



Summer Newsletter - December 2023

Summer is here and the Christmas decorations are up. As the end of year approaches and we get together to celebrate we are once again reminded of the importance of the different Groups we run. Relationships develop and friendships flourish, providing that extra network of support.



We are in the process of gathering feedback about our Groups - if you haven't had the opportunity to give feedback please talk to one of the staff who will ensure you have the opportunity to do so.



From the Team at Alzheimers Nelson Tasman - Heather, Sue, Shelley and Vicki - we wish you a very Merry Christmas and a happy, healthy and safe Festive Season and summer ahead.

Our office will be closed from Thursday, 21st December 2023 and will re-open on Monday, 8th January 2024. Please do however ring ahead on 03 546 7702 before coming into the office as staff are not always in attendance.

Annual Rabbit Island Picnic

Tuesday, 23rd January 2024, 11am

We hope you will join us for a relaxing afternoon by the sea.

Bring a picnic lunch, chairs and blankets and if you are brave enough for a swim your togs and towels!

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*

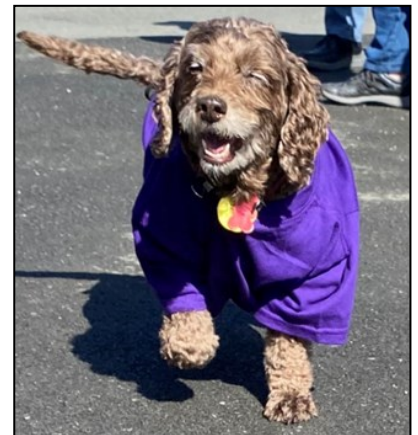


Thank You to everyone who supported us during our Alzheimers Awareness Month activities in September, including our Street Appeals and Raffles.

Our annual Memory Walk had a great turnout – with approximately 100 people attending, made up of a mixture of adults, children and their dogs.

The Memory Walk was opened by a person living with dementia who is an active member of our Board and also on the Alzheimers New Zealand National Advisory Group. Members of the Nelson Celtic Pipe Band then lead us on the walk through the beautiful gardens in Isel Park.

We have had some wonderful feedback from attendees saying how much they enjoyed being piped through the gardens. A number of different comments from people were around how nice it was to feel a part of a bigger community. Another comment was “what a great opportunity to raise awareness and remember our people who can’t”.



Al-Zingers



Music Group for People Living with Dementia

Alzheimers Nelson Tasman is delighted to have Colette Jansen, a Registered Music Therapist, introduce us to the benefits and power of music.

This is a relaxed and fun hour of music and laughter for singers and non-singers of all abilities, followed by afternoon tea.

Sessions are held once a month.

We are currently finalising the dates for 2024 but if you would like to register your interest in attending please email: social@alzheimersnsn.org.nz or phone Shelley on (03) 546 7702 to book your place.



THINGS TO THINK ABOUT FOR NAVIGATING THE FESTIVITIES

With Christmas almost upon us it is important to take the time to think logically about what will work for you and your person living with dementia and how you would like to spend the Christmas season.

Dementia can have a huge impact on a person, often causing changes to their personality and behaviours, as well as impacting how they experience the world around them. These changes may mean that fitting in with the usual hustle and bustle of the Christmas season is simply not realistic for them anymore.

You may want to keep some of the traditions you normally have whilst switching out some other things – this way, you'll avoid being disappointed or angry with things not being the same as they used to be.

A few things to remember:

- ◆ Spontaneity isn't often possible.
- ◆ Be flexible and have a plan B just in case.
- ◆ Ensure there is a quiet space available to retreat to if needed.
- ◆ Try to take the day as it comes and ask any friends and family you are with to do the same.



Holidays and the festive season can bring to light how difficult it is to care for and live with dementia. Don't try to do everything yourself – ask for help and support.

SPOT THE DIFFERENCE CAN YOU FIND THE 10 DIFFERENCES?





Repositioning Dementia

Seeking solutions

This event will be held on **Thursday, 21 March 2024 in Auckland and online**, and will also mark Brain Awareness Month.

This is the third event in the one-day series by Alzheimers NZ and will continue to focus on our three Kaupapa of the Dementia Mate Wareware Action Plan, research and the lived experiences of dementia mate wareware.

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

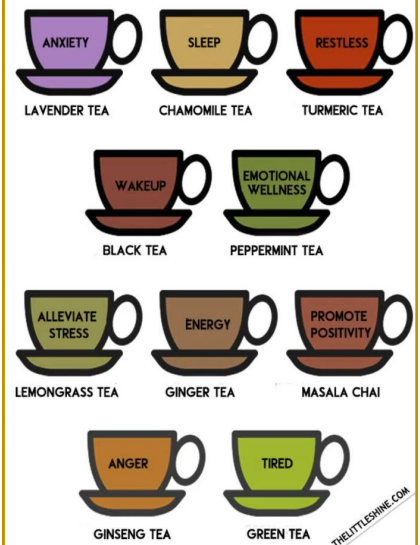
Alzheimers New Zealand Resources

Have you visited the vast range of online programmes and webinars in the Dementia Learning Centre? <https://alzheimers.org.nz/explore/dementia-learning-centre/>.

Alzheimers New Zealand's website also has a range of very informative and interesting podcasts which you may be interested in listening to. Podcasts recently added include [Understanding continence](#), [Let's chat about... how doing, creates belonging](#) and [Young Onset Dementia](#). Visit <https://alzheimers.org.nz/podcasts/> to check these out.

While there, you may also be interested in catching up on the latest blogs <https://alzheimers.org.nz/blogs/>.

PERFECT TEA For Every Mood



The Nelson Moving On Group

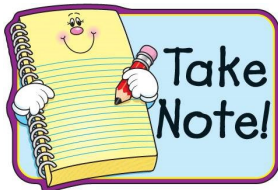
We meet on the second Wednesday of the month at midday at a different venue each time. In October we met at Grape Escape and the previous month it was Comida Cafe in Buxton Carpark in Nelson. We can have anywhere from 6-12 members attending our lunches. In October two new members joined us.

We try and choose places with reasonable parking and places that aren't too noisy. We enjoy catching up with each other, sharing our news and welcome new members. If you are interested in joining us please phone Rae on 03 547 6548 or Karen on 03 547 2794.





Nelson Cathedral Christmas Tree Festival runs daily 8.30am to 7pm until Sunday, 14th January 2024. Pop along and see the wonderful display of Christmas Trees including our own glittering purple tree, beautifully decorated by Penelope Robertson.



There will be no Cafes or Support Groups held in January 2024

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
(Our Lady of the Bays Catholic 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 Zoom Meeting
(contact Sue to confirm dates)

AMBROSIA

Prep Time: 10 minutes

Ingredients

- 1 litre unsweetened yoghurt
- 500ml cream
- 1 can raspberries (or punnet of fresh raspberries when in season)
- 1 bag marshmallows, roughly chopped
- 2 Flake bars



Method

- Pour yoghurt into a large bowl.
- In a separate bowl, whip cream until it forms soft peaks.
- Fold the cream into the yoghurt.
- Gently stir raspberries, marshmallows and crumbled flake into the yoghurt and cream.
- Reserve a small amount of flake and sprinkle on the top.
- Chill for two hours.



Reminders for hard days

- It's okay to feel mixed up
- You are more than your thoughts
- How you feel matters
- Take it one step at a time
- Be proud of yourself for trying
- It's going to be alright



Hugging is the most beautiful form of communication that allows the other person to know beyond a doubt that they matter.



At my age I am good at multitasking. I can listen, ignore and forget all at once.



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.

CHRISTMAS WORD SEARCH

S	O	A	G	T	H	S	I
E	Q	E	O	N	N	A	C
H	S	E	L	E	G	N	R
S	J	R	D	M	Y	T	A
I	X	T	R	A	Q	A	C
W	M	D	I	N	Z	S	K
L	S	V	N	R	K	X	E
Z	Q	S	G	O	F	R	R

CRACKER
GOLD RING
ORNAMENT
SANTA
TREE
WISHES

Alzheimers Nelson Tasman Annual Membership Subscription:

Individual or Household \$25.00

Corporate Membership \$35.00



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.



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

Te Whatu Ora

Health New Zealand

Nelson Marlborough



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/

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