoroughly mixed. Put tablespoons of mixture on to the baking tray allowing enough room for them to spread. Flatten with a fork. Bake for approximately 12 minutes or until golden.

Kindly supplied by Doug Sigglekow - "Best Anzac biscuits I have ever tasted made by my late Grandmother and Mother."



Easter Tea-Ring

Dough

- 2 cups flour
- ½ tsp salt
- 4 tsp Baking Powder
- 3 Tbsp butter
- 2/3 cup milk

Filling

- 1 Tbsp butter
- ¼ cup brown sugar
- 1 ½ tsp cinnamon
- ¼ cup sultanas

Method

- Sift dry ingredients
- Add milk gradually mix a dough
- Roll out into a rectangle
- Melt butter & spread over dough
- Sprinkle over brown sugar & cinnamon
- Add fruit
- Roll up
- Shape into a ring on oven tray
- Cut
- Bake at 450F or 230C for 15-20 minutes
- Glaze with thin icing



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WE ARE UNDER ATTACK!

Have you noticed that stairs are getting steeper?

Groceries are heavier, and everything is farther away. Yesterday I walked to the corner and I was dumbfounded to discover how long our street had become! Did you know people are less considerate now? Especially the young ones. They speak in whispers all the time! If you ask them to speak up they just keep repeating themselves, endlessly mouthing the same silent message until they're red in the face! What do they think I am, a lip read-

er?

I also think they are much younger than I was at the same age. On the other hand, people my own age are so much older than I am. I ran into an old friend the other day and she has aged so much that she didn't even recognise me.

I got to thinking about the poor dear while I was combing my hair this morning, and in doing so, I glanced at my own reflection. Now even mirrors are not made the way they used to be!

Everyone drives so fast

these days! You're risking life and limb if you happen to pull up in front of them. All I can say is, their brakes must wear out awfully fast, the way I see them screech and swerve in my rear-view mirror.

Clothing manufacturers are less civilised these days. Why else would they suddenly start labelling a size 10 or 12 dress as 18 or 20? Do they think no one notices? The people who make bathroom scales are pulling the same prank. Do they think I actually 'believe' the number I see on that dial?

HA! I would never let myself weigh that much!

Just who do these people think they're fooling?

I'd like to call up someone in authority to report what's going on -- but the telephone company is in on the conspiracy too: they've printed the phone books in such small type that no one could ever find a number in there!

All I can do is pass along this warning:

Unless something drastic happens pretty soon, everyone will have to suffer these awful indignities!

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LEISURE TRAVEL TOURS

Day Trips and Tour info

Wed 10 Apr – Anakiwa - \$55

Back by popular demand, today we take a cruise with Beachcomber Cruises from Anakiwa around to Picton. Beachcomber Cruises is a family owned and operated business, with a number of vessels operating throughout the Queen Charlotte Sounds. The staff are friendly and knowledgeable sharing an informative commentary and the scenery you will see is beautiful. In Picton we will have lunch before returning by boat while again enjoying the scenery back to Anakiwa and then onto Nelson.

Wed 8 May – Motueka - \$30 (Movie Ticket Included)

As the cooler months are setting in we take a trip over to Motueka today to visit the State Cinema. We will choose a movie suitable for all, where you can take a seat, sit back, relax and be entertained. It will be a nice day out and a little different to the ordinary. Lunch will be in Motueka town, before or after the movie depending on the time of the screening.



Wed 12 Jun – Tapawera - \$4 (Lunch Included)

Tapawera, situated in the beautiful Motueka Valley, a small country town with a friendly community and home to good food. This year we will head back to Tapawera which is always a favourite place to visit for our mid-winter lunch. A scenic drive, with views of snowcapped mountains, followed by a delicious hot lunch, what's a better way to spend a winter's day.

**For bookings or more information please
call Christine or Clara – 548 3290**

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**Contact Christine on 548 3290
or christine@nelsoncoachlines.co.nz**

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