

KAMARES VILLAGE MATTERS

Kamares Village Houseowners' Association Newsletter



Kamares Village Houseowners' Association AGM

The Annual General Meeting of the Kamares Village Houseowners' Association will take place at the Kamares Club on Thursday 27th October 2016 at 4pm. There will be an opportunity to renew your membership both before and after the meeting.

Committee News

Your Committee awarded themselves a holiday and didn't meet in August so you will have to wait until September for the continuing story from the KVHA Committee.

A simple way to renew your licence:

Download the two forms (EVT.TOM:153 & EVT.TOM.7B) on <http://cyprusdriving.net/departments-of-transport-forms/>, ask someone who speaks Greek to help you fill them in, take them and your old licence and passport to the D.O.T. department, ask for the desk to let you through the far door, get your photos, come back to the main queue and good luck!

My Cypriot Driving Licence - Part I

by Val Potter KVHA Secretary

My Cypriot driving licence needed renewing so off I went to the Transport department off the Polis road. As usual it was very busy however I was helped by a young lady (a driving instructor!) who had to ask at the counter for the forms.... All of which are in Greek.....and proceeded to fill it in for me. We then reached the part where she informed me that I would need to see a Doctor for my eyes, hearing and reflexes and because of a new law, a *Pathologist*. I of course queried this but she would not be budged and enlisted two members of the department to explain to me that the Doctor to check eyes, ears and reflexes and the *Pathologist* was the most important as he had to sign and stamp an official document. They then advised me to go to the Pathologist the Department of Transport (D.O.T) use, second turning (going down into Paphos) after the Carrefour supermarket on the Polis road and his clinic was on the right.

Off I went and after waiting an hour managed to see a very polite and English speaking Pathologist.

This is where you need to be aware:

He explained to me that 'Pathologist' in Greek and English does not have the same meaning, but that it is a qualified Medical Practitioner who is required to sign and examine the person...which I knew already!!!! A quick exam and I had my official document signed and stamped, all for €20.

As it was Friday and by this time I had had enough I decided to wait till Monday – again I queued to be told I had to go through the far door (secure admittance from behind the counter only) and go to door two, in I went and joined 5 others who were waiting, handed in my forms, had my photo taken, was told to go back to the counter I was at first and eventually managed to get a receipt which I was to carry about with me and to go back in 20 days' time to collect my new plastic licence.

What happened on the 20th day? See page 4 for the finale!

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Following hard on the heels of the reduction of 50% in the Immoveable Property Tax the Cyprus Parliament has approved making permanent the current 50% reduction of the Property Transfer Fees. The Finance Ministry said "The above arrangement aims to boost additional growth in the construction industry and attract new investments from both the domestic, and the foreign markets."

Pick Up Litter Evening

Thursday, September 1st

Meet 5.45 p.m. Cliff Bar

Bin bags provided - please bring gloves

Have a well deserved drink at 7pm at the Cliff Bar

Yes it is that time again - should be cooler and if you can spare an hour or so to help clear our environment of the usual plastic bottles, cans etc, then finish off with a long cool drink, please let me know.

Val Potter, KVHA Secretary



Perseid meteor shower

If you look to the northeast after 10:30 pm between the 11th

and 13th August the Perseid shower will be at its peak and this year it is expected to be double the usual rate. The usual rate, according to astrophysicist Chrsyanthos Fakas, is 100 meteors per hour but this year it is anticipated to be 200. Why the increase in density? NASA is saying it is because the Earth is colliding with more material from the Swift-Tuttle comet, the source of the Perseid meteor shower. This increase in material from the comet is due to the gravitational pull of Jupiter moving the tail so that we are more in the middle of it than on the side.

The shower began on 17th July and will continue until 24th August. So keep an eye out. But remember the story of The Day of the Triffids by John Wyndham! (Only kidding)



Kamares Club Weekly Activities

Full details on the website and our Notice Board at the Club

	Morning	Afternoon	Evening
Monday	Yoga	Pilates	
	Bridge Club		
Tuesday	Paphos Voices Choir		Quiz
	Hula Hoop		
Wednesday	Tai Chi	Book and DVD Library	
	Art Group		
Thursday	Bridge Club		Monthly Wine
Friday	Orphean Singers	Quilting Group	
	Tai Chi		

Dementia and Alzheimer's Disease Meeting

September 29 from 4 pm at the Kamares Club, the Paphos Alzheimer's Association is hosting a gathering which will be designed to address both dementia and Alzheimer's conditions, explaining just what those conditions involve and how best to cope with them, and there will be speakers to answer questions and give advice.

Tips for those affected by dementia

- Take care of your physical health
- Schedule regular medical check-ups
- Take your medication as prescribed
- Avoid using alcohol as a coping mechanism
- Join a dementia support group
- If you are still working, seek potential work options
- Keep the lines of communication open
- Organise your belongings in such a way that things are easy to find
- Continue participating in your favourite activities
- Perform difficult tasks at times of the day when you feel at your best
- Keep a written schedule of appointments, medication etc.
- Consider keeping a journal
- Plan for the future



DEMENTIA

by the Kamares Emergency Medical Centre Team

Dementia is often one of the most misunderstood conditions in medicine today.

Some people believe that dementia is an inevitable result of aging, and never seek evaluation for family members who show signs of memory loss. Others believe that any evidence of forgetfulness is evidence of dementia. Neither of these conclusions is accurate.

Dementia is a general term for a decline in mental ability severe enough to interfere with daily life, i.e. memory loss. It is caused by damage to the brain cell.

This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally, thinking, behaviour and feelings can be affected.

The brain has many distinct regions, each of which is responsible for different functions (for example, memory, judgment and movement). When cells in a particular region are damaged, that region cannot carry out its functions normally.

Alzheimer's disease is the most common form of dementia. It accounts for 60 to 80 percent of cases. It's usually a slowly progressing disease. The average person lives 4 to 8 years after receiving the diagnosis. Some people may live as many as 20 years after their diagnosis.

Alzheimer's occurs due to physical changes in the brain, including a buildup of certain proteins and nerve damage.

The 2nd most common type of dementia is vascular dementia, also known as post-stroke or multi-infarct dementia, this type accounts for about 10 percent of all cases of dementia. It's caused by blocked blood vessels. These occur in strokes and other brain injuries.

There are many other conditions that can cause symptoms of dementia, which are reversible, such as thyroid problems and a vitamin deficiency.

Tips for loved ones and caregivers

- Learn as much as you can about the disease ASAP
- Respect the patient
- Understand the patient
- Be sincere
- Create a reliable daily routine with small rituals
- Let the patient do as much as possible
- Keep physical closeness
- Allow unusual behaviour
- Keep lines of communication open with family and loved ones
- Make sure legal and financial issues are in order
- Take an active role in the patient's health care
- Plan activities with the patient that you both enjoy
- Keep the home well lit



EMERGENCY MEDICAL CENTRE

Reception 26 653 328

EMERGENCY NUMBER 99329434

Dementia symptoms vary depending on the cause, but common signs and symptoms include:

Cognitive changes

- Memory loss, which is usually noticed by a spouse or someone else
- Difficulty communicating or finding words
- Difficulty reasoning or problem-solving
- Difficulty handling complex tasks
- Difficulty with planning and organising
- Difficulty with coordination and motor functions
- Confusion and disorientation

Psychological changes

- Personality changes
- Depression
- Anxiety
- Inappropriate behaviour
- Paranoia
- Agitation
- Hallucinations

Many dementias are progressive, meaning symptoms start out slowly and gradually get worse.

My Cypriot Driving Licence - The Final Part

by Val Potter, KVHA Secretary

Continued from page 1

Twenty one days later (just to be sure) at 08.00hrs, complete with water, book and receipt, I entered the hallowed doors – NOBODY WAITING and two smiling faces behind the desk to welcome me – I have to admit I was stunned. The smiling lady told me to go through to where I had been photographed, had to wait 10 minutes then another smiling face checked my receipt and gave me my new plastic licence. Oh if only it had been that simple when I first applied, my photographs might have told a different story!!!



Christmas Party

Wednesday, 14th December
with Whitemouse Duo

Plastic bottle tops

Helen in Reception at the Kamares Club is still collecting any plastic bottle tops - the good news is the wheelchair for the boy for whom she was collecting has been bought.



Membership Renewals

You can renew your membership of the KVHA for 2017 simply by completing the form on the KVHA Notice Board and leaving it and €5 in Kamares Box 19.

Taichi at Kamares

By Mei Rees



Taichi has its origins in ancient China and is proven to be an effective exercise for a healthy mind and body. There are many styles and forms and each style has its own unique features but shares similar essential principles.

Although it is an art with great depth of knowledge and skill, it can be easy to learn and soon delivers its health benefits. It is accessible for all ages.

Mei's Tai Chi group meets most Wednesday and

Friday mornings on the terrace beside the pool at the Kamares Club. Mei leads this fun loving group starting with teaching basic skills and as each student develops these skills leads them to master the more advanced stages of Tai Chi.

The morning session begins with gentle warm-up exercises covering the major muscle groups in preparation for the Qigong that follows. Qigong, a Chinese system of postures, exercises and breathing techniques designed to improve and enhance the body's Qi - a fundamental life energy believed by Chinese philosophy to be responsible for health and vitality.

Mei guides you through these repetitive movements, in the fresh Kamares air, to a background of relaxing Chinese melodies. Mei says that Qigong can be known as Chinese Yoga. The more formal Tai Chi forms follow, using slow smooth body movements which help achieve relaxation of the body and body, choreographed like a dance form. Mei says "Tai Chi is also called an 'Oriental Ballet'." Finally coffee and chat is the finale as most members don't rush off but stay to socialise.

"I don't just enjoy the Tai Chi, I love the cup of coffee and the chat afterwards" says one member. "It helps me to keep flexible" comments another. "I'm glad we carry on in August, I would miss it." "It has helped me regain better use of my leg since the operation." "I concentrate on Tai Chi and put aside

Useful Telephone Numbers

USEFUL TELEPHONE NUMBERS	
Emergency Number for Ambulance, Fire or Police	199 / 112
Police and Fire Services - Duty Officer	1499
Medical Assistance - Hospital Information	1400
Larnaca and Paphos International Airports	77 778833

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my troubles” are typical of statements made by members. As for Mei, she says, “I have learnt to control my balance and have less fear of falling as I age, I have extended my breathe control which helps greatly with my singing and I have strengthened muscles that were damaged following a severe neck injury.”

Want to know more about joining this friendly fun group? Contact Mei Rees

E-mail: taichipafos@gmail.com or by phone on 99923310.

Twistin' Round the Pool Party July 22nd

by Maggie Wright

Another great night around the pool and under the stars with DJ Marcos and singer Jo Allsop.

Unfortunately not as many as expected due to holidays and clashes with other events but the members and

friends who attended enjoyed a tasty barbecue and lovely background music during the meal from Jo, followed by lots of dancing and great disco lighting. Photos on KVHA website.

