



Hi Everyone,

2020 is my 4<sup>th</sup> Year at KADAP and a very interesting, challenging, rewarding and fun journey it has been. It seems to be a year of change as already the office is undergoing a bit of a revamp as we modernise our computer systems, and introduce some extra office helpers who will be assisting Gloria in the office to do the day to day record keeping and phone calling etc. that make up a large part of the KADAP operation. The new ladies helping in the office are Sandy, José and Gail. Gary will be 'out and about' more this year promoting KADAP in the local community and working towards increasing our database of local Trades and Contractors who will 'buy into' the KADAP philosophy and be encouraged to offer a discount for their work or services that comes their way via Members requests lodged through the KADAP Office. There are plans to look at expanding the KADAP profile amongst Government purse string holders, to release specific funds for specific projects, allowing KADAP to increase its level of service and activities etc. if the plans come to fruition. This will be a continuing exercise throughout 2020, watch this space in the months to come for details. To reenergise myself for this expanding role in the community, I will be taking the first two weeks of March off, but the ladies in the office will continue all normal office functions, except that the office will close at 3:00pm daily.

Have a lovely start to autumn, and I'll catch up in a couple of weeks. Regards, Gary.

### WHAT'S HAPPENING



~~~ The next Members meeting will be on **Monday 9<sup>th</sup> March in the Kawerau District Council Concert Chambers, at 1.00 pm**. The guest speaker is **Carol Lawrence** who will be giving a very informative and interesting talk about something which will inevitably affect us all to a greater or lesser extent as it is to do with the changing we world we live. 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 5<sup>th</sup> so we can organize it.

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Kawerau SeniorNet meets each Thursday in Room 14 at the Life Konnect Centre, 371 River Road, at 1pm. Membership is \$30 per year. Helpers are available for one to one advice. Come and join a friendly bunch of computer enthusiasts, and enjoy a cuppa with them as well. There are tutorials at 10am for Word and Excel tuition. (This session must be booked in advance and classes are restricted to 8. A manual is provided. The course costs \$25 per person for 20 weeks. Other classes are held from time to time. Contact Wayne on 323 4197 for more information.



# Recipe of the Month



## ***Cheesy Vegetable casserole***

If you've been watching the telly and have seen all the news and advice about not eating too much red meat, then here's an inexpensive recipe for a main meal that's just right for two. You can use any combination of vegetables, even using left-overs if you like, but if you do, don't cook them, just pour the sauce mix over them and heat until the sauce bubbles.

### **Ingredients**

1 small zucchini, halved and cut into 1cm slices  
¾ cup milk  
¼ teaspoon garlic salt  
a couple of twists of coarsely ground pepper  
¼ cup grated cheese  
1 medium potato, peeled cooked & cubed  
1 tablespoon walnuts or cashews

2 tablespoons plain flour  
¼ cup chopped green capsicum  
1/3 cup broccoli florets  
1 medium carrot, julienned  
1 tablespoon chopped fresh parsley  
2 tablespoons butter

### **Directions**

In a large saucepan of boiling water over medium heat, cook the zucchini, carrot, broccoli, and capsicum until crisp-tender.

Drain, and stir in the previously cooked potato.

Spoon into a small casserole dish. In a small saucepan, melt the butter and stir in the flour, milk, salt and pepper until smooth. Cook for 2-3 minutes, gradually adding the cheese. Cook and stir until the cheese is melted.

Pour over the vegetables. Sprinkle with chopped parsley and nuts.

Bake, uncovered at 180° for 20-25 minutes or until the sauce is bubbly.

### Nutrition facts

Per portion: 352 calories, 21g fat, (12 g saturated fat), 58mg cholesterol, 491mg sodium, 33g carbohydrate (9g sugars, 4g fibre), 11g protein. (This may change if you are using left-overs).



## Banking Ombudsman

What should I do about shared bank accounts when my partner passes away?

If there is a joint account, how am I, the other account holder affected?

These are common questions, and the Banking Ombudsman Scheme website can provide guidance ([www.bankomb.org.nz](http://www.bankomb.org.nz)) For those who don't have access to a computer, a phone call to the Citizen's Advice Bureau may be helpful, or you could talk to a Justice of the Peace.

The first step is to notify the bank, as they won't necessarily know. Anyone can notify the bank, but typically this responsibility would fall on the next of kin or the estate representatives. The bank may ask you for identification and for a copy of the death certificate. The bank will then guide you through the process. Some of the technical processes that kick in include:

- All signing authorities and powers of attorney cease
- Individual accounts are frozen to protect the funds for the estate
- Joint accounts will usually be transferred to the remaining account holder's name (or names if more than one).

Frozen accounts can be more complicated when debt is involved. As such, it is useful to make arrangements with family to ensure they know how finances should be managed, and talk to your bank or lawyer for advice on how to prepare.

Most importantly, if you have any concerns about how you could be impacted, we recommend seeking guidance.

Ideally, you should discuss this with your partner so that you are both aware of what should be done.

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~~~ KADAP now has a FaceBook page - (Kawerau Ageing Kadap),  
and we have a web site ([www.kadap.org.nz](http://www.kadap.org.nz)).

~~~For those of you who have access to a computer you might like to look at the following:

Age Concern – [www.ageconcerntauranga.org.nz](http://www.ageconcerntauranga.org.nz)      Information and programmes  
Grown Ups - [www.grownups.co.nz](http://www.grownups.co.nz)      Information and tips

And for local events and Council things, [www.kaweraudc.govt.nz](http://www.kaweraudc.govt.nz)

# A few chuckles for you.

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A lady went into the Medical Centre for her check-up. The nurse handed her a urine specimin jar and said “Here take this. The bathroom is over there. The doctor will be with you shortly.” A few minutes later, the lady came out of the bathroom with an empty container and a relieved look on her face. “Thanks!” she said. “But there’s a toilet in there, so I didn’t need this after all.”

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Doctor: I am not exactly sure of the cause, but it may be due to the alcohol.

Patient: That’s okay. I will come back when you are sober.

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The senior version of “Head-shoulders-knees and toes” is “wallet-glasses-keys and phone”



One of our members will be doing **Slow and Gentle Yoga Sessions for the Older Person** in the Bert Hamilton Hall on Fridays at 10.30. \$3.00 donation per session.

Please phone Loretta on 021 236 1859 for more information.

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## The Digital World

For some Seniors, the world of computers is a scary monster, but it doesn’t have to be like that. It’s not even too expensive these days. If you don’t want a computer in your house, you can even use your mobile phone to go on-line. There are reasons why we are being “forced” to become digital, (especially in our town).

Most of us have already become digital in a small way, just by using an EFTPOS card to buy groceries, etc. Most things, from booking a restaurant and banking to paying accounts are more commonly done online these days, and you can even do your grocery shopping that way.

So while it seems like technology is the domain of the young, it’s actually important for people of all ages. Here’s why.

**It makes life easier.** Once you know your way around the internet you can complete tasks and get information faster than you’d ever thought possible.

**You save money.** Doing things online can be cheaper - travel deals, sale items, avoiding surcharges applied to doing things in person, Digital news - no more paying for the paper and having to get rid of it afterwards.

**Keep up with family & friends.** If your kids and grandkids seem to be always on devices, it makes sense that you should be too. You can share news, photos and even videos too.

**A good starting place** would be to go and see **DORA THE BUS** when it comes to Kawerau in April. You can get more information from the Library, or from the KADAP Office.

Watch out for more information in our next newsletter.

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## 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

FaceBook page - (Kawerau Ageing Kadap)

Office open 9:00am - 3:00pm 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)