

Wise winter words

New Zealand's seasonal climate gives us the joys of autumn leaves, spring blooms and, of course, the winter chills. While many rejoice in the coming of winter it certainly can be less enjoyable for our older generation

Here are a few considerations to keep front of mind this winter...

Dress for the season - In most cases staying warm is as easy as a few extra layers and a good coat. Keeping toes toasty and heads warm is the best way to regulate body temperature, and who doesn't love getting around in a fluffy pair of socks on a cold night?

Prevent slips and falls - for older folks any time of year can present opportunities for a fall. However, in winter it pays to be extra vigilant. If you are heading out make sure you have a phone with you, or, ideally, a buddy to go walk with.

Stay warm, stay comfy - Cold days and nights are the perfect excuse to stay inside and stay warm. Nothing says winter comfort like a cosy blanket. An extra blanket not only adds an extra layer of warmth it can also add extra colour, perfect for cheering up a cold winter day.

Beat the winter blues- Winter's short days can take their toll. Sunlight is a vital element for us all, regardless of age, and with fewer sunlight hours and prolonged periods of fog, rain and cloud, the winter blues can easily creep in. Getting sunshine is one of the simplest and most effective measures to boost serotonin levels and mood

Exercise for body and mind - Even though motivation may be low winter is no time to ditch the daily exercise routine. Exercise gives that all-important boost of endorphins.

A balanced diet - Don't ditch the healthy diet just because it's winter and all you can think about is 'comfort food'. A healthy diet is one of the best ways to ensure Vitamin D absorption. Many studies have shown the link between Vitamin D and mental health.



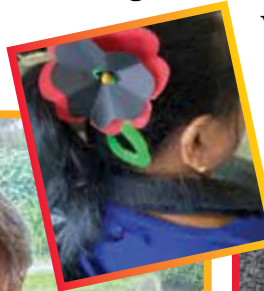
AROUND THE CENTRES

Belmont Centre

Members have shared lots of fun, joy and happiness at Belmont CMA this term. At the beginning of term we started by making origami poppies to celebrate Anzac Day along with doing a word find quiz. The guests always welcome Dave the music man coming to visit, and on 4 May Dave's theme centred around the upcoming king's coronation. The guests really enjoyed Dave's music and quiz centred around British music. Thank you so much for your kindness and generous service to CMA Dave. Wendy Hampton, a local lawyer, author, and speaker visited CMA in May. The guests found her short and light-hearted presentation concerning the importance of estate planning to be very informative and asked lots of questions. We celebrated World Turtle Day on 23 May with lots of creative colouring in and artwork. There are very talented artists amongst our group at Belmont. During this term we celebrated Lynton and Barbara's 50th wedding anniversary. Congratulations to you both! Lynton brought a delicious cake along to share with the guests for morning tea. We continue to do our gentle exercises

every week, which is a great way to warm up as the cooler weather descends upon us.

We welcome all new members to Belmont - Cathy, Cheryl, Ched, Janice, Bertha and Asia and last a huge thank you to the incredible volunteers at Belmont - Catherine, Yoshi, Michaela and Robert - your help and support is so greatly appreciated.



Birkdale Centre

We have had a lovely term at Birkdale we love catching up every week and having a laugh with friends. Even though the weather has been wet and cold we still have made the most out of it.

We love a nice hot meal on those cold days and playing fun games. We especially like the quizzes and the memory games to keep our brains going, that's always a big hit.

We have enjoyed greeting new faces to the group at Birkdale CMA and look forward to having more fun times with them.

We look forward to the outing at the end of term which is always a highlight for us.



Name that river quiz

Name the river that flows through the following Capital Cities:

1. Cairo
2. Paris
3. Baghdad
4. Buenos Aries
5. Vientiane (Capitol of Laos)
6. Beijing
7. Tokyo
8. Washington DC
9. Dublin
10. Amsterdam

Answers on Health Matters page

Stanmore Bay

This term at Stanmore Bay we have been very busy. We welcomed many new guests: Cathy, Harry, Barbara, Joyce & Ron, Margaret, Jenny, Kerry and Carol and our new volunteer Patrick. Thank you all for joining us!

As usual, we have been lucky to have our music man Dave visiting us, which is always a highlight for our guests. They all love his music, his yoga time and his famous music quiz. Thank you Dave!

We also had the wonderful Richard, from Hearing Dogs For The Deaf with his amazing dog Jett visiting us. They did a performance on how Jett helps him in his everyday life and it was really wonderful to see how much they loved each other.

We celebrated Mother's Day by sharing nice memories of our mothers. It is so important for our guests to have a time to talk and share with the rest of the group as it is a good way to get to know each other.

We celebrated our volunteer Vaughan's birthday and had some delicious lunches made by some of our lovely volunteers. A special thank you to all our volunteers, we wouldn't be able to be open without all their amazing help.

We feel blessed to have the opportunity to run this lovely centre where our aim is for our guests to find fun and friendship every Thursday.



Five Steps to Aging In Place Gracefully

Studies show that 90% of older adults say they wish to stay in their homes as they age. If you are one of them it's time to make a plan for aging in place! Here are six steps you can take to set yourself up to age in place:

1. Complete a home safety check

One of the first things you can do is make sure your house, apartment or townhouse is set up to be a safe and easy place for you to get around. Do a home safety check to reduce your future risk of an accident or a fall. ACC has identified several easy modifications that will ensure your home is safe. These include non-slip floor surfaces, grab bars in bathrooms, lever-handled doorknobs, and personal alert systems that enable you to call for help in emergencies.

2. Prioritize your health

Keeping yourself in good physical shape is crucial in helping you remain independent at home for as long as possible. Maintaining a heart-healthy lifestyle which includes a balanced diet, regular exercise, and minimized stress can help you ward off serious health conditions such as heart disease, arthritis, dementia, and depression.

3. Make a plan for transportation

It's important to be able to get out and about in your community, and driving yourself is only one of many options to get you where you need to go. Look into what public transportation is available to you, talk to friends and family about how they may be able to help with rides, and familiarize yourself with local taxi companies or ride sharing services such as UBER. If you qualify ask about getting an assessment for a total mobility card which gives you access to discounted taxis.

4. Befriend technology

You don't need to become a computer whiz to stay in touch with friends and loved ones from all over the globe. Getting acquainted with your smartphone or digital tablet's messaging and video screen sharing programs can help keep you connected from the comfort of your living room. You'll also find out what's going on in your community and access helpful services such as grocery delivery and taxi services.

5. Make a plan

Not only is it beneficial to prepare financially for any future home care needs, it also helps to have a plan for who will be there to care for you. By thinking ahead about what you want before you need it you gain control over what decisions are made and can make choices based on your preference. Make sure you share this plan with loved ones.

By taking these steps now, you will be on your way to aging in place – living the life you want at home now and in the years to come.



family album



Our Glenfield centre enjoyed a visit from Bunnings today. We loved painting our Easter eggs and filling them with delicious Easter treats.



Our Albany Centre enjoyed a lovely morning, enjoying a winter word scramble and a fun competition of 'crazy balls'. We finished the morning off with a delicious lasagne prepared by our wonderful volunteer, Bev. Thank you so much Bev!



Our Mairangi Bay Centre enjoyed some bean bag games this week, keeping us fit and active. We also celebrated several birthdays and worked together on a quiz.





Our Red Beach Centre enjoyed a lovely morning with Sarah from Hibiscus Coast Zero Waste. What a fascinating talk, and we all loved what Sarah had to tell us. Even better was our lunch today all being sourced from Perfectly Imperfect.



Our Sunnynook Centre had a wonderfully relaxed morning creating vision boards this week and also celebrating a special volunteers birthday.

We have some very creative talent at our centre, and it gave us all a chance to chat, relax and create.



Introducing Liz from Albany

Liz moved out to New Zealand from South Africa and joined our Stanmore Bay Centre many years ago. Liz tells us below how she found CMA and what keeps her coming.....



“I really didn’t want to go but my family made me attend as they were worried about how much time I was spending alone at home. I have been coming now for over 10 years and cannot stay away. I get so upset if I cannot attend, and I just love all the people so much. CMA is very much a family. It’s expensive to get transport, and I cannot comfortably catch public transport, so most days I would spend alone, as my family worked all week. CMA makes me feel so comfortable and we can all relate to each other. When I started CMA I

didn’t know anyone, but everyone was so nice and it kind of felt like ‘coming home’ in a way.

The volunteers are fantastic, and I still can’t believe how much they do for nothing. They really are wonderful people. I love coming every week - CMA makes you feel included and so comfortable.”

Two to do quiz



Each answer requires 2 answers.

- 1 What are the two main ingredients of a roux.
- 2 Which two of the Bee Gees were twins.
- 3 Which two types of portable fire extinguisher should be used to tackle an electrical fire.
- 4 Which two bones connect as ball & socket to form the shoulder joint.
- 5 What are the only two prime numbers between 30 & 40
- 6 Which two months were added to the Roman calendar in 153 BC
- 7 Which two names might be given to a fraction where the top number is greater than the bottom number
- 8 Which 2 English football club’s grounds are geographically closest, (but they rarely play each other), 300 yards apart across a river.

Answers on Health Matters page



New Zealand's oldest man Jack Coe celebrates his 107th birthday

Jack Coe, believed to be New Zealand's oldest man, is celebrated his 107th birthday on 11 May 23

On May 11, 1916, Coe was born in a tent on Gorton St in Bulls, a small town in the Rangitikei District of Manawatū-Whanganui.

Given the name Harry James Jack Coe, the now 107-year-old has lived almost his entire life in Bulls and nearby Marton - with the exception of military service during World War II, which saw him stationed in New Caledonia defending an American Air Force base.

Just four months ago, Coe moved from his home in Marton, where he had been living independently, to St Johns Wood Care Centre and Village in Taupō due to health complications. He now lives closer to his son Peter, one of he and wife Thora's two children.

According to Peter, up until his move to Taupō, his father had still enjoyed his regular walks into town for a cup of tea.

As for his birthday festivities, Coe is celebrating at St Johns Wood with his family and staff.

His secret to a long life? "Caramel popcorn and a beer."

What an inspiration!!

Introducing Raewyn from Mairangi Bay



Hi there! My name is Raewyn and I have been a volunteer at CMA Mairangi Bay since September 2022. I have lived on the North Shore for 17 years. I grew up on a market garden in Hawkes Bay and met my husband at university. We travelled extensively due to his work and have lived overseas as well as in most NZ cities. Our 2 boys attended the local schools on the Shore and are now more independent.

When I'm not doing accounts work from home, I like to keep

busy and engaged with the community that I live in. I am involved in the school lunches programme and assist in the kitchens of other non-profit organisations.

Outside of work, I enjoy going for walks at the local beaches and cycling around the coastal walkways of Hobsonville Point and Orewa.

It is a privilege to help out at the CMA sessions. There is always something interesting going on – the quizzes get me thinking, the activities are fun and the life stories I hear are so inspiring. It is a very friendly and welcoming way to start the week.



*With age
comes greater
wisdom,*

*an ease and
comfort with
oneself*

Cherie Lunghi



CMA

Our recent
Give A Little Campaign

Thank you

Thank you for all the kind
donations and the
incredible support





WE HAVE MOVED

Our new Support office is now at

Top Floor Takapuna Community Services Building

(follow signs to Age Concern)

5-7 the strand, Takapuna

Note: there is lift access from
the basement carpark under the
library – take the lift to level 2



Health is not just about food and exercise, its also about what and how we think.

Thought is actually at the root of all action so the quality and nature of your daily thoughts relates directly to your health and happiness.

Staying positive is about staying stimulated and staying curious. Asking questions about the nature of human existence for example can expose the mind to ideas and concepts you may find challenging at first, but searching for greater understanding can give life renewed vigour while also restoring hope and a heightened sense of purpose. Philosophy is an exciting, safe and relatively easy subject to explore on the internet. You don't have to accept everything you find but starting on such a quest eventually turns the unknown into the known and often transforms a dull day into a life affirming joyful adventure in discovery.

Two to do quiz

1. Flour and fat.
2. Robin and Maurice.
3. Dry powder extinguishers and CO2 extinguishers.
4. Humerus (upper arm bone) and Scapula (shoulder blade).
5. 31 & 37.
6. January & February.
7. Improper or top-heavy fraction.
8. Nottingham Forest & Notts County.

Name the river answers

1. Nile 2. Seine. 3. Tigris.
4. River Plate. 5. Mekong.
6. Yellow. 7. Sumida.
8. Potomac. 9. Liffey.
10. Amstel.

Notice Board

VOLUNTEER DRIVERS needed for all centres. Please contact the support office for more details.

*Term 2 ends 30th June 2023
Term 3 starts 17th July 2023*

*All welcome to the AGM on 30th June at 10am in the Mary Thomas Centre,
3 gibbons Rd, Takapuna*

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. 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. Good Bitches Baking. Lister Presbyterian Health. Vinci NZ Foundation. Gibbs Farm. MSD Age Friendly Fund. EH Davies and TM Carr Trust. Catholic Caring Foundation and Aotearoa Gaming Trust, Giltrap Trust. St Georges Market Shop. Hibiscus Coast Community House Inc. Helen Stewart Royale Trust.

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CENTRES OPEN 10AM - 12.30PM

MAIRANGI BAY - MONDAYS

SUNNYNOOK - MONDAYS

BIRKDALE - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS