

The importance of human connection

Humans are hardwired to interact with others, especially during times of stress. When we go through a trying ordeal alone, a lack of emotional support and friendship can increase our anxiety and hinder our coping ability. Yes, other people can be irritating but they are also our greatest source of comfort, and an impressive amount of psychological research underscores the importance of human contact.

Studies confirm that loneliness isn't good for anyone's health. It increases levels of stress hormones in the body and leads to poor sleep, a compromised immune system, and in the elderly, cognitive decline. Some studies suggest that the impact of isolation and loneliness on health and mortality are of the same order of magnitude as such risk factors as high blood pressure, obesity, and smoking.

So now we know that keeping active and social is proven to have a positive effect on your physical and mental wellbeing – what can we do about it?

At CMA we aim to reach out to seniors who may be isolated within their local community and connect them with others who may be in similar situations. We offer a safe and inviting space for seniors to come together, enjoy one another's company, and keep their mind and body active.

Come join us.....we would love to meet you.



AROUND THE CENTRES

Birkenhead Centre

CMA at Birkenhead - Seeking NEW MEMBERS – First session FREE

Birkenhead CMA has been alive and kicking for many years and runs on a TUESDAY in the Birkenhead / Northcote rugby club rooms. We have some long standing members and a few new faces but would love some extra members to help this little group



Our lovely ladies at Birkenhead share a laugh or two

grow. Strength and balance exercise, rummikub and fun and games are always the order of the day. We can arrange transport for you where our friendly drivers will pick you up from your door. We serve all areas within 10 kilometres of the centre which encompasses Birkenhead, Beach Haven and parts of Glenfield.

Come along and make a few new friends while enjoying some games and laughter. You are welcome to come with a friend or family member if you are a little unsure. Call the office on 09 4898954 for more information.

Mairangi Bay Centre

Monday mornings kick off the week in style. At Mairangi Bay CMA we start each week with our strength and balance programme followed by some fun warm down activities.



Once our bodies have been happily exercised we get going on our brains. This term we have been finding out about each other bringing in mystery items giving us clues as we try to guess who these belong to. We have discovered so much about each other and ourselves. So many interesting stories to share.



We always play a game such as bingo, riddles and quizzes. Everyone joins in and has some fun. Safety is top of mind at Mairangi Bay we had a very successful fire drill and a fire crew visit to let us know they're always happy to visit and check our fire alarms. Finally, we enjoyed a lovely outing to Palmers with some heartening soup to chase away the winter chills.



*Never regret
anything that
made you smile*

Stanmore Bay Centre



At Stanmore Bay we are way too busy to notice the winter clouds looming and the temperature dropping! There is always an event to celebrate and in the last few months we have found many! Easter of course brings bunnies, chocolate and Autumn smiles. Queen's Birthday is the time for our annual portrait and we do it in style while nibbling on mini sandwiches and treats! Mid-Winter Christmas is always a favourite with crackers, carols and a delicious roast chicken lunch - followed by fruit cake, cream and custard of course! The coming weeks will bring Matariki (with Maori themed crafts and food) and 4th of July which will naturally be all red, white and blue while we indulge in junk food and play American games! Lots of fun in store which we couldn't manage without our wonderful volunteers. We are thankful for you every day.



Use things, love people



Introducing Considerate Claire and Selfless Sacha.... our wonderful mother and daughter Albany volunteers

Claire and Sacha are our Albany treasures – they go above and beyond to help Tuesdays run smoothly/ Claire immigrated from Essex in the UK to NZ with her husband and three small daughters in 2004. One of these daughters is Sacha. Sacha is a trained beautician and a lover of chocolate and Starbucks! She is super creative and loves her art. If you live in and around Browns



Bay you have probably seen Claire walking here there and everywhere. She would much rather beat the feet than jump in the car. She is known in the family as being a huge tea drinker and loves nothing more than a cuppa!

Claire and Sacha help out every week and we would be lost without them. They have both completed First Aid training this year and have taken on the role of strength and balance tutors. Dependable, reliable and simply an amazing duo! Thank you so much for all your do for CMA Albany.

BRAINGAMES BRAINGAMES BRAINGAMES BRAINGAMES

Below is eight pairs of words. Your goal is to write a third word in the gap provided, that is connected or associated with the other two words.

The first pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors. *Answers bottom of page 10.*

- | | |
|-----------------------|--------------------------|
| 1. LOCK-PIANO | 5. RIVER-MONEY |
| 2. SHIP-CARD | 6. ARMY-WATER |
| 3. SCHOOL-EYE | 7. TENNIS-NOISE |
| 4. PILLOW-COURT | 8. EGYPTIAN-MOTHER |



Albany best dressed



Red Beach celebrates in style



*make a wish
birthdays!
at red beach*



*coast volunteer.
movie morning!*



*Thanks to
the Coast
volunteers*



Celebrating our special Glenfield mums on mothers day



Welcome to Belmont CMA Elvin



meet Sally!

red beach mascot



red beach



Sunnynook Tai Chi



stanmore bay

Meet Belmont guest Shirley

Belmont CMA has the pleasure to introduce Shirley. Shirley has recently started at Thursdays Belmont CMA with her friend Betty (yes Belmont has two Betty's now). Shirley describes Belmont CMA like "having a party every week".



Shirley on right

Shirley grew up on the North Shore with her early years in Beach Haven and attended Northcote College. Shirley remembers enjoying her school swim sports, During her time at Northcote College, they would have school swim sports at the Milford swimming pool at Milford Beach. This pool was a tidal salt water pool that was next to the famous Milford pirate ship. Shirley remembers her disappointment when the pool was closed by the health department. Shirley was also a keen cricket and netball player. Shirley enjoys spending time reading, especially historical novels. Shirley has always had a love of reading with English being her favorite subject at school.

Shirley's husband was in the Navy and her family moved close to Takapuna beach, living a "beach life" where she raised their boys. Shirley made sure her sons were also great swimmers. Her children loved the beach as much as she did. Shirley has fond memories supporting her boys passion for surfing growing up and would be often driving her sons to Muriwai Beach or Piha beach to surf. Her boys would often be saying "Mum if we do our chores will you take us to Piha" for a surf. She was also pleased when her boys were old enough to drive themselves. Welcome Shirley to Belmont CMA.

QUEENQUIZ 1.How many languages does the queen speak?

QUEENQUIZ 2.In which year did she become queen

QUEENQUIZ 3.True or False - Elizabeth II is the oldest monarch to celebrate a Golden Jubilee?

QUEENQUIZ 4.When did she marry Philip, Duke of Edinburgh?

QUEENQUIZ 5.True or False - the Queen doesn't require a driver's license?

QUEENQUIZ 6.True or False - the Queen has Facebook AND Twitter?

QUEENQUIZ 7.What are the royal corgis called?

Answers - 8.How many children does she have?

Page 10 9.How many US presidents have there been in her reign?

Reducing waste and redistributing food to those in need

New Zealand industry generates more than 103,000 tonnes of food waste per year, and it is estimated that 60% of food going to landfill is edible. Burying food (and often its packaging) in landfill is an environmental disaster.



Not only does it needlessly contribute to greenhouse gas emissions, wasting food also means squandering the resources used to produce and transport that food, including water, land, energy, labour, and capital.

KiwiHarvest work with food businesses, including supermarkets, wholesalers, producers, cafes, restaurants, and hotels, to rescue the good food that they are not able to sell – whether that is because of oversupply, damaged packaging, cancelled orders, mislabelling, or because the food is nearing its best before date or end of life.

40% of New Zealanders experience low to moderate food security, and up to 305,000 Kiwi children are living in poverty. Food is so often the starting point for social agencies working with their clients to break the cycle of need. Having Kiwi Harvest deliver rescued food allows these agencies to concentrate on tackling their core issues, and re-focus their funding on programmes to help their clients.

The high quality, fresh food we provide offers more nutrition than the canned and dry goods that charities have traditionally been able to access, filling a gap for so many who are struggling to feed themselves and their families.

**The older
I get, the
older old is**



CMA has been lucky to partner with this amazing initiative and has a delivery of food once a week to the North Shore and once a week to the Hibiscus Coast to support all our centres. All the food that we are donated goes to making lunches at our centres or is distributed directly to members that would benefit. We are proud to be part of the initiative to create lasting social change whilst benefitting our CMA family.

Thanks to our fantastic drivers

We celebrated the end of Ramadan with our two lovely taxi drivers Mebs and Aziz in May and we got them a little gift to say thanks for everything they do for us. We love seeing their smiley faces every week and appreciate how they go above and beyond for our CMA guests.



QUEENQUIZANSWERS

1. Two - English and French
2. 1952
3. True
4. 1947
5. True
6. True
7. Holly and Willow

Brain Games Answers:

- | | |
|----------|-----------|
| 1. Key | 5. Bank |
| 2. Deck | 6. Tank |
| 3. Pupil | 7. Racket |
| 4. Case | 8. Mummy |



The seasons have a psychological effect on us that we can take advantage of. Winter for example is a time for reflection and introspection. A time to pause and re evaluate where we are and perhaps consider a new direction for the future. Life can get a bit flat and repetitive but it doesn't have to be. Do you still have the taste for adventure? There are many kinds of course. Decide to find one that fits your situation. Maybe think about taking up a new craft or changing your exercise regime. Pick something with a challenge. As you cozy up by the fire tonight, contemplate the possibilities and make a list. Then over the next few days you can investigate them until you find one that really sparks your enthusiasm. Take a chance and you just might unlock a talent you never thought you had.

Lovely Lara turns 50

Lara, the fabulous supervisor of Mairangi Bay turned 50 on the 17th of June. We had the pleasure of celebrating with her in a joint centre combined with Sunnynook and Mairangi Bay. Antoinette, a CMA guest had a special cake made by her daughter Camille. It was simply fabulous! If you need a cake making for a SPECIAL occasion please contact Camillescustomcakes@xtra.co.nz or look her up on Facebook.



Volunteer Drivers at CMA

At CMA we pride ourselves in the fact that no person is excluded from attending our centres as we can provide transport to and from for a very small donation. With increasing petrol prices and an increased number of people attending our centres we are finding the cost of transport is challenging. We are looking to the community to see if we can source volunteers who are willing to give up their time to assist us by using their own car to pick up and drop off our lovely guests. Time commitment is minimal and you will get the chance to meet some of the fabulous older generation in your neighbourhood. Please contact the support office for more information.



we need
DRIVERS!



Notice Board

TERM 2 ends July 5th

TERM 3 starts July 22nd

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. Kiwi Harvest. Good Bitches Baking

GOVERNANCE TEAM:

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Belmont:	Nicola
Mairangi Bay:	Lara
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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Website: 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