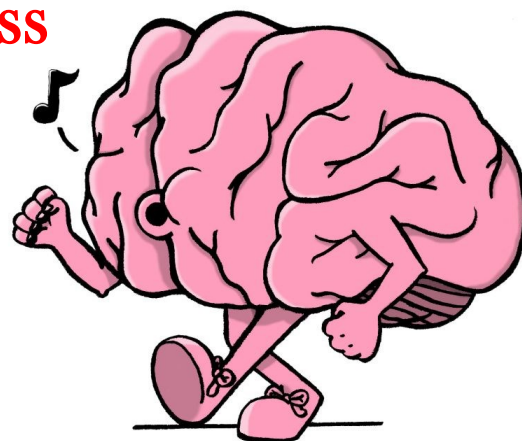


Autumn Newsletter - March 2022

MARCH is Brain Awareness Month

Alzheimers New Zealand are running a 14-day **Brain Health Challenge** in March, with 14 exciting and brain-stimulating activities for you to do every day. They're simple, fun, and will help you develop healthy habits to support brain health long after the challenge is over.



Sign up here today: <https://challenge.alzheimers.org.nz/> and over two weeks you will get a small **daily challenge directly to your inbox**.

Challenge yourself to combine...

- ✓ Exercise
- ✓ Activities to challenge your brain
- ✓ A healthy, balanced diet
- ✓ Staying social



COGNITIVE STIMULATION THERAPY

Cognitive Stimulation Therapy (CST) is a group therapy programme for people who are experiencing mild/moderate cognitive impairment or dementia and has been designed to improve confidence, wellbeing and quality of life for people living with dementia.

Alzheimers Nelson Tasman will be running a CST programme beginning in March, with another planned for later in the year. Each programme runs for 10 weeks and consists of one session per week of 1½ hours. These sessions aim to actively stimulate and engage people living with dementia, while providing an optimal learning environment and the social benefits of a group.

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*



Autumn is a second spring when every leaf is a flower

Consider: A hike up the Grampians, relax in Queen's Gardens, seek out native birds at The Brook Waimārama Sanctuary, paddle and stroll at Tahunanui Beach, smell the last of the roses at Broadgreen Historic House, picnic on Rabbit Island, cycle on Nelson's fantastic cycle paths, climb to the Centre of New Zealand, stroll along the Maitai River, fishing off Mapua Wharf, gardening; start a herb, vegetable or flower garden.



Each outing or activity are wonderful ways to promote physical and emotional well-being. It can be an opportunity to reminisce about times gone by while reaping the benefits of sunshine, fresh air and gentle exercise.



Nelson Public Libraries
Nelson City Council

Click and Collect now on offer

Check it out: <https://www.nelsonpubliclibraries.co.nz/library/click-and-collect>

Weekly **Quiet Hour** at Elma Turner Library

Every Tuesday morning, Elma Turner Library will hold a Quiet Hour to make the library more accessible for people who find loud, busy spaces challenging.

The Quiet Hour will take place on Tuesday mornings, 9.30am-10.30am from 8 March 2022.

See www.nelsonpubliclibraries.co.nz for more details.

Underneath every cloud there is a silver lining

What is your silver lining? Time to relax, reading a book, starting a new hobby, trying new recipes, playing cards or scramble.

One Care Tip That May Change Your Life

Don't try to fix them

When caring for someone with dementia, care partners instinctively try to bring them back into reality by reminding them of the truth or asking them to remember things. What most care partners don't know is that this approach often causes anger or agitation.

Your intentions are good. You think you can help your person get back to normal if you remind them about things or explain what's real. But the reality is, getting back to normal just isn't going to happen no matter how hard you try.

Having dementia can be a scary and confusing experience for your person. Using logic and reason to explain why you're right and they're wrong may only cause them to get more confused, agitated, defensive, and act out with difficult behaviour.

Tips on how to respond

So, what can you do that may help a person with dementia from getting more upset or behaving in difficult ways? Here are some tips that may help.



DON'T

Respond with logic and reason

Pay strict attention to their words – they may not actually mean what they say

Keep trying to convince them to see or do things your way

Say "Don't you remember?"

Say "No, you're wrong."

Say "Don't do that."

Tell them that people they're talking about or waiting to see are already deceased

DO



Respond to the emotion or intention behind the words

Distract them with an activity they enjoy

Redirect the conversation to a pleasant, positive, or neutral topic

Use therapeutic fibbing – agree with things that aren't true or bend the truth in harmless ways if it calms the situation

Without words, find ways to assure them that they're safe and cared for – hugs or gentle touching often works well.

Don't be discouraged if your attempts to soothe or redirect don't work every time! This is a skill that improves with practice. In time, you'll figure out what works best for each person.

Why this approach works better

When you pay attention to the situation and emotions rather than the words, it helps you uncover each person's true needs. Instead of arguing, shift the mood to something calmer and more positive. You'll thank yourself when you don't have to get into the same screaming match for the 38th time.



Dementia Friendly Communities

A dementia friendly community is one in which people living with dementia are empowered to have high aspirations and feel confident, knowing they can contribute and participate in activities that are meaningful to them.

Here at Alzheimers Nelson Tasman we are continually encouraging everyone in our community to become dementia friends. As of 31st December 2021 Alzheimers Nelson Tasman had 414 Dementia Friends.

We would like to welcome and acknowledge Alex who, not only has completed the online dementia training, but has committed to supporting us with a regular donation. Thank you Alex.

"At Alex Ridsdale Summit Real Estate, we value the commitment and work that the wonderful staff do here at the Alzheimer's Society, Nelson Tasman. After a couple of personal experiences with dementia, we wanted to give something back to the incredible community here as our way of saying Thank you. We will be donating a portion of commission from every house sale to the Alzheimer's Society in Nelson Tasman. It is a cause which affects so many of us, whether directly or indirectly and it is important to us that we do what we can to support this. We are proud to be dementia friends trained here at Alex Ridsdale Summit Real Estate. Please don't hesitate to call if you have any questions regarding real estate – We are here to help! 022 0326 612."



Three minute fudge

Ingredients: 2 cups semi-sweet chocolate chips, 1 can of condensed milk sweetened, and 1 tsp of vanilla extract

Recipe: Pour chocolate chips and condensed milk in a microwave-safe bowl, microwave for 1 minute, stir together until melted (may have to do another 30 seconds in the microwave), stir in vanilla extract. Pour into pan and set in refrigerator until hard (about 1-2 hours).

If you don't try out the above recipe, it is still nice for people to reminisce about their days baking for their families.



Alzheimers *Nelson Tasman*

Alzheimers Nelson Tasman is committed to continuing to provide support throughout this challenging time.

Our Groups, Home Visits and Cafés may need to change at short notice due to community transmission and we may need to deliver our service in a different way.

Please be patient with us. We will do our utmost to keep you informed.

If you haven't heard from us please make contact, do not just turn up.

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)

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.

Alzheimers Nelson Tasman
are seeking

Volunteers

**Do you have time to
brighten up
someone's day?**



**If you have a sense of humour and
enjoy a chat, we have the right
person for you to visit.**

Ring us now and find out more!

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

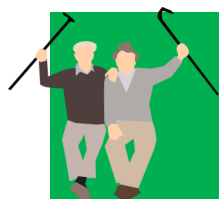
Motueka
10-12 noon, 3rd Wednesday

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

Health & Wellbeing Tips



Begin your
day with
gratitude



Movement
& activities
you enjoy



Feel the
sunshine
on you



Healthy
Food



Walk
your
pet



Laugh and
stay
positive



Connect
with like
minds



Quality
rest and
sleep

The History of 'APRONS'

I don't think most kids today know what an apron is. The principal use of Mom's or Grandma's apron was to protect the dress underneath because she only had a few. It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, she wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, she walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

REMEMBER:

Moms and Grandmas used to set hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron - but love.

Author - Unknown



Membership Now Due for 2022—2023

Membership subscriptions are now due for the membership period 1 April 2022 to 31 March 2023.

Your annual subscription of \$25.00 helps us to continue our work in the district.

You'll also receive our quarterly newsletter with articles and up to date events.

Your support is much appreciated!

Please make your payment in one of the following ways:

- By Internet Banking to our Westpac account 03 1709 0025074 00 - use your surname and initials as reference.
- At the office in cash - our usual office hours are 9.00am – 3.00pm Monday to Thursday (but please ring ahead before coming to office as it may not always be attended at this present time).

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 already paid their membership subscription.

"Autumn is the season to find contentment at home by paying attention to what we already have"



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 \$5.00 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
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*