

**Change
before you
have to...**



NP Positive Ageing, *NOVEMBER 2023* Newsletter 106

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

Editorial - Free public forum about dementia presented by Alzheimers Taranaki...

**Message...
from
Lance
Girling-
Butcher**



Many look at old age as the sunset years and shroud them in a golden mist, but for many older New Zealanders, time on Earth ends in pain, misery, and disillusionment.

For most people aging means a slow and uncomfortable deterioration in physical and mental condition. In the worst cases, people totally lose the ability to move or think and disappear into a mumbling incoherent demented mess.

Comedian Bob Hope said, you have to be brave to grow old.

Despite some hopeful developments and discoveries over the past 10 years, many things to do with the brain, little is fully understood about dementia, but the undeniable fact is dementia devastates the lives of its victims and leaves grieving family and friends mourning.

The results of 250 known types of dementia are that they are irreversible, however there are preventative techniques which can delay or even hold this damage.

To assist people in better understanding of this devastating disease, New Plymouth, Positive Ageing, Grey Power and Age Concern are holding a free public seminar in the New Plymouth District

Council Chambers on the morning of Thursday, November 23, starting at 10am.

Speakers from Alzheimers Taranaki will be informing those attending about dementia, the various forms it can take and what support is available to best manage the symptoms.

There will NOT be a free bus leaving the TSB Stadium and going to the NPDC before this event and returning following it.

Participants may decide to utilise the parking spaces at the YMCA for just \$1 per hour. Simply pay at the YMCA office.

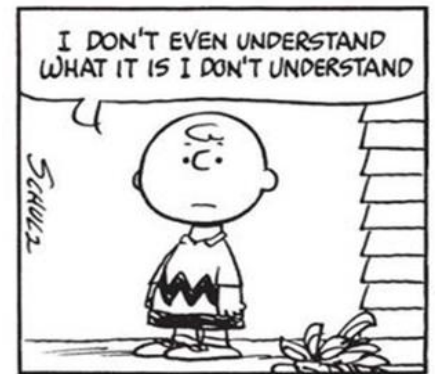
Lance Girling-Butcher,
027 273 8066.
www.positiveageingtrust.org.nz

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

***Changing of the Guard
at Positive Ageing NP.***

Lance Girling-Butcher has decided to retire as Chair of Positive Ageing NP after years of dedicated leadership.

New Chair, Wally Garrett, formerly our Deputy Chair, has a long history with organisations advocating and supporting older adults.



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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'

**MY HOUSEKEEPING
STYLE IS BEST
DESCRIBED AS
"THERE APPEARS
TO HAVE BEEN
A STRUGGLE"**
REBEL CURUS

Ageing in Place ...

Ageing in place is the idea that older people can continue to live independently in their own homes or communities for as long as possible as they age, with appropriate support. It is a desirable goal for many older people who value their independence, familiarity with their community and surroundings, and social connections.

There are many benefits to ageing in place, including improved quality of life, reduced healthcare costs, and increased social connections. This can help to reduce the risk of depression which are common problems for older people who are isolated from their communities.

However, ageing in place requires a supportive infrastructure to provide the necessary supports for older people and currently there are gaps to providing this in Aotearoa. This infrastructure can include: accessible and affordable housing, transportation options, health care services, and community support networks.

Without these, ageing in place can lead to social isolation which studies have shown to be a major contributor to poor wellbeing.

In addition, ageing in place should be a choice – not a necessity for those who would prefer but cannot find aged residential care in their community.

As the population continues to age, it is becoming increasingly important to ensure that these support systems are in place to help older people remain independent and engaged in their communities.

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'.

November 13th and 20th—Lance Girling-Butcher interviews Phillip Wells.
November 27—Gordon Hudson interviews Jenny Sharpe

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.

**Never mock a pain
you haven't
endured. Because
when life hits you,
you might become
everything you
ever criticized.**





Hearing loss is frustrating for those who have it as it is for their loved ones. But recent research from Johns Hopkins reveals that it also is linked with walking problems, falls and even dementia.

In a study that tracked 639 adults for nearly 12 years, Johns Hopkins expert **Frank Lin, M.D., Ph.D.**, and his colleagues found that **mild hearing loss doubled dementia risk. Moderate loss tripled risk, and people with a severe hearing impairment were five times more likely to develop dementia.**

“Brain scans show us that hearing loss may contribute to a faster rate of atrophy in the brain,” Lin says. “Hearing loss also contributes to social isolation. You may not want to be with people as much, and when you are you may not engage in conversation as much. These factors may contribute to dementia.”

As you walk, your ears pick up subtle cues that help with balance. Hearing loss mutes these important signals, Lin notes. *“It also makes your brain work harder just to process sound. This subconscious multitasking may interfere with some of the mental processing needed to walk safely.”*

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-hidden-risks-of-hearing-loss>

True Blue sweeps Taranaki firmly to the right...

A combination of a serious mood for change and a strong campaign saw the New Plymouth seat change from Red to Blue... convincingly.



The local campaign was undertaken with style, grace and humour. New-comer politician, David MacLeod is well respected in Taranaki. His chairing of the Taranaki Regional Council and many other business interests enabled him to compete with the high profile Glen Bennett. Congratulations Mr MacLeod.

There will be many aspects of society that will welcome a change in government, particularly in the rural and business communities, just as there will be many sectors of the communities more social sector that will be disappointed with the loss of Labour and MP Glen Bennett.

Positive Ageing NP, along with many other organisations will be keen to establish a close working relationship with new MP David MacLeod and wish him well in both settling into his role, and hopefully, into cabinet responsibilities.



Glen Bennett earned a well earned 29th ranking on the Labour Party list and may well yet earn a place in the Labour team. Good luck with that Mr. Bennett.

A significant loss to the New Plymouth electorate has been long term senior Labour Party MP, Andrew Little, MP for Everything.



Very few MPs have worked so hard in politics as has Andrew Little and his resignation will be a major disappointment to a wide sector of Aotearoa/New Zealand. All the very best for the future Mr Little.

Opinion: Gordon Hudson



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

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



Thank you Bryan Vickery Media

Bryan Vickery, the man behind his media company, very generously offered to video the NP electorate's candidates meeting held at the NPDC Debating Chamber on September 25. The video can be viewed on Taranaki Media Archives... taranakimediaarchive.co.nz/collections/Bryan_Vickery.



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

Think about attending a free public forum at the NPDC on November 23 at 10am

Dementia is a collective term that describes a series of symptoms associated with gradual memory decline. It is not one specific disease, rather a symptom of several underlying diseases and is not a normal part of ageing.

These changes can affect memory, thinking, behavior, personality and emotion. Every person with dementia is affected differently.

Because dementia is a progressive syndrome, symptoms will gradually develop and change.

Symptoms may be due to disorders other than dementia and can lessen or disappear with appropriate treatment.

The most common form of dementia is Alzheimers disease. This accounts for 60 to 80 percent of cases of dementia in Aotearoa/New Zealand. Other forms include vascular, fronto-temporal, lewy body and alcohol related dementia.

There is no known cure for Alzheimers, but as science progresses there is hope that medicines and other therapies can be developed to delay, prevent or maybe reverse the process.



Although there is no cure for dementia, there is a lot of help available. Early diagnosis gives the best opportunity to benefit from practical and emotional support and to understand what the future may hold. First step - your GP.

This also gives an opportunity for some forward planning such as writing an Advanced Care Plan and/or appointing an Enduring Power of Attorney.

Locally, Te Whatu Ora Taranaki's Mental Health Services for Older People have a wonderful team of professionals to provide clinical advice and support.

Of great support too are Alzheimers Taranaki. Their staff are well trained, caring and knowledgeable, offering an array of culturally sensitive and appropriate services and support.

Opinion: Gordon Hudson



Is a registered Charitable Trust with dedicated volunteers, a Trust Board and a small group of dedicated staff.

Services include:

Community advisors	Community education
Carer support groups	Social events
Day programmes	Wandatrak programme

Phone: 06 769 6916 or 027 357 1017
www.alzheimers.org.nz/taranaki



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



On now, 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.



Positive Ageing NP



Your 2023/24 committee is:

Co Patrons - Peter Tennent
John Major

Chair - Wally Garrett

Deputy Chair - Richard Andersen,
Secretary - Stephanie Hansen
Treasurer - Jean Graham

Committee - Brian Eriksen, Lance
Girling-Butcher, 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...

"I want to once in my life agree with David Seymour that (a National, - Act-NZ First coalition) would be a right-wing circus."
Chris Hipkins.

"Aroha maim aroha atu (Love received demands love returned) ."
Whakatauki/Maori proverb.

"Everyone ought to spend part of their life making someone else's life better."
Jerry Springer.

"To read without reflecting is like eating without digesting."
Edmund Burke.

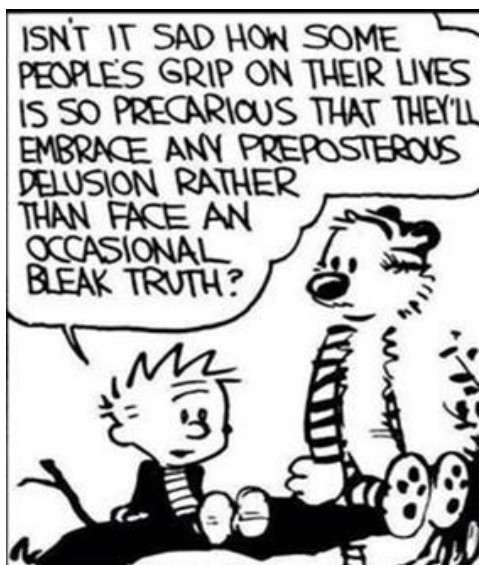
"Don't sweat the petty things and don't pet the sweaty things."
George Carlin.

"I'm sick of following my dreams. I'm just going to ask them where they're going and hook up with them later."
Mitch Hedberg.

"The poor object to being governed badly; the rich to being governed at all."
GK Chesterton.

"I know not with what weapons World War 111 will be fought but World War 1V will be fought with sticks and stones."
Albert Einstein.

"Education is an admirable thing, but it is well to remember from time to time that nothing that is worth knowing can be taught."
Oscar Wilde.



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.

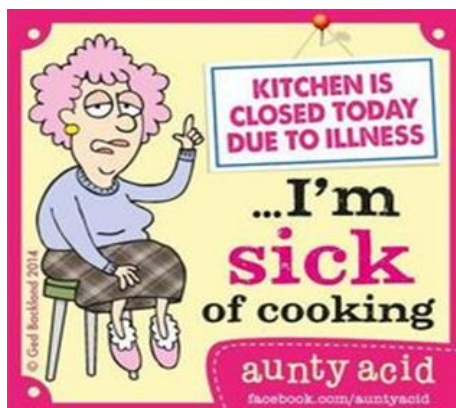
Tuesday - St Joseph's Catholic Church Hall on Devon St (down from the clock tower) Weekly dinner 5.30pm for 2 course meal.

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



Activities in November...



AQUA WALKING:
Tuesday: 7, 14, 21 and 28:
10-11am - It's amazing.

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 1st November...

Bus trip to Café 487, 487 Mokau Rd. (North of Urenui) A \$10 cost (subsidized by Age Concern) is payable to Robyn at Reception. Cost as per menu of the day. Confirm your attendance by ringing Pauline.

WARM UP WEDNESDAY, 8 & 22:
Held at Age Concern Hall, 33 Liardet St. 10-12noon. Tunes and toasted sandwiches. Fun with music finishing off with light refreshments. Gold coin appreciated.

DROP IN CAFÉ / SOCIAL MORNING: Thursdays 9.30-11.30am.
Held at Age Concern premises. Varied programmes.

IN TUNE WITH INGLEWOOD:
Thursday 9 & 23: 1.30-3.30pm.
Mamaku Centre for fabulous fun. Gold Coin donation.

WHAT'S ON in WAITARA:
Every Friday 3, 10, 17, and 24:
Senior Citizen's Hall (Fun with music. 8 Warre Street. Gold coin or koha appreciated.

COASTAL CONNECTIONS:
OKATO... Tuesday 7 November:
1.30pm—3pm: Social event with activities for everyone. Hempton Hall Supper Room. Afternoon tea provided. Dress up for Melbourne Cup Day - Men 'dress to impress Women - design and wear a hat.

TOMORROW'S MEALS...

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

Contact: Pauline Julian
06 759 9196
pauline@ageconcerntaranaki.org.nz



You are warmly invited to attend a free public forum - presented by Alzheimers Taranaki on Thursday 23rd 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 at 14 Manakohi Street.

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

There will NOT be a free shuttle bus 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.

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

JAZZ anyone?



The Taranaki Jazz Club presents 'The Great Taranaki Steamship Band'—4.30pm, Sunday 5 November. Eftpos/cash entry. Doors open at 3.45pm. New Plymouth Club in Gill Street. zz

A young man was walking through a supermarket picking up a few things when he noticed an old lady following him around. Thinking nothing of it, he ignored her and continued on.



Finally, as he went to the checkout, she squeezed in front of him. "Pardon me." she said, "I'm sorry if my staring at you has made you feel uncomfortable. It's just that you look just like my son. He died recently." "I'm very sorry", replied the young man, is there anything I can do for you?" "Yes", she said, "As I'm leaving, can you say "Goodbye Mother"? It would make me feel much better.

As the old woman was leaving, he called out "Goodbye Mother!" As he stepped up to the checkout counter, he saw that his total was \$127.50. "How can that be?" he asked. "I only purchased a few things!" "Your mother said that you would pay for her," said the checkout operator.

Thank you Jean Oakley

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'