

*No risk...
no story.*



NP Positive Ageing, Newsletter - Taupaenui November 2024 Issue 118

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

Editorial - We need to restart talking to each other...

***Message...
from
Lance
Girling-***



It is sad that the very technology intended to improve human communication is having exactly the reverse result.

Instead of talking to each other more people are retreating into a noiseless world dominated by viewing screens on their mobile and stationary devices and living in silence. I have even seen teenagers walking along a footpath texting each other rather than indulging in verbal exchanges. I've even seen people sitting at tables looking at screens rather than talking. I feel we're losing the ability to converse.

For me this whole thing came to a head with a recent news item reporting that children are turning up at school aged five without the ability to put together any sort of sensible sentence. This is put down to the fact that their family and they are spending so much time looking at things online. They are not bothering to talk to each other and the ability to make conversation seems to be disappearing.

If I learnt anything as a parent of three children, it was the essential need to read to small children and insist on them talking to the parents as they developed through the teenage years.

Dinner time was set aside as screen and television free and people were obliged to participate in family discussions that included reporting the events of the day. We considered this due recognition of the work done by the persons preparing the meal and an important way of finding out what our children had been doing and let them know of any family plans that included them.

I have noticed with approval that they have all included such provisions in their own family law and have appreciated a better relationship with my grandchildren than can be expected in some families who sit in front of the television consuming the evening meal or wandering off to delve into the screen in their bedrooms, alone and silent.

I suspect this is more to do with the disappointing results we have been getting from tests of English and Maths in our schools, even if the government has taken the

somewhat disappointing measure of banning mobile phones during class time. It is sad that the very technology intended to improve human communication is having exactly the reverse result.

The coalition seems to delight in simplistic answers to complex problems with its tendency to shoot from the hip and have failed to listen to the sager advice from those with qualifications and experience that would lead to far better solutions.

With the event of artificial intelligence looming as a major factor in our lives it's time for some in-depth research on the sort of controls that we will need if this huge technological development is not going to further consume our lives and our ability to converse with each other.

Thank you—Lance Girling-Butcher.

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

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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



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

New dawn of the 'pre-dead' - the importance of language...

"The term and activities of "retirement" needs a refresh to spare the feelings of people in later life" stated Judith Davey, (pictured) an independent social researcher with a focus on population ageing and policy implications, in her Up-front commentary in the New Zealand Listener, November 2-8 2024.

Davey would *"like to think of retirement as a time of choice and opportunity but instead, it is beset by negative ageist stereotypes. Age phobia is implicit in demeaning words used for older people such as wrinklies, grey-hairs, geezers, codgers, fossils and fogeys."* Even the term "elderly" conjures up frailty and dependence.

Retirement has been referred to, by Ernest Hemmingway, as *"the ugliest word in the language"*.

Clearly, as Davey says, *"when retirement means paid work ending*



And a drop in income, there are necessary adjustments". It's nice to get out of the rat race but you have to learn to get along with less cheese". Or as someone else put it... "The challenge of retirement is how to spend time without spending money".

Retirement also implies an increase in time with which to do what we like. It was Will Rogers who once

said, *"Retired life is spent trying to find something to do with the time that we have rushed through life trying to save"*.

Such negative quotations indicated that retirement is a negative concept, whereas, for most, it is a time to have the freedom to really be ourselves.

Language is so important when we refer to older adults. Categorising older adults in negative terms leads to ageism which in turn leads to exclusion rather than inclusion in so many aspects of society. It can result in not only in negative community wide perceptions but lead to personal negative perceptions of ourselves.

As older adults, we need to challenge any forms of ageism, wherever and whenever they occur. We need to value ourselves and our contributions to our whanau and community at so many levels.

Opinion: Gordon Hudson

Getting boosted is the best way you can support your own health, that of your family/whanau, other friends & your wider community.

0800 237 829

**I HAVE THE RIGHT TO
Remain Silent**



**I JUST DON'T HAVE
THE ABILITY**

Former Prime Minister John Key supports Donald Trump

Sir John Key believes that Donald Trump is the best candidate for the job as President.

"Donald Trump is driving very much an America First and a more isolationist kind of view. Actually, it's quite different. It's a very different foreign policy than we've ever seen. So that probably doesn't help New Zealand much. But on balance, I think he's probably better for the economy".



Trump's self-titled "Meganomics" approach to the American economy is to see lower taxes, less red tape, and a return to American industrialization—all by imposing significant tariffs on all imported goods. Presumably this too will not be good for NZ. It is hard to see how it could be good for America either as tariffs will affect import costs which will be passed on to the consumer.

While Sir John acknowledges his preferred candidate is deeply flawed, saying he's struggling to understand the logic of Trump's repeated claims the 2020 election was stolen.

If the "stolen election" was the main significant fault, I guess that would be alright. Daily telling lies, creating false conspiracy theories, being a racist, misogynist, a sexual abuser of women, a convicted crook, and an admirer of so many dictators world wide, for a start, makes him appear to be unelectable.

Sir John told Stuff that before President Joe Biden stepped aside and Kamala Harris became the Democratic nominee, Trump would have won, no question.

Opinion: Gordon Hudson.



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

Local Councils providing social housing for older adults can be problematic

So many local Body Councils are prone to use their social investment in community based housing for older adults as a political football. Divesting such assets seems too often to be an attractive option when discussing Long Term Plans.

The latest Council to do so is Wellington. Our capital city already has high rate increases and a \$600 million budget blow out in it's Ten Year Plan. Although Mayor Tory Whanau is hopeful that her Councillors will not go down that particular road, it nevertheless is on the table—as is just about all their services.

Wellington Council had recently established a community provider trust to lease and manage their 1800 rental units which are home to about 3,000 tenants.

In theory, this is an excellent move by Wellington Council. The Council retains ownership and the Trust, Te Toi Mahana, provide tenancy management.



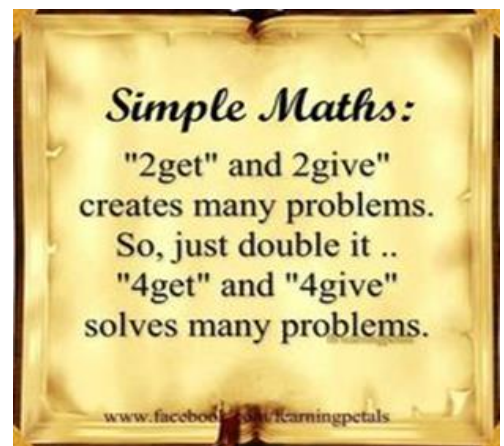
The sticking point however is that Wellington Council can sell off some of their properties and reap the financial windfall. An attractive proposition to some sitting around the Council table.

Auckland Council is using land donated by former resident Mr R. B. Thompson, provided on the condition that the land would be used for housing for older citizens. But the council wants to sell the donated land to be used for social housing for older adults in favour of upgrading existing housing for older adults. This is hardly what the original donor had in mind all those years ago in the 1970s.

Local residents are taking legal action against the Council on the grounds that the original terms of the donation should be honoured. Council. They claim that the selling of the land to an existing Trust, Haumaru Holdings, should not have taken place. I do not fancy your chances of a victory against the all-encompassing power of Auckland Council. Good luck with that legal action.

Tenants of many Council owned rental properties face many uncertainties in life and the continuous concern that your tenancy could be over if the Council chooses to sell you off should never add to that concern.

Opinion: Gordon Hudson.



Police getting tough on Te Whatu Ora Health and to heck with the consequences which will affect us all.

Come November 1 police will enact a planned withdrawal from most mental health-related calls—whether our mental health services at our main hospitals are ready or not.

And they are not. All mental health services are in a state of near or actual crisis—none more so than the very units that handle acute mental health services. So much so, that for many people, the police are the first port of call in any emergency.

True, this situation should not have occurred but shortfalls in the ability of mental health service crisis management services have resulted in the police having to play, often inappropriately, key roles in initial assessments and in providing support/supervision at Emergency departments throughout New Zealand.

So the police have called, “Enough! No more! Police will no longer stay with people in the hospitals emergency centres. This may/will place a further strain on their ability to manage some patients with alcohol; and/or other drug related problems or serious psychiatric issues. Having just spent 7 hours supporting someone waiting in Taranaki ED, I would not wish any further stress on already anxious patients awaiting treatment.

Nor will police be as willing to respond to provide transport support or to attend mental health facilities. And this is just the start of a planned process of withdrawal from the community's mental health issues.

Opinion: Gordon Hudson.

An old Cherokee told his grandson, "My son, there is a battle between two wolves inside us all.

One is Evil. It is anger, jealousy, greed, resentment, inferiority, lies and ego. The other is Good. It is joy, peace, love, hope, humility, kindness, empathy, & truth."

The boy thought about it, and asked, "Grandfather, which wolf wins?"

The old man quietly replied, "The one you feed."

- author unknown



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
Telephone: 021-480-180

Waimanako: The Hope Centre...



Taranaki's kai and support hub. Naumai, haere mai, welcome to "Te Huinga, the Gathering". It is part of Taranaki Retreat - supporting people going through challenging times. A real community support.

The Hope Centre is based at 33 Devon Street West, from 10.30am - 8.30pm, 5 days per week. There is also an excellent range of food and beverages for a koha.

Waimanako/Hope Centre is a 'Pop In' support hub - here to help people through the tough stuff. A good safe place for all. The retreat also offers a peaceful residential space to recover.

Help the Taranaki Retreat help others.

If you would like to know more, contact the Retreat:
06 215 0993

Open 24 hours per day.

THE
good
CAFÉ

The Good Café is where you can enjoy a delicious breakfast served by loving volunteers, and do a good deed by donating generously for your breakfast.

Based at St Mary's Church's Vicarage, the atmosphere is welcoming, warm and busy where people from all walks of life enjoy great food while supporting local, national and international humanitarian causes.

A minimum suggested koha is \$2 per item. Although blessed with a wonderful team of volunteers who give generously of their time, they still need to purchase the food and beverages so appreciate people's honesty and generosity.

The Good Café appreciates that some people are unable to donate. This is fine. You are still welcome to enjoy breakfast.

Tuesday mornings
7.30 - 10.00 am
(Last orders at 9.45am)

Everyone welcome.

They will be excited to see you!

My son asked why I speak so softly in the house. I said I was afraid the NSA was listening. He laughed, I laughed, Alexa laughed.

**EVERYONE
WAS THINKING IT.
I JUST SAID IT.**

Citizens Advice Bureau
Te Pou Whakawhirinaki o Aotearoa

Community House
32 Leach St (next to YMCA)
New Plymouth

06 758 9542
0800 FOR CAB (0800 367 222)

newplymouth@cab.org.nz
www.cab.org.nz



**SHOP
local**

Positive Ageing NP

NEW PLYMOUTH
Positive Ageing Trust

Your 2023/24 committee is:

Co Patrons - Peter Tennent
John Major

Chair - Wally Garrett

Deputy Chair - Richard Andersen,
Secretary - Stephanie Hansen
Treasurer - Jean Graham

Committee - Brian Eriksen, Lance
Girling-Butcher, Gordon Hudson,
Kate Knuckey, Margaret McCall and
Callum Williamson

Newsletter - Gordon Hudson.

www.positiveageingtrust.org.nz
Email: nppat@owner.gmail.com



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

Te Whatu Ora

Health New Zealand

Taranaki

The recent free public forum on **Mental Health Matters**, sponsored by NP Positive Ageing and Age Concern Taranaki, and presented by Mental Health Services for Older People, was reasonably well attended.

Presenters Dr Tyrone Taufaga-Godinet, Dr Lisa Baker and Beth West gave excellent, relaxed and informative presentations and later so ably answered a variety of questions from the audience. This service has many experienced compassionate professionals providing a great service to older adults in Taranaki.

Parking Tip:

If parking for events at the Council Chambers is proving a problem for you, consider parking at the YMCA car park across the road in Liardet Street. Just \$1 per hour. Simply go to their office, pay a couple of dollars and be safe from any parking fines.

2024 Influenza immunisation update

Pharmac has announced the 2024 free flu vaccine eligibility criteria for around one million New Zealanders.

This is now available at local pharmacies, GP practices and other private immunisation providers.

It is all a bit like free health insurance - and peace of mind.

Unsure where your next meal is coming from?...

Here are some options...

Daily, (except Sunday) 10am-8.30pm **Waimanako Taranaki Retreat Hub**, 33 Devon St Plaza (suggested koha)

Sunday - Dinner - City Life Church. 24 Egmont St (old RSA) Dinner 5.30pm. 2 course meal.

Monday - On the House. St James Presbyterian Church, 2 Lawry St. Moturoa 5-6pm (redistributing quality surplus food. Bring a bag)

Monday, Wednesday and Friday, NP Community Food Bank, 36-38 Vivian St, (behind Peace Hall) 12.30-2pm. 06 758 2757.

Tuesday - Taranaki Cathedral Church—Community Breakfast—Good Cafe, held in the newly transformed Vicarage. 7.30 - 10am - last orders at 9.45am. Suggested koha is \$2, per item

Tuesday – St Joseph’s Catholic Church Hall on Devon St (down from the clock tower) Weekly dinner 5.30pm for 2 course meal.

Tuesdays, Wednesdays and Thursdays - Salvation Army Foodbank, cnr Powderham and Dawson St. Tuesday and Thursday 10 - 12 noon. For appointment, please ring 06 758 9338, Tuesday to Friday. (Closed Mondays)

Wednesdays (every off week of super - On the House for over 65s. Methodist Church hall 2-3pm

Thursday - On the House, redistributing quality surplus food. 5 - 6.00pm at 10 Henui St, Fitzroy. Community Hall next to the Holy Trinity Church.

Saturday— Waimanako, 33 Devon Street Plaza—10-3pm—koha.

If anyone knows of other services, please contact me if you would like your service included.

Gordon Hudson: 021-133-7244



Activities in November...



AQUA WALKING: Tuesday: 5, 12, 19 and 26: 10-11 - It's amazing! Great for improving stability and fitness. Held at the Methanex Pool, Bell Block. Cost \$4. Please register with Pauline (06 759 9196) **prior** to entering the class.

THE MELBOURNE CUP: Tuesday 4th: Nibbles and refreshments from 4pm Race time is 5pm. Sweepstake available. Wear a hat.

SPOONS AND TUNES: Wednesday 13 and 27: held at 33 Liardet Street, NP. 9.30-11.30am. "Chill" with us and enjoy great music and some tasty summer fruits and icecream. Gold coin donation.

MONTHLY OUTING: Wednesday 20th at noon. Meet at the Deluxe Diner—choice of the meals of the day. Please contact Pauline prior to Monday 18th so we can book in.

DROP IN CAFÉ / SOCIAL MORNING: Thursdays, 7, 14, 21 and 28: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes with the 19th promoting Prostate Awareness.

MEN'S GROUP—Monday 18th
Save the date!

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

Office Hours:
9.30-1.30pm Monday to Friday.



Laughter is like a windshield wiper, it doesn't stop the rain but allows us to keep going.

Bizwaremagic's Funny Quotes



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



ACTIVE IN AGE

Promoting health-improving activities for the 50 plus... every Tuesday 10am–12 noon at the TSB Stadium. \$5.00 entrance fee.

Programme includes:

½ hr keep fit exercises, morning tea, then a choice of: marching/walking, stretch & flex, indoor bowls, tai chi, line dancing.

Contact: Joy Marshall for enquiries on 021 0265 0696



Over 50?

**Share your knowledge/skills
Make new friends
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**With over 50 different groups
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numerous chances to socialize...
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Ph: 022 683 0610—www.u3anewplymouth@gmail.com

In the words of New Zealand's possibly greatest philosopher Fred Dagg, "We don't know how lucky we are".

When the next time you have a spare moment or so, one could do worse things than to sit back and think about where New Zealand sits and fits in the world order of things.

We look around our communities and complain about so many things that are not to our liking. The health system is in dire straits, roading up and down the country leaves a lot to be desired. Not to mention education and the problems that are associated there. The ever increasing rates from Councils around Aotearoa. Why people think that Councils from Kaitia to Bluff are somehow immune to the raising costs that we all face, beats me.

The cost of living, the cost of housing. The lack of housing. The lack of sensible long term infrastructure planning by successive governments. The lack of proper oversight that leads to unbudgeted blowouts of project costs. Therein comes the waste of taxpayer money when years of planning is turfed out by an incoming government.

I haven't touched on Te Tiriti o Waitangi Principles Bill and the huge amount of debate/discussion that is going on with the various deeply concerned parties and where that could lead to.

There are obviously many more topics out there, that we each seem really important to us as individuals, however how do they rate in the scheme of things?

So, as much as we bewail the state of affairs in God's own country, when you put it into perspective. We should be comparing us with the extremely unfortunate citizens around the world and the problems they face on a daily basis, in such places as the Ukraine, the Gaza Strip Beirut and any number of sites in this globe of ours.

Then we should really consider "HOW LUCKY WE ARE"

Wally Garrett – Chair
N.P. Positive Ageing Trust

Together, we can, and do, make a difference.

NP Positive Ageing is proud to be supported by:

COGS: Community Organisations Grants Scheme,
Ministry of Social Development,
New Plymouth District Council,
TOI Community Trust and
NZ Lotteries Grants Board.

We are most grateful for their ongoing support.



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