



## Summer Newsletter - December 2020

**A**lzheimers Community Support has been awesome this year!

Thank you to all our supporters, from national and local funders through to all the individuals who have reached out to support the work we do for dementia in our communities. Also, to everyone who got Moving for Dementia during World Alzheimers Awareness Month— see more on page 3



From Left: Shirley Percy, Sandra Rogan, Margaret Budgen & Anne Steele



319 Hardy Street, Nelson 7010. Phone 03 546 7702. Admin Hours Tuesday to Thursday 9am - 3pm  
FREEPHONE: 0800 004 001 EMAIL: [admin@alzheimersnsn.org.nz](mailto:admin@alzheimersnsn.org.nz) WEB: [www.alzheimers.org.nz](http://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*

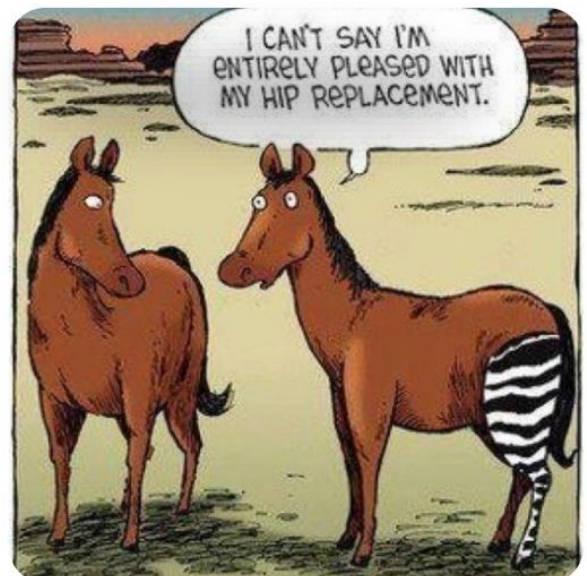
## Shona shines at MOH Volunteer Awards 2020



Our lovely Shona McLean has just won runner up in the 2020 Ministry of Health Volunteer Awards for her long service of 30 years to people living with dementia in Nelson Tasman. Shona, pictured here with husband, Barrie, who also volunteers with us, has been our Dementia Support Extraordinaire volunteer for almost 30 years. Over the years she has done office administrative support, produced our newsletter, led the update of our information resource library, making books more accessible for clients. She has baked for and supported many awareness- and fund-raising events, and community education

sessions. Currently Shona supports our weekly Early Memory Loss Group and her help transporting clients is invaluable and highly appreciated.

Shona goes beyond any boundaries of expectation and tackles all her voluntary activities with a strong sense of commitment and compassion, coupled with a great sense of flair and joy. She responds to all calls for help with a cheerful, fearless 'Yes' and dives right in to do whatever is needed. Minister of Health Hon Chris Hipkins commended the great contribution health and disability sector volunteers, like Shona, are making to the health and wellbeing of others.





## The NZ Dementia Action Plan

2020-2025



Vision

People living with dementia receiving the support they need



Goal

Improve the wellbeing of people living with dementia and decrease the impact of dementia



### 4 action areas

1

Reduce the incidence of dementia

2

Support people to live their best possible lives

3

Build accepting and understanding communities

4

Strengthen leadership and capability across the sector



New Zealand  
Dementia  
Cooperative



Dementia  
New Zealand



### 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](http://alzheimers.org.nz/our-voice/dementia-declaration)

### Locals raise \$6000 for Alzheimers

Covid-19 meant we couldn't run our usual fundraising and awareness activities this year, and the team at Alzheimers Nelson Tasman has been humbled by people who just came forward and said, 'We'll do it! Sandra Rogan from Tapawera sent out a clarion call for volunteers to help run a garden fundraiser which raised \$4000 from door entry koha and a huge range of handmade and previously loved items. Tracey McConnachie from Driving Miss Daisy – Nelson West, raised over \$1800 skydiving for dementia in the Abel Tasman and Sandra Wells donated from her sales of homemade marmalade Jam. A **big shout** out to all the visitors who poured into the gardens, to all the amazing volunteers who supported Sandra and Tracey, giving their time, energy and resources, and to the many thoughtful individuals who have supported our services to people living with dementia in our region.

Thank you also to national and local funders, listed on the back page of this newsletter, who have provided additional funding so that we could strengthen our ability to connect with each other and provide more support where needed during this incredibly uncertain time.

ONE DAY  
YOU WILL TELL YOUR STORY  
OF HOW YOU OVERCAME  
WHAT YOU WENT THROUGH  
AND IT WILL BE  
SOMEONE ELSE'S  
SURVIVAL GUIDE



HELP WANTED

**W**e are looking for **Dementia Friend 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.



**SAVE THE DATE**

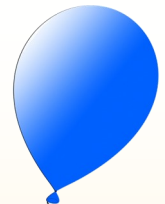
**Rabbit Island Picnic**

**28 JANUARY 2021**

**11AM-2PM**

**BYO PICNIC GOODIES**

**FOLLOW THE BLUE BALLOONS**



## Help us use less paper

... Please let us know if you have an **email address** that we can use for correspondence and newsletters instead of post. We can get our newsletter to you quicker and it's more cost-effective for us.

## Phasing out cheques

**P**lease read about this Banking Industry change in our previous newsletters.

## 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

**Will resume in 2021**

**Call 03 546 7702 for more information.**

## 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)**  
10-11am 1st Tuesday

**Nelson**  
10-12 noon, 1<sup>st</sup> Tuesday

**Stoke**  
10 -12 noon, 1<sup>st</sup> Wednesday  
10-12 noon, 1<sup>st</sup> Thursday, booking essential

**Motueka**  
10 -12 noon, 3<sup>rd</sup> Wednesday

**Day Support Group**  
2pm Wednesdays, Zoom meeting

## Dementia Action Plan

In our November newsletter we reported that the World Health Organisation, unanimously adopted the *Global Action Plan on the Public Health Response to Dementia* at the World Health Assembly in 2017. It called on governments to meet targets for the advancement of dementia awareness, risk reduction, diagnosis, care and treatment, support for care partners and research. Using this as a strong platform on which to base advocacy for the NZ government to make a commitment to addressing the challenge that dementia presents, Alzheimers NZ, the New Zealand Dementia Foundation and Dementia New Zealand, presented its Dementia Action Plan to each of the NZ political parties, pre-election.

Labour, who continue to lead NZ, announced in October 2020 that they will 'work with the (dementia) sector to implement the Dementia Action Plan with a focus on prevention, support for whānau to navigate support services, building community acceptance, and strengthening capability in the sector'.

Catherine Hall, Chief Executive of Alzheimers NZ says Labour's policy is a good start but the dementia sector is 'cautiously optimistic this will translate to action, and what the thousands of New Zealanders living with dementia actually need now is a firm commitment to actually fund and implement the plan, with dollars set aside and timelines confirmed.'

There are approximately 70,000 New Zealanders living with dementia currently, and that number is expected to nearly triple by 2050 as our population ages.

The principles and values of the Dementia Action Plan, and its role as a catalyst for change remain unchanged despite the additional challenge of the Covid-19 pandemic.

There is a high level of goodwill and can-do attitude throughout the [dementia] sector – and plenty of collaboration. The dementia sector stands ready, willing and able to work with the Ministry, District Health Boards, and across community organisations to bring this [plan] into action. What is needed is strong leadership from government and follow-through on their commitment.

[See graphic, page 3]





## Membership Support

Thank you to all of you who have paid your membership subscription, due at the end of March for 2020/21.

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.

Should you still wish to become a member, or if you would like to support us in any other way, you are welcome to participate in World Alzheimers Awareness month — For details, see [www.alzheimers.org.nz/nelson](http://www.alzheimers.org.nz/nelson).

Alternatively, 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 as reference.

### **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**



**e wish you a happy,  
healthy festive season  
and all of the very best for 2021!**

## **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.

**Admin Hours** Please contact us on 03 546 7702 before coming into Nelson as we do not want you do be disappointed if our office is unattended.

## Preparing for the holidays

The holidays can be challenging and stressful for people living with dementia and care partners. Try keeping as close to your normal routine as you can. Plan ahead to avoid last minute disruptions. Ensure you have adequate medication supplies and e.g. continence products. Keep up good hygiene practices, wash hands regularly or use hand sanitiser, use a mask where appropriate, and keep a record of where you've been. Create "quiet time" in between socialising, and try to maintain your normal rest and sleeping routines. Reach out and ask for support if needed.

The holidays are a time for memories and traditions. Music, decorations, smells and activities can help the person with dementia experience the occasion. Be mindful of those memories or traditions which will bring joy and those that might evoke not so happy memories. Food and drink are a special part of our festive celebrations. Encourage participation in the preparation for those who want it or feel able.

If you are having visitors or going away, give yourself plenty of time to prepare. If things have changed since you last saw friends or family, consider updating them before you meet so that they know what to expect.

Be prepared for closures over the holidays and make sure you know where to go for help during this period. Check with your GP practice to see when they are available and if they have any back-up services. If you are feeling stressed or overwhelmed, you can free call or text 1737 at any time to speak with a trained counsellor.

With thanks to Lyneta Russell, Principal Advisor Services and Standards



## RECIPE:

### Easy Fruit Cake

#### Ingredients

- 1kg of mixed dried fruit
- 600ml chocolate milk
- 2 cups self-raising flour

#### Method

1. Place the mixed fruit into a large mixing bowl, add the chocolate milk and stir to combine.
2. Cover the bowl with cling film and refrigerate overnight.
3. Line a 20 cm (8 inch) square cake tin with baking paper and preheat oven to 160 °C (320 ° F) or 150 °C (300 °F) if fan forced.
4. Fold the flour through the fruit mixture and then transfer it to the cake tin.
5. Bake for 2 hours then turn off the oven and leave the cake in the oven for a further 30 minutes.
6. After removing from oven, allow the cake to cool completely before cutting and serving.



# 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



**networktasman**  
Your consumer-owned electricity distributor



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



**WAKEFIELD PHARMACY**  
the caring pharmacy



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Like us on Facebook: /www.facebook.com/alzheimers.nelsonnewzealand/  
A dementia friendly New Zealand | Aotearoa, he aro nui ki te hunga mate wareware