



Winter Newsletter - June 2021

OPEN DAY AT OUR NEW PREMISES



Alzheimer's Nelson Tasman have now moved into our new Centre at 75 Tahunanui Drive. Our premises were opened and blessed by Scott Tambisari, who has a special connection with our service. The day saw numerous people visit and join us in celebrating. A big thank you to all that attended.

Thank you



We recognised and celebrated Sue Cochrane's 20 years of service to Alzheimer's Nelson Tasman with an afternoon tea and speeches. What an amazing achievement and how lucky we are to have her!

It was also an opportunity to thank Margaret Knight and Jill Truman for all their valuable service as they retired from our Advisory Group.

Shona McLean received her much deserved Ministry of Health Volunteer Award.

It was a wonderful afternoon to reflect where we have come from and where we are now.



75 Tahunanui Drive, Tahunanui, Nelson 7011 Phone: 03 546 7702 Office Hours: Mon to Thurs 9am-3pm
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Like us on Facebook: [/www.facebook.com/alzheimers.nelsonnewzealand/](https://www.facebook.com/alzheimers.nelsonnewzealand/)

A dementia friendly New Zealand | Aotearoa, he aro nui ki te hunga mate wareware



Dementia App for Māori Launched

An app to help Māori affected by mate wareware (dementia) and to raise awareness of the disease has been launched.

The app, Mate Wareware, was developed by researchers from the University of Auckland and AUT University following the largest-ever study of Māori affected by dementia.

Topics covered in the app include what mate wareware is and what Māori understandings of it is, the types and causes of it, how to look after whānau who are affected by it and how to identify if someone might be suffering from it.

To learn more about the Dementia App For Māori use the link below:

<http://www.brnz.ac.nz/news-events/dementia-app-for-maori-launches>



Cuppa for a cause

Cuppa for a cause is in September and promotes awareness of Alzheimers.

A person decides to host a cuppa in their house and charges for this. The money raised goes to Alzheimers Nelson Tasman.

If you are interested in hosting a cuppa, please contact the Alzheimers Office.



New Position to Alzheimers Nelson Tasman

Welcome to Carmel Corkran who is now our Social Connector.

In this role, Carmel will be enabling clients to stay connected with each other and/or in their community.

Carmel is married and has three adult children and five grandchildren. She has lived in Nelson for the last seven years and before that was born and lived in Christchurch.

Carmel has a background in mental health, and for the last ten years has been working with the older person.

Carmel is looking forward to meeting everybody.

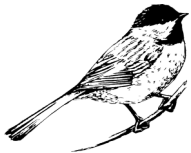


World Chocolate Day 7 July

THE BOOKCASE ANALOGY



Imagine each book on the shelf is a memory. The top shelf holds my recent memories, and the bottom shelf holds memories from my childhood. As dementia rocks my bookcase, the books at the top are likely to fall first. So eventually what I think of as my most recent memories will come from further down the bookcase, earlier in my life.



Dementia Friends, UK <https://www.dementiafriends.org.uk>

Winter Activities

- Start that photo album, reminiscing book and/or rummage box.
- Clean out that drawer in the kitchen, you know the one everyone puts items into when they don't know where else to put them.
- Put on warm clothes and go out for a walk.
- Read that book that you have always wanted to.



UPCOMING EVENTS

 **Memory Walk 18th September**
at Isel Park.

High Tea at the Boathouse,
21st September.



Tickets for the High Tea will be available from 16th August at Richmond Mall, Hurst & Taylor Pharmacy, KJ Style and from our Office.

Raffle

We are seeking donations of prizes for our grocery hamper (please no canned items).

Raffles will be sold at the Memory Walk, High Tea and at our street stalls during September.

Queens Birthday Monday 7 June, plan a drive out, watch an old movie and/or make a special afternoon tea.

Thank You to Wakefield's Country Players

who very kindly donated the proceeds of one of their evening performances of "The Father" to Alzheimers Nelson Tasman.



Become a Dementia Friend

We need volunteers who want to make a difference in the lives of people living with dementia and those who are on the journey with them. If you enjoy social connection, and have some time available, please get in touch with us! Call 03 546 7702 for details.

ALZ CAFÉ NELSON

2nd Thursday each month, 10–11.30am
The Boathouse,
Wakefield Quay, Nelson

ALZ CAFÉ MOTUEKA

1st Wednesday each month, 10–11.30am,
TOAD HALL, High Street, Motueka

RICHMOND CAFÉ

3rd Monday each month, 10.30-12 noon,
The Dress Up Box, Hope

Motueka R.S.A. — Pensioners Lunch \$13.00, every second Tuesday
Next date 8th June, 12-1pm

Tahunanui Library Dementia Friendly Book Group

Wednesdays, 11-12 noon, weekly

Call Sue at Alzheimer's Nelson Tasman on 03 546 7702 for further details and to secure a place.

MOVING ON Groups

Friendship & support for people who have been carers. For more info, contact:
NELSON - Rae Hill on 03 547 6548

LIBRARY DROP-INS

Richmond Library

4th Wednesday, 10.30-12 noon

Nelson's Elma Turner Library

3rd Wednesday, 09.30-10.30am

Stoke Library

3rd Thursday, 09.30-10.30am

Monthly Carer Support Groups

To join a support group, contact Heather or Sue on 03 546 7702 ahead of these dates:

Richmond

(Holy Trinity Parish)

10-12 noon, 1st Tuesday

Nelson (75 Tahunanui Drive)

10-12 noon, 2nd Tuesday

Stoke (Baptist Church)

10-12 noon, 1st Wednesday

Stoke

(Summerset Village Clubhouse)

10-12 noon, 1st Thursday

Motueka

10-12 noon, 3rd Wednesday

Day Support Group

2pm Wednesdays, Zoom meeting

Create a sensory experience

For those living with dementia, sensory experiences can help keep the brain active, so try growing plants that can stimulate their sense of touch, sound, smell, taste and sight.

These include:

Touch: The soft leaves of lamb's ear feel silky when rubbed, which can have a great calming effect.

Sound: Attracting wildlife can add some great sounds to the garden, like soothing birdsong and gentle buzzing. But, bamboo and tall grasses, like greater quaking grass, can provide some interesting sounds when moved by a light breeze.

Smell: Lavender can be great for attracting bees and butterflies, but its delicate scent can really help to relax the mind.

Taste: Herbs like rosemary, thyme and mint might all carry some lovely scents in the breeze, and are completely edible too!

Sight: Growing a mixture of plants can really help to stimulate the senses, so try to pick contrasting coloured petals and plants with bright leaves.



Gina Jones, EBOP Navigator/Educator

Total Mobility / Ridewise

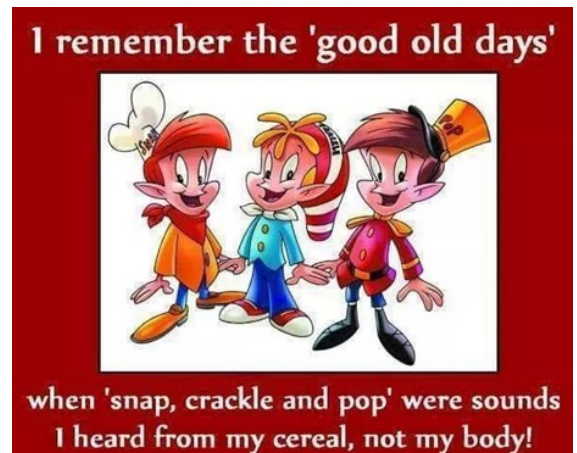
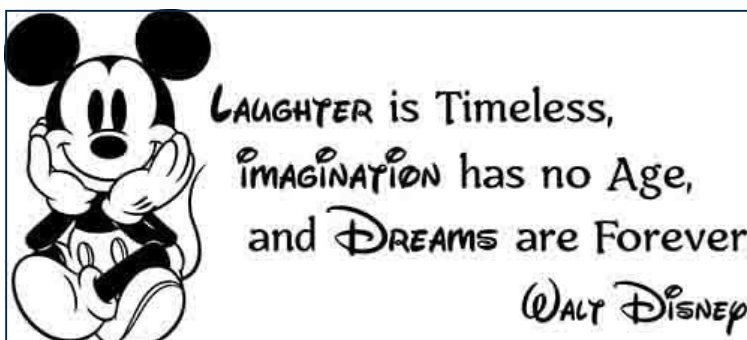
What does it mean?



Alzheimers Nelson Tasman now has a contract to provide assessments to people that are requiring transportation e.g. they may no longer be able to drive.

Once the assessment has been completed by our Dementia Advisors and it has been accepted a Ridewise card will be sent out enabling you to receive a discount on taxi services, and/or Driving Miss Daisy and Freedom Drivers.

If you are requiring this service or would like to know more about it, please contact us at Alzheimers Nelson Tasman.





Alzheimers Nelson Tasman Annual General Meeting

Thursday, 17 June, 2pm

75 Tahunanui Drive

Guest Speaker

Dr. Andrea Laboni is a Geriatric Psychiatrist and Scientist from Toronto, Canada with a special interest in dementia.

Her research is on the use of technology to support dementia care, and more recently, on how to use person-centred care approaches through a pandemic.

She is currently providing clinical care in Wairau while running her research lab in Toronto.

Please note that only financial members may vote at the AGM.

Membership Support

Thank you to all of you who have paid your membership subscription.

Alzheimers Nelson Tasman Membership / Donation Form

Name.....

Address.....

Phone.....

Email.....

I wish to become a member:

- Annual Subscription \$25.00 (Individual)
- Annual Membership \$35.00 (Corporate: Business/Rest home etc.)

I wish to make a donation of

\$

Total Enclosed \$

Internet bank details:

Please use your Surname and Initials as reference
Westpac 03 1709 0025074 00



Extending our deep and heartfelt sympathy

Our thoughts are with those families at this time who are adjusting to the loss of someone close

Donations in lieu of flowers Thank you to all the families who have requested donations to Alzheimers Nelson Tasman to be made in lieu of flowers. These donations help us to continue giving support, information and education to those families who are caring for someone with dementia.

Office Hours Please contact us on 03 546 7702 before coming to the office, as we do not want you to be disappointed if it is unattended.

Rugby legends join large dementia prevention study, funded by Alzheimer's Society UK

Alzheimer's Society is delighted to announce that former world-leading rugby players, Shane Williams and Ben Kay, have signed up to a large-scale Alzheimer's Society funded study. The research will look at important and unanswered questions, such as whether elite rugby players show more early warning signs of dementia than the general population, and if so, why this is the case.

Previous research has also shown that professional football players may be at a greater risk of death from Alzheimer's disease. Alzheimer's Society have provided funding for an informal pilot study involving football players, including Alan Shearer. This is a much-needed starting point looking at football and dementia, hoping to encourage future research to understand this important issue.

<https://www.alzheimers.org.uk/news/2021-04-26/rugby-legends-join-large-dementia-prevention-study-funded-alzheimers-society>



CHICKEN, CORN AND BACON CHOWDER

Ingredients



- 15g butter
- 1 small onion, chopped
- 250g skinless chicken breast fillets, cut into 1 cm pieces
- 3 rashers middle bacon, chopped
- 2 x 410g cans Wattie's Cream Style Corn
- 2 cups salt-reduced chicken stock
- 300g peeled potatoes and cut into 1 cm cubes
- Sprig of fresh thyme or 1 tsp dried
- ¼ cup cream or milk (optional)
- Handful of fresh parsley leaves, chopped

Method

Melt butter in a large saucepan. Add the onion and sauté over medium heat until softened. Add the chicken and bacon and continue cooking until the meats colour.

Add the Wattie's Cream Style Corn, chicken stock, potatoes and thyme. Stir while bringing to the boil. Reduce the heat to low, cover and simmer for 25 minutes or until the chicken is cooked and potatoes are tender. Stir in the cream or milk if using and add the chopped parsley before serving with crusty bread.



Thank you to all those who support us!

Thank you Volunteers!

Donations made to Alzheimers Nelson Tasman

Our sincere gratitude to all who have made donations to Alzheimers Nelson Tasman during this past year. Your donations assist us to provide advice, support and information to an ever-increasing number of families living with dementia in the Nelson/Tasman area.

Remember you can claim a tax credit from Inland Revenue (using form IR526) at the end of a tax year if during that year you

- Made a donation of \$5 or more to Alzheimers Nelson Tasman
- are a NZ tax resident
- received taxable income
- provide a valid receipt (which we will send to you if you make a donation)

The total claim in any year cannot exceed an individual's taxable income. The claim is limited to the lesser of 33.3% of an individual's taxable income or total donations made.

Grant and Corporate Support



**Rātā
Foundation**



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



Nelson City Council
te kaunihera o whakatū

COGS
Community Organisation
Grants Scheme

networktasman

Your consumer-owned electricity distributor

TE WAIORA

**Nelson Marlborough
Health**



**THE LION
FOUNDATION**



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA



tasman
district council

75 Tahunanui Drive, Tahunanui, Nelson 7011 Phone: 03 546 7702 Office Hours: Mon to Thurs 9am-3pm

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