



Spring Newsletter - September 2023

SEPTEMBER is World Alzheimers Month and your chance to show your support for people and their whānau living with dementia mate wareware in Aotearoa New Zealand. The theme for 2023 is 'never too early, never too late' to emphasise what we can do as individuals to reduce our risk. We will be holding our annual Memory Walk in Isele Park (details on page 2) so come along and join us on Saturday, 16th September for a stroll amongst the spring flowers with pipers leading the way. Keep an eye out also for some of our amazing volunteers who are giving up their time to sell raffle tickets to support us during our Appeal Week. They will be outside New World Stoke and The Warehouse Motueka (Tuesday, 12th), Countdown Richmond (Wednesday, 13th) and Kmart Richmond (Thursday, 14th September).

Let's Chat About...the best possible support for people living with dementia mate wareware

A new podcast series called 'Let's chat about...' by the Dementia Learning Centre is providing a platform for dementia mate wareware experts to share their knowledge: <https://alzheimers.org.nz/explore/dementia-learning-centre/podcasts/>

The Boathouse held a Disco Night Fundraiser for us in August and we wish to thank them and the Band "Denny Allen & The Invisibles" very much for a fun and successful evening.



Reminders for hard days

Take a deep breath & relax your body

It's okay to take a time out

Your efforts are seen and appreciated

Just hold on a little longer

This too shall pass

Everything is going to be alright

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*



**Join us on our Memory Walk
on Saturday, 16th September, 11am
through Isel Park, Stoke
as we walk to remember those than cannot.**

Top of the South Neighbourhood Support are delighted to partner with Alzheimers Nelson Tasman to support the annual Memory Walk scheduled for 16th September in Isel Park. This is an excellent fit with the activities we wish to promote in our neighbourhoods and this event is very relevant in conjunction with the joint NCC and TDC Stepping Out initiative to encourage us all to Step Out for our well-being.

TSNS is about strengthening neighbourhoods and connecting communities. To achieve this, we:

- Assist the formation of street groups caring for each other in times of emergency and improving safety from crime.
- Collaborate with local bodies and agencies when needed in a civil emergency.
- Provide/promote events, training and activities that create a sense of community and increase resilience at household and neighbourhood level.
- Through our staff, volunteers and street contacts, we provide support and assistance to residents in times of need creating safe, resilient, connected communities and respond to civil or other emergencies.
- TSNS is a vital interface between emergency services and neighbourhoods.





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/>



Darren Crawford from **Fire and Emergency NZ** will be providing an Information Session on risks and causes of fires, fire safety and useful innovations on **Wednesday, 25th October, 11.30am–12.30pm** at 75 Tahunanui Drive.



Please call the office to book a place.

Thank You ... to the businesses that have donated prizes to our Raffles and to Craig Wilson and Derek Thorn who helped to source these for us:

- Ah House Nelson City Bed & Breakfast
- Skydive Abel Tasman
- Hanmer Springs Thermal Pools & Spa
- Bunnings Warehouse
- Fashion Central
- Kmart
- The Warehouse, Richmond





10 TIPS TO... KEEP CALM AND REDUCE STRESS

1. MEDITATE

Just a few minutes a day of meditation can help ease your stress and anxiety. "Research suggests that daily meditation may alter the brain's neural pathways, making you more resilient to stress," says psychologist Robbie Maller Hartman, PhD

2. BREATHE DEEPLY

When you are feeling stressed, take time to focus on breathing deeply. Close your eyes, sit up straight and focus on nothing but breathing deeply.

3. REACH OUT

Having a solid social support system is a key to reducing stress. Reach out to close friends and your family in times of need.

4. EXERCISE

Exercise has been shown to increase "feel good" endorphins that can help you reduce stress. A long walk can give you time to reflect, while an intense gym session can let you release negative energy.

5. LAUGH

Laughter may not be the "best" medicine, but it does actually lower cortisol - also known as the "stress hormone".

6. LISTEN TO MUSIC

Research has shown that listening to soothing music can lower blood pressure, heart rate and anxiety. Alternatively, listening to more upbeat music can also help by invigorating you.

7. BE GRATEFUL

Keep a running log of everything you are grateful for. The simple action of creating this list will help you focus on the good in your life.

8. ACCEPT YOU CAN'T CONTROL EVERYTHING

This one is simple - sometimes you just have to step back and realize that you can't control everything. Some things are out of your hands, so why waste time stressing about them?

9. STAY POSITIVE

It isn't easy to always stay positive. But, you can make an active effort to try and find the positivity in your life. Don't focus on negative thoughts like "Bad things always happen to me".

10. DO SOMETHING FUN

Don't forget to take some time to really enjoy yourself. Find a hobby that enthalls you, do activities that you enjoy. Surround yourself around people that you have fun with.

Alzheimers Nelson Tasman has been selected as one of four community organisations to participate in **Good in the Hood** at Z Richmond (8 Gladstone Road). This promotion runs from 25th September to 23rd October 2023 so make sure you get an orange token any time you fill up or make a purchase at Z Richmond and pop it into our slot so we can receive a share of \$4,000!



Did you watch **"The Restaurant that Makes Mistakes"** on TVNZ? This was a delightful insight into how much people living with dementia mate wareware are capable of with the right support. It was a positive experience for everybody involved and the volunteers were treated with dignity and respect and were able to be themselves. So often we only see people with dementia mate wareware through the eyes of the stigma and discrimination associated with the condition, and this programme provided a very different and welcome perspective. It can be viewed on demand here:

<https://www.tvnz.co.nz/shows/the-restaurant-that-makes-mistakes>

SO, DO YOU REMEMBER THESE ONES?

- | | |
|--|---|
| 1: Because I said so. | 8: What did your last slave die of? |
| 2: Wait and see. | 9: You will have someone's eye out with that. |
| 3: Ask your father. | 10: It'll all end in tears. |
| 4: No pudding unless you finish your dinner. | 11: I want, never gets. |
| 5: If someone asked you to jump off a cliff would you? | 12: Close the door - you weren't born in a barn. |
| 6: I've told you a thousand times. | 13: Don't sit too close to the telly - you will get square eyes. |
| 7: Say pardon, not 'what'. | 14: There is no such words as 'can't'. |
| | 15: Who is 'she'? The cat's mother? |
| | 16: Carrots make you see in the dark. |
| | 17: Take your coat off or you won't feel the benefit when you go outside. |
| | 18: Don't make that face. If the wind changes you'll stay like it. |
| | 19: Do as I say, not as I do. |
| | 20: Back in my day. |





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)

Easy Sweet-and-Sour Meatballs

- 1 can unsweetened pineapple chunks
- 1 large green pepper, cut into 1-inch pieces
- 3 tablespoons cornstarch
- 1/3 cup cold water
- 3 tablespoons cider vinegar
- 1 tablespoon soy sauce
- 1/2 cup packed brown sugar
- Hot cooked rice (optional)
- Thinly sliced green onions (optional)



Drain pineapple, reserving juice. Set pineapple aside. Add enough water to juice if needed to measure 1 cup.

In a large pan over medium heat, add green pepper and juice mixture until heated through, add the cooked meatballs.

In a small bowl, combine the cornstarch, cold water, vinegar and soy sauce until smooth. Add brown sugar and reserved pineapple to the pan; stir in cornstarch mixture. Bring to a boil; cook and stir until thickened, about 2 minutes. If desired, serve with rice and top with green onions.

Meatballs

Pre-heat oven 180°C

- 500 grams pork mince
- 1 tsp ginger paste or 1 inch piece
- 2 tsp garlic paste or 4 cloves
- ½ tsp Chinese five spice
- 2 tsp sesame oil
- 1 tsp salt

Mix all ingredients together in a bowl.

Wet both hands and shape into balls.

Place balls on an oven tray lined with baking paper.

Bake until browned and cooked through (cooking time will depend on the size of the balls).





Word for the Day: **Hurkle-durkle**

A 200 year-old Scottish term meaning to lounge in bed long after it's time to get up.

Happiness is **hurkle-durkling**.

Alzheimers Nelson Tasman Annual Membership Subscription:

| | |
|-------------------------|---------|
| Individual or Household | \$25.00 |
| Corporate Membership | \$35.00 |

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



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