



Positive Ageing — Taupaenui

Issue 9— OCTOBER—2014

‘Those pesky poor people in our valuable ‘Housing for the Elderly’ units!!!’

New Plymouth has 145 such homes for our most financially vulnerable residents. Several Councillors want to sell these off to capitalise on their sale.

This matter is now up for public consultation. Whatever the results of these consultations, there are councillors who are determined to sell off these houses on the open market or to a Community Housing Trust. If this happens, perhaps there will be a Trust able to manage these “Housing for the Elderly” units—and treat the residents in the same way as they are now—or better. Or perhaps not.

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. *Continued on page 3*

Chairman’s message...

Positive Ageing in partnership with Like Minds Taranaki, presented a submission to the Local Alcohol Policy hearing committee. I was fortunate enough to see a couple of the submissions before our turn. A doctor from the Taranaki District Health Board gave a very full presentation that certainly showed the effects of alcohol up at A&E. I think we all know the cost and resource it takes to manage those who misbehave or injure themselves on a weekly basis. ACC in their submission certainly gave us some dollar figures that should have sent a clear message.



Chairman Jeff Blyde

We gave our submission, Gordon from Like Minds presented and clearly portrayed that although our Council may not be able to significantly change our drinking culture, they can take a lead in limiting the collateral damage caused by excessive irresponsible drinking.

The NPDC has its own Alcohol Policy which clearly outlines that they take a leadership role in ensuring we have good policies and practices in place around alcohol sales and consumption. Those of us ageing in our community rely on those we vote into these Council positions to take this leadership responsibility seriously and ensure our interests are taken into account. Our parting comment was, if one hour could save a policeman’s time and have one less person turning up at A&E the benefits would be worthwhile. Obviously all the informative information submitted fell on deaf ears. Three of our elected officers voted to keep pubs open until 3am. Not believing that changing the closing time by one hour would make any difference. For goodness sake the Police and District Health Board had pleaded to bring the closing time back. These are the people on the coal face but “NO” three of our representatives chose to ignore this.

They did vote to stop bottle stores and supermarket alcohol sales from after 9pm. We compliment Mayor Judd and Councillor Coward for trying to bring common sense into this vote. Unfortunately they were outvoted.

Continued on page 3.



Recognition Awards 1st October 2014...

*To mark International Day of the
Older Person...*

Positive Ageing New Plymouth is hosting an evening to celebrate up to 20 older people in New Plymouth who have been recognised as great role models within their organisation and further afield.

All nominees have been nominated by their organisations as people that others recognise and are inspired by.

It is a great opportunity to celebrate ageing positively and publicly acknowledging outstanding contributions of so many people. A big THANK YOU for all those organisations that have made nominations.

The Awards will be presented at the NPDC Chamber on Wednesday 1st October, with a 7.00pm start and a 9.00pm finish. Positive Ageing Patron and former NPDC Mayor—Peter Tennent will do the honours.

There is no charge for this night of acknowledgement and celebration.

Hoping to see you there.

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 84—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...

OCTOBER—2014

Until 23rd Nov—Another World: Portraits From Ohura Exhibition—Main Exhibition Gallery, Puke Ariki. **FREE**

Until 23rd Nov—Precious Cargo—Main Exhibition Gallery, Puke Ariki. **FREE**

Wed 1 **International Day of the Older Person**
Wed 1 *MHAW—Recognition Award For Older Persons—NPDC Chanber—7pm. Celebrating outstanding role models of ageing positively. **FREE**

Fri 3 Hui-A-Toi-Paper Craft Level 1, Puke Ariki Library—10am—12pm. Have some fun with paper! Create something impressive using paper or card as your primary artistic medium. All welcome, whatever your experience, all materials supplied. **FREE**

Sun 5 Pukeiti Explorer Day—Birdlife—Pukeiti Rainforest—10:30am—2pm. Check out our amazing rainforest birds. Take a birds-eye view from the new tree huts and learn about bird calling and other sounds of the forest. **FREE**

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

Mon 6 Community Conversation—EGMONT VILLAGE Service Station—7—8pm. Join Mayor Andrew Judd, Councillors and NPDC staff to discuss the future of our district. **FREE**

Thur 16 Art to Lunch—Govett-Brewster Admin Office—Level 2, 50 Devon St. West—2:15
Join Assistant Curator Meredith Robertshaw for a talk about the current 'Open Window' exhibition by artist Will Ngakuru. BYO lunch, coffee and tea provided. **FREE**

Sat 18 A Photography Workshop with Tony Carter—Puke Ariki Foyer—2-3pm. Award-winning photographer Tony Carter gives advice on portrait photography. Come along and pick up some tips. Please bring your own camera. Bookings are essential—ph 759 6060 **FREE**



Managing Stress in the Workplace & Workplace Bullying Public presentation...

Two very topical areas of discussion, particularly if you or a family/whanau/friend of yours is being affected—then this public presentation is for you.

We are grateful to our presenters:
Andrew Hignett,
Professional Leader, Psychology at the TDHB and
Ally McCullagh,
Consultant - McCullaugh Consulting
Thursday—8th October

7-9pm, Baptist Church, Liardet St, NP
Gold Coin only.
Sponsored by:



For further information—please contact Gordon at Like Minds Taranaki 06-759-0966

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 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. **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.



Editorial—Continued from Page 1.

There has been 100s of pages written by Council Officers about this review—nary a word within about the stress and potentially dire consequences for the residents. It is all about costs, not responsibilities.

The whole process by Council has taken several years and has been extremely unsettling for residents.

These units are in such demand with a long waiting list, that the Council should be considering extending their role in social housing—not abandoning it.

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. Nor should they be asking, as one Senior Councillor recently did, “*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.

Some Councillors may like to think on that.

Opinion—Gordon Hudson.

Chair’s message continued from page 1.

Our next submission will be for the Housing for the Elderly. I sincerely hope the question “do we think this is Council Core Business?” asked by one of our council representative when we submitted last time is not asked again. This is a serious social issue which is presently managed by our council, there may only be 145 houses but this issue is far wider than the number of houses. Watch this space.

“Positive Aging working for you in our community”
jeff.blyde@healthcarenz.co.nz or phone 06 75 98046

Together—we can make a difference!

Jeff Blyde, Chair, Positive Ageing

Coming Events—October 2014: Mental Health Awareness Month

Wed: 1st: ***Recognition Awards for Older Persons
NPDC 7 - 900pm—NPDC Chamber***

Thur: 2nd ***Nostalgia Concert—1.15-3.15pm
Plymouth Hotel \$7.00 Book 759-0019***

Wed: 8th: ***Public presentations—Managing Stress in
the Workplace and Workplace Bullying —7
-9pm, Baptist Church, Liardet St—NP—
Gold Coin only.***

Wed: 15th: PA Trust meeting 3.30—NPDC

Mon: 20th: PA General Meeting—9-11am NPDC

Mon 27th: Labour Weekend

Action sought on ageing population...

Major changes are needed if our health system is to avoid buckling under the pressure of an ageing population, says a new report produced in Nelson.

Mental Health Promotion administrator, Chris Allison’s research document, “*Promoting Mental Health for Older People: Global Ageing and the Challenges and opportunities for Nelson-Tasman and Aotearoa New Zealand*” claimed there was evidence that mental ill health affected people’s overall wellbeing worse than physical health, with people adjusting over time to physical disabilities but not mental health problems.

Risk factors Allison pointed out were: loss, such as that involved in retirement; social isolation and loneliness; financial stress; physical inactivity; and substance abuse, which was often under-identified.

Thanks to Age Concern NZ Senior Watch, #346

Read the whole article on <http://www.stuff.co.nz/nelson-mail/news/102424750/Action-sought-on-ageing-population>.

Police Notice—Pushy Gardeners?

Please be aware that there are a group of people harassing, mainly older people, for gardening type work. They tend to quote cheaply but charge dearly.

Spread the word so that less people become victims.

Honesty is surely the best policy,
but it’s important to remember,
that apparently, by elimination,
dishonesty is the second-best policy.

Positive Ageing and NPDC Sign Memorandum of Understanding



Who is shaking our Chairman’s hand?

Dementia Public Forum—Standing room only...

Over 80 participants braved the appalling weather conditions to attend the “Let’s get our heads around Dementia” presentation by a rather outstanding speaker – Ruth Thomas, Advisor on Dementia Care for the Midland Regional Health Network.

This free public seminar was arranged by Positive Ageing New Plymouth and proudly supported by Alzheimers Taranaki, Bupa Care Services, Like Minds Taranaki and the NP District Council. This form of partnership maximises interests and cuts costs.



At times the presentation material was rather frightening in content, but at all times it was riveting.

Those attending really benefited and it clearly shows that this whole area of mental health needs to be taken seriously by all involved in organisations supporting the idea of ageing positively.

Trust Members for Positive Ageing, 2014...

Not much change—which may be a good thing.

Patron: Peter Tennent
Chair: Jeff Blyde
Deputy Chair: John Major
Secretary: Jill Baker
Treasurer: David Showler
Committee:

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

Editor: Gordon Hudson

Trustee meetings tend to be held on the second Wednesday of each month—3.30-4.30pm.

jeff.blyde@healthcarenz.co.nz

International Week of the Older Person...

A range of programmes and activities have already been held and here are a few more.

**Wednesday, 1st October, 7pm, NPDC Chambers
Recognition Awards for Older Persons**

Thursday 2nd October 10-12—TDIC

Age Concern Social Morning Tea

Social Morning to celebrate the gift of age.

Join us for morning tea, a chat and a few games.

This event is for anyone who would like to join a regular group for a monthly get together.

Contact: Helen Collins, Age Concern

Contact: 06 759 9196

**Thursday, 2nd October, 1-3pm, Plymouth Hotel
Nostalgia Concert,**

Theme - Phantom of the Opera Mask

A Nostalgia Concert for all those young at heart, this event will appeal to anyone with a love of music and getting together for a good time.

There is plenty of accessible parking but should you have any special requirements please contact the Disabilities Information Centre Trust.

Prices: \$7.00 per ticket

Contact: Taranaki Disabilities Information Centre

Phone: 06-759 0019

**Saturday—4th of October 2014,
Stroke Foundation of NZ. New Plymouth
Blood Pressure Awareness Campaign**

is held on the sites that people can go to get their BP checked at these Located New Worlds:

New Worlds Supermarkets at:

NP, Merrilands, Waitara, Stratford and Hawera

Contact Niki Martin, 06 758 6880, New Plymouth

email: taranaki@stroke.org.nz

***Message from our Commissioner
for Social Development—Taranaki***

Additional security measures have been put in place at MSD—Work and Income offices.

Controlled access to MSD sites:

People will have to show identification and have a specific reason for going into an office.

Appointments:

Please ring the Contact Centre to make an appointment before coming in. The Contact Centre will also be able to deal with many situations over the telephone, including things like food grants.

It is important that clients still come for their appointments.

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

Ph 06-759-0966 gordon.hudson@xtra.co.nz, www.likemindstaranaki.org.nz

November 2014 issue will be distributed in late September. Contributions by Friday, 17h October please.