



Summer Newsletter - December 2024

As summer rolls around and another year comes to a close it is timely to remember that while the holidays are often a time of joy and celebration, they can also bring added stress and it requires patience, flexibility and understanding, especially when living with or caring for someone with dementia. By simplifying the celebrations, maintaining routines and taking care of your own well-being, you can create a holiday experience that is more enjoyable and less stressful for you both. Remember that it's the time spent together that matters most, even if it looks different than in years past. Please see page 2 for some tips which may help you manage the season while ensuring both of you feel supported.



From the Alzheimers Nelson Tasman Team (Heather, Sue, Shelley and Vicki) we wish you a very merry Festive Season and a happy, healthy and safe New Year ahead.



Please note our office will be closed from Friday, 20th December 2024 and will re-open on Monday, 6th January 2025. We do please ask that before coming into the office you phone ahead on 03 546 7702 to check staff availability.

Rabbit Island Picnic

Tuesday, 21st January 2025, at 11am

We hope you will join us for our annual picnic and enjoy a relaxing afternoon by the sea.

Bring your blankets, chairs and a picnic lunch, throw in your sunscreen, towels and togs if you dare to go for a swim!

Mark the Date - we look forward to seeing you all there.



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*

TIPS FOR MANAGING THE HOLIDAY SEASON WHEN LIVING WITH OR CARING FOR SOMEONE WITH DEMENTIA



Maintain Routines and Familiarity

Keep routines as consistent as possible: Familiarity often helps us to feel more secure and comfortable and a predictable schedule helps with this. Stick to familiar mealtimes, bedtimes and daily routines.

Familiar environments: If travelling, ensure that the environment is comfortable and as familiar as possible. If it's not possible to stay at home, bring along comforting items (e.g. favourite blankets, photos) to make the new setting feel safer.

Simplify Celebrations

Limit overstimulation: The holidays can be noisy and chaotic, which can be overwhelming for you both. Reduce the noise level, avoid large crowds and create a calm environment with soft lighting and relaxing music.

Smaller gatherings: Instead of large parties, consider hosting smaller gatherings with a few close family members and friends. This will help to reduce stress and confusion.

Adjust expectations: Don't feel pressured to adhere to traditions if they are too stressful. Simplify holiday activities like gift exchanges or meals to make them more manageable.

Celebrate with Meaning

Focus on the simple joys: Engage in holiday activities that you both still enjoy, such as listening to holiday music, looking through photo albums or watching holiday movies. These activities can trigger positive memories and offer moments of connection.

Reminisce gently: Share happy memories or stories from past holidays. This can be a way to feel connected and both feel included in the celebration without being overwhelmed.

Communicate Clearly and Gently

Be patient and understanding: Communication can become more difficult especially if there is stress and anxiety in the mix. Patience and time is important for us to express ourselves. Speak clearly, use simple sentences, try limiting the amount of information given at once.

Use non-verbal cues: Sometimes, body language or gentle touch can be more effective than words. Offer reassurance and comfort with calm gestures.

Redirect if needed: If a person becomes upset or confused, gently redirect them to another topic or activity. Keep things light and non-confrontational.

Be Flexible

Adapt plans as needed: Sometimes things don't go according to plan. Be flexible with your expectations and be ready to adjust.

Prioritise Self-Care

Take breaks: Celebrating can be exhausting, especially during the holidays. It's important to take time for yourself to recharge. Whether it's a walk, a quiet moment or asking for help from other family members, ensure you have time to rest.



Thank You to everyone who supported us during our Alzheimers Awareness Month activities in September.

Approximately 90 people turned out for our annual Memory Walk, where led by the bagpipes and drums from members of the Nelson Celtic Pipe Band, we all walked through the picturesque gardens in Isel Park, walking to remember those that cannot. Following the walk we enjoyed a lovely morning tea with Devonshire scones, cream and jam which our amazing volunteers had put together - thank you to everyone involved for making this a really special event.



Our thanks also to our volunteers who assisted on our Street Appeals and to Jenny Smith for contributing the Gift Vouchers for our Raffles.

Finally we would like to thank Heather Gunning and the Arvida Waimea Plains residents who organised a fun Quiz Night and the Summerset in the Ranges residents who held a Fundraiser for us during this month.



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.

Things Ain't What They Used To Be...

Some sleep with a hottie and some with a cat
 But I sleep in a bed with a man in a hat
 And I'm not telling tales, 'cos *he* chuckles as well
 But he ain't stopping any time soon, I can tell

And not only a hat, but his whole lower half
 Is still dressed in his trousers and that makes me laugh
 Though I mutter as well and there once was a time
 When I *fumed* at the ways of this husband of mine

I pleaded that trousers don't go inside sheets
 That they're meant for the daytime in gardens or streets
 But no end of persuading – I just hit a wall -
Nothing altered this bedtime behaviour at all

The reason, he tells, is his nose has a drip
 So he's needing a hankie down by his hip
 And his corduroys pocket is just the right spot
 So they're perfect for bedtime, he says, are they not?

I could buy some pajamas with pockets galore
 But he claims that he's tried out those things once before
 And he's better with trousers both old and familiar
 Than trying pajamas no matter how similar

Did I mention his upper half's layered as well
 With two polar fleece jackets? And yes, I can tell
 There's merino beneath *them* – no wonder it seems
 Common sense to stay thus for the next day, he deems.

There was once a time when he wore a lot less
 (And he never found *me* in the bed in a dress)
 He was wearing pajamas without any issues -
 His nose drip was fine with a small box of tissues...

Oh well. There it is. Let him do what he'll choose
 I'm just grateful he thinks of removing his shoes
 And since change is the one, only, constant, I've read
 Guess I'll stick with the man in the hat in the bed...

LM 22.8.24

This poem was written by one of our very talented Care Partners. Thank you Lois for allowing us to share this with others who may benefit from a good laugh to help them cope.



While you're doubting
 yourself, someone
 else is admiring your
 strength.
 @joyfulnessupply

FOR SALE - \$100.00

High Quality Sensor Mat / Alarm.

If interested, call the office on 03 546 7702.





Nelson Cathedral Christmas Tree Festival runs daily from 8.30am to 7.00pm through to Sunday, 12th January 2025. View the wonderful display of Christmas Trees including our own glittering purple tree. Our thanks to Penelope Robertson for her beautiful decorating work.

**PLEASE
NOTE...**

There will be no Cafés or Support Groups held in January 2025



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

**Tahunanui
(Nightingale Library)**

10-11am, 1st Thursday

Tahunanui

(75 Tahunanui Drive)

10-12 noon, 2nd Tuesday

Motueka

(Jack Inglis Friendship Hospital)

10-12 noon, 3rd Wednesday

Broccoli and Bacon Salad with Creamy Dressing

- 150g thin sliced streaky bacon
- 800g broccoli, cut into small florets
- 125g (1/2 cup) whole-egg mayonnaise
- 1 tbsp fresh lemon juice
- 2 tsp wholegrain mustard
- 1 tsp Dijon mustard
- 200g red grapes, halved
- 2 green shallots, thinly sliced
- 2 tbsp slivered almonds, toasted



Place the bacon in a large frying pan. Heat over medium-high heat. Cook, turning once, for 4-5 minutes or until golden and crisp. Remove from pan. Coarsely chop.

Meanwhile, bring a saucepan of water to the boil over high heat. Add the broccoli. Cook for 3 minutes or until bright green and tender crisp. Drain. Refresh under cold water. Drain.

Combine the mayonnaise, lemon juice and mustards in a small bowl.

Arrange the broccoli on a serving platter. Season. Scatter with bacon, grapes, shallot and almonds. Drizzle with dressing. Gently toss to coat, if you like.





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



COGS
Community Organisation
Grants Scheme



Pub Charity
Limited

RG & EF MacDonald Trust



THE LION FOUNDATION

Te Whatu Ora

Health New Zealand

Nelson Marlborough



tasman | Te Kaunihera o
district council | **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/

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