

VOL. 3 | FEBRUARY 2022

QUARTERLY NEWS



Official Publication of Alzheimers South Canterbury



Happy New Year

Kia Ora, we hope you all had a happy and relaxing Christmas with your family/whanau and friends. The team is back in the office and ready to go with some exciting new plans and goals for the year.

As the editor I would like to introduce into our newsletters a section called "Your Say" where you can share your thoughts, or ask other readers and our staff for advice.

When you share your stories and advice with other readers! we will send a surprise gift for every letter we publish. Our next edition is scheduled for May.

Chantelle Litten
Quarterly Editor

Send your comments to fundraisingsc@alzheimers.org.nz, or post them to PO Box 983, Timaru 7940.



OVERVIEW:

- Young Timaru Model raising awareness for Alzheimers at New York Fashion Week
- Welcome new Service Manager - Rosie Chambers
- Benefits of Aromatherapy
- Summer Picnic in the Park Event
- Mothers day event
- Twilight Market
- Opportunities for Alzheimers Volunteers only

Alzheimers South Canterbury

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Timaru 8 year old to walk New York Fashion Week Runway, raises awareness

Sarah Young is preparing to embark on an adventure to New York after being selected to represent fashion companies on the runway during New York Fashion week.

Sarah's mum, Mto Olivares, volunteered for Alzheimers at the November Twilight Market. This was when she told us the fantastic news. Mto is known as Olivia and is very community minded and loves to give back.

We are delighted to hear Sarah is going to represent South Canterbury Alzheimers on her travels by bringing awareness of Dementia to New York. She plans to display our logo in her photo shoots.

Sarah is excited that her face will appear on Times Square billboard during New York Fashion week .



Sarah departs to the Big Apple with her family in February to model for Musa Fabric, a company which promotes and sells material and apparel made out of banana and thread from the Phillipine's.

The fashion company Musa Fabric, designer and founder Joy Soo is global, reaching far and wide in places such as USA, Canada, Australia, Switzerland, Morroco, Japan, Thailand, Singapore and New Zealand. Sarah is also modelling, doing the runway and billboard for Steadfast boutique ,a US based company owned by Maria Brucal, also known as Grace Steadfast. The company is very established and is also a well known designer in US fashion.

We wish Sarah and her family safe travels during a time of such uncertainty with the Covid pandemic.



Q & A

INTERVIEW WITH SARAH



It was an honor meeting this amazing family. Their life goals are focused on family and helping others. They are people orientated and live life to the fullest. The family's outlook on life is 'to go with the flow' and when a door opens they take a leap. The talent and creative entrepreneurship this family has is something special and I look forward to seeing what the future holds for this big hearted 8 year old girl, Sarah Young.

As Sarah shared what her modelling was doing to help hundreds even thousands of kids and families in the Philippines, she glowed with pride. To help feed so many people far away, at such a young age, makes you wonder what life has installed for her future.

The profit that is gained from her modelling goes directly to families and children in the Philippine's, through sponsorship with Musa Fabric. Sarah wants to impact people locally too by helping those living with Dementia in South Canterbury.



How did Sarah start Modelling and Why?

"ONE PHOTO" just one photo said Sarah's stepdad Trevor. Sarah modelled Musa fabric for a company here in Timaru, that photo caught the attention of the founder of Musa Fabric.

What do you want to be when you grow up? and what one thing do you enjoy doing?

"I want to be a hairdresser, I'm really good at doing hair" Sarah said.

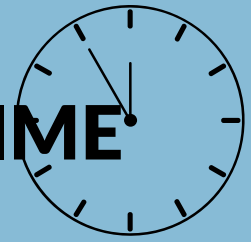
"Tiktok and dancing is her favourite thing to do, she has an excellent memory and can retain a lot of information. When she was taught how to catwalk it didn't seem like she could do it but when the time came she did it with perfection" said Trevor.

What's your Why? what made you decide to help raise awareness for those living with Dementia?

"My father had Parkinson's, shortly after he got Dementia. So not only did his body start shutting down his brain started too. It was very difficult." said Trevor.



TRIVIA TIME



What New Zealand town lies on the banks of the largest lake in New Zealand?

- Wanaka Alexandrina
- Taupo Rotorua

Which city is Dunedin named after?

- Dorrington Glasgow
- Edinburgh London

Which town is the most northern in New Zealand?

- Kaitia Whangarei
- Kerikeri Havelock North

Which city is the adventure sports capital of the world?

- Rotorua Queenstown
- Auckland Blenheim










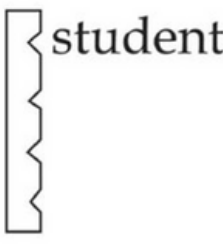
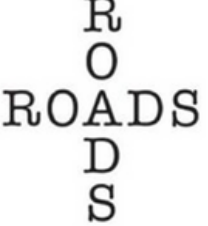

You would watch the whales of which South Island town?

- Kaikoura Nelson
- Westport Christchurch

Which town has the main port in the South Island?

- Bluff Lyttleton
- Westport Nelson

Figure out these popular sayings by solving the picture puzzles below.

Contact us if you would like the answers to these challenges

E: southcanterbury@alzheimers.org.nz

P: 036877583



PEACE

It does not mean to be
in a place where
there is no noise,
trouble or hard work,
It means to be in the
midst of those things
and still be calm
in your heart.

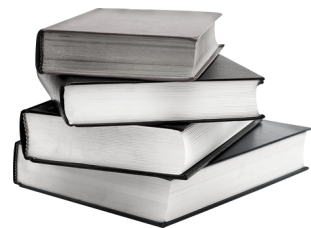
Funny Fun

Watch videos of
animals doing
funny things. Do
you need a
reason?



Self-Soothe

Find a favourite childhood
book to read -its a great way
to self soothe during
unpredictable times. Try find
an edition with a particulary
lovely cover or illustrations.



SING

Singing releases
'happy'chemicals such as
endorphins, seratonin and
dopamine. It also counts as
aerobic activity and lets you
express yourself. If your
having a bad day there's
going to be a song out there
which will tap into everything
youre feeling and help you let
it out.



Bild:	Ertrag	Anderer	Ertrag
Beteilig. am	Betrag	Beteilig.	Betrag
Verkaufskontor	18,2	28,5	6,1
... 84,9	18,2	28,5	5,4
... 24,6	18,2	2,0	1,0
... 26,6	10,2	0,5	0,2
... 12,9	4,7	5,7	0,9
... 12,0	4,4	0,9	0,1

Press
21 December 1923
Page 17

CAROLINE BAY Warenmärkte

... der Gesellschaft für ...
... alle Punkte ...
... Dr. Kimnich erläuterte, weshalb eine ...
... die Gesellschaft bekanntlich eine große ...
... in ihrem Kreis erst zu klären, hätten ...
... über diese Frage bei dem Gesamt- ...
... erst könne man die rechtlichen Fragen ...
... Abhaltung der HV und durch ...

... **Reinische Hypothekbank in** ...
... Rückzahlung auf den 1. Oktober d. ...
... **Dividenden** ...
... **Warenmärkte** ...
... Getreidegroßmarkt ...
... den Berliner ...
... unterschiedlich. Neben verregneten Partien ...
... höherem Hektolitergewicht festzustellen. Das ...
... keine neuwertig Zunahme erfahren. Es wird ...
... zur Septembererhebung aufgenommen. Die ...
... Verpflichtungen waren gut. Mit der ...
... waren die Mühlen sehr vorsichtig, da sie ...
... Teil ihrer September-Produktion vorverkauft ...
... Getreidebestand lebhaft Kaufst. Brauzerte ko



Spotlight on Rosie



Ha! like a kind hand on my brow
Comes this fresh breeze,
Cooling its dull and feverish glow,
While through my being seems to flow
The breath of a new life, the healing
of the seas.

Good-bye to Pain and Care! I take
Mine ease to-day:
Here where these sunny waters
break,
And ripples this keen breeze, I
shake
And burdens from the heart, all
weary thoughts away.

I draw a freer breath, I seem
Like all I see—
Waves in the sun, the white-winged
gleam
Of sea birds in the slanting beam,
And far-off sails which flit before
the south wind free.

In listless quietude of mind,
I yield to all
The change of cloud and wave and
wind;
And passive on the flood reclined,
I wander with the waves, and with
them rise and fall.

—Whittier.

What do you enjoy doing outside of work? I love spending time with my family, renovating our house/section and running with my best friend – we are training for a half marathon in Rotorua currently – eek.

Before working here what was the most unusual or interesting job you’ve ever had? Prior to here I managed a large retirement village, this was always very interesting as no two days were ever the same and I met some amazing people every day, from residents and their families to staff and contractors etc. I just love being with people and making a difference in peoples lives.

What gets you out of bed in the morning? Our Jack Russell Poppy normally barking, telling me its time, I let her outside . But on a more serious note, what gets me up and going is people, whether it’s my own family, friends or other people’s families, I love being around people, socialising and helping others.

What’s your biggest achievement to date personally or professionally? This is a hard one....professionally my Bachelor of Nursing. More recently managing a retirement village in the face of a world pandemic was pretty huge – a very steep learning curve in an ever changing situation. Personally my biggest achievement would be my family, especially my two boys. Last year I completed my first half marathon! Now I’m about to complete the next one....

What is on your wish list for your next 5 years here at Alzheimers? I would love to grow the service to a point where we really raised awareness of a condition which affects so many but is often not talked about. I would love to be able to support clients, families and carers on the journey and ensure the service is widely accessible to all. I would love to see our whole community come together and be a ‘dementia friendly’ community.

BOARD MEMBERS

CHAIR PERSON

Karen Foster

TREASURER

To be confirmed

SECRETARY

Suzanne Cuthbertson

BOARD MEMBERS

Jo Goodhew

Helen McLeod

Adrian Hall

Nicola Tennent

Angela Kerr

LIFE MEMBERS

Isobel Boyce

Phyllis Seyb

Patricia Goodwin

Diane Nutsford

Arthur Ballantyne

STAFF

Rosie Chambers

Manager

Airini Karen Knight

Community Liaison

Chantelle Litten

Fundraiser

Nadine Rawlins

Administrator

Managers say

By Rosie Chambers

Hello to you all,

I am very excited to have the opportunity to join the wonderful team at Alzheimers South Canterbury and to help to support all our people out there in the community and to continue to raise awareness about a condition which affects so many of us in one way or another

The South Canterbury community is not new to me, having both lived here for many years, and having worked in the community previously. My background is nursing, I am a Registered Nurse, which has provided me many opportunities to engage in the local community in various roles over the years, and more recently I've been the Village Manager at a large retirement village here in Timaru.

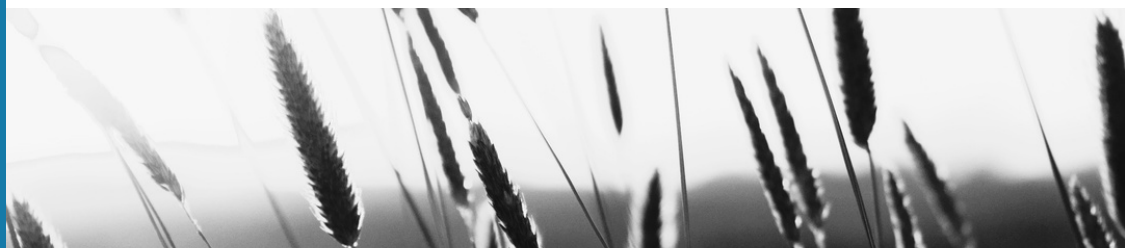
I am very passionate about working with and supporting people, enabling people to live their best lives and remain active members of their local communities for as long as possible. I believe that's exactly what our service aims to achieve.

I am excited about the many opportunities for growth for our service in our community and look forward to meeting you.

Contact Rosie

E: southcanterbury@alzheimers.org.nz

P: 03 687 7583



Aromatherapy

Have you ever smelt a flower or while out and about smelt something and be transported to a place or time where you have previously smelt that smell? Essential oils can also have the same affect.

Essential oils also have restorative properties for the body, mind and spirit and have been used for centuries notably by the Egyptians.

Because essential oils are very concentrated, too much can have the opposite affect and give you a headache. One drop can go a long way. Less is more and if you don't like the smell oil, then please don't use it.

Fragrant oils are not the same and have little to no therapeutic value.

So how can Aromatherapy fit into the life of someone who has dementia as well as those that are caring for them?

Diffuser: An aromatherapy diffuser, disperses the oils into the air. This is an ideal way to disperse some uplifting and stimulating oils in the morning.



Lemon Rosemary

Massage: A hand massage is wonderful in the afternoon or early evening for using relaxing, calming oils that also may assist with sleep. Add one or two oils to a carrier oil, lotion, or moisturiser.

Lavender Lemon Balm Bergamot
Sandalwood Geranium.

Touch is important. It can calm a crying baby, a child and others who feel upset. It can let us know that someone cares and is a universal language that can promote a feeling of safety and well-being.

An absence of human touch can result in negative physical and emotional effects and there can be a risk of someone feeling isolated, anxious, decreased trust in people and reduced awareness of the senses. By combining touch through massage and aromatherapy you are creating a synergy that can benefit you both.



Airini Knight
Community Liaison Assistant
E: southcanterbury@alzheimers.org.nz



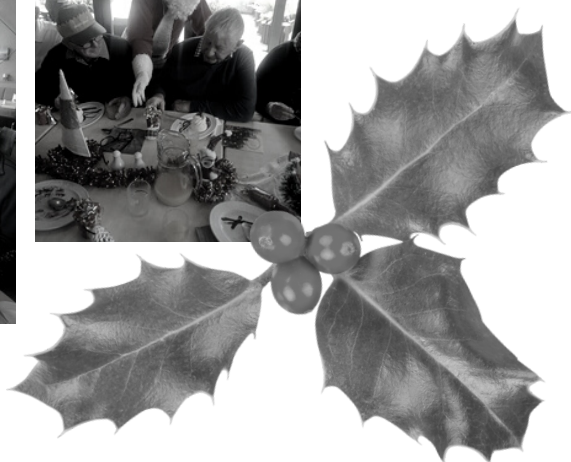
PHOTO GALLERY

"Run Timaru 5km Series Helps raise awareness"



If you or if you know anyone who enjoys jogging or walking join this group every Tuesday 6pm at Caroline Bay Sound Shell we will be there handing out purple shirts and water bottles.

December 2021 Christmas Parties



Runners willing to wear purple to raise awareness at Run Timaru 5km Series event which runs from 25 January - 22nd February.



"Lean On Me"

Volunteer Program



Attention all volunteers!

Volunteering Mid & South Canterbury have a great opportunity for Alzheimers Volunteers only.

Coming up in February/March (date TBC) VMSC would like to invite you to attend their free "Connection, Coffee and Cake" sessions. This great programme is to support volunteers, give them opportunities such as connecting with others, learning something new and to be part of a series of informal discussions on a variety of subjects.

Each session runs for an hour at a time and there are 6 in total throughout the year. You are provided with food and beverages and good company.

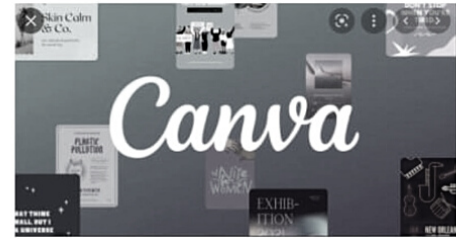
To show you interest please contact Chantelle:

fundraisingsc@alzhiemers.org.nz or
03 687 7583

*Please note this might be an online forum.

Canva Help

Learn the basics of using Canva



One to One training session

Includes designing:

1 Facebook banner

1 Facebook post

1 A4 Poster

E: manager-sc@vmcsc.org.nz to book a time



Get Free Training with Volunteering Mid & South Canterbury!

Learn to use this amazing graphics tool for your business or personal use.

Great for creating videos, social media posts, flyers, newsletters and more

Contact Wendy

E: manager-sc@vmcsc.org.nz

M: 0273208061

P: 036877364

Volunteers needed!

Mothers Day Raffle tickets need sellers. Get your tickets by contacting Chantelle.

036877583

"Volunteers hit the street at Timaru Twilight Market"

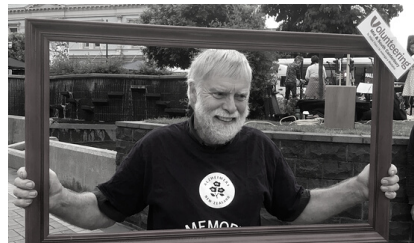
Due to popularity the Black Friday Street Market has become an annual event in Timaru. Thanks to Venture Timaru, Timaru Farmers Market and Timaru CBD Group for co-organising with us for this fundraising and awareness campaign. We raised \$1800 from the Market despite the cold windy weather and around 5000 people attended.

None of this would've happened without the army of volunteers that gave up their time to stand in the cold to help us. Thank you very much, your support is priceless.

A big shout out to the supporting businesses for getting involved with this, your loyalty to always help is much appreciated.



Volunteers stand together at the Twilight Market debrief



Board member Adrian Hall gives a lending hand



Life Member Arthur Ballantyne gets involved

*Thank!
You!*





Coffee & Chat

These carer groups and social groups for people living with Dementia were created to:

- Give carers and people living with Dementia the opportunity to talk about subjects of interest and socialise.
- Get together with other carers who understand what you are going through.
- Get support and advice from our community liaison officers.

Temuka

Social Group

100% Homemade
Cafe
2 pm

14th February 2022
14th March 2022
11th April 2022
9th May 2022

Carer Group

Temuka Library
1.30 pm

2nd February 2022
2nd March 2022
6th April 2022
4th May 2022

Waimate

Social Group

The Barn
1.30 pm

2nd February 2022
2nd March 2022
6th April 2022
4th May 2022

Carer Group

Community Link
1.30 pm

17th February 2022
17th March 2022
21st April 2022
19th May 2022

For more information on these groups please contact us
(03) 687 7583

Timaru Coffee & Chat



Carer Group

Community House

1.30 pm

9th February 2022

9th March 2022

13th April 2022

11th May 2022

Evening Carer Group

Community House

7 pm

14th February 2022

14th March 2022

11th April 2022

9th May 2022

Social Group

The Harlau Cafe

2 pm

24th February 2022

31st March 2022

28th April 2022

26th May 2022

Sing-a-long

Park Centre

Timaru Botanic Gardens

1.30 pm

To be confirmed

Lavendar Ladies

Arthur St Cafe

10.30am

8th February

8th March

12th April

10th May

Purple Ladies

Highfield Village Cafe

10.30am

10th February

10th March

14th April

12th May

Top Hats

Arthur Street Café

10.30am

To be confirmed



"Coffee and friends are the perfect blend"



Coffee & Chat

Twizel

Social Groups

The Musterers Hut
Café

10.45 am

8th February 2022
8th March 2022
12th April 2022
10th May 2022

Geraldine

Social Group

Mundell's Coffee Shop

10.30 am

1st February 2022
15th February 2022
1st March 2022
15th March 2022
5th April 2022
19th April 2022
3rd May 2022
17th May 2022



Fairlie

Social Group

EAT Café

1.30 pm

23rd February 2022
23rd March 2022
27th April 2022
25th May 2022

Pleasant Point

Social Group

Pleasant Point Hotel

2 pm

16th February 2022
16th March 2022
20th April 2022
18th May 2022

Upcoming Events

Please note these events are subject to the requirements under the Covid protection framework.

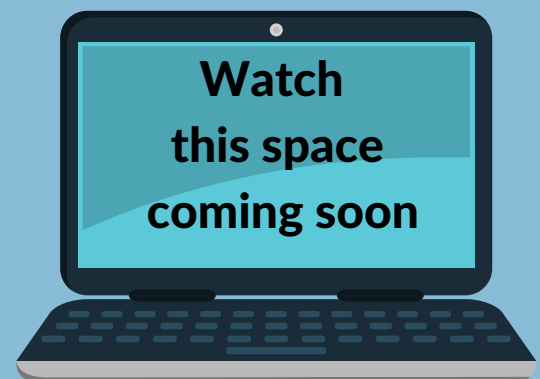
Look out for more information on this event on our Facebook page or contact us.



Email Update

We are moving from post to email addresses for newsletters, information as another form of contact.

Please email us if you would like these by email. If you would prefer to keep contact by post you do not need to contact us.



Visit our website for easier access to complete your member subscriptions
www.alzheimers.org.nz/southcanterbury

Find us on 

Check out our events on Facebook for more details and information.

Coporate Sponsorship

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.



Name:

Address:

Telephone:

Email:

Annual Subscription

Membership year - 1st April to 31st March

Individual/Family \$30.00 \$

Corporate \$60.00 \$

I wish to make a donation \$

(donations of \$5 or more are tax deductible)

Total: \$

I would like to receive a newsletter by email

I would like to receive a newsletter by post

Membership Form



South
Canterbury

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