



## Positive Ageing — Taupaenui

Issue 4 — MAY — 2014

### Editorial...

#### *Elderly are now the top group for suicide...*

**The number of elderly New Zealanders killing themselves has surged in recent years with men aged 85 and over having the highest rate of suicide of all other age groups. In Taranaki last year, 2 men aged over 85 completed suicide.**

And these suicides are likely to be just the tip of the iceberg as some nurses feel that not all suicides are being recorded as such.

Chief Coroner, Judge Neil MacLean says, “*there is no information about the number of people who may have died through euthanasia. Euthanasia is suicide. We don’t go into details about the euthanasia rate*” he said.

But of course, figures are likely to be much higher still than those record numbers of suicides and unknown number of euthanasia suicides.

Too many older people opt to end their lives by refusing to eat or drink or take medication. Their inevitable death by deliberate self-neglect may also not be recorded as a suicide.

And the matter is expected to be a great deal worse as our population ages. There is no room for complacency. The conversation about elderly suicide must begin.

*Opinion—Gordon Hudson*

### Coming Events:

- Thur: 1st May: MAY DAY  
Tue: 6th May: NPDC Mtg—4.30pm at Council Housing for Elderly debate and...  
Synthetic Drugs debate  
Wed: 14th May: Positive Ageing Trust meeting  
Mon: 19th May: PA Trust—general meeting 9am

*This space is reserved for your coming events...*

*“I wouldn’t mind being the last man on Earth—just to see if all those women were telling me the truth.”*  
Ronnie Shakes.

### Chairman’s message...

On Wednesday 9<sup>th</sup> April, Positive Ageing held a seminar at the Council Chambers. This comprised of two subjects - Banking Security and the new Home Insurance changes.



*Chairman Jeff Blyde*

**The Banking Security** was very professionally presented by Sarah Hall and Leanne Kane from our local Westpac bank. They covered issues from traditional banking systems to the modern internet banking systems. The main content from this presentation is covered in an article within this newsletter so I won’t go into any detail. However I would like to publically thank Sarah and Leanne for their time and compliment them on their presentation.

**Next on the programme we had Geoff Toll an Insurance Broker from Crombie Lockwood.** Geoff, being an Insurance Broker, had a very neutral view on the changes that we all need to understand. This was a timely presentation for me personally as I need to go through the process of understanding the value of my home and make informed decisions on how much I need to insure it for.

One of the first things that Geoff told us was: over 40% of homeowners are just rolling over their old insurance plans and putting no thought into what needs to change. Obviously this is a concern to the industry because if another Christchurch happens in New Zealand there will be many home owners out of pocket.

Geoff explained the working of two websites containing calculators to help ascertain your property value “need2know.co.nz” and Lumley Insurance web pages.

Be aware that one is GST inclusive and one is not. If you are not computer literate or do not have access to a computer, use a family member or get in touch with Senior Net who may be able to help you.

Some people are choosing to increasing their insurance  
*Continued on Page 3...*

**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 81**—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...

## MAY—2014

**Thu 1 MAY DAY**—TDHB Café—Barrett's Lounge—10am—2pm. Also known as an international distress signal it is now an awareness day where the NZ Federation of Disability Information Centres raise awareness that 'Disability May Affect You'. There will be information displays from a wide range of service providers and there will be spot prizes, goodie bags and a raffle. **FREE**

**Thu 1 Mental Health Matters - Access Radio 104.4FM**—9:30-10am—Topic: Mindfulness **FREE**

**Thu 1 Central Area Housing Choices and Building Heights Presentation**—The Plymouth Room, Civic Centre, Liardet St. 4:30pm—5:40pm. Join in the discussion with students Ashligh and Kyle who will be talking about key central area design issues: housing choices and building heights, based on research they carried out over the summer. **FREE**

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

**Fri 9 Govett-Brewster Seniors @Puke Ariki**—Daily News Café—10am-11:30am. Meet for a conversation about the art on display. Bookings essential: 06 759 6060. **FREE**

**Mon 12 Understanding Epilepsy**—Community House, 32 Leach St. 1:30—3:30pm. A seminar covering the causes, seizure triggers, first aid for seizures and many other related topics. **FREE**

**Thu 15 Art to Lunch—Len Lye's Wind Wands**—12:15pm Govett-Brewster—2nd Floor, Brougham House, 50 Devon St. West. Join the Friends and Gallery curators for a short talk about the current art projects. Coffee and tea are provided, bring your own lunch. **FREE**

**Fri 16 Tea and Topics: Taranaki Musician Mike Harding**—10-11am—Puke Ariki. Enjoy a cuppa and a bikkie while picking up some top tips from local experts in their field. Now taking place on the third Friday of every month. This month Mike Harding will share his thoughts about New Zealand folksong and play a few tunes. **FREE**

**Tue 20 Community Conversation—INGLEWOOD** Town Hall—7-8:30pm. Join in the discussion about the future of the district. This event forms part of a community engagement initiative called 'New Plymouth—Shaping our Future Together' **FREE**

**Sun 25 Edible Ornamentals**—2-4pm—Hollard Garden, **STRATFORD** Come along for some great advice on selecting ornamental plants for your edible garden and ways to make delicious gifts, preserves for your friends or for your pantry. **FREE**

**Thu 29 What is Life?** 7:30—9pm—St Mary's Peace Hall, 44 Vivian St. (Opposite St Mary's Cathedral) How did purposeless atoms force themselves to deliver something as incredibly complex and fragile as living organisms? This and other provoking insights, including our future survival as a species, will be discussed by Dr Roger Hanson, a full time science writer and researcher, known to New Plymouth readers through his weekly science article in the Taranaki Daily News. **FREE**

**Sat 31 Justice Of The Peace Service Desk**—Level 1, Puke Ariki—10am—12:30pm. Do you need to have your signature witnessed, make a declaration, swear an affidavit or affirmation or have originals or copies certified? A Justice of the Peace will be on hand to help. **FREE**

*"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.*

**Coming up—help is at hand for information on IT—made understandable...**  
Following last year's rip roaring success with Guest Speaker Grant Sidaway, National President of Senior Net, there will be another—9.30am Monday, 2nd July...at the NPDC.



## 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](mailto:mental.health@xtra.co.nz)*

*The next "What's On" will be in late May for June.*

### *Rural Community representatives to meet with the Taranaki DHB*

In a bid to set up an avenue for real dialogue and ongoing ability to work closely together, the Taranaki rural community have sought a preliminary meeting with the Taranaki DHB CEO and senior staff.

High on the agenda will be working out ways to better meet the mental and physical health needs of rural communities, becoming an integral part of assessments of needs and delivery of services and how we can collaborate better, together, in the future.

This has got to be a positive first step.

*Chairman's message Continued from Page 1...*

ance excess dollar amount to keep their premiums down.

There are plenty of people out there these days who can ascertain the value of your home, for a price. Not all of these are Registered Valuers. Although Registered Valuers can cost you more, they do guarantee their price and in the event they are wrong will cover any differences.

The Positive Ageing Trust present four educational seminars every year. The topics are always of interest and well worth attending.

*Jeff Blyde, Chair, Positive Ageing*

### *It was time to put a stop to the insanity of legal synthetic drugs...*

**It was a no-brainer - literally. A no-brainer for the users, not just for the adverse acute effects, but for the long-term psychological effects. Family and whanau must despair at the wasted space their loved ones live in. The negative impact on the wider community will only increase in the long term.**

Many of today's young users are likely to be a huge burden on the state - now and possibly, for the rest of their lives.

According to the Canterbury DHB Chief of Psychiatry, Sue Nightingale, side effects can include "anxiety, vomiting, chest pain, headaches, as well as recent cases of kidney failure, seizures, psychosis and heart attacks" she said.

"We are sitting on a time bomb with these synthetic drugs", says Leo Sharp, from the National Poisons Centre.

The Psychoactive Substances Act, introduced in July last year, left loopholes that neither central nor local government can currently overcome.

**Banning all current 40 legal synthetic highs will give the Government breathing space that will enable some greater safety for everyone. Well done.**

### *An invitation ...*

New Plymouth Mayor Andrew Judd is urging all people keen to see greater control, to attend the Council meeting at 4.30pm on Tuesday the 6th of May in their debating chamber to come and support the Council in sending a very strong message to the Government that enough is enough - that the current laws are indeed inadequate.



### ***Banking Safety Tips:***

At a recent Positive Ageing Public Forum—Westpac gave an excellent presentation and timely reminder for us to be careful—however we do our banking. Here are some of their tips:

#### **Cheques:**

- *Never pre-sign cheques*
- *If you lose your cheque book—notify your bank immediately*
- *Always keep a record of the cheque amount, date and who it was for.*

#### **ATM and EFTPOS and credit cards and Internet purchases:**

- *Never give your PIN number to anyone*
- *Select a different PIN for different cards*
- *Never write it down anywhere—if you forget your number—get a new one from your bank*
- *Always keep your cards in a safe place*
- *Beware of people looking over your shoulder when you enter your PIN number*
- *Take care shopping on line—slow and sure*
- *Check your card statements carefully and regularly*
- *Never respond to an email request for personal or account information, even if it looks like it is from your bank*

#### **Scams and Frauds:**

- *Never give out personal information to people or organisations you do not know or totally trust.*
- *Only pay people or organisations that you totally trust.*
- *Always remember—if you think what someone on the phone or internet is offering you is too good to be true—you are probably right!*

#### **General:**

Banks have a rigorous customer protection service and very rarely, if ever, will a customer lose money through internet banking or shopping. Currently, almost 2 million Kiwis, of all ages, already shop online!

And always ensure that your computer has an up-to-date browser and antivirus software. Senior Net & the Community Computer Access Centre can help you become familiar with these processes.

### ***Changes in Community Housing...***

I am aware that you will have received copies of this information—but—it is very important—and possibly disconcerting for many older people currently in social housing.

In April 2014, all Housing New Zealand tenants and people on their waiting list for social housing all received a letter and newsletter explaining the transfer of housing assessments to the Ministry of Social Development.

Links to the letter and newsletter are:  
social\_housing@msd.govt.nz

#### **Key points are:**

- Unless there is a change in their circumstances, people do not need to do a thing as a result of receiving the letter.
- If there is a change in circumstances, receivers of the letter will need to contact the MSD. To do so call Work & income 0800-559-009 or—for over 65s, call Senior Services—0800-552-002.
- Tenants and people on the waiting list can have someone act on their behalf

#### **Key points for current State Housing tenants:**

- As from the 14th April, MSD will be responsible for calculating income related rents—as well as other housing assessment options. These include annual income-related rents.
- Housing NZ will remain the landlord and be responsible for repairs and maintenance.

#### **Key points for people on their waiting list:**

- MSD will now be responsible for all applications
- In addition, approved community housing providers will also be able to offer social housing options to people on the waiting list.

At this time who these other approved community housing are is not known however Positive Ageing will be seeking more information from MSD Taranaki at a meeting in the very near future.

***In the meantime, we can only guess at what the advantages for both current tenants and those on the waiting list will be...***



***“Positive Ageing—Taupaenui” is edited by Gordon Hudson. Your news and views are eagerly sought.***

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**June 2014 issue will be distributed in late May. Contributions by Friday, 16th May please.**