

*Live your
life and
forget your
age.*



NP Positive Ageing, **OCTOBER 2022** Newsletter: *Taupaenui*, Issue: 94

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

October 1st is International Day of Older Persons...

Saturday, October 1 is International Older Persons Day, a time to recognise the importance of older people in our community and family/whanau, and the valuable contribution they make—every day in so many ways.

It is a time to reflect on where our communities would be if it were not for older people volunteering, caregiving, mentoring, and as employers/employees, friends, family and whanau.

Older people increasingly make a major contribution to our community's social, spiritual, cultural and economic wellbeing. In the future we will need to increasingly rely on that contribution as Aotearoa/New Zealand grows.

Thank goodness for that as older people are increasingly healthier, more educated, and more skilled and resilient and have so much to offer.

Throughout October, a number of organisations are combining to promote opportunities for our older population to take some time out and enjoy the many activities and interests available to all people.

Positive Ageing NP is urging all older people and their whanau to participate where and when they can and to celebrate new found freedoms from the restrictions of Covid-19.



And if we ever needed another excuse to celebrate age, the passing of our former Queen could not have given a better example of service to others.

The Queen may have been born into her role as Head of the Commonwealth, but who would have thought that she would reign for over 70 years, become such an able world leader, and command such respect throughout the World.

Opinion: Gordon Hudson.

Make your vote for the NPDC count...

With just two weeks to go for postal voting in our local elections - it is time to put some time aside and work out who we want to represent us on council for the next three years.

Not an easy task with so many candidates standing. Many candidates have really tried hard to win your confidence for a role on Council. Not an easy task—but someone has to do it.

With responsibility for so many of our vital services we want the best people for this essential work.

Candidates have done their job—now it is up to each of us to do ours. And, generally, as older people, we take our responsibilities seriously. And thank goodness for that.

In this OCTOBER Issue...

October 1st is International Day of Older Persons	1
Taranaki's Heritage Month—October 2022	2
Access Radio Taranaki and Positive Ageing shows for October	2
Thank you to all our NPDC candidates—now it is up to us to vote	2
God Bless the Queen ... Long Live the King	3
Getting that Booster shot and flu jab	3
Pukekura Park Buggy Tours	4
It is important for older people to get the flu jab	4
Spring Back—Piki ake te ora	5
Waimanako/Hope Centre—helping the Taranaki Retreat help others	5
Positive Ageing NP—Chair's annual report	6
Age Concern's October activities	7

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

Taranaki's Heritage Month...

This is yet another planned month of activities aimed at providing opportunities for people to hear the stories of Taranaki history and heritage.

Coordinator, Rob Green, is inviting people to share their memories and stories so that we can all get a better understanding of the past and what it meant then and what it means today.

The many events planned will have a major focus on discussions with local iwi and hapu, as the organisers want to encompass the entire region's development.

Rob Green is keen to provide opportunities for Non Maori especially to listen and hear the pain endured by Maori during colonization - and perhaps hear a different perspective.

Opportunities will be provided to learn more about such significant developments such as St Mary's Cathedral and the role the new 'Te Whare Hononga - The House That Binds' a centre for peace and reconciliation is being built and, hopefully, next month will be opened.



A key event will be a panel discussion at the Plymouth International on Thursday October 6 from 5.00—8.00pm. This will be chaired by local Maori leader and Te Reo Maori advocate, Dr Ruakere Hond and will include many local and national prominent speakers as guests and on the panel.

Other events will be held around the Maunga.



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 October 3 and 10: Rob Green, Rob Green discusses with Lance Girling-Butcher the work involved in ensuring the heritage of Taranaki is preserved and promoted.



Monday October 17 and 24: Bruce Hammonds - celebrating people who are ageing positively. Bruce has been a widely respected and internationally acclaimed educationalist, supporter of the arts and local historian and environmentalist - thank you Bruce.



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'. There are a number of programmes already aired.

Thank you to all candidates...

A record number of candidates (42) are standing for election for NPDC positions this year.

Eight candidates are standing for Mayor with five of these candidates standing for Mayor and Council. A number of candidates have been identified by the media as having, shall we say, mixed reasons for standing.

Positive Ageing NP, Grey Power NP and Age Concern Taranaki recently provided an opportunity for candidates to sell their potential to a packed audience at St James Presbyterian Church.

And a good thing community organisations do too. The event was well promoted, well received and well appreciated by the huge number of participants. It will have helped many people make up their minds for many impressed. A few did not, to the same degree.



It is so important that we take the time to learn as much as we can about each candidate so that we can vote, knowing that the person we are voting for will best represent our best interests as a community.

Opinion: Gordon Hudson

I'm at that terrible age



where my body is going to do whatever it wants WITH or WITHOUT my consent.

In the face of criticism - often no reaction is the right reaction.



God bless the Queen... Long live the King...



There are so many people, myself included, who have been amazed, and moved, by the outpouring of love and grief for the marathon of mourning, celebration and honouring following the death of Queen Elizabeth 11.



With the passing of the Queen, we have the opportunity to honour our new King, Charles 111.

He has been a King in the making for decades and has immense experience and knowledge of the task ahead for him as King of the Commonwealth.

This was particularly apparent for the millions of older people who have experienced 70 years of her reign. However, it was most poignant, in seeing the many more millions of younger people, obviously so moved by the emotion of the Queen's death. This is amazing when considering that the Queen was 96 years old, and although frail in more recent times, still had the ability to capture the hearts and minds of so many of 'her people'.

But an even greater testament to her influence, respect and affection around the globe was the number of world leaders, from almost every country, who gathered to participate in the pageantry of her funeral. Possibly never seen before and more possibly, never to be seen again.

And such pageantry! No country surely has ever planned and carried off with such pomp and ceremony the process of mourning and the gravitas of every facet of it. It was a spectacle, albeit a very somber and slow moving one.

It will not be an enviable task ahead for the King, either within the United Kingdom, (or at least the Kingdom), but throughout the Commonwealth.

There already has been numerous calls within Aotearoa/New Zealand for a reassessment of our traditional loyalty to the Commonwealth, particularly from Anti-Royalists and from many Maori. The latter may feel, justifiably so, that the Commonwealth has not been supportive of their partnership with the Crown.

Disappointingly, much of the rhetoric, including from many in Taranaki, is, in the circumstances, ill timed and, in many cases, crass. There is no excuse for such denigration of the reign of the Queen and the Commonwealth whilst we are, as a nation, still mourning the passing of what obviously has been a much loved Queen. These detractors, at this time, do not do their cause for a review of our relationships with the Crown any good whatsoever.

Opinion: Gordon Hudson.

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.



FREE Event... celebrating International Day of Older Persons...

Experience a trip around Pukekura Park on a mobility scooter.

Listen to the History of the park, see the stunning scenery and hear about the flora and fauna - led by Allan Metcalfe.

Simply ring 06 759 0019 and reserve a mobility scooter on one of the group trips.

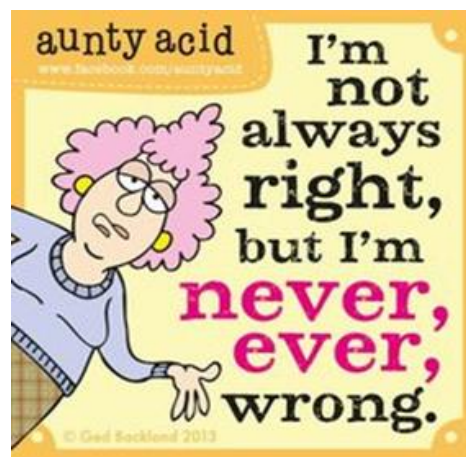
Times are on the hour—every hour from 9.00am - 2.00pm - and receive a voucher for a free cup of tea or coffee and a scone at The Tea House. Hard to beat that!



Work and Income
Te Hiranga Tangata

With Spring here—winter energy payments will cease as from 2 October 2022.

But never fear—if you qualify for the Winter Energy Payment next year, you will get this automatically from 1 May until 1 October.



Pukekura Park Buggy Tours...

Take in the beauty of our amazing park and visit many of the highlights such as the waterwheel, Fernery, the Poet's bridge, Bowl of Brooklands and much more.

Each 'tour in the buggy takes approximately 45 minutes generally operate Tuesdays, Wednesdays, Thursdays and Sundays from 10.30am. (other times by arrangement - weather permitting). Costs: adults is \$5. and for children, \$2.

Tours usually depart from near the Tea House and, although they can pick up outside the Bellringer Pavilion or, if wished, at the Rogan St entrance.

Find out more by ringing 021 213 3242 or (06) 758 6417.



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

'Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick; and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.'

Speak in courteous tones and try not to complain or criticize too much unless you really need to.

Thanks Ken.



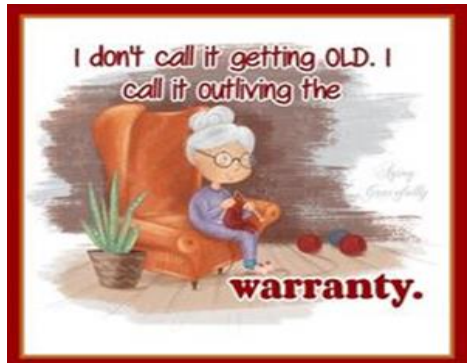
Citizens Advice Bureau New Plymouth

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 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/whanau, other friends and your wider community.

0800 237 829



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

Spring back—Piki ake te ora

As part of the NPDC Age-friendly Communities group, Positive Ageing NP, is pleased to be supporting the **Spring Back campaign**—encouraging social and community connectedness among seniors within Taranaki.

For the month of October, beginning on the 1 of October - International Day of Older Persons we are encouraging as many people as possible to get involved with community events and groups that provide interest and social situations.

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.

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

Let's take a break from Covid-19 restrictions and celebrate new freedoms to enjoy ourselves with others wishing to enjoy themselves.

Some tips to encourage social connectedness:

Visit your local community library and collect a "What's On" booklet—so much to choose from.

As it's spring—head out for a walk and enjoy the weather and the new/renewed growth.

Become a volunteer. Not sure for what. Then contact Volunteering NP—they can help you choose.

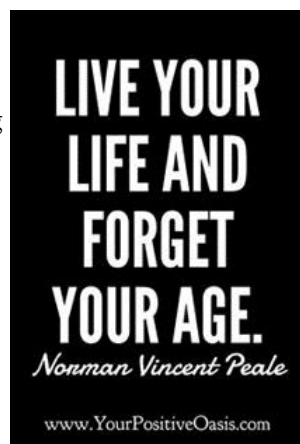
Plan to keep an eye out for what could be of interest among the many recreational activities on during October.

Give a friend a call for a coffee and a catch up.

Watch out for activities that you feel you could enjoy participating in—whether it be things like stretch and balance classes or something a little easier on the body such as a reading group.

Create a weekly 'to - do' list that includes some fun things to do - giving you some choices.

Hopefully there will be something that you will enjoy.



The World's worst nightmare



Waimanako: The Hope Centre...

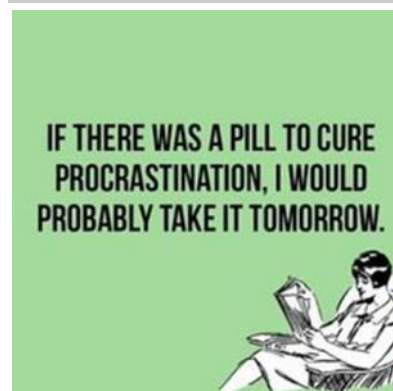
Taranaki's kai for Koha Pop-in...

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 West, from 9am—9pm, 6 days per week, for 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. Help the Retreat help others...



PA Chair—Lance Girling-Butcher's Annual Report...

For the third year in a row Covid-19 has played havoc with our planned activities.

Lockdowns and similar restrictions has interrupted our schedule of planned free educational forums, our association with other organisations, and advocacy role with the New Plymouth District Council and other similar organisations, we were unable to do much in the later part of 2021 and did not get going until mid-year in 2022.

Plans to work with the New Plymouth District Council re-establishing recycling and similar rubbish disposal actions had to be delayed three times, even the final and eventual forum attracted few attendees.

Our second forum for 2022 was with the Taranaki District Health Board with Acting chief executive officer Gillian Campbell outlined planned changes under the new health system that came into force on July 1. This did not draw as many people as we hoped, with just over 40 attending and not getting as much information as we had hoped, particularly about the Consumer Advisory Council.

Then we got more than 60 people to a discussion about the future of Pukekura Park, and we counted this as a good achievement, assisting the council's planning department with a lot of good ideas for future developments at the park.

A newsletter produced by secretary Gordon Hudson has been a bright light during troubled times growing in distribution, attracting a lot of attention, and starting a number of initiatives with other organisations wanting to be involved.

In a bid to progress messages about 'ageing positively', we negotiated a deal with Access Radio Taranaki where we do a fortnightly interview with people and

organisations who we think aid us in our endeavours. This has attracted a sponsor – Driving Miss Daisy.

Regular meetings of the steering group progressing the Age-friendly Strategy have resumed and we now have a better defined path for the future, and are getting many organisations interested in doing their own development.

Positive Ageing was responsible for hiring Louise Tester, who research and wrote the original strategy which is now being modified with new goals to meet changing circumstances over the 10 years that we've been involved with Age-friendly.

The passage of time, and changes in demands have resulted in significant changes within the Positive Aging committee and we have several new additions. Long serving treasurer David Showler stepped aside clearing the way for a new innovation - a professional fundraiser, Valerie Baraclough, to assume that part of our operations. A new treasurer, Jean Graham has been appointed. We have to think David for many years of highly successful activities. He first became treasurer in 2004 and in the many years since he's raised a considerable sum to Positive Ageing to complete its complex work.

Gordon Hudson, who puts in many hours on the newsletter in the week retires as secretary making way for Stephanie Hansen to fill that role.

We have continued to have a close and useful relationship with staff at the council and several of the educational forum have been involved council developments and changes full. Callum Williamson, head of the council's partnerships team continues to do a great job in negotiating some of this work. He is assisted in reviving the Age -

friendly Steering group by obtaining extra Council funding.

This has enabled us to push ahead with housing concerns and in proving more equitable transport system. Positive Ageing is contributing to this by establishing a regular monthly meeting with the Mayor and seeking faster and better action on these issues. We are still trying to get an Abbeyfield established in New Plymouth as part of this work.

We have had great cooperation from like-minded organisations such as Grey Power, Age Concern, the Taranaki Disability Information Centre, Citizens Advice Bureau – all of who have provided us with trust members.

We've had a steady list of requests from agencies like Red Cross, Civil Defence, climate change specialists, political parties, and others wanting to coordinate and cooperate with us over plans they feel we can assist in sharing with. We offer suggestions and advice asked to, and think that we can continue to play an active role in improving accessibility in both physical and mental attitudes.

Fundraising continues to be a major challenge and with assistance from Lance Girling-Butcher (Chair), John Major (Deputy Chair), David Showler (Treasurer), Gordon Hudson (secretary), Kathleen Forde, Wally Garrett, Stephanie Hansen, Brian Eriksen, Carleen Broughton, Margaret McCall, Jean Graham and Keryn Roderick.—the future is looking positive.



Quips and Quotes from the NZ Listener...

"I have the simplest tastes. I am always satisfied with the best."
Oscar Wilde.

"Well, well, well, if it isn't me writing all the things from last week's to-do list on this week's to-do list."
Seen on Twitter.

"Society honours its living conformists and its dead troublemakers."
Migon McLaughlin.

"Is there anything more threatening than a friendly reminder?"
Seen on Twitter.

"Polite conversation is rarely either."
Fran Lebowitz.

"You know you must be doing something right if old people like you."
Dave Chappelle.

"When we argue for our limitations, we get to keep them."
Evelyn Waugh.

"Three stages of career development are: I want to be in the meeting, I want to chair the meeting, I want to avoid the meeting."
Seen on Twitter.

"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.

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



SOME PEOPLE
ARE STARTING
TO TAKE IT AS
A CHALLENGE.



SEPTEMBER Activities—NP

**TUESDAY 6, 13, 20,
27: (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 Fitz, Fitzroy, at 11.30am for a delicious roast and dessert. **Ring Pauline** to confirm your attendance. The van will not be available on this occasion. See you there!

WEDNESDAY 14 and 28:

Warm up Wednesday:

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

THURSDAY 15: Age Concern invite you to a "Meet the Candidates" forum at St James Church, Lawry St - 1.30-3.30pm. Something different this month!

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 8 and 22:

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 2, 9, 16, 23 & 30: 1 - 3.30 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.

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



ACTIVE IN AGE

Classes have been canceled until February 2022.

Contact: Joy Marshall on (06) 7584874

Other classes are being held around the province during level Two.

Call or email Hilary Blackstock
021 480 180

hilaryblackstock@sporttaranaki.org.nz

CAUTION

RETIRED

KNOWS EVERYTHING
AND HAS PLENTY OF
TIME TO TELL YOU
ABOUT IT



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

Strength and Balance classes

Participants not only benefit physically, but socially as well.



For further information please see

www.livestronger.org.nz or contact Hilary Blackstock via email:

hilary.blackstock@sporttaranaki.org.nz

Telephone: 021-480-180

of... 'living stronger - and longer'.

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



Positive Ageing NP Your 2021/22 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, Margaret McCall, Carleen Broughton and David Showler

Newsletter - Gordon Hudson

www.positiveageingtrust.org.nz



ACTIVE IN AGE

Promoting health-improving activities for the 50 plus... every Tuesday – 10 a.m. – 12 noon at the TSB Stadium. \$4.00 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

We are most grateful for their ongoing support.



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