



## Winter Newsletter - June 2022

### A YEAR ON AT OUR NEW PREMISES

Everyone needs a place where they can participate in social activities, build new relationships and receive education.

And that is what has been happening at 75 Tahunanui Drive.

Those that are regular visitors to our house say there is a sense of belonging, where they feel safe and have lots of fun.

We have been joined by Anne-Marie from The Stroke Foundation who now has her office here.



## Host a Cuppa for a Cause this September

and promote awareness of Dementia.

**Make your next cuppa count!**

Gather your friends together, ask for a donation and enjoy spending time with each other over a cuppa.



*If you are interested in hosting a cuppa and supporting people living with dementia please contact the Alzheimers Nelson Tasman Office for more information.*

75 Tahunanui Drive, Tahunanui, Nelson 7011 Phone: 03 546 7702 Office Hours: Mon-Thurs 8.30am-4pm  
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*

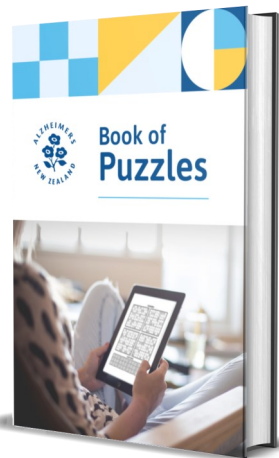


You may be interested in Alzheimers NZ's

## **Book of Puzzles**

You can do it online, download the e-book or order a print copy, for free.

Challenging the brain with new activities or hobbies you enjoy can help build new brain cells and strengthen the connections between them. Keeping our minds active is one of the ways we can reduce our risk of dementia.



<https://alzheimers.org.nz/news/try-our-book-of-puzzles/>



**Happy National Volunteer Week!**  
**19th - 25th June**

**Interested in Volunteering? Come along to the Volunteer Expo** on Saturday, 25th June at the Annesbrook Church, 10am-2pm

"Not every day is good but there is something good in every day."



Everyone's journey is different. Don't compare your path to anyone else's.



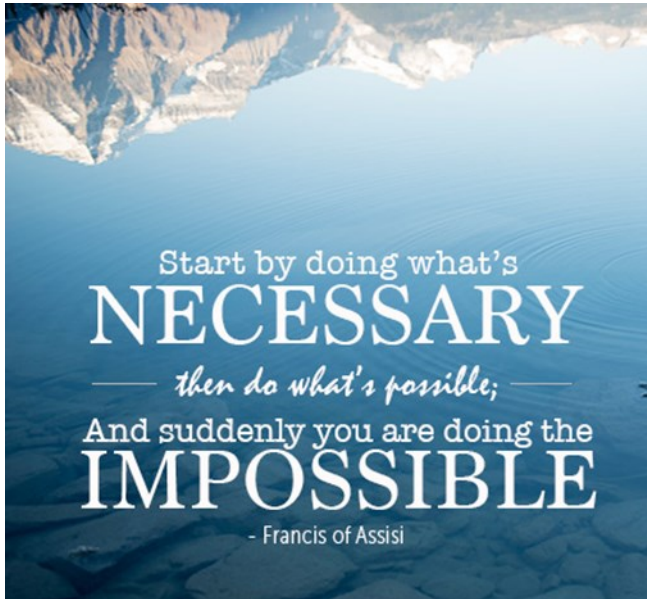
YOU WOULDN'T LET THIS HAPPEN TO YOUR PHONE. DON'T LET THIS HAPPEN TO YOU EITHER. *Self care is a priority, not a luxury.*

### **World Chocolate Day 7th July**

To relieve stress, eat a handful of your favourite chocolate.

Repeat 9 more times!





## Seenager

I **JUST** discovered my age group! I am a **Seenager** (senior teenager).

I have everything that I wanted as a teenager, only 55-60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car.

I have ID that gets me into bars and the wine store. I like the wine store best. The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared? And I don't have acne. Life is Good!

Also, you will feel much more intelligent after reading this, if you are a **Seenager**. Brains of older people are slow because they know so much. People do not decline mentally with age; it just takes them longer to recall facts because they have more information in their brains. Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is **NOT** a memory problem; it is nature's way of making older people do more exercise.

**SO THERE!**

## SAVE THE DATE!

MEMORY  
WALK,  
ISEL PARK



17th SEPTEMBER 2022



We are seeking donations for a grocery hamper (please no canned items).

Raffles will be sold at the Memory Walk and at our street stalls during September.

### Keeping in touch with people

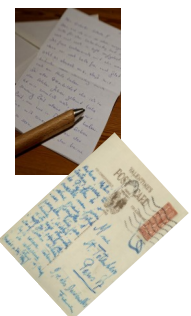
Ways to keep in touch with your family and friends while isolating from Covid-19

What's App

Group Messenger

Family Newsletter

Post a letter and/or a postcard





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

3rd Monday each month, 10.30-12 noon, The Dress Up Box, Hope

## 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.

## Richmond Dementia Friendly Library Group

Starting in June 2022

Call our Office on 03 546 7702 for more information.

## LIBRARY DROP-INS

### Richmond Library

4th Wednesday, 9.30-11.00am

### Nelson's Elma Turner Library

3rd Wednesday, 9.30-10.30am

### Stoke Library

3rd Thursday, 9.30-10.30am

## 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, 1<sup>st</sup> Tuesday

### Nelson

(75 Tahunanui Drive)

10-12 noon, 2<sup>nd</sup> Tuesday

### Stoke

(Baptist Church)

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

### Stoke

(Summerset Village Clubhouse)

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

### Motueka

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

### Night Support Group

7pm, 2<sup>nd</sup> Tuesday, Zoom Meeting

## Wellbeing Tips

These tips are designed to help get you thinking about what will help your mental wellbeing at the moment. These simple actions are big mood boosters — find what works for you and keep at it!



### Give – Āwhina

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one.



### Get Moving – Kia Kori

Regular movement and exercise helps release tension and stress and gives you an energy boost!

### Stay Curious – Me Whai Whakaaro

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft or even mastering a tricky recipe.



### Connect – Tūhono

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.



### Take Notice – Me Aro Tonu

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your (grand) children.



### Relax – Mauri Tau

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.



### Stick to a Routine – Whai Mahere

It will help you get through each day and adjust to regular life when it goes back to normal.



## Getting through together

## WINTER WARMER

### Easy Pumpkin Soup in a Slow Cooker

#### Ingredients

- 1 onion, chopped
- 1 tsp garlic, crushed
- 2 carrots, cubed
- 6-7 cups pumpkin, cubed
- 1 tsp cumin, ground
- 1 tsp paprika
- 3 cups chicken stock
- 1 cup cream (optional), can add more water or chicken stock



#### Instructions

1. Add the onion, garlic, carrot, pumpkin, cumin, paprika and the chicken stock to the slow cooker.
2. Cook on low for 6 hours or until the vegetables are tender.
3. Using a stick blender / potato masher, blitz until smooth or mash to smooth.
4. Add the cream or extra water. Season with salt and pepper.
5. Cook for 30 minutes to allow for the soup to heat.
6. Serve and Enjoy.



### Protect yourself, and your whānau, from the flu this winter

Getting a flu jab is your best defence from the flu this winter. They're available now and are **free** for those over 65. Contact your GP or local pharmacy to book.



## Alzheimers Nelson Tasman Annual General Meeting

Thursday, 16th June, 1.30pm

75 Tahunanui Drive

### Guest Speaker

Wendy Strawbridge  
Health Action Trust

This AGM will run as a hybrid event where you can either attend in person or join online via a Zoom link. We would therefore please ask that prior to the AGM you contact us on 03 546 7702 ext. 3 or email [admin@alzheimersnsn.org.nz](mailto:admin@alzheimersnsn.org.nz) to confirm your attendance.

**Please note that only financial members may vote at the AGM.**

## Membership Support

Thank you to all of you who have paid your 2022-2023 membership subscription.

### 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



### 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.
- 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



**Nelson City Council**  
te kaunihera o whakatū



Your consumer-owned electricity distributor



**THE LION FOUNDATION**



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



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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