



Companionship & Morning Activities for Seniors

Spread the Christmas Joy

When you think of Christmas you might think of jostling for room at a packed dinner table, overly competitive games of backyard cricket or heated discussions about what time the roast goes in the oven. However, that's not the case for everyone.

Around 36% of older New Zealanders (aged 65+) live in single person households with many of them facing the prospect of celebrating Christmas alone. Loneliness and social isolation are huge issues for older people with studies showing that 10% of this demographic experience chronic loneliness which is potentially not seeing anyone for weeks on end.

It's an issue thousands of Kiwis face all year round but it can be highlighted during the festive season. So what can you do to help?

Here are a few ideas to spread a little joy this Christmas:

Offer a seat at your table – a shared meal is always better than eating alone.

Ask if they need a lift somewhere – mobility is often an issue for many older people and Christmas shopping can be an impossible task.

Help set up their Christmas tree – it's a great way to share in the joy of Christmas and find out a little history about your neighbours while you are doing it.

Read aloud or write out Christmas cards - giving and receiving Christmas cards can be an important ritual for older generations but it may be something they need support with if they have eye-sight problems or their hands have become less steady.

These might seem like small things but they can make a big difference to the health and well-being of vulnerable members within your community.

To our CMA members, volunteers and supporters – we wish you a healthy and happy festive season and will see you all again in 2020.



AROUND THE CENTRES

Stanmore Bay

Stanmore Bay started the term with a bang at Fun Day. With a lot of 'Good on ya, mate' and 'Giddyay' we all enjoyed some excellent tucker and threw ourselves in to the games. At the end of a bonza day we boarded our bus with armfuls of raffles and lots of smiles with more wonderful memories to take home. The remainder of our term was spent with many Christmas activities, a busy, happy lunch outing and plenty of quizzes and games. We are also saying good bye to our supervisor of many years, Melissa with a last day party. As 2019 comes to an end we would like to take this opportunity to thank Dave for his fabulous music and Qi Gong throughout the year and to all our centre volunteers for their loving care and generously giving their time to us each and every week at our centre. We hope all CMA members, volunteers and staff have a very Merry Christmas and a safe and Happy New Year! See you in 2020!



Stanmore Bay
ready for
CHRISTMAS!



So that explains it . . .

What kind of music do elves listen to? *Wrap.*

Who hides in the bakery at Christmas? *A Mince Spy!*

Which of Santa's reindeer has bad manners? *Rude-alph!*

What does Santa suffer from if he gets stuck in a chimney? *Claustrophobia!*

Why does Santa have three gardens? *So he can ho, ho, ho.*



lovely ladies

It's not a season . . . it's a feeling,

Glenfield

Glenfield has had a busy and fun filled term. We started with our annual Fun Day in October and everybody had a great time. The raffles everyone took home were amazing and lot of laughs were shared.

Our guest Margaret has entertained us with some of her brilliant stories that she reads out that always make us laugh.

We have been learning a lot about exercise through our guest Lynn. We have been putting a lot of what we have learnt into action and we feel better for doing it. Who would have thought that we would be as good as we are today. Many of our people have commented that they feel the exercises have helped their balance and made them more able when doing general day to day activities.

As Christmas is fast approaching, we are busy organising all things festive and are looking forward to our end of year party. Secret Santa means we will all have a special something for the end of the year.



Christmas Quiz

1. Who tries to stop Christmas from coming, by stealing all things of Christmas from "the Who's"?
2. Who was the star of the movie titled White Christmas?
3. What is the first name of Scrooge, the principal character of the novel, A Christmas Carol?
4. Who was the author of A Christmas Carol?
5. How many ghosts are there in A Christmas Carol?
6. What was the name of the animated Christmas movie featuring Tom Hanks?
7. How do you say "Merry Christmas" in Spanish?
8. What are two other names for Santa Claus?
9. How many reindeer drive Santa Claus' sleigh (counting Rudolph)?

Answers bottom of Health Matters page

The best gifts are those which cannot be seen

Belmont

Belmont CMA is a growing centre and we are enjoying welcoming new friends every term this year.

The Rose Centre kitchen gets turned into a cafe kitchen every week for our VIP Belmont CMA guests. Nourishing, yummy food is definitely pivotal to Belmont CMA's weekly catch ups and sets the scene for our weekly chats. Our vibrant dedicated volunteers ensure we have amazing food and all the dishes get done.

We have had a truly magical year with inspiring guest speakers continuing this term with our new local community constable Peri visiting which was both educational and entertaining. We love learning new facts with a quiz or two and trips and cafe outings continue to be a highlight each term. A visit behind the scenes with print makers at the Lake House was a highlight for many including our volunteers. This term has been filled with themed days including a Halloween party fun and the Melbourne Cup (with a small sweepstake of course). Nicola was officially approved by Harbour Sport as a gentle strength & balance exercise provider. Each week we enjoy getting the blood flowing and moving after our home baked morning tea. Term 4 has definitely been about the excitement of summer & up and coming Christmas. Our hand crafted Xmas cards were a stand out for craft day and no better way to feel the Xmas spirit than the adorable, toe tapping concert from the Rose Centre preschool. How lucky we are to have such wonderful friends to enjoy fun times with every week. Merry Christmas from everyone at Belmont CMA.

"We don't stop playing because we grow old, we grow old because we stop playing"
George Bernard Shaw.



"When the gift is received in the spirit with which it is given, giver and receiver become one"



At Mairangi Bay we are lucky to have the most committed of volunteers. After 20 years of volunteering Marion expects nothing other than occasional thanks.

When Marion began volunteering at Mairangi Bay Helen Clarke was Prime Minister, Tony Blair and Bill Clinton were in charge overseas, Mambo #5 and Enrique Iglesias were topping the charts

Fond Farewells

After many years of service to CMA two of our old hands have decided that they are hanging up their CMA hats for new adventures.

Melissa Jillings has been with CMA for over 8 years running both the coast centres. She was also instrumental in starting up our very popular Albany centre. Melissa's family has grown since then and she has welcomed three grandchildren and she leaves us to spend more time as a Nanna.

Leah Kermode has been our Managers right hand woman for the last four years and is now looking to give back to her community in more volunteering roles. Leah will still be around her CMA family at the Belmont centre as a volunteer.

Both ladies will be very much missed and we would like to thank them for the time they have given to CMA. We wish you all the best in your new adventures.

Kiri from Albany will take over the Red Beach centre and Lara from Mairangi Bay will take over Stanmore Bay. We are currently recruiting for the Support Officer role.

and Shortland Street and Country Calendar were our favourite TV shows.

Marion and Shortland Street remain consistent.

During her time at CMA, Marion has prepared 12,000 meals at over 800 CMA mornings. Not only does Marion prepare the food, she decides on the menu and shops for all the ingredients.

Recently, when she had surgery, Marion supplied detailed (and fool proof!) instructions so the guests still had the same high standard they've come to expect from their time at CMA. These instructions helped when other centres needed a "last minute" lunch provided.

From all of us at CMA, thank you from the bottom of our hearts.



Fun Day

2019





Congratulations to our super staff and volunteers who have helped our strength and balance classes become accredited with ACC. You are superstars and we could not do what we do without you.

• • • • •



Birkenhead CMA moves to Birkdale Community House

We are now running our Tuesday centre out of Birkdale Community house. This is a lovely inviting space for our guests who can enjoy the gardens, lounge and awesome function room that we are located in. This move will enable us to connect to the wider

Birkenhead, Birkdale and Beachaven communities to ensure we are reaching people who would benefit from our service. If you know anyone in these communities who would like to come and visit us please pass on this information.



Recycle your newsletters and help promote CMA

One of the biggest challenges that small charities like CMA face is the cost of promotion. You can help us by recycling your newsletter and dropping it at local doctors, libraries or other places of interest.

If you visit your GP feel free to take a copy and tell them a little about CMA. Word of mouth is wonderful promotion for us and puts a "real life" picture of what we do and how it could help others in the community.

Our newsletters are also all on our website www.cmans.org.nz

THANK YOU FOR HELPING SPREAD THE CMA WORD.

Seasons Greetings from our family to yours



Mairangi Bay



Albany



Red Beach



Belmont



Stanmore Bay



Birkenhead



Sunnynook



Glenfield

Huge thanks to our supporters of Fun Day 2019



Allright Welfare Trust
Auckland Council
Burger King
Icon Print
Ian Jones – Eddies Meals
Maddy's Baking
New World – Long Bay
Long Bay Primary School
Waitemata Golf Club
Rosmini College Year
13 students and all our
volunteers

As we age and general energy levels decline somewhat, the “economy of life” is an idea which becomes increasingly attractive. Living economically has less to do with money than with the efficient use of resources, like energy and time.

Christmas usually sees us rushing and stressing about a whole bunch of things but this can easily be avoided by putting more thought into planning. Sitting down quietly and deciding about the right gifts before you go out will give real purpose to your shopping expedition preventing it from becoming a marathon. Economic living is all about distancing yourself from the mad rush and discovering how to walk serenely through it all, and with a feeling of goodwill. Now that makes for a truly happy Christmas.

NEW WORLD
Long Bay

* Offer valid
Tuesdays only
until 4pm

**SUPER
GOLD CARD
TUESDAYS**

**FREE coffee & muffin
when you spend \$30***

Open 7 days 8AM – 10PM
55b Glenvar Ridge Road – Long Bay Village

Offer valid Tuesdays until 4pm only at New World Long Bay. Minimum spend of \$30 in-store in a single transaction, exclusions apply. Gold card must be presented.
*1 Large Hot Beverage and x1 in-store made muffin or scone. Not redeemable for cash. T&C's apply, see in-store for details.

XMAS QUIZ ANSWERS

- 1) The Grinch.
- 2) Bing Crosby.
- 3) Ebenezer
- 4) Charles Dickens.
- 5) Four.
- 6) The Polar Express.
- 7) Feliz Navidad.
- 8) Saint Nick and Kris Kringle.
- 9) Nine.

'Lovely Liz'



Liz is very much a regular at CMA Albany, and the centre wouldn't be the same without her. She is always so lovely on arrival and rarely misses a day. Liz was born in Umata, Transky in South Africa. She grew up as an only child, within a strict religious South African Family.

Liz has two lovely children, Chantelle and Duane, and after immigrating to New Zealand, now lives with her daughter and 3 grandchildren in Albany. Liz is a bit of a super grandma, with a total of 10 grandchildren! She adores CMA, loves everyone at the centre and really makes a lovely effort to say hello, goodbye and

thank you to our gorgeous volunteers each week. You will always see her popping in to the kitchen on her way out, to say thank you to the girls. Liz LOVES, and I mean LOVES Fun Day, and regularly asks me if we can run it more than once a year.

Something that really surprises me about Liz is that she is an action movie addict! She just loves all the action films with Sylvester Stallone, Steven Seagal, and once when she was asked who she would love as a dinner guest, she replied 'Oh Chuck Norris or Steven Seagal'.

I have adored getting to know Liz, and I love that she keeps me on my toes, tells me like it is, and is always so happy and grateful. Thank you Liz, for continuing to making Albany that little bit better with your company. We do adore you!



THANKS ROSMINI COLLEGE

These young men support what we do every year and are such an asset to have help at Fun Day. They are a shining example of our superstar youth of today who knows the importance of giving back to their community. Thank you for all that you do.

Notice Board

TERM 4 ends Dec 13th

TERM 1 starts Feb 3rd

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

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 Seven Stars Restaurant and Bar, Florrie McGreals Irish Pub, 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. ANZ Staff Foundation.

GOVERNANCE TEAM:

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

General Members

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

PATRON:

Ann Hartley

CENTRE SUPERVISORS:

Sunnynook: Jacinda
Belmont: Nicola
Mairangi Bay: Lara
Birkdale: Jacinda
Glenfield: Jacinda
Red Beach: Melissa
Stanmore Bay: Melissa
Albany: Kiri

SUPPORT STAFF:

Manager: Rachel
Support Officer: Leah

CONTACT DETAILS:

North Shore CMA
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

BIRKDALE - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS