



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

November 2018 to January 2019

Best wishes for Christmas and the Summer season



Christmas Luncheon and Singalong
4th December 10.30am Cost: \$20
Presbyterian Church, Domain Road, Whakatane
Please contact the office to reserve you place

Celebrating September: Alzheimers Month

World Alzheimer's Month is the international campaign by Alzheimer's Disease International (ADI) every September to raise awareness and challenge the stigma that surrounds dementia.



Photo by Ngaire Lewis

The ever popular Memory Walk was very successful with more than 55 people taking part. It was a lovely sunny afternoon and the friendly crowd ensured a good time was had by all. Planning is already underway for next year.

NB Office Closure: 21st December and reopens on 8th January 2019

CHATHAM ISLAND FORGET-ME-KNOTS



Thanks to the generosity of **Air Chatham's** and a group of women in the Chatham Islands that grew and donated them, we were able to have a stall at the Ohope market to sell Chatham Island Forget-me-knot plants. Rosemary Sloman organised all this unique fund raising event. The plants sold well but there are a few left at large for \$15. Please contact Julie on 308 9090.

BUNNINGS SUPPORT



Bunnings have provided great support for fund raising this year.

A barbecue at the start of September was highly successful, with cakes and sausages selling well. Special thanks to Charlotte McGougan and Hillary Reid for their generous donations of baking. We have another BBQ on **21st December** - any volunteers to help sell sausages? Please give your names to the office. No baking this time, just feeding all those last minute Christmas shoppers.

Another **Bunnings** event was a great night with Annabel Langbein providing a cooking demonstration. The raffle there was very successful. Special thanks to Diane Beaver and her team for organising the night and welcoming us to join them.

FUN ON THE WALK

Julie Meekel and Wendy Tozer enjoying the Memory Walk together on the Warren Cole Walkway.



NEWS FROM THE CHAIR

Good news! We are delighted to report we are officially 'doing well and should be proud of our achievements' according to the Alzheimers NZ Audit Team. A team of three from Northland, Manawatu and Alzheimers NZ rigorously investigated our governance and service delivery and totally enjoyed the volunteer session.

The Memorandum of Understanding letter is being progressed to formally bind a partnership between Tauranga/WBOP Alzheimers organisationally with EBOP. This will strengthen our relationship as we develop the District Health Board contract and new systems of working together, provide a better responsive service that supports people living longer and well in their own homes.

We will farewell Wendy Tozer from the role of Volunteer Programme Coordinator in early December. We thank her sincerely, and treasure her enthusiasm, colour and joy that she has brought to many over the past six and a half years.

On behalf of the Board, I extend Christmas goodwill and a safe and pleasant holiday season to our community, supporting living well with dementia.
Susi Shaw

MYSTERY BUS TRIP



On September 3rd we hopped on a bus at The Hub. The day was threatening with rain but it kept away for us.

Off we went to Comvita – they supplied a lovely morning tea and quiz and then we took a tour to learn about the life of a honey bee. If a honey bee doesn't live in a hive. Where does it live?

Back on the bus and off to Te Puke for lunch – that was a good social time for all. We then wound our weary way home. *Wendy Tozer*

CHRISTMAS WITH ALZHEIMERS

Everybody hopes to enjoy a relaxing Christmas with close people. However, the hustle and bustle of getting the whole family together can be challenging and many carers feel anxious in the run up to Christmas Day, especially when some of their relatives have Alzheimers disease.

TIP #1: GET EVERYONE ON BOARD

If you are the carer, you might be feeling nervous about **how friends and family will react to the person with dementia on the day.** Talk to guests in advance.

TIP #2: HELP FRIENDS AND FAMILY WITH WAYS TO COMMUNICATE

Share some tips so that friends and family feel equipped and ready to enjoy your time together.

TIP #3: HAVE A PRACTICE RUN

If you are inviting a person with Alzheimers, or want to bring a loved one out of a care home, have a few practice runs along the way. **This way you will be able to gauge if it's achievable.**

TIP #4: INVOLVE THE PERSON WITH ACTIVITIES ON THE DAY

Make sure your loved one feels included in the day. Think of ways they may be able to take part, such as laying the table or helping to prepare the meal.

TIP #5: CONSIDER THEIR NEEDS

Christmas days can be noisy: **try to reduce unnecessary noise** such as party poppers, loud music or blaring television when people are also chatting.

A busy day can be tiring and confusing for a person with dementia, so keep it manageable. Try to take them home in daylight rather than wait until it gets dark so that they can see where they are. <http://www.silvereco.org>



CONDOLENCES



We extend our deepest sympathy to the **Worsley, Heurea, Benham, Nilson** and **Biddle** 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.

CHANGING AND CHALLENGING BEHAVIOURS IN DEMENTIA

A presentation by Ruth Thomas – Midland Regional Dementia Advisor

Date: 12 December 2018

Time: 10.00 – 12.30 (with a small break in between)

Venue: Acacia House, 19 Louvain Street, Whakatane

Please phone the office – 07 308 0525 if you would like to come along so that we have an indication of numbers attending.

Also, please share with anyone else you think would benefit from this outstanding speaker and presentation. This is an excellent opportunity for anyone interested to learn about changing and challenging behaviours in Dementia.

Susanne Boonen

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.

Please use the form below to send in with your donations for the new subscription year. Many thanks to those people who have paid their subscriptions already.

MEMBERSHIP 2018/2019

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 Westpac 03-0490-0180920-00 using your name as reference.

ALZHEIMERS EASTERN BAY OF PLENTY

Chairperson	Susi Shaw
Committee Members	Julie Meekel, David Wicks, Cathy de Farias and Ngaire Lewis
Manager	Sally Shaw
Service Delivery	Pam Greenaway
Educator	Susanne Boonen
Community Liaison Officers	Kath Shepherd, Elaine Tangitu
Programme Co-ordinator	Wendy Tozer
Office Administrator	Heather Balcombe
Newsletter Editor	Anne Wicks



Bequests And 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 making a bequest to:

ALZHEIMERS SOCIETY EASTERN BAY OF PLENTY (alzheimereasternbayofplenty@extra.co.nz)

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
- A specific gift.

Or to the **ALZHEIMERS ENDOWMENT FUND OF THE EASTERN BAY COMMUNITY FOUNDATION**

(admin@easternbaycommunityfoundation.nz)

Whatever you choose to do, your gift will make a difference to the lives of many people in the Eastern Bay of Plenty. We recommend you consult with a solicitor or Public Trust Office when changing your will to include the appropriate clause. Also you can go to includecharity.org.nz or phone 0800 2462 5833. Thank you to those who chose to help in this way.