



WINTER EDITION

Welcome to the Winter edition of the Alzheimer's South Canterbury Newsletter - with the arrival of Winter and regular visits from Jack Frost - it's time to dig out your winter woolies. You may notice we've changed things a little and have given the newsletter a seasonal theme moving forward, but we hope you'll still enjoy it as much.



VEGETABLE SOUP

Serves 8

Prep time: 25 mins

Cooking time: 45 mins

INGREDIENTS

2 kumara	3 cloves of garlic
2 large potatoes	1/4 cup of orange lentils
2 carrots	1/2 tsp curry powder
1 leek	1/4 tsp garam marsala
1/4 crown pumpkin	1/4 tsp ground cardamon
1 head of broccoli	2 litres of beef or chicken stock
5 large leaves of silver beet	salt and pepper to taste
2 large onions	4 tsp sugar

METHOD

Peel and chop all vegetables into a large saucepan. Add stock and all other ingredients.

Cook until the vegetables are tender, then put through the blender until smooth.

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Our Sponsors

Alzheimers South Canterbury

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www.alzheimers.org.nz/southcanterbury



central south island
CSIR
 charity bike ride
 riders.charity.community

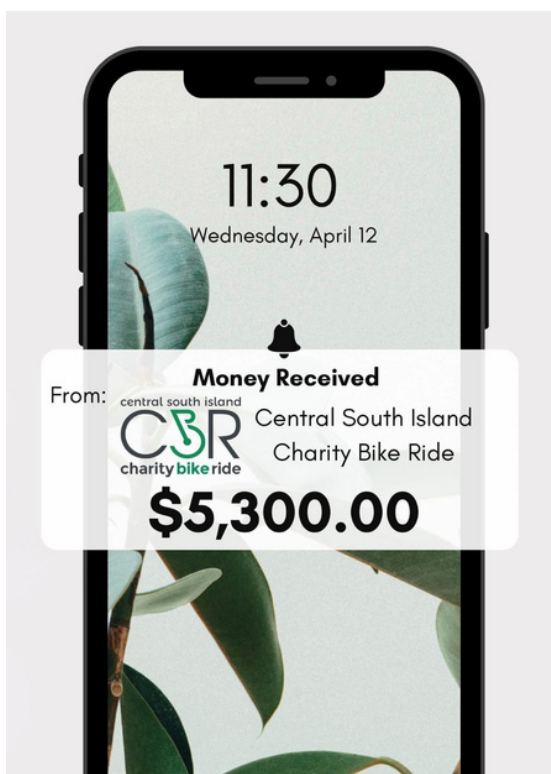
"Over \$2,000,000.00 has been distributed to numerous charity and community organisations over the last 16 years. The benefits provided within our community through these organisations is why we ride every year."

- CSICBR website

In February 2023 cyclists of the Central South Island Charity Biker Ride hit the roads after months of training and peddled their hearts out to raise funds for the chosen charities, of which we were lucky to be one.

On the 12th April 2023 we attended the presentation of the funds to each charity and we were honored to receive over \$5000!! This was such a humbling reflection of the commitment of all those riders, their support crews and the community donations towards supporting people living with dementia in our local community. And with the funds staying local, right here in South Canterbury, it means it's "our people" who will benefit from this directly.

A very special **Thank You** again to our riders, drivers and support crew - your efforts make a real difference.



Above:
 Angela Kerr (Alzheimers South Canterbury Board Member) and Rosie Chambers (Service Manager) accepting the Charity Bike Ride donation.

goodbye

Just before Easter we said farewell to Chantelle Litten from our Alzheimers South Canterbury team.

Chantelle joined the team three years ago as our Fundraiser and during her time has been hugely involved in the development of our social media presence, the design of our newsletters, the formation of new sponsorship relationships and our fundraising efforts and many other PR related duties.

We want to thank Chantelle for all she's done to contribute to not only our little team, but also the lives of those living with dementia in the South Canterbury region.

**WISH YOU
ALL THE BEST**



The Alzheimers South Canterbury Team



For those who might be new to our service, I thought I'd take a moment to introduce our little team to you so you can put some faces to names if we haven't connected as yet.

From Left:

- Nadine Rawlins - Administrator
- Rosie Chambers - Service Manager/Dementia Advisor and Registered Nurse
- Airini Knight - Dementia Advisor



Please feel free to share your experience with our service – what did we do well, how can we make things better, simpler, faster, more user-friendly?

Enter the link below to complete the survey - it should only take you about 3-5 minutes.

www.surveymonkey.com/r/ZZRR65D

Thank you very much for taking the time to be a part of this - your feedback matters.



Some winter day activity ideas...

- Start that photo album, reminiscing book or rummage box.
- Clean out the drawer in the kitchen that you know everyone puts items into when they don't know where else to put them.
- Put on warm clothes and go out for a walk.
- Read that book you've always wanted to or dust off that jigsaw puzzle.



Staying connected is so important, and more so over the cooler months when we're often less likely to venture out in the cold.

Staying connected is not only a great way to exercise our brains, but it's also great for our mood and mental health.



Winter Warmers

Apple Tart



Ingredients:

Base

225g plain flour

½ cup icing sugar

pinch of salt

125g butter, chilled and cut into cubes

2 egg yolks

Filling

4 eggs

200g caster sugar

zest, finely grated, and juice of 2 lemons

100g butter, melted

2 large Granny Smith apples, peeled

2 dessert apples, peeled and thinly sliced

25g raw sugar

vanilla-bean ice-cream, to serve

Method:

Preheat oven to 180°C. For tart base, place flour, icing sugar, salt, and butter in a food processor; pulse until mixture resembles fine breadcrumbs.

Add egg yolks; process until combined.

Add a splash of chilled water; process until dough comes together.

Turn out onto a floured surface and shape into a disc. Refrigerate for 30 minutes. Roll dough out between two sheets of baking paper and place into a 28cm tart tin, using a sharp knife to trim the edges. Return to the fridge.

For filling, place eggs, caster sugar, and lemon zest and juice in a bowl; whisk to combine.

Stir in butter.

Grate Granny Smiths into mixture; stir to combine.

Remove base from fridge and pour in apple mixture, spreading it out evenly.

Place sliced dessert apples around the edge of tart, slightly overlapping; sprinkle with raw sugar.

Bake for 40-50 minutes, or until firm to the touch.

Serve with ice-cream.

Winter Word Search

I D W Y Y J F F S C G F P H E E I S
S W E A T E R N I F L R J E S N O W
T N R G Y O O T I Y O O L K P F E N
S T T R L W C R X X V S X A B R Z B
O C D Y B R E W H D E T T L J E Y E
S A A O A P M I G C S P W F E E K W
X E A R Q Q B C O A T S D W H Z Z N
I R A N F E S N O W M A N O E E P I
D C M S R D R A Z Z I L B N A I Q N
Z P I N O D L O C G Q U B S T S C R
M E A C J N Q C C L C W L K E F K E
S T Q Z L M K I V G H Q P I R B H I
E R C D L E O N R I L U R I U W L L

ARCTIC
COLD
FROST
HIBERNATE
SCARF
SNOW
SNOWMAN

BLIZZARD
FIRE
GLOVES
ICE
SEASON
SNOWBOARD
SWEATER

COAT
FREEZE
HEATER
ICICLE
SKI
SNOWFLAKE

BOARD MEMBERS

CHAIR PERSON

Karen Foster

TREASURER

To be confirmed

SECRETARY

Suzanne Cuthbertson

BOARD MEMBERS

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

Nadine Rawlins

Administrator

Managers say

By Rosie Chambers

Where is the year going? It's very hard to believe it's July already, although Jack Frost reminds us of this regularly.

We've had another busy start to the year with new client referrals remaining steady. While this reflects an increase in the numbers, it is encouraging to know that people are feeling more comfortable around accessing support in their journey. Our support groups are also growing in numbers.

I have been involved over the last few months with helping to advocate at a National level for those living with dementia. This has included a radio interview, recording a podcast and meeting with government ministers - all hoping to raise the profile of dementia, working towards more understanding and accepting communities and reducing stigma and barriers to supports.

I am also working on re-designing and expanding our education program available to both carers and people with dementia. Education is such a critical part of a persons dementia journey and to their experience, so improving accessibility of this is critical.

Watch this space...

Contact Rosie

E: southcanterbury@alzheimers.org.nz

P: 03 687 7583



Chairs Say

By Karen Foster

Thank you to those that gave advice to the Board for our strategic planning. We really appreciate your feedback and only with your input can we ensure we are meeting the needs of our clients, family/whanāu and carers.

In May we said farewell to one of our long-standing Board Members. Helen McLeod has been a member of Alzheimers South Canterbury since 2011. We have really appreciated the contribution Helen has made in many ways to our organisation and thank her for her service.

As you are aware, Alzheimers South Canterbury is part of a larger family of Alzheimers organisations. In May we held our national annual general meeting. There were three nominations for the board and the national chairperson, Clare Hynd was returned for another three-year term. Alzheimers South Canterbury's annual general meeting is held in September, if you are interested in becoming a board member, please get in touch with me to discuss what is involved.

The Board congratulate Rosie for the great work she is doing, both locally and at a national level – representing you and our organisation. As well as the great work Rosie and the team do here, Rosie has been part of a delegation to parliament to highlight the issues faced by people with dementia and their family/whanau/carers. She is also a representative on a working group looking at the development of a joint service and delivery model across New Zealand. We are fortunate to live in such a supportive community and with the opportunity to influence national strategy. Please take an opportunity to talk to Rosie about these opportunities.

Keep warm over the coming winter months.

Contact Karen

E: gary.karen@xtra.co.nz

P: 03 687 7583



Out & About in the Community

In early May we attended the Age Concern Positive Ageing Expo and it was a huge success since there were hundreds of visitors through the doors throughout the day. The expo was designed to showcase the range of recreational, health, and social services available in South Canterbury that can help you stay active, engaged, and connected in the community. This provided us many opportunities to talk about dementia, raising awareness and providing education when asked. It was such a privilege to have so many people share their story with us, and even some self-referring to receive ongoing support from us in their journey.



We also had the Community House Open Day which was another opportunity for the public to come and learn about the community services on offer. This was yet another way for us to raise the profile of dementia in the community.



From left: Rosie Chambers (Alzheimers South Canterbury), Nigel Bowen (Timaru District Mayor) and Wendy Smith (Chief executive - Chamber of Commerce)

Alzheimers Mugs

\$15 for set of four
(not sold separately)



Needing a gift for someone?

These lovely mugs with the Alzheimers 'Forget me not' flower make a lovely gift, as a set, or individually filled with goodies and wrapped in cellophane.

These can be purchased from our office and the funds from the sale of these cups stay local and go straight back into supporting our clients and their families/whanau.

Airini's Corner...

Tips for **Communicating to Older People** who have hearing loss:

- Do not shout; use a **normal** tone of voice. Speaking loudly does not increase the clarity and may cause confusion.
- Speak **clearly** but without exaggeration. Speaking too slowly is patronizing.
- Do not speak into their ear.
- Do not chew or eat while speaking to them.
- When talking or giving instructions to a person with hearing loss, **face them** so they can see you clearly and watch your lips moving. That may help them understand what is being said.
- Eliminate background noises. Radio, TV, traffic noise and even air conditioners can hinder understanding.
- Remember that if they're tired or ill that it can interfere with their understanding.
- **Wait** for the person to answer questions; older people take longer to process information.
- **Observe** their body language to sense when they've had enough.
- Don't assume that their hearing aids are working perfectly. They may not be positioned correctly or even have a low battery.
- **Use gestures** and visual aids, or write the word that they have difficulty hearing down on a notebook.

Remember the aim is to promote communication and generate positive emotions.



Airini Knight
Community Dementia Advisor
E: southcanterbury@alzheimers.org.nz



the Park CENTRE

Private and serene venue for Hire

It's timely to remind everyone about our wonderful venue for hire, The Park Centre. This venue is set in the middle of the stunning Botanic Gardens and is an ideal location for many private and community functions and/or group meetings. All the proceeds from hire of this venue are used to assist those who are impacted by Dementia in the South Canterbury Region.

If you're interested to hire this venue for your event/function, please contact Rosie on (03) 687 7583, or southcanterbury@alzheimers.org.nz



Park Centre Seminar and board room



Park Centre Lounge

Volunteer Spotlight



Angela Kerr
Alzheimers SC board member

I was born in Timaru and raised on a farm at Seadown. I then moved to Christchurch for my nursing training. After I became a Registered Nurse I travelled to various countries overseas, where I had valuable experiences. I did more overseas travel later in life also which I thoroughly enjoyed. I am married and have an amazing daughter who lives in Auckland. My personal interests include crafts, Oamaru Stone carving, travel, volunteering and helping people.

I have been a member of the Alzheimers South Canterbury Board for approximately 18 months; though prior to joining I had a passion to help folks living with dementia and their loved ones.

This passion started when I was caring for people living with dementia, their carers, whanau, family and friends when I worked with residents living with dementia, in the specialized Hospital wing at Talbot Park. I worked at Talbot Park for approximately 12 years until it totally closed as an Aged Care facility in May 2021.

Folks living with dementia offer variety throughout each day and their behaviors can vary, which is different for each person. I admire and respect all people living with dementia and their loved ones as whilst each journey is different, I do not underestimate the difficulties.

I feel privileged to be on the Alzheimers South Canterbury Board and know we have amazing staff.

Angela Kerr

THANK YOU!



A huge Thank You to the wonderful ladies of Curves Timaru for their very generous donation of over \$1300!!

These wonderful ladies held their twice/yearly clothing sale, whereby they sell any items of clothing they no longer wear for \$5 per item. This time they chose to donate the funds to us here at Alzheimer's South Canterbury - we are so grateful for their support.

The funds raised by them will remain local to support clients and their families in our region.



Save THE DATE

Alzheimer's South Canterbury's

MEMORY WALK 2023

Saturday
9th Sept
10.30am
Caroline Bay

We'd love for you to join us for our annual Move for Dementia Awareness event. This year we're bringing back the Memory Walk 2023. This is a family friendly event that the whole community can get involved in.

September is Dementia Awareness month and the focus is about raising awareness for those living with dementia in our local communities, so what better way than coming together in our purple to show our support as a whole community.

More details to follow on our Facebook page and look out in the local paper, but lock the date in your calendars now before they fill up!!



Spot Prizes
Raffles
Best Purple Costume
Memory Tree
and more...

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

2nd Monday of the month
6.30pm (New Start Time)

10th July 2023
14th August 2023
11th September 2023
9th October 2023
13th November 2023

Carer Day Group

Timaru Community House

2nd Wednesday of the month
1.30pm

12th July 2023
9th August 2023
13th September 2023
11th October 2023
8th November 2023

Temuka

Temuka Library

1st Wednesday of the month
1.30pm

5th July 2023
2nd August 2023
6th September 2023
4th October 2023
1st November 2023

Waimate

Community Link

3rd Thursday of the month
10.30am

20th July 2023
17th August 2023
20th September 2023
19th October 2023
16th November 2023

*"What we know matters,
but who we are matters
more"*

-Brene Brown



Coffee & Chat Social Groups



Temuka

100% Homemade Cafe

1st Monday of the month
2.00pm

10th July 2023
14th August 2023
11th September 2023
9th October 2023
13th November 2023

Pleasant Point

Velvet Blend cafe

3rd Wednesday of the month
2.00pm

19th July 2023
16th August 2023
20th September 2023
18th October 2023
15th November 2023

Fairlie

EAT Café

4th Wednesday of the month
1.30pm

19th July 2023
23rd August 2023
27th September 2023
25th October 2023
22nd November 2023

Twizel

Twizel Bakery

2nd Tuesday of the month
10.45am

11th July 2023
8th August 2023
12th September 2023
10th October 2023
14th November 2023

Timaru

The Harlau Cafe

Last Thursday of the month
2.00 pm

27th July 2023
31st August 2023
28th September 2023
26th October 2023
30th November 2023

Waimate

The Barn

1st Wednesday of the month
10.30am

5th July 2023
2nd August 2023
6th September 2023
4th October 2023
1st November 2023



Geraldine

Mundell's Coffee Shop

10.30 am Tuesdays

4th and 18th July 2023
1st and 15th August 2023
5th and 19th September 2023
3rd and 17th October 2023
7th and 21st November 2023

Christmas lunches



- 🎄 • **Fairlie** at
22nd November 2023
- 🎄 • **Geraldine&Temuka** at
Mundells Cafe
5th December 2023
- 🎄 • **Waimate** at The Barn
7th December 2023
- 🎄 • **Timaru** at Grey Way Lounge
(Raceway)
7th December 2023
- 🎄 • **Twizel** at Musterers Hut Cafe
12th December 2023

Corporate Sponsorship

We are extremely appreciative of our sponsors and grant providers for their investment and commitment to Alzheimers. Without their generous support the mahi/work we do at 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



Post to:

Alzheimers South Canterbury
PO Box 983
TIMARU 7940

Online:

www.alzheimers.org.nz/southcanterbury

Bank Transfer:

03-0887-0334844-00