



Alzheimers *Eastern Bay of Plenty*

1st Floor, 193-195 The Strand
WHAKATANE 3120

Tuesday to Friday 9am to 12

Telephone: 07 308 0525 Charity Registration: CC21067

Freephone: 0800 004 001

E-mail: administration@alzebop.org

Website: <http://www.alzheimers.org.nz/alzheimers-eastern-bay-of-plenty/>

AUTUMN 2021

March: Alzheimers Brain Health Month



Keeping our brains active is all about generating a little 'mental sweat', helping our brain to build new cells and strengthen the connections between them.

Generating a mental sweat can and should be fun! Staying connected socially helps to keep our brains resilient and functioning the best it can. It also helps to prevent us feeling lonely, which can often become a problem as we get older. If you are experiencing hearing loss, get it checked out.

All of these things have been shown to reduce our chances of developing dementia, but also can help to slow the thinking and functional decline for people living with dementia.

As we get older, keeping involved and active in the things we enjoy is really good for us. So rather than giving up activities that are becoming difficult, see if you can modify the activity, or give a new one a go!

Activities that help challenge our brains include:

- Reading, puzzles and games
- Listening to music or podcasts
- Taking a course in something you have always wanted to learn, like dancing or a new language
- Playing musical instruments or singing in a choir
- Arts and crafts and other hobbies, such as gardening

Spend time with friends and whānau, and if you can, make time to meet new people too. Think of an activity you enjoy, and see if you can join a group in your community or give up some time as a volunteer.

Look into joining an activity group and generate some mental sweat with a puzzle or game you enjoy.

<https://www.alzheimers.org.nz/get-involved/take-the-brain-health-challenge>

MESSAGE FROM THE CHAIR



2021 Greetings to friends of the Alzheimers EBOP community.

It has been really pleasing that our team at the time of the recent COVID-19 level 2 changes, slipped seamlessly into working with you, the Alzheimers EBOP folk, friends and family, to continue to deliver an exemplary service.

A few years ago about 70% of the work of our team was focussed on Whakatane and the immediate surrounding area. Since then our coverage has increased to supporting the wider reaches of EBOP, so that now 60% of our delivery is in the rural areas. This means many more people interactions beyond Edgecumbe and Kawerau to Murupara, and increasingly Opotiki and East Coast.

It is a great testament to our operational team of navigators and volunteer coordinator that we really do connect with the whole of the greater Eastern BOP region, and incredibly all the team at the office work part time!

The Board is keen to increase its potential and ability to support operational developments in the wider EBOP region. Are you interested in learning more about contributing to the wellbeing of folk and families impacted by dementia by joining the board?

Email susi@ecmanagement.co.nz or jennydowthwaite@gmail.com for a friendly informative korero.

Kind regards,

Susi Shaw, Chairperson

WHAKATANE CAR RALLY

Car Rally Monday 29th March



**Meet at The Hub, Whakatane
9.30 for a 10am start**

**Cost for the lunch \$15
RSVP by 25th March**

**Let's fill cars up with people!
Please let me know if you would
like to take your car or be a passenger.**

**Contact Wendy 027 382 7299
or the office 3080525**

ALZHEIMERS TE KAHA CARER SUPPORT MORNING TEA

With the increase in the numbers of clients from the East Coast, a new carer support group is being created.



The first meeting will be on Wednesday **24th March 2021** running from 10.30 until 12.00 noon. It will be held at Te Kaha RSA, State Highway 35, Te Kaha.

Elayne Tangitu, Gina Jones and Wendy Tozer will all be there to meet everyone, so you are very welcome to attend.

The dates for the future planned meetings are displayed on the following page. For more information please phone Elayne 0273829212.

CARER SUPPORT GROUPS

Carer support groups began again on 9th of February with the first **Whakatane** Carers group being held at the Blueberry Corner, towards Thornton. It was attended by nearly 20 people.

Unfortunately, the first **Kawerau** Carers meeting was cancelled a day before it was to begin, due to the COVID level 2 changes. Please note new start time of 10am.

Opotiki Carers will be phoned once dates are confirmed for future meetings.

NB When the levels change due to COVID, the council automatically cancels all hall bookings, effectively cancelling meetings, so in the event of COVID level changes, carer meetings will not be held.

	Kawerau Bert Hamilton Hall Porritt Drive 10-11.30am	Whakatane Acacia House Louvain Street, 10.30-12 noon	Coastal Carers RSA, Te Kaha State H-Way 35 10.30-12noon
March	Postponed to 22	9	24
April	12	13	21
May	10	4	19
June	14	8	23

Caring for someone with dementia can be an intensive, challenging and rewarding experience. It requires time and energy and can be a hard and demanding task. Therefore, it is vital that as a carer you look after your own health and wellbeing.

For many involved in caring, a support group can be a great help. The groups can help you maintain your well-being in your role as a carer. There is nothing like meeting with people who know exactly what you are going through.



THE BOOKCASE ANALOGY

Imagine each book on the shelf is a memory.

The top shelf holds my recent memories, and the bottom shelf holds memories from my childhood.

As dementia rocks my bookcase, the books at the top are likely to fall first.

So eventually what I think of as my most recent memories will come from further down the bookcase, earlier in my life.

Dementia Friends, UK <https://www.dementiafriends.org.uk>

FOR AN AUTUMN LAUGH

- What do you call a large colourful pile of leaves? The Great Barrier Leaf.
- What do you give to a pumpkin who is trying to quit smoking? A pumpkin patch!
- How do leaves get from place to place? With autumn-mobiles.

source: <http://www.jokes4us.com/miscellaneousjokes/weatherjokes/falljokes.html>

GARDENING FOR PLEASURE

Gardening is one of life's simple pleasures. Research points towards its many benefits, and some research even suggests that as we get older, gardening may become more important to us. It can help reduce feelings of isolation and it can cause us to feel grounded and connected to the earth and the world we live in.

Experiencing the caress of the wind, or the touch of the sun on our skin, can make us feel more alive (or more sunburnt if we don't wear a hat and sunblock lol).

My nana grew a huge grape vine and I remember it wrapped around her entire fence. As a child, I was especially excited to visit her when I knew the grapes were ready for eating!

Gardening can connect us to comforting feelings and memories from the past, especially when we grow the familiar plants from our childhood or visit places which bring back those lovely feelings. (I recently planted a grape vine).

In the following article, Nicky Roeber suggests creating a sensory garden for those living with dementia.

(Nicky is an Online Horticultural Expert for BBC Gardeners World Live).

Gina Jones, EBOP Navigator/Educator



Create a sensory experience

For those living with dementia, sensory experiences can help keep the brain active, so try growing plants that can stimulate their sense of touch, sound, smell, taste and sight. These include:

- **Touch:** *The soft leaves of lamb's ear feel silky when rubbed, which can have a great calming effect.*
- **Sound:** *Attracting wildlife can add some great sounds to the garden, like soothing birdsong and gentle buzzing. But, bamboo and tall grasses, like greater quaking grass, can provide some interesting sounds when moved by a light breeze.*
- **Smell:** *Lavender can be great for attracting bees and butterflies, but its delicate scent can really help to relax the mind.*
- **Taste:** *Herbs like rosemary, thyme and mint might all carry some lovely scents in the breeze, and are completely edible, too!*
- **Sight:** *Growing a mixture of plants can really help to stimulate the senses, so try to pick contrasting coloured petals and plants with bright leaves.*

CONDOLENCES



We extend our deepest sympathy to the Arnold, McLeish and Wicks whanau and other whanau/ families who have lost a loved one recently. We would like to thank all the families who have requested donations to Alzheimers EBOP to be made in lieu of flowers.

REQUESTS OR DONATIONS

If you would like to support our services and make a positive difference to the lives of many people affected by Alzheimers and other dementias, you may consider doing this in either of two ways:

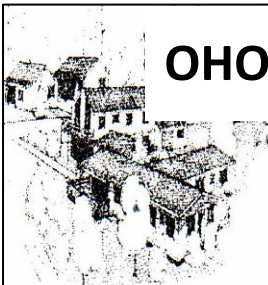
1. A direct donation or bequest to Alzheimers EBOP will help us provide ongoing services:

- By a cheque or online
- As a one-off or by regular payments
- By provision in your will
- Leaving a fixed sum or percentage of your estate to Alzheimers BOP.

2 A donation to *Eastern Bay of Plenty Community Foundation Endowment Fund* for Alzheimers EBOP, usually by a one-off payment or by provision in your will. This is a 'gift that keeps on giving' as every year income is received by way of investment growth of the Endowment Fund.



OHOPPE BEACH CARE



Set at the idyllic Ohope Beach amongst the Pohutukawa trees, purpose built Ohope Lodge Provides 11 Rest Home rooms, 17 bed stage 3 special care unit and Retirement units, day care and respite care.

We have dedicated experienced staff providing a high standard of personalised care, visiting in-house Doctor, daily Diversional Therapy activities catering for individual needs, group settings and regular outings and in-house church services. Families and friends always welcome, we provide a safe secure homely environment.

Inquiries and Inspection welcome



Home Care Services
Community Services
Independent Living Service
Advocacy/Information Services

We also provide

Conference Room Hire, Equipment Hire, On-site Library and Internet access.

Hearing therapist, Stroke & Brain Injury and COPD & Post-Polio

Field Officers on site.

We are a totally committed and professional team who can assist with any of the above Service needs.

Telephone 07 307 1447 Fax 07 307 0229

Email: drct@drct.co.nz Website: www.drct.co.nz

SUBSCRIPTIONS

We at Alzheimers Eastern Bay of Plenty are able to keep up the work we do through the income of Subscriptions, Donations and Grants that we receive. An annual subscription of \$25 covers the whole family and covers the period from 1st June to 31st May each year. This subscription helps us provide the newsletter to keep you informed about what we do. Many thanks to those people who have paid their subscriptions already.

MEMBERSHIP 2020/2021

ALZHEIMERS SOCIETY EASTERN BAY OF PLENTY INC

Name:

Phone No:

Address:

Email address:

Annual subscription for a family: \$25.00

Plus donation \$ **Total: \$**

Send payment to:

Alzheimers Society EBOP, PO Box 13,
WHAKATANE 3158 or you can direct
credit to 03-0490-0180920-00 using
your name as reference.

ALZHEIMERS EASTERN BAY OF PLENTY

Chairperson	Susi Shaw
Board Members	Jenny Dowthwaite, Verna Falwasser
Manager	Bryce Sheedy
Educator	Gina Jones
Community Liaison Officers/Navigators	Elayne Tangitu, Gina Jones
Programme Co-ordir	Wendy Tozer
Office Administrator	Heather Balcombe
Treasurer	Dallas Cooke
Newsletter Editor	Anne Wicks



Opotiki Community
Health Trust



Once you have finished with this newsletter we suggest you hand it on to someone else.
How about leaving it in your doctor's waiting room, or at the dentist?
You never know who might be in need of some information about our organisation.

Alzheimers Society Eastern Bay of Plenty Incorporated
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Whakatane 3158