



# Grey Power Hamilton

## Newsletter No 3 - September 2024

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

From The Editor

I trust that you have been enjoying our Grey Power Hamilton newsletters. Feedback is welcome on any of the articles that appear in the newsletters so if you wish to comment on a particular subject, I would look forward to hearing from you.

Should you wish your comments to be included in the next issue I am happy to publish these.

It will be my aim to find interesting topics to include in the newsletter, plus reviews on any speakers we have at our monthly coffee morning which are held on the last Monday of the month.

Sometimes our coffee morning falls on a public holiday, should this occur, the event will be held on the following day – Tuesday as will be the case in October when Monday 28<sup>th</sup> October 2024 will be Labour Day.

Our new office premises are now up and running and I have had some feedback from a member who came to the Main Reception at the Mobility Centre in Palmerston Street Hamilton, only to be told by the receptionist that she did not know anything about our organisation being on site.

We can only apologise for this, so if you would like to meet with us in person at our Monday morning office (hours 10am – 2pm) please enter the building by the door into the shop for the Mobility Centre. This is located at the far end of the building on the right-hand side when facing the building from the road.

The room we have been allocated is located on the left-hand side at the rear of the shop and is the first room on right. However, the staff at the centre are very willing to direct you to us.

Currently Anne Sandel and myself have been manning the office but would very much like to have volunteers to assist us. With enough interest we see a roster system being created whereby you would not be required to be there every week. If interested please phone 021 173 2672.

**NO OFFICE ON MONDAY 23<sup>RD</sup> SEPTEMBER. Room not available.**

## HAMILTON GREY POWER

### MONTHLY MORNING COFFEE MEETINGS

Last Monday of the month - South Baptist Church Hall, 131 Ohaupo Rd, Melville Hamilton.

- **Morning tea 10am**
- **Meeting starts at 10.15am.**
- **Welcome by President and any notices.**
- **Guest speaker or the topic of the day.**
- **Meeting closes 11.30am**



- **Hamilton Grey Power SENIORS MOVEMENT CLASS**
  - **LOW IMPACT EXERCISES**
    - **Wednesday 10am –11am**

Where - Waikato Indoor Bowling Hall, Duncan Road, St Andrews, Hamilton.

Entry Fee - Koha for members - \$5.00 for non-members

- **NOTE: no classes during school holidays.**



## PATIENTS RIGHTS ADVOCACY



Our guest speaker at Hamilton Grey Power monthly coffee morning on Monday 26th August 2024, was Erin on the subject of Patients' Rights. Erin spoke on all the issues that many patients can face when they are not aware of their rights when it comes to their health care.

The Patients' Rights Advocacy started in 1988, has ceased operation due to lack of volunteer personnel. Whilst it is no longer operational, the service is still available through an alternative access.

I have given a brief overview from Erin's talk and more information is available via The Health and Disability Commission on the rights of the patient and also human rights. The Bill of Rights states clearly what rights a person has when facing a medical decision and they can also provide an advocate.

When do we need an advocate? An advocate takes the position to speak for another who feels the need for support and advice when facing the medical fraternity. When a family member is to speak for you, it can be advisable that they investigate information online which is recommended reading for medication advice on any drugs you are currently taking. It is important to know what can react and what not. [Drugs.com](https://www.drugs.com) is a simple one to remember as it is the same site the doctors use when checking compatibility of drugs and any side effects that can arise when multiple medications are taken at the same time.

What are patients' rights? Our doctor is our primary health care provider who is first and foremost, responsible for our care, communicating to us any adverse side effects for medication they prescribe and the way some medication can react to certain foods and alcohol. Under the Health Act our doctor is obligated to advise us of any side effects. It is effective communication from your doctor or any medical team to you.

If your doctor doesn't – don't hesitate to ask. This is your health and you should have all the necessary information of what you can expect from medication.

Request a second opinion if you have concerns. Should the doctor try to persuade you it's not necessary, you can insist that this is your right to choose. However for some elderly people they may feel inadequate to take this stance against a medical physician, not wanting to make a fuss or believing the doctor knows best.

Medical misadventure is covered by ACC and should you have a medical injury, ACC tend to be more of an adversary when dealing with claims. Persistence is required if you think you have the right to claim for a medical injury, procedure or as a result of incorrect medication

causing injury.

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### ***Patients' Rights Advocacy cont.***

Having a regular family doctor can be difficult due to the shortage of trained GPs and each time you attend a clinic, you may be seen by a different physician.

Sometimes the 15-minute allotted time for an appointment is insufficient to discuss everything you wish to raise with the doctor. Some clinics limit the patient to discuss one issue per appointment, thereby requiring another appointment to discuss a second issue, even though the two issues may be related.

Sometimes we can also be made to feel that we are just a number in the system and not a patient who needs the doctor's full attention and care.

Tragically there are many stories out there where medical treatments have failed the patient and even resulted in death, stories that Erin shared with us. Sad stories of those whose loved ones died, with family not even given an apology when the reason for the loss of life became apparent, that it was due to a faulty diagnosis or wrong medication.

Sometimes we need a strong voice and say – I'm not satisfied with your diagnosis.

Thank you, Erin, for a very interesting talk which many people found most informative.

Would you like to comment on an experience you have had with a doctor to share with our members. Email: [greypowerhamilton@gmail.com](mailto:greypowerhamilton@gmail.com)



### **WARNING: BEWARE OF FAKE NEWS REGARDING PENSION REFORM.**

Our association has been advised of an on-line scam in circulation. It is an article which first appeared on a supposedly NZ Herald website and written by a supposedly Herald journalist, but is fake and this article is causing great alarm to officials and seniors.

It claims that New Zealand Prime Minister Christopher Luxon has stated pension payments will be cancelled. This is not true, but was designed to alarm readers into clicking on the links included on the site.

**The fake web address being used (<https://nznews-herald.click>)** is not the same as the genuine <https://www.nzherald.co.nz/> email address. However, most internet readers would not be aware of this, as the site has been cleverly created to appear real.

This scam does not have just fake news stories, but also has political endorsements and Financial Markets Authority ([fam.govt.nz](http://fam.govt.nz)). Such is the concern by the Financial Markets Authority they have sent out warnings about the scam.

Those responsible have used fake news stories, spread through multiple websites and advertisements, with the names of investment schemes. Plus, they are frequently changing websites to promote the scam.

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**Beware of Fake News cont.**

Peter Taylor, Director responsible for Scam Prevention and Co-ordination, said the recent digital imposter has very sophisticated content, which makes it very difficult to detect that some of the news stories are FAKE.

They are actually paid advertisements, and these are being used to alarm people to gain attention and click on the link for more information.

Sadly, some of the readers have been scammed with some victims losing relatively small amounts of money, but the real issue is that they have given personal details to scammers. They are now at risk of being contacted again in what are known as recovery scams.

People caught up in the fake investments think they have made money on the online trading platforms but can't get money out without being asked to pay fees and phony "taxes.

These latest scams, pretending to be about NZ Superannuation regime, are scaring people into thinking they may be losing their retirement income,

Peter Taylor, who spoke to a NZ woman who had clicked on the fake news stories and found herself caught in a net of an online investment scam. The using of political leaders faces to boost these claims is a particular worrying development.

Should you see this on-line scam appear on your computer do not click on it but delete it.

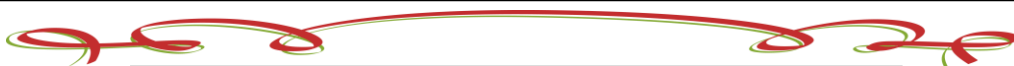
- Robyn Bryant - Source of information: David Marshall, Vice President Grey Power Federation



**NEXT COFFEE MORNING IS MONDAY 30<sup>TH</sup> SEPTEMBER 2024  
AND THE SPEAKER IS FROM 'AGE CONCERN'.**

**COME AND HEAR WHAT THIS ORGANISATION CAN OFFER.**

**10AM AT THE SOUTH BAPTISH CHURCH HALL, OHAUPO ROAD, HAMILTON**



**CHRISTMAS FUNCTION**

**HAMILTON GREY POWER CHRISTMAS LUNCH**

Date has been set for

**Tuesday 26<sup>th</sup> November 2024**

Christmas Theme

Venue Still to be Advised.

Mark your calendar with this date.

