

**MINUTES FROM THE OLDER PERSONS' NETWORK MEETING HELD IN THE COUNCIL CHAMBERS, HOROWHENUA DISTRICT COUNCIL, 126-148 OXFORD STREET, LEVIN, ON 17 MARCH 2016 AT 10:00 AM**

**IN ATTENDANCE**

Mike Coupe	Horowhenua Grey Power
Mary-Jane Pritchard	Volunteer Resource Centre / Te Takere
Lynne McKenzie	Horowhenua Grey Power
Shirley Welch	Yellow Pages
Colin Lawrie	Horowhenua Health Transportation Trust
Neil Walton	Adult Day Centre
Aileen Johnson	Horowhenua Grey Power
Marion Fulljames	St John Medical Alarms
Carroll Cumming	Horowhenua Pink Ladies + Arthritis Support
Dan Geraghty	Age Concern
Maureen Gilbey	60's up
Margaret Williams	Horowhenua Grey Power
Ann Wright	Diabetes NZ Horowhenua
Bob Wright	Diabetes NZ Horowhenua
Daphne Barrett	Horowhenua Breathe Easy
Wally Dyson	Horowhenua Breathe Easy
Peter Dyer	Citizens Advice Bureau
Yvonne Mabey	Arthritis Support
Liz Elliott	Mid Central DHB
Jo Smith	Mid Central DHB
Linda Nicholson	Enliven
Donna Sayer	Muaupoko Tribal Authority
Davina Rawiri	Reevedon & Levin Home for War Veterans
Linda Cliff	MiLife Rosewood Park
Emma Childs	Horowhenua District Council
Mayor Brendon Duffy	Horowhenua District Council

**WELCOME**

Chair Duffy welcomed the network and opened the meeting at 10:02am.

**APOLOGIES**

Bob Phillips	Healthcare NZ
Jude Parke	St John
Garry Good	Horowhenua District Council
Lew Rohloff	GreyPower
Peter Shaughnessy	Levin Interchurch Foodbank
Anne Lowry	Alzheimer's Manawatu
Pamela Gibbs	St John Caring Caller
Neesha Gouldsbury	ACC
Heather Austin	Advocate Manawatu Region
Jan Strode-Penny	60s Up
Connie Upston	60s Up
Lynn Makenzie	Horowhenua Breath Easy
Robynne Merwood	Age Concern Horowhenua
Rose Cotter	Levin Supergrans

Apologies were **NOTED** by Chair Duffy

## PREVIOUS MINUTES – 18 FEBRUARY 2016

Corrections to the minutes:

Aileen Johnson – Grey Power – To be added to the apologies.

Margaret Williams - Grey power – Pg 2 Where it say Horizons are now committed to a shuttle from Levin to Waikanae to allow the older people to take the train to Wellington. It's not just the older people it is for everyone.

Aileen Johnson – Grey Power – Can minutes and attachments be separate documents as when printing there was a lot of wasted paper.

Chair – Noted Aileen will be added to apologies and the word older removed. Also minutes and attachments will be separate documents.

## MATTERS ARISING

There were no matters arising.

## ANNOUNCEMENTS

There were no announcements.

## UPDATE FROM ORGANISATIONS AROUND THE TABLE

Shirley Welch - Yellow Pages Phonebook - Nothing to report, as many of you know my aim is to get the phone book a lot clearer and we are just about banging our heads at the moment and are about to give up. So I have nothing to report. The reason why, is the print in the phone book that we were aiming at is the that the city phone books have say Smith as the surname and then the initials and from then on it doesn't repeat Smith, they just have the initial of the person and so on. So the reason why they wont do it here is that it is to difficult and they only do it in Wellington and Auckland.

Maureen Gilbey - 60s Up - Continuing to have our bus trips and have a great time. If there is anyone that wants to join and are over 60 please do.

Yvonne Mabey - Arthritis Support - We had Todd from Beach FM at our meeting on Monday apparently he went down really well and next month we have Garreth from HDC coming to talk about his trip away.

Carroll Cummings - Pink ladies & Arthritis Support – Pink ladies are going very well and on the 31<sup>st</sup> March they have Chris Walsh who is from Waitarere beach and she is one of the campaigners for the Herceptin drug. She is going to tell the sorry of her 10 year battle with that. So that will be very interesting. Salvation Army 7pm on the 31<sup>st</sup> of March.

Dan Geraghty – Age Concern - I have to apologies again as I don't regularly attend this meeting Robin from our outfit often does. But I just want to emphasise how important this network is and I honestly believe that people underestimate the importance of community networks. I know from other Age Concerns in the Country that other councils don't have these networks and just by knowing people this is the strength for aged people or concerned people elderly people and we are the envy of a lot of other places. I thank this actually shows that there is a real community spirit.

Wally Dyson - Horowhenua Breath Easy - Chair of the Horowhenua Breath Easy group but I will leave it up to Daphne to give you the information. I wouldn't miss this meeting for all the tea in China as it is absolutely wonderful and I get myself in trouble when I stick up for council

sometimes, but I congratulate everybody here and what everybody's achieving it's absolutely great.

Daphne Barrett - Horowhenua Breath Easy - Everything at the moment is running really well but I do like to put out there is if you know anyone with a respiratory condition we want to know who they are. The Asthma foundation have release their first national strategy for all age groups and their respiratory conditions. The respiratory disease is the third most common cause of dead and counts for 1 and 8 of all hospital stays and cost the country over \$5.5 billion every year. So this is why the Asthma foundation has put out and this national strategy and it covers everything, it is really marvellous document to read.

Linda Cliff - MiLife Rosewood Park - I will be attending this meeting but may not be able to give you guys much information. But I would just like to tell you how much I got out of the last meeting. It was fantastic and I have made great contacts with many of you. Have also already has people come and talk to MiLife Rosewood Park to inform our residents of things that I didn't know about. So I am most grateful and this is an awesome group. I will probably sit quietly form here on in but thank you for the opportunity.

Jo Smith - Mid Central DHB – Liz and I are a tag team. For those that don't know I'm more in charge of the legality and compliance providers we contract for. I usually play the bad cop; Liz gets to play the good cop and is involved with all the 'lovely' projects. I have been involved in a lot of meetings lately around research and older people, it has been really fantastic. I briefly touched on last time the piece about affordable ageing care that HDC is involved with and we are looking forward to developing the 5 year vision. Equally there are other pieces of research which I have just recently been involved with Massey University, around tablets and communication into the home. Yesterday we were meeting with the heart study which is the heart and ageing research group from Massey University. They are doing a study on people over the age of 55, every 2 years it's a very interesting piece of work which you can access online. A huge correlation between people that own their own home and having good health and far lower rate of depression when compared with those who are tenants having much poorer health and high rate of depression. Now the worry of that is the home ownership is quiet common in the current older generation but not with the next generation coming through. This is a real worry for health services. We are still very busy with annual planning and looking at how we can balance the books in terms of the wish list of health service's out there.

Linda Nicholson – Enliven Community Support - Activity employing and training staff that wants to with the clients to make and maintain their independence and keep them at home. There are lots of younger people now coming through that really want to participate and are looking at it as a career rather them a job. We have welcomed a new manager to the environment in the last 12 month so hopefully I'll be able to drag her down at some stage and get her perspective on what's happening.

Bob Wright - Diabetes Horowhenua – I have put a brochure on the table and it is called know your risk factors for diabetes so take a copy if any one wants to take that with them also if you need more we can be contacted and we can arrange that for you.

Ann Wright - Diabetes Horowhenua – Recently I have given a talk at MASH for the carers and people in MASH. Together with Green prescriptions we have done talks in Foxton and Horowhenua College in which my husband went along and had them eating out of his hand. Easter Sunday we will be at Foxton Easter Fair at Easton Park with our stand on March the 30<sup>th</sup>. We have Marion as our speaker from ST Johns Alarms.

Davina Rawiri – Reevedon & Levin Home for War Veterans – It's nice to be back I haven't made a couple of meetings and its great to see everyone. We've had some wonderful speakers come out from these sessions here and I am really pleased to say that Age Concern have been coming along to our resident's meeting and are going to be regular visitors We are still very keen to have other speakers that would like to share their services to our audience at a rest home and hospital

level care. Our men's group had a visit here with the Mayor and had a tour of the council buildings and residents were able to wear the chains and be Mayor for a minute, some fantastic ideas about what they would do if they were Mayor. I have been doing a lot of reading lately into dementia friendly communities in the world and while visiting Japan a few years ago and they had a very high level of older people and their aim was to educate all ages to protect and help those with dementia in their community. Also family members and friends that were affected by people with memory loss were better supported by the community. There is an article out about another dementia friendly community being created in London. It would mean that someone could go down to the supermarket and perhaps buy all their groceries and at the cashier could identify their special needs and be able to assist with their special needs. Whether it is they have forgotten their wallet or they have a card that's expired or have a helper to assist them with their shopping lists. The hairdresser and dentist are also trained in dementia care. I would just like to put that forward as something to look forward to as a positive for Levin and the Horowhenua.

Donna Sayer - Muaupoko Tribal Authority – We have recently been absent from this forum for some time but our capabilities have been coming back. This allows us to do the things that are really important and this network is one of them (our Kaumatua and Te Pakeke). I am the Whanau Coordinator so typically would interface regularly with our Kaumatua and Te Pakeke. I am really interested in doing something for this forum in terms of what our whanau services are if someone what's to take note of that and give me a reminder or a date for when that might happen.

Colin Lawrie – Horowhenua Transport Trust – Not much to report. February we transported 900 people to Palmerston for appointments. We have 2 new volunteers in driver training.

Neil Walton – Adult Day Centre – For those that don't know we run a day centre for the elderly of the disadvantaged and we are going very well. This is my first time back this year and is great to see everyone is still here and couple of new faces as well. We have a new volunteer from the resource volunteer centre, which seems to be working quiet well.

Margaret Williams – Grey Power – Our first meeting this year the right honourable guest speaker was Annette King. We are looking forward to tomorrow Ian Nightingale from the health trust is coming to talk to us. Hopefully Winston Peters will be speaking to us fairly soon. Last time he came we had to hire out the Levin Memorial Hall. I understand he has been emailed an invitation and we are awaiting his reply. This was specifically for the vagueness of the future of the Gold Card. Also a reminder to everyone to get their flu vaccine.

Mike Coupe – Grey Power - Very busy with our submission at the moment for the National Policy maker's in Auckland and also Community Housing Review here in the Horowhenua and will have that in by Saturday 5pm.

Marion Fulljames - St John Medical Alarms – Would just like to thank everyone that has asked me to come and talk to their groups. I've spoken to a few already and it has been great I have had really good reception from that. Just letting you know I am still happy to do talks to any community groups. Just a word on fibre, I've been putting in a few wireless alarms and some of them are to do with fibre verses the normal copper. What I'm finding is phone companies are not explaining the difference between fibre and that fact that their phones won't work. Please advise people to talk to their phone companies about their phone lines because they are just not aware. Home ownership – Jo you were talking about home ownership, I have worked in this job for just over 12 years and that is something I see the difference between people that own their own home opposed to those who rent. I think it has a big thing to do with the money and what that does to people with depression. Those who own their own homes are able to use their money wisely and that helps with their general wellbeing.

Mary-Jane Pritchard – Volunteer Resource Centre & Te Takere – We have 31 organisations which are in the Horowhenua and 15 of those are solely in Levin. We have about 143 volunteer at the moment and 55 current roles. During volunteer week we are going to have a volunteer recognition

for anyone in the Horowhenua (you don't have to be apart of the volunteer resource centre). If we have enough recipients we will provide transport to the awards in Palmerston North. At the moment it is just not viable to have our own awards but we hope to have one in the next few years. I have the forms here otherwise head to our website. Nominations close 15 April. From Te Takere: The BNZ art exhibition is going really well we still have creative tours happening with the girls from BNZ come up and do those tours, we have the main curator coming up Easter Saturday so if you want to know more about it or want a really good guided tour call Te Takere or visit the website. At the beginning of April we have the Lego exhibition which we are really excited about. On the 1st of April we have the big tip out to which I have the invitations here let me know if you would like one. There will be competitions and prizes you just have to ring Brenda at the Library for more information or to register a team of four. Or if your organisation would like to have a team building night that involves logo let Brenda know and we can see what we can do.

### SUMMARY – MAYOR BRENDAN DUFFY

Some comments were made, around data and research it is very interesting that this comment has come up as just this week it's the third or fourth time this theme has started to come through. Some of you may be aware we have a thing called the Social Sector Trial (SST). This piece of work is obviously with young people but we are really being challenged to prove our performance, prove what difference we are making and try and show that in a statistical way that's very difficult if the Horowhenua's is measured against Wanganui or Manawatu Region with all the boundary challenges we have got.

Now I bring this up as I want to lay a challenge in front of us: quantifying our performance. We must challenge ourselves and each of our groups to get a sense around the objective whether that is to know how many people are attending a meeting or a given level of service we provide.

What are the measures we consider that give us a sense of our performance and the value? It doesn't matter what it is but I do feel it is a great thing to look at, to justify our existence I suppose to some respect. All of you will have measures but there is a theme coming though and the reason

In the SST we have seen a reduction in reported youth crime in our district of 57%; young people of a given age barrier or age bracket. We think that is fantastic but towns across New Zealand that don't have Trial sites have a reported reduction of 56% so we are only 1% better than the national average! Now we are saying there is something wrong there, so I go back to find the data. In actual fact we believe we were 80% out at the start and we have brought that back to match the national average but we don't have this proof.

Next week right in this very room we have the Electra Business after 5 event. Now all you guys that are running centres are business people as well. It costs \$5 to come, it's sponsored by Electra and next Thursday night we have Shamubeel Eaqub who is an independent financial commentator who is going to be here and he will present the latest statistics on our district. I am lucky enough to have already seen them. This is the sort of thing everyone should be paying attention to; we are really keen for a great attendance we are hoping for 150 people here. Let Emma know if you would like to come along.

Davina you made the comment around your men coming down here. I'm very keen to have people coming down here and showing them the building etc so if you would like to use this opportunity just let me know. Also Davina your comment around friendly dementia communities: I don't want to lose sight of that. I'm really keen to understand with a bit of guidance from you of how we might pick that up and explore what we maybe able to do.

Marion started talking about fibre, I thought that was the type of cereal you had in the morning. Now I don't know anything about this technology, it is just completely beyond me – I don't get it and I'm sure there are hundreds of others out there that don't ether. There must be some work as a community that we might want to consider.

The Regional Growth Strategy going on at the moment not just us as in Horowhenua but the whole of the Horizons region and one of the things in our patch is aged care. Levin is the site to explore and develop this opportunity so these sorts of comments that have been made around fibre and wireless are valuable components of that. We are very keen to build a world class age care facility and it will be build by people like us feeding in our thoughts that know how aged care works. Every day I hear new comments on different things. But we have got the opportunity here and we are talking to different agencies and suppliers to find out what works and pull this altogether and that is on the cards for this year. I just want to summarise by congratulating all of you on all the great work you have done and are doing.

PRESENTATION – JO SMITH & LIZ ELLIOT – ADVANCE CARE PLANNING – ENDURING POWER OF ATTORNEY

Jo Smith and Liz Elliot from Mid Central DHB presented about Advance Care Planning and Enduring Power of Attorney.

*Electronic copy only: Please find Jo and Liz's presentation to the network attached*

GENERAL BUSINESS

*There being no further business, Chair Duffy closed the meeting at 11:38am and invited the group to stay for a cup of tea.*

NEXT MEETING DATE – Thursday 21 April 2016 at 10.00am