



## *Positive Ageing — Taupaenui*

**Issue 1 — FEBRUARY — 2014**

### *Editorial...*

#### *Why the need/value of a newsletter?*

Firstly, a newsletter is just another way for all of us interested in Positive Ageing of keeping each other informed.

It is hoped to promote current and future services in Taranaki that may be of benefit to older persons – services that strengthen self-determination, self-sufficiency, quality of life and dignity.

The kowhaiwhai panel at the bottom is a Taranaki kowhaiwhai design. It represents the hammerhead shark, Mangopare – meaning – “*Keep positive – see it through*”. Permission to use this kowhaiwhai panel has been sought.

The success or otherwise of this newsletter will depend largely on the willingness of people with information to share – to do so.

The present thinking is that it will be a monthly 4 page A4 newsletter incorporating much of the general “What’s On” newsletter already produced by Like Minds Taranaki.

On behalf of Positive Ageing, New Plymouth, the first few issues of this newsletter will be edited by Gordon Hudson, *Coordinator, Older Persons and Rural, Like Minds Taranaki*.

#### *Coming Events:*

- Wed. 12th Feb: Positive Ageing Trust meeting
- Mon. 17th Feb: Positive Ageing General meeting
- Wed. 12th Mar: Positive Ageing Trust meeting
- Mon. 17th Mar: Positive Ageing general meeting

*This space is reserved for your coming events...  
please notify Gordon  
06-759-0966 bus or 06-753-9815 pte  
or email to [gordon.hudson@xtra.co.nz](mailto:gordon.hudson@xtra.co.nz)*

#### *Thought for the issue...*

Life isn't about waiting for the storm to pass...  
Its about learning to dance in the rain.

### *Chairman's message...*

This first edition of the Positive Ageing (PA) Newsletter and future editions is edited by Gordon Hudson. Gordon comes to us with a wide range of experience which includes effective communication. I hope you can circulate a copy to your friends or other networks, this would be appreciated.



*Chairman Jeff Blyde*

It is no secret to us all involved looking to age positively in our fair city that over the next decade we are going to see a large demographic shift. Many of the baby boomer generation will retire leaving some big gaps in the work force. Like King Canute we have sat, read and talked about this big demographic shift but very little actions have been put in place to cater for the obvious changes we will all face across all age demographics.

Our health system can not cater with the huge increases in chronic health clients that will need hospital care. Our rates cannot sustain increases year on year when 47% of those living locally over 65 will be living on the superannuation alone. This all sound very daunting but in reality if the issues are identified, discussed and communicated we can decrease the effects of this change.

In the ideal world positive aging should be embraced by all age generations. The general consensus is that the PA Trust is about older people. This is far from the truth because there is an understanding within the Trust that the issues of the future demographic shift will affect us all.

#### **Acknowledgement...**

David Showler had been the Secretary/Treasurer of Positive Ageing (PA) for 10+ years. His role in doing all those things behind the scenes that ensure the effective running of our organisation has ensured PA has grown in strength year on year. David is still a Trustee and will continue with the role of Treasurer until we can find a worthy replacement. Jill Baker has taken over the Secretarial duties. Thank you David for the many hours and experience you have given PA.

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





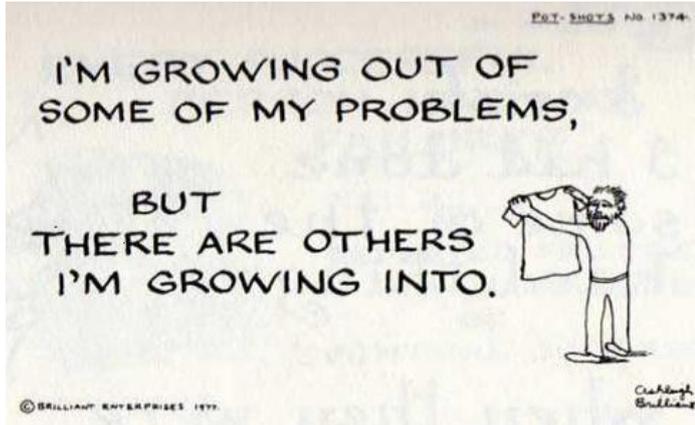
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# WHAT'S ON NGĀ KAUPAPA O TE WĀ

**Issue 78**—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...

## FEBRUARY—2014

- Thur 6**    **Waitangi Day**—Puke Ariki Landing—11am-1pm. This will be a fun filled event to commemorate, entertain and educate people about the significance of Waitangi Day to New Zealand. Bring a picnic and come down to the Landing and enjoy live entertainment, kids activities, cultural arts and crafts and hear Treaty educators. **FREE**
  - Fri 7**    **Bike Polo**—Puke Ariki land site beside the Wind Wand car park—5:30pm. Polo mallets and ball supplied, just turn up with your bike, no experience needed. Fun to be in or to watch. **FREE**
  - Sat 8**    **Friends Event**—Artist talk—Boatshed Lawn Pukekura Park—12pm. Reuben Paterson celebrates the opening of his new outdoor sculpture project at Pukekura Park. All are welcome, bring a rug and a picnic to enjoy—weather permitting **FREE**
  - Thur**    **Mental Health Matters - Access Radio 104.4FM**—9:30-10am. Contact 759 0966 if you have queries concerning any of the issues raised. Repeated every Thursday. **FREE**
  - Sat**    **Thinking Differently - The Most 100.4FM** —10am, tune in to learn some wellness tips, an uplifting song and a celebration of someone in the world who has made a big difference by *Thinking Differently*. Every Saturday morning. **FREE**
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- 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 on Level 1. **FREE**
  - Every Fri**    **Tai Chi**—Stratford War Memorial Facilities Room, Miranda St, **STRATFORD**—9:30-10:30. **\$5**
  - Every Fri**    **Whizzy Walkers**— Meet at Plunket House at 10am. A walking group specifically for caregivers who would like a brisk walk with their child and buggy for about an hour. **FREE**



### Some wise words from Confucious...

- It's OK to let a fool kiss you; just don't let a kiss fool you.
- It is better to lose a lover than love a loser.
- A drunken man's words are a sober man's thoughts.
- It is much better to want the mate you do not have than to have the mate you do not want.

"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.



- Sun 9** **Terrific Te Henui**—Te Henui Walkway sign at East End Reserve—10:30 am—12pm. Take a ramble up Te Henui walkway with Glyn and Valda from the Friends of Te Henui and look at the historic plant collections, native flora and the activities of the Friends of Te Henui. **FREE**
- Wed 12** **Surf Pecha Kucha**—Puke Ariki—6-7:30pm. Hear what the sea and surf mean to members of our Taranaki community. **FREE**
- Fri 14** **Govett-Brewster Seniors @Puke Ariki**—Daily News Café—9:30am-11:30am. Puke Ariki are the temporary hosts to the Govett-Brewster Seniors group. 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**
- Thur 15** **Bells, Stars and Chimes**—Meet at Sir Victor Davies lane carpark area—10-11:30pm. Wear comfortable walking shoes for this walk that will head up Marsland Hill to learn some more about the carillon and to see inside the observatory. The walk will then go past St Mary's Cathedral before concluding at the Clock Tower which will be opened for people to go up. **FREE**
- Sun 16** **Tropfest**—TSB Bowl of Brooklands—6:30pm. Tropfest is the world's largest short film festival. Come along, bring a picnic and enjoy some world-class short New Zealand films which will be screened and then judged by a panel of film industry and personalities. The winner will be announced on the night. **GOLD COIN**
- Mon 17** **Epilepsy Seminar**—Community House, 32 Leach Street—1-3pm. This seminar covers what is epilepsy, what causes it, recognition of seizure types, first aid for seizures, seizure triggers and many other issues concerning this condition. **FREE**
- Thur 20** **Behind The Scenes**—Taranaki Research Centre, Puke Ariki—11am—11:30am. Find out what it takes to make the 110,000 negatives in the Swainson/Woods Collection available to the community online. Limited places, bookings are essential: 06 759 6060. **FREE**
- Thur 20** **Art to Lunch—Len Lye: Agiagia**—2nd Floor, Brougham House, 50 Devon St West—12:15. Coffee and tea provided, bring your lunch. **FREE**
- Fri 21** **Tea and Topics: Wills and Trusts**—Level 1 Puke Ariki Library—10-11am. Hear Michelle from the Public Trust explain all you need to know about wills and family trusts. **FREE**
- Sat 22** **Balsom Park Family Picnic**—12-2pm. Meet at the William Street entrance of the Park off Mangorei Road, Merrilands. Bring a picnic lunch and a drink. Dogs are welcome but don't forget a doggy-doo bag and lead. Come and explore this hidden gem of a reserve. **FREE**
- Sun 23** **Methanex family fun Ride and Mayoral Challenge**—Ngamotu Beach—9am. Bring your family and join the Mayor on his bike for a fun morning of cycling and prize giveaways. Register at Mitchell Cycles and get a free bike and helmet check anytime over February. Parents accompany your children and don't forget your helmets! **GOLD COIN**
- Sun 23** **Historical Maori Tour**—Te Henui River Mouth, East End Reserve—10:30am-12:30pm. Bookings essential: 06 759 6060. Step back in time to a world before New Plymouth was settled. This tour includes stories that will capture your mind and will help you to visualise how our ancestors once lived more than 160 years ago. **FREE**

### Public Holiday: Waitangi Day: Thurs February 6

- Tue 25** **Ratapihipihi Walk and Talk**—Ratapihipihi Reserve (off Cowling Road) 6:30-8:30pm. You will need a water bottle, a jersey and a notebook and pen will be handy. Meet at the Reserve for a walk with a focus on using native plants in your own garden. Wear comfortable shoes. **FREE**
- Thur 27** **Bells, Stars and Chimes**—Meet at Sir Victor Davies lane carpark area—6-7:30pm. (Please see above listing on the Thur 15 Bells, Stars and Chimes walk for details) **FREE**

*This space could be used to promote one of your events, please contact Stephanie Mapley at Like Minds 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 February for March.*

### Greetings one and all...

*These two pages will be adapted from the regular monthly newsletter and over time—tailored to more suit interests for Older Persons.*

*In the meantime—please help us achieve this aim by letting us know of upcoming events that may be of educational and recreational interest.*



## Housing Submission...

**Positive Ageing—New Plymouth is keen to see that the NP District Council commit to retaining, or indeed expanding their current involvement in ‘Social Housing’.**

The NPDC Housing for the Elderly policy 2012—*‘provides for housing to persons aged 65 years and over with limited financial means. The services offered contribute to the well-being of the tenants.’*

**The 2012 NPDC Asset Plan states:**

*‘The Council owns 145 housing units (95 one bedroom units and 50 bed-sit units)...*

*‘occupancy rate is normally around 98-100% with most tenants been in occupation for over 4 years, some up to 25 years.’*

*‘The current waiting list has 45 applicants, and last year there were 15 vacancies, which were usually filled within 2-3 weeks.’*

*‘As at the 30th June 2011, the estimated market rental for the ‘Housing for the Elderly’ portfolio (HFE) was \$974,000 comparison to the actual concessional rental being charged of \$848,000.’*

*‘The resultant difference of \$127,000 is the assessed true current account cost to the Council of subsidising HFE residential tenancies by way of concessional rental.’*

**The council has proposed 4 options for consideration—the best of which, for occupants, is retaining the status quo. This is the very least that Positive Ageing NP is advocating.**

**A more appropriate response, I believe, would be for the NPDC to expand their role in HFE, not only to meet the current unfulfilled demand but also to cater for the rapidly expanding population of the elderly.**

*Opinion—Gordon Hudson—Editor.*

## Getting the right message across to the right people...

**This is to be one of the many challenges of Positive Ageing in the future.**

The messages are many, and the importance and priority for some is high but being informed ourselves and keeping others informed is a must.

## Snippets from Age Concern...

### Grandparent caregivers funding boost...

It is a more relaxing start to the school year for grandparent caregivers with a much needed boost in government funding.

It is the first time that they have been able to access government support, including a \$4000 ‘start-of-year’ payment of up to \$400.

Geoff Lawaon, CEO of Grandparents Raising Grandchildren Trust, says, ‘it’ll help to ease the back to school stress.’

### New website to provide information on aged care residential care...

Finding out about the aged care system for yourself or an ageing relative can be an extremely stressful time. But things have just got easier.

**A new website has been launched by the NZ Aged Care Association (NZACA) and is designed to relieve some of the stress.**

Called [www.findaresthome.co.nz](http://www.findaresthome.co.nz) the site provides straight-forward answers to common questions that everyone has about a rest home, hospital or dementia care.

## Legalising Marijuana debate...

**It is election year and the Green Party are keen to decriminalise personal use of marijuana. The last person who attempted this was the leader of the Act Party. He went up in a puff of smoke.**



Let us hope that the Greens keep promoting their clean green environmental platform but reconsider their approach to legalising yet another mind-altering substance.

*Opinion—Gordon Hudson, Editor.*

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

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**March 2014 issue will be distributed in late February. Contributions by Wednesday, 20th February please.**