



Alzheimers Nelson Tasman

A Message From Us

This year is a very special one for us here at Alzheimers Nelson Tasman as we celebrate 40 years of supporting people with dementia and their whānau across our community.

What an incredible milestone! From small beginnings to the service we are today, we are so grateful to everyone who has been part of our journey – staff, volunteers, supporters, families, and friends.

We are looking forward to celebrating this achievement together at our Memory Walk in September, so keep an eye out for more details. There may even be cake involved... and we all know attendance improves dramatically when cake is mentioned!


We also want to acknowledge two team members' commitment to our organisation:

Heather is celebrating 20 years with the organisation and Sue an amazing 25 years. That is a combined 45 years of wisdom, compassion, teamwork, and dedication – along with more stories and memories than we could possibly fit into one newsletter! Thank you both for the care and dedication you continue to bring every day.

Recently, we welcomed Lyneta from Alzheimers NZ and Tracy from Alzheimers Gisborne who visited us to complete a peer review against the service model. We would like to sincerely thank everyone who was involved and contributed during the process. Your hard work, honesty, teamwork, and passion for supporting our community truly shone through.

We look forward to sharing the feedback with you when we receive it.

We have certainly enjoyed some beautiful sunny days lately, although we know the colder weather is waiting just around the corner. So please stay warm, keep the blankets handy, and remember – we are only ever a phone call away.

Take care and stay connected,
The Alzheimers Nelson Tasman Team 



FLUFFY PANCAKES

Ingredients:

- 1 ½ cups all-purpose flour
- 3 ½ teaspoons baking powder
- 2 tablespoons white sugar
- ½ teaspoon salt
- 1 ¼ cups milk
- 1 large egg
- 3 tablespoons butter (melted and slightly cooled)
- 1 teaspoon vanilla extract (optional)

Step-by-Step Instructions:

Mix dry ingredients: In a large mixing bowl, whisk together the flour, baking powder, sugar, and salt.

Combine wet ingredients: In a separate medium bowl, whisk together the milk, egg, melted butter, and vanilla extract.

Combine: Pour the wet mixture into the dry ingredients and stir gently using a fork or spatula until just combined. Stop mixing when the batter comes together; a few small lumps are perfectly fine and help keep the pancakes fluffy.

Cook: Heat a lightly oiled or buttered non-stick pan or griddle over medium-low to medium heat. Pour roughly ¼ cup of batter for each pancake.

Flip and serve: Let it cook for 1-2 minutes until bubbles appear on the surface and the underside is golden. Flip and cook for another 1-2 minutes until cooked through.

Serve warm with maple syrup, fruit, or your favourite toppings.



Our AGM will be held at 1.30pm on Wednesday, 17th June 2026 at 75 Tahunanui Drive.

Please note that financial members only are eligible to vote.

ENJOY
THE
little
THINGS
♡

Save the Date

About Dementia Information Sessions
23rd June
18th August
10.30-11.30am

Advance Care Planning Workshop
9th July, 11am

All of these will be held at
75 Tahunanui Drive.



The Quiet Strength Of Patience

Patience is something we often talk about, but rarely stop to truly understand – especially in the context of supporting someone living with dementia. It’s not about “getting it right” all the time, and it’s certainly not about being endlessly calm. More often, patience is a quiet, ongoing effort. It’s the pause before responding. The decision to try again. The ability to sit alongside someone in their reality, even when it feels unfamiliar or difficult.

Caring for someone with dementia can bring moments that test even the most resilient person. Repeated questions, changes in mood, confusion, or resistance to support can feel exhausting – particularly when you’re already carrying so much. It’s important to acknowledge this honestly. Feeling frustrated, tired, or even overwhelmed at times does not mean you’re failing. It means you’re human.

Patience in this space doesn’t mean ignoring those feelings. Instead, it’s about recognising them, and then choosing how to respond. Sometimes patience looks like taking a breath before answering the same question again. Other times, it might mean gently changing the subject, or stepping away for a moment to reset. It’s not about perfection – it’s about intention.

One of the most helpful shifts can be letting go of the need to correct or bring the person back to “our” version of reality. For someone living with dementia, their experience feels very real and very true in the moment. Meeting them where they are – rather than trying to pull them back – can often reduce distress for both of you. This might look like going along with a story, validating a feeling, or simply listening without needing to fix things.



It’s also important to remember that patience has limits, and that’s okay. You are not expected to carry everything on your own. Taking breaks, asking for support, and finding moments of rest are not luxuries – they are essential. Looking after yourself is part of being able to continue showing up with care and compassion.

Small strategies can help in the moment. Slowing things down, using simple language, offering one step at a time, or allowing extra time for responses can ease pressure on both sides. Creating calm routines and familiar environments can also reduce confusion and make daily interactions feel more manageable.

At its heart, patience is an act of kindness – not just towards the person you’re supporting, but towards yourself as well. It’s found in the small, everyday moments: the second explanation, the gentle tone, the decision to let something go. These moments may not always feel significant, but they are deeply meaningful.

And on the days when patience feels out of reach, that’s okay too. Tomorrow is another chance to begin again.



Some Ideas To Make The Day A Little Easier

Adelle Tanner | Activities Coordinator

Many of our carers share how exhausting it can be trying to motivate your loved one to get up, get involved, or simply engage with the day. You are absolutely not alone in this. It is one of the most common and most draining parts of caring for someone with dementia.

I wanted to share some low-pressure ideas that other carers have found helpful. The key is keeping things simple, familiar, and pressure-free. There's no need for anything elaborate – small moments count for a lot.

SIMPLE ACTIVITIES AT HOME

Some of the best activities are the ones woven into everyday life:

- Making a cup of tea together – letting them stir, pour, or just sit alongside you in the kitchen
- Looking through old photos or a memory box – this can spark wonderful conversations
- Folding washing or tidying a drawer – familiar tasks that feel purposeful
- Listening to music from their era – even just having it on in the background can lift the mood
- Tending to a pot plant or a small garden patch – watering, pruning, or just sitting outside together
- Baking something simple like scones or biscuits – the smells alone can be really grounding
- Watching a favourite old TV programme or film together
- A gentle hand or foot massage with some nice lotion – nurturing and connecting.

The trick is not to present these as activities, but just to start doing them nearby and let your loved one join in naturally if they want to. Taking the pressure off makes a big difference

GETTING OUT AND ABOUT

Outings don't need to be big or complicated. Sometimes a short trip out can shift the whole mood of the day:

- A slow drive through a familiar neighbourhood or past a place that holds memories
- A visit to a garden centre – lovely sensory environment with no pressure to do anything
- A quiet café for a cup of tea and a piece of cake
- A gentle walk along a beach, park, or riverside – somewhere calm and familiar
- A visit to a local market – interesting to look at without being overwhelming
- Attending a church service if that has been part of their life
- A drive-through for an ice cream – simple, enjoyable, and no walking required!

Timing matters too – most people with dementia tend to have better energy and mood in the morning, so if you can plan outings or activities for earlier in the day, you may find things go a little more smoothly.

Some days will be harder than others, but there will also be moments of joy, connection, and even laughter along the way.

I hope some of these ideas help you find a few more of those moments together.

**“You do not find
the happy life. You
make it.”**



Winter Warmers

Keeping Warm Without the Extra Cost

As the colder months settle in, keeping warm becomes more important than ever – but with the rising cost of living, it can also feel like a real challenge. For those supporting someone living with dementia, warmth isn't just about comfort. Feeling cold can increase confusion, impact mood, and make daily life that little bit harder. The good news is that staying warm doesn't always have to mean higher power bills. Small, thoughtful changes can make a big difference.

One of the simplest ways to stay warm is by layering clothing. Several thin layers trap heat more effectively than one thick one, and they're easier to adjust throughout the day. Thermal tops, cardigans, scarves, and warm socks can all help. For someone living with dementia, comfort is key – soft, easy-to-wear clothing without complicated fastenings can make this much easier. Don't forget about overnight warmth too. Extra blankets, flannelette sheets, or a hot water bottle (used safely) can help maintain warmth through the night.

Heating the home can be one of the biggest costs, so it helps to be strategic. Rather than trying to heat the whole house, focus on one main living area and keep doors closed to trap the warmth. Making the most of natural heat during the day – opening curtains to let the sun in, then closing them before evening – can also help hold onto warmth. Blocking draughts under doors with rolled towels or draught stoppers is a simple, low-cost fix that can make a noticeable difference.

Sometimes it's the smaller things that add up. Warm drinks like tea, soup, or even just hot water with lemon can help lift body temperature from the inside.



Having a cosy blanket within reach, especially in the lounge, can provide instant comfort without needing to turn the heater up. Wheat bags or microwave heat packs are another affordable option that can be reheated and reused.

For carers, it's also worth keeping an eye on whether the person you're supporting is recognising when they're cold. People living with dementia may not always express discomfort or may not think to put on another layer. Gently offering a jumper, blanket, or warm drink can go a long way in keeping them comfortable.

If power costs are a concern, it may be worth exploring what support is available in your area. Some energy providers offer payment plans or advice for reducing bills, and there may be community support services that can help during the colder months. Reaching out can feel like a big step, but support is there for a reason.

Most importantly, staying warm doesn't have to be about big changes or added stress. It's about creating a space that feels safe, comfortable, and manageable – using simple, practical ideas that work for you. A warm home, a cosy blanket, and a hot drink shared together can go a long way in making winter feel that little bit easier.



Coffee & Chat Social Groups

For more information on these groups please contact us on (03) 546 7702

These social groups for people living with dementia and their carers were created to provide carers and people living with dementia the opportunity for social engagement and outings together in a safe and supportive environment.

Nelson

Alz Cafe
Mitre10 Mega Cafe

2nd Thursday of the month
10.30am - 12pm

Nelson Library Drop-Ins

3rd Thursday of the month
10am - 11.30am

Motueka

Alz Cafe
Toad Hall

1st Wednesday of the month
10am - 11.30am

Richmond

Zink Cafe

3rd Monday of the month
10.30am - 12pm

Richmond Library Drop-Ins

4th Wednesday of the month
9.30am - 11am

Dementia Friendly Richmond Library Group

Weekly on Tuesdays
10.30am - 11.30am



Coffee doesn't ask silly questions.
Coffee understands.

Moving On

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
or email Karen at: karenmw47@gmail.com

Alzingers
A Music Therapy Group
for people with dementia and their whānau

Come along, make music, share joy and connect together

Alzingers is a welcoming, supportive music group led by a registered music therapist.
No musical experience needed – just a love of music!

BENEFITS OF MUSIC

- Encourages connection**
Builds social interaction and strengthens relationships.
- Supports memory and reminiscence**
Music can spark memories and support communication.
- Reduces anxiety and stress**
Soothing music promotes relaxation and emotional wellbeing.
- Promotes joy, confidence and wellbeing**
Music lifts mood, encourages participation and boosts self-esteem.
- Meaningful time for whānau**
A chance to share experiences, have fun and create lasting moments together.

JOIN US

WHEN
2nd Wednesday of the month
2:00pm – 3:00pm

WHERE
75 Tahunanui Drive
Nelson

WHO
People with dementia and their whānau

COST
Free
All are welcome!



Carer Support Groups

To attend a Support Group, contact Heather or Sue on 03 546 7702

These carer support groups were created to get together with other carers who understand what you are going through; establish connections with others who are also on a dementia journey, and create additional peer support networks and get support and advice from our community Dementia Advisors.

Richmond

Our Lady of the Bays Catholic Parish

10am - 12pm

1st Tuesday of the month

2nd June 2026

7th July 2026

4th August 2026

1st September 2026

Stoke

Baptist Church

10.30am - 12pm

1st Wednesday of the month

3rd June 2026

1st July 2026

5th August 2026

2nd September 2026

Tahunanui

75 Tahunanui Drive

10am - 11.30am

1st Thursday of the month

4th June 2026

2nd July 2026

6th August 2026

3rd September 2026

Tahunanui

75 Tahunanui Drive

10am - 12pm

2nd Tuesday of the month

9th June 2026

14th July 2026

11th August 2026

8th September 2026



Motueka

Jack Inglis Friendship Hospital

10am - 12pm

3rd Wednesday of the month

17th June 2026

15th July 2026

19th August 2026

16th September 2026



We thank the following for their ongoing support

Our sincere gratitude to all who have made donations to Alzheimers Nelson Tasman. 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.



Donation/Membership Form

Title (please circle) Dr / Mr / Mrs / Ms / Miss

First Name:

Surname:

Address:

.....

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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

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.

75 Tahunanui Drive, Tahunanui, Nelson 7011 Phone: 03 546 7702

Office Hours: Mon-Thurs 8.30am-4pm

EMAIL: admin@alzheimersnsn.org.nz WEB: www.alzheimers.org.nz

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