



Positive Ageing — Taupaenui

Issue 6 — JULY —2014

Editorial...

The Euthanasia Debate, alive and well...

Congratulations to the organisers of the two recent public meetings about differing approaches to legalising euthanasia in New Zealand. And congratulations too to the Editor Paul Evans and reporter Yvette Batten for their well balanced reporting of both meetings.

Caution urged...

The Peace Hall was packed to hear from Dr John Kleinsman and Professor Emeritus David Richmond. Sponsored by members of the St Mary's Church and others. Over 100 people heard of the difficulties and risks associated with liberalising euthanasia in New Zealand and the potential dangers of MP Maryann Street's "End of Life Choice" Bill—which is likely to be debated in Parliament within 12 months.

Liberalisation urged...

Fewer numbers were present to hear Dr Jack Havill present the views of the Voluntary Euthanasia Society, however, the arguments were very compelling and the research certainly allayed many of the concerns that the average person in the street may fear. The local Voluntary Euthanasia Society hosted the event and gained supporters in the process.

One of the most disturbing aspects arising out of these two meetings was the range of contradictory arguments put forward in 'Letters to the Editor' by experts from both sides of the argument. This will make it all the more difficult for non-experts to know what is fact and what is opinion.

More discussion, more honesty and more facts will be needed if we can hope for an educated vote from our Parliamentarians when they next debate and decide on the merits of MP Maryann Street's "End of Life Choice" Bill.

Gordon Hudson.

Coming Events—July 2014:

Wed: 2nd: PA Public Forum—IT—NPDC 9.30am
Tue: 3rd : Health for Older People—TDHB 1.30pm
Wed: 16th: Positive Ageing Trust meeting
Thu: 17th: Be Scam Savvy presentation 2-3pm
Mon: 18th: PA Trust—General meeting 9am

Chairman's message...

International Day of the Older Person
Is on the 1st October

New Plymouth Positive Ageing (NPPA) each year on October 1st presents some form of activity to mark this occasion and celebrate older people in our district.



Chairman Jeff Blyde

This year NPPA is looking to recognise a select number of people who are still in later life involved within clubs/organisations they are affiliated to.

These people still actively play a positive part in ensuring the goals and objectives of their chosen club/organisation are maintained. One of the criteria will be that the person has not been publically recognised in the past through the yearly award achievement programmes already in place.

We all know one of these people, they often sit quietly in the background just doing what needs to be done on a daily basis with a positive outlook on life and conveying this to others. Often they even have to overcome difficulties within their own lives.

They are our unsung heroes.

This year NPPA wants to find some of these people through a nomination process. On the evening of October 1st 2014, in the New Plymouth Council Chambers, NPPA will present all those chosen through the nomination process with a plaque in recognition of the part they have played for their club/organisation.

NPPA will be looking to make this an annual event each October. Over the next three to four years it is hoped we can recognise more such heroes. This event will be advertised in our local newspapers so keep an eye open closer to October.

Letters will shortly be going out to some clubs and organisation with the hope that all who receive these will nominate one person from their club/organisation.

jeff.blyde@healthcarenz.co.nz or phone 06 75 98046

Together—we can make a difference

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 82—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...

JULY—2014

Fri 4 “@ the Piano” Recital Series—Taranaki Cathedral Church of St Mary—11am. Holly Jones from the USA is here for her second performance in this year’s series performing works by Bach, Mozart, Chopin and more. **GOLD COIN**

Sat 5 Home Work: Public Art Walking Tour—Puke Ariki Foyer, 4:30—5:30. Experiencing art in public places is a treat—find out about the creativity our streets have to offer. The hour-long walking tour will be led by the Home Work curators and local artists. Bookings are essential: 06 759 0966 **FREE**

Sat 5 Justice of The Peace Service Desk—Level 1, Puke Ariki Library, 10am—12:30. If you need to have your signature witnessed, make a declaration or have originals or copies certified a Justice of the Peace will be available to help you out every Tuesday and Saturday. **FREE**

Mon 7 Oakura Community Conversation—Town Hall—OAKURA—7—8:30pm. Join in the discussion about the future of our district. **FREE**

Wed 16 Does Mind Wandering Promote Creativity? - Puke Ariki foyer, 6—7pm. First in a series of talks from some of the world’s leading thinkers in creativity—This talk is by ‘The Wandering Mind’ author Professor Emeritus Michael Corballis. **FREE**

Tue 29 Monica Brewster Evening—The Mayfair—6-8pm. Brisbane-based art critic, historian and writer Rex Butler presents a talk about abstract painting in Australia, New Zealand and America between 1930 and 1960. **FREE**

Wed 30 Home Work: Altered Art Workshop—Main exhibition Gallery, Puke Ariki—6-8pm. Get an introduction to this creative form of upcycling from Debrina Altered and then give it a go. There will be a selection of children’s board books ready for you to turn into a sophisticated work of art. Suitable for adults and children over 10 years old. Bookings are essential: 06 759 6060 **FREE**

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**

Every Mon Table Tennis—St Josephs Scout Hall, Calver Rd.—7:30—9:30pm. This runs from now until the end of October. Casual player **\$2**

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

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 1-3pm, Community House, **WAITARA** Held on the 1st and 3rd Wednesdays of the month. Come along for a game of cards or scrabble, and a cuppa too.. 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 mental.health@xtra.co.nz

“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.



Become Scam Savvy...

Our world is full of people trying to take our money, not always legally. Among them are scammers.

We all need to understand how scammers work and always need to be on our guard.

This presentation is aimed to give us an understanding on how to protect ourselves from these scum.

Hear from Bronwyn Groot,
Security and Fraud Co-ordinator, BNZ.

2.00pm—3.30pm

THURSDAY, 17th July,

Level 1, BNZ, Devon St, NP

Sponsored by BNZ, Positive Ageing and the NPDC

Taranaki Dementia Unit Update...

Notes from Channa Perry during the Taranaki DHB Health for Older People Consumer Reference Group - as a response to an earlier enquiry...

The demand for rest home beds is decreasing. This is reflected in the increased amount of support available through Home Based Support Services.

Support Workers are carrying out much more complex care tasks that they might have not have been doing 5-10 years ago, but the demand for dementia care keeps increasing.

New Plymouth now has several facilities, including Jean Sandell Village, Heatherlea Rest Home, Riverside Rest home, Norfolk Lodge Sunhaven, and Omahanui Rest Homes. The latter two also have a number of psychogeriatric beds (higher level). Hawera has 17 beds based at the Trinity Rest Home, Eltham a further 17 beds at Mercy Jenkins and up to 18 beds are available at Mary Ann—Stratford.

There is an increase in the number of people entering dementia care—partly because the population is increasing, but also because there are more beds available.

IT Public Forum

Help is at hand for
information on IT

made understandable...made
easy, made fun...



Following last year's rip-roaring success with Guest Speaker Grant Sidaway, National President of Senior Net, there will be another presentation by Grant and Senior Net—Taranaki.

Grant delivers his information and advice in a way that even I can understand. It is relevant, it is interesting and you can follow up what you are interested in at Senior Net, a great local organisation keeping us in touch with better use of IT generally.

The time:— 9.30am,

The day: Wednesday,

The date: 2nd July,

The venue: NPDC Debating Chamber

The Cost: Free—even the tea/coffee is free.

Problem Gambling and the Elderly

The ante is rising! As seniors have time and money on their hands, gambling has become a way of filling time and losing money!

"What we are seeing is that seniors are becoming the backbone of the modern casino industry", says Keith White. Executive Director of the National Council on Problem Gambling (NCPG).

This non-profit organisation agrees that recreational gambling can be fun and a positive experience.

The problems crop up when recreational gambling turns into an addiction. Gambling addiction is still more prevalent among younger people but seniors tend to be the most vulnerable.

By the time some Seniors recognise that they have a gambling addiction—the damage can be done. Gone are their life's savings and there is no hope of a financial recovery.

And it can all happen so quickly.

But help and support is at hand with our local Problem Gambling Foundation (PGF) Health promoter and Counsellor—Sandi Cummings.

If you know of someone with a gambling problem, young or old, find a way of letting them know of the PGF Service—Level 2, 36 Devon St West 769-6020

off the mark by Mark Parisi
www.offthemark.com



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Sarcasm:

The gulf between the author of sarcastic wit and the person who doesn't get it.

Housing for the Elderly...

Government is committed to ensuring older New Zealanders have access to affordable housing options that are appropriate to their needs.

Housing NZ owns or manages around 69,000 state houses nationwide. Around 50% of tenants aged 65 and over are housed in stand alone houses and 50% in flats.

Social Housing by Local Councils...

Around 11,000 social housing units are administered by Councils throughout the country. Christchurch have just built several new houses to replace those destroyed or made inhabitable by the recent earthquakes.

New Plymouth has 145 such houses for our more financially vulnerable residents which several Councilors want to sell off so they can capitalise on their sale.

This matter is now up for public consultation. Whatever the results of the consultations, there are councilors who are determined to sell off these houses—ideally to a Community Housing Trust. If this happens, perhaps there will be a trust able to manage these “Housing for the Elderly” Council houses/flats—and treat the residents in the same way as they are now—or better.

If the Council cannot find such a charitable trust—then it is ethically and morally obliged to ensure that it maintains ownership and responsibility for their current residents until such time as they can, in all conscience, sell these houses/flats to a suitable buyer—who has the best interests and welfare of the tenants as their first priority.

Councillors cannot, or at least should not, argue that they do not have any social responsibility to look after the welfare of its most vulnerable older people and ask “*why should these people be treated differently to any other older person?*” The answer is, because these people are among the very poorest in our community and could not meet the costs of renting in the open market. That is the very reason they are in Council ‘Housing for the Elderly’ and not on the street.

Opinion: *Gordon Hudson.*



“Older New Zealanders:

Healthy, Independent, Connected and Respected...”

This is an important 40 page document, recently launched in Parliament by the Honourable Jo Goodhew, Minister for Senior Citizens.

It is intended to be used as a resource, bringing together information from a wide range of Government agencies—providing a series of contact points for people wanting more information on our ageing population and workforce bring.

The document also provides information about services and initiatives that are in place for older New Zealanders.

These services include:

- Health
- Housing
- Transport
- Residential care
- Income support



And it is timely as **MP Jo Goodhew** explains, “*People are living longer and are healthier in their old age, more than in any previous generation. This is what we as New Zealanders want for our parents, their families, their communities and the New Zealand economy.*”

“Older people are key contributors to our economy and our communities. They have been, and increasingly are our skilled workers, volunteers, caregivers and leaders. They continue to make a large contribution as business leaders, taxpayers and consumers. We need to ensure that there are a range of choices and opportunities to meet the diverse needs of older people in New Zealand.”

“The Government is committed to the vision and positive ageing principles set out in the New Zealand Positive Ageing Strategy. ...it has provided a useful framework for government agencies, local government, the aged care sector and non-government organisations.”

Our own Positive Ageing National Ambassador, **John Cunningham**, feels positively about the content of this document and has copies to share. Just contact John, 06-758-8251, for more information.

In the interim, many people have already received copies and we should all be able to use this document to better improve understanding and opportunity for older people in New Plymouth, and further afield. Thank you Jo Goodhew, Min. Senior Citizens.

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

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August 2014 issue will be distributed in late July. Contributions by Friday, 19th July please.