



Winter Newsletter - June 2024

Welcome to June and the time of year where the trees are starting to look stark from all their fallen leaves and the cold days and nights are beginning to close in. It's also time to start turning the heat up, layering on the warm clothes and trying to soak up some sunshine where you can. June also means it's time for our AGM, including the election of new Board Members (see pg. 2) - we hope you can join us there on the 13th.



ANNUAL GENERAL MEETING

THURSDAY, 13th JUNE 2024, 1.30-3.30pm

75 Tahunanui Drive, Tahunanui, Nelson



Nelson/Tasman

Guest Speaker

Chris Gaul — Nurse Practitioner, Health of Older Person

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

~ All members are urged to attend ~

Dementia Friendly Recognition Programme

Congratulations to the Elma Turner, Stoke and Nightingale Memorial Libraries who have been newly recognised as Working to be Dementia Friendly under this Programme by Alzheimers New Zealand at an Accreditation Meeting in March.



Next time you are visiting these Libraries check out their Memory Loss and Dementia Collection which has cognitively stimulating literature for adult readers and materials for all stages of dementia. Elma Turner Library also runs a monthly Dementia Friendly Reading Group.

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



Alzheimers Nelson Tasman Board Member Nominations:



Marie Austin — I am an Associate and Team Manager at Atkinson Crehan Law. I head up the estate and succession planning team and have a special interest in Elder Law. In this role I have helped many people navigate the changes they are experiencing as they grow older and preparing for the future and all eventualities from a legal standpoint. This commitment extends to wanting to support people with dementia and Alzheimers and their families in the local community. Outside of my legal career I find joy in strength training to maintain a healthy lifestyle, my artistic side shines through my passion for playing the cello, adding depth to my diverse interests and talents.

Chris Gaul — I am a Nurse Practitioner working in the community as part of the Older Persons Team. The majority of people I see in their homes, and have a cognitive impairment or dementia and it's an area of my work that I am extremely passionate about. I have been a Nurse for 30 years, originally from the UK but now call New Zealand my home. I am married to a local Wakefield man and we have two teenage children. I am keen to be considered to join the Board to offer a clinical perspective and support the ongoing good work provided locally within our community.



Rose Madden — I joined the Alzheimers Nelson Tasman Board in 2023 as their Secretary. It's been a real privilege to work with such an amazing organisation which really is passionate about helping those with Alzheimers, as well as their families. Outside of this role, I work for the Nelson City Council in the Finance Team, I'm a Mum of Cooper who is a busy 4 year old, Hari the Dog, and Lt. Dan the Cat, as well as Partner to Hayden.



Al-Zingers



Music Group for People Living with Dementia

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.

Contact us on (03) 546 7702 to book your place.

Cognitive Stimulation Therapy (CST)



We are delighted to share the success of our recent Cognitive Stimulation Therapy Sessions. Over the course of seven weeks in April and May our clients came together to engage in these valuable sessions designed to enhance cognitive function and build connections.

Everyone enjoyed engaging in a wide range of topical, relevant and interesting conversations - from travel, current affairs, childhoods, careers, family, community matters, global news and more.

The sessions were attended by eight enthusiastic individuals, with two of our dedicated and trained staff members (Sue Cochrane and Shelley Muirhead) facilitating the Group ensuring a supportive and engaging environment for all involved. The feedback has been very positive with everyone enjoying the sessions. We are thrilled to see new friendships formed and many group members will now meet outside the sessions.

This is some of the feedback received:

"We learned a lot from each other and enjoyed the exchange of ideas"

"No one is being judged and we can have a good laugh"

"Meeting nice people with the same issues has meant a lot to me"

"The sessions have enriched us with great conversation and fun"

"I enjoyed the mix of people, and it was a good way to meet others".



We would like to acknowledge the Alzheimers New Zealand National Donor

Programme as an annual contributor to our organisation. The money raised from individual donations helps to cover the costs of our services and support for people living with dementia mate wareware, and their whānau.





Alzheimers *Nelson Tasman*



WHIRIA TE TANGATA
weaving the people together
#NVW2024 | 16-22 JUNE 2024



National Volunteer Week celebrates the collective contribution of the millions of volunteers who enrich Aotearoa New Zealand. This year's theme is 'Whiria te tangata – weaving the people together'. Volunteering weaves us together, strengthening the fabric of our community.

We would like to recognise and thank all our valuable volunteers who generously and willingly share their time and energy assisting our Organisation whether it be with our clients, assisting at Groups or with our fundraising endeavours — you are all so greatly appreciated not just during this week but all throughout the year!



If you would be keen on becoming a volunteer do get in touch with us — we would love to hear from you. You may also be interested in attending the NBS Volunteer Expo event being held on 13th July.

NBS VOLUNTEER EXPO | **13TH JULY 10AM - 2PM**
ANNESBROOK COMMUNITY CHURCH



Let's get creative for a cause! Create for Dementia is back again this June. Pick a fun, creative challenge, register your personal profile and raise funds to help us create a dementia-friendly New Zealand. Whether you're a hobbyist, a professional or a beginner wanting to try your hand at a new skill, Create for Dementia is your chance to get creative for a good cause. It's easy, fun and free to participate — find out more here:

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



**Repositioning
Dementia**

What's next?

**Save the date for the final Repositioning
Dementia event:**

Date: Tuesday, 24th September 2024

Venue: Wellington and online

This fourth instalment in the event series by Alzheimers NZ is being held in September to mark World Alzheimers Month. More details to come...

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

Elma Turner Library

Dementia Friendly Reading Group

**First Wednesday of Every Month,
10.00-11.00am**

Call Sue at Alzheimers Nelson Tasman on 03 546 7702 for further details.

Richmond Dementia Friendly Library Group

Tuesdays, 10.30-11.30am, weekly

Call Heather 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

**Motueka
(Jack Inglis Friendship Hospital)**
10-12 noon, 3rd Wednesday

RIGATONI AMATRICIANA

2 tbs olive oil
 1/2 onion, thinly sliced
 150g pancetta, rind removed, cut into cubes
 400g jar tomato pasta sauce
 400g rigatoni
 Grated pecorino or parmesan to serve



Method:

Heat oil in a fry pan over medium heat, add the onion and cook for 2-3 minutes until softened. Add the pancetta and cook for a further 5 minutes or until slightly crispy. Add the sauce and bring to a simmer.

Meanwhile, bring a large saucepan of salted water to the boil, add the pasta and cook until al dente. Drain.

Toss the pasta with the sauce until combined, then serve with grated pecorino and a drizzle of oil.

One of the hardest things you will ever have to do, my dear, is grieve the loss of a person who is still alive.

@JeannetteEWalls

NEXT TIME YOU ARE STRESSED:

Take a step back, inhale, and laugh. Remember who you are and why you are here. You are never given anything in this world that you can't handle. Be strong, be flexible, love yourself and love others. Always remember— just keep moving forward.

PIT



MOVING ON GROUP

Friendship and support for people who have been carers. Meets monthly for lunch on the second Wednesday of each month. For more information please 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.

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



RG & EF MacDonal Trust



**THE LION
FOUNDATION**

Te Whatu Ora

Health New Zealand

Nelson Marlborough



tasman
district council



**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

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