



Winter Newsletter - June 2023

As the weather changes, we also experience change at Alzheimers Nelson Tasman. For many years our Organisation has been supported by a group of volunteers we called our Advisory Group. Over the years this group of amazing people have planned, organised and supported so many of our fundraising events. As the years have passed the Group has slowly dwindled in numbers and at their last meeting they decided it would be their last. We would like to acknowledge their commitment and dedication to our Organisation. It will definitely make a huge impact on our fundraising but we are so pleased that even though the Advisory Group will no longer be meeting they are still keen to continue to be involved and support us with fundraising.

We would also like to recognise our outgoing Board Members Hilary and Liz who will be stepping down at this month's AGM along with Glenda, our Board Secretary. Their contribution of ideas, energy, enthusiasm and thoughtful guidance has been a tremendous asset and we are truly grateful for their service. Thank you.

Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS!

Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.

Get Creative and Raise Funds for a Good Cause...

With 70,000 people in Aotearoa New Zealand living with dementia mate wareware, Alzheimers NZ is challenging creative Kiwis to help raise \$70,000 as part of their new community fundraising challenge, Create for Dementia.

Whether it's painting, knitting, music, woodworking, pottery, baking, photography, graphic design or any other medium, the campaign challenges people of all ages and skill levels to set themselves an artistic challenge for the month of June.



For more information visit: <https://alzheimers.org.nz/blogs/alzheimers-new-zealand-challenges-kiwis-to-get-creative-for-a-cause/>

Or to register:

<https://www.createfordementia.org.nz/>

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/](https://www.facebook.com/alzheimers.nelsonnewzealand/)

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



Seven practical ways you can support a person living with dementia during the winter months

Keep their room warm: When the temperature drops outside, it's time to bump up the warmth inside. Turn the heating on. Provide extra cozy blankets for additional warmth.

Eat and drink regularly: Eating regular meals with snacks in between increases energy in people living with dementia. Also, ensure that they drink plenty of fluids, as increased dry air and heat production can cause dehydration.

Ensure they dress appropriately: Layering of warm clothes, especially if they plan to venture outside. Clothing items like long pants, sweaters, jackets, thick socks and hats help retain body heat. In the case of rain or ice, be sure they have appropriate shoes to wear.

Soak up the sunshine: The more time they can spend in the sun during winter months, the better their mood will be. It's also a good way to get in some exercise, even if only for ten minutes a day.

Engage in mild exercise: Mild exercise — like short walks and stretching — helps increase blood circulation to keep the body warm. If it's too cold to exercise outside, opt for taking a few laps around the house.

Follow a routine: Familiarity is key to helping minimise confusion and agitation in people living with dementia. As best you can, encourage and support them to stick to a daily routine during the winter months.

Avoid ice and other hazards: Avoid going outside in particularly cold, icy or wet conditions. Slick surfaces may make your person living with dementia more prone to an injury, like a fall.

Asking for help
is an act of service.

Don't deny your friends
the honor of being there
to support you.





Disco Night at The Boathouse
Friday 11th August, 8pm
Denny Allen and the Invisibles
Tickets \$20.00

**Join us on our
MEMORY WALK
11am on SATURDAY,
16th SEPTEMBER
THROUGH ISEL PARK,
STOKE**



don't forget to . . .

Release self-judgement

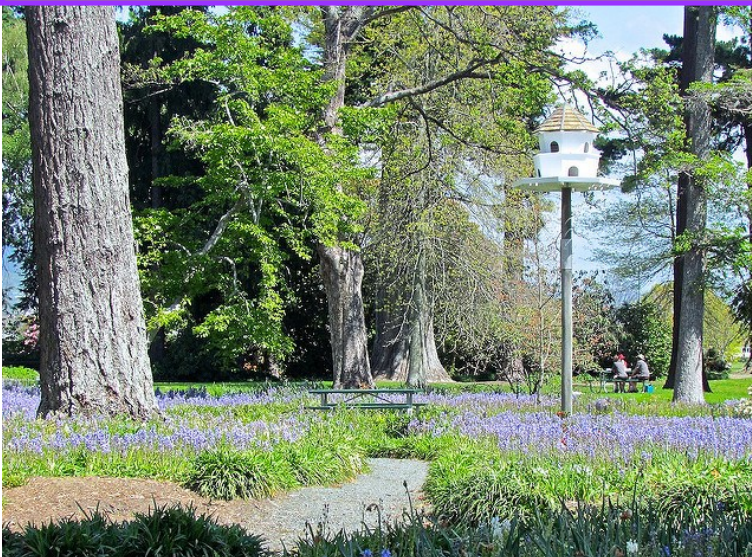
Forgive your mistakes

Validate your feelings

Take it one day at a time

Acknowledge your efforts

Practice compassionate self-talk



Carol Ritchie from the **Needs Assessment Service** will be providing an Information Session on the role of their Service and answering any questions you may have on **Wednesday, 26th July, 10.30–11.30am** at 75 Tahunanui Drive.

Please call the office to book a place.



NATIONAL VOLUNTEER WEEK

18th—24th JUNE 2023

Alzheimers Nelson Tasman want to give a big shout out and thank you to all our valuable volunteers who play such a vital role within our Organisation, with our clients and assisting at our Groups. We so appreciate the time and energy you very generously give to us.

If you are interested in becoming a volunteer do come along and see us and other community groups at the NBS Volunteer Expo, Annesbrook Community Church on 24th June, 10am-2pm. This is a great opportunity to meet face-to-face with organisations and find out how to get involved in volunteering. There will be coffee/food carts as well as entertainment. We look forward to seeing you there.



NBS
VOLUNTEER
EXPO | **24TH JUNE**
10AM - 2PM
ANNESBROOK
COMMUNITY CHURCH

Do you have a couple of hours to spare in the week of 11th-15th September? We are looking for volunteers to help us man our Awareness Month street stalls. If you are keen to assist please contact the office.

HELP
RAFFLE PRIZES
NEEDED

Alzheimers Nelson Tasman are seeking donations of pamper/treat/grocery items (no canned items please) for a hamper raffle. These raffles will be sold at our Memory Walk and street stalls during September Awareness Month.



Any items you can donate will be gratefully received.
Thank you.



Repositioning Dementia

Let's get real

This is the second instalment in the one-day events series by Alzheimers NZ.

Date: Thursday, 21st September 2023

Time: 9am to 7pm (including a networking event from 5pm)

Venue: Chateau on the Park – Christchurch or attend online.

To find out more visit: <https://alzheimers.org.nz/explore/events/>

ALZ CAFÉ NELSON

2nd Thursday each month, 10–11.30am, Mitre 10 MEGA Café, 99 Quarantine Road, Annesbrook

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, Zink Café, 2 Champion Road, Richmond

Tahunanui 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.

RICHMOND LIBRARY DROP-INS

4th Wednesday of month, 9.30-11.00am

MOVING ON Group Friendship and support for people who have been carers. Meets monthly for lunch on the 2nd Wednesday of each month. For more info, contact: **Rae Hill on 03 547 6548**

Monthly Carer Support Groups

To attend a support group, contact Heather or Sue on 03 546 7702

**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)

Red Lentil Dhal Recipe for two

- 3/4 cup (150g) dried red lentils, washed, drained
- 2 tsp whole cumin seed
- 2 tsp ground turmeric
- 1/2 tsp mustard seeds
- 4 tsp chilli powder
- 1 tbsp sunflower oil
- 1 small onion, thinly sliced
- 2 garlic cloves, finely chopped
- 2 tsp grated fresh ginger
- 1/2 x 400g can chopped tomatoes
- 2 tsp caster sugar
- 50g baby spinach leaves
- 1 tbsp chopped coriander



Place the rinsed lentils in a saucepan and cover with cold water. Bring to a simmer and cook for 5 minutes, then drain and rinse saucepan.

Return the saucepan to medium heat. Dry-fry the cumin seeds, ground turmeric, mustard seeds and chilli powder, stirring, for 30 seconds or until the mustard seeds start to pop.

Add the oil to the pan of spices, then add the onion, garlic and ginger and cook, stirring, for 2-3 minutes until the onion softens slightly.

Add the tomato, sugar and drained lentils, then simmer for 15 minutes, stirring regularly to prevent catching and adding a little water if the dahl becomes too thick, until the lentils are tender.

Stir through the spinach leaves and chopped coriander, then serve with naan bread.

Every time we try to eat healthy, along comes Christmas, Easter, summer, Friday or Tuesday and ruins it for us.

@andrylovespan

"A recipe has no soul. You, as the cook, must bring soul to the recipe."

Thomas Keller

Anti-Aging Tips

*Remain curious.
Try new things.
Don't take yourself too seriously.
Keep an open mind.
Listen to new music.
Make new friends.
Dance!*



Alzheimers Nelson Tasman Annual General Meeting

Wednesday, 14th June

1.30-3.30pm

75 Tahunanui Drive

Guest Speaker

Colette Jansen (NZRMTh)
Music Therapist

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@alzheimersnnsn.org.nz to confirm your attendance.

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

~ All members are urged to attend ~

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



**Community Organisation
Grants Scheme**



**Pub
Charity**
Limited



Your consumer-owned electricity distributor



**Nelson Marlborough
Health**



**THE LION
FOUNDATION**



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



tasman
district council

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