



A Special Newsletter Edition for  
Past and Present Members

September is  
Alzheimers Awareness Month



### Memory Walk

Come and join us on our first annual Memory Walk .

**This will be held at Founders Park on Sunday 31st August at 11am.**

Lets remember those that cannot.

We will have a memory tree and encourage you to place a memory of those you know or have been affected with memory loss. There will be light refreshments available to purchase.

We look forward to seeing you there.



**Quiz Night, Wednesday 3rd September, 7pm at the Boathouse,**  
get your team together today and come along to enjoy a fun evening with friends.

### 'Cuppa for a Cause'

**Thursday 11th September, 10am at the Boathouse.**

During the week of 15th -20th September look for these Cafe's supporting us!

## Support Group / Café Dates 2014

**Nelson** Night Support 7 - 9pm and **Richmond** Support Groups 10 - 12noon  
are on 1st Tuesday in the month *2 September, 7 October, 4 November*

**Nelson** Day Support 1.30 - 3pm on 1st Tuesday in the month -  
*2 September, 7 October, 4 November*

**Stoke** Support Groups on 1st Wednesday in the month 10 - 12 noon -  
*3 September, 8 October, 5 November* and 1st Thursday in the month  
10.30 - 1pm - *4 September, 9 October, 6 November*

**Motueka** Support Group 10 - 12 noon on the 3rd Wednesday in the month  
*17 September, 15 October, 20 November*

**Motueka** Alz Cafe on 1st Wednesday in the month at TOAD Hall -  
*3 September, 8 October, 5 November*

**Nelson** Alz Cafe on 2nd Thursday in the month at the Boathouse -  
*11 September, 9 October, 13 November*

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## 31st August - Memory Walk

Our very first Memory Walk will be celebrated at Founders Park on Sunday 31st August at 11am. Come along and join us, lets remember those that cannot.



## 3rd September - Quiz Night

Wednesday the 3rd, 7pm start @ The Boathouse, \$10.00 per ticket maximum of 8 people per table please, nibbles provided, cash bar. To purchase your tickets please phone 546 7702, and will make arrangements for when and where to pay and ticket collection.

## 11th September - Cuppa for A Cause

Thursday 11<sup>th</sup> (at Alz Café), 10am start @ The Boathouse. Come along and support this event. Look out for Cafe's supporting 'Cuppa for a Cause' during appeal week.

## Richmond Lions Sausages Sizzles

The Richmond Lions have very generously offered to help make "World Alheimers Month" as spectacular as possible. They will be running 2 sausage sizzles for us over the month of September at Bunning's. If you are getting ready to start your Spring/Summer plants please support us and the Richmond Lions by purchasing a sausage or two.

## Street Appeal

**(Bucket Collection)** starting the week Monday 15<sup>th</sup> - Saturday 20<sup>th</sup>. Over this week we will be collecting outside the Countdown stores, Westpac (Motueka) and Queen Street Pharmacy. Inside the Richmond Mall (Thursday 19<sup>th</sup>) we will be manning an information stall on Alheimers disease and what support is available from Alheimers Nelson.

## September Street Appeal Dates

- 15th - Countdown & Westpac in Motueka
- 16th - Stoke Countdown
- 17th - Warehouse (Vanguard St) Countdown & Fresh Choice Takaka
- 18th - Queen Street Pharmacy & Richmond Mall
- 19th - Trafalgar Park (Halifax St) Countdown
- 20th - Stoke Countdown



## Life Size Puppetry

**An amazing show being presented at the Suter Gallery offering groups the opportunity to fundraise**

The show is called '[In Absentia](http://www.tablo.co.nz/abouttablo.htm)' by Tablo Theatre <http://www.tablo.co.nz/abouttablo.htm>, based on the themes of Dementia and Alheimers. Tablo theatre's performances features mask and life size puppetry, containing a minimum of spoken dialogue, powerful and emotive music, memorable characterisations, and costuming, combined to present a surreal experience which invites the audience to suspend their disbelief and go on a magical journey. There are two shows 26th & 27th August.

### HOW CAN YOU BENEFIT?

Alheimers Nelson has been asked if we would like to be the beneficiaries of the 7.30pm Tuesday 26th August performance. A donation of \$10 from the sale of each ticket will come to us. Currently the ticket price is set at \$29.90.

### PROMOTION FOR US!

On the night of both performances we would be able to set up an awareness desk in the foyer, perhaps stationing some donation buckets, have volunteers handing out any material etc.



*Soroptimist International  
of Nelson  
Invite you to participate  
in a*



*Community Groups Trash N Treasure Day*

*at*

*Stoke Memorial Hall*

*Saturday 11<sup>th</sup> October*



*To book a site for \$20 (including a trestle)*

*Email [jude.miles@xtra.co.nz](mailto:jude.miles@xtra.co.nz) or phone 5485966 by 15 August*

*(Phone 5467702 if you have any items you would like to donate)*

## Caring with Confidence

On Wednesday 15<sup>th</sup> October and 22<sup>nd</sup> October 2014 (9.30 am-3.00pm), at the Richmond Church of Christ, corner of D'Arcy & Croucher Streets. This course is designed especially for family and friends who are caring for people with a dementia. The course is full of helpful information and tips. Due to the popularity of this course please phone the office on 546 7702 to book your place before Friday 10<sup>th</sup> October 2014.

## Age Concern Nelson Presents a Scam Savvy Seminar for Older People

Age Concern Nelson is bringing Bronwyn Groot to Nelson to present her Scam Savvy seminar on Thursday 27 August from 1.3pm - 3.30pm at the Trafalgar Pavilion. Open to everyone over 60, this event will hear on how to be alert to credit card and lottery scams, card skimming. . . and more. Gold coin donation entry. If you'd like to come along, please contact our office to register as places are limited. Call 03 544 7624, or email: [ageconcern.nelson3@clear.net](mailto:ageconcern.nelson3@clear.net).

## Golden Bay Visit

Alzheimers Society Field Worker to visit Wednesday 10<sup>th</sup> September. Rose will be available to meet with carers individually to discuss any issues surrounding caring for someone with a dementia. At Heartland Service Centre 10.30-1.30pm. Please phone Wendy Earle at Heartland 03 525 6151 for an appointment.

## DEMENTIA: The Future is Now! Biennial Conference

**Held at the Rotorua Convention Centre, 14-15 November 2014**

Please click on the link to take you to the website page for the conference information, guest speakers, registration, flights and transport to the venue and lots of other information.

<http://www.alzheimers.org.nz/conference>

## Guest Speaker: Catherine Hall, Executive Director of Alzheimers New Zealand

Jill McKnight welcomed Catherine Hall, Executive Director of Alzheimers New Zealand and introduced her to the meeting. Catherine has a nursing and management background and has been with Alzheimer's NZ for two years.

Catherine explained the challenge for New Zealand of the significant increase in the number of cases of dementia. Currently, there are 52,000 people living with the diagnosis of dementia. By 2050 there will be up to 150,000 plus family, friends and whanau who are affected. It is a large and complex situation and we need to work together.

Catherine explained the global context and unprecedented world-wide commitment to research into finding a cure or treatment of dementia.

Alzheimer's NZ is working on a new strategic direction for the 21 members and Alzheimer's NZ to work together using shared resources and capabilities. This replaces the 2010 National Dementia Strategy. The three pillars of this direction are: addressing the stigma of dementia, working together and resources and capability.

The National Board is also involved in holding the Conference at the end of this year, reviewing educational resources, benchmarking, launching a new awareness campaign with DHBs and the implementation of the Dementia Care Pathways. Catherine expressed her thanks for the opportunity to come and share these developments with the meeting.

**AGM Highlights** The meeting took place on a very wet and windy Wednesday morning. The Advisory team did a great job of serving the morning tea. Jill McKnight (Board Chair) opened the meeting and welcomed all who had braved the weather and asked us all to introduce ourselves before we got down to the business of the day.

### Highlights from Reports

- That the year had been extremely stable due to the commitment, generosity, skill and perseverance of Nelson's unique team.
- Board member Liam Butler has taken a seat on the Alzheimers NZ Board.
- The Advisory Board and volunteers have been very creative with their successful social and fundraising events during the year (raised just under \$11,000. 00)
- Heather Lackner and Jill McKnight have represented both the Society and Home Support community based serviced on the NMDHB Dementia Care Steering Group.
- Closer links have been forged with Alzheimers NZ and Marlborough.
- The operational team had to move from 50 Halifax Street and are now located at 319 Hardy Street.
- Community Awareness of Alzheimer's Society Nelson and Alzheimer's NZ is a major concern.
- Referrals from GPs have increased.
- The applications for grants Dawn Allan had made during the year had resulted in \$82,000 in grants.
- The Wanda Trak programme helps clients to remain at home longer.
- Education: The team has been visiting rest homes and providing education for staff when requested. Thirteen presentations have been held around the area. Presentations to Hospice volunteers have been held twice a year. Other education sessions to Community based organisations have included our first 'Caring with Confidence' workshop. An education session has also been held in Golden Bay.
- Resources: New library books and DVDs have been added. New resources have been printed to help people in the community, as well as a card for the carer, which identifies them as carers of someone at home.
- Donations were up \$23,000 with a \$5,000 bequest this year.
- Total income was \$171,019.
- The move to 319 Hardy Street resulted in additional expenses as well as an increase in rent.
- Wages have increased.
- Total Expenses were \$141,058.
- Profit was \$29,960.

### General Business:

**10.1 NMDHB contract:** Stephanie Reid from the NMDHB was present and reported that the Board would be receiving a 0.61% increase which will be passed on the contracts. Stephanie said that the Board would consider requests for funding specific objectives at the budgeting round in October. Any proposals should be submitted to Stephanie as soon as possible. Jill McKnight mentioned the Navigator Role with Marlborough may be proposed.

**10.2 Staff burnout:** Concern was expressed about the possibility of staff 'burn-out'. This is acknowledged and staff were commended for managing to juggle their activities.

**10.3 Mac Brownie** expressed the thanks of the group who attend the meetings on the first Thurs of the month at the Stoke Baptist Hall.

**10.4 Advisory Committee Report to AGM:** Don Grant gave a brief report from the Advisory Committee, in particular recommending a professional fundraiser to raise more funds.

**10.5 Memorandum of Understanding with PSS:** Jill McKnight explained that the Memorandum of Understanding was no long necessary and the working relationship between Alzheimers Nelson & PSS continued.





Professor Graham Stokes  
Bupa Global Director of Dementia Care  
Honorary Visiting Professor of Person-Centred Dementia Care,  
University of Bradford Corporate Centre Medical”

“Pursue the value of respite care that is delivered in a measured proactive fashion rather than in response to crisis”- Professor Graham Stokes

“People with dementia deserve to live at home for as long as possible, and most wish to do so and this means supporting their families to cope with the demands of what is often referred to as the 36 hour day. The provision of respite care helps them do this by giving them a reassuring break knowing their relative is being cared for in a safe and supportive setting. However the time to do this is not when the carer is exhausted and on the cusp of crisis, for this is when frustration and resentment is in the air and we’re responding to suffering not providing timely, appropriate compassionate support. Effective respite care is planned, flexible and promotes well-being for all before crises are reached and that is how it should be if we are going to help people with dementia live well.”

## Thank you

We are grateful to have received financial support from:

- The Canterbury Community Trust
- NZ Lottery Board
- Nelson Marlborough District Health Board
- Mainland Foundation
- Lion Foundation
- Nelson City Council
- Tasman District Council
- EF & MacDonald trust
- Community Postage (prepaid envelopes)
- Nelson Bays Primary Health for printing our newsletter
- The Copy Press for designing / printing our new resources

## Donations and Memorial Gifts



Our grateful thanks to those who have given funeral donations and memorial gifts in memory of a loved one.

We extend our deepest sympathies to those families who have lost a loved one in recent months.

## Volunteers Wanted

We are looking for volunteers to join our current team to help support us with some of our new and exciting innovations, which will help support our clients. If you can help out with any of these tasks please contact the office on 03 546

Alzheimers Society  
Phone 5467702  
Field Officer 0276266428



## Book respite with Flaxmore Care Home and receive a gift voucher\* of your choice!

Respite care is a short break for your loved one at Flaxmore Care Home.

Respite is great way for you and your loved one to have a planned break. A respite stay can be anything from a few days to a few weeks. It is also a good way to see if you like Flaxmore Care Home and want to plan to gradually introduce the person you love, into our long term care if that is what they need.

### Why are we giving you a gift voucher of your choice?

Flaxmore Care Home practices the Bupa philosophy of **person-centred care**. This means we'll get to know your loved one and find out their likes and dislikes so that we can provide their choice of care and make them feel more at home.

Did you know that Flaxmore is the only care home in the Nelson region to have been awarded the highest independent Ministry of Health Certification Audit standard for the quality of its care? By using respite at Flaxmore you can see for yourself the quality of care we provide.

Please call me to arrange a tour of Flaxmore or to book respite.



Jackie Mackenzie-Howe - Manager of Flaxmore Care Home

Jackie.MacKenzie-Howe@bupa.co.nz

(03) 546 9324 or 027 267 3161 after hours.

[www.bupa.co.nz/aged-care/care-homes/choose-a-care-home/nelson/flaxmore-care-home/](http://www.bupa.co.nz/aged-care/care-homes/choose-a-care-home/nelson/flaxmore-care-home/)

\*The gift voucher is for both DHB and privately funded clients who book a stay for 7 nights. Selection of 4 vouchers - one voucher per person. To be booked and used by 1 December 2014 and applies to both new and existing users of Flaxmore's respite service.