



1st Floor, 193-195 The Strand
WHAKATANE 3158

Tuesday to Friday 9am to 12

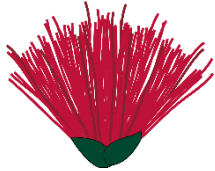
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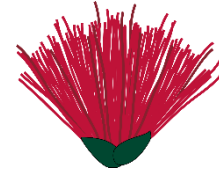
E-mail: alzheimereasternbayofplenty@xtra.co.nz

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

Charity Registration: CC21067



Summer 2020



Message from the Chair

We have all experienced so many changes over the past year whether personal or work related. Alzheimers EBOP has taken the challenges and used the opportunity to make improvements and upgrades to the tools that assist working with clients and families living with dementia.

At our recent AGM we farewelled Dave Wicks from the Board after 6 years of service. Fortunately, Dave is continuing to help coordinate the Street Appeal & Memory Walk and will work with others outside of the Board for other fundraising activities.

On behalf of the Board I wish everyone Christmas Greetings and a safe and happy holiday period.

Susi Shaw, Chair

EBOP Alzheimers Awareness Week

On 15/16 October, our annual street appeal was held and the Memory Walk took place on Sunday 18 October. The street appeal raised over \$2,200 from a combination of donations and raffles and the Beacon published an interview with manager Bryce Sheedy

We would like to thank **Countdown** and **New World** for the use of their foyers providing space for collections, Julie Meekle for making up the raffles, Wendy Tozer for organising the roster and all those who took a turn or more as collectors.



Dave Wicks presenting Lorraine Barnes with her raffle prize

The major raffle was a beautiful quilt made and donated by an anonymous donor.

Over 30 purple t-shirt clad participants took part in the Memory Walk from The Heads to the Information Office on a lovely day for a walk. Everyone received a spot prize of punnets of flowers/ vegetables or garden utensils, thanks to a \$100 voucher from our sponsor, **Bunnings**.

Dave Wicks

END OF YEAR CARER SUPPORT GROUP EDUCATION NEWS

During the last few months, there has been a demand for Dementia Education in the Eastern Bay of Plenty. Covid 19 affected the ability to gather in groups to learn about dementia, but once the levels went down, Educator Gina Jones, was able to deliver presentations again.

Some of the groups where education sessions were held were:

- ❖ Edgecumbe Eastern Bay Villages
- ❖ Primary Health Alliance staff
- ❖ Emerge Aotearoa staff
- ❖ Sheaffs Rest Home staff and residents
- ❖ Tu Wharetoa Ki Kawerau Kaumatua Group
- ❖ Tuhoë Hauora Kaumatua Group in Taneatua,

And induction presentations for Volunteers with Wendy Tozer.

For family members living outside of the Bay of Plenty, and sometimes even internationally, zoom education presentations have also been held.

The main topics people have wanted to learn about have been:

- What is the difference between Alzheimers and Dementia?
- The link between Dementia and Depression
- Changes, Stages and Challenges
- Tools of communication
- Empathy and the reduction of stigma
- Dementia is not a mental illness
- How to enter the reality of a person living with dementia.

Further education sessions will be held throughout the EBOP next year.

"It's a smile, it's a kiss, it's a sip of wine
... it's summertime! **Kenny Chesney**"

A CHRISTMAS QUIZ

(Answers on the last page)

1. Name two of Santa's reindeer.
2. Under which plant is it traditional to steal a kiss at Christmas?
3. Where does Santa live?
4. What kind of people help Santa make toys?
5. How does Santa traditionally enter people's homes?
6. What does Santa ride in?
7. How many reindeer does Santa have?
8. How did Rudolph the Red Nosed Reindeer help Santa?
9. What kind of children will get presents from Santa?
10. What kind of tree is decorated in people's homes at Christmas?



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MORNING TEA

On the 24th of November, a combined Carer Support Group morning tea, was held at Acacia House in Whakatane.

Navigators, Elayne Tangitu and Gina Jones and Volunteer Coordinator Wendy Tozer, decided to do something special for carers, especially since Covid had put a stop to nearly all groups this year.

With the year hurtling along at full speed towards Christmas, they managed to put on a last minute, high tea style event, with 32 people attending.



Besides supporting those with dementia to live well in their own homes, it turns out that Elayne, Gina and Wendy also make delicious scones, cupcakes and slices. These were enjoyed by everyone in a relaxed atmosphere.

It was wonderful to see people making those important social connections again, exchanging phone numbers and sipping on hot cups of tea and coffee. It was also a special treat to have Manager, Bryce Sheedy, delivering high tea stands covered in savories and sweets, to the tables!

Missy Foukes, Diversional Therapist, organized activities like Tai Chi for memory, and other games, while carers shared their testimonies, and tips for moving forward.

Since this combined morning tea for carers, was so successful, another one could be held next year in February, to usher in the New Year together.

6 TIPS ON HOW TO HAVE A DEMENTIA-FRIENDLY CHRISTMAS

1. Be mindful when you speak – encourage confidence by keeping it simple

Conversations can be challenging for someone living with dementia. To help them out, use short and simple sentences, avoid complicated words, and try not to repeat things multiple times.

2. Plan ahead and set aside a quiet space to retreat to

As family gatherings can be tiring and overwhelming, have a rest-place in mind.

3. Include familiar moments at mealtime – use social cues

Simple pre-meal traditions like saying grace, making a toast or wishing everyone Merry Christmas before eating can provide a social cue that food is coming.

4. Be thoughtful with your menu

Try serving smaller portion sizes of soft food to help those who have difficulty swallowing or chewing. Put food on crockery with contrasting colours so the meal is easy to see.

5. The importance of light

It is important to consider lighting, as a person with dementia may have trouble seeing what is on their plate.

6. Don't forget about the carers

Provide carers with some time-out by offering to sit with your loved one during mealtime, or to spend time with them during other parts of the day.



TWO MOTHERS REMEMBERED

I had two mothers – two mothers I claim,
two different people, yet with the same name.
Two separate women, diverse by design,
but I loved them both because they were mine.

The first was the mother who carried me here,
gave birth and nurtured and launched my career.
She was the one whose features I bear,
complete with the facial expressions I wear.

She gave her love, which follows me yet,
along with examples in life that she set.
As I got older, she somehow younger grew,
and we'd laugh as just mothers and daughters do.

But then came the time that her mind clouded so,
and I sensed that the mother I knew would soon go.
So quickly she changed and turned into the other,
a stranger dressed in the clothes of my mother.

Oh, she looked the same, at least at arms' length,
but now she was the child and I was her strength.
We'd come full circle, we women three,
my mother the first, the second and me.

And if my own children should come to a day,
when a new mother comes and the old goes away,
I'd ask of them nothing that I didn't do.

Love both of your mothers as both have loved

Joann Snow Duncanson

BEQUESTS 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 per centage 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.

ANSWERS TO CHRISTMAS QUIZ

1 *Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph*

2 *Mistletoe*

3 *The North Pole*

4 *Elves*

5 *Down the chimney*

6 *Sleigh*

7 *Nine*

8 *His shiny nose lit the way on a foggy night.*

9 *Good children*

10 *Pine Tree*

CONDOLENCES



We extend our deepest sympathy to the Hata and Anderson 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.

**Home Care Services
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**Hearing therapist, Stroke & Brain Injury and COPD
& Post-Polio**

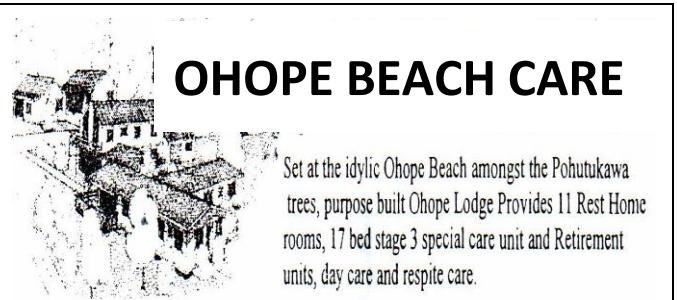
Field Officers on site.

**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

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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.

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.



HAPPY MORNING TEA

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-ordir	Wendy Tozer
Office Administrator	Heather Balcombe
Treasurer	Dallas Cooke
Newsletter Editor	Anne Wicks



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