



Autumn Newsletter - March 2021

Annual Rabbit Island Picnic celebrates connections

Alzheimers Nelson Tasman clients, care partners and volunteers enjoyed celebrating a start to a fresh new year on the dementia journey at Rabbit Island, along with Presbyterian Support's Harakeke group who joined us for the festivities. It was lovely to see a good number of you out on such a gorgeous day under the pine trees with a beautiful view of the sea! Thank you for joining us. We wish you all a wonderful, happy, healthy 2021! Our December issue will give the next Rabbit Island Picnic date for 2022...

Below left: Some of our lovely volunteers enjoyed connecting with each other. Below right: Heather, Lindsay and Sue from Alzheimers



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/)

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Dementia Care Resources

Library: We have an extensive range of books and resources covering all aspects of Alzheimers and other dementias. Please get in touch if you would like to browse and borrow!

Activity Packs: We are grateful for funding support to be able to provide activity packs on loan to those of you not able to meet in groups. This is a small pack of things to do with the person you care for.

Booklets and factsheets: Alzheimers NZ has a number of these available that cover everything from looking after yourself to finding support on a broad range of topics. Visit <https://www.alzheimers.org.nz/information-and-support/support/supporting-someone>

To find out more about our Dementia Care Resources, chat to our Dementia Advisors when they visit or give us a call on 03 546 7702.



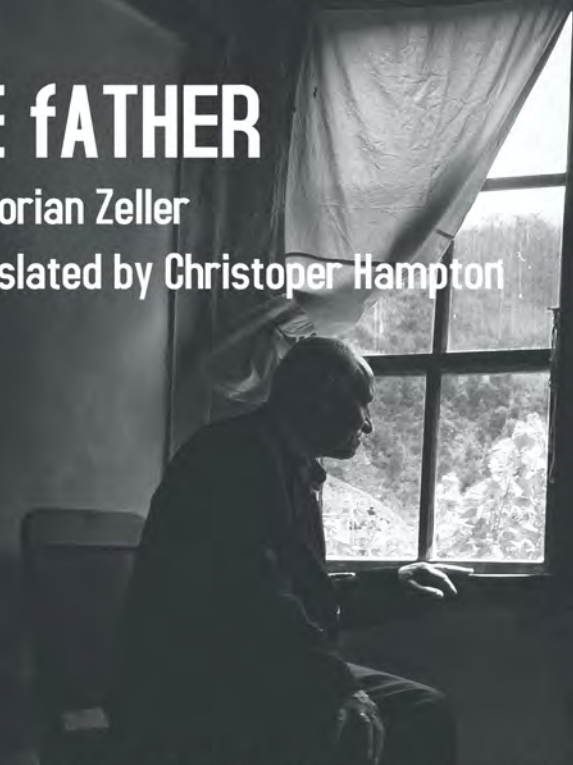
You are invited!

Wakefield's Country Players are presenting '**The Father**', by Florian Zeller, translated by Christopher Hampton at the Wakefield Community Hall from 19th March. It is a deeply thought- and emotion-provoking production depicting one family's journey with dementia, and we encourage you to join us. There are five dates to choose from (19th, 20th, 24th, 26th and 27th March 2021). Thank you to the Country Players of Wakefield for choosing to support the work we do in our region through the dedication of one of the evening's proceeds to Alzheimers Nelson Tasman. See the adjacent flyer for details.

Country Players Inc Present

the father

by Florian Zeller
Translated by Christopher Hampton



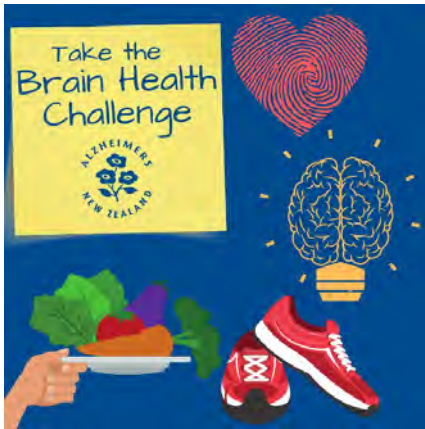
Wakefield Village Hall, BYO picnic 19, 20, 26, 27 March
Fundraising performance for Nelson Alzheimer's Society 24 March

Tickets \$20 Ph 541 8869
or email bookcountryplayers@gmail.com

Country Players community theatre production of 'The Father' by special arrangement with Samuel French Ltd & New Zealand Play Bureau



The Brain Health Challenge



Did you know, by making a few lifestyle changes, you can help to reduce the chances of developing dementia? Research shows that exercising

the brain can slow the thinking and functional decline of people with dementia.

March is Brain Awareness Month, a global campaign to raise awareness of neurological conditions. We invite you to learn about ways you can help keep your brain healthy by taking the Brain Health Challenge - an easy, four-week step-by-step guide that you can take at your own pace, and even combine activities to maximise the benefits.

The first week's challenge is to **Look after your Heart**. What's good for the heart is good for the brain. Keeping active, having healthy habits, and eating a balanced diet all help lower the risk of developing dementia, high cholesterol and blood pressure. In week 2, the challenge is to **Get Active**. Week 3 encourages you to **Eat Well** and Week 4, to **Challenge your brain and keep connected**.

Before you start the Brain Health Challenge, chat to your doctor, particularly if you have any health conditions.

It is never too late to start improving your brain health, which can help reduce the chances of developing dementia or help you live well if you have already diagnosed. So, take the Brain Health Challenge! Visit <https://www.alzheimers.org.nz/get-involved/take-the-brain-health-challenge> for more details.

We've Moved!



**Alzheimer's Nelson Tasman
is now based at**

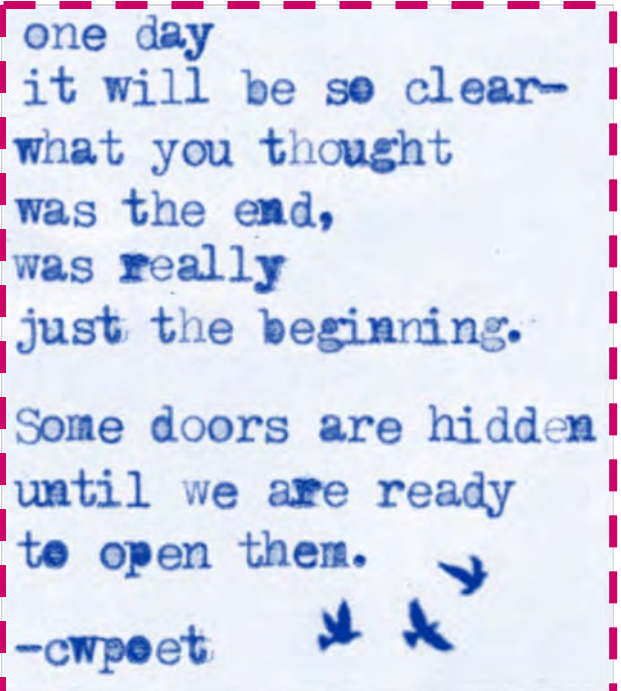
75 Tahunanui Drive,

Tahunanui,

Nelson,

7011

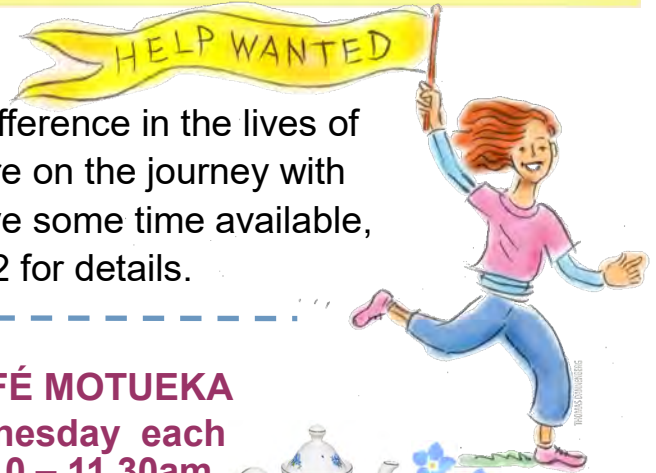
(Opposite The ToolShed)





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



Visit our **new** office at 75 Tahunanui Drive, Nelson 7011

Tahunanui Library Dementia Friendly Book Group

Starting in March 2021! Call Sue at Alzheimers Nelson Tasman on 03 546 7702 for further details.

MOVING ON Groups

Friendship & support for people who have been carers. For more info, contact:
NELSON - Rae Hill on 547 6548
MOTUEKA - Janice on 03 528 0158

LIBRARY DROP-INS

Richmond Library
4th Wednesday, 10.30-12

Nelson's Elma Turner Library
4th Wednesday, 09.30-10.30

Stoke Library
4th Thursday, 09.30-10.30

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, 1st 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



Dementia Learning Centre

Alzheimers NZ has established a hub of excellence for dementia education. The Dementia Learning Centre will contribute to building a dementia friendly sector and community and is all about transformation – of attitudes and understanding, and of the knowledge and skills we all need to provide the best possible support and care for people living with dementia.

The Centre will start by offering online, self-directed programmes for people

living with dementia, care partners, family and whānau. It will expand to include:

- ◆ Online programmes
- ◆ Educational webinars
- ◆ Cognitive Stimulation Training (CST) workshops
- ◆ An interactive virtual reality experience
- ◆ Bespoke education programmes and dementia consultancy

Register your interest or get in touch here: education@alzheimers.org.nz

My Life Story App

A new reminiscence technology application (App) designed by and for people living with dementia has received funding to go ahead. Alister Robertson of Alzheimers NZ, who has just been appointed Chair of Dementia Alliance International, the global voice of dementia, and who, himself, is living with dementia, will be managing the creation of 'My Life Story', an App for making and viewing a life story book. Users will be able to upload photographs, words, voice recordings, pictures, videos and music. "Reminiscence has been shown to improve the quality of life for people with dementia and their caregivers, preserving precious memories and bringing stories to life," says Alister. (pictured). Watch this space for updates!



Dementia Friendly NZ

20,000 people have signed up with the Dementia Friend programme. We are a growing community of Kiwis helping to make NZ a kinder, more supportive, inclusive and understanding place for people living with dementia. If you are interested in becoming a Dementia Friend, email:

admin@alzheimersnsn.org.nz



Dementia Friends

NGĀ POU WHIRINAKI MATE WAREWARE

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Membership Support

Thank you to all of you who have paid your membership subscription, due at the end of March for 2021/22.

Your annual subscription of \$25 helps us to continue our work in Nelson Tasman, which is very much appreciated by us and those we support. You will also receive our quarterly newsletter which provides news, information and upcoming events.

Please use the form adjacent to this note for donation purposes. Unfortunately, as previously mentioned, the Banks are phasing out cheques. For Banking / Internet Banking payments, please use our Westpac account number 03 1709 0025074 00, using your surname and initials and 'Subs' as reference.

Either you run the day,
OR THE DAY RUNS YOU.



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 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

*Keep your face always toward the
sunshine - and shadows will fall be-
hind you. Walt Whitman*



JUST COOK



Healthy Ageing

Don't know how to cook?

Lost the motivation and confidence to cook?

Cooking Classes for Seniors

These free classes are held three times per year and are aimed at those who are lacking motivation to cook healthy meals, maybe needing a little more confidence and a few more skills. The course is designed by the Nutrition Foundation in Auckland and provided with support from the Nelson City Council, Countdown Supermarket and the Rātā Foundation. They run for 4 weeks and are 3 hours in duration. If you're interested in finding out more, contact Sally Rees on 0211709443 or email: sallyrees02@gmail.com

Make Dementia Top of Mind

SIGN THE

DEMENTIA DECLARATION

Pledge your support in English or Te Reo Maori. Visit alzheimers.org.nz/our-voice/dementia-declaration



Courtesy of
Allrecipes NZ

RECIPE: Banana Choc-Chip Muffins

Serves: 12

Ingredients

- 2 cups (300g) self-raising flour
- 1/2 cup (110g) caster sugar
- 1 cup (190g) dark chocolate chips
- 100g butter, melted
- 1 cup (250ml) milk
- 1 egg, lightly beaten
- 1 teaspoon vanilla essence
- 2 over-ripe bananas, mashed
- Icing sugar, to dust (optional)

Method

1. Preheat oven to 200°C (180°C fan-forced ovens). Grease a 12-hole standard muffin pan.
2. Mix dry ingredients in a bowl. In a separate bowl, mix wet ingredients then add to the dry ingredients. Mix until just combined.
3. Spoon mixture evenly into prepared pan holes. Bake for 12-15 minutes or until cooked when tested with a skewer.
4. Stand muffins in pan for 5 minutes before turning out onto a wire rack to cool. Dust with icing sugar just before serving (optional).



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



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