



Companionship & Morning Activities for Seniors

LET'S CELEBRATE

HOW TO ADOPT AN ATTITUDE OF GRATITUDE

When was the last time you celebrated like crazy? How about this: when was the last time you celebrated for no reason at all? More than likely, you haven't. That's because as we age, we adopt more responsibilities and we get older we forget to celebrate the little things in life. As a child, life was more carefree. You had less inhibitions, were more daring and took more risks — you had nothing to lose. As an adult, you have everything to lose, or so you think.

Celebration becomes sparse and you easily get stuck in life instead of living it. Celebration is something you preserve for times you're rooting for your favourite team or celebrating someone's birthday — it's only allowed into very specific time frames in our lives and if we're not in that junction, we don't celebrate.

But the truth is, you don't need a specific event or time to celebrate anything. You can celebrate the smallest things, celebrate that you're even alive! And it has its benefits. Celebration releases stress, it lifts your mood, motivates you, and lastly, it gives you energy. Not only physically, but it gives you energy for life!

When you adopt an attitude of gratitude celebrating for no good reason, is a good enough reason. And if you rejoice with life, it will rejoice with you — it's when you have this attitude, that more good comes to you.



AROUND THE CENTRES

Red Beach Centre

Red Beach is such a lovely centre, we have such a wonderful mix of people attending each week, and we have so much fun.

We absolutely love a good dress up, and always finish out the term with a party and dress up of some kind. It's actually getting super hard for our volunteers to pick the 'best dressed' prize!

We have welcomed some lovely new guests, and also seen a couple of our regular guests return after moving homes. We celebrated with a Great Gatsby party recently, and this saw a new level of effort for our dress-ups. We spent a day traveling around Italy including eating biscotti and learning about Italy, and we also had a musical playdough charades competition, that had us all in fits of laughter with some of the wonderful creations. We have seen some of our lovely volunteers head off on holiday, and then to return and tell us all about their adventures. It was lovely to hear about all the Italian adventures from several of our volunteers when we did Arm Chair Travel to Italy. Who knows what the next dress-up party will be....watch this space!



Glenfield Centre

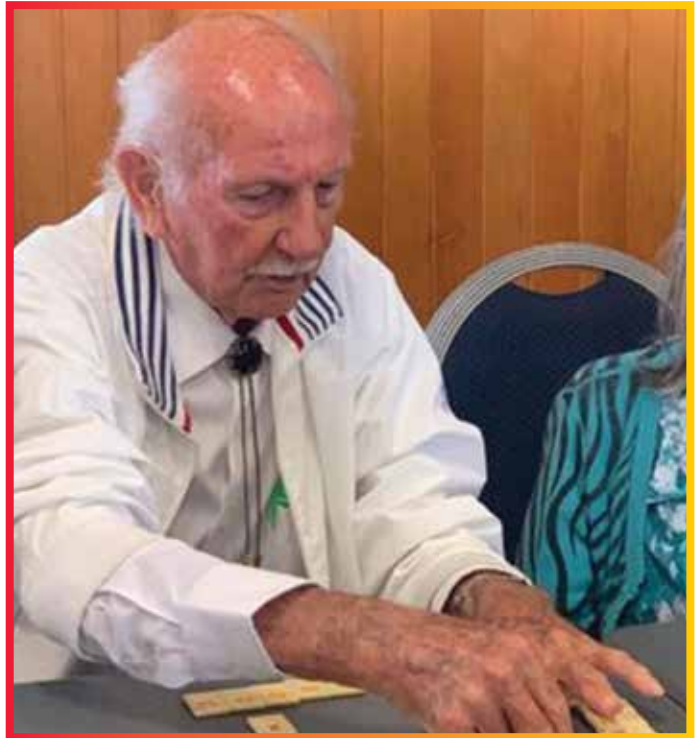
We have had a lovely term at Glenfield CMA despite the weather....we are looking forward to a little less rain and some more of the recent sunshine.

The great thing about meeting on Thursdays is the catch ups and laughs we have together. We have had a few brain games this term that really make us think and owe love it when Dave comes in to play his great music and challenge us to music quizzes.

Glenfield has also welcomed some new guests which is always exciting – it's so lovely to have a full house again after all the years of disruption.

We are looking forward to the upcoming lunch at the RSA along with Belmont

CMA – we love the opportunity to meet other members of the CMA family.



Don't let aging get you down, it's too hard to get up

...John Wagner

The key to successful aging is to pay as little attention to it as possible

...Judith Regan

How to organise home care

There are four main ways home care can be organised:

- On discharge from public hospital, short-term help may be provided while you convalesce, discuss with the hospital social worker.
- Long-term care may be provided for people with ongoing care needs, organise through Needs Assessment and Service Co-ordination (NASC).
- Accident Compensation Corporation (ACC) can provide home care.

Arrange through your ACC case worker.

- You can make your own private arrangements with a Home Care agency. Not all agencies service privately paying clients.

Subsidised or publicly funded services

A Needs Assessment is required to establish eligibility for subsidised services. You must hold a Community Service Card for help with routine housework. Assistance with personal care such as showering and dressing does not require a card. An authorised assessor will visit and discuss with you how much help you need at home. If you share accommodation, assistance from those you live with is also considered. Assessment can be provided in public hospital by a hospital-based assessor or in the community by NASC.

For those receiving long-term subsidised service, spring cleaning is regarded as an extra and you are expected to pay for this yourself. It may be possible to claim a disability allowance to help pay for lawns and gardening. Contact your local Work and Income office or phone 0800 552 002.

Private arrangements

Most agencies offer housework and personal care, some also offer nursing and short-term relief care. For costs please contact a number of agencies in your area to establish local rates.

Points to consider when first making your enquiry:

- Do they provide the services you require e.g nursing?
- Have staff members had special training?
- Is there a cancellation fee?
- Is there an extra charge for weekend work?
- Is there a minimum time charged?
- Do you still have to pay if you go on holiday or into hospital?
- Is there a set-up charge and how do you pay?

For further information and assistance

- Your NASC case manager or your GP
- Your home care service manager
- The New Zealand Home Health Association Inc phone 04 472 3196
- Health and Disability Commissioner phone 0800 11 22 33
- Advocacy Services, Health and Disability phone 0800 555 050
- The funding agency e.g. DHB or your ACC case manager



Our Belmont centre had a super busy morning. Celebrating a few special belated birthdays, keeping strong and fit with some Strength and Balance exercises, completing a Matariki quiz and also making some Matariki lanterns, that lit up with LED lights. A fabulous morning for us all.



We appreciate our volunteers so much at our Belmont Centre! To celebrate National Volunteer Week, we invited them to join our guests for morning tea. It was a lovely way to show our gratitude for their kind help and support towards our CMA group. Thank you for all that you do!



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.

The Physical Benefits of Spring Gardening

Lets take a closer look at the physical benefits of spring gardening. Even those with limited mobility can use gardening as motivation to move more. It is an activity that can be done sitting or standing.

- **Improved Physical Fitness or Seniors**

Gardening offers a low-impact form of exercise that can help seniors maintain their physical fitness. Digging, planting, and watering are all activities that require movement and strength, which can improve muscle tone, flexibility, and overall physical health. Gardening can help seniors maintain their balance and coordination, as they navigate uneven terrain and perform various tasks.

- **Lower Risk of Heart Disease and Stroke**

Regular physical activity, such as gardening, can help reduce the risk of heart disease and stroke. Physical activity improves the cardiovascular system. Gardening is a great low-impact way to start strengthening your body. It can be a helpful



alternative for seniors who cannot perform more intensive exercises.

- **Reduce Arthritis Pain**

When done safely, gardening can help alleviate arthritis pain. It's a good form of exercise that requires muscle movement. Make sure you use ergonomic gardening tools and avoid strenuous movements.

- **Improve Bone Density**

We start to lose bone faster than our bodies can build it after age 50. Gardening can help improve bone density in seniors. Weight-bearing activities, such as walking and lifting, can help to maintain bone strength. Seniors are at a higher risk for bone fractures and osteoporosis.

Activities like gardening can help lower that risk.

- **Stress Relief and Relaxation**

The act of gardening can be a therapeutic and calming experience. Being outdoors and surrounded by nature can help to reduce stress levels and promote relaxation. The satisfaction of nurturing plants and watching them grow can provide a sense of accomplishment and purpose.

- **Improved Cognitive Function**

Research has shown that engaging in mentally stimulating activities can help to maintain healthy cognitive function in seniors. Gardening requires problem-solving, planning, and decision-making skills, which keep the mind sharp and focused. Learning new gardening methods and discovering plant species is also great for mental stimulation.

- **Reduced Depression and Anxiety**

Gardening reduces the symptoms of depression and anxiety in seniors. The combination of physical activity, exposure to nature, and social interaction can all contribute to improved mental wellbeing.

- **Promotes Healthy Sleep Patterns**

Gardening gets seniors under the sun, which trains the body to be active during the daytime. It also consumes energy, which helps the body relax during the evening hours. After being awake and active all day, an older adult is more likely to get better, deeper sleep at night.



1. How many times has Dan Carter been named World Player of the Year?
2. Achieved between 2015 and 2016, how many victories featured in New Zealand's longest winning streak?
3. Steve Hansen was the New Zealand coach, but in which position did he represent Canterbury at first-class level 21 times?
4. Only two players have been named the World Rugby Player of the Year for two consecutive years, both All Blacks, can you name them?
5. Which past player was nicknamed 'Pinetree' due to his physical presence?
6. The legend Jonah Lomu scored how many tries against England in the semi-final of the 1995 World Cup?
7. Which player has represented his country in both rugby union and cricket?
8. Who was the main goalkicker for the All Blacks from 1985 to 1993, amassing 645 points?
9. Who scored New Zealand's only try in the 2011 Rugby World Cup Final against France?

All quiz answers bottom of page 11



Introducing Budi Tjandrawinata

Budi was born in Bandug, Indonesia on April 5th, 1947. He came to New Zealand in 1994 with his family. He is an architect and worked remotely in Jakarta for some time whilst living in Auckland.

He is married to Diana who also attends CMA with him every week. They have 2 daughters, one lives in London and the other one here in Auckland.

He joined Mairangi Bay CMA in October 2018. Budi really enjoys coming to the centre, the activities and sharing time and stories with his CMA family. Everyone at CMA loves him as he is such a kind person, he is always smiling, and he is fun to be with.

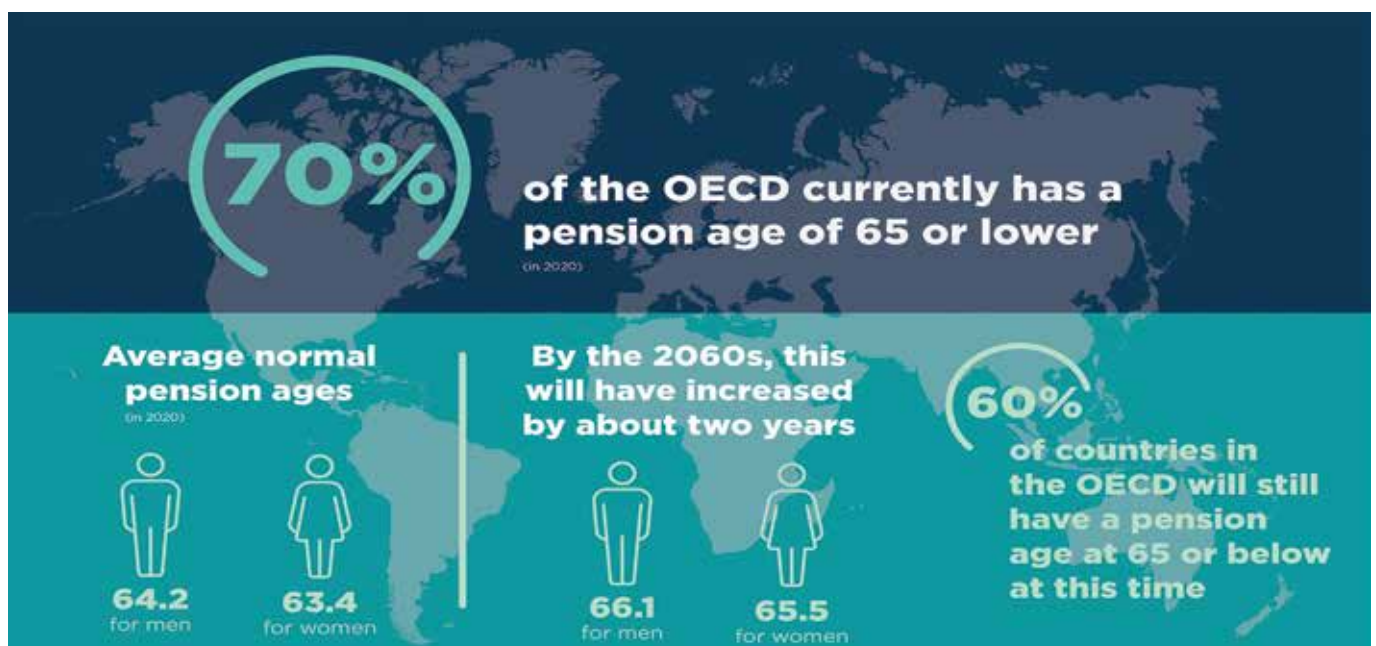
*Old age is always
fifteen years older
than I am*

...Oliver Wendell Holmes

*Aging is out of
your control...
How you handle
it is in your hands*

*You know you're
getting old when
the candles cost
more than
the cake*

...Bob Hope





Super fun morning at Albany today! We had a board game morning, and enjoyed each others company while playing board games and bingo! We also celebrated our volunteer driver Steve's birthday, and our fabulous volunteer Ayano made a delicious Japanese lunch for us all. How lucky are we!



Our Albany Centre had a wonderful morning with Pet Vibes visiting us. All of our guest loved talking about the pets they used to have when they were younger, and found it so calm and relaxing having a cute animal to cuddle.



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.



Introducing Catherine from Belmont



I have been privileged to be a volunteer at the Belmont centre for almost a year, and it has now become a highlight of my week. Much as I love the interactions with our lovely guests, I find that my services are also needed behind the scenes in the kitchen where I enjoy preparing morning tea, and assisting with the serving of the lunches.

Though previously a long time resident of the Hutt Valley, I have been a North Shore-ite for 30 years. I taught in a couple

of local Primary schools, mainly in New Entrant classes, and as Reading Recovery teacher. In recent years I have worked a couple of days a week as a reliever, but am now retired.

John and I have 7 adult children between us, and 13 grandchildren. On Saturday mornings we spend a fair bit of time on the sidelines watching their various soccer, rugby, netball and, come Summer, cricket games.

I really enjoy my daily walking in my local area, spending time in my kitchen (baking), I love reading, and am involved with the Yacht Club.



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.

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.



As we age the progressive loss of physical capability is to be expected, but this does not have to mean life need necessarily become less enjoyable and less meaningful.

I studied Watercolour painting under a 95 year old artist who was as vitally enthusiastic about life as any 25 year old. Health and happiness is about staying interested, staying curious and exercising creativity.

The great psychologist Carl Jung once said "the best way to age is to do everything we can and to continue doing what we've always done for as long as possible."

As we slow down physically, our ability to enjoy every moment and become aware of every little joy increases. Beyond this however, Jung was really telling us to live every day as fully as possible. Tomorrow never comes, yesterday is no more, today is all we will really ever have.

Mid-Winter Xmas



Red Beach had a lovely celebration this week. A Mid-Winter Christmas party at The Bays club with a delicious Christmas roast.

We also thanked all our incredible volunteers for the amazing mahi they continue to give every week. We couldn't do what we do without our amazing volunteers.

All Blacks quiz answers

1. 3 times.
2. 18 test victories.
3. Centre.
4. Richie McCaw and Beauden Barrett.
5. Colin Meads.
6. 4 tries.
7. Jeff Wilson.
8. Grant Fox.
9. Tony Woodcock.



Notice Board

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

Term 3 ends Friday 22nd September

Term 4 starts Monday 9th October

No Monday Centres 23rd Oct
– Labour Day. Last day Term 4
Thursday 14th Dec

Centres return
Tuesday 30th January 2024

- Strategic Planning meeting
3rd Nov, 10-2pm – all welcome
Takapuna CMA offices
- Volunteer appreciation afternoon
get together 7th Nov 3.30-5.30
38 Rautehi Terrace, Redvale
- Christmas ALL MEMBERS function
28th Nov – details to come.

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. 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. Orewa Lions Club. Louisa and Patrick Emmett Murphy Foundation.

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Supervisor Reps: Kiri Beven

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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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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