



Alzheimers South Canterbury



Winter Newsletter 2025

A message from the Manager - Rosie Chambers

Six months of the year have been and gone already! While our dementia advisor team remains a small but mighty group of three, it's great to see so many families able to benefit from our support - allowing us to walk your journey with you. One focus currently is working alongside the HealthNZ (DHB) ward staff to enable people who are newly diagnosed with dementia in hospital to be connected with us sooner. Our goal is to make accessing support feel less overwhelming for families once their loved ones are discharged.

It's been wonderful to welcome new faces coming to our carer support groups each month. These groups offer a fantastic opportunity to connect with other carers, benefit from the expertise of our dementia advisors, and hear from guest speakers. For more information about these groups see page 6.

Our program groups are going well. Our weekly *Minds in Motion* program, designed to foster social engagement and meaningful activity for people living with dementia, is well attended - some saying "*we're like a family there*". Our young onset (under 65yrs) peer support coffee group is also being enjoyed by the group attending this.

Our *About Dementia - Caring with Confidence* program has begun in May and replaces *Sharing the Journey*. The aim is to make this education more accessible for carers by offering it monthly, enabling people to gain the knowledge and support from the program nearer the beginning of their journey and enabling them to care with confidence as things progress.

As always, your feedback matters to us, so please feel free to reach out to me if you have any feedback, ideas or thoughts.

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



The Alzheimers SC Team



Rosie Chambers
SERVICE MANAGER



Airini Knight
DEMENTIA ADVISOR



Leah Caldwell
DEMENTIA ADVISOR

BOARD MEMBERS

CHAIRPERSON

Karen Foster

TREASURER

To be confirmed

SECRETARY

Suzanne Cuthbertson

BOARD MEMBERS

Karen Foster

Suzanne Cuthbertson

Angela Kerr

John McGlashan



LIFE MEMBERS

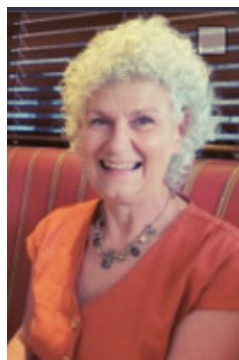
Isobel Boyce

Phyllis Seyb

Patricia Goodwin

Diane Nutsford

Arthur Ballantyne



Board News - A message from the Chair

By Karen Foster

Kia ora and greetings to you all.

Welcome to the winter edition of our newsletter.



Alzheimers New Zealand held their Annual General Meeting in Wellington in May which both Rosie and I attended. A new constitution was adopted, and Teresa Wall was voted in as the new Chairperson.

Alzheimers New Zealand Patron, Sir Richard Faull, who is a professor in brain research, was updating the meeting on some interesting research that he is involved with currently being undertaken in Australia. They have found there are comparable similarities found in sheep brains and people with Alzheimers, so they will be able to identify affected genes that could advance treatment in the future. It was great to hear that advances were being made.

As mentioned in our last newsletter, our constitution is being updated this year. We would really appreciate as many members as possible to attend our Annual General Meeting on Sunday 12th October this year, so we can vote on the adoption of the new document.

Also, if you would like to be involved in the governance of our organisation, please let Rosie know or feel free to contact me so I can provide you with more information.

Contact Karen

E: gary.karen@xtra.co.nz

P: 03 687 7583

Save the Date



2025 Memory Walk

A chance to come together and show our support - bring the family!!

DATE: Sunday 14th September 2025

TIME: 1-2pm

VENUE: Caroline Bay Grass Area (by fountain)

Feel free to wear something purple



Annual General Meeting

DATE: Sunday 12th October 2025

TIME: 2-4pm

VENUE: The Park Centre

Afternoon tea provided



Life without a Car

It's incredibly tough to imagine life without a car, and for people living with dementia, there will likely come a point when driving is no longer an option. For some, being told they can no longer drive can be even more upsetting than the dementia diagnosis itself. We understand how difficult this time can be for you and your family and are here to support you through it.

We can connect you with various resources to help you maintain your independence and freedom:

Total Mobility Card



Total Mobility is a nationwide scheme to help provide transport for people who cannot use public transport easily. Eligible people receive subsidised fares, (currently 75% discount), with approved Total Mobility transport operators to help them access appropriate transport to meet their daily needs and enhance their community participation. The scheme is funded in partnership with local and central government in New Zealand (Environment Canterbury and Waka Kotahi). The card can be used with Timaru Taxis, Driving Miss Daisy, and the Geraldine and Waimate Vehicle Trust. Our team can help you see if you qualify for a card.

Myway Metro bus Service



Myway is an on-demand bus service. Smart technology matches your ride with other passengers going the same way for shared travel. Your pickup time will be provided when you book. Pick-up and drop-off points vary depending on where the vehicle is coming from, and usually require just a short walk to meet your ride. You can book via the app or over the phone 03 688 5544 (Monday to Friday 6am – 7pm; Saturday, Sunday, and Public Holidays 8am – 6pm)

Driving Miss Daisy



The team at Driving Miss Daisy offer companion driving services providing much more than just transport. They'll drive you to and from your destination and provide further assistance as needed including company on outings, assistance with shopping and to attend appointments.

Phone 03 683 1073 or 021 503 398

Email: timaru@drivingmissdaisy.co.nz

Community Vehicles



Community Vehicles provide transport in areas outside of our urban public transport network. Our local providers include; Fairlie, Geraldine, Pleasant Point, Temuka, Twizel-Tekapo, and Waimate.

To find out more - see your local resource centre or alternatively our team can help connect you.

Local Taxi Services



Timaru Taxis

03 688 88 99



Freedom Companion Driving Service

03 686 2044 or 027 686 2044

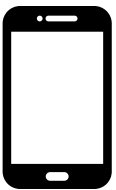
The importance of Routines

For people living with dementia, establishing consistent daily routines can significantly enhance their well-being. The predictability and structure these routines provide help reduce anxiety and support their independence. Establishing a consistent daily routine, including activities like personal care, meals, and enjoyable pastimes, helps them know what to expect and maintain their independence for longer, and to feel more secure.



As winter sets in and daylight hours shorten, individuals with dementia may struggle to differentiate between morning and evening, like 6 AM and 6 PM. This can significantly disrupt their natural circadian rhythm.

Establishing consistent routines during the day and at bedtime can help regulate a person's disrupted body clock. Doing regular activities at the same time each day – for example, going for a walk after breakfast - can help a person with dementia better understand the time of day.



Reminders may help to support routines and independence, particularly during the earlier stages of dementia. These can be written notes on the fridge to remind them to eat, or signs on a cupboard to tell them what is inside, or even reminders set on a cell phone.



You may find it difficult to know how to help and how much to help. Sometimes the person may need help but want to remain independent too. This can be frustrating, especially when you know you could carry out the task more quickly, or do the task more efficiently. Try to avoid the temptation to take over - the loss of confidence could make it harder for them to keep trying.

When you do offer help, try to do the task together, rather than doing it for them. This will help the person feel more in control and more involved. Try to focus on what the person can do, rather than on what they can't. This includes things like cooking, baking, showering, dressing, etc.

Tips for making routines easier...

- Try breaking the task down into steps - even achieving part of the process can provide a sense of achievement.
- Keep reminders and instructions simple and easy to follow.
- Try doing things together - 'do with', rather than 'do for' - if you can.
- If there are activities you do regularly, try including them in the daily routine.
- Make sure the person doesn't feel supervised or criticized in any way. Sometimes, we need to be mindful of our tone of voice and word choice when offering help.
- Be tactful - try to imagine what it might be like to be the person receiving the support - speak in a way you'd appreciate.



Coffee & Chat Social Groups



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

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.

Temuka

100% Homemade Cafe

2nd Monday of the month 2.00 PM

14 July 2025
11 August 2025
8 September 2025
13 October 2025
10 November 2025

Fairlie

EAT Café

4th Wednesday of the month 1.30 PM

23 July 2025
27 August 2025
24 September 2025
22 October 2025
26 November 2025

Timaru

The Harlau Cafe

Last Thursday of the month 2.00 PM

31 July 2025
28 August 2025
25 September 2025
30 October 2025
November: No group

Geraldine

Mundell's Coffee Shop

1st Tuesday of the month 10.30 AM

1 July 2025
5 August 2025
2 September 2025
7 October 2025
4 November 2025

Waimate

Waimate Town & County Club

1st Wednesday of the month 10.30 AM

2 July 2025
6 August 2025
3 September 2025
1 October 2025
5 November 2025



Carer Support Groups



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.
- Get support and advice from our community Dementia advisors.

For more information on these groups please contact us.

(03) 687 7583

Geraldine

Geraldine Library

3rd Wednesday of the month 1.30 PM

16 July 2025
20 August 2025
17 September 2025
15 October 2025
19 November 2025

Temuka

Temuka Library

1st Wednesday of the month 1.30 PM

2 July 2025
6 August 2025
3 September 2025
1 October 2025
5 November 2025

Waimate

Community Link

3rd Thursday of the month 10.30 AM

17 July 2025
21 August 2025
18 September 2025
16 October 2025
20 November 2025

Timaru Evening Group

Timaru Community House

2nd Monday of the month 6.30 PM

14 July 2025
11 August 2025
8 September 2025
13 October 2025
10 November 2025
8 December 2025

Timaru Day Group

Timaru Community House

2nd Wednesday of the month 1.30 PM

9 July 2025
13 August 2025
10 September 2025
8 October 2025
12 November 2025





Winter Warmer Recipes



New World's Vegetable Soup

Ingredients

2 kumara
2 large potatoes
2 carrots
1 leek
¼ crown pumpkin
1 head of broccoli
5 large leaves of silverbeet
2 large onions
3 cloves of garlic
¼ cup of orange lentils
½ tsp curry powder
¼ tsp garam marsala
¼ tsp ground cardamon
2 litres of beef or chicken stock
salt and pepper to taste
4 tsp sugar



Method

1. Peel and chop all vegetables into a large saucepan.
2. Add stock and all other ingredients.
3. Cook until the vegetables are tender, then put through the blender until smooth.



NEW WORLD

Recipes found on New World Website -
see website for more details.

Cinnamon Scrolls

Ingredients

¾ cup milk, warmed
2 tsp Pams active yeast
¼ cup caster sugar
125g Pams pure butter
1 large egg
3 cups high grade flour
2 tbsp ground cinnamon
¾ cup brown sugar



Method

1. In a bowl or stand mixer, stir together the warm milk and active yeast. Add the caster sugar, 50g melted butter and egg, then mix to combine.
2. Carefully add the flour, 1 tablespoon cinnamon and 1 teaspoon of salt to the wet ingredients. Mix until a soft dough forms, then knead on high speed or with your hands until the dough is soft and stretchy.
3. Transfer to a clean, greased bowl. Cover and leave to proof in a warm place until doubled in size.
4. Once doubled in size, turn out onto a floured surface. Roll into a rectangle around ½ cm in thickness.
5. Make the filling by combining the remaining butter, cinnamon and brown sugar, then spread over the rectangle, leaving a 1cm border at the top of the rectangle.
6. Roll into a log, then place seam side down. Cut into 9 -10 pieces, then arrange in a greased baking dish 2 - 3cm apart.
7. Cover and proof for 30 minutes, then bake at 200°C for 20 - 25 minutes or until lightly golden and bouncy to the touch. Leave to cool slightly then enjoy.

Our Sponsors

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.



Alzheimers South Canterbury Community Fund

The Alzheimers South Canterbury fund was established to support the financial sustainability of the organisation into the future - ensuring we're here to support all those families who are to follow in our footsteps.
And the money donated stays local, in OUR COMMUNITY!

If you'd like to make a donation - please follow the link below:
<https://www.aorakifoundation.org.nz/alzheimers>



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