



Summer Newsletter - December 2022



Flexibility has become the buzz word around our office. I think that we surprised ourselves at how adaptable we could be which meant we were still able to deliver our service in different ways. We look forward to the new year with a little more certainty and would like to thank you all for your patience and support throughout this year.



From the Team at Alzheimers Nelson Tasman we wish you a very Merry Christmas and a happy, healthy and safe Festive Season.

Please note our office will be closed from Friday, 23rd December 2022 and will re-open on Monday, 9th January 2023. We do please ask that before coming into the office you phone ahead on 03 546 7702 to ensure staff are in attendance.



Annual Rabbit Island Picnic

Tuesday, 24th January 2023, 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.





Alzheimers *Nelson Tasman*

September was World Alzheimers Awareness Month and after three years since we've been able to hold our last Memory Walk it was so lovely to see people of all ages gather again in Isel Park. Following a karakia, a Piper lead us through the picturesque grounds as we all walked together to remember those that cannot.



During September we also held two fun Quiz Nights at the Sprig & Fern in Richmond along with our Street Appeals and Raffle. We are so appreciative of everyone who supported us during this month, including the volunteers who helped us put these events together. All of the funds raised will stay in our community and help us continue to provide our service.

We also wish to acknowledge Tracey McConnachie and the Driving Miss Daisy Team for taking to the skies again for another successful Skydive for Dementia, raising both awareness of dementia and funds for our Organisation. Thanks also to Summerset in the Ranges and Summerset in the Sun who fundraised for us during this month as well.



Holidays can be a stressful time for anyone. But when someone has a dementia, the interruption in normal routine and the flurry of activity can be particularly stressful. Agitation, fear and anxiety may often result.

In addition, while scurrying about to complete usual holiday preparations, caregivers can have the added stress of worrying about their person living with dementia. Holidays – the time of year that is supposed to be full of celebration, laughter and goodwill – can turn into a season that drains your energy, increases stress and sucks the fun out of the holiday. But it doesn't have to be that way. Caregivers can, if not completely avoid, at least alleviate dementia-related problems.

Christmas decorations and festivities often create changes in the environment and daily routine, which may cause someone with a cognitive or memory disorder to become agitated or confused. Some things to consider during the upcoming holidays:

1. Encourage them to help you prepare for holidays, to whatever extent their condition will allow. Give safe and manageable activities. Keep the tasks at a level that will not overwhelm them. Some examples include wrapping gifts (if the steps in wrapping become confusing, you could make this a team activity and gently assist them when needed), decorating the tree with you, singing holiday songs, setting the table or any other traditions your family may have.
2. Maintain a normal routine as much as possible: eating at the same time, in the usual setting, keeping regular wake-up and bed-times.
3. Keep decorations subtle. Trees with blinking lights can cause agitation and confusion by disorienting a person with dementia.
4. Excessive noise, commotion, loud crowds and rowdy children can also cause confusion and agitation.
5. Decide on the number of people you will both be able to handle and for how long. If you have a big family, you may want to divide visits up into several shifts during a specified time of the day or even different days. This will require good communication with family. Explain why this Christmas needs to be a little different. Let them know how things are going currently. Provide detail on their memory and what causes agitation and behavioural issues.
6. Consider alternative holiday plans. If your family member is in a care facility, plan on visiting in small groups, rather than large families at one time. Most care facilities have staff with expertise in planning holiday activities that are calming and enjoyable for those that live there. It may be less stressful for both you and your family member that you join them in that planned celebration rather than to plan something on your own.

Maintain their regular routine while trying to provide a pleasant, meaningful and calm holiday spirit for yourself and the rest of your family. Despite your best efforts, you still may feel increased guilt and frustration during the holiday season. These feelings are normal and other caregivers experience the same. When this happens, take a moment and remember only so much is within your control. Don't feel guilty if the holiday is not perfect and has a few bumps in the road. You can make the holiday season a good experience for everyone involved by adjusting what you typically expect from the holiday season. Prepare others, and handle situations as they arise with a good attitude and acceptance.



Peer Social Groups

Sue's Monday and Friday Peer Social Groups have enjoyed a lot of activities throughout the year including weekly quizzes (creating strong competitiveness between Groups), virtual travel adventures, "Who Am I" where life experiences are discussed, community outings and some wonderful musical interludes. Big thanks go out to her volunteers Sandra, Shona and Corrie.

Likewise Shelley reports that everyone has enjoyed the company, activities and social interactions in her weekly Motueka and Richmond Social Groups throughout the year. The last meetings before Christmas for Shelley's Groups will be in the week of 12th December, with everyone looking forward to being together again later in January 2023.



Pictured are the very talented Bill on saxophone, accompanied by Ian.



Authored by Renata Hopkins and illustrated by Paul Beavis, this story brings to attention the challenges children face in understanding a dementia diagnosis of a loved one.

To find out more and pre-order your copy go to:

<https://digital.alzheimers.org.nz/luka/>

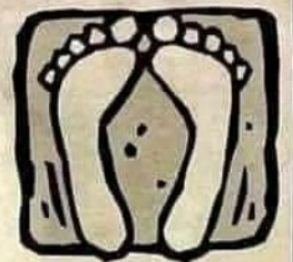
Try This...

Submitted by Myrna Bianco, a Faithful Our Town Reader

How smart is your right foot?

This is hysterical. You have to try this.

It is absolutely true. I guess there are some things that the brain cannot handle.



1. While sitting in a chair, lift your right foot off the floor and make clockwise circles.
- 2 Now, while doing this, draw the number '6' in the air with your right hand. Your foot will change direction.

I told you so! And there is absolutely nothing you can do about it! You and I both know how stupid it is, but before the day is done you are going to try it again, if you've not already done so.



Nelson Cathedral Christmas Tree Festival — take a trip to see the wonderful display of Christmas Trees decorated by community groups around the Nelson region and place a vote for our own beautiful glittering purple tree.



PLEASE NOTE

There will be no Cafés or Support Groups held in January.

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

Call 03 546 7702 for more information.

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)

10.30-12 noon, 1st Wednesday

Stoke

(Summerset Village Clubhouse)

10-12 noon, 1st Thursday

Motueka

10-12 noon, 3rd Wednesday

Night Support Group

Zoom Meeting (please contact Sue to confirm dates)



Fully loaded creamy Potato Salad

- 1kg baby red royal potatoes, quartered
- 2 chorizo, thinly sliced diagonally
- 3/4 cup whole-egg mayonnaise
- 1/4 cup plain Greek-style yoghurt
- 1 1/2 tbsp white balsamic vinegar
- 2 tsp Dijon mustard
- 1 tsp caster sugar
- 3 celery sticks, sliced
- 3 spring onions, sliced
- 60g baby spinach leaves
- 3 hard-boiled eggs, sliced
- 1/3 cup drained pickled baby cucumbers



Place potato in a large saucepan. Cover with cold water.

Bring to the boil over high heat. Reduce heat to medium. Cook potato for 10 minutes or until just tender. Drain. Rinse under cold water. Drain.

Meanwhile, place chorizo in a medium frying pan over medium heat. Cook for 8 to 10 minutes or until crisp. Remove from heat.

Whisk mayonnaise, yoghurt, vinegar, mustard and sugar in a large bowl. Season. Combine potato, celery, onion, spinach, chorizo, egg and pickled cucumbers in a large serving bowl. Drizzle with dressing. Serve.





Alzheimers Nelson Tasman Annual Membership Subscription:

Individual or Household	\$25.00
Corporate Membership	\$35.00

MOVING ON Group Friendship and support for people who have been carers. For more info, contact: **Rae Hill** on **03 547 6548**

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.



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



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

Like us on Facebook: /www.facebook.com/alzheimers.nelsonnewzealand/
A dementia friendly New Zealand | Aotearoa, he aro nui ki te hunga mate wareware