



NEWSLETTER - MAY 2015

DATABASE: 5936 WHANAU CARERS

TENA KOUTOU, TALOFA LAVA, KIA ORANA, FAKAALOFA LAHI ATU, MALO E LELEI, BULA VINAKA, TALOHA NI, KAM NA MAURI, GREETINGS TO ALL!

Grandparents Raising Grandchildren Trust NZ Mitre 10 Community of the Year



FROM THE NATIONAL OFFICE

Attention Christchurch GRG's

Help needed! We have had a huge influx of new grandparents and kin members joining from Christchurch so we are looking for a couple of volunteers to form more groups and assist our existing Coordinator Veronica in the huge task of providing support for members at a local level. If you have time and would like to give back to GRG please contact Diana East on email d.east13@yahoo.co.nz



Singing

My 6 year old granddaughter Krista has just written me this song.

L.O.V.E.

I love you and you love me

We are a family

together, forever

L.O.V.E.

New payment rates for NZ Super and Veteran's Pension

From 1 April 2015, the rates of NZ Super and Veteran's Pension will increase. See the new rates on the Seniors website.

You'll notice a difference in your payment on 7 April 2015, which will include a mix of the old and new rates. This payment is made up of seven days at the pre 1 April 2015 rate plus seven days at the new rate. The first full payment at the new rate will be on 21 April 2015.

Go to our Seniors website: www.seniors.msd.govt.nz

She is now 6 and I have had all the children since February 2011, when they were 3 children under 3.
Mary Hart (Nan)



Expect the unexpected.

As most are aware GRG staff and Support group Co's recently attended training in Wellington, unusually the rooms had not only a door into the room but also a door leading out to a little court yard. It was raining on the first day against this court yard door and being a person who loves fresh air I found the room stuffy and awoke very early, it was just breaking dawn, about 6am, so I figured, with a coffee in hand, a sneaky trip out a hall-way door in my PJ's no-one would notice. There was a sign on the door which said this door is locked from 7.30pm until 7am. I tried it and it opened, oh all good I thought. Finishing my coffee I went to open this door and horror of all horrors it was locked!! You can get out but not in! The rain was abating, so I tried every door that lead into the Brentwood corridor's, firmly locked they were, I plaintively looked at Co's, Jenny & Katy's room but no lights were on, I could not wake them.

So no choice, in bare feet and my bright pink PJ's with sheep on them no less, I had to chance my luck at a runner through main lobby.

I snuck a quick look at the front desk and no-one was there and there appeared to be no-one in the lobby, so bravely I did a dash, only to find 15 young men inside the lobby waiting for the shuttle. I am sure I heard myself saying 'I got locked out' as I scuttled through past them, goodness only knows what they thought, probably a mad old lady that had escaped from some half-way house. And guess what I got sent today.....picture!



Morning of day 2 'Hounds of the Baskervilles'.

I was able to open the court yard door, yay no more getting locked out, again an early 6ish wake at dawn, Went to bathroom and upon returning in the dark, I saw its glowing eyes first, In semi darkness and made out the shape of a huge dog in my room, what ! ...A German Shepherd no less. Where did it come from? As I knew no pets were allowed in a hotel, I sort of shooed (terrified) it out and quickly shut the door. It then proceeded to go into another room with its door open. Was I imagining this? Perhaps I had escaped from a half-way house. Recanting my story to the shuttle driver, he laughed and informed me they had a conference down there also for the blind and visually impaired and

it was a guide dog, well I never! Did not know they used Shepherds as guide dogs, learn something new every day. So no, the men in white jackets will not be visiting me, thank goodness. YET. I wish to thank Diana, Kate, Des and Judith and our staff and those Co's who were able to attend the training, must say, one of the best trainings I have attended.

Pay it forward.



It has come to my attention that in many communities throughout NZ one can get heaps of things for free. In our community it is called pay it forward (PIF) yours may have a different name. You respectfully ask for stuff or offer stuff. The person who wants this item requests that they be considered and put in their area. The giver then messages them and arranges a time for pick-up if chosen. Wow this is amazing and I have even seen piano's offered: all manner of stuff. If you have a Community Coordinator or a Community House ask them if there is one operating in your area.

Also search freestuff.co.nz as this covers most of NZ too.

How to Set Healthy Boundaries: 3 Crucial First Steps

By Britt Bolnick

Have you got to a point in your life where you are running on empty, asked yourself where you fit in this picture, are you doing so much for everyone else and sometimes you do not know which way is up anymore? Are you the mouse running round and around that wheel? Perhaps it is time to place some boundaries around yourself. I find for me an answer phone certainly helps as I can monitor what call I want to respond to and also listen and digest a message first, therefore giving consideration to my reply at my time.



“You change for two reasons: Either you learn enough that you want to, or you’ve been hurt enough that you have to.” ~Unknown

I learned about boundary work when I was teaching in the NYC jails with male prisoners.

After driving onto a maximum security island of electric, clanging gates, I encountered metal detectors, hallways filled with yelling, chaotic inmates, and tension and anxiety in the air that was almost tangible.

I started my work day tensed up and ended it drained, exhausted, and overwhelmed.

In other areas of my life, the same thing was happening. In my personal relationships, I couldn’t find the edges where I ended and others began. I sometimes felt powerless, unsure of who I was in relationships, and unheard. I wasn’t sure how to change my life, but I knew that I had to.

Because I didn’t set healthy personal boundaries, I was exhausted, I couldn’t focus, and I felt consumed by drama around me, in both my personal and professional lives. As I result, I dealt with a lot of conflict, failed to take care of myself, and generally disliked my work.

Since I knew I loved my work, I took some time to reflect on why my job wasn’t working for me. I then decided to try some experimenting.

I started doing a little boundary and grounding work each morning before I even entered each facility. At the end of each day, before I went home to my baby, I did a short releasing meditation in my car. It worked so well that I began to notice a marked difference in the flow of the classes I taught, my relationships with my students, and my overall enjoyment of the day. I left energized and excited by my work, as opposed to drained and burnt out.

I was able to go home and be completely present with my daughter, instead of taking my day with me and letting it creep into our evening.

My boundary work has been crucial in my personal relationships, as well. As I started doing this work to protect myself and centred myself in the jails, I realized that I could do it with the people in my personal life, too.

I began to see immediate effects in my relationships, as well as in the quality of my everyday life.

Even though I no longer work in prisons and jails, I still do this work just about every morning. When I let it slip, when I don't take time to ground myself and honour my boundaries, I can feel a big difference.

Nowhere has this work impacted my life more than in my personal relationships. I used to feel like every person who I spent a lot of time with blew me around as I got caught

up in their life. I noticed myself taking on aspects of their personalities and lifestyle and losing myself.

After doing this work, I now surround myself with people who are really attracted to me because of who I am. How I show up in the world: by my strength, my motivation, my passion—how absolutely me I am.

And I stay me. It's not even a struggle. I am centered in who I am and what I love and I have my boundaries in place, so the people and circumstances around me can't shake that.

If you'd also like to maintain healthy boundaries to feel more centered, these three steps will be a good start:

1. Check your personal engine light.

Think about how you feel when you're around someone who drains you and upsets you, someone with whom you feel you lose yourself. How does this feel in your body? How does it feel in your mind? How does the presence of this person affect you?

Now look at this list of feelings and sensations you've made, and imagine that your body is like a car, with a dashboard full of warning lights.

You've just identified what I like to call the "check engine light" for your personal boundary system. It's a security system warning that your personal energy field has been breached, and you're letting in stuff that isn't yours.

This is really important. When our boundaries are weak, unguarded, or unclear, we let in all sorts of stuff that isn't actually our stuff, and we give away our own personal energy unconsciously.

That means you're dealing with a breach of your energetic security system and a leak of your own personal energy. You're looking at warning signs indicating that some work needs to be done, some boundaries need to be shored up, and you need to return to center.



2. Ground yourself as preparation for maintaining boundaries.

Grounding is akin to the way a tree sinks her roots to stay secure in a storm. It's the first tool in creating healthy boundaries—nurturing a connection with ourselves, our center.

Our root system is both our anchor and our boundary system. It keeps us from being blown about in other people's winds. It gives us a way to focus and still ourselves to connect with our heart and our intuition. That's what keeps us steady and connected and focused.

There are as many ways to ground as there are people. I like to take five minutes to actually imagine my root system connecting me into the earth, like a giant oak tree. Here are some other ideas:

- Meditating
- Saying a prayer, affirmation, or mantra in the shower in the morning
- Offering a blessing over your morning meal or beverage
- Chanting or repeating affirmations in your head as you walk to work or school

Try different ways—you'll find the one that works for you!

3. Notice the people and places that tend to drain you.

Before entering those places or exposing yourself to those people, take a few minutes to imagine breathing a bubble of protective energy around you. Think of it as a space that will only allow love and positivity inside it, deflecting anything else. Really see it and really feel the force of it around you. Then recognize what you need to do to maintain that space.

tain that space.

These three steps will help you create and maintain healthy boundaries. Building boundaries is like any muscle or practice—the more you work with it, the better it serves you!



ACC Weekly Compensation.

If any Grandparents/kin carers that receive ACC Weekly Compensation for a child or children they care for, that has lost a parent through death: I would love to hear from you. The parent would have to be working prior to their death and this would entitle their child to Compensation.

If you can email Tricia Corin our National GRG Advocate on tricia.corin@gmail.com



Te Kaporeihana Āwhina Hunga Whara

Yep right.

Light bulb clicked on in grandson's head this morning as he struggled to make his bed in a hurry, so he could take off for school with his mates. He figured that when I do the linen change he doesn't have to make his bed on those mornings. "Grandma," he said, "Could you put fresh linen on my bed every morning? I hate sleeping in 'used' sheets". Mmmm, Well, God does love a trier...Sorry kid, I do the linen change once a week so for 6 whole days you will just have to sleep on those dirty old used sheets, okay. And make your own bed. Boys, don't you just love them.



Pauline Sloan

Extra Ordinary Care Fund.

I am a Kin Carer of 15 year old twins Jayden and Kyle. Last year I applied for and received 2000 dollars in the extra ordinary care fund to send Jayden to Dunedin for Division 2 Swimming Championships. We live in Te Awamutu. Jayden qualified for 400 Free, 200 Medley 200 Free, 100 Free, 400 Medley and 100 Fly. He improved on all of his times bar 100 Fly.

Mixed relay's was where Jayden shone and his time of 58 seconds for 100 Freestyle was an excellent improvement. The team gained second place earning them a silver medal. All of the Te Awamutu Swimmers came home with medals. 5 boys and 2 girls went along with 2 female Team Leaders and the Coach.

Jayden's carer applied under the 'Showing Promise' category, congratulations Jayden, very well done.

Jayden and his coach!



And another success

I just wanted to share with you that we have been granted the Extraordinary care fund for grand-daughters music fees for school and private lessons, two school choirs, orchestra, singing, piano, kapahaka, and her church band. She also busks singing and playing guitar to help pay for it all.

I am so grateful as just this week she came home so excited about a trip planned to attend and compete in a school choir festival in Rotorua in June which will cost another \$500.00.!

It means this added cost won't be such a worry, what a relief ! She has declared she will be busking again soon!

Thank you Di for all that you do for us all, it is so gratifying to be able to help her develop her natural abilities.

Nanny J

Get your free flu vaccination now

If you're 65 or over you can get FREE immunisation to protect yourself from the influenza virus this winter. By being immunised you may also avoid spreading this disease to others in your family.

Influenza is not just a 'bad cold'. It's a serious disease that can kill and may lead to serious complications and hospitalisation, particularly if you have an existing medical condition like heart or lung disease or diabetes.

Call your doctor or nurse today to
The influenza vaccine is a prescrip-
possible risks.

Check out www.fightflu.co.nz for
IMMUNE 0800 466 863.



make an appointment.
tion medicine with benefits and
more information or call **0800**

Member Support Manager: Di & team (as a caregiver you are part of our team)

heoi ano, na. *E te Atua, aroha mai.... O God shower us with love. Ka kite*

Ka Whangaia ka tupu, ka puawai That which is nurtured, blossoms and grows

Can we help you? Members ONLY Services Nationwide

Toll free line 0800 472 637 (Caregivers only please)

Members Support Manager: Di Vivian New members and general information **ext. 1**

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We are respectful, we listen, we learn

He rōpū manaaki, he rōpū whakarongo, he rōpū ako mātou

Please pass this on to other grandparents/kin carers you know of.

GRG Trust Head Office hours are 9am – 2pm daily.
(We raise grandchildren too)

Disclaimer: Any article, services offered or views may not have an endorsement from Grandparents Raising Grandchildren Trust NZ, discretion is advised. This newsletter is also has copyright

If you no longer wish to receive this newsletter or update your details please contact Kelly at the Trust Office on 09 418 3753 or email kelly@grg.org.nz as this is where the total mail out membership is kept. Moved home or planning to? Be sure to let us know.

We are a Charitable Trust



Anti-bullying



0800 456 450



Give a Little for GRG
<http://www.givealittle.co.nz/org/grg>



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