

TERM 2 2024 NEWSLETTER!

PICTURE-BOOKS IN WINTER ROBERT LOUIS STEVENSON

Summer fading, winter comes—
Frosty mornings, tingling thumbs
Window robins, winter rooks,
And the picture story-books.
Water now is turned to stone
Nurse and I can walk upon;
Still we find the flowing brooks
In the picture story-books.
All the pretty things put by,
Wait upon the children's eye,
Sheep and shepherds, trees and crooks,
In the picture story-books.
We may see how all things are,
Seas and cities, near and far,
And the flying fairies' looks,
In the picture story-books.
How am I to sing your praise,
Happy chimney-corner days,
Sitting safe in nursery nooks,
Reading picture story-books?



Upcoming Events

- ✿ AGM Meeting - 21st June 10am
- ✿ CMA Mid Winter Celebrations

Term Dates

- ✿ Last Day of Term - 4 July
- ✿ First Day Term 3 - 22 July



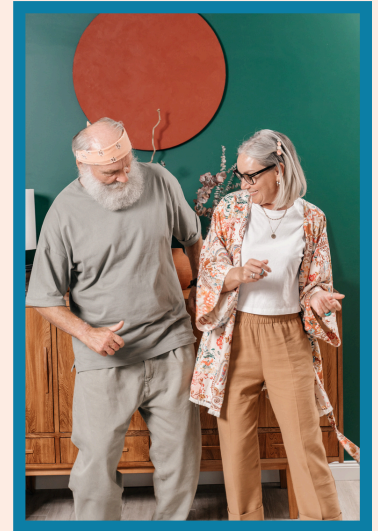
WINTER WARMERS



Keeping active during the colder months

During the winter months, finding the time and energy to exercise daily can be challenging. However, physical activity boosts blood flow throughout your body, helping you stay warm and keeping your brain active. It's recommended that adults over the age of 65 get at least 150 minutes of moderate exercise per week (about 30 minutes a day) to maintain strength, balance, and agility. If you can't get outside, consider these activities to stay limber:

1. **Housework:** Believe it or not, chores keep you moving. Spread them out over the day to stay active and reduce stiffness.
2. **Hobbies:** Engaging in activities like knitting, reading, puzzles, yoga, playing darts or cards, and baking stimulates both body and mind.
3. **Online Exercise:** Utilize television and the internet for programs that offer stretching, balance exercises, and dancing routines.



The importance of Hygge

Hygge (pronounced hyoo-ga) is a Danish concept used to help the Danes get through the many cold, long dark winter days. It combines the act of mindfulness (living in the moment and appreciating the little things) with small daily rituals and practices that make things extra cosy. Hygge is a big part of the Danish lifestyle and it could very well be the reason why Denmark is often cited as one of the world's happiest countries despite their exceptionally miserable winters.

If you've appreciated the feeling of tucking into a nice hot stew when it's raining outside, you've experienced Hygge. Likewise, if you've curled up on the couch with a book, a cup of tea on a chilly evening and felt a moment of cosy bliss, then you've also experienced Hygge. So this winter, if you're inside your nice warm home with the kettle on as it rains outside, stop and take a moment to appreciate it. You might notice a positive effect on your mood the more you do this. In fact, there are several physical and mental benefits that come with practising Hygge.



WINTER WARMERS



Roast Pumpkin and Ham Soup

Ingredients

- 1.5kg Kent pumpkin, peeled, deseeded, cut into 4cm pieces
- 880g ham hock
- 2L (8 cups) water
- 6 black peppercorns
- 2 dried bay leaves
- 2 celery sticks, cut into large pieces
- 1 large carrot, cut into large pieces
- 2 tbsp olive oil
- 1 leek, finely chopped
- 2 garlic cloves, crushed
- 60g butter



- Place the ham hock in a stock pot. Add the water, peppercorns, bay leaves, celery and carrot. Cover and bring to the boil over high heat. Reduce the heat to medium-low and simmer, covered, for 1 hour 45 minutes or until the meat falls away from the bone. Set aside to cool slightly.
- Meanwhile, preheat oven to 200C/180C fan forced. Line a large roasting pan with baking paper. Place pumpkin on pan. Drizzle over 1 tbsp oil. Season. Roast for 50 minutes or until golden and tender.
- Use tongs to remove the ham hock from the pot. Set aside until cool enough to handle. Use your hands to remove the ham from the bone. Discard the bone and any rind. Shred the ham. Place a colander over a large bowl. Pour in the ham stock mixture. Discard the vegetables and spices. Reserve the liquid.
- Heat the remaining oil in a large saucepan over medium heat. Add the leek and garlic. Cook, stirring often, for 5 minutes or until soft. Add the pumpkin and reserved liquid. Increase heat to medium. Cover. Bring to a gentle simmer. Simmer for 10 minutes or until reduced slightly. Set aside for 10 minutes to cool slightly.
- Use a stick blender to blend the pumpkin mixture until smooth.

WINTER WARMERS



Do you know about the Winter Energy Payment?

The Winter Energy Payment is an extra payment through Work and Income NZ to help with the cost of heating your home over the winter months. You must be getting a main benefit, pension or Jobseeker Support Student Hardship.

You don't need to apply for the Winter Energy Payment.

If you meet the criteria, it's paid automatically from 1 May to 1 October every year. This means if you get paid weekly, your first payment will be a part payment in the week of 6 May. You'll get the full amount in the week of 13 May.

If you get paid NZ Super or Veteran's Pension, your first payment will be a part payment on 7 May. You'll get the full amount on 21 May.

Call the NZ Superannuation team:

- Monday to Friday, 7am to 6pm
- Saturday, 8am to 1pm.

Phone: [0800 552 002](tel:0800552002)

Ward off the winter blues!

- Bring out those old board games. It's amazing how much fun a game of Scrabble, Monopoly or even Snakes'n'ladders can be!
- Try out a new winter soup recipe (see above)
- Start a book club (even if it's only you and one or two others discussing what you love)
- Learn a new language (there are plenty of free online resources)
- Organise a home quiz night and make it a gold coin fundraiser for a favourite charity.
- Turn off the phone, light candles, run a hot bath, pour in the bath goodies, and relax. An oldie but still a goodie.
- Phone someone you haven't talked to in a long time or get into Skype or Whatsapp to talk with family and friends who live far away.
- Laughter is the best medicine. Watch comedy shows, collect and tell jokes, play charades.
- Throw a themed dress-up party.
- Plant some veggies. This will get you outdoors, plus homegrown vegetables are good for your health, and taste so much fresher than shop-bought produce.

LITERARY LOWDOWN



Book Look with Maureen



The Chestnut Tree
Charlotte Bingham

A historical drama - wartime story
1939-1945, set in an idyllic fishing village. It encompasses the lives of local people and how their roles changed during and after the war.

I found this to be a very entertaining story. Peoples lives were turned upside down, but they coped. Interesting, sad and with humour, we learn how people coped and found strength in adapting to their different roles in wartime. Whether it was knitting socks, or dodging bombs, we learn of the different families in this very moving story.

The author is well known and has written a great number of novels.

A little bit about Maureen



Maureen has been a wonderful member of CMA, attending our Albany and Stanmore Bay centres for many years, and last year Maureen received her Life Membership with CMA.

We thought Maureen would be a great addition to our newsletter adding in a book review each term. She is a long standing member of CMA and also loves and adores books.

Keep an eye out for 'Book Look with Maureen' in all future newsletter.

SMILES FOR MILES



TEST YOUR KNOWLEDGE

City Nicknames

Test your knowledge of famous cities and their nicknames

1. CITY OF LOVE
2. CITY OF ANGELS
3. THE LION CITY
4. CITY OF SAILS
5. THE ETERNAL CITY
6. THE BIG APPLE
7. THE BIG SMOKE
8. THE WINDY CITY
9. THE PEARL OF THE DANUBE
10. THE QUEEN OF THE ADRIATIC
11. THE FORBIDDEN CITY
12. THE CITY OF A THOUSAND MINARETS



ANSWERS ON BACK PAGE

Word Search

WINTER WONDERLAND



F	E	C	J	M	Y	C	G	B	X	P	I	T	P
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R	V	O	G	I	C	G	R	L	E	N	I	Y	L
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C	I	K	E	A	C	P	A	F	K	Y	T	S	U
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JACK FROST
 WONDERLAND
 COLD
 SNOW
 POLAR BEAR
 FIREPLACE
 IGLOO
 MAGIC
 FROST
 CHILL
 SNOWFLAKES
 SCARF
 JUMPER
 ICE SKATING
 PENGUINS
 SNOWBALL
 SLEDDING
 HOT CHOCOLATE
 SNOWMAN
 ICICLES

THE LATEST NEWS



**AGE
CONCERN
NEW ZEALAND**
He Manaakitanga
Kaumātua Aotearoa

HOMESHARE

Have you ever considered sharing your home as a way to enable you to continue to live in your own home? Age Concern in Auckland have created a pilot called Homeshare which brings people together in shared households via carefully negotiated and supported shared living arrangements. It is all about people helping people, by creating meaningful, reciprocal arrangements.

Homeshare promotes the belief that social connection, friendship and support in a shared living arrangement can help reduce loneliness and social isolation that many of our older community members, who are over the age of 65, find a challenge. This arrangement can also improve the overall wellbeing of everyone in the household. Through the sharing of life stories, experiences and skills, each Owner and Sharer can enrich the lives of those with whom they share.

Age Concern conduct a thorough vetting service on both Owners and Sharers before any arrangement is put in place. This includes police vetting. There is no money involved in this arrangement, so it is not like having a paying lodger. It is all about mutual benefits to both the Owner and the Sharer alike.

The purpose of Homeshare is to assist people to age in place with dignity and respect, while remaining independent. The Owner is able to get assistance with daily living tasks and enjoy having some social company. It can also be of benefit to have someone else in the house from a security viewpoint. The Sharer is a volunteer and does not replace any existing home care services that the Owner may be receiving. The Sharer benefits from the arrangement by having access to good quality housing, alleviating financial pressure, and increased social connections.

What a great addition to the services available to help our lovely older people to age in place and remain living in their own homes for longer.



WARM & FUZZY

VINCI NZ
FOUNDATION

VINCI NZ Foundation - and their Incredible support

In 2022, the VINCI NZ Foundation was formed. This was a partnership between six New Zealand companies, which include Freyssinet NZ, HEB Construction, Omexom NZ, March Construction, Soletanche Bachy International and VINCI Grand Projets. The VINCI NZ Foundation was formed to provide help and support to various charities across New Zealand. As a Foundation, we not only provide financial support, but want to be actively involved and volunteer our time to these great causes. Charities are nominated by our own staff across all 6 New Zealand VINCI companies. These charities are selected based on the fantastic work they do in our communities and for meeting certain VINCI criteria that align to our values as a company.

In 2022, one of our staff members from Omexom, Chantell du Plessis, put forward a nomination to help and support CMA. This is a charity that is extremely close to Chantell's heart, as her mum has been attending CMA for a few years now and has made such a difference in her life.

In October 2023, the VINCI NZ Foundation commenced their second Nomination process for charities across New Zealand. We received a nomination from Chantell for CMA, and this was approved again! The VINCI NZ Foundation will be partnering with CMA to provide not only financial support, but volunteer support too.

We look forward to continuing to be involved with the CMA, a charity that is very close to our hearts and one that makes a significant difference to the quality of lives of our seniors and to our wonderful community. Thank you for allowing the VINCI NZ Foundation to be part of your journey and we look forward to continuing to work and partner with you.

Not only has the VINCI Foundation supported CMA financially, they have run some incredible events for us throughout the past 2 years, including Christmas lunches and prizes, St Patricks Day BBQs and they have offered countless donations and volunteer hours. We are so grateful for their ongoing support!



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
- Supervisor Rep - Kiri Beven
- Member Rep - Tom Simpson
- General Members - Vivien Wei Verheijen, Michaela Broehl, Melanie Blewett, Liz May

ANSWERS:

- 1) PARIS
- 2) LOS ANGELES
- 3) SINGAPORE
- 4) AUCKLAND
- 5) ROME
- 6) NEW YORK
- 7) LONDON
- 8) CHICAGO
- 9) BUDAPEST
- 10) VENICE
- 11) BEIJING
- 12) CAIRO

Our Centres

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

Our Supervisors

- Maria Urgarte
- Moira Bryant
- Becky Little
- Jacinda Tyson

- General Manager - Robyn Walker
- Funding & Marketing Manager - Kiri Beven

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Companionship & Morning Activities for Seniors