



### Membership

Being a member of Alzheimers Tauranga/WBOP means we can keep in touch with you, invite you to local events, often receiving discounts and given the first option to attend education sessions, fundraising events and community presentations such as the popular sessions with Brain Research Trust researchers.

Importantly, your membership helps us to help local families.

If you are a current member, your renewal will be automatically sent out to you when it is due. If you would like to become a member, please get in touch with us at [tauranga@alzheimers.org.nz](mailto:tauranga@alzheimers.org.nz) or fill in and return the coupon on the back of this newsletter with your details.

As we get increasingly digital, we can offer more options for keeping in touch. Please let us know if you would prefer to receive an electronic copy of this newsletter, or both an electronic and print version.



### TO THE FRIENDS AND FAMILY OF ALZHEIMERS TAURANGA



Refer us a vendor who is selling their home, and once the sale is unconditional, we will make a payment to Alzheimers Tauranga of 20% of our commission.

A sale of \$675,000 would equate to a payment of \$4,094 being made.

Need to know more, phone Ross Steele on 0274 785670.

FUNDRAISING MADE EASY

### PLEASE SUPPORT OUR WORK!

Did you know that we are a charity? Only a small proportion of our costs are met by contracts and we work hard to fundraise the rest locally. Please consider the ways you may be able to support us to continue to provide our services to everyone who needs help dealing with dementia.

#### I/We would like to support people in my local community by:

- Becoming a member - membership subscription is \$40 per year
- With a gift of  \$25  \$50  \$100
- By giving regularly and/or making a bequest (please send me further information)

Please charge my  VISA  Mastercard Card number \_\_\_\_\_  
 Expiry \_\_\_\_ / \_\_\_\_ CVC \_\_\_\_\_ Signature of card holder \_\_\_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Gifts \$5 and over are tax deductible.

For direct credit and/or automatic payment, Alzheimers Tauranga - WBOP bank details are: Westpac, Tauranga Centre 03-0435-0470677-00. Use your name as a reference.



ALZHEIMERS TAURANGA - WBOP // 116 13th Avenue, Tauranga 3112  
 Phone: 07 - 577 6344 or 0800 004 001 // Email: [tauranga@alzheimers.org.nz](mailto:tauranga@alzheimers.org.nz)

# Connections



## ALZHEIMERS TAURANGA NEWSLETTER

### Katikati Donation

The Katikati Support and Activity Group will benefit from a donation of \$500 from the Lions Club of Katikati.

Lisa Griffin, Dementia Navigator for the Katikati area, was delighted to receive the cheque and says "the Lions Club of Katikati are very passionate about raising awareness about dementia in their community. They are a very inclusive club, supporting some members who have dementia."

Lisa is working with the Katikati based groups and the local volunteers to ensure the money is spent wisely to support people in the Katikati community. They have already made a couple of small purchases, such as pool noodles, which are used to play chair hockey in the Activity Group. The first chair hockey game provided so much laughter that others using the same building wondered why they were missing all the fun!

Thank you to the Lions Club of Katikati for this donation and all of the support you have given to Alzheimers Tauranga/WBOP over many years.



Pic: The Lions Club Katikati present a cheque to Alzheimers Tauranga/WBOP. From left: Faye Philp (Volunteer Coordinator, Alzheimers Tauranga/WBOP), Kaye Stanbury (Lions Club Katikati), Lisa Griffin (Dementia Navigator, Alzheimers Tauranga/WBOP), Margaret Gill (Lions Club Katikati), Sandy Green (Activity Group Coordinator, Alzheimers Tauranga/WBOP).

### Collectors

Can you spare a few hours to help make life better for people living with dementia?



Our Annual Appeal is a crucial fundraiser for us and we aim to raise over \$15,000 in September.

We can't do it without your help! Can you, or someone you know, spare a few hours between Thursday 20th and Sunday 23rd of September to collect with us? We also have a sausage sizzle at Bunnings on Saturday 15th September and need some people to help with that.

Please get in touch with Faye volunteers.tauranga@alzheimers.org.nz or 577 6344 ext 3 if you can help.

We had a smaller collection in July and our collectors did a fabulous job. We raised just under \$8000 so a huge thank you goes out to everyone who helped during that collection.



## Message from the Chair

*Don't you love it when hard work pays off? Our staff and board have been working with key partners on a proposal to the BOPDHB to fund a new service model and it gives me great pleasure to inform you all that we have been successful in securing some new funding from the BOPDHB.*

We will work closely with Alzheimers Eastern Bay of Plenty and the BOPDHB to improve services for people affected by dementia right across the Bay of Plenty. As the aging population puts more pressure on our health system, it is vital that we find better ways to help care for people in the community and we are very proud of our new model. Many of you won't notice any changes, but we are thrilled to be able to subtly change the way our field officers do their work, and that comes with a name change. They will now be called Dementia Navigators. We are introducing post-diagnostic education, because research tells us that just after a diagnosis is a crucial time to get information; so our new clients will receive an invitation to this. We will also be looking at starting

specialised education sessions. We haven't had the funds to run regular education sessions for several years, so this is very exciting for us and for those of you who have been wanting it.

Alzheimers Awareness Month will be upon us by the time this newsletter hits your letterbox. Please join us for the Memory Walk if you can. This event is about raising awareness for dementia and this year the registration is absolutely free of charge, so it is a great excuse to get friends and family together to support people living with dementia. Details on how to register are on page 4. Hope to see you there.

**Guy Malthus** – Board Chair

## Thank you for a quarter century of giving

*After twenty-five years of supporting people living with dementia, we have said a fond farewell to Peter Church as one of our volunteers.*

Peter has dedicated countless hours to our activity groups and one-on-one roles to many. In the early years of his volunteering, when our organisation was quite new, Peter was a befriender to two farmers and enjoyed many long walks, reminiscing about their early years.

Peter has seen many changes over the years and enjoys the range of volunteers that support our groups, particularly enjoying the energy brought by younger volunteers.

If there is one thing Peter has learnt about supporting people with dementia, it is the importance of routines because these give a great sense of security.

We can't thank Peter enough for his years of service. His quiet, humble and compassionate nature will be missed.



## Congratulations Sherilene

*We would like to extend our congratulations to Sherilene Arkwright for her recent graduation from the University of Edinburgh, as a Master of Science, specialising in Dementia: International Policy, Practice and Experience.*



Sherilene is a social worker who currently works at Support Net but many of you will remember her as a Field Officer here at Alzheimers Tauranga. As part of her Masters' programme, Sherilene completed a dissertation which studied the way in which social workers negotiate the risks and legalities of their work with people who live alone and have dementia.

Sherilene clearly has a passion for this line of work. She says that in the future, she would love to work on service development for people living alone with dementia and continue researching into this often overlooked field.



**HOMECARE**

Ask about our range of age assistance products now available.

*Miranda Smith Homecare*  
Quality, tailored home-based care

- Free home visits & assessment
- Palliative / Respite / Dementia care
- Personalised, flexible care
- Fully trained carers / Registered Nurses
- Short & long-term care
- Sleepover & 24-hour care

[www.mshomecare.co.nz](http://www.mshomecare.co.nz) Call Nationwide 0800 600 026



Goodbye is as important as hello

**TAKE THE TIME TO TALK**

A meaningful funeral supports healthy grieving



## Pre-planning your funeral is made easy with Legacy

Discussing your final wishes can be a difficult conversation to have, but pre-planning your funeral is one of the most thoughtful things you can do.

It lets your loved ones know your wishes and gives you, and your family, peace of mind. At Legacy, we are here to help.

For patient, caring and professional advice call us on (07) 543 4780 or visit our website for more information.



Phone: (07) 543 4780

[www.legacyfunerals.co.nz](http://www.legacyfunerals.co.nz)

In addition to thanking all of our wonderful donors, we thank the following companies, trusts and organisations for their ongoing support:





## Garden & Arts Volunteering

*We have a fantastic fundraising/volunteering experience for you! Help out at the Bay of Plenty Garden & Art Festival, and you will earn free entry to the festival village for yourself and help raise money for Alzheimers Tauranga/WBOP to keep supporting people living with dementia in our community.*

With over 60 gardens across the Western Bay of Plenty, this is a fantastic event to be involved with. Some of the wonderful gardeners need support during the busy times, from 11am - 2 or 3 pm. You certainly don't need to be a garden or art expert. Sometimes volunteers just share a cup of tea with the gardener while keeping an eye on what's happening.

This year, there is a festival village, called Bloom in the Bay, located at the Historic Village in 17th Ave, open from 9am - 9pm

each day of the festival. It will feature more gardens and art, entertainment and food stalls. All volunteers will get free entry to the festival village.

The Festival runs from Thursday 15th to Sunday 18th of November, and you are able to volunteer for any or all of those days. No special skills are required, and you'll be provided with any information you need. All you need to be able to do is get yourself to the garden. Gardens are located from Katikati to Te Puke, so there is bound to be one near you!

Get in touch with Julie to register your interest in volunteering, email [manager.tauranga@alzheimers.org.nz](mailto:manager.tauranga@alzheimers.org.nz) or phone 577 6344 ext. 2.

**Tickets to the festival are on sale now** – see the ad below for details.

## Air travel tips

*Living well with dementia means continuing to do the things you love, and for many of us, that means travel.*

We have compiled a few helpful hints from Alzheimers New Zealand's resource 'Travelling with dementia' and from some of our volunteers and service users that might help if you are planning air travel. Travelling can be stressful for anyone, so many of these tips are relevant whether you have dementia or not!

- **Easy connections** – Make sure you have easy connections to try to avoid rushing through the airport if possible. If you are delayed and your flight is going to be tight, speak to the airline when you check in as they may be able to help ensure you make that connection.
- **Breeze through security** – Research says that going through security can be one of the most stressful parts of travelling, so assistance might be very helpful, particularly for passengers travelling alone. People with a diagnosis of dementia are entitled to travel as an assistance passenger on Air New Zealand flights if they wish. Assisted passengers are escorted from check in, through security and given priority boarding, alleviating some of the stresses of air travel. The only condition is that the passenger must be able to follow an instruction if asked to do so by a crew member in

case of emergency. Check with your airline to see if you can get assistance.

- **Do I have to tell anyone that I have dementia?** – Airline staff only need to know if you have dementia if there are likely to be issues or support needed, otherwise it is up to you if you disclose this.
- **Insurance** – Check with your agent or read the fine-print on the insurance documents to see if you need to disclose your dementia, as you would any other pre-existing condition. The onus is on you to disclose these if required. Domestic air travel is not covered by credit card insurance, so you may want to select the insurance option or source your insurance elsewhere when booking the flights.
- **Lost property** – Lost property is stored by seat number, so it is worth making note of your seat number, maybe taking a photograph of your boarding pass, in case items are misplaced or left behind.
- **Medication** – If you have medication or any health concerns, carry a doctor's letter with details of concerns, including how to contact the doctor. If you have medication for emergencies, make sure it is easily accessible and have written instructions on how to use it. If it is essential to take your medications at set times and you are travelling to a different time zone, discuss how



to manage this with your doctor or pharmacist to make sure you know how to space the medication out.

- **Looking after yourself on a long flight** – Make sure you drink plenty of water, eat regularly and if you take medication, don't forget to take it at the right times. Take regular walks up and down the aisles and move your legs regularly whilst in your seat to help avoid DVT (deep vein thrombosis, or blood clots). Avoid alcohol. Alcohol is not recommended if you have dementia, as it can increase confusion and this effect can be even worst at altitude.
- **Assistance during a flight** – Flight assistants are not able to help with personal cares, eating or administering medication (unless in an emergency), so if you think you will need assistance with any of these things during a flight, discuss this with the airline before booking. Remember that space is limited, especially in the toilet/bathroom area, so even if you are flying with a companion, it may be difficult to get the assistance you need, so best to check.

**BAY OF PLENTY GARDEN & ART FESTIVAL**

**Celebrate the beauty and diversity of stunning gardens and the creativity of talented artists in the Bay of Plenty**

**15th - 18th NOVEMBER**  
KATIKATI • TAURANGA • MOUNT MAUNGANUI • TE PUKE

**TICKETS ON SALE NOW!**

**We are pleased to support Alzheimers Tauranga**

**Purchase at [www.gardenandartfestival.co.nz](http://www.gardenandartfestival.co.nz) or [www.ticketek.co.nz](http://www.ticketek.co.nz), phone 0800 842 538, or Baycourt Community and Arts Centre, Tauranga.**

**BAYLEYS**

## Harmony A Plenty

Two years ago, **Harmony A Plenty**, the local Tauranga Barbershop Chorus, held a concert raising \$10,000 for people living with dementia in Tauranga and the Western BOP. This year, they have their Silver Jubilee and will host the National Barbershop 2018 Convention which has the motto – **“Waiata Ki A Mauao” – “Sing to the Mount”.**

We know that many of you loved the concert two years ago, so check out the ad beside for ticket details to attend the evening concert featuring all of the winners and World Champions, the Musical Island Boys’.

Best of luck to Harmony A Plenty.

## Barbershop Harmony NZ Concert



**25th Silver Jubilee**

FEATURING...

**World Champions "Musical Island Boys"**

Book now at [iticket.co.nz](http://iticket.co.nz) | Adults \$40

**22nd Sept. Holy Trinity Church**



## The very best of dementia care

**Our purpose-built dementia care centre provides a secure home in a beautiful, warm environment for people with dementia.**

The care centre incorporates the latest design features to help residents find their way about, such as interesting wall decals and textural wall fittings.

The open plan dining and lounge area enhances freedom of movement for the residents, and allows them to enjoy the secure outdoor courtyard.

Art, music, exercise, reminiscence and sensory activities are part of the extensive diversional activity programme for residents. The programme is tailored and supports all degrees of physical and mental dependence, and has a positive impact on their quality of life.

Our kind and caring staff are available 24/7 and specialise in dementia care.

Bob Owens Retirement Village also offers independent and assisted living, resthome, hospital and respite care.



For more information please phone Brian on 07 579 3041  
112 Carmichael Road, Bethlehem



7125

## Memory Walk 2018

Join us for the Memory Walk 2018 on Saturday 29th September to raise awareness for people affected by dementia.

**Four out of five New Zealanders are affected by dementia**, making it one of NZ's biggest health challenges. More than 60,000 people living with dementia today, and this number is expected to triple by 2050.

Memories are precious. That's why this September, thousands of Kiwis will be walking to show their support for all those living with dementia. **Let's walk to remember. Let's walk for dementia.**

There is no registration fee for joining a Memory Walk, so a donation would be much appreciated. We rely on the kind generosity of our supporters to be able to help those in need. Every dollar counts, and your support is vital to the life of our organisation.

**DATE:** Saturday 29th September 2018.

**TIME:** We'll be there from 9am so you have plenty of time to pick up your t-shirt before the start at 10am. We have a prize-giving when everyone has finished, usually around 11.30am.

**COURSE:** Our walk is just over 3kms. It starts at Coronation Park and follows a reasonably flat, accessible course heading along Pilot Bay, across Adams Ave, down Mount Maunganui Road to Banks Ave, and back to Coronation Park.

**BRING:** Your friends and family, even the dog – the more the merrier! Bring a chair or picnic rug if you want something to sit on at the end of the walk. Dress for the weather because we will only cancel if it is extremely bad. There will be coffee and food trucks, and some raffles, so bring some money too!

**REGISTRATION AND T-SHIRTS:**

It makes it easier for us if you pre-register, so go to [alzheimers.org.nz/memorywalk](http://alzheimers.org.nz/memorywalk) and follow the link to register FREE. That way we can make sure we have the t-shirt size you want. You'll still need to allow a bit of time to pick up your shirt. We have learnt from last year and will try to make that process quicker! You can register on the day; please allow a bit more time for that.

*If you would like to volunteer to help on the day, please get in touch with Julie, 577 6344 ext. 2 or email [manager.tauranga@alzheimers.org.nz](mailto:manager.tauranga@alzheimers.org.nz)*



Memories are precious. That's why this September, thousands of Kiwis will be walking to show their support for all those living with dementia.

**Let's walk to remember. Let's walk for dementia.**

**Mount Maunganui**  
Saturday 29 September  
10am, Coronation Park



**MEMORY WALK**  
SEPTEMBER

To register visit [alzheimers.org.nz/memorywalk](http://alzheimers.org.nz/memorywalk) or call 07 577 6344



**Dementia Friends**



NGĀ POU WHIRINAKI MATE WAREWARE

**Become a Dementia Friend today!**

Did you know **4 out of 5 New Zealanders** know or have known someone with dementia?

**Dementia Friends learn about dementia** and commit to an action to **help those affected by dementia to live well.**

**Big or small, your action will count. Your action can be whatever is right for you.**

To be part of our growing community of Dementia Friends go to [www.alzheimers.org.nz](http://www.alzheimers.org.nz) and join us.

[dementiafriendlynz@alzheimers.org.nz](mailto:dementiafriendlynz@alzheimers.org.nz) | 04 387 8264