



## Spring Newsletter - September 2022

We hope everyone is safe and well after the recent devastating flooding in our region. With spring just around the corner we can at least now begin to look forward to some warmer weather, longer days and flowers starting to bloom again. September also brings a celebration of World Alzheimers Awareness Month, during which we will be running a number of events (see page 2 for details). This includes our annual Memory Walk in Isel Park, Stoke on 17th August. This Memory Walk is for people of all ages and abilities and is a way to remember and raise awareness of the growing incidence of dementia in our community and to recognise those families touched by and living with dementia.



### **We would like to welcome Shelley to our team:**

My name is Shelley Muirhead and I'm delighted for the opportunity to join the Alzheimers Nelson Tasman team.

I have previously worked in community and care related environments, which I love to be a part of, and appreciate the warmth and satisfaction working in this sector brings.

I live in the Richmond area with my family and love what the beautiful Nelson region offers - a great place to call home.

I have thoroughly enjoyed meeting many new people during my first few weeks in the role as Social Connector and look forward to getting to know many more members of the community.

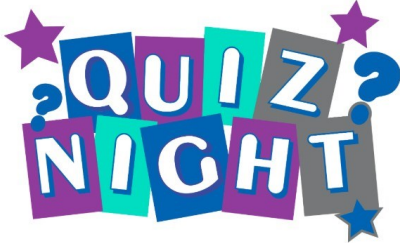
75 Tahunanui Drive, Tahunanui, Nelson 7011 Phone: 03 546 7702 Office Hours: Mon-Thurs 8.30am-4pm  
FREEPHONE: 0800 004 001 EMAIL: [admin@alzheimersnsn.org.nz](mailto:admin@alzheimersnsn.org.nz) WEB: [www.alzheimers.org.nz](http://www.alzheimers.org.nz)

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***



## ALZHEIMERS AWARENESS MONTH



Tuesday, 6th and Tuesday, 13th September, 7pm

Come join us at the Sprig & Fern, Upper Queen Street, Richmond for these Quiz Nights being held in support of Alzheimer's Awareness Month. Lots of fun to be had and great prizes to be won!! \$3.00 entry per person.

## Join us for a walk in the Park

Saturday, 17th September 2022



11am outside St Barnabas Church, Stoke

"I'm wearing purple for my best friend"

21st September is World Alzheimer's Day

#WearPurple alzhimers.org.nz



### Move for Dementia is back again in September!

Calling all Movers and Shakers to fundraise for dementia while you stay active. Nearly all of us know, or have known, someone with dementia. Let's show them we care by taking part in Move for Dementia.

## Get moving for dementia this September!



You can set any movement challenge (e.g. walking, running, gardening, dancing or even an activity you've always wanted to do) for yourself or rally your friends, whānau or work colleagues and set yourself a team challenge.

Taking part is simple. All you need to do is:

1. Set your movement goal
2. Create an account
3. Get moving!



Take up the challenge here:

<https://movefordementia.org.nz/>





Thank you to everyone who attended our June AGM.

At this meeting Carole Kerr stepped down as Board Chair after serving in this role since 2019. In her final report to the AGM Carole highlighted that “despite the issues that there has been with Covid and reduced ability to apply for funding opportunities, the Organisation has continued to provide the best service possible to people and their families living with dementia. The next couple of years will see some of the biggest changes that there has been in the health and disability sector in the past twenty years. We hope this will produce many opportunities”. Carole said it had been a great experience being the Chair of such a worthwhile organisation and thanked everyone for their support.



We also wish to acknowledge and thank Carole for all her hard work and commitment as Chair and are pleased that she will still remain on as a member of our Board.

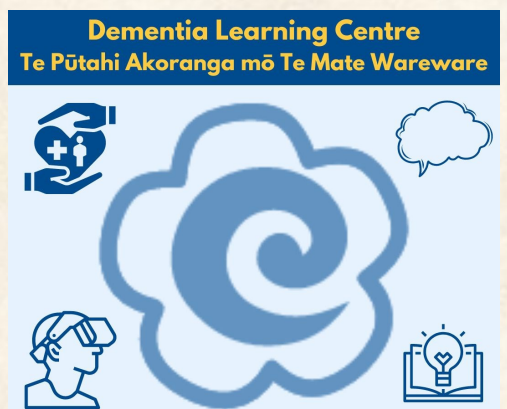
The election of a new Board Chair also took place at the AGM and we are delighted to announce that Heni Brown has now taken on this role. Heni is a Social Worker supporting clients and their families who experience a diverse range of social and medical issues and has been an Alzheimers Nelson Tasman Board Member since 2017.

## Are you familiar with the Dementia Learning Centre?

Alzheimers NZ established the Dementia Learning Centre as a hub of excellence for dementia education that focuses on people, and the right we all have to feel supported, valued and loved.

The Centre offers multiple resources, webinars and online programmes including ‘Caring for the Carers’ – all of which are designed to lift knowledge and understanding about dementia, drive improvement in quality of care and support and enhance continuous learning and development.

<https://alzheimers.org.nz/explore/dementia-learning-centre/>



Our grateful thanks to David Jordan from The Point of Sale Company Ltd who has kindly provided us with an Eftpos machine to use during our September Awareness Month.





## Alzheimers Nelson Tasman FullPower Workshop

 Empowerment Trust

A good opportunity to get together in a safe yet fun environment and learn new skills. Using examples relevant to the participants, we'll practice skills to:

- Gain self-confidence
- Set and protect personal boundaries
- Project an attitude of awareness and confidence
- Use voice as a safety tool
- Take charge of emotional triggers
- Manage confrontational situations effectively
- Emergency Self Defence Skills tailored specifically to the participants' abilities.

**Tuesday, 18th October 2022 10am - 12.30pm**

75 Tahunanui Drive, Tahunanui

Limited to 10 spaces so please confirm your attendance by talking to Sue or Heather, Ph: 03 546 7702

## Positive Ageing Expo Friday, 30th September 2022

Headingley Centre, Richmond  
10.00am — 3.00pm

Come along and see us at this Expo. With over 70 stallholders this Expo showcases the recreational, health and social services available in Nelson/Tasman to make ageing a positive experience. Throughout the day there will also be an opportunity to try your hand at new activities.



TAKE CARE OF  
*yourself*



It's not selfish to love yourself,  
take care of yourself, and to make  
your happiness a priority.  
It's necessary.



## 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**  
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

Tuesdays, 10.30-11.30am, weekly

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)  
10.30-12 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**  
Zoom Meeting (please contact Sue to confirm dates)



## Easy Vegetarian Chili

### INGREDIENTS

- 1 tablespoon canola oil
- ¾ cup finely chopped white onion
- ½ cup finely chopped red bell pepper
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon ground coriander
- 2 (15 ounce) cans low-sodium black beans, rinsed
- 1 (14 ounce) can diced tomatoes
- ¼ cup water
- ½ cup shredded cheese, such as Cheddar

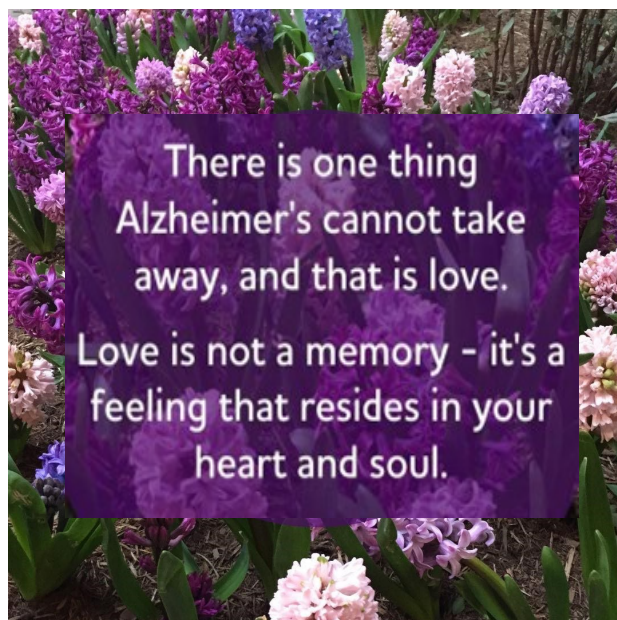
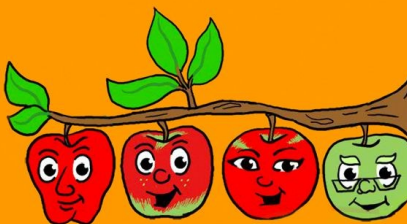


### DIRECTIONS

Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic and cook until tender, about 8 minutes. Stir in chili powder, cumin, oregano and coriander; cook, stirring, for 30 seconds. Add beans, tomatoes (with their juice) and water and simmer for 5 minutes. Serve the chili sprinkled with cheese.

#### **DID YOU KNOW?**

There are so many apple varieties that if you were to eat an apple a day, it would take you over 27 years to try them all. (And more kinds are produced every year!)



#### **HEALTH FACTS**

Dehydration can have negative impact on your mood, memory, and brain performance.





## GOLDEN BAY



Heather Lackner, Dementia Advisor/  
Educator, will be at the Heartland Service  
Centre, 84 Commercial Street, Takaka on  
**27th October 2022, 9.30am to 2.30pm.**

Providing information and support around  
living with dementia.

For appointments please phone  
Heartlands on 03 525 8099.

## Donation/Membership Form

Title (please circle) Dr / Mr / Mrs / Ms / Miss

First Name:.....

Surname:.....

Address:.....

.....

.....

Post Code:.....

Phone:.....

Email:.....

- I want to help you to provide valuable services and enclose a donation of \$.....
- I have donated \$..... via internet banking to Alzheimers Nelson Tasman's Westpac Account: 03 1709 0025074 00

*(Please ensure you still send us this form so we can track your donation and issue you with a receipt).*

- I would like to become a member and enclose my subscription of \$.....
- I would like to become a member and have paid my subscription of \$..... via internet banking.
- I would like to commit to a monthly donation of \$..... (please send details).
- Please send me information on making a gift in my Will.



**Membership Support** Thank you to  
all of you who have paid your 2022-2023  
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.





**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



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

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