

Whatever you
are not
changing,
you are
choosing.



NP Positive Ageing, **NOVEMBER 2022** Newsletter: *Taupaenui*, Issue: 95

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

Editorial: "When will we ever learn"?

**Chair's
message...**
**Lance Girling-
Butcher**



There is an old popular song that asks, 'When will we ever learn?'

Nowhere is this more appropriate than reflecting on the results of September's local body elections. Nationally fewer than one voter in three chose to have their say about how their District Council has operated in the last three years. Considering that people fought and died and suffered massive injury and harm defending the principles of democracy, this is an awful comment on voter lethargy. And how quickly we forget.

Taranaki's three district councils did better than most with a 44.3% turnout, but it's still well below the number who could influence the future. To say that this lack of interest is an indication that people are satisfied with what the local body politicians are doing is one way of looking at it, but it's much more likely that this simply indicates they cannot be bothered to vote and do not care.

The district is looking at a number of expensive, but rewarding, projects in its long-term plan and subsequently has higher than average rate increases.

Personally I believe it's a matter of failure by the local and central government to streamline the process and discover better ways to help ratepayers cast a vote.

It is part of the fine tradition for talking rather than doing. We have been promised yet another inquiry into electoral reform. History suggests that once again this will be a matter of procrastination and ignorance.

I believe that it's more a matter of circumstances overwhelming decision making and the cost and difficulty of so much change winning the battle to better reform.

As I see it, STV is too complex for most people to be able to use it and they simply get frustrated and dump the voting forms in the bin. Others may not know where the local post-boxes and are too lazy to look for one further afield or return the forms to Council.

Many cannot be bothered finding out more about who they can vote for and councils do very little to encourage the sort of 'meet the candidate meetings' that are now being left to private organisations.

New Plymouth Positive Ageing, for example, was frustrated in its election preparations because at the last minute they were declined use of the council chamber because the Auditor General had set out conditions for such activities and somehow, we don't understand quite how, we did not comply with the requirements and at the last minute had to change from the council chamber to Saint James Presbyterian Church in Lawry Street. Well, that was a tough nut to crack.

It's time that central government got on top of the difficulties that prevent the introduction of internet voting in Government elections but considered too difficult and too risky.

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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:

This is now in use for central for local body elections.

New Zealand's last census was a partial failure because it did not take into consideration the number of older people who cannot use computers and therefore can't vote online. With a fresh census due on March 7, 2023, this is becoming an urgent problem.

Nowhere is this of greater importance than for blind people to have an equal opportunity to vote in privacy. Several senior people in the Blind movement are taking this issue to court because they feel it has been left unresolved for too long. As a blind person I have to agree.

It's all part of a larger problem we are all in and the IT challenged are being left behind as the rest of the world uses the Internet and computers to an increasing degree.

While we're on the subject of elected terms, I also believe it's time we did something about extending the three years that now dictates the links of a term on a local body. At the moment new candidates been the first year getting their feet under the table, the next year sorting out the long-term plan and third year trying to get re-elected. A four-year term, would render them much more effective.

Certainly what we have is not satisfactory, and we will get far more in the rewards with a better electoral system and with time for councillors to reach their full potential and be more effective.

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

Lance Girling-Butcher, Chair
027 273 8066.

The new City Council will be pleased that over half the rate-payers who didn't vote will not be interested in passing criticism on what they do. Ed.

Councillor Dinnie Moeahu leads the NPDC Community Development portfolio. An inspired choice Mayor Neil Holdom.



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 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 aspects of 'positively ageing'.

Monday Oct: 31 and Nov 7: David Hill joins Gordon Hudson to discuss what has driven and still inspires his love of writing and his seriously successful career as a writer, playwright, reviewer, motivator, mentor and contributor to literature and community - in his 80s.

Monday October 14 and 21: John Major joins Lance Girling-Butcher to reminisce on life in North Taranaki as a husband, father, farmer and All Black before an injury meant adapting to life in a wheelchair. John has used his lived experience with a disability to become a recognized authority and advocate on living with disabilities and successfully campaigning for rights of access.

Viewing past programmes...

Go to the Access Radio website - accessradiotaranaki.com and click on ARCHIVES, scroll down to ALL then scroll down to 'Positively Ageing'. There are a number of programmes already aired.

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



Recovering from Covid-19...

As you recover from Covid-19 you might find that you get tired easily or become breathless. This is common after becoming sick. It's important that you take it easy as you return to your normal activities.

Here are some tips to help your recovery from Covid-19:

Be mindful...

Rest frequently
Try to reduce screen time
Don't compare your recovery to others—the virus affects us all in different ways!

Don't be afraid to ask for help—make use of support from friends and whanau.

Exercise...

Build up to exercise slowly; start with no cardio and build up to 50% of your normal exercise regime over 2-3 weeks.

If it knocks you, pull back.



Returning to work...

Go back to work when you are ready. You may need to do shorter days, building up to your regular hours—talk to your employer about this.

Look after your body and mind...

Give your body the time it needs—eat a healthy diet, drink plenty of water and get lots of sleep.

Try not to worry too much, things will improve. It just takes time.

Info from Te Whatu Ora—Health NZ—Taranaki.



Ageism - still alive and kicking...unfortunately...

Ageism is the systematic stereotyping and discrimination against people based solely on age - particularly older people.

The recent lockdowns and significant restrictions to protect those in rest homes and hospitals were largely aimed at older people and often aimed at people say over the age of 70 being subject to certain restrictions not imposed on wider society. Certainly this had the benefit of keeping some older people safer but it also resulted in placing all older people, fit and healthy included, in the same basket.

Then there is the more blatant ageism of prominent leaders of communities and NZ society at large stating that the older generation is the most 'greedy' and the most 'selfish' of all. These claims are made despite the significant contribution older people make to a community's economic, employment and social services sectors.

In the recent NPDC elections, comments such as sitting members looking 'pale, male and stale' were made, fortunately by non-successful candidates. Not only are these comments racist, sexist and ageist but they tend to attract media attention and belittle the often significant contribution of some sitting members and insult older people everywhere. So many older people are not 'over the hill' or 'past it' or 'put out to pasture'.

An interesting matter to contemplate; as to where older people are seen as not relevant is the former Taranaki DHB's appointments to its new Consumer Advisory Council. Of the 20 members, only one is older than 65 - and that person is just 65 years old.

Let us be clear. While 65 years of age may well be the age where people receive superannuation, this age does not determine that someone is considered elderly. The 65+ age group is extremely diverse encompassing more than one generation. A 65 year old person may have very little in common with a 75 or 85 or 95 year old.

When considering the immense amount of use older people have within the hospital care system, it seems inconceivable that the former Taranaki DHB, now Te Whatu Ora Taranaki, chose not to select eligible applicants for the Advisory Council, or to appoint an older person. But this they have done. Not that the Advisory Committee is in any doubt that they are unrepresentative and are happy to meet with organisations representing older people as necessary. However, this positive attitude does not detract that within tertiary health in Taranaki - older people have been side-lined from having a relevant voice.

Considering the perilous state of our healthcare services for older people, including chronic nursing shortages, different pay scales for general nursing in hospitals compared to nursing in rest homes as well as additional limitations for elective surgery, this is not good enough.

The trouble with ageist language and the side-lining of people over the age of 65 years from community and institutional decision making processes, is that older people start to think that they are not of value any more.

Ask anyone in the social service sector or indeed the hospitality or tourist sectors that older people do not matter. Many commercial and social services

Rely on older people as customers and employers/employees.

Ageing is part of all our lives and unless we actually stop to consider the way we treat older people, older people will continue to be undervalued and ignored. Ageist attitudes are apparent in so many government and community based organisations.

Ageing can be a difficult process at the best of times - what with loss of physical functions, loss of memory, increasing frailty, the sense of stagnation and/or disease. Not to mention social isolation and loneliness. It is certainly not a process for sissies. Interestingly, negative stereotypes about ageing have been shown to affect life expectancy.



In a 2002 Yale University study, older people who had more positive perceptions of ageing were shown to live 7.6 years longer than with poorer perceptions of their ageing process, regardless of their social position in their community or their health status.

And no wonder, if negative stereotyping is so common in our communities, that many older people feel marginalised and in some case, spurned by their community.

True the physical and sociological effects of ageing can be brutal, however, feeling that you are a burden on your community surely must be the cruelest situation of all. We must stop the rot of ageism in our community and in our society.

We must stand up and be counted.

Opinion: Gordon Hudson.



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.



A contribution from a reader... as we age...

'Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). The important thing is to leave the house from time to time. Go to the museum, the library, art exhibitions,, a walk through one of our many parks. Anything at all that interests you.'

Pains and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as part of life.

Thanks Ken.

"Only the guy who isn't rowing has time to rock the boat."

Jean-Paul Sartre

It is just a matter of time before they add the word "Syndrome" after my last name.

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

*when nothing goes right...
go left.*



A few words of warning

Be cautious when annoying older people.

We have lived a long time and the prospect of a life sentence means a lot less to us.

We have had our patience tested and most of us were negative.

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 HAVE TO STOP SAYING "HOW STUPID CAN YOU BE?".



SOME PEOPLE ARE STARTING TO TAKE IT AS A CHALLENGE.

Community Christmas Dinner is back on this year...

After a long two year Covid-19 break - the Christmas Dinner at St Joseph's Church will again be held - on Sunday 25th December.

The committee is looking for a volunteer to carve ham for an hour or two on Saturday 24th when the hall will be set up.

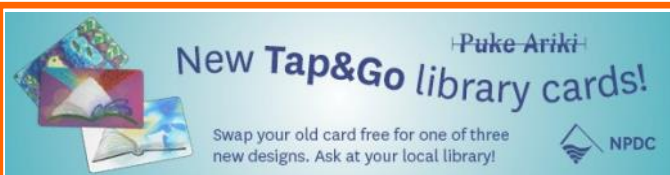
The committee is also looking for a new secretary. Please call Ken 027 674 3334.

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'



Hello all,

I wanted to share with you a recent program that we have started running at Puke Ariki library, 'Closely Knit', a social knitting, crochet and crafting group. We run this weekly on a Tuesday, 9am – 10.30, in the library's Community Lounge. This is a free and very friendly gathering! I hope you might share this with your networks if you have anyone who might be interested in attending.



Ngā mihi, Erin

Erin Maessen

Library Coordinator - Poutāwhiri Whare Pukapuka
Puke Ariki Library Housebound Coordinator

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.



They are 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.

Heath Expo—for falls prevention...

Gravity is one of those ever-present natural forces that we tend to take for granted and therefore basically ignore. It is however, one of the greatest influences on our well-being and presents, if we ignore it, one of the greatest risks to our health.



Without it we would fly off into space and many of the other aspects we take for granted, like the rise and fall of the tide, would not happen. The problem is that it does cause a growing risk for particularly amongst the elderly and infirm. For they are at greater risk of long-lasting injury or even death. Those who survive can suffer for the rest of their lives.

Such falls are therefore the target of a special multi-disciplinary group set up with ACC funding and directed by Hilary Blackstock from Sports Taranaki who works to minimise this particular risk with its life damaging and expensive follow on.

The group's major weapon against such falls is its organisation and supervision of a range of exercise groups throughout the province.

To further boost numbers and to better inform potential members about ways to assist improved health, the group is holding a two hour free 'healthy living' forum at the TSB Stadium New Plymouth on November 3, from 1-3pm.

The target audience is mainly for people aged 65 years and over and it is free to all attending.

Speakers will include:

- Nurse practitioner,
- Physiotherapist,
- Dietician
- Pharmacist ...



speaking on positive practical tips to keep healthy and well. Make the most of your visits to health practitioners.

There will also be opportunities, should you wish, for some practical activities and balance tests. Occupational therapists and Balance class leaders will also attend.

Coffee, tea and scones will be available from 12.45pm. followed by the presentations.

There are also 25 stalls by like-minded organisations supporting this health Expo—something for everyone.

There is no need to register – so do come along, have a bit of fun, hopefully learn something new, interesting and beneficial.



depositphotos

Image ID: 292750792 www.depositphotos.com



Positive Ageing New Plymouth fully supports the following Healthy Action Forum on Thursday, November 3, at the TSB Stadium at the Racecourse. Another opportunity to learn more about how better to make the most of our health so that we can make the most of our life.



HEALTHY ACTIVE AGEING FORUM

**THURSDAY 3 NOVEMBER
1PM-3.30PM
TSB STADIUM
NEW PLYMOUTH**

Join us to hear practical, friendly advice from health professionals. Enjoy an expo to learn about ways to keep you moving and connect with other community services throughout Taranaki.

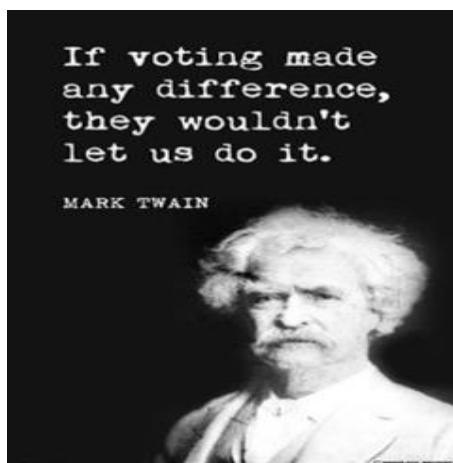


Contact Hilary Blackstock
(021) 480 180

hilary.blackstock@sporttaranaki.org.nz



He Kōupare. He Manaaki.
He Whakaora.
prevention. care. recovery.



NOVEMBER Activities—NP



**TUESDAY 1, 8, 15, 22:
& 29: (10-11am)**

Aqua Walking:

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.

WEDNESDAY 2 November:
Monthly Outing: Bus trip to Stratford. Please secure your seat at a cost of \$10 prior to date. Dine at Colonel Malones' Café & Bar and, weather permitting, have a look at Windsor View Gardens in Inglewood. **Ring Pauline** to confirm your attendance.

WEDNESDAY 9 and 23: Warm-up Wednesday:

Music is an essential ingredient of life. 10am-12.30pm. Light lunch at 11.20am. Gold coin donation to assist with costs.

THURSDAYS 9.30-11.30am:
Drop In Café / Social mornings. Something different each time.

IN TUNE WITH INGLEWOOD...
Fun and fabulous afternoon of singing, spot prizes, making music and great company.

THURSDAY 10 and 24:
6 Mamaku Centre - 1.30-3.30pm
Gold coin donation.

WHAT'S ON IN WAITARA...
Music and singing afternoons.
Friday 4, 11, 18, 25: 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



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

Quips and Quotes from the NZ Listener...

"As we get older, our bodies get shorter and our anecdotes longer."
Robert Quillen.

"I always set two wake-up alarms, one for the person I want to be and one for the person I am."
Seen on Twitter.

"The hardest thing is to take less when you can get more."
Kim Hubbard.

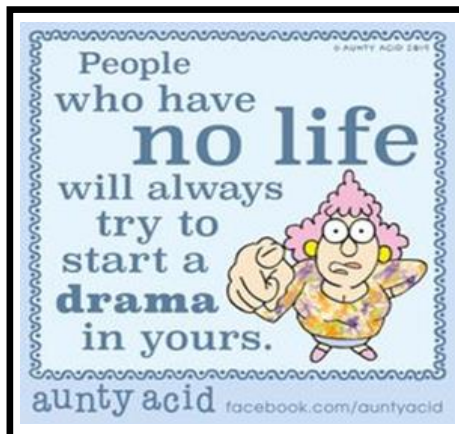
"The fact that an opinion has been widely held is no evidence whatsoever that it is not entirely absurd."
Bertrand Russell.

"When travelling with someone, take large doses of patience and tolerance with your morning coffee."
Helen Hayes.

"Never underestimate how many times your husband can do the exact thing wrong,
Seen on Twitter.

"The past always looks better than it was. It's only pleasant because it isn't here."
Evelyn Waugh.

"Reality is easy. It's deception that's the hard work."
Lauren Hill.



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!

Good news... Retirement village complaint is off to the Commerce Commission...

For years now the Retirement Village Resident's Association has been lobbying MPs and Consumer NZ to review and remove 'unfair' contract terms in many village's Occupation Rights Agreements (ORG). Their efforts are now being supported by the Retirement Commission.

Among the grievances are the clauses that permit village owners to hold on to ex-residents capital until they have sold their former 'home' to a new owner. Another 'unfair' contract term is ensuring former residents keep paying weekly management fees for months after they vacate a unit.

These are just two of the many fish hooks that can create real stress for families vacating a unit. It is made worse by the fact that these are usually already stressful times for family/whanau involved.

Most retirement villages are profit making businesses providing secure amenities and activities for their residents - at a cost. And, to be fair, most retirement village residents value living there.

On the House... a great initiative... right here in NP...

It's all about returning surplus food to the community.

On The House is a community group with no religious affiliation. It is a space where the NP community can interact, build relationships and where open-hearted volunteers serve surplus food to anyone who can make good use of it.

It is volunteer based, collecting food that otherwise would go to waste and help to redistribute it to anyone willing to line up. Choose from a selection of items donated fresh that day from local cafes and eateries. They often have meals, salads, bread, soup, savouries, muffins, fruit and veges.

It is all about less waste and more taste.

It operates every Monday and Thursday from 5-6pm at:

- St James Presbyterian Church, 24 Lawry Street, Moturoa, NP and
- Holy Trinity Church Hall, 10 Henui Street, New Plymouth.



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 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'

New Plymouth Community Christmas Charitable Trust

**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.

Strength and Balance classes

Partici-
pants not
only ben-
efit physi-
cally, but
socially
as well.



For
further
infor-
mation 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'.



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, Margaret McCall, Carleen
Broughton and David Showler

Newsletter - Gordon Hudson

www.positiveageingtrust.org.nz

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



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