



Positive Ageing — Taupaenui

Issue 3 — APRIL —2014

Editorial...

April Seminar: very timely...and important...

9.30am—12.00pm—2nd April at the NPDC Debating Chamber is the venue for the next free Positive Ageing Public Seminar—on...

Changes to Insuring your home and

What you need to know about bank security.

Insurance processes have changed since the last few major disasters. Now, thousands of Taranaki homeowners could be under-insured and would not be able to rebuild their homes to current values should a disaster strike.

This seminar is to give you an opportunity to listen to one of our guest speakers who understands the process and the pitfalls—and can answer your questions.

Also:

Cards, Online banking and transacting are becoming a larger part of our lives. This is a chance to keep up with what you need to know to keep yourself safe and ensure that you don't get unsuspectingly caught and lose some of those hard earned savings.

As usual, there is the free bus operating from the Pukekura Park Raceway at 9.15am and returning at 12.30pm.

So grab a friend and/or a neighbour and make a morning of it, learn a lot and have a cup of coffee in the process.

Coming Events:

- Mon. 2nd Apr: Positive Ageing Public Seminar
- Wed. 16th Apr: Positive Ageing Trust meeting
- Fri. 18th Apr: Good Friday
- Mon. 21st Apr: Easter Monday
- Fri. 25th Apr: ANZAC Day
- Mon. 28th Apr: PA General mtg, 9-11am NPDC

This space is reserved for your coming events...

"Women spend an average of 355 hours a year getting ready, according to some very passive-aggressive researchers who are outside waiting in the car."
Jimmy Kemmel

Chairman's message...

The Positive Ageing (PA) Trust is presently working with the New Plymouth District Council in updating and renewing the Memorandum of Understanding (MOU) Relationship Agreement.



This is looked at every 3 years after the council elections and is an important document from a Positive Ageing perspective. Our monthly Senior Reference Group meeting where we meet with a designated Councillor offers the opportunity to communicate through our council representative to the respective Council meetings including the full council meeting.

Horse McLeod is our designated Councillor this Council term and we are seeing him getting involved with us at a ground floor level attending our meetings and receiving the relevant information we circulate. We also have the experience of Lance Girling-Butcher on our PA committee who represented us exceptionally well through the last term.

"Older New Zealanders" booklet put out by the Government has just been circulated. It highlights the demographic growth change in older people within both over 65 and over 85 age groups. Every Councillor has been given a copy of this booklet. It also identifies areas within NZ where Councils are planning to become age-friendly cities by writing their own positive ageing strategies. New Plymouth is not listed amongst these cities so it is hoped we can stress the urgency to start this process locally.

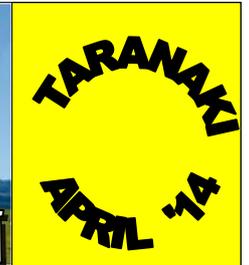
Mayor, Andrew Judd has left his door open for us to talk if we have specific issues. We used to meet quarterly with the Mayor and although the new MOU will change this to "as required" - PA do not see this as an issue. We feel our new Mayor will be receptive.

The new rubbish collection changes will be of interest to us all in the older age group. We will wait and see any issues that older people will face.

Jeff Blyde, Chair, Positive Ageing

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





Supported by the TSB Community Trust

WHAT'S ON NGĀ KAUPAPA O TE WĀ

Issue 80—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...

APRIL—2014

Tue 1 Mindfulness course—A 6 week course—5-6pm in the conference room at Govett-Brewster's temporary home on the 2nd floor, 50 Devon St. West—Ph: 759 0966 **\$5 per session or Koha**

Wed 2 Insurance Changes and Online Banking Seminar—NPDC Chamber—9:30am for morning tea, 10-12pm. A free bus will leave from Pukekura Park racecourse at 9:15am and return at 12:30pm. Increase your understanding on changes to insuring your home and security and confidence with online banking and shopping online. Keep up with what you need to know to keep yourself safe. **FREE**

Fri 4 'Shadow, light, sea and air' Exhibition Opening—Kina NZ Design and Art Space—A joint show by Julianne Lafferty and Debrina Altered including some black and white photographs of images taken at St Mary's cathedral and assemblage/sculptural pieces. This exhibit is the final show before Kina closes for a couple of months whilst building strengthening work is completed and will run for four weeks. **FREE**

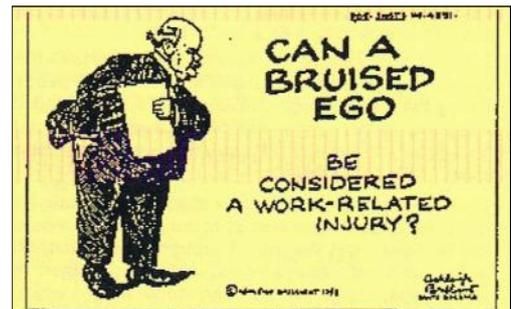
Fri 4 'Silver Linings' Exhibition Opening—Real TArt Gallery 5:30pm. This Exhibition features local artist Brenda Cash. Exhibition runs for the month and finishes up Friday May 2nd. Brenda is generously donating the proceeds from the sales of the paintings to Like Minds Taranaki. **FREE**

Fri 4 Hui-A-Toi, wet-felted flowers—Level 1 Puke ariki Library—10am—12pm. Have a go at wet-felting to create your own flower pin and ANZAC poppy. Limited places available, bookings are essential: 06 759 6060. **FREE**

Fri 11 Govett-Brewster Seniors @Puke Ariki—Daily News Café—9:30-11:30am. Join Helen for a conversation about the art on display. Meet for coffee at 9:30 for a 10am start. Bookings essential: 06 759 6060. **FREE**
Learn valuable tips at one of the free daily seminars

11-13 Taranaki Home and Lifestyle Expo—TSB Stadium. 10am—5pm Fri and Sat 10-4pm Sunday. Learn valuable tips at one of the free daily seminars and be inspired by the demonstrations and displays. Something for everyone no matter what your budget and taste may be. **Seniors \$2 Children FREE**

Thur 17 Govett-Brewster—Art to Lunch—Carmen Rogers Crystallised Exhibition—2nd Floor, Brougham House, 50 Devon St West 12:15. Coffee and tea provided, bring your lunch. **FREE**



Age Concern

Help us create an inclusive society where all older people are valued, supported and empowered.



At the heart of everything Age Concern does is a passion to see older people experience wellbeing, respect, dignity, and to be included and valued. We support, inform and advise older people on issues such as access to health care, transport, housing, financial entitlements, social opportunities.

We also work to combat real problems in our society, like elder abuse and neglect, chronic loneliness and social isolation. We provide specialist services with trained and qualified professionals able to give expert advice and assistance.

"What's On" is emailed to almost 300 organisations in Taranaki and sent on to 100s more via their email networks and displayed on many notice boards etc. It has become quite wide-reaching and could be worthwhile for you to consider using it to promote your educational and/or recreation activity.



REGULAR ACTIVITIES

Every Tue Active in Age Programme—TSB Stadium. 10am-12pm—Tai Chi session 11-12pm. **\$3**

Every Tue Migrant Women Meet - Puke Ariki - 11am-12:30pm, Community Lounge, Level 1. **FREE**

NEW ** Every Wed ** NEW—Walkway Weeders wanted! 10:30-noon. This group is looking for more people to join it to keep the section of the Te Henui Walkway from Cumberland St to Durham Ave looking good. Meet at the walkway down from the Hartland place entrance. For more information call Carolyn: 758 2813. **FREE**

Every Fri Tai Chi—Stratford War Memorial Facilities Room, Miranda St, **STRATFORD**—9:30-10:30. **\$5**

Every Thur E-book Troubleshooting—Puke Ariki - 9:30-10:30am - **EVERY THURSDAY**. Come along and learn how to download free e-books on to your device. **FREE**

Every Sat Mah Jong—Beach Street Hall, Fitzroy. 1-4pm The small charge per person includes a cup of tea and biscuits and there is a small prize for the hand of the day. Everyone is welcome. For more information phone Betty: 757 5913. **\$3**

Table Games—1pm—3pm—Community House, McLean Street **WAITARA** On the first and third **Wednesdays** of the month. Come along for a game of cards or scrabble, and a cuppa too. **FREE**

Knit and Natter—1-3pm—Community House, McLean Street **WAITARA** Every **Friday**. This knitting group is now meeting every Friday and also concludes with a cuppa. All are welcome. **FREE**

This space could be used to promote one of your events, please contact

Stephanie Mapley at Like Minds Taranaki

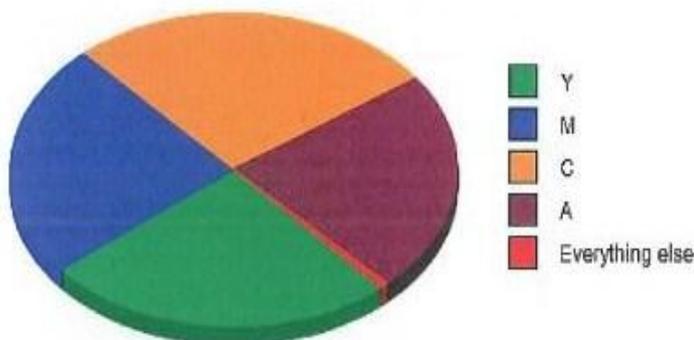
We are very keen to hear of events from Central, Coastal and South Taranaki -

ring us on 0800-454-536 or email us here at Like Minds Taranaki at

mental.health@xtra.co.nz

The next "What's On" will be in late March for April.

Lyrics of YMCA that people know



GraphJam.com

Making the most of life...

Exercise...

Whatever your age, regular exercise will improve your health, make you feel better and make it easier to do everyday tasks.

And it can be enjoyable too - particularly if you can exercise with others.



Health benefits:

- Increased muscle strength and flexibility
- Improved balance and coordination—reduction in the risk of falls
- Enhanced sense of well-being—improved mood and self-esteem
- Helps to prevent depression and anxiety
- Helps reduce risk of suffering from cardiovascular disease, osteoporosis and diabetes
- Better sleep
- Broadened social networks and sense of purpose.

Everyday living:

- Keeping active can help you do everyday tasks by giving:
- The strength to lift and carry groceries
- Flexibility to tie shoe laces, wash hair or hang up washing etc
- The balance to climb stairs and to get in and out of vehicles.
- Increased muscle strength to walk longer distances etc

Talk to your GP about your intentions:

If you want to begin to be more physically active and/or if you have health conditions or injuries that concern you—it is wise to chat to your GP and get her/his advice on getting started. Your GP may even be able to help you get started.

With any increase in exercise, it is better to start gently and build up gradually. Finding something enjoyable at a level that is comfortable is a great start.

Anyone who feels unwell or has pain during exercise should stop immediately and seek medical help.

Information from Age Concern, New Zealand

Thought for the issue...

"With psychiatric help being so difficult to access and being so time consuming, I can't afford to be more than slightly unhappy.

Ashleigh Brilliant.



Taranaki Conman Jailed...

A Taranaki Conman was jailed for two years and four months jail on 12 charges of defrauding a total of \$260,850 from three elderly people.

His latest frauds were “so offensive, it nearly defies description”. Judge Gerard Lynch told the NP District Court.

Judge Lynch described the case as incredibly sad. The defendant befriended and took advantage of older people. Professing to be a family man and a church man, he was in fact a dishonest man, through and through, weaving a plausible story and building upon it, layer upon layer, to engender trust before bleeding his victims of their hard-earned life savings.

We all need to be well aware that there are scumbags in our community only too ready to con our most vulnerable citizens of their assets. If in doubt, check out.

Raising the Age of Superannuation...

In Australia—the qualifying age for national superannuation is 67 years. The Government has found this qualifying age as too costly and are seeking to increase the age.

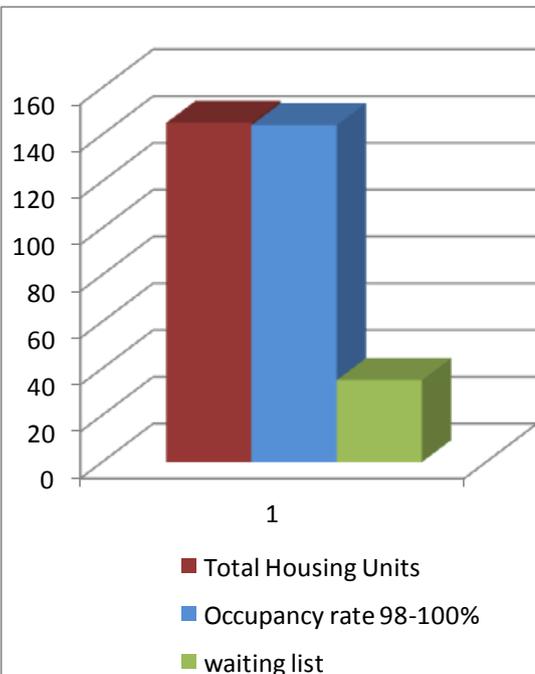


If Australia feels it cannot afford to keep the age of National Superannuation at 67 years, how is it that New Zealand won't even officially start that much needed debate?

Opinion—Gordon Hudson

Housing for the Elderly Submission...

On the 4th March, Chair Jeff Blyde, with and Linda Cox and Gordon Hudson made a submission on behalf of Positive Ageing in support of Housing for the Elderly.



Stock: The NPDC currently has 147 units for the Elderly.

Occupancy rate is between 98 - 100%.

Waiting list varies between 35 and 45 people.

With an ever increasing ageing population - there seems to be a need for **more** properties to cater for the more vulnerable elderly.

“Encore Careers”...

Our NZ Government is saying (2011)

“Over the next 40 years we are simply not going to have enough new workers to replace the baby boomers as they eventually exit the workforce. This means that we have to focus on developing a highly skilled, high performing, age-inclusive workforce.”

“If the old ‘golden years’ were to dream of freedom from work, the dream of this new wave is the freedom to work, in new ways, on new terms, leading to new and even more important ends. The goal will be: doing what you love, helping others and getting paid for it.”

Marc Freedman.

“Positive Ageing—Taupaenui” is edited by Gordon Hudson. Your news and views are eagerly sought.
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May 2014 issue will be distributed in late April. Contributions by Friday, 18h April please.