



# KADAP Inc.

Kawerau and Districts Ageing in Place

## NEWSLETTER

August 2025

Kia ora everyone

Welcome to our August newsletter. We're going monochrome this month, due to some difficulties with our printer. Hopefully we'll be back to our usual colourful state soon. This is good practice for me though, as I'm working on some monochrome art in my spare time!

Many thanks to all our members who went along to Kawerau Pharmacy for a hep C test. We're looking forward to finding out how much we raised for our 10<sup>th</sup> birthday celebration and who won a \$50 New World Voucher. Big thank also to Sean and the team at Kawerau Pharmacy for supporting KADAP. It's much appreciated.

I really want to acknowledge all of the people who helped to make Soup and Song such a success. To the people who made or served the soup, those who set up the room or cleared away, those on the door and doing admin, the volunteer drivers who made sure that other members were collected on time and delivered there safely, and those who attended with their soup bowls, smiles and dancing shoes, thank you so much for making it such a lovely occasion. I've already written to Chris to thank him for the great music, and I believe he enjoyed it too.

Noho ora mai,  
Karen



## FUTURE MEETINGS

Monday 11 August 1pm at the  
Concert Chamber

Our Guest Speaker will be Karen Stanton

Please bring something to share for afternoon tea. We also have a bring, swap or take table.

Thursday 28 August 10am at  
Bert Hamilton Hall

Everyone is welcome to this informal get together. Tea, coffee and biscuits are provided. Call in any time from 10am until 11.30am

## SHOPPING TRIP

Whakatane - Wednesday 27 August

We are planning a trip using volunteer vehicles. \$5 travel cost per person for passengers. We will leave from the New World carpark at 9am, going first to The Hub and then to Whakatane town centre.

Please call the office on 07 2193940 if you would like to come along.

Subs of \$40 per household are now due. Please pay with cash at to the office or via bank transfer to 02-0348-0029509-00

## Selling locally in Kawerau!

- ✓ Free Marketing Package
- ✓ Low Fees & No Upfront Costs
- ✓ Top Local Service

### Wayne Jackson

☎ 027 728 3355  
✉ wayne.j@arizto.co.nz

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Newsletter





# NEWS FROM THE OFFICE

Firstly, I would like to say a thank you to our coordinator, Karen, for organising Soup and Song, and the lovely people who spent time making delicious soups for us. An afternoon of good company, warm food, and great music!

During this time of year it's easy to become unwell with colds, flu, and viruses. If you do get sick and need help, please call the office and let us know, so we can try to make things easier for you while you're recovering.

It's awesome to have Glenda back in the office after being unwell, and we also appreciate Kaaren for coming in to help out too.

Membership subs are coming in thick and fast, so thank you for that. You can pay in cash at the office or by internet banking to 02-0348-0029509-000.

That's all for now, stay safe and do something you enjoy every day 😊

Kind regards, Maria

## DO YOU KNOW?

Do you know where these New Zealand icons are?

1. Big gumboot
2. Big brown trout
3. Big carrot
4. Big stone fruit
5. Big paua shell
6. Big doughnut

## Hats Off

HATS OFF THIS MONTH TO MOBILE HAIRDRESSER MARGARET FOLEY WHO IS OFFERING DISCOUNTED RATES TO KADAP MEMBERS. \$20 FOR MEN AND \$30 FOR WOMEN. YOU CAN CONTACT HER ON 02108255401.



Eastern  
Bay of Plenty

Kawerau Carers Hui  
at Bert Hamilton Hall

10.30am until  
12 o'clock

Thursday 7 August  
Thursday 18 September  
Thursday 16 October

## WHĀNAU WORKSHOP

FOR A HEALTHIER, DRIER AND WARMER HOME

Want a healthier, more comfortable home without breaking the bank? Join us for a FREE session packed with practical, low-cost tips to keep your home warm and dry all year round!

- Manage dampness & condensation
- Keep your home warm & cosy
- Unlock the magic of good curtains
- Reduce your power bills
- Healthy Homes Standards

Whether you're a renter, homeowner, or flatmate, these budget-friendly solutions will help you save money and create a healthier home for you and your whānau. Come along and learn how to make a real difference!

### When:

Tuesday 5th August 2025  
9:30 - 11:30am

### Where:

28-30 Islington Street, Kawerau



Sustainability  
Options  
for ethical & sustainable living



Tuwharetoa  
ki Kawerau  
Hauora

# THE OVERNIGHT SUCCESS OF A.I.

If it feels like change is happening faster than ever, that's because it is.

ChatGPT, an AI programme, reached 100 million users in just two months, something which took Instagram more than two year to do, Netflix a decade and the telephone 75 years. There is a raft of other AI tools that people are using daily, such as Microsoft's Copilot, [on your computer] Google's Genesis and Meta AI [on your mobile phone] and others.

The use of AI is spreading across the globe much faster than did the World Wide Web [www] in the 1990s and the change we've seen over the past couple of years with the use of AI is a behavioural shift that has happened before our eyes, almost overnight. Hundreds of millions of people have changed the way they approach writing, learning and problem-solving – as well as their work.

And we the elderly and retired, also need to embrace it and use it to enable us stay abreast of the changes that affect the things we do and the way we live. It is not hard. Just new.

As exciting as this is, it's also incredibly scary for many people. In recent decades, it's been the internet and mobile phones that have changed the way we communicate, shop, and consume entertainment but now AI will prove an extremely useful tool, and unlock exciting ideas and innovation. As seniors we should embrace it.

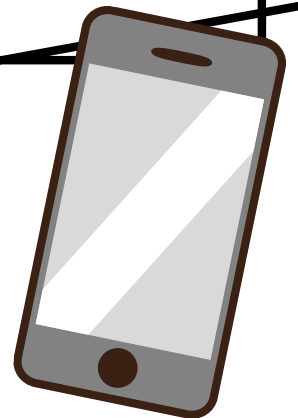
*Bill Gibson*

Did you know that your bank website will have lots of useful information about scams and how to avoid them? It's worth checking this information out, and always remember that **YOUR BANK WILL NEVER:**

- email or text you links to online banking and ask you to log in
- send you a text message with a link to a website, or link to call them
- ask you for information about your PIN number, bank account number, credit card number or password
- ask you to verbally share the authentication codes sent to you by text or email, even with a staff member
- ask you to transfer money to help catch a scammer or a bank employee who is scamming customers
- send you a text message about account issues with a link to log in
- ask you to download software to access your Internet Banking remotely
- use international phone numbers to call or send you notifications

## PHONE GROUP

We have had three successful meetings with people who need help with their phones and people who are able to help them. If you would like to take part in a future group please call the office on 07 2193940. We will set a date once we have sufficient numbers.



The NZTA website page 'Renewing for Seniors' states that they are aware of false information on some websites claiming changes are coming for drivers over 65, including that they will have to renew every 2 years. This is incorrect. Always check the NZTA website for the most up-to-date information. Currently when you're turning 75 or over, you'll need to get a medical certificate before you can renew your driver licence, and your licence will expire on your 75th birthday, on your 80th birthday, and every second birthday after that.



# KEEP ON YOUR FEET KAWERAU

Community strength and balance class with both seated and standing exercises.

Every Friday from 11am until 12pm at Bert Hamilton Hall.

Gold coin donation.

For more information call Jaime on 021 171 8831.



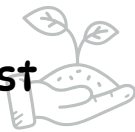
**Sport Bay of Plenty**  
more people, more active, more often



## SEED SWAP

**Saturday 30 August**

**1pm until 4pm**



**at the Bert Hamilton Hall**

## RATES REBATES

The new rating year began on 1 July and once you have received your first Rates Instalment Invoice you may apply for a rebate. The current income abatement threshold for this rating year is \$32,210 for non-SuperGold card holders and \$45,000 for SuperGold card holders. The maximum rebate allowed is \$805, but if a ratepayer's income exceeds the threshold, a partial rebate could still be available. This depends on the rates amount and number of dependants.

To qualify for a rates rebate:

- You must be the legal ratepayer for the property
- The property is your usual place of residence as at 1 July 2025.
- The property is not used principally for commercial, industrial, business or farming purposes.
- You must apply between 1 July 2025 and 30 June 2026.

**USING EYE DROPS? HERE'S A TOP TIP FROM ONE OF OUR MEMBERS - ONCE YOU'VE SQUEEZED A DROP INTO YOUR EYE APPLY GENTLE PRESSURE TO THE INSIDE CORNER OF THE EYE. THIS STOPS THE MEDICATION FROM DRAINING INTO YOUR NASAL PASSAGES AND ENTERING YOUR MOUTH OR THROAT.**

## KAWERAU SEED LIBRARY

A seed library creates opportunities for people to grow their own kai, to be more sustainable and self-sufficient. There is a local and global movement towards food sovereignty – communities taking back control over their own food systems. And what better way to grow resilience through growing your own food.

Seeds don't belong on the shelf, their place is in dark rich, well composted Kawerau soil. We are garden-loving, seed-saving Kawerau citizens who enthusiastically plant, water, tend and eventually harvest seeds. We set aside our surplus to share with others.

The library holds a miscellany of seeds – herbal, vegetable, medicinal, flowers. Seeds come and go as we help ourselves, donate, share, replenish, restock, largely through monthly Seed Swap events. Seed libraries also connect people with others in their community. Great get-togethers of likeminded people keen to share ideas, knowledge and experience – as well as plants, seeds etc.

It is never too late to start saving seeds and growing from seed. In fact, now is the time to prepare soil, plant seeds and share resources, skills, and knowledge amongst your community. You'll find the Kawerau Seed Library just at the top of the stairs by the River Cafe in the KEA Building (60 Onslow Street). Feel free to browse, help yourself and/or add to seed library. The KEA Building is open 8:30am-5pm Mon to Fri.

ALL WELCOME to our next SWAP event on Sat 30 August. 1.00-4.00 pm at the Bert Hamilton Hall, 4 Porritt Drive

*Karesse Angelo*

Rates rebate application forms are available at the District Council office, or we can download and print them in the office.

When you apply for a rebate you'll need the following information:

- Your income in the last tax year (1 April 2024 to 31 March 2025)
- Your partner or joint homeowner's income, if they live with you
- Your KDC rates info
- Your BoP Regional Council rates info
- A copy of your SuperGold card if you have one

KADAP Office hours: 9am to 3pm Mon to Fri

Email: [office@kadap.org.nz](mailto:office@kadap.org.nz) or [coordinator@kadap.org.nz](mailto:coordinator@kadap.org.nz)

Phone: 07 219 3940 (Office) or Mobile: 027 503 8125 (Karen)

1. Taihape 2. Gore 3. Ohakune 4. Cromwell 5. Riverton 6. Springfield (in Selwyn District, Canterbury)  
(Relates to Springfield where Homer Simpson lives and his love of doughnuts)