



NP Positive Ageing, **AUGUST 2022** Newsletter: *Taupaenui*, Issue: 92

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

Redeveloping Pukekura Park—Where to Next?

Chair's message...
Lance Girling-Butcher



It is 77 years since my first remembered visit to New Plymouth's Pukekura Park. I have returned many times since, but this has only enhanced the feeling of awe and wonder, and feelings of magic at the multi-sensory beauty and tranquillity continue to charm thousands of visitors every year.

Set plantings and loving maintenance have turned this once scrubby valley into an award winning park of national reputation and a magnet that draws people from around the world.

It seems too good to change and that is a common feeling, however nothing stays the same and we will already have more developments over the many years since its inception in the 1870s show that change can be beneficial.

The New Plymouth District Council is now looking to decide where to next.

In a bid to assist in this consultation process, Positive Ageing, Grey Power and Age Concern are combining to hold a free public forum at which council staff will explain their ideas, and seek feedback from those who attend.

Passion is not an emotion one would normally associate with public parks.

It's an interesting reflection on these attitudes that so far, most of that reaction has been criticism and complaint about what is going on in the park now, rather than looking ahead to future potential.

There is apparently, a lot of negative reaction to cyclists riding through the park, to motorists coming and going through its northern entrance and to people walking dogs.

Pathways meander without obvious purpose, close to each other, but creating a feeling it's 52 hectares is much larger and wider than it actually is. Its lakes and wildlife provide a wonderful background to the many plantings and numerous species.

Another reason for this mass of affection is the huge contribution volunteers have made to its development and maintenance.

Despite initial resistance, volunteers have played a major part in development of the sports grounds in the late 1800s and the Bowl of Brooklands with that beautiful lake and tree surrounds. These are the work of volunteers in the late 1950s.

Another problem is the number of cyclists using the Parks multitude of tracks as shortcuts, particularly youngsters travelling from home to school and back.

Besides all this, the park plays a more than significant role in the Taranaki economy. Hundreds of thousands of people visit annually

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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:

either to just wander round its tranquil paths, or to attend some of the major festivals including WOMAD, the Festival of Lights, and performances by touring stars.

During these periods, accommodation, food and drink venues and camping grounds are packed with visitors who want to share in the fun that Taranaki people are privileged to have.

The forum on the future of Pukekura Park will be held in the Council Chambers from 9.30 - 11am, to take advantage of free parking for those 65 years and older. A free shuttle bus will operate from the racecourse car-park to the venue and back.

Those attending are urged to assist in preventing the transfer of Covid-19 by wearing masks, although informal tests from previous forums have shown the environment within the Council Chamber is well within safety levels. The option therefore will be up to people attending. Masks will be available at the forum.

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

Lance Girling-Butcher, Chair
027 273 8066.

Spare a thought for Europe



Soaring temperatures, rampant Covid-19, dire nursing and doctor shortages and a crisis in hospital care mean so many people, particularly older people, are without their usual support services.

Not to mention our own weather!

If ever there was a wake-up call for recognising and making much more effort towards climate change - this is it.



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

'Positively Ageing' is a new initiative between long-standing community based entities - Access Radio, Positive Ageing and Driving Miss Daisy.

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

Monday August 8: Celebrating older people who are contributing to our lives...Wayne Morris, is our first local person in this series. Wayne continues to have a lifelong interest in the arts, music, consulting/counselling and mental health arena, among his many interests.

Monday August 22: Wally Garrett, Chair of Grey Power gives us an insight in to the purpose and work of Grey Power. Thank you Wally.

Viewing past programmes...

If you go to the Access Radio website = accessradiotaranaki.com and click on ARCHIVES, scroll down to ALL then scroll down to 'Positively Ageing' and there are a number of programmes already aired.

Serving Up St Marys Cathedral

Joining Jennifer Smart, Coordinator of St Mary's Community Breakfast each Tuesday, 7:30 - 10am Duration: 00:28:43 | Date: 11 July, 2022

Community Partnership

Lance talks with Callum Williamson, the Community Partnership lead at NPDC about the Age and Accessibility Working Party. Duration: 00:31:06 | Date: 27 June,

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

Puke Ariki - Free Digital Drop In Sessions

Libraries 'Click & Collect'

If you are unable to visit one of the NPDC libraries, you can borrow a bag of books with their 'click and collect' service.

Experienced librarians will select a bag of books, just for you.

Choose the library that you wish to choose your books from and where you will collect them from. You will need to be a library member.

For all enquiries, phone:
06 759 6060
Or email:
enquiries@npdc.govt.nz

**Every Tuesday afternoon—
3-5pm, at Puke Ariki Library...**

Smartphones:

Getting started, downloading apps, connecting to the internet

Accessing e books:

And other digital resources.

Creating and saving documents and spreadsheets:

Ideas to help you write your CV
Accessing films, magazines, research resources—all with your library card

Google and the internet—how to search, set up an email account and stay safe on line.

First come first served.

**I OFTEN WONDER
WHO PETE IS
AND WHY WE
DO THINGS
FOR HIS SAKE...**



Who's Who on the new Taranaki Health Consumer Advisory Council

The new Taranaki Consumer Advisory Board has been selected, orientated and will soon be ready to hear from you re your concerns, positive and negative, about health care in Taranaki.

There are 16 members, and in accordance with Te Tiriti o Waitangi, there are eight Maori and eight Non-Maori. There are two Co-chairs and three support staff.

Just how this committee will relate to and communicate with our community has yet to be determined. Indeed, what influence, if any, this Board will have on our health provision has yet to be determined.

The new committee members are:



Paula King - Co-Chair



Angela Kerehoma



Dinnie Moeahu



Nan Pirikahu-Smith



Ngapei Ngatai



Nicola Clarke



Raymond Tuuta



Dinah King



Jane Parker-Bishop Co-Chair



Ainsley Luscombe



Belinda Tran-Lawrence



Caroline Tyrell



Graham Walker



Jamie Allen



Shelley O'Sullivan



Wes Milne

This group places the consumer (patient) and whānau voice at the centre of all aspects of the region's healthcare. This is important to ensure that the planning, design, and delivery of services continues to meet the needs of the Taranaki community. Contact Jake Mills 753 6139 ext 8825 or Email: consumer.council@tdhb.org.nz





At a recent free public forum arranged by Positive Ageing NP, Grey Power and Age Concern, questions regarding the composition of the new Consumer Advisory Committee as the local replacement of the Taranaki DH Board, were raised with the Acting Taranaki District 'boss' Gillian Campbell, raised more questions than answers.

It is clear that the former TDHB wanted a Consumer Advisory Board based on Te Tiriti o Waitangi, with even numbers of Maori and Non Maori. Clearly too, they wanted regional representation, one that covered various age groups, the rural sector, disability sector and goodness knows what other sectors. This cross representation has been achieved. This is a much younger, diversified team than the former TDH Board. In fact, not one of the former Board members were appointed. What is not exactly clear is how much weight was placed on this diversification, compared to,

say, actual expertise and/or experience in the health sector.

It is difficult to understand how an applicant such as Lance Girling-Butcher, an 80 year old, totally blind, partially deaf, with daily experience of a close family member in full time health care, as well as being widely experienced in the media, management, local government and numerous local and national advisory committees, could not make the cut. What? Was he too old?

And how will this Committee report to local health chiefs? Will they have any clout? How do we, the community communicate with the Consumer Advisory Board and how will they communicate with us? Please, not just by a website. How transparent will their discussions/decision making be?

*So many questions.
So few answers.*

Opinion: Gordon Hudson

Why it is important older people get their free flu jab...

Getting the flu jab...

Although having the flu jab doesn't guarantee you won't catch the flu, it will give you more protection and reduce the symptoms if you do catch it.

In 2022, all people aged 65 and over are eligible for the free flu jab. For Māori and Pacific people, the free flu vaccination is available from 55 years.

For the best protection, get the flu jab before the start of winter.

You can get your free flu jab from your GP or healthcare provider. Many pharmacies also offer the free flu vaccine.

The flu jab is also free for those with underlying health conditions.

As Aotearoa emerges from its bubble, there's a much bigger chance of catching the flu. And, with international borders opening, we'll see new and re-curring strains of flu spreading in our communities.

Influenza can be serious and make people very unwell. It affects the whole body and can last up to a week or more.

In some cases, influenza can put people in hospital – particularly if you are 65+, or 55 and over Māori or Pacific. In severe cases the flu can be fatal – around 500 people die from it every year.

As you get older your immune system isn't as good at protecting you, even if you feel fit and healthy. That's why it's important to boost your protection with a flu jab.

New terms for us to learn...

Te Whatu Ora - Health NZ

Te Aka Whai Ora - Maori Health Authority

Te Manawa Taki—Midland Region, which includes Taranaki

Te Whata Ora Taranaki - Formerly Taranaki DHB

Taranaki DHB had a close association with many of the DHBs in the 'Midland' region and the majority of GPs in Taranaki are members of Pinnacle Health—which is based in Hamilton. We are well situated to continue operating with past 'partners' in health.



Why you should get a booster...

Taranaki DHB is encouraging everyone who is eligible to get a free booster now.

Current evidence shows your protection against infection after 2 doses slowly decreases over time. A booster dose will give you greater immunity against COVID-19, including Omicron.

A booster also helps reduce the chance of more serious infection, and it will be less likely that you need hospitalisation.

It is almost like having free health insurance.

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

0800 237 829



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



Age Concern New Zealand unveiled the new logo on 1 July at Parliament in an event hosted by the Hon. Dr Ayesha Verrall, Minister for Seniors.

National President of the Age Concern New Zealand Board, Wayne Bradshaw said the refresh was timely because the charity had changed significantly since it launched over 70 years ago.

“The makeup of our population has changed too. We’re getting older, living longer, and we’re more diverse than ever before.

“Our organisation is changing what we do and how we look to better reflect our older population in New Zealand. We also have an ageing population with those over 65 making up 1/4 of our population, he said.

“Our new brand reflects the leadership role we have and the respect we hold for our elders. We are shifting the perceptions of ageing, standing up to ageist attitudes and policy, and focusing on programmes and activities that support dignity, wellbeing and social connections.

“Age Concern's identity had been one of service in the past, with a focus on the concern and serving people’s needs. That is an important part of our history, and still in our DNA, but the changes we are making are about being a bold, progressive, and vocal on issues affecting older people.

“Leadership, mana and community are the qualities our new brand represents. The bold contemporary design uses individual Huia feathers to suggest the mana of our older adults and the leadership role Age Concern takes. The circle of three feathers portrays the concept of community, friendship, and respect - all things we value”.

Take a fresh look at Age Concern and what they are doing in your community. They are the place to go if you need to know anything about getting older and what that looks like in Aotearoa.

Opinion: Gordon Hudson

Getting our mojo back... an Age-friendly Initiative...

Loneliness and / or social isolation can be devastating at any age. For many, the effects have been likened to smoking 15 cigarettes per day.

In England, the Government has a Minister of Loneliness, such is the magnitude of the problem.

Older people are often more inclined to feel the negative effects of loneliness as advancing age can be a time of many indignities, minor and major, come visiting.

As an age group, we don't like talking about being lonely. We tend to feel quite strongly the stigma attached to admitting to feeling lonely or socially isolated. We tend to feel that it is our fault that we are in that situation.

Apart from general feelings of sadness and loneliness, the impact of shrinking social networks can lead to a variety of negative physical and emotional effects in the elderly.

Getting older brings with it age related illnesses, loss of friends, maybe a partner, less mobility, less certainty in communicating in a world besotted with IT, less ability to maintain driving independence, previous social networks, former recreational activities, perhaps severely shrinking finances, vulnerability, fear for personal safety, concern against increasing disabilities, and so many more setbacks.

COVID-19 has not helped. To be safe, we have had to isolate even more than ever and limit our face-to-face contacts. We have become anxious for our own and others safety. We know that it is older people who have borne the brunt of COVID-19. We are scared - naturally so.

But, now is also a time when we must begin to reclaim our lives back. To restart socializing. To worry less and start living again.

Opinion: Gordon Hudson.

In a bid to counter the negative effects of COVID-19 an active group of people representing many sectors of Taranaki are combining resources and expertise to encourage more people to connect and/or reconnect with their communities of interest. Of course, with COVID still annoying us all - caution must prevail.



The committee agrees that social isolation and loneliness can have a devastating impact on the mental health of everyone, in particular elderly, affecting their quality of life and overall health. That is why this is an attempt to encourage and support elderly out of their homes and to re-engage them on social activities by promoting activities and services that already exist.

Providers, clubs and organisations will be encouraged to re-engage with their members and potential members and encourage them to actively support their older members to participate.

The group plan to promote increased use of outdoor spaces and places, provide resources that Maori and other ethnic groups can utilize and promote and to encourage family/whanau to support older people to re-engage with their interests - and take on new challenges.

International Day of Older People (1 October 2022) will see the launch of this month long programme.



**I may look fine
but deep down
I don't remember
any of my passwords.**

Great food for a koha...

Breakfasts for a koha...

by **St Mary's**
but based at **Peace Hall**

Great food, great menu and great people...

Tuesday mornings

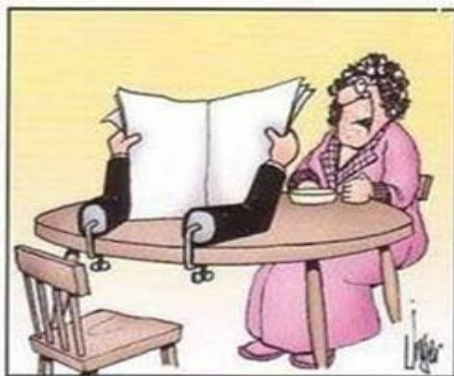
7.30—10.00 am
(Last orders at 9.45am)

This café is in its 10th year and has raised over \$100,000 for local and overseas causes.

A big thank-you to all those supporting this initiative, whether as a diner or volunteer.

Everyone welcome!

We are excited to see you back!



"I sometimes wonder if you hear one word I say!"

Tonight's Powerball jackpot is a full tank of unleaded petrol and a sheet of Gib



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.



Based at 33 Devon Street, opposite the Huatoki Plaza and open six days a week (until 9.00pm), Waimanako offers a wide range of catering—or a koha.

There is an all day breakfast, soup, toasties, crepes, pancakes, omelettes, fritters, chips, ice cream, smoothies, desserts, soft drinks, coffees and teas. And there is a night menu as well.

Each item has a 'suggested koha' next to it, as a guide to roughly how much it costs to offer it.

The koha that you offer for your refreshments goes towards funding the work of the Retreat, and of course the refreshments and the team creating them. Please give generously if you can, and don't worry if you can't. That's what they do!

This is like an all day safe place to enjoy a family-friendly supportive environment, a sober socialising space for the community. It is an active attractive space with something for everyone.

Covid-19 deaths escalating in Taranaki...



To date, 54 people as at Tuesday 28 July have succumbed to Covid-19. This does not necessarily mean the virus killed those people. It means they tested positive in the 28 days before their death or immediately after.

It does mean that most of us will know someone within the 54 total for Taranaki. This really brings it home to us all. There is no excuse for not limiting the spread further by being a 'community' person and not a 'me' person.

Unite against COVID-19

Altogether, there have been 40,740 cases of Covid-19 in the region and 39,176 people have recovered.

There were 247 new cases of Covid-19 reported in Taranaki on Tuesday, 26 July

Whether it be complacency, apathy, arrogance or ignorance, there is no excuse for not keeping ourselves as safe as possible and limiting the spread of Covid-19 to others.

We owe it to ourselves, our whanau and our community to do so.

Opinion: Gordon Hudson



I never meant to call you stupid, but when I asked you to spell "orange" and you asked me the fruit or the colour, it kinda caught me off guard.



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

Quips and Quotes from the NZ Listener...

"Reality leaves a lot to the imagination."

John Lennon.

"Life appears to me to be too short to be spent in nursing animosity."

Charlotte Bronte.

"Science and technology revolutionise our lives, but memory, tradition and myth frame our response."

Arthur M Schlesinger.

"The seed I would like to plant in your heart is a vision where all our people can live together in harmony .. And share the wisdom from each culture."

Dame Whina Cooper.

"Lose an hour in the morning, and you will spend all day looking for it."

Richard Whately.

"It is better to know some of the questions than all the answers."

James Thurber.

"What we do as individuals in these spaces matters, too ... we are the richer for our differences and poorer for our division".

Jacinda Ardern.

"Be thankful we are not getting all the government that we're paying for."

Will Rogers.

"When in doubt, tell the truth."

Mark Twain.



Renters' Rights - Getting the right advice...

With more people renting, people of all ages, and a limited supply and maximum demand, rents are higher than any of us, apart from landlords, would like.

If you have a problem with renting - a good place to start getting advice is the NP Citizens Advice Bureau (CAB) at 32 Leach Street, NP. Office hours: Monday to Friday - 9.30-3.30pm.

No matter the problem, the CAB is the place to get the right advice at the right time - and it is free, independent and confidential.

There are a couple of websites that can also provide advice: www.cab.org.nz and/or www.tenant.aretouh.nz - a website designed for tenants and their advocates.



**We live in a time where
intelligent people are
being silenced so that
stupid people won't
be offended.**

AUGUST Activities—NP



**TUESDAY 2, 9, 16,
23, 30: (10-11am)**

Aqua Walking:

Held at the Methanex Indoor Pool, 10 Murray St, Bell Block.

\$3. pp. (Please pay at reception).

Please register with **Pauline** prior to entering the class by calling 06 759 9196.

WEDNESDAY 3 August:

Monthly Outing: We will meet at Good Home again, on Ariki St at 12.00 midday (note change of time).

Ring Pauline to confirm your attendance. See you there!

WEDNESDAY 10 and 24:

Warm up Wednesday:

A fun, music interactive programme for everyone. 10am-12.30pm. Soup and toast at 11.30am. Gold coin donation to assist with costs.

**THURSDAYS: 4, 11, 18, and 25:
9.30 - 11am...**

**Drop in Café / Social mornings.
Held at our place, 33 Liardet St.**

Something different every week.

IN TUNE WITH INGLEWOOD...

Fun and fabulous afternoon of singing, spot prizes, making music and great company.

THURSDAY 11 and 25:

6 Mamaku Centre - 1.30-3.30pm
Mask wearing and distancing apply. Gold coin donation.

WHAT'S ON IN WAITARA...

Music and singing afternoons.

Friday 5, 12, 19 & 26: 1 - 3.30pm.

Senior Citizen's Hall, 8 Warre St—
A load of fun for everyone.

Gold coin donation appreciated.

All welcome.

Contact **Pauline Julian**

Age Concern

33 Liardet St. NP Ph: 759 9096.

Citizens Advice Bureau New Plymouth

Te Pou Whakawhirinaki o Aotearoa

Community House, 32 Leach St., New Plymouth

Phone 06 758 9542

0800 FOR CAB (0800 367 222)

Email: newplymouth@cab.org.nz

www.cab.org.nz



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

Nau mai, haere mai, welcome

to a free public presentation discussing the future development of our priceless Pukekura Park.

**Thursday 4 August at the NPDC 9.30 - 11.00am
to be held in the Council's Debating Chamber...**

An opportunity to learn more about the Council's hopes to:

- Further develop the Park to meet future needs
- Seeking your suggestions about how this could happen

Council staff will be on hand to tell us all about it, complete with written material and time to respond to your questions.

Let's ensure the Council hears your views

***You are warmly invited to this free public forum,
There is no need to register.***

**Free Transport has been arranged leaving the Racecourse carpark and returning to the Racecourse after the forum finishes.
For more information, contact Lance—027 273 8066**

While masks are not mandatory, we do ask that you provide as much protection for yourself and others. Masks will be available at the forum.

Proudly sponsored by: Positive Ageing, Grey Power & Age Concern



Grey Power
158 Tukapa Street St
06 757 5885



Future free public forums for later this year

NPDC Candidates for Mayor and Council

Thursday 15 September, 9.30 - 11.30 am

at the NPDC Debating Chamber

Another Positive Ageing, Grey Power and Age Concern project.

+++++

Three Waters—the debate reaches boiling point...

We will provide more information when available

Another Positive Ageing, Grey Power and Age Concern project

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:

hilaryblackstock@sporttaranaki.org.nz

Telephone: 021-480-180

To learn more about the full range of classes (there are about 50 in Taranaki and over 500 participants, right round the mountain, then tune into Access Radio Taranaki 10.44FM website to listen to Hilary explain the benefits.

Positive Ageing NP



Your 2021/22 committee is:

Patron - Peter Tennent

Chair - Lance Girling-Butcher

Deputy Chair - John Major

Secretary - Stephanie Hansen

Treasurer - Jean Graham

Committee - Brian Eriksen, Kathleen

Forde, Wally Garrett, Margaret

McCall, Carleen Broughton and

David Showler

Newsletter - Gordon Hudson

www.positiveageingtrust.org.nz

The longer you live in the past, the less future you have to enjoy.



YOU CAN'T HELP GETTING OLDER, BUT YOU DON'T HAVE TO GET OLD.

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

We are most grateful for their ongoing support.

DIFFICULTIES IN LIFE ARE INTENDED TO MAKE US BETTER, NOT BITTER

AVERTU.COM



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