



Grey Power Hamilton Newsletter No 2 - August 2024

Advocacy group promoting the welfare and well-being for those citizens in the 50+ age group.

Hamilton Grey Power Mid -winter Lunch

The lunch was held on Tuesday 6th August at Matte Black Café, St Andrews Golf Course, Hamilton.

With Brigitte (our event co-ordinator) welcoming everyone as we arrived, and just keeping tabs on meals coming out etc, the event went very smoothly and was thoroughly enjoyed by all. The day was well supported with about 26 people in attendance.

Thank you, Brigitte for looking after us and job well done.

We look forward to the future events that you plan for us.



You're too young to need a walking stick.

This remark was made to me many years ago; a casual, throw-away comment from an individual and I didn't appreciate it. I saw his opinion as judgemental of my mobility issue.

Why? Because I was only around 40 years of age at the time.

Back in the early 1990s, I had a very nasty injury to my knee and back as a result of a fall at my work place. However, it wasn't just the injuries that I had to deal with, but the impact on my life that came as a result of it. Not just the impact it had on me, but my family also.

All the activities that filled my life; no more social dancing, no tramping, not even walking my dog. Things that I did as a couple and as a family. Activities snatched away from me the moment that I stepped onto a rubber-backed mat that was damp underneath when the cleaner had laid it back down on a polished floor. It happened quickly and unexpectedly.

New Zealand health statistics show that a major cause of death for the elderly population, is complications as a result of having a fall and the majority of these falls occur in their homes.

The cause of falls can be due to many numbers of medical reasons. Sight related disorders, muscle problems in lower legs, neuropathy plus many other reasons the list goes on.

Falls threaten the independence of older adults and cause a cascade of individual and socioeconomic problems. Many older adults are reluctant to report a fall because they attribute falling to the aging process or because they fear being subsequently restricted in their activities or institutionalized.

When falls are not reported and preventive measures are not instituted, patients are at risk of falling again. We can therefore expect that there could be a substantial increase in the number of falls in the older age group given the projected growth of the aging population.

Thankfully we have resources available that can help us identify these dangers in and around our homes. Engaging the services of someone such as an occupational therapist to help identify areas of concern, may be worth considering.

There are specialist stores in Hamilton who cater for assisted living with equipment designed to aid us in going about our everyday lives. They offer a huge range of items including, but not limited to, showering aides, electric chair lifters, walkers, mobility scooter etc and they offer experienced advice on how to get the best product for you needs.

- Robyn Bryant

Changes To Entry Into The Themed Gardens at Hamilton Gardens.

Hamilton Gardens will introduce paid entry to its Enclosed Gardens on 18 September 2024.



The Enclosed Gardens are 18 award-winning themed gardens. Visitor-favourites include the Indian Charbagh Garden, Surrealist Garden, Ancient Egyptian Garden, Chinese Scholars' Garden, and the Italian Renaissance Garden.

Entry into the garden will remain free for those that qualify, but you will need a "MyGardens" Pass. To qualify you will need to prove that you live in Hamilton or are a ratepayer to obtain one.

How to get a "MyGardens" Pass (from 18 September):

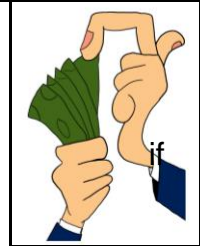
1. Turn up to the new Visitor Centre with your Hamilton proof of address and photo ID.
2. Sign up and receive a MyGardens Pass. This can be saved in a smartphone. Physical passes will be available on request.
3. Use your MyGardens Pass to come back and visit the gardens again and again.

Visitors under 16 years old can be loaded onto your adult pass or get a free ticket on the day.

NEW HAMILTON CITY COUNCIL RATES INCREASES

COULD WE BE RATED OUT OF OUR HOMES?

The latest rates invoices have been sent out by the Hamilton City Council and if you were like me when your envelope arrived, I was quite pleased to be sitting down at the time I opened my husband and my new rates notice.



Ratepayers had been warned of the hike in their rates, but until your eyes are confronted with the actual amount on the account, its only then that the reality of the increase begins to sink in. My rates account at May 2024 was \$656.55, but those due on 5th September 2024 are an 'eye-watering' \$764.84.

So, was this little pamphlet 2024-34 long-term plan (*shown below*) included with my rates notice supposed to make me feel better? The answer was NO. In the past ratepayer's money has been squandered on pet projects, so can we expect more of the same?

Those who do not qualify for rates relief now find their spending power reduced yet further.

The Council claims to:

- Focus on looking after what we've got
- Delivering the essentials
- Balancing the books.

One has to ask, why weren't progressive councils already doing this?

Seniors should be able to enjoy an occasional coffee out or a meal out with friends. I would not like to see penny-pinching the new normal, but the reality is with rising costs, many of us may have to re-think the cost to eat out. The increase in my rates will have an impact, but we will manage, although



Monday Morning Coffee Group Meetings.



Venue: South Baptist Church at 10am for coffee, 10.15 for speaker.

Held on the last Monday of the month or Tuesday in the event that Monday is a statutory holiday.

Our event organiser Brigitte has been extremely busy and advised the committee that she has some great speakers lined up for the upcoming months for our coffee mornings.

1. Our speaker for August, a Patient Rights Advocate, who will introduce our members on the understanding of our rights and responsibilities in healthcare. We are sure this will be of great interest so we urge you to attend.

Other speakers we can look forward to are from:

Age Concern - Moving into a retirement village (Tips and Traps when considering) - Reverse mortgages (are they too good to be true? What you should be aware of.)

Brigitte also has someone who is offered to run movement classes for seniors. The date for this is going to be on a Wednesday and this will be advertised on our web-site.

Are We Aware of What We Are Paying

As seniors, there are so many areas that we need to be alert to so as not to be exploited. Today I want to highlight supermarket pricing and the importance of knowing you have not been overcharged. So, let's start with the items that are advertised as being on special.

In the very fine print of the advertisement may be conditions of the special, the date of the promotion and so it is important to make sure you are looking at a current promotion and that you indeed get the advertised price.

Next. Make sure that the price ticket on the shelf is actually for the product you are buying, that it is the same size, the same flavour and the same brand.

Taking a calculator with you and do your own tally may also be another useful way of checking, but this could be difficult because the calculator can become a nuisance.

Watch as items are scanned on the checkout screen to make sure you are getting the special price and watch for multiple packs which may need to be purchased, to qualify for the special price.

Shopping in a store that offers a senior discount; it pays to ask to make sure you receive this and loyalty cards or Gold Card discounts. Senior discounts may be available, but not offered automatically. Speak out - ask "do you offer gold card or grey power discount?"

Finally review your receipt carefully and if you spot discrepancies, immediately make it known to the Customer Services counter. Happy shopping

– Article by Rudi du Plooy – President Hamilton Grey Power

Announcement of new office premise for Hamilton Grey Power

Hamilton Grey Power is delighted to advise that we have secured the use of a room on Mondays, **10am to 2pm**, at the Mobility Centre, Palmerston Street, Hamilton. We hope that this drop-in office will fill a short-fall in the current services that we offer.

Members will be able to meet and discuss matters and make cash payments for subscriptions for those not having access to on-line banking.

We will be on a two-month trial as of Monday 2nd September 2024, with the hope