

SPRING 2024 NEWSLETTER

www.ageconcernkapiti.co.nz



**AGE
CONCERN
KĀPITI**

He Manaakitanga
Kaumātua Aotearoa

Senior Times



For advertising phone Dave 027 652 5220 or email sales@kiwipublications.nz

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

Contact Information

Age Concern Kāpiti

Phone: (04) 298 8879

Email: admin@ageconcernkapiti.co.nz

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

Website: www.ageconcernkapiti.co.nz

Facebook: Age Concern Kapiti

0800 number: 0800 65 2 105 | Press 5 (Lower North Island) | Press 3 (Kāpiti) and you come directly to our office phone.

OFFICE HOURS

9.00am - 3.00pm: Monday, Tuesday, Thursday, Friday. Office closed: Wednesday

STAFF

Manager: Susan Church

Visiting Service and Health Promotion Coordinator:

Alison Miller, avs@ageconcernkapiti.co.nz

Companion Walking Service Coordinator:

Vacant, cws@ageconcernkapiti.co.nz

BOARD

Acting Chair: Karen Blakey

Secretary: Vacant

Treasurer: Owen Gibbins

Committee:

Tom Montague, Sonya Sloan, Conrad Spohr, Chris Stephens



Smartphone users:

You can access the Age Concern Kāpiti website by using the camera on your phone to scan this QR code.

Spring into Summer

Spring is around the corner with all the joy and excitement that a new phase brings. It is a chance to shake off those winter blues and start getting out and about and being more active and involved if you can.

We all need to keep moving and mobile. The more mobile you are, the easier for you to leave the house, connect with friends and get some exercise. For those with restricted mobility you can still enjoy some form of exercise (even while sitting down) – which all can benefit your mental and physical well-being. You just do what you can manage.

Check out our local exercise classes and our companion walking service – they just may be the answer to getting more mobile and socially connected!

We are also running a series of presentations “Spring into Summer” in September and October which will be of interest to many of you. More information about these on page 12-13.

Susan Church
Manager



Board News

In May this year Jane Yoong, our Chair stood down from our Executive Committee. Jane has been involved with Age Concern for many years. In 1990 Jane started with Age Concern New Zealand developing Visiting Service guidelines and was then appointed National Director of ACNZ. She was instrumental in developing guidelines for the identification and prevention of elder abuse and neglect and trained Age Concern coordinators around the country when this was implemented. Since 2012 she has been on our Board and was awarded a Queens Service Medal (QSM) for her services to older people in 2014. She will now be able to spend more time travelling and being in her beloved garden.

Introducing Tom Montague, Member:



Tom is a Wellingtonian born and bred. A lawyer who after spending several years abroad, took a temporary position in Levin as a staff solicitor for Todd Whitehouse, where four children later he ended up remaining for the next 45 years.

Practising law in a small town means you must be able to turn your hand to most areas of law and so it was for me. I have represented many people affected by age related dementia, and residents of Kimberly Centre. Much of my work in the last

10 years has involved assisting people with court related applications and affidavits, as well as appearing in Court on their behalf.

As a result of this work, I have developed a reasonably high level of expertise in the laws affecting the elderly and the impaired. Sadly, it also alerted me to the very high and obscene level of elder abuse in our community, both physical and financial. So, as I had some time on my hands in my retirement, especially when the weather kept me away from the golf course, I thought I might be of use to Age Concern serving as a visitor. Now every week or so I have the absolute pleasure and privilege of visiting R in Raumati. I'm not sure what he gets from my visit, but I certainly get lots from him. I was subsequently approached by Jane and invited to become a member of the Board which I was more than happy to accept.

Personal Income Tax thresholds | NZ Super and Veteran's Pension

From 31 July changes to the Personal Income Tax thresholds mean some people getting NZ Super and Veteran's Pension will get more in the hand if they're on 'M' tax code. This means the NZ Super and Veteran's Pension after-tax rate may increase by up to \$4.30 a fortnight if you are on 'M' tax code.

There are no changes if you are on the 'S' tax code. This change will happen automatically – you don't need to do anything. Your first payment with the new amount will be paid on 13 August.

HOBSON MILLS LAW
INCORPORATING SUSIE MILLS LAW

Get the support of professional advice with easy access locations

WILLS • ESTATES • POWERS OF ATTORNEY

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

15% off
use promo code
AC at checkout

Socks too tight?

We sell soft topped bamboo and cotton socks

3 pairs \$36

diabeticsocks.co.nz

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.

Ageing is Living!

In our last issue we highlighted that every stage of your life will have both opportunities and challenges that are unique to you at that age. Old age is a state of mind. You can be young at heart at 85, or old before your time at 60.

Ageing positively is as much about attitude and personal outlook on life as it is about what a person does. Research on positive ageing has identified some key factors for ageing well:

1. Having the Attitude
2. Being Adaptable
3. Autonomy and the Freedom to Choose
4. Being Involved
5. Staying Active

Thinking ahead for positive ageing

Personal preparation for positive ageing includes looking at personal goals and identifying the key steps to achieving them. Seniors who feel they have accomplished what they set out to do are likely to express greater satisfaction with their lives.

Preparing for our older age

Advance planning needs to include not only financial preparation, but also how to meet changing needs in relation to your health, lifestyle, roles and relationships.

Planning for work and leisure

Increasingly older people are remaining in paid work – some with reduced hours or flexibility to enable time for other responsibilities. Retirement from paid work does not mean people cease to be involved, cease to learn or stop contributing to society. Many who retire become involved in volunteer work or are involved as mentors, advisers, board members etc.

Meeting Changing Health Needs

Some physical conditions are more likely to occur in older people, but illness and disability are not inevitable in old age. A lot depends on earlier habits and lifestyle. Meeting changing health needs includes being aware of changes to our body and its ability to cope with medication, alcohol, infection or injury. Reducing the risk of injury from falls, adapting the home to accommodate limited mobility, vision,

or loss of strength, and investigating and adapting to such things as hearing or mobility aids are all strategies that can be useful.

Shifts in relationships

Relationships take on a new and different importance as people get older.

Experiencing loss

We are all likely to experience loss and bereavement as we age. Grief, as a reaction to loss, is a normal part of life and a way of coping and healing.

A person may grieve when they lose:

- **People** – through death or a relationship break-up or because a relationship changes
- **Health** – through illness, accident or disability
- **Places** – through moving house
- **Our place in the world** – through losing a place on a team or a job, or because we ourselves have changed

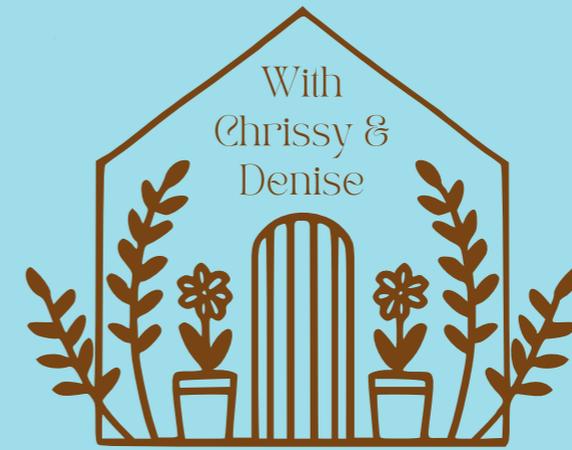
Protecting your future

This might include savings plans and ways of managing finances, making a will, allocating power of attorney and making plans for your personal care and welfare.

Personal strategies for positive ageing

- Approaching older age with a vision of your needs and planning to meet them
- Taking responsibility for good health practice
- Staying active and having contact with family and friends
- Gaining satisfaction in the things you do and your relations with others
- Having choices and feeling in control of your life
- Giving yourself some time to adjust to change
- Being involved in a wide range of activities and interests
- Learning new skills and trying new things
- Feeling secure about yourself, your future, your achievements
- Feeling secure in life at home, in the community, and within relationships

Excerpts from Information from Age Concern NZ – a guide to positive ageing



A PLACE FOR EVERYTHING

WE'RE KAPITI LOCALS WHO HELP YOU MOVE WITH A DIFFERENCE.

Moving house can be expensive... We help you to fund your move!

We do this by selling your unwanted items on your behalf

Our services are geared towards everyday people like us who have a budget and are busy. Do you want to downsize? Are you moving to a retirement village?

Do you have aging parents? Have you lost someone dear to you?

We're familiar with these life challenges, and it's reasonable to find yourself somewhat overwhelmed and in need of helping hands.

Use ours!

We offer personalised property solutions to help you:

- Sort, Spruce-up and Style your home for sale
- Light yard work and gardening for open homes
- Sell your excess household goods on your behalf
- Relocation packing/unpacking for local Kapiti destinations
 - Estate Clearances
- Decluttering and implementing bespoke home organising systems
 - Personalised paper and memorabilia management systems

**Contact the HOME SOLUTION SISTERS today
to help you get to where you want to be tomorrow**

Chrissy and Denise

(trusted police vetted backgrounds)

Phone: 027 3266 224 email: sisters@aplaceforeverything.co.nz

www.aplaceforeverything.co.nz

Benefits of Visiting Service

There are many older people in our community who are very lonely. To have the confidence to reach out and ask for help is very hard for some people. They don't want to be a bother or let on to their families that they are struggling.

People can contact Age Concern and enquire about the Visiting Service. I will visit them in their own home to discuss how the service works. This is also a chance for them to provide the information where I can get the best possible match with a volunteer for them.

I have been co-ordinating the Visiting Service for six years now and I still get a buzz when I match a volunteer with an elder person who is socially isolated. It is so rewarding when I hear and see the benefits this service makes by improving the elder person's life. Many of these people don't have family living nearby and their circle of friends has shrunk due to ill health or friends passing away.

Here are some of the benefits I am seeing.

It may be that the client has a condition that affects their movement or their speech. Having someone who has the time and patience to spend time listening and engaging in conversation is such a benefit for the client. Providing a caring ear and having someone with a sense of humour can really lift the spirit of the client. Offering a well-deserved distraction from their health issues for a time each week.

Having an outing to a local garden centre for a walk around the colourful displays, then morning tea is always a highlight as is a drive to the local beach for an ice cream in summer to have a short stroll or watch the locals.

Playing a card game, jigsaws or a game of Rummikub is a great way to enjoy a morning if an outing is not an option or the weather isn't pleasant to go out in.

Looking through photos and chatting about each other's family history may lead to some common connections.

These matches can lead to a friendship that will last years and both parties benefit from this strong connection.

Many meet each other's families, and this also provides peace of mind for the family knowing their parent has someone else looking out for them.



Alison Miller
Visiting Service Coordinator

Companion Walking Service



Our co-ordinator finished working for us in July, and we want to thank Julie for getting the Companion Walking Service "up and running".

We are currently supported by Sandy, a volunteer who works on Mondays and who many of you would have had contact with. Alison will assess people for the service (in the short term) until we can employ another co-ordinator.

Referrals have slowed over the past few months – winter of course – but we will see a pickup in referrals from now on. We are lucky to have several walkers available, trained and ready when this does happen.

The referrals might come from family, neighbours or even another community agency. They often are aware of our service through word of mouth, by knowing someone who has a companion walker, or they may have seen our brochures/posters out in the community. Because of the good work Age Concern Kāpiti does locally some people may even be involved with more than one activity/service offered by Age Concern Kāpiti.

If you know of anyone who would benefit from this service, please contact us!

Ambulance services' appeals



Look out for "Onesie" street collectors in Kāpiti and Greater Wellington on Thursday 12th and Saturday 14th September.

The annual Onesie Appeal is vital for ensuring Wellington Free Ambulance services - emergency ambulance and patient transfer - remain free of charge to the community

The more collectors, the merrier, so if you fancy yourself in a Onesie, sign up to collect through <https://tinyurl.com/3chssuc8>

For those in the Hato Hone St John service area, its Light the Way appeal aims to raise \$4 million to fund 14 urgent repair and new build projects for its ambulance stations.

Demand for emergency services in New Zealand has steadily increased over the past ten years due to an increasing and aging population and the additional pressures of extreme weather and health events.

Donations can be made online at www.lighttheway.org.nz

Tech Tip

Here's a tip from SeniorNet Kāpiti about an easier way to snap photos with your phone: If you take a lot of photos with your smartphone you've probably noticed how difficult it can be to tap the shutter release button. There's a very simple solution: when you're ready, simply press either one of your phone's volume buttons to snap the picture. **Give it a try.**



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

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.

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
Level 2, 15 Courtenay Place | (04) 385 9144

WAIKANAĒ
In the mall 10/2 Mahara Place, Waikanae | (04) 293 4170

LEVIN
SeeHear, 174 Oxford Street | (06) 368 0130

PARAPARAUMU
8A Ihakara Street | (04) 385 9144

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

SPRING SPECIAL
Mention this advert and receive
10% discount on a full hearing test.
(Valid September / October 2024)



Steady As You Go Exercise Classes



Term 4 classes will start in mid-October as follows:

Classes are held at:

Paraparaumu Beach: Ocean Road Community Centre, Paraparaumu: 11.00am – 12noon – Mondays.

Waikanae: Waikanae Baptist Church Hall, Te Moana Road: 9.00am to 10.00 am – Tuesdays.

Otaki: Otaki Presbyterian Hall, Mill Road. 11.00am – 12noon – Tuesdays.

Paraparaumu: Grace Hall, Kapiti Impact Hub, 6 Tongariro Street: 10.00am – 11.00am – Fridays.

For all enquiries please phone Alison Miller, Age Concern Kāpiti, on (04) 298 8879

Rates rebates assistance

There are two ways to apply for assistance to pay your rates. The Government scheme is run by the Department of Internal Affairs (DIA), and can be up to \$790 with the income abatement threshold now at \$31,510. The local government scheme's remission is up to \$300 for residential properties. Councils process both types of application.

Contact Kāpiti Coast District Council by Email: kapiti.council@kapiticoast.govt.nz
Phone: 04 296 4700 Freephone: 0800 486 486 or visit the service centre at 175 Rimu Road, Paraparaumu.

Porirua City Council is at 16 Cobham Court, Porirua City Centre,
Phone: 04 237 5089, email: enquiries@poriruacity.govt.nz

Keep your eyes on the stars, and your feet on the ground.

ARE CANNED VEGGIES OR FROZEN FRUIT JUST AS GOOD AS FRESH?



The cost-of-living crisis is affecting how we spend our money and for many, this means tightening the budget on the weekly supermarket shop. One victim may be fresh fruit and vegetables. On the whole, we don't eat enough and they are crucial for a healthy, balanced diet, providing a range of vitamins and minerals as well as fibre.

If you can't afford as much fresh produce at the moment, there are other ways to ensure you still get the benefits of these food groups. You might even be able to increase your intake of fruit and vegetables.

Fresh produce is often touted as being the most nutritious (think of the old adage "fresh is best") but this is not necessarily true. Nutrients can decline in transit from the paddock to your kitchen, and while the produce is stored in your fridge.

Frozen vegetables may actually be higher in some nutrients such as vitamin C and E as they are snap frozen very close to the time of harvest. Variations in transport and storage can affect this slightly.

Minerals such as calcium, iron and magnesium stay at similar levels in frozen produce compared to fresh. Another advantage is the potential to reduce food waste, as you can use only what you need at the time.

Canned or tinned vegetables and fruit similarly often offer a cheaper alternative and they're also very convenient to have on hand. The canning process is the preservation technique, so there's no need to add any additional preservatives, including salt. Due to the cooking process, levels of heat-sensitive nutrients such as vitamin C will decline a little compared to fresh produce. When you're using canned vegetables in a hot dish, you can add them later in the cooking process to reduce the amount of nutrient loss. To minimise waste, you can freeze the portion you don't need.

Fermentation has recently come into fashion, but it's actually one of the oldest food processing and preservation techniques.

It largely retains the vitamins and minerals in fresh vegetables. But may also enhance the food's nutritional profile by creating new nutrients and allowing existing ones to be absorbed more easily. Also, fermented foods contain probiotics, which are beneficial for our gut microbiome.



Other tips to get your fresh fix: buy in season, don't shun the ugly shaped produce, reduce waste, swap and share and grow your own. Regardless of how small your garden is you can always plant produce in pots and having put the effort in to growing your own produce, you are less likely to waste it.

Ref: The Conversation

Embrace a plant-based meal



Dedicate one day a week to plant-based meals. By reducing meat and dairy consumption, you can lower your carbon footprint, save water, and promote biodiversity.

Try exploring new recipes with seasonal vegetables and grains. Not only is it good for the planet, but it can also be a delicious and healthy change!

Covid 19 Update

COVID-19 vaccines remain free for everyone aged five and over. They are also available to children from six months who are at greater risk of severe illness.

COVID-19 antivirals remain free and available for people with a higher risk of severe illness. Some pharmacies can supply antivirals without a prescription.

However, people will be charged for COVID-19 healthcare consultations/visits.

Free rapid antigen tests (RATs) will be available until 30 September. You can find a collection site near you on <https://healthpoint.co.nz/covid-19/>.

People who live rurally, have a disability, are immunocompromised or experience some other difficulty accessing RATs may be eligible for additional help, including delivery if necessary, by calling 0800 222 478.

Dune planting volunteers wanted



Protection and restoration of dunes provides a haven for native birds and animals, and protects people and property from tides and storm surges along Kāpiti's coastline. Find and join a nature restoration group near you at <https://tinyurl.com/4enkbspy>

Kapiti Cottage in Paraparaumu!

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

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

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

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

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



feel at home with Enliven in Kapiti

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

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

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

For more information please visit: www.enlivencentral.org.nz

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

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

Spring into Summer Series with Age Concern Kāpiti

We have some great speakers lined up for you in the coming months, why not join us for a cuppa and company.



Paraparaumu – Thursday 5 September

Venue: Grace Hall
10.00am *Grandparents Raising Grandchildren*

Waikanae – Tuesday 10 September

Venue: WBC Cafe
1.00pm *Legal Ins and Outs of moving to a retirement village*

Waikanae – Thursday 19 September

Venue: Robin's Nest
10.00am *Downsize to move*
10.45am *Enduring Power of Attorney*

Paraparaumu – Thursday 3 October

Venue: Grace Hall
10.00am *Legal Ins and Outs of moving to a retirement village*

Paraparaumu – Thursday, 10 October

Venue: Grace Hall
10.00am *Downsize to move*
10.45am *Enduring Power of Attorney*

Waikanae – Tuesday 15 October

Venue: WBC Cafe
1.00pm *Grandparents Raising Grandchildren*

Please book your place as light refreshments will be provided
Ph: 04 298 8879

About the Spring into Summer Series

Grandparents Raising Grandchildren:

For a variety of reasons, sometimes grandparents must step in when parents can't look after their children themselves. That can raise a host of legal and other issues, that can be unfamiliar and overwhelming for grandparents also doing the day-to-day graft of parenting.

These range from dealing with Work and Income and Oranga Tamariki, to seeking parenting and guardianship orders through the Family Court. They may also have to work with mental health services for parents with mental illness.

This session aims to give some broad, general information to help grandparents raising grandchildren. And to answer any questions grandparents have.

Enduring powers of attorney:

This session will explain what an Enduring Power of Attorney is, who needs one and how to get one done. It will also provide tips and hints to discuss with your lawyer or Public Trust if you decide to get an Enduring Power of Attorney done, or you agree to be an attorney for someone else.

Downsize to Move:

Janice Swan, professional organiser and owner of Sort Out Service will talk about downsizing to move into retirement or smaller homes.

You'll learn about:

What real estate agents advise you to do to prepare your home.

How decluttering and downsizing helps sell your home and benefits you.

What makes it difficult for some people to start this work.

When is a good time to start the process and how to decide how much to downsize.

Things to consider and approaches, along with other helpful tips.



Legal Ins and Outs of moving to a retirement village:

With much information in the media about retirement villages, take the opportunity to come along and hear from a legal perspective the ins and outs of moving to a retirement village and what the process involves. Whilst villages may differ in some of their details, there are some basic facts that underpin the purchase of a unit in a village. This is your opportunity to find out more and ask questions about some of the confusing details you may have read about.

Summer Series venues:

Grace Hall: Kāpiti Impact Hub, 6 Tongariro Street, Paraparaumu 5032

Waikanae Baptist Church Café (WBC Café): 286 Te Moana Road, Waikanae

Robin's Nest: Ngā Manu Nature Reserve 74 Nga Manu Reserve Road, Waikanae



Millvale Lodge Lindale offers a homely environment in a peaceful rural setting with lovely gardens.

Each person is supported to experience each moment richly.

CARE FOR PEOPLE WITH DEMENTIA & HOSPITAL CARE

91 Main Road North
Lindale, Paraparaumu

Please contact us on (04) 297 0059

www.millvalelindale.co.nz

Staying Safe Refresher Driving Course



routes we travel in our daily lives to get to our destinations safely, thinking of all the scenarios we may encounter.

Book for next upcoming session:

10.00am – 2.00pm

September: Friday 20th

**Venue: Waikanae Baptist Cafe
Te Moana Road, Waikanae**

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

**Light refreshments provided
by Age Concern Kāpiti.
Please BYO lunch**

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

Staying connected

Not using your car or using it less doesn't mean that you have to stop participating in social and personal activities that you enjoy.



Order your free copy today!

Call 0800 65 2 105 | www.ageconcern.org.nz

Healthy Eating guide for seniors

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

The booklet can be downloaded or physical copies 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 Manawatū / Tararua / Horowhenua / MidCentral they are at Rata House Resource Room, Community Village of Palmerston North Hospital, phone 06 350 9110

Password variety is the spice of life

Online scams are always developing and becoming more clever as the years go on. Always be vigilant with odd links, monetary requests you aren't expecting, and be aware of who you are providing your personal information to.

One action people can take is to review your online passwords.

Using easy passwords to safeguard some of your most important assets can be really dangerous in today's online climate.

Passwords, such as 'password' or 'abc123', can be very easy to guess by hackers or even people you know. PIN numbers, such as 1111 are just as predictable.

Another concerning factor is the number of people who use derivatives of the same passwords. For example, say you decided to make your password named after your cat, Fluffy. You used the same name as the basis for the password, but just added numbers to make it different between the multiple online accounts



you have. So your bank account password can end up as 'Fluffy1', or another account is Fluffy followed by the day of your birth, 'Fluffy25'.

A good idea is to mix up your passwords where possible to make your online accounts safer. This means utilising a mixture of letters and numbers and a mixture of capitals or lower case letters.

If you are worried about losing your passwords, start using an online password manager to keep all of your passwords in one place under a strong primary password key.

If you need help changing passwords, the local library can help. So, too, can SeniorNet.

Donations NEEDED!

**Give A litte.
Help A Lot**

Age Concern Kāpiti is a charity and therefore rely on Community Grants, fundraising and donations to continue doing our work on the Kapiti Coast. If you would like to support the work we do you can make a donation to: Age Concern Kāpiti Coast Incorporated | ANZ Bank 06 0730 0405608 00

Uber for oldies :

Uber now allows customers to make bookings over the phone. Research by YouGov New Zealand showed 77% of Kiwis older than 65 are more confident booking a service via a phone-call. The study also unveiled that over a third lacked confidence in booking services exclusively through mobile apps, and even struggled to download a mobile app.

The new hotline service is 0800 GO UBER 24/7 in areas where Uber operates.

Things To Do Around the Kāpiti Coast!

On the Kāpiti Coast, there are so many options for us to get out and about right on our doorstep. From rivers, to beaches, art and music, the Kāpiti Coast has it all!

With good weather coming, everyone can enjoy a variety of options around the Kāpiti Coast with our friends, family and grandchildren over the coming months.

Here are just a few options you could look at:

Walking Tracks, Picnic Places and Nature:

- Raumati Beach Walk
- Queen Elizabeth Park – various tracks
- Ōtaki River
- Awatea Lakes Walk
- Kaitawa Reserve
- Wharemauku Stream Track
- Pharazyn Reserve
- Waikanae Estuary Scientific Reserve
- Otaihangī Estuary
- Waikanae River
- Barry Hadfield Memorial Park Scenic Reserve
- Paraparaumu Scenic Reserve
- Staglands Wildlife Reserve
- Ngā Manu Nature Reserve
- Waimanu Lagoon
- Hemi Matenga Memorial Park Scenic Reserve

Activities, Hobbies and Family Friendly:

- Coastlands Aquatic Centre
- Waikanae Beach Bowling
- Maoriland Hub
- Kapiti Golf club
- Waikanae swimming pool
- Ōtaki Museum
- Kapiti Playhouse
- Paraparaumu Golf Club
- Raumati Bowling
- Waikanae Golf Club
- Kapiti Coast Museum
- Mahara Gallery
- Paraparaumu Bowling
- Ōtaki swimming pool
- Waikanae Bowling
- Kapiti Gallery
- Ōtaki Golf Club
- Kapiti Arts and Crafts

Making the most of the nice weather is a must – doing the simple things like fish ‘n’ chips on the beach, a walk through a scenic bush track or picking your own berries...all these simple affordable things go a long way towards a happy, healthy and enjoyable time.



Three police officers from Kāpiti have received medals for saving a person trapped in a burning vehicle. (NZ Herald)



For constables Vienna Williams, Julian Morehu and Eddie Dunn, saving lives is just another part of being a police officer. It was no different on March 27, 2022, when the three officers saved a local from a burning vehicle in Paraparaumu.

Last week they were rewarded for their bravery with Royal Humane Society bronze medals, which were presented to them by Kāpiti Mayor Janet Holborow at a Kāpiti Coast District Council meeting.

The incident happened when a car went down a sloping driveway and came to rest on an angle up a bank. The car’s engine was still revving and starting to smoke, with the driver still inside. Williams, who has been with the police for two and a half years, and Dunn, who has served for six years, were first on the scene and discovered the car, surrounding vegetation and a neighbouring fence were all on fire. Williams and Dunn were unable to reach the driver’s door due to the flames and, when they checked the other doors, they were all locked. Dunn smashed the front passenger door window while Williams smashed the rear passenger door window, and then they unlocked the doors and entered the vehicle – but due to dense smoke, they could only search the car by feel so they exited.

That was when Morehu, a police officer for seven years, arrived on the scene and tried to fight the fire with a garden hose, while Dunn went to get a fire extinguisher, but was unsuccessful. Morehu entered the vehicle and saw the glow of fire beneath the dashboard and knew the fire was about to enter the interior. He managed to undo the driver’s seatbelt,

but the victim was stuck. Morehu was able to heave the victim out from under the dashboard, over the centre console from the passenger side, and was assisted by Williams in removing the driver from the car.

The three officers then managed to drag the unresponsive driver to safety and Dunn continued trying to extinguish the fire with the garden hose until Fire and Emergency New Zealand and Wellington Free Ambulance arrived. The driver was taken to hospital and has now recovered.

When presenting the officers with their medals, Holborow described their actions as brave and timely. “I would like to personally acknowledge and thank you for your courage.”

Morehu said their actions that day were based on their instincts, and Dunn added, “We do things like this all the time”. Dunn said it was quite a surreal experience, but in that moment “you just do what you need to do”.

The person who initially rang 111 recorded the incident, and the three officers agreed that watching it back highlighted just how surreal it was. “I remember watching it and thinking ‘Did we do that?’” Williams said. Williams said despite performing rescues like this quite often, it was still really exciting to have received the medals and recognition. “We never expect to actually receive anything from just doing our jobs, so being acknowledged for this is really cool.”



THE SECURITY GUYS
For all your security needs!

**10% Discount
Super Gold Card**

We install self monitoring and high quality cameras and alarms. As Bosch and Uniview approved installers and repairers, we’ve got your security needs covered!

Covering Wellington, Kapiti and Horowhenua
027 288 4997 / www.securityguys.co.nz

Paekākāriki’s lifeguards host rip-awareness event

Bek Coogan loves to swim in the sea year-round and often goes out alone – but when she moved to Paekākāriki from Wellington she realised how dangerous the ocean can be.

“I used to swim at Princess Bay and other sheltered Wellington south coast bays all year round and was excited to move to Paekākāriki with the beach at my doorstep. Swimming at Paekākāriki is different to the Wellington bays, the sea is rougher and there are more rips that you have to be aware of.”

She recalled a time when she was swimming with her friend, Reuben, on New Year’s Day but not between the flags.

“I wasn’t paying attention and got caught in a rip. Fear and panic took over me and I wasn’t thinking straight. Thankfully Reuben was there, he was able to help me to get out. It could have gone differently for me that day and I have been scared to go back in alone - unless it’s below my thighs, which isn’t quite as relaxing. I’ve been wanting to find a way to get over my fear by learning how to keep myself safe – and not panic.”

Inspired by Coogan’s story, the Paekākāriki Surf Lifeguards recently ran an event aimed at teaching people of all ages how to keep safe when the flags aren’t up.

“Cold water plunging, Wim Hof, hot ‘n’ colds with seaside saunas are all rising in popularity and we’re seeing more winter swimmers than ever opting to go in solo,” club chairman Matt Warren said.

What’s a rip?

A rip current is a narrow body of water moving out to sea. If you get caught in a rip you can get swept out to sea quickly.

Warren said even the most experienced swimmers could get caught off guard and find themselves in trouble.

“The Paekākāriki Beach normally has at least a couple of rips all year round, so if you are going to enjoy the beach safely, it’s important to know how to identify a rip and avoid swimming near it and to know how to get yourself out of a rip if necessary.” He said all beaches had rips because they had the important job of moving the water back out to sea; however, the strength varied depending on conditions.

“As long as you follow basic safety guidelines, everyone can enjoy our beautiful beach year-round. “The number one surf safety rule is to never swim or surf alone. If you do get caught in a rip - remember the three Rs.”

The three Rs are relax and float to save your energy, raise your hand to signal for help, and ride the rip until it stops, then swim back to shore or wait for help to arrive.



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.

We all hope to leave the world a little better than we found it. By choosing to leave a gift in your Will to Age Concern Kapiti, you can be certain that your kindness will live on.

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. You have the option of leaving a specific amount, an item or a percentage of your estate 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

We would love to hear from you, or your lawyer, if you are thinking about leaving a gift in your Will to Age Concern Kāpiti and answer any questions you may have. Please email us at admin@ageconcernkapiti.co.nz or call us on (04) 298 8879 with relevant contact details.

What is polypharmacy?

New Zealand Herald. What is polypharmacy? The health risks that come with taking too many medications. [4 July 2024 – abridged].

What is polypharmacy? The health risks that come with taking too many medications



In most cases, medications help patients. But even when treatment of individual illnesses is effective, treatment can become problematic.

The fact is, as we get older, we are more likely to develop different chronic illnesses that require us to take several different medications. This is known as polypharmacy.

Polypharmacy among older adults

Polypharmacy is very common among older adults. Most seniors and family caregivers would be willing to stop taking one or more medications if the doctor said it was possible, even though most are satisfied with their treatments, have confidence in their doctors and feel that their doctors are taking care of them to the best of their ability. In most cases, medicine prescribers are helping the person they are treating. Medications have a positive impact on health and are essential in many cases. But while the treatment of individual illnesses is often adequate, the whole package can sometimes become problematic.

Some risks of polypharmacy include:

Drug interactions which can lead to undesirable effects or reduce the effectiveness of treatments. *A drug that has a positive effect on one illness may have a negative effect on another. The greater the number of drugs taken, the greater the risk of undesirable effects:* e.g. increased risk of confusion or falls.

Three tips to avoid the risks associated with polypharmacy

What can we do as a patient, or as a caregiver?

Ask questions: When you or someone close to you is prescribed a new treatment, be curious. What are the benefits and what are the possible side effects? How long should this treatment last? Are there any circumstances in which discontinuing it should be considered?

Keep your medicines up to date: Make sure they are all still useful. Are there still any benefits to taking them? Are there any side effects? Are there any drug interactions? Would another treatment be better? Should the dose be reduced?

Think about de-prescribing: this is an increasingly common clinical practice that involves stopping or reducing the dose of an inappropriate drug after consulting a healthcare professional. It is a shared decision-making process that involves the patient, their family and healthcare professionals.

Benefits should outweigh the risks

Medications are very useful for staying healthy. It's not uncommon for us to have to take more medications as we age, but this shouldn't be seen as a foregone conclusion.

Every medication we take must have direct or future benefits that outweigh the risks associated with them. As with many other issues, when it comes to polypharmacy, the saying, "everything in moderation," frequently applies.



Immunisation Advisory Centre

Vaccines for older adults update

A new vaccine against RSV for older adults is now available in New Zealand (private market only at this stage).

Funding for the shingles vaccine was widened on 1st July to include a group of immunocompromised individuals.

Self-crusting Quiche

This quiche is enough for 2 servings. The idea of a self-crusting quiche is that some of the batter forms a crust-like layer over the bottom of the tin, meaning you don't need pastry.

For 2 servings:

½ cup whole kernel corn, drained or 1 cup chopped raw broccoli
¼ cup self-raising flour, sifted
½ cup milk
2 eggs
½ cup grated cheese
2 firm tomatoes, sliced
a sprinkling of paprika

1. Preheat the oven to 220°C
2. Lightly butter a pie dish, about 18-20cm round. Sprinkle the drained corn over the base of the pie dish.
3. In a bowl, mix the flour with the milk, then add the eggs and mix everything together with a fork.
4. Pour this mixture over the corn, then sprinkle about half the cheese over the top.
5. Slice each tomato crosswise into four slices and arrange these evenly over the mixture in the pie dish.
6. Sprinkle the remaining cheese over the tomatoes and add a sprinkling of paprika.
7. Bake at 220°C for 20-30 minutes until the filling is set.
8. Cut the quiche into four quarters, and eat half the quiche while it is hot, and the rest the next day, or when it is cold.



Five Minute Chocolate Mug Cake

Yes, that is chocolate mug, not mud, cake. This is our version of



a recipe that were emailed, where the mixture was stirred together, then baked in a coffee mug. We've moved away from this a little, but it's still amazing how you can get such a good result in a short space of time. Chocolate cake is only five minutes away any time of day!

For 2 small cakes:

¼ cup sugar
1 large egg
2 Tbsp canola or other light oil
2 Tbsp cocoa powder
¼ cup self-raising flour
¼ cup milk
¼ tsp vanilla essence
pinch of salt

1. Measure the sugar into a small bowl, add the egg and oil and whisk until pale and creamy. Add the remaining ingredients and stir just enough to combine.
2. Non-stick spray 2 microwave-safe teacups or two (approximately) 250ml ramekins or teacups. Divide the mixture evenly between the prepared containers, then place them in the microwave.
3. Cover with a square of baking paper or a paper towel, then cook on High (100%) power for 2½ - 3 minutes or until the centre of the cakes is firm.
4. Remove the cakes from the microwave, then tip them out of the cups / ramekins. Cool on a rack for a few minutes or enjoy immediately. Some yoghurt, whipped cream or ice cream make the perfect accompaniment.

Extract from:

Meals for 1 or 2 – Simon and Alison Holst cookbook produced for Age Concern.

How becoming a member of Age Concern Kāpiti helps our community

By becoming a member of Age Concern Kāpiti you will help us to support older people from Paekākāriki to Ōtaki, across the Kāpiti Coast. Do you know that Age Concern organises beneficial exercise classes, social groups, visiting and walking services, driving classes and other educational workshops in all these areas? We also advocate for the needs of older people to be recognised by the local and central government. Importantly, local Age Concern staff are always available to answer queries and provide assistance to older people or caregivers of older people. As a member we will keep in touch with you about all important developments and activities in the area.

Membership Cards:

Everyone who has renewed and/or joined Age Concern Kāpiti in the last couple of months should have received a new Membership Card.

We are now holding monthly prize draws for members with prizes kindly donated by local businesses. Results are published in our monthly newsletter.



In August, the prize was a \$50 gift voucher from Relish Café and Catering.

Relish Café
An Iconic Café over the tracks in Waikanae
12 Elizabeth Street, Waikanae
Phone: 04-293 1470

Our lucky August winner was Judith MacDonald

Congratulations Judith!

I have a pencil that used to be owned by William Shakespeare. But he chewed it a lot. Now I can't tell if it's 2B or not 2B.

INNOVATIVE NEW DEFIBRILLATOR

Hato Hone St John has partnered with medical technology manufacturer ViVest to create, produce and sell an innovative new Automated External Defibrillator (AED).

The new PowerBeat defibrillators can deliver a shock to the patient in as little as seven seconds and will be Hato Hone St John's preferred AED available for purchase via its <https://tinyurl.com/2mhkb7dp>

Having accessible, up-to-date and easy-to-use AEDs is essential in the event that someone suffers a cardiac arrest in public. Early and proper use of CPR and an AED increase the chances of survival greatly.



Check where Hato Hone St John and Wellington Free Ambulance's defibrillators are located near your home or business at <https://aedlocations.co.nz/>



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

Annual Membership Form - From 1 July to 30 June



The Kāpiti Coast is a great place to live. We want to make it a great place for positive ageing. Age Concern Kāpiti support older people, their friends and whanau and bring people together. We promote wellbeing, rights, respect and dignity for older people in our community.

Membership Fee:

From 1 July 2024 to 30 June 2025

Individual: \$25.00

Couple: \$40.00

Mr / Mrs / Miss / Ms

First Name Last Name

Address:

Home Phone: Mobile:

Email:

Date of birth (optional):

Donation:

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

Donate - Other \$

Donation Frequency: One-off Monthly Annually Other:

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

Thank you for supporting the work we do.

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

Post Email

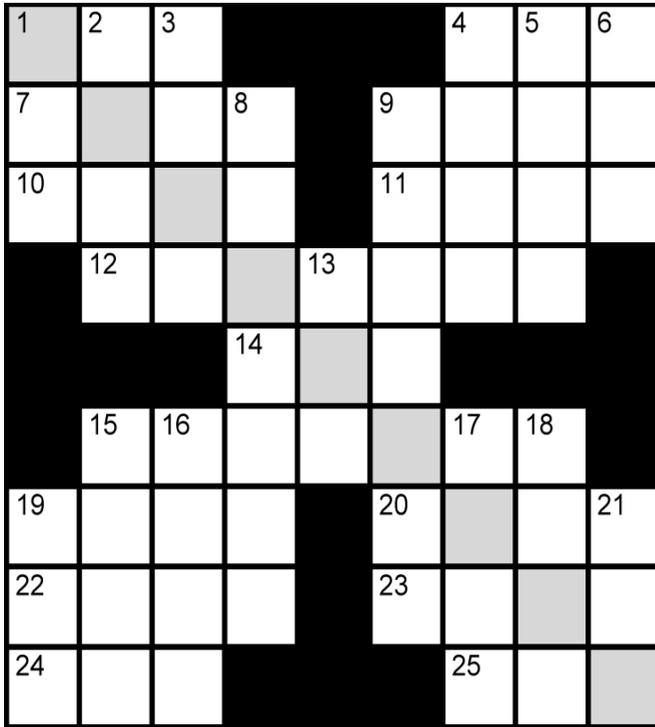
Payment Options:

Direct Credited from my account into the bank account of Age Concern Kāpiti
 Name of Account: Age Concern Kāpiti Coast Incorporated
 Account Number: ANZ 06 0730 0405608 00
 Reference: Subs (insert your name)

Cash

Age Concern Kāpiti | P O Box 217 | Paraparaumu 5032
 Room 16, Kapiti Impact Hub, 6 Tongariro Street, Paraparaumu
 Telephone: (04) 298 8879 | Email: admin@ageconcernkapiti.co.nz

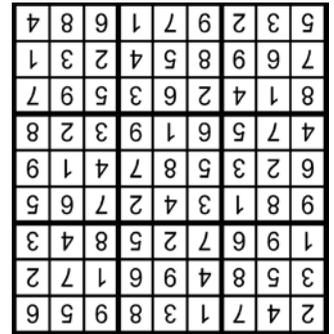
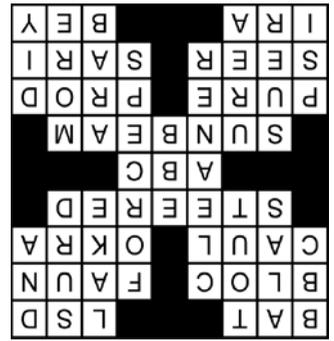
Tiny Purple Fruit



- Across
- 1. Louisville Slugger
 - 4. Hallucinogen
 - 7. Coalition
 - 9. Woodland deity
 - 10. Women's hat lining
 - 11. Gumbo ingredient
 - 12. Guided
 - 14. Agatha Christie's "The ___ Murders"

- 15. Solar beam
- 19. Unadulterated
- 20. Egg on
- 22. Oracle
- 23. Indian wear
- 24. 401(k) alternative
- 25. Ottoman governor

- Down
- 1. No Clue
 - 2. "C'est la vie"
 - 3. Praise highly
 - 4. Vacation destination
 - 5. Irrational, in math
 - 6. Some forensic evidence
 - 8. Grime fighter
 - 9. Delivery aid
 - 13. "Chicago" lyricist
 - 15. Litigant
 - 16. Fertilizer chemical
 - 17. Riyadh resident
 - 18. Oliver's request
 - 19. Tire meas.
 - 21. Home improvement letters



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

FROM THE DELI



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 medium.*

- BAGELS
- BOLOGNA
- BRISKET
- CHALLAH
- CHEDDAR
- CHOPPED LIVER
- CORNED BEEF
- CREAM CHEESE
- GEFILTE FISH
- HAM
- HERRING
- HOT DOGS
- KAISER
- LIVERWURST
- MOZZARELLA
- MUENSTER
- NOVA LOX
- PASTRAMI
- PICKLES
- SABLE
- SALAMI
- SALMON
- TURKEY

SUDOKU

