



### TOP STORIES IN

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### **Movies in the Gardens a Great success!**

Thanks to Movie Max 5 and Venture Timaru we had a successful fundraising night out at Timaru Botanic Gardens.

Many families came along with their deck chairs, bean bags, picnic dinners and blankets to enjoy the outdoor entertainment. The band Rotunda was well utilised at the event, as Live energetic music tickled our ears, played by the talented Groove Band. The aromas of hot donuts and a variety of other tasty food trucks filled the air. Donations from the community were generous and the enjoyment on the children's faces as they gave was priceless.

The famous Peter Rabbit, a children's classic, was showing in the earlier session and proved to be a favourite as hundreds searched for the best spot. The New Zealand award winning comedy Hunt for the Wilderpeople was shown next and earlier than planned, due to weather changes. This movie was a hilariously entertaining film for the more mature viewers.



A huge thank you to everyone who came and supported this event. To our volunteers Alan Newth, Nadine Rawlins, Anika Rawlins, Karen Foster and her beautiful granddaughter Skye Foster who helped collect donations. Thank you so much, we greatly appreciate all you have done because without you it wouldn't have been possible. Great news! because this was such a success it is an event planned for future exhibitions, so be sure to keep an eye out.

**Alzheimers South Canterbury**

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[www.alzheimers.org.nz](http://www.alzheimers.org.nz)



## MANAGERS SAY

### 2021 Board Members

#### ***Chairperson***

Karen Foster

#### ***Treasurer***

To be confirmed

#### ***Secretary***

To be confirmed

#### ***Board Members***

Jo Goodhew

Helen McLeod

David Holmes

Adrian Hall

Suzanne Cuthbertson

#### ***Life Members***

Isobel Boyce

Phyllis Seyb

Patricia Goodwin

Diane Nutsford

#### ***Staff***

Cheryl Rose - Manager

Karen Knight - Community Liaison

Chantelle Litten -

Fundraiser

Nadine Rawlins- Administrator

I was going to wish you a happy new year but it feels a bit odd doing that in March, so a welcome back to all our activities which kicked into gear at the beginning of the month.

We have some exciting new initiatives including our men's coffee group, which we've called Top Hats. We are going to the Arthur St Café, who on our first visit, were noted to be very accommodating and dementia friendly. We look forward to our next coffee, catchups are happening the first and third Tuesday's of the month at 2pm. We're looking for one or two volunteers to run these coffee sessions, so if this interests you please give me a call.

We've moved office, still Community House, just across the corridor, so if you're dropping in turn right past the reception, room 7. A little smaller but lots of natural light which is much healthier.

We're about to install a client database with the latest privacy legislative changes built in. This will provide us with much needed ability to closer monitor and manage our interactions with you all and keep in touch should we (heaven forbid) go into another Level 4 lockdown. We were very fortunate to receive a Ministry of Social Development grant for this, along with upgraded computers.

We're busy rewriting brochures, brainstorming lots of fundraising ideas and working to increase our profile in the community. You will have noticed our new look newsletter thanks to Chantelle, and the extra one now that we're publishing four times a year instead of three to keep you up to date. Please make sure you provide feedback to Chantelle on this new look and content. We want to make sure it tells you what you want to know.

**Cheryl Rose**  
Manager

Alzheimers South Canterbury  
[southcanterbury@alzheimers.org.nz](mailto:southcanterbury@alzheimers.org.nz)





## DATES FOR YOUR CALENDAR

### SHARING THE JOURNEY

**8th April**  
**22nd April**

Twice a year we run a two day seminar for carers and family. Although this is primarily for new carers we welcome those who never quite made it when we first got to know you, or those who would like a refresher. Guest presenters include a geriatrician, lawyer, and those involved in carer support including residential and in-home support.

If you would like to attend let us know and closer to the date we will be in contact.

### TEMUKA

**Temuka Social Support**  
100% Homemade Café **2pm**

8th March  
12th April  
10th May  
14th June

**Temuka Carer Support**  
Temuka Library **1.30pm**  
1st March  
3rd May

### TWIZEL

**Twizel Social Support**  
The Musterers Hut  
Café **10.45am**  
9th March  
13th April  
11th May  
8th June

### FAIRLIE

**Fairlie Social Support**  
Eat Café **1.30pm**  
24th March  
28th April  
26th May  
23rd June

### GERALDINE

**Geraldine Social Support**  
Mundell's Coffee shop  
**10.30am**  
2nd & 16th March  
6th & 20th April  
4th & 18th May  
1st & 15th June

### PLEASANT POINT

**Pleasant Point Social Group**  
Point Pub **2pm**  
17th March  
21st April  
19th May  
16th June

### WAIMATE

**Waimate Carers Support**  
Community Link **10.30am**  
18th March  
15th April  
20th May  
17th June  
**Waimate Social Support**  
The Barn Café **10.30am**  
3rd March  
7th April  
5th May  
2nd June

### TIMARU

**Timaru Carer Support**  
Community House **1.30pm**  
10th March  
14th April  
12th May  
9th June

**Timaru Carer Support Evening**  
Community House **7pm**  
1st March  
3rd May

**Timaru Social Support**  
The Harlau Café **2pm**  
25th March  
29th April  
27th May  
24th June

**Purple Ladies Group**  
(For ladies with early onset Dementia)  
Highfield Village Café  
**Meets twice a month**  
Please contact us for more details

**Timaru Sing-a-long**  
Park Centre **1.30pm**  
Timaru Botanic Gardens  
10th March  
14th April  
12th May  
9th June

**The Top Hats**  
(Men's group with early onset Dementia)  
Arthur Street Café **2pm**  
2nd & 16th March  
6th & 20th April  
4th & 18th May  
1st & 15th June



## SHOUT OUTS



**George and Betty Weaver**

Thank you for choosing to donate to Alzheimer's South Canterbury.

This lovely couple took the time and energy to open their beautifully decorated home to the public last December. Your hard work and efforts to fundraise such an incredible donation is very appreciated, on behalf of South Canterbury and Alzheimer's South Canterbury, we thank you.

Be sure to visit them this Christmas in Temuka and perhaps lend them a hand to decorate, let's get into the spirit of Christmas too. They certainly **have** the spirit of giving.



**A huge Shout out to all those involved with last Novembers Midland Choir Annual Charity Concert. Your efforts are highly valued and the funds you raised for Alzheimer's were very generous. This donation is going towards the launching and running of our new men's Top Hats coffee group**

THANK  
You!

**"People are remarkable and sometimes we just cant help it but shout out about it".**



Throughout November 2020 we held a very successful Christmas Raffle fundraiser. Kind people from the community gave up their time to help out and volunteered to sell raffles in local supermarkets, workplaces, and out in the community. Volunteers mentioned they enjoyed the interactions with the public and would be happy to do it again.

Thank you to the following volunteers for all your efforts and hard work helping others in need:

**Suzanne Cuthbertson**  
**Haidee**  
**Johanna Tredinnick**  
**Jessica Tanouye and Jo Tanouye**  
**Barbara Davidson**  
**Margret O'Neil**  
**Levi Litten and April Penson**  
**Arthur and Shirley Ballantyne**  
**Nadine Rawlins**  
**Taylor Fitzgerald**  
**Pauline McLaren**  
**Jeff Elston**  
**Rose Seyb**  
**Caleb Newth**  
**Margret Matthews**  
**Frances King**  
**Patt Duffy**



And a special mention to one of our youngest volunteers **Charlotte Mohunga** who volunteered a lot of her time to sell tickets.

We are grateful and appreciate your support thank you.





## SHOUT OUTS

# THANK YOU



### CAR ENTHUSIASTS

South Canterbury Classic car club held a cruise day once a month .

They kindly chose to collect donations for Alzheimer's South Canterbury over the past 6 months.

A huge thank you to this club for thinking of us and supporting the community by doing what you're passionate about. We appreciate your efforts to fundraise for us.

Keep an eye out for their next cruise days.

**COME CRUZING WITH**

*South Canterbury*  
**CLASSIC CAR CRUZING**

ALL MAKES & MODELS WELCOME  
**2ND FRIDAY OF THE MONTH**

October .....	9-10-2020	January .....	8-1-2021
November .....	13-11-2020	February .....	12-2-2021
December .....	11-12-2020	March .....	12-3-2021

MEET AT POLYTECH CAR PARK, ARTHUR ST, TIMARU

6.30 pm

GOLD COIN DONATION TO:

FOR MORE INFORMATION: CONTACT PHIL ROOKE - 0274 350 674



Classic Car Club had some fantastic weather for most of their cruise days. A really good selection and variety of cars attended.







# HAPPY EASTER

It was Easter in Easter Village and all the Easter bunnies are joyful. The annual Easter egg hunt was just finished. The Easter egg hunt is where four Easter bunnies search for any of the four coloured eggs and then cross the finish lined. Can you figure out which Easter bunny found which egg and what place they finished?

Easter Bunnies:

Mr Hops



Jumper



Long Ears



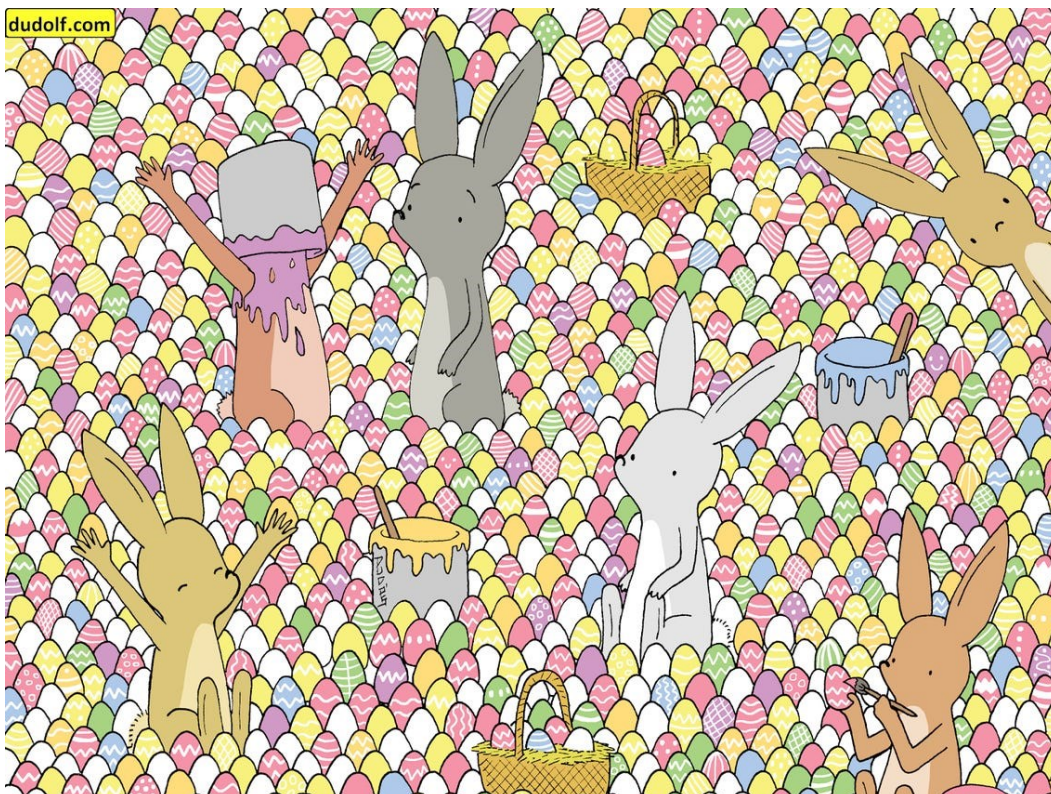
Mrs Littlenose



Clues:

1. Long ears did not finish in 2nd place
2. Jumper did not finish in 1st
3. Long Ears found the red Easter egg
4. The bunny that finished in 2nd did not find the green egg
5. Mr Hops not find the blue egg
6. Littlenose did not finish in 2nd
7. The bunny that found the blue egg did not finish in 1st or 2nd.
8. Hops finished in 4th.

dudolf.com



WIN! WIN! WIN!

A  
chocolate  
easter egg .

Call us with your  
answer to the  
above quiz.

The easter  
bunny will  
deliver your  
chocolate egg

Can you spot the  
heart in this image?

[GergelyDudas/Dudolf](http://GergelyDudas/Dudolf)





## FUNDRAISING



### Are you available ?

Please become one of our amazing **volunteers** to sell our Mothers Day Raffle.

- Have fun socialising
- Gain Experience
- Receive a volunteers certificate

Please contact Chantelle if you are interested in helping.

### *Mothers Day Pamper Baskets*



**BREAKFAST IN BED HAMPER**



**RELAX AND  
RENEW  
SPA HAMPER**

### Team Leaders and team members Needed!

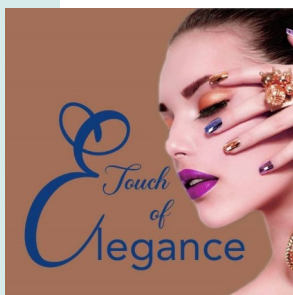
We are underway in planning our annual **Spring Glory Fair** and searching for Volunteers to manage teams for various tasks. If you have experience/knowledge and connections or have team leadership experience for the following areas please get in contact.

- Health & Safety
- Food & Beverages or food safety
- Music or Entertainment
- Market Stalls
- Activities
  - Bingo
  - Garden Lawn games
  - Raffles
  - Relays and wacky races
  - Competitions



Thank you to  
**Touch of Elegance** and  
**Sawaddee Thai Massage**  
For your generous contributions towards our Mothers Day fundraiser.

Your Support is very much appreciated.



Chantelle Litten  
03 6877583

[fundraisingsc@alzheimers.org.nz](mailto:fundraisingsc@alzheimers.org.nz)





## QUIZ CORNER



### Chairpersons Report

Hello everyone.

It is difficult to believe we are into the third month of the year. How time flies when you are having fun....(or so they say). I trust you have had a good start to the 2021 year so far. It certainly hasn't been the quiet start that some expected.

We have had a change in our Board, we said farewell to two of our members at the end of 2020.

**Mary Wallace** joined the Board in September 2010 and

**Jillian Lister** joined the Board in June 2011 and held the position of treasurer

Thank you both for your commitment to the Board of Alzheimers South Canterbury. Your contribution and willingness to be involved in all activities has been really appreciated and we will miss you both. All the best for the future.

The Board are pleased to advise we have co-opted a new Board member for a one-year term: Jo Goodhew will be joining to share her expertise on governance with us. Welcome to Jo.

Alzheimers South Canterbury are preparing to participate in an audit of our services and standards. By undertaking this audit, we will be able to measure how the service we deliver to you compares with services delivered around New Zealand. We want to ensure that no matter where you live, (or shift to), you can expect the same minimum standard of service. There may be an opportunity for you to talk to the auditors when they are here, (date and time yet to be determined). Please let Cheryl or me know if you would like to take part in the audit.

**Karen Foster**

Chairperson

### SING THAT OLD SONG

#### Name the song and singer Quiz

"I see trees of green, red roses too. I see them bloom for me and you and I think to myself..."

"Lets rock, Everybody lets rock, Everybody in the whole cell block....."

"But don't forget who's taking you home and in whose arms you're going to be...."

"There will be love and laughter and peace ever after tomorrow just you wait and see ..."

"When I was just a little girl, I asked my mother what will I be..."

"I don't care much for money. For money ....."

"You keep saying you've got something for me, something you call love but confess?"

"A kiss on the hand, Maybe continental, But....."



**Karen Knight**

Community Liaison Assistant  
community.sc@alzheimers.org.nz





### Emergency Support Plan

What would happen if you, the carer became ill or were suddenly rushed off to hospital?

Having an Emergency Support Plan in place can reduce the stress and anxiety during this difficult time.

The plan needs to include:

- That you are caring for someone with dementia.
- Emergency contact numbers.
- Your name and the name of the person you are caring for.
- Details about the person you are caring for.

### Useful Resources to make it even easier

The resources below provide important information about you so that emergency services and others can provide the necessary assistance that you require. Why not have a plan for both of you.

- Life Tube for in the fridge. These are great if you live alone (Available through us for \$5).
- Health Passport
- Emergency Care Plans  
(Available online or see us.)



**During the changeover of new computers and moving office our mailing list was deleted. We apologise for the inconvenience, please let us know again if:**

You have been asked to be removed from this list and have received this newsletter.

You know anyone who would like to receive the newsletter or missed out on a newsletter.

Come and visit us in our new office

Lucky room number 7

With the blue door.



Keep up to date with what's happening by visiting our Facebook page at:

[www.facebook.com/AlzheimersSC](http://www.facebook.com/AlzheimersSC)

Find us on 

# Reasons to keep a diary ...



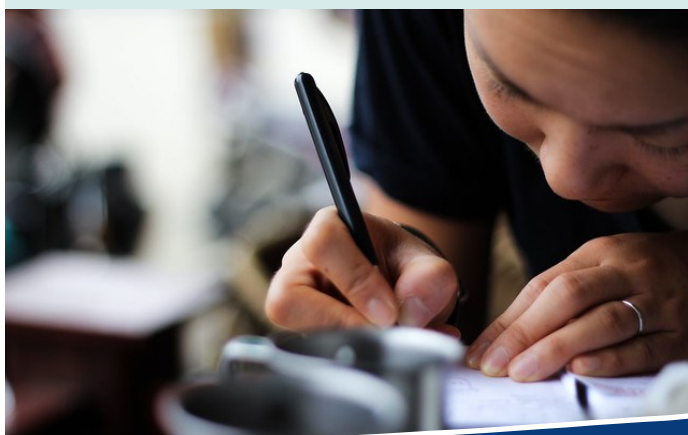
***"Keeping a diary helped me considerably as a carer for my husband. At the end of the week or after I had done something that didn't make sense, I would look over the diary and realise I wasn't just imagining things. With so much going on it helped keep things in perspective and see the patterns that formed, and when things were getting worse. The diary was very good, especially when we had doctor visits. I highly recommend diary keeping it's a brilliant idea".***

Elizabeth  
Carer

Completed daily, a diary can show daily, weekly and monthly patterns of behaviour. Write down everything no matter how small, insignificant, whether you think it is important, and if you can recall, include the approximate time. It is important to also include the weather, visitors or other changes in routine.

There can be triggers that cause a certain behaviour, such as environment, an activity, food, moon cycle, inactivity, change in routine. Fatigue and under stimulus can cause sleepless or restless nights which may result in wandering.

Studies have shown that certain moon cycles (especially full moon) can affect those with dementia can display a significant increase in wandering, anxiety, physical aggression and verbal confrontation.



***"It is equally important to put down your own feelings when keeping a diary, It makes for a good measure as to how you are coping. I did it one day when I had, had a particularly bad day, vented so to speak, and days later when I read it back it was a wake up call as to how bad things had got. "***

Elizabeth  
Carer

<https://www.healthline.com/health/dementia-sundowning>

<https://education.seattlepi.com/moon-changes-human-behavior-6794.html>

# Photo gallery



Timaru Christmas party goers were blessed to have the talented Noel Burns come and entertain them.

A special visit from the man in red and white at the Timaru Christmas party



A great turn out at the Timaru Christmas party enjoyed by many.



Our new mens coffee group **TOP HATS** up and running with great numbers in attendance at the welcoming Arthur street café. The men were having such a great chat they didn't want it to end.



A cosy get together in Fairlie to celebrate Christmas with some beautiful people and good hearty conversation at the Fairlie Heritage museum café.





***"Making life better  
for all those affected by Dementia"***

***THANK YOU.....***

We are extremely appreciative of our sponsors and grant providers for their investment and commitment to Alzheimers. Without their generous support Alzheimers South Canterbury would not be possible.

#### **AORAKI FOUNDATION**



The good news is there are other ways you can support our work. Without financial Support we cannot meet the growing need. Every little bit counts and is gratefully accepted.

1. **Online**  
[www.alzheimers.org.nz/southcanterbury](http://www.alzheimers.org.nz/southcanterbury)
2. **Bank Transfer**  
03-0887—0334844-00
3. **Become a member/subscribe**
4. Please support our **fundraising events**

#### ***The end of cheques...***

Banks have started phasing out cheques and by July it's likely that most banks will no longer issue and accept them.

We value ongoing support of our donors and will still accept any donations

### ***MEMBERSHIP FORM***

Name: (Mr, Mrs, Miss, Ms) \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone (home): \_\_\_\_\_ (work) \_\_\_\_\_

Email: \_\_\_\_\_

Annual Subscription (Membership Year 1st April to 31st March)

Individual/Family \$30.00 \$ \_\_\_\_\_

I also wish to make a donation \$ \_\_\_\_\_

(Above \$5 is tax deductible) \$ \_\_\_\_\_

Please complete and post to: **Alzheimers South Canterbury**  
**PO Box 983**  
**Timaru 7940**

**Newsletter  
Sponsor**

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