

Kāpiti adopts 'Age-friendly approach'

Kāpiti has more than 15,400 residents aged over 65 ... over a quarter of our population ... and that's expected to grow to 30 percent in the next 25 years..

Now the needs, aspirations, and contributions of older people in Kāpiti will be better supported and recognised with Kāpiti Coast District Council's adoption of an 'age-friendly approach'.

"Being an age-friendly district means ensuring our residents can continue to be part of our community and that their physical and social needs are catered for as they get older," said Mayor Janet Holborow.

"This benefits the wider community because the things that older people need, such as improved accessibility, housing, safety, and health care, is also good for others, especially young families and those with mobility challenges," said Mayor Holborow.

Reference group chair John Hayes said older people have a lot to contribute. "Many older people enjoy good health, have a strong political voice, and live active, healthy lifestyles. Older people have a lot to offer in terms of time,

experience, and wisdom. Our Māori communities hold significant value as leaders and guardians (kaitiaki).

"But we also need to accept that as we age we face greater vulnerabilities, disabilities and hardship."

Mayor Holborow said older people had several important asks of Council.

"Older people told us they want to be seen as valued and an integral part of society. They want places and spaces that contribute to their wellbeing. And they want to be able to get around to access services and information; and opportunities to connect with others and keep learning.

"Council has a pivotal role as a funder and facilitator locally, creating opportunities for physical activity and social connection in our parks, pools and libraries."

Council will now establish a cross-sector working group to identify and progress opportunities; a detailed action plan to enable collaboration between Council, aged-sector organisations and communities; and a framework for measuring tracking in our focus areas.

Read more about Kāpiti's age-friendly approach at <https://rb.gy/f6u4d>

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KĀPITI COAST
GREY POWER
MEMBERS AND
YOUR FAMILIES**



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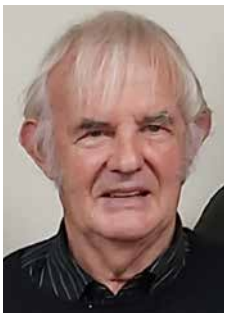
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<https://www.facebook.com/Kapitigreypower>
 Please "Like" it and also promote it to your online networks. If you have ideas for content for this page or issues we may look to seek feedback on, please let our administrator, Brett Sangster, know on secretary.kgp21@gmail.com

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eastick1956@gmail.com / 027 828 2150
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dipierce760@gmail.com / 04 902 5680
- Magazine Distribution Co-ordinator:** JOHN GIBSON
jg.kgibson@gmail.com / 04 905 9897
- Ōtaki Representative:** JUNE SIMPSON
 06 364 7673 or 021 109 2583

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PRESIDENT'S REPORT

I think that Kāpiti Coast Grey Power can continue to be happy with our public profile, especially after hosting the two Election Candidate meetings. There were a number of limited-entry meetings featuring candidates in our two electorates in the build up to polling day, but the Grey Power-hosted meetings were really the only wholly public meetings held in our district this time. If we hadn't played our role, many people would have not been able to see the candidates for themselves.

The Mana electorate consists mainly of Porirua. Our bit is Paekakariki, Raumati South and a small section of Paraparaumu. I think we did quite well with the turn-out for that one.

But the 220 or so who fronted for our Ōtaki electorate meeting was an especially pleasing turnout, larger than any I can recall for the Kāpiti district. We certainly would have had a bit of a problem if we had not moved our venue from Ocean Road to Southwards.

The current array of parties is an interesting reflection of the rights of individuals to be different. There were 17 parties in all for this election across the country. Few of them have any real chance of achieving representation in Parliament, but in most cases they are at least genuine attempts to make a public point about something missing from our scope of viewpoints.

Back in the days when there were only two major parties and a few 'Independents' we just accepted that that was it. Then 'Social Credit' emerged to give a bit of variation, and things have expanded from then.

The Discount Book for 2024/2025 is in the process of being sorted. There will be some handy new discounts offered. A special addition this time will be a section offering Information about the district's organisations assisting seniors. Grey Power, Age Concern, Citizen's Advice. All of them have senior citizens coming in from time to time to ask for help. The discount book will be the "need to know guide" on where to go for help. Watch this space.

My compliments to the current team of office staff, volunteers and Board members. I think that we are currently better served by our team than we ever have been. **However there is still room for two or three more Board members, especially somebody with some background in Finance. Please call me on 027 569 8515 if you could join our able team.**

Cheers and Happy Christmas
 Roger Booth | President

Odd Job Scheme



Our Odd Job scheme is a valuable resource for members.

Do you have the skills to help our members, for example, Building (Minor), Carpentry, Gardening, Handyman/DIY, Lawns, Painting to name a few or anything else you can think of.

If you can help or want more information, phone the Grey Power office during business hours 10am to 2pm on 04 902 5680.

"Grey Power members helping Grey Power members"

The Kāpiti Coast Grey Power Office will close for the Christmas/ New Year break on Friday 15th December.

We reopen on Tuesday 23rd January


Our Ōtaki Office will close on Thursday 7th December and will reopen on Thursday 1st February

We wish you all a Very Happy Christmas and New Year and look forward to seeing you in 2024.

Enjoy the Summer Break



LETTERS TO THE EDITOR



We would like to hear your opinions or concerns on subject matter for printing in our magazine. Letters must include the writer's name, home address and phone number. NB: We will not print this. Letters should not exceed 120 words.

We may not always print all letters we receive. Letters may be edited for clarity and length. Post to: the address on Page 1 or email editor. gpKapiti@gmail.com

Members' Coffee Morning



Dates for your diary:

Our Christmas coffee morning will be on **December 6th** and for catering purposes, **bookings must be made by phoning the office on 04 902 5680.**

Our speaker will be well-known horticulturist Gus Evans who has been recognised by the Royal New Zealand Institute of Horticulture. Gus, from Waikanae, was in 2022 made an Associate of Honour of the Royal NZ Institute of Horticulture (RNZIH) which is the highest honour bestowed by the institute. **Doors will open at 9.30 am for a strict 10 am start**, as Gus has to get away for another appointment.

John McBeth responded to a very late call to speak at our last Coffee Meeting, after our planned speaker pulled out. Then the screen failed to cooperate, and he had to resort to just speaking. But what a coup that was!

In a memorable address John began by explaining how, way back, he was a hesitant and nervous beginner as a public speaker, radio style, and was just filling in because someone needed to. But he demonstrated to us how able commentators become explaining what they are seeing to those not there.

His recall of the moments when swimmer Danyon Loader was winning our first and only Olympic swimming gold medals was captivating. He surprised himself by fighting with emotion as he told us about those very special moments.

I passed on to John the comments of a number of people that John's presentation was a 'best ever' for them, and 'the better for the lack of visuals'.

Dates for your diary:

2024's coffee mornings will be on **Friday, 15 March, Wednesday, 19 June, Friday, 16 August, Wednesday, 16 October and Wednesday, 4 December.** We'll let you know details nearer the time.

All are at Ocean Road Community Centre, Paraparaumu Beach and begin at 10 am.

FROM THE OFFICE

Kia ora Grey Power members Christmas is fast approaching – this will be our last magazine for the year.

We have had a busy time over the last few weeks with Grey Power hosting very successful “Meet the Candidates” meetings for the Mana and Ōtaki Electorates. Both meetings were held at Southwards and were open to the public. It was good to see so many people there.

In addition we have had a presence at the Waikanae Spring Market held during Labour Weekend and on 24 October were part of the Older Person’s Council “Kāpiti 65+ Information Station Day” at Coastlands. You might have seen us there.

We also had a very successful coffee/tea meeting which featured guest speaker John McBeth. What a pleasure it was to listen to him talking about his long and successful broadcasting career with great passion.

Our Volunteers have been busy phoning our members who may have forgotten to renew their membership for the year. This has had a very positive response and uptake.

A couple of things coming up I need to mention. The Members’ Christmas coffee/tea morning tea is being held on Wednesday, 6th December at the Ocean Road Community Hall starting at 9.30am. This is a catered event so we would appreciate it if you would call the office on 902 5680 if you are attending. I will be sending out an email reminder before the event. The speaker is yet to be confirmed.

We at the office would like to thank you all for your support and we look forward to this continuing in the coming year.

It just remains for me to wish you all a Happy and Festive season and we look forward to seeing you in the New Year.

Nga mihi *Emilia McDonald*
Membership Administrator

ASK NETSAFE: IS THIS A SCAM?

Online scams are increasing not only in number but in sophistication. How can you tell whether you are being led up the garden path, conned or swindled?

Netsafe is your first option to test whether any website or link is legitimate through their Antiscam system. Go to their website <https://netsafe.org.nz/> enter details of the website and they will check its credentials. There is also provision for reporting a scam if you come across one.

Netsafe is a respected New Zealand not-for-profit organisation, recognised by NZ Police, government, and social agencies for expertise in supporting individuals facing online harm.

A helping hand for hospital leavers

A safe, welcoming place to recover in after leaving hospital is something Lizzie Scott hopes to become the norm. CaringStay offers temporary accommodation for people who would otherwise have to return to an empty home after being discharged from hospital. Instead, they will stay with a person who can lend a hand in their recovery. Rooms are rented by people who have one to spare in their house, who will keep them company as they recuperate.

Lizzie was inspired to start the business after seeing friends leave hospital and move back to an empty home. She also heard many older people left hospital early to free up beds.

Currently there are just two homes in Wellington but she is working with more hosts around the country.

The hosts are police checked and encouraged to have grab-rails in the toilet and handrails on the staircases.

“The host is encouraged to keep notes on how the person is doing,” says Lizzie. That way if the doctor asks how they were on day three, we can let them know.”

You can find out about CaringStay at <https://caringstay.co.nz/>

If you’re interested in becoming a host, contact Lizzie on info@caringstay.co.nz



VOLUNTEERS TO STAFF THE FRONT DESK

Kāpiti Coast Grey Power is a not for profit organisation with members doing their best to keep abreast of local events concerning older people in the district and informing you of relevant topics.

We are looking for people who may have between two and four spare hours a fortnight to help staff our front desk in our Coastlands office. Full training will be provided.

If you are able to assist or want further information, contact Emilia McDonald
04 902 5680 or email
kapitigreypower@outlook.com.
We would love to hear from you.

Cup of tea for your thoughts

Kāpiti Coast District Councillors are inviting the community to share their views and aspirations for the district over a hot cuppa.

Every Monday, Wednesday, and Friday from 11am – 1pm until November 24th, Kāpiti Coast District Councillors will be hosting drop-in sessions at the newly-opened Paraparaumu Vision Kāpiti engagement hub and asking people to share what matters most and the changes they want to see in Kāpiti in the short and long-term.

The Vision Kāpiti engagement hub can be visited between 9am and 5pm, Monday to Friday in the foyer of the Paraparaumu service centre in the main Council building at 175 Rimu Road.

This is the third stop for Council’s roving Vision Kāpiti engagement hub, which has already spent a month in both Waikanae and Ōtaki. The hub will reopen in a new location in February 2024.

The district’s five community boards are also getting out and about, asking people to help shape a vision that truly reflects the needs and aspirations of each area. Community boards play an important role in protecting and preserving the unique local character of each area from Paekākāriki to Ōtaki.

You can also lodge suggestions at libraries and via <https://rb.gy/kn5rp>

Gold Card offers

SuperGold Card has a “Set Location” feature on the black bar on the opening page, where you can nominate where you are and it will find special offers in that area.

If you search www.supergold.govt.nz/ “Set Location” is on the right, scroll to “Wellington Region” then “Kāpiti Coast” it will list more than 400 offers in a wide range of categories.



BELLASPOSÉ FACIALS

Hi Ladies - Christmas is just around the corner - have you started making any preparations...

Why not spoil yourself with a Facial or a makeover, or giving this lovely gift to a friend or family member

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Financial abuse of the elderly

Older people rely on family members, friends and others for help with their financial affairs. But sometimes those helpers abuse the trust placed in them.

Financial abuse can take the form of

- misusing or stealing from the bank accounts of those in their care
- pressuring a person to sign a legal document, such as a guarantee or mortgage
- using a power of attorney in a way that is not in the interests of the person who granted it, or
- pressure from family member or caregiver.

If someone is pressuring you to sign a bank document or is accessing your accounts without your permission, contact your local bank branch. Staff will give you advice on how best to protect yourself and your banking affairs. Bank staff will also become alert to any unusual activity in your accounts.

The Office for Seniors runs a free helpline (0800 32 668 65) that gives callers information about elder abuse and also connects them to support services. Other organisations dealing with matters affecting the elderly are:

- SuperSeniors (Office for Senior Citizens)
- Age Concern
- Commission for Financial Capability (The Retirement Commissioner).

Source: Banking Ombudsman Scheme <https://rb.gy/xcixv>

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The following Report to the Members of Kāpiti Coast Grey Power Association Incorporated completes your Board's financial reporting commitments:

I have reviewed the financial statements for the period ending 31st December 2022

Management Committee's Responsibilities

The Management Committee of KĀPITI COAST GREY POWER ASSOCIATION INCORPORATED is responsible for the compilation of accounts which fairly reflect the financial position of that organisation as at 31st December, 2022 and the results of activities for the period ending 31st December 2022

Reviewer's Responsibilities

It is my responsibility to express an independent opinion on the financial statements, presented by the Management Committee and report my opinion to you.

Basis of Opinion

A review includes examining, on a test basis, evidence relevant to the amounts and disclosures in the financial report. This also includes assessing whether the accounting policies are appropriate to the KĀPITI COAST GREY POWER ASSOCIATION INCORPORATED. circumstances, consistently applied and adequately disclosed.

I have obtained sufficient evidence to give reasonable assurance that the financial statements are free from material misstatement.

Other than in my capacity as reviewer, I have no relationship with or interests in KĀPITI COAST GREY POWER ASSOCIATION INCORPORATED.

Qualified Opinion

I conducted my review in accordance with generally accepted standards in New Zealand. In common with other organisations of a similar nature, control over all the income due prior to it being recorded, is limited, and there are no practical review procedures to determine the effect of this limited control.

In my opinion the financial statements, showing Equity of \$26,670 and a deficit for the period of \$2,650, fairly reflect the financial position of the KĀPITI COAST GREY POWER ASSOCIATION INCORPORATED as at 31st December 2022 and the results of its activities for the period ending on that date

My review was completed on 14th August 2023 and my opinion is expressed as at that date.

DA Day | Reviewer. 14th August 2023

A simple banking process that could stamp out scams

Name and account matching - also known as confirmation of payee - could reduce scams, but what is it and how does it work?

Consumer NZ is calling for the country's banks to speed up the introduction of a simple measure that could reduce scams.

New Zealanders lose around \$200 million to scammers each year, prompting the New Zealand Banking Association (NZBA) to adopt a range of initiatives to fight fraud and scams.

Perhaps the most meaningful of these, and the one consumers are most likely to encounter first-hand, is confirmation of payee (also referred to as CoP). The NZBA has indicated that it will instigate an industry wide CoP service, but has not provided an indication of when this will be implemented.

CoP means you can check that the name and account details of the person or business you intend to pay, match before you make a payment.

It's a simple process, but can have an immediate impact on preventing certain types of scam – notably when someone is tricked into sending money to a fraudster posing as a genuine payee.

While New Zealanders are protected by a provision in the New Zealand Banking Association Code of Practice, this only protects bank customers if they are a "victim of fraud where someone accessed and used your electronic banking or your card without your authority."

So long as you weren't dishonest or negligent, took reasonable steps to protect your banking, and complied with your bank's terms and conditions, you should be reimbursed for this type of scam.

Consumer NZ welcomes the Banking Association's "instigation" of CoP but is concerned there is no timeframe for its implementation.

Chief Executive Jon Duffy said, "Banks have finally accepted that name and account matching is necessary to help prevent scams. It's our view this function should have been implemented before now, and failure to do that means banks have not been adequately protecting their customers.

Have you remembered to clean these 8 filters?

By Kate Harvey, Consumer NZ

It's that time of year when the spring sunshine shows up all those housework jobs we've neglected over winter. But as we work through our to-do lists, the many filters hiding around the house can get overlooked. **Here's a checklist of filters:**

- 1. Heat pump** - Just slide the filters out of the indoor unit and use your vacuum's brush attachment or nozzle to get them looking clear again. When you turn the heat pump back on, you'll notice the difference ... and your power bill might too.
- 2. Vacuum cleaner** - Your vacuum will have a filter – sometimes two. If you don't clean them regularly you might find the suction isn't good or the motor cuts out. Your manual will tell you where they are and how to clean them.
- 3. Dehumidifier** - After a winter of removing moisture from the air, the filter inside your dehumidifier is probably clogged with dust. Consult your manual to work out how to get to it.
- 4. Dishwasher** - It's a bit ick, but it must be done to keep your dishwasher working and prevent issues. Give the filter a scrub with a brush and hot soapy water.
- 5. Dryer** - A clogged filter forces your dryer to work hard, which costs more in power and is also a fire risk. Give the area where the filter goes a good

clean out too. Condenser and heat pump dryers can have an extra filter to clean out too!

- 6. Washing machine** - This is a job that mainly affects owners of front loaders. There's a drain pump that lives behind the hatch on the bottom right of your machine – it catches those little things that mistakenly go through the wash. It's easy to clean out when you know how. The inlet filter is a bit trickier, as you have to pull the machine out from the wall. Top loaders sometimes have a lint filter inside the central agitator or on the wall of the drum that needs cleaning – your manual will tell you.
- 7. Espresso machine** - Your coffee machine is likely to have a water filter which will need replacing every few months or yearly – depending how hard your water is.
- 8. Rangehood** - The build up of greasy grime might have put you off tackling this job. But cleaning those metal filters isn't actually that bad – they can usually just go in the dishwasher. Recirculating models will have a carbon or charcoal filter that needs replacing every 3 to 6 months.

Consumer NZ has published guides on appliance maintenance. You can find the links here: <https://www.consumer.org.nz/articles/have-you-remembered-to-clean-these-8-filters>

Rates relief - Kāpiti's rates have increased by an average of 7.8 percent for the 2023/24 rating year. If you're concerned about your ability to pay, you may be eligible for rates assistance. There's also a government rates rebate scheme for low-income homeowners. **Visit <https://tinyurl.com/4h3cww7t>**

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- ▶ Thieves had broken into my house and stolen everything except my soap, shower gel, towels and deodorant. Dirty beasts.
- ▶ Scientists say the universe is made up of particles such as Protons, Neutrons, and Electrons. They forgot to mention Morons.
- ▶ Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
- ▶ I like older men because they've got used to life's disappointments, which means they're ready for me.
- ▶ Good health is merely the slowest possible rate at which one can die.
- ▶ I can totally keep secrets. It's the people I tell them to that can't.
- ▶ Behind every angry woman is a man who has absolutely no idea what he did wrong.
- ▶ When I call a family meeting, I turn off the house Wi-Fi and wait for them all to come running.
- ▶ Be nice to your kids. They choose your nursing home.
- ▶ When everything is coming your way, you're in the wrong lane and going the wrong way.
- ▶ My doctor told me that jogging could add years to my life. He was right - I feel ten years older already.
- ▶ I walked past a homeless guy with a sign that read, "One day, this could be you". I put my money back in my pocket just in case he's right.
- ▶ The reward for a job well done is more work.
- ▶ Middle age is when work is a lot less fun and fun a lot more work.
- ▶ I hate when I am about to hug someone really sexy and my face hits the mirror.
- ▶ I found there was only one way to look thin: hang out with fat people.
- ▶ A recent study found that women who carry extra weight live longer than the men who mention it.
- ▶ If you're not supposed to eat at night, why is there a light bulb in the refrigerator?
- ▶ The road to success is always under construction.
- ▶ If you're going through Hell, keep going.
- ▶ I started out with nothing, and I still have most of it.
- ▶ Intelligence is like underwear. It is important that you have it, but not necessary that you show it off.
- ▶ I saw an ad for burial plots and thought to myself this is the last thing I need.

Metlink's route 290 to reservice Te Horo and Peka Peka

Route 290 passengers should see the installation of interim bus stops on Peka Peka Link Road and Old SH1 near the old School Road junction, Te Horo.

The stops will enable Route 290 buses to stop on the old State Highway (SH1) once more. Services on SH1 were discontinued in 2015 when high volumes of traffic deemed the bus stops unsafe. The Otaki bypass has diverted through traffic, meaning the old SH1 can be transferred to Kāpiti Coast District Council.

NZ Transport Agency (Waka Kotahi) is resurfacing a section of the road where the new stops will go and was due to finish on 9-10 November.

An updated timetable for the route 290 bus is available on the Metlink website and from timetable providers.

Meanwhile a submission from Council to Horizon's Regional Council's Services Review of public transport links for Ōtaki suggests that options to be explored for extending existing transport arrangements, shared services across transport agencies, and on-demand or community supported services. The submission can be viewed at <https://www.kapiticoast.govt.nz/submissions/>

INTERISLANDER DISCOUNTS

Grey Power has negotiated a 10% discount with InterIslander ferries for non-peak periods.

Call Kāpiti Coast Grey Power office for full details of the scheme, but the basics are:

- Reservations direct with Interislander online: <https://www.interislanderz.co.nz/members-fares>
- enter FA5477 into the group discount code box.
- Space is subject to availability at the time of the booking request.
- Bookings are 90% refundable if cancelled up to 1 hour before departure.
- Date and time changes allowed up to 1 hour before departure without penalty, subject to availability.

Grey Power membership card in the name of the person travelling must be shown at check-in or full retail fare will be charged.



Metlink's Accessibility Action Plan

Metlink is taking significant steps towards enhancing accessibility on its network through its newly proposed Accessibility Action Plan, presented to regional councillors at a meeting of the Transport Committee.

Greater Wellington Transport Chair Thomas Nash says "Our public transport system was not designed to be accessible for all people and fixing that is not only a legal requirement, it's just the right thing to do. We have a collective responsibility to ensure our public transport system is accessible to all and allows disabled people to exercise their rights just like everyone else," says Cr Nash.

Some planned initiatives set to begin from as early as 2024 include an accessibility training programme, awareness of hidden disabilities and stop and station accessibility improvements.

The Plan and research report can be viewed in full on <https://rb.gy/ppdjp>.

LIFE WITHOUT A CAR

As we age, we may choose to drive our car less than we used to; may only drive familiar routes or only in the daytime, or find we are medically unable to continue driving and have to relinquish our driver's licence.

There are many options that enable us to maintain our independence and keep doing the things we enjoy when we no longer drive a car. But it helps to think ahead about your future transport needs.

Age Concern New Zealand has produced a booklet which highlights options for older New Zealanders to remain active and connected. This includes some things to consider about where you live, community and public transport services, recreation activities as well as social outings.

To order a print version: https://www.ageconcern.org.nz/Public/Info/Resources/Resource_orders.aspx

Kāpiti speed limit changes confirmed

The speed limit around all Kāpiti Coast schools will drop to 30km/h.

Government rules introduced last year require road controlling authorities to develop and consult on Speed Management Plans to achieve safe and appropriate speeds on our roads.

The areas immediately around all schools will be transitioning to either permanent or variable 30km/h limits from next year, with 2027 the cutoff for when this must be complete.

Limits will be reduced to 30km/h in parts of Raumati South, Raumati Beach, Waikanae beach, Waikanae town centre, Ōtaki town centre and at Te Horo Beach. Speed limits will also be lowered on part of Valley Road, Riverbank Road and Peka Peka Road to either 50 or 60km/h.

The limit on the whole of Paekākāriki will be reduced to 30km/h after a second short round of community consultation.



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Termination fees by retail energy companies

A number of people have been caught out when changing power companies using websites such as Powerswitch.

Most power companies charge a termination fee, sometimes called an exit fee, if a customer moves from one power company to another and does not give the required notice - usually about a month. Depending on which energy company you are with, the fee is about \$200.

The problem is that termination fee is in the fine print and people never notice it when changing companies. If the website shows they can get a better deal people tend to switch right away as at this point there is no indication that they may have to pay a termination fee.

When using any website to compare energy prices, first check the FAQs and see what they say about termination fees. You should also check with the power company you are thinking of leaving and ask how much notice you have to give to avoid paying an exit fee.

If you do get caught out and the energy company demand an exit fee the Consumers Institute recommend you make a complaint and copy it to Consumer NZ info@consumer.org.nz and the Commerce Commission contact@comcom.govt.nz

Kevin Burrows

Grey Power ventilation discount

HRV has been in business for almost 20 years and has helped more than 500,000 Kiwis tackle some of the healthy home issues we face in New Zealand. HRV offers solutions that span home ventilation, home heating and water filtration systems for any type of home.

HRV offers Grey Power NZ members discounts on:

- 10% off HRV AirSense™ home ventilation (excluding HRV AirSense™ Lite)
- 5% off heat pumps/air conditioning
- 10% off water filtration products

Use this link to contact HRV <https://www.hrv.co.nz/community/greypowernz> or contact Philip Whitaker email Philip.Whitaker@hrv.co.nz

Please provide HRV with your Grey Power membership number. If you can provide a floor plan with your inquiry it will assist HRV assess your house requirements.

Consider opting to receive the Federation Magazine online

The rising cost of postage and printing has dramatically impacted on the cost of producing and mailing the Federation's quarterly magazines.

This year postage alone has cost the Federation \$134,419 for three issues – potentially around \$180,000 for the year. Escalating postage costs now consumes over 60% of the capitation fees from the membership, leaving far less for Grey Power's core business of advocating for older people.

To reduce the costs, the Federation is encouraging those members who are internet users to consider receiving its magazine online.

You can have a look online here

<https://greypowermag.co.nz/> to see the smart format and test how easy it is to use.

You can switch to the online version simply by providing your name, membership number, and email address on the online form - <https://tinyurl.com/ycx657em>. You will be advised by email when a new issue is available.

Federation President Jan Pentecost says hard copies will always be available to members who, for whatever reason do not want a digital copy.

REHABILITATION EQUIPMENT SURVEY

Hospital Services in our region have a large amount of rehabilitation equipment – crutches, shower seats and wheelchairs - that are frequently loaned to patients but don't get returned. This creates big challenges, so Hospital Services are looking for ideas and suggestions on how to make it easier for patients and whānau to return equipment.

Visit <https://tinyurl.com/5epms6b7> with your suggestions.

A little old man shuffled slowly into an ice cream parlour and pulled himself slowly, painfully up onto a stool. After catching his breath, he ordered a banana split. The waitress asked kindly, "Crushed nuts"? "No," he replied, arthritis."

CAUTION

Keeping Yourself Safe at Home – NZ Police

REMEMBER
in an emergency, call 111.

Other safety tips:

- Secure your doors, windows, sheds, and garages with good quality locks.
- Install security stays on windows, especially those on ground level.
- Don't answer the door for someone you don't know or don't want in your home. Ask for identification if they say they represent a company.
- If you're outside for an extended time, e.g. in the garden, lock your front door.

For older people, you may also want to consider:

- Having a phone by your bed.
- Arranging with a neighbour to phone or visit you if your curtains are still drawn after a certain time in the morning.
- Having a personal or medical alarm that you can press in an emergency.
- Only discussing financial personal details with people you know and trust.

If you are cheated or scammed, tell Police. If you suspect somebody else has been, you can contact Citizens Advice Bureau or the local Police for advice. In the interest of your safety.



Vale Sir John

Our Paekākāriki dancing knight Sir Jon Trimmer, who passed away last month, was a Kapiti Grey Power Life Member.

He was granted this status through his generosity fronting for us talking about his amazing career in dance. He will be sadly missed as a warm friendly identity, always happy in Paekākāriki village or in Coastlands to stop for a chat.

Roger Booth



Navigating help for older people

Exploring the context of older people in Aotearoa New Zealand (Te Kōrero mō ngā Kaumātua), created by the New Zealand Council of Christian Social Services (NZCCSS), is an easy-to-read guide outlining the ecosystem of services, legislation, research and support available for older people in this country.

However, during the report's development NZCCSS Kaiwhakahaere (Director), Matua Nikki Hurst, says it became clear that there are substantial gaps in our country's readiness to support the coming, well-known and long-signalled growth of our cohort of older people. Stats NZ projects that by 2028 there will be 1 million older people in Aotearoa (20% of the population).

She hopes the guide will also act as an urgent call-to-action to those with the power to improve the lives of older people in Aotearoa New Zealand.

Te Kōrero mō ngā Kaumātua is available on the NZCCSS website at: https://nzccss.org.nz/wp-content/uploads/NZCCSS_Te-Korero-mo-nga-Kaumatuia_August-2023.pdf

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Covid: Still here, still deadly

Covid-19 is still alive and kicking. It's our country's biggest infectious disease killer.

"It's a bit like an unwelcome guest that no one wants to talk about, but it hasn't gone away, that's for sure," University of Otago epidemiologist Professor Michael Baker told RNZ's *The Detail*

"It's our number one infectious disease threat ... it's really displaced influenza as our biggest single infectious disease killer."

Reporting, he says, has dropped off for several reasons, such as there no longer being mandatory self-isolation and ending of the Covid-19 leave support scheme, which helped pay employees who had to isolate.

"[There are] 3500 or so reported cases every week, but we know that will be at best 50 percent of the cases in the community ... maybe less than that ... so we're still looking at about 10,000 cases probably a week at least."

Prof Baker says the virus hasn't stopped evolving. He led the publication of a recent paper in the *New Zealand Medical Journal*, co-authored by 16 academic experts, calling for careful mitigation strategies to try and minimise the harms caused by an infection.

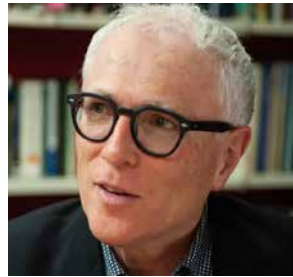
He talks about being up-to-date with vaccinations, staying at home and self-isolating if you're sick, and putting on masks in crowded indoor environments and public transport.

Also in this episode of *The Detail*, <https://rb.gy/v01z5>, associate professor Helen Petousis-Harris, a vaccinologist at the University of Auckland, says current vaccines are effective at protecting against serious disease, but not so much the asymptomatic or mild infections.

She says there's a lot of work going on to get better vaccine solutions. "These are things like intranasal vaccines – so vaccines you sniff – or skin patches... you want them in your upper respiratory tract to catch that virus as soon as it appears."

COVID-19 antiviral treatments now fully funded for more people

More New Zealanders are now eligible for fully funded COVID-19 antiviral treatments now Pharmac has widened the eligibility criteria. Paxlovid, Remdesivir and Molnupiravir are now available to more Kiwis living with disabilities or with one or more severe health conditions. Eligibility criteria are on the Pharmac website <https://rb.gy/pjqatq>



Immunisation Register changes

This November, the Aotearoa Immunisation Register (AIR) will replace the National Immunisation Register (NIR) and supersede the Covid-19 Immunisation Register (CIR).

The Register is used to help control the spread of infectious diseases by providing information about immunisation coverage across the population and keeping a record of the vaccinations New Zealanders have received or chosen not to receive.

Over their lifetime, New Zealanders can receive vaccinations from a range of health providers. At the moment, health providers can't always get a full picture of a person's vaccination history to help them and the consumer make the best health decisions.

Information is at: <https://rb.gy/xq3pw>

Video promotes the rights of people using health and disability services

The Health and Disability Commissioner (HDC) has launched an animated video titled *Respecting your Rights*, to help people understand and exercise their rights when using the country's health and disability services. The video covers what people's rights look like in practice and the actions they can take if they are concerned about the care provided to them or someone they know. Actions could range from talking to the provider, having a support person on hand, using the Advocacy Service, or lodging a complaint with HDC.

The video is in English <https://www.youtube.com/watch?v=AsYUM-jyHuQ> and in te reo Māori <https://www.youtube.com/watch?v=fQIOVFCbml>

Understanding chronic pain in older people

Chronic pain (mamaenga roa) affects 20-50 per cent of older people in New Zealand. It is defined as pain that lasts for more than three months, or pain that lasts beyond the normal time for healing.

The most common causes are degenerative spine and arthritic conditions, or nerve type pain, commonly caused by diabetes or shingles.

The treatment of pain needs to be balanced, by treating physical symptoms, and helping manage mood, sleep, improve exercise capability and social isolation. It is important to take a broad, whole person approach to the treatment, where all parts of life are considered, and use a balance of pharmacological and non-pharmacological options.

The New Zealand Pain Society has developed a tool called *Navigating Pain* <https://www.nzps.org.nz/painresource/>. It talks in more depth about understanding pain and gives strategies for managing and living with pain.

Beware of Legionnaires' disease when gardening

With Spring luring people into their gardens, gardeners are reminded to take steps to reduce the risk of becoming infected with Legionnaires' disease. Legionnaires' disease, is caused by inhaling bacteria legionella which is present in soil and soil products such as potting mix. It can vary in severity from a flu-like illness to severe pneumonia. Symptoms include fever, chills, muscle aches and pains, shortness of breath and coughing.

There are simple steps you can take to reduce the risk, says Dr Gregory Evans, Te Whatu Ora Medical Officer of Health at Toi Te Ora Public Health. "Avoid inhaling the dust when turning compost and gardens, when handling packaged products and when collecting or handling trailer loads from bulk suppliers." In addition:

- Wear a well-fitting face mask
- Avoid working in unventilated places such as closed sheds and greenhouses unless wearing a mask
- Open potting mix by cutting rather than ripping the bag and open the bag away from your face
- When potting plants or preparing gardens for planting, gently wet the soil or compost first to reduce dust
- Wear gardening gloves
- Wash your hands after handling potting mix or compost and before touching your face or removing your mask

For information on Legionnaire's Disease, visit www.healthify.nz/health-a-z/l/legionellosis.



registrations open

Kāpiti's Love Your Compost workshops are back! Register now to join the food waste revolution!

As well as the hugely popular Introduction to composting, worm farms, and bokashi workshops, Council is also running workshops on composting weeds, and building your own dog poo composter.

Kāpiti residents can claim a \$40 voucher towards a home composting system or collection service of your choice <https://rb.gy/1z5uz> - Vouchers can be redeemed at local retailers and collection service providers.

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Why is a nation of DIYers spending so much on funerals?

By Fergus Wheeler, *Death Without Debt*

Coffin building clubs, family-led services, hatchback hearses - more and more communities are gearing up to rebuild the D.I.Y. funeral culture of old. However there is a spanner in the works. Despite all the enthusiasm for reducing costs, New Zealanders are still paying, on average, \$10 000 per funeral. That's far more than many households can afford, and far more than the thousand dollars those families in the know, with helpful doctors, are paying.

A couple of years ago, a dying friend asked me to organise his cremation and other parts of the funeral process. When the doctor came we asked if he could send the paperwork direct to the second, "referee," doctor whose signature we also needed prior to cremation. This was the first time this doctor had had such a request, but when the system was explained to him, he was happy to help. Two minutes and one email later he'd saved the family a great deal of stress and money.

The lead up to that gracious act had, however, been a battle. It took dozens of phone calls and emails to find a way through the obscure system that surrounds that second, crucial signature. No-one in the medical centres, was willing, or able, to help us. The doctor himself, so helpful in person, had been impossible to contact beforehand. In the end we had to hire a social worker to get his attention.

The Ministry of Health is approaching the end of a 12 year review of burial, cremation and death. Submissions came in from a wide range of respected organisations including NZ Nurses and Age Concern as well as grassroots advocates. Disturbing cases of exploitation were cited. But while regulation of the funeral industry was looked at, the elementary question of how the funeral industry ended up with a captive market wasn't asked.

Death Without Debt wants all doctors and nurse practitioners centres to do the essential paperwork for families as of right - so New Zealanders have choice.

An affordable funeral doesn't mean skimping on dignity. Quite the reverse. People are reporting the hands-on approach gets everyone involved and builds bonds and memories that help the grieving process.

For more information, resources, workshop dates and news of progress, visit <https://www.deathwithoutdebt.org/> or contact 021 163 3178 deathwithoutdebt@proton.me

Older Persons' Housing Review moves to next stage

Options for improving the way Kāpiti Coast District Council manages its housing portfolio for older people will be considered next. Mayor Janet Holborow said part one of a two-stage review confirms that many of the Council owned 118 single-storey one-bedroom units over ten locations in the district are not sufficiently accessible for people with mobility issues and that the design and types of properties don't provide the diversity and choice older people want today.

The next stage of the review will look at options for an alternative operating model to improve the financial sustainability of the portfolio and support future growth.

"The current operating model of the portfolio is not financially sustainable without ongoing funding from ratepayers, so we need to look at alternatives if we want to grow our housing for older people," she said.

"We've been doing extensive upgrades to bring our 118 single-story one-bedroom units up to modern standard."

Any financial and resourcing implications of the review will be discussed in the stage two report. These were expected to be presented to councillors before the end of the year.

The report can be read at <https://rb.gy/9gxlm>

More Kiwis eligible for insulation grants

Eligibility criteria has been extended for the Government's Warmer Kiwi Homes programme.

Run by the Energy Efficiency and Conservation Authority (EECA), it has delivered warmer, drier, healthier, and more energy-efficient homes for New Zealanders since it began in 2018. The programme has achieved over 110,000 retrofits in that time.

Grants were previously set at 80% of the cost of insulation, and up to 80% for heating, capped at \$3,000 for those living in an area with a 'Deprivation Index' of 8, 9, or 10. Further top ups from community organisations in some centres have made the cost of insulation even lower or no-cost.

The change means insulation grants have been extended to include level 7. Further, those in levels 9 or 10 – and Community Services Card holders – will now be eligible for a grant that is 90% of the cost of an insulation retrofit. The programme has been extended to June 2027 and will cover components such as hot water heating upgrades and LEDs.

For more information on Warmer Kiwi Homes visit <https://tinyurl.com/4uf7dxzd>

Make your money last longer in retirement

You've got to retirement, with a decent chunk of money in the bank or your KiwiSaver account. How do you make it last?

Now help is at hand through a report offering options on how regular drawdowns from an investment work over retirement for different people.

Drawdown Rules of Thumb: Update 2023 is the work of the Retirement Income Interest Group of the New Zealand Society of Actuaries.

It uses as its base a person retiring at age 65 with a balanced KiwiSaver fund of \$100,000. It does not take account of other investments, savings, or NZ Superannuation. It at four rules of thumb, each providing a different income profile to consider.

6% Rule - This is most suitable for people who have plans for how they want to spend their early active retirement, they don't mind if they run out of money later on, and are not concerned with keeping an inheritance for their children. They've got either other investments or are happy to live on NZ Super alone after they spend their savings.

4% Inflated Rule - This is suitable for those worried about running out of money in retirement or who want to leave some inheritance, but is likely to give lower income each year than others.

Fixed Date Rule - For those who want to maximise their income, are not concerned with leaving an inheritance, and are happy living on other income (such as NZ Super) after a set date.

Life Expectancy Rule - This is for those wanting to maximise their income and not worried about leaving an inheritance.

Of course, there are other ways of increasing regular income, and the report looks at these: But it stresses the importance of not 'setting and forgetting' a drawdown plan. Plans should be reviewed regularly, especially if investment conditions change, but also because your personal circumstances and your priorities will most likely change, too.

This report <https://tinyurl.com/4bwwpf4v> is well worth a careful read to help you plan your way through retirement and to see first-hand the importance of putting in as much into KiwiSaver and other funds as you can, while you can.

MYTH: YOUR CAT IS FINE OUTSIDE



The Facts: *Cats are naturally curious creatures, leading people to think "but my cat WANTS to go outside." In fact, what your cat really wants is stimulation, and all the healthy stimulation a cat needs can be provided in a safe, indoor environment. Providing a variety of toys, dedicated playtime, and a window with a view will keep your indoor cat happy and healthy. Need further convincing? This sobering statistic should do it. According to Dr. Dawn Ruben, US, outdoor cats have an average life span of 4-5 years, while a full-time indoor cat has an average life span of 12-18 years.*

The Bottom Line: *You are responsible for your cat's wellbeing. Your cat will live much, much longer by being indoor-only, in your safe and happy home.*

This statement from 'The Moderncat.com' is talking about USA where they have many more predators that can make life dangerous if cats live outside. It's a slight reverse here because there is growing concern that our cats are eating our birds and some would like people to keep their cats inside. The push is to at least bring your cats indoors between dusk and dawn. My little cat is over 17 now and she has never been outside so I do speak from experience in endorsing the idea.



"Each capsule contains your medication, plus a treatment for each of its side effects."

Retirement village review closing

Consultation on proposed changes for the retirement village sector closes on November 20th.

The Government has released its Review of the Retirement Villages Act 2003 Options for Change paper: <https://tinyurl.com/yr6wvvrX>. It includes proposals around a number of issues which have concerned residents, including:

- stopping fees after a unit is vacated or shortly after
- introducing a partially standardised occupation right agreement
- replacing the current dispute resolution scheme
- requiring operators to meet the direct costs of maintaining and repairing operator-owned chattels and fixtures
- requiring disclosure documents to include more information on transferring within a village to aged residential care
- introducing a mandatory timeframe for repaying a resident's capital when they move out, and/or requiring an operator to pay interest if the repayment is not made after a certain time.

SeniorNet Kāpiti wants members to be able to use and enjoy their electronic devices, whether Android, Apple or Microsoft Windows.



We will get you started and provide practical tips to increase your confidence and expertise. Join us and learn how to...

- improve your understanding of the digital world
- get the most out of your device, be it PC, Laptop, Smartphone or Tablet
- get to grips with the Windows operating system
- explore the Internet and access stuff you are interested in
- use social media safely
- recognise and avoid scams
- communicate with family and friends in New Zealand and overseas using online apps
- shop and do your banking online
- organise your documents and photos so that they are easy to find
- make the most of your Smartphone camera
- manage and edit your photos
- make use of the opportunities offered by the 'Cloud' for data storage.

SeniorNet Kapiti is holding Open Days on Tuesday 30th January at Coastlands or Saturday 3rd February at its Learning Centre, 200 Matai Road, Raumati Beach.

Kāpiti Coast Older Persons' Council

Kāpiti Coast Older Persons' (OPC) Council (formerly the Council of Elders) was established in 2008 as a voice for older people in our community. Some of the many things we do are:

- Advise Kāpiti Coast District Council and the Community on issues which affect older people.
- Overview all the projects that came out of the Older Persons' Forums.
- Consult the wider community.
- Act as an information conduit for older people to and from Council.
- Make submissions on Council's draft policies and plans.
- Formally report back to Council.

The OPC is currently involved in the Age Friendly project and the Review of council's older person housing. That's not all. On the agenda for the 27th October meeting were:

- An update on Paraparaumu Community Centre
- KCDC economic development with reference to over 65s and employment
- A briefing from the Kāpiti Council Property Manager

We are undergoing a refresh. As the newly appointed chair I want the OPC to be more responsive to the needs of the community and encourage new members.

The group meets on the last Wednesday of the month, January–November from 1–3pm in the Council Chambers. New members are always welcome, so just turn up and introduce yourself.

Kevin Burrows | Chairperson Older Persons' Council

Homonyms are words of like spelling but with more than one meaning and sound. When pronounced differently they are known as heteronyms. Check out the following:

- The bandage was wound around the wound
- The farm was cultivated to produce produce
- The dump was so full the workers had to refuse any more refuse
- The soldier decided to desert his tasty dessert in the desert
- Since there is no time like the present he decided to present his present to his girlfriend
- When he show at it, the dove dove into the bushes
- I did not object to the object he showed me
- To help with the planting, the farmer taught his sow to sow
- The wind was too strong to wind the sail around the mast
- There was a row amongst the oarsmen about who should row

REUNITING MEDALS WITH FAMILIES

By Ian D Martyn, Director and Founder



MEDALS REUNITED NEW ZEALAND© is dedicated to reuniting medals and military ephemera with traceable families and descendants. Established in May 2014 by a former NZ Army and Air Force officer, its desire is to see medals returned to family ownership.

My experience in this research is that we are yet to meet anyone who is not overwhelmed at the prospect of having an ancestor veteran's medal returned to family ownership.

Among the most common locations medals are found, other than those picked up after an event that have fallen from clothing; is among the belongings of a deceased person (medals having no known connection to family); left in rest homes (sometimes for decades); found at rubbish transfer stations, in second-hand shops or at community markets; in and under demolished or renovated buildings.

Medals have also been found in vehicles, have been dug up and found in waterways. We also have had medals sent to us by concerned citizens who have purchased a medal or memorial plaque they have spotted in a shop or at a market, believing it should rightly be returned to family ownership.

MRNZ also receives requests from NZ & Australian Police, ex-uniformed service organisations such as RSAs and RSLs, from charity shops, clubs and businesses, emergency services, lawyers and solicitors managing deceased estates plus referrals from the NZ Defence Force and the Auckland War Memorial Museum. The recipient named on the medal or object is researched with a view to locating a direct or near descendant to whom we can return it.

More than 500 medals so far have been returned to families together with numerous items of ephemera.

If you have a named medal or item of military ephemera you would like to see returned to the owner's family or a near descendant (including anonymous donations – no questions), contact MRNZ at Website www.medalsreunitednz.co.nz, Email: medalsreunitednz@gmail.com or phone Ian Martyn on 027-940-4495 or 03-546-7728



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Editorial supplied by Courtenay Hearing Centre

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.

PARACETAMOL versus IBUPROFEN – WHICH WORKS BEST AND WHEN?



This article was put together from Sydney University research because there is often misunderstanding about the two medicines. However, it is always better to consult your doctor for any ongoing pain and read the dosage directions carefully.

In most cases, pain and fever relief is as simple as a trip to your local supermarket for some paracetamol or ibuprofen. While both are effective at reducing pain, they work in different ways. So, deciding which one you should choose is dependent on the type of pain you are experiencing. Sometimes it might be appropriate to take a medication that contains both drugs.

In Australia & NZ, paracetamol is branded as Panadol, Paracetamol, Pharmicare, and other generic chemist brands. Nurofen is the common brand name for ibuprofen, which is also sold under generic brand names.

So how do you know which one to choose and when?

While ibuprofen and paracetamol can be taken for similar reasons (pain relief) each works in a slightly different way. Ibuprofen is a non-steroidal anti-inflammatory drug, which means it acts by blocking the enzymes that produce a group of chemicals called prostaglandins. These chemicals are important for normal body functions such as relaxing blood vessels, preventing blood clotting, secreting protective mucus in the gut and helping the uterus contract. They are also involved in inflammation, pain and fever.

It is still not completely understood how paracetamol works. Like ibuprofen, it is thought to act by blocking

the enzymes that produce prostaglandins, although through a different mechanism to ibuprofen. There is also good evidence that paracetamol interacts with the brain's endocannabinoid system and the "descending pain pathway", which inhibits the perception of pain.

Is one drug better than the other? Because they each provide pain relief in different ways, paracetamol can be better at treating some types of pain, while ibuprofen is better at treating

other types. But be wary of packaging that claims a medication is useful for targeting pain associated with a specific condition as these claims are not true.

Because it reduces inflammation, the Australian Therapeutic Guidelines state ibuprofen is the better choice for pain associated with osteo- and rheumatoid arthritis, period pain, some types of headaches, and for pain that comes from having an operation. Paracetamol does not reduce inflammation but it is a better choice when fever is associated with the pain, like when you have a cold or flu.

We can sometimes get better relief when we take both types of medicine at the same time, since each targets a different cause or pathway of the pain. If one pathway does not completely control the pain then it can be useful to target the other one. The effects of each drug can add together for a bigger effect.

Combination products that contain both paracetamol and ibuprofen in a single tablet include Nuromol and Maxigesic.

Using a combination product means you can take fewer tablets. However, the doses in these combined products are sometimes less than the maximum recommended dose, meaning they might not work as well when compared with taking the tablets individually. Other times, you can get the best effect by alternating doses of ibuprofen and paracetamol. This keeps the levels of the medication in the body more constant and helps to provide more steady pain relief.

University of Sydney - Ref: Over 60

ANNOYING CHORES WITH UNEXPECTED SCIENTIFIC HEALTH BENEFITS

Wash dishes: Reduce anxiety

People who cleaned their plates mindfully (focused on smelling the soap, feeling the water temperature, and touching the dishes) could lower their nervousness levels by 27%. Cleaning with a lemon scented cleaner could make you happier as a citrusy scent is a potent mood booster. Studies have shown a significant decrease in peoples overall mood disturbance, a measure of tension, anxiety, depression, confusion, fatigue and anger.



Making your bed every morning Boosts productivity.

Starting your day with a freshly made bed is what Charles Duhigg, author of *The Power of Habit*, calls a "keystone habit"; one that has a ripple effect to create other good behaviour. He notes that making your bed every morning is linked to better productivity, a greater sense of wellbeing, and stronger skills at sticking to a budget. Bedmakers also report getting a better night's sleep than those who leave their covers messy in the morning.

Clean up your yard to prevent a heart attack.

People who did the most yard work, housecleaning, and DIY projects had a nearly 30% lower risk of a first-time cardiovascular event like a heart attack or stroke compared with those who were the most sedentary, according to a new Swedish study of 3800 older adults.

Banish kitchen clutter:

A recent study showed that people with super-cluttered homes were 77% more likely to be overweight or obese. The likely reason: it's harder to make healthy food choices in a chaotic kitchen.

Mow the lawn: Feel more joyful. There's something to that grassy scent. Australian researchers discovered that a chemical released by freshly cut grass makes people feel more relaxed and more joyful.

Growing flowers and vegetables can lower the risk of depression.

In a study out of Norway, people diagnosed with different forms of depression spent six hours a week gardening; after a few months, they experienced a notable improvement in their depression symptoms, and their good moods continued for months after the study ended. Doing a new activity and being outside in nature can certainly help, but some experts believe that dirt itself might be a depression fighter. A study found that there could be an increase in the "release and metabolism of serotonin in parts of the brain that control cognitive function and mood, much like serotonin-boosting antidepressant drugs do."

With spring well on the way, it's time to make the bed, do the dishes while inhaling the citrus smell of the cleaning products and then head outside with a broom or rake or get out the motor mower! Find a garden trowel and loosen the soil to plant some peas or beans. After all that grab a book and put your feet up in the sun!

REF: OVER 60

DRESS FOR SUCCESS SEEKS CLOTHING

Dress for Success is a worldwide organisation which supports women to find and keep work. It provides clothing suitable for job interview and work, job-seeking advice and skills, and ongoing employment support. It has opened a new store at 90 The Terrace, Wellington and are seeking donations of clothing!

Dress for Success accepts all recent, good quality, lightly-used clothing, footwear and accessories. Donations are carefully sorted with work-wear prioritised. Surplus clothing is sold in their stores to help fund programmes.

Donations can be dropped at 90 The Terrace, Wellington or 9 Margaret Street, Central Hutt.

New Benefit for Grey Power Members

Grey Power Federation has announced a new offer available to all Grey Power Members – Coffee Capsule 2U. Full details are available on the website www.greypower.co.nz/membership-benefit-information Use the discount code (GreyPowerCC2U) when you place your order.

This small Warkworth company has been providing Kiwi coffee drinkers with a delicious range of blends for their Nespresso machines since 2016. Even hot chocolate lovers are catered for!

Shop at www.coffeecapsules2u.co.nz/shop

Challenge Fuels

Challenge Fuels have ceased their special fuel discount for new Grey Power enrolments. However, all those currently enrolled will remain eligible for the ongoing fuel discounts.

Gold Card holders will continue to be eligible to sign up for Challenge discounts.

PS: Visit our Federation Website www.greypower.co.nz/ to keep up to date as we gradually add additional information and resources.

U3A Kāpiti

Kāpiti U3A provides a social and learning opportunity for retired residents. It lists 20 interest groups, covering subjects such as gardening, current affairs, music, fitness and writing. Check out the U3A Kāpiti website: <https://www.kapitiu3a.com/>



Kāpiti Coast WEA

Kāpiti Coast WEA aims is to provide community based, stimulating and varied educational activities that develop knowledge, skills, creativity, understanding and enjoyment of life.

It offers about 20 events each year, in a published programme that runs from March to October. For course information and enrolments: kapitiwea@gmail.com ; Phone 021 162 7000 (voicemail), www.kapitiwea.org.nz or PO Box 1536, Paraparaumu Beach 5252



Community Patrols

Community Patrols are often considered the “eyes and ears of the Police”. Simply put, patrols are a visual deterrent and a valuable resource when it comes to crime prevention in our local communities.

Several times a week, trained Patrollers volunteer their time and take to the streets of Kāpiti in a marked patrol car using Police intelligence and observation training to prevent and report crime.

Building safer communities is not always about preventing crime. Patrollers work with other local and government groups to receive specialised training which can help our community in times of natural disaster and other emergencies.

Kāpiti members recently teamed up with Wellington Regional Emergency Management Office for training around operational procedures in the event of a large earthquake and how they can help the community with things like water, shelter and food. Wellington Free Ambulance has also provided CPR and Defibrillator training to the majority of patrollers.

The Kāpiti branch is always looking for volunteers. Visit Kāpiti @cpnz.org.nz for information.



Last issue Super People told you about a Kāpiti District Council initiative to introduce higher than normal seating at Otaki Library. Here it is ... in situ. Congratulations again and we hope to see more of them in our public spaces.

Library extras

Did you know that Kāpiti Coast’s eLibrary services provides 24/7 access to a range of resources available through your home computer or device?



All you need is a library card and you can access eBooks, eMagazines, eNewspapers, films, television and more.

Libby has more than 30,000 eBooks and audiobooks in its catalogue.

Pressreader allows you to enjoy same-day access to more than 3000 newspapers and magazines from 100 counties on 60 languages.

Beamafilm has over 1000 top local and international film in its movie streaming service.

Ancestry allows you to research and build your family tree.

Get how-to details through your local library or www.kapiticoastlibraries.govt.nz

You can also support the libraries and local writers through Friends of Kāpiti Coast District Libraries. Membership secretary is Hilary Wooding at woodinghilary@gmail.com or 04 297 9704

Health Sector Reforms: Localities

When the Pae Ora (Healthy Futures) Act became law on 1 July 2022 it radically restructured our public health system. This was by vertically centralising the system, primarily through disestablishing district health boards.

An immediate effect was the loss of a local statutory body responsible for the health of geographically based populations, including advocating to government for addressing these needs. This raised the importance of Council filling the gap, not as a provider of services, but as a statutory advocate for Kāpiti’s health service needs.

The new act also required the establishment of ‘localities’ in areas such as Kāpiti. This became the initial focus of Kāpiti Health Advisory Group (KHAG) as an advisory body to KCDC. A paper was developed and adopted advising that KCDC would be most effective in advocated improved health services if there was one locality in Kāpiti. It also identified and listed a range of health services that should form part of a locality plan.

Implementation of localities is spluttering and looking to be little more than a geographic map. However, KHAG is now focussing on KCDC becoming a de facto locality.

As part of this KHAG is developing a compelling case for an innovative integrated care facility based on expanding the Kāpiti Health Centre. This would be a mix of primary care (general practice), 24/7 urgent care, and less complex planned hospital services (including more outpatient clinics, beds and diagnostic support).

KHAG is looking discuss this innovative approach with Health New Zealand (Te Whatu Ora), informally to begin with.

Now That's Interesting

Before parchment was made from paper, animal skins served as its basis. That all changed in 1847 when a pair of French scientists, Jean-André Poumarède and Louis Figuiere, discovered that by dipping paper made of wood pulp into a mixture of sulfuric acid and then a water/ammonia bath, it became durable for a variety of uses, including baking and food storage.



Why Keep It Secret?

This booklet, published by Grey Power Rotorua Inc 2003, is a personal record of matters pertaining to your estate. It prompts you to record issues such as your will, life insurance, health insurance, pension plans, bank account details and safe deposits together with your special requirements regarding organ donation and funeral arrangements ... all for you to fill in and keep in a safe place.

Cost: \$5 each plus \$2 for postage (if required).

To purchase a copy, contact the Kapiti Coast Grey Power office on 902 5680.



Age Concern Kapiti's office will close from midday on Thursday, 21 December

and reopen on Tuesday, 23 January.

We wish everyone an enjoyable and safe holiday season!



PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support helps to enable the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks

WHAT IS GREY POWER?

Grey Power is an advocacy group seeking a better deal for over 50s and superannuitants. We present our views to Parliament and local governments and speak to any political group or politician who is likely to make a positive difference. Often our lobbying benefits the whole community.

Kāpiti Coast Grey Power Membership benefits include:

- Opportunity to be actively involved as a volunteer
- Social meetings with excellent speakers that relate to our interests, offering good fellowship
- A free discount book offering benefits from local business
- Save a minimum 8 cents a litre at Challenge service stations
- Cheaper electricity, gas and broadband
- Free AIL accident insurance: \$2,000 paid in the event of accidental death
- Up to 25% savings on medical insurance by Vesta Insurance for members 70 years of age and younger
- Off peak rates for Interislander and Great Journeys fares
- Quarterly Kāpiti Coast Grey Power and Grey Power Federation newsletters

It's easy to become a Grey Power member and enjoy the benefits.



MEMBERSHIP RENEWALS

If you are planning to pre-pay your 2024/25 subscription, a reminder that an annual general meeting resolution increased the fee to **Couple \$35.00, Single \$25.00.**

Payment Options:

- Internet Banking into **KIWI BANK a/c is 38 9018 0409796 02**
Please put your name and Membership number as reference.
- Pay by Cash or EFTPOS at our Coastlands or Ōtaki Offices. Details of opening hours are at the top of the front page.
- Visit our WEB SITE www.kapitigreypower.co.nz click on 'Membership' and follow the instructions.

A reminder: If you have your Power provided by **PULSE Electricity**, your Membership **MUST** be up to date, or you will **NOT** be entitled to the Grey Power discount. Your Membership also needs to be up to date to continue to receive our Kāpiti Coast Grey Power Magazine '**SUPER PEOPLE**'.

Thank you for your continuing support of Kāpiti Coast Grey Power

IF PAYING ONLINE and YOU USE GREY POWER ELECTRICITY
Please separate your membership from GP Electricity in your Payee list
so your power account is not paid to us in error – as this could result in your account being overdue.

Grey Power Electricity (GPE) is a subsidiary of Pulse Energy and has a partnership with Grey Power NZ ... but there is no ownership between the two.

For all power enquiries phone 0800 473 976



KĀPITI COAST GREY POWER ASSN INC.

PO Box 479, Paraparaumu 5254 | Phone 04 902 5680

Email: Kapitigreypower@outlook.com | Web: www.Kapitigreypower.co.nz

Facebook: @Kapitigreypower

MEMBERSHIP FORM

New Member Renewal Membership Number: _____ Mr / Mrs / Miss / Ms / Dr (circle)

Name(s): _____

Address: _____

Suburb: _____ Postcode: _____

Email(s): _____

Preferred phone number: _____

Our membership year runs from 1 April to 31st March.

You MUST be a financial Member of Grey Power to enjoy the benefits we offer. (Your private information will be forwarded to the Grey Power Federation for the sole purpose of the distribution of the national Grey Power quarterly magazine)

ANNUAL SUBSCRIPTION (please circle):

Single \$25.00 \$

Couple \$35.00 \$

Voluntary Donation \$

** Postage (see below) \$12 \$

TOTAL REMITTANCE: \$

** Note postage for Grey Power Magazine (4 issues per year) is payable where delivery is to a PO Box or by Rural Delivery.

How you can pay:

- **INTERNET** Banking into our **KIWI Bank Account 38 9018 0409796 02**
Please ensure you use your name and Membership Number as reference.
- **Call into** our Kāpiti Coast Grey Power Office, 1st Floor Coastlands Shopping Centre to pay by EFTPOS or Cash.
- **Call into** Ōtaki Library, Kāpiti Coast Grey Power desk (1st and 3rd Thursday of month 10am-1pm). Cash only.

For Office use only: Eftpos/ Cash/ Internet Receipt Number _____

New Member Renewal Discount Book Card Magazine

Pantry Contents

1	2	3	4		5	6	7	8
9					10			
11					12			
13				14				
			15					
16	17	18				19	20	21
22					23			
24					25			
26					27			

Across

- 1. Salon supply
- 5. "Check this out!"
- 9. Kind of account
- 10. Sewing case
- 11. Water buffalo

12. Challenge

- 13. Gave details of
- 15. Beer barrel
- 16. Burn unit procedure
- 22. Daughter of Zeus
- 23. Cork's place

- 24. Cuckoos
- 25. Biblical garden
- 26. Crude bed, in Britain
- 27. Comprehends

Down

- 1. Egg on
- 2. Marine eagle
- 3. Golden Triangle country
- 4. Laxity
- 5. AKC concerns
- 6. Attempt
- 7. "No problem"
- 8. 20-20, e.g.
- 14. "Andy Capp" cartoonist Smythe
- 16. Cousin of a herring
- 17. Casino game
- 18. Nile bird
- 19. Auxiliary
- 20. Complimentary
- 21. Wallet fillers

S	E	E	S		S	S	O	D
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1	1	9	3	6	8	4	9	2
4	4	1	7	6	2	8	5	3
6	9	3	7	8	2	4	5	1
3	7	9	6	1	4	2	5	8
8								

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

FOLK SINGERS

- | | | |
|----------------|---------------|-----------|
| BAEZ | KINGSTON TRIO | |
| CHAPIN | KRISTOFFERSON | |
| COHEN | LIGHTFOOT | |
| COLLINS | MITCHELL | |
| DENVER | OCHS | SEEGER |
| DONOVAN | ODETTA | STEVENS |
| DYLAN | PPM | TAYLOR |
| GUTHRIE | PRINE | THE BYRDS |
| IAN AND SYLVIA | RUSH | WEAVERS |

SUDOKU

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6		5	9				1	

N	I	A	N	A	N	D	S	Y	L	V	I	A
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R	A	N	O	L	F	H	L	D	W	P	P	M
E	Y	X	Z	P	E	A	U	O	C	H	S	L
F	L	R	A	B	S	T	E	V	E	N	S	N
F	O	C	Y	T	G	U	T	H	R	I	E	R
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S	O	N	G	R	L	N	D	C	V	F	E	N
I	X	H	I	A	E	I	I	O	O	J	E	E
R	P	S	V	P	H	V	N	R	J	P	G	D
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Y	T	B	A	E	Z	S	C	R	W	Z	O	A
L	L	E	H	C	T	I	M	U	G	F	D	N

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.*