

## Spring has sprung

There's just something so rejuvenating about spring. Whether it's the birds chirping, flowers or sunshine, spring does wonders for the senior soul.

Springtime is a favourite season for older folks because so many of us have spent the winter being cooped-up indoors. There's nothing like breathing fresh air, feeling the warmth of the sun on the skin and soaking in a little Vitamin D to renew the spirit and enhance our quality of life.

Our CMA centres have added a little spring cheer with flower planting and spring themed games and activities. We are looking forward to the chance that the warm weather brings to enjoy morning tea in the sunshine and picnics on the beach. Exercise, fresh air and good company is always on the agenda at our centres so why not go check out your local CMA and see what activities they have planned. Transport can be provided for a very small donation. Call us for more information.



**spring**  
celebrations at Red Beach

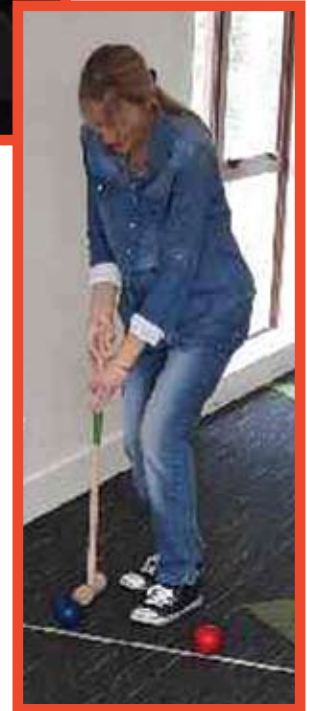
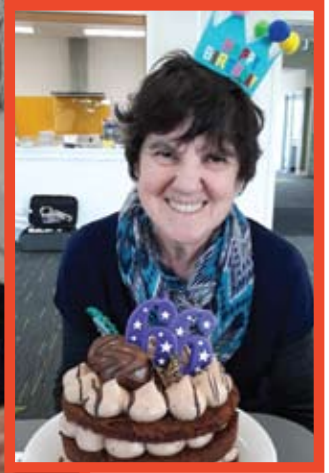




# AROUND THE CENTRES

## *Albany Centre*

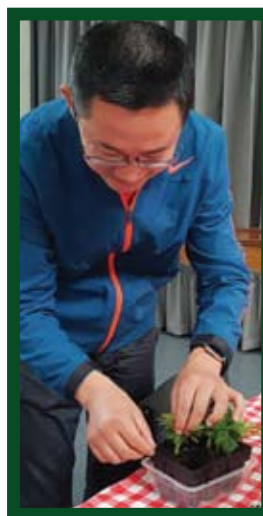
Albany CMA celebrated two very special birthdays today with two very special friends. Rae turned 83 and Annette 66. The Albany guests were treated to a morning of yummy food and special games with pass the parcel and croquet on the agenda. Thank you for the generous donation to Albany CMA from Rae and her family to allow us to share her special day with her in such style.



## *Mairangi Bay Centre*

We put it all out there this term at Mairangi Bay when we decided to celebrate Spring!!! This didn't last too long as the weather quickly changed to be cooler than in winter!!! Not to be deterred we held our heads up as we potted our plants and coloured our bags ready to step out with spring cheer. We looked forward to the beautifully coloured flowers that would bloom into marigolds, undoubtedly bringing a smile to our faces.

Some of our guests told us about the wonderful home-made marigold tea and all its benefits.



We were so impressed; we thought we would share this information with you...

### **MARIGOLD TEA RECIPE:**

#### **Ingredients:**

Two flat teaspoons of dried marigold flowers shred into small pieces.

About 200ml of water.

#### **Preparation:**

Boil the water and pour it over the marigold.

Cover with a lid and leave for 10-15 minutes.

Strain and drink while warm.

### **BENEFITS OF MARIGOLD TEA:**

It detoxifies the body and enhances blood cleansing.

It stops nausea and vomiting.

It's beneficial for stomach ulcers.

It regulates fast heart rate. It removes symptoms of common colds. It cures haemorrhoids.

So as we eagerly await the blooming of our marigold plants, we hope you will get planting too...

A few other highlights we wanted to share included: An outing to Chand restaurant in Torbay; a visit from Rachel; Dave's birthday celebration and Robyn's book activity.





## Stanmore Bay

This winter has seen the numbers at Stanmore Bay increase with many more men coming along which is fantastic. We have brought in some activities with the male members in mind although we find the men are great joiners no matter what we are doing! A lunch outing is always a special treat and we particularly enjoyed visiting the Wade hotel where the building itself is a monument of local history dating back to the 1800's



and retains a lot of its original features. We have embraced spring at Stanmore Bay with themed games, food and decorations - including plenty of colour and flowers. We are so looking forward to the arrival of warmer weather when we can treat ourselves to picnics at our local beaches. The Coast is a great place to live!



## Glenfield Centre

This term has been a busy one. We have enjoyed music and exercise with Dave which, as always, is great fun and gets our minds and bodies moving. We have also introduced some new games which have given us some laughs as we figure them out.

Guest Rudolph has also entertained us with some accordion playing which was greatly enjoyable; everyone loves to sing along to the old songs.

Thelma Green who attends both Glenfield and Birkenhead centres celebrated getting her life membership and we have welcomed some new guests to our centre – it is always great to make new friends and share new stories.

As the term ends we have been getting ready for Fun Day and look forward to next term.



*Old age is like climbing a mountain. You climb from ledge to ledge. The higher you get, the more tired and breathless you become, but your views become more extensive.*

*Ingmar Bergman*





Yay for BIRTHDAYS!  
at Red Beach







# Dementia & The Magic of Words

## “What I Speak is What I Create”

“Abracadabra” is a very old word and there is some debate about where it came from. A widely accepted view is it is from the ancient Aramaic language and means “What I speak is what I create”. I’ll let the debate go on without me as I think this is wonderful ancient wisdom that rings true to the present day.

Your words and your body language can have a huge affect on others.

When you are positive others around you pick up on it and unfortunately the same is true for the opposite. It is also important to notice that this can also influence your own behaviour. Have



you heard the saying ‘If you think you can’t do something, you’re probably right.’

Our environment, our perspective and opinions, and those around us shape our world. But we have to remember how we experience the world is just our brain’s interpretation affected largely by our past experiences and current emotions. And this is hugely influenced by the words we see and hear, including what we say to ourselves. What I speak is what I create.

For a person living with a brain injury or dementia it may be difficult to stay positive.

Many people diagnosed with dementia also live with depression. A positive atmosphere is very important but sometimes this can be difficult to achieve. Their condition not only affects the individual but also everyone around them.

If what we speak is what we create then we need to become more aware of what we say, we read and we listen to. Are these words creative or limiting, to yourself or to others? Sometimes it’s not very apparent that our words are limiting. It can be as subtle as not including words that inspire and uplift.

Words can have incredible power, but it is easy in the busyness of the day just to focus on what we are doing. Someone feeling overwhelmed can pass on their negative energy without even realising it. But energising words can give you energy and this in turn can be shared.



Unsurprisingly people don't respond well to the word "don't" at any age. Using positive affirmations can be a way of turning complaints and worries into something less negative. Sometimes just telling someone they are helpful and cooperative can have a magical effect. Abracadabra!

It can be challenging, but by choosing to assume that everyone is always doing the best they can at the present moment helps make it a little easier.

Smiles are contagious. Even reading or hearing the word smile can bring on a smile. Sometimes it is a matter of fake it till you make it.

Here are a few ideas on how you can introduce positive words to your day. You can do these things alone or with others who need uplifting. If someone can't participate they will still gain something from hearing these positive words. Creating discussions around these activities when possible is really beneficial.

- Make a long list of positive or happy words. This could be random or by letter. Eg. A is for achieve....
- Write out a positive quote and write all the words you can think of from the letters in it. Eg. A group of fabulous and fun people.
- Write the word smile and stick notes up where you will see them during your day. This could also be a painting or colouring activity.
- Write a funny quote and place it where you will see it often.
- Write a list of things to be grateful for.
- Write down good things you can do and enjoy in the coming week.

By using positive words to yourself and to others you can harness their power.

Words can be magical. If you are struggling in your day, try: Abracadabra!

## QUIZQUIZQUIZQUIZ QUIZQUIZQUIZQUIZ



1) What breed is this dog?

2) Name this famous Las Vegas Hotel?



3) How long ago was Stone Henge Built?

4) What bird type is this?

5) How long does one Moon orbit of Earth take?

6) What species is this?



Answers next page



## Special Library service

Are you confined to home due to age, permanent/temporary disability or illness and have no one to choose or collect library items for you? Takapuna Library offers a Housebound service where library staff will select books, magazines, music CDs or audiobooks according to your preferences. These will then be delivered to your door by volunteer drivers at a time to suit you.

Please contact Barbara Bell on 890 4901 or email

[Barbara.bell@aucklandcouncil.govt.nz](mailto:Barbara.bell@aucklandcouncil.govt.nz) for more details.



The power of words goes as deep as our DNA. In fact science has revealed that harsh words cause DNA strands to contract while loving and kind words cause them to literally unwind a little. We can see in this the source of tension and conversely of a relaxed atmosphere. What we say carries emotional impact and words can wound or heal. They are a product of what we think. Sincerity cannot be faked nor can love. We all know it when we are truly being loved.

Words are often used for nefarious purpose but when we speak from the heart not just the head the outcome is always beneficial. Actions speak louder than words but a word is an action of sorts. But when ones word is wedded to ones actions then we are truly empowering words to make the world a better place.



## PICTURE QUIZ ANSWERS

- 1) Doberman 2) The Luxor
- 3) Approx. 5000 years ago
- 4) Heron 5) 27 Days 6) Whale



# Welcome Kiri our new supervisor for Albany CMA

My name is Kiri, and I am super excited to be joining you all at CMA.

A bit about me.....

I am a mum of two gorgeous girls – India and Molly, and 11 years married to Andy. We are an outgoing family, and early this year I competed in a triathlon, along with a few other crazy mum friends. The girls also love doing family events and camping and exploring beautiful New Zealand. Later this year we are all taking part in the Mud Monster Run-finisher head to toe in mud - I hope I bring the correct children home with me!



In my younger days I played water polo for New Zealand. This started me off with the travel bug, when I had to travel to Italy at 16 to compete in the World Championships. Since then I have travelled all over the world, with Nepal and Vietnam being two of my favourite destinations. Luckily for me, Andy also enjoys exploring the world, and after meeting in the UK, we decided to backpack our way all over the place, and thankfully he fell in love with NZ, and it was lovely to return home again after so many years and settle down.

India and Molly definitely keep me on my toes. I volunteer with most of their sports teams, and also the school PTA. Molly is our creative one, who loves art, drama, and putting on a show; and India is our sporty bookworm – she either has a book or a ball in her hand! I look forward to meeting you all at Fun Day.

## MATCH THE YEAR WITH THE EVENTS 1901, 1933, 1954, 1961, 1977, 1984,

1. Albert Einstein arrives in the US / FM radio is patented / Alcatraz is acquired by the US Dept of Justice.
2. Eddie Murphy born / JFK becomes President / The Beatles 1st performance.
3. Queen Victoria dies / William McKinley assassinated & Theodore Roosevelt is sworn in as President / The Boxer Rebellion in China officially ends.
4. Jimmy Carter becomes President / Led Zeppelin sets a new world record attendance for an indoor performance / 25 London buses are painted silver
5. All food rationing ended in Britain / West Germany beat Hungary 3–2 in the World Cup final / Angela Merkel born. *Answers next page*

# Notice Board

TERM 3 ends Sept 28th

TERM 4 starts Oct 15th

FUN DAY - 18th October.

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. NZ Tertiary College. Postman's Leg, Glenfield.

## Match the year answers

1.1933 2.1961 3.1901

4.1977 (buses silver as silver jubilee)

5.1954

## GOVERNANCE TEAM:

Chairperson:	Nora Gillies
Vice Chairperson:	Robyn Walker
Secretary:	Melinna Kartahardja
Treasurer:	Valiya Gafarova
Supervisor Rep:	Jacinda Tyson/ Chandni Steveni

### General Members

Jeff Mitchell	Emmy Mei
Hamish Drury	Leonie Moreland

## PATRON:

Ann Hartley

## CENTRE SUPERVISORS:

Sunnynook:	Jacinda
Belmont:	Chandni
Mairangi Bay:	Chandni
Birkenhead:	Jacinda
Glenfield:	Jacinda
Red Beach:	Melissa
Stanmore Bay:	Melissa
Albany	Kiri

## SUPPORT STAFF:

Manager:	Rachel
Support Officer:	Leah

## CONTACT DETAILS:

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Phone 09 489 8954. Fax 09 489 8956.

E-mail: [info@cmans.org.nz](mailto:info@cmans.org.nz)

Website: [www.cmans.org.nz](http://www.cmans.org.nz)

Charities Reg. No. CC22808

## CENTRES OPEN 10AM - 12.30PM

MAIRANGI BAY - MONDAYS

SUNNYSNOOK - MONDAYS

BIRKENHEAD - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS