



NP Positive Ageing, Newsletter - Taupaenui March 2025... Issue 121

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

Editorial - It's official, Forest Bathing is good for you...

Message... from Lance Girling-Butcher



Following my last column extolling the virtues of loving birds and hugging trees, I have official confirmation there is scientific proof that there are significant benefits in spending time in the bush.

I was made aware of this on a Radio New Zealand discussion on the picture of our probable next queen standing with arms spread wide in a stand of trees. The Princess of Wales, Kate Middleton, was apparently indulging in forest bathing, as part of her recovery from a recent cancer scare.

Forest bathing, a bit like sunbathing, but different, is scientifically confirmed as a way of improving human health as the body soaks up chemicals emitted by trees and some plants. These protect them from insect and bacterial attack.

These organic compounds have powerful effects on humans.

Studies have shown that exposure to phytoncides can reduce stress hormone levels, lower blood pressure, and even enhance immune function by increasing the activity of natural killer (NK) cells, which help fight off infectious diseases.



Forest Bathing originated in Japan as 'Shinrin-yoku,' and involves fully engaging the senses while spending time in a natural setting. Unlike hiking or exercising in the bush, forest bathing is about slow, mindful immersion, listening to the rustling leaves, breathing in the fresh air, and feeling the textures of the trees and soil.

This practice has been scientifically proven to reduce anxiety, improve mood, and boost cognitive function.

So what are we waiting for? We've got a lot more trees than they've got in England and if it's good enough for our future queen it should be magnificent for the peasants.

Also, it's not as though we have to go far to find a tree in Taranaki. Pukekura Park, right in the centre of New Plymouth is alive with trees, some older than Christianity.

There's a 2000 year old Pururiri at the south end of Brooklyn's Park. There is also a wonderful stand of 500 to 600 remnants of the original forest cover south of the main park. So we have got no excuse for not getting out into the wilds and hug a tree or two.

This article was prepared with assistance from Chat GPT. Facts were checked online and verified by comments made by a university professor during the Radio New Zealand interview.



In this MARCH Issue... Editorial: It's official... Forest Bathing is good for you... 1 Financing retirement... planning for the future... 2 Promoting the NP Positive Ageing Website 2 Taranaki Regional Council... Congratulations Peter Moeahu 3 Promoting the film 'Forever Human' a 'must see'... 4 Age Concern Taranaki March events programme 4 Te Whatu Ora New Zealand... Dying with dignity at risk 5 Help is available if you need help with food 6 Free public forum with great presenters ... 'Age is Just a Number' Wednesday 5th March 9am—3.00pm at the Westend Bowling Club 8 Another fabulous Age Concern Taranaki event. 8

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



Financing retirement—planning for the future...

Not everyone has the luxury of being in a financial position to live comfortably in retirement. There are many reasons for being in this situation.

Unemployment, under-employment, relationship issues, illness, disability, bankruptcy, scams, unfortunate investments, increasingly high costs of living (eg rates), your sex, ethnicity, whanau responsibilities - the list goes on but for so many, saving for retirement was not a priority or option.

In general, we are living longer and will need more funds to supplement superannuation over a longer period. And with inflation...

Certainly, we all will know of some people who can live on superannuation alone, and we wonder how on earth they manage to do that.

So much will depend on whether you are still renting, have a mortgage, outstanding loans, debts and whether you are in good health.

The latter, a matter of whether you and your partner stay in good health can prove costly, particularly if one partner has to pay for the fulltime care of their partner.

Information varies significantly, even when coming from the same source, but, generally speaking, Massey University's NZ Financial Education and Research Centre's latest report, 'Retirement Expenditure Guidelines' Gives us the most recent predictions and advice. It's author, Associate Professor Claire Mathews (pictured) has long been the 'go to' person for information on retirement in NZ.



According to the study, half a million dollars in savings/and or assets on top of superannuation should be sufficient for most retirees to have a reasonable standard of living, but those in the big cities may need twice as much.

The report shows a two person household will need \$1.14m for a comfortable city retirement while people in the provinces will need \$446,000.

Even if you could survive on a 'no frills' lifestyle, you will still need \$120,000 for city life.

The sums are based on data ending on 30.06.2024 and were compiled by Stats NZ.

The numbers are generally lower than a comparable survey in 2023.

"It is crucial to recognize that the landscape of retirement planning is always changing", says Mathews. *"You can't just sleep walk into retirement. You've got to plan for it,"* adds Mathews.

Opinion: Gordon Hudson

This Trust has invested in the redevelopment of it's website...

www.positiveageingtrust.org.nz

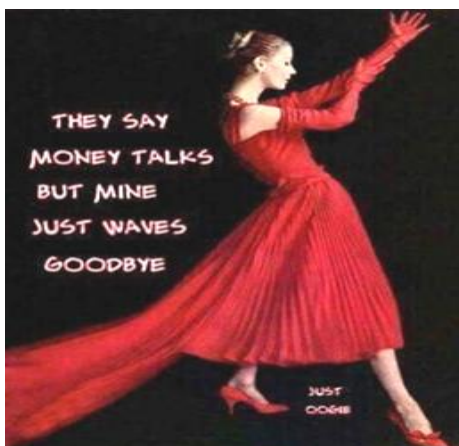
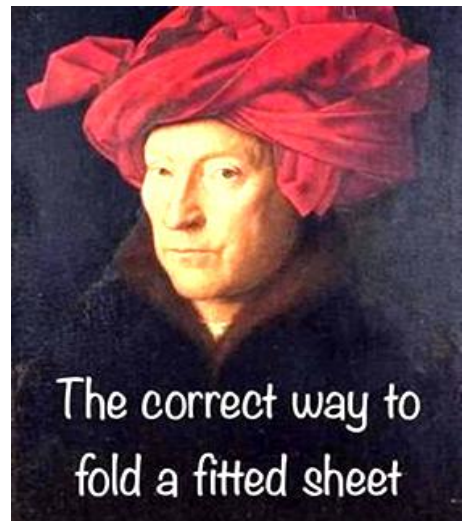
The format provides easy access to the site, what we do, how and when we do it and of course... why.

There are copies of all our public notices, educational forums, advocacy issues, submissions, and of course, present and past copies of these newsletters.

The Trust committee are named as is our wide ranging involvement with other community and local and central government agencies and our current projects and focus.

If you have suggestions for improvement, please contact any Trustee.

www.positiveageingtrust.org.nz





HUMAN-FOREVER.COM



Alzheimers Taranaki are excited to promote this groundbreaking movie: *Human Forever* to be filmed on Saturday 22nd March at 2.30pm at the 4th Wall Theatre, 11 Baring Terrace, New Plymouth.

This is a 'must watch' film for anyone caring for the elderly and a story about love for humanity.

It is also the most watched documentary in movie theatres in the Netherlands ever.

Tickets are \$20 and include a cake and a cuppa. And all proceeds will support the outstanding work of Alzheimers Taranaki.

Contact Alzheimers Taranaki to purchase tickets. Alternatively, do that by email: admin.taranaki@alzheimers.org.nz. Or call in at their premises at 14 Manakohi St, Spotswood, New Plymouth 4310.

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



Activities in March...



AQUA WALKING: Tuesday: 4, 11, 18 and 25: 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.

SPOONS AND TUNES: Wednesday 12 and 26: held at 33 Liardet Street, NP. 9.30-11.30am. "Chill" with us and enjoy great music and some tasty summer fruits and ice-cream. Gold coin donation.

DROP IN CAFÉ / SOCIAL MORNING: Thursdays, 6, 13, 20 and 27: 9.30-11.30am. Held at Age Concern premises, 33 Liardet St. Socialise, connect and make friends. Varied programmes with the 20th celebrating Saint Patricks Day.

OUTING in MARCH: Wednesday 19th March, from 11.30am and let the fun begin Meet at the Stumble Inn Restaurant/Café for a lovely lunch at 10am. Please register your attendance with Pauline.

INGLEWOOD Social Afternoon: Held at Lifegate, 6 Mamaku St. Connect and enjoy a lovely afternoon tea.

COASTAL CONNECTIONS OKATO Tuesday 4th March at the Hempton Hall Supper Room. lovely food, great company and a special guest on the day.

WHAT'S ON IN WAITARA: FRIDAY 7, 14, 21 and 28: Singing and fun and afternoon tea. 1—3.30pm—3 Warre Street, Waitara

**Contact: Pauline Julian
Age-Connect Service Coordinator
06 759 9196 or 0800 652 105
pauline@ageconcerntaranaki.org.nz
Office Hours:
9.30-1.30pm Monday to Friday.**

**It's probably my age
that tricks people into
thinking I'm an adult**



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

Congratulations Peter Moeahu - Iwi representative on the Taranaki Regional Council



Love him or hate him, Peter Moeahu is a wonderful advocate for Maori in Taranaki and Aotearoa. He is thoughtful, both pragmatic and passionate, has a strong sense of moral responsibility combined with a sense of humour.

Respected as a leader by many Maori and Non Maori alike. Moeahu has never been shy in expressing his opinions on matters close to his heart.

His most recent foray into local politics involved his role as an appointed Maori representative on the Taranaki Regional Council.

When, at a Regional Council meeting held on December 10, 2024, Deputy Chair, Neil Walker overrode his chair, Charlotte Littlewood who had asked staff to draft a submission, ready for councillors to consider at that meeting. It was aimed at providing an opportunity for discussion and unity.

The submission was to allow councillors to discuss the Regional Council's stance on the Treaty Principles Bill. But Walker and co decided that the matter was "too divisive" and "not appropriate" for councillors to consider debating. Walker stated that he believed that the Council was not a political body.

How absurd. That action is a key role for the regional Council, advocating for the region as a whole.

Maori representatives and some of the newer regional councillors were equally aghast to think that a NPDC councillor, Dinnie Moeahu, a son of Peter Moeahu, asked all councils in Taranaki to unanimously support a submission on the Bill and was treated with utter disdain, bordering on contempt, by the regional council. He needed the opportunity of presenting his compelling viewpoint. This was denied.

How pathetic can you get?

Long term councillor David Lean had the audacity to read a paper throughout this discussion. What insulting behavior from one of our former civic leaders.

At the next Regional Council meeting, Peter Moeahu moved that the Council "never send any more submissions to Parliament." After much debate, Moeahu withdrew the motion, after he and others had expressed their legitimate views.

The Council has agreed to review its actions and have apologised to the relevant parties. However, while accepting the apologies as well meaning, Iwi representatives have no faith that the council will review their actions impartially and without prejudice. As a consequence, Iwi representatives want a High Court challenge to the council's actions, however, later withdrew this action in favour of an extensive internal review

This seems a fair action as the Council has effectively trampled all over the mana if Iwi and Maori, have abandoned its legal obligations and denied open and transparent discussion.

This matter, much more than many other important matters, shows just how insulated and self-serving so many longer term regional councillors are. This behaviour needs to change. Quickly.

This matter is far from being over. Iwi representative Bonita Bingham will raise the matter at the Bill's select committee hearings in Wellington.

Opinion: Gordon Hudson

"I gave up trying to get this sports bra off. It's a hat now."



Crossing things off my to-do list... I didn't do them, I just don't want them on my list anymore



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

Te Whatu Ora

Health New Zealand

Dying with dignity at risk...



For some reason, Health NZ proposes to axe the two positions that provide some insight

and oversight by recommending more equitable proposals for fairness in the provision of services for those needing specialist care as they approach death.

Not a large investment for such a huge and important task - just two positions. It will mean that all the knowledge and expertise of this small team will no doubt be lost - to our cost.

National palliative care is all about giving those in need of such services a chance to access them in a timely manner. It is about dying as well as possible.

And we all are ageing, from the moment of our conception. We all will die at some stage and we all want to do so with the least discomfort as possible.

If someone is in need of such assistance, it really does need to be available at the level of care that is necessary.

But all that stuff does not seem to matter. Health NZ, in its various forms, has neglected palliative care and hospice services for decades - and this cut seems like it is just another example that older adults approaching their end of life do not matter. They probably don't even vote for goodness sake.

Dying is an important aspect of living. Having people in Health NZ that can provide well founded advice on what is needed, when and where, is important. It gives some peace of mind that Health NZ—Te Whatu Ora care.

At present, it certainly does not seem that way.

Opinion: Gordon Hudson.

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, and operates 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



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.

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

Tuesday mornings

7.30 - 10.00 am
(Last orders at 9.45am)

Everyone welcome.



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



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

**HELP IS AVAILABLE IF YOU REQUIRE FOOD
in Ngamotu/ New Plymouth (updated* February, 2025)**

Community kai is run each week at these venues...

| Day and time... | Who and where... |
|--|--|
| Monday 8am -3pm | Waimanako (Taranaki Retreat hub) 33 Devon St Plaza |
| Monday 9am – 2pm | New Plymouth Community Foodbank 40 Vivian St. behind St Mary’s Peace Hall oppo- site the cathedral. |
| Monday 5pm - 6pm | On the House - Moturoa redistributing quality surplus food. 2 Lawry Street, St James Church, Moturoa |
| Tuesday 7.30am to 10am Breakfast | The Good Café Cathedral Church Vicarage 37 Vivian Street NP |
| Tuesday 8am 7.30pm | Waimanako (Taranaki Retreat hub) 33 Devon St Plaza |
| Tuesday 10am –12.30pm Appointment only | Salvation Army 118 Powderham & Dawson St. For appointment ph 7589338 |
| Tuesday 9-2pm | St Andrews Café Liardet St., NP |
| Tuesday Dinner 5.30pm 2 course meal. | St Joseph’s Catholic Church Hall Devon St (down from the Clock Tower) |
| Wednesday 8am -7.30pm | Waimanako (Taranaki Retreat hub) 33 Devon St Plaza |
| Wednesday 9am -2pm | New Plymouth Community Foodbank 40 Vivian St. behind St Mary’s Peace Hall oppo- site the cathedral |
| Wednesday 1:30pm -2:30pm Off week of NZ Super | On the House – Over 65 Liardet Street Methodist Church Hall |
| Thursday 8am-7.30pm | Waimanako (Taranaki Retreat hub) 33 Devon St Plaza |
| Wednesday 9-2pm | St Andrews Café Liardet Street, NP. |
| Thursday 9-2pm | St Andrews Café Liardet Street, NP |
| Thursday 10am –12.30 Appoint- ment only | Salvation Army 118 Powderham & Dawson St. For appointment ph 7589338 |
| Thursday 5pm- 6pm | On The House - Fitzroy redistributing quality surplus food. 10 Henui St Fitzroy. Community Hall next to Holy Trinity church. |
| Friday 8am-7.30pm | Waimanako (Taranaki Retreat hub) 33 Devon St Plaza |
| Friday 9am – 2pm | New Plymouth Community Foodbank 40 Vivian St. behind St Mary’s Peace Hall oppo- site the cathedral |
| Last Friday of month 5.30 -7.30pm Meal | Methodist Church Hall Liardet Street (behind Church) |
| Sunday 6.00 pm Dinner | City Life Church 28 Egmont St. Next but one to Frederics |

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@sportstaranaki.org.nz
Telephone: 021 480 180



**Rare footage of
baby boomers on
their way to school**

Some sayings to tickle your fancy...

When one door closes and another opens, you are probably in prison.

Age 60 may be the new 40, but 9.p.m becomes the new midnight.

When I say “The other day” I could be referring to anytime between yesterday and 15 years ago.

I run like the winded.

Thanks Wally...



'Age is Just a Number'

Free conference - NP.

Come celebrate experience and fuel the future at 'Age is Just a Number' where we highlight what is available locally to proactively age well.

Wednesday, 5th March, 2025

9.30am—3.00pm

Westend Bowling Club,

101 Cutfield Street, New Plymouth

Great speakers

Limited to 150 seats so please ensure you have yours...

Register asap at Age Concern

33 Liardet Street, NP

or phone 06 759 9196 or 0800 65 2 105

www.ageconcerntaranaki.org.nz



“Our thoughts are real but that doesn't mean they're true.”

-ELIZABETH DEHN



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

Positive Ageing NP

Your 2024/25 committee is:

Co Patrons - Peter Tennent and John Major

Chair - Wally Garrett

Deputy Chair - Richard Andersen,

Secretary - Stephanie Hansen

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

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.

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—www.u3anewplymouth@gmail.com

Next week has been EXHAUSTING



DID YOU KNOW 14 MUSCLES ARE ACTIVATED WHEN OPENING A BOTTLE OF WINE?

FITNESS IS MY PASSION.



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