

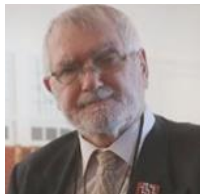


NP Positive Ageing, **APRIL 2023** Newsletter: *Taupaenui*, Issue: 99

Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Talohani, Bula vinaka , Ni Hao, Namaste, Greetings...

Editorial: 'Action in climate change needed...now...'

Chair's message...
Lance Girling-Butcher



As the last showers of the worst summer in living memory herald the first rain of winter, it is difficult to find much that is cheerful to write about. Each new day seems to involve another morbid list of disasters, wars and uncertainty. A bright light in all of this is the fortitude, bravery and courage with which people are dealing with these uncertainties and calamities.

The most depressing aspect about all this is that it has been fully anticipated. There have been so many long-distance warnings that all of this was going to happen, and yet we remain unprepared and lacking in any real desire to heed the warnings.

Prime drivers for this lack of real action on climate control are selfish greed and a lack of incentive to put aside a slothful wallowing in their own comfort. Finding the right people to lead us into a more constructive lifestyle is proving a real challenge.

We need to find the leaders prepared to make the hard decisions, initiate better policies and systems to resolve the issues and face down those people who are putting personal gain ahead of a brighter future.

As long as we go on electing, mad men, like Donald Trump and

Vladimir Putin, we are never going to sort out anything worthwhile. We have the right institutions like the United Nations for resolving international divisions and we have the policies and solutions already sorted, but we just don't seem to want to listen to common sense.

October of this year provides New Zealanders the next real opportunity to change all of this. We have the chance to find people with the will and ability to make change stick and override the stupid and dangerous lassitude of previous administrations.

Polling figures from previous national and local elections are appalling. Who of you who do not vote are a disgrace and deserve all the misfortune we are now experiencing.

The problem is known, and well documented. It's just that everybody's leaving it to everybody else to make the minimal effort that is

better required to find and vote for those with the skills to save us.

Most of the uncertainty we feel today is because existing administrations have declared what is wrong, say they're going to change it, but so far have failed to indicate how they intend to do this.

Democracy is a great way for giving everyone, the right to find solutions, but it will not work if those with these rights fail to implement them. We have to find the right candidates for October, for those of the most constructive ideas and support them to the hilt. An overpopulated, under regulated, planet cannot go on raping its natural resources, destroying its atmosphere, and blindly, trying to ride roughshod over the heads of the poor, so the rich go on getting richer, and the poor get poorer.

Please do what you can to help with personal contributions to problem-solving, and supporting those with the power to make even more dramatic change for the best.

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A Newsletter for those interested in improving the quality of life for all persons in Taranaki

Please note: The views/opinions expressed in this newsletter may not necessarily reflect those of Positive Ageing



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Continued from Page 1:

At least turn out and vote in October this year

Together, we can, and do, make a difference.

Lance Girling-Butcher, Chair
027 273 8066.

Access Radio... supporting Positive Ageing with a regular new fortnightly programme...



‘Positively Ageing’ is an initiative between long-standing community based entities - Access Radio, Positive Ageing NP and Driving Miss Daisy.

Each fortnight, on Monday mornings from 10 - 10.30am, Positive Ageing will have a 30min time slot on Access Radio Taranaki to promote aspects of ‘positively ageing’.

Monday March 6 and 13:

Lance interviews **Virginia Winder**, a woman who has contributed so much to the Taranaki community as a sportswoman, writer, photographer and her involvement in numerous social service organisations.

Monday March 20 and 27: Lance interviews former Councillor **Colin Johnson**, who has provided so much leadership and support for North Taranaki in particular.

Sponsored by: Driving Miss Daisy, Taranaki Phone: 027 773 3286.



WORK and INCOME Changes to NZ Super payments as from 1st APRIL 2023...

Pension type	Net weekly rate (after tax at 'M')	Net weekly rate (after tax at 'S')	Gross weekly rate
NZ Super or Veteran's Pension – standard rates			
Single			
Single, living alone	\$496.37	\$477.52	\$578.67
Single, sharing	\$458.18	\$439.33	\$532.43
Couples			
Only one of you qualifies	\$381.82	\$362.97	\$439.79
Both you and your partner qualify (combined)	\$763.64	\$725.94	\$879.58
Both you and your partner qualify (each)	\$381.82	\$362.97	\$439.79
Only one of you qualifies and you include your partner in your payments (combined) – grand-parented since November 2020	\$725.84	\$688.14	\$834.08
Only one of you qualifies and you include your partner in your payments (each) – grand-parented since November 2020	\$362.92	\$344.07	\$417.04
NZ Super or Veteran's Pension – non-standard rates			
Couple, with non-qualified spouse included before 1 October 1991 (total)	\$763.64	\$725.94	\$879.58
Couple, with non-qualified spouse included before 1 October 1991 (each)	\$381.82	\$362.97	\$439.79
Hospital rate	\$52.89	Note 1	\$59.09

So the AA is planning to discontinue producing road maps.

I guess that a lot of the people that currently use the traditional road maps produced by the AA are older adults, probably people without GPS type devices. So I guess it doesn't matter much if we forget about them.

The logo for the Automobile Association (AA) of New Zealand, consisting of the letters 'AA' in a bold, black, sans-serif font on a yellow background.

But who would have thought? Such a respected, indeed, for many, loved institution such as the AA could be so profit driven that it can ignore the needs of many older adults and others without the type of technology that is supposed to replace these maps.

Sue it will take some time to phase the maps out and sure these maps can be difficult to keep up to date but still—they served the needs of a lot of people who relied on them.

No AA... I for one am extremely disappointed that you should take this action—because it seems to me that you couldn't care less about a those needing them.

Opinion: Gordon Hudson.

QUOTE OF THE YEAR:

When you are dead, you do not know that you are dead. All of the pain is felt by others. The same thing happens when you are stupid.



Going down the network of rabbit holes that have, like rabbits, increased rapidly in recent times, must be an amazing experience where so many other bunnies are there to share your unique insights.

Every weird idea is possible. The global pandemic was nothing more than a global “plandemic” planned to facilitate a new world order. And the majority can't see that!

All those world leaders, all those international and national scientists, medical professionals, local and national politicians, the mainstream media, even the police—all coordinated to create global anarchy.

As Marinus La Rooij wrote in the NZ Listener (March 18-24, 2023, ***“Importantly, in times of crisis, the allure of blaming “them” is powerful—especially when events stir deeply held prejudices and fears. Given enough oxygen, this can jump between mainstream and extreme.”***

The new age rabbit holers hook up with each other to become new age freedom fighters, battling the perceived conspiracies of mainstream society. Fortunately, like individuals such as Bishop Tamaki, their numbers and followers are few and more than a little gullible.

I guess it provides a ‘comfort blanket’ to hold on to when mainstream citizenry decry or ignore their efforts to believe and spread the sure knowledge that we are the gullible idiots that have faith in the status quo of truth as it is interpreted by mainstream media.

Still, as La Rooij reminds us in his article... ***“Our diversity enriches us. We treasure our individual freedom to be ourselves but also recognize our collective responsibility to respect and care for others as we live together in this small and vulnerable nation.”***

Opinion: Gordon Hudson.

Countdown to the 2023 Census—when we take the pulse of the nation...

It is not too late!!!!

If you have not filled in your Census forms, or have mislaid them, you can still complete them on line and be counted.

It is all about being counted so that the ‘Government of the Day’ councils, Iwi, community groups and businesses have accurate information about where people are and what services and infrastructure they need.

You can complete the Census 2023 on line if you want to - just go to www.census.govt.nz and select “Start your Census” or—if you prefer paper forms, call 0800 236 787 and they will post the papers to you.

If you have any difficulty understanding and/or completing the census form—give our local CAB a call—06 758 9542. They can assist you. Email:

newplymouth@cab.org.nz

A census form needs to be completed by every person in NZ, including children.



**Community House
32 Leach St (next to YMCA)
New Plymouth**

**06 758 9542
0800 FOR CAB (0800 367 222)**

newplymouth@cab.org.nz
www.cab.org.nz

I'd take more trips down memory lane, but I can't remember WHERE TO TURN.



Business as usual for GP care at Waitara based rest homes...

A solution to what Positive Ageing NP described as 'appalling' was brokered between the rest homes affected, Te Whatu Ora Taranaki, Pinnacle Health and local MP Glen Bennett.

When a GP practice decided to deregister patient care to both the Norfolk Lodge and Kohatu rest homes, patients and their family/whanau, along with Positive Ageing NP were shocked that such a situation could be allowed to occur. But occur it did.

This situation is not unique to Taranaki. Already, there have been at least four other times when GP practices had moved to de-register patients. Pinnacle Midlands Health Network Chief Executive Justin Butcher is keen to explain that chronic workforce shortages in the workforce are causing significant issues across the health system and primary care is not exempt from this.

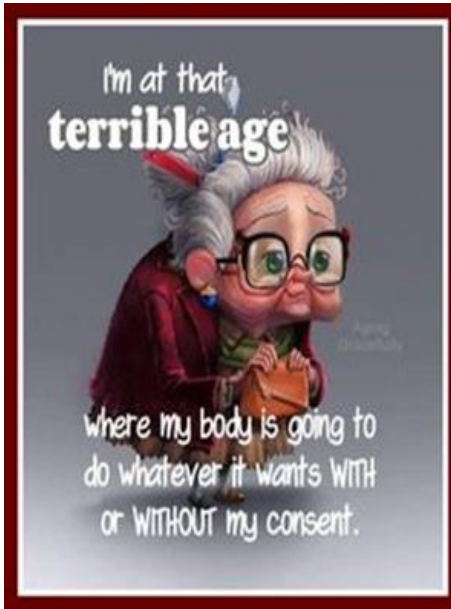
Surely this does not mean that Pinnacle is prepared to sanction the apparent breach of GP practice's contracted agreements to not deregister care to patients.

The fact that Te Whatu Ora Taranaki and Pinnacle Health have managed to work with other GP practices, on so many occasions, seems like dicey crisis management practice to me. It is a good thing that they have succeeded in the past, but it must get harder to do so.

We simply cannot allow vulnerable older adults to be left out in the cold for much needed medical monitoring, assessment and treatment.

That this dreadful situation can happen so frequently in Taranaki, and all under the media or public radar is indicative that there is no body associated with our hospital that has a responsibility to ensure that organisations such as Positive Ageing NP, Grey Power or Age Concern are made aware of such a dire situation.

Opinion: Gordon Hudson.



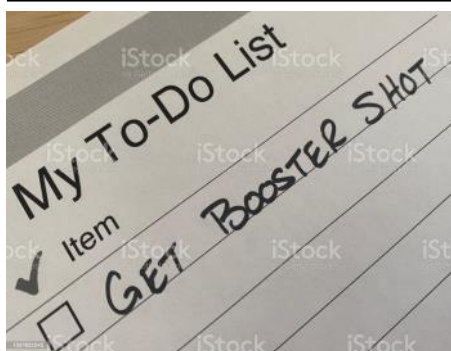
The Need to keep vigilant...

Sad to say, but Covid is not going anywhere fast. It is here to stay.

We have, as a country, been through so much to protect ourselves and our country. Too much to jeopardise it all by not being prepared to maintain some 'commonsense' safety. This is particularly true for older adults, for it is our generations that have borne the brunt of Covid-19.

What we can look forward to though is the discovery of newer, more effective methods of control, methods that are less intrusive, more readily available and more cost effective.

In the interim, we can all do our bit by taking every reasonable precaution. Opinion: Gordon Hudson.



Getting boosted is the best way you can support your own health, that of your family/whanau, other friends & your wider community.

0800 237 829

Taranaki Media Archive

The Taranaki Media Archive is a charitable trust formed with the sole aim of preserving the history of our region. It started life as the Audio History Trust back in 2008, at that stage it was all about sound - gathering the stories through interviews with a wide variety of Taranaki people.

The interviews were professionally produced and turned into Audio Documentaries on CD, which were available to be loaned from our libraries - mainly in the southern part of our province. Well over 40 were made, they proved to be very popular and were borrowed regularly.

CD players were in most homes in 2008, but now in 2023 many people may have difficulty finding one, especially one that still works. So how could we bring all these recordings back to life and make them accessible for everyone to enjoy once more?

The answer that the Trust came up with was to build a website that everyone could freely access so that the recordings could be played once more - but if you are going to build a website why limit it to just sound? Why not open the parameters to include Film and Video as well!

So that's what happened - the Audio History Trust reformed itself and became the Taranaki Media Archive encompassing Sound and Film and preserving the memories of yesterday and today for future generations. The TOI Foundation helped fund the website, Filament Design designed and built the site and now it is up and running for everyone to freely access.

But this is not just a collection of old scratchy movies from the past - sure some are a bit like that - however we are also gathering everything that we can from the PRESENT so that today's memories will be there for future generations.

They curate and present Taranaki stories that will be free to the public, be a valuable resource for local research, often be not accessible elsewhere and will be an ever-growing local resource.

TARANAKIMEDIAARCHIVE.CO.NZ



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Tips for Coping with 'Sundowning'.... for people with Alzheimers...

Late afternoon and early evening can be difficult for some people with Alzheimers disease. They may experience what is referred to as "Sundowning" - restlessness, agitation, irritability or confusion that can begin or worsen as daylight begins to fade—often when tired caregivers need a break.

Sundowning can continue into the night, making it hard for people with Alzheimers to fall asleep and stay in bed. As a result, they and their caregivers may have trouble getting enough sleep and functioning well during the day.

The causes of sundowning are not well understood. One possibility is that Alzheimers related brain changes can affect a person's "biological clock," leading to confused sleep-wake cycles. This may result in agitation and other sundowning behaviours.

Coping with Sundowners...

Look for signs of sundowning in the late afternoon and early evening. These signs may include increased confusion or anxiety and behaviours such as pacing, wandering or yelling. If you can, try to find the cause of the person's behavior.

If the person with Alzheimers becomes agitated, listen calmly to his or her concerns and frustrations. Try to reassure the person that everything is OK and distract her or him from stressful or upsetting events.

Preventing Sundowning...

Being too tired can increase late afternoon and early evening restlessness. Try to avoid this situation by helping the person:

Go outside or at least sit by the window—exposure to bright light can help reset the person's body clock.

Get physical activity or exercise each day.



Get daytime rest if needed, but keep naps short and not too late in the day.

Get enough rest at night.

Avoid things that seem to make sundowning worse:

Do not coffee, cola or other drinks with caffeine late in the day.

Do not serve alcoholic drinks. They may add to confusion and anxiety.

Do not plan too many activities during the day. A full schedule can be tiring.

If problems persist...

If sundowning continues to be a problem, seek medical advice. A medical exam may identify the cause of sundowning such as pain, a sleep disorder or other illness, or a medication side effect.

If medication is prescribed to help a person relax and sleep better at night, be sure to find out about possible side effects. Some medications can increase the chances of dizziness, falls and confusion. Doctors recommend using them only for short periods of time.

National Institute of Ageing—US.

Locally, you won't receive better advice and support from Alzheimers Taranaki.

Contact

Phone: (06) 769 6916



Taranaki

Email: admin.taranaki@alzheimers.org.nz
117 Powderham Street, NP 4310

Is it just me, or do idiots multiply quicker than normal people these days?

For More Funny Quotes Visit: www.bizwaremagic.com

Laughter is like a windshield wiper, it doesn't stop the rain but allows us to keep going.

Bizwaremagic's Funny Quotes

My wife is complaining that I never buy her jewellery.

Keep Calm And Oh Fuck It Enjoy Some Ciale

In my defence, I didn't even know she sold jewellery!



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Strength and Balance classes

Participants not only benefit physically, but socially as well.



For further information please see www.livestronger.org.nz or contact Hilary Blackstock via email:

hilary.blackstock@sporttaranaki.org.nz
Telephone: 021-480-180

Waimanako: The Hope Centre...



Taranaki's Kai for Koha Pop-in Naumai, haere mai, welcome to "Te Huinga, the Gathering". It is part of Taranaki Retreat—supporting people going through challenging times. A real community support hub.

The Hope Centre is based at 33 Devon Street West, from 9am - 9pm, 6 days per week. There is also an excellent range of food and beverages for a koha.

Waimanako/Hope Centre is a Pop-In Support Hub - here to help people through the tough stuff. A good safe place for all. The retreat also offers a peaceful residential space to recover.

Help the Taranaki Retreat help others. If you would like to know more—contact the Retreat:



APRIL Activities NP

AQUA WALKING:

Tuesday: 14, 21, 28: 10am 11am
Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$3. Please register with Pauline. 759 9196.

MONTHLY OUTING:

Wednesday 1 March...
Meet at Sunworld Restaurant at 11.30am for the 'Seniors' priced buffet. Again—confirm your attendance by ringing Pauline.

WARM UP WEDNESDAY: 8 & 22:

Held at Age Concern Hall—33 Liardet St. 10-12noon. Fun with music finishing off with light refreshments.

DROP IN CAFÉ / SOCIAL MORNING: Thursdays 9.30-11.30am.

Varied programmes.

IN TUNE WITH INGLEWOOD:

Thursday 9 & 23 1.30-3.30pm.
Mamaku Centre.
Gold Coin donation.

WHAT'S ON in WAITARA:

Every Friday 3.10.17,24,31:
Senior Citizen's Hall
Fun with music. Gold coin or koha appreciated.

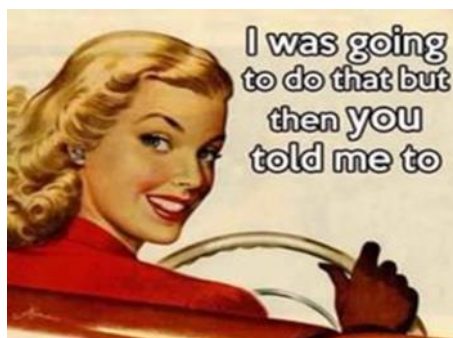
COASTAL CONNECTIONS

OKATO... Tuesday 7 March 1.30pm—3pm: Social event with activities for everyone—Hempton Hall Supper Room. Afternoon tea provided.

TOMORROW'S MEALS...

Convenient frozen healthy meals available for purchase daily. Deliveries on Friday by arrangement for a \$5. fee. Purchase during office hours. Mobile Eftpos available.

For further details of the above...contact Pauline Julian, Age Connect Service Connector—North Taranaki. 06 759 9166.



NEW MANAGER—AGE CONCERN



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Quips and Quotes from the NZ Listener...

"I always wanted to be somebody, but now I realise I should have been more specific."

Lily Tomlin.

"Give me a smart idiot over a stupid genius any day."

Samuel Goldwyn.

"Tradition becomes our security and when the mind is secure it is in decay."

Jiddu Krishnamurti.

"We can no longer save the world by playing by the rules."

Greta Thunberg.

"Be less curious about people and more curious about ideas."

Marie Curie.

"When a man tells you that he got rich by hard work, ask him: 'Whose'?"

Don Marquis.

"There are lots of people who mistake their imagination for their memory."

Josh Billings.

"Ugh, housework is so thankless. You vacuum the whole house and six months later, you have to do it again. What even is the point?"

Seen on Twitter.

"I think having land and not ruining it is the most beautiful art that anybody could ever want to own."

Andy Warhol.

"Wayne Brown's side gig as mayor is getting in the way of his tennis career."

Seen on Twitter

"My kids sure do make a lot of plans for people who don't know how to drive themselves anywhere."

Seen on Twitter.

Unsure where your next meal is coming from?...

Here are some options...

Daily—(except Sunday) 10am-9pm
Waimanako Taranaki Retreat Hub, 33 Devon St Plaza
(suggested koha)

Sunday - Supper - City Life Church. 24 Egmont St (old RSA)
Dinner 5.30pm—2 course meal.

Monday - On the House—24 James St, Presbyterian Church, 24 Lawry St. Moturoa 5-6pm
(redistributing quality surplus food—bring a bag)

Monday, Wednesday and Friday—**NP Community Food Bank**, 40 Vivian St, (behind Peace Hall) 12.30-2pm. 06 758 2757.

Tuesday—**Taranaki Cathedral Community Breakfast**, opposite the Cathedral Church, 37 Vivian St, in the Peace Hall 7.30—10am - last orders at 9.45am. Suggested koha \$1.50 per item.

Tuesday—**St Joseph's Catholic Church Hall** on Devon St (down from the clock tower) Weekly dinner 5.30pm for 2 course meal.

Tuesday and Thursdays—**Salvation Army Foodbank**, cnr Powderham and Dawson St—Tuesday and Thursday 10am—12 noon. For appointment, please ring 06 758 9338.

Thursday—**On the House**, redistributing quality surplus food. 5pm—6.30pm at 10 Henui St Community Hall next to the Holy Trinity Church.

CAUTION ALERT... CAUTION ALERT...

I realise that I have raised this matter before—but in an environment where so many factors are impacting on the viability of many businesses—it can be a dicey time for being a financial guarantor in someone's business.

Often it is Mum and Dad's 'bank' that is called upon by kids to be financial guarantors to their commercial enterprise. And as loving parents, too often, parents, even if they have sought financial advice, may be caught up paying for the collapse of their offspring's business.

This situation can lead to not only the financial ruin of their family member's business but also placing, at times, extreme hardship on parents. In many cases, parents have had to sell their family home in order to bail out their child's business.

So please, if you are to act as a guarantor for a family member, or close friend, get the best advice that you can, and then, be as cautious as you can.

Such precautions can not only save your own financial position but save your relationships with your offspring.

Opinion: Gordon Hudson.



Pretty
sure I
seized
the wrong
day

Love may be
blind but
marriage is a
real eye-
opener.

**Worrying
doesn't
take away
tomorrow's
troubles, it
takes away
today's
peace.**



Being prepared for a Civil Defence Emergency may save your life

Positive Ageing New Plymouth, Grey Power and Age Concern have combined to invite Civil Defence Taranaki management to present the facts about what we can each do to be prepared to protect what you value most.

When push comes to shove—we owe it to ourselves and others

This is an opportunity to hear from the experts about what each of us need to know to help each other through...

THURSDAY, 23rd MARCH

at the NP District Council's Debating Chamber—9.30am—11am.

(Please note: There will not be a free bus service to and from the racecourse.)

This is a **FREE** public event. There will be coffee, tea, etc available before the meeting commences and when it concludes.

Sponsors:

With, once again, the grateful support of the NP District Council.



Grey Power
158 Tukapa St.
06 757 5885



An invitation to be involved in Positive Ageing NP...

Positive Ageing's main aims are: providing advocacy for matters relating to older adults, providing relevant information and providing opportunities for education.

We are currently seeking two additional committee members to help provide a range of stimulating activities. As a committee we meet once a month to plan events and enjoy the challenge of doing so. If you think you could be interested... give Lance Girling-Butcher a call 027 273 8066.

ACTIVE IN AGE

Promoting health-improving activities for the 50 plus... every Tuesday 10 a.m. – 12 noon at the TSB Stadium. \$5.00 entrance fee.

Programme includes:

½ hr keep fit exercises, morning tea, then a choice of: marching/walking, stretch & flex, indoor bowls, tai chi, line dancing.

Contact: Joy Marshall for any enquiries on (06) 758 4874



Positive Ageing NP is proud to be supported by:

COGS: Community Organisations Grants Scheme, Ministry of Social Development, New Plymouth District Council and the TOI Community Trust and the NZ Lotteries Grants Board

We are most grateful for their ongoing support.



Positive Ageing NP



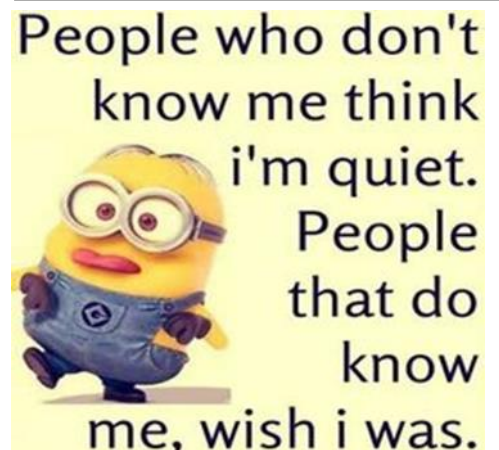
Your 2022/23 committee is:

Co Patrons - Peter Tennent
John Major

Chair - Lance Girling-Butcher
Deputy Chair - Wally Garrett
Secretary - Stephanie Hansen
Treasurer - Jean Graham

Committee - Brian Eriksen, Gordon Hudson, and Margaret McCall.
Newsletter - Gordon Hudson

www.positiveageingtrust.org.nz
Email: admin.nppa@gmail.com



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'