



Autumn Newsletter - March 2024

Welcome to our first newsletter of 2024! As the autumn leaves start to turn, we hope you have all enjoyed the long, hot days of summer. It was lovely to have such a great turnout at our annual Rabbit Island Picnic in January where everyone sat and relaxed in the warm sunshine and enjoyed the companionship of others.



As the days become cooler, it is still important to take time to venture out and enjoy nature so add that extra layer and go fossick in the leaves.



We will be running a Caring with Confidence Workshop for those supporting a person living with dementia at home on Wednesday, 29th May, 9.45am-2pm (venue TBA). To register your interest in attending please contact the office on 03 546 7702 or email admin@alzheimersnsn.org.nz.



Try the
Brain Health Challenge!



March is Brain Awareness Month –

the perfect time to sign up for the 14-day Brain Health Challenge! Join today and get a daily challenge delivered to your Inbox.

Learn more about how to fuel up with nutritious food and keep your brain and body active.

Challenge yourself and try some simple and fun games, exercises, new healthy recipes and so much more! Get started here:

[👉 https://challenge.alzheimers.org.nz/](https://challenge.alzheimers.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*



Al-Zingers

Music Group for People Living with Dementia



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



Singing lifts the spirits, helps with memory and gets the words flowing.

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 at 1.30pm on the second Wednesday of each month at 75 Tahunanui Drive.

\$5.00 per session.

Numbers are limited so please call Vicki on (03) 546 7702 or email admin@alzheimersnsn.org.nz to book your place.



POSITIVE AGEING EXPO

Saturday 6 April 2024 • 10.00 am – 2.00 pm
Headingly Centre, Richmond

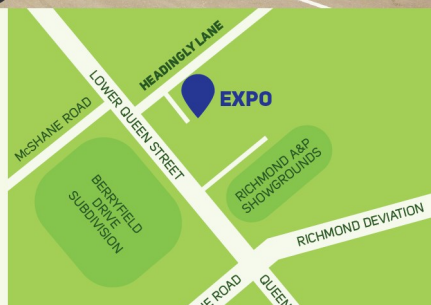
Preparing for a great retirement



FREE ENTRY!

Over 70 stalls of community groups and services helping you age positively.

There's something for everyone!



Thoughts are not facts

Remember you are capable

ANXIETY REMINDERS

You are not your anxious thoughts

Be patient with your progress

You've survived every time you felt anxious or panicked

@juliaspiritualcoaching

YOU CAN'T POUR FROM AN EMPTY CUP.



Protect Yourself from Scams

An online scam is any scheme designed to trick people out of money or steal their personal information. Scams are becoming more sophisticated so here are a few tell-tale signs from Netsafe (<https://netsafe.org.nz/>) to alert you that you might be being scammed:

- **Contact that is out of the blue** – even if the person says they're from a legitimate organisation like the bank, an embassy or your internet provider
- **Getting told there's a problem with your phone, laptop or internet connections** – often they will offer to fix your device or say they are from your phone or internet company
- **Being asked for passwords** – legitimate organisations will never ask for the passwords to your online accounts
- **Needing to verify your account or details** – don't respond or click on any links in the communication even if it looks like it's from a real organisation
- **Trying to get you to move outside of an online trading or booking website or app (like Air BnB)** – don't pay outside of the normal website or app processes
- **Offering money or a prize in exchange for something up front** – they might say that it's a "processing" fee or something similar
- **Being asked for money by friends/partners you've met online** – this is a very common tactic, do not pay the money
- **Unusual ways to pay for something** – scammers try to use payments that can't be traced such as pre-loaded debit cards, gift cards, bitcoins, iTunes cards or money transfer systems
- **Asking for remote access to your device** – never do this unless you have actively sought out the service they are providing
- **Pressuring you to make a decision quickly** – this could be to avoid something bad (e.g. account being closed, trouble with the IRD) or to take advantage of something good (a deal or investment).

Remember to keep your personal information secure and be sure to think carefully before entering your details online, or giving them to someone. Protect information that can be used to access your accounts, build a fake online presence or impersonate you including:

- Login details and passwords to any online account including banking, email, social media and trading sites
- Bank account and credit card details
- Address
- Phone number
- Birthdate
- Personal information linked to the security questions on your online accounts
- Driver's licence
- Passport details.



SCAM ALERT



Exciting programme: Something for everyone!



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.

People and their whānau living with dementia mate wareware, health professionals, policy and decision makers, care workers, educators and researchers, and managers of healthcare sectors are all encouraged to attend.

“Our sector-wide Dementia Mate Wareware Action Plan outlines what we know the solutions are and what needs to change so we can work towards a Dementia Friendly Aotearoa New Zealand. We do hope you’ll join us to help make sure our voice is heard!”

Alzheimers NZ Chief Executive Catherine Hall.

For programme details and to register please visit:

<https://alzheimers.org.nz/explore/events/>

Global Attitudes to Dementia Survey

Alzheimer’s Disease International has launched the 2024 Attitudes Towards Dementia global survey giving you the opportunity to join thousands of others and help build the world’s largest international survey on prevailing attitudes and stigma towards dementia mate wareware. A survey of this scale helps gain a truly global perspective on attitudes to dementia mate wareware. The survey is open to everyone, so please share it with your friends and whānau, and don’t forget to take part yourself – it only takes 10 to 15 minutes!

<https://www.alzint.org/get-involved/attitudes-to-dementia-world-alzheimer-report-2024-survey/>

DATES TO REMEMBER

MARCH

17th St. Patrick’s Day

29th Good Friday

31st Easter Sunday



APRIL

1st Easter Monday / April Fools

7th Daylight Saving Ends

25th Anzac Day





SAVE THE DATE

**Alzheimers Nelson Tasman
Annual General Meeting**

Thursday, 13th June 2024

1.30-3.30pm

75 Tahunanui Drive

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

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.

NELSON LIBRARY DROP-INS

3rd Thursday of month, 10.00-11.30am

RICHMOND LIBRARY DROP-INS

4th Wednesday of month, 9.30-11.00am

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)

Lemon Muffins

2 cups flour
2 teaspoons baking powder
1 cup sugar
1 cup milk
100 grams butter
3 eggs
Grated rind of 2 lemons

Place flour, baking powder, sugar and lemon rind in bowl.

Add melted butter, eggs and milk.
Beat with a fork to combine.

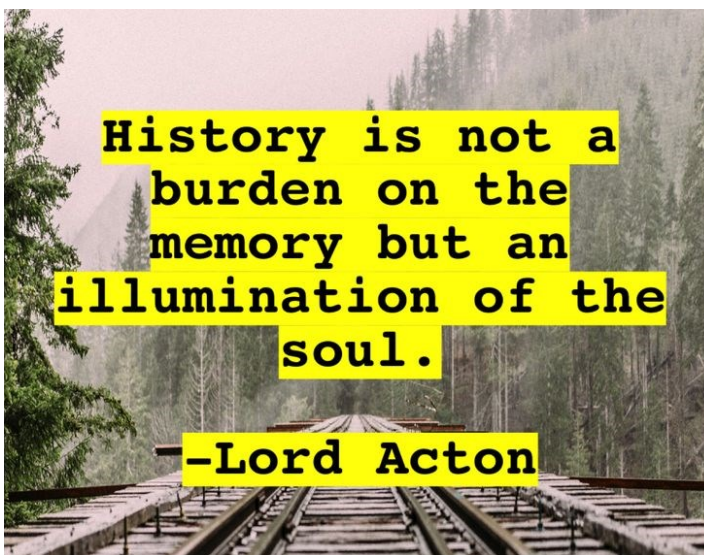
Place mixture into 12 muffin cases.
Bake at 200°C for 15 minutes.

Topping:

While muffins are cooling, mix juice of 2 lemons and $\frac{1}{4}$ cup sugar.

Mix together but don't dissolve.

Brush or spoon on top of muffins while they are still warm.





GOLDEN BAY VISIT — 30th April 2024 Heather Lackner, Dementia Advisor

Join us for a coffee at the Wholemeal Café from 10.00am-11.30am or if you would like a one-on-one appointment on this day please call the office on 03 546 7702 to book a time.

Membership Now Due for 2024 — 2025

Membership subscriptions are now due for the membership period 1 April 2024 to 31 March 2025.

Your annual subscription helps us to continue our work in the community. You'll also receive our quarterly newsletter with articles and up-to-date events.

Payment can be made either by Internet Banking to our Westpac account 03 1709 0025074 00 using your surname and initials as reference, or by cash at our office (but please ring ahead before coming into the office as it may not always be attended).

Our thanks to those who have already paid their membership subscription for this financial year.

Your support is very much appreciated!

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.

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.



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



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/

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