

VOL. 5 | NOVEMBER 2022

QUARTERLY NEWS



Official Publication of Alzheimers South Canterbury



Pro+Med First Aid Fundraiser

This year we were hugely grateful for our new partnership with our friends at Timaru Pro+Med. Timaru Pro+Med is a small local business providing high quality event medical services, and delivering expert level training in Health & Safety, Wellbeing and First aid to businesses and the local community.

In August they held a Charity First Aid day on our behalf where we received 50% of the course fee from anyone who enrolled in the course on our specified day. This was a hugely generous donation from the Timaru team and was the beginning of a great partnership – which we've continued on at other events such as the Horse Power Rally recently where we shared a site with them to support one another.

If you feel you need a refresher course in first aid please contact Robyn
Pro+Med (NZ) Ltd | Home
training@promed.ac.nz
0508 77 66 33



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Corporate Sponsors
Membership

Alzheimers South Canterbury

Ph: 03 687 7583

E: southcanterbury@alzheimers.org.nz
www.alzheimers.org.nz/southcanterbury



Move for dementia 2022



South Canterbury gets moving for dementia in September

Move for dementia is our annual event held throughout the month of September (World Alzheimers Month) to raise awareness and funds to enable us to continue our service that provides support, care and education to those living with dementia in South Canterbury.

This event is all about getting active and moving to keep our bodies and brains healthy and strong while letting others know that dementia is not part of the normal ageing process. The event is also about fundraising with the community. This our 3rd year running this event and it has slowly been growing.

In the past we have had the memory walk and due to covid this changed. Some still enjoy taking part in their own memory walk for Move for Dementia such as Highfield Village residents, it remains a big part of being active and moving for dementia.

This year we had a lot of support from Motivating Mums Alicia Mabey whos contribution was an outstanding effort of raising \$3,355.00 . Her passion and drive made a real difference. On Saturday the 24th September Alicia offered up her services to take a free family fun fitness workout at Caroline Bay to raise additional funds. It was a great turn out and enjoyed by many of her members and from others in the community . Alzheimers South Canterbury life member Arthur and his wife Shirley both attended and got to enjoy a dance and tea and cake in the Golden groovers tent. It was fantastic having Highfield Primary School get involved this year with a movement week and non-uniform day to raise funds. Chantelle enjoyed teaching dance workshops on their mufti day and gave out best costume prizes. Floor Play dance studio also got involved dancing for dementia for 30 days and starting a pass the dance video on social media with the goal to raise funds and awareness aiming to reach people from far and wide some sent messages from Auckland, Tokoroa and the videos even reaching as far as Japan, their videos have recieved over 1k views so far and continue to grow.

We are thankful to the volunteers Jo Tanaouye and Kerry for helping out and to all the buisnesses who donated spot prizes for the Motivating Mums event and Move for dementia participation prizes, including Kay Boulton for donating her beautiful painting, Kirsty from Fronrunner donating some sporty spot prizes and Charlotte Foster from Sweeny Todds for a great spot prize hairdressing voucher. It was great to have the support of the Community house this year taking on the daily workplace challenge. Liz Shea (Community Trust CEO) and Haidee Woods (Volunteering Mid& South Canterbury) put in extra efforts jumping rope and collecting donations. The tenants at Community house enjoyed celebrating their achievements at the end of the month with a purple day. Thanks to Robyn Valentine and Nicola for joining us on our donation collecting walk up and down Stafford street.

Most Funds Raised

Alicia Mabey

Greatest Acheivement

Caleb Newth ran 193.9km

Best Purple Costumes

Richard and Nicola (Aoraki Trust).

Best Purple Party

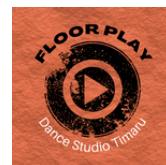
Highfield Village

Most motivated mums

Michelle Todd and Katrina Lamb.



All together we raised \$6,101.62 thank you to everyone who made this possible.



www.motivatingmums.co.nz



Our little organisation is now organised and ready for all those local Markets. Thanks to Fulton Hogan for their generous donation of a new gazebo and trestle tables we can raise more awareness,



and get our service out to the community. Airini and Rosie had the opportunity to use them for the first time at the Horse Power Rally held on 1st October. If you think you will enjoy a day out at a market and would like to volunteer to share awareness and sell raffle from our new gazebo please



contact Chantelle
fundraisingsc@alzheimers.org.nz

Christmas Raffle Fundraiser

We have some amazing prizes for our next raffle that will make great Christmas Gifts. Generously Donated by local businesses. If you would like a chance to win one of these 6 amazing prizes or would like to assist us in selling some tickets please contact Chantelle: fundraisingsc@alzheimers.org.nz. A massive shout out to these incredible businesses for their support.

Barkers Geraldine gift pack

Brent harpur cartoonist workshop and artwork

Lunch for 2 at **Riverstone kitchen** and tour of **Riverstone Castle**.

Wellington Getaway trip on the **Interislander** and accomodation at **West Plaza Hotel**.

A3 Personalised pet portrait by local artist **Chantelle Litten**.

One of a kind beautifully hand made necklace by **Serendipitioius Jewellery**.



Life Tubes



A new initiative of ours was to form a Partnership with St John of Timaru to assist them with distribution of Life Tubes to the people of Timaru, something that could benefit our clients and carers hugely in an emergency.

A life tube is a small tube containing a sticker and a form which the person fills out with their emergency contacts and any relevant medical/other information. This tube is then kept in the door of the fridge and the red 'life tube' sticker is stuck on the front of the fridge. This means in the event of an emergency, if the person is unable to speak for themselves, emergency services can go directly to the fridge to get the critical information they require to support the person, contact any emergency contacts and/or make arrangements for an additional household member if they are unable to stay home on their own.

We believe this could really benefit a lot of our clients and carers, giving options for simple and effective emergency planning and therefore removing some of the ongoing stress of "what if something happens to me", meaning they can be as prepared as they can be in a crisis.



interislander

THE GREAT JOURNEYS OF NEW ZEALAND



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

Service Manager

Airini Karen Knight

Dementia Advisor

Chantelle Litten

Fundraiser

Nadine Rawlins

Administrator

Managers say

By Rosie Chambers

Hello everyone,
Wow what a lot of changes since our last edition. The passing of her majesty The Queen, the appointment of the new King and the covid19 traffic light system has been removed. Again, this is a lot of change for us to adjust to when this is what we've known for so long.



The good news is spring has arrived. The daffodils are out, the lambs are appearing in the paddocks and it gives us hope that there might be light at the end of the winter tunnel.

We've had a busy Calander recently with our Annual move for dementia campaign, and it was so wonderful to see so many including our clients and carers get involved, despite the chilly conditions on the event day. We had our AGM also in September.

While many things are changing, our commitment to you all remains the same. We are working hard to provide you a supportive and reliable service to support you all through your dementia journey. With the health system and traffic light systems changing - we will continue to ensure your safety is our priority and with the support of your feedback, that our service is right for you. Please remember I am always open to any thoughts/feedback on this.

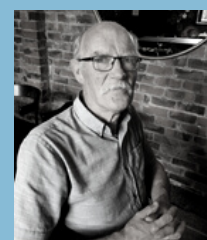
Christmas is coming and so too are our Christmas Parties, the dates of these are further through this newsletter so we look forward to seeing those of you who wish to attend. It's been a tough couple of years for you all with various restrictions in place but we look forward to welcoming you back as we can, and as you feel comfortable.

Contact Rosie

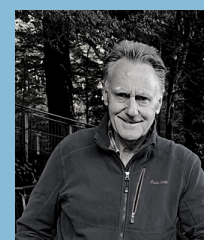
E: southcanterbury@alzheimers.org.nz P: 03 687 7583

We have been very lucky to have had a successful application to be one of the receiving charities for the 2023 South Island Charity Bike ride in February 2023. This is a fabulous way to not only raise funds for Alzheimers South Canterbury but also to increase the awareness of Dementia and our Services within the community. We are so grateful to Arthur Ballantyne and Barbara Gilchrist who've offered to ride for us, and also to Gary Foster who has offered to be our driver for this event. These events are a large commitment and something we are very grateful for support in.

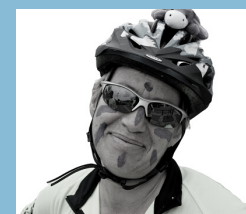
If you'd like to support our riders in their fundraising efforts please contact Chantelle or email fundraisingsc@alzheimers.org.nz.



Arthur Ballantyne



Gary Foster



Barbara Gilchrist

FAREWELL JO GOODHEW



As we near the end of 2022 we sadly must say goodbye to a much valued board member who has served in this organisation for the last 2 years. Jo Goodhew has been involved with the board since March 2021 and has been a part of the fundraising and policy committee.

She has been a very active board member, attending functions to promote, fundraise and advocate for the organisation.

Her passions are her family and community. Jo's time in a governance role for Alzheimers South Canterbury combined this as she brought her skills to assist an organisation that helps people like her Mum, who passed away with dementia early in 2021, and her Dad who did an amazing job of helping her to remain at home for as long as possible.

Her ability to think strategically, her commitment, desire to learn new skills and the ability to envision what is possible is something we can all aspire to.

Her final words of wisdom for us that we can treasure and strive to put into our own lives.

Having a governance role is a responsibility and also a wonderful opportunity to guide the provision of high quality services to a distinct group of New Zealanders. The organisation needs to be strategic in delivering a specialised service and the people on the Board, need to think strategically, ensure accountability and delivery for annual funding and ensure that policies and processes deliver on accountabilities, liabilities, recognise and minimise risk and have a vision for what is possible. Everyone with experience in governance has had a 'first board membership', and the only prerequisite is the commitment and desire to learn new skills.

Jo will be working as a contractor for the Rural Support Trust, as a marriage and funeral celebrant and in governance roles for one national and three local boards. Working for and with rural people, older New Zealanders and social sector agencies.

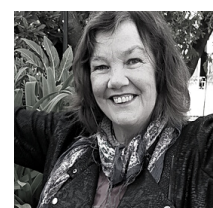
We will miss having her input at our meetings and hope that we will see her return to the board someday.

In closing I hope you will join us in recognising Jo's great contribution to Alzheimers South Canterbury and thank her for all she has done to help us succeed.

Where will you find these iconic sculptures?



Answer's on Page 7



Coffee & Chat Carer Groups



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 dementia advisors.

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

Timaru

Carer Evening Group Timaru Community House

7 pm Monday's
14th November 2022
12th December 2022
13th February 2023
13th March 2023
10th April 2023
8th May 2023

Carer Day Group Timaru Community House

1.30 pm Wednesday's
9th November 2022
14th December 2022
8th February 2023
8th March 2023
12th April 2023
10th May 2023

Temuka

Temuka Library

1.30 pm Wednesday's
2nd November 2022
1st February 2023
1st March 2023
5th April 2023
3rd May 2023

Waimate

Community Link

10.30 pm Thursday's
17th November 2022
19th January 2023
16th February 2023
16th March 2023
20th April 2023
18th May 2023

2022 CHRISTMAS PARTIES

RVSP by 18th November 2022

(03)687 7583

southcanterbury@alzheimers.org.nz

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FAIRLIE

**12pm Wednesday
November 2022
The Farm Barn**

GERALDINE

**12pm Tuesday
6th December 2022
Mundels \$27**

WAIMATE

**11.30am Wednesday
7th December 2022
The Barn**

TIMARU

**12pm 8th Thursday
December 2022
Phar Lap Raceway \$24**

TWIZEL

**12pm Tuesday
13th December 2022
Musters Hut**





Coffee & Chat Social Groups



Timaru

The Harlau Cafe

1.30 pm Thursday's

24th November 2022

26th January 2023

23rd February 2023

30th March 2023

27th April 2023

25th May 2023

Purple Ladies

Highfield Village Cafe

10.30am

To be Advised

Lavendar Ladies

Arthur Street Cafe

10.30am Tuesday's

8th November 2022

10th January 2023

14th February 2023

14th March 2023

11th April 2023

9th May 2023

Answers to Page 5

Cromwell, Fairlie, Ohakune, Gore, Paeroa,
Riverton, Invercargill.

Twizel

The Musterers Hut Café

10.45 am Tuesday's

8th November 2022

14th February 2023

14th March 2023

11th April 2023

9th May 2023

Geraldine

Mundell's Coffee Shop

10.30 am Tuesday's

1st and 18th November 2022

17th January 2023

7th and 21st February 2023

7th and 21st March 2023

4th and 18th April 2023

2nd and 16th May 2023

Fairlie

EAT Café

1.30 pm Wednesday's

November 24th : See

Christmas details

25th January 2023

22nd February 2023

22nd March 2023

26th April 2023

24th May 2023

Temuka

100% Homemade Cafe

2.00 pm Monday's

14th November 2022

13th February 2023

13th March 2023

10th April 2023

8th May 2023

Pleasant Point

Pleasant Point Hotel

2 pm Wednesday's

16th November 2022

15th February 2023

15th March 2023

19th April 2023

17th May 2023

Waimate

The Barn

10.30 am Wednesday's

2nd November 2022

1st February 2023

1st March 2023

5th April 2023

3rd May 2023



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



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Alzheimers South Canterbury
PO Box 983
TIMARU 7940

Online:

www.alzheimers.org.nz/southcanterbury

Bank Transfer:

03-0887-0334844-00