



Alzheimers

Gisborne/Tairāwhiti



Nga korero a Tracy

It's been four months since our last newsletter, and as always, it has been a busy four months for us. We have been taking dementia mate wareware information and assistance throughout the region, from Uawa down to Mahia.

In at the Sherwood Club, we have welcomed our newest staff member, Symeia. We have also welcomed a wonderful new group of volunteers to the Sherwood Club. You can read more about Syméia in this newsletter, along with a reflection from one of our new volunteers, Heather.

Now it's time to prepare for **World Alzheimer's Month**, which runs throughout September. We have a series of events planned throughout the month, both locally and nationally.

We are launching our **Spud in a Bucket** fundraiser. We have been running this event since 2012 in conjunction with Bunnings, who provide the seed potatoes and some amazing prizes. If you haven't entered before, I encourage you to give it a go – or encourage your whānau/family to enter. It's a fun way to grow your own potatoes while also contributing to the work of Alzheimer's Gisborne/Tairāwhiti. Last year, the winning bucket produced 1.5 kg of fresh spuds and won a \$100 prize. This year, we are hoping to encourage more younger people to enter the competition with a special **Father's Day promotion at Bunnings on 3 September**, where any father or grandfather can receive a FREE entry. This promotion applies on the night only. After that, entries are \$15 for those over 12 years of age and \$10 for those under 12.

We also have an amazing raffle, with plenty to help fill your Christmas shopping list, including \$360 worth of vouchers, beautiful knitting and handmade toys. You can find all the details further on in this newsletter.



Fundraising is an ongoing challenge for us, and this is an area where our members can make a real difference. If you are able to enter our fundraisers, purchase raffle tickets, encourage friends and whānau to participate, or simply spread the word, every contribution helps. These small actions collectively make a significant difference to our ability to continue providing dementia mate wareware information, programmes and assistance throughout our community.

Our national conference coming up in September, organised by Alzheimer's New Zealand, with input from local experts in their respective fields. .



We are delighted that Rayleen Wright, our Dementia Navigator, has been invited to be a presenter.

Rayleen will be talking about the Good Grief programme, which she has tailored to meet the needs of people experiencing the challenges and grief that can come with living alongside someone with dementia mate wareware.

Rayleen will be offering this programme again next month. You can find the dates further on in this newsletter, and please contact Rayleen if you are interested in joining the group

There are lots of other things happening, so sit back with a cuppa and enjoy reading our pānui.



And, as always, thank you for being part of Alzheimer's Gisborne/Tairāwhiti. Your membership, participation and willingness to get behind our fundraising activities all help us to continue being here for people living with dementia mate wareware and their whānau.

Please do get in touch with us if you have any questions or if you, your whānau or someone you know needs our assistance.

Introducing Symeia



Kia ora,

I'm Syméia, originally from Brazil, and I've been living in New Zealand for over three years. I first came to New Zealand on a work visa, and last year I became a resident. I came with my partner, and together we made the big decision to leave our families and start a new chapter on the other side of the world.

Although I miss my family in Brazil, New Zealand has become home for us, and we are grateful for the opportunities and experiences we have had here.

My parents have two daughters, and I am the older of the two. Family has always been a very important part of my life and has shaped the values I carry with me every day: kindness, respect, resilience, and caring for others.

Outside of work, I enjoy exploring New Zealand, spending time with friends, discovering new places, and sharing good food. I also love learning about different cultures and meeting people from all walks of life.

I feel grateful to be part of the Sherwood Club team and to have the opportunity to support our clients and whānau every day.



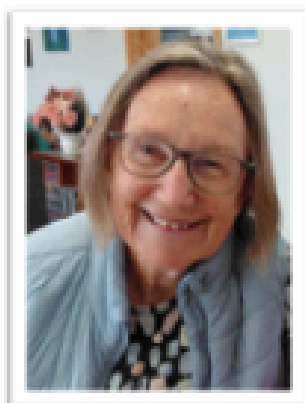
We farewelled Azure in April and Symeia came in as the Sherwood Club facilitator

Sherwood Club fun



Introducing our volunteer, Heather

aka Hettie



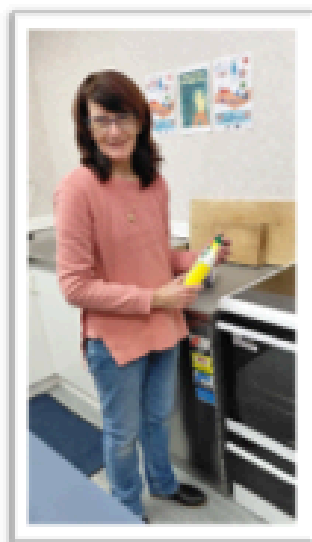
When I went to see Tracy, the Manager of the Sherwood Club about becoming a volunteer I wasn't sure if I would like to volunteer for people with varying degrees of dementia. I was right. I don't like it. I love being a volunteer there. Sherwood is open three days a week, Monday, Wednesday and Friday. My day is Friday. I arrive at 9.30am and usually there are already a few people there having a cuppa. As each person arrives, they are greeted and a hot drink is made for them. By 10 o'clock most have arrived and have had a chatty half hour waiting to see what activities the staff, Judy and Syméia, have organized for the morning.

There is a wide range of activities. Cracking walnuts is always popular, as are jigsaw puzzles, board games, reading, cards, knitting, creative art and almost any craft imaginable. There is also a sunny veranda for outside activities when it's not cold or wet to be out there. The garden space looks great, but gardening isn't a winter activity.

Some days there is entertainment. This is always enjoyed by all. There are a really wide range of musicians and singers.

Meanwhile lunch is being prepared by long serving volunteer Leslie, sometimes helped by Duncan who has also volunteered for many years and is jack of all trades and helper to all. The client numbers have ranged from 14 – 24 in the short time I've been there. Before lunch there are about 20 minutes of Tai Chi or gentle exercise. After lunch there can be quizzes, guessing games, ten pin bowling, or floor games. These are quieter activities to let lunch settle and prepare for going home.

It's a busy day and there is always something that needs to be done but the atmosphere at the Sherwood Club is amazing. It is a very calm and loving place where everyone looks out for each other. There is a lot of laughter, care and friendship and everyone is happy to be there. Heather Cochrane



Leslie, the in the kitchen, pictured to the right, won the **Volunteer of the Month Award** for her years of service to Alzheimers Gisborne, particularly in the kitchen and in particular for keeping our oven in 'mint' condition.

How fortunate are we all to have both these volunteers in the Sherwood Club. ❤️

ABN's Member Engagement Highlights

Music, flowers, and shared memories.

This year, ABNs has been continuing to build strong relationships in the community and among our members by bringing our gatherings directly to you. We've had the pleasure of visiting various members' homes, creating intimate and comfortable settings for connection



and building beetles.....

So much fun and who knew some of us are so competitive?



Beyond our members' doorsteps, we've also explored diverse and exciting venues here in Tairāwhiti. These outings have allowed us to experience the best Tairāwhiti has to offer while providing fresh and engaging environments for our events.

A Unique Scavenger Hunt Experience

One of the highlights of our year has been our innovative take on a classic scavenger hunt held at The Salvation Army Social Hall. This wasn't just about finding items; it was a carefully crafted experience designed to spark joy, encourage interaction, and build lasting memories.

Our scavenger hunt themes were: **music** and **flowers**. Participants delved into questions related to musical genres, artists, and the diverse world of flora. This approach ensured that everyone, could find something to connect with and enjoy.

The shared laughter, discovery and sharing created an unforgettable atmosphere. It was wonderful to see members bond over interests and discover new facets of their history. The memories made during this event are a testament to the power of creative, engaging activities in bringing people closer.

These shared experiences, from the comfort of home visits to the collaborative fun of our themed scavenger hunt, have truly enriched the ABN community this year. We look forward to continuing to create meaningful connections and memorable moments in the future.



Thanks to everyone that helps to create these spaces and support our members.

Rayleen Wright - Dementia Navigator



Dr Siddhant Bhargava

I am a doctor. Let me tell you something most people miss:

Your brain cannot multitask.
But your stress can. And it does.

Every unread email.
Every half-written proposal.
Every tense conversation you are avoiding.
They do not just sit in your inbox. They sit in your nervous system.

I once treated a 34-year-old corporate executive.

She said, "I am not sick. I am just tired all the time."

On paper, her blood work looked fine.

But she was living with over 40 unfinished tasks in her head every single day.
That invisible list was increasing her resting heart rate by 15%.
Her cortisol levels were nearly 80% higher than average.

She thought she needed more coffee.
What she actually needed was closure.

Research shows:

- ✔ Carrying multiple "open loops" can increase anxiety by up to 25%.
- ✔ It reduces cognitive performance by 40%.
- ✔ It raises stress hormones by 30% or more.

What helps?

- * Write down every task.
- * Pick three that actually matter.
- * Close one before you start the next.
- * Give yourself even 10 minutes a day where your brain does nothing.

Burnout does not start with collapse.
It starts with too many tabs left open in your head.

ALZHEIMERS
GISBORNE TAIRĀWHITI

SPUD IN A BUCKET

BIG SPUDS.
BIG PRIZES.
BIG IMPACT.



FOR JUST \$10,
CHILDREN AGED
12 YEARS AND
UNDER CAN ENTER
THE COMPETITION
AND SUPPORT LOCAL
PEOPLE LIVING WITH
DEMENTIA.



Potatoes should
be planted by
late September.



Potatoes will be
weighed on
5 December
at Bunnings Gisborne.
Winners will be
announced and great
prizes presented.



**Fantastic prizes
up for grabs!**
Grow the heaviest
spud or the most
spuds in your bucket
and you could win.



All proceeds
support local
people living
with dementia
and their whānau.



Entries can be
paid by cash
or online banking.
**EFTPOS is not
available.**

\$15

ENTRIES OVER 12 YEARS
OF AGE
\$15.00



EVERY ENTRY GOES IN THE DRAW TO WIN
a mystery prize from Bunnings
to the value of **\$200.00**

ENTRIES ON SALE AT:



The Farmers Market
5 September



Bunnings store foyer
12 and 19 September
10.00am – 12.30pm



Alzheimers Offices
Weekdays 9.00 – 5.00pm
Gate 2, Gisborne Hospital
Phone 867 0752
Email manager.gisborne@alzheimers.org.nz



Gisborne/
Tairāwhiti

Supporting people living with
dementia and their whānau.

Christmas Raffle



You could fill all your Christmas stockings

Prizes include:

- \$100.00 Mitre 10 voucher
- \$100.00 Warehouse voucher
- \$100.00 Columbus Cafe voucher
- \$60.00 Pakn'Save voucher

\$5.00 a ticket

Drawn 17 November
2026



Gisborne/Tairāwhiti



Supporting local people living with dementia mate wareware



**Accompanied by soft toys, a
gonk (he's a very creative
doorstop) and handmade knitting**

For ticket purchasing online the bank account is: 03 0638 0375936 00.
Email your name and details to manager.gisbornre@alzheimers.org.nz



GOOD GRIEF -THE JOURNEY



We will be running Good Grief - The Journey again this year. This course is specifically for people supporting someone with Dementia. The course is six weeks long, and will be held at The Sherwood Club, Alzheimers Tairāwhiti. The cost is \$25 for members of Alzheimers Tairāwhiti and \$50 for non-members.

Times and Dates:
1.00pm - 2.30pm

2026 - Tuesdays afternoons
8/9, 15/9, 22/9, 6/10, 13/10
and 20/10 (please note the date
changes from the previous notice)

Any questions about this or if you are wanting to register, please contact:
Rayleen Wright, Dementia Navigator
027 781 8011 or email: navigator.gisalzheimer@gmail.com

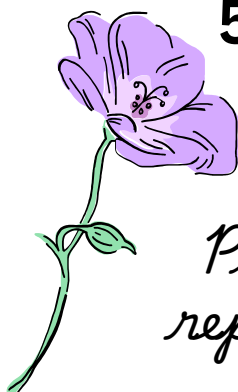
Alzheimers Gisborne AGM 2026

7 October

4.45pm for drinks and nibbles

5.30pm the meeting starts

Sherwood Club lounge



*Please come along to hear last years
reporting and our vision for the future*

Don't forget our other community groups

Carers Support Group

This group meets once a month, on the third Friday. The group is for people living with or caring for someone with dementia. It provides an opportunity for peer support, socialization and at times, education is presented on topics relevant to the group. All this happens in a supportive environment which always involves a cup of tea or coffee.

It is informal and free. No referral is necessary and no on-going commitment is expected.

The group facilitator is by Janet Willson. For more information ring Janet on 021 025 93932 or email Tracy

gisborne.alzheimers@xtra.co.nz



Active Brain Network

This group is for those who are experiencing cognitive decline or early on-set dementia. While no medical assessment is required, you will be required to meet with Rayleen to see if this group is right for you. They meet approximately every fortnight and are based in local cafes around town, at the beach and in museums or workshops. The meetings are an opportunity for socialization, networking and peer support.

For more information phone Rayleen at 027 781 8011 or the office at Alzheimers Gisborne on 867 0754 or email:

navigator.gisalzheimer@gmail.com



Our thanks to our funders



In addition, we are very grateful to the Esme and Tom Tombleson Trust and Marjorie Redstone Trust, for their grants to help with our community operational expenses.



Our Board and staff contact details



Gisborne/Tairāwhiti

Chair: Catherine Chrisp

Deputy Chair: Warwick Callender

Minute Secretary: Sandra Elsmore

Sam Noble

Claire Jones

Bonnie Scandyn

Ray Kitchen

Michelle Duley

Lynn Omer

Manager/Treasurer: Tracy Robinson

P: 867 0752 (main office)

E: manager.gisborne@alzheimers.org.nz

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Demetia Navigator: Rayleen Wright

P: 027 781 8011

E: navigator@alzheimers.org.nz

Sherwood Club: Syméia (facilitator) Judy (support worker)

P: 027 218 9905

E: sherwood@alzheimers.org.nz or gisborne2@alzheimers.org.nz

Remember to follow us on our Facebook page

Alzheimers Gisborne Tairawhiti

