

Senior Times, Issue 1 2025

www.ageconcernkapiti.co.nz

Age Concern Kapiti



**AGE
CONCERN
KĀPITI**

He Manaakitanga
Kaumātua Aotearoa



For advertising phone Sharyn 027 224 0049 or email sales@kiwipublications.nz

A Kiwi Publications publication | www.kiwipublications.co.nz | Please refer to website for disclaimer

Board News:

Welcome to the first Age Concern Kāpiti magazine for 2025. This year has certainly started off with a hiss and a roar for us with a good deal of planning and thought for what we would like to achieve in this coming year. One of the things that I am excited about is that we have several new board members who bring a broad range of skills and knowledge that will complement and enhance the board.

The board would like to acknowledge and congratulate Professor Chris Stephens on being recognised in the Kings honours list for her research. Chris received the Kings Service Medal for her work with older people. We are pleased that Chris's research endeavours have been recognised as a huge contribution into the lives of older people.

Karen Blakey
Chair



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.



ageconcernkapitinz

Introducing Wendy Huston



Wendy first moved to the Kāpiti Coast in 1980 with her husband John, both being appointed to the staff at Paraparaumu College, then in its third year. After the birth of their daughter, they moved to Auckland and five years later, moved to Levin. 1996 saw a return to Kāpiti with their now two children. By this stage Wendy had moved to the polytechnic sector. Following years working at both the Palmerston North and Levin sites of Manawatu Polytechnic, on the return to Kāpiti she joined the staff of Whitireia Polytechnic managing both the Kāpiti Lindale campus and the central Wellington campus.

Fifteen years ago, a career move saw Wendy appointed CEO of the Kāpiti Retirement Trust (KRT), a position she currently holds. As well as operating the Sevenoaks-Midlands Gardens Retirement Village, the Trust is one of the largest businesses in Kāpiti employing over 130 staff, along with being the oldest and largest charitable trust locally. KRT also provides the widest range of residential aged care options on one site in the region.

Wendy has been involved in a range of community organisations which have matched her interests at the time including NZ Parents Centre, BPW, Rotary, KCDC Age Friendly initiatives and she was the first female Chair of Kāpiti Chamber of Commerce. She is an accredited Justice of the Peace. In 2022 Wendy was inducted into the Kāpiti-Horowhenua Business Hall of Fame at the annual Electra Business Awards. As a strong advocate for older people, Wendy values the role of Age Concern and hopes to make a positive contribution to the Kāpiti Board.



About Us: Continence NZ provides education, information, advocacy and support for people living with incontinence, caregivers, health professionals and the general public. Our purpose is to empower people affected by incontinence to thrive.

Helpline: 0800 650 659

CAN'T WAIT CARD

The holder of this card has a medical condition and needs to use the toilet quickly. *Please help*

0800 650 659

Toilet Card

Finding a toilet when out and about can be a challenge for people with bladder or bowel problems. It could even discourage some people from going out altogether. Our free Toilet Card clearly states that the holder has a medical condition and needs to use a toilet quickly. Most places you visit will be willing to help.

Apply for your card now. The information collected is confidential and will be used for statistical purposes only. If you are comfortable letting us know the areas you have challenges with, we can send you our relevant brochures that may help when we post your Toilet Card. There is no cost. Please also search our website for help or contact our helpline on 0800 650 659 for a friendly chat.



HOBSON MILLS LAW
INCORPORATING SUSIE MILLS LAW

Get the support of professional advice with easy access locations

WILLS • ESTATES • POWERS OF ATTORNEY

Otaki - Ph: (06) 364 7190
 Waikanae - Ph: (04) 293 3735
 Email: office@hobsonmills.com

15% off
use promo code
AC at checkout

Socks too tight?

soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz



The year that was...

I hope you all have been enjoying the lovely summer weather and are well rested from the holiday season. Our first week back in the office is a time to get some planning completed for the upcoming year, as well as reviewing the year that was. I also want to take some time to remember some highlights that happened in 2024 for Age Concern Kāpiti and to personally thank all the people involved.

Steady As You Go classes: Last year, saw an increase in the number of Steady As You Go classes that we offer across the region.

Paraparaumu: four weekly classes with more than 70 people attending, with leaders Alison and Elva Brown.

Waikanae: two weekly classes – Alison had 40 people attending as well as a weekly peer-led class by Joan Farrow of 20-25 people.

Ōtaki: one weekly class with 15-20 people attending was lead with local volunteer instructors – Bev Denny and Holly Stephenson.

In June and August, two movie night fundraisers were held, organised by one of our extraordinary volunteers – Marian Cadman.

Staying Safe – Driver Education Workshops: More than 100 people attended these workshops in Paraparaumu, Waikanae and Ōtaki. We delivered in various locations including Parkwood Retirement Village, Charles Fleming Retirement Village, and Waikanae Baptist Church. These workshops were facilitated by Sonya Sloan and Alison.

In late November, we held a very successful Garden Tour. A shared morning tea, with Cheryl Power as our guest speaker before everyone set out to visit our three beautiful gardens.

A Christmas lunch for staff, volunteers, clients and Board members was a way for people to connect and share some Christmas cheer.

Susan Church
Manager



KIWISAVER FUND for children

Many of you will have young grandchildren and even great grandchildren. Economists are advising parents to set up a fund while they are very young so as to start saving but also to embed in them the value of putting some money aside each week to watch it grow. If a 5 year old saved \$5 a week they would have \$5000 by the time they were 16 years old. That's a great start for when they have part time work and beyond.

Keeping Funeral Costs Down - Informed Decisions

By Andrew Malcolm

In these tight financial times, many people are seeking ways to keep funeral costs down. In this article I will briefly explore various strategies to achieve this, starting with the importance of informed decisions.

Choose Wisely: One of the most crucial decisions is selecting the right Funeral Director. Even if you opt to DIY some of the funeral yourselves, getting the right advice from the right Funeral Director is a key. All our Funeral Directors are versed in offering low-cost options but choosing a funeral director you talk freely with is a great help. We suggest checking out our website for photos of our staff and that you call and have a chat to see if they are right for you.

Avoid Markups: Be aware that some Funeral Homes

impose markups (10%-15%) on items like newspaper notices, flowers, and catering. Others, like us, don't add any mark ups. There are not many like us, so please be warned. Sometimes we even get a discount from a supplier for 'bulk' like newspaper notices and when we get a discount we pass this on too.

Estimates: Reputable Funeral Homes, like ours, will provide a full written estimate of expenses so that we can help align costs with their budget. We provide estimates for all funerals we look after.

Budget Packages: We have a series of budget packages to keep costs down. When some funerals reach \$15,000 to 20,000 it is nice to know there are packages such as our informal farewell at \$6,985 that covers everything needed for a small informal farewell.

To keep costs down, choose the right Funeral Directors. www.KapitiCoastFuneralHome.co.nz

Kāpiti Coast Funeral Home

Locally owned family business serving Kapiti for over 30 years, there in times of need



HINEMOA ST PARAPARAUMU
www.kapiti.coast.funeral.home.co.nz

04-298 5168

Office open: Monday – Friday 8.30am to 5.00pm Saturday mornings, 10.00am – 1.00pm

Kapiti Coast
Funeral Home

www.kapitifunerals.nz



Andrew
Managing Director

A very successful Garden Tour was held in late November – enjoy some of the photos below:



The Tough Conversations That Count

The Importance of Wills, EPAs, and Advance Care Planning.

Age Concern New Zealand (ACNZ), December 2024

As New Zealanders live longer, planning for the future has never been more critical. Age Concern and Public Trust are urging people of all ages to have the tough, but necessary, conversations, with their loved ones about their legal and healthcare wishes. From creating a will to appointing an enduring power of attorney (EPA) and developing an advance care plan, these steps ensure that your wishes are respected, and your loved ones are protected in the future.

“Planning ahead is an act of kindness to yourself and your loved ones,” says Karen Billings-Jensen, Chief Executive of ACNZ. “Having these conversations and formalising your wishes gives you peace of mind and reduces uncertainty for your family in times of crisis. It’s about taking control of your future.”

According to Public Trust, about half of all New Zealanders do not have a will. This can leave families with unnecessary stress and legal complications during already challenging times. Research by Public Trust found that 1 in 5 over 55’s say the reason they haven’t got a will is that they find the process emotionally hard. As a result, many people avoid talking about their plans. Finding time

when people are together can help ease this hang-up, says Glenya Talivai, Chief Executive of Public Trust.

“Making a will and setting up EPA’s is not just for older people, though these documents can become more critical as we age,” she says. It is estimated that just 38% of 65–74-year-olds have an EPA, at a time in their life when it is more likely to be needed.

“Holidays can be an ideal time to talk about life admin with your family – when spending time together. Some people put off these conversations because they think it might get awkward. The reality is, talking about what matters most to you with your whanau and friends gives everyone clarity about your wishes.” “A lot of people find a low-stakes question like what song or flower you might like at your funeral is a great starting point for a family discussion, she says.

“We hear every day from our customers how great they feel once they have their will and EPAs set up. Many people experience relief and a sense of having ticked an important box.” Advance care planning, a lesser known but equally essential component, ensures your healthcare preferences are known and respected if you cannot communicate them. “It’s not just about what happens after we’re gone; it’s about how we live,” Billings-Jensen adds.

“Having an advance care plan gives clarity to your loved ones and health professionals during critical times.”

Age Concern and Public Trust encourages everyone to take action now.

SECURITY ALERT

Aren't all medical alarms the same?

You may be eligible for government funding too.

Actually...no, they're not!
OUR ALARMS ARE:

- Fully MOBILE (GPS) anywhere alarm
- Supports you at home and in the community
- Two way voice control
- Showerproof | Fall detectors
- Able to connect you to ANY EMERGENCY
- SERVICE (Ambulance, as well as Police & Fire)
- 24/7 when someone cannot be there in person



More AFFORDABLE than many others! Let's Talk!
Lorraine Healey
021 856 625 | Lorraine@securityalert.co.nz



**Build Once
Build Right
Built For The Future!**

We service all areas from Wellington to Levin

small jobs to BIG JOBS!

Project Manage and complete all aspects of your building requirements, for example: New Homes / Alterations and Renovations / Reclads / Deterioration / Retaining Walls / Decks or additions to existing Decks / Fences or additions to existing Fences / Home Maintenance

Kurt Radermacher

Qualified LBP Builder/Director

Ph: 021 965 532 | radicalbuildingltd@gmail.com

www.radicalbuilding.co.nz





Steady As You Go Exercise Classes



Steady As You Go® has been shown to provide continuous improvements in strength and balance

Steady As You Go® improves:

Balance and leg strength

Flexibility

General fitness and wellbeing

And is a great way to meet new people

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

Check out our classes for a class near you!



Raumati Bowling Club

Come and join us – everyone welcome

Beginners (coaching available) – age is no barrier

Experienced Bowlers and Social Members

We are known as the friendly Bowling Club in Kapiti

Get a group together for an introductory session:

Enquiries: Laurie Flynn 027 297 8406

Steady As You Go Falls Prevention Exercise Classes

Begins: Monday, 3 February Ends: Friday, 11 April Bookings essential

As a Beginner, you will be tested at Week 1, and then again at the end of the Term.

You can then move into one of the Ongoing classes if there are spaces available.

DAY	TIME	TYPE	LOCATION
Monday	9.00am	Ongoing	Community Centre, Ocean Road, Paraparaumu
Monday	10.00am	Ongoing	Community Centre, Ocean Road, Paraparaumu
Monday	11.00am	Beginners	Community Centre, Ocean Road, Paraparaumu
Tuesday	9.00am	Beginners	Waikanae Baptist Church Hall, Te Moana Road, Waikanae
Tuesday	10.00am	Ongoing	Waikanae Baptist Church Hall, Te Moana Road, Waikanae
Tuesday	10.00am	Combined	Ōtaki Presbyterian Church Hall, Mill Road, Ōtaki
Friday	10.00am	Combined	Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu
Friday	1.30pm	Ongoing	Waikanae Baptist Church Hall, Te Moana Road, Waikanae

Please contact the Age Concern Kāpiti office for more information and to book your place: 04 298 8879.

Staying Safe – Driver Refresher Course: Time 10am to 2pm

Date:	Friday, 28 February
Venue:	Waikanae Baptist Church Café, Te Moana Road, Waikanae
Date:	Monday, 24 March
Venue:	Tui Room, Kāpiti Impact Hub, Tongariro Street, Paraparaumu
Date:	Tuesday, 29 April
Venue:	Waikanae Baptist Church Café, Te Moana Road, Waikanae

Snacks and drinks provided. Please bring your own lunch.

Other courses planned for following months, please contact the office to find out more information and book your place: 04 298 8879.

MARGARIDA'S FOOT CARE

PEDICURES
for men and women
Home visit \$45

Can't bend over?
We will take care of your
toenails and feet

Phone Margarida
04 293 5611 | 021 056 4446



Upgrade Specialist
PC & Laptop Sales
Windows 11 Computer Service
Microsoft Apple

Phone 04 902 0081

Mobile 021 037 1943

service@compserve.co.nz www.compserve.co.nz

Thank you to Jenny Wilson

by Chris Stephens

Age Concern Kāpiti (ACK) relies on our volunteers, and we are very grateful for the skills that they bring to the work. Jenny Wilson, who has just resigned as volunteer office administrator, is a wonderful example of the stellar contribution to the wellbeing of older people in Kāpiti made by our volunteers.

Over more than two years with ACK Jenny has:

- Created and improved our Membership database. As membership secretary Jenny received payments, kept records of members, and kept in touch with members.
- Formatted and updated the original versions of our Procedures and Policies.
- Created and maintained our Contact List – which is sent out to all new members.
- Created and updated our office A to Z – which is our master file of all information for staff and volunteers.

Susan Church, Manager, says “we wouldn’t be where we are currently without her! Her positivity and supportive can-do presence will be sorely missed in our office.”

Jenny first volunteered after hearing Susan speak at Rebus (<https://www.rebus.nz/>) about the work of Age Concern. Jenny was inspired (she jokes that she “felt sorry for Susan”) to sign up as a volunteer. In fact, Jenny is a huge admirer of the work that Susan and Alison (permanent staff) do. Jenny brought her Executive Assistant skills to the office; she is a capable computer user and has learned to use new software in her role at ACK. She also became a familiar face around ACK activities and events, helping out on numerous occasions with meetings, workshops and events, greeting and recording arrivals, and “whatever needed doing”. At the same time, Jenny was clear about what jobs she did not want to do and was able to set boundaries around her contributions.

For Jenny, this volunteer work has been a great way to meet more members of her community after retiring from paid work. She says that the office is a friendly and “homely” place to work, and the role is relaxing compared to paid work life. Jenny

fondly recalls the many laughs shared in the office – talking about their days, problems, and events over a cuppa. She describes others in the office as “a hoot”. It was also an eye opener to see the needs of some older people who are supported by Age Concern. Jenny thinks that the work done by Age Concern is hugely worthwhile and has the greatest respect for the hard work of the two paid workers who rely on the support of volunteers. She has fully enjoyed her time there and will go back to help out occasionally.

Jenny has also benefited from the services of Age Concern. For example, while climbing to replace a light bulb she felt a little unstable and decided to attend Steady as You Go exercise classes and is now a regular attendee. Since her hip operation, Jenny has found these classes particularly beneficial in getting back on her feet.

Jenny remains very busy. She cares for grandchildren and has a lovely garden and remains a member of Rebus as well as ACK. She has left Age Concern to enable her to increase her exercise participation time and improve her walking. Jenny says that she has “used her brain and now is the time to focus on physical health”.



Thank you, Jenny, for your wonderful contributions as a friend of ACK.

Kapiti Cottage in Paraparaumu!

Enliven’s Day Programmes are important for the happiness, companionship, and overall wellbeing of each attendee, allowing rest for families too. Our Enliven staff understand that as you age, so do your needs and requirements for a sustainable wellbeing.

Keeping things fresh and fun and creating a space for connection with others is what it’s all about at Enliven’s Kāpiti Cottage. The programme is person-centred, flexible, and responsive.

Kapiti Cottage team leader, Robyn, says she enjoys the friendships that develop between people who come along during the day.

“We have a fairly diverse group,” she says. “I call it the Kapiti Cottage family.”

Some activities that are involved include scrabble, bowls, exercise, music, and celebrating special occasions while other times they will go for a drive to check out the scenery.



“I love seeing people go home happy, and I enjoy staying in touch with their families,” says Robyn.

For more information about Kapiti Cottage day programme, contact the friendly team on 04 298 8060 for more information visit <https://www.enlivencentral.org.nz/positive-ageing-services/day-programmes/>



feel at home
with Enliven in Kapiti

Enliven’s Kapiti Day Programme in Paraparaumu, provides a friendly, relaxed and fun place for elders to socialise and keep active. The programme has been designed for elders, including those experiencing health issues, memory loss or dementia.

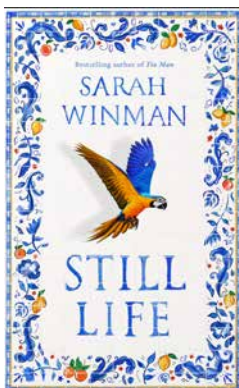
The Day Programme was developed and is run by experienced diversional therapists in secure space with a relaxed and supportive environment, while offering carers the chance to take a break knowing their loved one is well cared for.

“My friends at Kapiti Day Programme take me out of the house & put me amongst my generation. I enjoy the activities and games. It’s been years since I played Gin Rummy and Uno!” - Joyce, regular Kapiti Cottage guest

For more information please visit:

www.enlivencentral.org.nz

Summer Reading:



Still Life – Sarah Winman

Tuscany, 1944: As Allied troops advance and bombs fall around deserted villages, a young English soldier, Ulysses Temper, finds himself in the wine cellar of a deserted villa. There, he has a chance encounter with Evelyn Skinner, a middle-aged art

historian who has come to Italy to salvage paintings from the ruins and recall long-forgotten memories of her own youth. In each other, Ulysses and Evelyn find a kindred spirit amongst the rubble of war-torn Italy, and set off on a course of events that will shape Ulysses' life for the next four decades. As Ulysses returns home to London, re-immersing himself in his crew at The Stoa and Parrot -- a motley mix of pub crawlers and eccentrics -- he carries his time in Italy with him. And when an unexpected inheritance brings him back to where it all began, Ulysses knows better than to tempt fate, and returns to the Tuscan hills.

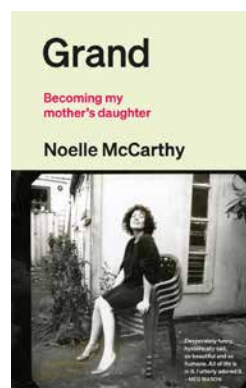
With beautiful prose, extraordinary tenderness, and bursts of humour and light, Still Life is a sweeping portrait of unforgettable individuals who come together to make a family, and a richly drawn celebration of beauty and love in all its forms. (Review from GoodReads)



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



Grand: Becoming My Mother's Daughter – Noelle McCarthy

"I'll be grand, girl, I've great faith." – Mammy, just before she died.

Funny, charismatic and generous; angry, vicious and hurt; in pub lounges all over Cork City, Noelle McCarthy's

mother, Carol, rages against her life and everything she's lost.

As soon as she can, Noelle runs away. All the way to New Zealand, to make a new, different kind of life. But then Mammy gets sick, and it's time to face everything that's waiting back home. From Catholic Ireland in the '70s, '80s and '90s to sparkling Auckland in the first years of the new millennium, Grand is a story of the invisible ties that bind us, of bitter legacies handed down through the generations, and of the leap of faith it takes to change them. (Review by GoodReads)



Millvale Lodge
L I N D A L E

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

As part of the Age Friendly Approach adopted by KCDC last year, Age Concern Kāpiti received funding for two projects.

The projects are:

- **Programme of Events** – to promote services and groups that are available in Kāpiti for older people
- **Intergenerational Connections** – initiatives to capitalise on the strengths that young and older people contribute, fostering mutual understanding and respect

Programme of Events:

The programme of events includes a series of community-led events focusing on encouraging older people to get involved in activities and groups in the Kāpiti district.

**Events will run from
10 – 28 March 2025**

The full Programme of Events will be available in published form (late February-early March) at various locations including libraries, churches, retirement villages, doctors, dentists as well as online via a selection of websites:

- **Age Concern Kāpiti**
[//ageconcernkapiti.co.nz](http://ageconcernkapiti.co.nz)
- **Kāpiti Coast District Council**
[//kapiticoast.govt.nz](http://kapiticoast.govt.nz)

We will advertise events on local radio, via websites and community pages.

Intergenerational Connections:

Details have not yet been finalised, but we will be doing something in May.

To coordinate the above projects, we have employed Holly Stephenson until the end of May.



Holly started volunteering for us in February 2024, working two days a week, one day in the office recording Steady as You Go information and the other assisting Bev Denny to run the Otaki Steady As You Go group.

An introduction from Holly:

I moved from Lower Hutt to the sunny Kāpiti Coast a couple of years ago and after settling into life at Te Horo Beach, I was looking for opportunities to get involved in the community. I came across the advert to volunteer with Age Concern Kāpiti and after meeting with Susan to hear about the work they did, I felt like it was a great fit for me. Through experiences with my own family and having previously worked in an aged care facility, the value of the services Age Concern Kāpiti offers stood out to me.

I feel lucky that during my time as a volunteer I had the opportunity to be both in the office and out with the community. Assisting Bev Denny with the Ōtaki Steady As You Go class was a great chance to make new connections, see first-hand the value of the classes and this was something I looked forward to each week. In the office I gained further understanding of what a vital part of the community Age Concern Kāpiti is and when Susan offered me the chance to take on the Project Coordinator role for the Programme of Events and Intergenerational Project, it was an easy yes for me.

We are currently well into the work for the Programme of Events, and I feel excited to be part of bringing it together. Keep an eye out for the Seniors' March 2025 Programme of Events and Activities.

Outside of the office, you'll find me spending time with family and friends, taking walks on the beach or having a swim in the ocean. Having the beach on my doorstep is still a huge novelty for me, so I like to make the most of it!

Staying Safe Refresher Driving Course

Have you kept up with changes to the road code and road rules?
How do you feel when road layouts
are altered? Do you feel confident driving other people?



Age Concern Kāpiti is offering free Staying Safe Driving Refresher courses (Waka Kotahi – New Zealand Transport Agency approved) for older drivers in Kāpiti. Staying Safe is a free four-hours of classroom-based learning. It is interactive and will answer any questions you might have.

Workbooks are provided – the presentation is informative, easy to follow and makes people think about their driving skills.

About the Course

- Had your licence for decades but never refreshed your Road Code knowledge?
- Feeling unsettled because you have a medical coming up to renew your licence?
- Curious about what all the changes to road layouts and new signs mean?

Come to our FREE classroom-based driving refresher. All drivers over 60 are welcome.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices. The course will increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

The aim of the Staying Safe programme is to provide evidence-based education to help older drivers and road users:

- Increase their knowledge about driving and ageing
- Assess their current driving behaviour
- Adapt their driving behaviour
- Build an appropriate level of confidence on the roads (without instilling false or over confidence)
- Build their awareness of alternatives to driving so they can maintain their independence when they reduce or cease driving

Check out our “Upcoming Courses” on page 9 for more details and booking your space. You can also find more information for senior drivers including a self-assessment quiz on the NZTA website.

Fashion Parade Fundraiser

Date: Wednesday, 2 April 2025

Time: 6.30pm – 8.30pm

Venue: Ballantyne's Fashion Central
19 MacLean Street, Paraparaumu Beach



Cost: \$15 a ticket entry, includes:

- 25% discount card valid for one week
- Nibbles and drinks

Get some friends together, make a night of it and sit back for an enjoyable evening supporting Age Concern, while showcasing some of the latest trends and/or some of the popular oldies!



Upcoming Events to look out for:

- Open Day at Age Concern – part of Programme of Events
- Movie nights / days
- Raffles

Understanding eligibility for Shingrix



Shingles can be a serious and painful condition, so it is important that you know how and when you are eligible for your free vaccinations. The shingles vaccination is free for 12 months following your 65th birthday. To be effective, you will need two doses received between two to six months apart. Your second dose will be free, even if you've turned 66.

If you're eligible for a free vaccination, you may get it from your nurse, doctor, or healthcare provider. It is also available at some pharmacies. If you are not 65 years old but still wish to be vaccinated, you will need to pay. The price will vary depending on the provider, but you can expect it to cost between \$600 to \$800 for both doses.

What is shingles: Everyone who has had chickenpox is at risk of developing shingles later in life. One in every three people will get shingles during their lifetime.

Shingles is a painful rash that develops on one side of the face, body or head. Before the rash develops, people often have pain, itching, or tingling in the area where the rash will develop. The most serious complications are nerve pain that can last for months or years, and eye problems that can result in loss of vision.

The best protection you can have against shingles is to make sure you get vaccinated.

Are you drinking enough?



Causes of: Mental CONFUSION IN THE THIRD AGE

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question: *What are the causes of mental confusion in the elderly?* Some offer: "Tumours in the head". I answer: No! Others suggest: "Early symptoms of Alzheimer's". I answer again: No! With each rejection of their answers, their responses dry up.

And they are even more open-mouthed when I list the three most common causes:

1. Uncontrolled diabetes
2. Urinary infection
3. Dehydration

It may sound like a joke, but it isn't.

People over 60 constantly stop feeling thirsty and consequently stop drinking fluids.

When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

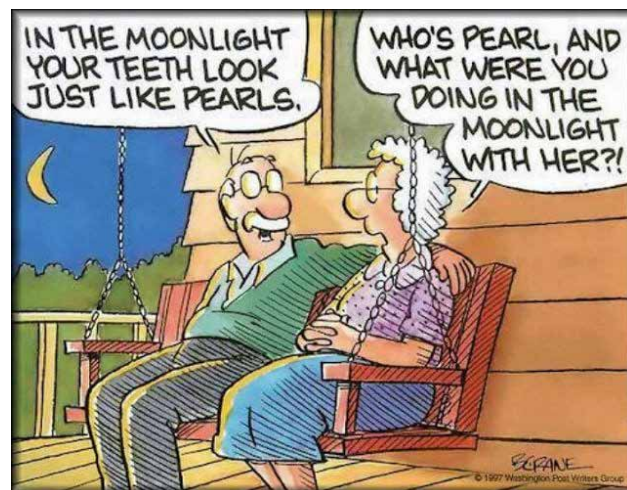
People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also because they do not feel the lack of water in the body.

Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1. Get into the habit of drinking liquids. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple. Orange and tangerine also work. The important thing is that, every two hours, you must drink some liquid. Remember this!
2. Alert for family members: Constantly offer fluids to people over 60. At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration.

Arnaldo Liechtenstein (46), physician, is a general practitioner at Hospital das Clínicas and a collaborating professor in the Department of Clinical Medicine at the Faculty of Medicine of the University of São Paulo (USP).



Auditory Rehabilitation/Auditory Training



Auditory Rehabilitation refers to the process of restoring and improving hearing and communication abilities for individuals with hearing impairments. This involves a combination of therapies, strategies, and technologies aimed at helping individuals with hearing loss to adapt to and overcome challenges associated with their hearing deficits.

The goal is to improve their quality of life by enhancing their ability to understand speech, engage in conversations, and interact with their environment.

Auditory Rehabilitation involves: Hearing aids and assistive device; Auditory Training and communication strategies.

Speech perception training involves exercises to help individuals improve their ability to recognize and understand speech sounds. Similar to working a body part to gain muscle or running regularly to keep fitness; we must exercise our ears and brain to help improve its ability to recognize and understand speech sounds.

Communication strategies involve teaching individuals with hearing loss techniques for effective communication, such as asking people to speak clearly, facing them directly, reducing background noise, and using written or visual aids.

Kapiti Hearing Ltd

Audiology and Hearing Aid Clinic



Kapiti Hearing specialises in personalised, patient-centered care for all your hearing needs. Two fully-equipped clinics. Ear suction services in Waikanae.



Jeanie Morrison Low
MNZAS, MAud



Eloise Koeing
MNZAS, MAud



Katie Sawaya
MNZAS AuD

9A Ngaio Road, Waikanae & 4 Margaret Road, Raumati Beach.
Ring: 04-293-4693 or email: admin@kapitihearing.co.nz

ACC, MOH and War Pensions registered clinic

Independent audiologists
new zealand

Welcome to Kāpiti Coast Aquatics

Whether you want to exercise, have fun or learn to swim, we have it all covered. Our team's dedicated to offering safe, affordable and enjoyable experiences for the whole family, with PoolSafe facilities and a range of programmes and activities for the Kāpiti Coast community.

Our three pools and splashpads are designed for people of all ages and abilities, promoting health, recreation and recovery through swimming and water activities. Join us for learn to swim lessons, Aquafitness sessions, birthday parties and more. Don't miss our upcoming events like SPLASH! sessions and community swim meets for fun and fitness!

Waikanae Pool

A day at our much-loved outdoor Waikanae Pool is a Kāpiti summer classic! Families love this aquatic oasis, with its lush green spaces and onsite barbecues making it the perfect spot for relaxation and play. The main pool is 33.5m and is heated to around 29 degrees.
Phone: 04 296 4789
Email: waikanae.pool@kapiticoast.govt.nz
Address: 52 Ngarara Road, Waikanae, Kāpiti Coast
Bus route: Bus route: 280 from Waikanae Station
Bus stops on Ngarara Road (stop ID:1580)



Coastlands Aquatic Centre

Whether you're looking for swimming lessons or to be swim fit, our Coastlands Aquatic Centre caters for all ages and aquatic abilities. It has a translucent roof, which creates the feeling of swimming in an outdoor pool while generating heat and reducing energy costs.
Phone: 04 296 4746
Address: 10 Brett Ambler Way, Paraparaumu



Ōtaki Pool

Located on the grounds of Haruātai Park, our Ōtaki Pool caters for all ages and aquatic abilities. For fun whatever the weather, join in our SPLASH! sessions, book a birthday party, and check out our Aquafitness programme and upcoming events.
Phone: 06 364 5542
Address: Haruātai Park, 200 Mill Road, Ōtaki



**AGE
CONCERN
KĀPITI**
He Manaakitanga
Kaumātua Aotearoa

Form of Bequest

TAKE OR SEND TO YOUR LEGAL ADVISOR FOR INCORPORATION IN YOUR WILL

I GIVE TO Age Concern Kāpiti Coast Incorporated, P O Box 217, Paraparaumu 5032, for its general purposes the following amount:

..... (in words)

OR

Percentage/Portion of my estate:

..... (in words)

OR

Description of Assets, Property Share:

.....

.....

.....

.....

..... (in words)

And the receipt of the Manager or other authorised officer (Treasurer) shall be sufficient discharge to my executor.

(Mr/Mrs/Miss/Ms)

Name:

Address:

.....

.....

This is not effective until written into your Will which must be signed. Please let us know if you make a bequest so that we can thank you personally.

Have you ever considered leaving a bequest to Age Concern Kāpiti?



Age Concern Kāpiti is a registered charity and relies on the generosity of our community to raise almost 70% of the funding required to deliver our essential services and support. Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help. A bequest to Age Concern Kāpiti allows you to leave a legacy long after you have gone. It is the ultimate act of kindness and care you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift to Age Concern Kāpiti in your Will is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes. To leave a bequest to Age Concern Kāpiti we recommend the wording:

"I give Age Concern Kāpiti Coast Incorporated the sum of \$ XXX (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Kāpiti will be sufficient receipt and discharge for my trustees".

If you would like to leave us a bequest in your Will, these are the official details you will need:

Legal Charity Name:
Age Concern Kāpiti Coast Incorporated
Charity Registration Number: CC23773

If you would like to talk us further about leaving a bequest to Age Concern Kāpiti and the difference it will make, please contact Susan Church on (04) 298 8879.

Visiting Service



Alison Miller
Visiting Service Coordinator

Looking at my work as Age Concern Visiting Service (VS) Coordinator for the Kāpiti region, I have met some fascinating people over the last eight years. People from all walks of life. From ex-Doctors and nurses, artists, teachers and civil servants. Many of the clients I meet have travelled to other countries or have immigrated to New Zealand. I thoroughly enjoy listening to their travel stories. No matter where you come from or who you are, people need social contact and a connection with others. I know that our Visiting Service is making a difference in our Kāpiti community.

On a weekly basis I am invited to a stranger's home to explain our service and assess them. They are willing to open up about their struggles and trust me to help them. The majority of our clients are referred by either Health Care workers – from Social Workers, Nurses to Caregivers or by family members who can see there is a 'need' in that older person's life that Age Concern can help fill.

When I meet these clients, I think how much our society has changed. How busy we have become. We have forgotten to spend time – just listening and sharing with our community. We have forgotten to make the time and take the effort to get to know our neighbours. Often my clients live on busy streets with many neighbours, but don't know any of them. They are so isolated and lonely. We can provide all the assistance and services in the world; except we have forgotten about just spending quality time with others.

Our Volunteers show me everything that is right and good in our community. These are wonderful, giving, caring and selfless people in our community who give up their free time to make a difference in a complete stranger's life. These amazing people are coming to us – willing and able to make a difference. They visit their person I match them with every week for an hour, for a chat and to provide some social connection. I see some lovely friendships formed and experiences shared.

My job involves a lot of time talking and working out the matching of our Volunteers to our Clients.

We have amazing people here on the Kāpiti Coast and our Visiting Service makes a daily difference to so many.

Friendship Blossoms Through Age Concern Kāpiti

by Chris Stephens

A meeting through Age Concern Kāpiti's Visiting Service has blossomed into a remarkable friendship between Jacquie and Dulcie, which has also rekindled social connection.

Dulcie, a former hairdresser and yoga practitioner and teacher, led an active life well into her 80s. Her days were filled with tending to her beautiful garden, attending church, and spending time with her large family, which includes children, 21 grandchildren, and an impressive 36 great-grandchildren, while her sister lives nearby. Despite her close-knit family ties, Dulcie found herself needing a different kind of companionship—a friendship that could bring shared experiences and lively conversations.



"I thought I'd make friends in the Village after I retired," Dulcie explains, "but I found it hard. I felt uncomfortable joining activities like meals in the dining room." This sense of isolation, coupled with the physical limitations caused by severe back pain, led her to Age Concern's Visiting Service, where she was paired with Jacquie.

Jacquie, an immigrant to New Zealand, also sought connection. Despite having close friends and immediate family nearby, she missed the intergenerational ties she had experienced growing up under the care of her grandmother. Inspired to fill this gap, Jacquie stumbled upon Age Concern Kāpiti while trying to donate equipment to another charity. She signed up as a volunteer and soon found herself introduced to Dulcie.

The pair clicked instantly. "Dulcie has so many fascinating stories and such a great sense of humour," Jacquie shares. "I often leave our visits still laughing or reflecting on something interesting she's said." Dulcie, for her part, found Jacquie's companionship a welcome boost to her social life. Together, they began attending village events like Happy Hour, which Dulcie admits she would have avoided on her own. As both Dulcie and Jacquie explained, it is easier to join in large groups when one goes with a friend. Bringing a friend enables you to brave any first feelings of trepidation.

Their bond has grown beyond the formal visiting arrangement. Sharing a love of humour, honesty,

and plain speaking, they navigate their differences in belief with refreshing candour while discovering common ground in their lively conversations.

The friendship has also had a ripple effect on Dulcie's life in the village. As the friendship developed, Dulcie and Jacquie began to go on excursions and social occasions together including the Village Happy Hour where Dulcie is becoming known. With new confidence and experience Dulcie has been able to extend friendship to newcomers in the Village – her gifts of flowers from her beautiful garden are well received - and she is finding her new neighbours warm and friendly.

Meanwhile, Jacquie appreciates the depth the friendship brings to her own life. "So refreshing" she says as she describes their "plain speaking" discussions about many personal beliefs.

Dulcie and Jacquie are already making plans for the year ahead, proving that it's never too late to forge meaningful relationships. Their story is a testament to the power of companionship and the vital role organisations like Age Concern play in building connections across generations.

Contact Information

Phone: (04) 298 8879

Email: admin@ageconcernkapiti.co.nz

Address: Room 16, Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu 5032

Office Hours:

9.00am-3.00pm: Mon, Tue, Thu, Fri
Office closed: Wednesday

Website: www.ageconcernkapiti.co.nz

Facebook: Ageconcernkapitinz

Manager: Susan Church

manager@ageconcernkapiti.co.nz

Visiting Service and Health Promotion Coordinator:

Alison Miller

avs@ageconcernkapiti.co.nz

Project Coordinator:

Holly Stephenson

volunteer@ageconcernkapiti.co.nz

Board Chair: Karen Blakey

Secretary: Chris Stephens

Treasurer: Owen Gibbins

Committee: Wendy Huston, Tom Montague, Te Hau Maiangi Short, Paula Martin, Conrad Spohr

Quick Roast Chicken and Vegetables

This recipe is a great idea for two people who love roast chicken but who just don't have the need or inclination to roast a whole bird. Put the seasoned chicken, then the vegetables in a very hot oven then sit down and relax while the whole of the dinner cooks! For 2 Servings.

Fresh rosemary sprigs, if available

2 Tbsp olive oil 2 cloves garlic, chopped
2 tsp lemon juice 1 tsp ground cumin, optional
½ tsp crumbled oregano, optional

2 chicken legs

3-4 cups prepared seasonal vegetables (suitable vegetables include: kumara, pumpkin, potatoes and parsnip, peeled and cut into 1cm slices, red or brown onions, red, green or yellow peppers, green and yellow zucchini, halved lengthways, whole mushrooms)

1. Heat the oven to 230°C, or 220°C for fan-bake.
2. Line a roasting pan with liner, baking paper or lightly buttered or oiled foil. If you have them, spread fresh rosemary sprigs in the pan.
3. Mix the oil, garlic and lemon juice in a large plastic bag. If you have them on hand, add the cumin and oregano too.
4. Add the chicken pieces to the bag, turn to coat them lightly, then arrange in the pan, and put in the oven to start cooking.
5. Prepare the vegetables without delay, starting with those needing longest cooking (root vegetables). As each is ready, coat with mixture in bag and place them in pan in oven. (Peel and quarter the onion, leaving the root end intact to hold onion together. Quarter peppers and remove the seeds and pith). Add zucchini and mushrooms last, allowing 15-20 minutes cooking time for these.
6. When chicken has cooked for about 30 minutes, test by piercing with a skewer in the thickest part. It is ready when the juices run clear, not pink. Vegetables should be tender and browned in some places (remove them from the pan if cooked before chicken).
7. Remove from the oven, season with salt and pepper then arrange on plates and serve.

Note: The cumin and oregano aren't essential but do add extra flavour if you have them. It's worth using these quantities even if cooking for one. Leftovers may be covered and refrigerated for a day or so, then reheated when required, or the extra chicken may be used in sandwiches, salads etc later.

Pikelets

What's better than a fresh pikelet with jam and cream? Sandwich these together with jam or honey for lunch.

25 g butter, melted
1 Tbsp golden syrup
½ cup milk
1 large egg
1 cup self-raising flour

1. Heat a frypan. (Use a high heat setting if frypan is electric).
2. Put the melted butter in a fairly large bowl, add the golden syrup and stir to mix everything together. Beat in the sugar, milk and egg. Add the flour then mix with a beater just until smooth.
3. Cook in spoonfuls in an oiled, heated frypan. When first bubbles burst on each pikelet, flip over. Second side is cooked when centre springs back when pressed.
4. Place the cooked pikelets on a clean dry teatowel, and cover to keep warm while you cook the remaining mixture.
5. For a treat, spread some raspberry jam on each pikelet then put a spoonful of whipped cream onto the jam. Delicious!

Note: This will make more than a single serving, but pikelets keep quite well. Store leftover or extra pikelets in a sealed, plastic bag, in a cool place.

Warm the cold pikelets in the plastic bag in a microwave oven for a few seconds before serving.



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:

From 1 July 2024 to 30 June 2025

Individual: \$25.00 ☐

Couple: \$40.00 ☐

Mr / Mrs / Miss / Ms

First Name Last Name

Address:

Home Phone: Mobile:

Email:

Date of birth (optional):

Donation:

Donate: ☐ \$100 ☐ \$50 ☐ \$30 ☐ \$20 ☐ \$10

Donate - Other \$

Donation Frequency: ☐ One-off ☐ Monthly ☐ Annually ☐ Other:

All donations over \$5.00 qualify for a tax rebate. A receipt will be emailed/posted to you.

Thank you for supporting the work we do.

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

☐ Post ☐ Email

Payment Options:

☐ **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

Nutty Treat

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		
28						29		

- Across
1. Hippie’s hangout
4. Like thick smoke
9. Carnival site
10. Fancy feather
11. Commercials
12. Kind of colony
13. Wobble
15. Yours truly
16. Sink feature
18. Therefore
20. Upward slope

23. Slur over
25. Stable diet
26. More upscale
27. Tear
28. Go-getters
29. Roswell sighting

- Down
1. Kind of fall
2. White House staffer
3. Gave medicine to
4. Pacifiers
5. Church official
6. Jog
7. Prayer leader
8. Expunge
14. Wall Street figure
17. India’s first P.M.
18. Dispatch
19. Assortment
21. Inexperienced
22. AutoCorrect target
24. Rink surface

O	F	U		S	R	S	O	D
I	R			R	E	I	C	N
A	H			D	E	L	I	E
T	N	E	C	S	V		O	S
		N		A	I	D	R	
E	M			R	E	T	E	T
A	L			P	E	N	S	A
E	M			P	L	U	O	R
D				A	C	R	I	D

6	5	7	8	1	9	4	2	3
4	8	1	9	2	3	5	6	7
6	2	3	4	7	5	6	8	1
8	7	6	3	5	1	9	2	4
3	9	4	2	8	6	7	1	5
5	1	2	4	6	7	8	3	9
7	3	9	5	6	8	2	1	4
2	6	8	1	7	4	3	5	9
1	4	5	6	3	2	7	9	8

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

PLAYS and MUSICALS

- AIDA
- CARMEN
- EUGENE
- ONEGIN
- FALSTAFF
- FIDELIO
- IDOMENEO
- JENUFA
- KING PRIAM
- LA BOHEME
- LES TROYENS
- LOHENGRIN
- MANON
- NORMA
- OTELLO
- PAGLIACCI
- PORGY AND BESS
- RIGOLETTO
- SALOME
- THE MAGIC FLUTE
- TOSCA
- TURANDOT
- WILLIAM TELL
- WOZZECK
- XERXES

SUDOKU

		7	2					1
6	5							2
		2				6		7
			7	6		2		5
				8				
2		6		5	3			
1		9				3		
7							8	4
3					8	7		

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

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.