

Companionship & Morning Activities for Seniors

A Changing world

For almost all of human history, the earth's population has skewed younger. Since the last World Population Day on July 11 a major shift has occurred. There are now more people age 65 and older than there are under age five.

World Population Day was established by the United Nations development program in 1989 to bring attention to population issues. Having more people on the planet is not the only concern, a populations age structure matters too. Older populations are rising. By 2100, almost one in four people will be 65 years old or older, while one in 20 will be younger than five

Increased longevity is a remarkable human success story, but having more elderly people also creates a number of pressing socioeconomic concerns. The global population will continue to age as these two groups grow in opposite directions. By 2050, the proportion of the population aged 65 and older will rise to nearly 16 percent—more than double that of children under five.

In New Zealand the figures are even more surprising. By 2036 it is predicated that around one in 4.5 New Zealanders will be aged 65+, that's 1,258,500 million people and a 77% increase from 2016. Contrast this with the under 14s who will number 991,900 by 2036 – only a 7.6% increase

Services like CMA and other community groups for older people will become more important as numbers rise. We plan on being a service that will bridge that gap to ensure that our older people are valued and recognised and remain an important and contributing part of their community.



STANMORE
BAY

celebrates

matariki

AROUND THE CENTRES

Awesome Albany

We have been in full swing at Albany, with dress ups, outings, arts and crafts. Kiri was away 4 weeks attending a wedding in London, and the lovely Lara kindly stepped in for us, and saw the group making bird feeders. These were a real hit, and enjoyed by everyone. We have been doing quite a bit of crafting lately, and have made some beautiful crochet bowls along with the bird feeders, and also personal boards about ourselves for 'Guess Who'.

We were assessed by ACC and Harbour Sport for our fabulous exercises and everyone is really getting the hang of it now.

We also have super-duper Annette stepping up to assist the classes – well done Annette!

Last term saw a fabulous celebration around Queens Birthday, and I have to say that Albany definitely has guests that would fit in perfectly at any royal soiree.

Our latest outing was at the Bays Club in Browns Bay, and the view was hands down worth the trip on the slow lift to get there! Food was outstanding, and service was spot on.

Kiri is back on board now, and looking forward to the end of term, with another exciting outing, and then rolling in to term 4 and all the exciting Christmas planning and Fun Day.



Red Beach Centre

At Red Beach we try to take the time to enjoy the everyday things - we have fun during fire drills; we look forward to our weekly bingo games; we love to celebrate birthdays and best of all we learn more about each other and ourselves during chat times.

With a growing centre we take the time to get to know people new

to our group and love to share their stories. Melissa has had quite a bit of time away this term but we have appreciated the time we have spent with



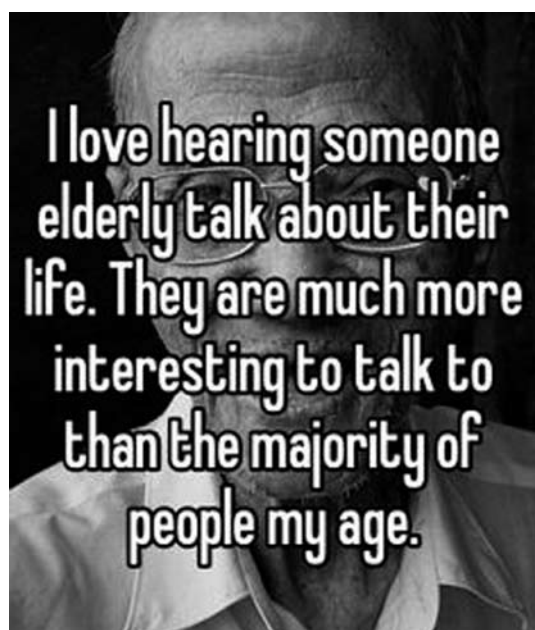
thank you
lovely
LARA
from red beach
and stanmore bay



the relieving supervisors Lara and Kiri. Lunch outings are always a special treat but we also treasure our centre time and time spent with our loyal volunteers! Relationships are valued and are the best thing about CMA!



RED BEACH
lunch outing
bake and brew, brews



Fun Times at Sunnynook Centre

As the weather has been colder our volunteer Dale has warmed us up with our strength and balance exercises which we look forward to every week. Dave our music man has also entertained us with some fabulous quizzes and his singalongs.

Dale did some art with us and showed us that everyone can actually draw with “upside down drawing” which surprised us all and we are looking forward to volunteer Yoshiko and friends doing a ukulele performance for us in the next couple of weeks with all our favourite songs.

We also celebrated with volunteer Leonie who has just received the news that she won the intensive photography workshop with the North Shore Photography Society – awesome job!

As the term comes to an end we are looking forward to Fun Day and have been practicing the games so we can take away the trophy!! It's always a great day with loads of fun and laughs.



The past cannot be changed, the future is unmade, all we have is today

Auckland's famous beach goats

Steve and Dave visit Belmont CMA

North Auckland goats Steve and Dave love long walks on the beach and enjoy pats and hugs.

The two giant goats have become famous in Takapuna, with the 90-ish kg twins standing out among the cafes and on the beach in the North Shore.

Their owner, Whenuapai resident Grant Solley tells us the goats are friendly and enjoy all the attention they get while out on their walks.

The proud owner of two unusual pets says their ability to put a smile on children's faces, or brighten up strangers' days, has been a highlight of looking after two massive goats.

They certainly did that at Belmont with our members enjoying a cuddle with Steve and Dave – certainly a highlight this term.



COMPETITION!
GUESS WHO?!
???

Answer on Health Matters page

*The secret of genius
is to carry the
spirit of the child
into old age, which
means never losing
your enthusiasm.*

Aldous Huxley



VOLUNTEER APPRECIATION WEEK!

at red beach and stanmore bay



Queens Birthday at Belmont



*Belmont
golf
and
crafts*

*Birkenhead
games*

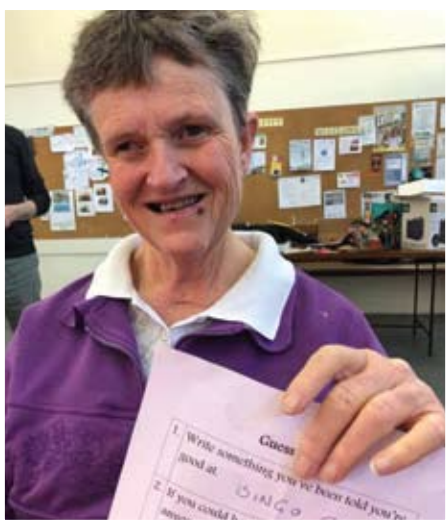




*Tom and Beryl at
Mairangi Bay*



Volunteers are great, and so say all of us!



*Michelle shares her
"who am I"*



Belmont visits Naval museum





INTRODUCING Brianna Parkinson

Every Thursday the guests at Belmont CMA sit down to a hot meal prepared by volunteer Brianna Parkinson. The morning starts with home baking and finishes with a cooked lunch and dessert. Every Wednesday Brianna checks what has been delivered from Kiwi Harvest (kiwiharvest.org.nz to find out more), and creates a menu to incorporate the donated food. Good food and conversation are a big part of the Belmont CMA experience, and Brianna “gets a real buzz out of seeing the guests enjoying the food and sharing their stories”.



At the beginning of 2019 Brianna was looking for other opportunities to help her community. She had recently sold a successful café in Devonport, and had some time to volunteer around her work as a barrister sole and looking after her three daughters. Shortly after seeing a post on Facebook Brianna was signed up to volunteer at Belmont CMA. She has experience cooking for groups and believes that “cooking is in a universal way to showing care and compassion for others”. Brianna is also the co-convenor of Kaitahi Bayswater a community dining initiative that feeds 100 plus people a free meal once a month. Brianna says Kaitahi and CMA have a similar goal of “breaking down the barriers that modern society has created, and bringing the community together”.

Brianna is helped every week in the kitchen by Yoshiko. Yoshiko was retired and new to the area, and wanted to do something to give back to the community. With Yoshiko and her husband Lachlan both volunteering the couple have quickly become core members of the CMA Belmont team.

Brianna's date and orange scones recipe:

3 cups self-raising flour

Pinch of salt

1 heaped teaspoon of baking powder

70g of butter, chilled

1/2 cup plain yoghurt

1 cup of milk

1 cup of dates (soaked in half a cup orange juice overnight)

Zest of an orange

3 tablespoons of sugar

Method

Preheat the oven to 210°C.

Place flour, salt and baking powder into a bowl. Stir with a whisk to combine.

Grate cold butter into the bowl and stir, using only a knife.

Add the soaked dates, orange zest and sugar, and stir using only a knife.

Whisk together the yoghurt and milk in a separate bowl. Add to the flour mixture and quickly mix with a knife. It will be a "wet" mix, add more milk if required.

Place the mixture on a floured bench and gently pat into shape (do not knead).

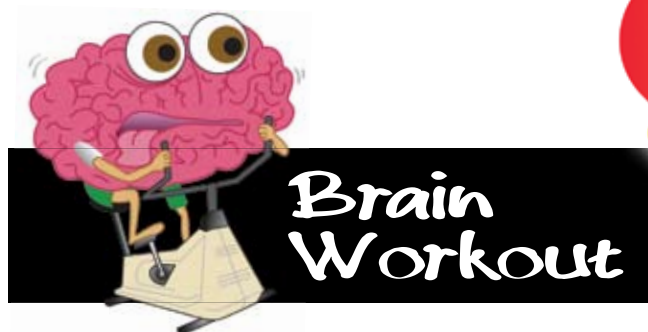
Cut dough into pieces and place on grease tray. Bake for 12 mins.

Observations on Aging

Boy she sure has a sense of humor for an "older lady". Hmm, what does THAT mean? Getting older can sometimes mean finding more funny things in life. After all, "I've paid my dues!" "I've raised my kids." "I want to have fun." Aging and getting older should be fun! Aging should include a fun sense of humor!

Some people try to turn back their odometers. Not me! My theory on aging is that I want people to know 'why' I look this way. I've travelled a long way and many of the roads weren't paved.

Being young is beautiful, but being old is comfortable.



Question1: Please look at the picture below and say the colours that you see.

Question 2: Which one is matched correctly with its colour?



Question 3: Which one is the correct shadow of the animal in the



Answers on bottom of last page.



We are inclined to think of happiness is a fleeting, impermanent thing, but a friend of mine once had this to say when asked if happiness could ever be a permanent condition. She answered “yes of course, one day I am happy, the next I am happier” . . . and no, she isn’t delusional. So what’s the secret to experiencing happiness as a permanent condition? It’s all about knowing where happiness comes from, . . its source. Once you find this source you actually find an endless flow which is available to you whenever and wherever you allow it to flow through your hands. The source is actually within you. That’s right, and to maintain its flow all you have to do is give it away. In fact the more happiness you give freely to others, the more of it you experience, it really is that simple.



Happy Birthday to our favourite music man, DAVE



Dave has been a volunteer at CMA for many years and is loved by staff, volunteers and members alike. He visits at least one centre every week to share music, quizzes and sing alongs with us all. He comes with a smile on his face and we love his positive way of looking at life. Dave also teaches us Qigong which is a modified type of Tai Chi that encourages slow movements that help strengthen as well as relax

and allow our minds to calm. Another of Dave's talents is that he is an avid photographer and has produced some amazing photos that have won a few prizes.

Everyone at CMA would love to wish Dave a very happy birthday and we hope there are many more of them that you can share with us . . .
THANK YOU for all that you do.



Lynton Bates – a little bit about me

Lynton is a member of Mairangi Bay and Belmont CMA and has been with us for almost five years. Lynton is a North Shore old boy and has achieved much in his life as a lawyer and man of the sea

He was instrumental in developing the popular Waterwise program across North Shore schools. In 1987 Lynton alongside Janet Garret and representatives from the contributing schools worked for 3 years to raise enough money to buy the equipment necessary to set up a Waterwise Centre. Yachting NZ trained the instructors at Lake Pupuke, but training soon moved to Bayswater and was run by Lynton.

On Saturday 24th November, 1990 Takapuna Schools Waterwise officially opened. With 7 schools, Devonport Primary, Stanley Bay Primary, St. Leo's Primary, Vauxhall Primary, Belmont Primary, Bayswater Primary and Belmont Intermediate. At this time, Waterwise volunteer instructors numbered 34 with nearly 400

children participating from the schools.

In 2018 Lynton became the first recipient of the Bernie Schmidt award for lifelong services to Auckland yachting.

We thank you Lynton for all that you have done, and all that you still do. You are always ready with a joke and a smile and when someone needs an ear you are there to listen.



Notice Board

TERM 3 ends Sept 27th

TERM 3 starts Oct 14th

FUN DAY: OCTOBER 17th

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

We need bakers of sweet scones for morning tea for FUN DAY. Contact your supervisor or Head Office if you can help.

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. Trusts Community Foundation. VMG Digital. Allright Welfare Trust. Blue Sky Community Trust. Pelorus Trust. NZ Community Trust. Kiwi Harvest. Good Bitches Baking

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Vice Chairperson: Robyn Walker
Secretary: Anna Baxter
Treasurer: Emmy Mei
Supervisor Reps: Jacinda Tyson
Nicola Maire

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Lillian Patterson, Brianna Parkinson, Rumesh Lokuge, Tom Simpson, Jeff Mitchell, Leonie Moreland

PATRON:

Ann Hartley

CENTRE SUPERVISORS:

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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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PO Box 33852 Takapuna 0740
Phone 09 489 8954. Fax 09 489 8956.

E-mail: info@cmans.org.nz
Website: www.cmans.org.nz
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

Answer 1: Green-Gray-Purple-Red-Blue-Yellow-Magenta-Black-Pink-Orange-Cyan-Brown.

Answer 2: Blue on the text matches with the colour.

3) The Rooster shadow is D.