



Alzheimers

Nelson Tasman

Winter Newsletter - June 2025

It's hard to believe we are now halfway through 2025! As winter sets in, now is the time to remember to take care of yourself and the person you are supporting during these colder months ahead. Stay warm, eat well, and remember to continue engaging in activities that bring you joy.



With our Annual General Meeting taking place on 17th July (see details on page 5) this is a timely reminder to renew your membership for the 2025-2026 financial year. Our thanks to all those who have already paid their annual subscriptions and we hope you can join us at our AGM.

Now is also the time to think about setting yourself and your friends a movement and fundraising challenge for Move for Dementia in September for World Alzheimers Month. Go to <https://movefordementia.org.nz/> for more details.

The Driving Miss Daisy Family!



We are pleased to be offering to all Alzheimers Society members
A discount of \$2 off \$20 fares, \$3 off fares to \$30, and \$5.00 off all other fares
For any trip with us in June



Call for details: Rob (West) 03 5410020
Or Sophie (East) 03 5472133

Driving Miss Daisy Nelson West and Nelson East are very kindly offering a discount off their fares for Alzheimers Nelson Tasman members during the month of June (as per the pictured flyer).

To take advantage of this offer simply let them know you are one of our members when you phone to make a booking and the driver will apply the discount at the end of your journey.

This discount also applies if you have a Total Mobility Scheme discount card - you just swipe your card as usual and the special discount will be applied to the whole fare.

For any questions about this discount plan please get in touch with the friendly Driving Miss Daisy Team.



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Hidden Disabilities Sunflower



Nelson Airport has signed up to the Hidden Disabilities Sunflower Scheme supporting people with disabilities that may not be so obvious to the casual observer. Under this Scheme, people with disabilities can choose to wear a lanyard bearing a sunflower logo as a subtle way of letting others know that they may require additional support, assistance or a bit more time.

You can pick up a sunflower lanyard at the Customer Service Desk in the Nelson Airport Terminal (next to Sublime Coffee). If you wish to speak to the Customer Service team beforehand, please email customerservice@nelsonairport.co.nz or phone (03) 547 3199.



Save the Date! Alzheimers NZ are excited to announce their next event - **Solving the Dementia Challenge with People, Partnership and Innovation** summit which will be held on 25 and 26 September 2025 in Auckland and online. Explore the latest news, updates and insights over two jam-packed days. Keep your eyes peeled for more details and the registration link in June ... you won't want to miss out!

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



Safewill - New Zealand's highest rated Will-writing platform

Alzheimers NZ have partnered with **Safewill** who offer stress-free and easy to write Wills online, wherever and whenever it suits you best, in just 15-20 minutes. With step-by-step templates to follow, you can choose where your assets and investments are assigned and it also allows you to make bequests to your favourite charity or charities should you wish. Every Will is reviewed by a Law Firm to ensure it meets legal requirements.

Safewill are running a Free Wills Fortnight from **16th to 20th June 2025** where you can write your Will for free (normal price \$160.00). To take advantage of this offer please go to our Safewill page <https://safewill.com/nz/alzheimersnelson> during this period where the fee waiver will be applied during checkout.





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Dementia and the Senses: Understanding the World a Little Differently

Dementia doesn't just affect memory or thinking - it can also change how a person experiences the world through their senses. These changes can sometimes feel confusing, but with understanding and support, we can help make everyday life feel a little calmer, safer, and more comforting.

Sight – Seeing the World

Changes in vision are common when living with dementia. A person may experience changes in their peripheral vision or find it harder to focus on what's around them, which can make everyday activities feel overwhelming or even startling.

Gentle support can make a big difference:

- Say hello before getting too close.
- Approach slowly, from the front, with a warm smile.
- Sit or kneel at their eye level, ideally on their dominant side.

Hearing – What They Hear and How They Process It

Hearing might still be sharp but understanding sounds and accurately processing what they are hearing can become tricky. Background noise - like the TV or a busy room - might feel jarring or stressful.

Try creating a peaceful sound space:

- Keep things calm and quiet.
- Be mindful of noises that may cause anxiety or confusion.

Touch – The Comfort of Connection

The sense of touch can change too - a person may not feel temperature, pain, or discomfort the same way. On the other hand, comforting touch can be deeply reassuring.

A few small actions go a long way:

- Clearly label hot and cold taps.
- Offer soft, cozy textures like blankets or robes.
- Share hugs, hand-holding, or gentle touches to show love and support.

Taste – When Favourites Change

Taste buds may respond differently, and someone might start enjoying new foods - or stop liking old favourites. Sweet cravings are also common.

Respect their changing preferences:

- Go with their food choices when possible.
- Gently guide toward balance without making them feel wrong or judged.

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Dementia and the Senses: Understanding the World a Little Differently

Smell – What's Harder to Notice

Sense of smell can fade, making it tough to detect things like spoiled food or smoke.

Keep safety in mind:

- Regularly check the fridge and pantry.
- Make sure smoke and gas detectors are working properly.

In Every Sense, There's an Opportunity to Care

Every person's experience with dementia is unique. By paying attention to sensory changes and responding with patience and kindness, may help create a space that feels a little more familiar, comforting, and full of dignity.



Te Wiki Tūao ā-Motu
National Volunteer Week

As part of National Volunteer Week running from 15th to 21st June 2025 we would like to send a special thanks out to all our valuable volunteers who so generously and willingly share their time and energy assisting our Organisation - whether it be with our clients, helping at Groups or with our fundraising endeavours - you are all so greatly appreciated not just during this week but throughout the whole year! If you would be keen on becoming a volunteer do get in touch with us - we would love to hear from you.

Dust If You Must

*Dust if you must, but wouldn't it be better
To paint a picture, or write a letter,
Bake a cake, or plant a seed;
Ponder the difference between want and need?*

*Dust if you must, but there's not much time,
With rivers to swim, and mountains to climb,
Music to hear, and books to read;
Friends to cherish, and life to lead.*

*Dust if you must, but the world's out there,
With sun in your eyes, and wind in your hair;
A flutter of snow, a shower of rain,
This day will not come around again.*

*Dust if you must, but bear in mind,
Old age will come and it's not kind.
And when you go (and go, you must),
You, yourself, will make more dust.*

Rose Milligan



*Thank
you!*

Our thanks to the Alzheimers New Zealand National Donor Programme for their annual contribution 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.

SENSOR MAT FOR SALE — \$100.00.
Please call the office on 03 546 7702
for more information.



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Alzheimers Nelson Tasman Annual General Meeting

Thursday, 17th July 2025, 1.30-3.30pm

75 Tahunanui Drive, Tahunanui, Nelson

ALZ CAFÉ NELSON

2nd Thursday each month, 10.30-12 noon, 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

Richmond Dementia Friendly Library Group

Tuesdays, 10.30-11.30am, fortnightly

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

Moving On Group Update

Friendship and support for people who have been carers. Meets monthly for lunch on the 2nd Wednesday of each month.

New members are always welcome - for more information 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

Stoke
(Baptist Church)
10.30-12 noon, 1st Wednesday

Tahunanui
(Nightingale Library)
10-11.30am, 1st Thursday

Tahunanui
(75 Tahunanui Drive)
10-12 noon, 2nd Tuesday

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



Alzheimer's

Nelson Tasman

Easy Chicken and Leek Soup

Serves 4 (Prep time: 5 mins | Cooking time: 20 mins)

Ingredients

- 30g butter
- 3 cloves garlic, minced
- 1 onion, sliced
- 1 leek, sliced
- 2 carrots, thinly sliced
- 2 sprigs thyme
- 1.5L chicken stock
- 2 cups cooked chicken breast, shredded



Method

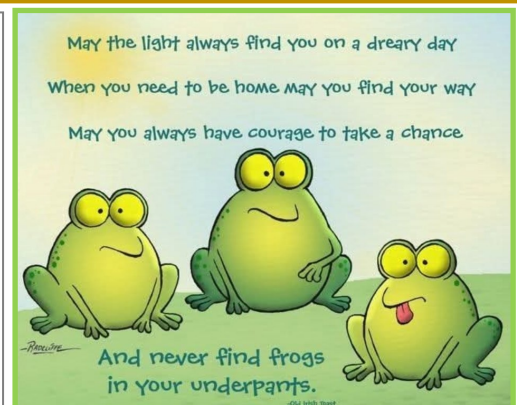
1. Melt the butter in a large pot over medium-high heat.
2. Add the garlic, onion, leek, carrots and thyme. Cook for 8-10 minutes or until tender.
3. Pour in the chicken stock and bring to a simmer.
4. Once simmering, stir through the shredded chicken. Cook for a further 2-3 minutes, or until the chicken has heated through. Season with salt and pepper to taste.
5. Ladle into bowls and serve while hot.

Tip:

- Finish your soup with lemon zest and some grated parmesan for a deliciously savoury soup.



Thank you to everyone who stopped by our stall at the Positive Ageing Expo in April. And a special shout out to Derek (pictured) for helping to man our stall with us.





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Membership Now Due for 2025 - 2026

Membership subscriptions are now due for the membership period 1 April 2025 to 31 March 2026.

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!

Alzheimers Nelson Tasman

Annual Membership Subscription:

Individual or Household **\$25.00**

Corporate Membership **\$35.00**

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.

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.



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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



tasman | Te Kaunihera o
district council | **te tai o Aorere**

Te Whatu Ora
Health New Zealand
Nelson Marlborough

RG & EF MacDonald Trust

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/)