

Senior Times, Issue 1 2026

[www.ageconcernkapiti.co.nz](http://www.ageconcernkapiti.co.nz)

# Age Concern Kāpiti



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He Manaakitanga  
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## Welcome Back!

Welcome to the first issue of our magazine for 2026. I hope you enjoyed a restful and enjoyable summer break – even though the weather has kept everyone on their toes! Having a break is a wonderful time to reflect and recharge, to leave us all feeling refreshed and ready to begin another year.

Looking back on the last year, I am incredibly proud of what Age Concern Kāpiti accomplished, (despite a difficult and changed funding landscape). In particular growing the number of Steady As You Go classes and our Seniors' October event. Seniors' October was a testament to different organisations coming together to showcase what is on offer in our local communities.

Change is constant and every year brings new challenges and opportunities. We have a range of plans in store for the upcoming months. Our key focus areas will be:

- Deliver another successful Senior's October event
- Running a mid-year fundraising/community event
- Hosting monthly workshops across the Kāpiti Coast
- Enhancing our online resources for all members

Your involvement and partnership are key to achieving these goals. We need to work together to ensure that Age Concern Kāpiti continues to thrive.

Please look out for upcoming communications regarding volunteer opportunities, event registrations, and specific project details.

I look forward to seeing familiar faces and welcoming new members. It remains an honour and privilege to be in this role, and I am confident that together we will make this another wonderful year.

*Susan Church* | Manager



**Did you know that everyone - young and old and in between - can support us by becoming a member of Age Concern Kāpiti for just \$25 per person, per year or \$40 a couple.**

Our services and activities are provided for older adults (65+), but we warmly welcome people of all ages to support us through membership, volunteering, or donations. Every dollar helps!

As a member, you will receive a copy of our quarterly magazine and regular news and updates, AND you'll be helping us continue to grow and deliver vital services to the region's older adults. You can sign up (or renew) online, internet banking or by visiting our office (cash only). Thanks for your support!

## A message from the Chair



Karen Blakey, Chair

A very warm welcome to you all and thank you for your continued support through 2026. Age Concern Kāpiti ended 2025 in good shape with the financial situation being stable, an increase in membership numbers, and we welcomed

new volunteers.

These are all positive moves and demonstrates that we are making the organisation known in the community. We also had a very successful Seniors October month with various activities that you could "have a go at" to see if you enjoyed them, and it was a great way to meet new people and make new friends. With your continued support we are planning to do this event again.

We are working with The Older Persons' Advisory Group and Council and Grey Power to look at how we can work together strategically to enhance and improve how older people of Kāpiti access and utilise the services that we currently offer. It is also an opportunity to share insights and resources regarding our three organisations and whether there are any other opportunities that we could consider. This is all very positive work and will continue as we progress through 2026.

I look forward to Age Concern Kāpiti having another good and successful year in 2026 and I hope that you enjoy reading this magazine which has some very varied and interesting articles in it.

## Six Little Stories with Lots of Meanings

1. Once, all the villagers decided to pray for rain. On the day of prayer, all the people gathered, but only one little boy came with an umbrella.  
**That is faith.**
2. When you throw babies in the air, they laugh because they know you will catch them.  
**That is trust.**
3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarms to wake up.  
**That is hope.**
4. We plan big things for tomorrow in spite of zero knowledge of the future.  
**That is confidence.**
5. We see the world suffering, but still, we get married and have children.  
**That is love.**
6. On an old man's shirt was written a sentence "I am not 80 years old; I am sweet sixteen with 64 years of experience."  
**That is attitude.**

Have a happy day and live your life like these six stories. Remember – good friends are the rare jewels of life, difficult to find and impossible to replace!!

**ATTENTION PLEASE!**

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*Many thanks*

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**We are celebrating the start of a new year and a new term with some exciting new workshops check these out at [seniornetkapiti.nz](http://seniornetkapiti.nz)**



But best of all we are celebrating the completion of the new ramp at our Learning Centre, providing easy and safe wheelchair access in place of the old very steep entrance and opening up opportunities for new members dependent on some form of mobility aid.

Our thanks to KCDC, Mayor Janet Holborow, who championed our cause, and the contractors who completed the work over the holiday break in time for the new term.



*pictured above:*  
Mayor Janet Holborow and one of our tutors Patrick Stephens



*pictured right:*  
Kathleen who was the first person to try it out and gave it top marks

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

[www.kapiti.seniornet.nz](http://www.kapiti.seniornet.nz)  
kapiti@seniornet.nz | 021 229 6561



**New Role**

In early February, we welcomed back Holly Stephenson in a new role as a Community Programme Administrator. Many of you will already know Holly from her involvement with the Steady as You Go class in Ōtaki as well as being the project lead for the successful 'Seniors October' initiative and our photography exhibition.

This new position is to assist with the day-to-day running/administration of the office including exercise classes, and the Companion Walking Service.

Holly will work 10 hours a week (Tuesdays and Thursdays) until September. This new role was made possible by a grant we received from NZCT.



Since our last newsletter, we have received payment for membership from the following people, but unfortunately, we have no other information about them. If you are listed below, or know a person listed below, please contact us on 04 298 8879 or [admin@ageconcernkapiti.co.nz](mailto:admin@ageconcernkapiti.co.nz).

E M Manunui | Jo Murphy | Donna Rawiri  
*Thank you!*

**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.



Having trouble keeping up with technology? SeniorNet can help. Visit our Learning Centre and discover a relaxed, friendly environment with knowledgeable tutors who are happy to assist.

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## Join the 10 4 100 Crew

### Keep Senior Times and Seniors' October thriving in Kāpiti!

**Seniors' October** brought a month of community led events that lit up Kāpiti with connection, creativity and companionship for older people. **Senior Times** continues that work all year, delivering stories, practical information and a sense of belonging to hundreds of readers. Now we need your help to keep both these vital resources alive.

### Why your support matters

**Production of Seniors' October cost almost \$7,000 last year. Each edition of Senior Times costs us \$1,000**, and this year we plan to publish three editions. These are not just printed pages — they are lifelines that keep people informed, reduce isolation and celebrate the contribution of older people in our community.

### Introducing the 10 4 100 campaign

We're launching **"10 4 100"** — a simple, powerful way to sustain Age Concern Kāpiti's community work. We're inviting **100 supporters** to give **\$10 a month for at least 10 months**. A small amount from many people adds up to a reliable, ongoing fund that covers production costs and helps us plan ahead with confidence.

### The impact of your \$10 a month

A modest monthly gift helps in concrete ways:

- **Keeps Senior Times in print**, so readers

without internet access stay connected.

- **Funds Seniors' October and other community events**, enabling free or low cost activities that reduce loneliness.
- **Supports Age Concern Kāpiti's services**, from information and support to practical help that keeps older people safe and engaged.

## How to join 10 4 100

Joining is easy and meaningful. If you can contribute **\$10 a month**, you'll be part of a community of supporters who ensure Age Concern Kāpiti can continue its work. To sign up, please contact **Age Concern Kāpiti** directly or visit our website for donation options and more information (account details below).

### Together we keep Kāpiti connected

A small regular gift creates big, lasting change. Please consider joining **10 4 100** and help keep **Age Concern Kāpiti** alive and thriving for the people who rely on its services and the readers who look forward to every issue of **Senior Times**. Thank you for standing with our older community.

**Name of Account:** Age Concern Kāpiti Coast Incorporated  
**Account Number:** ANZ 06 0730 0405608 00  
**Reference:** 10 4 100 (insert your name)



### 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.



## Volunteer Visiting Service

Kāpiti Volunteer Visiting Service - let me tell you a bit about this free service we offer

We start 2026 with 62 clients who are receiving a regular visit from their matched visitor. They visit for an hour a week at the client's home. We cover the area from Paekākāriki to Ōtaki.

We have a wide range of needs among our clients. Close to half don't have any close family living nearby, others have family, but they only see them once a week or extended family who are in contact but don't visit regularly. The other half don't have any family living in the area or have no family at all. Their friends may have moved into retirement villages or care facilities, so they no longer see them, or they have passed away. Some clients only human contact is with their health carers who come to their house to provide personal care.

Therefore, our visiting service gives them a much-needed social contact each week.

This is something the client looks forward to and can even include an outing in the car. The visitor also informs us if there are any concerns for the client's health or living conditions.

A few of our clients attend our weekly Steady As You Go Falls Prevention exercise classes. When I speak to them, I get to see the wonderful benefit these visits have on both parties.

### Here's are some quotes:

"My visitor is a godsend"

"I look forward to our weekly catch ups"

"We talk about a huge range of topics, we laugh together and the support I get is much appreciated"

"I love visiting my client we have formed a beautiful friendship"

"It makes me feel happy that I can enrich someone life"

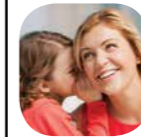
If you know someone who would benefit from this service or who would like to be a volunteer visitor I would love to hear from you.

*Alison Miller*

Visiting Service Coordinator



## Caring for your hearing



### For independent professional advice

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

## Courtenay Hearing Centre Serving the Kapiti area since 1993

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

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

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

**Visit our website [www.courtenayhearing.co.nz](http://www.courtenayhearing.co.nz) for more information.**

## Outward Bound pushes the age boundary with 60-plus course

RNZ Home, 23 September 2025, Checkpoint

Outward Bound is pushing the age boundary, with a new course aimed at those 60-plus.

The not-for-profit specialises in personal and professional development and building resilience by challenging people mentally and physically in the great outdoors of the Marlborough Sounds.

It has been going since 1962, but it is the first time it has had an eight-day course for people who are 60 and beyond. The inaugural Beyond 60 Outward Bound course was held in September last year. One of the participants,

65-year-old Sally Anderson told Checkpoint going on an Outward Bound course was a bit of a dream for her.

"My children have done Outward Bound and I have always been incredibly envious, and I thought I was always too old, but then this course popped up and I thought, I'm in. It just kept echoing during the day and I thought my pension starts, that's a really good way to pay for it, so I just enrolled straight away."

She said she thrived on the eight-day course alongside nine others. "It was slightly inclement weather and cold dips in the ocean were very challenging, but we had such a fantastic time, 10 of us, lots of different backgrounds and lots of great challenges, an adventure."

Anderson said it was a privilege to be on the course, which taught her a number of lessons about herself. "I learned that I've got some trust issues, and I think also that socially it's quite challenging because as you get older a lot of us are quite independent and



we're used to making lots of decisions for ourselves. When you are in a group of 10 people, you have to fit in, and you have to look after everybody and be part of that group as a team and they're from all walks of life."

The group were challenged to activities like any other Outward Bound course, however those could be adapted to each person's skill level.

"You need to be able to have a certain level of fitness and if you can run 3km that's great, but the course is quite adaptive... you can get stretched to your highest capacity... It can be tweaked and adapted for your needs as well."

Anderson said the group were challenged to a range of activities, from camping in the rain to scaling a

rockface. "We did solo - we camped overnight on a clipper in the rain and didn't get much sleep... we did kayaking and we were tipped upside down in the kayak and then had to trust the person to pull us back up, so that was quite challenging. We did high ropes courses, we

climbed a rock face... we went on a trek and a hike over a hill and learned how to use compasses, we learned some bushcraft."

She said another highlight was a nighttime hike, which led to making a fly to sleep under, before hiking to a lookout point the next morning to see the sunrise. "I think the fun thing is that you never know what's coming next, there is a certain structure, but we don't get told the day before."

While there is no upper age limit on the course, she said the oldest person in her cohort was 75. "There were people there that had never had packs on, never been rock climbing, never been on high ropes never been in kayaks and they were 70 and they just gave everything a go, it blew me away."



## Steady As You Go Exercise Classes



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**Term One new class – Paraparaumu:**

Starts: 9.00am, Friday, 13 February 2026

Kāpiti Impact Hub, Grace Hall, 6 Tongariro Street, Paraparaumu

**Term Two new classes – Waikanae and Paraparaumu:**

Starts: 12noon, Monday, 20 April in Paraparaumu

11.00am, Tuesday, 21 April in Waikanae

**If you are interested in joining us, please register your interest**

**by calling the office on: 04 298 8879**

## Abbeyfield housing

Sunday Star-Times, Friday, October 3, 2025, Marie Riordan, Manager of Volunteering New Plymouth

Abbeyfield was established in New Zealand in 1992.

It is a housing model that originated in the United Kingdom in the 1950s to address the issues of isolation and loneliness among older people. It aims to provide a comfortable home for older people to enjoy the companionship of others. Abbeyfield houses are also an affordable option for people with limited assets and income. There is no licence to occupy or capital entry charge, and the rent is designed to be affordable for those relying on superannuation for their main income.

There are currently 15 houses in New Zealand

providing a home to 173 residents. The Hamilton model is close to shops, a post office, bank, medical centre and library in Te Ara Hou village, an innovative cluster of social services agencies. The home caters for 12 residents. The Palmerston North model is close to bus services, the local library, shops and pharmacy. Nearby is Edwards Pit Park Reserve, a scenic reserve with pathways and boardwalks. The single-storey house is set back from the street on a right-of-way and caters for 12 residents. The studio units are spacious and have outdoor patios looking out onto the garden. There is a large, open-plan lounge and dining area where residents can relax in comfort.

Living at an Abbeyfield house is like being part of a big whānau or family. You can enjoy the companionship of other residents but still live your own life. Each house caters for up to 14 kaumātua or older people.

You can relax knowing you don't have to worry about managing a household or planning and preparing meals. The housekeeper/cook provides self-service breakfast and two main meals a day, which residents share together in the dining room.

The housekeeper also does the household shopping, keeps the communal living areas clean and tidy, and ensures high standards of health, hygiene and safety are maintained. They keep the household running smoothly.

**More information about Abbeyfield housing is on their website.**



A view of the garden at an Abbeyfield home in Christchurch, one of 15 in the country.

Dean Kozanic / The Press



The Abbeyfield model provides independent living for older people in a shared space.

## Did you know?

You can add a photo to your New Zealand SuperGold Card, however you cannot use it as a form of identification.



To add a photo, you need to visit an AA Centre or a Vehicle Licensing agent. You will need to bring your SuperGold Card and three documents to prove identity\*. This can be done free of charge at AA Centre.

This card may work as a form of photo ID for when you may no longer have a current driver's licence or passport, but must be used in conjunction with your birth certificate as there is no date of birth on the card.

\* what you bring depends if you were born in NZ or another country. The documents must be originals. Check out the SuperGold Card website for more information on this.

## LIFE TUBE could save your life!

A life tube is a small plastic cylinder containing a completed medical and information sheet which is kept in the household refrigerator.

The RED STICKER provided should be placed on the outside of the refrigerator. In the event of an emergency Police, Ambulance, Fire Services or Doctor are called and are alerted by the RED STICKER to the fact that vital information is available inside the refrigerator.

They could be a 'life saver' and are available for \$5.50 each.

We have Life Tubes available in our office:

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Office open:  
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Thursday, Friday  
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## Contact me at my Kāpiti office

020 438 8462  
kapiti@parliament.govt.nz  
6 Te Roto Dr, Paraparaumu

**Tim Costley**  
MP for Ōtaki



## The value of experience that only age can bring

The Post, 20 January 2026

*Martin Hawes, is a financial writer and presenter, and has written 25 personal finance books.*

**As retirement age nears, or passes, Martin's advice is simple: provided you are safe and continue to like what you do, then keep on keeping on.**



Recently I read an article by Rob Campbell in which he said he had just turned 75 and was starting to slow down. He writes that he feels he is moving into a new phase – some of the article read like the end; I expected a retirement announcement.

But no, Rob Campbell is not retiring – he is selective about the roles he will take on but is continuing the ones he has. And neither should he retire – I say this as someone only a little younger and who continues to work.

Rob Campbell has had (and is having) an outstanding career. He has made (and is making) a great contribution to many organisations and to his country. From a beginning in the trade union movement, he became a Titan of the board room in New Zealand, a director of many non-commercial and commercial entities

Being a director (and a financial adviser) requires judgements of a future which is always uncertain. I think those judgements are well served by experience. Experienced directors look at a situation and know that they have seen something

like it before. They draw on that experience ensuring that they make the right decisions. Experience means they have a path to follow that they have walked before – they have some idea of the track to a good outcome.

Similarly with financial advice - I learned more from the crash of 1987 than I ever did before or since. Sorting my own finances during and after that crash was a messy business and I was relieved to get out with my shirt. Long term, it was a very good and useful experience for me, and I have never since had my neck in a noose like that.

You just can't buy experience.

Of course, I know plenty of people who long to retire as soon as possible but the participation rate for older people in work has grown steadily over the last few decades. Now about 25% of those aged 70-74 are still in work. Many who are still working at this age are self-employed – it is much harder to keep working if you are tied to clocking in at 9am and out at 5pm. I do think that people who are planning to work after retirement age need to think of types of work that are done at flexible times.

At least a third of people work after 65 because they need to financially. Others work for social reasons or because it gives purpose, a structure to their days, or simply gets them out of the house. Some genuinely like their work and, perhaps for a few, work is a habit they cannot kick.

For those who have not saved enough for a “proper” retirement, working past age 65 helps afford a better life: it buys time for your savings to grow and means that when you do start to use savings, they need to last a shorter period. Moreover, a lot of people have some very good years working two or three days a week and having money to play on their other days.

Campbell writes of slowing down in his work and frets about some things he may not be as good at as he was. It is true that ageing does mean less capacity for hard mental or physical work and, to some extent, we are slower to learn new things.

However, I think that one of the main things that declines with age is our confidence. Older people see clearly all the things that can go wrong and do not attack problems or new projects with the same

gusto and assurance. I think this cautious approach is not such a bad thing on a board of directors. It may be a bit frustrating for the younger, enthusiastic board members but some extra time thinking through all the issues can be no bad thing in some circumstances.

My advice for people at or near retirement age is simple: don't stop. This is true whether we are talking about your tennis game, your poker school, or your job. If you take significant time out from golf, poker or work it is hard to get back to where you were.

Older workers need to ensure that the advice they give, the decisions that they make, or the things that do are safe for the public. But provided they are safe and they continue to like what they do, they should keep on keeping on. For older workers the right work has a lot going for it, and they have a lot going for them in the right work.

*Martin Hawes is not a financial adviser and the information and opinions here should not be taken as financial advice.*

## How special is your birthday, really?

Your birthday, your special day. But how special is it?

According to Reader's Digest, about 20.8 million people worldwide share the same day of their birthday, if not the precise day and year. But that's actually an estimate. Seems no one has actually done the research.

However, we do know what are the 10 most common birthdays in the U.S. and all but one are in September, the most common birthday month.

The first top five are all in September. They are, in order starting with the number one most common birthday: 9, 19, 12, 17, and 19.

The sixth most common birthday is July 7.

The seventh through 10th most common birthdays are all in September: 20, 25, 16, and 18.



*Would you like to join Red Hats or Wild Poppies? You would be most welcome.*



Red Hats or sometimes referred to as Wild Poppies is an international organisation for women only.

All the members are women – there are no men. We dress in purple and all our accessories are red. The exception to this is your Birthday month when you wear red and all your accessories are purple.

There is no fundraising involved. The members just enjoy meeting every Monday morning for a coffee and catchup. It is a lovely relaxing time.

We travel away from time to time to visit other Red Hat Groups and In July 2026, we will host three Red Hatter groups from the Lower North Island.



If you would like to know more about joining Red Hats then please ring Robyn Thurston or Lynn Voyce

**Robyn - 04 299 1286  
or 021 031 3866 (cell)**

or alternatively email Robyn on **Robyn.thurston56@gmail.com**

*It's a lot of fun and you will enjoy meeting everyone*

## Kāpiti Health Drivers

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Kāpiti Health Drivers**

## Three Sisters

Three elderly sisters, ages 92, 94 and 96, shared a house together. One evening, the 96-year-old sister went upstairs to take a bath. As she put her foot into the tub, she paused. Then she yelled down to the other two sisters and asked, "Was I getting in the tub or out?"

"You darn fool," said the 94-year-old. "I'll come up and see". When she got halfway up the stairs she paused. "Was I going up the stairs or down?"

The 92-year-old sister was sitting at the kitchen table drinking a cup of tea and thought, "I hope I never get that forgetful, knock on wood." She shook her head and called out, "I'll be up to help you both as soon as I see who's at the door".



## SeniorNet Kāpiti

Are you:

- Keen to learn more about your computer, smartphone, iPad or other digital devices?
- Already a competent user and keen to share your knowledge with others?



**Learning Centre is located at:  
200 Matai Road, Raumati Beach.**

**Phone: 021 229 6561**

Also contact by email: [kapiti@seniornet.nz](mailto:kapiti@seniornet.nz) or visit their website: [seniornetkapiti.nz](http://seniornetkapiti.nz), to find out details of their courses and workshops and how these can meet your needs.

See advert and editorial in this issue on pages 4 and 5.

## HOW TO STAY SAFE USING ONLINE MARKETPLACES

By Ruairi O'Shea | Investigative Writer – Consumer NZ



Trade Me and Facebook Marketplace are good, but these marketplaces are risky. Scams are common and your bank won't reimburse you if you're the victim of a scam that starts via an online marketplace. Sellers often report thefts of items they've listed for sale and for both buyers and sellers, the information you provide to strangers increases your vulnerability to identity theft so it's not just money you could lose.

If an online marketplace provides a form of buyer protection, it's important to use it. Trade Me offers buyer protection on purchases made using its payment service, Ping, and those made using Afterpay. If your item doesn't turn up, isn't as described, or is damaged, you should be reimbursed.

Sellers on Trade Me can choose which payment methods they'll accept. That means sellers can refuse to take payments made through methods that offer buyer protection. Proceed carefully when transacting with a seller who places this restriction. And avoid sellers who only accept bank transfers – because if your item doesn't arrive, neither Trade Me nor your bank will reimburse you.

### Use PayPal when shopping on Facebook Marketplace

Facebook Marketplace offers forms of payment protection in other markets, but not in New Zealand. If you're making a purchase on Facebook Marketplace, using PayPal to make a payment can add a layer of protection. It's buyer protection policy covers you if you received a different item to the one you purchased, a counterfeit product, or an item that has a defect that is not immediately obvious. The policy does not cover goods that you collect in person or arrange to be collected on your behalf and does not cover payments made using

PayPal's "friends and family" functionality.

If you're looking to use PayPal's buyer protection, it's important to identify it as a "payment for goods and services". This will mean the seller will have to pay a fee – which they might want to pass onto you – but it means the payment will be protected.

PayPal's buyer protection has a lengthy list of terms, conditions, and exclusions and we recommend reading these fully before using the service.

Always scrutinise a user's profile for signs of a scam.

#### On Trade Me you should:

- check the seller's feedback – if they have a low number of transactions, or all their feedback looks suspiciously similar, treat them with caution
- research the seller – search the seller's username and location to see if they link to an authentic digital footprint. Finding details about a seller, like where they work or have their headquarters, or whether they've featured in a local news story or event, can help give you peace of mind about their identity.

#### On Facebook, be cautious if a profile:

- was created recently
- appears to be based overseas
- is locked or lacks personal information.

And as with Trade Me, look for more information about the user online to confirm you're dealing with a genuine person or business and **treat your information like your money. Be careful and think before you buy or sell.**

We'd recommend using PayPal's goods and services feature if you're using Facebook Marketplace like this. However, if a seller doesn't have PayPal and doesn't want to use it, you're only option will be to pay by bank transfer without seeing the product in person.

**Don't risk big money on sight-unseen deals** so only go ahead if it's money you can accept losing, because you won't be reimbursed if something goes wrong. The advice is to not spend more than \$50 in this way.

To start with, take extra care with double-checking the seller's identity. If you have any suspicions, don't go through with the purchase.

## JOINT PAIN OR OSTEOARTHRITIS? WHY EXERCISE SHOULD BE YOUR FIRST LINE OF TREATMENT

Author Clodagh Toomey Physiotherapist and Associate Professor, School of Allied Health, University of Limerick- Analysis of 31,276 patients with hip and knee osteoarthritis.

Stiff knees, aching hips and the slow grind of chronic joint pain are often accepted as an unavoidable part of getting older. But while osteoarthritis is the world's most common joint disease, experts say the way we treat and prevent it is badly out of step with the evidence.

The best medicine isn't found in a pill bottle or an operating theatre – it's movement. Yet across countries and health systems, too few patients are being guided toward the one therapy proven to protect their joints and ease their pain: exercise.

Exercise is one of the most effective treatments for chronic, disabling joint conditions such as osteoarthritis. Yet very few patients actually receive it.

Research across health systems in Ireland, the UK, Norway and the United States shows the same pattern: fewer than half of people with osteoarthritis are referred to exercise or physiotherapy by their primary care provider. More than 60% are given treatments that guidelines do not recommend, and around 40% are sent to a surgeon before non-surgical options have even been tried.

To understand why those figures are so troubling, it helps to understand what exercise does for joints. Osteoarthritis is by far the most common form of arthritis, already affecting more than 595 million people worldwide.

According to a global study in The Lancet, that number could approach one billion by 2050. Longer life expectancy, increasingly sedentary lifestyles and rising numbers of overweight or obese people are driving the trend.

Yet people who exercise regularly are physically and biologically protecting themselves from developing the disease and from suffering its worst effects.



The cartilage that covers the ends of our bones is a tough, protective layer with no blood supply of its own. It relies on movement.

Like a sponge, cartilage is compressed when we walk or load a joint, squeezing fluid out and then drawing fresh nutrients back in. Each step allows nutrients and natural lubricants to circulate and maintain joint health.

That is why the old idea of osteoarthritis as simple “wear and tear” is misleading. Joints are not car tyres that inevitably grind down.

Osteoarthritis is better understood as a long process of wear and repair in which regular movement and exercise are critical to healing and to the health of the entire joint.

**A disease of  
the whole joint**

We now know osteoarthritis is a whole-joint disease. It affects the joint fluid, the underlying bone, the ligaments, the surrounding muscles and even the nerves that support movement.

Therapeutic exercise targets all these elements. Muscle weakness, for instance, is one of the earliest signs of osteoarthritis and can be improved with resistance training. There is strong evidence that muscle weakness increases the risk of both developing the disease and seeing it progress.

Nerve and muscle control can also be trained through neuromuscular exercise programmes such as GLA:D® (Good Life with osteoArthritis: Denmark) for hip and knee osteoarthritis. Usually delivered in supervised group sessions by physiotherapists, these programmes focus on movement quality, balance and strength to improve joint stability and rebuild confidence.

Significant improvements in pain, joint function and quality of life have been recorded for up to 12 months after completing the programme.

Exercise is good medicine for the whole body: it has documented benefits across more than 26 chronic diseases. In osteoarthritis, it helps not only by strengthening cartilage and muscle but also by tackling the inflammation, metabolic changes and hormonal shifts that drive the disease. Obesity is a major risk factor for osteoarthritis, and not merely because of the extra mechanical load on joints. High levels of inflammatory molecules in the blood and in joint tissues can degrade cartilage and accelerate disease.

For osteoarthritis, regular activity can counter

this at a molecular level, lowering inflammatory markers, limiting cell damage and even altering gene expression.

### Exercise first, surgery later


Currently there are no drugs that modify the course of osteoarthritis. Joint replacement surgery can be life-changing for some people, but it is major surgery and does not succeed for everyone.

Exercise should be tried first and continued throughout every stage of the disease. It carries far fewer side effects and brings many additional health benefits.

Osteoarthritis is not simply a matter of “worn out” joints. It is shaped by muscle strength, inflammation, metabolism and lifestyle.

Regular, targeted exercise addresses many of these factors at once – helping to protect cartilage, strengthen the whole joint and improve overall health. Before considering surgery, movement itself remains one of the most powerful treatments we have.

Ref: The Conversation – Oct 2025



I took my suit to the drycleaners, and they wanted to charge me \$15.00.

So, I gave my suit to the charity shop next door.

They cleaned and pressed it and put it in the window.

I bought it for \$4.50.



## TILE CHURCH

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## Staying Safe Driver Refresher Courses



Staying Safe is classroom-based refresher workshop for senior road users. It is a friendly noncritical look at driving regulations and provides helpful tips on better driving habits.

Age Concern runs these workshops in partnership with Waka Kotahi (NZTA). We welcome all ages to take this course, just phone us to book in for the next course.

**About the course:** These free four-hour courses talk about keeping ourselves safe on the road and thinking about the routes we travel in our daily lives to get to our destinations safely, thinking of all the scenarios we may encounter.

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

**Book for next upcoming sessions  
10.00am – 2.00pm**

- March:** Tuesday, 3 March  
**Venue:** Waikanae Baptist Café, Te Moana Road, Waikanae
- April:** Thursday, 23 April  
**Venue:** Tui Room, Kapiti Impact Hub
- May:** Friday, 15 May  
**Venue:** Waikanae Baptist Church Café, Te Moana Road, Waikanae

**Bookings are essential.  
There are limited spaces available,  
so please call our office to book on: (04) 298-8879**

### The following is taken from the NZTA website on 30 January 2026

We're aware of false information on some websites claiming changes are coming for drivers over 65, including that they will have to renew every 2 years. This is incorrect.

**Always check the NZTA website for the most up-to-date information.**

### Renewing your driver licence at 75 and over

When you turn 75, 80, and every two years after that, you must renew your driver licence. A medical certificate is required each time. Your licence expires on your 75th birthday, your 80th birthday, and every second birthday after that, so renew on or before the expiry date to keep driving.

#### When to renew

- You can renew up to 6 months before your

licence expires.

- NZTA will send reminders and an application form about 6 months before expiry, and again 2 months before if you haven't renewed.
- Book an appointment with your doctor for a medical certificate. You may also need a specialist assessment or a driving test, so allow plenty of time.

#### Medical check

- You must visit a health practitioner (GP, registered nurse, or nurse practitioner) for a Medical certificate for driver licence.
- Tell them it's for your licence. You'll need to pay for the appointment.
- They will review your medical history, examine you, and assess your memory, thinking, eyesight, and physical abilities.

#### Possible outcomes

##### Medically fit to drive

- Safe to drive in all conditions.
- You'll receive a medical certificate to take to your licence renewal.

##### Medically fit to drive with conditions

- Safe to drive with specific conditions (e.g., wearing glasses, no night driving).
- Your certificate will list these conditions. Take with you to renew your licence.

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

- You'll need further testing (e.g., optometrist or occupational therapist).
- If you pass, you'll receive a certificate for renewal.

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

- Your doctor may require a driving test with a testing officer.
- Take your certificate to a licensing agent to start your renewal and book the test.

##### Not fit to drive

- You're no longer safe to drive and must stop immediately.
- Your doctor will notify NZTA, 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. Again, check out the alternatives to driving on their website.

### Licence renewal process

75, 80 and every second birthday after that, you must obtain a Medical certificate for driver licence from a health practitioner.

Medically fit to drive

Medically fit to drive with conditions

Medically fit to drive if a specialist agrees

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

You can renew your licence at a driver licensing agent.

Not medically fit to drive

**It's no longer safe or legal for you to drive. You must stop driving immediately.**

**More information is available on the website for driving with medical conditions, medical review and all this involves. You have only limited time for medical reviews so you must act quickly.**

## Oriental Noodle Salad

– quick and easy

This substantial salad makes a good lunch to pack in a lunchbox or to eat at home around midday.



For 1 large or 2 smaller servings:

- ½ cup water
- ½ packet 2-minute noodles
- ½ cup finely shredded cabbage
- 1 carrot, coarsely grated or cut in matchstick strips
- 1 stick celery, thinly sliced
- 1 spring onion, thinly sliced
- 2 tsp white vinegar
- 1 Tbsp olive or other oil
- Salt and pepper to taste

1. Boil the water in a medium-sized pot. Add the broken noodles, cover and simmer for about 2 minutes, then drain, and leave to cool.
2. While they cool, thinly slice the cabbage, grate the carrot (or cut it into strips the size of matches) and thinly slice the celery and spring onion.
3. Add the vegetables, vinegar and oil to the cooled noodles. Toss everything together, taste and season to taste with salt and pepper.
4. Serve in a shallow bowl(s) or put into an airtight container and refrigerate until required.

## Boiled Fruit Loaf

This delicious loaf is really worth trying. It is very easy to make, and it keeps really well (it will last for a week or more stored in an airtight container or plastic bag kept in a cool place).

For a loaf about 10 x 23cm:

- 1 cup water
- ¾ cup sugar
- 1 cup sultanas or dried fruit
- 25g (2 Tbsp) butter
- 1 tsp cinnamon
- 1 tsp mixed spice
- ½ tsp ground cloves
- ½ tsp salt
- 1½ cups flour
- 1 tsp baking powder
- ½ tsp baking soda

1. Turn the oven to 180oC or 170oC for a fan-forced oven.
2. Put the first eight ingredients into a medium-sized saucepan. Bring to the boil, stirring occasionally, then simmer gently, uncovered, for 5 minutes. Stand the pot in a sink of cold water and cool to room temperature, stirring now and then. (This step is important!).
3. While you wait, sift or thoroughly stir the remaining ingredients together, and line the long sides and the bottom of a loaf tin with a strip of baking paper.
4. When the mixture in the saucepan is cold, carefully stir in the mixed ingredients. (Mix only enough to blend, since over-mixing causes the mixture to toughen and rise to a peak in the middle during cooking).
5. Bake for 45-60 minutes, or until centre springs back when pressed and a skewer pushed into the centre comes out clean.
6. If you can, leave it for 24 hours before cutting, so the loaf is firmer and easier to cut in thin slices. You may not however, consider this essential!



## 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.

## Cockroach to the rescue

If you've ever wondered what possible use cockroaches are, a German startup has the answer: Tiny spies.



SWARM Biotactics is seriously fitting Madagascar hissing cockroaches with a tiny backpack, according to CBS News.

The little critters, a creepy two to three inches long, can fit just about anywhere and with their tiny backpacks they could carry with them a camera, microphone or even radar. Of course, cockroaches tend to skitter where they want so the SWARM neuroscientists attach electrodes to the insect's antennae to nudge it in the right direction. That would be one cockroach -- or a swarm.

The scientists say reassuringly that there is no pain nor harm to the roaches. They believe the roaches could easily be used in search and rescue operations, though there is no word as to whether people would want to be rescued by a Madagascar hissing cockroach.

If you are buying a watch from Amazon

### – be warned!

I learned the hard way that if it says you can swim with it.

This only applies if you can swim without it.

A german shepherd , a doberman , and a cat died. In heaven all three faced god who wanted to know what they believed in. The german shepherd said "I believe discipline,training,and loyalty to my master." "Good" said god. "Sit at my right side." "Doberman what do you believe in?" Asked god. The doberman answered, "i believe in the love,care, and protection of my master." "Aha" said god. " You may go to my left" Then god looked at the cat and asked,"what do you believe in?" The cat replied, "i believe you are sitting in my seat."

## 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:** [Ageconcernkapitinz](https://www.facebook.com/ageconcernkapitinz)

**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)

### Community Programme

**Administrator:** Holly Stephenson  
[volunteer@ageconcernkapiti.co.nz](mailto:volunteer@ageconcernkapiti.co.nz)

**Board Chair:** Karen Blakey

**Secretary:** vacant

**Treasurer:** Owen Gibbins

**Committee:** Wendy Huston, Dale Little, Te Hau Maiangi Short, Conrad Spohr

## Annual Supporters Form



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

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](mailto:admin@ageconcernkapiti.co.nz)

