



Companionship & Morning Activities for Seniors

Let's look on the bright side...

Your feet haven't even touched the floor but you're already dreading the day ahead of you, completely sure that everything and everyone will be irritating.

Some might say you woke up on the "wrong side of the bed."

Once you do get out of bed, there's barely any hot water during your shower. All of your good outfits are in the laundry hamper. Your dog takes forever to go to the bathroom. Just as you expected, today is not your day.

But does it have to be this way?

What does waking up on the wrong side of the bed even mean?

Waking up on the wrong side of the bed might be caused by something that hasn't even happened yet.

"We often think of stress as reactionary — something we feel after a challenging or uncomfortable situation," explains Dr. Fowler. "But stress can manifest in many ways. For instance, anticipation of stress can itself be stressful. This is called anticipatory stress."

If your first thought upon waking up is about how stressful your day is going to be, you're essentially predetermining your reaction to it — regardless of whether or not what you're worried about even ends up happening.

This means that the mood you wake up in can linger all day if you let it, affecting your mindset toward everyone and everything around you.

There are absolutely things you can do to improve your mood. If you wake up on the wrong side of the bed, here are five tips for not letting it derail your day:

- Plan for a good day
- Know the difference between problem solving and overthinking
- Reframe your negative thoughts
- Pinpoint the source of your dread
- Make time for self-care

It's been a challenging start to the year and anxiety levels have been high. Be kind to yourself and others as we navigate through these difficult times. Remember CMA is always here to lend an ear.

HUGE THANK YOU TO

We are so lucky to have support from the local branch of Electrix whose office is in Albany. They came out to give us their time so generously and Red Beach, Stanmore Bay and Albany enjoyed a day of fun, laughter and a yummy BBQ. THANKS so much for all that you do for us.



CMA

Companionship & Morning Activities for Seniors

Crowdfunding Campaign Coming 1 May....

Do you know a company/person that
may want to support or match fund us?

Help us Reach Our Goal

\$5,000

So we can continue to help our
vulnerable and isolated seniors



www.cmans.org.nz

Please like and follow our facebook page
www.facebook.com/NorthShoreCMA



Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom.

Marcel Proust

AROUND THE CENTRES

Glenfield Centre

Glenfield has had a huge start to 2023 with our numbers growing dramatically. We are now almost at capacity and its so lovely to see people sharing time and stories together. We have been upping the anti on our exercises and have had harbour sport in to do a few demonstrations....it's a huge achievement for some people to attend weekly and we can feel the improvements in our health. We have had some singing and dancing with Dave and we welcomed Belmont CMA to our centre for a few weeks to on board our new supervisor Jill. Welcome Jill – we loved having you with us. The Lions are always huge supporters of CMA and last week left us a cake to share – a lovely and welcome surprise – thank you! As we head into Autumn friendships are blossoming and we are grateful for the time that we get to spend together.



Farewell Jenny

Jenny joined CMA in 2020 as the supervisor first of Mairangi Bay and then Belmont. She brought warmth, love and laughter to her centres and was loved by everyone. Jenny is returning to full time employment and we are all sad to see her go but wish her well and hope she will pop in from time to time. Here are a few photos of the last few years.



Introducing Belmont Supervisor Jill

My name is Jill Guest, I am 56 years young, and have lived and worked in the Auckland region for most of my life.

I am grateful to have lived with my family in the Belmont area for almost 30

years. My 2 beautiful (now adult) children were both born, raised and schooled in Hauraki and Belmont. I have many varying interests. I enjoy being outdoors particularly walking and swimming at the beach, or being amongst the natural beauty of the NZ bush and birdlife. I also enjoy yoga, music, dancing, reading and creative hobbies. I have travelled extensively in NZ and around the world as I love to explore new places and experience cultures which are different from my own.

It is an honour and privilege to be so kindly welcomed into the CMA fellowship, as a volunteer and now in my new role as supervisor. Thank you to you all. I am so excited and look forward to individually meeting each and everyone of you

Love and light - Jill







Staff Summer

It was an interesting summer weather wise but your lovely staff still got out and about to enjoy all the New Zealand has to offer – here are a few snaps to give a little sunshine...



If I get dementia

If I get dementia, I'd like my family and friends to hang this wish list up on the wall where I live. I want them to remember these things:

If I get dementia, I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.

If I get dementia, don't argue with me about what is true for me versus what is true for you.

If I get dementia, and I am not sure who you are, do not take it personally. My timeline is confusing to me.

If I get dementia, and can no longer use utensils, do not start feeding me. Instead, switch me to a finger-food diet, and see if I can still feed myself.

If I get dementia, and I am sad or anxious, hold my hand and listen. Do not tell me that my feelings are unfounded.

If I get dementia, I don't want to be treated like a child. Talk to me like the adult that I am.

If I get dementia, I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.

If I get dementia, ask me to tell you a story from my past.

If I get dementia, and I become agitated, take the time to figure out what is bothering me.

If I get dementia, treat me the way that you would want to be treated.

If I get dementia, make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.

If I get dementia, don't talk about me as if I'm not in the room.

If I get dementia, don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.

If I get dementia, and I live in a dementia care community, please visit me often.

If I get dementia, don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.

If I get dementia, make sure I always have my favorite music playing within earshot.

If I get dementia, and I like to pick up items and carry them around, help me return those items to their original places.

If I get dementia, don't exclude me from parties and family gatherings.

If I get dementia, know that I still like receiving hugs or handshakes.

If I get dementia, remember that I am still the person you know.

On a *personal* Note



Introducing Gabrielle - Stanmore Bay and Red Beach Guest

Gabrielle was born in Karapiro, New Zealand – many many years ago (her own words!). She is a mum of one lovely daughter, Nicola and 2 beautiful grandchildren who she gets to see and enjoy often as they also live in Auckland. She has been coming to CMA for 5 months now and she is loving it. When asked what does she like the most, her answer is “the people”. She loves making new friends, chatting to our volunteers and participating in all the activities. She is always smiling and making the ones around her laugh.

In her free time she likes going for walks or to the beach and playing with her grandkids. She likes eating fresh food which is easy to cook and going out for dinner.

We are so happy Gabrielle joined us at CMA - she is a lovely and funny lady who everyone like to have around.

Clothing Quiz

Given the Band and the year, name the hit song that includes an item of clothing.

1. Tom Jones, 1997.
2. Taylor Swift, 2020.
3. Neil Diamond, 1979.
4. Traffic, 1967.
5. Justin Timberlake, featuring Jay-Z, 2013.
6. Paul Simon, 1987.
7. Madness, 1980.
8. Brian Hyland, 1960 and Bombalurina, 1990.
9. Paul Young, 1983.
10. Nancy Sinatra, 1966.

Answers Page 11.

Old age is the night of life, as night is the old age of the day. Still, night is full of magnificence, it is more brilliant than the day.

Sophie Swetchine

Red Beach CMA is on the move>>>>



With the floods and cyclones the old Red Beach venue had not stood up very well and although functional was wet and damp. We have been very lucky to secure a venue at the Orewa Community Church which is just round the corner – we look forward to seeing you there.



**Orewa
Community
Church**

235 Hibiscus Coast Highway, Orewa, 0932
Phone: (09) 426 7023
Email: office@occ.net.nz

DINGBATS

BISHOP	Surbmwance	e y e s
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10	11	12
F I R E Candle F L A M E	Thames d o w n	
13	14	15
RSPCA	Saucer u p	SOIL St. Pancras
16	17	18



Gorgeous Glenys

We are so lucky to have Glenys as a volunteer at two of our centres! I think you will all agree, she is quite the treasure and not afraid of hard work. For those of you that don't know, she is also our supervisor Kiri's Mum. Kiri will also tell you that she is exhausting and never sits still.

Glenys and her husband have lived all over Europe, and recently returned to NZ. They have moved from Nelson to Auckland to be closer to family, and by close, I mean Kiri's neighbours!

Glenys and Marty have always been enthusiastic travellers, and they started their journey living in Singapore back in the 80's. Marty ended up moving to Europe to coach rugby, and you'll be interested to know that he has coached some of the real solid G.O.A.T's (greatest of all time) of NZ rugby, players like Eric Rush and Glen Osborne.

Passionate about sport, Glenys held many swimming titles as a teenager, and you will still find her jumping in the pool with the grandkids to have a good old race at any chance she gets.

They have raised 3 pretty neat kids (all NZ Reps) and between them, now have 7 grandkids. The children definitely keep them young, and they are enjoying seeing the next generation of sport come through the family.

When Glenys is not at CMA, you will find her in the garden, playing mah-jong, rushing around after one of the grandkids or enjoying a whiskey on the deck.

One thing is for sure, don't play a friendly game against Glenys, especially cards, she's quite the shark when it comes to games. We love you Glenys, and you are an absolute treasure of a volunteer. Thank you for all that you do!



Dingbats answers

1. Archbishop.
2. Car Insurance.
3. Eyes wide open.
4. Frilly underwear.
5. High Tea.
6. Kings Cross.
7. On the road.
8. See no evil.
9. The price is right
10. Top Gun.
11. Wait for nobody.
12. Wet behind the ears.
13. Burn the candle at both ends.
14. Down by the riverside.
15. First in the queue.
16. High society.
17. T junction.
18. Underground train station.

Clothing Quiz answers

1. You can leave your hat on.
2. Cardigan.
3. Forever in blue jeans.
4. Hole in my shoe.
5. Suit and tie.
6. Diamonds on the soles of her shoes.
7. Baggy Trousers.
8. Itsy bitsy teenie weenie yellow polka dot Bikini.
9. Wherever I lay my hat (that's my home)
10. These boots are made for walkin'.



While attending my local gym I asked an octogenarian woman exercising there, if she was enjoying herself. She looked at me in a puzzled way and said, I'm not achieving the results I want. Wow, I thought, here is an eighty something person really concerned about results at the gym, what an inspiration.

Exercise is not something to be scared of but adopting a scientific is best. A three pronged approach has always worked for me and I am exercising as strongly at seventy.

Firstly, diet is your fuel so proper nutrition is vital. Secondly, enjoyment is big, for without it you will quickly run out of steam, so do something you enjoy. Thirdly, start gentle and build the intensity factor over time. A final note: if in doubt talk to a professional, but generally, exercise improves the quality of life at any age so do make time for it.

Notice Board

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

Term 1 ends 6th April

Term 2 starts 24th April

First Aid training 28th April –

all volunteers welcome –

please let us know if you would like to attend.

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. Royle Charitable Trust. Good Bitches Baking. Lister Presbyterian Health. Vinci NZ Foundation. Gibbs Farm. MSD Age Friendly Fund. North and South Trust. EH Davies and TM Carr Trust. Catholic Caring Foundation and Aotearoa Gaming Trust, Giltrap Trust.

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Michaela Broehl Ciesilk, Melanie Blewett

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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:

North Shore CMA
PO Box 33852 Takapuna 0740
Phone 09 489 8954. Fax 09 489 8956.

E-mail: info@cmans.org.nz

Website: www.cmans.org.nz

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