

SUMMER 2022 QUARTERLY NEWSLETTER

www.ageconcernkapiti.co.nz

Age Concern Kāpiti



**AGE
CONCERN
KĀPITI**

He Manaakitanga
Kaumātua Aotearoa



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6 Tongariro Street, Paraparaumu 5032

OFFICE HOURS

9.00am - 3.00pm: Monday, Tuesday, Thursday,
Friday. Office closed: Wednesday

EXECUTIVE COMMITTEE

Chairperson - Roger Booth

Secretary - Bev Chappell

Treasurer - Graeme Joyes

Committee - Sonya Sloan, Denise Weir,

Jane Yoong

STAFF

Manager: Susan Church

AVS and Health Promotion Coordinator:

Alison Miller, avs@ageconcernkapiti.co.nz

Companion Walking Service Coordinator:

Julie Hodgson, cws@ageconcernkapiti.co.nz



The Staff and Executive Committee of Age Concern Kāpiti would like to take this opportunity to thank all of our lovely volunteers for their continued support of our clients. You bring smiles to many people's faces and great friendships have developed due to your enthusiastic participation in our valuable Visiting and Companion Walking Services.

The office will close from
**3.00pm on Thursday,
22 December 2022.**

We will reopen on Tuesday,
24 January 2023.

*We wish everyone an enjoyable
and safe holiday season*

Socks too tight?

We sell soft topped
bamboo and cotton socks

3 pairs \$36

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Christmas Day... Christmas Meal

Do you want to be with
others on Christmas Day?

Have some company, Christmas music
and share some Christmas cheer?



You are welcome to join the
Coast Community Church,
57 Hinemoa Street, Paraparaumu
from 11.30am on Christmas Day.

To book please call: 0508 366 322

If required, transport may
be available to assist you.



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Get the support of professional advice
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Otaki - Ph: (06) 364 7190

Waikanae - Ph: (04) 293 3735

Email: office@hobsonmills.com

Competition Name our Magazine!



This is the first
standalone issue of our
quarterly magazine for
Kāpiti.

We are looking for
your input into what
we should call our
magazine. If you have
any great ideas and
suggestions (for a two-
to-three-word phrase)

please let us know by either phoning the office or
email: admin@ageconcernkapiti.co.nz.

The only guidelines: it needs to be short, snappy,
engaging and relevant to Age Concern Kāpiti.

The chosen entry will receive a \$30 grocery voucher.

Smartphone users:

You can access the Age Concern Kāpiti website by using
the camera on your phone to scan this QR code.



Disclaimer: The views expressed in this newsletter are not necessarily those of Age Concern Kāpiti. The inclusion or exclusion of any product does not mean that the publisher or Age Concern advocates or rejects its use.

LEVIN WAR VETERANS

VILLAGE

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Enquire today!

Crafted with retirees in mind, these architecturally designed,
brand new villas have Lifemark 4 accessibility features. The brick
and tile two-bedroom villas with an adjoining conservatory offer
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Come and see our show home today!



Call sales agents Murray and Sue

on 06 349 1409 or visit

www.enlivencentral.org.nz

AgeConnect/Age Concern Kāpiti Website

Our AgeConnect Kāpiti platform continues but most of the information contained in it, has been transferred over to our new Age Concern Kāpiti website.

Our new website went 'live' in September so if you haven't checked it out already – you will find it at:

www.ageconcernkapiti.co.nz

This website continues to reach older people to help prevent loneliness and social isolation by providing information and activities that help them stay connected and involved.

There is a stigma associated with saying you are lonely, and it can be hard for people to overcome their pride and ask for help.

People's circumstances might have changed resulting in loneliness and social isolation: death, retirement, family moved away, lost confidence, financial, health and mobility changes – all create barriers for people.

Loneliness is an issue at any age but can be more challenging for older people as they possibly have lost some networks and support that they used to enjoy. As people age, they often find themselves spending more time alone. People need to feel valued and have something to get up for in the morning.

If we can link someone to an organisation or activity they are interested in, then they are more likely to make connections and form friendships.

Out delivering Council rates bills so I brought an assistant.....



Healthy Ageing Together Group

Alison Miller, Health Promotion Coordinator

Our year in review...our social group started off having bingo and quiz meetings when Covid was still restricting our numbers attending.

Since June, we have enjoyed several speakers with more people attending:

- Jason from Kāpiti Acupuncture and Wellness Clinic on traditional Chinese medicine.
- Two volunteer members from the Waikanae Museum – speaking on the history of the Kāpiti Coast – Māori and the early settlers.
- A speaker on the history of the Scout movement in England and here.
- Teresa spoke about her book she published with beautiful photos taken on dog sledging in New Zealand.
- Lastly, we finished the year with a speaker from the Paraparaumu Aquatic Centre outlining the programmes in the pool.

To end the year, we are holding a Christmas lunch celebration together at a local restaurant in mid-December.



Age Concern Visiting Service

Alison Miller, Visiting Service Coordinator



The Age Concern Visiting Service – provides a much-needed social boost to isolated elder people in our community.

Clients and Volunteers are matched then through the weekly home visits made by the volunteers a special friendship develops. This benefits both parties but particularly the clients who get to spend the time chatting and interacting with someone other than a care giver. Many clients don't have family nearby or friends have moved away so their social circle is shrinking.

We held a support meeting for our visitors where Jane Yoong spoke about how the visiting service was first started 33 years ago. Jane was on the committee in the 1980's when this service was first launched. Jane is a Member of our Executive Committee, so she has a long history with the visiting service.



HARVEY BOWLER
FUNERAL SERVICES

"It has been on my mind..."



"...and I've finally prepaid for my funeral. Now my family do not have to worry about the cost or arrangements for my farewell."

Call us to arrange your free pre-planning meeting, or visit our website for our online pre-planning form

Creating opportunities for a personal farewell 

0800 33 22 73
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www.harveybowler.co.nz



Our volunteers are essential to help us do what we do. There are many ways you can help us through volunteering.

Benefits of volunteering:

- Use your skills
- A chance to be part of the community
- Help others
- Gain experience
- Meet other people

What you could do:

- Office work or administration / Assist with our programmes / Become a Volunteer Visitor – visit older people in their home / Or a Volunteer Companion Walker – weekly walks / Promotion / Distribute our magazine newsletter in the community

Contact us on 04 298 8879 or email admin@ageconcernkapiti.co.nz for more information.



Millvale Lodge
LINDALE

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

Each person is supported to experience each moment richly.

CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

91 Main Road North, Lindale, Paraparaumu
Please contact us on (04) 297 0059
www.millvalelindale.co.nz

Baby Boomers

Jill Stansfield - Former Executive Committee Member of Age Concern Kāpiti



Thinking about our New Zealand demographic with particular emphasis on older persons, I started by looking at statistics relating to “Baby Boomers.” Believe it or not 23% of our population (980,000) are in that category – meaning they were born between the mid 1940’s and about 1960.

Currently they represent what might be called a “Bulge” in the workforce. People over the age of 65 are expected to increase by 77% to over 1.2 million by 2036. It is predicted that there will be 12,000 people over 100 in New Zealand by 2051 and 1.18 million people will be over 65.

Do we see recognition of these figures in our everyday life?

We also need to recognise that 57% of New Zealanders aged 85 plus still live in their own homes – with assistance! And 31% of women and 24% of men over 85 live in care. 62% of people aged 85 plus who live alone have no car.

Projections show that 31% of people aged 65 and over will be in the labour market in 2031 – up from 19% since 2011! It is also predicted they will make up 12% of the labour force by 2031 compared with around 5% in 2011.



The Office for Seniors put out a “Business of Ageing” report update in 2021 saying they had found that by 2071 older New Zealanders are likely to be spending about \$149 billion; will pay tax totalling \$46 billion and will contribute an estimated \$69-77 billion annually through unpaid work. There will also be an increase in their earnings from \$37 billion in 2021 to around \$175 billion.

All this shows us just how important the role is that older people play in the New Zealand economy. I feel that quite often the valuable contribution made by older persons to our entire New Zealand way of life is often overlooked – so I hope this information will go some way to changing that.

A Volunteer Profile Jennifer (Jenny) Wilson



I am currently a volunteer Administration Assistant at Age Concern Kāpiti. I have been working with the Kāpiti team since August and really enjoy the friendly and relaxed environment.

I have always enjoyed working and socialising with other people and after not being able to go out and socialise much over the last two years, I thought it was time for a change in my routine. I joined the Women’s Rebus Club of Waikanae and that is where I heard Susan Church, our manager speak. We were given the quarterly magazine and after reading about the need for volunteers, I threw my hat in the ring.

I am fortunate to have my family living on the Kāpiti Coast and so this role gives me the flexibility to look after grandchildren and go to my activities, such as aquafit, genealogy and Rebus, as well as go to some of the grandchildren’s activities. I also attend the Steady As You Go exercise classes run by Age Concern Kāpiti and have attended one of their monthly Healthy Aging Together meetings.

Life Tubes

A Life Tube can speak for you when you can’t. This is a special tube which contains vital personal information for emergency services in case of accident or illness.

Life Tubes are small sealable plastic containers, with a form inside you can use to communicate any medical conditions, doctor and next of kin contact numbers to be used by emergency services coming to your aid in a medical or civil emergency.

Keep inside your fridge and emergency personnel are trained to look inside!

Age Concern Kāpiti has supplies of Life Tubes and they cost \$5.50 each.



Census Day is 7 March 2023

The census is a survey of everyone in Aotearoa New Zealand. It counts every person in the country, and the places where they live or stay. The census gives us the most complete picture of life around the country, and in each of our communities.

The next census is on Tuesday 7 March 2023. You can do the census as soon as you get your forms and instructions. Stats NZ will start delivering these in February 2023.

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. If you have wondered about prepaid funerals, but worry funeral prices will rise with inflation, plus, aren’t there on-going fees?

The Funeral Directors Association of NZ has created a pre-paid fund that has no fees and all interest goes to the client. And to simplify the process, you can join online at www.thefuneraltrust.co.nz or call the Kapiti Coast Funeral Home, who will help you.

Don’t worry, if you arrange your plan through the Kapiti Coast Funeral Home, your money is protected, because all the money you prepay is held in trust independently of the Funeral Home and not held by any individual Funeral Home or their bank.

Also, the Funeral Trust is not an insurance policy. No health checks or personal questions are needed.

So why not take the onus off your family and arrange an interest earning no fees pre-paid funeral.

editorial supplied by Kapiti Coast Funeral Home

PREPAY PREPLAN YOUR FUNERAL

Peace of mind

A prearranged farewell through The Funeral Trust will give you peace of mind knowing your wishes are understood.

Security of funds

The money you put aside for your prearranged funeral is held in The Funeral Trust for you. The Funeral Trust has been established by the Funeral Directors Association of New Zealand.

You decide

Your arrangements are personal to you, it’s your decision.

Protect your family

Your family is relieved of the responsibility of making difficult decisions in very emotional circumstances.

Financial Benefit

\$10,000 deposited into The Funeral Trust plan is excluded from asset testing when assessing eligibility for a subsidy for long term residential care. Interest is also paid to funds deposited, and the prepaid plan is totally fees free.

The Funeral Trust

Kapiti Coast Funeral Home
www.kapitifunerals.nz

A prepaid funeral allows you to set aside money now to pay for your meaningful farewell.
Sign up online or contact us

www.thefuneraltrust.co.nz/why-plan-ahead MEMBER Funeral Directors Association of NZ

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

AGM

Our AGM was held in early September with 22 people attending.

The Executive Committee members for the next year are:

Chairperson: Roger Booth
Secretary: Bev Chappell
Treasurer: Graeme Joyes
Committee: Sonya Sloan,
Denise Weir, Jane Yoong

Dennis Blank (Chartered Accountant) and Peter Corin (Director, The Law Connection) were appointed as our Independent Reviewer and Honorary Solicitor.

Karen Billings-Jensen, CEO of Age Concern New Zealand was the guest speaker. Karen has been CEO for six months. She outlined her work background which included 17 years with Barnardo's and nine years with Wellington City Mission. Karen introduced the new logo and spoke of the origin of Age Concern New Zealand. In 1948 an Otago group was established with the concerns of older people identified then as being food, security, adequate shelter, healthcare and community issues of discrimination and loneliness. During 1960's most regional areas formed groups and in 1972 a national Older Person's Council Organisation was formed to provide coordination of services throughout the regions and in 1991 this national organisation name was changed to Age Concern New Zealand.

Thirty years later – no name change, but the logo has been updated. It was changed radically to convey the values of dignity, wellbeing, equity and respect that underpin all Age Concern core services. The logo depicts three connecting huia feathers. The huia feather is a sacred treasure for Maori, symbolising leadership and mana traditionally given as a token of friendship. The new logo with its huia design conveys the mana of our older adults and the leadership role of Age Concern and the circle of huia feathers portrays friendship, community and respect.

Karen touched on the various points such as Age Concern is not a lobbying group like Grey Power but in its national advocacy role writes policy submissions, attends select committees, seeks governmental funding

to deliver support services nationally that maintain consistency. New initiatives for Kāpiti include the Companion Walking Service and digital literacy to assist many people over 65 years to remain part of the ageing workforce. Other issues include the need for employment to pay for higher mortgage rates and the increasing cost of living. Nowadays retirement years can span 40 years and thus needs differ markedly when 65 years of age than at 85 years of age and over.

Executive Committee

Introducing Graeme Joyes, Treasurer for Age Concern Kāpiti:



Graeme is retired (mostly), married to Heather, and has lived on the Kāpiti Coast for 32 years. Qualified as a NZPO technician, completed a Diploma Theology from Melbourne College of Divinity, worked as a Pastor, returned to technical work as the technician at Coast Access Radio and became manager in 2005.

He retired a couple of years' back, in time to take the Managers role at Age Concern Kāpiti following the passing of Dermott. After Susan was appointed, he stayed on as Treasurer. Graeme also qualified as a Justice of the Peace in 2007.

One of his life passions is working with people and Age Concern Kāpiti is a good organisation, working for the older people of our community. Graeme will remain as Treasurer until our next AGM (September 2023) and then will stand down.

Do something today that might just save your life!

Free bowel screening now available across New Zealand.

Bowel screening is now being offered to men and women aged 60 to 74 years right across Aotearoa. Screening as part of the National Bowel Screening Programme is free for those who are eligible, as are any follow-up tests or treatment.

Approximately 500-700 cancers are picked up each year through the programme, and thousands of polyps which might have become cancer are removed.

The bowel screening test is quick and simple, and done at home. People are sent an invitation letter, a consent form, and a free bowel screening test kit.

The National Bowel Screening Programme uses a faecal immunochemical test (FIT). It can detect tiny traces of blood present in a small sample of person's bowel motion (poo). This may be an early warning sign that something is wrong with their bowel.

A positive test result does not necessarily mean a person has bowel cancer. Small amounts of blood in a bowel motion are most commonly caused by polyps, or other minor conditions such as haemorrhoids (piles), which can easily be treated.

A positive test means further investigation is required. This will usually be a colonoscopy (an internal examination of the large bowel with a small camera on a flexible tube).

Screening is for people who do not have symptoms of bowel cancer. Anyone with symptoms should see their doctor. Common symptoms of bowel cancer may include:

- A change to normal bowel habit that continues for several weeks.
- Blood in the bowel motion.

Although these symptoms are usually caused by other conditions, it's important to get them checked by a doctor.

More about the National Bowel Screening Programme can be found by ringing **0800 924 432**.

DO NOT KNOCK STICKERS - FREE

It is now illegal to ignore "do not knock" stickers. Changes to the Fair-Trading Act mean door-to-door traders who ignore a Do Not Knock sticker risk fines of up to \$30,000.



John Duffy of Consumer NZ says, "Over the years we have heard terrible stories of pushy salespeople hounding householders to buy products they don't want or need. In some cases, people have even purchased products just to get rid of the seller."

You don't need a sticker to benefit from these new consumer protections. If you tell a seller to stay away from your house, they must do as they're told for two years. If they don't do as they're told, or they ignore your sticker, you can complain to the Commerce Commission.

You can get a sticker from any Resene ColorShop or store that sells Resene paints or Age Concern Marlborough also has a supply of stickers.

Now you can train with Snapper!

On all Metlink train lines.



- For free travel show on-board staff your SuperGold card off-peak, 9am-3pm and after 6.30pm weekdays, and all day weekends and public holidays.
- Use your Snapper card or cash on-board to pay during peak before 9am, and 3pm-6.30pm weekdays.
- Using a Snapper card is at least 25% cheaper than the single trip cash fare.
- Tag on and off for every journey using the platform card readers.



metlink.org.nz/snapper-on-rail | 0800 801 700

OPEN DAY

Age Concern Kāpiti and Volunteer Kāpiti held an 'open day' at their offices on Saturday 1 October – also the International Day of Older Person. The theme for our day was: **Celebrate – Rejuvenate – Reconnect.**

Despite the weather not being fantastic we had a good crowd come along and join in some of the fun activities which included introductions / demonstrations: yoga, line dancing and Age Concern's Steady As You Go exercises.

There were also students running a TechHelp session for anyone who needed some help using their mobile phones or laptops. Music was provided by the Ukulele Institute...free food and drinks...



Steady As You Go participants



Line Dancing



The Ukulele Institute

It was a chance for people to discover the services, activities and opportunities provided by Age Concern Kāpiti and Volunteer Kāpiti

Companion Walking Service

Julie Hodgson, Companion Walking Service Coordinator



It is really pleasing to report that in less than six months things have really taken off. We have established awareness of the Companion Walking Service (CWS) in the community and have now made several matches between volunteers and clients.

It is really gratifying to work with both the clients and volunteers. There is a definite need to assist people to get out and walk with confidence. Our volunteers gladly offer their time and companionship to provide this service each week.

We are now focussing on keeping up the momentum of gaining new volunteers and incoming referrals.

Our long-term vision is that our clients may wish to band together to go for walks, and we will look at facilitating this when the Companion Walking Service is well and truly set in place.

As social isolation is a significant health issue, Age Concern Kāpiti is pleased to be help address this issue through our Companion Walking Service.

Statistics to date:

Volunteers

Applications in process - 3
Inducted - 9
Matched - 2

Clients

Referred - 3
Assessed - 2
Matched - 2

If you are interested in becoming a volunteer, please email me on: cws@ageconcernkapiti.co.nz.

30 Minute Chicken and Rice Dinner

This quick and easy one-pan dinner has a great flavour and is ready to eat about half an hour after you start to make it.

For 2 servings:

About 2 tsp canola or olive oil
250g boneless skinless chicken thighs
1 fairly large onion, diced
½ cup long-grain rice
½-1 red pepper, optional
1 tsp each of dried oregano, paprika and salt
2 Tbsp tomato paste
2 cups hot water
½ cup frozen baby peas

1. Heat a heavy, lidded frypan and add the oil. Cut each thigh into four or five pieces and put in the pan to start cooking. Add the onion to the pan. Stir the chicken and onion over moderate heat so both brown lightly.
2. Stir the rice through the chicken and onion in the pan, then add the chopped red pepper, oregano, paprika and salt.
3. Mix the tomato paste and hot water together and add to the pan, then cover the pan and let everything cook until the rice is barely cooked. At this stage, add the peas and cook 4-5 minutes longer.
4. Serve in two shallow bowls and top with chopped parsley, coriander leaves or chives if you like.

Note: Transfer leftovers to an airtight container and refrigerate for up to 3-4 days.

Extract from: Meals for 1 or 2 – Simon and Alison Holst cookbook produced for Age Concern.



Retirement villages sector launches most significant reform in a decade

New Zealand's retirement village sector has unveiled major changes to the way the industry operates in the most significant voluntary reforms to the industry since legislation was passed in 2003. Among the key changes is a requirement that operators pay interest on outstanding capital sums if a former resident has not been repaid within nine months of leaving a unit. In addition, all operators are being asked to stop charging weekly fees once a unit is terminated and vacated.

Members of the Retirement Villages Association (RVA), which represents operators comprising over 95 per cent of all units including not-for-profits, independents and listed village operators, have approved the changes, which will be trialed for 12 months as part of the organisation's best practice guidelines. The reforms will be voted on at the RVA's AGM next year, and if passed, will become part of the Association's best practice requirements that members' performance will be audited against.

The RVA has also committed to asking members to amend Occupation Rights Agreements (the contract between an operator and resident) to eliminate any perceived unfair clauses. These include clearly setting out responsibilities for repairs and maintenance of operator-owned chattels.

The sector's best practice disclosure guidelines regarding residents' transfer to care will also be recommended to be incorporated into the Retirement Villages' Code of Practice. Furthermore, if a resident is moving from a village without the necessary level of care and needs funds to pay for residential care costs in another facility, village operators will take all reasonable steps to assist them to get a residential care loan from the Ministry of Social Development. If a loan is not possible, the operator will advance sufficient funds to cover the residential care costs with the advance secured against the net proceeds when they are paid out to the former resident.

"Retirement village living is one of the country's most popular housing options with more than 100 New Zealanders moving into a retirement village every week and independent research shows overwhelming satisfaction rates," says Graham Wilkinson, President of the Retirement Villages Association. "However, we have always accepted the need for improvements to the sector's consumer protections regime where they are feasible and make sense.

"Developing and enforcing industry best practice is a more effective and fairer way to resolve these issues rather than legislative upheaval for the sake of it. Our industry's Blueprint is clearly delivering positive outcomes for residents across New Zealand." The sector accepts it is only fair that village operators share some of the pain where a relicensing of a unit takes over nine months, although research shows this was less than 10 per cent of all relicensing in 2021, he says. "That's why we are trialling having members pay interest on any repayment over nine months. This has the benefit of not penalising efficient operators, which a mandatory deadline would do, while encouraging others to up their game."

Stopping weekly fees when residents leave units has

already been adopted by the six largest corporate operators and larger independents and dozens more operators will now follow, says Mr Wilkinson. "The operators that do charge fees after a resident leaves are generally smaller or regional operators that simply cannot afford to cease this practice. Operators who are not responsible for the sale of the residential unit or independent owned villages with fewer than 50 residential units will also be exempt from the changes if the business risks failing."

Other changes include clarification on the maintenance of chattels and upgrades of units to meet the Government's Healthy Homes standards. "All of these changes are a continuation of the steps we have already taken to improve our policies and practices such as appointing former MP Hon Jo Goodhew to the RVA's Executive Committee as an independent member to bring older peoples' views to the table.

"We're prepared to explore other changes, but want to see a more evidenced-based approach before making decisions. "For example, an industry ombudsman may be a good idea, but our initial trialling of a de-facto dispute resolution service suggests the need is extremely low, if at all. "Standardised contracts may be helpful, but what's more important is clarity, communication and the ability for village operators to offer differentiation and innovation, not the lowest common denominator. There's a very real risk that innovation will be stifled if contracts are essentially a template."

The RVA is concerned about the negative unintended consequences of imposing changes to the sector's commercial model, says Mr Wilkinson. "Villages are extremely long-term investments and operators need certainty before they can invest. Developing and fully licensing a village requires substantial capital and takes typically around 5-8 years, and many further years before any cashflow return is received. "If there is any possibility of allowing an adjustment of commercial terms in the future, operators will think twice about future investment."

The sector is also confident residents' needs were generally catered for when they moved into care, he says. "87 per cent of residents moved seamlessly from the village to care. Of the 13 per cent who moved to another facility in 2021, four per cent was because there wasn't the right level of care available in their home village, two per cent needed to make a temporary move because a bed wasn't immediately available, and seven per cent moved away for personal reasons. "This shows that very few residents in villages have trouble moving to care where it is in a village."

"Clearly, it is in the interests of all operators to relicense units as quickly as possible. No operator wants a long drawn out process," says Mr Wilkinson.

Note: the RVA's Executive Director is willing to visit branches to outline the proposals and how they impact on residents and operators. This presentation is available entirely free of charge, but we will need an audience of at least 30 people to justify the costs of travel.
Contact John on 021 952945 to find out more.

Editorial supplied by Retirement Villages Assn



Steady As You Go Exercise Classes

Steady as You Go classes improve:

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

Classes consist of a combination of sitting, standing and walking exercises and run for about an hour. They are ideal for beginners, are ongoing and you can see how much you have improved over your first 10 weeks.



New classes are established by one of our staff members with the aim of becoming peer-led at the end of 10 weeks. Classes run in school terms only.

Paraparaumu:

When: Friday, 3 February 2022

Time: 9.30am – 10.30am

Where: Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu

Waikanae

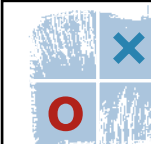
When: Friday, 3 February 2022

Time: 1.30pm – 2.30pm

Where: Baptist Church Hall, Te Moana Road, Waikanae

**For more information, please contact
Age Concern Kāpiti.**

Bookings essential: (04) 298-8879



COURTENAY Hearing Centre

Caring for your hearing



For independent professional advice

- Hearing assessments
- Digital hearing aids — all brands (60-day trial)
- Tinnitus assessment and treatment
- ACC, Ministry of Health and War Veterans funding
- Musician and noise plugs
- Accessories, batteries and servicing



WELLINGTON

Level 2, 15 Courtenay Place | (04) 385 9144

WAIKANAЕ

In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

LEVIN

SeeHear, 174 Oxford Street | (06) 368 0130

PARAPARAUMU

8A Ihakara Street | (04) 385 9144

info@courtenayhearing.co.nz

www.courtenayhearing.co.nz

Courtenay Hearing Centre Serving the Kapiti area since 1993

Rechargeable hearing aids have become commonplace in the last few years. Changing to rechargeables has brought a huge improvement in convenience and ease of use. From sleek, elegant desktop chargers to cute, compact pocket-sized chargers the options for both in-the-ear and behind-the-ear devices have expanded considerably. Many of these devices are on display at our Waikanae clinic or you can make an appointment with one of our audiologists at any of our clinic locations (Waikanae, Paraparaumu, Levin, Wellington) to discuss your specific needs

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.**

Editorial supplied by Courtenay Hearing Centre



A REFRESHER COURSE FOR OLDER DRIVERS



Our successful Staying Safe Driving Refresher Courses have now wound up for the remainder of the year and will begin again in February 2023.

The course is a friendly noncritical look at driving regulations and provides helpful tips on better driving habits.

We welcome all ages to take this course, just phone us to book in for the next course.

About the course:

These free four-hour courses involve a power point presentation and a lot of class interaction.

It covers four key themes:

- **Keeping safe:** thinking about your driving safety.
- **Being safe:** driving skills.
- **Safe journeys:** managing road situations.
- **Keep moving safely:** safe alternatives to driving.

The course talks about keeping ourselves safe on the road and thinking about the routes we travel in our daily lives to get to our destinations safely, thinking of all the scenarios we may encounter.

Making sure we do everything possible to prevent accidents caused by distractions and giving us the feeling of being in control of our driving. It also covers knowing what is expected of us and feeling confident when we get behind the wheel.

Book for our next sessions:

- February: Thursday, 16 February
- March: Thursday, 16 March
- April: Thursday, 20 April

Bookings are essential – (04) 298-8879 or use our 0800 number: 0800 65 2 105 | Press 5 (Lower North Island) | Press 3 (Kāpiti) and you come directly to our office phone.

Light refreshments provided by Age Concern Kāpiti – please BYO lunch.

Annual Membership Form - From 1 July to 30 June



The Kāpiti Coast is a great place to live. We want to make it a great place for positive ageing. Age Concern Kāpiti support older people, their friends and whanau and bring people together. We promote wellbeing, rights, respect and dignity for older people in our community.

Membership Fee: \$20 per person

Mr / Mrs / Miss / Ms

First Name Last Name

Address:

Home Phone: Mobile:

Email:

Date of birth (optional):

Yes, I would like to help Age Concern Kāpiti with a donation of:

- \$100
- \$50
- \$25
- \$10
- Other \$

Thank you for supporting the work we do.

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

How would you like to receive our newsletters and other information?

Post Email (please circle one)

Direct Credited from my account into the bank account of Age Concern Kāpiti

Name of Account: Age Concern Kāpiti Coast Incorporated
 Account Number: ANZ 06 0730 0405608 00
 Reference: Subs (insert your name)

Cash
 Age Concern Kāpiti | P O Box 217 | Paraparaumu 5032
 Room 16, Kapiti Impact Hub, 6 Tongariro Street, Paraparaumu
 Telephone: (04) 298 8879
 Email: admin@ageconcernkapiti.co.nz



Spotting Elder Financial Abuse



Better Banking Workshop
 February / March 2023

Bullet-proofing against scams and frauds

Advice and support for carers

Sessions : Date and times to be advised
 Waiting List Open Now

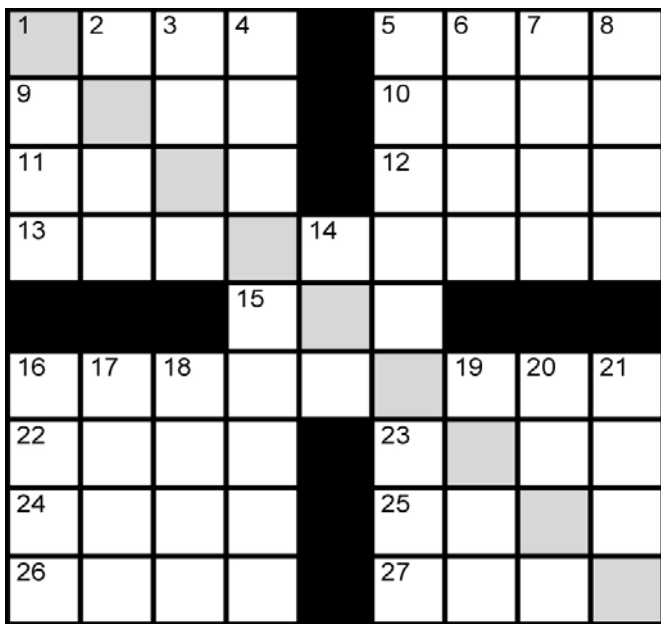
BOOKINGS ESSENTIAL: Limit of 20 per session
Contact: Age Concern Kāpiti | **Phone:** 04 298 8879

Where can I go for help

Venue: Tui Room, Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu

Warning signs of elder financial abuse

To Build



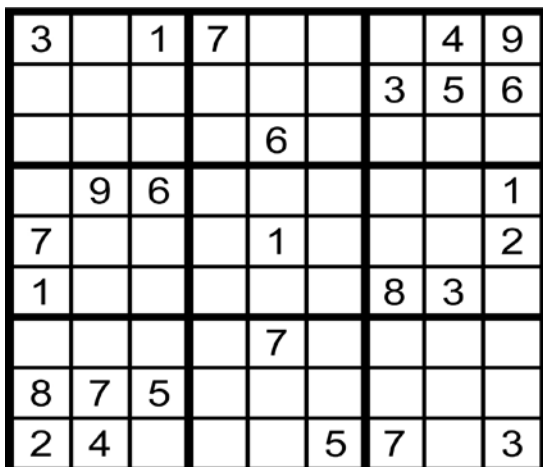
Across

- 1. Bivouac
- 5. Hat-tipper's word
- 9. Frost
- 10. Clearasil target
- 11. "Green Gables" girl
- 12. "Darn it all!"
- 13. Population statistics

15. Hog's home

- 16. Look at something again
- 22. Approximately
- 23. Twofold
- 24. All over
- 25. Killer whale

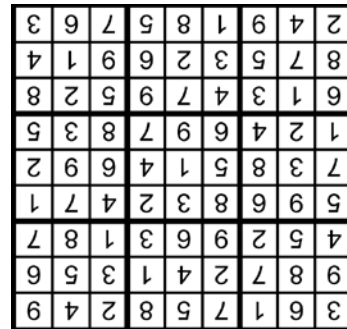
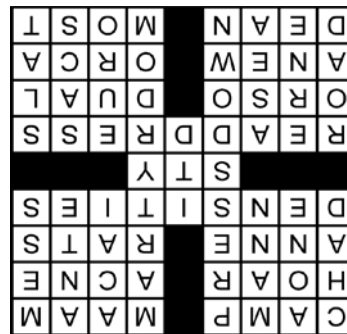
- | | | |
|--------------|-------------|-------------|
| Bamboo | Foxtail | Moth |
| Blue vanda | Fried egg | Noble rock |
| Cinnamon | Ghost | Nun |
| Cockleshell | Grass pink | Phaius |
| Crested snow | Halloween | Showy tiger |
| Easter | Holy ghost | Slipper |
| Egret flower | Marsh | Spider |
| Foul giant | Masdevallia | Vanilla |



- 26. College bigwig
- 27. The bulk

Down

- 1. Neighbor of Libya
- 2. Top-rated
- 3. Educator Horace
- 4. Push, in a way
- 5. Fate of one with a cause, perhaps
- 6. Antioxidant berry
- 7. Poker pot starter
- 8. Military meal
- 14. "___ be my pleasure!"
- 16. Start of many Hope/Crosby film titles
- 17. Coastal raptor
- 18. Floating, perhaps
- 19. Continental currency
- 20. Pouches
- 21. Bed board



The crossword headline is a clue to the answer in the shaded diagonal

ORCHIDS



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*