



NP Positive Ageing, Newsletter - Taupaenui JUNE 2026... Issue 136

Kia ora, Talofa lava, Kia orana, Malo e lelei, Fakalofa lahi atu, Talohani, Bula vinaka, Ni Hao, Namaste, Greetings...



Chair's message:

Fit for today, compared to fit for the Future...

I suppose that no one or nobody goes out of their way to make bad decisions, but we see the ramifications over and over again when we look around our environments. This isn't exclusive to New Plymouth or Taranaki or even New Zealand for that matter.

Often decisions are made that reflect budgetary constraints, which in the very short term and I mean SHORT term, keep some sectors happy for the moment, but ultimately fail to live up to expectations, when yet again the proverbial can is kicked down the proverbial road. We can look at Egmont Rd – Waiwhakaiho intersection, why was there never a roundabout constructed there? The cycle lane that stops abruptly at Smart Road heading North and doesn't restart until Vickers Road. The lack of access directly into Pohutukawa Place from the top of the Waiwakaiho Hill as you head North.



I would have thought that these issues, as small examples, should have been seen as to what the future was possibly going to hold for us in the upcoming decades.

Surely, isn't this some sort of crystal ball gazing, that should have been done by some no doubt, well paid planners/statisticians?

If these issues are ever going to be addressed, there is going to be far more upheaval for the population now, than if they were actioned at the time.

As my Old Grandad once said "You will never build tomorrow, for as cheap as you will if you build today".

I haven't gone out of my way to pick on roading as such. You can choose your favourite topic - Social Housing, Health, Social Welfare, Water infrastructure, etc,etc.

However, great care should be taken that projects do not go over the top, but be fit for purpose in the FORESEEABLE future.

Wally Garrett - Chair

Our next free public forum is on...
Thursday, 10am - 11.30am, 18th JUNE 2026
Plymouth International Hotel
Taranaki Community Law
Presenter...Angela Solomons
This session is relaxed, supportive, and informative
See you there...
Sponsored by: NP Positive Ageing, Age Concern Taranaki & Grey Power

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A Newsletter for those interested in improving the quality of life for all persons in Taranaki

Please NOTE: The views/opinions expressed in this newsletter may not necessarily reflect those of Positive Ageing

"Positive Ageing—Taupaenui" is edited by Gordon Hudson. Ph 06-753-9815 or email gordonandjanr@xtra.co.nz



Taranaki Kowhaiwhai panel - The Hammerhead shark, Mangopare - 'keep positive, see it through'

Social Housing's Big Shake Up - some will benefit—many will not...

There is no doubt that there are some people in social housing that may not require it, or could cope with renting a house on the open market. But the majority of residents are either appropriately placed by Kainga Ora, local councils or community service groups.

As from April 2027, Kainga Ora's 129,000 tenants will face additional rent increases of \$24 per week and, wherever possible be encouraged to rent in the open market.

There will also be a shift towards ensuring that those in our community most in need of social housing will benefit by easier access.

Housing Minister Chris Bishop accepts that change is necessary as the current system is



not sustainable nor defensible and is unfair and wrong and doesn't help those that need it the most.

Finance Minister Nicola Willis likened people living in state housing as having 'won the lottery'.

With attitudes like that, it is clear that those in state housing need to be targeted. And they are an easy target, being less likely to be able to advocate for

themselves.

Criteria for accessing state housing will in future be assessed on a wider range of criteria rather than having a heavy reliance on financial capabilities. This is expected to provide more hope for people in dire financial need, people with disabilities, severe illness, advanced age, complex social needs and prisoners.

Support too may be available for more people currently in private rentals but struggling to meet rental payments.

It is a little like hitting up the moderately poor to assist the very poor.

Opinion: Gordon Hudson

My wife is blaming me for ruining her Birthday
That's ridiculous, I didn't even know it was her Birthday

At breakfast, a man asked his wife: "What would you do if I won the lottery?" She replied, "I'd take half, and then leave you." Great," he said "I won \$12 yesterday. Here's \$6. Stay in touch.

The cashier said "Strip down, facing me.

By the time I realized she meant the debit card, it was too late.

A rare photograph of my parents on their way to school



Cars these days have too many gadgets.



Minister of Seniors latest newsletter - snippets...

Getting access to cash...

The Reserve Bank of New Zealand is seeking your feedback on access to cash.

If you are like me you will like the idea of getting cash out when you want it - easily, handily, and without extra coats.

Access to cash and banking services is important to many of us older adults. 80% of us use cash at least some of the time. Some people use cash all of the time.

The Reserve Bank is proposing that all banks must provide free reliable cash services.

With so many bank closures, particularly in rural provinces such as Taranaki, we want banks to recognise their responsibility to older adults and other cash users wherever they live. Good thinking!



Another initiative Stacey Costello, our Minister for Seniors told us about recently was the review of driving licenses for older adults.

The idea is not to further disadvantage older drivers but to raise the potential for a 'softening' of the driver license cancellation process.

Just as learner drivers have a graduated process to obtain a full license, hopefully too, older adults will have a graduated process to losing their license.

This may include a license to drive within a certain boundary, perhaps within certain times, or perhaps for special roles such as visiting a loved one or medical issues.

Whatever the review involves. Let us hope that it will treat older adults with respect and additional options.

Opinion: Gordon Hudson

Annual Adjustments to Superannuation:

An annual adjustment to your Super took effect as from the 1st April. This increase was to reflect inflation and the average wage.

Increases:

\$984.28 each before tax or \$854.08 each after tax for a married couple or a partner in a civil union or defacto relationship.

\$1294.74 before tax (M tax code) or \$1110.30 after tax for a single or widowed person sharing living alone accommodation.

\$1191.14 before tax or \$1024.90 after tax (M Tax code) for a single or widowed person sharing accommodation.

Every bit helps.

Recipe for the issue:

Cow-Heel Soup:

Ingredients:

1 cow-heel and 3 pints of water, An onion, a carrot, and a strip of celery, A tablespoon of sago or crushed tapioca, Chopped parsley, lemon juice, salt and pepper and grated nutmeg.



Method:

Clean and scald one cow-heel, divide into 4 parts, Place in saucepan with the cold water.

Add a good pinch of salt, boil up and skim.

Add vegetables and gently simmer for 3 hours.

Strain and season.

Remove some of the meat from the bones and cut into very small pieces.

Add the meat to the broth, let it boil and stir in a tablespoon of sago or crushed tapioca.

Boil for another 25 minutes before serving.

Add a little chopped parsley and lemon juice just before sending to the table.

This soup, when well made, is considered very delicious as well as nourishing.

Time - 3-4 hours.

Enjoy...

Source: Mrs Beeton's book of Household Management...

Wife said, "Our new neighbours are so in love. He kisses her, strokes her hair and hugs her. Why don't you do that?" I said, "Because I don't know her that well yet."



As if life was not already difficult enough for many families, disabled people, and older people across our region, the proposed Disability Support Services Bill being advanced by the Minister for Disability Issues, the Hon. Louise Upston MP, represents a deeply concerning and potentially harmful step backward for some of the most vulnerable members of our communities.

This legislation has caused widespread alarm amongst disability advocates, carers, older people, and support organisations throughout Aotearoa. Many fear it undermines dignity, choice, inclusion, and the fundamental principle that every person deserves to live with respect, support, and equal opportunity.

This issue is not isolated to a small group of people. In the New Plymouth District alone, approximately 50% of our population either lives with a disability or is aged 65 years and over, a number that continues to grow. This legislation could directly impact you, your parents, your children, your neighbours, your friends, or the people you care for every single day.

In response, Enabling Good Lives Taranaki has formally sought the opportunity to deputate before the New Plymouth

District Council Public Engagement Committee to publicly voice serious concerns regarding this bill and its potential impacts on our communities.

Importantly, disability and older people already have a dedicated 30-minute speaking allocation at this meeting through an existing Council resolution focused on accessibility and inclusion.

We now need our community to stand beside us.

- **DATE:** Wednesday 3 June 2026
- **TIME:** 2:00pm
- **VENUE:** NPDC Council Chambers

We are calling on the people of Taranaki to attend this meeting “in force, to be present and in voice” to show visible public support for our disabled community members, our older people, and the organisations advocating on their behalf.

Your presence matters.

Strong public attendance sends a clear message that Taranaki will not stay silent when legislation threatens inclusion, dignity, accessibility, and fairness for our people.

***Together we can
and do
make a difference***

Following this deputation, I believe the Taranaki Mayoral Forum must urgently write to the Hon. Louise Upston expressing strong opposition to this bill and calling for meaningful engagement with the disability and older persons sectors before any further progression occurs.

An age-friendly and accessible community is not built through words alone. It is built when people stand together, speak together, and act together.

“An age-friendly community is one where people are included by design, treated with respect, and supported through collective action.”

Cr Sam Bennett

Now is the time for collective action.

Let us stand together as one — Kotahi Taranaki.

Ngā mihi nui,

Cr Sam Bennett

Chairperson – New Plymouth District Council Age and Accessibility Working Party

Chairperson – Age Concern Taranaki

Supported by our wider Taranaki communities and local authorities:

- South Taranaki District Council
- Stratford District Council
- Stratford District Youth Council
- Taranaki Regional Council

Positive Ageing NP

Your 2025/26 committee is:

Patron - John Major

Chair - Wally Garrett

Deputy Chair - Richard Andersen,

Secretary - Michael Archer

Committee - Brian Eriksen, Lance Girling-Butcher,

Gordon Hudson, Kate Knuckey, Margaret McCall,

Joy Southee and Callum Williamson

Newsletter - Gordon Hudson.

www.positiveageingtrust.org.nz

Email: nppat@owner@gmail.com

The Council's libraries are great places to visit for a browse and a chat. But not everyone can, at all times, be able to physically visit their library of choice.

That is why the libraries have volunteers who will deliver books to eligible residents for free!

People needing this wonderful service can choose from a wide variety of fiction, non-fiction and audiobooks.



Caring for a loved one with dementia is both rewarding and emotionally challenging. Many carers experience guilt - guilt for feeling tired, for wanting a break, for losing patience, or for not doing enough.

While these feelings are common, it's important to recognize that they are not a reflection of failure. Learning to manage carer guilt can help maintain your sense of wellbeing while continuing to provide compassionate care.

Understanding Carer guilt:

Carer guilt can stem from many sources, such as:

- *Feeling that you should be doing more, even when you are already giving your best.*
- *Struggling with frustration, exhaustion or resentment.*
- *Making difficult decisions, such as moving a loved one into care.*
- *Taking time for yourself and worrying that it's selfish.*

Recognising these feelings as natural can help you start addressing them with self-compassion.

Strategies to overcome Carer Guilt:

Reframe Your Thoughts:

- *Instead of saying, "I should be doing more", remind yourself, "I am doing the best I can with the resources I have."*
- *Acknowledge the love and effort you put into caregiving every day.*

Accept that perfection is impossible:

No one can provide perfect care 100% of the time.

It's okay to have moments of frustration or fatigue - it doesn't mean that you care less.

Take breaks without guilt:

- *Resting and recharging allow you to be a better carer in the long run.*
- *Consider respite care, support groups, or family and friends for help.*

Recognise the benefits of seeking help:

- *Placing a loved one in care or using support services is not a failure - it ensures they receive the best care possible while protecting your own well-being.*
- *Support is a strength, not a weakness.*

Focus on what you can control:

- *Some aspects of dementia are beyond anyone's control.*
- *Shift your energy towards providing love, patience, and support in the present moment.*

Letting go of self-blame:

Caring for someone with dementia is a journey filled with both beautiful and difficult moments.

Allow yourself grace, patience and kindness - just as you do for your loved one. You are doing enough and you deserve care too.

Alzheimers Taranaki Inc... www.alzheimers.org.nz/taranaki



Why Do I Have to Take the Full Course of Antibiotics as Prescribed?

It is important to complete a full course of antibiotics, even if symptoms improve early in the treatment. This is because the lingering bacteria can survive and build up a resistance to the antibiotic.

If the infection recurs it may be more difficult to treat.

Antibiotic-resistant bacteria are a concern. Fewer effective medications are available to successfully treat them. It is possible that some of these "stronger" antibiotics may have more undesirable side effects.

The best we can do is follow our doctor's recommendations and play our part in stopping resistant bacteria from evolving and becoming a problem.

- Thank you Heather Butler.

Activities in JUNE...



AQUA WALKING: Tuesday: 2, 9, 16 23 and 30: 10-11am - It's amazing! Great for improving strength and balance.. Held at the Methanex Pool, Bell Block. Cost \$4. Please register with Pauline (06 759 9196) prior to entering the class.

WARM UP WEDNESDAY 10 and 24: held at 33 Liardet Street, NP. 9.30-11.30am. "Warm up" with us and enjoy great music and some tasty hot soup and toast. Gold coin donation.

DROP IN CAFÉ: 7, 14, 21 and 28: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes.

AGE CONCERN TARANAKI OUTING: Wed. 17, 11.30am at Locals Cafe, 11 Wallath Road. Cost: Menu prices. Please let Pauline know in advance.

MEN'S GROUP: Monday 22; 10am—Visit to Clydes Farm Machinery collection at Lower Timaru Road. Van will be available at a small cost. Light lunch provided at the venue.

POWER OF THE PEN: 12 and 26 June - a welcoming new writing group for older adults who love words, stories or want to give writing a go.

INGLEWOOD REGULAR ACTS...

STEADY AS YOU GO: Every Wed. 10.30am - Strength and Balance classes. Just \$3. per class Inglewood United Church.

MUSIC AND MOVEMENT: First Wednesdays of the month at Marinoto Home and hospital.

SOCIAL AFTERNOON: 1.30pm Third Thursday each month at the Marinoto Home and hospital.

COASTAL CONNECTIONS OKATO Tuesday 2: 1 - 3pm at the Hempton Hall Supper Room. Lovely food, great company, excellent guest speaker.

WHAT'S ON IN WAITARA:

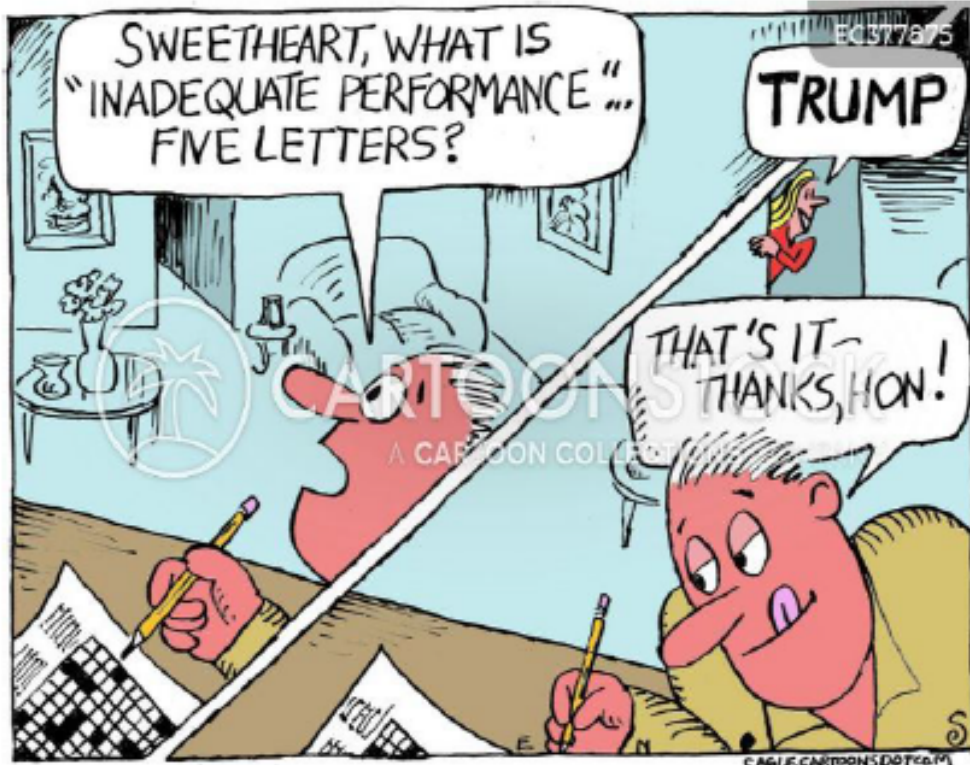
FRIDAY 5, 12, 19 and 26th: Singing and fun and afternoon tea and spot prizes. 1 - 3.30pm, Guest Speaker from ADT Security Solutions. Senior Citizen's hall. 3 Warre Street, Waitara.

Contact: Pauline Julian
Age-Connect Service Coordinator
06 759 9196 or 0800 652 105
pauline@ageconcern-taranaki.org.nz
www.ageconcern-taranaki.org.nz

A husband said to his wife.
"The guys at the club said that our mailman has slept with every woman on our street except one..."
Wife replies
"I bet it's Paula."

If you think you are smarter than the previous generation...50 years ago the owners manual of a car showed you how to adjust the valves. Today it warns you not to drink the contents of the battery.

Love your hips...
Are you at risk?
Unless you've injured yourself in a fall, avoiding a fall is probably the last thing on your mind.
Falling over shouldn't be considered part of the normal ageing process, but we need to be realistic. As we grow older, underlying conditions or problems, with balance, strength or mobility do increase our risk of falling.
Each year, one in three people aged 65 and over will fall. For people aged 80 and over, the risk increases to one in two. That said, many falls are preventable.
One of the ways everyday New Zealanders are reducing their falls risks is by attending exercise classes especially designed for them.
Community group strength and balance classes will support participants to improve their strength and balance and help them live stronger for longer.
Strength and Balance classes...
Participants not only benefit physically, but socially as well.
For further information please see www.livestronger.org.nz or contact Hilary Blackstock via email...hilary.blackstock@sporttaranaki.org.nz





Let it be known to the birth-giver that mine stomach consists of emptiness!

Oh for Heaven's sake, Shakespeare Just say, "Mum I'm hungry!"

Over 50?
Share your knowledge/skills
Make new friends
Join New Plymouth U3A!!
With over 50 different groups
Monthly general meetings and
numerous chances to socialize...
What more could you want?
 Ph: 022 683 0610—u3anewplymouth.co.nz

My shrink told me to write letters to the people I hate, then bury them in the backyard. She didn't tell me what to do with the letters.

SUPPORTING COMMUNITY WITH SURPLUS FOOD

OVER 65'S FREE STORE

Fortnightly Wednesdays, 1.30-2.30pm
On the off week of NZ Super - SuperGold card required
 Methodist Church Hall
 66 Liardet Street, Central

EVERYONE IS WELCOME, NO BARRIERS OR JUDGEMENT

PLEASE BRING YOUR REUSABLE BAGS

WWW.ONTHEHOUSE.ORG.NZ



NP Positive Ageing is proud to be supported by:

COGS: Community Organisations Grants Scheme,
 Ministry of Social Development,
 New Plymouth District Council,
 Pub Charities—New Plymouth

We are most grateful for their ongoing support.

