



Kapiti Retirement Trust

"a lifestyle to enjoy"

Note from CEO

As I listen to the radio in my car on the way to work I've been reminded daily for weeks now as to just how many 'sleeps' there are until Christmas. While its lovely to have a focus on what for most is a happy time, for others it isn't the best time of the year and this needs to be remembered. The end of the year is however for all a time to reflect on the past 12 months and all it has been. For the Trust there have been lots of highlights, happy occasions and sad ones as well – a true reflection of the fullness of life. I do hope that in the weeks ahead everyone has the chance to enjoy eating and drinking some extra special Christmas treats and having the opportunity to do the things you enjoy doing, hopefully in some much needed sunshine and warmth. I look forward to catching up with you all at the Trust Christmas afternoon teas. To everyone Merry Christmas and my very best wishes - good health and happiness for 2017.



Wendy

I would like to personally thank the Residents' Association and residents who have sent cards and wishes to my family and me over the last few weeks as we come to terms with the loss of a much loved husband, father and grandfather. We have been overwhelmed by the support offered and thank you all so much for your kind thoughts. Please accept this message as a personal thank you from my family and me.

Keren Lusty

Extraordinary Rubbish Collection

The six-monthly extraordinary rubbish collection will be held on **Wednesday 7 December**. Please place any items you wish to dispose of at the kerbside **before 8.30 am** that day.



Management Newsletter December 2016

The first collection will be from Muriwai Court, followed by Sevenoaks and then on to Midlands Gardens. This is an excellent opportunity to dispose of extra rubbish you may be hoarding! This collection is of course, weather dependent. If the weather isn't suitable the collection will be postponed to the following day - Thursday 8 December.

Trust Christmas Functions

The dates for the annual Trust Christmas Functions have been arranged as follows:



RESIDENTS OF MIDLANDS GARDENS

Midlands Gardens Recreation Centre
Wednesday 7 December at 4.00 pm

RESIDENTS OF APARTMENTS, MURIWAI COURT, FLORENCE WAY AND MARILYN CLOSE

Sevenoaks Lodge Dining Room
Tuesday 13 December at 4.00 pm

RESIDENTS OF GRANTHAM COURT, SEVENOAKS COURT, ROTARY PLACE, LLOYD PLACE AND BIRD LANE

Sevenoaks Lodge Dining Room
Wednesday 14 December at 4.00 pm

Please make a note of these dates and times as no separate invitations will be sent out. You are welcome to come to an alternative function if the date doesn't work for you, just phone the office and let us know your intentions preferably a week before the date.

Christmas Bus Timetable to Coastlands (including some extra services)

As in previous years there will be two bus trips each Tuesday and Thursday in the lead up to Christmas. When there are two trips on the same day and the morning bus is already full, you will need to book a seat on the afternoon bus.

Dates for extra trips are **Tuesday 13 December, Thursday 15 December, Tuesday 20 December and Thursday 22 December**.

Departure and Pick up times are as follows:

- 9am Sevenoaks Recreation Centre then via Muriwai Court, then to Midlands Gardens Recreation Centre and then on to Coastlands by 9:20am
- 9.30am Sevenoaks Apartments and straight to Coastlands.
- 11am pick up from Countdown Supermarket, Coastlands and travelling to Midlands Gardens Recreation Centre, Muriwai Court and Sevenoaks Recreation Centre. Stops may be able to be made at the Apartments depending upon space and time.
- 11.30am pick up from Countdown Supermarket, Coastlands and travelling to the Apartments. Stops may be able to be made to the village locations depending upon space and time.
- 1pm Sevenoaks Recreation Centre then to Muriwai Court then to Midlands Gardens Recreation Centre and then on to Coastlands by 1:20pm.
- 1.30pm Sevenoaks Apartments and straight to Coastlands.
- 3pm pick up from Countdown Supermarket, Coastlands and travelling to Midlands Gardens Recreation Centre, Muriwai Court and Sevenoaks Recreation Centre. Stops may be able to be made at the Apartments depending upon space and time.
- 3.30pm pick up from Countdown Supermarket, Coastlands and travelling to the Apartments. Stops may be able to be made to the village locations depending upon space and time.

Please phone the office (☎ 297-0116) to book your seat prior to the day.

Normal Bus Timetable Resumes

Thursday 5 January 2016

Tuesday 10 January 2016



Christmas Day Dinner

(Middle of the day)

Any village resident who will be alone on Christmas Day is welcome to come to Sevenoaks Lodge for midday Christmas dinner at **12.15 pm**. This invitation applies equally to residents from Sevenoaks, Midlands Gardens and Muriwai Court.



If you would like to bring **one** friend or relative as a guest, there are limited seats available. You can contact the Lodge Office (phone 2970116) and discuss this with the staff. Places are restricted so initially there is a limit of one guest per resident. If we find there are vacancies *after* numbers have been finalised more guests can come.

The cost is **\$40.00 per person**. Names need to be given to Sevenoaks Lodge reception (☎ 297 0116) by **Tuesday 20 December 2016**. **Payment** for village residents and guests is also **required by that date**.



Apartment Residents Please Note

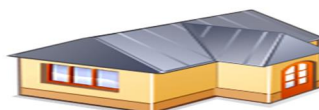
Apartment residents will all be catered for as this is your regular lunchtime dinner. You don't need to book or pay, but the cost of a guest is \$40 with payment by 20 December. **If you are going to be absent for Christmas day dinner, it would help to know in advance.**

Booking of Recreation Centres Sevenoaks

Sunday 4 December	11.30am – 3.00pm
Friday 6 January	1.00pm – 8.00pm
Friday 3 February	9.00am – 12 noon
Friday 17 March	9.00am – 12 noon

Midlands

Sunday 4 December	11.30am – 3.00pm
Wednesday 7 December	9.00am – 4.00pm
Thursday 16 February	8.00am – 4.30pm
Thursday 23 March	8.00am – 12.30pm



Looking Ahead!!! Residents' Street Morning Teas

The dates for 2017 are the second Thursday of the month -



Date	Area	Held at
9 Feb	Sevenoaks Court	Sevenoaks
9 Mar	Derwent Close	Midlands
13 Apr	Grantham Court	Sevenoaks
11 May	Somersby Ct/Cherwell Ct	Midlands
8 Jun	Marilyn Cl/Florence Way /Muriwai Court	Sevenoaks
13 Jul	New Residents	Sevenoaks
10 Aug	Southwell Court/Trent Dr	Midlands
14 Sep	Lloyd Place/Rotary Place	Sevenoaks
12 Oct	Knightly Way	Midlands
9 Nov	Apartments	Lodge

Welcome to New Residents

- ☺ Hallam & Kay Cresswell, Somersby Court
- ☺ June & Des Green, Grantham Court
- ☺ Tris Officer . transfer to Apartments
- ☺ Iris Drew - transfer to Apartments

Volunteers for Nikau Club

If when you start planning your 2017 year, you find you have a few hours on a regular basis uncommitted and would like to do something different, we would be extremely grateful for some volunteer support in the Nikau Club. The Nikau Club is our day respite unit based in a villa in Sevenoaks, just in off the Kapiti Road entrance. It gives the carers of people who are living at home with a progressive, ongoing illness, the chance to have a regular break during the week. Club members have a wide range of activities available to them and we would really value some volunteer help with some of the craft sessions. If you

would like to find out more, please phone Linda Benson the manager ☎ 297 0162.



Healthline

If you have a health concern at any time of the day or night and are unsure what to do about it, remember you can always telephone the free Ministry of Health 24/7 Health line on ☎ **0800 611 116**. It's also free to call them from a cellphone.

This line is staffed by experienced registered nurses who are specialists in assessing and advising over the phone. After listening to your concerns they will give you professional advice as to what you should do.



Emergency Services to Midlands Gardens

We have notified all emergency services of the main entrance gate code in case anyone needs to call them during the night. However the emergency services advise that while they will endeavour to ensure drivers are aware of the number, they cannot guarantee they will have this number when they arrive. **Therefore if you are calling emergency services when the Midlands gate is locked, please let them know the gate code which is 1379.**

Food Safety at Home

As we enjoy more warmer days, being outside more with picnics and having barbeques it is important to remember that we need to be more vigilant with food safety. Advice from the Ministry of Primary Industries is as follows: "Bacteria grow faster in the warm moist conditions of the summer months, so can be present in higher numbers than we're used to in raw foods.

Over summer we are more likely to be eating raw foods like salads and seasonal summer fruits. We recommend washing all fruit and vegetables before eating them raw," says Dr Campbell.

Fortunately, you can reduce the risk of you, your family or friends having a nasty foodborne illness by following simple food safety steps:

- Begin with clean hands . wash your hands for 20 seconds with warm water and soap and dry your hands for 20 seconds before and after handling all food, including fresh produce.
- Remember the 4Cs . **Clean, Cook, Cover, Chill** . to help keep harmful bugs at bay.
- Barbeque safely by precooking chicken, sausages and minced meat, then barbeque



until meat is steaming hot (over 75 degrees Celsius) all the way through.

- Washing fresh produce under running water is an important part of ensuring your favourite fruits and veges are safe to consume.
- Many pre-cut, bagged fresh produce items like lettuce are pre-washed. If the package label indicates the contents have been pre-washed, you do not need to wash it again.
- Cooking destroys harmful bugs. Cooking some specific higher risk foods, like bean sprouts and frozen imported berries for instance, will help keep you safe. While some consumers wish to eat these products without cooking, they need to understand there is a risk in doing so.

Parking close to the Recreation Centres

With the number of functions being held in the recreation centres over the next weeks and the monthly village dinners attracting increasing numbers getting a park close by, may at such times be challenging. This can be an issue for residents who have limited mobility and need to drive their vehicle within the village when attending functions.

In the spirit of being good neighbours, I am confident that most residents who live within easy walking distance of the centres are unlikely to have a problem if you ask prior to the event if you can park your car in their driveway while attending a function. Everyone has a phone list of village residents so you can easily identify where people are and contact them accordingly.



Village Whispers!

While it is great that people are actively concerned about the health and wellbeing of neighbours it is important that workable channels are used when dealing with supposed incidents involving residents. It is easy for situations and even the person involved to be incorrectly reported, leaving family members confused and upset. We do have systems and staff in place to contact the appropriate people in all such instances and it

is best that it is done this way. If you have concerns that the information has not been communicated to family the first contact should always be to Jenny Ahern or any one of the management team.

Resident changes

Occasionally the situation arises where a person who is living in a villa with their partner/spouse moves to alternative accommodation. This is normally a result of ongoing health issues. In most cases Trust staff from the Wellness Support Team will be involved in such a situation and we will be fully aware of plans. Occasionally things may happen whereby decisions are made without staff involvement. Please remember, if a Licence to Occupy is held in joint names then when one person is no longer living in the villa we need to know and note the property file accordingly. This as much as anything is to keep occupancy records up-to-date so that should there be an emergency we are fully aware of who is residing in the village.

Feedback from the Earthquake

Congratulations to the Residents Association, the Emergency Management coordinators and the street convenors for the professional and thorough way in which everyone handled the recent earthquake. It was really impressive to see how well this worked and was self-managed by those involved. The follow-up by the Village Wellness Support Team the following day showed the strength of collective caring and having an effective system in place.



We always learn from such occasions and the debriefs which followed, along with the half day session attended by some staff and some residents at the KCDC Emergency Operations Centre highlighted the following tips to remember:

- Water will be the most urgent need . remember to also keep several spare bottles of water in your car.
- Head lamps (available from shops such as Katmandu) are ideal for those who use

walking sticks or other mobility aids. They enable hands free emergency lighting.

- Everyone should have 7 days medication in your emergency supplies.
- Also, keep in your wallet or in something you are always likely to have with you, a printed list of all your current medications and a copy of the latest script your doctor signed for you. If you can't get back to home then this can be used to get essential medication.

A Note from the Emergency Management Residents' Team

The recent earthquakes experienced in Kaikoura, Seddon, Wellington, Kapiti and beyond was a frightening experience (unless you were fortunate enough to sleep through it!) However, it was a learning experience for most of us and an opportune time now to look back and see what improvements we can make for our own Emergency Management (EM) security plans.

Everyone should know the name and contact number of your EM Convenor. If you are not sure please contact your EM co-ordinator. These are: Dave Kenchington for Midlands Gardens (☎ 905 0724) and Val Malcolm for Sevenoaks and Muriwai Court (☎ 904 1387).

It's a timely reminder to check again our own readiness for emergencies, what we should have in stock and those we should contact if we need help or assistance. We must ALL be prepared to help yourself first, then you can help others+. Please get started NOW.

Note on emergency tanks

If you are looking for that elusive Christmas present for yourself or when asked by family members what you want, perhaps the purchase of an emergency water tank is worth considering. For \$130 these 200 litre tanks (which hold sufficient water in an emergency for a family of four for 16 days) can be installed under the eaves of a villa. They are hooked into a downpipe and take water off the roof. Booking to purchase one and payment can be made at the Sevenoaks Office.



All RSA members or returned family members

The RSA has started up a Keeping in Touch+ team. Their intention is to ensure that all of members in need are helped. Especially, if they are feeling a little lonely and in need of a comforting word or just a visit over a cup of tea or phone call. All that is needed is a call to the RSA and a request to the Keeping in Touch+ team who will come to visit. The number to call is ☎ 298 4031.



Recreation Centres

Remember these are spaces for all residents to make use of. Just one request. Can everyone please take responsibility for turning off lights when leaving an area, particularly in the toilets and bathrooms and specifically if using these spaces in the evenings. We often find these have been left on overnight. If everyone takes responsibility then it isn't an issue.

Main Office Christmas Hours

The main Sevenoaks Office will be open as usual up to Saturday 24 December.

It will be closed Sunday, Monday, Tuesday 25-27 December and reopen Wednesday 28 December to Saturday 28 December 8.30am to 4.30pm.

It is then closed again for three days Sunday, Monday Tuesday 1 . 3 January.

Normal hours 8.30 to 5.30 will resume Wednesday 4 January.

Despite the office being closed, as we are a 24/7 business there are always staff on duty at Sevenoaks. During the times the office is closed the phone will be automatically answered and if you wish to speak to someone you will need to **select option 1**. This means that whether you have a minor request or an emergency someone can be contacted to assist you. If during this time you do have an urgent issue please ensure the person you speak to is aware it is urgent and they can arrange assistance, including if necessary calling in maintenance staff.



Grass

We have three sites and each of them have different lawn characteristics, which in turn results in differing impacts from seasonal changes.

Muriwai Court

Muriwai Court has predominately couch grass lawns. This has been chosen because of its hardiness and its willingness to grow in sandy and dry conditions. There is no irrigation system at Muriwai but this lateral growing grass provides a reliable lawn surface.

Midlands Gardens

The original lawns in Midlands Gardens were instant lawn. This provided an instant impact, was resource effective and

efficient at minimising wind borne sand.

Unfortunately the subsoil at Midlands Gardens is not great and generally does not retain moisture. There are some exceptions where there is peat or clay below the lawns and



these areas tend to be poor draining. Most of the grass is the normal vertical growing varieties and requires regular irrigation. There is an irrigation system at Midlands that operates in all areas 3 or 4 nights per week. This is a very effective system for normal conditions. However, if we have extended periods of hot dry weather, the free draining soils mean that some areas do not retain sufficient water to stop the grass burning off. Whilst these will grow back when the weather turns, it can result in some temporary brown areas.

Sevenoaks

This mainly comprises of hand sown lawns of standard, vertical growing grass varieties. There are some areas of horizontal growing kikuyu which tends to grow well in sandy soils but can be very invasive. The sub soil is generally loamy and of reasonable quality. There is an irrigation system that like Midlands Gardens operates in all areas 3 or 4 nights per week. The nature of the soil means that it retains moisture well and therefore the lawns respond well to irrigation and are less effected by hot dry weather. This means that at times over summer the lawns at Sevenoaks look greener than at Midlands Gardens.



Irrigation

Recently the Groundsq team completed a review of the irrigation systems at Midlands Gardens and Sevenoaks to ensure all the spray jets are working correctly and, as much as practical, all areas are covered. If during a dry spell it looks like there are areas that the irrigation is missing, can you please advise the office and the Groundsqteam will check to determine whether there is a problem that they can address.

Fertilizer and Weed Spraying

To maintain the health of the lawns the GroundsqTeam undertake a periodic fertilizer and weed spray program for all lawns. The aim is to fertilise twice a year to promote grass health and good growth. Similarly the weed spray program aims to hit specific varieties at their growth times. Unfortunately this is very much a weather dependent activity and can be easily interrupted by wind and rain. The team keep records of where they have sprayed, and with what, to ensure no area is missed in the program, albeit that at times areas are left longer than desirable.

Rental Garages – Emergency Access

We have had a several power cuts recently that have highlighted the difficulty of accessing the stand alone rental garages. To overcome this problem, the



maintenance team have placed holes with rubber seals on the doors. In the event of a power outage, the garages will be able to be accessed utilising these.

If you need to access your rental garage during a power cut, please inform the office and a maintenance team member will come and open your garage door.

Recycling

As many of you will be aware, Envirowaste, who have the contract with Kapiti Coast District Council (KCDC) to collect recycling for people who utilise rubbish bags, have recently

altered the manner in which they collect recycling. Unfortunately this was done with no notice and they did not have the systems in place to either handle the number of calls they had regarding this or for them to be able to deliver the new recycling bins in a timely manner.

Their new free recycling system is that each impacted household will have a 240 litre (large) yellow lidded wheelie bin for all plastic, cardboard and paper and a separate green crate for all glass. These then have two weekly collection with one recycling type collected each week. They have allotted specific weeks for the wheelie bin and the crate so each is emptied fortnightly.



We recognise that many people will not have space to store the 240 litre wheelie bin. Accordingly we are setting up a number of recycling stations within the village that people can take their recycling to. This will enable you to collect your recycling in small containers and transfer them to the larger recycling bins at the stations.



It is proposed to have recycling stations as follows:

- Muriwai Court . located at the top near the green waste bins
- Midlands Gardens . in front of the Recreation Centre kitchen (note that this, together with the green waste recycling, is subject to a survey and no final decision will be taken until the results of this survey are known)
- Sevenoaks . 3 stations . one beside the recreation centre, one on the Grantham Court side of the Apartments and one on the Bird Lane side of the Apartments.

If you have received the new recycling wheelie bins and crates but do not wish to

retain them but instead use the new recycling stations, please let us know and we will collect and utilise them elsewhere.



IMPORTANT PHONE NUMBERS
POLICE OR AMBULANCE ☎ 111
MAINS SECURITY ☎ 902 7111
LODGE ☎ 297 0116

In Memoriam

*Our sincere thoughts are with
family and friends of:
Margaret Bergman
Des Crothers
Christine Sheehy*



***Wishing you all a very Merry
Christmas and warm
wishes for a Happy
New Year***

