



Winter means . . .



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 senior citizens.

The colder months can be tough for those advancing in years, as they tend to feel the temperature drop more. This is the time of year to make sure you keep warm and monitor for signs of winter illnesses and winter blues.

In New Zealand, the flu season typically runs from March to September. If you haven't already, get your flu jab – it's free for over 65s. Vitamin D is a hot topic during winter too. A deficiency in this essential vitamin can cause lowered immunity and a higher likelihood of seasonal depression.

Here are a few other 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 and who doesn't love getting around in a fluffy pair of socks on a cold night?

Prevent slips and falls - It can be slippery outside – take extra care when walking or take a buddy with you.

Beat the winter blues - Winter's short days can take their toll. Sunlight is a vital element for us all, regardless of age.

Exercise your 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 and will lift mood almost instantly.

Eat a balanced diet - Don't ditch the healthy diet just because it is winter and all you can think about is 'comfort food'. It's important to keep an eye on the menu to ensure everyone maintains plenty of variety and plenty of vegetables.

AROUND THE CENTRES

Mairangi Bay Centre

It was such a good feeling to announce that we were reopening in term 2. To be able to meet in person and have socialisation for the guests and volunteers is wonderful. Our current guests have all returned and the wind, rain, and thunder has not dampened the spirits of anyone.

During term 2, we had a variety of quizzes and word games. A board game session was enjoyed with guests choosing from a variety available such as rummikub, scrabble and tik tak toe. A highlight was the visit from Bunnings Glenfield

Activities Coordinator Jane.

We painted terracotta pots and planted Cyclamens.

It was lovely to see the variety of styles in the art.

We do strength and balance exercises to music, with the latest playlist the Royal Jubilee. We look forward to our visits from musician Dave, at least once a month and the music quiz is often highly contested.

The feedback I receive is LOVE for what we do at CMA; the socialisation, the lovely food prepared by Marion and the baking treats from GBBs. As we return to a routine and the ability to have guest speakers visit, I look forward to bringing more craft and interactive activities back into our programme. We aim to have a variety of activities to meet the needs of all our



Mairangi guests are very happy to be back

guests, with exercise and most importantly a cup of tea and a chat. I am blessed to have our wonderful volunteers who bring plenty of smiles to all involved. The guests are looking forward to ending the term with mid-winter Xmas lunch at the Bays Club.



Sunnynook Centre

This term at Sunnynook has been busy, after only having one meeting in February we are now back up and running each week. Getting all the guests and volunteers back together again has been great after the long time away due to Covid. We have all had plenty to catch up on and great stories to tell.



Dave has been back and played his wonderful music and volunteer Yoshiko has done a brilliant craft activity with us that went down a treat. Each week we also have our group strength and balance exercises that we all enjoy also lead by Yoshiko.



The weather is getting colder and we are all enjoying some great hot lunches to warm us up. Coming up we look forward to the Midwinter Christmas lunch at the Bays Club – this will be a wonderful time to enjoy the chance to get together in a warm and wonderful environment that we will share with the other CMA groups. Togetherness is what CMA is all about and we are blessed to be able to share time together again after the ups and downs of the last few years.



Top Tips for Eating Well

It's official - Winter... and as the nights draw in and the weather temperature starts to change many people worry about the cost of heating their homes but diet is extremely important in providing the necessary fuel to keep our



bodies warm and healthy during the cooler months. Among other things, a good diet will help keep people warm and healthy, boost the immune system, increase energy, improve sleep patterns, reduce blood pressure, and reduce risk of heart disease, stroke and some types of cancer.

Here are some 'Top Tips' for us all to promote to our readers to encourage eating well:

- Try to include a good variety of foods, eating something from each of the five food groups every day.
- Try to eat fish at least once a week – with one portion being oily fish (such as salmon, sardines,

mackerel, trout, pilchards, tuna). This is an excellent source of Vitamin D and can reduce the risk of cardiovascular disease.

- Eat regularly – for people with small appetites, eating little and often is encouraged.
- Make the effort to have at least one hot meal a day.
- Stock up with tinned, frozen and long life foods in order to reduce the need to go out in the colder weather.
- An ideal store cupboard for the elderly might include: long-life or dried milk, tinned milk puddings, tinned corned beef/ham, tinned sardines/pilchards/tuna, cocoa powder, tinned/frozen fruit and vegetables, baked beans, long-life pure fruit juice, instant mashed potato, lentils, tinned/packet soups, breakfast cereals, crackers, plain biscuits, pasta and rice, frozen meat/fish portions, frozen chips, frozen "ready meals", frozen bread/rolls.
- Take hot drinks throughout the day – especially one before bedtime.
- Drink plenty of fluid – aim for 6-8 cups per day of a variety of fluids including tea, coffee, fruit juice, cordial and water. Avoid tea and coffee with your meals though as it can hamper the absorption of iron from your food.

Farewell to Ali as she heads back home to Ireland

HUGE thank you to Ali Shaw, CMA's Support Officer and Supervisor of Stanmore Bay.

Ali heads back home to Dublin in June with her husband and young family. Ali, we wish you all the best in your new adventures. Please come back and visit!!

Kiri Beven will be joining Rachel in the support office as she takes over the Support Officer's role. Kiri will also remain Supervisor of our Red Beach group.



Welcome to Heather Supervisor of Stanmore Bay and Albany

Heather was born in Johannesburg, South Africa. She is an occupational therapist with many years of experience helping people get back to work after illness or injury. She also has a business degree and has been working as a disability and management consultant to the Life insurance industry in South Africa since 2007. She moved to New Zealand with her young family in 2017 and loves living in Silverdale. She has a passion to help and empower others. When she is not at CMA, she runs a small business called Playwise. Through Playwise, Heather is able to offer children and their parents toy and activity boxes that are developmentally enriching and which provide captivating technology down-time within the home. Her other passions include: reading, painting, Pilates and puzzles.



WELCOME HEATHER – we look forward to having you on the team

*If you can't be a pencil to write anyone's happiness,
then try to be an eraser to remove someone's sadness*





family album



DINGBATS - Well Known Terms

Dingbats – Well Known Terms II

1 Paddington Must-haves	2 $6 \div 4 = 15$	3 you just me	4 Injured plus "you twerp"	5 THICK THIN
6 9pm=\$14	7 lacerate nap	8 12 PM Yippee Laughter HaHa Enjoy!	9 BIDDEN ORANGE BIDDEN PLUM BIDDEN GRAPE BIDDEN PEACH	10 TAKE A PETS
11 	12 oLD	13 Touching Planet Earth	14 MRS BECKHAM R G E	15
16 Monday Friday Sunday	17 Doorbell R.I.P.	18 → E ORD R	19 GOOD	20 the sand

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TOTAL:

Answers bottom of page 11

WORDS QUIZ

Answer the first question. The answers to the remaining 9 questions can be found by using some or all of those letters.

- | | |
|---|---|
| 1. A rank within the Police (9) | 6. A strong, smooth haired dog (7) |
| 2. East. The countries of Asia (6) | 7. Grasshopper, wasp or butterfly (6) |
| 3. To repair mortar (7) | 8. Large, complex molecules that play a variety of critical roles in the body (8) |
| 4. A close-fitting foundation garment (6) | 9. A French car manufacturer (7) |
| 5. A correctional institution (6) | 10. The elder (6) |

Answers bottom of page 11

Honouring Volunteers

National Volunteer Week Te Wiki Tūao ā-Motu honours the collective energies and mana of all volunteers in Aotearoa.

National Volunteer Week 2021 runs from June 20-26. This year's theme is 'Recognise, Connect, Reimagine'.

CMA would like to give a huge thank you to all our valued volunteers. They are the life and blood of CMA, they grow our people, open minds, open hearts and create joy.

Recently CMA did a survey of volunteers and asked them why they continue to volunteer. Here are a few of their words

"I love being with older people and if I can do my bit to give them fun for the week, I am happy."

"Had more time to give and I needed a sense of purpose. I will stay on because it is a very worthwhile organisation giving social interaction with others, fun and friendship for many elderly people who otherwise would not see anybody outside their home."

"To use my skills, both social and practical, having been in the health system all my working life and now semi-retired. The 2 sessions I attend are run with empathy, laughter, and understanding and are a joy I look forward to each week. I am always made to feel so welcome both by staff and our wonderful guests."

"My mother passed away Jan 2020, and I miss her so much, so helping at CMA helps to fill the void. My Thursday mornings are the highlight of my week as we always have fun and a laugh. I love helping other people and CMA is a great way to do this."

"I had free time and wanted to help with making other people happy. Helping people makes me feel good about myself. I feel more valued by friends and family through volunteering."

"I have always experienced CMA as a family rather than just another community group. It therefore gives me the greatest pleasure to be able to continue with my support indefinitely or for as long as you feel in need of my particular skills. It is not work to me because working with Rachel and her team is actually a pleasure since they are always so well organised. In community work surely our greatest wealth is people.





a weekly newsletter (including a little treat) to each member to fill them in on what was going on.....both in her family and the family of CMA. As rules were relaxed we gradually got back to some sense of normality albeit with a number of measures in place to protect everyone.

Mel from Albany and Red Beach shares a few words with us about her experience as a volunteer.

As a volunteer and driver with CMA for the last 8 years, the last 2 of these have been the hardest of all. Gone were the simple things like a cup of tea and a catch up with friends and families, a trip to the shops or takeaways on the weekend. The routine for many was tipped upside down! Many of our members live alone and Covid for them was extremely hard. There were no friendly chats and cuppas to fill their days. Even pre Covid, some that live with their families never left the house, except to come to CMA. So, to try and retain some sort of continuity for them CMA got creative. We organised phone trees, so that volunteers would each ring a few members at least once a week for a chat and check that they were managing okay. We delivered Koha bags (goodie bags) filled with lovely treats including sweets, books, puzzles and a few pantry staples all kindly donated. Our lovely supervisor wrote and posted

For most of the first term this year there has been no CMA, but our team at Albany and Red Beach has been lucky enough to catch up with some of our more abled members for coffee and cake each week at local cafes (with masks and loads of hand sanitiser!) Thanks to our lovely supervisor Kiri and GB Baking. So, going forward we hope to carry on where we left off and continue to create many more mornings filled with tea, cake and lots of laughs!!

“When love is the motivation even a mundane task is experienced as sublime upliftment by all those it touches.”

Anon



The computer swallowed Grandma

The computer swallowed Grandma,
Yes, honestly it's true!
She pressed 'control' and 'enter'
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.

I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.

In desperation, I asked Mr. Google
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'

So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy, Scan' and 'Paste'
her.....And send her back to me.

This is a tribute to all the Grandmas & Grandpas, Nannas & Pops, Ya Yas and Papooses who are fearless and learned to use the Computer.....We are the greatest!!!



Winter has a special beauty all its own. Think of a picture perfect early morning fog blanketing a hidden valley or a quiet walk through crunchy snow. Beauty is everywhere and its magic can be found around every corner.

As the season deepens we may have to accept certain physical limitations so mental pursuits may be the best way to go.

Creative pursuits are a great way to employ spare time in winter and all artistic endeavour brings enjoyment in ways nothing else can.

Colder days lend themselves to all kinds of contemplative pursuits and much benefit awaits the adventurer into the realms of mind.

Why not investigate philosophy, delve into ancient history or anthropology. Youtube is full of interesting documentaries on such things.

The secret is to move with the influence of each season and discover the wisdom such an approach always delivers.

Introducing Antoinette Balthazar – Belmont and Mairangi Bay Guest

When it comes to wordfinder and quizzes, Antoinette is quick to answer and a wealth of information. Who were the Three Kings in the Christmas Quiz, “Balthazar” was a reply from Antoinette, my namesake!

Born in Sri Lanka in 1943, Antoinette travelled and lived overseas with her parents. Antionette spent time in England with family in the UK. Antoinette spoke of the excitement of being in the crowd for the Queen’s Coronation, she remembers all the waving and cheering for Queen Elizabeth II.

Antoinette’s memorable moments include her wedding, her husband was an Army Officer, and he was so dashing in his uniform. They had three children, two girls and a boy. Sadly, her husband passed away 30 years ago at 59. Their children have brought pride to Antoinette. One son lives in Japan and her family have been a wonderful support. Antoinette moved to New Zealand 12 years ago to be closer to her family, she lives independently with their support. Antoinette joined Belmont CMA in 2017 after responding to a flyer in the letter box.

Antoinette has six grandchildren



and during a CMA lockdown visit, Antoinette proudly showed me the photos of her grandchildren. One is a doctor who went to Oxford University, another in the law faculty and three grandchildren live in Japan. Antoinette is proud of all her children and grandchildren.

During lockdowns I had lovely conversations with Antoinette. Antoinette would ask “When can I return to my Club”?

Antoinette says she enjoys “the friendship, the activities and the food.”

We love having you at CMA Antoinette, you have charmed us all. You look “Royal” every Thursday at Belmont CMA.

Well Known Terms answers

1. Bare necessities. 2. Missing the point. 3. Just between you and me. 4. Add insult to injury. 5. Through thick and thin. 6. Time means money. 7. Cut above the rest. 8. Timne flies when you’re having fun. 9. Forbidden fruits. 10. Take a step backwards. 11. Pieces of eight. 12. Growing old. 13. Feeling on top of the world. 14. Victoria Cross. 15. Spying glass. 16. Days are numbered. 17. Dead ringer. 18. Out of order. 19. Good looking. 20. Head in the sand.

Words Quiz answers

1. Inspector 2. Orient 3. Repoint 4. Corset 5. Prison 6. Pointer 7. Insect 8. Proteins 9. Citroen 10. Senior

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.

Mid winter Xmas -
The Bays Club, 11.30-1.30
Belmont, Mairangi Bay,
Sunnynook, Glenfield and Birkdale
Monday 4th July
Albany, Stanmore Bay and Red
Beach Wednesday 6th July

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: Heather Patton
Albany: Heather Patton

SUPPORT STAFF:

Manager: Rachel Quin Gilbert
Support Officer: Kiri Beven

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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