



NP Positive Ageing, **DECEMBER 2022** Newsletter: *Taupaenui*, Issue: 96

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

Editorial: Christmas—let’s celebrate it...

Chair’s message...
Lance Girling-Butcher



As a well-known and somewhat nostalgic poem reminds us: Christmas comes but once a year and when it comes it brings good cheer.

If ever there was a time where a bit of good cheer was necessary, this has got to be the moment. Each new day seems to bring another international, or national disaster. The government adds to the confusion with the policy of announcing changes without detailing the nitty-gritty of how it will be achieved.

It’s not all gloom and doom, however, and it’s probably appropriate to start to look at what is on the brighter side of the ledger. Wars, famines, epidemics and soaring inflation may dominate news, but there are other changes to balance this and we should be celebrating that

Covid is apparently on the wane and people are getting back into a more normal lifestyle, although we still need to be cautious. One of the benefits of care taken while the virus was rampant is that we seem to have diminished the risk from other diseases and increased people’s awareness of the need to stay fit and healthy.

A recent successful health forum, attended by more than 200 people, organised by the Falls

Prevention team in Taranaki is a good example. It provided sound information from well informed speakers, provided sensible guidance and added to the encouragement of people to keep up fitness to encourage better physical and mental health.

A carefully planned and successfully managed ‘Springback’ campaign intended to overcome loneliness in the community and get more people out talking to others was completed in October. A number of events including the health forum added to that success.

Positive Ageing, with assistance of Grey Power and Age Concern, managed to pack a full year of normal activities into six months during the post-Covid recovery and continued with many other of our activities, including reviving the Age-friendly strategy. While this has not achieved the mass of life changing successes initially hoped for, by

niggling away at all sorts of corners of social activity, change is being achieved and support for the aged and disabled is improving.

A good example, that I am delighted to see, is the increasing use of audio description for a wide range of activities and entertainment. A recent example is a bus trip for blind people touring several of the gardens involved in the Taranaki Art Trail and Rhododendron Festival. The local committee of Blind-Low Vision and staff from Puke Ariki spent an entire day going to half a dozen gardens where plantings and facilities were described by the support crew from the Museum.

I am totally blind these days, but was able to get a useful feeling for the shape of the gardens, allowed to smell the flowers, and had a very pleasant day out with other gardening enthusiasts. One of the special details I got was in the variety of the different styles of birds that live in the different styles of gardens and having a quiet moment to reflect on this.

Continued on page 2

In this DECEMBER Issue...

Editorial: Christmas: Let’s celebrate it	1
Pay parity coming for 20,000 community health workers	2
Frauds and scams on the rise—a time to be vigilant	2
NOT adding to the spirit of Christmas—those bulging banks... the water meter fiasco... more mental health woes...	3
Pukekura Park Buggy Tours	4
Donald Trumpeter	5
Euthanasia in New Zealand—a qualified success	5
Letter to the editor—shared water meters	2
Age Concern Taranaki—Activities for December 2022	6
City wide Foodbank appeal	7
‘On the House’ - a great initiative, right here in NP	7
NP Community Christmas Lunch—back on in 2022!	8

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:

To add to the good news, the ever popular 'audio described' tour of Pukekura Gardens is returning this year along with the special evening for disabled people to be driven through the park in private vehicles. We blind get the advantage of having audio described as with us to detail features of the special light installations. In the face of other activities such as the Festival of Lights, it's only a small thing but it matters a lot to those who take part.

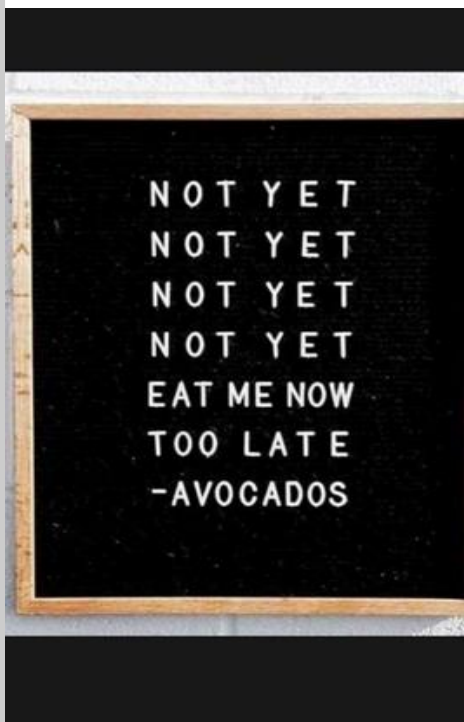
The front improvements in technology, changes in things like pedestrian crossings, and improvements in building bylaws are generally making life for the community so much better and giving those with handicaps a bit a chance to behave like the rest of the community.

Creation of a new ministry for the disabled, the introduction of new legislation to encourage improvements, and a general growing awareness that such changes to the whole community certainly cause for celebration.

I would like to wish our many readers a happy, non-commercial, Christmas and New Year with a reminder that some of it could cheer doesn't need to come in glass. We should revel in this rare opportunity to get families together and think about where we've been and where the world is going.

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

Lance Girling-Butcher, Chair
027 273 8066.



This is not only great news for those

Pay parity - for frontline Community Health workers—including nurses in aged-care facilities...

Christmas has come early for an estimated 20,000 health workers .



Minister of Health, Andrew Little, must feel very relieved to be able to announce that thousands of workers in places such as aged care facilities, hospices, and Maori and Pacific health-care organisations can be paid more.

This is great news for all those employed in community based health care facilities, but also for the thousands of people in our community accessing such health care. To be able to have confidence that facilities will be appropriately staffed will come as a huge relief. Now the big task is to encourage more locals and more overseas trained staff to join the workforce and want to stay in the workforce. Congratulations Mr Little.

A tough year for you and yours.

Opinion: Gordon Hudson.

Fraud and scams are on the rise... please be well aware...

Statistics show that an increasing number of people are falling victim to scammers. Scammers are becoming very good at mimicking legitimate communications from government employees, tech support and romantic partners. The group most at risk are the elderly.

The NZ Serious Fraud Office estimates New Zealand's public sector lost \$1.7 billion in 2020/21 due to preventable and undetected fraud and error.

If you are an older person, financially secure, trusting, not too IT savvy and have a landline - you could well become a target. The person scamming you could be from anywhere in the world. You and I could be their target, and some of us make it pretty easy for them.

Many of us do not understand how the internet works and what we do not understand makes us more vulnerable to scammers. And because we do not fully understand, we are not only more venerable but also feel more shame when scammed, so we are more reluctant than other age groups to report our loss. And the older we are, the larger is the average successful scam.

We must learn to become less trusting of anyone asking for our financial details or personal details. It is a shame really, but the scam scammers necessitate us taking increased precautions.

Those of us still using a landline are seen as easier targets by scammers. In fact, there tend to be more scams for people with landlines than for people using I phones and emails. This doesn't mean that you need to get rid of your landline, but does suggest that you really do, as I do, need to be far more cautious and suspicious!

We need to watch out for:

Phishing scams which tend to involve fraudulent emails or websites that appear to become a legitimate source, such as a bank or government department.

Fake online stores that set out to sell non-existent products, often using fake 'satisfied customer' recommendations.

Investment scams - usually in fraudulent businesses or other 'schemes'.

As the saying goes... *'It sounds too good to be true.'* It probably isn't.

Lottery scams claiming people have won a lottery or contest and requesting personal information so that 'they can transfer your winnings to your bank. The chances are very good that they won't.

Charity scams involving donations for worthy causes. They may be using emotional language to make their appeal attractive.

The best thing you can do to make yourself less vulnerable is to become more conversant with the risk factors.

Opinion: Gordon Hudson.

You can bank on it...

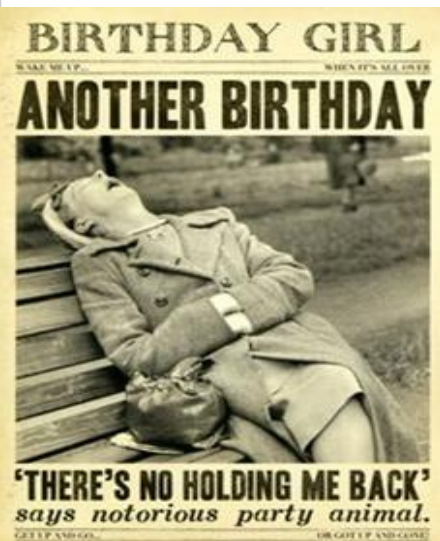
The obscene profits of our mainly overseas owned banks are likely to continue in the face of minimal social respect or responsibility.

If anyone has a story about being in a tough financial spot and receiving some genuine financial support from their banks—please let me know.

In recent years in particular, banks seem to have created an image of being totally self-serving, overly intrusive and heartless in their operations.

With rising interest rates, too many borrowers are struggling to meet increased mortgage repayments among numerous other rising costs. Not that the banks seem to care a jot. They have the upper hand and wield it mercilessly.

So it is somewhat pleasing to see these financial institutions may soon become more open to increased options for their lenders. This may sound exciting to the cash strapped borrower, but will it bring about increased competition between banks? I suspect not. Like the fuel, electricity, air travel and supermarket monopolies, cohesion between the banks will stay strong, excessive profits will continue and little will change. I do hope I am wrong.



Water meter fiasco...

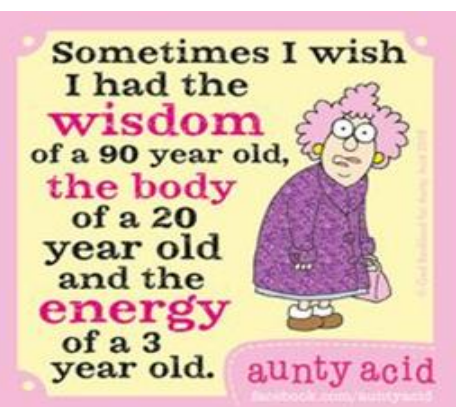
Many of us will remember the efforts of the NPDC to 'sell' their vision of their Ten Year Plan. Positive Ageing was one community group to arrange a free public forum so that the council could seek feedback on the plan.

A well attended meeting heard from Councilors as to what was being planned and what was not. The installation of water meters was discussed and those present were, eventually, almost sheepishly, informed that these would be installed. It was a fait accompli. So much for transparency.

No one asked if each 'home' would have it's own meter. I guess we all thought that that was the whole idea of it. More fairness in the delivery and usage of water.

Now, we are being told, thanks to Councillor Dinnie Moeahu, that those sections with more than one 'home' on them would have to share the costs of the water supply with others on their section.

This comes as a surprise to most of us and our thoughts and sympathies go out to those people having to share the cost of their water supply with their neighbours. In many cases, the people most affected by shared water meters will be those living in flats and feeling the pinch financially. Hardly a reasonable or transparent approach by a 'caring' council is it?



Mental Health woes...

Five years ago one in five people were expected to experience significant mental health issues in their lifetime. Now, that figure is one in four.

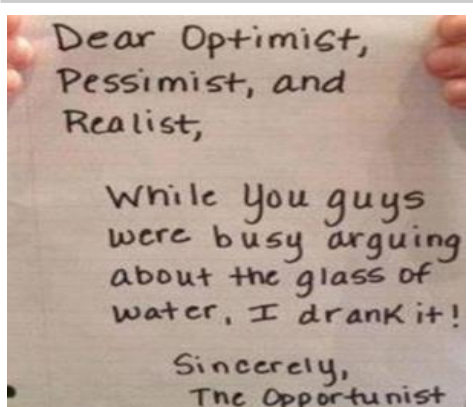
Being mentally unwell is a global issue and Aotearoa/New Zealand struggles to compete on the international market for qualified staff.

Despite well over \$2 billion in investment in the last few years, we seem to be still struggling to attract staff in mental health—indeed in health generally. You just need to note that there are evidently no GP practices in New Plymouth accepting new patients. The desperate need for staff in the nation's rest homes continues to worsen, with the hospitals having to provide staffing in many rest homes in order to prevent closures.

It surely can no longer be acceptable to blame Covid-19 for this predicament. These issues were readily foreseen prior to the Covid-19 outbreaks. Misguided, short term solutions have not helped the situation, particularly in mental health.

The one glimmer of light, in a positive sense, is the fall in suicide rates—at a time where stress created by Covid-19, war in Ukraine and too many monopolies being allowed to gouge their customers.

There still does not appear to be a sense of urgency to rectify these issues and we are left wondering when this urgency will occur.



Pukekura Park Buggy Tours...

Take in the beauty of our amazing park and discover how the jewel of New Plymouth developed.

Visit many of the highlights, such as the waterwheel, fernery, Poet's Bridge, Bowl of Brooklands and many more sights.

The tours take approx 45 minutes, generally leaving from near the Tea House. We can pick up at the Bellringer Pavillion or Rogan St carpark if required.

Normally operate on Tuesday, Wednesday, Thursday and Sunday starting at 10.30am. Other times and dates available through booking, weather permitting.

Cost: Adults: \$5 Children \$2.

For more information or to make a booking, call 0212133242 or (06)7586417.



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

'living stronger - and longer'.

**Common sense
is like deodorant.
The people who
need it most
never use it.**

~ Bill Murray

Bizwaremagic's Funny Quotes

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

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.

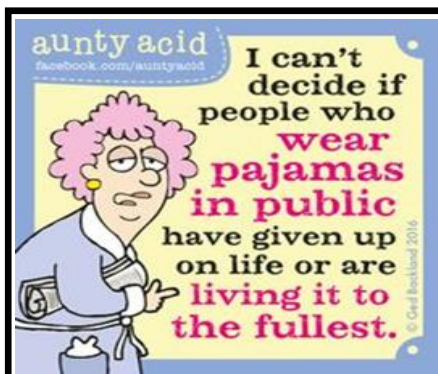
It is almost like having free health insurance.



**I TOLD MY WIFE THAT
I WANTED TO BE
CREMATED**

UNKNOWN FUNNY ©2020

**SHE MADE ME AN
APPOINTMENT FOR THURSDAY**



Positive Ageing NP is proud to be supported by:

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

We are most grateful for their ongoing support.

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

Donald Trumpeter...

Just when we witness America rejoining and taking a positive lead in world affairs, we also witness the bleak perspective of Trump seeking another go at the White House.

President Joe Biden may not be the most popular president ever, but, when did honesty, integrity and decency matter to Middle America.

Sadly, you cannot write Trump off. His support base includes the weird, the greedy, the ultra conservative and the those that rather like his simplistic messaging. They can almost understand it.



History will deservedly be unkind to Trump. His self-serving dishonesty, criminal behaviours and total disdain for the rest of the world, apart from Russia's Putin and Korea's Kim Jong Un makes America, and Trump, an international joke, albeit, a dangerous one.

Hopefully, sense and sensibility will prevail and the people of America will vote for a leader that indeed can make America a nation to be proud of.

Opinion: Gordon Hudson.

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: 06 215 0993—Open 24 hours per day.

Euthanasia in NZ—a qualified success...

The fears that many opposed to the right to 'assisted dying' have not been realised. Just 214 New Zealanders have had their wishes granted. Currently there are 384 applications to be processed.



"Assisted dying is really about controlling the dying period. It's about saying 'I'd like to say when I have had enough of this very difficult period and have some say over how and when I die,'" says Jessica Young, post-doctoral research fellow at Victoria University.

Strong advocates of 'assisted dying' feel a sense of relief that this enlightened option is available. Those accepting the process, have, according to the End-of-Life Choice Society, all felt not only a sense of relief but also of control.

Of those people who applied for 'assisted dying':

- 78% were Pakeha and 4.8% were Maori.
- 56.9% were women and 43.1% were male.
- 74.8% were aged 65% or older.
- 65.6% had a cancer diagnosis.
- 9.4% had a neurological condition.
- 77.9 were receiving palliative care at the time they applied.

Most of those who had an assisted death chose to die at home or at another private residence,. 17 died in an aged care facility, 14 in a public hospital and 9 in a hospice.

There was an initial fear that there would not be sufficient GPs to deliver the service however this has not occurred. With evidence that the process is working, perhaps more GPs and practices will be prepared to participate.

Legally, doctors who are unprepared to provide assisted dying must refer patients who ask them about it to the Support and Consultation for End of Life in New Zealand (SCENZ) so that they can be referred assigned to another doctor.

Where to from here?

The right to seek 'assisted dying' support is now enshrined in law. It has been in 'action' for just one year. Already there are strong calls for widening options and finding ways to include situations where dementia is of primary concern.

David Seymour, the original parliamentarian to succeed in navigating 'assisted dying' through parliament, is already gearing up to make the process more transparent, more available and more acceptable for more people. I for one, wish him every success.

Opinion: Gordon Hudson



depositphotos

Image ID: 292756792 www.depositphotos.com



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

Being kind, being polite, costs us so little yet means so much

With Christmas approaching with its mix of joys and frustrations, it is so necessary to be appreciative of all the people that work so hard, for often so little, to produce and sell products for others.

With increasing demand, becomes increasing stress and not only for the buyer - but also for the seller. This is a time when we can all take that extra effort to be appreciative of the efforts of those who serve us in so many ways.

Their work is stressful enough at this time of the year. It may not only be the amount of work to be done, but can also be the negativity of ungrateful customers that adds to that stress.

We all know what it is like to be on the receiving end of kindness. It can lift your spirits at a time when they needed a boost.

Being kind and polite can boost your own mental wellbeing. It promotes changes in the brain linked with happiness. And it costs nothing yet gives so much.

It helps make difficult times happier times.

Letter to the Editor:

Dear Sir,

Re the recent article by Eligah Hill in the Taranaki Daily News regarding the council not providing individual water-meters to all residents. Volunteers in the Grey Power New Plymouth office have reported members coming in to talk about this issue.

Many are very angry that they could be in the position of effectively subsidising their neighbours and paying for more water than they use, or faced with the cost of installing their own meter. Older people are already worried about the cost of living and this situation adds to their fear of not being able to cope. It does not seem reasonable that they will have to install their own meters, and shared metering does nothing to encourage a reduction in water usage.

In fairness to those that would prefer their own water meter but can't afford it, maybe the NPDC could come up with some options.

Wally Garrett - President
Grey Power New Plymouth Association
Mobile: 027 859 7580

DECEMBER Activities—NP



TUESDAY 6, 13, 21:
(10-11am) Aqua Walk-

ing: Great for fitness and balance. 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.

Classes restart on Tuesday 31 Jan.

WEDNESDAY 7 December:
Monthly Outing: Plymouth International Hotel. For a Christmas themed luncheon for \$29. **Ring Pauline** to confirm your attendance. Next outing: Wed 1st Feb 2023.

WEDNESDAY 14: Warm-up Wednesday: at Age Concern. Music is an essential ingredient of life. 10am-12.30pm. Light lunch at 11.20am. Gold coin donation to assist with costs. Next Warm Up: Wed 8th Feb. 2023

THURSDAYS 9.30-11.30am:
Drop In Café / Social mornings. 1st and 8th Drop In Café 15th: Christmas Party fun and festivities. Dress Code: Christmas colours. At Age Concern Drop In café restarts Thur 26 Jan.

IN TUNE WITH INGLEWOOD...
Christmas party Time...

THURSDAY 8th:
6 Mamaku Centre - 1.30-3.30pm
Gold coin donation.
Restarts Thursday 9th Feb 2023.

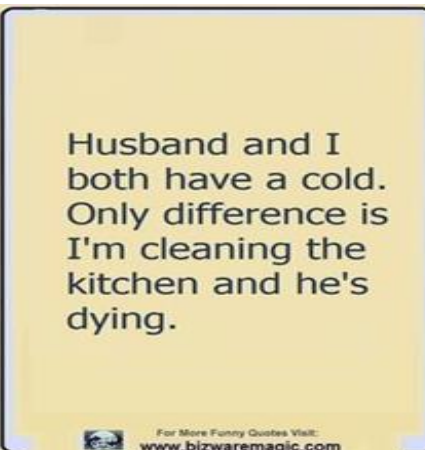
WHAT'S ON IN WAITARA...
Music and singing afternoons. Friday 2 and 9:1 - 3.30pm. Friday 16th: Christmas Party. Senior Citizen's Hall, 8 Warre St— A load of fun for everyone. Gold coin donation appreciated. Restart on Friday 3rd Feb 2023.

All welcome.

Contact **Pauline Julian**
Age Concern 33 Liardet St. NP
Ph: 759 9096.

And don't forget about 'Tomorrow's meals'... Convenient, frozen healthy meals available to be purchased daily. Deliveries can be arranged.

Again, contact Pauline 759-9196
pauline@ageconcerntaranaki.org.nz



She said she missed me. Normally that would be good, but she's reloading.

Do y'all remember, before the internet, that people thought the cause of stupidity was the lack of access to information? Yeah. It wasn't that.



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

Quips and Quotes from the NZ Listener...

"Why do you have to be a non-conformist like everybody else."
James Thurber.

"I am not young enough to know everything."
Oscar Wilde.

"I only go out to get me a fresh appetite for being alone."
Lord Byron.

"The fact that an opinion has been widely held is no evidence whatsoever that it is not entirely absurd."
Bertrand Russell.

"The world is full of people who have never, since childhood, met an open doorway with an open mind."
EB White.

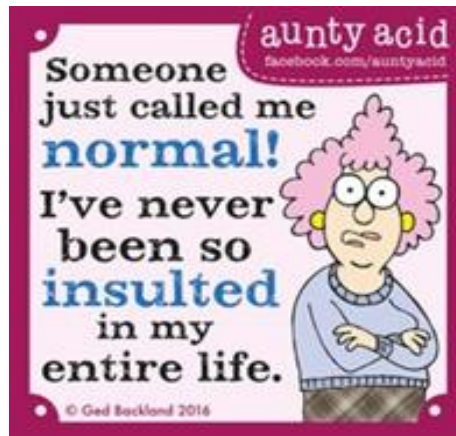
"Beware the fury of a patient man."
John Dryden.

"You know how advice is. You only want it if it agrees with what you wanted to do anyway."
John Steinbeck.

"You're on Wordle. I'm on my 30th attempt to guess my own password."
Seen on Twitter.

"Laughter is the closest distance between two people."
Victor Borge.

"when in doubt, don't."
Benjamin Franklin.



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 always excited to see you!

Closing Tuesday 14 December.
Reopening Tuesday 24 January.

Merry Christmas to all.



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



City wide Foodbank appeal Monday 5 December

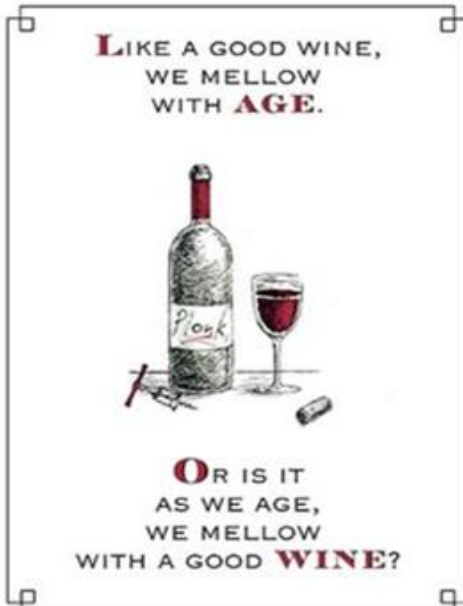
The NP Food bank does a wonderful job providing more than 6,000 people with emergency food each year.

Their annual foodbank appeal is on Monday 5 December for a three hour period in the early evening (5-8pm).

Please give generously and place your contributions on the footpath for collection.

The Foodbank is urgently seeking new premises to continue their work and Manager, Sharon Wills is very keen to hear from anyone with an idea of where they can continue their work.

Phone Sharon—06 758 2767



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



**Join us
for
Christmas
this year...**



You're warmly invited to join us for a FREE
Christmas lunch on Christmas Day

at the St. Joseph's Parish Hall,
Devon St. West, N.P. (near the Clock Tower)
Doors open at 11.00am

Christmas dinner served at 12.00pm.
(There is no need to register)

*Why not join us and share
the Christmas Spirit with:*

- ◆ **Good Food**
- ◆ **Good Company**
- ◆ **Good Entertainment**
- ◆ **Meet old and new friends**
- ◆ **Christmas themed music**



Transport and meal deliveries available if required.
Call Morag, 027 241 2822 or Ken 027 674 3334 or npcct01@gmail.com

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.

Christmas is coming with all its inherent joys and strains. It is meant to be the festive season yet sometimes that isn't how it feels.

For many, Christmas can be a real balancing act. So much to do. So little time. And finding the money to fund the fare is tough for those with too few funds to spare.

Sadly too, for others, the stress can be one of social isolation, the lack of warm human contact when you need it most, and the need to get through what should be a time of cheer, when you see so little to be cheerful about.

An increasingly popular way to celebrate Christmas is to come along to one of the community Christmas lunches that are held in our district.

One of these is the New Plymouth Community Christmas lunch at St Joseph's Church Hall, Devon Street, on Sunday, 25th December. Christmas lunch will be served at 12 noon. There is no charge at all however a donation/koha will always be appreciated. Transport to and from the dinner can be arranged as can deliveries for those people who may be housebound. Just ring Ken 027 674 3334 or email npcct01@gmail.com.

Trustees can never get over the pleasure so many guests get from being part of this free event, enjoying meeting old friends and acquaintances and making new ones all while enjoying a sumptuous spread. Doors will open from 11am.

About 200 or more Christmas meals are served by trustees of the New Plymouth Community Christmas Charitable Trust and an army of volunteers – serving ham, chicken, new potatoes, other vegetables, coleslaws, as well a range of desserts, Christmas cake - all accompanied by live music. Mayor Neil Holdom and Patron Harry Duynhoven will be gracing us with their presence as will our new MP, Glen Bennett—all adding to the moment of the occasion.

Clearly, this free event would not be possible without the wonderful generosity of so many local firms and social organisations - all contributing to the spirit of Christmas.

Opinion: Gordon Hudson

