



Spring Newsletter - September 2024

SEPTEMBER is World Alzheimers Month with the theme for 2024 being 'Time to act on dementia, time to act on Alzheimers'. This is your chance to show your support for people and their whānau living with dementia mate wareware in Aotearoa New Zealand and for us to raise awareness within our community.

Keep an eye out 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, 17th), at Bunnings (Wednesday, 18th) and outside Kmart Richmond (Thursday, 19th September).

We will also be holding our annual Memory Walk in Isel Park so do come along and join us on Saturday, 21st September for a stroll amongst the beautiful gardens with the sounds of pipers leading the way.

Alzheimers New Zealand will be holding their fourth and final **Repositioning Dementia: What's next?** one-day event on 24th September (see page 5 for details). This event runs online from 8.45am to 5pm and is free for people living with dementia and their whānau care partners. To view the programme and register visit:

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



**Saturday, 21st
September
11am**

**Join us on our Memory Walk through Isel Park, Stoke
as we walk to remember those than cannot.**

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



Move for Dementia is back again this 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.



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/>

All proceeds go towards the important work we do to make a dementia friendly Aotearoa New Zealand ❤️

Alzheimers Nelson Tasman have been selected by **Z Richmond (8 Gladstone Road)** as one of four community groups to participate in their **Good in the Hood** fundraising campaign running from 26th August to 22nd September 2024. So next time you need to fuel or charge up make sure you pay them a visit, get an orange token and pop it into our slot. Every vote counts towards a share of \$4,000!



Remember

that no amount of guilt can change the past, and no amount of worrying can change the future. 



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.

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.



We will be running a **Caring with Confidence Workshop** for those supporting a person living with dementia at home on Wednesday, 30th October 2024, 9.30am-3pm at Our Lady of the Bays Catholic Parish, 35 William Street, Richmond. To register your interest in attending please contact the office on 03 546 7702 or email admin@alzheimersnsn.org.nz.

Mary-Ann Hardcastle, the ACP Facilitator from Nelson Bays Primary Health, will be running an **Advance Care Planning Session** for us (date still to be confirmed). If you would be interested in attending this session and learning more about Advance Care Plans please either let your Dementia Advisor know or contact the office on 03 546 7702 / email: admin@alzheimersnsn.org.nz so we can provide you with more information once a date has been finalised.

The Mountain.

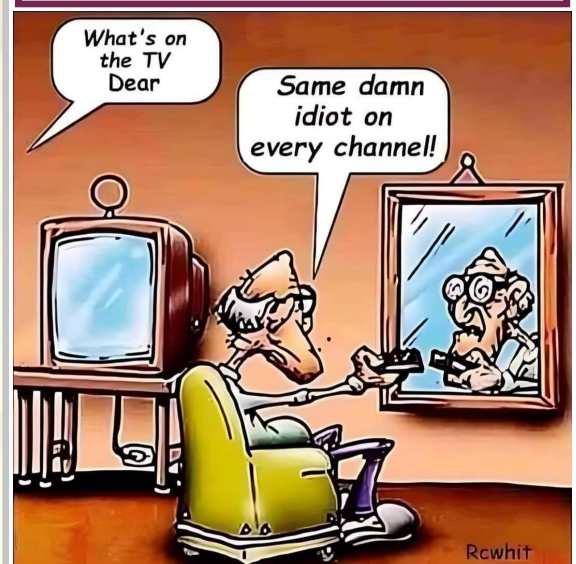
lessonslearnedinlife.com

If the mountain seems too big today
then climb a hill instead.
If the morning brings you sadness
it's ok to stay in bed.
If the day ahead weighs heavy
and your plans feel like a curse,
there's no shame in rearranging,
don't make yourself feel worse.
If a shower stings like needles
and a bath feels like you'll drown,
if you haven't washed your hair for days,
don't throw away your crown.
A day is not a lifetime
a rest is not defeat,
don't think of it as failure,
just a quiet, kind retreat.
It's ok to take a moment
from an anxious, fractured mind,
the world will not stop turning
while you get realigned.
The mountain will still be there
when you want to try again,
you can climb it in your own time,
just love yourself til then.

— Laura Ding-Edwards

Derek and Ruth's Story

Derek Thorn, an ex-Board Member of our Organisation, has very graciously shared with Alzheimers New Zealand the story of his wife Ruth who lives with Vascular Dementia and their long and challenging journey over the last seven years. To read their story go to: <https://alzheimers.org.nz/stories/6445/>





We are working to be
Dementia Friendly



Dementia Friendly Resources at Nelson Public Libraries



Dementia Friendly Reading Group

Relax while a great story or poem is read to you, and then enjoy exploring it in a fun and friendly way. There is no pressure to read, and you can take part in the discussion as much or as little as you want.

First Wednesday of every month 10–11am
Elma Turner Library

Memory Loss and Dementia Collection

Highlights of the collection include:

- short stories for people with mild memory loss
- adaptations of classics for easy reading
- local history books which help readers to reminiscence
- photo and picture books
- books about dementia

Memory Care Bags

Our Memory Care bags contain a mix of items, games, and sensory objects, along with some individual pieces. These bags are crafted to encourage social interaction, reminiscence, and enjoyment. You can find them at all three branches or by searching the catalogue.

For more information email library@ncc.govt.nz or call (03) 546 8100



NELSON
PUBLIC
LIBRARIES
Ngā whare
mātauranga
o Whakatu

DISCOVER
LEARN
CREATE



Alzheimers *Nelson Tasman*



**Repositioning
Dementia**

What's next?

Date: Tuesday, 24th September 2024,
8.45am - 5pm

Venue: National Library of New Zealand,
Wellington and online

This fourth and final instalment in the event series by Alzheimers NZ is being held in September to mark World Alzheimers Month. For more information and to register go to: <https://verve.swoogo.com/alzheimersnz-whatsnext>

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

Stoke

(Baptist Church)

10.30-12 noon, 1st Wednesday

Nelson

(Elma Turner Library)

10-11am, 1st Thursday

Tahunanui

(75 Tahunanui Drive)

10-12 noon, 2nd Tuesday

Motueka

(Jack Inglis Friendship Hospital)

10-12 noon, 3rd Wednesday

One-Pot Sausage Casserole with Garlic Breadcrumbs

Ingredients

3 tbsp olive oil, plus an extra drizzle (optional)
 8 large pork sausages
 1 onion, finely sliced
 sprinkle of golden caster sugar
 1 tbsp red wine vinegar
 1 tbsp tomato purée
 ½ tsp smoked paprika
 400g can chopped tomatoes
 100ml red wine
 2 bay leaves
 400g can butter beans, drained but not rinsed



For the crumb topping (optional)

50g fresh breadcrumbs
 2 garlic cloves, finely grated
 handful of parsley leaves, roughly chopped

Method - Heat the oven to 200°C.

Heat 1 tbsp of the oil in a shallow ovenproof casserole over a medium heat and gently fry the sausages for 5-8 minutes, or until brown on all sides. Transfer to a plate. Tip the onions into the pan and fry for 5-8 minutes until beginning to turn golden. Drizzle in a little more oil if the onions start to stick. Sprinkle in the sugar and cook for a minute before stirring in the vinegar, tomato purée and paprika to form a paste. Tip in the tomatoes, then pour the wine into the tomato can, swish it round, and add to the pan. Stir in the bay leaves and beans, then arrange the sausages on top so they're half-submerged in the sauce but still a little exposed.

Bring the mixture to a simmer, then bake in the oven for 20 minutes. Meanwhile, make the topping. Mix the breadcrumbs with the garlic and parsley, then season and stir in 1 tbsp oil. Scatter the topping over the casserole, then drizzle with the remaining 1 tbsp oil and bake for 10 minutes more until the breadcrumbs are golden and crisp.



English is hard

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.

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 MacDonald Trust



**THE LION
FOUNDATION**

Te Whatu Ora

Health New Zealand

Nelson Marlborough



Te Kaunihera o
te tai o Aorere



**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