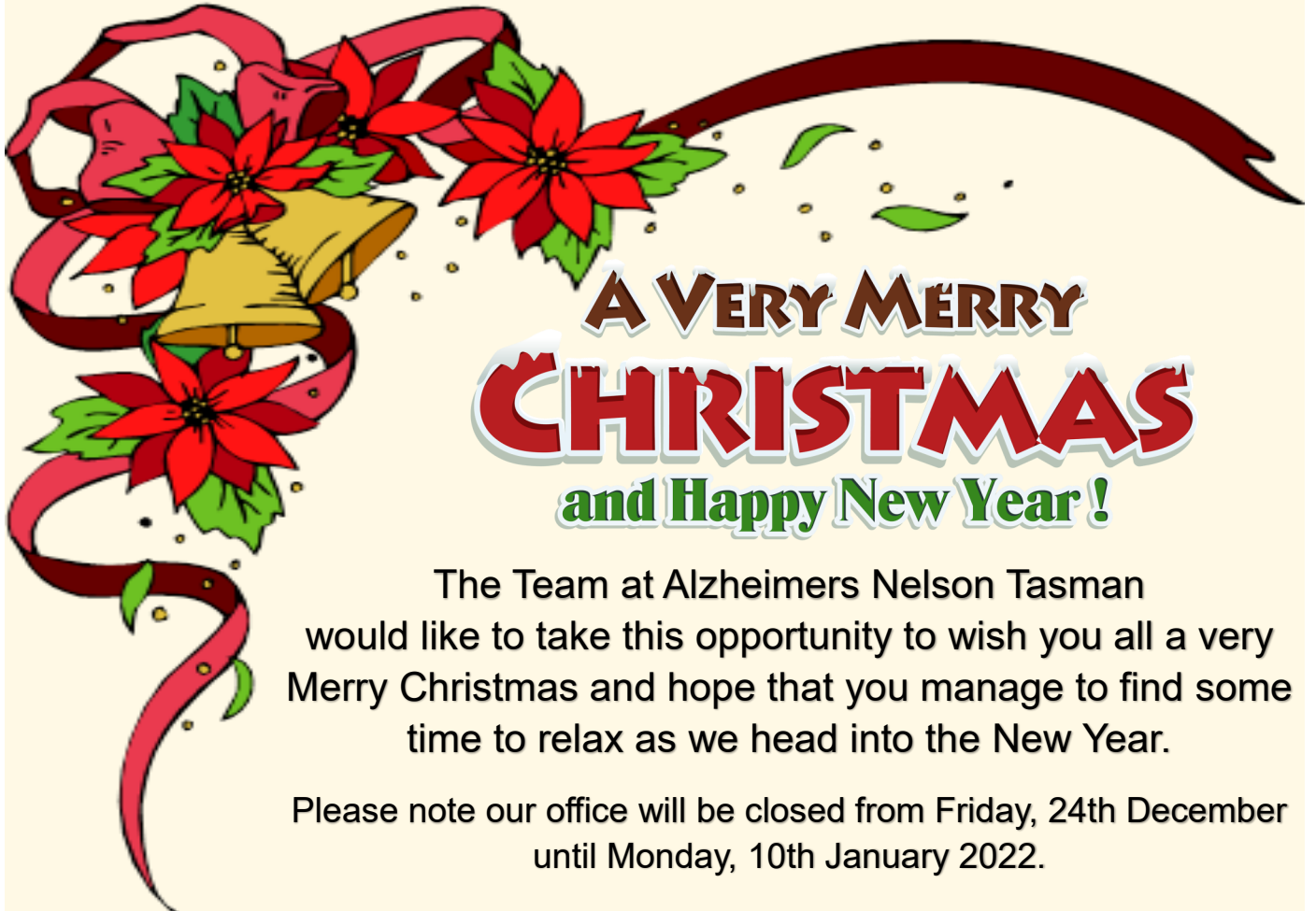




Summer Newsletter - December 2021



The Team at Alzheimers Nelson Tasman would like to take this opportunity to wish you all a very Merry Christmas and hope that you manage to find some time to relax as we head into the New Year.

Please note our office will be closed from Friday, 24th December until Monday, 10th January 2022.



Annual Rabbit Island Picnic

Wednesday 26th January 2022, at 11am

We hope you will join us for a relaxing afternoon by the sea.

Bring your blankets, chairs and a picnic lunch, throw in your towels and togs if you dare!

We look forward to seeing you all.

Follow the blue balloons and you will find us.



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/)
A dementia friendly New Zealand | *Aotearoa, he aro nui ki te hunga mate wareware*



By the time you receive our newsletter we will have moved into the traffic light system. This may be a time of confusion for a number of you so if you need some support or information around this system please don't hesitate to call us as we may be able to help.

We are committed to continue to provide a quality service to everyone living with dementia and it is important that we do this in a way that will keep our clients, whānau and staff safe. We ask for your patience and understanding while we work through this process.

We are encouraging all our clients and whānau to look at establishing an emergency plan - if you need more information around this please contact our office.

As from Friday, 3rd December you will be required to show your Vaccine Pass at a number of venues. If you need support to get your Pass there are a number of Pharmacies who can assist, otherwise Vicki in our office may be able to support you. Call our office on 03 546 7702 ext. 3.



Alzheimers New Zealand Conference 2021

Living with dementia: Taking action for a better future

Te noho rangatira me te mate wareware: Te kōkiri kaupapa mō ngā rā e tū mai nei

Due to the uncertainty of Covid the Conference was held online this year which was a great opportunity for people to watch some amazing speakers from the comfort of their home.

The Alzheimers Nelson Tasman staff were joined by the Team from Alzheimers Marlborough for the two days at our office. It was such a great space to be able to gather together and watch the speakers. We set up a couple of TVs in two different areas which enabled us to watch the different concurrent sessions. Staff from Stoke Seniors and Presbyterian Support also joined us for a couple of sessions. There were some amazing speakers and we all came away with greater knowledge in many different areas and inspired by the stories we heard. It was also a great opportunity to network with others locally who support our older people.

We can't forget to thank Nelson City Council and Tasman District Council for their support and their commitment by also joining us throughout the Conference.



The Nelson Cathedral Christmas Tree Festival


Take a trip to the Cathedral to look at the wonderful display of trees decorated by many community groups around the Nelson region.

Make sure you vote for Alzheimers Nelson Tasman's amazing glittering purple tree which we must thank Penelope from our Advisory Group for setting up and so beautifully decorating.

The Festival is open every day and late night on Fridays from now until 15th January 2022.

Mini Musical concerts will feature on festival weekdays from 1.00–1.30pm until 22nd December.

SOMETHING TO THINK ABOUT DURING THE FESTIVE SEASON

The holiday season can be a joyful time for family and friends to spend together and share in traditions. 

However, this busy time of the year can also be overwhelming and stressful for people living with dementia.

With some adjustments, people living with dementia and their families can continue to enjoy the holidays by participating in the traditions that have always been important to them while creating new experiences.

If you are living with dementia, noise, large groups of people and the hectic pace of the holidays may increase anxiety. To help make the season enjoyable, consider keeping things simple and focus on cherishing the time spent with people closest to you.

- ◆ Keep to your normal routine as much as possible.
- ◆ Recognise that you may not have as much stamina for large gatherings or activities as you have had before and that is Okay!
- ◆ Schedule time to re-energise.
- ◆ Try not to plan too many activities in one day.
- ◆ Think about the traditions that are most important to you and focus on those.



HAVE FUN





Looking for a practical gift for Christmas

Digital Day Clock - Great for All - Ideal for Seniors (esp. Dementia, such as Alzheimer's)

Mindjig is a website that offers items that can be helpful for the person living with dementia.

<https://mindjig.co.nz/>

Sensor Lights for hallways, a must for all homes



Improving Dementia Mate Wareware Services in Aotearoa New Zealand
Action Plan

First presented to government in May 2020
Updated and represented to government in September 2021



Dementia Mate Wareware Action Plan

The numbers of people living with dementia mate wareware are increasing fast. Funding for existing services is woefully inadequate and the system is struggling to deliver culturally responsive and equitable services.

The Dementia Mate Wareware Action Plan is the result of a collaboration between Alzheimers NZ, the New Zealand Dementia Cooperative, the Mate Wareware Advisory Rōpū and Dementia New Zealand, with the voices and input of over 300 individuals and groups.

To find out more and to read the Plan visit: <https://alzheimers.org.nz/explore/dementia-action-plan/>

They did it!! Well done to Dynamo Daisy and the other 'Daredevil Divers' who took to the skies in September raising awareness and \$2,455 in donations for Alzheimers Nelson Tasman! What a fantastic effort by everyone involved - thank you so much for your support.

Dynamo Daisy
Dives For Dementia!



Tracey McConnachie
Driving Miss Daisy Nelson West



2021 'Dive for Dementia'





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

RICHMOND CAFÉ
The Dress Up Box,
Hope
(Call office for more information)

There will be no Support Groups or Cafés held in January. These will all resume in February 2022.

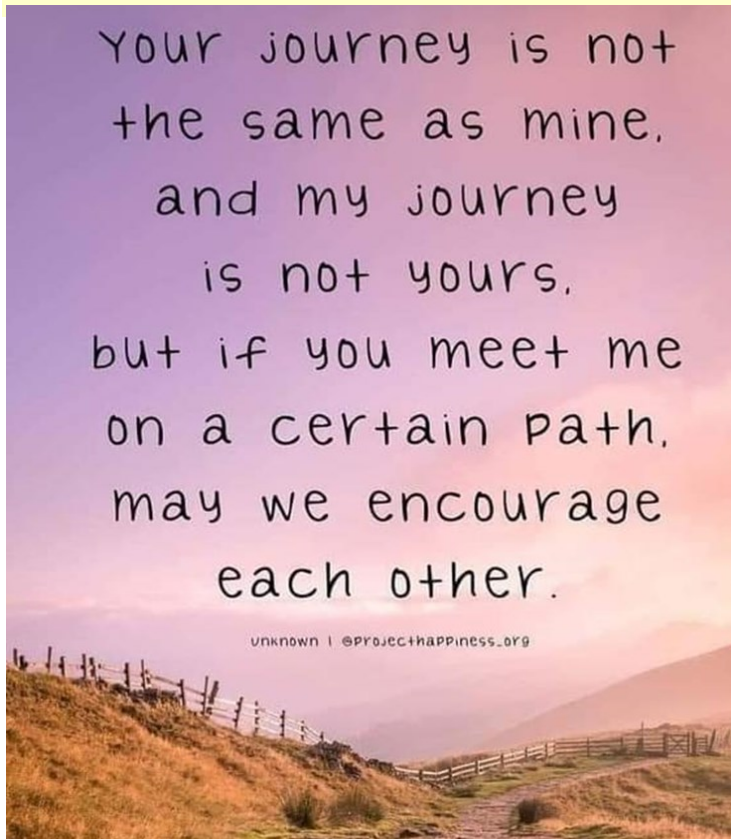
Nelson Library Dementia Friendly Book Group

Wednesdays, 11-12 noon, weekly

Call Sue at Alzheimers Nelson Tasman on 03 546 7702 for further details and to secure a place.

Your journey is not the same as mine,
and my journey is not yours,
but if you meet me on a certain path,
may we encourage each other.

unknown | @ProjectHappiness.org



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, 2nd Tuesday

Stoke
(Baptist Church)
10-12 noon, 1st Wednesday

Stoke
(Summerset Village Clubhouse)
10-12 noon, 1st Thursday

Motueka
10-12 noon, 3rd Wednesday

Night Support Group
7pm, 2nd Tuesday, Zoom Meeting

5 Mindfulness Exercises You Can Do Anywhere



**BODY
SCAN**



**MINDFUL
SEEING**



**MINDFUL
LISTENING**



**MINDFUL
BREATHING**



**5 SENSES
EXERCISE**

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

People who meditate are happier, healthier, and more successful than those who don't.

The amazing benefits of practicing meditation and mindfulness are available to everyone who has the time to practice these skills.

If you have already tried meditation, mindfulness or other positive psychology interventions before, you may have thought it "wasn't for you" after a couple of tries.

But like any skill, mindfulness takes practice. Try it again! Sometimes the only thing standing between our goals and us is a little bit of direction.

Hopefully, this website can provide the direction for you to give mindfulness a try in your own life. Give it a go!

BENEATH EVERY BEHAVIOR THERE IS A FEELING. AND BENEATH EACH FEELING IS A NEED. AND WHEN WE MEET THAT NEED RATHER THAN FOCUS ON THE BEHAVIOR, WE BEGIN TO DEAL WITH THE CAUSE, NOT THE SYMPTOM.

ASHLEIGH WARNER



Note to Self:
When things feel overwhelming remember...
**one thought at a time,
one task at a time,
one day at a time.**



Black Bean Bliss Balls

Ingredients (Makes 30)

- 1/2 cup dates
- 1/2 cup dried cranberries
- 1/2 cup ground almonds
- 2 Tbsp cocoa
- 2 Tbsp runny honey
- 400g can **Wattie's Black Beans in Spring-water**, drained
- Zest from 1 small orange



Toppings:

- Finely chopped toasted pistachios
- Cocoa
- Coconut

Method

Step 1: Put the dates, cranberries, ground almonds, cocoa, honey, Wattie's Black Beans and orange zest into a food processor. Process until the fruit is finely chopped. The mixture will come together into a ball.

Step 2: Roll the mixture into small balls.* Roll balls in finely chopped toasted pistachios, cocoa or coconut. Store in a container in the fridge.

*Make ahead and freeze balls on a tray in a single layer. Pack into an airtight container or resealable bags. Thaw and roll in coconut or cocoa before serving.

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

Membership Support

Thank you to those who have paid their membership subscription.



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 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 living 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

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

Grant and Corporate Support



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY



MINISTRY OF SOCIAL
DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA

75 Tahunanui Drive, Tahunanui, Nelson 7011 Phone: 03 546 7702 Office Hours: Mon to Thurs 9am-3pm
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