

Love and respect for all



In the aftermath of the national tragedy that took place in Christchurch finding the right words to express your horror can be difficult. Many of us found it impossible to even comprehend that this could happen in our safe backyard with an overwhelming feeling that New Zealand had changed for ever.

Bigotry and intolerance has no place here in Aotearoa. This is not who we are or who we will ever be. Over the weeks that have followed the attack we have shown that as a nation our strength lies in our diversity and while acts such as this are orchestrated in an attempt to divide us, love and unity will always prevail.

While we take it all in it is important that we look out for each other and take time to feel good about ourselves and the world we live in. It's easy to get caught up in the bad news, especially when such an awful thing has happened. Make an effort to look out for stories about people being kind, compassionate and caring to each other. Your CMA family can be a safe haven for those "feel goods" that are so important for our health and wellbeing. We are all here for each other. Arohanui .

AROUND THE CENTRES

Glenfield Centre

This summer has just kept on giving and we have loved spending some time in the sunshine catching up with all our friends at Glenfield on a Thursday.

Glenfield has had some changes this term with the introduction of weekly strength and balance exercises. We have really enjoyed giving them a go and hope to see some positive changes soon!! Thanks to Dale from Sunnynook for helping with this.

Quizzes and games are always the highlight of our days as the competitive streak comes out in everyone particularly with music quizzes with Dave and our board games with each other. Seeing how everyone supports each other is also touching, enabling all to join in and be a part of every activity – it certainly epitomises “inclusiveness”.

We enjoyed our outing to Birkenhead RSA which was great with some yummy food and great company and we look forward to celebrating Easter with everyone.



Never put an age limit on your dreams
Dara Torres - Gold medalist swimmer

Belmont Centre

Awesome weather saw us start off the new term on a real high with roses in full bloom at our Rose Centre venue in Belmont – all adding to the excitement of getting together with friends after the lengthy Christmas break.

The term had us enjoying many new activities and sharing

our stories as usual. A new twist on our exercises facilitated by Hilda and our amazing volunteers, is our focus on strength and balance.



Nothing is ever too challenging at Belmont, but instead brings new excuses for greater levels of fun and laughter. A general consensus remains though, that Dave's qi-gong and meditation still remains the favourite.

We are very thankful to CMA volunteer Dale for her time invested in training all our volunteers, and others, to be better equipped in delivering the strength and balance training to our guests. We look forward to seeing more fruits of this training in future.

Over the next few weeks we turn our focus to celebrating Easter and look forward to lots of chocolate eggs as well as lovely catch up with friends, neighbours and family.

New faces at CMA Mairangi Bay and Belmont

It is with sadness that we farewell Chandni Steveni as supervisor of Mairangi Bay and Belmont. Chandni has given over 9 years of dedication to CMA and she will be very much missed. We also thank her husband Richard who has been a volunteer for many years.

We welcome two new faces at Belmont and Mairangi Bay:

LARA (right) joins us as Mairangi Bay supervisor; she is looking forward to spending Monday mornings with our members. Fresh from 17 years of parenting, she's very ready to get on with some grown up activities and working with our established team of volunteers. Lara has a background in teaching, art, craft and socialising and names one of her hobbies as collecting shoes.



NICOLA (left) joins us as Belmont supervisor in April. Nicola is a local Takapuna mother and grew up in Devonport. Her two active daughters (Iris 7 & Rosie 10) keep her very busy. Nicola enjoys stand up paddle boarding at Takapuna Beach with her husband and girls.

Nicola has recently taken up bee keeping with two hives and enjoys gardening, growing herbs she includes in her home made botanical remedies, soaps and lotions. Nicola trained as a nurse in her early 20's and has worked in health promotion and transport planning over her career.

CMA has a fresh new website

Be sure to check us out at www.cmans.org.nz to see our new website. It looks fresh and vibrant and gives a good feel about what we do. Thanks to Velocity Made Good for supporting and sponsoring the development of the website. Thanks also to Governance team members Hamish and Robyn for their hours of time devoted to this project. Please share with friends and family.





Introducing Marlene Yates- Stanmore Bay volunteer driver

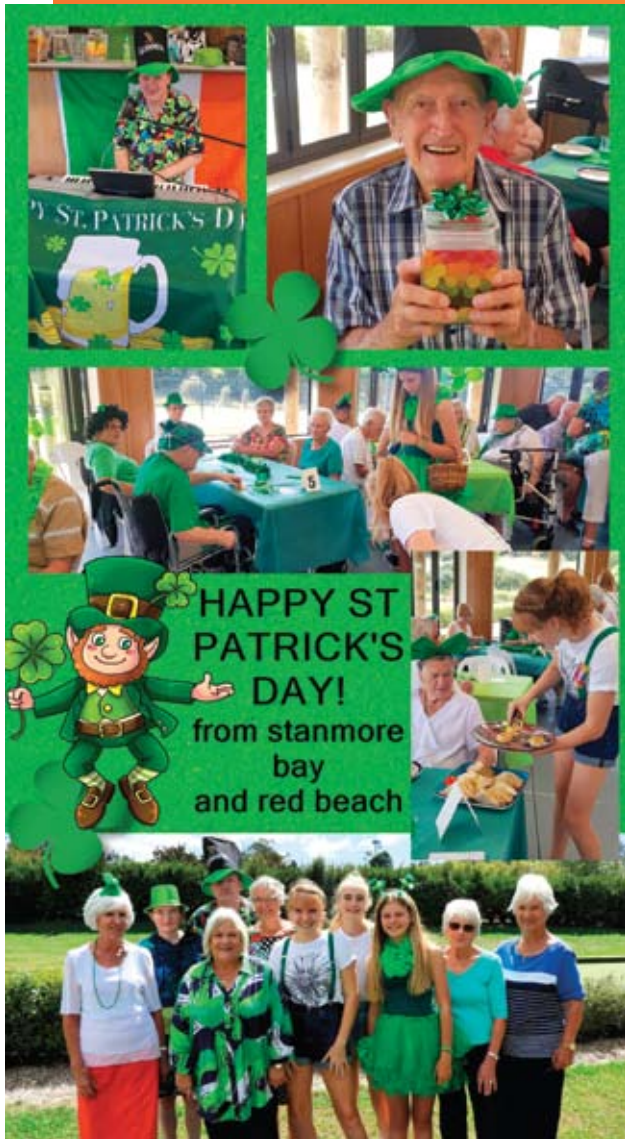
I have been driving for CMA for over 10 years, firstly at Red Beach and now at Stanmore Bay. There have been many fun times and only one anxious one, when a client was locked out of her home. A kindly neighbour offered to have her stay till her family came home. We have laughed about it in hindsight.

They are a friendly bunch at Stanmore Bay and age doesn't come into it when on 'Special' days some dress up, dance, sing, tell jokes or stories of their past e.g. childhood, previous occupations or things their children got up to.



I have always got on well with seniors. I think that started with having my Grandmother living with us and seeing how my parents cared for her. I like to think a little bit of that love and caring rubbed off on me.

I think CMA fills a very important need in the community for those living alone or whose family are out at work all day.





NEW ZEALAND
POLICE
Ngā Pirihimana o Aotearoa

Eyes down at Sunnynook



*Enjoying
summer
at Albany*



Birkenhead laughs



Creativity at Albany

Am I at Risk?



Unless you've injured yourself in a fall, avoiding a fall is probably the last thing on your mind. Falling over should not be considered a normal part of the aging process but we need to be realistic. As we grow older underlying conditions or problems with balance, strength or mobility increase our risk of falling.

Every year 1 in 3 people aged 65 or over will fall. For over 80s this increases to 1 in 2.

Falls are preventable and we want to help you stay on your feet and live the life you want to.

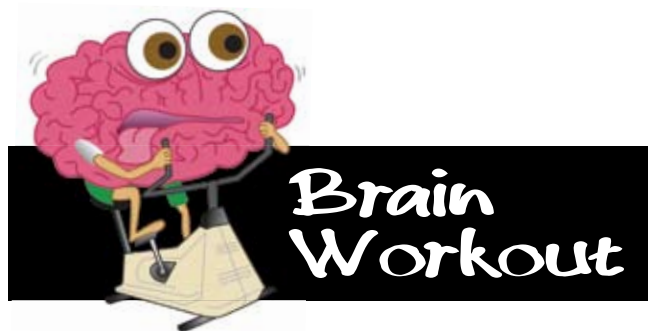
Clinical research has shown that when people exercise to strengthen their legs and core their balance improves and the risk of falling **reduces by almost a third.**

CMA has recently teamed up with ACC to offer approved strength and balance classes. These classes are tailored to the needs of our guests and alternative sit exercises are offered for those with mobility issues.



So “pick the tick” and chose an approved class like ours and see what an improvement it can make in your life.



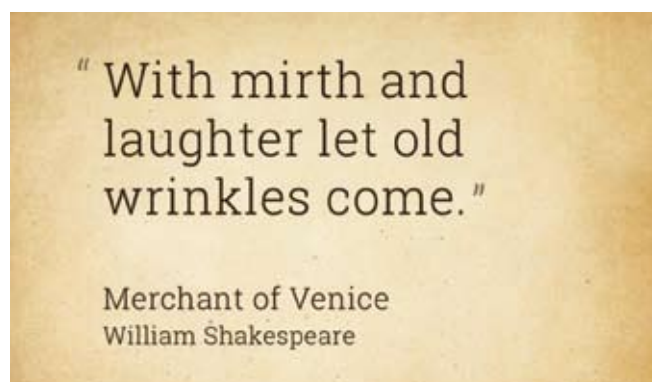


Proverb quiz

Complete the proverb

1. You have to kiss a lot of toads before.....
2. You cannot make a silk purse.....
3. A man may well bring a horse to the water.....
4. Between the devil and the.....
5. Children should be seen.....
6. The pen is mightier.....
7. Young men may die, old men.....
8. Kill not the goose that.....
9. Don't look a gift horse.....
10. Procrastination is the








Answers bottom of next page



16 thoughts of wisdom from 100 year olds

1. “Don’t ever give up on love.”
2. “Make time to cry.”
3. “Travel while you’re young and able. Don’t worry about the money, just make it work. Experience is far more valuable than money will ever be.”
4. “Don’t compare. You’ll never be happy with your life. The grass is always greener.”
5. “If you are embarrassed to be dating someone, you should not be dating them.”
6. “Do one thing each day that is just for you.”
7. “Don’t be a cheapskate.”
8. “Forgive.”
9. “Find your passion and live it.”
10. “Most time things will figure themselves out.”
11. “Have a pet. Life gets lonely sometimes. Pets are reminders of how we’re all living things.”
12. “Make yourself walk.”
13. “Get a great education. That is something that no one can take away from you.”
14. “Just go ahead and do your thing no matter what.”
15. “You can involve yourself in local problems. There are all sorts of things that have to be tended to in the world.”
16. “Be lovable. I’ve lived a long life because there are so many people who love me.”

Celebrate Easter with a bit of trivia

-  Easter always occurs between March 22 and April 25.
-  Easter is a “movable feast” – one that is set according to the phases of the moon – so the dates are different each year.
-  It is believed by some that Easter was named after the Anglo-Saxon goddess, Eastre, whose symbols were the egg and the hare (rabbit).
-  More than 90 million chocolate Easter bunnies are manufactured each year.
-  The most famous Easter parade is held in New York.
-  In the 13th century, the church prohibited the eating of eggs during Holy Week.
-  Simnel, is a fruit cake with marzipan (sugared almond paste) on top and 11 marzipan balls representing the 11 apostles (not Judas, who betrayed Christ), served at tea time.

PROVERB QUIZ ANSWERS

1. you find a handsome prince
2. out of a sow's ear
3. but he cannot make him drink
4. deep blue sea
5. and not heard
6. than the sword
7. must
8. lays the golden eggs
9. in the mouth
10. thief of time



I recently carried out some property maintenance work for a woman who, at 82 was busy reinventing herself. She had given up smoking, taken up regular exercise and changed her diet to discover levels of energy she thought she had lost forever.

We do not have to accept deteriorating health as simply a part of growing old. The body has amazing recuperative powers at any age but it does need the proper fuel and perhaps more importantly, the organs of elimination need to be brought into proper functioning, if they have become clogged or impaired. The Science of nutrition and exercise is very advanced these days and sometimes what you may think is just a result of aging, may simply be inadequate nutrition. You can improve yourself and make life better, you just have to want better, then simply work to achieve it.

Marvellous Maddy from Albany CMA



Maddy has only recently joined CMA Albany, and she is definitely one of our cheeky ones, who is always up for a chat and a giggle.

Maddy was born in Fiji, and is one of 10 children! At the age of 11, she left Fiji and sailed on the Matua to New Zealand; this was a quick journey and only took 4 days! Can you imagine! Upon arriving in NZ, the family quickly settled into life in Helensville, where Maddy attended school and worked part time at the railway station, serving the tea and coffee. Maddy met and married her Army husband, after her returned from 3 years in Korea, and went on to have 5 children of their own, and she is now the proud grandma to 7 beautiful grandchildren. They moved and settled as a family in Parakai, and after 15 years (and the children had grown) they decided to spend the next 25 years in Australia. She was quite sporting in her time, and enjoyed tennis, netball and swimming.

Maddy moved back to New Zealand to be with her daughter, after sadly

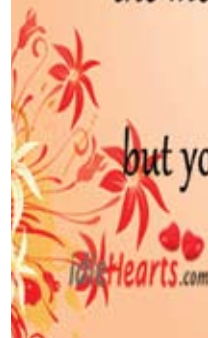


losing her husband, and moved in next door to her in Albany. Maddy loves coming to CMA, and she has made some wonderful friends along the CMA journey. She is known for her great sense of humour, and her fabulous nails!



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



Notice Board

TERM 1 ends April 12th

TERM 2 starts April 29th

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

Check our new website
www.cmans.org.nz

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. Four Winds Foundation. Community Post. VMG Digital. Allright Welfare Trust. North Shore Presbyterian Hospital Trust. Blue Sky Community Trust. Postman's Leg, Glenfield. NZ Community Trust.

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Birkenhead:	Jacinda
Glenfield:	Jacinda
Red Beach:	Melissa
Stanmore Bay:	Melissa
Albany	Kiri

SUPPORT STAFF:

Manager: Rachel
Support Officer: Leah

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Charities Reg. No. CC22808

CENTRES OPEN 10AM - 12.30PM

MAIRANGI BAY - MONDAYS
SUNNYNOOK - MONDAYS
BIRKENHEAD - TUESDAYS
ALBANY - TUESDAYS
RED BEACH - WEDNESDAYS
STANMORE BAY - THURSDAYS
GLENFIELD - THURSDAYS
BELMONT - THURSDAYS