

Be kind to others and be kind to yourself

2020 has been a trying year for most kiwis and their families and whanau around the world. As we all find a way to navigate these difficult times one of the most important things is that we continue to support ourselves and each other so that our wellbeing is maintained. This is even harder when we are facing times of stress and uncertainty.



The mental health foundation has introduced the ways to wellbeing to help people stay mentally well.

1. **CONNECT** – relationships are important to us as humans, building and nurturing these supports and enriches us everyday.
2. **GIVE** – do something nice to someone – your happiness is directly linked to your actions to others, be it friends or strangers.
3. **TAKE NOTICE** – be curious and catch sight of the beautiful, remark on the unusual and notice the wonderful world we live in.
4. **KEEP LEARNING** – try something new or rediscover an old interest, challenge yourself and have fun.
5. **BE ACTIVE** – step outside, enjoy your garden. Exercise makes you feel good and moves your mood as much as your body.

Our CMA centres and your CMA family will help empower you to achieve these wellbeing goals.

We remain committed to supporting all our members and the wider community during the current world pandemic.

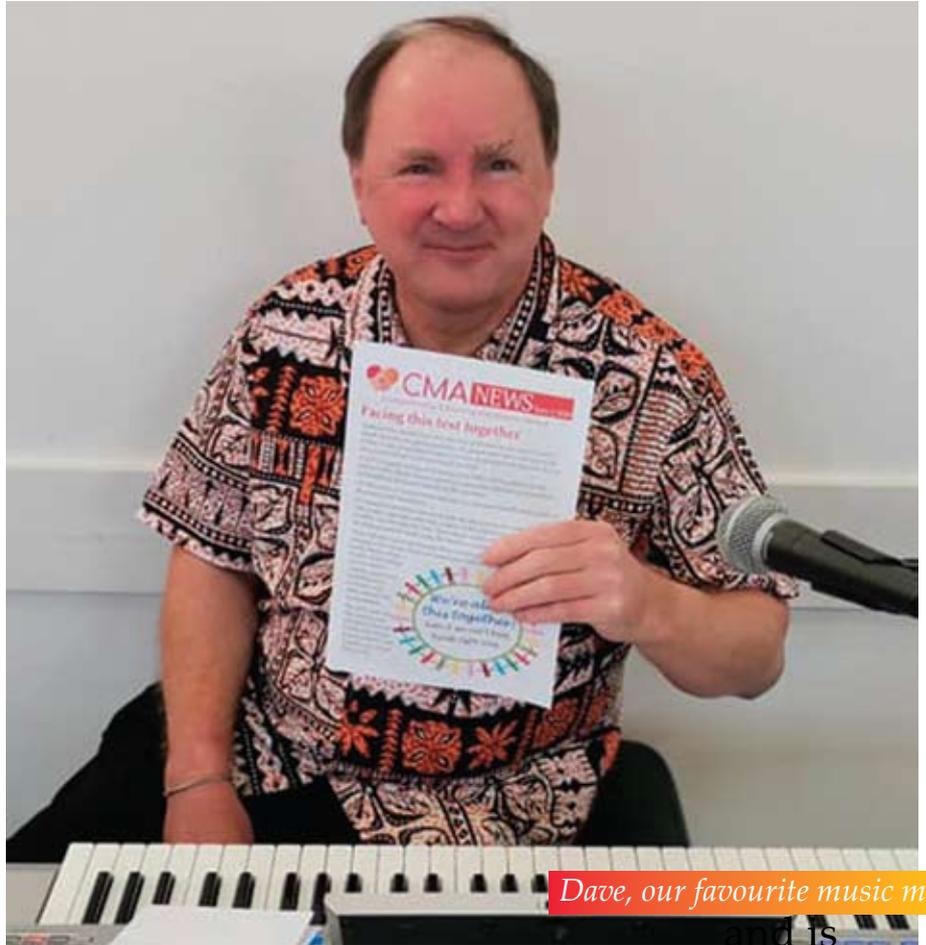
We can do this together.



AROUND THE CENTRES

Birkdale Centre

Although it has been much interrupted due to lockdown we have had a great few weeks. We have enjoyed many games, lots of laughs, and great company. Dave also came to play his music and we enjoyed the sing a longs. Trevor entertained us with his "word games" that really exercised our minds in particular with the "world's longest word" which apparently takes about 3.5 hours to say 189,819 letters long. It's actually the name of a giant protein called Titin. We look forward to getting back to it soon for more laughs and enjoyment.



Dave, our favourite music man

FUNDING SUPERSTARS – thank you to our most recent funders



Laurie Parker Trust

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MARKET SHOP:
St George's Church and
Community Centre



Ukulele group at Glenfield centre

This term at Glenfield we have had some great entertainment and lots of fun and games. We had the privilege of being treated to a brilliant ukulele group that the guests loved. Thank you to volunteer Yoshiko from Sunnynook for sharing this with us. Our guest Sue who was visiting family from the UK and hasn't been able to go back home quite yet due to Covid-19 made us laugh with her "Liverpool football celebration". Sharing stories is always a highlight at Glenfield as we learn about peoples past and present. Guest Lynn has been providing us with our weekly strength and balance exercises that we always enjoy a few laughs with as we make sure our old bones stay strong and healthy.

We are looking forward to getting back into the swing of things and seeing everyone again.

A Fond Farewell to Lara

Lovely Lara is stepping down from her roles at both centres to concentrate on her family during these uncertain times. Lara is very well loved by the CMA family which was

made very clear by the lovely doll that was made in her image by Mairangi Bay guest Beryl. Lara will still be around as she has agreed to be an "on call" supervisor if we need her. We will miss you but hopefully see you soon.



Weather watch New Zealand Quiz

Kiwis love to talk about the weather..... do you know the answers to the trivia below?

1. Which city has more rain annually, Palmerston North or Dunedin?
2. Which area of NZ saw thousands of fish fall onto a 10 acre paddock in the 1940s??
3. What city exceeded 40 degrees last summer?
4. What year did Cyclone Drena hit NZ?
5. Name 3 locations where fatal tornadoes have occurred in New Zealand?
6. What river flooded the Taieri plains near Dunedin in 1980?
7. Which town has recorded the longest hours of sunshine in a single day?
8. Which city has the least amount of sunshine annually?
9. Which city is windier overall, Hamilton or Nelson?
10. New Zealand's highest recorded midnight temperature is 26.4 degrees. Where was it?

Answer on Health Matters page



Craft at Albany



Fun and games



Fire trucking fun at Belmont

Kids toys at Albany



Driving with dementia, what you need to know

Our ability to get around is key to day-to-day life. Many of us need or choose to use a car to get to work, do the shopping or head away on the weekend. It's important to assess if and how dementia is affecting one's ability to drive – so we can all stay safe on the road.

Safe driving

Operating a vehicle safely requires a range of skills that all drivers are expected to have. These might include:

- Good frontal and peripheral vision.
- A quick reaction time.
- Quick decision-making ability.
- The ability to assess and make judgments about situations on the road.

Signs that dementia might be affecting someone's ability to drive

It can be tricky to spot the early signs of dementia but there are several ways it can impair someone's driving ability, including:

- Driving very slowly.
- Becoming confused when changing lanes or stopping.
- Getting lost or forgetting familiar routes.
- Ignoring or becoming confused about traffic light signals or signs.
- Not making sound judgments about situations on the road.

These behaviours may have nothing to do with dementia, but if someone has been diagnosed as living with dementia then it would pay to keep an eye out for them.

Approaching someone about their driving

If someone you know is showing any of the signs above, it's so important for their own safety and other road users that you raise it with them. Addressing this early allows them to make their own decisions about driving and how they want to get around in the future.

They may accept that their driving is being affected and decide to stop driving. However, it can be difficult for people to acknowledge a loss of driving skills and to understand that their dementia may be contributing to this decline. This can be a delicate issue but you must address it sooner rather than later.

Speak to the rest of your family and friends, or consider contacting the person with dementia's GP, practice nurse, or specialist.

Coping with change

Losing the ability to safely drive can be a big change, particularly for people who have been driving for their whole adult life. It may place new limits on their independence, which can cause frustration. These are valid feelings for someone in this position, so hear them out and let them know that you understand where they are coming from.

If you are their support person, you could offer to help find alternative transport. If the person sells their car, that money could go towards taxis or ride-sharing apps. Companion driving service *Driving Miss Daisy* is a fantastic option for people living with dementia as they understand how to best communicate with and care for people with dementia. There are also plenty of support options available, including total mobility vouchers, disability allowances, volunteer agencies, and Age Concern. Some of these services may be available in your area, do a bit of research and see what the options are.

Dementia doesn't stop you or a person living with dementia from leading an active and mobile lifestyle. Everyone deserves the opportunity to embrace life, celebrate moments, and live life with dignity and joy.



*Bowls anyone?
Mairangi Bay*

*Albany
birthdays*

*Pet
therapy
Mairangi
Bay*



3 reasons seniors should love this stage of life

You've lived, learned, laughed, loved, and the best part about entering the senior stage of life is that you get to keep experiencing all this, (if not more)! Instead of looking at these elderly years as a time of only reminiscing, consider all the ways that you can promote a lifestyle you love living and adventuring in ways that work for you.

Witness new technology

While it's entirely reasonable that you may rely on your grandchildren to help you do most things on your phone, being a senior is a great time to take advantage of new technology that wasn't around years ago. Thanks to current advancements, it has made connecting with long-distance friends and family easily accessible with the touch of a screen.

Offer wisdom to emerging generations

Even though the world is changing and growing, there is something special about past experiences. As you know, grandchildren can help improve your health but you are also able to improve their lives. By providing guidance to young people shaping the future, not only are you gaining a sense of fulfillment, but your advice is something that you are leaving behind with them forever.

Similarly, volunteering to help teach a craft or skill that you have mastered throughout your life is a great way to continue to stay involved in your passions and influence the community.

Take advantage of senior discounts

Even though this may bring a chuckle, who wouldn't want to save money? Growing older also means that you can finally cash in on senior discounts—and you might be surprised as to how many different kinds of places offer them.

It can sometimes be easy to slip into a negative mindset about our elderly years, but staying optimistic and realizing that there is still much more life to be lived as a senior can enhance your quality of life and give you a fresh outlook on your everyday experiences.



On a Personal Note

Introducing
Joyful Joan from Red Beach



Joan Bonney is a gorgeous addition to our Red Beach Centre, always bouncing in with a smile on her face, and super keen to give everything a go. She is very much one of the talkative ones, always up for a laugh, and little bit cheeky.

Joan was born in Fleetwood, Lancashire, England. She grew up loving to knit, skip and playing Rally-O with her friends. They took the plunge and came out by ship in her 20s, with her husband and three small daughters. New Zealand was looking for scaffolders at the time, and it cost them all £10 to move out here. They were referred to as the '£10 Poms' at the time. They eventually settled in Avondale, with the family bach being in Red Beach.

Joan sadly lost her husband, after waiting and finally having a heart transplant. He sadly passed away not long after the operation, and

she eventually moved, and now lives in the bach at Red Beach.

She has three lovely daughters, 8 grandchildren and several great grandchildren, and she tells me she had never been in hospital until not that long ago, when she fell and broke her hip!

Joan shares her home with a very well-fed cat called George, and she loves her weekly rituals of CMA, and indoor bowls. She also loves a bit of PlayStation, with her favourite game being 'Crash Bash'.

We love having Joan as part of our Red Beach Centre, she really is a little ray of sunshine.

DO YOU KNOW OF AN ISOLATED OLDER PERSON WHO WOULD BENEFIT FROM DELICIOUS, HEALTHY MEALS DELIVERED TO THEIR DOOR?

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IF YOU OR SOMEONE YOU KNOW WOULD LIKE TO BE A RECIPIENT, PLEASE CONTACT: LEAH 021 676 654 OR BRIANNA 021 246 5686

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WEATHER WATCH QUIZ answers

1. Dunedin
2. Taranaki
3. Christchurch
4. 1997
5. Taranaki, Auckland,
Bay of Plenty
6. Taieri
7. Nelson
8. Greymouth
9. Hamilton
10. Kaitia



Humans are gregarious by nature. A recent TV series called ALONE highlighted this great truth. Individual survivalists were left alone in the wilderness and in every case, after a very short period, their biggest problem became loneliness. We may like to think we can happily survive alone, but we need to interact with others on a relatively regular basis or our health deteriorates.

The importance of such a simple thing as friendship cannot be overstated. Without doubt then, friendship is also one of the greatest gifts we can give to another. Perhaps the most potent symbol of friendship is an act of service. Service will touch another where words often fail because a gift of personal effort many times given in silence, which comes from the heart is always recognised within the heart of the receiver and giver and receiver become one. That is friendship, . . . simple, beautiful and with no strings. There is another word for it, love.

Welcome to our new board members

CMA's AGM was held on Friday 28th August 2020. We welcome four new members to our board:

Dr Vivien Wei Verheijen worked at various Not-For-Profit organisations and then she has held different senior advisory positions in the public sector. Vivien is qualified in project management and strategic planning; she has obtained a PhD in Public Policy from AUT. Vivien is a specialist on diversity and inclusion with a passion for supporting community well-being. She now serves on the Consumer Advisory Committee of PHARMAC and the Consumer Advisory Council of WDHB.

Keith Haysom was born in the UK, moved to New Zealand in 1995 and set up home on the North Shore. He has worked as a senior executive in the financial services sector for over 30 years having worked in the key financial centres of London, Sydney, New York and New Zealand. He worked for Westpac for just over 18 years where he undertook risk management and lending roles both here and in Australia. On returning from an offshore assignment in London, he has started his transition to semi-retirement and wishes to give back to the local community using his commercial and risk governance skills developed through his career. He hopes to get more actively involved in the CMA centre activities where he is able to add value. Keith completed the Australian Institute of Company Directors course in 2016 and hopes to find other NGOs that can utilise his risk governance experience.

John Stewart has worked for over 30 years in various senior business roles both internationally and the last few years in New Zealand. John has previously spent time in the UK, Canada and South Africa, but his favourite place is very much NZ. He believes that he can assist CMA in maintaining and improving its governance processes to the benefit of all staff, members and volunteers. He is also looking forward to interacting with all the members and improving his understanding of the vital role that CMA plays in our senior citizens community on the North Shore.

Leah Kermode was originally a volunteer at Belmont CMA having been a support officer for over four years. Leah left this role in January to pursue her passion for volunteering in the community. Leah is currently invested in the Kai for Community project which provides free home cooked meals for older people in the Devonport Takapuna community. Leah has a thorough understanding of the operational aspects of NFPs in particular funding and wishes to expand this experience into governance.

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). Ministry of Social Development. Estate of Kathleen Alice Boyd. Louisa and Patrick Emmett Murphy Foundation. St Georges Market Shop. Mike Pero Foundation. EH Davies and T & M Carr Trust. Lister Presbyterian Health. 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. 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. Allright Welfare Trust. Blue Sky Community Trust. Pelorus Trust. NZ Community Trust. Good Bitches Baking. ANZ Staff Foundation.

GOVERNANCE TEAM:

Chairperson: Robyn Walker (interim)
Secretary: Robyn Walker
Treasurer: Emmy Mei
Supervisor Reps: Jacinda Tyson
Nicola Maire

General Members

Lillian Patterson, Brianna Parkinson, Tom Simpson, Vivien Wei Verheijen, Keith Haysom, John Stewart, Leah Kermod

PATRON:

Ann Hartley

CENTRE SUPERVISORS:

Sunnynook:	Jacinda Tyson
Belmont:	Nicola Mairae
Mairangi Bay:	Lara Ashley
Birkdale:	Jacinda Tyson
Glenfield:	Jacinda Tyson
Red Beach:	Kiri Beven
Stanmore Bay:	Juanita Bycroft
Albany:	Kiri Beven

SUPPORT STAFF:

Manager: Rachel Quin Gilbert
Support Officer: Ali Shaw

CONTACT DETAILS:

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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