

**You  
become  
what you  
believe.**



**NP Positive Ageing, Newsletter - Taupaenui July 2024 Issue 114**

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

***Editorial - technological advances aiding the hard of hearing...***

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



**Thanks to developing technology and timely advice from my hearing experts, I now have a new bump under my pillow and sleep with far greater security because of it. The bump is a vibrator attached to the latest developments in smoke alarms and is designed to ensure that I wake up when next these alarms sound.**

It's all part of a scheme to assist people with poor or low hearing to survive the risk of fire. As the lines blare out a strobe light on a control panel next to my bed sets off a brilliant light display and the vibrator shakes my pillow. There is no way that I'm going to sleep through an emergency.

As an extra add-on there is even a model that uses the same vibrator as a wake up device for those who tend to sleep through the morning alarm and also let you know someone is at the front door. It's all part of a growing array of technological developments that assist those with disability to reach parity with their less disabled colleagues in society. This attention to such parody can only be applauded. It does need to be accompanied by an increasing number of people who can train those in need and how to use these developments.

My particular problem is that 35 years ago I had an acoustic neuroma, a cancerous growth on my hearing nerve into my brain. It's removal left me totally deaf on my left side. This means that if I sleep on my right side, blocking my good ear, I don't hear things like smoke alarms.

At a recent meeting of the Taranaki Blind Low Vision group I learned that the government is offering a subsidy to people who want this sort of hearing assistance. I made an application through [Tadhg Stack](#), from [yourwayk-iaroaha.nz](#) which was accepted. Within days a technician checked with my audiologist and discovered that I qualified for such assistance, drew up a plan of my house to find the best position for these new special smoke alarms, and returned with the technician from the fire

service, to install the equipment, the control panel and the vibrator.

A quick test proved its efficiency in making sure I heard and saw what I needed to, and then all I had to do was devise an escape route which included collecting my cane on the way. As an extra fitting, these alarms can have additional sensors that will detect heat, cooking or heating gas and carbon monoxide gas as well as smoke. I feel a lot more secure in my ability to survive fire.

Hearing loss is one of the more difficult disabilities for observers to notice, as there are no obvious external signs that people cannot hear well. Sadly it does cause significant problems including increased isolation, loneliness, fools and in some cases encourages the onset of dementia.

In my case I also have government  
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***A Newsletter for those interested in improving the quality of life for all persons in Taranaki***

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



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

Continued from Page one

assistance in getting subsidised hearing aids specially designed for people with dual sensory loss. I have a hearing aid called a crossover, which puts a microphone over my left, deaf, ear that feeds an AM signal across to my right ear and captures sound from my left side in such a way that my brain can work out which side the sound is coming from.

**People with only one ear have a great deal of difficulty sorting out sound direction, which can be difficult when crossing roads and similar activities, and so I feel far safer and more stable on my feet when moving about and it does mean that people can ask me to follow their voice and I have a far better chance of doing just that.**

By providing this information I do not seek admiration or sympathy. I just want to let others know that there is help at hand if you go to the right place for such information.

Thank you—Lance Girling-Butcher



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

**Sometimes memories sneak out of my eyes and roll down my cheeks**



## Living with dying...

**Living with Dying was the feature article in the NZ Listener (May 25-31 2024). Writer Sarah Catherall ably captured so many of the key issues involved.**

To die well is such an important part of living well. No one ever wants to see a much loved partner, friend, in deed, any whanau member, including pets, suffer in their final stages of life. We desperately want the best for them, as we do ourselves.

Yet, despite our health's advanced systems on processes, procedures and support from birth, there is a minimal support for the dying. This seems just so wrong when we consider that the expected surge in deaths in the next two decades will rise from 38,000 in 2023 to 55,000 in 2043. The numbers of New Zealanders aged 85 and over alone will rise by 60% over the next decade.

We are so unprepared, in planning and implementation to help people cope with a whanau member's pending death.

There is a crisis in not only medical staff but also in facilities. It is predicted that within a decade we will need a further 12,000 beds. It seems that the expectation of successive governments seems to be that the 'community', read 'your home', will manage the care of vulnerable loved ones.

Without sufficient support and funding, many people will struggle to look after their very ill. The dearth of easy access to GPs and difficulties in accessing tertiary care adds to the uncertainties. Yet it seems that no one really wants to talk about it. Ignoring the situation simply compounds the problems.

**While death may be moving out of the hospitals and on to the home front, Hospice NZ CEO Wayne Taylor says we're not ready because we don't know how to talk about dying. Dying has become so medicalised that we're losing the human touch. In Taylor's view, it has become a medical event with a social component when it should be a social event with a medical component.**

While there is much that each of us can do to prepare for our own death and those we care for, such as ensuring we all have an up to date will, an appointed Enduring Power of Attorney and a current Advance Care Plan, these matters are just the beginning.

We need to do more. Be more open and willing to discuss end of life choices, be they applying for assisted dying support, widening the criteria for when this is able to be enacted and seeking a more open discussion on concepts such as rational suicide.

Most of us will have had experience about prematurely terminating the death of a beloved pet. Knowing that your pet's pain and impending death has been eased. Memories too will be kinder knowing that you so appropriately terminated their suffering.

**As humans, we all know that we will die at some time in the future. We all need to be prepared to have those brave conversations with those we love. Ideally, we all will, at some time in the near future, have the right to determine the time and manner of our own death and be able to hope for the support of whanau in those discussions and decisions.**

Opinion: Gordon Hudson



**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**



## *Your health matters free public forum was most informative.*

A packed crowd attended the latest NP Positive Ageing, Age Concern Taranaki and Grey Power free public forum where top speakers, Katy Sheffield, (Acting) Group Director of General Operations (what a title!) Jo-Anne Deane Regional Manager for Ageing Well and Chloe Mercer, Regional Manager of Living Well gave an excellent update on the health matters affecting you and I.

Katy Sheffield kicked off by explaining the current changes and explaining how they will affect Taranaki. It seems as if our hospital is very much 'steady as it goes' with patients still being assessed, treated and discharged as before. A huge emphasis, and progress, has been in getting patients seen by specialists in a more timely manner. A huge challenge considering the difficulties in recruiting and retaining staff.

The big changes are in national management and the greater sharing of resources and expertise, leading to better access to services.

One innovative way of improving communication with patients, particularly after discharge, has been a trial telephone service for ongoing medical support.

The new build (Project Maunga) is on track, on budget and will add substantially to the quality and quantity of care available. The new build includes radiology, emergency department, acute assessment services, maternity, laboratories and the intensive care unit.

Katy Sheffield won the crowd over by her open, sincere manner of presenting. What an asset.

Next up was Jo-Anne Deane who has special responsibilities for Ageing Well, a subject close to the hearts of those attending. Much of her new role has been taken up establishing an effective team in charge of managing people better as they age. A particular emphasis will be on earlier assessment and treatment options for people with dementia.

Jo-Anne is excited about the options of developing more effective models of care for all people as they age.

Finally, Chloe Mercer, Regional Manager, Living Well, spoke of the challenges of living well, starting life well, being mentally well and tackling rural health. It is all about ensuring the eye watering investments in GP practices, pharmacies and laboratories can best meet the health needs of our communities and working hard to be both innovative and more effective. A huge ongoing challenge.

Question time raised many issues including the seeming lack of any meaningful input from the Taranaki community towards our local health system. The former Consumer Engagement Council has been disestablished. Of course, elective surgery was a major issue. What was not, amazingly, was parking. How did that happen? The recognition of the need for increased relevant support for caregivers of people with dementia was welcome. While there is almost universal skepticism in the current and future of health services, most present left with the idea that change was underway—hopefully for the better.

The venue, the Central Baptist Church in Liardet Street was an excellent choice, as was facilitator, NP Positive Ageing Chair Wally Garrett.

Notes by Gordon Hudson

## *NP Positive Ageing 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.*

## *Grey Power welcomes Aged Care investigation*

**Grey power NZ has welcomed the Health Select Committee's recent announcement that it will undertake an enquiry into Aged Care.**

Appropriate Aged Care is a significant challenge for many vulnerable older people and their families. Grey Power is committed to ensuring that our seniors have the dignified care they need as they are increasingly less able to care for themselves.

Grey Power also welcomed the Select committee's statement that: "This inquiry will begin before July 2024 and the Health Committee may expand its scope to consider other areas."

Grey Power would welcome a Government Older Person strategy that embraces NZ wide access to healthcare in a timely manner, as well as the well known contributing factors impacting on wellness including; cost of living impact, affordable fit for purpose accommodation options, improved digital literacy, and appropriate affordable transport options.

Statistics NZ data clearly shows that many people have difficulty in managing their day-to-day living costs, and are unable to live in dignity as they age.

This inquiry is the perfect opportunity to start considering the wider issues for our older vulnerable people.

Grey Power collaborates with other key organisations in promoting healthy and respectful ageing and the wellbeing of older people in Aotearoa New Zealand.

The collaboration is calling on all political parties to commit to the principles of the United Nation's Decade of Healthy Ageing and to work collaboratively towards a society where all people can live long and healthy lives.

By David Marshall, Vice president and Acting President, Grey Power NZ.

**BE A  
WARRIOR,  
NOT A  
WORRIER.**

You don't have  
to attend every  
argument you're  
invited to.

Hustling4Happiness.com

## Volunteer Awards celebrated



A packed NPDC saw a wide range of individuals, teams and groups receive awards for their long dedicated

service to various community causes.

A highlight of this year's awards was the introduction of youth awards. Several teenagers were recognized for services to their community. Their achievements were on such a scale that the majority of recipients, mainly older folk, felt rather humbled to be in their presence.

Across New Zealand, volunteers undertake almost two million hours of unpaid work for registered charities.

Mostly, volunteers are welcomed and respected by their charitable organisations, but, sadly, this is not always the case. Some volunteers can be exploited in a variety of ways. Volunteers do not have many legal rights, but this is changing. There is a new law being implemented that will force charities to apply the principles of natural justice rather than simply getting rid of them.

Clearly, the many recipients of the Volunteering NP Awards were all dedicated and proud to be of service. There was certainly a feeling of positivity and pride in the voluntary achievements of so many people making such a difference to our community.

Opinion: Gordon Hudson.

## Helping someone who is mentally unwell...

The causes of mental unwellness are complex and are not the fault of the person with the condition.



Just like physical illness, mental illness needs to be treated. This is why the person can't just "snap out of it".

Helping someone experiencing mental unwellness can sometimes feel challenging, particularly if the person is in hospital or rest home care. But please be aware that your unease pales in significance when considering their plight.

The very best thing many people can do is visit, give the precious gift of your time to support them during their difficult times.

Don't be afraid if you think you won't know what to say. Just be yourself and be a friend. Usually your friend or whanau member just needs someone to listen to them and not judge them or give advice. Your presence and the gift of your time will be so appreciated by someone with so much time and so little to do or look forward to.

Never underestimate the power of the gift of friendship to those in need of social contact, comfort and support.

Opinion: Gordon Hudson.

**IF IT'S TRUE THAT THINGS GET BETTER WITH AGE, I AM MERE MINUTES AWAY FROM MAGNIFICENCE!**

*Feb Bottom - Fifties Get Funnier!*



## Prescription Fee Changes as from July 1, 2024

The Government is reinstating prescription charges at \$5.00 per item as from July 1 2024.

**There are however, a number of exemptions:**

- Individuals over 65 years
- Children aged under 14
- Holders of community services cards

**Is your Community Services Card current?** Check with your local friendly pharmacist.

**Misinformation on Social media about a change to Covid-19 vaccine eligibility as from 1 July 2024.**

There have been rumours and misinformation circulating on social media about changes to who can get a free COVID 19 vaccine from July 1. COVID 19 vaccines remain free for everyone aged 6 months and older and who meet the current eligibility criteria. There are no changes planned for July 1.

**STOP YOURSELF FROM STOPPING YOURSELF**



My To-Do List

Item  GET BOOSTER SHOT

**SHOP local**

“Worry  
is a misuse  
of your  
imagination.”  
CURIAND.COM



" I USUALLY VOTE FOR WHOEVER PROMISES TO CUT THE MOST TAX "



## Preparing for a retirement that meets your needs....

A recent Retirement Commission paper has warned readers that for many, maintaining a desired, dignified lifestyle may be challenging, particularly if still renting or with a mortgage payments to meet.

Calculating how you will finance your retirement can be dependable on your current lifestyle, income, current liabilities, health, dependents, your employment options and the timing of retirement from work and the costs of recreational interests such as holidays etc.

Of course, at the other extreme, for many people on low incomes, the receipt of superannuation may enable them to enjoy a frugal, yet better lifestyle with little expectation of extravagances.

For most people however, it is very important to realise that NZ Superannuation payments are but a floor. To live with some dignity, we have to build a financial situation that enables us to not just survive but to hopefully thrive.

This is a difficult challenge as few of us know how long after retirement do we have to plan for. ‘Sorted’ is a government funded, independent agency, and has a few financial tools on its website including a retirement calculator. This can help clarify your goals and help see whether you are on track with your aspirations.

Clearly KiwiSaver will play a huge part in some people's retirement plans and getting to understand how best you can take advantage of that nest egg will help ensure you can make the most of it. But not all people have a healthy KiwiSaver contribution to supplement their superannuation. Women, Maori and Pacifica people all, on average, retire with less funds that do their male ‘Kiwi’ counterparts.

The other option available to an increasing number of people is continuing to work, perhaps part-time to supplement their income. Others may consider downsizing their family home in favour of a smaller less costly new home. Others may involve subdividing their section, selling their home while retaining the right to live in it... so many options.

Increasingly, some people are also looking at options such as taking in someone else to share expenses, even going ‘flating in new living arrangement such as an Abbeyfield home. The options are increasing all the time ... for some. For others, with insufficient funds in retirement, you end up living on ‘Struggle Street’, often through no fault of their own.

Sadly, ‘Struggle Street’ among older adults is real. Giving a helping hand to unseen retirees doing it tough is a local rapidly expanding charity ‘On the House’. They have recently trialed a project aimed at providing food for people over the age of 65 years—and have been overwhelmed with the positive response. The trial period of 4 ‘trial days’ held on the ‘off week’ of superannuation averaged 65 and over attracted an average of 60 people per day.

General Manager of On the House, Terry Hancock, states that “the initiative was a response to increasing challenges faced by the elderly, many of whom were facing marginalisation and isolation because of fixed incomes and rising costs. As much as Hancock took satisfaction from meeting a need, he was shocked by how great that need was. “They are often unseen. They are doing it really tough.” he said.

The demand for this service will only expand as increasing numbers of retirees hear about and avail themselves of the service.

Sadly, too many older adults are to embarrassed about seeking help. Please don't be.

Opinion: Gordon Hudson.



## Strength and Balance classes...

*Participants not only benefit physically, but socially as well.*



For further information please see [www.livestronger.org.nz](http://www.livestronger.org.nz) or contact Hilary Blackstock via email:

[hilary.blackstock@sporttaranaki.org.nz](mailto: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 10.30am - 8.30pm, 5 days per week. There is also an excellent range of food and beverages for a koha.

Waimanako/Hope Centre is a 'Pop In' support hub - here to help people through the tough stuff. A good safe place for all. The retreat also offers a peaceful residential space to recover.

### Help the Taranaki Retreat help others.

If you would like to know more, contact the Retreat:  
06 215 0993

Open 24 hours per day.

## Closed during July



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 where 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 people's honesty and generosity.

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

**Reopens August 6**  
**Tuesday mornings**  
**7.30 - 10.00 am**  
**(Last orders at 9.45am)**

And guess what?  
Volunteers at the Good Café were recognised for their long service at the recent NP Volunteer Awards.  
Well done!

**Everyone welcome.**

**They will be excited to see you!**

Blessed are we who can laugh at ourselves... for we shall never cease to be amused!



Citizens Advice Bureau  
Te Pou Whakawhirinaki o Aotearoa

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

**06 758 9542**  
**0800 FOR CAB (0800 367 222)**

[newplymouth@cab.org.nz](mailto:newplymouth@cab.org.nz)  
[www.cab.org.nz](http://www.cab.org.nz)



**SHOP**  
*local*

## Positive Ageing NP

**NEW PLYMOUTH**  
Positive Ageing Trust

### 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, Margaret McCall and  
Callum Williamson

Newsletter - Gordon Hudson.

[www.positiveageingtrust.org.nz](http://www.positiveageingtrust.org.nz)



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

## Quips and Quotes

*"Two possibilities exist: Either we are alone in the universe or we are not. Both are equally terrifying."*

Arthur C Clarke.

*"Some people die at 25 and aren't buried until 75".*

Benjamin Franklin.

*"Most people are other people. Their thoughts are someone else's opinions. Their lives a mimicry. Their passions a quotation."*

Oscar Wilde.

*"Prejudices are rarely overcome by argument: not being founded in reason they cannot be destroyed by logic."*

Tryon Edwards.

*"Only when the last tree has died and the last river has been poisoned and the last fish been caught will we realise that we cannot eat money".*

Indian proverb.

## 2024 Influenza immunisation update

Pharmac has announced the 2024 free flu vaccine eligibility criteria for around one million New Zealanders.

This is now available at local pharmacies, GP practices and other private immunisation providers.

It is all a bit like free health insurance - and peace of mind.

"WE CANNOT  
BECOME WHAT  
WE WANT BY  
REMAINING WHAT  
WE ARE"

*-Max Depree*

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

### Here are some options...

**Daily**, (except Sunday) 10am-8.30pm **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**. St James Presbyterian Church, 2 Lawry St. Moturoa 5-6pm (redistributing quality surplus food. Bring a bag)

**Monday, Wednesday and Friday, NP Community Food Bank**, 36-38 Vivian St, (behind Peace Hall) 12.30-2pm. 06 758 2757.

**Tuesday - Taranaki Cathedral Church—Community Breakfast—Good Cafe**, held in the newly transformed Vicarage. 7.30 - 10am - last orders at 9.45am. Suggested koha is \$2, per item

Suggested koha is \$2, per item

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

**Tuesdays, Wednesdays and Thursdays - Salvation Army Foodbank**, cnr Powderham and Dawson St. Tuesday and Thursday 10 - 12 noon. For appointment, please ring 06 758 9338, Tuesday to Friday. (Closed Mondays)

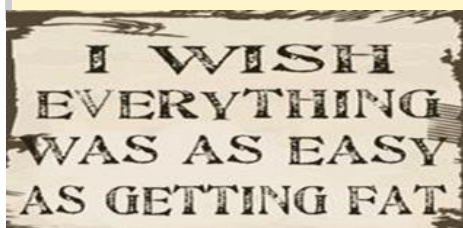
**Wednesdays (every off week of super - On the House for over 65s**. Methodist Church hall 2-3pm

**Thursday - On the House**, redistributing quality surplus food. 5 - 6.00pm at 10 Henui St, Fitzroy. Community Hall next to the Holy Trinity Church.

**Saturday— Waimanako**, 33 Devon Street Plaza—10-3pm—koha.

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

Gordon Hudson: 021-133-7244



## Activities in July...



### AQUA WALKING:

**Tuesday: 2, 9, 16, 23 and 30: 10-11** - It's amazing! Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$4. Please register with Pauline (06 759 9196) **prior** to entering the class.

### MONTHLY OUTING:

#### Wednesday 3 July...

Join us at 11.30am for lunch at Sunworld, 250 Devon St East. Buffet Lunch menu. on the day. Please confirm your attendance by ringing Pauline or Robyn - 06 759 9196.

### WARM UP WEDNESDAY:

**10, 24 July**, held at 33 Liardet Street, NP. 9.30-11.30am. A really fun morning. Hot soup and toast. Gold coin donation.

**DROP IN CAFÉ / SOCIAL MORNING: Thursdays, 4, 18 and 25: 9.30-11.30am**. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes.

**SOCIAL MORNING: Thur 11: 9.30-11.30am**. Great guest speaker.

### IN TUNE WITH INGLEWOOD:

**Thursday 11 and 25: 1.30-3.30pm**. Mamaku Centre for fabulous fun. Gold Coin donation. Singalong - socialize with us - food and fun.

**WHAT'S ON in WAITARA: Fridays 5, 12, 19 and 26: 1- 3.30pm**: Senior Citizen's Hall (Fun with music). 8 Warre Street. Gold coin or koha appreciated.

### COASTAL CONNECTIONS:

**OKATO... Tuesday, 2 July: 1-3** Party time. With guest speaker, Tadhg Stack from Your Way / Kia roha—about hearing. Hempton Hall Supper Room. Afternoon tea provided.

### TOMORROW'S MEALS...

Convenient frozen healthy meals available for purchase daily. Excellent value.

**Contact: Pauline Julian**  
Age-Connect Service Coordinator  
06 759 9196 or 0800 65 2 105  
pauline@ageconcernaranaki.org.nz

*Office Hours:*  
9.30-1.30pm Monday to Friday.



*You are warmly invited to attend a free public forum on...*

## **Elder Abuse**

*Sadly, an increasing issue*

*This forum will be held on  
Thursday 20th June 9.30 – 11am  
in a venue yet to be determined*

*Wonderful presenters*

*Do come along and hear what those responsible for assisting those needing elder abuse services in 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.

Sponsored by ...

Positive Ageing NP, Age Concern Taranaki and Grey Power.



Grey Power  
158 Tukapa St.  
06 757 5885

*And - of course - the New Plymouth District Council.*

## **Getting the message out there...**

As I was driving down to Stratford on a recent Monday evening to attend a Wheelhouse training session on “How to be an effective Chairperson” and whilst thinking to myself (you’re never too old to learn), I heard an advert on the radio.

The advert was in fact promoting the upcoming Public Forum put on by NP Positive Ageing, Age Concern Taranaki and Grey Power. I thought the advert was great. It covered all the relevant information that was required, it was catchy and in my mind did everything that we wanted it to do.

However upon asking the question at the forementioned forum, who amongst those in attendance had heard the ad, not a single hand was raised. Clearly, we have obviously missed the boat on that particular way of communicating.

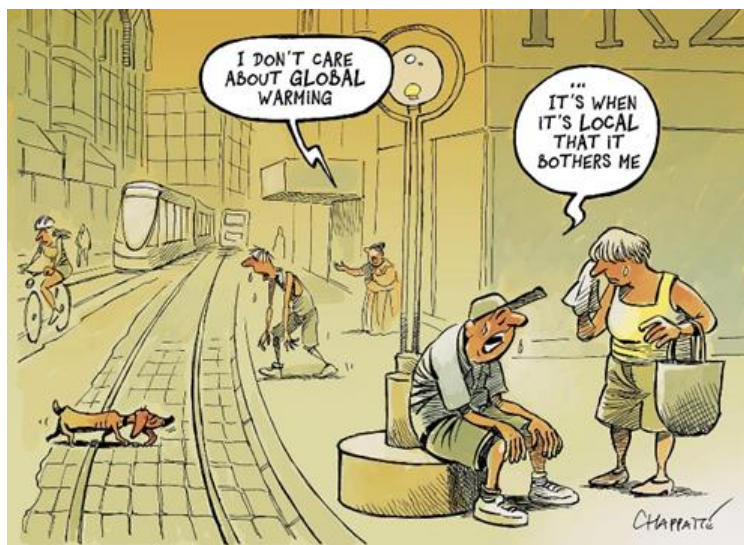
**We normally communicate via this excellent newsletter, newspaper advertising, the local Grey Power newsletters, Age Concern and U3A reaching out to hundreds of people. Yet some forums are poorly attended despite having great topics and speakers.**

Communication is the key to having greater involvement from the community at large. If you are reading this, we would like you to spread, by word of mouth, to your friends, families and colleagues, that here is a public forum, that they may in fact be interested in.

The issues that are out there in our local community, are many and varied. We will only too happy to consider any topic that anybody would like to suggest. If it’s feasible, we will make every endeavour to bring it to the public arena.

**The next forum in August 15E, “Elder Abuse” will cover a topic which is sadly, only too common around the country. While this subject will probably attract a sizable audience, I think it will reveal how big a problem it is within our community, and most others for that matter.**

Wally Garrett  
Chair – Positive Ageing



## **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 [w.yourwaykiaroa.nz](http://w.yourwaykiaroa.nz)

## **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 021 0265 0696



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