



Spring Newsletter - September 2021

World Alzheimers Awareness Month is celebrated in September!

Grab your trainers, your bike, or your dancing shoes because **Move for Dementia** is back! Go solo or team up and set yourself a movement challenge to show your support for people living with dementia. As many of you know movement is a key area of focus in reducing one of the risk factors of dementia. There's lots of ways to get moving safely in our bubbles at all alert levels, so whether you jump, run, swim, walk, garden, do yoga, play a game, sport or do armchair ballet or aerobics, please join us this month to raise awareness of Alzheimers and other dementias on the rise in New Zealand.

Visit <https://movefordementia.org.nz/> where you can 'Choose your Move' to tell us what you are doing to create awareness or fundraise.



Join the movement!
Get moving during
September to fundraise
for dementia

Register at
movefordementia.org.nz
#movefordementia



ALZHEIMERS
NEW ZEALAND

Happy Moving! In your home or local community

Cuppa for a cause in your bubble



- During the month of September we invite people in their community to host a cuppa which will raise money and promote awareness of dementia.
- If you are interested in supporting us by hosting a cuppa, please contact the Alzheimers Nelson Tasman Office.

75 Tahunanui Drive, Tahunanui, Nelson 7011 Phone: 03 546 7702 Office Hours: Mon to Thurs 9am-3pm
FREEPHONE: 0800 004 001 EMAIL: admin@alzheimersnsn.org.nz WEB: www.alzheimers.org.nz

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*



Check out Alzheimer's NZ's new online Caring for the Carers programme which provides tips, resources and advice around mental and physical wellbeing, rest and relaxation, and diet and lifestyle to support care partners.

The programme, a first for the New Zealand dementia community, is part of the Dementia Learning Centre, our hub of excellence for dementia education.

<https://alzheimers.org.nz/news/introducing-the-caring-for-the-carers-programme/>



DAISY DIVES AGAIN



Driving Miss Daisy drivers are often

coming into contact with people living with dementia by providing transport, shopping assistance, and just straight-out companionship.

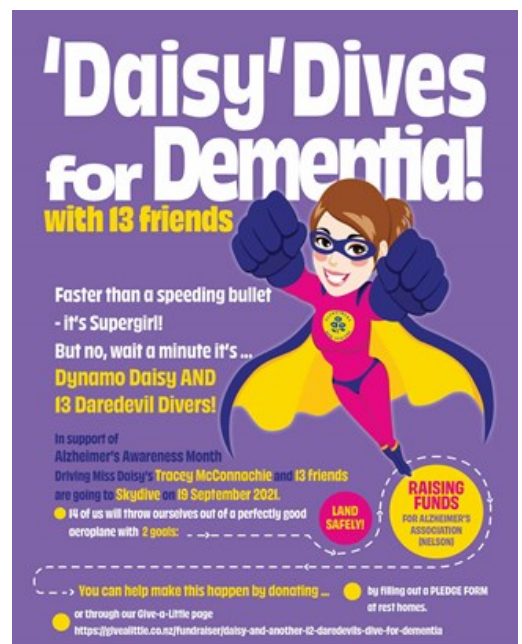
To support Alzheimer's Nelson Tasman and raise awareness, this time last year Tracey McConnachie from Driving Miss Daisy Nelson West decided to organise an event to help raise awareness and raise funds locally. Tracey is not known for doing things by halves, so she opted to do a sponsored skydive, and put up a Givealittle page for donations.

Businesses got behind the cause, providing the skydive at charity rates, printed flyers for free and even dyed Tracey's hair bright purple for the occasion, with donations coming in just short of the \$2000 goal. Tracey is now known as 'Dynamo Daisy'!

This year, it's bigger and brighter! 13 other people have signed up to jump as well (including Heni Brown, one of our Alzheimer's Nelson Tasman Board Members), previous business supporters and more are once again on board supporting this. The bar is raised, hoping to have an even bigger response.

You can support this event by going to the Givealittle page:

<https://givealittle.co.nz/fundraiser/daisy-and-another-12-daredevils-dive-for-dementia>

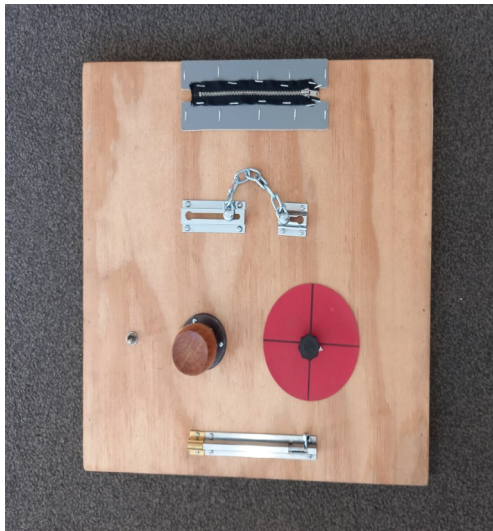


Important Update

Unfortunately due to the current Level restrictions we have had to cancel this year's following fundraising and awareness events:

Memory Walk on 18th September at Isele Park

High Tea on 21st September at the Boathouse



A big Thank You to the MENZSHED in Richmond

They have made Alzheimers Nelson Tasman two wooden fiddle boards which are beneficial for a person living with dementia that used to fix/mend items. We currently have one in the office to lend out.

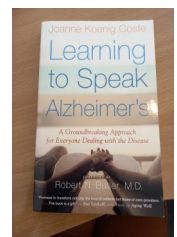
Sensory therapy or fidget items are also an effective way to reduce anxiety, calm nerves, and provide comfort.

Learning to Speak Alzheimer's

A great book to read, and very practical advice for carers.

It gives advice on how to:

- Cope with the diagnosis and adjust to the disease's progression
- Help the person talk about the illness
- Face the issue of driving a car
- Make meals and personal care times as pleasant as possible
- Adjust room design for a person's comfort
- Deal with wandering, paranoia and aggression.



This book can be borrowed from Alzheimers Nelson Tasman's Library.

COVID-19 VACCINATIONS

You can book your COVID-19 vaccination now.

Book online — visit <https://bookmyvaccine.covid19.health.nz/>

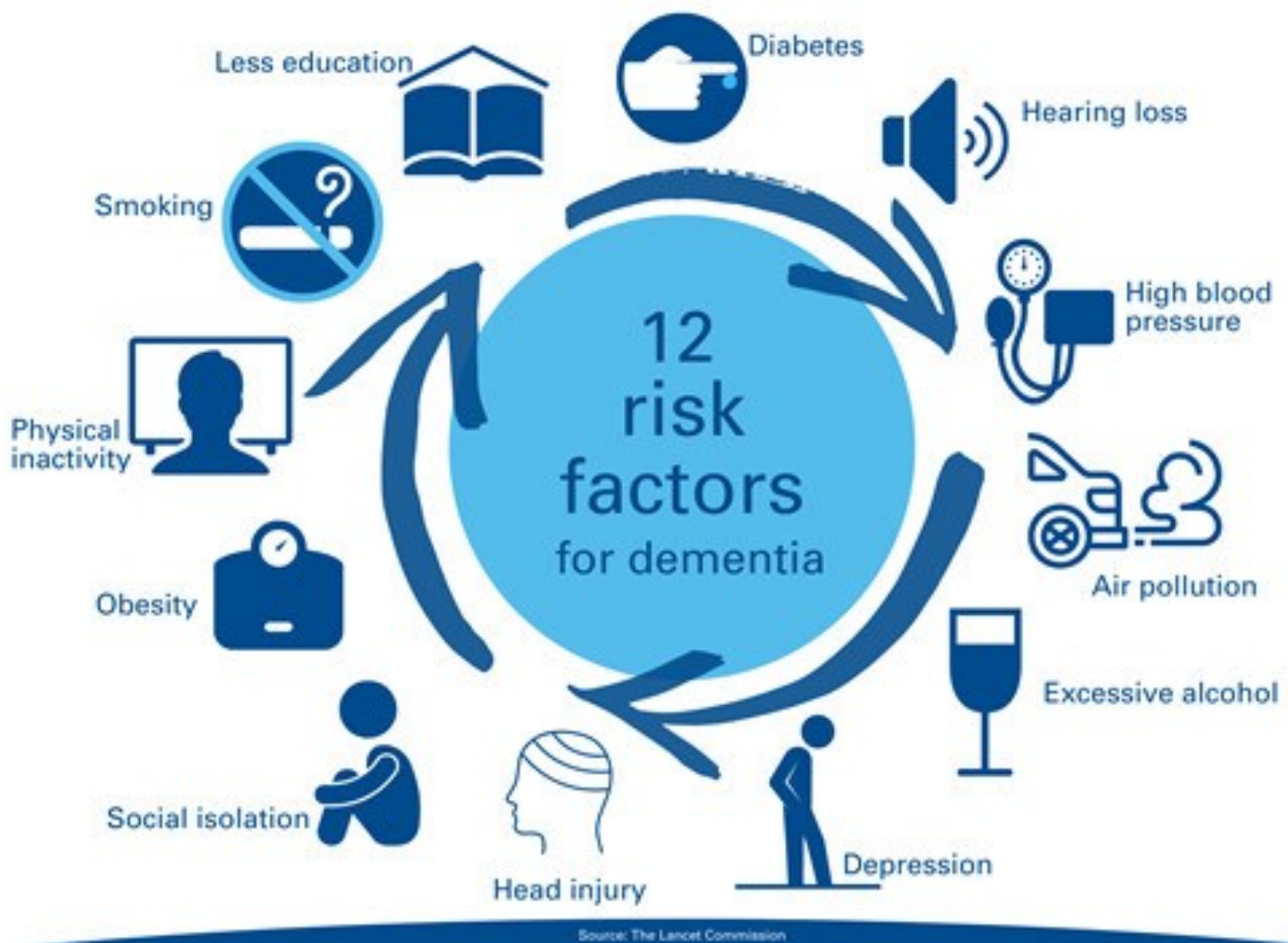
Book by phone — call the COVID Vaccination Healthline on **0800 28 29 26**.

All calls are free, and the Healthline team are available from 8am to 8pm, 7 days a week.

Reduce the risk of developing dementia

As we get older, our risk of developing dementia increases. But evidence shows there are things you can do to help reduce this risk. These include keeping active, eating healthily and staying mentally active and social.

<https://alzheimers.org.nz/about-dementia/reducing-the-risk/>



TAKE A LOOK...

Alzheimers New Zealand's Website has some really good tips and suggestions for supporting people living with dementia/care partners during Covid-19 Lockdown:

<https://alzheimers.org.nz/get-support/covid-19/family-and-whanau/>

Always believe in the impossible

Advance Care Plan Workshop

Alzheimers Nelson Tasman
75 Tahunanui Drive

Wednesday, 13th October
at 10.30am

Call the Office to book a place

Advance Care Planning

Carla Arkless, Nurse Practitioner and Nelson Tasman Advance Care Planning (ACP) Facilitator, is coming to visit Alzheimers Nelson Tasman.

Carla will kōrero about advance care planning as a way to help you think about, talk about and share what matters to you now in case you are unable to say later. If you have dementia, having an advance care plan means people will know your wishes, even if you can no longer tell them.

You can start your advance care plan discussions now, even if you might not need it for years.

There are helpful tools, videos and information about advance care planning on the [Health Quality & Safety Commission website](https://www.hqsc.govt.nz/our-programmes/advance-care-planning/information-for-consumers/) (<https://www.hqsc.govt.nz/our-programmes/advance-care-planning/information-for-consumers/>). This includes a story from brothers Colin and Terry, about the process they went through to create an advance care plan for Colin who has dementia.

One Pan Salmon With Roasted Asparagus

Ingredients:

- 400g new potatoes, halved if large
- 2 tablespoons olive oil
- 8 asparagus spears, trimmed and halved
- 2 handfuls cherry tomatoes
- 1 tablespoon balsamic vinegar
- 2 salmon fillets, about 5 oz. each
- Handful basil leaves

Directions:

- Heat oven to 220C/fan 200C/gas 7. Tip the potatoes and 1 tbsp of olive oil into an ovenproof dish, then roast the potatoes for 20 mins until starting to brown. Toss the asparagus in with the potatoes, then return to the oven for 15 mins.
- Throw in the cherry tomatoes and vinegar and nestle the salmon amongst the vegetables. Drizzle with the remaining oil and return to the oven for a final 10-15 mins until the salmon is cooked. Scatter over the basil leaves and serve everything scooped straight from the dish.





The Alzheimers Nelson Tasman Team are still available to support you

Unfortunately we are unable to provide a number of the below events and face-to-face services until we are in Level 1 **BUT** we have once again adapted and are running our groups and 1-1 support online. Please let us know if you need support with this.

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

Tahunanui Library Dementia Friendly Book Group Wednesdays, 11-12 noon, weekly

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

MOVING ON Group

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

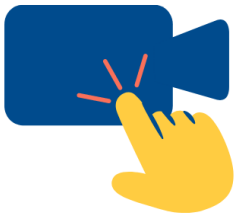
Stoke
(Summerset Village Clubhouse)
10-12 noon, 1st Thursday

Motueka
10-12 noon, 3rd Wednesday

Night Support Group
7pm, 2nd Tuesday, Zoom Meeting



New online support group for people with young onset dementia



Get involved – join a group!

Meet regularly and make friends with other New Zealanders who have been diagnosed with young onset dementia.

For further information or to sign up, please contact:

Brigid Ryan, PhD

b.ryan@auckland.ac.nz

027 699 7960

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*

Membership Support

Thank you to those who have paid their membership subscription.

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.



Alzheimers Nelson Tasman

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



Your consumer-owned electricity distributor



MINISTRY OF SOCIAL DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA

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

FREEPHONE: 0800 004 001 EMAIL: admin@alzheimersnsn.org.nz WEB: www.alzheimers.org.nz

Like us on Facebook: /www.facebook.com/alzheimers.nelsonnewzealand/

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