



# Spread the Holiday Cheer.... How to Support Older People at Christmas

The festive season is a time of joy, love, and togetherness. However, for many older individuals, Christmas can be a challenging time, especially if they are living alone or experiencing health issues. As we embrace the spirit of giving let's offer support and bring joy to older people during the Christmas season.

### Reach Out and Connect

Loneliness is a common issue for older individuals, particularly during the holidays. Take the time to reach out and connect with older family members, neighbors, or friends. A simple phone call or a handwritten letter expressing your love and holiday wishes can make a significant impact.

### Celebrate together

Include older individuals in your Christmas celebrations. Extend invitations to family gatherings, dinners, or community events. If they are unable to attend consider bringing the festivities to them

### Create a Festive Atmosphere

Decorate their living space with festive ornaments, lights, and a Christmas tree if possible. Creating a warm and cheerful environment can lift their spirits and make them feel connected to the holiday festivities.

### Share the Joy of Technology:

If distance is a barrier, use technology to bridge the gap. Set up video calls to virtually connect with older family members or friends. Share pictures, videos, and updates about your holiday celebrations to make them feel included and part of the festivities.

Christmas is a time for generosity and compassion, and there's no better way to embrace the holiday spirit than by supporting older people in our communities. By taking the time to connect, include, and assist, we can make a significant

impact on the well-being and happiness of older individuals during the festive season. Together, let's ensure that everyone, regardless of age, can experience the warmth and joy that Christmas brings.



# AROUND THE CENTRES

## *Red Beach Centre*

Our Red Bach Centres term has been filled with joy and laughter. Our goal is to make every day at CMA a celebration of life and friendship.

The Melbourne Cup brought not only the thrill of the race but also a sense of camaraderie that lifted our spirits and created lasting memories. Well done Rae on your fabulous win, and volunteer Marlene for 'Lucky Last' bonus prize.

We transformed into a bewitching haven for Halloween. Our members embraced the spooky spirit with creativity and enthusiasm, showcasing an array of fantastic costumes. The laughter and joy that filled the centre were infectious, and the costume contest brought out the imaginative side of everyone, along with the competitive. We're still chuckling at the clever costumes and reliving the delights of that spooktacular day.

The newest additions to our Red Bach family have been the source of endless joy – adorable kittens! Their playful antics and gentle purrs were very therapeutic. We've shared stories of our beloved pets, and enjoyed the simple pleasure of cuddling these furry companions. Laughs, Chats, and Great Company: The Heartbeat of Red Beach

May the upcoming months be filled with more laughter, new adventures, and the warmth of cherished friendships. Wishing you all a fabulous Christmas from our Red Beach Centre.





## Albany Centre

What a busy but fun term we had in our Albany center!

We celebrated the World Smile day & Halloween; we went to Dave's for some music fun; we played board games, scattegories and Bingo. We did exercises in many fun ways: dancing, with music and games.

We welcomed some new guests to the group: Dirk, Lyndsay, Tracey Lee and Jim – who came back after some months. We also welcomed our new volunteer Ling. Thank you all for joining us!

We love our Tuesday's sessions at the Albany Hub. They are always filled with laughter, friendship and great conversations. Our guests look forward every week to come and spend some fun time together and share a nice meal. Thank you to our amazing volunteers who make CMA possible!



All smiles at our centres this week.

Always keeping strong and fit with our weekly exercises and games.

A big part of CMA is enjoying each others company, and keeping our social skills active. Social isolation can be so harmful to our mental health, and it's really important as we age to keep connected to our community, and to others around us.

## Stanmore Bay Centre

What a fun term for our Stanmore Bay center!

We celebrated many birthdays notably it was our lovely volunteer Anne's special 65th birthday. We played many games with lots of movement and had lots of fun! We celebrated Halloween and there is always time for Bingo! We were lucky to have Dave coming to play some music for us! Also, the ladies from Bunnings came to visit our centre and brought a lovely activity for our guests to do.

We love to see our guests every week enjoying our sessions and getting to know each other better. Having someone to talk to and laugh with makes all the difference for them and we work hard with our volunteers to make that happen.

Thank you to all our amazing volunteers at our Stanmore Bay center for your time and for caring and loving our guests. We would not be able to open without you!



## Thanks for our Daily Bread

We have some real treasures out in our community, and if you are ever in need of a good bakery, give these guys a go ... They recently did a lovely random delivery to our Belmont centre for our guests to enjoy. Daily Bread thank you for your lovely kind donation.





# Christmas Quiz

1. What country is credited with the creation of the Christmas tree tradition?
2. In what century did the tradition of sending Christmas cards begin?
3. Which plant is often associated with Christmas and is often used in decorations?
4. In the movie "Home Alone," what is the name of the young boy left behind by his family?
5. What is the name of the animated film featuring a character called The Grinch who despises Christmas?
6. In the movie "Elf," what is Buddy's main job in Santa's workshop?
7. Who sang the famous Christmas song "Jingle Bell Rock"?
8. Which song includes the lyrics, "Chestnuts roasting on an open fire"?
9. In the song "The Twelve Days of Christmas," what is given on the eighth day?
10. In Italy, it's traditional to eat a special Christmas Eve feast called the Feast of the Seven...?

Answers Page 10



*How does Santa keep track of all the fireplaces he's visited?*

*He keeps a log!*

*What do you call a snowman with a six-pack?*

*An abdominal snowman!*

*What do you get if you cross a snowman and a vampire? Frostbite!*



Our Birkenhead / Birkdale Centre had a wonderful morning creating vision boards this week. We have some wonderfully creative talent at our centre, and it gave us all a chance to chat, relax and create.



Melbourne Cup week at CMA this week. Our guests love to be included with major events going on in and around their community. It's great that we get to experience the little things as a group and feel included and involved.



Super fun morning at our Mairangi Bay centre today! We enjoyed a lovely morning of arts and crafts and some gentle exercises. Keeping our minds and bodies active and strong.



Our Red Beach Centre had a lovely morning celebrating all things spring this week. A fabulous 'best spring hat' dress up competition, a lovely singalong with Dave our music man and a picnic style high tea lunch made for a lovely morning.





Our Sunnynook and Mairangi Bay centres enjoyed a lovely joint lunch out to Palmers Garden Centre. Lovely coffee and delicious fish n chips.

Also, a lovely chance for us to say 'thank you' to our incredible volunteers for everything they do.



Our Red Beach Centre had a lovely start to term 4. It's going to be a busy term, and it was fabulous to have Harbour Sport visit us week 1, and reminds of the importance of the Super Seven exercises. Helping us improve our strength and balance, reducing falls and injuries, and ageing well. We may have some sore muscles tomorrow.



At CMA we love a good dressup, along with a good laugh. Halloween is a great excuse to bring a bit of fun to our centres, and get into the spirit of things.



Getting into the spirit of things at CMA this week.

We started our Christmas celebrations by making beautiful Christmas cards. I just love when we do anything creative at CMA, as all the different personalities shine through. A lovely relaxing creative morning.





# Microwave Mug Gingerbread Cookie

## Ingredients:

- 2 tablespoons all-purpose flour
- 1 tablespoon brown sugar (packed)
- 1/8 teaspoon baking powder
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- Pinch of salt
- 1 tablespoon unsalted butter, melted
- 1 tablespoon molasses
- 1 tablespoon milk
- Optional: Powdered sugar for dusting



## Instructions:

1. In a microwave-safe mug, whisk together the flour, brown sugar, baking powder, ground ginger, ground cinnamon, and salt.
2. Add the melted butter, molasses, and milk to the mug. Mix until well combined.
3. Microwave the mug on high for about 1 minute and 10 seconds to 1 minute and 30 seconds. Keep an eye on it to avoid overflow.
4. Allow the gingerbread cookie to cool for a few minutes before eating. If desired, dust the top with powdered sugar for a festive touch.
5. Enjoy your single-serving microwave mug gingerbread cookie!

This quick and easy recipe captures the warm and spicy flavors of traditional gingerbread in a single serving. Perfect for a cozy Christmas treat for one!

**HUGE shout out**  
to our supporting charity



**good bitches**

**BAKING**

*Good Bitches Baking is on a mission to make Aotearoa the kindest place on earth*

Good Bitches Baking is a network of people who want to show kindness to those in their communities who are having a tough time. We do this by baking them a delicious treat.

There are too many people out there having a tough time: families with children in hospital; those using food banks and soup kitchens; residents in hospice and their loved ones; women and children fleeing domestic violence. We hope to give them just a moment of sweetness in their time of crisis.

People tell us that knowing someone cared enough to make them a treat helped them through the toughest of days.

We know that kindness matters. Did you know that Good Bitches Baking supply all our morning tea and most of our deserts at most of our centres – all home made baking made with love from their volunteers and all free for CMA members? GBB has been supporting CMA now for many years and we are so very grateful.



# A FOND FAREWELL FROM OUR MANAGER RACHEL

After almost 13 years in my role as Manager at CMA I am making the move to work closer to my home in Papamoa. It has been the biggest privilege to work with you all and I feel honoured to have met so many wonderful humans with huge hearts. I want to thank you all for the laughs, the hard work, the few tears but mostly the unforgettable moments. Your smiles will be forever etched on my heart.

As I move on to new adventures I have full confidence that CMA will continue to grow and thrive and make the world a better place for older people in the community. Keep supporting each other, pushing boundaries and embracing the unique spirit that makes this team of staff, volunteers and guests exceptional.

Its not a goodbye it's a "see you later". I will cherish the memories we have created and I'll continue to cheer you all on from the side-lines.

Forever grateful

*Rachel*



At Christmas time family takes center stage. Some of us however live alone or are separated from family. Christmas should be a time of joy and strengthening the ties that bind us, so what can we do, if we are alone to ensure a happy christmas season?

What we give to others has an effect on us which I call "flow quotient" Think of a tap. The wider the valve is opened the more water can flow through. Now apply this thought to the idea of love. The more love we give, the more we experience it. The same is true of happiness and joy.

By seeking opportunities to bring happiness into the lives of those around us, lo and behold we experience that which we give away freely.

A simple heart felt "good morning" can brighten an entire day. Happiness is the sum total of the simple gifts we give every day and most of these things cost us nothing but in total they embody the very spirit of Christmas.

# INTRODUCING Margaret “Marg” Harvey

VOLUNTEER

CORNER



Hi, I'm Marg and I volunteer at Stanmore Bay.

As our last Primer Minister said, "I'm just a boy from the Hutt" well, I'm just a girl from the Hutt (by many years before him). I moved to Auckland at 17 to complete my training as an Occupational Therapist, met my

husband and worked around raising our 2 children in Auckland and briefly in Gisborne.

When our children left home, we continued our family joke and also "left home" moving to a lifestyle block just out of Tauranga. Over those years we worked, while raising Highland cattle and managing the property. We had a fabulous 2 and a half years away working as a housekeeper and gardener in Kent, UK, while our family were also over there on their OE.

Eventually we retired, and 3 years ago moved back to Auckland to be closer to some of our grandchildren. I started volunteering at Stanmore Bay about 18 months ago as it sat with my belief that family, activity, fun and laughter is good for our physical, mental well-being and fills the soul.

Maria, the guests and other volunteers at CMA have become my extended family and there is always the guarantee of fun and laughter in all shapes and forms, so you'll have to put up with me for a while longer.

## CHRISTMAS QUIZ ANSWERS

1. Germany
2. 19th century (specifically, the 1840s)
3. Mistletoe
4. Kevin McCallister
5. How the Grinch Stole Christmas"
6. Elf testing
7. Bobby Helms
8. The Christmas Song (or Chestnuts Roasting on an Open Fire)
9. Eight maids a-milking
10. Fishes





## Delightful Dave



I was born In  
Portsmouth in  
the UK and have

been a musician since I was 10 yrs old. I was the principal cornet of a brass band from aged 17 to 20 when I moved to Hackney London where I was also a funeral director for 10 yrs.

I made the move to New Zealand in 2007 and been with CMA ever since as a volunteer.

Just a bit of history about me.....

My Grandparents met where they worked at Buckingham palace. My Grandmother was a chambermaid to Princesses Elizabeth and Margaret and my Grandfather was a sergeant in the Grenadier Guards..... Essentially if it was not for the Royal Family I would not be here now.

I play keyboard, do music quizzes and gentle exercise at all centres and also entertain at 14 rest homes.

I have now been volunteering for CMA for 16 years.

I think we all agree that Dave is a legend – thank you for all that you do for us at CMA we are very grateful to have you as part of the CMA family.

# Notice Board

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

*Term 4 2023 ends Thurs, December 14*

*Term 1 2024 starts Tues, January 30*

*No Centres: Monday January 29  
(Auckland anniversary) or  
Tuesday February 6 (Waitangi Day)*

*Centres return:  
Tuesday January 30, 2024*

## 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. NZ Community Trust. Good Bitches Baking. Lister Presbyterian Health. VINCI NZ Foundation-King Baudouin Foundation. Gibbs Farm. MSD Age Friendly Fund. EH Davies and TM Carr Trust. Catholic Caring Foundation. Aotearoa Gaming Trust. Giltrap Trust. St Georges Market Shop. Hibiscus Coast Community House Inc. Helen Stewart Royale Trust. Orewa Lions Club. Louisa and Patrick Emmett Murphy Foundation.

## GOVERNANCE TEAM:

**Chairperson:** Ann Coughlan  
**Vice Chairperson:** Robyn Walker  
**Secretary:** John Stewart  
**Treasurer:** John Brodie  
**Supervisor Reps:** Kiri Beven  
**General Members**

Tom Simpson, Vivien Wei Verheijen, Michaela Broehl Ciesilk, Melanie Blewett, Liz May,

## PATRON:

Ann Hartley

## CENTRE SUPERVISORS:

Sunnynook:	Jacinda Tyson
Belmont:	Jill Guest
Mairangi Bay:	Maria Ugarte
Birkdale:	Jacinda Tyson
Glenfield:	Jacinda Tyson
Red Beach:	Kiri Beven
Stanmore Bay:	Maria Ugarte
Albany:	Maria Ugarte

## SUPPORT STAFF:

**Manager:** Rachel Quin Gilbert  
**Support Officer:** Kiri Beven

## CONTACT DETAILS:

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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**

