

Prejudice is a great timesaver. You can have opinions without having to get the facts.



NP Positive Ageing, **JULY 2022** Newsletter: *Taupaenui*, Issue: 91

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

Climate change—we ignore it at our peril...

Chair's message...
Lance Girling-Butcher



As I write this column an awe-inspiring electrical storm is raging outside. It is an excellent example of the power of nature and the potential danger to the world of our changing weather, if we do not do something about global warming soonest. It also serves as a reminder of the reason some of the simplest solutions to greenhouse emissions are so difficult to achieve.

We upset farmers by saying it's due to farting sheep and ruminating cows. We forget that many of these destructive emissions come from an exploding human population.

We tend to forget the hydrocarbon burning vehicles ships and planes that are used to transport these humans. Not to mention the hydrocarbon fuel vehicles that we enjoy driving so much, that so clutter streets around the world.

While soaring fuel prices are causing more drivers to think twice about using cars, so far, they don't seem to have discouraged too many people in Taranaki.

From my humble perspective there seem to be more and more

vehicles on our roads every day.

That's because the very weather that I mentioned above is the greatest disincentive to people using public transport. Until we solve the problem of getting people to and from the bus routes, it's going to go on being a problem. We need more buses, more bus stops, and more users and that's not going to happen without some serious thinking.

And there are other problems with all these cars as well. A recent New Plymouth District Council meeting heard civil petitions recently about parking problems around new Plymouth Girls' High School and the impact, they were having on feeder roads in that part of town.

More and more students are bringing vehicles to school, clogging

up feeder roads and upsetting the people who live on them. Obvious solution is include encouraging more students to ride bikes to school, or to walk to school. Walking is fine, when it's fine, but so many school uniform regulations provide require inadequate and dangerous options.

The parking problems around Girls High is but a microcosm of what happens across the rest of the city, particularly in the central business district.

Will it be a public transport system is obviously the simplest and best solution to reducing passenger vehicle movements? It really is all pie in the now polluted sky until we can break our love affair with owning and operating our own vehicles.

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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'

"Positive Ageing—Taupaenui" is edited by Gordon Hudson. Ph 06– 753-9815 or email gordonandjanr@xtra.co.nz

Continued from Page 1:

The shuttle bus that clicks and drops off people using the airport to fly out of town manages to go around the city collecting and depositing people without too much delay. Maybe we need to think about a service like this for school kids and get all those 'education targeted' domestic vehicles off our road at the beginning at the end of the school day.

In the end with the kids walking to school, or not, it's only a pinprick in the overall battle to reduce the release of air warming gases into the atmosphere. It is a matter of principle, however, and shows the importance of every individual doing their small but essential bit help in the overall campaign to reduce global warning.

Alone we are nothing, but working together we can achieve putting a significant dent in reducing poisonous emissions.

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

Lance Girling-Butcher—Chair
027 273 8066.

Winter energy payments...

If you want to opt in, or out, of getting this payment, or you want to get back in, just complete the 'Stop or restart winter Energy payments' on line form, or call the Senior Service contact centre 0800 552 002.

If you are travelling overseas for more than 28 days, you really need to let the MSD know, otherwise they may pay you too much and have to ask for the money back.

In the interim...
Keep warm, and safe...



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 and Positive Ageing.

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'.

27 June: NPDC Community Partnership Lead Callum Williamson discusses the many issues involving older people.

11 July: St Mary's Community breakfasts - each Tuesday at the Peace Hall - and the human dynamo behind these breakfasts for a koha - Jen Smart.

25 July: Puke Arika Library our wonderful Puke Arika and Community Libraries are a major resource for our education, recreation and overall enjoyment. There seems to be no limit to their desire to provide new opportunities to keep us better informed about new technologies, and new ways of ensuring that all their services are available to you, whether in person or in their many 'outreach' services.

New Tap&Go library cards!
Swap your old card free for one of three new designs. Ask at your local library!
NPDC

Puke Arika - 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 Arika 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 try to avoid things that make me fat...
...Like scales, mirrors and photographs.**

My To-Do List
✓ Item
☐ GET BOOSTER SHOT

Well, it has finally happened. The Government's new health reform initiatives are underway, starting with the formation of a national body - Health NZ and another - Maori Health Authority. Our Taranaki DHB, and every other DHB, will, as from 1 July, no longer exist. R.I.P.

The expertise of the current Taranaki Board members will be lost. Their time is over. And not one member of the 'old Board' was appointed to the new 16 strong team referred to as the Consumer Advisory Council. I wonder why?

People in Taranaki are being reassured that there will be very few changes in the near future. Post 1 July, we can expect an increasing level of communications in mainstream media. That will not be a hard target to achieve given the lack of information about changes to date.

In the interim, as stated, it is business as usual in what was our Taranaki DHB. I wonder what the new title will be?

Key staff have been appointed to key positions:

CE Rosemary Clements is now the Interim Lead - People and Culture, effective immediately and Gillian Campbell, as from 1 July, has been appointed as the Interim District Director. Congratulations to you both.

Taranaki Consumer Council:

As stated, this 16 - person team has been appointed and is determining the Terms of Reference to best suit the needs of the people of Taranaki. Although selected under the principles of the Treaty of Waitangi with 8 Maori and 8 Non Maori - local iwi have determined that this Council does not represent Tangata Whenua. Te Whare Punanga Korero (TWPK) has been mandated by all Taranaki Iwi to represent their interests. For Non Maori - the Consumer Council is the only choice.

Mental Health Services:

A new initiative, a Co-Response Team, aims to provide clinical and cultural support alongside emergency services. The team comprises of mental health clinicians, kaimahi Maori, Police and St Johns—working together to respond to mental health emergency calls. It is expected that the Taranaki community will benefit from this initiative that will see more patients assessed and provided therapeutic care in a home or community centre rather than being transported to an Emergency Department or Police Station. This new service comes into being 27 June.

In the interim, the demand for services for both inpatient and community care remains high with ever-increasing complexity being the norm. Staffing shortages are creating additional stress in an already stressful environment.

A new 4-6 bed facility, in a property in Tukapa Street, for the long-term care of patients with chronic mental health needs is underway. This initiative is seen as an essential component of the mental health continuum of care.

The planning for an overdue upgrade of the Mental Health Unit (Te Puna Waiora) continues on and on, and on.

Planned Care Services:

The primary and biggest challenge for the current DHB is to meet its targets for care delivery. COVID 19 has badly affected service delivery. Tackling excessive wait times while continuing to ensure those patients most in need receive priority care is the challenge.

Aged Residential Network Group:

Led by the DHB Portfolio Manager - this network group meets regularly to ensure all providers have access to good quality care and information.

DHB: What about sharing this information with organisations such as Positive Ageing, Grey Power, Age Concern and Taranaki Disability Information Centre? Just saying?

Maori Health and Equity Directorate—Te Pa Herakeke:

The DHB has been making real progress in building capacity and capability to develop strategies to best meet the health needs of Maori in Taranaki, in line with national priorities.

This is an intentional shift designed to facilitate accelerated progress towards the elimination of inequities in Maori health. The team currently has about 35 FTE staff with more coming on board.

Taranaki DHB has received an "outstanding" rating from the Ministry for its quarterly reporting in its relationship as a treaty partner.

Site development:

If usual planned care, COVID-19, and new national developmental challenges were not enough, the DHB has some major building developments:

Stage 2—Project Maunga is due to be completed by mid 2024. A BIG project with a BIG budget. Some \$400 million.

Renal Unit: Is on target and due to be completed by September '22.

Taranaki Cancer Centre:

Designs are being finalized for this exciting new development for Taranaki. Budget, \$35m.

COVID-19 Update:

As at 8 July, there have been 30 deaths in Taranaki, from COVID - 19.

Taranaki is behind the national average for boosters and more effort to promote the value of vaccination (for Covid and the flu) is ongoing.

Hospital admissions for Covid, combined with staff shortages, has proved challenging for all DHBs and Taranaki is no exception.

Booster shots for older people and vulnerable groups will be available in July.

Well... that is a wrap for the last reporting of snippets from the Taranaki DHB 'Open session'. Thank you TDHB for the opportunity of sitting in and observing all your efforts. Gordon Hudson.

New health reforms...

As from this Friday, 1 July, all DHBs will be disestablished. A new management structure - Health NZ will partner with the Maori Health Authority to provide a nation wide service that will be:

**People-centred
Equitable
Accessible and...
Cohesive.**

It will be nationally planned, regionally delivered and locally tailored.

The process is likely to take about two to three years.

There will be four overall regions in New Zealand and Taranaki will be part of Te Manawa Taki, comprising of the following former DHBs: Bay of Plenty, Lakes, Hauora Tairāwhiti, Taranaki and Waikato.

Te Manawa Taki will be responsible for 21% of the land mass, will encompass five former DHBs, include the cities of Tauranga, Gisborne, New Plymouth and Hamilton and will serve the health needs of 1,007,405 people.

The vast majority of us mere mortals will not notice any changes for a number of years to come. At a local level, communities will roll out a 'locality' approach to improving people's health. The first areas have been confirmed as:

Otago/Papatoetoe, Hauraki, Eastern Bay of Plenty, Taupo/Turangi, Wairoa, Whanganui, Poirua and the West Coast.

A 'locality' is essentially a place-based approach to improving the health of populations, as well as a mechanism for organizing health and social services to meet the needs identified by whānau, community and mana whenua.

By selecting these first nine communities, the Health reforms are building on work that's already happening across New Zealand with a view to expanding and enhancing this approach. They are also focusing on communities that they need to better support.

Taranaki, you will note, is not seen as a priority at this time. Is this a good thing or a bad thing?

A key concern for many people at a recent free public forum arranged by Positive Ageing, Age Concern and Grey Power, is just how will we, as a community of health users, have access to influencing decision making in the health system.

Of course, we do not get to have a say in the local service delivery of social development, justice or transport services, to name a few. However, health has always been different and we are used to electing our own members to hospital boards. This is no more.

The recently established Consumer Advisory Council does not have a single member of the former Taranaki DHB. All that expertise and local input has been largely lost. This new 16 person Consumer Advisory Council are on a long-term steep learning curve. How effective they will be allowed to be, or even can be, is yet to be seen.

In the meantime, there is one change that we will notice and that is that we no longer have a direct elected voice on local health matters.

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.

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/whānau, other friends and your wider community.

0800 237 829



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

Social Housing in Taranaki is a huge issue now—not later!

Positive Ageing, Grey Power, Taranaki Disability Information Centre, Age Concern, Citizen's Advice Bureau, and others, have been meeting with local politicians, New Plymouth District Council and other interested parties such as the Taranaki Retreat, to see if we can better work together to overcome some of the growing waiting lists for social housing.

There are a number of excellent initiatives occurring at present, mostly involving Kainga Ora, aimed at providing appropriate housing for those most in need. However the waiting list is extensive and these initiatives will provide but a dent in the need.

Too many people are unable to acquire, even the most basic, homes to rent. It is a rental property owners dream with spiraling rents - and profits.

Locally, we all need a good deal more information as to what central and local government can do to work with communities to provide adequate housing for all - young and old.

As we get a clearer idea of what needs to be done, what can be done, and who is doing what, we can share that information with you.

In the interim though, the NPDC is keen to ensure their pensioner units meet national standards.

And the NPDC is seriously contemplating establishing a showering/laundry/toilet facility for those in need. This is likely to be a cost effective way of providing a valuable mobile service.

And a number of organisations are working together to see if New Plymouth can establish an Inner City Mission type centre.

These initiatives are all sounding hopeful of progressing.

Until then...

Opinion: Gordon Hudson.

New Ministry for Disabled People

NZ looks forward to the launch of the new Ministry on 1 July.

If you receive disability funding, fear not - your funding and supports will not be impacted by the changeover from the Ministry of Health to the new Ministry. You'll be kept closely informed as supports migrate over and you won't lose anything, or miss out on anything.

Meantime, keep up with developments, and share your thoughts about the looming changes. Join AmplifyU, the new Ministry's engagement platform, designed for disabled people, friends, and sector allies.

The naming of the Ministry is underway.

**Not in jail,
Not in a hospital,
Not in a grave.**

**I'd say I've had a
pretty good day.**



**I would call
my fashion
style:
"clothes that
still fit."**

**World Elder Abuse
Awareness Week
was 15 - 22 June**

**ELDER ABUSE
HITS CLOSE TO HOME**

Call 0800 EA 15 NOT OK or Age Concern 0800 65 2 105

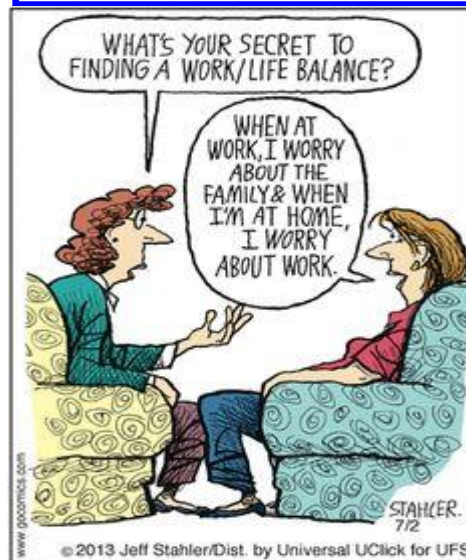


ELDER ABUSE AWARENESS 15 - 22 JUNE

If you have concerns about the way you or someone you know are being treated, spoken to or cared for, or if you are concerned about how money is spent and property is being used – then Age Concern Taranaki's Elder Abuse Response (EARS) team. Can help.

We offer a free and confidential service. Please contact us on (06) 759 9196 or 0800 243 625 to speak with our Social workers/Clinicians. Or email:

info@ageconcerntaranaki.org.nz



**My Age
Doesn't Bother Me.
It's The Side
Effects.**

Crepes are back!!!!

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!

A couple of thoughts for older people...

Don't stress over the little things. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

Contributed by Ken Davies.

**OVERTHINKING
IS THE BIGGEST
CAUSE OF OUR
UNHAPPINESS.
KEEP YOURSELF
OCCUPIED. KEEP
YOUR MIND OFF
THINGS THAT
DON'T HELP YOU.
THINK
POSITIVELY.**

WACHABUY.COM

More monopolies squeezing us dry...

It seems it is not only the owners of the two major supermarket conglomerates - Foodstuffs and Progressive Enterprises, who have become wealthy through ill gotten gains achieved through shabby commercial practices that all negatively effect buyers' purchasing ability.

It now seems that Fletcher Building has achieved, via very effective lobbying, to corner the Gib market - in the process causing no end of stress for the construction industry.



This may not effect us all on a day to day basis,

but if you are constructing a home, business etc, you are likely to have been at the mercy of Fletcher Building, an outfit that has decreed when and where supplies may be available.

Fortunately, belatedly, when all other options have failed, some enterprising construction companies have determined that they will import their own supplies of Gib, cheaper and far more quickly.

Not that Fletcher Building cares much about the current situation, but their seemingly cavalier attitude will inevitable damage their traditional company loyalty base.

It is important that we lay the blame squarely on the bosses of Progressive Enterprises and Foodstuffs, and to a lesser extent on the Government, which seems incapable of getting a fair deal for their shoppers.

It is even more important that we as shoppers do not blame staff in supermarket or hardware stores as they too are victims of poor pay and conditions so that their masters can become fatter.

Opinion: Gordon Hudson

Covid-19 deaths escalating in Taranaki...

To date, 44 people as at Monday 27 June 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 44 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.

Altogether, there has been 34,592 cases of Covid-19 in the region and 33,604 people have recovered.

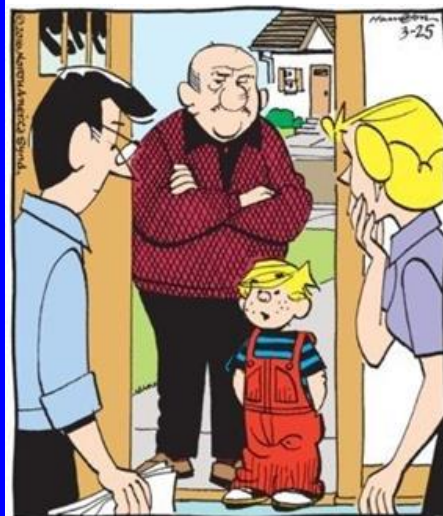
There were 150 new cases of Covid-19 reported in Taranaki on Monday 27 June.

**Unite
against
COVID-19**

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



"MR. WILSON WANTS TO SEE HOW YOU GUYS COPE WITH ME."

Quips and Quotes from the NZ Listener...

"It is not who is right, but what is right, that is of importance."
Thomas Huxley.

"Forgiveness is a funny thing. It warms the heart and cools the sting."
William Arthur Ward.

"Due to unforeseen circumstances well within my control, I will be late."
Seen on Twitter.

"Grief is the price we pay for love."
Elizabeth 1.

"One reason I don't drink is that I wish to know when I'm having a good time."
Nancy Astor.

"Don't you find it amazing that US cops think everything is a gun—except their own gun?"
Trevor Noah.

"North Korea reported its first coronavirus outbreak today and ordered all cities to enter a lockdown, or as they call it, 'business as usual'."
Seth Myers.

"Friendship is like money, easier made than kept."
Samuel Butler.

"The smallest deed is better than the greatest intention."
John Burrows.

"We must use time as a tool and not as a couch."
John F. Kennedy.



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

The road ahead for seniors...

6 good things to know...

1. License renewal is more frequent:

You need to renew at 75 years with a medical check. The next age for renewal is 80, then every two years after that.

2. Staying safe refresher courses are freely available:

These free driver theory courses give you a refresher on traffic rules and safe driving practices. They also give you tips on other transport options to help keep you mobile.

3. It's good to check out your car and yourself:

Senior drivers have a wealth of life experience and knowledge which helps make them safer drivers. However, it is good to be aware of the key information that can make you as safe as possible.

4. There are many transport options that you can consider:

At age 65, all seniors are entitled to a Super Gold Card, which enables you to access free off-peak travel on public transport.

If you have a health condition which affects your mobility, you may also be entitled the Total Mobility Schemes discounted taxi fares.

5. The roads are changing and getting busier:

Nowadays, there are more drivers and road networks are always changing. Age Concern in New Plymouth (33 Liardet Street) have a range of brochures from Waka Kotahi—NZ Transport Agency.

6. You can be a support to those around you:

There is a range of things to consider when talking about driving issues.

The more you learn about these things to consider, the more confident and competent you will be.

My son asked why I speak so softly in the house. I said I was afraid the NSA was listening. He laughed, I laughed, Alexa laughed.

My train of thought derailed.
There were no survivors.

Some people wake up feeling like a million bucks.
Me? I wake up feeling like insufficient funds.



depositphotos

Image ID: 292756792 www.depositphotos.com



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



Kerb side Collection and Disposal



**Thursday 30 June at the NPDC 1.30—3.00pm...
to be held in the Council's Debating Chamber...**

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

- *Become more efficient, environmentally and user friendly*
- *Respond to your questions, suggestions and concerns*

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

Kerb side collection involves us all.

*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

Proudly sponsored by Positive Ageing, Grey Power & the NP District Council



Grey Power NP

158 Tukapa Street
New Plymouth
06-757-5885 Email:
greypowernp@gmail.com

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.



Strength and Balance classes

Partici-
pants not
only
benefit
physical-
ly, 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

**And to learn more about the full
range of classes (there are about
30 in Taranaki and over 500 par-
ticipants, right round the moun-
tain - then tune into Access Ra-
dio Taranaki 10.44FM 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 - Gordon Hudson
Treasurer - David Showler
Committee - Brian Eriksen, Kathleen
Forde, Wally Garrett, Margaret
McCall, Carleen Broughton and
Stephanie Hansen.

Newsletter - Gordon Hudson

www.positiveageingtrust.org.nz

And that's a wrap on another
day where I acted like I knew
what I was doing....



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