



Driving  
Miss Daisy®  
We're There For You



# Daisy Chain

Autumn Edition

## Enjoy the Autumn leaves with your local Daisy

New Zealand is spectacularly beautiful every day of the year, but Autumn brings with it the rich hues of scarlet and gold across the country as the leaves change colour. The sights quieten down after a buzzing Summer and the fresh autumn air brings a sense of calm with it. The perfect recipe for a trip with your local Daisy.



The cooler Autumn days also makes it easier to stay active and mobile, whether it's lawn bowls with the crew or simply a stroll in the park, regular physical activity will boost your mood and help keep you healthy and mobile during the cooler months. We'd love to help keep you active by taking you to your next outing, don't hesitate to contact us for ideas.

With the COVID-19 Vaccine roll out for seniors planned to start in May, feel free to contact us to assist you to get your vaccine. We can transport you and be there for you every step of the way. You might like to book it with a friend or two to help keep the nerves at bay.

We have every reason to remain optimistic with the great job our team of 5 million are doing to keep us safe from COVID-19, so let's celebrate this Autumn and get out to enjoy the falling leaves with friends or loved ones before we hunker down for the winter.

### Anzac Biscuit recipe

- 1 cup rolled oats
- 1 cup thread coconut
- 1 cup flour
- 1 cup sugar
- 125 g butter
- 2 Tbsp golden syrup
- 1 tsp baking soda
- 2 Tbsp boiling water

1. Preheat oven to 180°C. Lightly grease a baking tray or line with baking paper.
2. Combine the oats, coconut, flour and sugar together in a large bowl.
3. Melt the butter and golden syrup together. Dissolve the baking soda in the boiling water and add to the butter mixture. Pour the butter mixture into the dry ingredients and mix together.
4. Roll teaspoons into balls and place on the tray, allowing room for them to spread.
5. Bake for 12-15 minutes, cooking on tray at a time.

Enjoy with a cup of tea and a loved one.

Driving Miss Daisy Botany  
Call us today 09 534 7712



# Your local Daisy Team

Meet your local Driving Miss Daisy Botany daisies:

From left to right Sara, Janita, Jackie and Glenys.

We can't wait to assist you on your next outing.

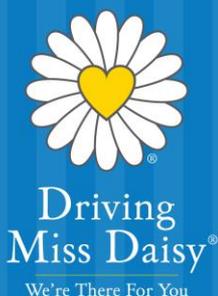


## Combat the effects of Daylight saving

Has turning the clocks back got you feeling groggy? Don't stress, you aren't alone and there are a few easy transitions you can make to help combat the effects of the new timeframe.

- Increase your exposure to natural sunlight in the morning.
- Take a walk outside around midday if you find your energy is fading, the exposure to natural light will help boost your energy again and feel more alert.
- Avoid caffeine in the afternoon and evening.
- If you need a nap, plan a short time after lunch, when it is less likely to affect your sleep time at night. Be mindful of also adjusting the time you eat meals, as this will help the body clock adjust.

## Mother's Day – gift vouchers available now



Driving Miss Daisy Botany  
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