



KADAP Inc.

Newsletter # 28

November 2018

Hi Everyone.

Welcome to your second-last Newsletter for 2018. The KADAP Inc. office will be closed over the festive season, from noon on Friday, December 21st and re-opening 9:00am on Monday the 14th January. The KEA building, where the KADAP office is, will be closed over the same time. If you use the Services that are located in the KEA building, please check with them about any appointments you may have, and check with them about their availability over these three weeks, just in case they are closed also. In our next Newsletter (#29), which will be the last Newsletter for the year, and which will be distributed before we close, we shall include a list of Emergency Phone Numbers, and try to inform you with as much information that we can obtain about events and activities that will be happening over the Festive Season. In planning for next year, one of the things I want to aim for is a monthly meeting or gathering, whereby we can have some fun activities, guest speakers, information sharing etc. sometimes with lunch, sometimes with either a morning or afternoon tea, but 'get-togethers' are important and we haven't had very many this year.

There are some outings planned over the next few weeks, a car-pooling to have some time in Rotorua, a trip to the movies in Whakatane, plus the KADAP Inc. Christmas Lunch celebration for Members and Volunteers on Tuesday December 11th. Details for these events are listed under "What's Happening." Please contact the office to register your interest in participating so that we can organise sufficient vehicles and/or catering.

Well, summer is still threatening to break out any time soon. Like a lot of you, I enjoy spending some free time trying to develop the garden areas around our house. My wife Dale and I are often pleasantly surprised by what comes into our fledgling garden. There are the blackbirds, minas, sparrows, finches, thrushes and starlings, each scratching around looking for morsels, having a quick drink and dunk in the birdbath, while overhead there are the pirouetting swallows, and soaring seagulls, with the occasional hawk or magpie. We are intrigued by the things that just 'appear' – like a little green frog, yet we have no water areas anywhere close, and also a bright red-black butterfly about a third the size of a monarch – haven't seen one of those before. All we need to see in our garden now would be a skink or gecko and I could almost think I was back in Christchurch in the early 1960's, when such intriguing little critters like frogs and lizards were very common in our yard back then, plus a lot of ladybirds and dragon flies...but sadly, mostly what we see now, pestering the honey bees and monarchs, and especially monarch chrysalis', is squadrons of wasps of all shapes and varieties and types, which I don't recall seeing when I was a child, we just had a few of the yellow and black striped ones back then... Oh well, enough reminiscing, back to the 'Now'.

We have had one or two occasions where a job request may have been actioned by the office, but then we found out that the person/trade/contractor did not write it down and accidentally missed the allotted time, leaving our Member a bit anxious, or that something untoward had happened but this was not communicated to the KADAP office so we were not aware that anything was amiss, only finding out much later. Please, if you have requested some assistance from the office, and we confirm that we have sourced the appropriate help to meet the need, but then it has not happened, please get back in touch ASAP to communicate what has or has not happened so that we can correct the situation. Your feedback will let us know how each job went, who we can recommend, and perhaps who we shouldn't, increasing the chances of successful outcomes for everyone. Enjoy the start of summer; see you on Tuesday 11th of December, 12 noon, for lunch.



WHAT'S HAPPENING

Christmas shopping in Rotorua. This will be on 30th of November, leaving at 9.00am.

We will be pooling cars for this, so anyone who would like to drive their car over to Rotorua please let us know, passengers will need to pay \$10 to the office to secure you're seat in a car. We need at least 8 people to register for this outing to happen. This should be a fun trip, with a chance to have a day out, (even if you don't want to do any shopping), and have lunch with friends.

Please phone or email the office to register your interest. Ph. 219 3940 or kadapkawerau@gmail.com

***Lunch and Movies in Whakatane – 'They Shall Not Grow Old' Friday 7th December 2.00pm.**



plus out *Christmas barbecue lunch at midday on 11th December at The Life Konnect Centre, 371 River Road. **BYO Meat and Drink** everything else KADAP Inc. will provide. A large gas Bar-B-Que available on site to use to cook up your lunch.

(The 'everything else' will include salads, mayonnaise, buns, fruit drink, non-alcoholic punch, desert, tea & coffee and stimulating conversation).

***Please notify the office to register your interest in participating in these events as this will greatly help in estimating our catering quantities. Thank you.**

Book Launch

"Tales from the Tree House" – Short stories written by local authors

At the Library on the 5th of December at 11:00am – 3:00pm. Nibbles will be served.

This year's Christmas Parade and Christmas in the Park will be on Saturday December 15th

We have been given a few Avocado Stones/seeds if you would like one. These are ready to be planted straight into the ground, (or into a tub) for them to grow. Apparently they get planted into the soil with the 'pointy' bit facing upwards. Whilst your avocado will make an attractive shrub, it may not bear fruit for several years.

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Happiness is not having what you want.
It is appreciating what you have.

...and now, here is this week's CROSSWORD...it is 'intersect'.



Something to laugh about



The following were contributed by Member Sue Day...they were signs listed on an American billboard on the edge of a road...enjoy.

- My fear of moving stairs is escalating...
- 'i' before 'e' except after 'c' disproved by SCIENCE...
- Alligators can grow up to 20 feet but most grow four...
- The man who fell into an upholstery machine is now fully recovered...
- Past, Present and Future walked into a bar...it was tense...
- 1s2a3f4e5t6y7 – Safety in numbers...
- I'm terrified of elevators and I'm taking steps to avoid them...
- Never iron a 4-leaf clover...you don't want to press your luck...
- Research shows that 6 out of 7 dwarfs aren't Happy...
- Things that tell the truth - small children, drunk people, yoga pants...
- If ignorance is bliss there should be more happy people...
- To whoever stole my copy of Microsoft Office I will find you – you have my Word...
- A bike in town keeps running people over – it's a vicious cycle...
- Your debt will stay with you if you can't budge it...
- Eat more doughnuts – it's the original hole food
- I ordered a chicken and an egg off the internet to see which comes first...
- A horse walked into a bar and the barman said "What's with the long face?"

TV's "Fair Go" last week revealed another person who had been scammed over the Internet, and lost several thousand dollars. Scams are becoming an epidemic. Always be on your guard with your finances. Banks and Financial Institutions will never phone you to ask questions about your finances, accounts or Pin Numbers etc. and neither will Microsoft ever phone you to say you have a computer problem...BUT SCAMMERS and FRAUDSTERS will. No matter how convincing and plausible they may sound, do not give them any personal information at all, just hang up. The November GREYPOWER Magazine has some useful information about this on page 32. If you don't subscribe to 'GreyPower', but have a computer, have a look at – wu.com/fraudawareness and www.scamwatch.govt.nz for helpful information. Be safe, stay safe.

Jan's Recipe Choice



Mini Lemon Meringue Pies

I found this recipe on Grown Ups NZ and thought it would be nice for Christmas.

1 ½ sheets of pre rolled pastry.

Lightly grease 6 tart tins. Cut out pastry circles using a 10cm /4 inch cutter. Line the tins with the pastry and prick holes over the base of the pastry. Line the pastry cases with baking paper and fill the bottom evenly with baking beans (I use rice). Chill in the fridge for 15 minutes while heating up the oven to 200° C ,then cook the pastry for 10 minutes, until golden. (you could make the pastry cases ahead of time and store in an air tight container)

Lemon Curd

¾ cup sugar

150g butter

3 lemons, rind grated & juice

4 eggs beaten very well

Meringue

4 egg whites

¼ tsp salt

¼ tsp lemon juice or vinegar

1 cup caster sugar

To make the Lemon Curd. Put sugar, butter, lemon rind and juice in a pot over medium heat for 2-3 minutes until the sugar dissolves. Remove from the heat and cool for five minutes before whisking in the eggs. Return to the heat over a double boiler and stir until thick, do not boil, takes about 3 minutes to thicken. Cool and put into the pastry cases. Reheat the oven to 200° C again.

To make the Meringue. Whisk the egg whites, salt, lemon juice or vinegar and 1/3 of a cup of the sugar until stiff then gradually mix in the rest of the sugar until thick. Pipe or spoon meringue on top of the tarts. Either over all the tart or just half the tart according to your taste. Bake for a few minutes (stay by the stove) to set and colour the meringue.

Cool and serve. Yummy...



Nurse's Notes



How the Lack of Water Affects You

More than half your body weight comes from water. So if your levels are off, it can show up in a surprising number of ways. Mild dehydration can make you feel tired, give you a headache, and affect your mood and focus. By the time you get the urge to quench your thirst, you're already a little dehydrated. As long as you pay attention and have a drink when your body tells you to, it's not a problem. For older adults, the lag might be a little longer. So it can help to make a habit of drinking water. Older adults need to be on the lookout because your sense of thirst gets duller with age. Kidney disease and some health conditions can make your body get parched.

Symptoms in Older Adults:

You might be thirsty, and your mouth might feel dry or sticky.

You won't pee very often -- under 4 times a day.

When you do go, there may not be much pee, and it'll be dark or have a strong smell.

You may feel dizzy or lightheaded, and you may pass out.

Should I Drink 8 Cups a Day?

This old rule has zero science behind it. But it's fine as a rough guide. The amount you need to drink depends on how active you are, where you live, how hot it is and your overall health. If you're not sure you're drinking enough, check the colour of your pee. Clear or pale yellow means you're all set. Darker means you need to drink up.

Tips for Staying Hydrated

If you just can't remember to drink enough water, look for ways to build it into your day. Make water your go-to drink. Have a glass at and between each meal. Or set a reminder on your phone to have a glass every hour. Some people find that carrying a water bottle does the trick. And if you're hankering for a snack, have water instead. Sometimes, our bodies confuse thirst for hunger.

As the weather heats up, our sweat glands can become more active, and we may perspire more. This acts to cool our body down, but we lose water in the process and may not think to replenish it adequately.

An early sign of dehydration can be the feeling that a headache is coming on. Often these mild headache symptoms will dissipate a few minutes after drinking a good glass of water.

We often water our gardens morning and night, knowing how important it is for our plants...that would be a good time to treat ourselves to a nice glass of water as well.

KADAP Inc. Noticeboard



- A Member has a boat for sale, with trailer and outboard engine - needs some TLC - but if you are interested, to inspect, phone the office to arrange a meeting with the owner.
- A KADAP founding member is relocating homes but will need somewhere for his family temporarily from 11th January 2019 - if you are going away about then and need someone to 'House-sit' your property for a while, please let the KADAP office know.
- A Member has loads of copies of Piano Sheet Music. About 40 - 50 songs with the music are in clear-page folders, making 'a book'. She has about 7 of these 'music books' for sale at \$5.00 each.
- There is a 'Goldfern Mobility Chair' for sale. This is a Lazy-Boy style lounge chair, fully electric with a battery back up in case of power failure. This chair slowly tilts upwards (and downwards) lifting a sitting person to an upright position, or lowering a standing person gently backwards into a normal sitting position, or it can fully recline into a lying down position. Virtually new and available for half price.

If any of the above items interest you, please contact the KADAP office to be put in touch with the seller.



KADAP Incorporated

KADAP would like to thank our sponsors

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

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Kawerau And Districts Ageing In Place Incorporated operates as a Registered Not For Profit Caritable Trust.

It is governed by a six member Board of Trustees. KADAP Inc. was founded in July 2015.

Our Mission is to provide and maintain an organisation tailored to meet the needs of our older residents who want to remain in their own homes with safety and dignity as they age.