



Social media, a blessing during time of crisis



There's no doubt that social media usage took the world by a storm as the number of users has dramatically grown over the recent years. Over the past year there has also been a surge in the number of older users who are especially enthusiastic to embrace new networking tools.

A couple of years ago, social networking domains were predominantly characterized by teenagers and youngsters. Now, new trends in the advancements of social platforms such as Facebook and Twitter have extended reach to even the older members in the society.

Most of the credit should perhaps go to the families and friends who have inspired older people to find the use of social media. These circles of seniors and their families and friends find benefit from using social media and keeping in touch.

As older people may be sometimes alone in senior care or while their families are away working, social media has been able to keep them connected and enable them to check up on each other. In addition, it is amazing that the lives of senior citizens have transformed as they can find information regarding any diseases, disabilities or impairments when they are on their own.

As our CMA centres are on pause while we navigate the Omicron outbreak we now have regular zoom meetings every Monday morning for strength and balance exercises often followed by a music quiz. The link is posted on our Facebook site and emailed out to families and members. Please come and join us – we would love to see some smiling faces.

Did You Know . . .

New Zealand has an ageing population – we're expected to have 1.2 million people aged over 65 by 2034. This will have implications on housing, employment, health, financial capability and social issues.

Getting older is something we should all celebrate, but it can be tough. With an increasing number of major life changes – a move into retirement, health challenges and the loss of loved ones – it is crucial that older people have the support they need within their reach.

CMA is committed to promoting wellbeing, rights, respect and dignity for older people.



Is this something?

After I hit 60, my body started playing a game with me. It's a guessing game called "Is this Something? Or is this Nothing?" This game is played for keeps. Or not. It's played when people of a certain age get a weird, new pain, or a strange cramp, or any change in how our bodies work.

Years ago, I'd take an aspirin and go on with my day. I didn't even have a GP! Now I have an entourage: audiologist, cardiologist, dermatologist, endocrinologist, ENT, gastroenterologist, OB-GYN, ophthalmologist, orthopedist. I'm a one person medical convention because now, sometimes what I

think is 'nothing'... isn't. That's how I wound up in the hospital for a week—twice—in four years. It was that difficult for me to accept that my body is no longer the well-oiled machine it used to be. I'm (gasp!) mortal.



*"We've changed our minds.
We do want to be a burden to you."*

Is this something else?



St Patrick's day Limericks

Last year I got a strange feeling in my chest while on a conference call. (Okay, I've had them before and my cardiologist had said it only was acid reflux.) I called his office, since it was time for a checkup anyway. The doctor on call told me to go to an urgent care center ASAP. They took my vitals, did an EKG and various other tests.

Their reaction was enough to trigger a heart attack, so I dashed over. The ER saw me right away: six doctors, x-rays, ultrasounds, EKG, blood and urine samples, and six hours of monitoring my vital signs. Their diagnosis?

Acid reflux.

I guess I won that round!

I was lucky, though, because it really was 'nothing.' Call it whatever you want – a close call, a narrow escape – I'm just grateful I'm okay and the diagnosis was a nothing burger...barely a bump on the road in my journey...unlike the 'little cold' that side-lined me for more than a week. (It was not Covid, but still kicked my butt- and still is.)

Being so aware of the odd sniffle during the pandemic has made us all a little paranoid BUT if in doubt – check it out.....

There was once an idiotic and plain Dude
Who thought he could mess with altitude
He jumped from a building
Causing massive billowing
And became the most boring and utter prude

There was once two cats from Kilkenny
Each thought that was one cat too many
So they started to fight
And to scratch and to bite
Now, instead of two cats, there aren't any.

There was a young schoolboy of Rye
Who was baked by mistake in a pie
To his mother's disgust
He emerged through the crust,
And exclaimed, with a yawn, 'Where am I?'

There was a bold irate man of Boulder
Whose cutlass was slung from his shoulder
He'd mighty fine notions
Of plundering oceans,
But his mum said:
'Perhaps, when you're older.'

There was once a tiger who escaped at eleven
From the Aplington Zoo, down in Devon
He was searching the streets
For some fresh crunchy treats
But I caught him in verse – thank heaven!

The value of volunteering

At CMA we are privileged to work with fabulous people who give their time so generously. We asked for a few stories about why they continue to come along to help run our programs...here are a few of them to make you smile:

Lilian

Hi, my name is Lilian Patterson and I am a full time



graphic designer. Tuesday morning has become one of my favourite mornings of the of the week as I have the opportunity to volunteer at CMA. I started volunteering at CMA in March 2017. I have loved being involved with the program and working alongside some beautiful, kind-hearted and capable volunteers in the program and on the Board. I love seeing our guests enjoying the variety of stimulating physical and mental activities, as well as entertainment, that CMA offers. It is wonderful seeing the guests connecting with each other and forming new friendships each week. I have learnt so much from the guests' wealth of knowledge and wisdom. I have particularly enjoyed hearing about the historic events and stories that have happened in their lifetimes. They really have the best sense of humour. The CMA program reflects some of my own personal beliefs

and values: to value, honour and care for people of all generations and backgrounds. It's heart-warming and humbling to be able to help make a little difference in someone's day."

John

I started as a volunteer because a current volunteer, Sarndra, told me how enjoyable and rewarding volunteering was at CMA, Mairangi Bay. She was right.



(Of course, Sarndra is always right! Even if she happens to be wrong, she is right!) I enjoy the camaraderie amongst everybody who attends; guests and volunteers. There is a lot laughter and I find myself learning as a result of the knowledge shared by guests when participating in the regular quiz sessions. I am truly looking forward to being back with guests and fellow volunteers when it is safe to do so.

Maureen

Volunteering for CMA made me realise what a fabulous community service CMA provides.

Giving people who are otherwise unable to do so, the opportunity to



meet and chat with others while taking part in fun and stimulating activities. It has been great to meet some very funny and inspirational guests, amazing supervisors and lovely friendly fellow volunteers. I thoroughly enjoy my Wednesdays.



Dave

I have been volunteering for CMA for 15 years now and I have enjoyed every moment. I just enjoy putting smiles on people's faces and making you all happy with my music. Everyone enjoys music and I try to cater for most tastes. CMA is a great way to bring people together and give them a great morning once a week and for some several mornings. Some of you know that I have no family in New Zealand but for me CMA is my family and you all provide me with great comfort in my life.

Which one of the four quiz

1. Which one of the following is a NON-magnetic metal: Nickel, Copper, Iron, Cobalt
2. Which of these cities does NOT have a Disney theme park: Tokyo, Singapore, Paris, Shanghai.
3. Which one of the following historical figures was NOT beheaded: William Wallace, Richard III, Thomas Cromwell, Mary I
4. Which is the Prime Number: 111, 113, 117, 119
5. Which of these is NOT a Womble that appeared in the TV series: Tomsk, Alderney, Richmond, Stepney.
6. What is the name of the smaller island to the south of The Isle of Man: Foot of Man, Calf of Man, Shin of Man, Toe of Man
7. Which is the only number to be represented in Morse Code by a single character: A, E, I, O
8. Which is NOT a cube number: 64, 216, 518, 1000
9. Which of these US presidents was NOT impeached: Bill Clinton, Richard Nixon, Andrew Johnson, Donald Trump
10. Which of these rivers does NOT form part of the border of Texas: Red, Rio Grande, Mississippi, Sabine

Answer on Health Matters Page

Elder Chicks - memoirs from 75 pluses about life in the modern world

Remembering greeting cards

Am I the only one that misses cards? I turned 75 this month and woke up to 6 birthday emails. Please do not text I should be lucky to be remembered, etc., this is my grumble. Cards too expensive?



Walmart has \$1.00 cards. Stamps can now be mailed. I buy my cards through Amazon. Am I hanging onto an old habit? Maybe, but this cannot be blamed on the pandemic. It happened BEFORE the pandemic. Did I grumble all day. NO WAY. I appreciated my flowers and gifts, and who has not chuckled over, "Let's celebrate later," or my favorite, "I'll be over with your gift." And that was how many days ago? That night as I blasted Bruce Springsteen and danced like I was 20, I resolved to keep up my relationship with Hallmark.

Growing up outdoors

My fondest memories of childhood were when our family lived on a large dairy farm (we rented a house there).

I was surrounded by tons of open space, and animals.



We had dogs and cats and even a couple of goats. And I was lucky to have a horse. I spent my summer days caring for the animals, but also riding out to parts unknown. There were only back country roads, and it was safe to ride alone. I feel bad for the kids of today who are stuck to their screens and now, with Covid, aren't able to spend a lot of time with their friends. I'm a true believer that being outdoors in the fresh and and being around animals are a great way for kids to grow up. Even the hard work is beneficial! And getting dirty is a good thing!

I prefer handwriting

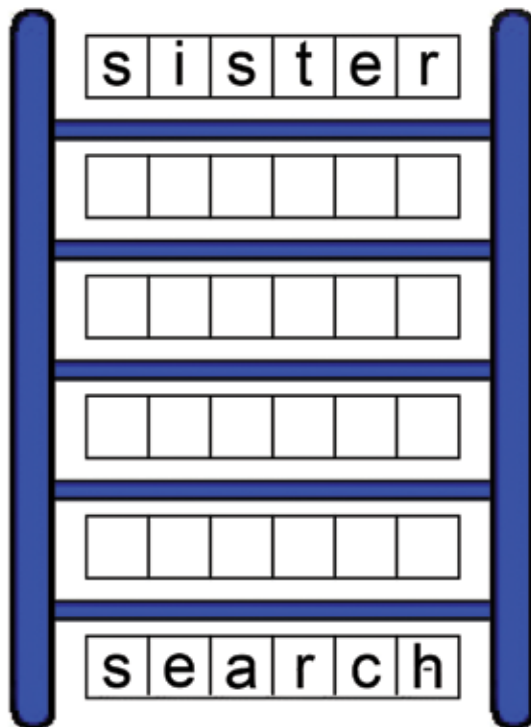
I had a penpal I got through the Girl Scouts when I was ten. Her name was Allison too



although she spelled it Alyson and she was from New Zealand! We remained penpals right through to age 25 and then we lost track. I wonder where and how she is now! I also wrote to several other camp friends on a regular basis. I remember the excitement of getting a letter from one of my friends in the mail! Email just doesn't come close to this. The tactile feel of the stationary and the envelope and the stamps plus the personality of each individual's handwriting—very special experience! Can't be duplicated!

Word Ladder with clues

The wordladder puzzle starts with 2 words on the ladder. You have to transform the word on the top of the ladder into the word at the bottom of the ladder. On each step of the ladder you must replace 1 letter of the word and you can change to order of the letters.



a female person who has the same parents as another person

A person who kisses.

A person who rides a motorcycle.

A device that slows or stops the movement of a vehicle.

To make a long, high sound.

to look somewhere carefully in order to find something

Find the farm animals

K	N	C	D	B	A	L	H	C	F	S	O	A	E
E	S	G	E	F	U	L	P	I	I	C	A	L	F
O	N	O	S	E	L	F	S	D	D	N	E	H	H
G	L	A	T	F	B	H	F	L	R	O	A	C	D
O	E	T	G	I	S	E	S	A	A	D	A	H	U
O	I	A	M	A	L	L	E	S	L	M	R	I	C
S	O	A	D	E	E	R	K	S	G	O	B	C	K
E	P	T	R	S	N	M	B	D	H	A	S	K	B
E	I	T	U	B	E	E	I	N	B	N	N	E	K
R	I	I	L	R	E	S	R	O	H	I	K	N	O
E	C	E	G	H	K	A	D	C	A	M	S	I	M
C	D	O	G	O	R	E	S	R	A	A	K	O	H
G	S	G	E	E	S	E	Y	S	A	L	E	F	N
H	S	O	S	S	H	E	E	P	L	S	E	G	A

BEES
 TURKEY
 ANIMALS
 BUFFALO
 HORSE
 DUCK
 BIRDS
 DOG
 GOAT
 FISH
 CHICKEN
 CALF
 LLAMA
 DEER
 GOOSE
 SHEEP
 BISON
 HEN
 GEESE
 LAMB

Finding hidden treasures

Finding hidden treasures in op-shops is easy – and good for the planet

Australians and Kiwis dump six tonnes of textiles into landfill every 10 minutes – op-shopping could make a difference, and offer up bargains along the way.

Walking into an op-shop in search of something to wear can seem daunting. All those racks and racks of stretched T-shirts, trashy jewellery and cheap dresses can be an overwhelming jumble.

Australians and Kiwis have a serious problem with fashion waste: we're the world's second-largest consumers of textiles, and each year we buy on average 27kg of new clothing and other textiles – but we still dump six tonnes of textiles into landfill every 10 minutes.

As it stands, only 15% of donated clothes are actually sold in charity shops, with huge amounts sent to landfill or on-sold to rag merchants in developing countries. It would have a significant impact on the environment if more people got into op-shopping.

If you have a guilt complex about consumption this is a great way to assuage it. You can make a pretty good case to yourself that you are doing good, because what you are



doing is going towards a charitable cause and you are saving stuff from landfill.

Here are a few top tips for successful op-shopping.

- Look for quality because donations could be anything. Volunteers who sort things look for things with the labels, things that are clean, things that look as new as possible (and that's not necessarily a mark of quality). Look for quality, the most expensive leather, the nicest old tweed jacket

- If you prefer new items, you can find plenty of barely worn items in op-shops. People buy things and get rid of them without even cutting the tags off, they've never worn them.

- Don't discount old items though, even those that smell a bit off. Some of the oldest things, like 50s things are grotty and dirty, but they just need cleaning.
- Do look at the item carefully, as there are some things that can't be saved. You have to look carefully for as you don't do this when shopping for new.
- Many things can be fixed, altered or refashioned.
- Beware of labels, which can often be cheap knock-offs like things made of PVC, rather than leather.

Overall – ENJOY – and remember Op shopping is not only good for the soul its good for the planet.

Lynn's Easy Knitted poppy

This easy knit pattern gives a lovely frilly finish to your poppy. Size 3-5mm knitting needles needed so the finished flower is quite tight.

Colour A – 1 ball red 8 ply yarn (one ball will make many poppies)

Colour B – scrap of 8 ply yarn

Colour C – scrap of back 8 ply yarn

Body of poppy

Using colour A: Cast on 120 stitches

Rows 1-4: knit

Row 5: Slip 1 knit 2 together PSSO across the row (40 stitches)

Row 6-9: Knit

Row 10: Knit 2 tog across the row (20 stitches)

Rows 11-14: Knit

Row 15: Knit together across the row (10 stitches). Cut yarn leaving a tail of about 15cm. Thread tail through yarn needle and slip the remaining live stitches onto the yarn tail and pull tight. Pull around into a circle and then mattress stitch seam for an invisible seam. Sew in ends.



Centre of Poppy

Using Colour B: Cast on 8 stitches and knit a square (approx. 8-10 rows) of stocking stitch. Cut yarn leaving a tail and thread through live stitches as previously. The purl side is the right side. Run a line of running stitch around the outside of the knitted square and ease enough to pull the edges of the square into a round and tuck under.

Finishing

Stitch the centre tucked side down to a body of poppy and overstitch with black yarn as shown or alternatively use a black or green button as the centre of your poppy.

START AGAIN



Do not regret growing older. It's a privilege denied to many.



Answers for Which of the four Quiz

1. Copper
2. Singapore
3. Richard III (Killed at the Battle of Bosworth Field, the last English king to be killed in battle)
4. 113 (111 is divisible by 3, 117 divisible by 3, 119 divisible by 7)
5. Richmond. (There were 12 Wombles that appeared in the 90's TV series, but many more mentioned by name)
6. Calf of Man
7. E is a single dot.
8. 518 (64 is $4 \times 4 \times 4$, 216 is $6 \times 6 \times 6$, 1000 is $10 \times 10 \times 10$)
9. Richard Nixon. Three articles of impeachment were filed against Nixon for “high crimes and misdemeanours.” However, he resigned from office on 9th August 1974, before the impeachment commenced.
10. Mississippi



Heroic acts are linked to times of crisis. Crisis brings out the best in us. What does this have to do with health you may ask? In tough we develop character traits like resilience. We also value more those things we have to do without for a while? Being forced into isolation as many are right now, makes us appreciate whatever friendship we can find and when things return to normal, we become better friends as a result. The psychological effects are significant because friendships are vital to our wellbeing so any experience which deepens our connection to others is, despite appearances to the contrary, invaluable.

We are more than just flesh and blood. We are also emotional, feeling beings. Feelings have no quantifiable aspects and yet they move us to action. Those who suffer, understand others in the same boat better. Love is a feeling emotion but it is also a great binding power related to friendship and how could we possibly find happiness without such feelings?

So in conclusion, happiness and health is about friendship and friendship is love expressed. One of the great testers of true friendship is troubled times. Being there is being a friend and caring more is of great need in society right now.

Sometimes a hero is just that someone who cared more when others did nothing.

15-minute easy cheesy cheese and pepper pasta

Ingredients

375g dried tubular spaghetti
75g butter, chopped
3 garlic cloves, crushed
3 tsp coarsely ground black pepper (see note)
1 cup finely grated parmesan
1/2 cup finely grated cheddar
1/4 cup finely chopped fresh chives
Garlic bread, to serve



Step 1

Cook pasta in a large saucepan of boiling, salted water, following packet directions. Drain pasta, reserving 1 cup cooking liquid.

Step 2

Melt butter in a large frying pan over medium-high heat. Add garlic and pepper. Cook, stirring, for 1 minute or until fragrant. Stir in reserved pasta water. Add parmesan and cheddar. Whisk to form a thin sauce. Add pasta. Toss to coat.

Step 3

Sprinkle with chives. Serve with garlic bread.

Changes to the Traffic Lights From 11.59pm Friday 25 March		
RED	ORANGE	GREEN
Face masks required in most indoor settings	Face masks required in many indoor settings	Face masks encouraged indoors
Indoor capacity limits of 200 people. No outdoor capacity limits	No indoor or outdoor capacity limits	No indoor or outdoor capacity limits
Self-isolate for 7 days if you test positive or live with someone who has COVID-19	Self-isolate for 7 days if you test positive or live with someone who has COVID-19	Self-isolate for 7 days if you test positive or live with someone who has COVID-19

Notice Board

Gibbs Farm Fundraiser

We are sorry but this has been postponed yet again. New date 23rd September 2022. Please see iticket.co.nz for tickets.

CMA centres currently "on pause"

Keep an eye on our Facebook page for updates.

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. ANZ Staff Foundation. Royle Charitable Trust. Good Bitches Baking. ST Georges Market Shop. Lister Presbyterian Health. Louisa and Patrick Emmett Murphy Trust. St Joans Trust. Catholic caring foundation.

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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