



## *Positive Ageing — Taupaenui*

**Issue 11 — DECEMBER—2014**

### *Congratulations to the NPDC*

There are many reasons to be proud to live in New Plymouth. Having a Council like no other is one of them.

**Firstly there was the decision to introduce a Maori Ward—a first for New Zealand.**

This was hotly debated and resulted in Horse McLeod resigning—but sufficient Councillors saw the need, the value and the sheer common sense in guaranteeing Maori a seat at the Council table—something that may not have happened if such a Ward was not established.

No doubt those opposed to the decision had their reasons for doing so—but ethically and morally, the right decision was made, courageously.

Sadly, it revealed, within the wider community some very unpleasant attitudes towards ensuring Maori are represented on Council.

**Secondly, Council, by a vote of 9 - 3, opted to withdraw their review of Housing for the Elderly.**

This was an easier decision as the whole process, had been poorly handled. Still, the door has been left open for further 'tweaking' and incentive is there for increased efficiency.

The Council were able to make it clear at the various meetings that it was never their intention to 'boot their residents out' and that they were simply seeking a better way of managing their investment in housing for the elderly. They would have been better off investing more care in the process and saved tenants so much stress by doing so.

**Again, it was Mayor Andrew Judd, who led the charge and deserves much of the credit. He well deserves to be our long-term Mayor.**

*Opinion—Gordon Hudson*

### *Coming Events—December January*

- Mon 1st: Lower Alcohol limit applies as from today!
- Mon 8th: NPDC mtg re Maori Ward in NP—7pm
- Tue 9th: PA meeting with Mayor—NPDC—3pm
- Wed 10th: PA Trustee meeting—3.30pm at TDIC
- Thur 25th: Community Xmas —11.30am St Joseph Hall

### *Chairman's message...*

Another year draws to an close.

**New Plymouth Positive Ageing can look back and be satisfied with its achievements in having excellent guest speakers at all it's monthly meetings. Well attended seminars and of course the Awards evening held on October 1st which was a great success.**



*Chairman Jeff Blyde*

Next year our first meeting will be held on Tuesday 17th of February. This NP Positive Ageing network meeting will change to Tuesday mornings starting 9.30am. This new timeframe has been changed with the hope we can see an increase in those attending. It is appreciated that Monday 9am is not ideal for those working. Let's hope we do achieve more attendance.

Our strategy is set, we are active and we need your input at these meetings. We are also looking for a Newsletter editor to work within a team in producing our monthly newsletter. If you have this skill give me a call 7696433 NP would love to work with you. Our Website too in liaison with Keith Allum could be part of this editor roll.

I would like to acknowledge the excellent submission Linda Cox presented on behalf of NP Positive Ageing around Housing for the Elderly. Very professional and covered all the issues. Thank you Linda.

At our November meeting the guest speaker was Jocelyn Millard from the NPDC Library discussing how the modern Library differs from previous decades. The whole presentation was inspiring, I found it interesting when Jocelyn compared youth and older people in regards to loneliness and the need to socially interact. .

The NP Positive Ageing Trust is looking to organise a tour of our Library with Jocelyn. Feel free to join us. I suspect it will be well worth the time involved. When this is organised we will get the time and date circulated.

Christmas Day is close, may you enjoy the day, eat too much and laugh lots. Have a great Christmas and New Year.

***Together—we can make a difference!***

**A Newsletter for those interested in improving the quality of life for older persons in Taranaki.**

## GROWING TENSIONS ... BETWEEN YOUNGER AND OLDER?

### *Inter – Generational Gap: (s):*

With an increasingly ageing population, will come an increasing range in years between generations.

With this dynamic – there is potential for age-related 'Inter-generational' tensions to increase.

### **We know that - NZ's future population will have:**

- a rising proportion of older people,
- a falling share of people in the prime working years, and...
- relatively fewer children.

e.g: In the year 2050:

The number of people over the age of 65 years is projected to grow 2 ½ times

While those in the 85 years and over will grow 5 X fold – to over a ¼ million people.

We also know that:

Population ageing is likely to cause a slowdown in economic growth because of the shift to a relatively smaller working age population – leading to decreasing government tax takes and spending ability.

Already 25% of Government spending is on the 12% of the population aged 65 years and over.

This trend is expected to increase significantly as the first 'baby-boomers' have begun receiving super.

The number of super-annuitants will peak in the late 2020s.

And – we are all keeping fitter, living longer and demanding more and more from an ever shrinking government income.

**As older people, and as people interested in, and charged with the task of promoting positive ageing – we must take care to appreciate some of the socio-economic dynamics and implications of how positive ageing is achieved.**

*Because there is nothing surer...*

When the going gets tough – the toughest and brightest get going – overseas – to higher paid jobs – and supporting another country's older population.

Already, NZ has lost to overseas far too many people in the 20 – 40 age grouping – and increasingly those who have left are choosing to stay overseas.

Among many of the working age left will be an increasing proportion of the immobile, and/or under-educated, and/or under-employed.

We, as older people, will not be as able to depend on this grouping to finance our increasing needs.

Not all older people have been able to save sufficiently to cover their own accommodation, health and living expenses.

Clearly, the next generation will have increasing difficulty – make that impossibility – of coping with the tax burden, the debt burden and the lack of energy burden.

**As members of Positive Ageing, we need to be discussing these issues before it is too late, before they become a major problem.**



*We cannot bury our heads in the sand.*

When I am older, I do not want to be the target of denigration by younger people. I do not want to be seen by them as a taker rather than a contributor. I do not want to be seen as selfish, demanding and a burden.

But I fear I may be seen as just that.

**One of our biggest challenges is challenging some of the negative attitudes of many older people.**

Possibly far more risk than financial, is the potential for growing tensions from younger people about the 'greedy and controlling' nature of an increasing number of older people.

There is an increasing tendency to demand better services, a bigger share of the cake, as it were, because we deserve it - as we baked the cake.

There is an increasing tendency to demand more control of today's society because we have the numbers and influence to do so—and because we can.

**We should hope, because as older people, we have lived through some of New Zealand's very best years, that our experience as older persons would make us more perceptive of the need to be more inclusive rather than exclusive. To be more supportive and understanding of the needs of the younger population and minority groups, for they have to plan for a much more uncertain and demanding future.**

But this 'generosity of spirit' and appreciation that we have had the best New Zealand and New Plymouth has to offer is lost in the demands for more power, more control, more access to resources etc. That we have rights of age, the numbers and the influence that can be abused to serve our own ends rather than what is fairer to our whole community and country.

Of course, I am not advocating for older persons to not be a key part of decision making and power sharing, after all, as older people, we have a great deal to offer, but, when we are seen to be abusing that right, then we should be reassessing what it is we do stand for.

*Some thoughts from Gordon Hudson.*

## ***Link between vitamin D and Dementia risk confirmed...***

**In the largest study of its kind, research by Dr David Llewellyn, University of Exeter Medical School, suggests that when older people do not get enough vitamin D they may risk doubling the risk of developing dementia and Alzheimers disease.**

The study of 1,658 people over the age of 65 years who were dementia-free had their vitamin D levels tested.

The study found that people with low levels of vitamin D had a 53% increased chance of developing dementia and those who were severely deficient in vitamin D had a 125% increased risk compared to participants with normal levels of vitamin D.

**People can get their necessary supply of Vitamin D from food, supplements and exposure to sun. The sun is free, the foods are not expensive either—fatty fish such as tuna, salmon, sardines as well as milk, cheese and eggs. If necessary—talk to your GP or pharmacist re supplements.**

*Taken from Headlines—national newsletter of the Neurological Foundation of NZ*

Footnote: Our own DHB is also researching how better to ensure more appropriate prescribing of vitamin D occurs in Taranaki—Good show DHB!

## ***Feel free to have a glass of wine...***

**Great news for the over 60s...drinking a glass of wine daily can actually help to sharpen your memory!**

Well, this is according to an article on recent research, published in the 'American Journal of Alzheimers Disease and Other Dementias'.

Researchers from the Universities of Texas, Kentucky and Maryland studied the habits of more than 660 people who completed the surveys of their alcohol consumption, took various neuropsychological tests and underwent MRI scans of their brains.

Research found that older people who consume between 1 and 6 alcoholic drinks a week have a significantly better ability to recall memories of events than those who do not drink at all or who drink a lot more.

### ***Quotable Quotes...***

*They tell you that you will lose your mind when you grow older. What they don't tell you is that you won't miss it very much.*

Malcolm Crowley

*We must believe in luck for how else can we explain the success of those we don't like.*

Jean Cocteau

## ***Dementia Facts by Prof. Graham Stokes...***

Professor Graham Stokes is Director of Dementia Care for Bupa in the United Kingdom. He has over 20 years dementia specialist experience, and visits New Zealand regularly to provide our staff with the latest research results and care advice:

Age is the greatest risk factor for dementia, globally. *The disease is active in the brain for up to 20 years before any early signs are noticed.*

Because of this, the average age for symptoms to be apparent is 78, which means that:

*Dementia usually occurs at the same time as the body ages, which is why it can be seen as a disease of old age.*

There is usually a period of about 4 years between early signs of the disease and formal diagnosis.

*If you are living well with dementia by the time you reach 70, you should live until you are 90.*

Life expectancy after diagnosis averages about 11 years.

*50 – 60% of people with dementia are living at home, half of them by themselves.*

Twice as many women have dementia as men.

*The ageing population is getting healthier, but the prevalence of the disease will not decrease.*

The known risk factors for dementia are: diabetes, smoking, hypertension, obesity, depression and underactivity.

*The end stage of dementia where full physical care is required usually lasts 4 years.*

These statements do not include young people with dementia, who run a different course as Ruth Thomas said, with reasonably rapid deterioration and death.

Thank you...

Jill Baker, Manager, Bupa, Taranaki.

## ***Trust Members for Positive Ageing, 2014...***

**Patron:** Peter Tennent

**Chair:** Jeff Blyde

**Deputy Chair:** John Major

**Secretary:** Jill Baker

**Treasurer:** David Showler

**Committee:**

Keith Allum, Gillian Goble, Lance Girling Butcher, Gordon Hudson, Hugh Johnson and Esther Tan.

### ***Quotable Quotes...***

*Even if a farmer intends to loaf—he gets up in time to get an early start.*

Edgar W Howe

*There are few things more satisfying than seeing your children have teenagers of their own.*

Doug Larsen



**Issue 88**— *Compiled BY people on limited incomes FOR people on limited incomes...*  
Please place on a notice board somewhere where people on limited incomes will notice it...

## DECEMBER—2014

**14 Dec-24 Jan TSB Festival of Lights** – Pukekura Park. Nightly entertainment from 6.30pm, lights up at 8.30pm. The park becomes a magical night-time wonderland and is a spectacular backdrop for an extensive entertainment programme that runs day and night. For full Summer Scene programme details look out for the brochure in your mail box in the first week of December, pick one up from i-sites, TSB Bank branches, NPDC or [www.festivaloflights.co.nz](http://www.festivaloflights.co.nz) **FREE**

**14 Dec-4 Jan Light Up Your Home** – 9pm-11pm, district wide. Take a drive and be wowed by the many homes decorated for this year's Holiday Lights Trail. Keep an eye out in the newspapers for the addresses of the many homes participating in this event. **FREE**

**Fr 5 Hui-a-toi: Heritage Cushions**—Taranaki Research Centre, Level 2 Puke Ariki Library—10am—12pm. Join artist Julianne Lafferty and bring family-inspired heirlooms or other items that can be sewn onto a cushion cover, such as fabric, buttons, beads and doilies. Cushion covers supplied. Bookings are essential—06 759 6060. **FREE**

**Sat 6 Arts in the Park**—Kind Edward Park, HAWERA—10AM—4PM. Enjoy the picturesque park, browse the arts and crafts on sale, sit down and relax and watch the performers. **FREE**

**Sun 7 Pukeiti Explorer Day—'Bio Blitz' River Study**—Pukeiti—10:30am—2pm. Explore the fish-stocks and the health of the river. Compare studies. Learn about freshwater fish and macroinvertebrates.

**Mon 8 Public Forum on Maori wards**—NPDC Chambers—7pm. Speakers including Winston Peters and Willie Jackson will discuss the merits of Maori electoral wards in a forum facilitated by Taranaki Daily News editor Roy Pilott. **FREE**

**Sat 13 Christmas Carols**—Puke Ariki Library Steps(wet weather venue—Puke Ariki Library) - 10:15—11:15am. Get into the festive spirit with the Taranaki Harmony Chorus as they sing a selection of Christmas favourites.

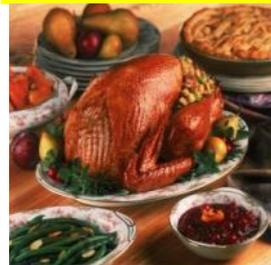
**Missing home,  
family and  
friends?**

**Is this Christmas  
"just another  
day" for you?**



*You're invited to join us for a*

**FREE  
Christmas meal on Christmas Day**  
at the St. Joseph's Parish Hall,  
Devon St. West, N.P. (near the Clock Tower)



Why not join us and share the Christmas Spirit with:

- Food
- Company
- Entertainment
- New Friends

*New Plymouth Community Christmas Charitable Trust*

**Sun Dec 14 Christmas At The Bowl 2014**—Bowl of Brooklands, gates open at 5pm. Bring along your picnic, rug and all the whanau for a great night at the Bowl. Entertainment commences at 7pm and concludes with the fireworks spectacular. Candles and holders will be provided. Postponement night is Monday December 15. **GOLD COIN**

**Fri 19th Dec School Holidays Final day of term**

**Waitara Community Choir Performances:**

Bringing the Taranaki community together through songs. Enjoy Christmas songs from all over the world December dates: **FREE**

2<sup>nd</sup> Marinoto Resthome, 72 Matai St. **INGLEWOOD**

1:30

3<sup>rd</sup> Norfolk Lodge, 30 Princess St, **WAITARA** 1:30

6<sup>th</sup> Molly Ryan Rest Home 260 Mangorei Rd. 1:30

14<sup>th</sup> Centre City, Gill St. 1pm

19<sup>th</sup> Waimea Bowling Club. 1pm