



Companionship & Morning Activities for Seniors

The power of friendship

A recent Harvard study has backed up what we all know – that social connections are really good for us. People who are more socially connected to family, friends and the community are happier, physically healthier and live longer than people who are less well connected.



Having someone or a group of people to rely on helps the nervous system to relax and the brain to stay healthier for longer, and it reduces emotional and physical pain. The study also clearly showed that people who feel lonely are more likely to see their physical health decline earlier and die younger.

In the words of Robert Waldinger, the study director:

“Good, close relationships seem to buffer us from some of the slings and arrows of getting old. The people in our 75-year study who were the happiest in retirement were the people who had actively worked to replace workmates with new playmates. Many of our men, when they were starting out as young adults, really believed that fame, wealth and high achievement were what they needed to go after to have a good life. But, over these 75 years, our study has shown that the people who fared the best were the people who leaned in to relationships with family, with friends, with the community.”

These are critical things to think about as we grow older. Starting simple services in the home that maintain your health and independence which keep you connected to your community and engaged with people makes a difference to the quality and longevity of life.

AROUND THE CENTRES

Belmont Centre

Belmont is currently a small group with big enthusiasm for CMA, through rain, wind, and the cloud of Covid still present our guests remain keen to attend each week. We have had challenges as a centre, with illness affecting our staff and recruitment of new volunteers. I am so grateful for the volunteers who came from Mairangi Bay-Marion and John, who helped during our lean periods. Yoshiko, you are a star – even masked I can see your smile and your help with food preparation, kitchen and support with the guests is much appreciated. Thanks also to Lachlan, who is a driver and provides tea towel support after lunch. Dave, always so good to have you come, challenging the guests with your music quiz and singalongs. We welcomed new volunteer Catherine and driver Stephen, and we also look forward to the return of our travelling volunteers.

This term the art skills came out with a visit from Jane, activities coordinator for Bunnings Glenfield. We used hammers and nails to make shelves and boxes that guests decorated. We welcomed a guest speaker Cathy who



brought along activities that she does now she is retired. Cathy told the group how she found it difficult to transition from working 9-5pm to retirement. She shares her activities with others. Guest Marie told us about her poetry and provided a poem for this newsletter – thank you. Other activities at Belmont, were scattagories, word quizzes, bingo and we plan to have a board and card game week. Each week we do 20 mins of exercises for strength and balance to music. For end of term, we are planning an activity of an outing in Devonport. Thank you to the staff at the Rose Centre, Michelle and Geoff who have been so helpful by making sure the room is warm and ready for us and the Good Bitches Baking for providing baking for morning tea and dessert. Belmont has room to grow, we have such a nice environment at the Rose Centre, we would love to see more people from the community come to join us.

Stanmore Bay

This term at Stanmore Bay we have been very busy. We welcomed Maria, the new supervisor, along with some new volunteers, Vaughan, Cameron, Bee and

Marg. And two new guests Rae and Robert. Thank you all for joining our lovely group!

There was a bit of everything during this term at the center. We continue to do some exercises with Annette's help. Thank you for being such a good guide for all our other guests. And a big thank you to Anne, our amazing volunteer, her delicious muffins are a must for our morning teas.

We have been lucky to have music man Dave, which is always a highlight for our guests. They all love his music, his yoga time and his famous music quiz. Thank you Dave for being so awesome!

We also very much enjoyed trying to learn some of the Commonwealth countries' flags by doing a competition that was super fun!



We celebrated Father's Day by sharing nice memories about our Fathers. Through these kind of activities we aim to get to know each other better and we invite our guests/volunteers to have a moment to talk and share while the rest of the group listen to them. As simple as this sounds this mean a lot to all of them.

Another fun morning was when we travelled all the way to Argentina (where Maria is from) and had the best time getting to know this beautiful country's culture better. Did you know it is the 8th biggest country in the world? We celebrated Annette and Rae's birthdays with balloons, songs and Argentinian home made cakes. Yum!

Through these and more activities we try our best for our guests to have fun in a welcoming atmosphere where socialization is our main goal.



A Queen to remember

*CMA wishes to thank HM Queen Elizabeth II for her years of dedication and service. An absolutely wonderful and selfless woman who dedicated herself to her country and her people. The world has lost an icon and a treasure. Thank you, your majesty
may you Rest in Peace.*

We welcome Maria Supervisor Albany and Stanmore Bay



Maria moved to New Zealand in 2019 from Argentina with her husband Mel and two young children Bernardita and Salvador and joined CMA in July 2022.

Maria has a degree in Human Resources, a degree as an ESOL teacher and more than 10 years experience in the Education area. While she was studying, she was the manager of a Retail store in Argentina for 6 years. Maria is also a volunteer at St Johns Primary school where her kids attend.

Maria's enthusiasm is infectious – we look forward to what she has to offer the team.

Shout Out to Jean from Sunnynook



Jean Ashby ONZM of the Sunnynook group has been a member of the Mairangi Bay Bowling Club since 1967 and in 1976 became an umpire, NZ Umpire Badge 972. Jean has been umpiring continuously since then. Highlights over the years are the World Bowls in 1988 and the Commonwealth games in 1990 held at Bowls North Harbour as well as various NZ national tournaments. Jean has also held office in many administrative positions at all levels and now holds life membership of three North Harbour clubs. In 2002 Jean became a Life Member of Bowls New Zealand and in the New Years Honours and was invested as an Officer of the New Zealand Order of Merit (ONZM) for services to bowls.

Recently Mark Cameron CEO of Bowls NZ presented Jean with the Bowls New Zealand Distinguished Umpires Award, the first time this has ever been awarded.

Who's that In The Mirror

This is a poem written by Belmont guest Marie Hindmarsh inspired by the wonderful Pam Ayers. Thank you for sharing Marie!

Have you ever got up in the morning
not feeling at your best and thinking
that the day ahead, is going to be a
test?

You put one foot in front of the other
as you make your way to the loo.
But your legs won't work, and you
wonder oh dear what am I going to do

You get out of the shower slowly, skin
sagging and soaking wet.

You think to yourself, what a pretty
sight, as you reach for the towel to get.

You take a look in the mirror and scare
yourself to death. As a wrinkled face
stares back at you, it takes away your
breath.

You think oh dear that can't be me,
but the mirror doesn't lie, so you
quickly get on with drying yourself,
while letting out a sigh.

You think it's a trick of nature, and
how did I come to this. Many years
ago, I had a waistline, which filled me
with sheer bliss.

I could have been a model with the
body that I had. Now I could only
model wellington boots and that
makes me feel sad!

Even my hair is not the same it used to
have a nice sheen. Now it's all dry and
brittle and some days it shouldn't be
seen.

I am a bottle blonde now as I was in
my younger days, but if I let it grow
naturally it's all different shades of
grey's.

It's not that I don't like myself and
neither am I vain. But I think you will
agree with me, getting old is just a
pain.

So, I'll take down all the mirrors I'll
hide them all away and remember the
days when I was in my prime and no
longer in the mirror will gaze.



MID Winter XMAS



GEMSTONES QUIZ GEMSTONES QUIZ

each answer contains a gemstone

1. Murderer of presidential assassin Lee Harvey Oswald.
2. The capital city of the fictional Land of Oz.
3. A marginal sea of the South Pacific off the northeast coast of Australia, which saw a major naval confrontation during World War II.
4. Name of a ship that has appeared in 5 movies, 2003 to 2017.
5. TV character created by Johnny Speight who first appeared in 1965.
6. The 7th James Bond movie released in 1971.
7. British television sci-fi/fantasy series 1977-1982 starring David McCallum and Joanna Lumley.
8. A 1974 single by Paul McCartney and the group "Wings".

ANIMAL CLOSE UP PICTURE ROUND

NAME EACH ANIMAL



1-



2-



3-



4-



5-



6-



7-



8-



9-



10-

Beware of thinking because it is

..... all in the mind you know

*"The Goons"
1950's Radio programme*

All quiz answers bottom of page 10

MARIONS LOAVES

This recipe is from Lynne who used to work in our CMA office and she has made it a lot. When her son was young Lynne was commenting how her Mum was a fabulous cook. Her son piped up and said "You are too Mum, you are a good loafer" !!!

Boil together for 10 minutes:

3 cups water

60g butter

1 tablespoon golden syrup

2 cups sugar

470g fruit

1 teaspoon of spice, cinnamon and cloves

Cool and add:

4 cups flour

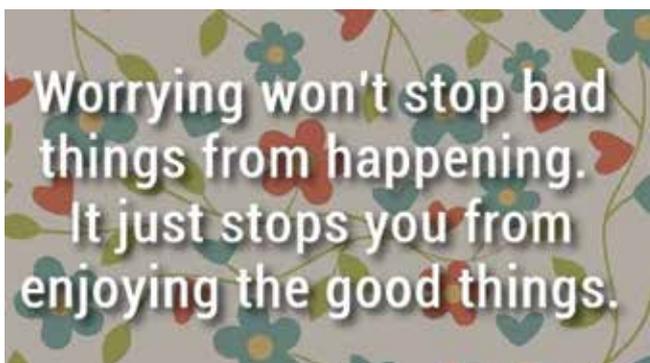
1 small teaspoon baking soda

2 teaspoons baking powder

Line and grease two loaf tins

Bake at 175°C for one hour

You may have a favourite recipe. If you would like, pass it on to your Supervisor and we will put it in our newsletter.



FUNNY TWO - LINERS

The difference between in-laws and outlaws?

Outlaws are wanted.

**Alcohol is a perfect solvent:
It dissolves marriages, families and careers.**

A fine is a tax for doing wrong.
A tax is a fine for doing well.

Archeologist: someone whose career lies in ruins.

An archaeologist is the best husband any woman can have:
The older she gets, the more interested he becomes in her.

**There are two kinds of people who don't say much:
Those who are quiet and those who talk a lot.**

They say that alcohol kills slowly.
So what? Who's in a hurry?

**Alcohol and calculus don't mix.
Never drink and derive.**

One nice thing about egotists:
They don't talk about other people.

**There was a man who said,
"I never knew what happiness was until I got married,
and then it was too late."**

Before marriage, a man yearns for the woman he loves.
After marriage, the 'Y' becomes silent.

*While FUN is the passing experience of a playful heart,
JOY is the enduring experience of a loving one.*



Our amazing Volunteer Yoshiko from Sunnynook

Hi, I am Yoshiko and I am from Saitama (north of Tokyo), Japan. I moved to NZ with my family in 2003.

I joined CMA as a volunteer in Sunnynook back in 2006 because I did not know many people in NZ and wanted to know more about NZ and be a part of a community. I have met so many wonderful people and learned a lot through CMA. Now I feel CMA is one of my places I belong and I feel so at home when I am there every Monday morning.

One of my hobbies is playing the Ukulele. I am a member of Ukulele team "Shore Breeze". We had several chances to play Ukulele and sing a song together with CMA groups. At our Mid Winter Christmas Lunch 2022 we shared a great time with CMA people with a lot of smiles which made us super

happy. Thank you so much for having us there.

We are practicing more English songs and looking forward to the next opportunity with you.



Life membership

It is with enormous pleasure that our music man Dave was awarded life membership of CMA. Dave gives so very generously in every way. We thank you from the bottom of our heart for all that you do – you epitomise what CMA stands for. Ka Nui Te Aroha.



“Age is simply the number of years the world has been enjoying you.”

-UNKNOWN

“Work for a cause not applause. Live life to express not to impress. Don't strive to make your presence noticed, just make your absence felt.



GEMSTONES QUIZ

1. Jack Ruby
2. Emerald City
3. The Coral Sea (location for the Battle of the Coral Sea in WWII)
4. Black Pearl (Pirates of the Caribbean series)
5. Alf Garnett (Gem, garnet)
6. Diamonds are Forever
7. Sapphire & Steel
8. Jet

ANIMALS QUIZ

1. Parrot
2. Cat
3. Dog
4. Snake
5. Crocodile
6. Zebra
7. Giraffe
8. Elephant
9. Tiger
10. Lion



Which exercise is best and how much should the older individual do?

Exercise stimulates the release of chemicals which generate feelings of wellbeing and enthusiasm, so exercise definitely improves ones quality of life at any age. Any exercise is better than none, but if you are serious about it, you may be best to start with a doctors assessment. Assuming you are reasonably healthy, the next step is actually mental rather than physical. You need to establish some kind of goal. Where do you see yourself a year from now? A vision empowers the fitness journey with emotional energy, vital to keeping your dream of greater vitality alive. Don't believe those clever ads about fancy gadgets which make exercise seem easy. Exercise which is beneficial is progressive and hard work, but attaining reasonable goals is constantly stimulating. Don't push yourself. Think incremental gains and you will eliminate risk. Results take time.

The History of 'APRONS'



I don't think our kids know what an apron is.

The principal use of Grandma's apron was to protect the dress underneath because she only had a few and because it was easier to wash aprons than dresses and aprons required less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the autumn, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes. Send this to those who would know (and love) the story about Grandma's aprons.

Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

The Govt. Would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron- but love...



Notice Board

VOLUNTEERS needed at all our centres but especially Belmont, Albany and Stanmore Bay. If anyone can spare a few hours a week to help older folk in the community please get in touch.

Volunteer thank you 9th November 4-6pm Okura Country Estate - everyone welcome - more details to come.

Xmas Party all centres 1st December, The Bays Club - more details to come.

Term 4 starts 17th Oct ends 16th Dec.

Thank You to our Funders and Supporters

Auckland Foundation. North Shore Fund. NZ Lottery Grants Board. The Lion Foundation. Community Organisations Grants Scheme (COGS). Foundation North. Pub Charity- from gaming machines at 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. Allright Welfare Trust. Blue Sky Community Trust. NZ Community Trust. Royle Charitable Trust. Good Bitches Baking. Lister Presbyterian Health. Louisa and Patrick Emmett Murphy Trust.

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Mairangi Bay: Jennifer Jordan
Birkdale: Jacinda Tyson
Glenfield: Jacinda Tyson
Red Beach: Kiri Beven
Stanmore Bay: Maria Ugarte
Albany: Maria Ugarte

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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