



Hi Everyone.

Woodfest & Woodskills has been and gone and King & Queen of the Mountain is the next main public event, so it's time to put away your chainsaws and break out your running shorts (and cameras!)... These annual events are always a great boost for the town, plus, of course, we have the upcoming elections for District Councillors and the Mayor. The 'Z' Good 'n the Hood programme sponsored by 'Z' to help local community groups was again successful so thank you to all those who placed their orange tokens into the KADAP receptacle. It's good to know that KADAP will receive a percentage Share of the \$4,000 allocated to the worthy Kawerau Groups.

**AGM Notice.** The KADAP Inc. AGM is to be held at 1:00pm on Tuesday 8<sup>th</sup> October, in the Library Room, at the Life Konnect Centre, 371 River Road.

This is open to all, but only current financial members are eligible to vote. The AGM is a great opportunity to come along and learn how KADAP Inc. is performing, how it is benefitting its' members and the community, and what changes may be implemented. There is opportunity for your thoughts, ideas and suggestions to be heard during the 'question and answer time.' It is important to take this opportunity to present your thoughts and suggestions to the KADAP Inc. Board for their consideration, as the Board have the Members and Volunteers best interests at heart, and their governance role includes aiming to provide the best service possible to enhance the two main operational aspects of KADAP, the Members and Volunteers.

A date for your diary... **Tuesday 10<sup>th</sup> December** will be the KADAP Inc. Christmas function this year. It will be a Bar-B-Que and salad and summer (Christmas) dessert luncheon, same venue as the last two years, which is the nice, tranquil grounds out the back of the Life Konnect centre. More details in the November Newsletter. If you require transport to attend any KADAP Inc. meeting or activity, please phone the KADAP office 219 3940 or 219 3941.

## WHAT'S HAPPENING

The next Members meeting will be on **Monday 14<sup>th</sup> October in the Kawerau District Council Concert Chambers, at 1.00 pm.** The Guest Speaker will be Caroline Davies from Eastern Bay Primary Health Alliance, introducing their services and highlighting information on the topic of Diabetes. Please bring a plate to share for afternoon tea if you are able to. If you need transport, please phone the office – 219 3940 – by Thursday 10th so we can organize it.

– Genealogy Interest Group. Phone Gloria – 323 4197 for more information.





**My Life Story.**

**By Kath Brown**

## **Kawerau, the only place to be.**

I have many stories about my life but would like to share with you how Merv and I came to be living in Kawerau.

At the end of 2014, after both going through major surgery, with mixed results, it was time to decide what we wanted for our retirement. I suggested that a move to Kawerau was something I had been thinking of as my parents lived here and were not getting any younger. I would like to be close to support them in their twilight years.

Merv got online and checked out houses here and decided that not only could we afford a nice home but would have money left over.

Next thing was to tell his family. They were alarmed as they had only heard the negative stuff and it's so far away. Merv explained that this is what we both wanted.

We got our house sale-ready and put it on the market. If this was meant to be it would sell quickly. Not only did it sell quickly but we got a 3 bedroom price for a 2 bedroom house. Now we knew what we had to spend so came down to Kawerau and met with the real estate agent who showed us quite a few houses to choose from. Although we had allowed ourselves 3 days to find something we had completed the deal by the end of the first day. We now owned a beautiful 3 bedroomed house in a lovely street. We moved in on the 30<sup>th</sup> Jan 2015. Several of the neighbours greeted us and welcomed us to the street. So friendly. We straight away felt safe here.

The family all visited and could not get over how beautiful and clean Kawerau was. They kept commenting on there being no graffiti anywhere and how friendly everyone was. They now accept that this was the best move for us.

My parents love having their daughter and son in law close and I have enjoyed being able to help and support them in their old age, and having them also be a part of our everyday lives.

Our move has given us a new lease on life. We love our home under the protective shadow of Putauaki and in the most beautiful, friendly town in New Zealand. We are Kawerauians forever

*Thank you very much Kath for putting pen to paper and to write this story.*

~~~~~

We have two Members looking for a Boarder. 1 Member is happy to have either male or female, preferably someone mature, and the second Member, female herself, has specified a female boarder. If you are looking for somewhere to live please contact our office 219 3940 and we will pass this on.





**App\*** - Abbreviation for 'Application'  
 Part of 'modern devices techno speak', whereby 'Apps' are clever devices/aids found on Computers, Smartphones, Tablets etc. To learn about 'Apps' ph. or join SeniorNet – Ph. 323 7404 Ruth.

There's a new **App\*** coming for SuperGold Card holders to search for discounts, now that more and more businesses are offering discounts.

This was announced in the 2019 Budget and will be launched later this year.

Seniors will be able to have a look on the website (SuperGold.co.nz) to see what discounts, special offers and concessions are available wherever they are. There are now more than 9,300 SuperGold Card business partners with over 14,000 outlets around New Zealand.

All of these can be accessed by using your Card where you shop. You don't have to use the App on your phone. You can also use Stocard (another App) which allows you to have your card scanned when you shop. For anyone who would like to know more about this, please contact the office and someone will help you with this.

But wait – there's more! Now you can have your photo on your Gold Card, to use as a form of photo ID. (Helpful if you don't have a Passport or a current Driver's Licence.) You can get this done free at AA, 6 Victoria Ave, Whakatane. You just need 3 forms of ID, verifying name, date of birth, and your address. Please contact the office if you would like more information or any help with this.

For those of you who intend to use your Gold Card for free Public Transport, if you intend to travel on buses or trains in Auckland, Dunedin, Invercargill or Queenstown, you need to get an AT Hop Card (Auckland) Bus Smart (Invercargill) or Go Card (Dunedin & Queenstown) first. It will cost \$10.00 to register the card and then it must be loaded with \$5.00 credit. And the real catch is that you have to apply for it in person at those places.

~~~~~

## A few chuckles for you.

### Kids' Advice for Kids

**Never tell your mum her diet's not working**

Stay away from prunes

**Never trust a dog to watch your lunch**

When your mum is mad at your dad, don't let her brush your hair

**Never turn on a dust buster when you are holding a cat**

You can't hide a piece of broccoli in a glass of milk

**Puppies still have bad breath even after eating Tic Tacs**

When you get bad marks at school, show your mum when she's on the phone

**Never try to baptise a cat**

If you want a kitten, start out by asking for a pony

**When your dad is mad at you and says "Do I look stupid?" Don't answer him**



# Recipe of the Month

Spring has sprung so here is a lovely simple dessert recipe to finish off your meal.

## Chocolate Mousse

1 cup of chilled coconut cream, 2 tbsp. cocoa powder, 1 tbsp honey.

Put all ingredients in a bowl and beat till thick and smooth. Serve in individual dishes topped with a few berries or fruit of your choice.

This is suitable for anybody watching their sugar intake. You can reduce the amount of honey or substitute any of the sugar substitutes on the market.

---





## Residential Care Subsidy

This is a topic that can be very confusing and a bit scary for some elderly people, but the Seniors website has summarised the following:

The **subsidy rate** changed on 1<sup>st</sup> July this year.

**The Asset Threshold** has increased to:

- » \$230,495 for a single person or a couple where both partners are in Residential Care.
- » \$230,495 for a couple where one partner is in care, including the value of their house and car.
- » \$126,224 for a couple where one partner is in residential care, not including the combined value of their house and car. (The house is only exempt when it is the main place where your partner who is not in care or a dependent child lives).

The income-from-assets exemptions have increased to:

- » \$1,005 a year for a single person,
- » \$2,009 a year for a couple when both are assessed as needing care,
- » \$3,013 a year for a couple where one partner has been assessed as needing care.

\*\*\*\*\*

Just in case you are curious about the KADAP Inc. office and how it functions, the following notes may be of some interest. Firstly, the office is located in Rooms 6G and 7G ('G' just means 'Ground' Floor), of the KEA Building, 60 Onslow Street. The office hours are 9:00am to 4:00pm, Monday to Friday. The office is manned by Gary and ably supported by three office volunteers (Gloria, Kath & Sue. -Sue has been with KADAP since Day 1 and performs a different office admin role than Gloria and Kath). These ladies are in the office part time, 3 days a week, and assist with your phone call enquiries, allocate appropriate Volunteers to respond to your requests, contribute large parts of the monthly Newsletter articles, keep the office records like Membership, Volunteer and Financials up to date and also volunteer 'out in the field' performing tasks to help out Members. Gloria is always researching possible activities and outings for Members, which can be fraught with difficulty trying to come up with suitable ideas and outings within reach of very limited budgets and 'time availability'. These ladies, along with their volunteer husbands, (or should that read 'husbands who also volunteer?') as well as all our other great volunteers, are the unsung heroes of KADAP, and a great many of them also give of their time and expertise to other worthy causes, groups and organisations. Honouring the Koha principle is an important aspect of KADAP Member practice, to acknowledge the value of our Volunteers contribution, as often they carry the costs incurred while they give help to others.

To give a bit of an overview of how busy the office can be, the following stats. cover the last 8 weeks alone. There were 144 phone calls into the office, being enquiries or requests for jobs, which totalled 110 actual job requests. To get all these requests fulfilled required 252 phone calls out of the office, to secure the appropriate help, including volunteers, trades, or agencies. There were 85 'walk-in' visits. This activity equates to a weekly average of 13.75 jobs requested and fulfilled. 8 new members, and 2 new volunteers joined during the last 8 weeks. Isn't Kawerau fortunate to have such a great organisation like KADAP Incorporated.

## 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**

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

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

## **KADAP Incorporated**

Kawerau And Districts Ageing In Place Incorporated operates as a Registered Not For Profit Charitable Trust. It is governed by an eight-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 6G & 7G KEA Centre,  
60 Onslow St,  
KAWERAU 3127  
Phones: 07 219 3940 and 07 219 3941

Office open 9:00am - 4:00pm Mon.- Fri.  
Web site: [www.kadap.org.nz](http://www.kadap.org.nz)

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