



Hi there. October already. Three big events this month in Kawerau. The KADAP Inc. Annual General Meeting, The King of the Mountain Race, and the long awaited mystery trip –which turns out to be a four hour Tauranga Harbour cruise aboard the 'Kewpie.' Thirty three Members and Volunteers have signed up for this fun day out. We realise that a four hour boat cruise is not everyone's idea of fun, so next year, we will put our thinking caps on and come up with a land-based 'mystery trip' day out before the end of summer. The plan for next year is to also hold combined meetings more regularly, with interesting guest speakers covering relevant topics of interest. I enjoyed what Vanessa from St John's had to share with us.

A reminder that the KADAP Inc. financial year runs from the 1<sup>st</sup> of July around to the 30<sup>th</sup> of June each year. Some of you have not yet paid the fees due for the coming year, to cover 2018 -2019. Only financial Members can vote at the AGM, or participate in KADAP Inc. functions, or receive volunteer help for tasks around the home, and transport if needed. The Fire Department were scheduled to make a presentation at our last meeting but were called out on an emergency. The Kawerau Fire Department, part of the re-named 'FENZ' (Fire and Emergency New Zealand) is very pro-active in offering help and assistance to the Kawerau community. They are also happy to attend your home and install a free long-life smoke alarm (one per house) and give the home owner the following helpful information:

### Home Fire Safety Checks

#### Purpose:

To educate communities about the dangers and speed of fire. To help people understand about the importance of working smoke alarms.

Fire and Emergency New Zealand (FENZ) firefighters will visit your house at a time that suits you and cover the following:

- Speed of Fire
- Importance of working smoke alarms
- Home escape plans
- What to do in a Fire

Any existing smoke alarms will be checked and if required a long-life photo electric smoke alarm will be installed. If interested in this service provided free to our community, please contact:

[Grant.martin@fireandemergency.nz](mailto:Grant.martin@fireandemergency.nz)

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#### PLEASE NOTE:



**Because of the KADAP Inc. Spring Fever-Mystery Trip occupying a full day, the KADAP Inc. office will be closed on Friday 12<sup>th</sup> October. Any job requests can be phoned in (Leave your request on the answerphone) or emailed to the office and these will be addressed on Monday 15<sup>th</sup> October.**

Phone (07) 219 3940 or (07) 219 3941 or email [kadapkawerau@gmail.com](mailto:kadapkawerau@gmail.com)



## Did you miss this?

We had a table at Jellicoe Court on the Friday and Saturday of Woodfest. What a pleasing turn of weather we had! And again, what a great advertisement for Kawerau...did you see all the Mobile Homes in town? What a lot of visitors. A special 'thanks' to the KADAP Volunteers who promoted KADAP Inc. by giving information, and Membership and Volunteer forms to interested people. Although Friday was a bit slow, Saturday saw a steady flow of people showing interest. We hope to build our Membership base and gain a few more volunteers as well.



## Nurse's Notes

### Cut Your Odds Of A Stroke

#### Watch Your Blood Pressure

If you have high blood pressure and it's not managed well, it can double or quadruple your risk of stroke. Your blood pressure should be around 120 over 80. If yours is too high, talk to your doctor about changing your diet and getting more exercise. If that is not enough to control it, your doctor may prescribe medication to help.

Exercise helps you to get or to stay at a healthy weight and keep your blood pressure where it should be—two things that can lower stroke risk. You will need to exercise 5 days a week for about 30 minutes. Talk to your doctor first if you're not in great health, or haven't been that active in a while.

Stress is linked to a higher risk of stroke, maybe because it causes inflammation in parts of your body. If you're stressed, you can do a few things to help dial it back. Get up and move around more often. Breathe deeply.

#### Obesity and the health issues it can cause.

Diabetes and high blood pressure can boost your stroke risk. You can lower the risk by losing as few as 4.5 kilograms. Try to keep your calorie count under 2000 a day, and make exercise a regular thing.

Your risk of stroke may go down if you restrict your alcohol intake to 1 drink a day. More than 2 could increase your risk of obesity, high blood pressure and diabetes quite dramatically. All risk factors for stroke.

#### Get your cholesterol Checked

High levels of LDL cholesterol (over 160 milligrams/deciliter) and low levels of HDL (under 40 milligrams/deciliter) can increase your chance of having plaque build-up in your arteries. That limits blood flow and can lead to a stroke. Cutting down on saturated and trans-fats can lower your LDL and exercise can boost your HDL. If those don't do the trick, your doctor may prescribe medication that can help with your levels.

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## **Managing your Diabetes**

This condition affects how your body uses glucose, an important source of energy for your brain and the cells that make up your muscles and tissues. It can raise your odds of having a stroke, so it's important to watch your blood sugar carefully and follow your doctor's instructions.

## **Choose the right foods**

A balanced diet of fruits, vegetables, fish, lean meats and whole grains can help lower your cholesterol. That means plaque is less likely to build up in your arteries and form clots. It can also protect you from other conditions that raise your odds of having a stroke, like diabetes and high blood pressure.

## **Take your meds**

This sounds like an easy one, but lots of people have a hard time with it. Take medications for blood pressure, diabetes and heart health on time and as prescribed. If you are concerned about side effects or something else, talk to your doctor before skipping doses or taking less than you are supposed to.

**The Stroke Foundation** – Ph. 0800 78 76 53 [www.stroke.org.nz](http://www.stroke.org.nz)

**Is it a stroke? Use the F A S T test**

F = Face – smile. Is one side droopy?

A = Arms – raise both arms. Is one side weak?

S = Speech – speak a simple sentence – Unable to? Is the speech slurred?

T = Time - Lost time could be lost brain – get to hospital fast.

**7 steps to reducing your risk of stroke:**

1. Get your blood pressure checked and if necessary treated
2. Stop smoking
3. Exercise regularly
4. Limit the amount of alcohol intake
5. Eat a healthy balanced diet, control your weight, and reduce your salt intake
6. Get your cholesterol checked and if necessary, treated
7. Find out if you have Atrial Fibrillation (rapid, irregular contraction of the heart)

All aspects of your health are very important. If in doubt about anything, don't delay, make an appointment right away, to see your health professional.





# Jan's Recipe Choice



## Lemon Muffins

These muffins are an Alison Holst recipe that I use all the time for a quick treat. They are really yummy.

2 cups self-raising flour, or if you don't have self-raising flour, use 2 cups flour and 4 tsps baking powder

$\frac{3}{4}$  cup sugar

75g butter

1 cup of milk

1 egg

Grated rind of 1 large lemon

Mix sifted flour (and baking powder if using) and sugar into a large bowl. In a smaller bowl melt the butter, add milk, egg and lemon rind and beat with a fork to combine. Add wet ingredients to the dry ingredients and mix gently, just enough to combine. Spoon into 12 well-greased muffin tins. Bake at 200°C for 10-12 minutes

While they are baking mix  $\frac{1}{4}$  cup lemon juice and a  $\frac{1}{4}$  cup of sugar together (sugar will not dissolve). When you remove the muffins from the oven drizzle or brush the lemon/sugar mixture over the hot muffins. Leave in the tins for a few minutes before removing to a rack to cool.

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## Hint

One of our members passed this hint on to me that I think very useful.

When you buy a bunch of Bobby Bananas open the cellophane covering but do not remove it. Take out enough bananas for two days and then put the rest into a plastic bag and seal it. Leave the bag on the bench. Just continue to take out a couple of bananas as you need them and reseal the bag. The bananas in the sealed bag will keep for up to two weeks without spoiling.



## Something to laugh about

- I'm getting so old, my friends in heaven will be thinking I didn't make it!
- **I still have a full deck, my brain just shuffles slower now!**
- Remember when shake, rattle and roll meant more than just getting out of bed?
- **Birthdays are good for your health. The more you have, the older you live!**

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It is good to see some steel ramps being placed in strategic places around town to help people using mobility scooters and walkers navigate the 'road to footpath' transition more smoothly. Thanks to all those involved in making the Woodfest weekend another very successful event for Kawerau. All of you can be proud in the way our visitors were received, and thanks to the visitors, and competitors, and stall holders, and exhibitors. It was a fine weekend.

### Events that are planned for November

\*Lunch and Movies in Whakatane  
Christmas shopping in Rotorua

\*Please notify the office to register your interest in participating

### KADAP Inc. Noticeboard



*We could do with some volunteers in the office.*

*Could you give us an hour or two regularly on a Monday or Thursday?*

*Perhaps even just once a month.*

*Nothing too difficult – just answering the phone and writing member requests in the Day Book.*

*Please talk to Gary if you can offer your help.*

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## **Kawerau and Districts Ageing In Place Incorporated**

### **Annual General Meeting**

To be held in the main hall

**Kawerau Life Konnect Centre  
371 River Road, Kawerau**

**At 1.00 pm Tuesday 9<sup>th</sup> October**

Members and non-members welcome

Light refreshments to follow

For further information contact the

KADAP Inc. Office

Phone 219 3940

or email [kadapkawerau@gmail.com](mailto:kadapkawerau@gmail.com)

[IF YOU REQUIRE TRANSPORT TO ATTEND THE AGM PLEASE NOTIFY THE OFFICE BEFORE MIDDAY MONDAY 8<sup>TH</sup>](#)



**KADAP Incorporated**

**KADAP would like to thank our sponsors**

**KEA \* KDC \* Hamertons Lawyers Ltd \* The Lion Foundation \* C.O.G.S \* NZ Lotteries**

**NZ Community Trust \* Bay Trust \* Tindall/Acorn Foundation \* Z Good in the Hood**

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