



# Alzheimers *Eastern Bay of Plenty*

Professionals Building, Unit 3, 4 and 5  
38 Landing Road, WHAKATANE  
PO Box 13, WHAKATANE 3158  
Tuesday to Friday 9am to 12 noon

Telephone: 07 308 0525 Charity Registration: CC21067  
Freephone: 0800 004 001  
E-mail: [alzheimereasternbayofplenty@xtra.co.nz](mailto:alzheimereasternbayofplenty@xtra.co.nz)  
Website: <http://www.alzheimers.org.nz/alzheimers-eastern-bay-of-plenty/>

## AUTUMN 2019



### Thank You Hamertons!



*Hamerton's Charity Fishing Tournament* held on Thursday, 7<sup>th</sup> to Saturday, 9<sup>th</sup> March at the Whakatane Sportfishing Club was a resounding success raising \$40,000.00 for Alzheimers EBOP.



Staff, board members and volunteers who assisted Hamerton staff with the running of the event were absolutely blown away with how well organised the event was and the generosity from all sponsors, anglers and participants alike. Night after night they returned and gave freely of themselves. On behalf of the Alzheimers EBOP we would like to thank each and every one of you who dug deep to support our organisation. This contribution will go a long way to enhancing and extending our service to persons with dementia and their carers.

Violet Hape, Anne Wicks, Dave Wicks, Elayne Tangitu, Wendy Tozer, Julie Meekel, Robyn Askey, Ngaire Lewis, Susi Shaw

Photo credit: Wendy Tozer



The third annual **Quiz Night Alzheimers Fundraiser** will be held on **26<sup>th</sup> July** from 7 to 10pm at Acacia House, Louvain Street, Whakatane. Finger food will be provided and there will be a bar for purchasing drinks. The evening will include auctions, spot prizes and raffles.

Tables will be arranged for teams of 6 for \$120 per table. Get your team together, give it a fun name and enrol with Heather at the office. Come and test your knowledge and have an entertaining time.

## INTRODUCING VIOLET HAPE MANAGER



Violet is a local of Whakatane attending Trident High School where she was deputy head girl in 1997. Her aspirations were to perform her way through life but instead was blessed with two beautiful children. Violet

began volunteering in the primary care sector in 2003 which led to her appointment as the Executive Assistant. Since then Violet has held a number of similar roles in both Iwi and Local Government organisations. In April 2018 she left the Eastern Bay Primary Health Alliance where she was the Operations Manager in order to re-evaluate her future prospects and to do some soul searching. While working as a Contractor she saw an opportunity to join the Alzheimers EBOP and was appointed the inaugural Manager in February 2019.

Violet says working for the Alzheimers EBOP is in line with her passion for improving the lives of whānau and community. As well as the personal growth this role will bring, Violet looks forward to making a difference for people living with dementia and creating a dementia friendly community.

## FAREWELL FROM KATH SHEPHERD

After almost 13 years as Community Liaison Officer/ Navigator for Alzheimers Eastern Bay of Plenty, Kath is retiring with her final day of work being 30 May 2019.



Kath engaged Alzheimers EBOP in 1993 when she needed support to care for her mother who had been diagnosed with Vascular dementia. Kath reports that together they had many years of enjoyment, joining in all the supports and activities the society had to offer families who were living with dementia. Following the passing of her mother in 2005, Kath was appointed to her current position in 2006.

*I would like to thank the Society and work colleagues for their support. With the projected dramatic increase in the number of people being diagnosed with dementia I wish them all the very*

*best in continuing their very much needed and important work in our Eastern Bay communities.*

*Finally, my wholehearted thanks and acknowledgement to the people and whanau that I have had the privilege to know and support throughout their dementia journey. You were the reason for my work and what motivated me to continue for as long as I did. I sincerely wish you all well.*

*Kath Shepherd*

## DEMENTIA CARE AND SUPPORT FORUM

On Wednesday 27th March the annual Whakatane Forum was held at the Whakatane War Memorial Hall. The lectures were very well attended by family members of those living with dementia and those professionals in our community caring for our clients and their whanau.



Our popular key guest speaker was Angela Caughey, a well-known New Zealand author in her own right before her husband was diagnosed with Lewy Body Dementia. Since then she has written *Dealing Daily with Dementia* and *How to Communicate with Someone Who Has Dementia*, both of which are great resources available on loan from the office library at Alzheimers EBOP. Thanks go out to all those who helped make the forum such a success, especially Westpac Whakatane who supported one of their staff members, Tania McIntyre, to come along and volunteer for the day.

## BEQUESTS

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 making a bequest to **ALZHEIMERS SOCIETY EASTERN BAY OF PLENTY**.

You can nominate what you want to leave: part or all of what is left from your estate (the residue), a nominated percentage of your estate or a specific gift. Thank you to those who choose to help in this way.

## MESSAGE FROM THE MANAGER

**Change**, the one thing that is constant in our lives. As the organisation goes through **changes** of its own, I reflect on the **change** occurring with our dementia whānau. In the work environment we are encouraged to maintain a *positive attitude, stay connected* to our co-workers, communicate with others to *learn our new role, be optimistic* even though we may not be happy, self-reflect; what have you achieved, *what are your new goals* in your new role, *be opportunistic*; learn new skills, *communicate*; ask as many questions as possible to help you and finally *support*; look for ways to cope. For our dementia whānau the **change** can be confronting and frightening. The prospect of losing our independence is understandably daunting.

Alzheimers EBOP exists to walk alongside you through that **change**. Our highly experienced and qualified staff *keep you connected* to other services and others with dementia (*the same role*) that will *support* you in your journey, provide education to help you understand the **changes** (*the new role*), to learn about who you are now to ensure that as **change** occurs, who you are now is not lost in the future you (*setting goals*).

We aim to be person-centred and therefore to enable this we need you to engage with us early. However small the **change**, call us now. All it takes is *courage* and *optimism*.

*"if your life does not get better by chance, it will get better by **change**" – Jim Rohn*

## COGNITIVE STIMULATION THERAPY (CST) FOR MĀORI

CST was initially developed in the UK and has seen positive results in effects on mood, improved memory and improved quality of life. Internationally CST has been successfully adapted in many non-English speaking countries including Japan, China, Hong Kong, Italy, Denmark, Nigeria and Tanzania. We have Partnered with the University of Auckland to adapt the CST for Māori. We established a forum made up of clinicians, community providers, person with dementia and their carers from across the rohe (region). The forum is facilitated by researchers of the University, Dr Kathy Peri and Dr Gary Cheung. On Wednesday, 15th

March, the forum will meet one last time to review and test the manual which will then be piloted with two separate Māori groups. If you are interested in being a part of this programme please contact the office.

## BOARD RESIGNATION: JULIE MEEKEL



Julie Meekel has resigned from the Board after over four years of dedicated service. Julie has made the decision to concentrate on her role with Parkinsons and spend more time with whānau. Her nursing background provided governance with clinical knowledge and background. Her extensive networks meant that she was able to call on much needed volunteers and sponsors particularly for fundraising events.

*The Board has always valued Julie's creativity and enthusiasm. On behalf of the Board we wish Julie the very best in her future endeavours.*

Susi Shaw, Chairperson.

## SPECIAL EVENT

**Mataatua Marae Light Show Visit**  
**Tuesday 28<sup>th</sup> May 10 am \$15 per person**  
**RSVP to Office by Thursday 23<sup>rd</sup> May**

Come along and get to know the history of *The House That Came Home* with a guided tour and lightshow. Mataatua Marae has kindly offered us a Community Group special rate of just \$15 a head which includes a light morning tea. Please note this will take the place of *May's Music and Friends Lunch* event.

## CONDOLENCES



We extend our deepest sympathy to the family of **Pamela Joy Williams**, wife of Merv, 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. These donations help us to give support, information and education to those families who are caring for someone with dementia.

## ALZHEIMERS EASTERN BAY OF PLENTY

Chairperson	Susi Shaw
Board Members	David Wicks, Cathy de Farias and Ngaire Lewis
Manager	Violet Hape
Educator	Susanne Boonen
Community Liaison Officers/Navigators	Kath Shepherd, Elaine Tangitu
Programme Co-ordinator	Amanda Perfect
Office Administrator	Heather Balcombe
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.

## 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 2019/2020

#### 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