

JULY 2020



## Hi from Julie

It might be cold outside but the welcome at Step Ahead is as warm as ever. It's great to see so many people coming along to our activities.

We're continuing with our Zoom activities for those of you who can't visit our bases in person. Adding this extra service was a large learning curve to us all and is one of those forced changes that end up becoming a benefit. We will keep these going as long as the demand is there. Lots of other exciting things to look out for in July!

**Robin's retirement lunch:** Thursday 2<sup>nd</sup> July. Our wonderful cleaner Robin is retiring after 17 years working for the Trust. We're inviting some special guests that longer term members may recognize. Come along for a walk down memory lane with Robin and friends. See more details later in this Newsletter.

**Step Ahead Next Step Forum:** A chance to talk about what Step Ahead does and how we go about it. This new format will give everyone a say. Delicious refreshments will be served. Look for the dates for each base later in this Newsletter

**Mid-Year Celebration:** You, like me might wonder where the first half of this year went, it has certainly been a different one. Let's celebrate getting through these difficult first six months with some toe tapping, sing along music and a delicious meal. Come along on Friday 24<sup>th</sup> July to join in the fun. Just \$10 includes a two course meal and music to sing and dance too.

See you there.

## Have Your Say at the Next Step Forum

- Stanmore Road 1:15pm Thursday 25<sup>th</sup> July
- Puriri Street 12:30pm Monday 27<sup>th</sup> July
- Rangiora 1:00pm Monday 20<sup>th</sup> July
- Ashburton 1:00 pm Friday 31<sup>st</sup> July

Here is an opportunity for members to have a say about how Step Ahead is performing. Are we running the activities that you like? What do you enjoy about coming to Step Ahead? What don't you like? Is there a better way of doing things? Let's get together and have a discussion about where we have been and where we are going.

From now on we will be having this Forum every three months as well as the usual monthly Member Staff Liaison Meeting in the in-between months. We would like everyone to come along and give their opinion.

We will include an Information update on some of the happenings at Step Ahead. This month we will talk about reducing the cost of activities, the Technology Project that Chris is working on, our Equally Well commitment and other things that are taking place.

We'll be providing refreshments at each of the sessions along with the usual hot drinks. I'll look forward to seeing you all and hearing what you have to say.

*Julie*



### Mid-Winter Lunch Friday 24<sup>th</sup> at Richmond Workingmen's Club

75 London Street, just off Stanmore Road.

A mid-winter lunch is booked for Friday 24<sup>th</sup> July. Many of you will have joined us this time last year and at Christmas time. The venue provides a delicious meal and it's a great opportunity to meet with members from all the bases, Stanmore Road, Puriri Street, Rangiora and Ashburton.

For Stanmore Road members, please meet at the venue at 11:30 if at all possible.

The menu will be available nearer the time and meals need to be pre-ordered so when you book please let us know what your choice of meal is. The cost is \$10 and payment by Friday 17<sup>th</sup> July is required.

Entertainment is planned following the meal.

See you there.



### Communicate with Compassion Guest Speaker

*Monday 27<sup>th</sup> July at Puriri Street 10:30am*

Transport provided from Stanmore Road at 9:30am.

Communication (talking to one another) challenges all of us from time to time and they say that about 90% of communication is non-verbal!

The guest speaker will talk to us about communication in non-judgemental ways. Come along to learn some new skills and share your experience. It will be an interesting and enjoyable session.



### He Puna Taimoana Hot Pools in New Brighton

It's exciting news that the hot pools in New Brighton have opened.

If you are anything like me you will be looking forward to having a swim or soak! There are five heated pools with varying temperatures, a separate plunge pool, sauna and café.

The cost to members is \$5.

Check your programmes for details of when visits are planned.

*Di*

### From Karen T

Hi Step Ahead folk. I hope you are enjoying the freedom in Alert Level 1. I know we all really missed the physical contact and getting together as a community. The challenge at the moment is finding that balance between keeping ourselves and others safe.

Many people I have spoken to, especially those who live alone, have said that the absence of hugs has been particularly hard. We are social beings and touch is a basic human need. It is such a part of our culture to greet people with a hug or a handshake and the absence of that can leave us pining for touch. This is a need that pets can sometimes fill. Stroking a pet can be very relaxing and research shows that it decreases the heart rate and lowers anxiety. I know we don't all have pets but hugging a pillow or firm cushion can help too or stroking a soft throw can do the same thing.



### Quiz

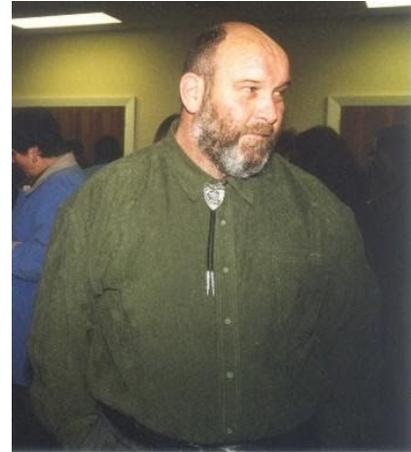
1. What do yellow roses symbolise?
2. What unit is used to measure the purity of gold?
3. On what "railroad" was Harriet Tubman a conductor?
4. What cult leader was inspired by the Beatles' song "Helter Skelter"?
5. What kind of bird is the Ugly Duckling?
6. What philosopher said "God is dead"?
7. What animal's foot is considered a good luck charm?
8. What is the only country to share a land border with Denmark?
9. What fruit, native to southeast Asia, is considered to be the world's smelliest?
10. What force keeps the moon in orbit around Earth?
11. What P word describes a body part, such as a tail, that is capable of grasping or holding?
12. What is the most famous trophy in the sport of yacht racing?
13. Who created the Muppets?
14. What Latin expression means "Seize the Day"?
15. Who is the Duke of York?
16. Who is said to stand watch at the pearly gates of heaven?
17. What is the most popular name for baby boys born in London?
18. What does the S stand for in "TTLS HIWWYA"?
19. What region of France takes its names from the Vikings who settled there?
20. Two countries are led by a Sultan. Name either

Answers at the end of this newsletter.



Glass painting at Puriri

### Robin is retiring!



Robin began working at Step Ahead in January 2003 – that's seventeen years of service to Step Ahead, what a huge contribution he has made. This photo is of Robin attending our 20<sup>th</sup> anniversary party in 2003, - he hasn't changed a bit!

Robin has decided to retire and his official last day will be 26<sup>th</sup> June.

We are grateful for the years of hard work and dedication that Robin has given the Trust. His effort in keeping the Stanmore House sparkling clean and the vans gleaming has been much appreciated. We will miss his big smile and easy going nature. Robin has worked through earthquakes and arsons, through changes in staff and systems and has always kept on going, making sure the house was inviting and comfortable and ready for members. I'm sure everyone will join me in thanking him for his efforts and wish him well in his retirement.

We are pleased to report that Robin will continue as a Step Ahead member so we will still get to see him on a regular basis.

We will be having a lunch for Robin at Stanmore Road to celebrate his years of hard work and dedication and we would like to invite you all along.

This will be held on Thursday 2<sup>nd</sup> July 2020 at midday.

Please book in as usual so we know how many to cater for.

**Farewell  
and  
Good Luck**

## Looking to put together a super-healthy weekly meal plan?

This plan in no way suggests this is what you ought to eat for a week. It is just to give you ideas. It shows how to put together the healthy food groups for best absorption of nutrients in each meal. You will not like everything, so try cooking double for the ones you like to have over 2 nights. Who wants to cook every night? It is OK to have your favourite breakfast or lunch every day. For weight control, it suits many people to keep breakfast and lunch much the same most days.

When we plan menus we think of texture and richness and flavours that go together. We put fresh and plain salads or steamed veges with rich or spicy meals. Each meal includes at least 3 healthy food groups.

<b>DAY 1</b>	All bran + Chopped Apple + Low Fat Milk/Yoghurt	Ham and salad sandwich (lots of salad) + Fresh fruit	Sir-fry or Curried Prawns, Tuna, or Chicken, then stir-fry Onion, Ginger, Garlic and Chopped Veges, then combine and reheat (prawns and tuna good with tomato pasta sauce) + Small serving of Rice
<b>DAY 2</b>	Rolled Oats soaked overnight in Low Fat Yoghurt and Berries with a sprinkle of Nuts or Seeds	Omelette or Frittata with lots of veges or Scrambled Egg + Whole Grain Toast + Marg Spread + Fruit	Baked Chicken pieces (rolled in herbed bread crumbs made from leftover bread + 2 tsp oil + herbs) + Carrots, Broccoli and Onion + Lettuce Salad
<b>DAY 3</b>	Whole Grain Toast + Light Marg or Avocado + Sliced Tomato + Black Pepper	Chicken and Coleslaw Wrap (lots of coleslaw) + Fresh fruit salad	Mushroom, Brussels Sprouts, Sliced Leek, Onion and Walnut (or cubed Tofu or Haloumi) Stir-fry + Wild Rice or small serve Noodles
<b>DAY 4</b>	Weet-bix + Sliced Banana + Low Fat Milk	Lentil and lots-of-veges soup + Whole grain bread toasted + Marg Spread + Fresh fruit	Pan-Fried Fresh Fish – use a smear of oil + garlic or herbs + Small serving of Steamed Kumara + Large serving of Fresh or Frozen Stir-fry Veges (capsicum/celery is good)
<b>DAY 5</b>	Porridge + Berries or other chopped fruit + Low Fat Milk/Yoghurt	Tuna, Spinach and Peas stir-fried + Cooked Noodles (not the 'instant noodles' kind) + Fruit	2 Egg Omelette with filling of large serving of raw spinach (wilts in the omelette) and sprinkle of cheese + Grilled Tomatoes or Salad + Small Bread Roll
<b>DAY 6</b>	Whole Grain Toast + Peanut butter + Fruit	Self-crusting Quiche + Salad or Coleslaw + Fruit	Beef Casserole with lots of veges + Small Mashed Potato + Large Frozen Peas on the side
<b>DAY 7</b>	Whole Grain Toast + Marg Spread + Tomato or Spinach + Poached Egg + occasionally Grilled Bacon	Large Green Salad + Diluted Light Dressing + Sprinkle of Cold Meat/Chicken/Nuts + Toasted Pita Bread + Fruit	Roast chicken, skin removed after cooking and before eating + Packet Gravy + Small Roast Kumara + Large Baked Pumpkin + Cauliflower and Frozen Peas

### Crafty Creations with Mixed Media

Welcome back to everyone who attended the craft afternoon at Stanmore Road in the first week of June. It was fantastic to see bods and faces rather than communicating from afar.

The subject of craft for the day was mixed media and we had some fun with all of the crafty treasures available. Take a look at these fantastic creations and there are still more to come. We would love to have you join us and tap into your potential and enjoy the relaxation of creativity. Males are welcome too!! In the past the female members have dominated the craft area however we had Matthew join us at this craft afternoon and he enjoyed the company and the opportunity to try something different, and we loved having him join us!!!

Check out your programme for the upcoming Wednesday dates when craft group is on. We look forward to seeing you there.



### The Hanmer river on a very hot day in January 1988-90?

Alison, John and I went to our Hanmer house regularly especially during the school holidays as I had a holiday from my cleaning job at Knox. Hanmer could get unbearably hot in January and February and this particular day I went to the garage and scrounged a spare tyre tube which they blew up for me and we set out with our picnic tea for the river. It was very pleasant there as there was a cooling breeze off the river and Alison and John swam and played sitting on the tube as they laughed and called out and thoroughly enjoyed their time together. I made a small fire to boil the billy for a cup of tea and later John came and unnoticed by me put his orange plastic cup of orange drink on a stone by the fire 'to warm up'! A little later we all sat down to eat and I suddenly saw the plastic cup and snatched it away from the flames – it had begun to melt and Alison and I laughed and laughed at John putting a plastic cup to warm up near the fire. Poor John – he had to put up with our laughter but altogether we had had a lovely afternoon and evening at the river. These picnics were a very special time for us as I only had access to John for 3 weeks during the Xmas school holidays and Alison and John were in a very close brother and sister relationship. This incident at the river may have inspired John to study science and to later enrol in a Chemical and Process Engineering course at Canterbury University in which he really enjoyed the study of Physics.

*Christine S*

### Answers for the Quiz

1. Friendship
2. Karat
3. Underground Railroad
4. Charles Manson
5. Swan
6. Friedrich Nietzsche
7. Rabbit
8. Germany
9. Durian
10. Gravity
11. Prehensile
12. America's Cup
13. Jim Henson
14. Carpe Diem
15. Prince Andrew
16. Saint Peter
17. Muhammad
18. Star
19. Normandy
20. Burnie or Oman

**ANSWERS**

### Are you OK? from Karen T

After months of isolation and not being able to socialise we are now able to meet and hug people again! How good does that feel?

During my time in "lock-down" and supporting people with phone calls I have heard so many struggling with their own thoughts about how well they think they should be doing. People have asked me, "Why do I feel this way?", "What's wrong with me that I feel so tired when I'm not doing anything much?" and giving themselves a hard time for not being OK.

The "lock-down" descended on us suddenly and we had to adapt. This was a shock. Since then we have been bombarded with a lot of scary information via the media, and most of it out of our control. Then we have to get used to another set of rules and adapt all over again, all the while not being able to access the supports we normally have, when we need them even more than ever!! This has been our lives for the past 11 weeks and we wonder why we are having trouble sleeping, thinking clearly, remembering things and struggling with low mood. It is exhausting having to adapt constantly!

All of these things are normal, given the very Un-normal lives we have been thrust into recently.

My message to you is that it is OK to be NOT OK! In fact, it is normal to not feel ok right now. Our brains and nervous systems have been overloaded, I know mine has. Walking, talking, eating healthily and doing things I enjoy has kept me sane. Well, almost as insane as I would usually be (haha).

Please don't add to your distress by giving yourself a hard time about not being Superman or Wonderwoman, about NOT BEING OK. IT'S OK TO BE NOT OK. Reach out for support and keep things in perspective. The Covid experience has affected us all so be kind to yourself and take baby steps to get back to this next new normal.



#### Wool Needed for Knitting Group

The Stanmore Road Knitting group is running low on wool. We knit peggy squares to make blankets for the animal shelters. We would also like to begin knitting baby essentials for the neonatal ward at the hospital. If you have any wool you can donate or know of anyone that may have, it would be greatly appreciated.

Thank you

### Technology Alert



Step Ahead has an arrangement with Skinny to provide very low cost data connection at home. It is available in most areas of Christchurch and is currently the best deal in town.

Before entering into any agreement with an Internet Service Provider please contact Chris for more information.

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