



Autumn Newsletter – March 2020

SNIPPETS FROM THE TEAM

Welcome to our first Newsletter of 2020.

We have returned from our break refreshed and full of energy (long may it last !!) We have had a number of changes in the team over the past few months which has given us the opportunity to look at our service and where we can make some changes during the year ahead.

We are hoping to have a new office person starting at the beginning of April which is a great start. We will keep you updated as things progress.



We hope that you all managed find some time to relax and enjoy the sun as we did at our annual Rabbit Island picnic.

We were lucky that on the day of our picnic the wind had settled and we had ample shelter by a gazebo and the trees. Those attending Harakeke came out in their vans to join us and we ended up with about 40 people enjoying the sun and sand, there were even a few brave souls who ventured into the water .



Introducing Hilary Clifton,

Member of Alzheimers Nelson's Board



Hilary loves the notion of giving back after a '*most fortunate life*'.

She joined the board in early 2019 and is semi retired after a working career in education, followed by a stint as manager at Citizens Advice Nelson Tasman. At CAB she learnt about the wonderful world of volunteering. Hilary is currently a contractor for the Empowerment Trust (who deliver the Kidpower programmes).

Hilary's spare time activities include singing with Nelson Bays Harmony Chorus, (pillion) motorbike riding with husband Neil, boating in Pelorus Sound and spending time with very new granddaughter Olive who lives with her parents in Nelson!



Monthly Happenings

ALZ CAFÉ NELSON

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



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

MONTHLY LIBRARY DROP IN CLINICS

Nelson 4th Wednesday, 10 – 11.30am
Stoke 4th Thursday, 9.30 – 10am
Richmond 4th Wednesday, 9.30 – 11am

For anyone needing
advice and information

MOTUEKA MOVING ON GROUP

(for carers whose person has passed away)

Meet for lunch and a chat 12.15pm

3rd Wednesday of each month.

Venue varies.

Contact Janice 03 528 0158

Monthly Support Groups for cares

Richmond 10 -12 noon, 1st Tuesday
at Stillwater Gardens

Nelson 10-12 noon, 1st Tuesday
at Hardy st

Nelson - Night Support 7- 9pm, 2nd Tuesday

Stoke 10 -12 noon, 1st Wednesday
at The Baptist church

Stoke 10.00 –12pm, 1st Thursday
at Summerset

NELSON MOVING ON GROUP

(for carers whose person has passed away)

This is a group about friendship & support.

We meet for lunch and a chat

2nd Wednesday of each month .

If you would like to find out a little more
contact

Rae Hill on 547 6548

GOLDEN BAY - Alzheimers Dementia Advisor at Heartland Services Centre
Tuesday 31st March 2020 9.30 - 1.30

For advice, information and support around living with Dementia.
For appointments please phone Heartlands 03 525 6151.

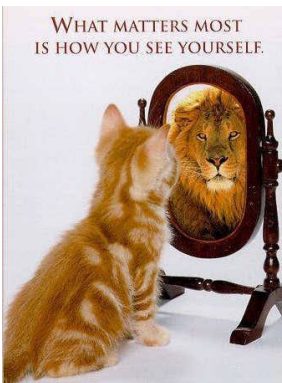


Sue, Felecia, Lyn, Ana, Tracey and Rob

Congratulations

Alzheimers Nelson congratulates Tracy and her team at Driving Miss Daisy, they have all completed their on line Dementia friends training.

Here they all are proudly wearing their purple badges



Did you hear about the claustrophobic astronaut?
He just needed a little space!

We want to build a Dementia Friendly Aotearoa New Zealand

By becoming a Dementia Friend, you are joining a growing community of Kiwis helping to make NZ a kinder, more supportive, inclusive and understanding place for people living with dementia. It will only take 20 minutes.

What does a Dementia Friend do?

A Dementia Friend learns about dementia and simple ways to help people living with dementia. Being a Dementia Friend doesn't have to take lots of your time - helping can be as simple as being kind and helpful to people during your day, thinking about how you communicate or dropping round for a cuppa and a chat with someone living with dementia. Simple, small actions really do help!

"If I saw someone wearing a Dementia Friends badge or a wristband, I would feel more comfortable to approach them."

A bigger action might be giving up a couple of hours a week to help someone you know with dementia or to volunteer for Alzheimers Nelson

A Quieter Shopping Experience

(adapted from Alzheimers Otago)

Doing the grocery shopping can be a hassle for any of us.

There is the pressure to remember everything on our list, pushing the trolley that always seem to have the wonky wheel and just when you think you know the layout of the supermarket they go and change it!

We at Alzheimers Nelson appreciate that for a person with Dementia shopping can provide even more challenges than what aisle the honey is going to be in.

The bright lights, loud music and large number of people can be particularly stressful.

This is why we were excited to see that Countdown has introduced a Quiet Hour into all of their supermarkets across New Zealand.

Quiet Hour began to support children with Autism however it will have benefits for many across the community, including people with Dementia.

During Quiet Hour the lights are turned down, the music is turned off, and general store activity is kept to a minimum.

Quiet hour runs every Wednesday from 2:30pm-3:30pm at stores across the country.

Of course, Countdown may not be your preferred supermarket, if this is the case you can always contact your local supermarket and ask what times of days tend to be quieter and plan your shopping for those times.



NELSON CATHEDRAL CHRISTMAS TREE FESTIVAL

We were excited to learn that once again this year Alzheimers Nelson's tree finished in the top three along with Citizens Advice and the Happy Gardener's Club. Not only did we make the top three we placed in 1st place with 1,933 votes.

There were 4,280 voting forms, which worked out at 143 per day on average.

It is fantastic that we came 1st place but the other exciting thing is that over 4000 people saw our tree and it hopefully made them think about dementia.

Thank you so much Penelope and your team of helpers this wouldn't have happened without you.





Membership Now Due for 2020—2021

Membership subscriptions are now due for membership 1 April 2020 to 31 March 2021.

Your annual sub of \$25 helps us to continue our work in the district.

Your support is much appreciated!

You'll also receive our quarterly newsletter with articles and up to date events.

Please make your payment in one of the following ways:

- By Internet banking to our Westpac account 03 1709 0025074 00 - use your surname and initials as reference.
- At the office in cash - our usual office hours are 9 .30 am -2pm Tuesday to Thursday
- Via post by cheque - send to 319 Hardy Street, Nelson 7010 - use the form on this page

Alzheimers Society Nelson Inc 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

Some facts about the human brain

Weights 1.6kg

Home to 100 billion neurons

Requires 1/4 of all the oxygen and blood in your body

Considered to be more complex than any other known structure in the universe. *Miharo!*

We can help keep our brains healthy at any age.

Go to alzheimers.org.nz to get started . Take the quiz then take the Brain health Challenge

319 Hardy Street, Nelson 7010. Phone 03 546 7702. Admin Office Hours Tuesday to Thursday 9.30am - 2pm
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



Coming up

April Fri 3rd - Positive Ageing Expo
at the Headingly Centre in Richmond

April 30th - Knowledge exchange
at the Saxton Oval 10—4pm

May 18th—Alzheimers Annual High Tea



Call for volunteers

WANTED! People interested supporting our Dementia Advisors with our service. Please contact office for details

June 23rd – Alzheimers Nelson AGM

*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 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.

What is a Coronavirus?

Coronaviruses are a large family of viruses that can cause respiratory illnesses such as the common cold. In some cases, the viruses can cause lower — respiratory tract illnesses such as pneumonia. This new coronavirus (COVID-19) began in Wuhan, China, but has spread rapidly around the world. It can be spread in the air (coughing or sneezing), by close personal contact (touching or shaking hands), or by a contaminated object that comes in contact with your mouth, nose or eyes prior to washing your hands.

Symptoms:

Covid-19 symptoms include fever, followed by a dry cough, and sometimes difficulty breathing. Symptoms are like a range of other illnesses such as influenza and does not necessarily mean that you have 2019-nCoV. Difficulty in breathing is a possible sign of pneumonia and requires immediate medical attention.

Prevention:

Regularly washing hands (for at least 20 seconds with warm water and soap dry thoroughly) is the best way to prevent the spread of any infection or virus. Cover your mouth and nose when coughing and sneezing and avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing. If you are feeling unwell stay home, avoid public gatherings and events, contact your service provider to let them know your situation.

For more information you can access these websites online:

World Health Organisation website:

<https://www.who.int/health-topics/coronavirus>

New Zealand Ministry of Health website:

<https://www.health.govt.nz/our-work/diseases-and-conditions/novel-coronavirus-2019-ncov>





Alzheimers *Nelson*

Thank you to all those who support us!

Donations made to Alzheimers Nelson

Our sincere gratitude to all who have made donations to Alzheimers Nelson 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
- 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



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