



Kia Ora Koutou

Last Sunday 4th April the clocks went back and we said goodbye to daylight saving for another year. For me it signals the end of summer and lets me know that winter is just around the corner, While I prefer warm summer days there are a couple of perks – an extra hours sleep when the clock changes; movie nights in front of the fire; and pumpkin soup!

Thank you to Sequal Lumber NZ who kindly provided and delivered firewood (some is still to come) to KADAP members, it was very much appreciated. We received some kind messages thanking them and have passed these on to them.

A meeting that KADAP was part of this month was the 'How To' Hui. The hui had Karen Reed from Diabetes NZ, Jon Rewi from Fire and Emergency NZ, and Sue Hutchinson from St John presenting. I learned something from each of them.

From Karen, I learned that we should ask for a diabetes test from our GP if we have any of the following symptoms:

- Always thirsty or hungry
- Frequent urination
- Sudden weight loss
- Always tired or blurred vision
- Vaginal infections or sexual problems
- Wounds that wont heal

- Numb or tingling hands or feet

From Jon I learned the importance of having an escape plan from your own or any other home you are staying at, and that we should all have smoke alarms fitted. In Kawerau we are fortunate enough that our local Fire Service will provide and fit these for free.

From Sue I learned the acronym 'FAST' - use this if you suspect someone has suffered a stroke, if any of these symptoms are present, get urgent help:

F – FACE: Is their face drooping on one side? Can they smile?

A – ARM: Is one arm weak? Can they raise both arms?

S – SPEECH: Is their speech jumbled or slurred? Can they speak at all?

T - TAKE ACTION: Call 111 immediately.

It is always good to learn something new – its like exercise for the brain.

Karen Stanton
KADAP Co-ordinator



Staying in touch

Do you want to learn how to use 'messenger' to chat to your friends or family? Messenger is a **free** computer service that allows you to video chat, share photos or message anyone around the world. If you would like to know more about it, give us a call or drop into the office. Don't worry if you do not own a computer, we have one in the office that you can use.

Give us a call, organise a time to come into the office and we will show you how easy it is to connect with others.



Recent Activities

Out and about in March

Members who attended the outing to the Shades of Blue Concert put on by the Whakatane Community Orchestra had a fabulous time. The orchestra is made up of a wide variety of community members of all ages and the music reflected that. Congratulations to our own Ian Hayman who plays the trombone in the orchestra.



March - Members Meeting

During March we had Gorah Golamaully the Practice Leader from Support Net speak at a members meeting. Gorah answered many questions from members and spoke at length about Support Net's processes. We learned a lot and are now in a better

position to answer questions members may have.

Volunteer Activity



Volunteers have kept up with Members' requests during March. It's almost as though people are emerging from a chrysalis – post Covid and finding many things that need fixing in and around their homes.

One Member decided to renovate her kitchen. A Volunteer helped with the wallpapering!

Here is a breakdown of some of the jobs and hours our volunteers have done during March.

Gardening	12 hours
Handyman	36 hours
Office	121 hours
Transporting	29 hours
Shopping	10 hours
Welfare	17 hours

Thank you to all KADAPs amazing volunteers – approx 225 hours of volunteering completed this month – and 875 hours completed since the beginning of the year!



Recipe of the Month



Sausage & Vege Bake

4 – 6 sausages

Frozen wedges (you determine how many)

Chopped red onion

Tomatoes quartered

Button mushrooms

1 tbspn olive oil

Rubbed or fresh rosemary

Method

Preheat oven to 200c.

Prick sausages, place in dish and bake 10 mins.

Turn sausages and add wedges and red onion – bake 20mins.

Remove from oven and turn oven to grill setting.

Toss mushrooms in olive oil.

Scatter tomatoes, mushrooms & rosemary over mixture – grill 5-10 mins.

Serve with Basil Pesto if wished.

Tip

Make sure the dish is deep enough for a single layer of wedges to keep them crisp.



Facts of Life

- Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag pile carpet to change the TV channel.
- I love approaching 80, I learn something new every day and forget 5 other things.
- A thief broke into my house last night. He started searching for money so I got up and searched with him.
- Just remember, once you're over the hill you begin to pick up speed.

What's Happening in April

Members April Meeting - Our KADAP members meeting will be held in the Council's Concert Chamber on **April 12th at 1.00pm**. The Speaker will be Scott Innes from Work & Income NZ, talking about what funding/payments for services eg gardening and window washing are available for Seniors.

ANZAC DAY – Sunday 25 April 2021 – we are not aware of anything that is organised in the town at the moment, but keep an eye on the i-Site events website. www.kaweraunz.com

Zumba Fitness at Concert Chambers
Time: Monday 5.30pm Cost \$3

Coffee and Chat

Starting 14th April Where: Town and Country Time: 10am Buy your own coffee

Falls Prevention Exercise Class

'Steady As You Go' classes

These community based exercise classes are for anyone who needs help to improve balance, leg strength, flexibility and general fitness.

Day: Wednesday

Time: 10.30am Morning tea

11am-12pm Exercise Class

Where: Kawerau Concert Chambers

Cost: \$3 funds go to Age Concern

For more information, please contact Diane Davson 07 3228489 or 027 524 7407

KADAP Database Update

We are currently updating our membership data base. If your contact details have changed (eg. address, phone number, email) since joining KADAP could you please notify the office. This will enable us to keep accurate current information.

KADAP - thanks to our sponsors

Kawerau District Council
Hamertons Law
Bay Trust
Tindall/Acorn Foundation
Z Good in the Hood
The Lion Foundation
C.O.G.S.
NZ Lotteries
NZ Communities Trust.

Important Phone Numbers

Tarawera Medical Centre: 323 8499
Kawerau Medical Centre: 323 6249
St John: 0800 785 646

Kawerau Police: 323 1400
Kawerau Fire Service: 323 1077
Fire & Emergency NZ: 0800 658 628
or www.checkitsalright.nz
Veterinarians: 323 1052
Disability Resource Centre: 307 1447
Neighbourhood Support: 021 202 1303
KDC Dog Control Officer: 306 9009
Elder Abuse: 0800 326 6865

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

KADAP Inc. is located at:

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