



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

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Freephone: 0800 004 001
E-mail: alzheimereasternbayofplenty@xtra.co.nz
Website: <http://www.alzheimers.org.nz/alzheimers-eastern-bay-of-plenty/>

SUMMER 2019

Alzheimers Memory Walk, Sunday 29th September



A good crowd of people gathered at the Heads in Whakatane for the annual Memory Walk. We were particularly pleased to welcome the staff of Ohope Beach Care with their bubbly support. Many thanks to Bunnings who provided a \$100 voucher with which gardening prizes were bought including sets of tools, gardening gloves and flowers. These were used for spot prizes and all participants received something!

Alzheimer EBOP events have been completed for the year so there will be NO activities in December and January. They will start again in the second week of February 2020. A newsletter with details will be out at the end of January.

NB Office Closure: 20th December and reopens on 7th January 2020

MESSAGE FROM THE CHAIR

Christmas Greetings, I wish to sincerely thank all volunteers, personnel and Board members who have dedicated time to supporting people living with dementia and making their lives better over the past year.

At our recent AGM Pam Greenaway was awarded the well deserved Alzheimers EBOP's inaugural Honorary Life Membership. She has given many years and voluntary hours supporting EBOP and Alzheimers NZ to provide more informed and professional services to our widespread community.

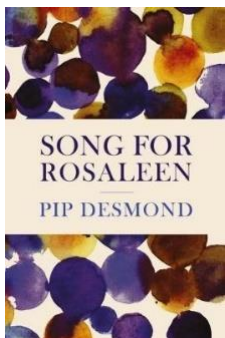
Kind regards, Susi Shaw, Chair

VOLUNTEERS ALZHEIMERS EBOP

- V** – values, diplomacy and patience
- O** – out of the box thinking
- L** – loving, caring,
- U** – united, they work together for the best interests of their clients
- N** – nurturing, supportive
- T** – team players
- E** – efficient, super organised
- E** – enrich people lives
- R** – reliability, can be depended on
- S** – service to others

Volunteers are just ordinary people with extraordinary hearts. Become part of this fantastic team by contacting the office on 308 0525 or Wendy on 021 718 716.

BOOK REVIEW



This insightful book can be borrowed from the Alzheimer's library. It is the personal story of a woman from a large family and how they all live with their mother's Alzheimer journey. It is sad and funny and describes how individuals can grow through this type of experience.

Anne Wicks

TRIALS AND JOYS

Each day is a challenge, one never knows what to expect

Expect the unexpected, as life will constantly change.

There will be funny times, when only you will see it as funny.

Have a good laugh, you never know when you may feel like crying.

Times you wish you could just walk out, leave it all to someone else.

But you are in this for the duration, no matter how long or short the term.

Wise up, take yourself off into your own happy, peaceful place,

Enjoy time out, be refreshed, you have earned that.

The situation will not change just because you are there 24/7.

Times you will ask 'Why me, why am I being put through this'

But hey, would you rather the situation was reversed?

There is always a positive if you look for it. Just don't go getting so far down you can't get up.

Go outside, potter in the garden, go for a walk,

Watch your favourite movie, jot your feelings down, whatever.

Tomorrow you may be on top of the world, the next day feel like it is on top of you.

At least you are still here and able, else you wouldn't be reading this.

Life will one day reward you. Just you wait and see.

Val Dye

WANTED

Minute Secretary for Board Meetings, held monthly at 4.30pm for 2 to 3 hours. Please phone Susi on 0276604006 or 07 3048125

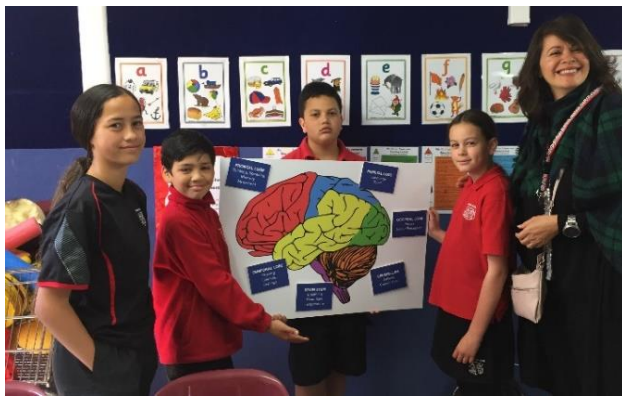


Photo by Gina Jones
Apanui School pupils with Gina enjoying
the 'Name the Brain' Game

Recently Gina Jones, navigator, has been visiting schools, to promote a dementia friendly message. This includes education, understanding, and empathy, and how to take care of the control centre of our body: our amazing brain.

The programme has many activities as well as an animation called *Memories with Grandma* and the *Name the Brain* game. This fun method teaches how different areas of the brain are in charge of various functions of the body.

Students aged from 5-14 years learn that it is possible to live well with dementia, and that it is not a natural part of aging.

Feedback from staff and students has been very positive, with student comments including – 'It was interesting, fun, awesome and helpful.' One student said 'I can help by giving lots of love, and singing a song to my Grandma.'

The programme has been so successful that five schools have demonstrated interest in having it taught next year.



1. Changes to routine

- Try and keep things as close to the usual routine as usual, and plan ahead for any changes, asking others for help.
- If the person with dementia is taking any medication, ensure that they have enough for the festive period. Remember getting repeat prescriptions may be difficult during public holidays.
- If the house becomes very busy on Christmas day, it may be helpful to have a quiet area for the person.

2. Memories and traditions

- Use a range of options to evoke festive memories - e.g. 'Christmas' scented candles, traditional songs and materials like tinsel / Christmas stocking fabric.
- Use videos as well as photos of past festivities if you have these. Perhaps ask the person with dementia about their happy Christmas memories.
- Don't insist on following traditions that are no longer appropriate. Let the person with dementia be your guide.

3. Christmas food and drink

- Find a way to keep the person with dementia involved in the kitchen with someone else there to help.
- Don't worry too much about timings - food can always be heated up for later.
- Avoid having lots of different patterns and decorations at the dinner table. It is a good idea to use a plain coloured table cloth with plates of a different colour to create a contrast between them
- Think about the size of the meal. Although many people eat a lot on special occasions, a very full plate can be quite daunting for someone who has difficulties eating.

4. Christmas in a care home

- Talk to the staff to see what their plans are and plan in advance for how this may disrupt regular routines.
- It can be hard if the person is in care and people may feel guilty, but it's important to focus on what they need and look for ways to engage with the person e.g. going to visit on Christmas day.
- Fill out a 'This is me' form, so the care home staff know how the person with dementia likes to celebrate Christmas.

<https://www.alzheimers.org.uk/christmas>

ALZHEIMERS CHRISTMAS LUNCH



Photo by Wendy Tozer

Merv Williams, Keith Bowering and Barry Benson receiving their gifts

Almost 50 people gathered at Knox Church on Monday 25 November for Christmas lunch for anyone associated with EBOP Alzheimers. Father Christmas and his Purple Fairy joined in the celebrations and provided gifts for everyone after a sumptuous meal provided by Whakatane Hospital and served by Quota members.

ADVANCED CARE



My Advanced Care Planning

This booklet is available at the EBOP office or

can be printed from:

https://www.hqsc.govt.nz/assets/ACP/PR/ACP_Plan_print_.pdf

TALKING TO THE FAMILY ABOUT YOUR CARE WISHES

Have you had 'the talk' with your loved ones?

It's never an easy conversation, but the sooner you discuss your future care needs with your family and whanau, the better you will feel.

"It's a good idea to prepare the topics you need to talk through," says aged care expert Miranda Smith. "And do it sooner rather than later so that together, you make decisions you're 100% happy with. It's your life, and you want it to be the best it can be!"

Colmar Brunton research has revealed that of the 500 Kiwis surveyed, a staggering 80% had no clear idea what their parents' care wishes were - who would look after them, and whether they would prefer supervised care in a village or to remain independently at home with tailored care coming to them.

Miranda's business, Miranda Smith Homecare, is one of the businesses that provide personalised in-home care in the Bay of Plenty. She says it's "so important" for families to talk, particularly as most of us have thought about our future care needs and often have ideas about what we want, and can afford.

"It pays to weigh up the cost of full-time residential care against homecare, which can begin at just a few hours a week and be scaled up or down according to need."

Miranda offers some great advice on how to broach the topic with the family. "Jot down some ideas on paper – a bit of an outline to organise your thoughts before you begin. Specify who would like to help you make key decisions and what long-term care you'd prefer. It's about your choices at the end of the day – your freedom and your safety."

CONDOLENCES



We extend our deepest sympathy to the whanau of Yrjo (George) Torvelainen, Vera Woods and Lynley Graham 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 people who are caring for someone with dementia.

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.

Mary Shapley Retirement Village

At Bupa Village

Combines the best features of Resthome & hospital facilities

Independent units

Serviced apartments

Companionship & Security

4 Spence Lane, Whakatane.

Phone 308 5457

Enquiries welcome



OHOPBE 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.

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

ALZHEIMERS EASTERN BAY OF PLENTY

Chairperson	Susi Shaw
Board Members	David Wicks, Cathy de Farias
Manager	Sally Shaw (temporary)
Educator	Vacant
Community Liaison Officers/Navigators	Elaine Tangitu, Gina Jones
Programme Co-ordinator	Wendy Tozer
Office Administrator	Heather Balcome (temporary)
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.
P O Box 13
Whakatane 3158