



Hi Everyone.

You will notice we have elected to 'skip' the June name for this Newsletter No. #35 and have gone to 'July'. The reason is that we were publishing our Newsletters at the end of each month, when it makes sense to have them ready at the start of each month, hence 'July' follows our May #34 Newsletter. Nothing has been left out, except a June 2019 Newsletter will never exist.

Well the EXPO held in the Concert Chambers on Friday June 28<sup>th</sup> was very well received. All the Feedback has been positive. Over 50 different groups, clubs, agencies and organisations show-cased themselves to the Kawerau public. It was also a good venue for the participants to network amongst themselves. KADAP took a note of numbers coming through the door, and even though we missed quite a few, especially at the start of the day when it was 'rush hour', we managed to record the following. The table below shows the breakdown of people who came to view the event.

MALE TANE (TOTAL)	FEMALE WAHINE (TOTAL)	AGED UNDER 50 YEARS (TOTAL)	AGED OVER 50 YEARS (TOTAL)	KAWERAU RESIDENT	OUT OF TOWN VISITOR
78	118	37	159	168	28

These numbers show that 196 people elected to 'sign in at the registration desk,' but quite a few went straight in, so well over 200 would have attended; plus all the people who were there manning their group's display tables. The weather was fine, and everyone seemed to enjoy themselves, which has encouraged KADAP and the Waterwheel Historic Trust to consider holding this event again next year, in the summer and in a bigger venue, as the Concert Chambers got a bit crowded and congested for a while. Over 100 groups were invited to attend and 52 showed up to display on the day. A fun occasion and very informative.

### WHAT'S HAPPENING

The next Members meeting will be on **Monday 8<sup>th</sup> July in the Kawerau District Council Concert Chambers, at 10.00 am.**

The Guest Speaker will be Ruth Plank from SeniorNet, introducing entry level knowledge about how to use computers. It is inevitable that whether we want to use computers or not (including Laptops, i-pads, smart phones etc.) that we will have no choice –it will be either 'Go Online' or 'Go with out'. To prevent certain sectors of the community (Seniors) from being further marginalised and feeling isolated due to a lack of knowledge about using a computer, come along to listen to a fun and educational talk from Ruth; where we can learn and ask questions in a safe environment. Asking questions to learn the answers is always a good idea. The only daft question is the one that doesn't get asked.

Please bring a plate to share for morning tea if you are able to. ALSO ...Please let us know if you would prefer to have the KADAP monthly meeting in the afternoon rather than the morning. We want to make it as convenient as possible for all KADAP Members to attend.

If you need transport, please phone the office – 219 3940 – **by** Friday so we can organize it.

## Events & Activities

Well I guess the winter could be an event and an activity...it is certainly here and it will keep you on your toes! Take extra precautions both while walking around and driving...wet surfaces can become very slippery. Because of this, if you feel a handrail or two either inside or outside your house, to assist safe manoeuvring around your home, is what you need, talk over your needs next time you visit your doctor, or phone the Disabilities Resource Centre direct and ask for information about getting a home assessment to look at any safety needs in the home that may benefit you. Also if you have been to hospital and feel like some physical supports like handrails, or even an access ramp to your door will be required at home after discharge, ask to see the Occupational Therapist at the hospital, to discuss your needs, before you get discharged. You can contact the Disabilities Resource Centre (Whakatane) by phone – 307 1447, or by emailing [information@drct.co.nz](mailto:information@drct.co.nz)

The Kawerau FREE pool is open Monday to Friday 9am – 7pm  
Saturday & Sunday 10am – 7pm

All pools are cleared at 6:30pm daily, allowing 30 minutes to get out, get dried & dressed and vacate the pool premises, before closing.

The Pool also has 'Aqua classes' Monday & Thursday evenings 5:30pm – 6:30pm and Tuesday and Thursday mornings from 9:00am – 10:00am.

For further details phone the swimming pool on 323 6109 during opening hours.

KADAP members are still keen to have other members come along to their Craft Group and the bicycle group. If the activities interest you, phone the office for details – Ph. 219 3940

### FREE SAFETY CHECK for Cars..."Winter Pit Stop" (From i-site 'What's On in Kawerau-July)

On Wednesday 10<sup>th</sup> July from 8:00am – 2:00pm in the Kawerau New World carpark. A vehicle certification officer from NZTA, along with automotive students from Toi Ohomai, will be running free vehicle 'TWIRL' checks: Tyres, Windscreen wipers, mirrors, Incicators, Rust and Lights.



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**Beware the telephone scammers. Remember Banks and corporations will never ask you for your private financial access codes or PIN numbers etc. over the phone. If people you don't know phone you and ask you to divulge to them your private details, regardless of whatever they say, don't engage with them, just tell them you are calling the Police, and hang up. These scammers are crooks – do not give out any personal information, especially in relation to your financial matters. Stay safe – be cautious.**

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You may receive a letter from Inland Revenue in regards to 'Automatic Tax Assessments'. Don't be alarmed, but if you have any questions about this you can phone Inland Revenue directly on  
0800 775 247

# Recipe of the Month



## Cottage Pie

This recipe has been adapted from one I used for my family, to suit just two people.

### Ingredients

¼ cup milk	2 tsp butter
Salt & pepper	2 tsp olive oil
1 small chopped onion	1 small clove chopped garlic
1 chopped carrot	½ cup frozen peas
250 g beef mince	1 stalk celery
2 large potatoes	½ cup grated cheese
1 tsp Bisto (or similar) dissolved in ½ cup water	

### Method

Preheat oven to 180°

Cook the potatoes in boiling water

Drain and mash with milk & butter

Add salt & pepper to taste

Meanwhile, heat the oil in a frying pan over a medium heat

Add the onion, garlic & mince.

Cook 5 minutes or until the mince is brown

Add the celery & carrot & cook for a further 3 minutes

Add the Bisto mix

Simmer 3-4 minutes or until the sauce thickens.

Remove from the heat and add peas

Place the cooked mince mixture into a 4-cup capacity oven-proof dish

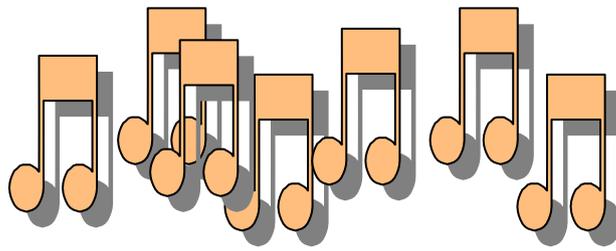
Top with mashed potatoes and sprinkle with grated cheese

Bake 10 minutes.

Remove from oven and sprinkle with grated cheese

Return to the oven and bake until the cheese is melted and turning golden-brown,

This recipe can be finished in a microwave or an “air fryer” instead of a conventional oven.



“Home, Home on the range...”

**How can I get help to stay in my own home?**

Although KADAP can provide a range of services, there are some things we just cannot do.

Things like helping you to shower, to get meals, doing your washing and house cleaning, etc.

If you need help such as this, talk to your doctor, and if he/she agrees that you could have a better quality of life with some assistance, an assessment will be arranged for a Needs Assessment. Either you or your family can also apply directly to your local Needs Assessment Coordination Service. This is a Government funded programme, and a number of private companies are given a contract to provide the service.

An assessor will come to your home to talk to you about your needs, and will explain what help you can expect and how often it will be provided. If you are timid, or unsure how to deal with this sort of situation, you can have a support person with you at the assessment.

Of course, as is common these days with Government trying to keep costs to a minimum, your assessor’s opinion of what you need may differ considerably to your own. There are two types of assistance that may be offered. One is for personal care – showering, dressing, etc, and one for home care – vacuuming, washing, shower cleaning, meal preparation, etc.

Once it has been confirmed that you need the Service, a support worker will be assigned to you. Your support worker will come to your home at the agreed time, and once the tasks have been completed you will “sign off the job sheet.”

You may ask for a review if you think you need more assistance, but the Provider will arrange a re-assessment themselves at some stage.

Remember, this service, once agreed that you need it, is your right and although you may feel grateful that the service itself is available, you should never feel that you are beholden to the Provider or the Support Worker.

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Remember, we have all had an interesting life. We may not think so, but others always find other peoples’ lives fascinating, which explains the large “Autobiography” section in libraries.

If you want to share some of your life’s journey with the rest of us, please feel free to submit a short story (500 words) for inclusion into our monthly newsletter, and we will include one story each month. If you would like to do this but feel unsure about ‘how to write’ go along to the library and talk to Wendy about the Writers Group that meets at the library each week. You may discover a hidden talent. You may be the next Leon Uris, James Joyce, Agatha Christie, Jane Austen, Margaret Mitchell, Charles Dickens, Ngaio Marsh,...or just you, with a great story to tell!



This clever and thoughtful poem was written by the  
Great SPIKE MILLIGAN

Smiling is infectious. You catch it like the flu  
When someone smiled at me today I started smiling too  
I walked around the corner and someone saw me grin  
When he smiled I realised I had passed it onto him  
I thought about the smile and then realised its' worth  
A single smile like mine could travel round the earth  
So if you feel a smile begin don't leave it undetected  
Start an epidemic and get the world infected.

**Defibrillators save lives...available for use from:**

- Maurie Kjar Memorial Pool
- Kawerau District Council (customer service counter)
- New World Kawerau
- Kawerau Cosmopolitan Club
- Kawerau Ambulance Station
- EMC Ambulance Ltd,
- Tuwharetoa Geothermal Office
- 'Z' Kawerau

**Important Phone Numbers**

<b>Tarawera Medical Centre:</b>	Ph. 323 8499
<b>Kawerau Medical Centre:</b>	Ph. 323 6249
<b>St John:</b>	Ph. 0800 785 646
<b>Kawerau Police:</b>	Ph. 323 1400
<b>Kawerau Fire Service:</b>	Ph.323 1077
<b>Emergency New Zealand:</b>	(FENZ) – Ph. 0800 658 628 or <a href="http://www.checkitsalright.nz">www.checkitsalright.nz</a>
<b>Veterinarians:</b>	Ph. 323 1052.
<b>Disability Resource Centre:</b>	Ph.307 1447 – Whakatane
<b>Elder Abuse:</b>	Ph. 0800 32 668 65
<b>Neighbourhood Support:</b>	Ph. 021 20 21 303 Nina Barton
<b>KDC Dog Control Officer:</b>	Ph. 306 9009

**REMEMBER:** If it's an emergency Phone 111 Tell the operator which Emergency Service you require; then give your name and street address, including "Kawerau" then await further instructions. If it is not an emergency, but you still want the Police, dial 105

Some of you may recall a guest speaker last year that Grey Power invited to talk about  
“My Advance Care Plan & Guide”

These are very helpful booklets that can be sourced from  
[www.advancecareplanning.org.nz](http://www.advancecareplanning.org.nz)

It is not a will but rather a booklet that you can work through either on your own or with family and even your doctor, to write down all the things that are important to you, and what you want in regards to your healthcare, what makes you happy, what brings you joy, etc. and you can work your way through the booklet, filling out as much or as little as you want, at your own pace.

It can be like a diary, but a diary that you record into all the things that you would like your family or even legal people to know and to take into full consideration, in the event that you lose the capacity to fully look after yourself. It is your own wishes, desires and decisions, stating all the personal information that a Will does not cover.

If you are in Rotorua or Tauranga these ‘Advance Care Plan & Guide’ booklets can be obtained from the Age Concern offices.

Age Concern Tauranga – 177a Fraser Street – Ph. 07 578 2631

## **KADAP Incorporated**

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

### **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**

### **KADAP Inc. is located at:**

Rooms 6 & 7 KEA Centre,  
60 Onslow St,  
KAWERAU 3127  
Phones: 07 219 3940 and 07 219 3941

Office open 9:00am - 4:00pm Mon.- Fri.

Email:

office: [kadapkawerau@gmail.com](mailto:kadapkawerau@gmail.com)

Co-ordinator: [gary.kadap@gmail.com](mailto:gary.kadap@gmail.com)

Web site: [www.kadap.org.nz](http://www.kadap.org.nz)