

TERM 3 2024 NEWSLETTER!

GLIMPSE INTO SPRING

Now that spring has “sprung,” it is the perfect time to set your sights on healthy and active living.

Here are 5 simple tips for seniors to boost wellness this season:

1. Gardening is great for your health, improving strength, flexibility, and cognitive function.
2. Sunlight improves mood, strengthens bones, and lowers the risk of several health issues.
3. Walking outdoors can elevate your mood and energy.
4. Drinking enough water is key, especially after exercise, to prevent dehydration and support cognitive health.
5. Spring brings fresh, local produce. Enjoy healthy options and increase your intake of fruits and vegetables.



Upcoming Events

✱ Christmas Extravaganza

Term Dates

✱ Last Day of Term - 26 Sep

✱ First Day Term 4 - 14 Oct



OLYMPICS



How amazing were our recent Olympics?

Did you know....

The first Olympic Games for which there are written records took place in Greece in 776 bce. The ancient Games were held every four years in honor of the Greek god Zeus. Records from the ancient Games have preserved the names of some early champions. Milon of Croton was a wrestler who won six Olympic championships. Leonidas of Rhodes was a famous runner. The ancient Games continued until the Roman emperor Theodosius I stopped them in 393 ce.

For the next 1,500 years there were no Olympics. In the late 1800s a Frenchman named Pierre de Coubertin worked to revive them. He introduced the motto of the modern Olympics: Citius, altius, fortius which means “Faster, higher, stronger.” The first modern Olympic Games were held in 1896 in Athens, Greece.



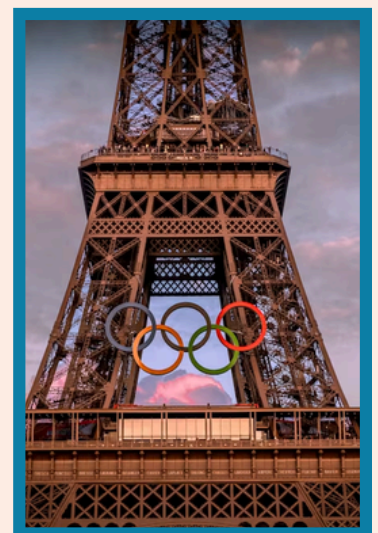
Paris 2024

New Zealand athletes have won more gold medals at Paris 2024 than at any other Olympic Games in history.

The achievement surpasses the previous record of eight golds set at the Los Angeles Games in 1984, with three medals having been won on the same day.

New Zealand finished 11th on the medal table with 10 gold, seven silver and three bronze, ahead of the likes of Canada, Spain, Sweden and Brazil. The US edged out China to top the table, with the 40th gold coming in the women's basketball final in which they edged hosts France 67-66. China also finished with 40 gold medals, but had fewer silver and bronze than the US.

New Zealand has been labelled the “overachievers” of the Paris 2024 Olympics after a record medal haul.



OLYMPIC FUN FACTS

- Australia's Harry Pearce stopped rowing during a race in 1928 to let a family of ducks pass in front of his boat. He won that quarter-final and eventually the gold medal.
- 1972 100m favourites Eddie Hart and Rey Robinson missed their quarter-final because their coach was keeping to an outdated schedule.
- Last-minute Ethiopian selection Abebe Bikila won the 1960 Rome marathon barefoot. He defended his title in shoes at Tokyo.
- China dominates the medals tables now but didn't win its first Olympic gold medal until 1984. Shooter Xu Haifeng became an instant legend and is still revered in the 'Middle Kingdom'.
- Greek gymnast Dimitrios Loundras won bronze at the 1896 Athens Olympics aged just 10 years and 218 days old
- Oscar Swahn, a Swedish shooting expert, is the oldest medal winner after claiming silver at age 72 in 1920.
- Tug of war was contested as a team event in the Olympics from 1900 to 1920.
- The marathon course in Munich in was arranged in the shape of the Games mascot, Waldi the Dachsund.
- Six US cities bid for the 1956 Olympics but all lost out to Melbourne.
- The US men's swimming team won 12 out of 13 gold medals at the 1976 Olympics.
- 1932 women's 100m gold medallist Stella Walsh was shot dead in an armed robbery in 1980. An autopsy revealed she had male genitalia.
- A random French boy was chosen as coxswain in the victorious Dutch coxed pair at the 1900 Paris Games. His identity remains unknown.

RECENT CENTRE VISITORS



Dementia Auckland

Dementia Auckland recently visited all our centers, providing invaluable support and insight into managing dementia. Their expertise has been instrumental in helping us better understand the challenges faced by those living with dementia. These visits have enhanced our ability to offer tailored care and support, ensuring our members with dementia continue to feel connected and valued in their community. We are grateful for Dementia Auckland's ongoing partnership and dedication to improving the lives of those we serve.



Chinese Fan Dancing

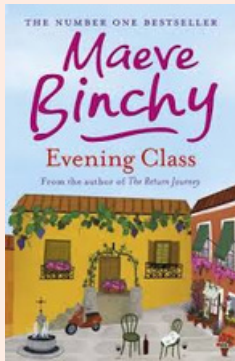
We were incredibly fortunate to have recently hosted a group of Chinese Fan Dancers who showcased their extraordinary talents at our centres. The experience was nothing short of magical, particularly for many of our members who had never seen or even heard of fan dancing before. The grace and precision of the dancers, combined with the vibrant colours of the fans, created a mesmerising atmosphere that captivated everyone in attendance. It was a day filled with wonder and cultural enrichment, leaving a lasting impression on our members and reminding us of the beauty and diversity that can be shared through the arts.



LITERARY LOWDOWN



Book Look with Maureen



Set in Dublin, this story brings together Irish people in a warm domestic drama with an Italian interest.

The writer has been very clever in keeping the reader absorbed as each chapter defines a person with a strong need to join an Italian Language Evening Class.

I thoroughly enjoyed this s amazing book. It is domestic with warmth and humour. Maeve Binchy is a very successful writer.

Welcome Jane

Jane is our new supervisor for CMA Red Beach.

I live in Torbay on the North Shore and am familiar with the Hibiscus Coast area as I have lived and worked previously in Orewa. My family includes three adult children, two living overseas and one in Auckland. My dad who is aged ninety-four lives with me, while my mum is close by at Torbay Rest home. Pets consist of two fluffy dogs – Yuki who is a white male Japanese Spitz and Bailey is a female black and silver German Spitz. They also like to play with Benjamin my ragdoll cat. I enjoy running, the gym, abstract painting, cafes, movies, and travel.

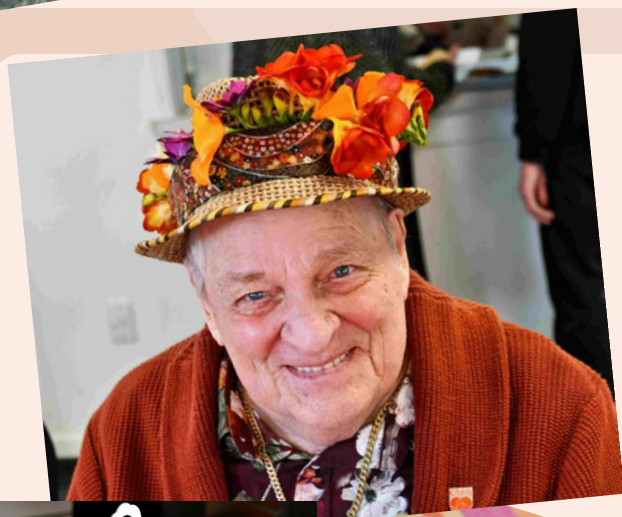
I have a background in child and adult education, psychology, community development and health promotion in the NGO sector. I enjoy meeting and interacting with people and being involved in my local community. Let's continue to make CMA a great place to socialise and relax and make new and lasting friends.

≡Welcome≡



SMILES FOR MILES

We all love a high tea and a crazy hat



SMILES FOR MILES

Cute puppy cuddles



TEST YOUR KNOWLEDGE



Olympics

This quiz represents some sporting events at the Olympic Games.
Guess which sports these terms relate to...

1. STRADDLE JUMP
2. TRACK AND FIELD
3. PAS DE TOUCHE
4. OVERHEAD SMASH
5. PIKE POSITION
6. DROP KICK
7. HEAD TO WIND
8. SHINTAI
9. SUBMARINE
10. BIRDIE
11. SLAM DUNK
12. FLUTTER KICK
13. CLEAN AND JERK



ANSWERS ON BACK PAGE

Word Search

SUMMER OLYMPICS



B	B	L	E	F	O	O	T	B	A	L	L	F	A
A	J	U	D	O	S	U	M	O	I	S	V	E	R
D	I	V	I	N	G	E	C	F	Q	W	A	N	C
M	B	O	X	I	N	G	T	W	Q	I	T	C	H
I	A	C	S	U	R	F	I	N	G	M	H	I	E
N	S	A	I	L	I	N	G	T	I	M	L	N	R
T	K	I	X	G	E	D	N	R	S	I	E	G	Y
O	E	Q	U	E	S	T	R	I	A	N	T	O	R
N	T	K	Q	T	W	T	Y	A	G	G	I	Z	P
F	B	A	K	E	A	O	G	T	O	B	C	L	M
Z	A	R	E	N	D	Z	Y	H	L	U	S	N	W
E	L	A	D	N	K	A	P	L	F	E	W	M	R
I	L	T	W	I	S	H	O	O	T	I	N	G	T
S	F	E	E	S	B	H	A	N	D	B	A	L	L

FOOTBALL
TENNIS
GOLF
BASKETBALL
DIVING
FENCING
SHOOTING
HANDBALL
ARCHERY
ATHLETICS
JUDO
SAILING
BADMINTON
EQUESTRIAN
SUMO
TRIATHLON
KARATE
BOXING
SURFING
SWIMMING

Is lying to a person with dementia the most humane response?



Ethical care can be challenging when a person is in the later stages of dementia. Dementia is an illness that progressively robs us of memories. Although it can vary, it is typical for short-term recall – the memory of something that happened in recent hours or days – to be lost early on. As the illness progresses, people may come to increasingly “live in the past”, as these are the only memories accessible to the person.

Is it wrong to tell them a lie? Ethical approaches usually say it is always wrong to lie. But this ethical approach would require an elderly person with dementia who continually approaches care staff looking for their long-deceased spouse to be informed that they have passed – the objective truth. Distress is the likely outcome, possibly accompanied by undesirable behaviour. The person’s memory has regressed to a point earlier in their life, when their partner was still alive. To inform such a person of the death of their spouse, however gently, is to traumatise them. And with the memory of what they have just been told likely to quickly fade, the questioning may resume soon after. If the truth is offered again, the cycle of re-traumatisation continues.

Pragmatic ethics evaluate actions in terms of their “usefulness” and social benefit, humanity, compassion or intent. Medication can be helpful with certain dementia conditions and behaviours, but it is not always the only way to help people with dementia.

Gentle inquiries may help uncover an underlying emotional need, and point caregivers the right direction to meet that need. Perhaps they are feeling lonely or anxious and has become focused on their spouse’s whereabouts? A skilled caregiver might tailor their response, connect with her, perhaps reminisce, and providing a sense of comfort in the process. Here are some prompts you could use in such scenarios:

- acknowledge concern (“I can tell you’d like him/her to be here.”)
- suggest an alternative (“He/she can’t visit right now.”)
- provide reassurance (“I’m here and lots of people care about you.”)
- redirect focus (“Perhaps a walk outside or a cup of tea?”)

These things may or may not work. So, in the face of repeated questions and escalating distress, a mistruth, such as “Don’t worry, they’ll be back soon,” may be the most humane response in the circumstances.

Acknowledgement: The information for this article was sourced from an article written by Steve Macfarlane for The Conversation.

WARM & FUZZY



NZ PIE AWARDS 2024

You may not have heard, but alongside the excitement of the Olympics, New Zealand has celebrated another significant event—the annual New Zealand Pie Awards!

We thought it was worth a mention of the award-winning pies from the North Shore and Hibiscus Coast areas.

From classic flavours to creative new twists, these pies represent the best of our area's culinary talent in our community.

Why not pop out soon and treat yourself to one of these delicious, award-winning pies?

- Gold Award - Freemans Bakery and Cafe, Glenfield - Steak and Cheese
- Gold Award - Wild Grain Bakery, Silverdale - Chicken and Veg
- Silver Award - Euro Patisserie Torbay - Steak and Cheese
- Silver Award - Euro Patisserie Torbay - Chicken and Veg
- Bronze Award - Mairangi Bay Bakery - Mince & Gravy
- Bronze Award - Euro Patisserie Torbay - Mince and Cheese
- Highly Commended - Rosedale Bakery & Cafe - Potato Top



WARM & FUZZY

NOMINATIONS

Westfield Local Hero Nomination

Our lovely manager, Robyn Walker, has been nominated and selected as one of three finalists as a Westfield Local Hero for her remarkable work with North Shore CMA. This award celebrates individuals across Australia and New Zealand who make a significant impact in their communities.

The nomination of Robyn as a Westfield Local Hero brings well-deserved recognition to North Shore CMA and shines a spotlight on the critical work being done to support our members. This recognition will undoubtedly bring greater media coverage and public awareness to our mission. The media coverage surrounding Robyn's nomination will also provide a platform to showcase the incredible work of our volunteers and the positive impact of our programs on the community.

As part of the Westfield Local Heroes program, 126 grants will be awarded across Australia and New Zealand this year, totaling \$1.25 million. Now in its 7th year, the program has contributed \$8.6 million to more than 860 successful Local Hero organisations since it began. We are so proud to be included in this years nominations, and we are hopeful that the recognition of Robyn's work will lead to further opportunities for North Shore CMA to grow and continue making a difference.



Westfield
Albany

NGĀ MIHI NUI THANK YOU



Our Amazing Supporters

Funders

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. 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. EH Davies & TM Carr Trust. Catholic Caring Foundation. Aotearoa Gaming Trust. Giltrap Trust. St Georges Market Shop. Hibiscus Coast Community House Inc, Orewa Lions. Louisa & Patrick Emmett Murphy Foundation. AJ Scott Trust. Blue Sky Community Trust. MSD Age Friendly Fund.

Our Governance Team

- Chairperson - Ann Coughlan
- Vice Chairperson - Robyn Walker
- Secretary - John Stewart
- Treasurer - John Brodie
- General Members - Fiona Tanis, Liz May

ANSWERS:


1) TRAMPOLINING 2) ATHLETICS 3) FENCING 4) BADMINTON 5) DIVING
6) RUGBY 7) SAILING 8) JUDO 9) WATER POLO 10) GOLF 11) BASKETBALL 12) SYNCHRONISED SWIMMING 13) WEIGHTLIFTING

Our Centres

- Mairangi Bay - Monday
- Sunnynook - Monday
- Birkdale - Tuesday
- Albany - Tuesday
- Red Beach - Wednesday
- Stanmore Bay - Thursday
- Glenfield - Thursday
- Belmont - Thursday

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Charities No - CC22808

Our Supervisors

- Maria Urgarte
- Jane Fleming
- Becky Little
- Jacinda Tyson
- General Manager - Robyn Walker
- Funding & Marketing Manager - Kiri Beven



Companionship & Morning Activities for Seniors