



2018 - THE YEAR OF THE DOG

Ring out the old and
welcoming the new ...



Volume 4,
Issue 1
March 2018

Hi everyone,

Welcome to your first newsletter for 2018 - new not just in content but with a number of small changes I style and layout - we hope you enjoy it.

I hope you all had a lovely break over the Christmas season, and very best wishes for the New Year.

IT'S AUTUMN! Time to start collecting all those yummy stone fruits and whipping up delicious pickles and sauces for the cooler weather.

In this issue, lots of recipes and information for eating better, as well as the latest news from around the centres.

As the centres re-opened we received lots of lovely images from the various Christmas parties and activities, some of which we will share with you in this issue. Don't forget, that we love to receive photos and updates from members and volunteers, to share with the Communicare family.

Finally, check out page 5 for information about our upcoming project, Bring-A-Friend. Not only can you introduce a friend to Communicare, but you can also go in the draw for a wonderful gift basket, thanks to our friends at The Web Company.

Cheers Maree & Viv



Around the Centres

From picnics in the park to delicious roast Christmas dinner, the centres, their members and volunteers enjoyed a variety of activities over the festive season.



Communicare Newsletter

Message from Sudha Bhana General Manager

A warm welcome back to Communicare.

We always look forward to seeing our members after the holiday season.



I was fortunate enough to get away to Hawaii for a family holiday. We arrived the day after they had received a false missile attack warning. It was incredible listening to people's stories, how they had called loved ones to say goodbye,

some carried on as normal and some wanted to hide but didn't know where. The range of emotions this type of incident causes reminds us to live and enjoy each moment – find that joy! I hope you do at your Communicare centre each week.

There are a lot of exciting projects and events planned for 2018 at Communicare starting with our 'Bring a Friend' campaign in March. As a member of Communicare you can introduce a friend (for free) to a session at one of our centres. You will then go in the draw to win a lovely hamper, valued at \$250, from our very big-hearted sponsor The Web Company.

At the end of 2017, Communicare was chosen as one of 12 Auckland charities to receive funding from the Auckland Airport 12 Days of Christmas giving. The grant will go towards implementation of short, easy, gentle exercise programmes throughout our 21 centres, along with proper resources and training. As we seek providers to support this venture, we look forward to introducing new programmes later this year. I would like to thank Auckland Airport for their generosity and for choosing Communicare. It was also great to meet Kelsey and Kate from Auckland Airport at a morning tea at the Papatoetoe centre in February. Check out the lovely Communicare cake on our Facebook page that they kindly brought along for the cuppa!

I welcome Shih-Ling Chang to the team, our new co-ordinator for the Remuera centre.

Sadly we will be saying goodbye to Barbara Morgan, coordinator for Pukekohe and Papakura centres, before the end of term. She has done a wonderful job at her centres and will be missed by everyone. Barbara has promised to return as a volunteer so we look forward to that and we wish her well for the future.

Take care until our next newsletter and I do hope the Easter Bunny is generous!

Sudha Bhana



Communicare Staff Profile - Viv Muir

Tell us a little about yourself?

I grew up in Timaru but am almost an Aucklander, having lived here (off and on) for 32 years. Married with four children, I've worked part-time for the last 20+ years, largely in the not-for-profit sector involved with marketing/PR/fundraising



How did you get involved with Habitat for Humanity and where has it taken you so far?

At the beginning of 2015 I was made redundant and had almost a year of enjoying doing just what I wanted to do – walking the dog, gardening etc – until my husband decided to quit the corporate world and join me at home. He's into DIY so to keep him from finding projects around home, I researched Habitat for Humanity and found something that interested him as well! We've since been on Habitat builds in Samoa, Nepal and most recently Thailand.



Viv (2nd from left) and the team at the start

What's the most interesting thing about you that we wouldn't learn from your resume?

According to my (then) six year-old daughter, "I cannot do normal" – I'm continually trying to live up to that!

What would your pet say about you if we asked for a reference?

My dog would say I'm perfect in every way – but why do I keep abandoning her for weeks on end then come back as if nothing's ever happened?

What would be your perfect idea of retirement?

Letting the mood take me wherever I wanted to go with absolutely no urgency, except of course if I am ever lucky enough to have grandchildren.

Healthy Eating for Seniors

Good nutrition is essential for good health

To stay healthy as you get older it is important to eat well. Choose a variety of healthy foods every day from the following four food groups:



1. Vegetables and Fruit

Eat plenty of vegetables and fruit. Choose fresh, ripe varieties when they are in season. Frozen or canned varieties are also healthy options. Limit fruit juice and dried fruit – they are high in sugar.

To get the best nutritional value from cooked vegetables, cook them quickly until they are just soft enough to eat. Steaming or microwaving is best.

2. Breads and Cereals

Eat plenty of breads and cereals, including rice, pasta, breakfast cereals and other grain products.

Choose wholegrain varieties – they provide extra nutrients and fibre and also help prevent constipation. Choose at least six servings of breads and cereals each day.

3. Milk and Milk Products

Milk and milk products provide protein, vitamins, calcium and other nutrients. Choose reduced or low-fat milk, yoghurt and cheese if you need to lose weight.

Choose whole-milk products if you are underweight or need additional energy. Milk and milk products provide most of the calcium you need.

4. Lean Meats, Chicken, Seafood, Eggs, Legumes*, Nuts and Seeds

This wide range of food provides protein, vitamins and minerals to your diet. Red meat, chicken and fish contain iron in a form that your body can easily absorb. Oily fish (eg salmon, tuna, sardines and mackerel) are good sources of omega 3, which may reduce your risk of heart disease and stroke.

*Legumes include cooked dried beans, peas and lentils.

For more information and ways to ensure you are enjoying a nutritious and well balanced diet you, or one of your computer savvy family or friends, can check out the following website:

<https://www.healthed.govt.nz/system/files/resource-files/HE1145%20Eating%20for%20healthy%20older%20people.pdf>

Here you will find healthy food choices, how to maintain a healthy weight, the benefits of including physical activity in your day, and other aspects to help you be a healthy older person. (Information courtesy of the HealthEd website).

Favourite recipes from around the centres

Autumn can be a lovely time of year, not too hot, not too cold, and best of all, like a squirrel storing nuts, it's a great time to start preparing all those relishes, preserves and soups, to see you through the colder days ahead.

After a shout out to the staff and members, we have put together a group of warming meals and other treats for you to enjoy.

Fail Safe Date & Ginger loaf

Soften 1/2 cup chopped dates in 1/2 cup hot water, then drain

Melt 100g(4oz) butter and 2 tbs golden syrup in large microwave-proof bowl or over boiling water.

Add 2 eggs and 1 cup soft brown sugar and beat well.

Sift in :

2 cups flower

2 tsps. Baking powder

4 tsps. Ground ginger

2 tsps. Mixed spice - Mix together

Add 2tsps baking soda dissolved in 1 1/2 cups milk and drained dates.

Mix well and pour into a loaf tin lined with greased baking paper. Bake at 190° 30 to 40 minutes (Freezes well)



Delicious warm with or without a dab of butter.



More recipes from around the centres

Oven-baked Risotto

Cook this simple store cupboard risotto in the oven while you get on with something else - still wonderfully creamy.



Ingredients

250g bacon, chopped into small pieces.*
1 onion, chopped
25g butter
300g risotto rice
Half glass of white wine (optional)
150g pack cherry tomatoes, halved.
700ml hot chicken stock (Campbells salt reduced stock is best)
50g grated parmesan

* Bacon can be substituted with diced lean meat, like chicken.

Method

Heat oven to 200C/fan 180C/gas 6

Fry the bacon pieces in an ovenproof pan or casserole dish for 3-5 minutes until golden and crisp. Stir in the onion and butter and cook for 3-4 mins until soft. Tip in the rice and mix well until coated. Pour over the wine (if using) and cook for 2 mins until absorbed.

Add the cherry tomatoes and the hot stock then give the rice a quick stir. Cover with a tightly fitting lid and bake for 18 mins until just cooked. Stir through most of the Parmesan and serve sprinkled with the remainder.



Spinach/silver beet Quiche - Impossibly easy & delicious

3 leaves of spinach or a good handful of silver beet, slightly cooked and chopped.

Mix with :

3 beaten eggs	1 cup grated cheese
1 1/2 cups milk	1 finely chopped onion
1/2 cup self raising flour	pinch nutmeg
1 tblsp oil	salt & pepper to taste

Mix well together and pour into a greased dish or pie plate

Bake 3/4 hour at 180° This quiche forms its own base.
Serve warm or cold with a simple tomato salad.



Gluten-Free Corn Fritters

- 3 cups fresh, canned or defrosted corn kernels (frozen is best)
- 2 eggs
- green part of 1 spring onion, finely chopped
- a pinch of chilli flakes
- ½ tsp curry powder
- ½ cup rice flour
- ½ tsp baking soda
- salt and pepper to taste and a little neutral oil, to fry



Place half the corn in a food processor with eggs and spring onion and blend to a smoothies puree. Add chilli, curry, soda, rice flour, salt and pepper and pulse to form a thickish batter. Stir in reserved corn.

Heat a little oil in a heavy fry pan and cook, approximately 3 tblsp per fritter, until golden brown and cooked through (2-3 minutes each side), adding oil between batches as needed.

Always check with your doctor or health professional to make sure ingredients are right for you.

Communicare - Keeping Your Brain Active



Due to demand, we've included a Sudoku puzzle for you this time... good luck!

6		1	3			2	
9					1		6
	3		6			5	1
		5	9			7	1
	1		5		7		2
8	7	6			4	3	
5		7			9		3
	4		2				6
		3		6	1		7

Word of Mouth Incomprehensibilities

This word set the record in the 1990s as the longest word "in common usage."

How many words (4 or more letters) can you make?

The term Easter gets its name from Eastre, the Anglo-Saxon goddess who symbolizes the hare and the egg.

With Easter around the corner, here's a little picture puzzle for you, or a young friend or relative, to test your powers of observation... then colour it in with your favourite colours.



If you see a rabbit laying little brown eggs, Don't eat them, It's not chocolate!

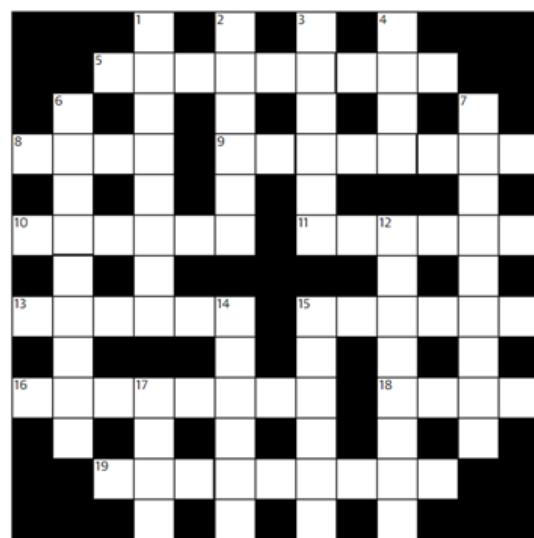
Happy Easter Every Bunny!



The art of painting eggs is called **pysanka**, which originated in Ukraine. It involves using wax and dyes to colour the egg.



The exchange or giving of Easter eggs actually dates back to before Easter and the giving of eggs is actually considered a symbol of rebirth in many cultures.



Across

- 5 Building beside a railway track (6,3)
- 8 Floating platform (4)
- 9 Overdrawn (2,3,3)
- 10 Fracas (6)
- 11 Highly decorated (6)
- 13 Sharp bend (6)
- 15 Mark Antony's countrymen? (6)
- 16 Deep (8)
- 18 Virologist who developed a vaccine against polio, d. 1995 (4)
- 19 New Zealand rugby team (3,6)

Down

- 1 Relating to a shore (8)
- 2 Messy (6)
- 3 Helplessly drunk (6)
- 4 Fleshy part of the ear (4)
- 6 Dinner, bed and breakfast (4,5)
- 7 Four-sided figure (9)
- 12 Seek a man (anag) – one with an intimate connection? (8)
- 14 Dirty (6)
- 15 Type of tyre (6)
- 17 People (4)



Proudly Sponsored by The Web Company - Supporting Seniors in the community

For the month of March, 2018

Bring along a friend to a session at your centre and remember to fill in a voucher to go into the draw to win the gift basket valued at \$250.00

Volunteer Corner

With the new year well and truly underway, and as you return to give your precious time to our centres, it is an opportune moment to reflect about ensuring we find balance.

Each of us has a blend of career, family, home, friends and community that we commit to. It is important that you look at time for yourself in this mix.

It is easy to keep giving and it is an absolute art in learning when to say no. For our well-being it is a priority though. You can't keep giving if you don't have time for you. Think about what you enjoy, what fills your bucket. Do you sometimes just sit down and have a rest? Letting go of that 'to do' list is not easy. It doesn't mean giving up our responsibilities, it is about finding balance.



So as our year progresses be brave and look after yourselves. It is important to all of us at Communicare that our volunteers stay well.

We will be looking at various volunteer projects during 2018 and we will be seeking your input as you know what works well from a volunteer perspective. If you have some thoughts and ideas about your centres I encourage you to chat to your co-ordinators – it is a team effort in running a centre and we welcome feedback.

If you ever have questions about why and how things work at Communicare again chat to your co-ordinator or to a field officer. They will be happy to help where they can.



"We can't help everyone, but everyone can help someone..."

Ronald Reagan

Volunteer Profile - Dot Lamb

Many of you will recognise Dot as Communicare's current President. You might not know however that Dot was quite literally *driven* to be where she is today. Yes, Dot began volunteering with Communicare 47 years ago – as a volunteer driver at our Remuera Friendship Centre! A nurse by profession, in addition to being a wife and mother, Dot still volunteers at the Remuera centre each week. She has sat on the board of Communicare for many years, at times holding the roles of treasurer and chairperson.



Says Central Auckland Field Officer Robyn Liddle, "Dot attends local board meetings, presents medals, and attends our annual events all with grace and enthusiasm. She is extraordinary for her service to seniors in the Auckland community."

GOOD *in the* HOOD

Once again all 21 friendship centres are under consideration for Z's *Good In The Hood* programme. Z's promotion says, "Groups that take part in Good In The Hood say that while getting money is awesome, the thing that surprised them the most was how much more you get out of being in the programme." We agree!

As well as receiving a share of the funding pot from your local Z station there are opportunities to raise your centre's profile, not least being an invitation to hang out on the forecourt connecting with the local community and potential supporters.



Coordinator Noeline Goddard receives a cheque for the Panmure Centre following the 2017 programme

Last year four centres were selected. We're hoping for better in 2018. Voting is in May so that's the time to get the word out – tell all your friends and family to tank up at Z and drop their tokens in the Communicare box. Easy! The more we can get involved in the programme the more we'll get out of it!

Staff & Executive at February 2018

Head Office

Sudha Bhana	General Manager
Eileen Asbury	Craft Therapist
Sharon Tang	Accounts
Maree Folwell	Admin & Marketing support
Viv Muir	Fundraising

Field Officers

Linda Borman	West Auckland
Marie Hunt	South Auckland
Robyn Liddle	East & Central Auckland

Board Members

Meri Gibson	Chairperson
Dot Lamb	President
Pat Stenersen	
Marijanne Boxall	Finance Chair
Sharron Forbes	
Michael Matthews	Vice chair



Coordinators

Ange Metcalfe	Manurewa & Papatoetoe
Ashley Mills	Ellerslie
Barbara Morgan	Papakura & Pukekohe
Jacqueline Drinnan	Balmoral, Blockhouse Bay, Mt Roskill & Mt Eden
Linda Borman	Henderson, Massey & Te Atatu
Noeline Goddard	Panmure
Oriana Tanuvasa	Glen Innes, Hillsborough & Mangere
Pat Stenersen	Royal Oak
Pru LaTrobe	Avondale
Sarah Gates	Howick & Pakuranga
Shih-Ling Chang	Remuera



COMMUNICARE FUNDERS, SPONSORS & SUPPORTERS

We gratefully acknowledge the ongoing support of the following funding agencies:

- ◇ Auckland City
- ◇ COGS
- ◇ COGS Lotteries
- ◇ District Health Boards -
 - Auckland
 - Counties Manukau
 - Howick Local Board
 - Orakei Local Board
 - Manurewa Local Board
 - Mangere Local Board
 - Maugakiekie-Tamaki Board
 - Papatoetoe Local Board
 - Papakura Local Board
 - Puketapapa Local Board
 - Waitemata
- ◇ Auckland Airport
- ◇ Foundation North
- ◇ JA Redwood Charitable Trust
- ◇ Louisa & Patrick Emmett Murphy Foundation
- ◇ Procure Charitable Foundation
- ◇ Pub Charity
- ◇ Sir John Logan Campbell Residuary Estate
- ◇ St Joan's Trust
- ◇ Stevenson Village Trust
- ◇ The Lion Foundation
- ◇ The WebCompany



Acknowledging the Tzu Chi Foundation



Blessings to the Tzu Chi Foundation
and a happy new year!

Sarah Gates, new coordinator at the Howick and Pakuranga Centres, has been very active during her first few months on board. She is especially grateful to the Tzu Chi Foundation and their ongoing support, providing refreshments at a number of our Friendship Centres, and was honoured to be invited as a guest to celebrate a special Lunar New Year Blessing Ceremony and reflect on the relief work that the Buddhist Compassion Relief Tzu Chi Foundation has undertaken in some 19 countries after natural disaster strike.



Facebook.com/TzuChiLanguageComics Facebook.com/TzuChiLanguageComics ©Brian Gordon



SERVICE DIRECTORY

Harvey Norman®

A vital part of featuring the centre's activities and acknowl-

edging the ongoing support of our funders and sponsors, is bright and colourful images. We would like to thank **Alvin** and the team at **Harvey Norman, Westgate**, for their very generous discount when purchasing a new camera (a project that was funded by JA Redwood Charitable Trust). The camera will allow us to capture events and functions around the centres, as well as videos of activities such as the Communicare Olympics and other events.



From all of the team at Communicare, we would like to acknowledge all the wonderful support and generosity of the volunteers, funders, sponsors and staff for their commitment to Seniors in the Community. We wish you all a happy, chocolate filled Easter break.

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Once again we would like to thank Benjamin Neal, for his ongoing support and very generous donations.

Phone 021 520 961
benjamin.neal@raywhite.com



New World Howick

The Howick and Pakuranga, Friendship Centres gratefully acknowledge the generous donation from Brendon Jones at New World, Howick.

Pictured left Brendon and Coordinator Sarah Gates.

The New World gift vouchers are being put to great use in providing refreshments at Howick and raffle prizes for both centres.

Your support is invaluable, many thanks!

Making a donation

Don't forget donations of \$5 or more are tax deductible and can be made by bank transfer directly into our account at: ASB 12-3048-0279446-00.

Please send your name and address details so we can issue you a receipt.

COMMUNICARE is an agent for the Auckland Transport Total Mobility scheme.

For more information, or to arrange an assessment, call Maree on (09) 631 5968. One of our fully trained Field Officers will contact you to make a time to carry out the assessment in your own home.

There is a fee for this service

(Discount rate for Communicare members)



Advertise with Communicare

Do you have a product or service that you would like to promote to our members?

Our service directory will offer opportunities for advertisement, classified ads as well as opportunities to promote events in the community at very reasonable rates.

Call Maree on (09) 631 5968 or email office@communicare.co.nz for deadlines, specifications and pricing.



SERVICE DIRECTORY