



KADAP Inc.

Kawerau and Districts Ageing in Place

NEWSLETTER September 2024

Welcome to our September newsletter. It's starting to feel a little spring-like already in my garden. I hope you too are seeing signs that summer is on its way.

Thanks to everyone who came along to our Volunteer Meeting on 29 August. It was lovely to see so many of our volunteers together. Over the coming weeks we'll be catching up with the rest of our volunteers to make sure Police Vetting is up to date, and to share information about some new policies that have been introduced.

If you're having any trouble receiving emails from us please check your spam folder. A few of our members have reported this issue recently.

KADAP's new Website is now live. There's still a few things to do but please feel welcome to check it out at www.kadap.org.nz

Warmest regards, Karen
027 503 8125 coordinator@kadap.org.nz



Hope you enjoy this edition, but remember, I do most of my proof reading after I've pressed send.

KAWERAU SENIOR CITIZENS CLUB

The club play indoor bowls and 500 cards in Bert Hamilton Hall from 12.15pm every Tuesday afternoon.

Anyone over the age of 55 is welcome to come along and enjoy the fun and friendship. The cost is \$2 per person. This covers a cuppa and biscuits. Also a raffle.

If you're interested in joining, please contact Lesley 0272734164.

SHOWER STOOL

We have one in the office that can be borrowed by members as required. Call the office for more information.

FUTURE MEETINGS

Everyone is welcome at our meetings. Don't forget the 'bring, swap or take' table and something to share for afternoon tea.

Monday 9 September, 1pm at the Concert Chamber

Ian Finch, from OPSM Whakatane (previously Visique) will be our guest speaker. He will be talking about aging eyecare and conditions such as cataracts, glaucoma, macular degeneration, and diabetes

Monday 14 October, 1pm at the Concert Chamber

We will be holding our Annual General Meeting at 1pm.

Following the AGM our guest speaker will be Graham Knox. Graham is an independent contractor for HomeSafe Alarms, ADT Security and can advise on WINZ funded Medical Emergency Alarms and Pendants.



*Eastern
Bay of Plenty*

Thursday 19 September
Thursday 31 October

Meet at the Bert Hamilton
Hall, 4 Porritt Drive
10.30am until 12 noon

NOKIA 2660 Button Flip
Phone FOR SALE \$100
Almost new condition
Contact Andy on
027 486 1234



RECIPE OF THE MONTH CHICKEN & LEEK PIE

Have you bought a cooked chook lately and now have some left over and you are sick of it. Here is a recipe to use up what's left.

Serves 4, or 2 with leftovers for the next day

Ingredients:

Left over chicken, chopped
1 lge or 2 small leeks, washed and sliced
2 tbsp butter
2 tbsp flour
1/2 c milk
1 c cream
Tsp mustard (optional)
2 sheets puff pastry



Method:

In a pan melt 1 tbsp butter and cook leeks till tender.

Remove leeks and set aside.

Add rest of butter and melt. Stir in flour. Slowly add the milk and cream stirring constantly. A whisk works well and prevents lumps. When thickened add in the cooked chicken and the leeks. Season to taste.

Line a dish with pastry sheet and pour in the mix. Cover with final sheet of pastry. Bake at 200C for 20 to 25 mins or till pastry puffed and golden.

P.S. You can cook without the pastry on the bottom or you can also use savoury short pastry on the bottom and puff on the top. Enjoy

TRANSPORT FOR MEDICAL APPOINTMENTS

The St. John Shuttle number is
0800 824 325

They require at least 24 hours notice for bookings.

We can help with booking the shuttle and can often arrange alternative transport if it is fully booked. Please give us as much notice as possible.

**Why did the
scarecrow win an
award?**

**Because he was
outstanding in his field.**

Have you ever considered writing your memoir or just a few interesting episodes during your life? Do your family members, children, grandchildren, great-grandchildren know what you did during your life (not the naughty bits!). Writing a whole memoir is daunting but if it's put into short chapters it takes away the fear. They don't even need to be in the correct order. If you feel you would like to take this journey I am happy to help.

~ Ruth

MEMBERSHIP FEES

We are not sending invoices out this year. If you have not paid your subs we would be grateful if you arrange this as soon as possible. If you need an invoice please ring the office.

It's \$40 for the year, per household. You can pay at the KADAP office with cash, or online 02-0348-0029509-00

If you're not sure whether you've paid, please call the office before making an online payment. Please let us know if you can't come to the office or pay online.

OUTING

We will be going to Palmers Garden Centre in Rotorua on Wednesday 25 September, leaving at approximately 9am. Everyone is welcome to have morning tea at the garden centre, in the Shade House Cafe (at own cost), and there will be plenty of time to browse the giftware, house plants, outdoor equipment and plants.



We will be taking bookings for this outing on a first come, first served basis. The cost will be \$5 per person. We will be using Blue Light minibuses so if you would like to come along please be confident that you can climb in and out with ease, and that you can manage the uneven paths and change of levels around the centre.



DO YOU KNOW?

1. HOW MANY OF HENRY VIII'S WIVES WERE CALLED CATHERINE?
2. WHAT IS THE CAPITAL OF FINLAND?
3. HOW MANY HUMANS IN A POLO TEAM?
4. WHAT IS THE LARVA OF A HOUSE FLY CALLED?
5. WHAT WAS THE TURKISH CITY OF ISTANBUL CALLED BEFORE 1930?
6. WHAT INSTRUMENT DID LOUIS ARMSTRONG PLAY?

The word volunteer conjures up physical work done for others that they can't do for themselves. But in reality the most important volunteer work is the actions that keep us all connected to each other. The hello to a stranger on the street or the offer of helping someone cross the street. Volunteer work does not necessarily mean getting your hands dirty. These days the biggest problem I see in our community is the loneliness of our elderly as they become disconnected from the people around them. This can happen for a number of reasons, a declining of mobility or illness that prevents them from getting out to name a couple.

There is one small act that you can do to help. We are looking for people who have a few minutes to spare to give someone a call just once in a while and to be available to ring if there is an emergency in our area. If you feel that this is a way you could help, please give the office a ring. We would love to hear from you.

~ Kathleen

GOOD IN THE HOOD AT Z KAWERAU

This initiative is running until 27 September so please vote for us if you purchase your fuel at Z Kawerau.

[Want to help with our fundraising?](#)

During the week 9 to 15 September we've been invited to spend some time inside the Z shop, talking to customers and encouraging them to vote for us. Please feel welcome to go along and spend an hour or two during that week. You're welcome to take some lollies or baking to share, and we can provide flyers to give out. Just make yourself known to staff when you arrive, and let our office know how long you were there volunteering.



The Feel Better programme is for anyone who has cancer. It offers both online and community programmes which are practical and fun, teaching people ways to face cancer with confidence.

The programme is free to people with any type of cancer, at any stage. Find out more on the website www.lgfb.co.nz

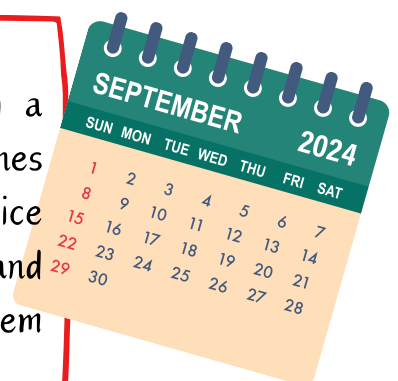
**NORDIC MOBILITY
POLAR CRUISER.
IN EXCELLENT
CONDITION. \$2800
FOR MORE
INFORMATION
PLEASE CONTACT
IAN ON
027 853 9677**

FOR SALE



September is 'Wills Month'

Wills Month is a timely reminder of the importance of having a will. A will ensures your wishes are respected and your loved ones are cared for. Not sure where to start? The Citizens Advice Bureau can help you think through what to put in your will – and give you options for preparing and executing your will. Call them free on 0800 367 222 or Whakatane CAB on 07 308 5609



KADAP Office hours: 9am to 3pm Mon to Fri
Email: office@kadap.org.nz or coordinator@kadap.org.nz
Phone: 07 219 3940 (Office) or Mobile: 027 503 8125

Do you know? Answers: 1. Three, Catherine of Aragon, Catherine Howard and Catherine Parr 2. Helsinki 3. Four 4. Maggot 5. Constantinople 6. Trumpet