



# Alzheimers *Eastern Bay of Plenty*

1st Floor, 193-195 The Strand  
WHAKATANE 3158

Tuesday to Friday 9am to 12

Telephone: 07 308 0525

Freephone: 0800 004 001

E-mail: [alzheimerseasternbayofplenty@xtra.co.nz](mailto:alzheimerseasternbayofplenty@xtra.co.nz)

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

Charity Registration: CC21067

## SPRING 2020

### Many Thanks For Getting Us Through The Lockdown



Photograph by Anne Wicks, Newsletter Editor

Wendy Tozer, Rita Marx, Verna Falwasser, Bryce Sheedy, Heather Balcombe, Dave Wicks, Jenny Douthwaite, Gina Jones, Susi Shaw and Dallas Cooke

The Board of EBOP Alzheimers organised a special lunch for the staff to show their appreciation of the efforts they made to support clients and their families during the lockdown. They used their phones and computers to keep in touch and to manage their workloads. WELL DONE!

Unfortunately Elayne Tangitu was not there because she was taking a well-earned holiday!

#### CHANGE OF OFFICE LOCATION

The office has moved to the middle of Whakatane, upstairs above Kiwibank in the Lightning Hub in The Strand. Come and visit our new headquarters.

## TWIDDLE MUFFS



Do you know what a Twiddle Muff is? Barbara Seccombe does because during Covid-19 she kindly created 6 of them for Alzheimer families.

A Twiddle Muff is a knitted muff with items attached so that someone with dementia can twiddle their hands. People with dementia often have restless hands and like to have something to keep their hands occupied. It provides a wonderful source of visual, tactile & sensory stimulation and at the same time keeping hands snug and warm. The soft knitted muffs contain strands of textured ribbons, beads, zips, pom poms and various craft items which are attached both inside and outside. This is a great way to use up your left over yarn from previous projects.

To find out more about Fiddle Muffs go to <https://www.knitworld.co.nz/twiddlemuffs/> where you can also get the pattern.

Thank you, Barbara, for your gifts.

A happy recipient of one of Barbara's muffs.



## THANKS TO THE QUILTING CLUB

Many thanks go to the **Quilting Club** for the rice bags they created for the EBOP Alzheimers navigators. The bags are used as part of their Cognitive Stimulation Therapy sessions to provide exercise and improve circulation for participants.



## SENIOR SOCIAL WALK /STROLL MORNING

**Anybody interested in joining us for a weekly stroll, on a Thursday or Friday morning?**



We would walk at a casual pace, have a korero/yarn, view the scenery and have a cup of tea and snack at the end.

A set day will be decided with those who would like to come along.

All very welcome. Nga Mihi, Verna and Rita

For further information please contact Wendy at EBOP Alzheimers on 07 308 0525



## NEW COURSE FOR WHAKATANE

An exciting new 7 week long course is being developed by the navigators for people with mild to moderate dementia, starting in the next few weeks. It will be Kaupapa Maori based.



For more information watch the EBOP Alzheimers website:

<https://www.alzheimers.org.nz/easternbayofplenty>

## USEFUL TIP

Do you or your whanau have trouble with misplacing wallets / purse / small personal items?

A small zip up purse and a key lanyard or elastic for glasses can be purchased from a discount store for under \$10. The purse is easily tucked under clothes and everybody is happy, and relieved!

## ALZHEIMERS EASTERN BAY OF PLENTY CARERS MEETINGS 2020

	<b>Kawerau</b> <b>Bert Hamilton Hall</b> Porritt Drive, 10.30-12 noon <b>Thursdays</b>	<b>Whakatane</b> <b>Acacia House</b> Louvain St, 10.30-12 noon <b>Tuesdays</b>	<b>Opotiki</b> <b>Peria House</b> Richard Street, 10.30-12 noon <b>Wednesday</b>
<b>AUG</b>	20	25	19
<b>SEPT</b>	17	15	16
<b>OCT</b>	22	13	21
<b>NOV</b>	19	17	18

## MEMORY WALK 18 OCTOBER 2020

This year's Memory Walk will take place on Sunday **18 October** starting at the Heads as we did last year. (This is later than the National Memory Walk Day.) Come join us at 2pm for the walk followed by spot prizes. There will be a fee of \$5 per person, children no charge, and free T-shirts.



Memory Walk 2019

## EDUCATION IN SCHOOLS UPDATE



Over the last few months, Gina Jones, educator/navigator has been working with the Tech Pa unit at Te Awanuiarangi, to create a resource to be used in primary and intermediate schools.

This resource is a colourful animation called *Memories with Grandma* which answers questions about dementia. With the permission of the creators, Alzheimers UK, it has been translated and given a new voice over into Te Reo Maori, with English subtitles added.

Te Awanuiarangi have done a fabulous job on this resource, which is believed to be the only Maori resource like this available for use in schools in New Zealand.

## ANNUAL STREET APPEAL

The Street Appeal will be held on Thursday 15<sup>th</sup> and Friday 16<sup>th</sup> October. We need **volunteers** for both days for 2 hours maximum shift. So please give your name to the office and we will contact you to make further arrangements.



## NEW OFFICE



Alzheimers EBOP has moved to a new venue in the Lightning Hub on The Strand in Whakatane.

It was appropriate to downsize to a one room office as many of the staff are working from home. The Hub is a shared office space/co-working area which offers a range of work rooms, meeting and seminar facilities. The Board is grateful to the Whakatane Chamber of Commerce for subsidising this move and consequent decrease in rent.

As can be seen from the photograph, the staff have a big job managing this change over the next few weeks!



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](mailto:drct@drct.co.nz) Website: [www.drct.co.nz](http://www.drct.co.nz)

## 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 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 proportion 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**.

## NZ carers "invisible and unsupported"

A [Carers NZ](#) survey of almost 700 family carers shows how invisible and unsupported these New Zealanders have been during Covid-19. The findings of this survey make for disappointing reading, and show without question that we are not doing enough to provide the support carers need, including around respite care. We think it's time that the enormous contribution of carers was recognised. We must do more and better.

## ALL PLAY AND NO WORK!



Bryce Sheedy, manager, giving Dallas Cooke, treasurer, a lift to the office.

### *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*

## CONDOLENCES



We extend our deepest sympathy to the 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.

## SUBSCRIPTIONS

Our work at Alzheimers Eastern Bay of Plenty depends on your support from 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.



## OHOPE 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.

## ALZHEIMERS EASTERN BAY OF PLENTY

Chairperson	Susi Shaw
Board Members	David Wicks, Jenny Dowthwaite, Verna Falwasser
Manager	Bryce Sheedy
Educator	Gina Jones
Community Liaison Officers/Navigators	Elayne Tangitu, Gina Jones
Programme Co-ordinator	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.