



## Positive Ageing — Taupaenui

### Issue 7— AUGUST —2014

#### Elder Abuse... NZ's silent crime...



What great reporting by Isobel Ewing in the Taranaki Daily News—front page—28th June.

*If we do not do something to stop it now—then 1 in 25 of us can expect to be a victim of elder abuse, most probably by a family member, who, by some strange sense of entitlement, believe that you will not need your money or their support. They however do.*

Age Concern's Chief Executive, Robyn Scott says, "elder abuse can take many forms. Sometimes there are several types of abuse occurring in the same situation. For example, if a person threatened that they wont see their grandchildren if they don't hand over money, that's both psychological and financial abuse. She says that three quarters of cases reported to Age Concern involve psychological abuse such as threats, humiliation, or preventing people from making decisions for themselves. In over half the cases we saw there was an element of financial abuse."

In Taranaki, each month, about six new cases of elder abuse is reported but this doesn't reflect the true size of the problem. Family/whanau pride or fear of further reprisals stops us from reporting elder abuse.

This under-reporting claim is backed up by local Detective Sergeant David Beattie. "It's hugely under-reported to Police." He says that stopping elder abuse is a community problem and that it was OK to ask for help.

But is that help available? Tui Ora Ltd has the experienced Elaine Mossop. She is the only person in Taranaki specialising in the area and she is stretched to the limit.

There is a clear need for a national strategy to increase awareness of elder abuse as well as resources to deal with those doing the abusing and wrap around support for those being abused.

"Elder abuse is in its infancy in terms of awareness and profile but its just as serious as domestic and sexual abuse", she says.

How very true.

Gordon Hudson.

#### Chairman's message...

In The Daily News recently we have been informed that burglary statistics are on the increase in our district.

I don't know about you but I can't help thinking about this. It is so easy to leave home with the best of intentions of being back in 5-minutes and not do the full lock-up checks as you



Chairman Jeff Blyde

would if you were away for a few hours. To be punished for this with a home intrusion and losing things of value is not something we would think is going to happen. Well it obviously does and the chance of catching these crooks or getting your "stuff" back is probably remote.

I live in a world where I believe everyone is basically honest. I would hope the increase in burglaries is down to a couple of people who will get caught at some point and we can then settle back into our old ways of less security consciousness. While it is front of mind, it is a good time to have a look around your home and judge for yourself how easy is it to break into. I thought mine was pretty well locked up but someone showed me how easy it was to break-in. I have a cat-door and with a piece of wood you could put your hand through and unlatch a window that allowed you to climb through. I got the window man around and got one of those brackets that stopped the window from opening wide.

Nowadays I close the shed door all the time, I think



I'm becoming paranoid. You hear of people being burgled while they are watching TV, the cheek of those burglars, reminding us that we live in such a world that we always have to have our guard up living in a locked environment.

Continued on page 2.

#### Coming Events—August 2014:

Wed: 13th: Positive Ageing Trust meeting  
Mon: 18th: PA Trust—General meeting 9am

**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...

## AUGUST—2014

**Fri 1 Hui-A-Toi—Needle Felting**—Level 1, Puke Ariki Library—10am—12pm. Get crafty with like-minded people and learn new skills. All welcome whatever your experience level and all materials are supplied. No bookings required. **FREE**

**2 & 3 Te Kupenga Stone Sculpture Open Day**—78 Centennial Drive. Watch stone carving in progress and meet the artists. **FREE**

**Sun 3 Explorer Day—Pot a Plant from Pukeiti**—Pukeiti Rainforest—10am-3pm. Join the garden team for a guided walk and talk through the Pukeiti rainforest. Learn about the native forest eco systems, seedlings and their names. Pot a plant and take it home to watch it grow. **FREE**

**Thu 7 Mental Health Matters - Access Radio 104.4FM**—9:30-10am—Topic: **FREE**

**Fri 8 Govett-Brewster Seniors@Puke Ariki**—Daily News Café, Puke Ariki Library - 10am—11:30am. Bookings are essential: 759 6060. **FREE**

**Sat 9 Speaking Workshop for Non-Native English Speakers**—2-4pm—ELP Taranaki Centre (crrr Liardet & Pendarves Streets) If you want to improve the confidence and clarity with which you speak in English then this is a workshop for you. Contact Yuka: [Taranaki@englishlanguage.org.nz](mailto:Taranaki@englishlanguage.org.nz) **FREE** for ELP members otherwise: **\$5**

**Sun 10 Winter Pruning at Tupare**—Tupare Garden, 487 Mangorei Road—2- 4pm. Winter pruning for ornamentals shrubs and climbers such as hydrangeas and camellias. Instructions for good pruning techniques for your favourite floral displays later in the season with hot tips for cool plants. **FREE**

**Wed 13 Poetry Day: Michele Leggott**—Puke Ariki—5:30—6:30pm. Join Michele for a reading from her latest collection of poetry, Heartland. Michele was born in Taranaki and received the 2013 Prime Minister's Award for Literary Achievement in Poetry. **FREE**

**Sat 16 Home Work: Street Sketching Workshop**—Main Exhibition Gallery, Puke Ariki—1:30—3pm. Home Work artist Brian Gnyp will give a short talk about street sketching methods and then it will be your turn to head out and give it a go. Please bring a sketch pad and pencils. **FREE**

**Mon 18th: Positive Ageing General meeting** 9-11am—held at the NPDC Meeting Room 1. **FREE**

**Wed 20 Home Work: Artist Talk and Demonstration with Paul Hutchinson**—Puke Ariki Foyer—6—7pm. Paul discusses and demonstrates his use of unconventional materials and techniques. **FREE**

**Sun 24 Seed Sowing and Soul Testing**—Hollard Garden, **STRATFORD**—2-4pm. Test the PH of your soil and get tips for sprouting robust seeds and what to prepare now for spring and summer. **FREE**

**Mon 25 Understanding Epilepsy Seminar**—Community House 32 Leach Street—1-3pm. **FREE**

Chairman's message...Continued...

Neighbourhood Watch is something we all should consider. As we have a growing number of older people living at home, keeping an eye on the neighbourhood should be something we do instinctively. Talking to neighbours over the fence does not take place as often as it did in the past. Formal or informal neighbourhood watching is great ways to ensure less of these burglaries happen around your area, it also can start up conversations with your neighbours. I am sure they have the same thoughts and concerns around the increases in burglaries as we do.

Keep safe and think about your own home security.

[jeff.blyde@healthcarenz.co.nz](mailto:jeff.blyde@healthcarenz.co.nz) or phone 06 75 98046

**Together—we can make a difference**

Jeff Blyde, Chair, Positive Ageing

**"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.**



## Elder Abuse Seminar Timely...

Tui Ora Ltd and Age Concern provided a first class presentation on the current situation of Elder Abuse in Taranaki. The NPDC was packed.

There were plenty of statistics, which were rather frightening in themselves and plenty of information as to what constitutes elder abuse and what we need to be watching out for.

Their presentations were followed by Councillor Grant Coward, former lead detective in Taranaki. Grant added a touch of humour in between some rather vivid descriptions of local notable cases.

There was plenty of information too, about what to do, however, it certainly seems that there is too much elder abuse and too few resources combating it.

Three places to report elder abuse, besides the Police, and to deal with it are:

Tui Ora Ltd: Elaine Mossop 06-759-4064  
Age Concern: Gillian Noble 06-759-9196  
Taranaki Safer Families:  
Callum Williamson 06-759-1492

## Staying Safe Drivers Course:

This is a four hour driving refresher course for older adults—including new road rules.

Register your interest with Age Concern, Taranaki—06-759-9196—[age.taranaki@xtra.co.nz](mailto:age.taranaki@xtra.co.nz)

## Scam Savvy Workshop Report...

About 80 people attended a "Scam Alert" seminar in Stratford earlier this month—significantly more than in New Plymouth.

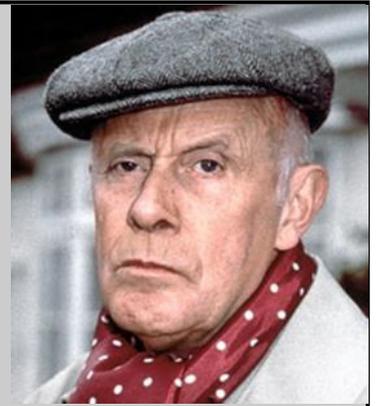
Those present however heard from BNZ Security and Fraud Coordinator Bronwyn Groot talk about the various scams currently in this arena.

The old adage applies..."If it feels too good to be true—be very suspicious."



I'm getting so old that all my friends in heaven will think I didn't make it

**When Adults become more grumpy than happy...kicks in at the ripe old age of just 52 years old...**



**Begin to suffer a sharp decline in their sense of humour and get increasingly 'grumpy'.** Victor Meldrew—Syndrome.

The research was carried out by the University of Glamorgan. Their research could have been flawed as it also revealed that older men are grumpier than older women—4 X grumpier in fact, for those in their 60s.

Evidently we laugh twice as much in our teens as we do in our 50s—and its all down hill from there.

In our 30s we laugh on average 5 X a day. In our 40s just 4X a day. In our 50s just 3 X a day, and in our 60s ,just 2 1/2 X a day.

It gets worse. As we age we tend to spend more time complaining, more time arguing and a great deal more time worrying.

That is exactly why we need to get out more, laugh at ourselves more, enjoy humour wherever it can be found and spend a great deal less time being angry, listening to talk-back radio and complaining about 'our' lot...and, we need to work at it.

The researchers said it was likely that age-related decline in short-term memory, abstract reasoning, and shifting between different trains of thought affects the ability to understand humour.

## Off their Rockers...

**Not everyone's cup of tea...and the plot is a little thin... but it's a bit of fun and a bit of a giggle.**

The programme is about older actors having young people on—and making a fool of themselves in the process. The reactions by the young people of the antics of the older people is, at times, priceless.

It may well be worth a look... 9.35pm Thursday night, on TV One, right after Mrs Browns Boys.

Go to sleep with a smile on your face.

**The trouble with this country is that there are too many politicians who believe, with a conviction based on experience, that you can fool all the people all of the time.** Franklin P Adams.

***Demand for Surgery... The Unmet Need...***

The fact that there is a huge unmet need for people requiring elective surgery across New Zealand was made abundantly clear on the TV1 Sunday programme screened on 16<sup>th</sup> June 2014.

Whilst there are no records being kept of the actual numbers involved, it obviously runs into many thousands.

The Minister of Health made it crystal clear that New Zealand could not afford elective surgery for all who require it.

The current procedure requires every applicant to be assessed medically on a points system the level of which can be varied to ensure that those who qualify will have their operation done within a given period, which, at present is five months. Those who do not qualify are referred back to their GP.

The Taranaki Community Health Trust has gone some way to alleviate the situation in Taranaki by raising funds from the community, mainly in the shape of grants from the TSB Community Trust, Taranaki Electricity Trust, Leo Stockwell Charitable Trust and Seniorcare Taranaki plus contributions from successful applicants and applying them to enable patients of limited means to have their operations done using the Private system.

**To date over 200 operations have been successfully completed.**

The youngest person to benefit was a 3-year-old for tonsillitis, but most operations have been for the older person on fixed incomes, many in their 80s and 90s.

The biggest demand used to be for cataract operations, but now it is orthopaedic – hips, knees and shoulder replacement coupled with demand for variety of ophthalmology, orthopaedic, otolaryngology and general surgery.

**The demand of assistance, however, is increasing beyond the resources of the Trust.**

Nevertheless the work of the Trust over the past few years has been well and truly vindicated and very much appreciated by the recipients.

For further information in regards to the Taranaki Community Health Trust or making an application for funding, then please visit our website at

<http://www.taranakihealthtrust.co.nz> “

David Showler

***Senior Net New Plymouth Inc...***

**Seniornet brings together older adults and computers, laptops, iPads, etc in a friendly, fun and stress free way.**

Previous knowledge of computers is not necessary. You just need to be 50 years or over.

Annual subscription is just \$35.00 per annum, per person.

Financial members are able to participate in 4-8 week courses at a minimal charge.

Course fees are from \$8-\$16 plus costs of printed course materials.

Courses and workbooks are available for PC and Apple Mac systems, starting at the beginners level. iPad and image editing are also popular courses.

Courses tend to be 2hrs weekly for 4-8 weeks.

Workshops are usually between 1-2 hours.

***Everything we do is aimed at having fun while you gain the knowledge and skills you need to use the internet and other IT—with confidence.***

Just call in and see what we do—27 Lizardet St,  
(above Grey Power) ph 06-759-4979  
seniornetnp@paradise.net.nz  
www.seniornetnewplymouth.weebly.com

***Wanted...***

***Someone with a time to become Chair or Secretary at Senior Net NP.***

***And while on the topic of IT Info...***

The recent IT Public Forum arranged by Positive Ageing was a major success with a large crowd attending despite the rather bitter weather.

A huge thank-you to the organisers for another fun learning occasion.



“THEN, WITH THE R64 MK 111 THINGS GET REALLY INTERESTING...”

***The only normal people are the ones you don't know very well.***

Joe Ancis.

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

Ph 06-759-0966 [gordon.hudson@xtra.co.nz](mailto:gordon.hudson@xtra.co.nz). [www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)

September 2014 issue will be distributed in late August. Contributions by Friday, 18th August please.