



NP Positive Ageing, **SEPTEMBER 2023** Newsletter 104

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

Editorial: Election time everyone—let’s make our vote count...

Chair’s message...

Lance Girling-Butcher



People beware. Election madness is about to sweep New Zealand. You will be bombarded with idiotic policy, visited by politicians you’ve never heard of and driven mad with stupid debates and impossible promises. It’s frustrating, time-wasting, but an essential part of maintaining our lifetime addiction with democracy.

To assist the public in assessing the line-up for this year’s election, Positive Ageing NP, Grey Power, and Age Concern Taranaki will be holding a ‘Meet the Candidates’ meeting in the New Plymouth District Council debating chamber on Thursday 28 starting at 2.00pm and finishing at 3.30pm. (ish)

Millions have died, defending our right to vote in sustaining the flawed, but well-tested Westminster way of governing. It may not be perfect, but so far, it’s the best way we have found to run a democracy.

Each candidate will be given a few minutes to summarise their party’s policies, and then face a lottery of prepared questions designed to test their attitudes to a wide range of issues.

Election day actually falls on October 14, but people will have the opportunity to vote from October 2, giving

them two weeks to get the votes in beforehand. We get two votes under the MMP system. One for the person you want to represent our electorate and one for the party you want to run the country.

While campaigning properly only takes the month of September, parties have been leaking policy and commenting on issues for some months, giving an indication of a whirlwind of ideas that will be floating around once the candidates hit the hustings.

With New Zealand in recession and facing one of the most massive increases in inflation in years, Labour will be looking to reassure its supporters that it has the answers to getting the economy back on track, while the opposition will be wanting to undermine its every action and improve their skills to lead us back into more profitable times.

Meanwhile, householders, looking at soaring mortgages, increasing grocery and petrol prices, constantly are reminding the budget conscious of how difficult it is to plan ahead in uncertain economic times.

Whatever your age or political affiliation please vote in this year’s election if you want the government we need.

One of the problems of all the hoopla with modern elections, is it tends to distract and diminish the importance of this event for individuals. Some become so distracted, they can’t be bothered voting. This is one of the ways leaders like Donald Trump end up running one of the most powerful countries in the world. If there’s anything politicians should be emphasising, it is the importance of the individual vote.

Continued on Page two...

In this SEPTEMBER Issue...

Editorial: Election time everyone - let’s make our vote count	1
Access Radio Taranaki - Positively Ageing programmes - September	2
Te Whatu Ora Taranaki’s Consumer Engagement Council update	2
Too costly to die? Try living with rates and/or rent	3
Review of Retirement Village legislation underway	4
Hearing Therapy—Your way—Kia Roha	4
The Healing power of Humour	5
David Hill wins another Award for Children’s fiction	5
Age Concern Taranaki - Activities for September 2023	6
Unsure where your next meal is coming from? ‘The Good Café’	7
Free Public Forum “Meet the candidates” - Thursday 28 September at the NPDC, 2.00 - 3.30pm (ish). (Note change of venue)	8
Note to self: Attend Alzheimers Taranaki - public forum 10am, 16th November NPDC	8
Institutionalised Ageism in Health Services in New Zealand	8

A Newsletter for those interested in improving the quality of life for all persons in Taranaki

Please note: The views/opinions expressed in this newsletter may not necessarily reflect those of Positive Ageing



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

Continued from Page One...

Only when everyone votes do we get a result that can be called fair.

The 'Meet the Candidate' event will start at 2pm in the council chamber. There will be an opportunity at the end for coffee and a chance to informally chat over a cuppa with the candidates.

There will be a shuttle bus leaving the TSB Stadium carpark at 1.30pm and returning after the meeting, about 3.45pm.

As older adults, we are usually keen-er voters, and we deserve some consideration for this. Those aged over 75 tend to be less mobile and unlikely need additional support to be able to do so.

So it is important that we listen to all the apparent claptrap, sift through the promises from the candidates, and make our best possible decision in voting. Your vote does count, and if you don't cast it, don't blame anybody else if you get the result you do not want.

Lance Girling-Butcher, Chair
027 273 8066.

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



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'.

September 4 and 11: Lance Girling-Butcher and Lester Earl reflect on the significant contribution the late **Brian Hannam** made to theatre in Taranaki.

September 18 and 25: Lance Girling-Butcher re-interviews **Richard Andersen**, new Executive Officer at Age Concern Taranaki and their new initiatives to promote the ideas that are driving their programmes,



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!"**

Too costly to die? Try living with rates and/or rents

In the last issue I expressed concern about the high burial costs. New Plymouth has had the highest increase in the costs for a burial - in the whole country. What? Were we catching up on other areas - or are we a trend setter?

Rents in Taranaki too have soared, up 40% in the past three to four years - up 13.2% in just the past year!

Many landlords depend on mortgages to purchase and maintain their rental properties but here too, with increasing mortgage rates, landlords have had to increase rentals. Who pays in the end? The desperate renter.

And renters are desperate. When one local landlord advertises a vacant rental she gets approximately 150 applicants. She can afford to price the rental to meet the demand. Locally, NP has too few homes available. Demand well exceeds supply.

Landlords also need to raise rents to absorb the extra costs of rate increases. And haven't the local rate rises been eye watering? Many tears too will have been shed in paying excessive 'late fees' on rates.

Council rates, local and regional, seem to have far outstripped the ability of many people to carry that additional burden. Try telling people living in Marfell that a 17% increase in their rates is acceptable.

Traditionally, Councils seem to have taken the approach of working out how much they need to spend and concentrate on ways to divvy this up among their ratepayers. It all seems so easy, really, doesn't it?



But it is tough going if you have to survive on a benefit of any kind, a low wage earner, have a pet or don't 'look' like the desired stereotype preferred by the landlord.

Certainly there are landlords out there with a strong social conscience, but for many, rentals are nothing more than a money spinner.

So rates and rents escalate wildly and neither local, regional or central government has any ideas as to how the most vulnerable can be accommodated in their community. Yet Councils and Governments have it in their power to determine how they will allocate rates.

The current rates rebate scheme is a possibility for some. So is the current delayed payment scheme. But why not promote better options for delaying payment of rates until death? Why not limit increases for people on low fixed incomes? Why not argue more strongly against Governments charging GST on rates. It is another tax after all.



There has been a call for a review of how rates are allocated. Evidently there hasn't been a review for some 20 years. This review needs to be undertaken. There must be other councils with the same issues that we could learn from.

In the interim, our new Chief Executive, Gareth Green, is keen to rationalise (read downsize) staffing costs at Council. Time to do more with less he reckons.

Opinion: Gordon Hudson

JAZZ anyone?

Sunday, September 10th sees the busiest and most rewarding event on Taranaki Jazz Club's calendar.

This is the annual fundraising event for Secondary Schools Music Departments. The talent of our young musicians is amazing and this year will be joined by the acclaimed Rodger Fox vocalist Erna Ferry's Palmerston North singing trio The Harmonettes.

Taranaki Schools represented are : NP Boy's and Girl's High Francis Douglas Memorial College Schools, Sacred Heart Girls College, and Te Paepae o Aotea from Hawera.

Doors open at the New Plymouth Club, Gill Street at 3.45pm for a 4.30pm start. CASH only entry. General \$30, NP Club members \$25, jazz club members \$20 and students \$10.

When I was young, I was very poor. But I can tell you, after years of honest, hard painstaking work, I am no longer young.

For More Funny Quotes Visit:
www.bizwaremagic.com



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

Review of Retirement Village legislation...

Most retirement village residents will be celebrating Government proposals for increased fairness in their review of legislation affecting retirement village purchase and on-selling.

This legislation is not aimed at looking at the quality of life within retirement villages. Rather, it is aimed at ensuring fairness in the process of acquiring access, living and selling processes.

In particular, charging former residents, or their estates, fees on vacated units, ensuring there is a mandatory timeframe for repaying a resident's capital and ensuring that conflict resolution practices are in place and are fair to all parties.

The Retirement Village Owners are naturally keen to have amicable relations with their residents but are reluctant to have reduced time frames on, for example, the returning of capital after vacation of premises.

However, Retirement Commissioner Jane Wrightson, is keen to see a review of the laws governing retirement villages. After 20 years, these urgently need to be reviewed.



Ensuring fairness and a fair deal for residents is essential.

Opinion: Gordon Hudson.

Positive Ageing NP's AGM...



This will be held at 1.30pm at the NPDC in their meeting room. An agenda will be available at the meeting.

If interested in attending, please contact our Chair, Lance Girling-Butcher on 027 273 8066.



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

never let your friends feel lonely!
Disturb them at all times!



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

Cameo Trust 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.



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



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

The healing power of humour...

In an interview with international TIME magazine, Professor Dr Steven Sultanoff, (pictured) a clinical psychologist, believes that adding humour to your daily life can lead to a variety of benefits.

He claims it can spark energy, boost brain power, improve immunity, curb stress and enhance mood.

Humour operates in different ways. For instance not everyone laughs when they're amused - and you don't have to reap benefits.

When you experience humour with someone, you bond with them. There's this moment of connection. When people are bonded, they generally feel more relaxed, safer and more comfortable.

Working with Professor Sultanoff TIME magazine has identified the best ways to harness humour.

1. Figure out what makes you laugh

Think about what kind of humour appeals to you the most, then seek it out as often as possible. With social and conventional media, plus offerings from comedy shows, the world is rich with humour options.

2. Identify at least one funny thing a day

We're often oblivious to what's in front of us until we start looking for it, so set a daily intention to look for humour.

3. Relive your favourite funny moment

Professor Sultanoff advises that the next time you feel down remember something that literally made you fall down from laughter. "Visualizing a favourite funny moment is like a form of meditation. It's convenient. You can do it anywhere, and it's almost guaranteed to boost your mood".

4. Train yourself to be quick-witted
We all experience situations when you wish you had been fast enough to say something funny or even put someone in their place. Quick wittedness can be developed.

Brainstorm quips, and you'll train yourself to do them in the moment they occur. It is therapeutic to relive a not so pleasant moment and what 'one liner' may have changed the whole memory and experience.

5. Master one joke

Many of us innately love to make others laugh, and doing so doesn't require great comedic skill. "I tell people to learn one simple, good joke," Professor Sultanoff says. "It doesn't have to be long." Practice it, then use it in situations that need some levity.

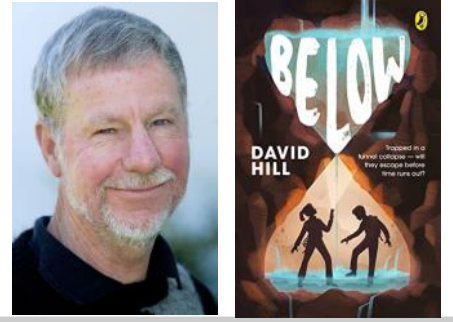
6. Don't force it

Striving to be funny often has the opposite effect, so don't put extra pressure on yourself. Researchers say developing your humour portfolio is just like exercising. As with a muscle group the more you work out the stronger and more reliable it becomes. Think of your sense of humour in a similar way.

Contributed by Andrew Brock, Bishop's Action Foundation. NP.

TIME Magazine, June 2023.

Thank you Andrew.

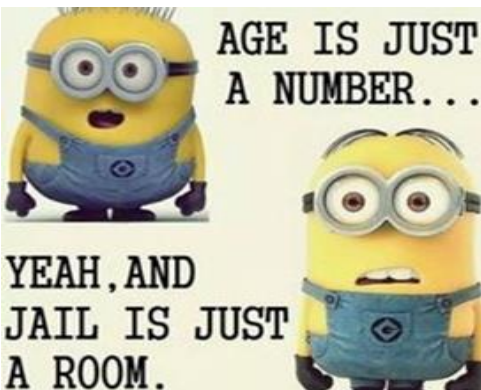


David Hill wins another Award for Junior Fiction...

This time it is the Wright Family Foundation Esther Glen Award. Claire Mabey (writer and books editor at *The Spinoff*) writes...

"a stomach-clenching suspense story set in a catastrophic tunnel collapse. I zoomed through this novel, such was its flow, its drama and its deft handling of environmental issues. Hill has been a tireless advocate for children's books and children's writers, and children as our essential readers for decades now, so it was no surprise to hear a celebratory roar when his name was called out."

What a wonderful gift David is to Taranaki and young readers everywhere.



"I'd let you talk more, but you're not as interesting as me."



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



Activities in September...

AQUA WALKING:

Tuesday: 5, 12, 19, 26: 10-11am
Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$3. Please register with Pauline prior to entering the class. 759 9196.

MONTHLY OUTING:

Wednesday 9 August...
Meet at 11.30am at the GO STREET Restaurant, 54 Gill Street. There is a side door entry for those who cannot use the steps. Confirm your attendance by ringing Pauline.

WARM UP WEDNESDAY, 13, 27:

Held at Age Concern Hall, 33 Liardet St. 10-12noon. Fun with music finishing off with light refreshments. Gold coin appreciated.

DROP IN CAFÉ / SOCIAL MORN-

ING: Thursdays 9.30-11.30am.
Held at Age Concern premises. Varied programmes.

IN TUNE WITH INGLEWOOD:

Thursday 14 & 28: 1.30-3.30pm.
Mamaku Centre for fabulous fun. Gold Coin donation.

WHAT'S ON in WAITARA:

Every Friday 1, 8, 15, 22 and 29:
Senior Citizen's Hall (Fun with music. 8 Warre Street. Gold coin or koha appreciated.

COASTAL CONNECTIONS

OKATO... Tuesday 5 September: 1.30pm—3pm: Social event with activities for everyone. Hempton Hall Supper Room. Afternoon tea provided. Guest Speaker: Gill from Taranaki Alzheimers.

TOMORROW'S MEALS...

Convenient frozen healthy meals available for purchase daily. Deliveries on Friday by arrangement for a \$5. fee. Purchase during office hours. Mobile Eftpos available.

Contact Pauline Julian,
Age Concern Service Connector,
North Taranaki.
06 759 9166.

pauline@ageconcerntaranaki.org.nz

Age Concern Taranaki... celebrating their new icon... - The Chocolate Fish...



For Age Concern Taranaki, the Chocolate Fish symbolizes their core values of respect, equity, well-being and dignity.

Locally, it represents...

Pleasure and Enjoyment.

Having fun, positive experiences.

Established.

A Chocolate Fish is a well established, distinctive and lasting impression

Creativity and Enjoyment.

Representing Age Concern's focus on innovation and originality in taking unique paths to achieve its goals.

Celebration.

Chocolate Fish are associated with celebrations and special occasions.

Sharing and Generosity.

Is often given or shared with others, representing generosity and willingness to connect.

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...**

"The most dangerous creation of any society is the man who has nothing to lose."

James Baldwin.

"A word to the wise is infuriating."

Hunter S Thompson.

"Buying a used book is smart because you don't have to do anything. It's already been read."

Seen on Twitter.

"Life is the art of drawing without an eraser."

John W Gardener.

"There is no one louder, more observant, or as articulate as a toddler in a public restroom stall with their parent."

Seen on Twitter.

"I love sleep. My life has a tendency to fall apart when I'm awake, you know?"

Ernest Hemingway.

"You may be able to fool the voters but not the atmosphere."

Donella Meadows.

"You know you're getting old when your kids start referring to every old person they know as 'about your age'."

Seen on Twitter.

"Marriage requires searing honesty at all costs. I learned that from my third wife."

Alan Arkin.

"We've come to terms (with the fact) that you can't arrest our way out of this problem."

Harry Tam, Senior Mongrel Mob member.

"Money won is twice as sweet as money earned."

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!

**I should be ashamed
of my behavior.**

**Let's be clear.
I'm not,
but I should be.**

TO DO LIST
 NOTHING



**I MAY HAVE THE RIGHT
TO REMAIN SILENT - BUT
I DON'T HAVE THE ABILITY**



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

You would be most welcome 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 capacity for seating.

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:



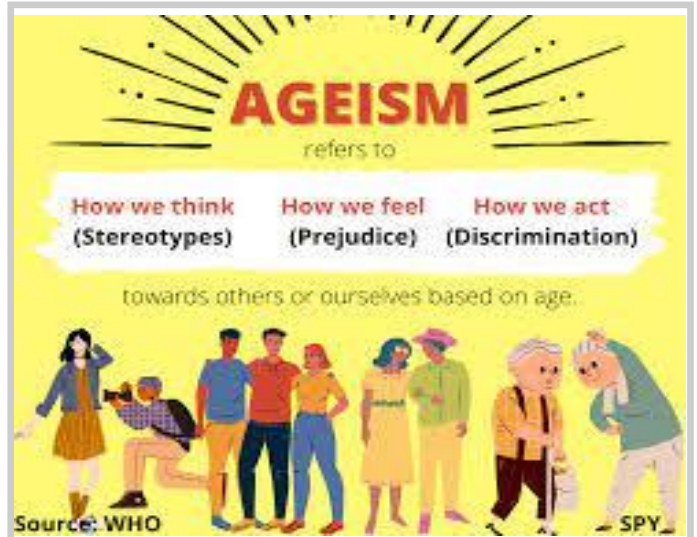
And of course—the New Plymouth District Council.

Last free public forum for 2023...

Preliminary notification...

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.

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



Institutionalised Ageism in Health Services in Aotearoa / New Zealand...

Ageism is the new 'ism' of the 21 century. Like racism, it is endemic in health services - but is not confined to the elderly or the health sector.

Here, ageism can be defined as age related discrimination, including age cutoffs 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, according to recent health research has revealed that 30% of trainee nurses do not want to work in aged care. In Taranaki we have the situation where a few GP practices have wanted to exit their treatment for people in rest homes.

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. An example of this is the appointment of 8 Maori and 8 Non-Maori on Te Whatu Ora's Consumer Engagement Council. Now...try addressing ageism.

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! This is institutionalised ageism at work - right here in Taranaki.

Opinion: Gordon Hudson.



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