



Welcome to a new CMA year

2018 has come around fast and we now head into the end of summer and the beginning of autumn. Our members have enjoyed beach days and picnics in between the crazy cyclones that have dominated the holiday period. We have celebrated Valentine's Day, St Patrick's Day and Easter this term as well as enjoying musical concerts, crafts and outings.

CMA is a place where social interaction is our top priority. If we look at world predictions the "experts" think that face to face interaction can increase productivity in business..... it seems we have been ahead of our time at our centres! They are also predicting that people will start to strive more for simplicity in life. I think we can all relate to the fact that the simple smile, word or gesture is really what makes us all feel good about ourselves and each other. At CMA we do this in abundance and it really is at the core of what keeps our members coming back year after year.

Please enjoy our magazine and feel free to pass on to others.

Rachel Quin Gilbert
Manager



AROUND THE CENTRES

Albany Centre

Albany CMA has moved into the brand new Albany hub and the hot summer temperatures this term have not been a problem - we have air conditioning! Term one is a busy time when we celebrate Valentine's Day (everyone likes a bit of love and treats!), St Patrick's Day (with everything green!) and Easter where chocolate is the treat of the day! We are sharing our lovely new premises when



Stanmore Bay come to visit as well as enjoying a large group outing to Dave's place in Dairy Flat. At Albany we are so lucky to have a wonderful group of busy volunteers who all give up the day to spend with us supplying us with delicious meals and happy conversation. We are looking forward to the coming months with lots of craft, games and fun lined up!

Belmont Centre

The beauty of the rose gardens could not be more amplified than at this time of the year. A most awesome way to be welcomed back to the new year as we head forward into another term of ongoing friendships, activities and cups of tea at Belmont CMA: It never ceases to amaze me that after all these years, Dave's musical visits to us continue to be the



favourite. An informative demonstration from Independent Living Services was also well received. We all learnt about the many contraptions available to make our everyday tasks easier. A definite favourite was the 'tipping kettle' This term we have had guest Hilda start back up with her weekly exercises. An exciting new development included all guests attempting them standing up for a length of time that was comfortable to each one individually.



Left: Exercises with Hilda.

Above: The tipping Kettle

Sunnynook Centre

Sunnynook CMA have enjoyed catching up with friends after the Christmas break and getting back into the CMA rhythm.

We have enjoyed a speaker, Dee, from independent living who showed us some awesome stuff that can help us out as our mobility gets impaired. We never knew there were so many gadgets to use. Dave has visited us a few times this term with his exercise and quizzes which are always enjoyed by all. Sunnynook also enjoyed a lovely lunch out and are looking forward to the combined centre with Mairangi Bay where we will enjoy a musical morning of fun and dancing.



International Brain Awareness Week 2018, March 12 to 18

What is Brain Awareness Week?

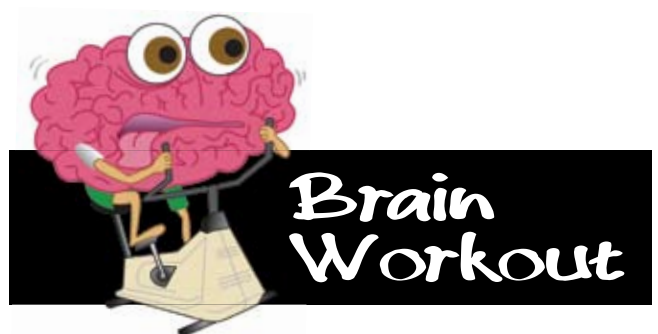
Brain Awareness Week (BAW) is a global campaign to increase public awareness about the progress and benefits of brain research. Brain Awareness Week also aims to increase community awareness of the potential for improving the long-term health of the brain through lifestyle changes and risk-reduction strategies.

For one week every March, Brain Awareness Week unites the global efforts of over 2,200 universities, hospitals, patient groups, government agencies, schools, service organisations and professional organisations in 76 countries in a week-long celebration of the brain. During Brain Awareness Week, campaign partners organise creative and innovative activities in their communities to educate and excite people of all ages about the brain and brain research. Events are limited only by the organisers' imaginations!

Kiwi brain researchers' world-leading studies on the human brain have led to exciting new insights into the treatment of brain disorders – their work has also helped to raise awareness of the huge

importance of brain health and the vital need for continuing research. The Neurological Foundation has been sponsoring New Zealand's neurological researchers for over forty years and has simultaneously been building public brain health awareness. We are excited to be both a part of the history, and a cornerstone.

Keep your brain working by trying our quizzes on this page and the next.



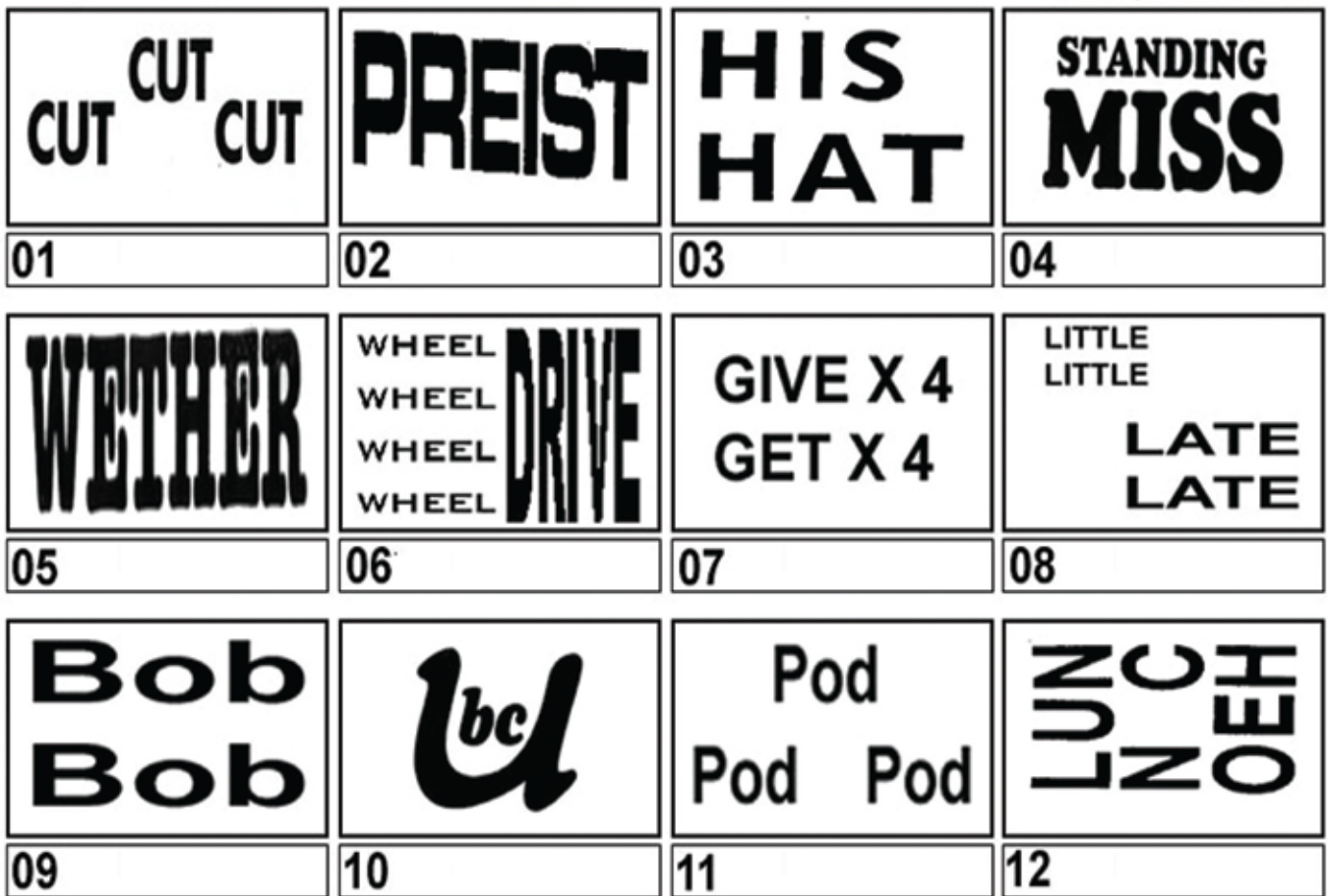
COULD THEY HAVE MET?

This quiz is not about whether these pairs could have met in reality - but whether they were both alive at the same time.

1. Attila the Hun - Genghis Khan
2. Robert Burns - Sir Walter Scott
3. Tom Cruise - Clark Gable
4. William Shakespeare - King Henry VIII
5. Rasputin - Winston Churchill
6. Marie Antoinette - Pocahontas
7. Marie Curie - William Shatner
8. The Dalai Lama - Rudyard Kipling
9. Buddy Holly - Madonna
10. Bradley Walsh - Stan Laurel

Answers bottom of page 10.

DINBATS 03



Can you work out what these picture puzzles mean? Answers bottom of page 10.

FUNNY PUZZLES TO MAKE YOU SMILE

Question 1 :

You are participating in a race. You overtake the second person. What position are you in?
To answer the second question, don't take as much time as you took for the first question.

Question 2 :

If you overtake the last person, then you are?

Question 3 :

Very tricky math! Note: This must be done in your head only. Do NOT use paper and pencil or a calculator. Try it.

Take 1000 and add 40 to it. Now add another 1000. Now add 30. Add another 1000. Now add 20. Now add another 1000. Now add 10. What is the total?

Answers bottom of page 10.



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.



Belmont Games



CMA means family





Starmore
Cafe Lunch!
Bay



Starmore
Bay
Baby Bunnies

CMA staff and volunteers enjoy some training.

Thanks to Dementia Auckland and NZ Tertiary College for providing education in caring for people with dementia and how to implement enabling care into our centres. The training was well received by all and we look forward to implementing some of the strategies in our centres.



Outstanding achievers at CMA

Congratulations to Staff member Chandni Steveni and volunteer Richard Steveni for passing their NZTC level 3 certificate in Health and Wellbeing.



Congratulations to Supervisor Melissa Jillings

Melissa was nominated by a CMA member as the kiwibank New Zealand Local hero for her work at Albany, Stanmore Bay and Red Beach CMA. Awesome work Melissa and so good to be recognised. Keep up the fantastic work that you do.



Our grandmothers' kitchen: What our parents' parents cooked

Microwaves weren't invented yet, cakes didn't come in a box, everyone had their own garden and meat was a luxury.

The idea of "meat and three vegetables" rings true when it comes to what older generations ate, but it was so much more than that.

The diets of those who grew up in post-war New Zealand were vastly different to what they are now, and they've seen plenty change in the kitchen.

For some, there wasn't hot water pouring from the tap and for others, killing their own meat was just part of the preparation for dinner. Wastage was

never really an option either.

Joyce Gardner, 93, first moved to New Zealand from the United Kingdom in 1953,

"I was brought up in a family that had a very, very big garden," Joyce says.

When she and her husband purchased a home in Lyttelton, they began gardening and fresh vegetables became staples. Tomatoes, potatoes and carrots were just the tip of the iceberg, and she continues to grow many of her own vegetables.

"I used to buy skirt steak, because when you put skirt steak in and cook it, it kind of flakes a bit. It makes gorgeous gravy," she says.

The Sunday roast was always beef bolar, cooked atop chopped celery, onions, carrots and parsnips, as well as a few Oxo cubes.

Once cooked, she would take out the beef and make the gravy: "All the juices go into the vegetables, [it] helps to make the gravy and makes for nice eating".

Grab the potato masher and mash the vegetables, heat and add some flour if it needs encouragement to thicken.

Gravy is a serious art and it's something Joyce has surely perfected; roast potatoes too, par-boiled, roughed up with some salt and flour and put in a roasting tray with hot oil.

"It's a jolly good meal, I could have it now," Joyce says, with a chuckle.

Joyce and her husband often spent their holidays travelling through the South Island, mainly to Lake Hawea, where they would catch salmon. What she did to make the salmon last over the following months would likely be considered a bit odd by modern standards.

"They were beautiful, I used to bottle them."

It's just like canning fish, except it's local salmon or trout being pulled from the cupboard to make a good meal.

"For a cooked dish, that was easy: flake them up and put some of the juice in (that was in the bottle) and then put some mashed potato on the top."

Cheese on top of that, or toasted bread crumbs, and dinner was sorted with some fresh vegetables, she says.

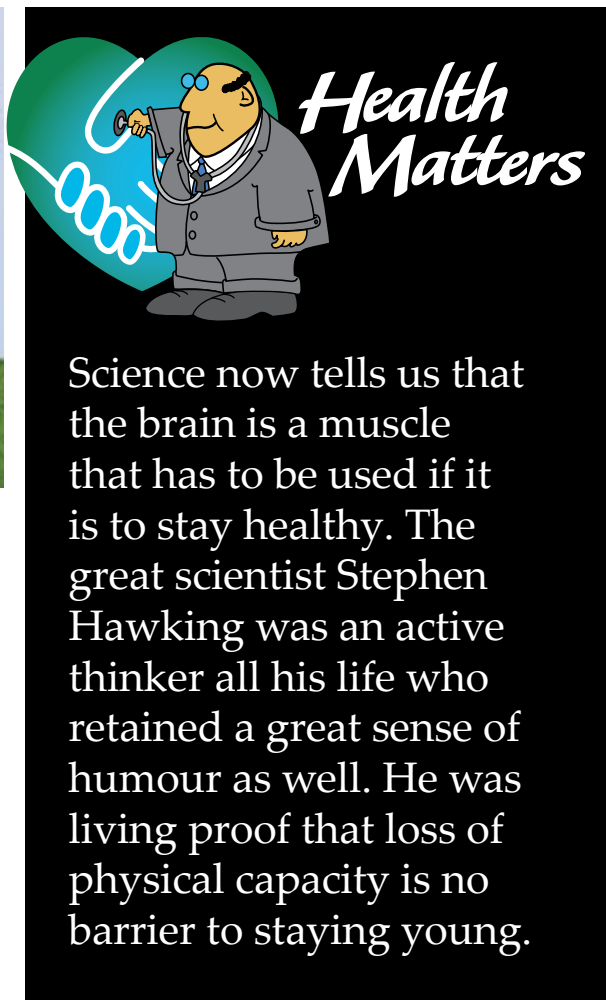
Joyce still cooks for herself, grows plenty of her own vegetables and passes on her knowledge of cooking — it's something she's known for.

"My taxi drivers are always asking for advice on what to cook" Joyce says



Sculpture walk

Thanks to everyone that supported us by buying tickets to the Gibbs Farm sculpture walk on Friday 23rd March. We raised over \$5000 and we hope everyone had a fantastic time and enjoyed the incredible art on show. Thanks also to Alan Gibb for enabling charities such as our such an awesome fundraising opportunity.



Science now tells us that the brain is a muscle that has to be used if it is to stay healthy. The great scientist Stephen Hawking was an active thinker all his life who retained a great sense of humour as well. He was living proof that loss of physical capacity is no barrier to staying young.

FUNNY PUZZLES TO MAKE YOU SMILE ANSWERS

Question 1 :

If you overtake the second you are second.

Question 2 :

If you are last you cannot overtake the last person.

Question 3 :

Did you get 5000? The correct answer is actually 4100.

Could they have met? Quiz Answers

- 1.NO - Atilla died 453 ... Kahn died 1227
- 2.YES - Burns 1759-1796 Scott 1771-1832
- 3.NO - Cruise born 1962 ... Gable 1901-1960
- 4.NO - Shakespeare 1564-1616 ... Henry 1491-1547
- 5.YES - Rasputin 1869-1916 ... Churchill 1874-1965
- 6.NO - Antoinette 1755-1793 ... Pocahontas 1595-1617
- 7.YES - Curie 1867-1934 ... Shatner Born 1931
- 8.YES - Dalai Lama Born 1935 ... Kipling 1865-1936
- 9.YES - Holly 1936-1959 ...Madonna Born 1958
- 10.YES - Walsh Born 1960 ... Laurel 1890-1965

DINGBATS QUIZ ANSWERS

1. A cut above the rest.
2. A clerical error.
3. A bit of this and a bit of that.
4. A big misunderstanding
5. A bad spell of weather.
6. 4 wheel drive
7. Forgive and forget.
8. Too little too late.
9. 2 bob.
- 10.Be seeing you.
- 11.Tripod.
- 12.Square meal.



Meet Sue from Glenfield

I had a chat with Sue Davy who has been coming to CMA for 10 years. She is currently attending the Glenfield CMA on Thursdays.

Why did you join CMA?

"I was alone at home with nothing to do so a member of the Epilepsy Society brought me along to Glenfield CMA and introduced me to Thelma the supervisor. I haven't stopped coming since, unless I'm crook and

that's not very often."

How do you find communication with CMA and the supervisor at your centre? Are you well informed of CMA's activities?

"I'm very well informed. They keep me up to date well and if there's something I don't agree with, I will let them know."

Do you find the venue comfortable and welcoming? Is it easy for you to get transport to the venue?

"The Glenfield Hall is a lovely venue. A volunteer driver picks me up and drops me home and sometimes in the summer I'll walk. It's a nice easy walk along Glenfield road with my walker."

Do you think CMA provides value for your money? Is the food provided sufficient, varied and appetising?

"Yes. It's just what I need. They give us great food and I enjoy the activities."

Do you think CMA meets these requirements?

"Yes, we have a good variety of activities here. I find reading and writing difficult but I really enjoy having a go at the crossword puzzles here and there's always someone to help me here if I get stuck. Today we are playing basketball and I'll have a go at it. I'm always game to give anything a go."

CMA Centres are required to take a holistic approach to your health and welfare by providing activities that provide for social, intellectual, physical and creative stimulus. We also aim to keep you up-to-date with health issues. Has coming here benefited your family?

"Yes. They are happy I have somewhere to go that I enjoy. I have been a widow for 5 years and coming to CMA gets me out of the house. At CMA I enjoy: "Everything. I will have a go at whatever they have planned for the day. I enjoy the variety."

AT CMA I dislike:

"Nothing. I am very happy with everything we do here."

Notice Board

TERM 1 ends April 13

TERM 2 starts April 30

Got a couple of hours to spare on a weekday? Consider volunteering at one of our centres. Call us to chat more about it.

We are in need of volunteer drivers to drive guests to and from the centres. Call us to chat about it on 489 8954

Do you know any people who would like to try out a CMA centre. Bring them along, the first session is free.

Thank You to our Funders and Supporters

Waitemata District Health Board.
NZ Lottery Grants Board. The Lion Foundation. Community Organisations Grants Scheme (COGS). Foundation North. Pub Charity – from gaming machines at The Jolly Punter, Florrie McGreals Irish Pub, Seven Stars, Brownzy's Sports Bar. The Albany Laurie Parker Trust. AJ Scott. Auckland Council. Devonport and Takapuna Local Board. Kaipatiki Local Board. Hibiscus and Bays Local Board. Upper Harbour Local Board. Pelorus Trust. Four Winds Foundation. Community Post. 'Z' Energy. VMG Digital. Allright Welfare Trust. North Shore Presbyterian Hospital Trust. Blue Sky Community Trust. Gibbs Farm. NZ tertiary College. Dementia Auckland.

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Mairangi Bay:	Chandni
Birkenhead:	Jacinda
Glenfield:	Jacinda
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Stanmore Bay:	Melissa
Albany	Melissa

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Manager:	Rachel
Support Officer:	Leah

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Charities Reg. No. CC22808

CENTRES OPEN 10AM - 12.30PM

MAIRANGI BAY - MONDAYS

SUNNYSOOK - MONDAYS

BIRKENHEAD - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS

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