



## Winter Newsletter - June 2020

### Snippets from the Team

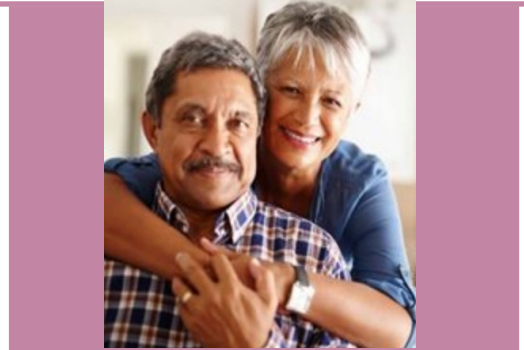
#### **Z**ooming into the future

So much has happened since our newsletter in March! Although our services continued to the greater extent, despite not being able to meet in person during nationwide lockdown, we had to make a number of big changes to adapt so we all kept safe and well.

Thank you for braving the challenging journey with us. Many of you have kept up that intrepid, adventurous spirit New Zealanders are renowned for and taken on challenge of all challenges—New Technology! Who would have imagined that we would have been using video conferencing called Zoom on our phones or computers to chat to each other face-to-face, or holding support and social groups online in 2020! Some of you have expressed interest in continuing to meet in this way while others prefer to meet in person or chat on the phone. We will work with your preferences so talk to us and let us know. We will keep you informed of meeting times and will also post updates on our Facebook page.

#### **V**olunteers—We thank you!

As we celebrate National Volunteer Week (June 21-27 2020), we express our gratitude to all of you who support us with your time, love and energy. We truly couldn't do it without you!



#### **Dementia Support Series**

Alzheimers Nelson ran a series of workshops in June via Zoom video conferencing on dementia support. These were led by Lee, one of our fabulous volunteers. Alzheimers Nelson works closely with Alzheimers NZ and uses a number of approaches to care that we tailor to the circumstances of our clients, carers and families. Teepa Snow's Personal Approach to Care is one such approach. Lee also spoke on the topics of eye changes during the later stages of dementia and some communication ideas inspired by Teepa.

I DON'T DO DRUGS...



I GET THE SAME EFFECT BY STANDING UP FAST!

A great  
ATTITUDE  
becomes  
a great DAY  
which  
becomes  
a great  
YEAR.

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*



# Alzheimer's *Nelson*

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

## Monthly Happenings

We are SO looking forward to meeting up in person again. Over the last few weeks we have been running weekly groups, but these will revert to our usual monthly meet-ups in July/ August—some face-to-face and some via Zoom Video Conferencing depending on preference. We are looking at running similar Early Memory Social and Support Groups, and looking at venues and also people's preferences. So please keep an eye on our web/facebook pages or get in touch with us if you are interested in joining face-to-face groups. Call Heather or Sue.

## Phasing out of cheques

Banking industry changes mean non-profit organisations who use cheques or receive donations by cheque need to make alternative arrangements over the coming months so we are not financially affected.

### ***What does this mean for us?***

We realise that a number of you pay WandaTrak battery replacements, memberships, donations and engraved bracelets in this way. We will provide reminders on alternative pay methods and thank you so much for your understanding in this regard. If you are not using online banking, but would like to give it a try, we suggest you talk to your bank's customer service providers. It's an efficient way to make payments from your home PC, tablet or phone. Alternatively, you are welcome to continue to make bank transfers or counter deposits. When we are back in the office, you are welcome to pop in to make cash payments if this is your preference. Please ring us first, to ensure we are not out on errands when you visit.

## Monthly Carer Support Groups

To join a support group, contact Heather or Sue on 03 546 7702 ahead of these dates:

### Group Dates Richmond

10-11am 1st Tuesday

### Nelson

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

### Stoke

10 -12 noon, 1<sup>st</sup> Wednesday

### Motueka

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

### Night Support Group

Zoom meeting

*We will be having a Zoom Day Support Group. Details to follow.*

## LIBRARY DROP IN CLINICS

### On hold, but...

Our monthly library drop-in clinics for Stoke, Richmond and Nelson are on hold, but Heather and Sue are only a phone call away if you need advice or information. Call 03 546 7702 and they will call you back!

## MOVING ON Groups

Friendship & support for people who have been carers. For more info, contact:

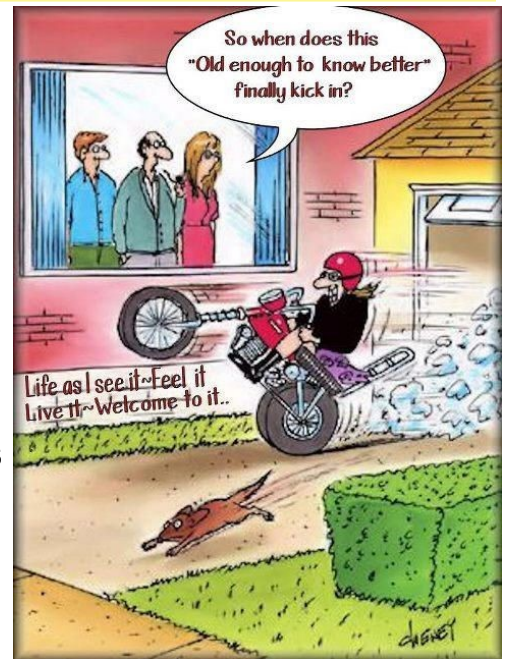
**NELSON - Rae Hill on 547 6548**

**MOTUEKA**

**Janice on 03 528 0158**

## SeniorNet teach technology basics

SeniorNet helps older people engage with technology and become less daunted by it. They also aim to educate learners about technology-related scams so they are armed with knowledge that makes them less vulnerable. In Nelson, they have 500 subscribers, with premises at Pioneer Park. Rod Lewis and Hilary Carpenter, who run SeniorNet in Nelson say members generally want to keep in touch with remote family, learn to search the internet, save money buying products and learn how to use internet banking. SeniorNet runs a number of 2-hour group and 1-2-1 courses at Pioneer Park, where they have a hall and class room. All the courses are listed on their website [www.seniornetnelson.org.nz](http://www.seniornetnelson.org.nz). All the trainers are volunteers, and the website itself was created by two women members who are in their 70's. They can also support members with visual impairment with assistive technology. For more information, Contact Hilary on 03-548 9401.



## Safer Walking with Wandatrak

The WandaTrak Tracking System is used by Land Search and Rescue and NZ Police to search for people living with Dementia who are at high risk of becoming lost. The system is comprised of a pendant which is worn by the person with Dementia. The pendant emits an electrical pulse at a specific frequency. When the person goes missing, their frequency is dialled into the tracking unit. As the tracking unit approaches the pendant, the stronger the pulse will be heard. If you are looking after a person with Dementia who is at risk and you think that a Wandatrak or a Safe Return bracelet would be helpful, contact one of our Alzheimers Nelson Dementia Advisors to find out more on 03 546 7702 or email [admin@alzheimersnsn.org.nz](mailto:admin@alzheimersnsn.org.nz).



## Ideas to prevent isolation and loneliness

In recent months, many have experienced the effects of isolation and loneliness. While some alone time is deemed as rest, social isolation in itself can have long-term negative effects on mental and physical health. Even when physical isolation is thrust upon us, like in recent times, there are things we can do to prevent loneliness and being socially isolated.

- ◆ Determine how much alone or social time is appropriate for your person with dementia without imposing this on them, and decide where some social connection would be beneficial – like a conversation on the phone, coffee chat or visit from a family member
- ◆ Covid-19 lockdown has been a very unusual time for all. When appropriate, encourage visitors to visit, and stop and stay a while.
- ◆ Fuel their interests – encourage them to share their passions – gardening, singing, handcrafts, walking with others.
- ◆ Tap into technology to facilitate connection – chat on the cellphone, join a Zoom video chat with friends or grandchildren, join online social groups like our Alzheimers Social Groups or join an online seminar on a topic of interest
- ◆ Interact with a pet – pet therapy is medicinal. If you don't have one, you could have a chat with Age Concern who run Pet Connect or visit a neighbour who has a friendly cat or dog.
- ◆ If your person with dementia is often on their own, consider them living with others in similar circumstances, where they share dining and living spaces, and where there are opportunities to join regular entertainment and sensory activities.
- ◆ Explore counselling to help fight depression associated with isolation. Chat to your Dementia Advisor—Heather or Sue, or your GP about whom to contact.

If you didn't do a lot of  
Stupid things when you  
were young...



What would you have  
to laugh about now?

## Are you on email?

### 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 posting correspondence. We can get our newsletter to you quicker and it's more cost-effective for us.

## Mapua Raffle

Left out last time in error!

A big Thank You to Valerie Roche and her team of volunteers for running a fundraising raffle in Mapua. Every bit helps us deliver our dementia support, education and advocacy services in the region.

## Call for volunteers

**WANTED!** People interested in assisting our Dementia Advisors with our service. Call 03 546 7702 for details



# Alzheimers *Nelson*

## UPCOMING events

### Alzheimers Nelson AGM

**18 August 1-3pm**  
**Baptist Church, Stoke**  
**Please join us!**

### Doing things differently

We have missed a few events in recent months, but we are planning some new fun awareness and fundraising activities which we will share with you in the coming weeks. Look out for more details coming your way!

### Membership Support

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

If you haven't yet signed up or renewed your membership, now's a good time to do it for the period to 31 March next year.

Your annual subscription of \$25 helps us to continue our work in Nelson Tasman districts, 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.

You can use the form adjacent to this note and pay at the bank or via Internet Banking or send it to us at 319 Hardy Street, Nelson. 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**

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

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## TALKING TO FAMILY ABOUT YOUR CARE WISHES

**H**ave you had 'the talk' with your family? It's never an easy conversation, but the sooner you discuss your future care needs, the sooner you'll feel better prepared so that together, you make decisions about your life you're 100% happy with! Colmar Brunton research states that of 500 Kiwis surveyed, 80% had no clear idea what their parents' care wishes were - who would look after them, and whether they would prefer supervised care in a village or live independently at home with tailored care visits.

It's important for families to talk, particularly about our future care needs and our ideas about what we want, and can afford. It pays to weigh up the cost of full-time residential care against homecare, which can begin at just a few hours a week and be scaled up or down according to need.

So, how do you begin to broach the subject with family? Jot down some ideas on paper as an outline to organise your thoughts before you begin. Specify who would like to help you make key decisions and what long-term care you'd prefer. It's about your choices at the end of the day – your freedom and your safety.

*Precise from Eastern Bay of Plenty Summer 2019 newsletter*

**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.



### 10 TIPS TO BE KIND AND STOP ELDER ABUSE

1. Love and cherish your older relatives / whānau.
2. Phone, zoom or facetime older people / kaumātua.
3. Visit older people in your neighbourhood.
4. Involve older people in your social activities.
5. Encourage older people to make their own decisions.
6. Support older people to use their money for their needs.
7. Honour older people's wisdom.
8. Enable older people to set their own pace.
9. Speak respectfully and listen to older people's stories.
10. Seek advice from any Elder Abuse Service or Age Concern if you think an older person is being abused or neglected.

*World Elder Abuse Awareness Day 15 June 2020*







## 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)

## RECIPE: Coronation Chicken (or Cauliflower)

Pun certainly not intended in the name! But we are a NATION who has shown Corona we will not be stirred, minced or beaten!

Mixture makes 12 servings and can be eaten with rice, pasta, baked potatoes or in an omelette!

**BOIL:** Chicken (or chicken pieces), with some onion, bay leaf, garlic, salt to taste. Take off the bone and shred or cut into bite-sized pieces. You can cook Cauliflower as an alternative to Chicken. Set aside.

**HEAT/ SAUTE:** Oil, Butter, rest of Onion, Garlic to your taste

**STIR INTO MIX:** Spicy Curry Powder, Tomato Sauce, Fresh Lemon Juice, Chutney, Apricot Jam

**COOL the above mix**

**ADD:** Mayonaise and Cream/or Ideal Milk to thin down the mixture

Gradually add mixture to Chicken or Cauliflower until you are happy with the consistency.

**DECORATE:** Add garnish of your choice—you could try cubed pineapple, raisins, chopped celery, or pecan nuts. Sprinkle with Paprika

**Serve with your choice of starch or other accompaniment**

### **Ingredients**

1 Chicken (or chicken pieces)

Or 2-3 large Cauliflowers

1 Onion (finely chopped)

Bay leaf (optional)

Salt to taste

1 Tbl Spoon Oil

1 Tbl Spoon Butter

1 finely chopped Onion,

Garlic to your taste

1 Tbl Spoon Spicy Curry Powder

1 Tbl Spoon Tomato Sauce

1 Table Spoon Fresh Lemon Juice

1 Tbl Spoon Chutney

1 Tbl Spoon Apricot Jam

1 Cup of Mayonaise

1 Cup Cream or Ideal Milk

Your choice of Starch or other accompaniment

**Your choice of garnish to decorate**





# 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



**Rātā  
Foundation**



**Lottery Grants Board**  
Te Puna Tahua  
LOTTO FUNDS FOR YOUR COMMUNITY



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

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