

WINTER 2019 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Horowhenua | Kapiti | Manawatu

Serving the needs of older people



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Robyn Baker
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Fern Brooking

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Our team of staff care for and connect with the people who live at Millvale House as they would a best friend.

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42 Mako Mako Road, Levin
Please contact us on (06) 367 2027

www.millvalelevin.co.nz

Contact Information Age Concern Kapiti

Phone: (04) 298 8879
Email: admin@ageconcernkapiti.co.nz
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AgeConnect Kapiti Coordinator/Support Services: Tristine Tilly
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IT'S DRIVING MISS DAISY'S 10TH BIRTHDAY!

This May marks a ten year milestone for Driving Miss Daisy. We are New Zealand's first and largest companion driving service and we have been committed to helping older people stay social, active and independent since 2009.

With ten years' worth of hard work and dedication, owners Melanie and Jack Harper have been successful in establishing Driving Miss Daisy as a trusted and loved brand, giving people the freedom of independence within their community. Driving Miss Daisy is now established all over New Zealand with 73 franchises, from Invercargill all the way up to Kerikeri in the North.

"We are so proud of what we have achieved and all of the people that we have helped along the way. Thank you to all our Daisies - franchise owners, drivers and partners. Thank you to all the wonderful clients we have enjoyed helping, spending time with and making friends with - here's to another decade of making a difference in people's lives!"

Melanie Harper, co-founder Driving Miss Daisy.

As people get older and their situations change, it can be hard to get out and about, socialise or simply manage basic errands. Driving Miss Daisy provides freedom, independence and strong social connections for those who need it. Our Driving Miss Daisy, 'Daisies', provide transport as well as companionship to clients ranging from supermarket shops, to doctors' appointments, or simply accompany them for leisurely activities whether grabbing a coffee or going on a group day trip.

We hold the companion driving service contract with ACC nationally and we are accredited under the Total Mobility Scheme which provides discounts on Driving Miss Daisy transportation services.

It is important to stay socially active and if you would like to find out more about our services please call us to discuss - we look forward to hearing from you.

Editorial supplied by Driving Miss Daisy

Driving Miss Daisy, more than just a driving service



Driving Miss Daisy is your safe, friendly and reliable companion driving service.

We can drive and accompany you to:

- Transporting you to your appointments
- Grocery shopping
- Airport pick-ups
- Companion outings
- Keeping your independence
- Taking children to outings
- Or even transporting your pet!

Total Mobility cards accepted and an ACC approved provider.

Bookings are essential – call today and make your next outing a pleasure!

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Kapiti	Ph: (04) 298 3689
Feilding	Ph: (06) 323 4333
West Palmerston North	Ph: (06) 355 0470
East Palmerston North	Ph: (06) 355 0040



www.drivingmissdaisy.co.nz

008020121 Horowhenua/Kapiti/Manawatu

News from Age Concern Horowhenua



HOROROWHENUA VOLUNTEER RESOURCE CENTRE

The Horowhenua Branch of the Volunteer Resource Centre is actively seeking volunteers to support numerous organisations within the broader Horowhenua area. One of those organisations is Age Concern who are always on the lookout for people to give a small amount of their time to go and visit a lonely person in their own home. We work closely with Age Concern to provide them with the type of volunteer they are looking for to meet their specific needs.

What we do

The Volunteer Resource Centre promotes volunteering activities in the region and are involved in many events and activities. Each year we hold the Volunteer Recognition Event to recognise the incredibly valuable contributions volunteers make to our region. You can look out for us at this year's "Age on the Go" Expo.

Our key roles include:

- Recruitment of volunteers
- Initial interviewing of potential volunteers
- Providing a referral service for registered organisations
- Supporting volunteering and volunteers
- Volunteer management support and networking opportunities
- Providing information on all aspects of volunteering
- Promoting volunteering and community group

services.

Our support for volunteers includes:

Matching you with a role - We can help you match your individual skills and interests with a large number of groups who need volunteers.

Training - Supporting your understanding of what a volunteer is (and isn't).

Advocacy - Helping you with any questions or concerns you have about your volunteering journey.

"Voluntary work is done of one's own free will, unpaid, for the common good."

You can come and see us at the Library any day Monday to Friday between 10.00am and 12 noon. Look out for us just in front of the Café area.

Age Concern Horowhenua wishes to thank all our sponsors in 2019 for making our work possible



ST JOHN SERVICES IN THE HOROWHENUA



St John
Here for Life

As well as responding to emergencies, St John is busy in the Horowhenua community helping people in many ways. St John community programmes offer practical and emotional help, with Health Shuttle and Calling Carer being invaluable to many older people. The St John Health Shuttle is a community service that transports people to essential medical and health-related appointments, and then brings them home again. The Health Shuttle is operated by volunteers, and while it is free, a donation is appreciated to cover costs. To find out more about the Levin St John Health Shuttle or to book a journey, please phone 0800 000 606.

Caring Caller is a service that St John provides for people who live alone or feel a bit lonely, connecting people who need a friend with people who have time to listen and chat. Caring Callers are community-minded volunteers who understand the need for care and want to make a difference to someone's life. If you or someone you know would like a Caring Caller, please phone 0800 000 606 or complete an online request <https://www.stjohn.org.nz/What-we-do/Community-programmes/Caring-Caller/Caring-Calling-client/>

St John wants to help build resilient communities, and a St John Medical Alarm can help people maintain independence for longer. It is the only medical alarm monitored directly by St John, so when your alarm is activated, the call comes straight to St John. If you want to know more about St John Medical Alarms, please phone 0800 000 606, or visit <https://www.stjohn.org.nz/Contact-us/Other/Medical-Alarm-Enquiry-Form/>

Many St John services are run by volunteers, so if you have some time to spare, giving back to the community by volunteering can be a very rewarding experience and a great way to meet new people. If you are interested in becoming a St John Volunteer, please phone 0800 000 606, or go to <https://join.stjohn.org.nz/volunteer-jobs#volunteer-jobs>

Courtenay Hearing Centre Serving the Kapiti area since 1993

Here at **Courtenay Hearing Centre** we focus on providing solutions that best meet people's needs and budget. We source products from all the major hearing instrument manufacturers - from whom we are independent, allowing us to provide unbiased professional advice, and to offer the best solution to maximise your hearing potential.

Courtenay Hearing Centre provides a full range of audiology services including tinnitus assessment and treatment, ear protection solutions, assistive listening devices as well as batteries, hearing aid repairs and accessories.

If you or a family member are having problems hearing, call and make an appointment today to see the team at Courtenay Hearing Centre at a location near you, for caring, professional advice.

Visit our website www.courtenayhearing.co.nz for more information.



Caring for your hearing



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- Accessories, batteries and servicing

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FREEPHONE 0800 432 766

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Waikanae Specialist Centre,
Marae Lane

PARAPARAUMU
8A Ihakara Street

LEVIN
SeeHear, 174 Oxford Street

info@courtenayhearing.co.nz
www.courtenayhearing.co.nz

Introducing Jenni Hedgman as Social Connection Coordinator for Age Concern in Horowhenua.



I have recently moved to Levin and feel excited to be a part of the team.

This role offers a diverse and interesting range of interaction within our community and other social service organisations for the benefit of our older people.

For the last 20 years, I have enjoyed working as a registered social worker with Capital & Coast District Health Board, Victim Support NZ and Barnardos. During this time I had the privilege of leading 2 large teams and also volunteered with Victim Support NZ for 9 years in the Porirua district.

I have a lovely partner Murray who grew up, lives and works in Levin. He is helping me orientate to the district. We're enjoying getting out and about in our motor home and off on our bikes exploring.

I have 2 adult daughters who are married with 2 children each and I love to spend as much time as I can with them in Tauranga and Christchurch.

Between Murray and I we have 5 cats, 1 labrador dog, 2 rabbits and lots of goldfish. I love the outdoors and enjoy swimming and rock'n'roll dancing.

I grew up in rural Gisborne, moved to Wellington at 18 years of age and raised my family there. It is awesome to live and work in Levin now, away from the hustle of commuting in the busy Wellington traffic.

Serving the community since 1909
We specialise in all areas of law affecting older people

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Barristers & Solicitors
Est 1909

If you require legal advice, you can rely on our experienced solicitors and staff

A 27 Queen Street, Levin, 5510
E office@toddwhitehouse.co.nz
P 06 368 8886

Steady As You Go[©]

A Strength, Balance and Falls Prevention Programme

- Falls are the most common cause of injury in older people
- Falls can lead to a significant loss of mobility and quality of life
- One third of people over the age of 65 fall each year
- Half of people over 80 fall each year
- Falls in older people are almost always associated with weakened leg muscles and poor balance
- Falls are not a natural part of ageing
- Falls ARE preventable!
- Joining a SAYGo class and improving your strength and balance can reduce falls & injuries

SAYGo improves:

- Balance and leg strength
- Flexibility
- General fitness and wellbeing
- And is a great way to meet new people

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance.

SAYGo has been shown to provide continuous improvements in strength and balance over time in 56 much-loved community based, ongoing peer-led classes.

Classes are one hour each week, \$3 per class

Please Join Us!

ENQUIRIES & BOOKINGS

Phone (06) 367 2181 - Age Concern Horowhenua

I didn't know if my granddaughter had learned her colours yet, so I decided to test her. I would point out something and ask what colour it was. She would tell me and was always correct. It was fun for me, so

I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these colours yourself!"

Better Send Off – The Ultimate Funeral Guide workshop

- Need some motivation to get those funeral plans sketched out?
- Come and join Gail McJorrow, Funeral Celebrant, Entrepreneur, Grandma, Mother and wife. She will get you started on your funeral planning with creative ideas, products, services, legal, financial information and much more.
- This workshop is designed to help you, your family and friends plan the send off you want.

Where: Jack Allen Community Hub – Back of the RSA Building 32a Bristol St, Levin
Please phone (06) 368 1195 to register for this workshop

When: Tuesday 9th July 2019 between 1pm to 4pm

Cost: Gold Coin Donation

Afternoon tea provided

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FFANE

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Phone: (06) 368 2954 or Freephone: 0800 FD CARE
Email: support@harveybowler.co.nz
www.harveybowler.co.nz

Millvale Lodge LINDALE

Millvale Lodge Lindale offers a homely environment in a peaceful rural setting with lovely gardens.

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Please contact Rhea on (04) 297 0059

www.millvalelindale.co.nz

HOROWHENUA AGE CONCERN ACCREDITED VISITING SERVICE



In March this year 35 clients and visitors spent a morning visiting a local garden in Levin, followed by lunch at Thompson House. The outing was enjoyed by all. During the winter we will have an indoor get together for clients and visitors. In the spring we intend to have more outings which will include further garden visits.



DO YOU HAVE TIME TO BE A VOLUNTEER VISITOR TO OLDER PEOPLE?

Are you:

- Sincere, friendly and enjoy a chat
- Keen to spend time with an older person
- Able to give an hour a week on a regular basis
- Respectful of confidentiality and of other cultures and ways of doing things
- Ready to be part of a team and experience ongoing support and training

If this is you, you could be an Age Concern Accredited Visitor.

Please contact Wendy McMahon

(AVS/Admin Co-ordinator)

Phone (06) 3672181

or email avs@ageconcernhoro.co.nz

Age Concern Horowhenua has recently been donated two mobility scooters,

one is from a family in Paraparaumu who wish to remain anonymous. The second is from Lisa Horn and her staff at 'MY RIDE' Levin (Southend Cycles). The staff at MY RIDE have undertaken to service these two mobility scooters which will be housed at the Age Concern Office in Queen Street Levin. They will be available free of charge to any elderly person who is either thinking about buying a mobility scooter and want to get used to driving one, or need one because of un-foreseen circumstances for a short term.

One of the scooters will shortly be made available to the District Council for them to check out the suitability of crossings and pathways throughout the district for people on mobility scooters.

For further enquires in regards to usage of the scooters please contact Age Concern Horowhenua on 367-2181.

At My Ride Levin we are here for all your mobility needs to assist with day to day living. Our staff offer servicing of equipment, from pumping up your Scooter tyres, maintenance checks to battery checks and everything in between.

We are the ACC and Enable contractors for the Horowhenua/Kapiti area, as well as WINZ approved. Looking to hire equipment – come and see us we have crutches, walkers, wheelchairs, mobility scooters, bathroom equipment – just to name a few all available on short or long term hire.

Daily Living products are also available in store to support your independent living – with a fresh new look on the horizon.

Our friendly experienced team are available for Free in home demonstrations, just give us a call and make an appointment

Come instore today to see our range of products and speak to any of our helpful knowledgeable team for advice and support

My Ride Levin
(Southend Cycles)
117 Oxford Street Levin
06 368 5459



After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

Enjoy your life with Enliven

Some things make for happier, healthier living, no matter what your age or ability. At Enliven, we create elder-centred communities where older people have companionship, choice and control, meaningful activity as well as quality care.

- | | |
|------------------------------|-------------------------------|
| Palmerston North | Levin |
| • Brightwater Home & Village | • Reevedon Home & Village |
| • Willard Home | • Levin Home for War Veterans |
| Feilding | Paraparaumu |
| • Coombrae Home & Village | • Kapiti Day Programme |

Free phone 0508 ENLIVEN or visit www.enlivencentral.org.nz

HealthCare New Zealand

Being independent is key to our quality of life. For most people, that means staying in our own homes, close to our family, friends, communities and favourite activities.

Sometimes we need a hand to maintain our independence, and that's where HealthCare New Zealand can offer high quality help, tailored to your lifestyle.

HealthCare New Zealand supports people around the country with personal care, home management and domestic support, nursing services and rehabilitation. Their specialist skills, knowledge and expertise lets them work with you to create a plan that suits your needs, regardless of age, illness, injury or disability.

With a national network of experienced and trained professionals, HealthCare New Zealand works alongside people and their families each step of the way, with a personalised support plan that incorporates your needs and goals.

With a toll-free 0800 number and website – www.healthcarenz.co.nz it's easy to get the support that works for you.



With over 19 years of experience and a professional team of local, caring and highly qualified staff, we can support you to live independently in your own home.

Our services include:

- Personal care
- Home care services
- Nursing services
- Goal based services

Our services are fully certified and in some cases may be free for eligible residents.

We also support privately paying clients.

For more information:
Freephone: 0800 275 174
www.healthcarenz.co.nz



HealthCare New Zealand

Rehabilitation. Community Health.

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GRANTS FOR INSULATION AND HEATING

Winter is coming and there's nothing worse than a cold, damp house that's hard to heat. Many New Zealand homes aren't warm enough in winter, increasing your risk of respiratory illness. Putting on another jersey doesn't help because you are still breathing in cold air. A warm, dry insulated home is healthier and easier to heat.

If you are a homeowner, you may be eligible for a Government grant covering two-thirds of the cost of ceiling and underfloor insulation. The Government has allocated \$142 million over four years for insulation and heating grants (grants for heat pumps and wood burners will be available from July this year). You may be surprised how little you have to pay.

You may qualify if:

- your home was built before the year 2008
- you are the homeowner (owner-occupier) and have a Community Services Card or SuperGold combo card, OR
- you own and live in a home in an area identified as low-income.

You may be eligible if you hold a licence to occupy in a retirement village.

To find out if you are eligible free phone 0800 749 782 to talk to EECA Energywise or use the eligibility tool on the Energywise website www.energywise.govt.nz/tools/warmer-kiwi-homes-tool/?utm_source=newsletter&utm_medium=email&utm_campaign=age_concern

If you are eligible, an insulation company contracted to EECA will visit your home to find out if insulation can be installed in the ceiling or underfloor – in a small number of houses there isn't enough ceiling and underfloor space. If everything is approved, sign a contract with the service provider and arrange a day and time to have the insulation installed.

Heating grants

Grants for heating appliances will be available from July this year. The same eligibility criteria will apply. There will be more information on the Energywise website from July or you can free phone 0800 749 782 at that time.



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NEW GP FEES FOR U 14 AND COMMUNITY SERVICE CARD HOLDERS

Did you know that since 1 December 2018, GP fees have been reduced for people with Community Service Cards?

All practices in Horowhenua have chosen to adopt a low fee scheme, so people with a Community Service Card pay the fees listed below, for standard consultations:

Adults 18 years+	\$18.50
Young people 14-17 years	\$12.50
All children under 14 years can also access GP services for no charge (this has increased from under 13).	

It is hoped these fee changes will reduce finance as a barrier for accessing health care.



“Hey Mr Burgler, That security door you just kicked in was there for your protection not mine!”

Could you be saving money on your power bill?

As the weather gets colder it's a good time to check if you're getting the best deal on your power.

This has been made easy with a quick two-minute check you can do.

A visit to www.whatsmynumber.org.nz will tell you if you could save money on your power bill by switching electricity providers.

It's a free, independent website that compares the electricity choices available in your area and lets you know what your potential savings are, should you choose to switch.

If you don't have access to the internet, your local Citizens Advice Bureau can help you run the check or you could ask your family to help. And if you decide to change, the new electricity company will do all the work for you.

Even if you're happy with your current company it's worth checking to see if you're getting the best deal for you.

Top tip to lower your bill

Well-installed insulation is always the top priority for a warmer, healthier home. Get your insulation checked to make sure it is up to scratch – it may have been moved or need topping up.
Visit www.energywise.govt.nz for more information.

Membership Form Age Concern Horowhenua

Mr / Mrs / Miss / Ms

Name: _____

Address: _____

Telephone: _____

Email: _____

Cost: \$10 Per Annum

Donations of \$5.00 and over are eligible for a tax credit under the terms or Section LD1 of the Income Tax Act 2007.

For more information please phone Age Concern Horowhenua on (06) 367 2181

RETIRED ON A BUDGET?

Paying less for power is a quick way to squeeze more out of your budget.

Check whatsmynumber.org.nz to see if you can get a better deal.

News from Age Concern Kapiti

By Dermot Whelan, Manager at Age Concern Kapiti

STEADY AS YOU GO (SAYGO) FALLS PREVENTION CLASSES

We've just completed the eighth and final new SAYGO classes for the July 2018/June 2019 year. Four of these classes were held pre-christmas and four more from February onwards in venues stretching from Paekakariki to Waikanae. There were many pleasing aspects to these classes, the most gratifying of which was the clear evidence of the improvements that

participants achieved in their balance, strength and mobility as a result of attending. Take our recently completed class at Waikanae as an example: The average improvements in balance, strength and mobility among that group were 41%, 30% and 25% respectively. Some individuals showed greater improvements of course, these were the averages across all the attendees. So that's



Dermot Whelan



Waikanae SAYGO class

very satisfying from our viewpoint as evidence that these classes do produce positive results. And remember, the two most common causes of falls among older people are poor balance and weakened leg muscles. In addition to the eight new classes, 7 peer lead classes started during the year, some of which are continuing. So a big thanks to Lesley, Jacky, Cath, Selwyn, Eileen, Jean and Joan for running these

classes for us around Kapiti.

For the July 2019 – June 2020 year, if we are successful with our funding application, we will be starting new classes. Otaki as a possible new venue is very appealing.



Quality Care In Your Home

Staying at home in your later years is now an affordable and safe option thanks to the care and support Care on Call provides.

From a couple of hours of help around the home per week, to full time care, Care on Call has experienced, trained and thoroughly screened carers available to cater to your unique needs.

Please call us or visit our website for more information.



Kapiti 0800 776 815
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Howard & Co Realty

Now that the winter months are with us we generally see less stock on the market as vendors feel that buyers prefer to view properties in the warmer months – **BUT not in Kapiti**. We are fortunate enough to have buyers moving to Kapiti 12 months of the year. There is still a chronic lack of stock all across Kapiti so we are still experiencing multi offers on most of our listings and many selling prior to the deadline sale date as these cash buyers complete their due diligence and submit strong cash offers for the vendors to consider.

Don't be fooled into thinking you will get a better result in summer as what usually happens is when spring arrives people list their properties and the buyers have more choice so you put your property under competition with other properties on the market. If you list while there is a lack of stock you have more chance of receiving multi offers at a good level on your property.

Choosing an agent and company to represent you is extremely important to get a great result. It is not about the fee its about the result, knowledge, professionalism and having a stress less experience. Ceinwen's move to own her own brand came after working years for the big brand boxes, which gave her no flexibility to our unique Kapiti market. The Andco brand is NZ owned and operated, not being dictated to from a head office in Auckland or Australia. We are only interested in "our market" – no one dictates what we can or can't do!

Our team work as a team with a choice of four highly experienced agents and supported by our full time Office Manager – if you would like a friendly chat about any aspect of real estate and get an understanding why we offer boutique services, do not hesitate to contact us on 0800 684 663.

Editorial supplied by Howard & Co Realty

Experience means everything - don't trust your most valuable asset in the wrong hands

Howard & Co
REALTY

- Successfully selling properties with outstanding results from Paekakariki - Otaki
- Support your local professional
- Free advice on presenting your home to get a premium result - professional home staging available

Why choose Ceinwen - Simple - just compare her results to anyone else



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Ceinwen Howard
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ceinwen@howardandco.nz

ADVANCE CARE PLANNING

In February/March I attended an enlightening two day training course on Advance Care Planning (ACP). What is ACP you may ask? That's a reasonable question as many people do not know, even though the concept has been in New Zealand since 2010. ACP was introduced internationally in the late 1980s. It is a process of discussion and shared planning for one's future health care. It involves competent adults preparing for a time when they may not be able to speak for themselves. Planning discussions should also involve whanau/family and health care professionals. Ideally these conversations will lead to a written statement of their preferences for health and end of life care, along with any specific directives.

Many people don't like to think and talk about things going wrong with their health, and even more so, death and dying. Often discussions about what is important for the person do not happen in families until someone is very unwell and may be in hospital. When people get sick, families and healthcare providers are often left difficult decisions without knowing what the patient wants. ACP is changing this.

It's easy to understand why many people are not thinking about and planning their future health care. Reasons may include "it's scary to write it down, it's so final, what if I change my mind", "my kids know what I want, they will do

me right", "the doctor knows best, I don't want to be telling him what to do".

The reality of life is that many of us may spend significant periods of our lives too debilitated to live independently. We do not like to think about that eventuality. So, most of us are unprepared for it. One person overcame her reluctance to write an ACP by a fundamental shift in her mindset. She began to see an ACP as "a gift for my family, it will make a really difficult time easier for them." Awareness of ACP is increasing in New Zealand.

The group who completed the local ACP training course had a catch up meeting recently with Helen Rigby who is the Advance Care Planning Facilitator for the Wairarapa, Hutt Valley and Capital & Coast District Health Boards. It was so good to hear about the achievements of the group and their conversations with individuals or small (and in some cases, large) - groups of people about Advance Care Planning.

If you would like to know more about Advance Care Planning, call us at Age Concern Kapiti any time.



Kapiti Advance Care Planning training course group

Become a Friend of Age Concern Kapiti

Mr / Mrs / Miss / Ms

Name: _____

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Friend of Age Concern Kapiti only \$15.00

Donation:

\$10 \$20 \$30 \$50 \$Other.....

TOTAL: \$.....

Donations of \$5 and over are eligible for a tax credit under the terms or Section LD1 of the Income Tax Act 2007

For direct bank transfer A/C:
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A receipt will only be sent if this box is ticked

Age Concern Kapiti, PO Box 217 Paraparaumu 5032

ANNUAL STREET APPEAL

Our annual street appeal is on **Friday 21 June**.

As always, we would greatly appreciate anybody who can offer us either an hour, 90 minutes or two hours of your time to help us collect on the day. We will have collectors stationed around the Coastlands Mall complex, outside the Warehouse and Pak'N Save, at New World on Kapiti Road and at both Waikanae supermarkets. Our previous annual appeals have always been blessed with fine weather, and we are confident that trend will continue on 21 June 2019!

MEDICAL APPOINTMENT TRANSPORT OPTIONS FOR KAPITI AND OTAKI RESIDENTS

The latest issue of "Super People" the magazine of Kapiti Grey Power looks very smart and contains a lot of very useful information. For instance, there's an excellent, detailed list of the transport options available for people with medical appointments in Kenepuru or Wellington - times of transport, contact details, costs, it's all there.



Go to

www.facebook.com/ageconcernkapiti
to follow us on Facebook.



70 Kimberley Road, Levin
Phone: (06) 927 9903 or 027 367 8004
www.speldhurstcountryestate.co.nz
Email: speldhurstcountryestate@gmail.com

A Disclosure Statement is available upon request by contacting the Village Manager - Debra Bishop

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Service is personalised and Freedom prices are comparable to (and often less) than a standard taxi. We take Total Mobility cards (TM) and are ACC Registered Vendors.

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AGECONNECT KAPITI

We started our three year AgeConnect Kapiti project last July. Its purpose is "To increase social connections for older people/koroua or kuia in Kapiti." It's been an eventful first year as we consult with and gather information and feedback from the community before we write an Action Plan which will come into effect in years 2 and 3.

What have we done so far?

We had a meeting in September, attended by representatives of community organisations. We explained our project and discussed the following topics; What services and activities already exist in our community, what is being done well? What are the barriers to social inclusion? How can agencies collaborate to tackle social isolation and loneliness? What role can the general community play? What are the low-cost, no-cost solutions? How do we reach older people who feel lonely? We repeated that format at a public meeting in October. From those two meetings we established a Working Group made up of individuals or representatives of organisations who are keen to help us drive the project.

We established strong relationships with Victoria and Massey Universities. Four wonderful final year Bachelor of Commerce students from Victoria wrote us a Communications Plan and Massey have prepared a survey of older people in Kapiti to help us determine the extent of social isolation and loneliness in our district.

In March, we held the first of six Focus Group meetings in the district. These meetings continued weekly and followed a similar format to our earlier meetings, but with the focus on the community in which the meetings were held (Paekakariki, Raumati, Paraparaumu Beach, Paraparaumu Central, Waikanae and Otaki).

One thing has become very clear as we work on our project. The prevalence of loneliness reflects the increasing fragmentation of society. An intriguing paradox of our hyper-connected digital age is that we seem to be drifting apart.

More about the survey which I have briefly mentioned above; As part of Age Concern Kapiti's wider project - To increase social connections among older people in Kapiti - we are very pleased to have the support of the Health and Ageing Research Team (HART) at Massey University. Professor Chris Stevens and her team have been working with us to study the experience of social connections and loneliness among older people on the Kapiti Coast.

We know that loneliness can be experienced by people of any age, but older people may be at risk of being socially isolated. We are interested in how many older people in our District experience loneliness, what sort of social connections they have, and what might support people getting to social events or meeting others in the way they would like to.

The best way to meet the initial aim of determining the extent of social isolation and loneliness among

older people in Kapiti and providing a general overview of the issues that need to be addressed is to run a survey of a representative sample of the population.

Approval to conduct the survey has been granted by the Human Ethics Committee, the survey questions have been finalised (thanks to those people who provided us with feedback on the questions) and should have been distributed to Kapiti residents by the time this goes to print. It includes questions about your social contacts, how you feel about different aspects of your life, your general living circumstances, and also some personal questions. Massey University have used the electoral roll to randomly select (as in a lottery) a group of people over 65 who are living on the Kapiti Coast, to receive the invitation to participate in the survey. Participation of course is the choice of every individual.

The data gathered from the survey will be analysed by Massey University who will provide us with a written report. That report should be with us by September.

PLEASE SUPPORT OUR ADVERTISERS

Their support enables the production of this newsletter, so please support them.

POP IN CENTRE IS 5 YEARS OLD!

Two wonderful ladies who have devoted their time and energy to enhance social connections for older people locally are Olive Mihailov and Mary Fraser. The Pop In Centre, started by Olive and Mary, celebrated its fifth birthday in May at the Te Newhanga Kapiti Community Centre, Paraparaumu.

Older people who seek company and friendship are invited to "just pop in for chat and a cuppa" every Friday from 1pm - 3pm.

Congratulations Olive and Mary!



You'll come out smiling

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News from Age Concern NZ Manawatu Outreach

We have been so lucky with the late autumn that it will be hard to accept winter when it finally sets in. Age Concern New Zealand Manawatu Outreach Service has had a very busy few months. We have started three new Steady as You Go@ exercise groups in Kelvin Grove (Thursdays) and Hokowhitu (Wednesdays) and a second Main Library group (Tuesdays) all in Palmerston North and started our Confident Driving and Life without a car Workshops.

Age Concern New Zealand Manawatu Outreach is working hard to become an independent incorporated society. The Board and staff of Age Concern NZ all feel that this will be best for the Palmerston North and Manawatu communities. A local Age Concern will be better able to respond to the increasing needs of older people in our communities. We have recruited an Advisory Group of local people who will become the first board of the new independent organisation and plan to apply to become an independent incorporated society following on from a meeting on 15th July where a resolution will be taken to become an incorporated society.

The work we do puts us in contact with many older people who are enjoying life and are included in their communities. Sadly though, through our Elder Abuse and Response Service we see many people who are victims of abuse or neglect and need the support of our social worker to be able to change

their circumstances. June 15th is World Elder Abuse Awareness Day where we seek to raise issues older people face. The stories on page 22 are not about actual clients but are scenarios created from the many clients Elder Abuse social workers support in New Zealand. If you are concerned for your safety or for that of an older person you know please call us in confidence on 06 355 2832.

To raise awareness of the issues of elder abuse Age Concern New Zealand Manawatu Outreach staff will be at Palmerston North airport from 6 a.m. on June 19th handing out purple Elder Abuse awareness ribbons. If you are there at that time come over and say hello and collect a ribbon.

Marian Dean

Manager of Age Concern NZ Manawatu Outreach

Confident Driving and Life without a Car Workshops

Age Concern New Zealand Manawatu Outreach Service delivered workshops in Confident Driving and Life without A Car to the Kaumatua group at Whakapai Hauora Best Care in Palmerston North in May with the support of NZ Police Constable Robyn Moore. Twelve older people participated in the workshop.

Confident Driving is a 4-hour refresher course for mature road users. It covers Law and Road Code updates; Considering other road traffic; Rural driving;

Medication and driving; How ageing affects safety; Other conditions affecting safety; Driving rules and tips; and Route planning. The workshop uses information and material provided by organisations including New



Kaumatua at the Confident Driving workshop at Whakapai Hauora on 16th May with NZ Police Community Constable Robyn Moore



Zealand Transport Authority; New Zealand Police; and the New Zealand Automobile Association.

Life without A Car is a two hour workshop delivered by Age Concern staff. It recognises that for many people in New Zealand being able to drive and have a car is a huge part of their lives. If we reach a point where we can no longer drive or don't want to drive then the challenge is to recognise how we can stay mobile and still have a socially active life. The Life without A Car workshop covers Transport costs; Alternatives to car driving; Reduced costs transport schemes; Transport options; In-home services; Other outing and holiday possibilities; and Going to regular activities.

Age Concern NZ Manawatu Outreach plans to run these two workshops throughout the year. We are also happy to run Confident Driving or Life without A Car workshops to groups of older people. Contact our office to arrange a workshop.

Confident Driving Workshop Delivered with the support of NZ Police

Wednesday 19th June
Age Concern NZ Manawatu Outreach Service
51, Waldegrave St. Palmerston North
9.30 a.m. - 2.30 p.m.

Cost \$5 donation for lunch

Booking essential as places are limited.
To Book or for more information phone
Age Concern on 06 355 2832

Life without A Car Workshop

Tuesday 18th June - 10am - 12pm
Feilding Senior Leisure & Learning Centre
14 Bowen Street, Feilding
To Book Phone Tracey Cuff,
Senior Leisure & Learning Centre, on 021 820 093
Or Age Concern NZ Manawatu
Outreach on 06 355 2832

Olive Tree Family and community education sessions about Dementia

Open to everyone:
To be held in the Olive Tree
Community Centre

Olive Tree is running an educational programme for residents, local families and the community to raise awareness and increase the understanding of people Living with Dementia.

Our talks will cover the physical/emotional symptoms, through to the support agencies that are working in this specialised area.

There will be four sessions running through June. These will be held at the Community Centre at Olive Tree Retirement Village. We will be serving light refreshments during each session.

Why not come along and become more informed and increase your understanding of memory loss and the supports available.

You're welcome to choose a session from the list below, or you can come along to them all:

Session 1: 5th June, 6-7pm

Pat Stichbury, Older adult mental health- Brain changes, behaviour and personality

Session 2: 12th June, 6-7pm

Sharon Matthews Smith - Respite care services

Session 3: 19th June, 6-7pm

Gavin Hurnard -Advanced care planning

Session 4: 26th June, 6-7pm

Heather Austin, Health and Disability advocacy service

Booking is essential, please RSVP to Alyson on (06) 350 3000 or email reception@olivetreeretirement.co.nz

We look forward to seeing you!

Olive Tree
11-13 Dalwood Grove, Highbury,
Palmerston North

ELDER ABUSE
IT IS OK TO ASK AGE CONCERN FOR HELP!
ELDER ABUSE AWARENESS 15 - 22 JUNE
CLICK HERE TO DONATE

75% More than three quarters of alleged abusers are family members

50% More than half of the alleged abusers are adult children or grandchildren

50 / 50 Alleged abusers are as likely to be female as male

Age Concern's Elder Abuse and Neglect Prevention (EANP) services received 2,260 referrals of older people who may be facing elder abuse or neglect in the year (Data obtained from Age Concern National Database for 2017-2018.) That's nine referrals every working day. 1589 of these situations are confirmed to involve elder abuse or neglect.

Abuse is also identified by other agencies including health providers, the police, lawyers, banks, other community support organisations, and Elder Abuse and Neglect Prevention services.

Elder abuse is classified into different types. The abuse experienced by an older person/kaumātua usually involves more than one type of abuse. In the cases seen by Age Concern's Elder Abuse and Neglect Prevention Services in the past year:

- 78% involved psychological abuse
- 49% involved financial abuse
- 16% involved physical abuse
- 14% involved neglect
- 19% involved self-neglect

Who is involved?

- Three out of five, more than half of abused older people are over the age of 75
- Forty one per cent of abused older people live alone
- Fifty four per cent of alleged abusers are adult children or grandchildren
- Abusers are almost as likely to be female as male.
- Four out of five alleged abusers are family/whānau; and we know that some family/whānau members continue to abuse their older relatives even when that person is in residential care.
- Two out of five alleged abusers live with the older

person. (This can be family/relatives or those not related such as borders or paid carers)

- In 1 out of 5 cases, the alleged abuser is financially dependent on the older person.
- This is fuelled by the housing shortage resulting in an increase in adult children and grandchildren, many with substance abuse or mental health issues, moving back to live with their parents, often with little support from specialist services.
- Court requirements can also add pressure for older people to provide suitable accommodation for adult children and grandchildren such as for bail and other sentencing alternatives to imprisonment.

Our Elder Abuse Response and Neglect Prevention Services (EANP)

More than two thirds of the older people referred to Age Concern EANP services improved their wellbeing score after receiving professional intervention from our workers. This highlights the success of our service in not only stopping abuse but also in improving the wellbeing of elderly people, despite many of them choosing to remain in situations where their safety is compromised, and many having progressive health conditions.

Our services are free and confidential. If you have concerns about yourself or someone you know phone Age Concern NZ Manawatu Outreach on 06 355 2832.

For more information and contact details for services visit: www.ageconcern.org.nz

IT IS OK TO ASK AGE CONCERN FOR HELP!

STEADY AS YOU GO®



Falls prevention exercise for strength and balance. SAY-GO® improves: Balance and leg strength, Flexibility, Mobility Spatial awareness, General fitness and wellbeing And is a great way to meet new people!

New groups:

- **Central Palmerston North**, City Library, Events Room (George St entrance) Tuesdays 11a.m. to 12 p.m.
- **Hokowhitu, Palmerston North**, Hokowhitu Bowling Club Rooms, 279, Albert St Wednesdays 10.30 a.m. to 11.30 a.m
- **Kelvin Grove, Palmerston North**, Kelvin Grove Community Centre, 68, Kaimanawa St., Thurs days 10 a.m. to 11 a.m.

Groups accepting new members:

- **Terrace End, Palmerston North**, Rangiora Community Centre, 102, Rangiora Ave. Wednesdays 10.30 a.m. to 11.30 a.m.

To register for one of these groups or for more information phone Fern at Age Concern NZ Manawatu Outreach on 06 355 2832



Follow us on facebook type 'Manawatu Outreach Service'

Corrections to "Plenty to do at Palmerston North Senior Citizens Club" from Issue 1, 2019

Tai Chi sessions on Mondays and Thursdays take place from 9.30 to 11 a.m. and are followed by a cup of tea until 11.30a.m. The Wednesday session takes place from 5:00pm to 6:30pm. For further information contact Tony van Rysewyk phone 021 0466 835 or email tonyandsalie@gmail.com

Pre Paid Funeral Trust

Some people have funeral insurance but premiums seem to rise as you get older, yet the amount claimable remains the same. Some have thoughts about prepaid funerals but worry funeral prices will rise with inflation plus there are on-going fees aren't there?

Andrew Malcolm of Kapiti Coast Funeral Home tackled this problem finding a pre-paid fund that has no fees and all interest goes to the client.

Sound too good to be true? Its not!

Kapiti Coast Funeral Home partnered with BNZ Client Funds, and agreed that neither will charge fees so all the funds invested, plus interest, go back to the client. Money is lodged in individual accounts with each person's own IRD number. They don't even have to be a BNZ client.

So why not take the onus off your family and arrange an interest earning no fees pre-paid funeral unique to Kapiti Coast Funeral Home.

editorial supplied by Kapiti Coast Funeral Home

Zero Fees Pre-paid Funerals
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NO on going admin fees
NO termination fees*

We provide
High Returns:
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These features are only found with the Kapiti Coast Funeral Home.
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Or fill in the attached reply slip for a free information pack to be sent out

*conditions apply

HINEMOA ST PARAPARAUMU
www.kapiti.coast.funeral.home.co.nz 04-298 5168

REPLY SLIP TO
Post to: PO Box 119 Paraparaumu
Please send me an information pack about pre-paid funerals
Name.....
Phone.....
Address.....

Kapiti Coast Funeral Home
there in times of need

Experiences of Elder Abuse

These stories are composites and do not represent any one particular person, or couple, place or situation. However in Palmerston North and Manawatu we are seeing an increasing number of older people who are experiencing neglect or self-neglect or who are being financially abused by family members. If you are concerned for yourself or for someone you know you can phone us and talk to us in confidence on 06 355 2832.



Jack's Story

Jack's sons thought their Dad sounded OK when they occasionally rang. He had never been much of a talker, but their Mum had made up for that! Their Mum had been a chatterbox with all the news from the town they grew up in, but they had outgrown small town gossip. After she had died they asked their Dad to come to live in Australia with them, but he said no. "I've got my house, my garden, my shed, why would I want to live with all that traffic in Sydney?" His sons loved the big city buzz, so after their Mum's funeral they happily went back to their busy lives in Australia. Their Mum had always sent birthday presents for their grandkids. When no more birthday cards came after "Gran" died, their adult grandchildren in Australia didn't think too much of it. The cheque each Christmas arrived in the mail from Grandad. They were frustrated

that he wouldn't get a smart phone to text him on, so they didn't bother to thank him.

It was the neighbours who became concerned, not so much about Jack, but about all the car parts that were piled up on his driveway. At first they joked about Jack starting a car wrecking business...but then got angry with him as it would affect their house values if he didn't clean up. The neighbours thought he was keeping out of sight to stop them harassing him about it, but they occasionally heard his car start as he headed out. In the spring the weeds started growing through his usually flourishing 'vege patch'. The general storekeeper hadn't seen Jack for ages, and thought that he was going to the new supermarket in the next town and paying his bills at the same time, now that there was no post office or bank in their town. The postie still delivered the mail including holiday postcards from his children.

It was an old friend of Jack's wife's from the church's ladies group who found him very weak inside his living room. She made him a cup of tea because he had been only drinking cold water lately. He said he was OK, but she felt she had to tell someone, even though she worried she would be called a "busybody". Her church minister rang Age Concern and the social worker visited Jack; he eventually gave her permission to contact people he knew. The GP's nurse said he hadn't seen him for at least 3 years and they didn't know he still lived in the district. The neighbours said he had not tidied up the mess in his section, so they had left him to it. His sons said he always sounded OK on the phone, anyway they had no leave left after their holiday.

The Age Concern social worker had to advocate with emergency services for a hospital admission for Jack. After several weeks Jack regained strength, and he was keen to go home again. The Age Concern social worker rallied several community service groups to help sort out his property and ensured he would have regular home-help once back in his home. Jack soon looked forward to the lady coming as she talked non-stop while doing his housework. Age Concern organised a regular volunteer visitor who liked cars too, so they had lot to compare notes about!



Frank and Joan's Story

Frank and Joan had loaned their daughter a large sum of money, using their own house as security. Their daughter had bought a small property to develop a horticultural business with her

husband. Both their daughter and son-in-law worked long hours 7 days a week and the business appeared to be breaking even. But when their daughter's marriage broke up, the financial losses were exposed as loan repayments had not been made - soon all the business equipment and cars had been repossessed.

Frank and Joan came to Age Concern extremely distressed saying they were being made homeless due to the mortgagee sale of their home. "After seeing those poor homeless folk on TV, we never thought it would happen to us. We worked hard to get our house mortgage free before we retired..." After a long discussion with the elder abuse social worker, Age Concern was able to support them to deal with the immediate issues first.

The Age Concern social worker approached the bank manager. Over the next few weeks, she worked with the bank, successfully encouraging them to suspend the house sale until safe accommodation for Frank and Joan could be organised.

Finding a place they could afford proved difficult, especially with the high rents on their limited 'super' income. With the support of the elder abuse social worker Frank and Joan eventually moved into a small flat on the other side of town, but had to give away some of their furniture to fit in. Neighbours were welcoming, but they didn't say why they had moved into the suburb. "We felt ashamed. In the end having to 'downsize' wasn't all bad, less housework and no lawns to mow. But what really hurts is not seeing our grandkids. How could our daughter just move into her new partner's house, but force us out of our home?"

Application to become

Friend of Age Concern NZ Manawatu Outreach

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Address: _____

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Annual Friends Fee

\$10 per person or per couple p.a. \$100 corporate p.a.

Donation: _____

How would you like to receive the newsletter? By Post By Email (please tick one)

How would you like to receive other information from us? By Post By Email (please tick one)

Donations of \$5.00 and over are eligible for a tax credit under the terms of Section LD1 of the Income Tax Act 2007.

For more information please phone Age Concern Manawatu on (06) 355 2832

or email: marian.dean@ageconcern.org.nz

Post application to Age Concern NZ Manawatu, PO Box 5063, Palmerston North, 4410

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Harbour City Funeral home looks after all aspects of funeral care including at-need, pre-planning and pre-payment, monumental work (headstones and plaques), online memorials at www.tributes.co.nz, bereavement support services as well as being certified to carry out natural burials.

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