

## Facing this test together

These last few months have seen the way of life that we are used to turned upside down by the global pandemic. As people settle into a new way of life in their Covid-19 lockdown bubble it is now more important than ever that we keep connected and most importantly be kind.

A 2017 systematic review of 40 studies from 1950 to 2016 published in the journal Public Health found a significant association between social isolation and loneliness and poorer mental health outcomes.

For this reason, it's important to take care of your mental health during times of decreased social interactions.

It's normal to feel stress when faced with staying indoors and interacting less with people, especially when that is added to the underlying stress of worrying whether you will catch the virus. These factors could increase your chances of developing a mental health issue, like anxiety or depression.

What's the best way to get through this period of isolation? There are many strategies that you can employ to ensure your well-being and good mental health. Most of these involve either finding ways to distract yourself (keep busy) or finding ways to connect with others (despite the circumstances).

The CMA team are still working and available at all times to help with advice or just a friendly chat. Together we will get through this.



# Health Benefits of Gardening

Gardening gives us fresh air and helps us connect with the environment. But, did you know there are also health benefits as we watch those flowers grow?

- Gardening relieves stress. Alleviating stress is something we all look to do at any age. Researchers found that gardening can lower levels of cortisol which cause stress, high blood pressure and even affects glucose levels.
- Gardening increases serotonin levels. Just as gardening lowers our cortisol levels, it also raises our serotonin levels. Serotonin is a chemical in the brain that helps to put you in a good mood and helps you feel calm.
- Gardening boosts the immune system. Studies have shown that spending time in the garden can also boost the immune system. The so-called “friendly soil bacteria” (*Mycobacterium vaccae*) found in garden dirt has been found to alleviate problems like asthma, psoriasis, and asthma. So, go ahead and get your hands dirty! It’s good for you!
- Gardening is good exercise. While you may not be running a 5k, there’s no doubt that gardening gets the blood pumping. Bending, squatting, and pulling weeds takes a lot of physical energy. Any type of exercise is good for the body and can help slow down the aging process. It may be a good idea to get some stretches in before you hit the garden to avoid straining a back muscle or injuring something else.
- Gardening may lower the risk of dementia. Gardening requires a lot of hand/eye coordination as well as sensory awareness which may be why researchers have found that it helps to lower the risk of dementia.



I think that when the dust settles, we will realize how little we need, how very much we actually have, and the true value of human connection.

# Baked Peach Yoghurt

Simple, delicious and easy to cook.

## Ingredients

- 200 ml condensed milk
- 200 ml yoghurt
- 3 peaches
- 3 tbsp sugar

## Method

For the peaches

1. Peel the peaches and chop into small pieces.
2. Boil them in little water with 2 tbsp of sugar.
3. When the peaches are cooked allow to cool.

For the yoghurt mixture

1. Mix the condensed milk and yoghurt.

## How to proceed

1. Place the peaches at the bottom of an oven proof glass bowl or individual oven proof small glasses.
2. Pour the yoghurt mixture over top of the peaches.
3. Bake the mixture in a preheated oven at 300o F (149o C) for 5 minutes.
4. Remove from the oven.

To serve

1. Refrigerate the glass bowls or small glasses for 2 to 3 hours.
2. Garnish with chopped peaches before serving.

## Options

- You can use tinned peaches if peaches are not in season. Remove the peaches from the tin and chop into small pieces.
- Strawberries can be used instead of peaches.
- You can add extra yoghurt (100 ml) to reduce the sweetness if you like.

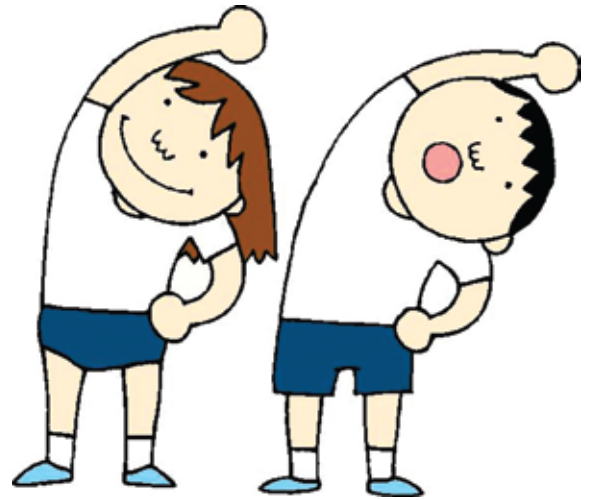




# Healthy for Life new TV programme for over 65s:

ACC is helping bring an exercise programme for house-bound older people to TV screens around New Zealand as part of a new collaboration with TVNZ and partners across the health sector.

Hosted by Bernice Mene, Healthy for Life is designed to help older people work on their strength and balance through an exercise programme called the Super7.



From the comfort of your home, this show provides great tips for staying safe in the home, keeping your brain active, how to keep up your social links and friendships and advice about healthy eating and sleep during this time.

Healthy for Life screens on TVNZ 1, May 2 at 9AM and repeats Saturdays thereafter and is also available at TVNZ OnDemand.





## North Shore CMA Update – May 3rd 2020

Providing support and companionship to vulnerable older people

### During alert level 3 and 4 CMA has provided:

**461 welfare calls** to check on wellbeing and help coordinate essential services and support that may be needed.

**133 messages** via social media to those that are able.

**207 care packages, letters and cards distributed.**

CMA will continue to support members during alert level 3 while centres remain closed. We will also distribute weekly welfare packs which will contain strength and balance exercises, essential updates, quizzes and newsletters.

**Phone:** 09 4898954

**Email:** [info@cmans.org.nz](mailto:info@cmans.org.nz)

The **North Shore CMA** team continue to work from home to provide **support, companionship** and **valuable practical assistance** to our members during the current global pandemic.

## THANK YOU

to all our volunteers who have tirelessly worked alongside staff to ensure we can provide these services – we couldn't do this without your help.

**CMA is still taking referrals** to our service and will have our centres up and running as soon as we are able to within the government guidelines. To contact us please **email** or **call** the office. We have vacancies throughout the North Shore & Hibiscus Coast. **Please refer to our website [www.cmans.org.nz](http://www.cmans.org.nz) for more information.**

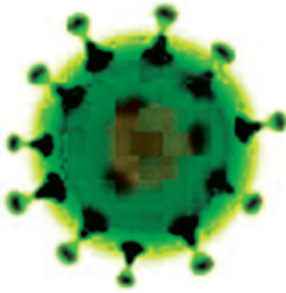




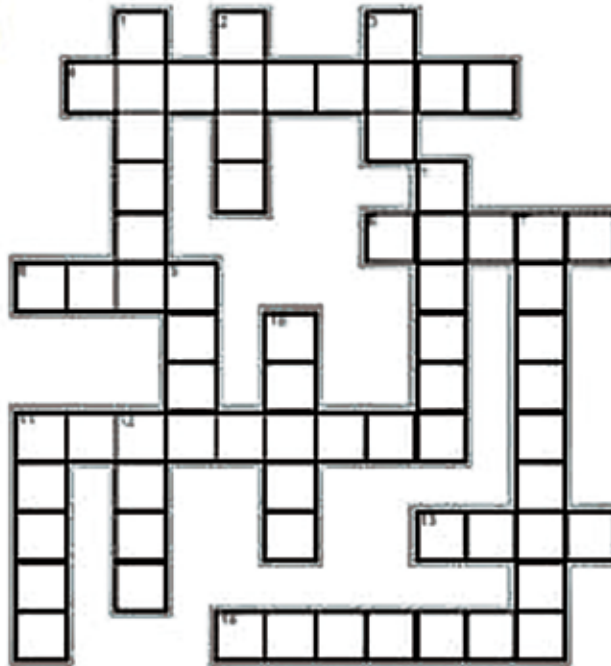
# *CMA means great memories*



## COVID-19 Crossword Puzzle



This COVID-19 crossword will remind you of ways you can protect you and your family from the spread of this disease. If you've been paying attention to recent news report, you're sure to do well on this crossword!



### Across:

4. An important warning sign of COVID-19 is difficulty \_\_\_\_\_ or shortness of breath.
6. Do not shake \_\_\_\_\_.
8. \_\_\_\_\_ your hands frequently.
11. Handle food \_\_\_\_\_.
13. Limit \_\_\_\_\_ sharing.
14. If possible, open \_\_\_\_\_ to increase ventilation.

### Down:

1. Avoid large \_\_\_\_\_ of people.
2. Try not to touch your \_\_\_\_\_.
3. Limit close contact with others, staying about \_\_\_\_\_ feet apart.
5. Stay home if someone in your \_\_\_\_\_ is sick.
7. Disinfect surfaces like tables, desks and \_\_\_\_\_ regularly.
9. Stay \_\_\_\_\_ if you are feeling sick.
10. Always cover your mouth when you \_\_\_\_\_ or sneeze.
11. People with the COVID-19 virus sometimes feel pain or pressure in the \_\_\_\_\_.
12. If someone in your family is ill, give them their own \_\_\_\_\_, if possible.



In the rush to return to normal, use this time to consider which parts of normal are worth rushing back to. DAVE HOLLIS



# Make Breakfast a No-Brainer

Unfortunately, the most important meal of the day can also be the most difficult to squeeze in and make healthy.

It helps to have healthy items on hand that you can easily mix and match for tons of different breakfast ideas. Some healthy ingredients include:

- Whole grain cereals with less than nine grams of sugar per serving
- Rolled oats (plain oats allow for more control over sugar and calorie content)
- Fresh fruit ,like apples, bananas and oranges, that is easy to eat on the go
- Frozen berries (compared to fresh, these have a longer shelf life and can be mixed into oats, yoghurt or smoothies)
- Low-fat, low-sugar dairy options like milk and greek yoghurt
- Raw nuts like almonds, walnuts, pecans, etc.
- Seeds like flax and chia that can be mixed into cereals or smoothies
- Eggs (splurge for free-range and organic varieties if you can)
- Sprouted grain or whole grain bagels, breads and English muffins

All these ingredients will last a relatively long time in your fridge, freezer and pantry. If you have at least a few of these on hand, you can make dozens of different items for breakfast. Toss greek yoghurt, berries, and a spoonful of chia seeds into a blender for a healthy smoothie in minutes. Top whole grain cereal with a little cow's milk or almond milk, some chopped walnuts, and a sliced banana for a high-fibre meal that will keep you full all morning.

If you prefer something savoury for breakfast but are low on time, try cooking eggs in the microwave. Beat one or two eggs in a microwave-safe ramekin or mug and cook for 60 to 90 seconds for a simple serving of scrambled eggs. You can add pre-chopped vegetables and a sprinkle of low-fat cheese for a hearty breakfast scramble in no time flat. Or, you can scramble an egg atop a slice of bacon in the microwave and turn it out onto a toasted English muffin for a quick breakfast sandwich.

Eating sensibly and healthily doesn't need to be an arduous task. Curating a collection of reliable recipes, ingredients and simple cooking tips can take some time and practice, but these things can also empower you to make healthy choices each and every day.



# Best lockdown Dad jokes

- Today, my son asked “Can I have a book mark?” and I burst into tears. 11 years old and he still doesn’t know my name is Brian.
- My wife is really mad at the fact that I have no sense of direction. So I packed up my stuff and right.
- Did you know the first French fries weren’t actually cooked in France? They were cooked in Greece.
- The secret service isn’t allowed to yell “Get down!” anymore when the president is about to be attacked. Now they have to yell “Donald, duck!”
- I’m reading a book about anti-gravity. It’s impossible to put down!
- I ordered a chicken and an egg from Amazon. I’ll let you know
- A slice of apple pie is \$2.50 in Jamaica and \$3.00 in the Bahamas. These are the pie rates of the Caribbean.
- My friend keeps saying “cheer up man it could be worse, you could be stuck underground in a hole full of water.” I know he means well.
- The fattest knight at King Arthur’s round table was Sir Cumference. He acquired his size from too much pi.
- Why did the invisible man turn down the job offer? He couldn’t see himself doing it.



## ROYAL QUIZ

Royal picture quiz – Identify royals and people associated with the royal family. *(answers next page)*



Yum-Yum!

Unscramble the names of these foods that are compound words.

1. cenakpa \_\_\_\_\_
2. roopncp \_\_\_\_\_
3. glentagp \_\_\_\_\_
4. aeelnp pp \_\_\_\_\_
5. aeihkkims \_\_\_\_\_
6. pretifugar \_\_\_\_\_
7. driskebact \_\_\_\_\_
8. wrarybsert \_\_\_\_\_
9. krabwareje \_\_\_\_\_
10. snacklofer \_\_\_\_\_
11. rowmatelen \_\_\_\_\_
12. mipenpretp \_\_\_\_\_
13. adesofa \_\_\_\_\_
14. phacieck \_\_\_\_\_
15. sardehisorh \_\_\_\_\_



## ROYALQUIZ answers

- 1) Sophie – countess of wessex
- 2) Major Ronald Ferguson
- 3) Duchess of Kent
- 4) Princess Eugenie
- 5) King George V
- 6) Louis Mountbatten



Taking care and being aware of a danger is not the same as being fearful. Most tasks involve an element of danger, but if we focus exclusively on the danger, fear can become amplified in our mind to such an extent that we literally can't even move. The current situation requires everyone to be more careful in the many ways but we should not allow this situation to take on a significance that stops us living. We may face restrictions, but that is actually an opportunity to take up a new activity. Choosing something creative is always a good move because being creative is enjoyable and it develops talents we may not know we had. Creative activity is a known reliever of depression so if you are stuck at home, employ your imagination, you won't regret it.

# We are not in the same boat...

I heard that we are all in the same boat, but it's not like that. We are in the same storm, but not in the same boat. Your ship could be shipwrecked and mine might not be. Or vice versa.

For some, quarantine is optimal. A moment of reflection, of re-connection, easy in flip flops, with a cocktail or coffee. For others, this is a desperate financial & family crisis.

For some that live alone they're facing endless loneliness. While for others it is peace, rest & time with their mother, father, sons & daughters.

With the weekly increase in unemployment some are bringing in more money to their households than they were working. Others are working more hours for less money due to pay cuts or loss in sales.

For some not getting on with family domestic abuse is rife...we never know what goes on behind closed doors.

Some were concerned about getting a certain candy for Easter while others were concerned if there would be enough bread, milk and eggs for the weekend.

Some want to go back to work because they don't qualify for unemployment and are running out of money. Others want to kill those who break the quarantine.

Some are home spending 2-3 hours/day helping their child with online schooling while others are spending 2-3 hours/day to educate their children on top of a 10-12 hour workday.

Some have experienced the near death of the virus, some have already lost someone from it and some are not sure if their loved ones are going to make it. Others don't believe this is a big deal.

Some have faith in God and expect miracles during this 2020. Others say the worst is yet to come.

So, friends, we are not in the same boat. We are going through a time when our perceptions and needs are completely different.

Each of us will emerge, in our own way, from this storm. It is very important to see beyond what is seen at first glance. Not just looking, actually seeing.

We are all on different ships during this storm experiencing a very different journey.

Realize that and be kind.

Unknown author



# Notice Board

While New Zealand is at Alert level 2 and there is a 10 person limit on gathering numbers our centres remain closed. This is being assessed on an ongoing basis as recommendations change. The team at CMA is here to support you. Stay safe and well and ask for help if you need it.

## 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:

<b>Chairperson:</b>	Nora Lynch
<b>Vice Chairperson:</b>	Robyn Walker
<b>Secretary:</b>	Anna Baxter
<b>Treasurer:</b>	Emmy Mei
<b>Supervisor Reps:</b>	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:	Kiri
Stanmore Bay:	Lara
Albany	Kiri

## SUPPORT STAFF:

Manager:	Rachel
Support Officer:	Ali

## CONTACT DETAILS:

North Shore CMA  
PO Box 33852 Takapuna 0740  
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

BIRKDALE - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS