



NP Positive Ageing, **DECEMBER 2021** Newsletter: *Taupaenui*, Issue: 85

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

Merry Christmas... May 2022 be a good year for you...

**Chair's message...
Lance Girling-Butcher**



It is the season to be jolly - if you can find something to make you happy!

Normally it would be a time to wish everyone a jolly Christmas and a happy new year. Because of circumstances it is harder to do this year but, despite that, I am pleased to do so. After the difficulties of the last year, it is certainly something everyone deserves.

While, things look a little gloomier this festive season, there are glimpses of a brighter future. We seem to be getting ahead of the coronavirus for the first time in months, and there are opportunities to avert a town planning disaster in New Plymouth.

After another hard year it seems that things are never going to go back to what they were but with optimism, planning and dedication, we do have opportunities to make the most of the future and cope with the increasing and bewildering rate of change.

It's only ten years ago that super-enthusiastic former mayor, Pete-Tennent, was celebrating the

announcement that New Plymouth was the 'best little city in the world'. We could do with some more of his enthusiastic promotion of his favourite town.

The recent announcement that earthquake risks have put Centre City's future at risk has put a real dampener on hopes for reviving the central business district.

Fortunately, the council has chosen this most important time to release details of its long-awaited plans for meeting the challenge from peripheral businesses and reviving the business core.

Tennent is only one of several far-sighted and inspirational leaders who have established the foundations for a great city. From Pukekura Park, Bowl of Brooklands, Puke Ariki, Len Lye and Govett

Continued on Page 2.

Traffic Lights A Go...



Come Friday 3rd December, our new highway to increased freedom comes into existence. We will be on ORANGE... We all need to take some time to understand the process.

In this DECEMBER Issue...

Merry Christmas... May 2022 be a good year for you...	1
Vaccination Passports—the new way to freedom and normality	2
New Ministry for the Disabled—a significant step in the right direction	2
Experiencing a different Christmas spirit and a difficult summer	3
Minister for Seniors—the Hon Dr Ayesha Verrall—our new website	4
Beating COVID-19 tactics shifts from a cooperative model...	4
COVID –19—Reported deaths per million people—world wide.	4
Taranaki DHB—Position statement on COVID-19	5
Taranaki DHB—Notes from their 'Open' session—November	5
Pfizer Booster shots	6
It beggars belief... tasteless protest 'prank' by locals	6
Euthanasia—Sunday 7th November—is underway—ever so slowly	6
Age Concern Taranaki—Activities aplenty for December	7

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'

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

Continued from Page 1:

Brewster, and even St Mary's Cathedral, we have an unequalled list of facilities, that, with careful planning, can be linked to form an outstanding cultural, social, spiritual and commercially rich environment. The bones are there. The strategy will complete the task of turning it into a coherent whole.

If Centre City does go, it clears the opportunity to truly link the city with the sea, and if it stays, its parking facilities and its successful record are another way to survival and success.

So, back to my original goodwill message. Let's toast our city. Let's celebrate our Christmas time, then let us be prepared for a lot of hard work making this again 'the best little city' in the west.

The council needs to work closely with the local hapu, Ngati Te Whiti, the Chamber of commerce and other potential partners who can help to develop and finance the extensive developmental phases.

On the virus front the next few months are going to be critical in establishing where to next.

In the meantime, enjoy the festive season, continue the fight to beat the virus, and be prepared for change and more change.

Note:

Full details of the repose of the proposed revival plan can be found on the council's website.

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

Lance Girling-Butcher—Chair
027 273 8066.



Vaccination Passports— the new way to freedom and normality...

The Government is taking a bold stance on mandating full vaccination for all employees in education and health. Now, every day, we learn of yet another sector of the community doing the same.

Already, air and sea travel will be an option for the vaccinated only—as will entry to numerous smaller businesses and sporting and recreational activities.

The government is now promoting the use of a national 'Vaccine Passport', hard copy and electronic, to permit more freedom of movement for the fully vaccinated. This is great news and will provide a powerful incentive for the 'vaccination hesitant'.

Overcoming this hesitancy and other barriers such as misinformation, mistrust of officials, machoism, apathy, and the really isolated will be a long and complex challenge.

Hospitalisation for these unvaccinated will affect Maori in particular, but all in general.

COVID-19 for the unvaccinated becomes yet another barrier to better health. It may seem like an ideological privilege to say 'no' to vaccination—but such a decision may come at a huge cost to themselves and to those they most care about. Think hard about getting vaccinated and receiving your Vaccine passes.

Opinion: Gordon Hudson.



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

0800 237 829

Ministry for Disabled People ... a significant step in the right direction

Ministers Andrew Little and Carmel Sepuloni believe the new Ministry will serve the 1.1 million disabled people in Aotearoa.

Certainly the system in the past has been fragmented, slow, hard to measure and often ineffective.

The new Ministry will be responsible for a cross-government approach to address inequities and improve access to housing, transport, information and public buildings and space.

While placed within the Ministry of Social Development (MSD) the new ministry will have its own board with appropriate representation of disabled people—embedded at all levels of decision making. This is long overdue and a much welcomed initiative.

The goal is to have the new ministry up and running by July 2022—not an easy task—but a necessary and welcome one.



Experiencing a different spirit of Summer ...

Congratulations to all vaccinated people. You are today's heroes. Commiserations if you are one of the very few that cannot be vaccinated. In your case, life is being doubly unfair. And let us all hope that the present unvaccinated among us will willingly choose to not be.

Hopefully, the vast majority of us will welcome Christmas with vaccinated family and friends. You've earned that privilege.

Sadly, though, anxiety and anger will be the norm for too many homes this year as family/whanau determine whether to welcome in unvaccinated whanau.

As this article is an 'opinion' piece, I want to say how proud I am to be a New Zealander led by a government and Ministry of Health, that have valued highly the health of the nation. Each and every one of us. Aotearoa NZ has, and is, achieving so much more than other countries we regularly compare ourselves to.

Sure there have been missteps in a very new, extremely complex management issue of COVID-19. The original elimination strategy would have worked had the original COVID-19 not transformed into a highly virulent DELTA and nowOMICRON variety of disease.

However, the vaccination process for 90% of the population has enabled the government to move to a 'limitation' strategy. Vaccination has bought us a higher degree of safety. But the risk the unvaccinated create, particularly for themselves and their family/whanau, (the wider community does not seem to matter to them) is still high. The stance of the unvaccinated, apart from those unable to be vaccinated, or those mentally unwell, is very hard to accept as valid. Yet, for many, their decision to not be vaccinated is very real to them, even if, to the vaccinated, their information for doing so is far from valid. For others it is more of a protest vote. My body, my choice'. And to heck with the rest of you.



Many are so committed to their stance that they are prepared to lose their jobs, friends and access to so many recreational activities and venues. No wonder so many unvaccinated are so angry with the rest of us, particularly those in government and in health related sectors.

The poisonous vitriol of many in of the current well organised protest movements against the vaccination, (against anything and everything, it seems) simply proves to the vaccinated that there is little hope that mutual respect will prevail.

I have been criticized too for stating that it will be the unvaccinated who will clog up the hospital and GP health services – at the expense of many health services for others. The unvaccinated in particular, have the ability to overrun our hospital services putting on-going and increasing strain on all those health professionals trying to keep us all safe. How ridiculous is that stance?

For the sake of doing the right thing for themselves, their whanau and their wider community - get vaccinated. Do not expect undue sympathy or concern from the majority of the vaccinated. It is your choice! A choice that means the vaccinated will have to share this risk with you.

Fortunately, as part of a 'persuasion reimagined' process, a phrase coined by Listener columnist, Jane Clifton, the government is producing a 'vaccine pass' that will enable greater freedoms for the vaccinated to take part in everyday society, but will severely curtail many freedoms for the unvaccinated. Tough? Hardly. Why on earth would the vaccinated want to risk their health

and freedom of movement being limited by the few unvaccinated? No thank you.



'No jab. No job. No fun'.

As Matthew Rilkoff, editor, Taranaki Daily News recently put it... 'This is less about the philosophical differences that allow one group to see a government of tyranny where another sees benevolence, than just to keep themselves and their families safe from the virus.' In the interim, tensions will increase and we will experience a Christmas like no other.

How tolerant should the vaccinated be with the small, vocal and well organised unvaccinated? I have been criticised for not being unduly sensitive, kind and understanding of people who use their influence to persuade unvaccinated people to stay unvaccinated. Often, their use of social media and demonstrations can be challenging to accept.

As a protester in the 1981 'Stop the Springbok Tour' I can understand the passionate decision of taking a stand, regardless of the consequences. I can understand the almost hopeless challenge of trying to convince people to change their well-entrenched view, whether for or against the tour.

In the short term, at least, tensions between the vaccinated and the unvaccinated, between Maori and Non Maori and between older and younger will increase before this disease is overcome by advancements in pharmaceuticals and by the responsible, sensible actions of the vaccinated.

In time too, we will learn to move on from criticizing the unvaccinated. As editor of the Taranaki Daily News, Matthew Rilkoff recently wrote, "the rift between the vaccinated and the unvaccinated can be healed, but the unvaccinated may find their way back harder and harder as the patience of the majority runs out." How true. It is going to be a long summer.

Opinion: Gordon Hudson



Honourable Dr Ayesha Verrall...
Minister for Seniors.

The Office for Seniors is working hard to keep you up to date and informed throughout the COVID-19 pandemic.

We haven't won the battle against COVID-19 yet, but overall New Zealand is doing well and that's thanks to everyone who has stuck by the rules and stuck in their bubbles. Seniors have been a big part of that.

Key telephone numbers:

- COVID-19 Healthline [0800 358 5453](tel:08003585453)
- For general health issues, phone your doctor
- For emergencies dial [111](tel:111).
- If you are feeling anxious or just need someone to talk to call or text [1737](tel:1737)
- Elder Abuse Helpline [0800 32 668 65](tel:08003266865)
- Money Talks free and confidential budgeting advice [0800 345 123](tel:0800345123)
- If you need to discuss your entitlements phone the MSD Senior Services line [0800 552 002](tel:0800552002)
- Make sure all your details are correct through your MyMSD Account at www.my.msd.govt.nz
- **Our new website is now live ...**
officeforseniors.govt.nz

The new website provides an easy pathway to connect you with helpful information relevant for older people from other organisations, and Government Departments such as where to go online to update your tax code for your NZ Super or apply for an insulation grant.

This website was developed with an older audience in mind, especially for those with visual impairments, so it's easy to use and navigate. It also gives an insight into the work of the Office for Seniors and will replace the SuperSeniors website.

Reported deaths per million population...

The World Health Organisation (WHO) records COVID-19 related numbers in 220 countries. It also calculates the number of cases and deaths per million of population.

I have taken just a few countries that NZ is often compared to:

COUNTRY:	Total cases per million	Total deaths per million
USA	147,140	2,395
UK	148,989	2,177
GERMANY	69,104	1,207
CANADA	46,751	776
AUSTRALIA	8,078	77
NEW ZEALAND	2,208	9

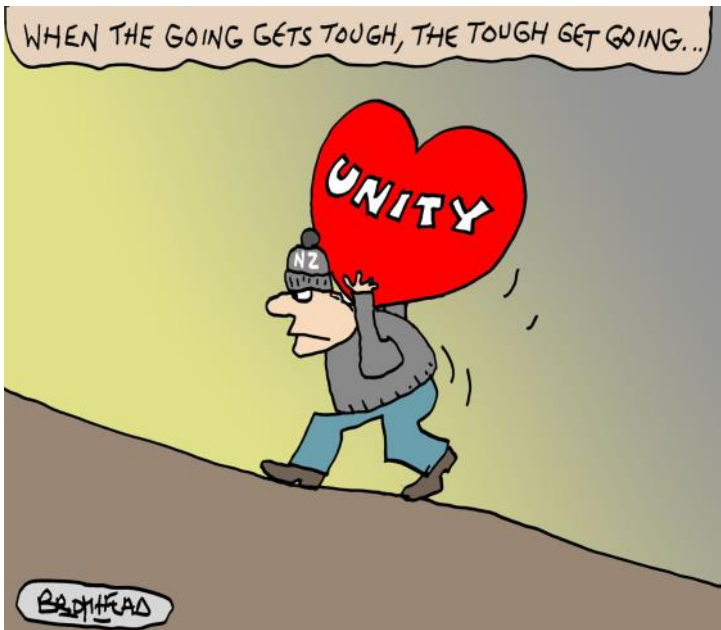
These figures taken from the WHO website on the 28th November 2021, are a clear indication just how successful Aotearoa New Zealand has been in handling the threat of COVID-19 and in keeping its population so safe from illness and death.

It is not only one of the safest nations to live in, but, in comparison to so many other developed countries, we have had some of the least restrictions imposed on us.

Still... this is not to detract from the seriousness and emotional and financial impact upon us all, particularly for people in Auckland, but it does put our plight in perspective when compared to other countries.

An appreciation of the success of our fight to manage COVID-19 hopefully will lessen the degree of some of the political vitriol aimed at the government and its advisory bodies. But, if you are convinced, against so much scientific evidence, that your rights outweigh the rights of all others, I do hope you can reconsider your position.

Opinion: Gordon Hudson



Positive Ageing NP is proud to be supported by:

- COGS: Community Organisations Grants Scheme
- Ministry of Social Development
- New Plymouth District Council
- TOI Community Trust

We are most grateful for their ongoing support.

ACTIVE IN AGE

Classes have been canceled until February 2022.

Contact: Joy Marshall on (06) 7584874

Other classes are being held around the province during level Two.

Call or email Hilary Blackstock
021 480 180

hilaryblackstock@sporttaranaki.org.nz



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

Statement of the Taranaki District Health Board's position on COVID-19 vaccination...

As a country we have made significant changes to our day-to-day life since the COVID-19 virus emerged. The availability of vaccine and a high proportion of our population fully vaccinated means we can have a world where the presence of the virus does not mean the level of disruptions we have experienced to date.

Vaccination is a crucial part of the New Zealand public health response to the COVID-19 pandemic. It is through successful vaccination programmes that many infectious diseases have been eliminated and severity reduced, COVID-19 is no different.

Our priority is to make sure everyone in Taranaki aged 12 years and over has free, fair and equitable access to COVID-19 vaccines. To achieve this, we continue to collaborate with our health providers, our doctors, pharmacies and hauora providers to deliver an equitable and effective vaccination programme to our community.

Taranaki DHB provides essential services during each alert level and we encourage all our employees, contractors and other partners to protect themselves, their patients and the wider community by getting their COVID-19 vaccination. All DHB employees have an ethical and professional obligation to protect and promote the health of patients and the public, and to participate in community health efforts.

We strongly recommend that all eligible members of our Taranaki community take up the opportunity to be vaccinated so that life in our region can benefit from a fully vaccinated population. As a region that has strong trade links to both the Waikato and Auckland our Taranaki business community welcomes those from out of our region to visit every day, as well as friends and whānau across the country who also love to visit - for this to continue, everyone is encouraged to support our 90%+ vaccination drive to get our community protected.

NOTES taken from the agenda reports for the Open Session of the TDHB meeting, 19th November 2021.

COVID-19 Vaccinations:

The DHB is working collaboratively with local Maori health providers leading to significant increases in vaccination rates for Maori. Congratulations to everyone concerned.

At current trends, Taranaki DHB expects to meet the 90% eligible vaccination target by the 24th November for first doses and 15th December for fully vaccinated.

The DHB has ensured staff are fully trained in procedures should COVID-19 cases require hospitalization.

Step Up for Diabetes:

November is Diabetes Awareness Month. TDHB has been busy ensuring staff, patients and the wider community are aware about diabetes. Identifying diabetes early is critical to managing the condition.

Diabetes is NZ's fastest growing condition with over 7,000 people already in Taranaki and expecting to increase to 10,000 by 2040.

Mental Health Services:

Demand for services remains high both within Inpatient services and within community services.

There is to be a strengthening of Youth Respite Services in Taranaki to enable young people struggling with their mental health to have up to five days respite care in a safe and supportive environment.

National Bowel Screening Programme in Taranaki:

Will commence on the 1st July.

It will focus on achieving equitable access for Maori, Pacific and people living in our most deprived areas, ensuring increased equity for this procedure.

Midwives situation:

With three TDHB midwives and seven community midwives no longer able to practice due to their vaccination status, demand for services is very high.

TDHB has been contacting affected clients of those midwives no longer employed to ensure that their clients are provided with appropriate midwifery services.

Health (Fluoridation of Drinking Water) Amendment Bill:

In November 2021 the decision-making for community water fluoridation moved from local authorities (Councils) to the Director General of Health (Fluoridation of Drinking Water) Amendment Bill passing its final reading.

The legislation means that the Director-General of Health must take into account scientific evidence, cost-effectiveness, and local oral health outcomes when making decisions on whether to fluoridate water supplies from next year. The bill had unanimous support after its third and final reading and will become law once it receives Royal Assent.

The new law will ensure a nationally consistent approach to community water fluoridation based on its well-established benefits.

Briefing Paper on the forthcoming National Action Plan Against Racism:

This important document was presented to the Board.

Dialysis Services in South Taranaki?:

A 1,000 strong petition supporting their prepared submission for dialysis services to be available in South Taranaki was presented to the Board. Almost half of dialysis patients in Taranaki are from the South.

Notes from Lance Girling-Butcher.



Pfizer booster dose...

From Monday 29 November Pfizer COVID-19 booster doses will be available for anyone aged 18 or older who has completed their two-dose course more than six months ago.

People can access a booster dose in the same way as any other dose, at a walk-in vaccination clinic or by making an appointment with a COVID-19 vaccinating GP or by using the [book my vaccine website](#)

Healthcare and border workers are a priority for booster vaccine doses as they are at the front-line of the response to the COVID-19 pandemic, and because large numbers of healthcare workers completed their primary vaccination course at least six months ago. We will also be making sure older people and kaumatua, including people in residential care, have good access to booster doses when they become eligible.

Currently, booster doses will not be mandatory for workers who are required to be vaccinated, or to get a vaccine certificate used to access events, gyms, churches, hairdressers, and other services and premises. TDHB Press release.

On trust...

'Jacinda Ardern should do whatever she deems necessary to fight off the virus. I wouldn't trust the judgement of people who voted for a bat as 'bird of the year'.

Hans Apers, Whitianga
NZ Herald: 2nd November 2021



It beggars belief...

Doing the rounds on Facebook is a photo of nine well known individuals from Taranaki displaying gold stars.

Their message stated...

"We ALL have our 'V@Xx passport so we're allowed to travel. Just like the Jews had to in the Holocaust.'



This is not funny.

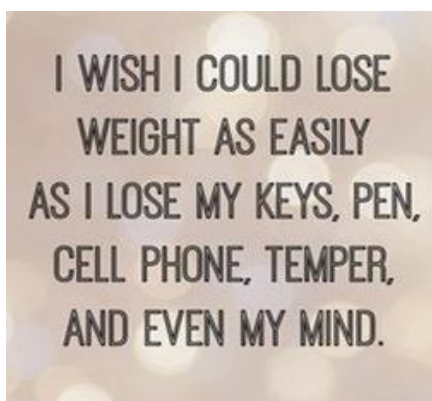
Who would have thought that there would be nine such insensitive idiots in Aotearoa NZ—yet alone in Taranaki!

Many vaccinated people are asking that we all be sympathetic and empathetic to people protesting against the infringements of their personal freedoms. Thoughtless actions such as the above will make that request more difficult.

There can be no excuse for such unsavoury actions.

The depth of distaste shown by these anti-vaccination non-thinkers is utterly appalling.

Opinion: Gordon Hudson



EUTHANASIA



Assisted dying became legal on 7 November 2021 with the End-of-Life Choice Act 2019 coming into force.

The Act outlines the legal framework that allows people who have a terminal illness, and who meet the eligibility criteria, the option to request medical assistance to end their lives.

All health professionals have been encouraged to understand their obligations under the Act, even if they're not directly providing assisted dying services. They still need to understand the requirements should someone ask for information about assisted dying.

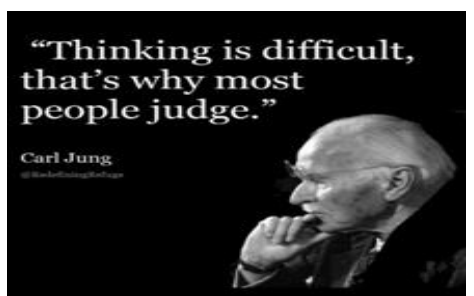
As anticipated, to date, the uptake of this option has been minimal.



The "blood micro-moon" was indeed a sight to behold...

Friday, 19th November was a cool clear night and the sight of the near total eclipse created a wonderful sight.

It was the longest partial lunar eclipse in Aotearoa since 1212. That is right. 805 years ago!



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

**ACTIVITIES: NP DECEMBER:
AQUA EXERCISES.**

Currently on hold until February 2022.

WEDNESDAY 1st DEC: OUTING:

Meet at Butlers Reef for lunch, seated in the conservatory by 11.30am. A set menu available on the day. All current Covid-19 restrictions and guidelines apply. Please contact Pauline re attendance, transport and cost. Tele: 06 759 9196.

WEDNESDAY 8th DEC: Music and Singing:

At 33 Liardet Street, 10 am – 12.30 pm. Starting with morning tea at 10am, and concluding with a light lunch of soup and toast at 11.30 am. Singing is fun. Xmas music, trivia, quiz, and more. Gold coin donation.

WEDNESDAY 15th DEC: Kiwiana Christmas Party:

Celebrate Christmas with us. Have fun with good old Kiwi style food, entertainment and festivities. 10.00am—noon. Will be a cracker! Dress code: Kiwiana Christmas wear. Contact Pauline for more info.

FRIDAY 2nd and 16th: Drop in Café at 33 Liardet St.

9.30—11.30am

OFFICE CLOSURES:

Noon Tuesday 21st December—reopening 17th January 2022.

MEALS...

Convenient, frozen and healthy. Can be purchased daily. Deliveries on Friday morning and by arrangement. \$5. delivery fee.

Note: Christmas shutdown as above.

Please contact Pauline Julian Community Worker North Service Coordinator for Social Connection Programmes and Convenience Meals Service

Age Concern Taranaki
Phone (06) 759 9196
0800 243 625
New Plymouth

IN TUNE WITH INGLEWOOD:

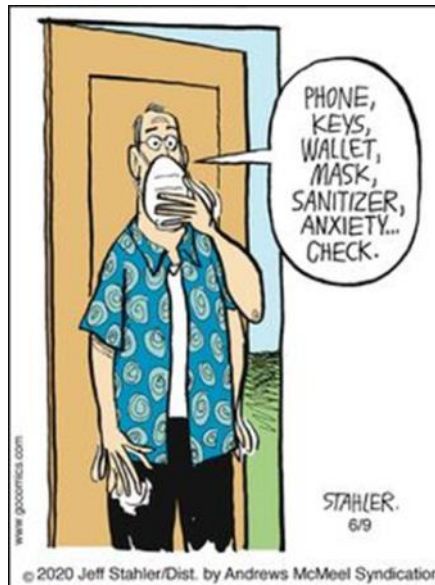
Christmas / Music celebration...

Thursday 9th December from 1.30-3.30pm at the Mamaku Centre, 6 Mamaku St.

And in WAITARA:

3rd & 10th DEC:
Café gathering: and
17th DEC: Christmas Party—
Music celebration...
1pm—3.30pm at the Senior Citizens Hall

Mere Kirihimete & Happy holidays...



Take a bow older people...

We may not be the fastest to master vaccination related technology—but when it comes to the basics such as getting vaccinated—people aged 65+ are leaders of the pack. I bet we are way ahead in recording our visits as well.



Antonia Smith joined Age Concern Taranaki in September 2021 as Service Coordinator. She wears many hats, overseeing the Accredited Visiting Service, Steady As You Go fall prevention classes, Staying Safe Driver Refresher courses, Digital Literacy Lessons, and our health promotion workshop series.

Details on the current conditions of programmes she oversees:

- Steady As You Go fall prevention exercise classes for the public are not running during Level 2. We anticipate we will be able to run them again in the new year and will be able to provide further details on their recommencement once the new protection framework has come into place.
- All Staying Safe driver refresher courses have been postponed for the remainder of 2021 and will also likely not recommence until the new framework is in place.
- The Accredited Visiting Service is still running at Level 2, with precautions in place. We are still accepting volunteer visitor applications and client referrals during this time.

And last but certainly not least... I am very happy to announce we are launching our Digital Literacy Lessons service as of next week, starting Monday 8th November. We are offering free-of-charge 30 minute 1-1 sessions with a tech tutor. Bookings can be made by calling Age Concern Taranaki on 06 759 9196. *Thank you Antonia.*



Another classis cartoon by Jeff Bell, Taranaki Daily News, November 23rd—says it all...



I MAY NOT AGREE WITH EVERYTHING THEY SAY, BUT I'LL HAPPILY TAKE THEIR VOTES!

Germany's Health Minister predicts...
 'that by this time next year, we'll all be fully vaccinated, recovering from Covid or dead.'
 Quoted from The NZ Listener, December 4th-10th 2021. P.15



Let's vax to the max... 

Positive Ageing NP



Your 2021/22 committee is:
 Patron—Peter Tennent
 Chair—Lance Girling-Butcher
 Deputy Chair—John Major
 Secretary—Gordon Hudson
 Treasurer—David Showler
 Committee— Brian Eriksen, Kathleen Forde, Wally Garrett, Margaret McCall, Carleen Broughton and Stephanie Hansen.
 Newsletter - Gordon Hudson
www.positiveageingtrust.org.nz

Unite against COVID-19

