

Senior Times, Issue 2 2025  
[www.ageconcernkapiti.co.nz](http://www.ageconcernkapiti.co.nz)

# Age Concern Kāpiti



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He Manaakitanga  
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## Just a thought...

A recent tumble (from a very low height) onto concrete ended up causing some very sore parts to myself. It got me thinking just how quickly an accident can impact on your day-to-day activities and enjoyment of life. I had nothing broken, only badly sprained ligaments and muscles. And I am certainly not unique in this happening. Recent figures from ACC show that more than 160,000 people were supported through injury by them in the last year alone.

So what is the best way to avoid this happening and how can I help myself?

Physical activity for older people:

- Increases muscle strength, flexibility, balance and coordination
- Helps to reduce the risk of falls
- Helps to prevent and manage health conditions like stroke, heart disease, obesity, type 2 diabetes, osteoarthritis, certain cancers, obesity and depression
- Enhances sleep, wellbeing and quality of life
- Increases social interaction.

**Key points:**

- Spend more time being physically active and less time sitting down
- Be active safely
- Speak to your doctor before starting or increasing physical activity.
- Start off slowly and build up to the recommended daily physical activity levels
- Aim for at least 30 minutes of physical activity that makes your breathing and heart rate increase (aerobic activity), five days a week
- Aim to do three sessions of flexibility and balance activities, and two sessions of resistance activities per week

All the above is wonderful advice and remember exercise should also be comfortable and fun. If you are doing strength and balance exercises already, then if you do happen to have a fall, your recovery from your injuries should be quicker and more straightforward than if you don't. Take care with the winter weather everyone!

**Susan Church**  
Manager



## Budget 2025 Rates Rebate

New eligibility rules for the rates rebate will help nearly 66,000 more SuperGold Cardholders with their living costs.

Announced in the 2025 budget on 22 May, the income threshold for the maximum rates rebate for SuperGold Cardholders will be lifted from \$31,510 to \$45,000. The maximum rebate for the scheme will also increase to \$805 from \$790.

The new eligibility means every SuperGold cardholder earning only NZ Superannuation paying average council rates will be eligible for the full rebate. Cardholders with total income of more than \$45,000 may also be entitled to a smaller rebate.

Ratepayers can apply for the new maximum rebate and thresholds after 1 July 2025. Application forms will be available from your local council or can be downloaded from the New Zealand Government website and then submitted to your local council from 1 July 2025.



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*Many thanks*

## Board News:

### Introducing Paula Martin



I moved to the Kāpiti Coast with my husband nearly three years ago, having lived in Wellington for most of my life. My mum also moved to Kāpiti not long after us and I'm lucky to have her living near me now.

Most of my professional career has involved working in public sector-related roles in areas such as strategy, policy, research and evaluation, governance, budget processes and reviews. I've been a senior manager as well as an independent contractor. I spent many years working in different parts of the health sector including the Ministry of Health, DHBs, ACC, the Health and Disability Commissioner, and supporting the Government Inquiry into Mental Health and

Addiction. I have also been on several boards including Kidney Health New Zealand, Wellington HELP, the New Zealand Blood and Organ Service and I will shortly start a three-year term on the Red Cross Central Area Council.

These days, I'm lucky enough not to be in full-time paid work and have been making the transition to a mix of part-time contract work, various voluntary roles, patient advocacy (for renal patients), study, international travel and enjoying life in Kāpiti. I've been a Meals on Wheels driver for the last two and half years and help with coordinating the roster for our team of drivers. In the last few years, I've also supported older family members as we've navigated the health and aged residential care systems. All of this has given me some appreciation of the issues that older people can face and the importance of organisations like Age Concern. I'm still learning about Age Concern Kāpiti but am really looking forward to putting my skills and experience to good use on the Board.

## Photography Exhibition update

Our successful "Ageing is Living" Age Friendly initiative, closed at the end of June. An exhibition of entrants will be on display at:

- **Location:** Roderick and Gillian Deane Community Art Space in the Paraparaumu Library
- **Date:** 22 August – 4 September 2025

Throughout the exhibition, public votes will be collected. Prizes will be awarded for:

- **People's Choice – Youth Entry (12 -24)**
- **People's Choice – Senior Entry (60+)**

So come along and be inspired by some wonderful photography exploring the theme: "Ageing is Living – through the lens of an intergenerational perspective".

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# WILLS WEEK

15-21 July

## Wills Week – Public Trust: About Wills Week

Wills Week is a public awareness and education campaign from Public Trust that aims to raise awareness among New Zealanders about the importance of having a will.

From 14-20 July 2025, Wills Week celebrates the power of a will to make a difference in the lives of whānau, friends and even complete strangers.

This year, we'll be focusing on charitable giving. If a charitable organisation has touched your life, or the life of someone close, leaving a gift in your will, after taking care of family and

friends, is the perfect way to say thank you. These kinds of gifts, called bequests, are an important source of funding that enable charities and not-for-profits to sustain their programmes, expand their activities and reach their goals.

Public Trust



### 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

## Age Concern Kāpiti was thrilled to host a lunch appreciation event for our visiting service and walking service volunteers on Thursday 12 June.

Our volunteers were invited to discuss their time being a part of Age Concern Kāpiti, share any concerns that they had, and to contribute any stories they had about their clients.

A series of valuable discussions followed, involving topics including their clients' mental health, their conditions in care facilities, as well as a number of heartwarming and amusing anecdotes shared about the clients.



Following this discussion, lunch was offered with a selection of delicious food as volunteers and members of Age Concern Kāpiti mingled before the event came to a close.

## SECURITY ALERT

Aren't all medical alarms the same?

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Learning Technology Together



## Kāpiti Community Quilters

### A Gifted Quilt

A lovely blue quilt was gifted to Age Concern Kāpiti for much needed fund-raising. The quilt was raffled at our Christmas lunch in 2024 and was won by one of our office volunteers (a nice extra Christmas gift). Age Concern raised just under \$400, which was much appreciated and will assist with the services provided by Age Concern Kāpiti.

Robyn Roberts and Bobby Duncan of Kāpiti Quilters told me the story of the quilt:

At Community Quilts we make quilts to provide comfort and warmth to people in need. They may go to families that need support. Some recipients of our quilts have been Kapiti Women's Refuge, Kapiti Youth Support, Cosy Kiwi Kids, flood victims in Hawkes Bay and local fire victims, newly arrived refugee families, or people and their families using Hospice care.



Community Quilts has a large supply of fabric and partly completed projects that have been donated. Every two months there is Community Quilts Day where we can work on our quilts together at the Bridge Club at any time from 10am till about 2.30pm. You can find out more about Community Quilts at <https://www.kapitiquilters.co.nz/community-quilts>

Robyn said: "One Saturday there was a quilt partly made; somebody had done a lot of cutting out. So, I picked it up, took it home and finished the top. Just the top. And then you hand it in." At this point, Bobby continued the story: "Right. It comes

to me when it gets handed in and I organise a group of six quilters who have long arm quilting machines. So, we quilt all the community quilts. And for this particular one, you finished the binding I think, turning to Robyn, who agreed that she then completed the blue quilt by binding it, possibly by hand or machine.

### Community Quilt Group

Robyn described how the Community Quilt Group works: There could be up to 20 people at any Saturday meeting. Some people sew, cut out fabric, some people hand sew, some do the bindings. "It's a great place to learn, and we chat. One of the fun jobs is piecing together the fabric to make the colour combinations and there's lots of advice given. And everybody's got an opinion". Going to community quilts is a wonderful way to learn to do things because anybody will help with any problems that come up. Bobby also noted that "you never stop learning, while quilting itself is evolving".

### Kāpiti Quilters

In addition to the Community Quilts Group, the Kāpiti Quilters Guild hold regular day and evening meetings and classes for beginners and experienced quilters. More information about all their activities can be found at <https://www.kapitiquilters.co.nz/home>

As Robyn says, "Quilting is a very popular pastime on the Kāpiti Coast, and of course quilting is very good for mental health and it's a lot cheaper than therapy."

She thinks that a lot of the people come to community quilts because they've run out of people in their family to make quilts for, but they don't want to stop quilting. So, they can come and use the fabric available to continue their favourite creative activity.

A quilt is a special gift that is warm and comforting, while also being a beautiful work of art. Community Quilters will be very happy to hear about those who would appreciate the gift of a quilt. Please contact them at [kcqcommunityquilts@gmail.com](mailto:kcqcommunityquilts@gmail.com)

Homes for Good Trust is a new player in the Kāpiti area, only being registered in October 2024.

Its principal aim is to be

## "Agents of change for good in the central Kāpiti housing system"

Its major project is on the housing needs of Seniors in this area, particularly with regard to creating affordable rentals over the longer term. Unfortunately this area does not really cater to the special needs of Seniors for long term safe, accessible, housing in suitable locations; something we aim to influence over the years.

We have established 3 working groups to research the issues and possible solutions for Seniors' housing needs which are focussing on the following:

- **Co-Housing** - we are exploring all the options for Seniors to share housing in order to make life more companionable and share costs. Kapiti has a significant number of Seniors living on their own and we aim to be able to give them sound advice on what option could be best for them.

- **Affordable rentals** - here there are people with experience of renting locally finding ways of reducing rental and other living costs, and looking at other forms of tenancy that could offer more security of tenure than that currently offered by most landlords.
- **Additional dwellings** - with many changes coming to the building of additional dwellings on existing properties we are working with KCDC to find ways of educating property owners about this option, particularly those people who own largely unoccupied properties.

If you would like to discuss your housing needs check out our advisory service below



**Homes for Good**

[www.homesforgood.nz](http://www.homesforgood.nz)

[info@homesforgood.nz](mailto:info@homesforgood.nz)

027 220 4186

We are training Seniors to deliver advisory services in central Kāpiti to aid Age Concern members in their future housing choices



We are rolling out free, independent housing advice at Kāpiti libraries. Check your Library website for details or contact us to make an appointment in advance.





## Steady As You Go Exercise Classes



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If you are interested in joining us, new classes begin the first week of September.

You can register your interest by calling the office on: 04 298 8879.

## What sorts of situations is PHONE 105 for?

You can use 105 to report non-emergency situations online or via the phone, such as when your car has been stolen, your property has been damaged, or you want to give Police information about crime in your area.

The key message is that if it's happening now or just happened and there's a threat to life or property, call 111. If it's already happened and there's no immediate danger, use 105.

## Workshops – July/August:

Matt Hull, Community Banker from ASB will facilitate three workshops on:

### Safe and Savvy

A guide to help older people avoid abuse, scams and frauds

**Tuesday, 15 July:** 1.00pm – 2.30pm, Waikanae Baptist Church Café

**Thursday, 31 July:** 10.00am – 11.30am, Kapiti Impact Hub, Grace Hall

**Friday, 1 August:** 10.00am – 11.30pm, Waikanae Baptist Church Café



**Morning and/or afternoon tea  
will be provided at the workshops.**

To help us with catering, can you please register your interest by calling the office on (04) 298 8879 or emailing: [admin@ageconcernkapiti.co.nz](mailto:admin@ageconcernkapiti.co.nz)

## SeniorNet Kāpiti Who Are We?



SeniorNet Kāpiti was established 28 years ago as part of a nationwide program to assist New Zealanders aged 50 and over to keep up with technology. Time and technology have both moved on since then but the need remains. Internet access is now a necessity in day-to-day interactions with banks, insurers, government agencies, health providers, local authorities and many others.

We want our members to be able to use and enjoy their electronic devices in their daily lives. We can 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
- 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
- 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
- take advantage of the opportunities offered by online storage.

**At SeniorNet Kapiti, you will find....**

- a relaxed, friendly learning environment with time for a cuppa and socialising
- knowledgeable tutors who understand the frustrations involved in dealing with technology and are happy to help
- courses and workshops designed to give you the confidence and skills needed to get the most out of your devices
- and, most importantly, the support you will need to keep up with advances in technology.

**Visit our website for more information  
and the latest course and workshop timetable**

**[www.kapiti.seniornet.nz](http://www.kapiti.seniornet.nz)**

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## Creamy Chicken and Mushroom Risotto

Although you need to put in a bit of stirring time, this satisfying meal can be put together in less than 40 minutes. **For 2 servings:**



2 Tbsp olive or canola oil  
1 medium onion, diced  
2 cloves garlic, chopped  
250-300g boneless skinless chicken, cubed  
200g mushrooms, sliced  
½ red pepper, deseeded and diced  
1 tsp dried thyme  
1 cup arborio rice  
2½ cups boiling water  
2 tsp instant mushroom stock  
¼ cup cream  
½ - 1 tsp salt / Pepper to taste  
Chopped fresh basil or thyme and a little additional grated or shaved Parmesan cheese to garnish, optional

1. Heat the oil in a large non-stick pot. Add the onion and garlic and cook, stirring frequently, until the onion is soft. Add the chicken to the pan and cook until the meat is no longer pink. Stir in the mushrooms, red pepper and thyme and cook, stirring occasionally, until the mushrooms soften. Add the rice and cook for 2-3 minutes further, stirring constantly.
2. Add 1 cup of the water and the instant stock powder to the pot and bring to the boil. Reduce the heat and cook, stirring frequently until the liquid has almost disappeared. Add the remaining water to the simmering mixture, half a cup at a time, stirring frequently until the liquid has almost all been absorbed before making the next addition. After about 20 minutes, test to see if the rice is cooked; the grains should be firm but with no hard centres. If necessary, add another ¼-½ cup of water and simmer for a few minutes longer. When the rice is cooked, add the cream and stir to mix and heat through. Season to taste.
3. Serve immediately, garnished with the basil and Parmesan if using. A crisp green salad, some crusty bread and a glass of wine make ideal accompaniments.  
*Note:* Transfer leftovers to an airtight container and refrigerate for up to 3-4 days.

## Apple Crumble

Apple crumble is most definitely 'comfort food'. There is nothing nicer, on a cool winter night, than to open the kitchen door and enjoy the spicy warmth of mixed spice or cinnamon.

**For 2 servings:**

½ cup plain flour, sifted  
2 Tbsp butter  
¼ cup sugar  
2 cups sliced apples (2-3 apples)  
A little butter for buttering the loaf tin

1. Heat the oven to 180°C.
2. Put the flour, butter and sugar into a food processor and mix them in bursts until only tiny amounts of butter are visible.
3. Peel the apples and slice them fairly thinly into a buttered metal loaf tin about 10 x 23cm. Sprinkle the flour mixture over the apples in the loaf tin.
4. Bake for about 45 minutes, or until the crust is golden brown.
5. Serve warm, with lightly whipped cream, pouring cream or plain yoghurt.

*Variation:* Add about ½ tsp of mixed spice or cinnamon to the sliced apple and toss to mix.



## Kāpiti 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.

Kāpiti 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 Kāpiti 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 Kāpiti 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 Kāpiti

Enliven's Kāpiti 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 Kāpiti 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 Kāpiti Cottage guest*

For more information please visit:

[www.enlivencentral.org.nz](http://www.enlivencentral.org.nz)

## MOBILE PHONES

If you have an older model, make sure that it is not operating on 3G only as this network is closing later this year. If you are unsure, phone your provider or pop into one of their stores. Most people have 4G & even 5G by now. One of the positives of Covid, many of us had to upgrade to use the QR Code.





## How Gardening Can Help You Live Better for Longer

By Julia Hotz (abridged)

**Research shows gardening preserves cognitive function, helping you live well for longer. Now, dementia patients are reaping the benefits with "care farms" prescriptions.**

In 2015, Norway became one of the first countries to create a national dementia care plan, which includes government-offered daycare services such as Inn på tunet – translated as "into the yard" – or care farms. Now, as researchers recognise the vast cognitive benefits of working on the land, more communities are integrating gardening into healthcare – treating all kinds of health needs through socially-prescribed activities in nature, or green prescriptions.

"Nature prescriptions can increase physical activity and social connection while reducing stress, which have multiple positive knock-on effects for blood pressure, blood sugar control and healthy weight, reducing the risk of diseases that can lead to dementia," says Melissa Lem, a family physician based in Vancouver and researcher at the University of British Columbia, Canada – where she examines the opportunities and barriers around nature-based prescriptions. "We all know that more physical activity improves mental and physical health, but gardening supercharges those benefits," she says.

New data sheds light on the advantages of spending time gardening. In a first-of-its-kind study, researchers from the University of Edinburgh investigated if there might be a link between gardening and changes in intelligence over lifetimes. The study compared the intelligence test scores of participants at age 11 and age 79. The results showed those who spent time gardening showed greater lifetime improvement in their cognitive ability than those who never or rarely did.

"Engaging in gardening projects, learning about plants and general garden upkeep involves complex cognitive processes such as memory and executive function," said Janie Corley, the study's lead researcher, in a press release.

Corley says some of those benefits may come from the "use it or lose it" cognitive framework, a theory that suggests the strength of our mental abilities in older adulthood depend on how frequently we use them. When we neglect to perform tasks that stimulate certain parts of our brain, those parts of our brain begin to lose their functionality, but regularly engaging in these activities – such as problem solving, learning a new skill or being creative – in older adulthood can have the opposite effect.

One 2002 study of more than 800 nuns in the

United States found that frequently participating in cognitively stimulating activities reduced their risk of Alzheimer's disease. A more recent study of older adults in Japan found participation in meaningful activities could protect against declines in memory function. Meanwhile, other research has found that people who received an intervention of cognitively stimulating activities, typically in a social setting, saw improvements in cognition, mood, communication and social interaction.

And gardening appears to have specific cognitive benefits. For one thing, gardeners seem to experience gains in the nerve levels of brain-derived neurotrophic factor (BDNF), a protein that plays an important role in the growth and survival of neurons. They also receive boosts to their vascular endothelial growth factor (VEGF), a protein associated with improving cognitive functioning.

One 2006 study from the University of New South Wales, which followed Australian men and women throughout their sixties, found that those who gardened on a daily basis had a 36% lower risk of developing dementia than those who didn't. Gardening has also been shown to improve attention, lessen stress, reduce falls and lower reliance on medications.

Some of these cognitive benefits may come from simply being in nature. Roger Ulrich, a world expert in designing health systems and a professor of architecture at Chalmers University in Sweden, was among the first to connect nature exposure to stress reduction. Throughout the 1980s and 1990s, he conducted a series of landmark studies demonstrating how simply looking at trees and other plants – even through a window – can reduce pain, boost positive emotions and strengthen concentration.

Ulrich suggested that these responses were driven by evolution. Since the ability to recover from a stressful situation was favourable for survival, the tendency to recover from stress in natural settings was genetically favourable, passed down through generations, and could explain why even just small doses of nature can improve wellbeing among modern humans.

[www.bbc.com/future/article/20250509-how-gardening-boosts-brain-health](http://www.bbc.com/future/article/20250509-how-gardening-boosts-brain-health)

## COST OF LIVING: OLDER KIWIS CUTTING BACK ON FOOD TO SAVE MONEY

Older New Zealanders are cutting back on food to pay the bills, with advocates saying some are making frozen meals last three days or skipping meals entirely. Pre Covid-19, research in the Journal of Primary Health showed that out of 174 people going into residential care, 93 percent were either malnourished or at risk of malnutrition.

Research shows 40 percent of New Zealanders aged 65 and over have no other income besides superannuation, while 20 percent only have a little more. "Those fixed costs that we reflected on earlier this morning, the rent, the power, the mortgage, the rates, the insurance, with them increasing the only movable bit of a budget is often that food spending," Billings-Jensen said. Some people are "living on toast".

Research from Massey University in 2021 found more than a third (37 percent) of older people who live in the community are at risk of malnutrition. She said older people need enough protein and iron to help keep their muscle mass. "If you are not getting the right energy in then it might be harder to be doing some of the things that will keep you active and keep you connected to the community and the people that you love," she said. "Nutrition is just so important to prevent chronic disease, disabilities and enable people to live in their homes."

Aged Care urges New Zealanders to have conversations with older people in their lives about what they are eating. She said they have seen an increase in older people using foodbanks. She also advises those struggling to reach out to Work and Income.

March 2025 Nine To Noon





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## Staying Safe Driver Refresher

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

**You can register your interest by calling the office on 04 298 8879**  
**You can also find more information for senior drivers including a self-assessment quiz on the NZTA website.**

## New Sorted retirement navigator a one-of-a-kind tool for spending in golden years

A groundbreaking new Sorted tool has been released to help New Zealanders nearing or already in retirement feel more confident about their financial future and how to plan for it.

Launched by Te Ara Ahunga Ora Retirement Commission, the retirement navigator is free to use on

**sorted.org.nz**

## AI Workshops:

During May-June, Age Concern Kāpiti held a series of sessions exploring the power of AI in interactive workshops. The workshops were presented and facilitated by Value 32, a local company specialising in digital tools and Artificial Intelligence (AI). Funding came from ANZ Digital Literacy funding.

The workshops gave an overview of relevant topics of use to older people, and then participants were individually coached to set up AI on their phones/ ipads/laptops and then how to use appropriate prompting.

**Comments from almost 50 participants included:**

*"This will keep me busy for a while! I was very impressed that it was so positive, I thought I would be hearing about risks and dangers so I feel very grateful to know AI as a useful, slightly familiar tool. Thank you very much".*

*"Totally brill - thank you!"*

*"Thank you ladies this session was brilliant!"*

*"Always interested in learning about new technology"*



LtoR: Digital and AI Coaches: Merridy Marshall and Min Yoo from value32



## People who want to keep working forever

Journalist Venetia Sherson, Contributor  
– Stuff, 19 May 2025 (edited version)

Stats New Zealand data shows hundreds of thousands of us are working in our 70s, 80s and even 90s. Venetia Sherson, 77, asks, what keeps us at our posts?

I visited my old newspaper office recently. Its new premises were difficult to find, with access via a cranky lift or 12 flights of stairs. I chose the stairs. It was my first visit since I left as editor more than 20 years before. I was there to deliver a book to a friend.

“Can I help you?” asked a young woman.

I recognised her from her picture byline. She didn’t recognise me. “I’m here to deliver a book for Richard,” I said, glancing around in the hope of seeing a familiar face. “I’ll make sure he gets it,” she said, turning away. What did I hope for? A flicker of recognition, a whisper between two heads: “Isn’t she...?” Not a peep.

I wanted to say, “I may look like some random old lady with grey hair slightly puffed after walking up 12 flights of stairs, but I am one of you. I’ve had 60 years in this business.”

The notion of people continuing to work into their dotage is not new. And it is no longer exceptional as Boomers like me see no reason to stop what we are doing.

Recent figures from Stats NZ record almost 90,000 of those in paid employment are aged over 70; 1257 are in their 90s.

**Significant number of NZers working past 70 – Morning Report, 25 March 2025**

What keeps us at it? Pride, sheer pig-headedness, or simply pure enjoyment? We decided to find out.

**Patrick Garvey, 81, antique dealer, Hamilton**

I trained as a cabinet maker. Dad insisted I had a

trade. He established this business as a second-hand shop in the 1950s selling mostly war assets like blankets and boots.

I bought the business on the 10th of July 1967, the same day New Zealand switched to decimal currency. It was then called Garvey’s Mart, but I could see the way the world was going with cheaper imports coming in from Asia. The value of second-hand products was going down. I knew the money would be in antiques, bespoke pieces that are beautifully crafted and will last a lifetime. They have style and quality and they are an investment, so I became an antique dealer.

Each piece in my shop has a story. It’s like opening a treasure chest. As a cabinet maker I know the skill that has gone in to making them. I have pieces in my shop that are as beautiful as the day they were made. I love some pieces so much I can’t bear to sell them.

I have no plans to retire. This business is addictive. A lot of people have terrible jobs that are full of stress. This business is the opposite. It brings me joy every day.

I used to open from 8-5. Now I open at 10 and close at 3. I travel a lot to value individual pieces and estates. Ethics are hugely important to me. I’m from an Irish family. Fairness is key. I know what I want but I will always strike a fair deal.

**Cliff Goss, 93, racehorse trainer, Tauranga**

I grew up in Foxton. I wanted to be a jockey, but I was too heavy to race. I decided to become a trainer. I leased my first horse when I was 21, which

was the youngest age you could train a horse. She won seven races including the Herne Bay Handicap in Auckland. I was pretty green at the time and people thought I was mad to take her to Auckland to race, but she was a good one. Very competitive.

Currently I have three horses in training. They all sing out to me when I arrive at the stables in the morning. Training horses hasn’t made me rich, but I’ll keep doing it until I die.

I start work at 6.30am when I feed the horses and muck out their boxes. I watch the horses go through their paces on the track until around 9.30am and return at 2pm to exercise them in the horse walker.

I don’t ride any more, but I do everything else. I cook their feeds, groom them and I used to shoe them.



*Cliff Goss with Rocky:  
“The horses sing out to me  
when I arrive at the stables.”*

I’m very patient with my horses. To get the best out of a horse, you have to be kind and treat them well. Temperament is everything. You have to know them well and they have to trust you. You can’t rush them when they are young. There’s a lot of stress in racing. The horses have to be confident

when they step out on the track.

**Gail Jones, 81, florist, Hamilton**

I’ve always loved flowers. When I was a child, my grandfather came to live with us. I’d be out in the garden with him every day. I didn’t want to come in for meals. My grandmother was French and loved anything to do with flowers and art. I think it’s in my blood. Mum was the same. People used to say, ‘It’s in your fingers.’ You’ve got to have a good sense of

colour, proportion and design. You either have those skills or you don’t.

I got my floristry diploma when I was 18, but I couldn’t find a job. Dad said, ‘Why don’t you open your own business?’ He backed me and I opened the business in 1963. I was 19.

In the early days my business was next to a funeral director, and we’d do flowers for up to four funerals a day. Debutante balls were also big. Now its school balls and Mother’s Day is massive. In the two days leading up to Mother’s Day this year I did 150 orders.

I used to go to the flower market at 6am every day to choose flowers, but the markets don’t exist anymore. A wholesaler buys for me. I work from 8-5 making up orders. I do get a bit tired, but I still love it.

I have no plans to retire. If I did, I’d just be sitting at home with my cat. I’d be dead in six months. When I do die, I want green and white flowers for my funeral. Green slipper orchids would be nice.



*Florist Gail Jones: “If I retired,  
I’d be dead in six months.”*

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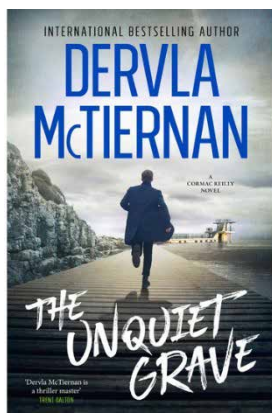
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## Winter warmth and a good book – Perfect companions



### “The Unquiet Grave”

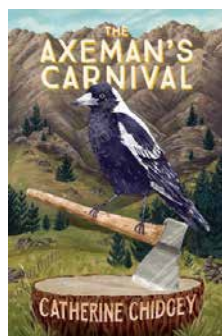
– Dervla McTiernan

For years the boglands of Northern Europe have given up bodies of the long deceased. Bodies that are thousands of years old, uncannily preserved. Bodies with strange injuries that suggest ritual torture and human sacrifice.

When a corpse is found in a bog in Galway, Cormac Reilly assumes the find is historical. But closer examination reveals a more recent story. The dead man is Thaddeus Grey, a local secondary school principal who disappeared two years prior.

There's nothing in Grey's past that would explain why he was murdered, or why his body was mutilated in a ritual manner. At first, progress on the case is frustratingly slow and Cormac struggles to keep his mind on the job. His ex-girlfriend, Emma Sweeney, is in trouble, and she's reached out to him for help - Emma's new husband has gone missing in Paris, and the French police are refusing to open an investigation into his disappearance.

Cormac is sure that he has found Grey's killer, and is within hours of an arrest, when another mutilated body is discovered on the other side of the country. Two days later, a third body is found. Press attention is intense. Is there a serial killer at work in Ireland? Has Cormac been on the wrong trail? And if so, can he find the murderer before they strike again?



### “The Axeman’s Carnival”

– Catherine Chidgey

Everywhere, the birds: sparrows and skylarks and thrushes, starlings and bellbirds, fantails and pipits – but above them all and louder, the magpies. We are here and this is our tree and we’re staying, and it is ours and you need to leave and now.

Tama is just a helpless chick when he is rescued by Marnie, and this is where his story might have ended. ‘If it keeps me awake,’ says Marnie’s husband Rob, a farmer, ‘I’ll have to wring its neck.’ But with Tama come new possibilities for the couple’s future. Tama can speak, and his fame is growing. Outside, in the pines, his father warns him of the wickedness wrought by humans. Indoors, Marnie confides in him about her violent marriage. The more Tama sees, the more the animal and the human worlds – and all of the precarity, darkness and hope within them – bleed into one another. Like a stock truck filled with live cargo, the story moves inexorably towards its dramatic conclusion: the annual Axeman’s Carnival.

Part trickster, part surrogate child, part witness, Tama the magpie is the star of this story. Though what he says aloud to humans is often nonsensical (and hilarious with it), the tale he tells us weaves a disturbingly human sense. The Axeman’s Carnival is Catherine Chidgey at her finest – comic, profound, poetic and true.

*(both reviews from GoodReads)*

Psst.... Final note – Catherine Chidgey is a fantastic author so if you see any of her books, grab them and you will enjoy them!

## CLEANING

There are often kitchen items that get overlooked and one of those is a can opener. Like knives they should never be put in the dishwasher. Instead- scrub in hot soapy water. Use a toothbrush to clean the hard-to-reach areas and dry well. If you spot any rust on the blades, soak in vinegar and scrub well, rinse and dry.

Some other overlooked household items are remote controls, light switches, toothbrush holders and reusable grocery bags. Don’t forget to remove your mobile phone from its case regularly and give it all a good clean. Don’t you feel much better now you’ve done all that!



**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.



## Driver Licence

When you're turning 75 or over, you'll need to get a medical certificate before you can renew your driver licence. Renew at age 75, 80 and every 2 years after that. Your licence will expire on your 75th birthday, on your 80th birthday, and every second birthday after that. You must renew your driver licence on or before its expiry date if you want to keep driving.

### How to renew your licence



You can renew your driver licence up to 6 months before it expires. NZTA will send you a reminder and an application form about 8 weeks before your licence is due to expire, but you can renew earlier if you wish. You'll need to make an appointment with your doctor to get a medical certificate. You may also need to see a specialist or take a test, so allow plenty of time. Once you've got your medical certificate, you'll need to visit a driver licensing agent in person.

In Kāpiti this is: **AA Kāpiti/Paraparaumu**

### What you need to take

- A medical certificate issued within the last 60 days.
- Your current photo driver licence or other acceptable evidence of your identity (e.g. Passport). More information can be found on NZ Transport Agency Waka Kotahi / Identification page.
- EFTPOS, credit card or cash to pay the renewal fee of \$21.50.

You'll need to complete an application form (DL1). You can download the form and take it with you or fill one in when you get to the agent. When your renewal is complete, the agent will give you a

temporary licence which is valid for 21 days. Keep this on you whenever you're driving until your new driver licence arrives in the mail – within 2 to 3 weeks.

### Getting a medical check

You need to get a medical check to renew your licence, so make an appointment with your doctor. The doctor will give you the medical certificate you'll need to renew your driver licence. The certificate is valid for 60 days, so make sure you take it to a driver licensing agent before the 60 days runs out.

**Your doctor will give you one of the following results:**

#### Medically fit to drive

- You're able to drive safely in all conditions.
- Your doctor will give you a medical certificate to take with you to renew your licence.

#### Medically fit to drive with conditions

- You're able to drive safely, but only if you do, or don't do, specific things. For example, you might need to wear glasses or not drive at night.
- Your doctor will give you a medical certificate with the conditions on it. Take this with you to renew your licence.

#### Medically fit to drive if a specialist agrees

- You need to see a specialist for more testing. Your doctor will tell you what kind of specialist. It could be an optometrist to test your eyes, or an occupational therapist to check you can safely cope with complex driving situations.
- If you pass, you're able to drive safely and can renew your licence. The specialist will give you a medical certificate to take with you to renew your licence.

#### Medically fit to drive if you pass an on-road safety test

- Your doctor may ask you to do a driving test in a car with a testing officer.
- The doctor will give you a medical certificate with a requirement to sit an on-road safety test. Take the certificate with you to a driver licensing agent, and they'll start your renewal application and book the test.
- The test is included in your renewal fee. There's no fee to change, cancel or rebook the test. You can sit the test more than once if you need to with no extra fees.
- If you live in an area that doesn't have testing

officers, you'll need to request an on-demand test. Check our agent list to see if you need to do this in your area. You'll need to apply to renew your licence and present your medical certificate at the agent first. It can take up to 3 months to get a test booking, so make sure you do this early. In Kāpiti this is: **AA Kāpiti/Paraparaumu**. If you pass the test, you're able to drive safely. The testing officer will give you a temporary driver licence to use until your photo driver licence arrives in the mail.

### Not fit to drive

You're not able to keep yourself and others safe when driving. It's no longer safe or legal for you to drive, and you must stop driving immediately. Your doctor will let NZTA know, and you won't be able to renew your licence.

Not being able to renew your licence can be upsetting. Take some time to process this news. There are many options for people who don't drive.

### Medical conditions and driving

If you have a medical condition that could affect your ability to drive safely, NZTA may need to review your medical certificate and determine whether you can continue to drive before your licence can be renewed.

### On-road safety test

The on-road safety test checks you still have a good knowledge of the road rules and continue to use safe driving skills. It takes about 30 minutes.

### Staying safe

**Staying safe:** a refresher course for senior road users is a classroom-based course that aims to maintain and improve safe driving practices.

During the course you will re-familiarise yourself with traffic rules as well as increase knowledge about other transport options available to keep you mobile for as long as possible. Contact Age Concern Kāpiti for more information on these courses.

Check out NZTA website for more information on:

- Renewing for seniors
- Driving as a senior
- How's your driving?
- Alternatives to driving
- Factsheets

## Let's Talk Road Safety: Reducing Hidden Risks

The data tells us that regardless of causation, if a person over 70 is hospitalised following a road crash, length of hospital stay increases. This is especially so from 80 years onwards. As we age recovery takes longer.



The free class-room based refresher course Age Concern Kāpiti run for older drivers includes focus on what we can do to keep ourselves safe on the roads. We share all sorts of tips like correct use of mirrors which must be adjusted to eliminate as many blind-spots as possible.

Some drivers of modern cars with light-up side mirrors that indicate proximity to other objects, are relying solely on those side mirrors to determine close objects. But these mirrors are not foolproof and blind spots still exist. In some cases, buying additional cheap compact mirrors and attaching them to side mirrors can extend field of vision which can help a lot. (They help with parking, too).

Most people do not realise how big blind-spots are. Cyclists and motorcyclists can get completely lost in them. Even so, a visual shoulder check should always precede a lane change, turn or merge. If a shoulder check is not used in these circumstances when a driver is required to take an on-road driving test (which can be required by a medical practitioner assessing a driver 75 and over for competence to drive), the driver will automatically fail the on-road test.

And that is one reason we would like to see more of our older drivers come to our free class-room based Staying Safe driving refreshers, funded by NZTA. It's an opportunity for older drivers to be affirmed in their knowledge, check they are up-to-date with all the key road rules and be able to discuss with other drivers what their solutions to local traffic situations might be.



## DIGESTION AS WE AGE

From - HFG

*Nutritionist Cindy Williams shares her top tips for keeping your digestion working properly as you age.*

About one-third of people over 65 suffer deterioration of their stomach lining, which means it doesn't make so much hydrochloric acid, pepsin (a digestive enzyme) and intrinsic factor. This reduces how much vitamin B12, folate, iron and calcium they can absorb. A deficiency of vitamin B12 seriously affects the nervous system. B12 comes mainly from animal foods. To get the recommended 2-3mcg a day include some lean meat, salmon, tuna, oysters or liver.

Constipation is common in older people, especially those who are inactive. Some try to solve the problem with laxatives (not a good idea long-term) and others by taking copious amounts of unprocessed bran. The odd bran muffin makes a yummy morning tea but too many will bind up vitally important minerals such as calcium, iron and zinc. One study found that eating two tablespoons of wheat bran three times a day halved the amount of calcium absorbed. Try to get your fibre from a range of sources including plenty of fruit and vegetables instead (most are a good source of fibre).

Our gut contains many 'friendly' bacteria that enhance the immune system and make us more resistant to food poisoning and tummy bugs. But as we head into our 70's there are less of these 'friendly' bacteria around. Eating yoghurt or fermented dairy drinks will add a few 'friendly' bacteria back into your gut. Check the use-by date to buy the freshest yoghurt as the bugs die off over time. To help these bacteria survive the perilous journey through your stomach, eat foods with resistant starch such as rolled oats, nuts, seeds, lentils, baked beans or cold rice or pasta. You may find yourself sitting on the toilet a bit more often, but straining will be a thing of the past!

To keep your gut in top working order, try these ideas:

- Banana or berry yoghurt smoothie
- Porridge or muesli topped with yoghurt
- Baked beans on grainy toast
- Pasta or rice salad
- Stir-fry beef with lots of vegetables on rice
- Fruit salad with yoghurt
- Sushi
- Lean mince cooked with red lentils, vegetables and a jar of pasta sauce
- Add in a little exercise and lots of water

## Contact Information

**Phone:** (04) 298 8879

**Email:** [admin@ageconcernkapiti.co.nz](mailto: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](http://www.ageconcernkapiti.co.nz)

**Facebook:** Ageconcernkapitin

**Manager:** Susan Church

[manager@ageconcernkapiti.co.nz](mailto:manager@ageconcernkapiti.co.nz)

### Visiting Service and Health Promotion Coordinator:

Alison Miller

[avs@ageconcernkapiti.co.nz](mailto:avs@ageconcernkapiti.co.nz)

### Project Coordinator:

Holly Stephenson

[volunteer@ageconcernkapiti.co.nz](mailto:volunteer@ageconcernkapiti.co.nz)

**Board Chair:** Karen Blakey

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**Treasurer:** Owen Gibbins

**Committee:** Wendy Huston, Tom

Montague, Te Hau Maiangi Short,

Paula Martin, Conrad Spohr

## 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.

### Supporters Fee:

From 1 July 2025 to 30 June 2026

Individual: \$25.00 ☐ Couple: \$40.00 ☐

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### 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?

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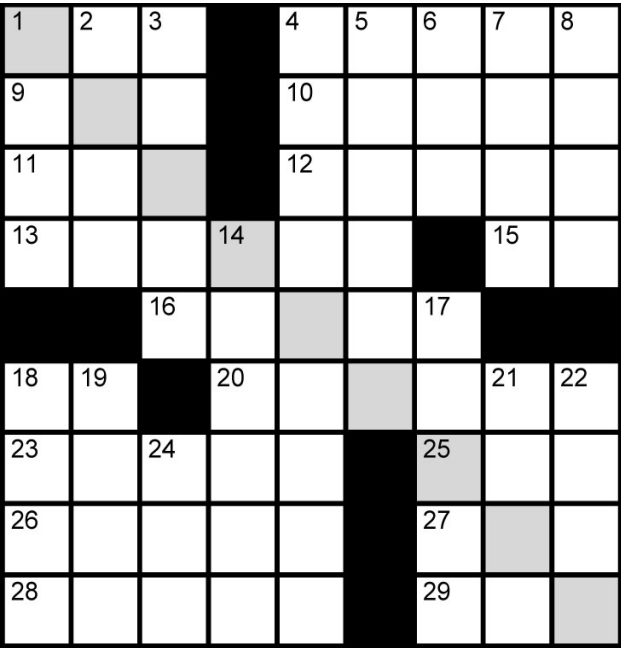
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Flying Helicopter Bug



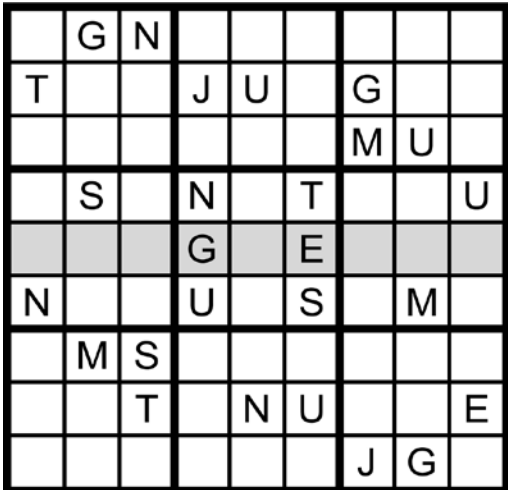
- Across
1. Not an orig.  
4. Like some renewable energy  
9. WWW address  
10. Livid  
11. Turkish title

12. Mutton or lamb leg  
13. Lowers oneself  
15. Northeasternmost st.  
16. Drivel  
18. Radio mode  
20. Flowering plant with healing properties

- AIR FRYER  
BLENDER  
CAN OPENER  
COFFEE MAKER  
CUTTING BOARD  
EGG COOKER  
GRIDDLE  
HAND MIXER  
INSTANT POT

- JUICER  
KETTLE  
MICROWAVE  
NINJA  
PASTA MAKER  
POPCORN MAKER  
RICE COOKER  
SCALE  
SCISSORS  
SLOW COOKER  
TOASTER

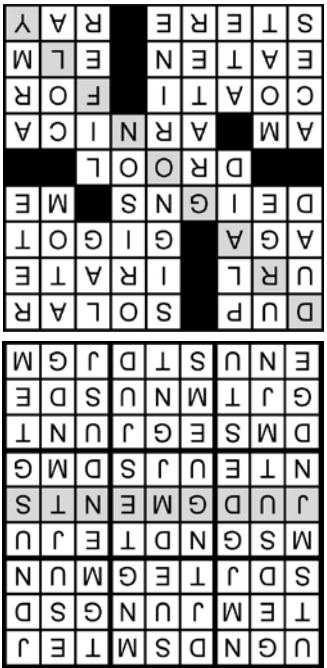
WORDOKU



23. Cousin of a raccoon  
25. In support of  
26. Moth-\_\_\_\_  
27. Freddy Krueger's street  
28. Cubic meter  
29. Beam

Down

1. Couple  
2. Exhort  
3. Kilt pattern  
4. Italian unmarried woman  
5. Prayer  
6. Hang back  
7. Proton's place  
8. Neural network  
14. Kitchen gadget  
17. Inmate who's never getting out  
18. Air force heroes  
19. Castle defense  
21. RC, e.g.  
22. \_\_\_\_ brat  
24. Lunched



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

Kitchen Gadgets



How to solve wordoku puzzles: You only need logic and patience to solve a wordoku. Simply make sure that each 3x3 square region has only one letter from the word JUDGMENT. Similarly, each letter can only appear once in a column or row in the larger grid. The difficulty on this puzzle is medium.