



NP Positive Ageing, **OCTOBER 2023** Newsletter 105

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

Editorial: - Free 'Meet the Candidates' forum...

Chair's message...

Lance Girling-Butcher



Older adult voters in this year's general election will be getting extra assistance in making their important decisions as to who to vote for.

Positive Ageing NP, Grey Power and Age Concern Taranaki are uniting to hold a political, free, Meet the Candidates' election forum in the New Plymouth District Council's Debating Chamber on Thursday 28, commencing at 2pm.

Candidates from all parties have been invited. These include (in alphabetical order):

- Glen Bennett (MP)** - Labour
- Bruce McGechan** - Act NZ
- David Macleod** - National
- Greg Robinson** - New Nation Party
- Hamish Watkins** - Animal Justice Party
- Warren Willetts**—NZ Loyal

Debbie Ngarewa-Packer—Te Pati Maori was also been invited as New Plymouth is part of her electorate.

At the time of writing, Greg Robinson has forwarded his apology for non-attendance, as has Debbie Ngarewa-Packer.

The meeting is open to all, but is obviously aimed at issues of interest to older residents. It is timed to be held prior to when voting starts on 2 October.

The election is being conducted under the same MMP process used last time and voters will be able to vote for an individual candidate for a particular electorate and for a party to represent them in parliament.

Key candidates in New Plymouth will be sitting Labour MP, Glen Bennett who is being challenged by National's David MacLeod, former Chair of the Taranaki Regional Council' who is expected to give Bennett a run for his money. Bennett should be returned, whatever the result, as he is now high enough on the Labour list to gain a seat in parliament.

People anticipating having parking problems can park in the carpark at the TSB Stadium and catch a shuttle bus to the NPDC debating chamber



and catch a return shuttle back to the TSB Stadium after the event. The venue doors will open shortly after 1pm and the meeting proper will start at 2pm. Tea and coffee will be provided after the forum. This will also be an opportunity for prospective voters to mingle with candidates after the meeting.

Lance Girling-Butcher,
Chair
027 273 8066.

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

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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'

Inaugural older persons' mental health and addiction leadership day...

This inaugural older person' mental health and addiction leadership day will be held in Wellington on 15th November 2023.

The event will focus on priorities for the sector, including central agency strategies, lived experience aspirations, Maori perspectives, ageing and addiction.

This seems to be such a much needed move. But why has it taken so many years for Te Pou (the organisers) to start taking mental health services for older adults seriously and start some serious planning?

Opinion: Gordon Hudson



Access Radio... supporting Positive Ageing with a regular weekly programme...

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

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

October 9 and 16: Lance Girling-Butcher interviews Kevin Nielsen, well known and respected former editor at Taranaki Daily News, former Manager of Hospice Taranaki, former Taranaki DHB Board member, current involvement with Conductive Education Taranaki and Riding for the Disabled.

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



Positive Ageing NP is proud to be supported by:

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

We are most grateful for their ongoing support.

Te Whatu Ora Health New Zealand Taranaki

Positive Ageing NP, Grey Power and Age Concern Taranaki have written to Te Whatu Ora Taranaki to rectify the lack of representation for older adults on their Consumer Engagement Council.

The above organisations do not have issues with the good people on the Consumer Engagement Council. Our united issue is with the lack of appointed members members able to represent people aged 75, 85 or older. They simply do not have the lived experience to do so.

Considering the importance of health to older adults, the above organisations that represent and advocate for older adults feel that this situation is no longer acceptable to continue. It is an appalling example of institutional ageism by New Zealand's largest employer. It should not have occurred in the first place and certainly should not be allowed to continue.

Opinion: Gordon Hudson.

I may not be
WONDER WOMAN,
but I can do
things that make
you **WONDER.**

I JUST BOUGHT MY HUSBAND A
'GET BETTER SOON' CARD.
HE'S NOT SICK.... I JUST THINK
HE COULD BE BETTER

**Best quote I've heard
in a while ,
"You can't leave those
who created the
problem, In charge of
the solution!"**



Ageism by Te Whatu Ora Taranaki must be stopped.

Te Whatu Ora Health NZ estimates that 46% of the health budget is currently spent on support for people aged 65 years and over. This percentage will dramatically increase with the increasing numbers of older people, often presenting with complex health issues, seeking appropriate services.

Yet there is no specific representation for people aged 65 years and over on one of their most important community councils. This is institutionalised ageism at work - right here in Taranaki.

Weeks ago, Positive Ageing NP, Grey Power and Age Concern Taranaki combined to write to Gillian Campbell, Director of General Operations at Te Whatu Ora Taranaki, to express our utmost concerns that their Consumer Engagement Council, while having eight Maori and eight Non Maori representatives on their committee did not have any member, directly representing older adults. The letter to Te Whatu Ora Taranaki has gone unanswered. Not even an acknowledgement.

A copy of the original letter to Te Whatu Ora Taranaki’s Director of General Operations has been sent to a number of national health related bodies—most of which have acknowledged the receipt of the letter.

Ageism is the new ‘ism’ of the 21 century. Like racism, it is endemic in health services. Institutionalised racism has been recognized as a major concern by Te Whatu Ora Health NZ. That is why major efforts have been made to address racism, particularly at decision making and consultation levels, hence, the appointment of eight Maori and eight Non-Maori on Te Whatu Ora’s Consumer Engagement Council is great for addressing racism. Now try addressing ageism.



Here, ageism can be defined as age related discrimination, including age cut-offs for treatment or resource allocation, or implicit age-related biases which limit access or create barriers to health care.

Negative attitudes towards the elderly can result. An example is that, according to recent health research, 30% of trainee

nurses do not want to work in aged care. In Taranaki we have had the situation where a few GP practices have wanted to exit their treatment for people in rest homes.

This matter of condoning institutionalized ageism at Te Whatu Ora Taranaki is not going away. Simply ignoring the legitimate concerns of Positive Ageing NP, Grey Power and Age Concern Taranaki is, at best, discourteous. It merely reinforces resolute o challenge ageism, whenever and wherever it occurs.

Much has been written about institutional racism. Much has been achieved by recognising it and rectifying it. Addressing ageism within our health system requires the same approach. Recognise it. Acknowledge it. Fix it.

End of story.

Opinion: Gordon Hudson.

Big trouble for little boys...

Two little boys, ages 4 and 5 were excessively mischievous. They were always getting into trouble, and their parents knew if any mischief occurred in their town, the two boys were probably involved.

The boy’s mother heard that a preacher in town had been successful in disciplining children, so she asked if he would speak with her boys. The preacher agreed, but he asked to see them individually.

The mother sent the 4 year old in the morning and the older boy was to see the preacher in the afternoon.

The preacher, a huge man with a deep booming voice , sat the young boy down and asked him sternly. “Do you know where God is son?” The boy made no response, sitting there wide-eyed with his mouth hanging open.

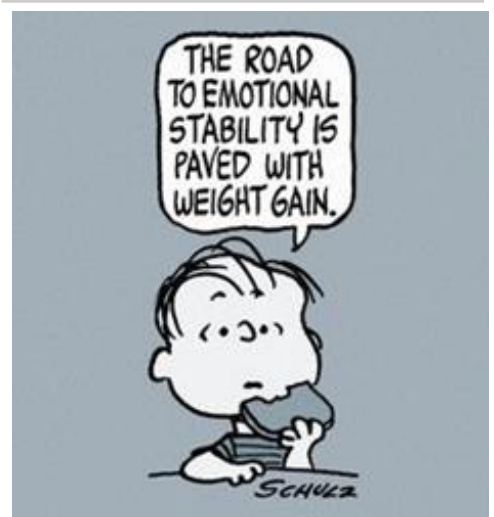
So the preacher repeated the question in an even sterner tone. “Where is God?” Again the boy made no attempt to answer. The preacher then shook his finger in the boy’s face and bellowed “WHERE IS GOD?”

The boy screamed , bolted from the room, ran directly home and hid in the closet, slamming the door behind him. When his older brother found him in the closet, he asked, “What happened?”

The young brother, gasping for breath, replied, ”We are in BIG trouble this time! GOD is missing, and they think that WE did it!”

Contributed by Margaret McCall.

Thankyou Margaret.



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



At the election you'll get the chance to vote for the parties and candidates you want to represent you in Parliament.

Voting starts on Monday 2 October and you can vote at any voting place in New Zealand.

On election day Saturday 14 October, all voting places will be open from 9am-7pm.

It must be an unenviable job being a politician whether a local, regional or national level - but someone has to do it and we get an opportunity to influence that decision.

We shouldn't waste it.

Opinion: Gordon Hudson.

Notice of our AGM



This will be held on Thursday the 19 October at 1.30pm at the NPDC Committee Meeting Room.

Agenda: usual sort of programme for an AGM.



Hearing Therapy...



Are you hearing everything that is said to you? Would you like support for communication with whānau?

We are a trusted, free and independent service for all New Zealanders aged 16 years and over that can help you live well with hearing loss.

Our office is based in New Plymouth Central, operating Mon-Thurs and now running monthly clinics at the North Taranaki Community House in Waitara, and in the Work and Income building in Hāwera.

For an appointment phone 0800 008 011 or 021 469 170 or visit



Community House
32 Leach St (next to YMCA)
New Plymouth

06 758 9542
0800 FOR CAB (0800 367 222)

newplymouth@cab.org.nz
www.cab.org.nz



Cameo Trust still seeking Trustees...

For 33 years, The NP Community Christmas Charitable Trust has provided a delicious Christmas lunch. This is the Trust's sole job!

A couple of the current trustees are getting older and considering retiring or reducing their input. So Trust Chair, Ken Davies, is keen to locate two more trustees to complement current trustees.

This truly is a cameo trust - a most rewarding one. If interested please phone Ken on 027 674 3334.



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

Celebrating International Day of Older Persons - October 1, 2023

Seventy-five years ago, this year, the United Nations General Assembly adopted the Universal Declaration on Human Rights, a monumental document in the history of human rights.

Written by representatives from around the world with different legal, cultural, and linguistic backgrounds, it is the first document articulating the fundamental human rights that are meant to be universally protected.

In recognition of this milestone, and looking to a future that delivers on the promise to ensure that all persons, including all older persons, fully enjoy their human rights and fundamental freedoms, the 33rd Commemoration of the United Nations International Day of Older Persons will focus on the theme of **“Fulfilling the Promises of the Universal Declaration of Human Rights for Older Persons: Across Generations”**.

The event will put a spotlight on the specificity of older persons around the world, for the enjoyment of their rights and in addressing violations, and how the strengthening of solidarity through equity and reciprocity between generations offers sustainable solutions to deliver on the promise of the Sustainable Development Goals.

According to the outcomes of the Fourth Review and Appraisal of the Madrid International Plan of Action on Ageing (MIPAA), age-based discrimination in institutions, attitudes and practices continues to be rampant, highlighting deficiencies in the implementation of international and national frameworks for older persons.

Systemic and structural barriers often exist for older persons in the context of work, standards of living, learning opportunities and access to services and resources because of ageist attitudes, discriminatory laws and policies, underfunding, and lack of accessibility and affordability, among others.

One of the objectives of the United Nations International Day of Older Persons is to call on Governments and UMN entities to review their current practices with a view to better integrate a life course approach to human rights in their work, and to ensure that active and meaningful participation of all stakeholders, including civil society, national human rights institutions and older persons themselves, in the work of

strengthening solidarity among generations and inter-generational partnerships.

The work of the International Community around intergenerational solidarity has demonstrated, time and again, through various fora that intergenerational solutions, which are guided by the human rights principles of participation, accountability, non-discrimination and equality, empowerment and legality, can contribute to rekindle the legacy, relevance and activism of the Universal Declaration of Human Rights by empowering both youth and older persons to shift the needle of political will towards fulfilling the promises of the Declaration for all people across generations

So much of the work of celebrating age on October 1st is about ensuring there is respect for older adults

Ensuring that there is an overriding policy of inclusion - not exclusion.

The underlying theme of countering discrimination is based on ageism, wherever and whenever it occurs.

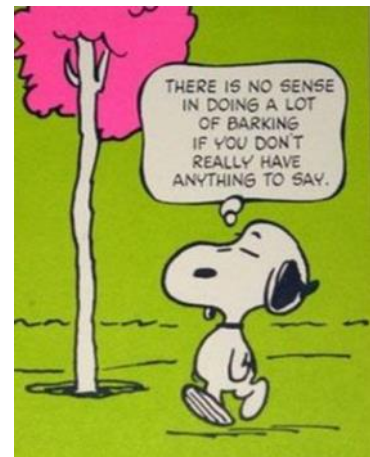
In Taranaki - we have a long way to go before these themes are evident.



What a legend...

Radio NZ Broadcaster Extraordinaire, Kim Hill, hangs up the mike on her Saturday Morning show after such an outstanding career.

There will be thousands of loyal listeners wishing you all the very best Kim.



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

Waimanako: The Hope Centre...



Taranaki's kai and support hub. 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.

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



Octoberfest - a feast of colour, design and talent



27-29 October and 3-5 November
With over 10 artists, throughout Taranaki, displaying their creative talents in this years 10th Anniversary arts trail, there is clearly something for everyone.

Grab a brochure from the Gover Street Gallery (19 Gover St) or any number of other venues.



A visual feast of flora and fauna throughout Taranaki as well as a wide range of related garden festival events to see, hear and taste the wonderful work of private gardens through to Internationally acclaimed and acknowledged gardens.



This fascinating sector just keeps on growing. The Fringe Garden Festival offers prime examples of innovative sustainable gardens.

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



IF SOMETHING HERE OFFENDS YOU, PLEASE LET US KNOW.

WE CAN ALL USE A GOOD LAUGH

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 - Richard Andersen, Brian Eriksen, Gordon Hudson, Kate Knuckey and Margaret McCall.

Newsletter - Gordon Hudson.

www.positiveageingtrust.org.nz

Email: nppat@owner.gmail.com



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

Quips and Quotes from the NZ Listener...

"Wrinkles will only go where the smiles have been."

Jimmy Buffett.

"We can't plan life. All we can do is be available for it."

Lauryn Hill.

"Parenting on weekdays is waking up with a headache and then dropping the headache to school."

Seen on Twitter.

"And as the old adage goes, Winston Peters should never be ruled out."

Tova O'Brien.

"Toddlers be like, we can do this the hard way or the harder way."

Seen on X .

"The first time I see a jogger smiling, I'll consider it"

Joan Rivers.

"The time you enjoy wasting is not wasting time."

Bertrand Russell.

"We thought the Internet would enlighten everyone, but it's given everyone access to more ignorance, and given ignorant people an opportunity to organise themselves and congregate."

Weyes Blood.

"The only normal people are the ones you don't know very well."

Alfred Alder.

"Temper is what gets us into trouble. Pride is what keeps us there."

Mark Twain.

Unsure where your next meal is coming from?...

Here are some options...

Daily, (except Sunday) 10am-9pm
Waimanako Taranaki Retreat Hub, 33 Devon St Plaza
(suggested koha)

Sunday - Dinner - City Life Church. 24 Egmont St (old RSA)
Dinner 5.30pm. 2 course meal.

Monday - On the House. 24 James St, Presbyterian Church, 24 Lawry St. Moturoa 5-6pm
(redistributing quality surplus food. Bring a bag)

Monday, Wednesday and Friday, NP Community Food Bank, 40 Vivian St, (behind Peace Hall)
12.30-2pm. 06 758 2757.

Tuesday - Taranaki Cathedral Community Breakfast, opposite the Cathedral Church, 37 Vivian St, in the Peace Hall 7.30 - 10am - last orders at 9.45am.

Tuesday - St Joseph's Catholic Church Hall on Devon St (down from the clock tower) Weekly dinner 5.30pm for 2 course meal.

Tuesday and Thursdays - Salvation Army Foodbank, cnr Powderham and Dawson St.
Tuesday and Thursday 10 - 12 noon.
For appointment, please ring 06 758 9338.

Thursday - On the House, redistributing quality surplus food. 5 - 6.30pm at 10 Henui St Community Hall next to the Holy Trinity Church.

If anyone knows of other services, please contact me if you would like your service included.

Gordon Hudson: 021-133-7244



The Good Café is where you can enjoy a delicious breakfast served by loving volunteers, and do a good deed by donating generously for your breakfast.

Based at St Mary's Church's Vicarage, the atmosphere is welcoming, warm and busy with people from all walks of life enjoy great food while supporting local, national and international humanitarian causes.

A minimum suggested koha is \$2 per item. Although blessed with a wonderful team of volunteers who give generously of their time, they still need to purchase the food and beverages so appreciate peoples honesty and generosity.

The Good Café appreciates that some people are unable to donate. This is fine. You are still welcome to enjoy breakfast.

If anyone would like to make a donation towards the running of the café, please contact Jen (06) 758 3111.

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.

They are always excited to see you!

Funny, I don't remember being absent minded.

 Bizwaremagic's Funny Quotes


Good friends

help you find important things when you've lost them.
Things like your smile.
your hope and your courage.


The Journey Home Anon

Women like silent men. They think they're listening.

~ Marcel Achard

 Bizwaremagic's Funny Quotes



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

You are warmly invited to attend a free public forum - presented by Alzheimers Taranaki on Thursday 16 November at 10 - 11.30am at the NPDC Debating Chamber.

Alzheimers Taranaki has had a momentous year culminating with the shift to their new purpose-built new premises in Manakohi Street.

Management and staff will be present to give us all an update on the nature of the various dementias and the services offered by Alzheimers Taranaki.

There will be a free shuttle bus running from the TSB Stadium at the Racecourse and returning after the meeting.

There will be coffee and tea available.

This is a free public forum. There is no need to register.

Again sponsored by Positive Ageing NP, Age Concern Taranaki and Grey Power...



Grey Power

And of course - the New Plymouth District Council.

You are warmly invited to attend a Meet the Local Candidates free public meeting

Thursday 28th September 2 - 3.30pm (ish)

at the New Plymouth District Council Debating Chamber

Important!

Please note the change of venue.

Every election seems to be hailed as a critical election. I don't know about critical, but certainly, decisions made at the ballot box determine what direction the country will go.

Positive Ageing NP, Grey Power and Age Concern will again be promoting a free public forum for older adults to hear the local candidates promote their party's manifesto, and of course, themselves.

This is always a popular forum so do get there early. The venue has limited seating capacity.

There will be a free shuttle bus running from the TSB Stadium at the Racecourse and returning after the meeting.

There will also be coffee and tea following the meeting for those wanting to meet the candidates.

This is a free public forum. There is no need to register.

Sponsors:



Grey Power



And of course - the New Plymouth District Council.

NP Community Christmas Charitable Trust invites you ...



Join us for Christmas this year...

You're invited to join us for a **FREE Christmas dinner 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 meal served at 12.00pm.



Why not join us and share the Christmas Spirit with:

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



Transport and meal deliveries available if required?
Call 028 430 7254 or email npccct01@gmail.com

New Plymouth Community Christmas Charitable Trust

ACTIVE IN AGE

Promoting health-improving activities for the 50 plus... every Tuesday 10am-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 enquiries on (06) 758 4874



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