

Offices: First Floor, Coastlands, Paraparaumu. (Mon to Fri 10am-2pm)
Ōtaki Library, Cnr Main and Aotaki Streets. (First and third Thursdays 10am-1pm)
Ph: 04 - 902 5680 | Email: kapitigreypower@outlook.com | PO Box 479, Paraparaumu 5254

Revise Driving Licence Procedures for Seniors - Grey Power

Grey Power Federation is calling for a change to elderly driver assessments, claiming the process for assessing driver capability is penalising some of the very people who need their licences the most.

This is because many GP clinics are now using a memory/cognitive test to decide whether or not a driver's licence should be renewed once a person reaches 75 years of age, and then every two years from age 80.

Acting-President of Grey Power NZ Federation, David Marshall, says many of us have poor memories but are still competent and safe drivers.

A Radio NZ Nine to Noon interview, on 30 April, with Dr Alexander Crizzle, Director of the Driving Simulation Laboratory, School of Public Health at the University of Saskatchewan, who has extensively researched the value of cognitive tests to predict practical driving skills.

Dr Crizzle concluded that they were a poor predictor, and that many of those who failed would have passed a practical driving assessment. You can hear the interview on <https://tinyurl.com/3ftcsk2j>

David Marshall says seniors often

feel demeaned by having to remember addresses and grocery items that have zero relevance to their driving ability.

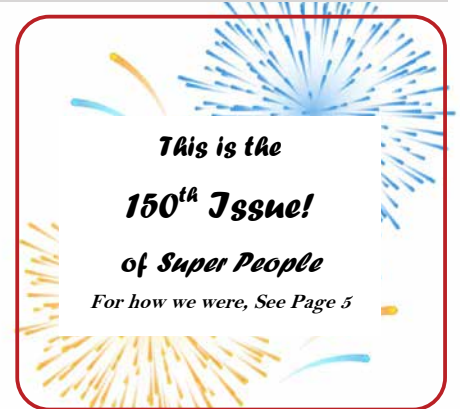
When a GP fails a patient they may be referred for an on-road driving test, or to an Occupational Therapist for a full evaluation. This creates more stress on an overloaded system – especially when a significant proportion will pass their practical driving assessment - only available through certain centres.

Waits of two months or more to secure an appointment are not uncommon, so a temporary licence needs to be re-issued. Members have reported costs of \$700-\$1200 just for the assessment.

Grey Power wants to see this service expanded so those referred can be assessed within their own locality. This could be facilitated if licensed driving instructors were also certified to conduct an on-road safety test.

As this magazine went to press, Kāpiti Coast Grey Power's board is examining the issue to see what can be done locally.

A recent survey of Grey Power



members 75 years of age or older has shown there is no consistency as to how seniors are evaluated by their GP.

Some GPs conduct routine tests such as eyesight, ask how their patient is feeling, and then sign off the statutory form. At the other extreme some practices have made a cognitive test (such as the Mini-ACE) a mandatory part of every evaluation.

Grey Power urges that a cognitive test is used as another tool in patients where there is a suspicion of early dementia.

Radio New Zealand reports NZ Transport Agency/Waka Kotahi says it does not mandate cognitive tests for elderly drivers and maintains the use of such tools is left to the discretion of health practitioners. Draft guidelines on how to assess medical fitness to drive are currently under review and are expected to be released in June.



Kāpiti Grey Power's Facebook page is updated regularly. It can be found at:
<https://www.facebook.com/Kapitigreypower>
 Please "Like" it and also promote it to your online networks. If you have ideas for content for this page or issues we may look to seek feedback on, please let our administrator, Brett Sangster, know on secretary.kgp21@gmail.com

BOARD MEMBERS 2024/2025

President: ROGER BOOTH
 kgppresident@gmail.com 027 569 8515
Vice President: ENRICO VINK
 evmvink@gmail.com / 022 525 5932
Secretary/Treasurer: BRETT SANGSTER
 secretary.kgp21@gmail.com / 022 198 5043
Board Members:
 DAVID OGDEN
 david.ogden01@gmail.com / 027 445 2650
 EMILIA McDONALD
 kapitigreypower@outlook.com / 027 358 5731
 IAN BURTT
 ian.burt@yahoo.co.nz / 027 671 2207
 SONIA PRATT
 prattsonia02@gmail.com / 021 246 2485
 BRIAN GEARY
 brian.geary@geary.co.nz / 027 443 7800
Other Roles:
Office Administrator: STEVE BRADY
 kapitigreypower@outlook.com / 04 902 5680
Editor, Super People: CHRIS TWEEDIE
 Editor.gpKapiti@gmail.com / 0210 239 2653
Magazine Distribution Co-ordinator: JOHN GIBSON
 jg.kgibson@gmail.com / 04 905 9897
Ōtaki Representative: JUNE SIMPSON
 06 364 7673 or 021 109 2583

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New Board Members



Sonia Pratt

Sonia has held senior positions in aged care, retirement living and disability support services across 30 years, with strong background in research and commercial acumen. Completing eight years with Summerset. Previously in senior roles at Enliven Presbyterian Support, Dementia Care NZ, and CEO of Laura Fergusson Trust, Christchurch. Was on Kapiti Age Concern Board.



Brian Geary

Brian Geary was a lawyer for 49 years before his retirement in 2020. On the boards for WEA and Probus. A foundation trustee of the Kāpiti Kindness Trust, a charity that hopes to help, facilitate and encourage the Kāpiti community to take greater care of both self and others.

Welcome aboard, Steve



Steve Brady is Kāpiti Coast Grey Power's new Office Administrator, with responsibility for looking after the odd job scheme and the office volunteers.

Steve grew up in Porirua but has spent most of his married life in Raumati Beach, where his wife Diane, a retired local Funeral

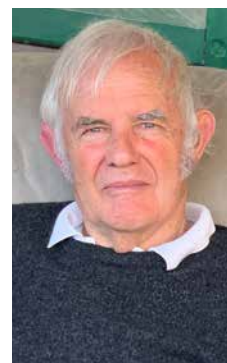
Director, and he raised their three children, and hosted many international students studying at Kāpiti College.

During his 17-year career with NZ Police, Steve was seconded to Niue Island as Chief of Police, before returning as Senior Sergeant in Charge, Paraparaumu.

He joined Te Papa where he worked in various roles as a manager, including customer services and capital works before retiring two years ago.

When not volunteering, he spends a fair bit of time training, walking, gardening, caravanning, enjoying wine tasting with friends, and trout fishing.

"Grey Power, as it has given me a deeper insight and knowledge of the Kāpiti Community. I look forward to further involvement," says Steve.



PRESIDENT'S REPORT

Currently it is hard not to notice Kāpiti Coast Grey Power. We have the numbers – we are the highest membership of North Island GP associations, more than all the cities. In membership numbers, only Nelson and Marlborough are ahead of us nationally.

We have also been active in our

community. We:

- hosted the Kāpiti election meetings
- are following up Kāpiti health issues resulting from public meetings in 2023
- have attracted a people with quality guest speakers at meetings
- expanded our discount book with a special feature
- encouraged our national body to pursue key national issues

The election meetings were particularly well attended when other open public meetings were a bit hard to find locally.

The major health issues particularly being pursued are the need for local health hubs, and finding a way of ensuring that home care services are provided regularly and reliably.

- The new Kāpiti Day Hospital in Te Roto Drive, Paraparaumu, already provides cataract eye and endoscopy specialist services with 6 associated surgeons, but the \$5 million facility has only 50% usage so far, and needs help to expand delivery to include chemotherapy, and in time (and with assistance with the provision of equipment) radiation.
- We have conducted research of our members about delivery of home care and planned a method of ensuring improvement.

We are now pursuing meaningful discussion with local MPs and the Health Minister in an effort to achieve progress.

Our visiting speakers over the year included ex-nun Kilian de Lacy, broadcasters Kevin Milne and John McBeth, gardening expert Gus Evans, Marco Zeeman and Whale Song, and Brian Colegate and his book about retirement villages.

The 2024/2025 Discount Book is our best ever with a dozen new listings. Members are encouraged to check the book for tradesmen and the like. Several roofers and plumbers, for instance, give 10 or 15% discounts, which can quickly amount to hundreds of dollars

Members' Coffee Morning



Our next coffee morning will be on **Wednesday, 19 June at the Ocean Road Community Centre, Paraparaumu Beach - 9.30am** for a cuppa and a 10am start.

Our speaker, **Lieutenant General The Right Honourable Sir Jerry Mateparae**, was sworn in as New Zealand's 20th Governor-General in 2011. He was New Zealand's second Governor-General of Māori descent.

As a soldier, Sir Jerry was appointed Chief of the New Zealand Defence Force in 2006. His community service includes the Rotary Club of Wellington and the Order of Saint Lazarus of Jerusalem. He was appointed New Zealand's High Commissioner to the United Kingdom in 2016.

David Galt acting Director of Mowbray Collectables, will speak at our following coffee morning on Friday 16 August.

Keep your diary free on Wednesday 16 October, and Wednesday 4 December

savings. There are good eating-place discounts too! The addition of the information guide is the asset. People continually come in to our office, to Age Concern, Citizen's Advice, even the police – something has suddenly happened, and they don't know where to go for help. Vice President Enrico has combed the district to produce eight very useful pages – on where to go for specific help.

Nationally New Zealand Grey Power struggles to make any impact. Sadly things such as an antiquated national structure, an unwieldy constitution, and its inability to grab any media attention are a bit of a worry. Vice President Enrico Vink and I have offered to help, and will continue to do so.

The 2023 Board has been a notably efficient and contributing team. Kāpiti Grey Power is an organisation of volunteers, and the number of people who line up to help in the office, deliver magazines, assist at meetings, and the like, amazes me. John Gibson is an organisational legend. Thanks big team.

Roger Booth | President

A WORD FROM THE MEMBERSHIP MANAGER

Kia ora Grey Power members

Welcome to our Autumn edition of the Super People magazine. I am writing this after watching Anzac commemorations on TV and thinking about our war veterans and would like to acknowledge the ultimate sacrifice made by Men and Women of our Defence Force. "We will remember them"...

First up, I would like to introduce you to Steve Brady who is joining our little team in the office as the Office Administrator. You may have met him at the AGM where he was looking after people coming through the door. Steve will also be looking after the Odd Job Scheme and the Office Volunteers. I will be continuing as Membership Administrator and Diana Pierce has become the Office Support person coming into the office once a week or as required. Welcome Steve. Read more about him in this issue.

One of the comments from the AGM was that we seem to have a lot of male speakers. Suggestions of speakers come from members. President Roger Booth (04 902 3421) and I (04 902 5680) would love to hear your ideas.

The next Coffee meeting is being held **Wednesday, 19 June at Ocean Road Community Hall – 9.30 am for coffee/tea and 10am start** with Guest Speaker Sir Jerry Mateparae, ex Governor-General of Aotearoa, New Zealand.

As is usual, it behoves me to mention Membership Renewal for the 2024/2025 membership year. If the expiry date on your membership card does not say Valid to 31 March 2025 your membership fees are now due.

A single membership is \$25 and joint membership is \$35.

Payment options are:

- Internet banking into our Kiwibank account – 38 9018 0409796 02 – please put your name and membership number as a reference.
- Cash or EFTPOS at our Coastlands or Ōtaki offices. Coastlands office operates Monday to Friday, 10am to 2pm. Ōtaki (at the Ōtaki Library) opening hours are the first and third Thursday of the month from 10am to 1pm.

Nga mihi **Emilia McDonald**
Membership Administrator

WELCOME

to new members!

Kāpiti Coast Grey Power has recruited 135 new members since the start of the year.

Some of these members reside in Mana/Tawa, where their association has got into difficulty.

It's why you'll see a few mentions of Porirua-based activities in this issue.

We'll look at ways to grow our base over the Pukerua Bay hill as time goes on.

WANTED ASSISTANT EDITOR / EDITOR

Your Super People editor will be taking a long break in September/October, so Kāpiti Coast Grey Power is looking for someone to produce the October edition of our quarterly member newsletter.

You can get your eye in co-producing the May and August issues.

If you're interested, contact Chris Tweedie at editor.gkapiti@gmail.com or ring him on 0210 239 2653.

Aged Care Commissioner

The Aged Care Commissioner advocates for quality health and disability services on behalf of older people and their families and whenever they need it – in their homes, primary care, community care, aged residential care or public/private hospitals.

The Aged Care Commissioner provides oversight of the aged-care sector, giving older people and their whānau more confidence in the quality and safety of aged-care services.

Being able to access safe, quality health care is not only essential to older people's wellbeing, but is a fundamental right, protected by the Code.

The Aged Care Commissioner makes statutory decisions on complaints and formal investigations into older people's health and disability services, to protect their rights under the Code.

The report of the Aged Care Commissioner March 2024: Amplifying the voices of older people in Aotearoa New Zealand is at <https://tinyurl.com/y62ff27k>

We're 150!

This is Kāpiti Coast Grey Power's 150th edition of *Super People* since the association's founding.

To celebrate, we've reproduced the masthead from our 50th edition

SUPERPEOPLE.

NEWSLETTER No. 30 OF KAPITI COAST GREY POWER ASSN. INC. P.O. BOX 479 PARAPARAUMU. 6010 AUGUST 2000. PHONE (04)902-5680

NEXT MEETING.

Mr. J. H. H. H. H.



SUPER OWL

WOW! What a logo!

Ruth Pretty has called time



Kāpiti Coast Grey Power wishes catering icon Ruth Pretty and husband Paul a happy retirement after 36 years running an internationally renowned Te Horo catering business.

Ruth began her culinary career with business partner David Jordan at Marbles Restaurant in Kelburn, a stepping stone to what was to be

celebrity chef status, successful cookery books and the cooking school that drew budding chefs from throughout the country.

The couple moved to Te Horo in 1988, but former clients from Wellington began asking Ruth to cater for dinner parties. The demand was so great they bought the adjoining property and expanded, adding a large commercial kitchen, space for a cooking school, a cafe and retail store, storage and office space. At their peak they employed 24 chefs at Te Horo.

They have been the caterers at Wellington's Government House and Premier House, for most of the immediate Royal Family and innumerable world leaders.

Ruth told *ŌtakiToday*: "I've loved what I've done, I've got to travel and I've worked with and met some amazing people. It has been an incredible time, but now it's time to move on."

They will remain in the area, retiring to their homestead, Springfield.

Need an Enduring Power of Attorney?

Hamish Cameron of Cameron Lawyers, is offering current Kāpiti Coast Grey Power members the opportunity of meeting as part of a group and together completing an Enduring Power of Attorney. Cameron Lawyers will provide the required certification for each document.

We are hoping to hold the session sometime in Paraparaumu in June/July. The cost is at the reduced rate of \$100 per person. We need at least 10 people to make this viable.

This initiative has been of immense value to our members so if you are interested, call me at the Grey Power office on (04) 902 5680 or 027 358 5731 or email me at [Kapiti_greypower@outlook.com](mailto:kapiti_greypower@outlook.com) and I will be in touch.

Nga mihi *Emilia McDonald*

It's better to leave a will

When someone dies without leaving a will it is called dying intestate, and could give rise to confusion and legal issues following their death.

Where assets are less than \$15,000 an estate can be managed and distributed by their next of kin. Anything more will, by law, require formal administration. The process for managing someone's estate when there is no will is longer and more complex than if there was a will.

If you want to do a little research, there are plenty of websites with really useful information and links to help you.

- Sorted has information on wills, including how to get one for a low cost
- The Public Trust provides a useful explanation of the issues of not having a will and the rather lengthy process of sorting it out: <https://tinyurl.com/4hv5uvr5>
- Radio NZ has a podcast about the importance of wills, different ways of managing estates <https://tinyurl.com/yv45d3ej>

Aged care report released

Health New Zealand Te Whatu Ora. released a new report in April that outlines the current state of the country's aged care sector.

The report identified five pressing issues where policy and service delivery reform are required.

- Funding models for the sector not fit for purpose
- Funding levels need to be increased
- Material ethnic inequities in accessing aged care services
- Workforce shortages
- Issues are exacerbated in regional and rural NZ

This report, which will help guide work to improve aged care services, is the first main output of a review of funding and service models for the sector. Health NZ began it in July 2023.

The review's second phase has begun and is focused on developing recommendations that will, over time, improve the sustainability of aged care services and ensure equity of access and outcomes.

The report, *A review of aged care funding and service models: A strategic assessment of aged residential care and home and community support services* is published at <https://tinyurl.com/3s9hazst>

A woman goes into a butcher's shop and as she is looking at the display cabinet she spies an unfamiliar object. "What on earth is that?" she asks. "Beef tongue," replied the butcher. The woman gives an involuntary shudder. "No way would I put anything in my mouth that came out of an animal's mouth!" The butcher nods sympathetically. "And you'll have your usual dozen eggs?"

Council extends battery recycling



The household batteries recycling trial has been extended to Ōtaki.

Domestic batteries such as lithium-ion or Li-ion (including rechargeable ones), nickel cadmium and alkaline AA/AAA, C, D, and N batteries, and silver zinc hearing aid batteries – all in good condition – can be dropped in a custom-built cabinet at Ōtaki Library.

The trial began in Paraparaumu in July. So far about 320 kg of dead household batteries have been diverted from landfill. Almost all components can be reused.

For safety, people dropping off lithium-ion batteries are asked to tape the ends with tape provided at the recycling station.

Leaking or damaged batteries, or batteries for power tools, electronic devices or vehicles, will still need to be taken to the transfer stations for safe disposal.

Medicines to be added to 'My Health Record'

From this month My Health Record will contain information about medicines dispensed for them by a community pharmacy.

People can log in with their My Health Account details to view their immunisation records, submit and view COVID-19 test results, view and update their NHI details, and link to their children's health information.

My Health Record is a secure website that gives people access to and a choice in how they view their health information. Over time, it will help give millions of New Zealanders the ability to see their health records online, including those who don't have access to a GP patient portal.

The website is <https://tinyurl.com/22a8w8p5>

Kāpiti Coast Funeral Home

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

Barbara Edmonds

MP for Mana

Need help? Contact me.

mana@parliament.govt.nz
04 237 9842 | /BarbaraEdmondsMP

Authorised by Barbara Edmonds MP,
Parliament Buildings, Wellington

Federation President resigns

Kāpiti Coast Grey Power acknowledges with thanks and great appreciation the dedication of Federation President, Jan Pentecost, who resigned in March.

As the first woman elected to the Presidency of Grey Power, Jan has done a sterling job – as well as over the prior 14 years prior as National Secretary.

She has built enormous respect for herself from her tireless work to further advocacy for seniors and Grey Power amongst politicians, Government Departments, Commissions, and other organisations working with seniors.

Jan will remain available to advise and support the Federation's ongoing advocacy work.

In her letter of resignation Jan said: "I feel guilty for resigning at this time but I am weighed down with the tasks I have been doing for Grey Power and certainly feel, going forward, that I am unable to provide the leadership this organisation needs.

"I have to re-charge my batteries now for whatever the future holds for (husband) Tony and I.

"I sincerely thank you for all the work you do for Grey Power – keep it up everyone."



One of Jan's first engagements after being appointed President was to visit us in Kāpiti in 2021 and address a full house of members.

Why Keep It Secret?

(A booklet published by Grey Power Rotorua Inc 2003).

This booklet is a personal record of matters pertaining to your estate. It covers issues such as your will, life insurance, health insurance, pension plans, bank account details, safe deposits, etc, as well as especial information regarding organ donation and funeral requests ... all for you to fill in and keep in a safe place. To order or purchase a copy, contact the Kāpiti Coast Grey Power office on 902 5680.

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

Banks move on fraud protection

New Zealand's retail banks say they are on track to start rolling out a significant anti scam measure by the end of the year.

'Confirmation of payee' will help people making an online payment from one bank account to another to check whether they're paying the right account and may help identify payments to scammers. It will also help people avoid making mistaken payments to the wrong account.

The Ministry of Justice's Crime and Victimisation Survey revealed the number of fraud and deception crimes last year had risen to more than 500,000. One in 10 adults said they had been a victim of fraud or deception. Two in every 100 said they had been victim of "cybercrime".

The Ministry of Business, Innovation and Employment published figures that nearly \$200 million a year is being lost to scammers.

The New Zealand Banking Association says banks are in addition:

- Supporting an Anti-Scam Centre, initially targeting mule accounts used by criminals to move stolen money
- Removing hyperlinks from texts to customers
- Raising public awareness about scams.

Scams typically start when people are deceived by fake websites, emails, texts, social media ads, and phone calls. The association says there's a role for telcos, social media companies, and search engines to help stop them in the first place.

Parliament's finance and expenditure select committee into bank consumer protections against scams last year also urged banks to update their voluntary Code of Banking Practice, and investigate introducing a voluntary compensation scheme similar to the one in the UK, where banks have to compensate customers for scam losses unless they have been grossly negligent.

Seniorline

Seniorline is contracted by Health New Zealand to assist older people to navigate the health system. Information includes how to get help to stay at home and support services for caregivers.

Seniorline also advise on the process for entry to rest home, dementia or hospital care, funding and the services that should be provided.

<https://www.seniorline.org.nz/about-us/>

Editor's Note: Seniorline appears to be Northland-based but much of the information is nationally-focussed.

Below is the financial summary presented to the Annual General Meeting, having been signed off by our Reviewer, Don Day. Our full reviewed accounts are available to Members on our website or at our Coastland office.



Kāpiti Coast Grey Power Association Incorporated 2023 Financial Year Summary Report

Kāpiti Coast Grey Power finished its 2023 financial year on 31 December 2023 with a reported net surplus of \$1,617. This is the difference between total earnings for the year of \$51,483 and expenditure of \$49,866.

The year-end Balance Sheet reports a total equity of \$28,287.

- Most income (nearly 80%) came from member contributions (subscriptions, donations and postage) – \$39,605.
- Income from Discount Book advertising (\$4,944) is largely offset by production costs (\$4,883.00).

The largest items of expenditure were:

- Grey Power Federation capitation fees (\$7.50 a member) – \$16,627.00
- Koha for Board executive roles (coded as honoraria) – \$4,019.00
- Office rental – \$5,554.00
- Super People magazine publication costs – \$4,000.00
- Postage – \$2,227.00

As the projected income for the 2023 Financial Year was less than the earnings trigger of \$60,000.00 for GST, the Association deregistered as a GST contributor from 20 September 2023. This decision reduces compliance costs and GST payments made to the Inland Revenue Department.

The Board has approved an investment plan for surplus funds. This resides in a 90-Day Notice Saver Account with Kiwibank. Funds of \$10,000.00 held in a term deposit account will be transferred to the Notice Saver Account when that term expires at the end of April 2024.

Brett Sangster | ASSISTANT TREASURER

YOUR LIFE STORY DESERVES TO SHINE

It's never too late to begin documenting your memories or family history. Be inspired. Get started on your legacy project in the local series of 'Write Your Story' community workshops or get one-on-one personalised, professional support. Don't let your stories go untold. Contact me for a complimentary consultation.

Dr Angela Robertson

Local Author, Inspirational Speaker, Facilitator & Coach

Kiaora@angelarobertson.nz | 027 633 2821

www.angelarobertson.nz/resources/

Amazon.com: Angela Robertson: Books, Biography, Blog, Audiobooks, Kindle

Fair Go petition



The TV programme Fair Go is being taken off the air. Over the years consumer affairs experts have done great work and helped a large number of Kiwis from being ripped off by scams and untrustworthy people, and providing them with support and guidance.

If you want to express your concern about Fair Go's future, there's a petition at: <https://tinyurl.com/yc36cx83>

Grey Power Electricity sign-up benefit

Grey Power Electricity is the major sponsor for Grey Power Federation, and offers a range of broadband and home phone benefits to our membership.

If you're not already signed up, Grey Power Electricity is offering new customers \$150 off their electricity bill to. For information call 0800 473 976 or greypowerelectricity.co.nz

Before my surgery, the anesthesiologist offered to knock me out with gas or a boat paddle ...

It was an ether/oar situation.

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Crochet is more than craft — research shows it has therapeutic value



Funny isn't it, how long we've adhered to the stereotype of knitters as doddery, sweet grandmothers, as though the activity itself was a sign of ageing, dismissed as useless frippery and distraction – not what it actually is, which is useful and mindful.

While breath experts and "wellness warriors" throng on social media, the steady click of needles might serve as a reminder that knitters have been on to this stuff for a very long time.

A recent research paper titled "Happy Hookers: findings from an international study exploring the effects of crochet on wellbeing" looked at more than 8,000 people (almost all women) in 87 countries, who crochet. It found nine in 10 felt calmer after doing it, while 82 per cent reported feeling happier and 75 per cent felt more useful. Many crocheted to manage mental health and help process "grief, chronic illness and pain".

Psychologist Sahra O'Doherty recently told the Guardian repetitive tasks make "our heart rate and breathing even out" and lower our blood pressure.

Interest in skills like knitting and crochet have rocketed in recent years, with many more young women, and some men, professing a love of the fibre arts — with COVID exacerbating this trend.

"These activities are very meditative, repetitive and calming for people and it's no surprise that knitting, crocheting, quilting all have therapeutic benefits," says Scientia Professor Kaarin Anstey, director of the University of NSW Ageing Futures Institute.

Knit, purl, cast off pain.

Another study from the University of Gothenburg, published in the Journal of Occupational Science, found knitting brings calm and structure to people suffering mental illness.

Researchers analysed 600 posts collected from the international online fibre arts forum Ravelry <https://www.ravelry.com/about> and found knitting helps people unwind, gives them an identity and social network, and helps structure their days. Some found their mind cleared and thinking became easier whilst knitting.

Falls prevention is everyone's business

April was ACC's falls prevention month (April Fall – get it?).

But it's best to be alert to the risk all the time. There are measures you can take to keep from losing balance. These include:

- Wear well-fitting shoes
- Avoid wet or slippery floors
- Use handrails in hallways and bathrooms
- Use your walking aids appropriately
- Have a night light or easily accessible light for getting up at night
- Do not use an IV pole, tray table, or easily moveable object to steady yourself
- Ask for assistance if you need it, particularly if you feel dizzy, weak, or light-headed.



Be aware of what strength and balance classes are available locally. Share this link <https://tinyurl.com/bf56f56v>.

The ACC's free digital balance app 'Nymbi' enables people to regularly do balance exercises, wherever they are and whenever they want regularly (10 minutes a day). The website is <https://tinyurl.com/3ekjwz3>.

Fish doorbell

Super People is often anxious to find distracting alternatives to the news. This is one of the best!

A Dutch website, "The Fish Doorbell" <https://visdeurbel.nl/en/the-fish-doorbell/>

It has a simple premise: "Every spring, fish migrate upstream in search of places to spawn. They swim through the centre of the city of Utrecht. Unfortunately, the boat lock is closed during spring. You can help the fish."



Assistance is quite straightforward, though it requires a degree of patience – especially with the time difference between New Zealand and Holland.

There is a camera livestreaming in the murky depths of the river, and every time a frustrated-looking fish appears in view, eyeing the camera, you press a bell on screen to alert the lock keeper in Utrecht to open a little door and allow it to follow its instincts upriver.

Needless to say, you'll be hooked.

Art thou smarter than Shakespeare?

The plot of Twelfth Night revolves around non-identical (fraternal) twins Sebastian and Viola. The perfect excuse to set this classic puzzle about birth-adjacent siblings:

A 17th century farmer observes that one of his sheep is pregnant. As all farmers know, lambs arrive as non-identical twins, each with a 50-50 chance of being male or female.

The local vet has an Elizabethan ultrasound machine and finds out the genders of the lambs: "Is it true that at least one of them will be male?" asks the farmer. "Yes, it is true" replies the vet.

"In that case," the farmer says, "the other one will most likely be female."

Is the farmer correct? *Answer on page 22*

OMAI FAATASI - COME TOGETHER

There is a long-standing assumption that most Pasifika seniors are OK and do not generally experience loneliness because they are more likely to be cared for or living with their families.

However, it is not uncommon for seniors to stay at home alone all day as children go to work and grandchildren to school. Mobility problems or a disability can perpetuate isolation and loneliness.

Age Concern Wellington Region is partnering with Atamu EFKS Porirua, a faith-based charity in Waitangirua, to co-design a social connection service specifically for Pasifika seniors. Porirua is New Zealand's second largest concentration area of Pacific peoples.

A chance to save lives



If you have thought about giving blood or plasma, the New Zealand Blood Service has increased the upper age limit for first-time blood and plasma donors to 71.

Existing donors are able to keep donating until the age of 81. To donate you also need to be:

- At least 150cm tall
- Weight at least 50kg.

More than 5,000 donations are needed every week to meet demand, but less than four percent of the eligible New Zealand population donates.

The next mobile collection service will be at Paraparaumu Memorial Hall, corner of Aorangi St and Tutanekei, from 17 to 19 June.

For those unable to give blood or plasma because you lived in the United Kingdom, France or the Republic of Ireland between 1980 and 1996, this restriction will soon be lifted.

If you have questions about your eligibility to donate, call 0800 448 325 or find out more at nzblood.co.nz

Hold the line caller ...

Kāpiti Grey Power member Marie O'Sullivan of Waikanae has been frustrated at wait times for the NZ superannuation line.

Marie wrote to Seniors Minister Casey Costello earlier this year and received reply from the Ministry of Social Development that she describes as “essentially a cut and paste from their promotional material and did not address any of the issues I raised.”

Marie tells us that when a caller rings initially, the message is that the wait time is in the region of 35 minutes. However, once the caller joins the queue, they are informed that the wait time is 75 minutes or longer.

The call back system does not work either. When she attempted to book a call back, the phone was disconnected.

Marie also tried to use the online service and after filling in all the relevant forms, was informed she needed to contact the service centre.

“The overall experience left me with a feeling that MSD does not respect its clients and is happy to serve up any old provisions - with the net effect that access is denied,” she wrote.

“May I suggest that additional resources be provided to handle the present demand and reduce the wait times to an acceptable level.”

Are you, like Marie, frustrated at the MSD phone service? Contact us at Grey Power Kāpiti and we'll take the matter up both locally and nationally.

Concert for Sir Jon Trimmer Arts Trust

A Fundraising Concert will be held at Southwards Theatre, Paraparaumu, at 7pm on Friday 24 May, to contribute the initial funding for the Sir Jon Trimmer Kāpiti Coast Arts Scholarships, which are to be administered by the Nikau Foundation.

When the fund reaches its target of \$75,000, a scholarship will be awarded annually to Kāpiti-based performing and visual arts participants in alternate years.

The legendary international dancer Sir Jon, who died in October, lived in Paekākāriki with his wife Lady Jacqui for 45 years. He was a Life Member of Kāpiti Coast Grey Power, granted because of his generous support, usually as a performer, over many years.



Concert performers include singers Ray Woolf, Andrew London, ex-Bulldog Neil Worboys, Wayne Mason, Hannah Chisholm, Paekākāriki's Janet Holborow and Holly-Jane Ewens, Congolese master percussionist Sam Manzanza, talented musicians, singers and dancers from Paraparaumu and Kāpiti Colleges, and dance groups from Sweet Studio Dance School (Paraparaumu) and Step Out Dance (Wellington).

Tickets can be purchased from Southwards, Coastlands, or online at [eventfinda.co.nz](https://www.eventfinda.co.nz). The Nikau Foundation website <https://www.nikaufoundation.nz/> gives details of how to contribute to the Sir Jon Trimmer Arts Scholarship Trust Fund.

Editorial supplied by Kapiti Hearing

Kapiti Hearing is an independent, owner-operated audiology and hearing aid clinic, offering hearing services, ear wax suctioning and advice about hearing needs.

Making hearing loss easier for everyone to manage

Because we hear with our brains, we can often “fill in the gaps” in other people’s speech by:

- **Looking at other people when they speak.** (Your eyes share information with your brain).
- **Training other people to get our attention before they speak.** (Your brain needs to attend to speech – you don’t want to miss the first few words).
- **Training other people to speak a bit more slowly** (if you are over 60). (Our brains don’t process speech so quickly as we get older).
- **Choosing quieter venues to have conversations.** (Your brain finds this easier, too; less effort).

Communication is a two-way street;

If you are talking to someone who can’t hear well, get their attention; and face them when you speak to them. If you talk to them while walking out of the room, (or from another room); or with your head in a cupboard, they often won’t hear you well. Be kind!

If you or loved ones are worried about your hearing, you can book in to have a hearing test. This usually takes about an hour.

There are many causes of hearing loss, and a test will help you decide whether you should do anything about it now or wait for a few more years. Sometimes the cause of hearing loss is simply wax blocking your ears!

LETTERS TO THE EDITOR

We would like to share with other members your opinions or concerns in our magazine. Letters must include the writer’s name, home address and phone number (NB: We need the information for verification, but will print only name and suburb). Letters should not exceed 120 words. Letters may be edited for clarity and length. We may not always print all letters we receive. Email editor.gpKapiti@gmail.com or post to: the office address on Page 1.



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04-293-4693

admin@kapitihearing.co.nz

www.kapitihearing.co.nz

Palliative care survey

Health NZ is redesigning palliative care services and systems to ensure they better meet the care needs of patients, whānau and communities.

It has issued a short survey to find out what adults (those aged over 24) think are the most important services, then develop nationally consistent models of palliative and end-of-life care services.

The survey is at <https://tinyurl.com/yvhdaxw9> and will be open until 31 May.

General themes will be shared on Health NZ website from July.

For more on Palliative Care: <https://tinyurl.com/2r2jvtjj>.

Rapid Antigen Tests free until June

Additional supplies of COVID-19 rapid antigen tests (RATs) have enabled continued free testing through to the end of June.

P2/N95 masks also remain free for people at higher risk of getting very sick from COVID-19 until 30 June.

They will be available through the established national distribution network and some pharmacies, as listed on <https://www.healthpoint.co.nz/>

If you live rurally, have a disability, are immunocompromised or experience some other difficulty getting RATs, you may be eligible for additional help, including delivery if necessary. To find out, call 0800 222 478.

Information about COVID-19, testing, treatments and support for urgent costs is at <http://tinyurl.com/32jxhtvd> **IMPORTANT: If you already have RAT test kits, DO NOT use them after the expiration date.**

Breast screening

Free breast screening has been extended to women aged 70-74. Previously it was for 45 to 69-year-olds. Breast cancer is the most common cancer among New Zealand women. Finding more cancers early through breast screening means better treatment outcomes.

Around 120,000 additional women will be eligible for screening every two years. The extension will be phased in. More information: <https://tinyurl.com/3p7z7wus>

Community infusion service update

Last issue *Super People* reported that Health NZ/Te Whatu Ora MidCentral's Community Infusion Service is providing care to patients closer to their homes.

Patients with chronic conditions who need intravenous infusions for inflammatory bowel disease, arthritis and psoriasis can, with their consultant's agreement, get them in a relaxed, community setting instead of in a hospital.

The press release *Super People* quoted said another is scheduled to have opened in Levin by the end of 2023. We asked for progress. *The answer:*

"Te Whatu Ora Te Pae Hauora o Ruahine o Tararua MidCentral are continuing to engage with Horowhenua Community Practice for the provision of the Community Infusion Service at their premises in Levin. Te Whatu Ora MidCentral remains committed to expanding the Community Infusion Service and delivering care that is closer to home for those patients that meet the criteria."

FREE FLU, COVID VACCINES -- AND OTHERS

Getting an annual flu vaccine is the best possible defence from catching or spreading the flu, and it's free for over 65s. The flu vaccine changes each year to help protect against the most common expected flu strains.

Healthcare providers and many pharmacies can administer it. To book, visit BookMyVaccine.nz or call the Vaccination Healthline on 0800 28 29 26 8.30am to 5pm, Monday to Friday.

Booking your flu vaccine is a good time to ask your healthcare provider about other vaccines, including a COVID-19 booster, tetanus booster or shingles vaccine. It's safe to have the flu vaccine at the same time as these immunisations. The shingles vaccine is free for 12 months after your 65th birthday.

A new COVID vaccine for the XBB.1.5 strain has been approved for New Zealand. This vaccine is more effective against recent subvariants of COVID. The XBB vaccine is especially recommended for those who are more likely to get seriously unwell if they get the virus.



Kāpiti Coast Concert Calendar

Doreen Douglas compiles a calendar to help organisations avoid clashes and to publicise concerts on the Kāpiti Coast.

She has been kind enough to share it with *Super People*. We will update the list in future editions.

Concert planners, contact Doreen Douglas 021 033 1616 email: doreendouglas5@gmail.com to discuss possible dates for your organisation.

MAY

Friday 19: Comedy Fest in Kāpiti - 7pm
Te Raukura ki Kāpiti, Coastlands Theatre
Tickets: <https://teraukura.nz/event/comedy-fest-in-k%C4%81piti-2>

Saturday 25: Kāpiti Concert Orchestra - 2.30pm
An Afternoon with Mendelssohn
Te Raukura ki Kāpiti, Coastlands Theatre
Contact via www.kco.nz

Sunday 26: Air Force Charity Concert - 1.30pm
Southwards Museum

JUNE

Saturday 1: NZSO's Reflections - Schubert & Beethoven
Te Raukura ki Kāpiti, Coastlands Theatre
Tickets: <https://teraukura.nz/event/reflections-schubert-beethoven>

Saturday 8: Waikanae Music Society - 2.30pm
Kāpiti Student Musicians Waikanae Memorial Hall
Contact: Kathy Hutchison
student@waikanaemusic.org.nz

Sunday 9: Kāpiti Chorale - 3pm
Dvořák Requiem St Paul's Church, Kāpiti Road

Saturday 22: Waikanae Music Society - 2.30pm
Cello/Piano Waikanae Memorial Hall
Contact: Wendy van Delden concertmanager@waikanaemusic.org.nz

Saturday 22: "Kāpiti Celebs" variety show
Te Raukura ki Kāpiti, Coastlands Theatre
Tickets will be via Eventfinda

Sunday 23: Mulled Wine Concert - 2.30pm
St Peter's Hall, Paekākāriki
Andrew Beer Violin (ConcertMaster APO) and Ingrid Bauer (Principal Harp APO)
www.mulledwineconcerts.com
Contact: marygow@gmail.com

JULY

Thursday 4 – Saturday 6: Indian Ink Theatre Company – Guru of Chai
Te Raukura ki Kāpiti, Coastlands Theatre
Tickets: <https://teraukura.nz/event/guru-of-chai>
Saturday 20: Waikanae Music Society - 2.30pm
Piano Recital Waikanae Memorial Hall
Contact: Wendy van Delden concertmanager@waikanaemusic.org.nz

AUGUST

Sunday 18: Waikanae Music Society - 2.30pm
Violin/Piano Waikanae Memorial Hall
Contact: Wendy van Delden concertmanager@waikanaemusic.org.nz

SEPTEMBER

Sunday 8: Spring Sing - 1pm – 4.30pm
Otaki Memorial Hall
Contact: Ann-Marie Stapp amstapp@xtra.co.nz
Saturday 14: Kāpiti Concert Orchestra Twentieth Anniversary Concert - 7.00pm
Beethoven Symphony No. 9
Te Raukura ki Kāpiti, Coastlands Theatre
Tickets available from Eventfinda
Contact via www.kco.nz

Sunday 15: Waikanae Music Society - 2.30pm
Organ Recital Waikanae Memorial Hall
Contact: Wendy van Delden concertmanager@waikanaemusic.org.nz

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Over 65s staying in paid work longer

There has been a 10 percent increase in the number of years that New Zealanders are staying in paid work, since a mandatory retirement age was eliminated in 2000.

RNZ reports a study by AgeCalculator.com using OECD data indicates New Zealand had the fourth highest increase in the age when workers retire and was the only non-European country to make the top 10 list.

While government superannuation kicked in at 65, people were staying in work longer, with the average age rising to 67 years in 2020, from 61 in 2000.

In February, Commissioner Jane Wrightson said a superannuation age of 65 was "perfectly affordable" at the moment, but if that changed, access to NZ Super could be income tested.

National wanted to raise the age to 67 from 2044, while Labour was sticking with 65.

There are perks through SUPERGOLD

The full range of benefits and discounts available with the SuperGold Card are on the SuperGold website <https://supergold.govt.nz/> or even download the SuperGold app on your smartphone.



An alternative is a very useful summary of all the perks, discounts and benefits provided by MoneyHub. This review can be accessed at <https://tinyurl.com/42sc7v9t> and is a comprehensive review of the benefits and discounts as well as looking at the various additional perks available to seniors beyond the card's primary offerings and list of non-financial support services.

MoneyHub NZ was founded with the sole aim of presenting consumer and financial products and services in a clear and understandable way to the general public.

**Another month ends
All targets met
All systems working
All customers satisfied
All staff eager and enthusiastic
All pigs fed and ready to fly**

New speed limits coming to Kāpiti school zones

Installation of 30km/h variable speed limit signs around 13 Kāpiti schools is under way and each will be turned on as they go up.

Kāpiti Coast District Council Group Manager Infrastructure and Asset Management, Sean Mallon, says "We'll be turning electronic signs on as they're installed so motorists can start getting used to the change – the sooner we familiarise ourselves with the new rules the better."

The schools with speed limits are: St Peter Chanel; Ōtaki; Ōtaki College; Waitohu; Te Horo; Waikanae Primary; Kenekena; Paraparaumu Beach; Paraparaumu College; Our Lady of Kāpiti; Kāpiti College; Raumati South and Te Rā Waldorf. The works will be completed by mid June.

Permanent speed limit changes around the remaining Kāpiti schools, and in some cases the installation of traffic calming infrastructure, is scheduled to start in 2025 for completion by 2027.

Overhaul aged care system – Commissioner

An Aged Care Commissioner report says the aged care system is in dire need of an overhaul, with older people regularly being left in hospital with nowhere to go.

A key recommendation is better transitions of care between hospital to home and community support services and aged residential care.

The report <https://tinyurl.com/y62ff27k> focuses on the need for an integrated continuum of care that concentrates on prevention and support to help older people navigate health and disability services.

The report's insights consider the importance of:

- Transitions of care for older people between hospitals to home and community support services and aged residential care
- Investing in innovative primary and community care models
- Preventative interventions for dementia
- Ensuring access to reliable, quality home and community services to age well at home

It sets out 20 recommendations to improve the quality of care for elderly people.

Ins and outs of mobility devices



Mobility scooters and power chairs provide independence but there's a bit to consider when getting one.

You don't need a driver's licence to operate a mobility device and they're not required to have a warrant of fitness or registration. Under traffic law, mobility devices are vehicles:

- designed and constructed for people needing help with mobility because of physical or neurological impairment
- powered solely by a motor of up to 1500 watts.

Section 11 of the Land Transport (Road User) Rule 2004 details how and where you can use them. If you're on the road, you must keep as close as possible to the edge of the roadway. On the footpath:

- you must ride carefully and be considerate of others
- you must not ride at speeds that put other footpath users at risk.

Mobility vehicles are light and offer no protection. This makes the rider vulnerable. Waka Kotahi recommends if you must use the road:

- wear bright clothing
- make your vehicle more visible, for example by attaching a flag.

Loose and long clothing may get caught in the tyres and potentially cause the rider serious or fatal injury.

The *Getting around as a senior* booklet <https://tinyurl.com/5jtn9xr> has more advice. Meanwhile Waka Kotahi lists mobility scooter courses:

Wellington

Age Concern Wellington Phone: 04 499 6646, Email: communitysup@acwellington.org.nz

Mobility Centre Lower Hutt Phone: 04 577 1188 Freephone: 0800 243 866 Website: <https://www.mobilitycentre.co.nz/> Courses delivered in Kāpiti Coast.

Manawatū-Whanganui

Mobility Manawatu Phone: 06 357 7943 Mobile: 0274 500 692 Email: info@mobilitymanawatu.co.nz Course delivered in: Horowhenua

For more information on courses contact Age Concern or your local road safety coordinator (at your local council).

COURTENAY Hearing Centre

Caring for your hearing



For independent professional advice

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



WELLINGTON

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LEVIN

SeeHear, 174 Oxford Street | (06) 368 0130

PARAPARAUMU

8A Ihakara Street | (04) 385 9144

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

Editorial supplied by Courtenay Hearing Centre

Courtenay Hearing Centre Serving the Kapiti area since 1993

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

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

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

Visit our website www.courtenayhearing.co.nz for more information.

New Benefit for Grey Power Members - Harrisons



Harrisons are offering all Grey Power members 20% off carpet and hard flooring; 30% off Curtains & Blinds; and 20% off Solar Panels ... plus Flybuys.

When you work with Harrisons, local business owners bring the showroom to your home.

Contact Harrisons on 0800 103 001– don't forget to say that you are a Grey Power member to receive your discount. Their website is <https://www.harrisons.nz/>

If there are special offers available, as a Grey Power customer you will always receive the lowest price.

More offers are available on the Federation website <https://www.greypower.co.nz/the-benefits> ... and don't forget the offers in the discount book that comes with your Kāpiti Coast Grey Power membership.

Kāpiti Good Sorts nominations open



Nominations are open until 31 May for two awards that recognise residents and community groups who make outstanding contributions to Kāpiti's district.

The Kāpiti Good Sorts Awards celebrates individuals who show kotahitanga (community spirit) through leadership, compassion, and action that supports, serves and help make Kāpiti a great place to live, work and play.

The Wellington Airport Regional Community Awards celebrate the valuable work of community groups and their volunteers in the categories of arts and culture, education and child/youth development, health and wellbeing, heritage and environment, sport and leisure. A "rising star" award will recognise new grassroots organisations.

Nominations can be made at kapiticoast.govt.nz/GoodSorts.

Park and Rides review



A project to manage the use of Metlink park and ride facilities at train stations has been initiated by Greater Wellington's Transport Committee.

The current parking access model is 'first come, first served', so Metlink passengers have to compete for parking space with people not catching our trains or buses.

The project will look at ways to discourage passengers who live within walking distance from driving to a station; combining parking charges with fares for onward train and bus travel and working with councils to coordinate any parking charges with those on neighbouring streets.

There are 66 Park and Rides with 6,140 spaces in the Wellington region, - two-thirds owned by Greater Wellington or KiwiRail, with the rest by local councils and private bodies.

For more information visit: <https://tinyurl.com/2pv2z39v>

National Travel Assistance changes

The National Travel Assistance (NTA) scheme helps by contributing to costs for people who need to travel long distances or frequently to access specialist health care.

Mileage rates will increase from 28c to 34c a kilometre, and nightly accommodation rates will rise from \$100 to \$140 a night. (For those staying with friends or whānau the rate will increase from \$25 to \$35 a night).

The NTA website <https://tinyurl.com/57hgy2ph> has information.

In the near future NTA intends to introduce easier pre-payment and claiming options and make eligibility changes to better target those in need.

SAFETY CHECK FOR WINTER

With Winter just around the corner and daylight hours getting shorter, it's a good time to attend to outdoor safety and security issues so we stay safe when we're out and about through the cooler months of the year.

Slip hazards outside - Paths and decks can be hazardous when their surfaces become slippery. Water-blast hard surfaces such as wooden decking, and concrete and brick paths.

Uneven surfaces - Lumps and bumps in lawns or soft surface paths are a trip hazard. Grab the spade or shovel and chip and level grassed areas.

Access ways - One of the most used after-dark access ways is from your vehicle parking spot to the door of your home if you don't have internal access. Keep it clear of any objects such as planters, garden ornaments, or foliage. Even in the garage make sure the path to the door is clear.

Lighting - Outdoor lighting illuminates paths for you and guests, and is also a deterrent to those you don't want on your property. Check outdoor lights are operating, and bulbs are clean. If you don't already have sensor lights, consider getting them installed.

At the door - Your door is a gateway to friends and family, but also to strangers. Don't open it to those you don't know and trust. If you don't already have a security screen door, consider having one fitted. At the very least, have a security chain fitted and check that the front and back door locks are robust.

Tradies - When engaging trades people, stick with a company you have used in the past, ask for the name of the staff member who will be calling, and their approximate arrival time. When they arrive, ask to see their card before you invite them into your house.

Loose items - When you're done with garden chairs, and any other loose items in your yard, pop them away in the garage or secure them - autumn gales, they can cause them to take flight and damage walls and windows.

Emergency kit - Pop a kit into the boot of your car which includes a neon safety vest (in case you have to check the exterior of the car at night), torch, warm rug, snacks, and water. Also have a phone charger cable plugged into the cigarette lighter.

Ref: Grownups online

Healthy Eating guide for seniors

Eating for Healthy Older People is a free booklet with information on nutrition, food groups, drinking plenty of fluids, foods low in fat, salt and sugar, healthy weight, exercise, important vitamins and minerals, and food safety.

The booklet can be downloaded. Physical copies can also be ordered from

HealthEd <https://tinyurl.com/2s4et9ak> or from Wellington / Hutt Valley / Wairarapa: Level 1, Community Health Building, Hutt Hospital, Phone 04 570 9691.

For Manawātū / Tararua / Horowhenua / MidCentral they are at Rata House Resource Room, Community Village of Palmerston North Hospital Phone 06 350 9110

GET SET UP FOR SAFETY Online safety basics

Scam-proofing toolkit

Netsafe has launched a new free nationwide initiative to arm older New Zealanders with the skills and know-how to keep themselves safe online.



The Get Set Up for Safety joint project with Chorus, includes a toolkit of guides, videos, and other resources with practical advice on everything from fundamental online safety and security habits through to protection from financial scams and safer online shopping and socialising.

Get Set Up for Safety resources will be freely available to access, download, or print out from the Netsafe website at www.netsafe.org.nz/olderpeople.

Printed pamphlets will be available over the coming months at public libraries, Citizens Advice Bureaux, Chorus community events, Digital Seniors hubs and Age Concern regional offices.



Curious conversations is back!



Age Concern's online Zoom event Curious Conversations is back for 2024!

Each Curious Conversation lasts around 45 minutes, including time for questions.

You can register at :www.acwellington.org.nz/curious-conversations/ Age Concern will send the link a few days before each event.

If you'd like to catch up, the first event, which was shown in April - a virtual trip to Wellington Zoo with Animal Care Manager Nic Dunn. – can be seen on YouTube. Follow the link above.

Living Well group changes name

After a diagnosis of a mild cognitive impairment or dementia, you may feel overwhelmed, and unsure what to do next.

In Wellington and Kāpiti Dementia Wellington has been running Living Well groups for some years. This year the name is changed to reflect more accurately the aims of the Group and will offer the groups in Porirua.

The aims are to provide the opportunity for people in the early stages of dementia or mild cognitive impairment to meet and connect with others in a similar situation and engage in cognitively stimulating healthy brain activities. **Registration is essential!**

Upcoming dates:

Young Onset Dementia – May; Wellington
– May; Porirua
– June; Kāpiti
– August

For further details contact either Educator- Sheena Farquhar on 0204 025 2330, or the relevant Dementia advisor:

Younger Onset Dementia -
mai@dementiawellington.org.nz
Wellington - tina@dementiawellington.org.nz
Porirua - rachel@dementiawellington.org.nz
Kapiti - jackie@dementiawellington.org.nz

Spark Charges for Xtra Email

Spark has advised customers that it is now charging \$5.95 a month for its Xtra email. This may annoy those who may be tempted to cancel their Xtra account forthwith.

SeniorNet Kāpiti strongly advises against cancelling your account immediately.

Email addresses have become embedded in our daily lives. They are linked to bank accounts, usernames for the online services we use, and are part of the security checks to keep online accounts secure.

All of this means that cancelling or changing your email address is not straightforward and will take some time.

If you choose not to pay the new charge you can change to an alternative free email service provider.

If you have an android or Apple phone, or a Microsoft account associated with your Windows PC phone, you may already have access to a free address. Otherwise there's a choice of several, including Gmail, Outlook or iCloud.

But take your time.

In the short term SeniorNet Kāpiti recommend the following steps:

- Retain your "@xtra.co.nz" email address for around 12 months. This will allow you to identify contacts that are still using this address and notify banks and services of your change.
- Stop using your Xtra address to send emails.
- Select a new free email provider.
- Notify all your contacts of your new email address.
- Continue to monitor your Xtra address while you establish your new account.
- Cancel your Xtra address when you are sure that all your contacts are using your new address.

Some years ago, when Vodafone closed its email service, SeniorNet Kāpiti drew up step-by-step instructions and conducted workshops to assist members transfer to a new service provider. If there is sufficient interest, we will schedule a similar workshop.

Contact Teresa at snkbookings@gmail.com, or call 021 169 6256.



Age friendly network expands

More local councils are adopting an age friendly mindset, with another two joining the national network since January.

Ashburton and Selwyn district councils have signed up, bringing the tally to 33 – almost half of all 67 district, city and unitary councils in New Zealand.

The national network – formed in 2021 – aims to bring together representatives from local councils and organisations leading age friendly work around New Zealand to learn from each other through a community of practice. More information about the Age friendly network is at <https://tinyurl.com/4khfaeru> .

Age Friendly communities is an initiative by the World Health Organisation (WHO) to develop communities that are vibrant and liveable in order that older people can live, learn, work and play. Ageing well is an issue relevant to some 30% of the population of Kāpiti.

Here in Kāpiti, the council in October adopted an 'age-friendly approach' after two years working with a reference group of aged-sector representatives to understand the specific physical and social needs of people aged 65 years and over in the district. The document is at <https://tinyurl.com/2m6w2t3c> .

Chair of Kāpiti Older Persons Council, Kevin Burrows, tells us a workshop was held in early April at which some 20 organisations took part. Council staff have turned it into a draft action plan for the Age Friendly Reference Group to consider.

"Work is slow on this and sometimes frustrating," he says, "but we are making progress, and we hope to see an action in the next month or so."

The push to introduce the initiative in the district began in 2020 when Grey Power received a grant from the Office for Seniors to hold four workshops and a survey of Kāpiti residents to get their views on Age Friendly communities.

Two reports were written on the workshops and survey and presented to Council by former President Trevor Daniell and Kevin Burrows and as a result, Council agreed to develop an Age Friendly strategy and establish an Age Friendly Reference Group (AFRP).

The overall goal is to create social and physical environments that enables healthy ageing in Kāpiti.

In February last year Council secured \$5.26 million *Better Off* funding, as the first stage of the then Labour government's investment to support councils to transition to the Three Waters Water Service Entities.

Council staff have told *Super People* that currently the \$100,000 money allocated from the *Better Off* funding has not been spent. "We hope to implement the first projects by the end of the year."

Council has until 30 June 2027 to spend the *Better Off* funding in full.

The World Health Organization started the global Age-Friendly Cities Project in 2006.

Fun Nature Facts

1. Porcupines can float
2. Owls cannot move their eyeballs
3. Octopuses have blue blood ... and nine brains
4. Caterpillars have 12 eyes
5. A hippopotamus' lips are nearly two feet wide
6. Cockroaches can live for a week without their heads
7. Some Salamanders can regrow their tails, legs – and even parts of their eyes
8. The female Hummingbird builds the world's smallest nest – about the size of a walnut
9. Kangaroos can't walk backwards
10. A Chameleon's tongue is at least as long as its body
11. Cows can walk up stairs by themselves ... but can't walk down without help
12. Slugs have four noses
13. A male Ostrich can roar like a lion
14. Cockroaches have white blood
15. A Coyote can hear a mouse moving under almost a foot snow

Art thou smarter than Shakespeare?

Twin twister solution

Yes! There is a 2/3 chance that one of the lambs will be female.

If we know that at least one lamb is male, then the possible pairings of the first and second lamb are male-male; male-female and female-male, and each of these pairings is equally likely. There will be a female in two of the three scenarios, hence the 2/3 probability.

As an interesting aside, Shakespeare himself was the father of fraternal twins, Hamnet and Judith – we shouldn't be surprised that they were a boy and a girl.

Odd Job Scheme

Our Odd Job scheme is a valuable resource for members.

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

If you can help, phone Emiliia for more information during business hours on 04 902 5680. Please note if you are applying to join the Scheme you must be a current member.

“Grey Power members helping Grey Power members”



PLEASE SUPPORT OUR ADVERTISERS

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

Many thanks

WHAT IS GREY POWER?

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

Kāpiti Coast Grey Power Membership benefits include:

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

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



****MEMBERSHIP RENEWALS ARE NOW DUE****
Couple \$35.00, Single \$25.00

Payment Options:

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

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

Thank you for your continuing support of Kāpiti Coast Grey Power

IF PAYING ONLINE and YOU USE GREY POWER ELECTRICITY

Please separate your membership from GP Electricity in your Payee list so your power account is not paid to us in error – as this could result in your account being overdue.

For all power enquiries phone 0800 473 976



KĀPITI COAST GREY POWER ASSN INC.

PO Box 479, Paraparaumu 5254 | Phone 04 902 5680

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

Facebook: @Kapitigreypower

MEMBERSHIP FORM

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

Name(s): _____

Address: _____

Suburb: _____ Postcode: _____

Email(s): _____

Preferred phone number: _____

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

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

ANNUAL SUBSCRIPTION (please circle):

Single \$25.00 \$

Couple \$35.00 \$

Voluntary Donation \$

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

TOTAL REMITTANCE: \$

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

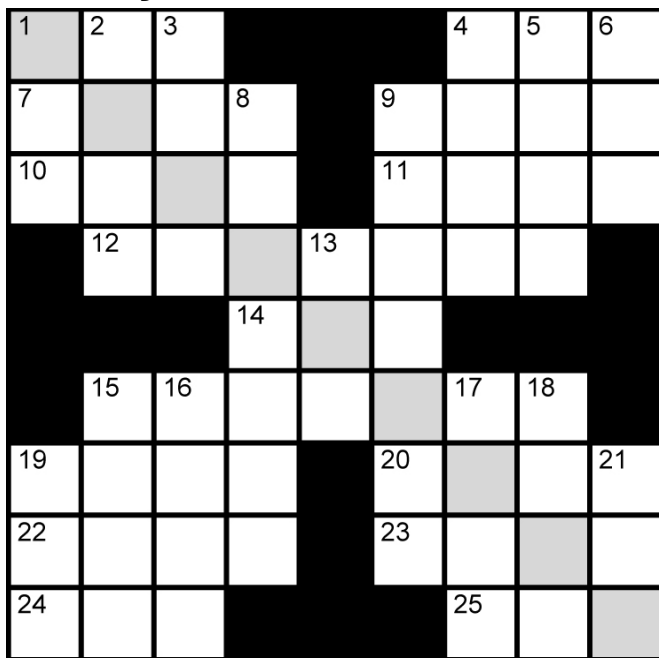
How you can pay:

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

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

New Member Renewal Discount Book Card Magazine

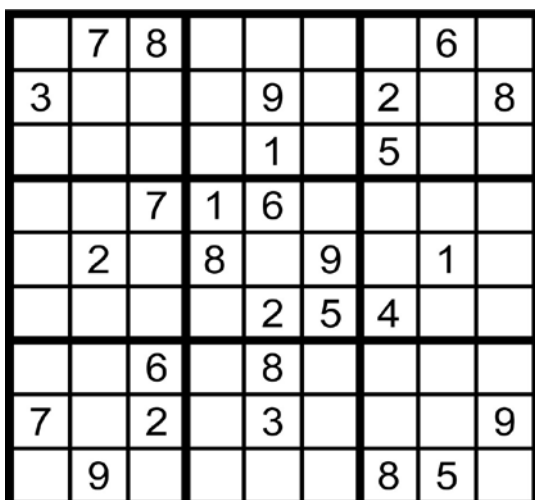
Holiday Goal



- Across
- 1. Movie SFX
 - 4. Short snooze
 - 7. Neural network
 - 9. Cheek
 - 10. Scream

- | | | |
|-----------|-------------|---------|
| ANTS | GARLIC | QUINOA |
| ASH | GORILLA | RICE |
| ASPHALT | HAIR | SKUNK |
| BEANS | INK | SNAKE |
| BEAR | LABRADOR | SOOT |
| CAT | MASCARA | SWAN |
| COAL | NIGHTTIME | TAR |
| CORMORANT | ONYX | TARMAC |
| CROW | PANDA | TEA |
| DRESS | PANTHER | TOP HAT |
| EBONY | PENGUIN | TUXEDO |
| | PIRATE FLAG | VAMPIRE |
| | PUG | WITCH |

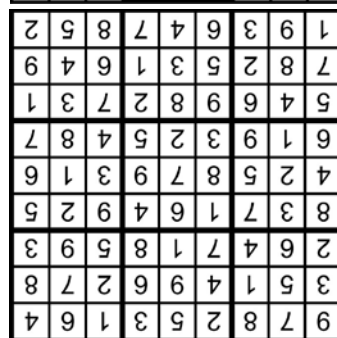
SUDOKU



- 11. Eagle's nest
- 12. In a smooth manner
- 14. Wharton degree
- 15. Facial feature
- 19. Reach across
- 20. Peacock's pride
- 22. Bridge, in Bretagne
- 23. ___ Spumante
- 24. Inquire
- 25. Café alternative

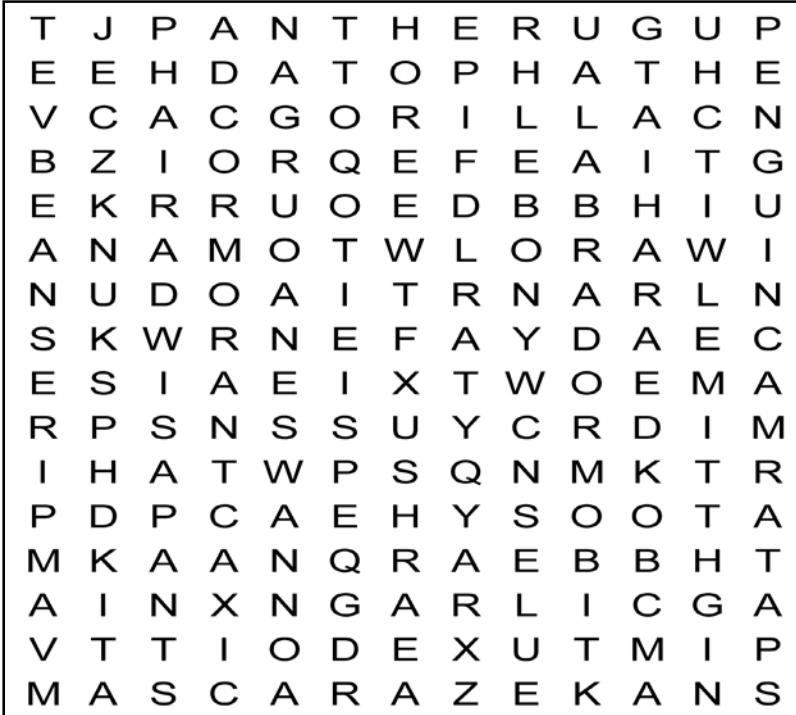
Down

- 1. Weep
- 2. The Bee ___
- 3. "___ have to do"
- 4. Christmas carol
- 5. Not straight
- 6. Thickness
- 8. Periodic table listing
- 9. Capital of Indonesia
- 13. "Chicago" lyricist
- 15. Heroic poem
- 16. Tug sharply
- 17. Brewer's equipment
- 18. Accompanying
- 19. Hot springs
- 21. Fanciful story



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

PAINT IT BLACK



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