



Alzheimers

Nelson Tasman

A Message From Us

We can't believe it's March already!

We hope you all had the opportunity to enjoy a restful summer break. Our team returned refreshed and ready for the year ahead.

One of the highlights of the season was our annual picnic at Rabbit Island. It was a wonderful day bringing together our clients, families, and staff – a special opportunity to connect, share stories, and enjoy each other's company in a relaxed setting. We were fortunate to experience one of the few truly beautiful summer days this summer!

We have also completed our required re-registration and formally adopted and uploaded our new Constitution. With that important mahi done, it's very much business as usual as we move through 2026.

As referrals continue to increase, so too do our caseloads. Unfortunately, our funding does not increase at the same rate. This may mean you don't hear from us as often as you have in the past. Please be assured this does not mean we are not available.

If you have questions, concerns, need support, or simply want someone to talk to, please don't wait for us to call you – reach out. We are always here and ready to support you.

We look forward to walking alongside you and your whānau throughout the year ahead.

Save the Date

Positive Ageing Expo
21st March, 10am-2pm
Headingly Centre, Richmond

Caring with Confidence Workshop
24th March, 12.30-3.30pm

About Dementia Information Session
21st April, 1.30-2.30pm





Pork and Apple Sausage Roll



Ingredients

Fennel seeds, toasted - 1 Tbsp

Pork mince - 500 g

Large apple, cored, grated

Spring onions, finely chopped - 4

Salt and pepper, to season

Puff pastry, thawed - 2 sheets

Egg, beaten - 1

Sour cream - ½ cup

Wholegrain mustard - 1½ Tbsp

Lemon juice - 1 Tbsp

Method

Preheat oven to 200°C (180°C fan forced). Preheat oven tray.

In a mortar and pestle, bruise the fennel seeds.

Transfer seeds to a large bowl and add mince, grated apple and spring onion. Season, and mix well.

Shape half the mince mixture into a log lengthways along middle of 1 pastry sheet. Score pastry on either side of mince at angled 1cm intervals.

Fold strips over mince, alternating sides, to create a criss-cross pattern. Repeat with remaining mixture and pastry.

Transfer rolls to the preheated oven tray. Brush the top of the rolls with egg, then bake for 35 minutes, or until pastry is puffed and golden.

♥️🦋THE LONGEST GOODBYE🦋♥️

by Jacqui Sawford

In 1987, two hearts began, A love that grew, hand in hand.

Through laughter, trials, hopes, and fears, A journey carved by passing years.

Seven children filled the days, Chaos, wonder, countless ways.

Through scraped knees, tears, and joyful songs, You held each other, steady, strong.

A father's hug, a steady voice, And when the world would seem too tall, Your love would help us when we fall. All now echoes— grief, no choice.

Amid life's trials, joy remained, Grandkids whisper Poppa's name. Love still blossoms, bright and true, In every hug, they carry you.

There were hard times, nights of doubt, Choices made, both right and out. Questioned paths and roads unknown, Yet always, love had made its home.

And now a shadow, soft but near, The whisper of FTD you hear. It steals the light, the words, the song, Turning right into something wrong.

Husband, Father, Poppa, Friend, Brother, Son— these roles won't end. Though sadness drapes the fading sky, Your story shines, it will not die.

This is our longest, hardest goodbye, With aching heart and tear-stained eye.

But love began in eighty-seven, And love will carry you to heaven.



Dementia and Money

Recognising the Early Signs of Difficulty

Managing money is part of everyday independence. For people living with dementia, difficulties with handling finances are often among the earliest signs that extra support may be needed. Recognising these changes early means families can step in with gentle guidance, protecting both wellbeing and dignity.

What might change first?

Money tasks rely on memory, problem-solving, and decision-making – all areas affected by dementia. Early difficulties can show up in small ways that are easy to overlook. You may notice:

- Unpaid or duplicate bills – letters from power companies, or sudden late fees.
- ATM or EFTPOS confusion – struggling with PIN numbers or forgetting steps at the checkout.
- Cash handling – giving too much or too little money, or forgetting to collect change.
- Unusual purchases – buying things that aren't needed, or multiple versions of the same item.
- Increased anxiety – frustration or avoidance around banking, bill-paying, or shopping.

Sometimes these challenges are dismissed as “just getting older,” but when patterns emerge, it may be a sign that dementia is beginning to affect daily life.

Why it matters

Financial mistakes can create stress, debt, or vulnerability to scams. More importantly, the person may feel embarrassed or lose confidence. Spotting the signs early allows families to plan support in a way that maintains dignity rather than waiting until a crisis.

Gentle ways to raise the topic

Money can be sensitive, so it's important to start conversations with care:

- Be reassuring – remind your loved one that everyone needs help sometimes.
- Use examples – “I noticed the power bill hasn't been paid this month. Shall we look at a system together?”
- Frame it as teamwork – “Let's go over the banking together so I can learn how you like it done.”
- Keep them involved – rather than taking over, ask for their input wherever possible.

Steps to support independence

Early changes don't mean the person has to give up control completely. Small adjustments can make tasks easier:

- Automatic payments for regular bills.
- Setting reminders in a calendar or phone.
- Simplifying bank accounts so there are fewer to track.
- Limiting cash to smaller amounts, making mistakes less costly.

When to seek more help

If money problems are frequent or causing distress, it may be time to involve trusted whānau or a professional advisor. This could include setting up joint “view-only” access to accounts, or talking with a bank about support options.

Money difficulties are often an early sign of dementia. By noticing patterns, raising the topic gently, and offering practical support, families can protect financial wellbeing while keeping the person involved and respected.



Music and Memory

How Songs Can Bring Back the Past

Music has a unique ability to unlock memories and emotions, making it a powerful tool for people living with dementia. Familiar songs can help stimulate recall, reduce anxiety, and bring moments of joy and connection. Let's explore how music can support memory and wellbeing.

Why Music is Powerful for Memory

- **Connects to Emotion:** Unlike spoken words, music taps into deep emotions, which are often preserved even as dementia progresses.
- **Stimulates Multiple Brain Areas:** Listening to music activates different parts of the brain, including those linked to memory and emotions.
- **Triggers Autobiographical Memories:** Songs from childhood and young adulthood are often deeply ingrained and can bring back vivid memories.

Ways to Use Music for Memory Support

1. Create a Personalised Playlist

Compile a list of songs that hold special meaning. Focus on music from early adulthood (ages 15-30), as these songs often have the strongest connection to memories.

2. Sing Along to Familiar Songs

Singing can engage the brain even more than listening alone. It can also boost mood and create a shared experience between the person with dementia and their loved ones.

3. Use Music to Soothe and Reduce Anxiety

Soft, slow-tempo music can help ease restlessness or agitation, especially in the evening when sundowning symptoms may appear.



4. Encourage Gentle Movement

Clapping, tapping to the rhythm, or slow dancing can provide a sense of engagement and joy. Even small movements can enhance mood and physical wellbeing.

5. Pair Music with Daily Activities

Playing calming music during meals or familiar songs while getting ready can make routine activities more enjoyable and structured.

Real-Life Impact

Many carers have witnessed how a single song can bring light to their loved one's eyes. A person who may struggle to communicate might suddenly sing every word of a favorite tune. These moments highlight the deep connection between music and memory.

Music is more than just entertainment – it's a bridge to the past, a source of comfort, and a way to bring people together.

By incorporating music into daily life, we can create meaningful experiences and enhance the wellbeing of those living with dementia.



Navigating Carer Guilt

Letting Go of Self-Blame



Caring for a loved one with dementia is both rewarding and emotionally challenging. Many carers experience guilt – guilt for feeling tired, for wanting a break, for losing patience, or for not doing enough. While these feelings are common, it's important to recognise that they are not a reflection of failure. Learning to manage carer guilt can help you maintain your wellbeing while continuing to provide compassionate care.

Understanding Carer Guilt

Carer guilt can stem from many sources, such as:

- Feeling that you should be doing more, even when you're already giving your best.
- Struggling with frustration, exhaustion, or resentment.
- Making difficult decisions, such as moving a loved one into care.
- Taking time for yourself and worrying that it's selfish.

Recognising these feelings as natural can help you start addressing them with self-compassion.

Strategies to Overcome Carer Guilt

1. Reframe Your Thoughts

- Instead of saying, "I should be doing more," remind yourself, "I am doing the best I can with the resources I have."
- Acknowledge the love and effort you put into caregiving every day.

2. Accept That Perfection is Impossible

- No one can provide perfect care 100% of the time.
- It's okay to have moments of frustration or fatigue – it doesn't mean you care any less.

3. Take Breaks Without Guilt

- Resting and recharging allow you to be a better carer in the long run.
- Consider respite care, support groups, or asking family and friends for help.

4. Recognise the Benefits of Seeking Help

- Placing a loved one in care or using support services is not a failure – it ensures they receive the best care possible while protecting your own wellbeing.
- Support is a strength, not a weakness.

5. Focus on What You Can Control

- Some aspects of dementia are beyond anyone's control.
- Shift your energy towards providing love, patience, and support in the present moment.

Letting Go of Self-Blame

Caring for someone with dementia is a journey filled with both beautiful and difficult moments. Allow yourself grace, patience, and kindness – just as you do for your loved one. You are doing enough, and you deserve care, too.





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**

Fortnightly 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





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

3rd March 2026

7th April 2026

5th May 2026

2nd June 2026

Stoke

Baptist Church

10.30am - 12pm

1st Wednesday of the month

4th March 2026

1st April 2025

6th May 2026

3rd June 2026

Tahunanui

75 Tahunanui Drive

10am - 11.30am

1st Thursday of the month

5th March 2026

2nd April 2026

7th May 2026

4th June 2026

Tahunanui

75 Tahunanui Drive

10am - 12pm

2nd Tuesday of the month

10th March 2026

14th April 2026

12th May 2026

9th June 2026



Be gentle with yourself. You're doing your best, and that's all that matters.

Motueka

Jack Inglis Friendship Hospital

10am - 12pm

3rd Wednesday of the month

18th March 2026

15th April 2026

20th May 2026

17th June 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.



Rātā
Foundation



Lottery Grants Board
Te Puna Tahua
LOTTO FUNDS FOR YOUR COMMUNITY

Te Whatu Ora
Health New Zealand
Nelson Marlborough



RG & EF MacDonal Trust

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.

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.

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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