

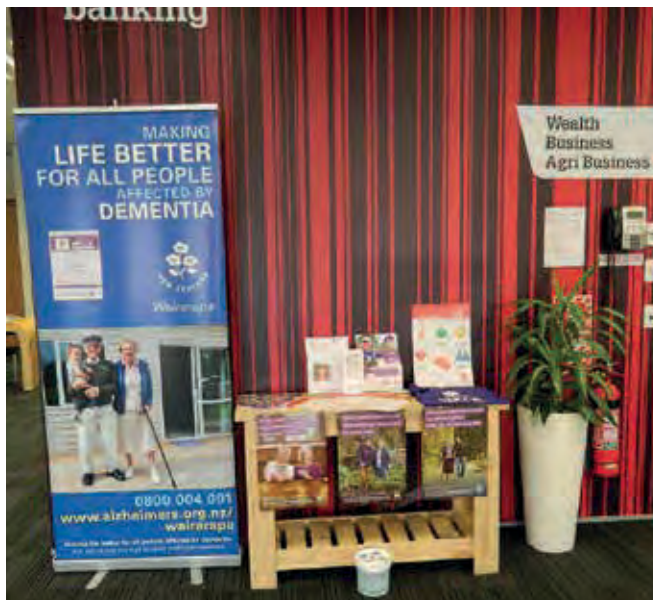


Merry Christmas & Happy New Year
to all our Carers, Clients and Volunteers

Thinking of you at Christmas time
May your days be merry, your heart be light
your holiday happy, your season bright!

FIREWOOD RAFFLE SUPPORT

Our thanks go to the Greytown Lioness Club, they held a firewood raffle, the proceeds were kindly donated to Alzheimers Wairarapa, amounting to \$1200. We are in awe of this type of kind gesture, from the Wairarapa community.



CUPPA FOR A CAUSE

Anna Reed (Executive) held a Cuppa for a Cause at Masterton Medical, funds raised \$271 thanks Anna, and these funds assist us with our day to day costs. We are keen to get out in the community, and raise awareness of dementia.

Westpac Bank staff also held a Cuppa for a Cause. We also set up a display in the local branch for the month of September. If you belong to a group or club and you would like us to speak, then let the office know and we would be happy to arrange.

INSIDE:
Memory Walk page 5



Pictured: Jill Eriksen
presenting the
cheque to Tam
Williams (CSLO)

OFFICE HOLIDAY

Xmas & New Year
office hours: We will
be closing the office at
3pm on Thursday 22nd
December 2016 and
reopening for the
new year on Tuesday
10th January 2017
at 9am

ALZHEIMERS WAIRARAPA INCORPORATED

Solway Showgrounds – Doug Lamb Building Phone 06 377 7522 Freephone 0800 004 001
PO Box 865 Masterton 5840 • Email alz2.wairarapa@gmail.com
Community Support Liaison Officer Tamara Williams • Office Manager Shirley Milligan
Chairperson Mike Eastwood • Office Open 9.00am-3:00pm

Christmas Greetings from Alzheimers Wairarapa Executive Team



Summer has arrived, with some wind (much the same as last year!).

Our very big thanks to our great team of carers and supporters. To Tam our dedicated CSLO and Shirley and all our executive for their tireless work over 2016.

Our mid-year 3-in-1 Celebration of our 10th Year Iona Birthday incorporating our AGM and Cuppa-for-a-Cause was a highlight and a great opportunity to catch up with our enthusiastic team of supporters and volunteers.

Out of the AGM our executive took heed of the suggestion to reestablish a fundraising sub-committee to concentrate on continued funding initiatives. Our executive member, Lynda Dawkins is to chair this sub-committee and we invite members to make contact if they can help.

Our executive recognise the need to build our business and governance capabilities to address the increase in demand for our services and care through the Wairarapa. To this end we have commenced discussions with people capable and qualified to direct us towards more regular and appropriate DHB funding resources.

There have been significant changes to the membership of Alzheimers NZ which has required the board to urgently review its structure and purpose. We have continued to work closely with Alzheimers Wellington to ensure we maintain our focus and resources to our carers and volunteers.

The weather was against us for the Memory Walk but this did not deter our band of supporters walking the Queen Street. We thank Mayor Lyn Patterson and all who braved the conditions. A very fine spread was laid out back at the Solway!

We thank all of you for your practical contributions to Alzheimers Wairarapa.

A very merry and relaxing festive season to you all.



Pictured above: Dr Jian Guan (guest speaker) with Masterton Mayor Lyn Patterson at the recent Memory Walk, 2016. Right: Mike with Andrew (Higgins Contractors Ltd). Thank you to Andrew for assisting with the Traffic Management Plan for the walk.



Mike Eastwood
Chairperson
Alzheimers Wairarapa
December 2016



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Community Support Liaison Officer

We say this every year, but I'm going to say it again, for tradition as much as for truth – gosh, where has the year gone? Just after the New Year, I will have completed my first year here with Alzheimer's Wairarapa, and boy, what a great year you've all given me!!

On reflection, initially it was all about me finding the lay of the land. Meeting everybody, I feel like I've met 1000 new faces this year – had a ball doing it too I might add!! Collaboration and consultation have been key in ironing out how best to meet the needs of the population we serve. Establishing reciprocity with the wider community health organizations, our local DHB, aged care facilities, our current client base and their supporters, has been a priority. Arthur Ashe nailed it when he said – “start where you are, use what you have, do what you can”.

When I took this role, the scariest part of the job description was running the support group. You have no idea how nervous I was in the lead up to that first meeting! (Well I hope you have no idea, or my dream of winning an Oscar someday will be smashed!). My sister's advice was – “fake it till you make it”, I wasn't sure that was going to cut the mustard, but I did it anyway! Now one of my favorite parts of the role, we will continue next year, starting in February, every first Tuesday of the month at 1:30pm. It was Fred Devito who said – “If it doesn't challenge you, it doesn't change you”. I think the strength is in the group, which is dynamic in itself. We all seem to leave the meetings with the courage and conviction of three swift gins! Newcomers most welcome!

Iona continues every Tuesday and Friday. This service without a doubt would not come to fruition without our trusty bank of volunteers. These folk are phenomenal people, who between you dedicate extraordinary amounts of time, talent, and tenacity to our service. We are eternally grateful to you all. I personally would like to clone you, however since that can't happen, may I take this opportunity to say – if you are reading this, and would like to volunteer your time, please call our office. Shirley and I gratefully accept all expressions of interest!

In 2017 we will look at not only how helpful our day activity service is for supporters of those with dementia, but also how current and meaningful the service is for our clientele and volunteers alike. I still have my list of 1001 new and interesting ideas our volunteers came up with, and I am keen to look at how we can make that work. It was Bobak who said – “All progress takes place outside the comfort zone”.

Our executive committee graciously funded my attendance at the Bi-Annual Alzheimer's Conference this year. The calibre of speakers was insanely fabulous, and of course I have come back brimming with ideas, knowledge, and with the permission of those running a workshop I attended, I have pinched a few educational activities to add to my repertoire as well.

In terms of education I provide in 2017, I will be offering a 4-part series of dementia education, initially to aged care facilities for a fee payable to Alzheimer's Wairarapa. Sir Claus Moser coins it best – “Education costs money, but then so does ignorance”. Speaking engagements will remain a free community service.

Dr Lee-Fay Low was a keynote speaker at the Alzheimer's conference. I came across an article she wrote – “How best to celebrate Christmas with a person with dementia”. The full article is widely available online, however, here are some of the tips she has for supporters of people living with dementia:

- Have realistic expectations – of your time, your energy, and your person's ability;
- Communicate with friends and family;
- Ask for help, seek emotional support;
- Plan, rest and quiet times are important;
- Give family and friends activities they can do with the person with dementia;
- Get family and friends to give you respite;
- Ask family and friends to spend a little one on one time with the person with dementia;
- Let others know the person with dementia may value gifts of company rather than material goods, reminiscence supports shared memories.

Last inspirational quote now folks, Benjamin Franklin said – “Either write something worth reading, or do something worth writing”. I'm not sure if I've done either, but to be sure, I'm working on it!

Don't forget to be awesome every day.

Merry Christmas everyone!

Tam Williams
CSLO



New volunteers welcome,
come and meet us

When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has opened for us. — Helen Keller



2017 Support Group meeting dates



'A
place
of
peace
and
rest'

TO BE HELD AT 1.30 P.M. ON THE
FIRST TUESDAY OF EVERY MONTH
AT ALZHEIMERS WAIRARAPA OFFICE
– SOLWAY SHOWGROUNDS, DOUG
LAMB BUILDING, MASTERTON.

WE LOOK FORWARD TO SEEING
YOU ALL BACK IN 2017. WE PLAN A
VARIED PROGRAMME FOR THE YEAR,
AND WILL KEEP IN CONTACT.

FEEL FREE TO PHONE TAM IF YOU
NEED ONGOING SUPPORT.

Tuesday – January No Meeting

Tuesday – 7th February 2017

Tuesday – 7th March 2017

Tuesday – 4th April 2017

Tuesday – 2nd May 2017

Tuesday – 6th June 2017

Tuesday – 4th July 2017

Tuesday – 1st August 2017

Tuesday – 5th September 2017

Tuesday – 3rd October 2017

Tuesday – 7th November 2017

Tuesday – 5th December 2017

Xmas date TBA

Donations & Memorial Gifts

Our grateful thanks
to those who have
given
funeral donations
and memorial gifts
in memory of a
loved one.

We extend our
deepest
sympathies to
those
families who
have lost
a loved one
in recent months.



Wandatrak

Don't Forget:

*If you have a member of
your family or a friend who
is known to Wander please
contact us at the office
– 377 7522 we have all
the forms and contacts
available.*



The Carol Campbell Library



Our library at Alzheimer's needs extending and updating. Donations from the funeral of our dearly departed volunteer, Carol Campbell will be used to buy books and resources. Hence with the approval of Murray, "The Carol Campbell Library" will be born, in honour of a very loved life member. We thank the Campbell family enormously for this very kind donation.



MEMORY WALK

- weather was no deterrent



Pictured: Guest Speaker Dr Jian Guan MD PhD addresses the participants following the walk.

Our Memory Walk was held in showery and cool weather, but it did not stop our group of hardy walkers from hitting the streets for our Memory Walk.

80 odd walkers marched through Queen Street to the Solway Showgrounds, many came to remember family members and friends with dementia, and to show their support for a more dementia-friendly New Zealand.

Our Guest Speaker was Dr Jian Guan MD PhD – Dr Guan is one of the foremost experts in neurodegenerative disorders of the ageing brain, her session and Q & A proved to be a valuable experience for all that attended.

This year over 2,500 people, wearing their best purple, came to 21 walks from Kaitaia

to Invercargill, having now seen the shocking statistics on dementia – about 60,000 Kiwis have the condition and two in three people are affected by this in some way, people show their support and help raise awareness and reduce the stigma.

Check Alzheimers NZ website for more photo's www.alzheimers.org.nz

Alzheimers Wairarapa Face Book page: www.facebook.com/alzheimers.wairarapa

Also the Brain Research NZ website: www.brnz.ac.nz



OPERATUNITY Daytime Concert Series

All shows are at the Carterton Event Centre,
150 Holloway St, Carterton.

All Concerts start at 11 am and are approximately one and a half hours long, lunch is served straight after the concert along with tea and coffee. Cost \$29.00 – mention Aged Concern for group bookings.

Friday 10th February 2017

Waltz of My Heart

Friday 10th March

That's Amore

Thursday 6th April

Glenn Miller and the Andrews Sisters

Friday 9th June

From Phantom to Les Mis

Friday 7th July

It's Rainin' MEN !!



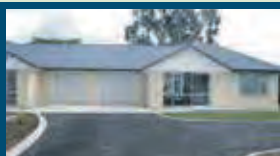
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Phone (06) 379 8075

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Why don't you come for a visit?

Call us on 06 370 0449 to arrange a tour.



Dementia care | Respite | Day programme

Visit: www.enlivencentral.org.nz or Freephone: 0508 36 54 83

We wish to acknowledge our supporters and funders



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Please note:

Alzheimers Web Site: www.alzheimers.org.nz
Select Wairarapa for local details, and information.

We now have a copy of our Referral Form for local GP's to fill out.

Subscriptions

As a Not-for-profit agency, Alzheimers Wairarapa needs the support of the community to continue to deliver services that really make a difference to the quality of life for all affected by dementia. **If you wish to make a Donation, these are greatly appreciated.**

Membership/Subscription Form Current year subscriptions are now due: 1st April 2016 to 31st March 2017 (Invoice included in this Newsletter)

Mr/Mrs/Ms/Other: <input type="text"/>	Person with dementia: <input type="text"/>
Surname: <input type="text"/>	Surname: <input type="text"/>
First Name: <input type="text"/>	First Name: <input type="text"/>
Address: <input type="text"/>	Address: <input type="text"/>

Fees: Single \$20.00 Family \$30.00 (2 or more)
 Corporate \$75.00 Donation \$

Please make cheques payable to: Alzheimers Wairarapa Inc
Please forward to: PO Box 865, Masterton, 5840

Internet Banking Account No: 02-0688-0184783-00

Please insert your name as a reference + Sub + Donation (if applicable). Any Donations would be greatly appreciated.

Alzheimers Wairarapa - P O Box 865 Masterton 5840 **Charity registration** CC21362
Phone 06 377 7522 **Email** alz2.wairarapa@gmail.com **Web** www.alzheimers.org.nz
Solway Showgrounds – Doug Lamb Building **Phone** 06 377 7522 **Free Phone:** 0800 004 001

Do diet, exercise and life style change affect the progression of Dementia?!

I have chosen to devote this article to potential lifestyle modifications we can all make to reduce the risk of developing Alzheimer's disease and to slow the progression of the disease.

In a recent public lecture organised by the Brain Research New Zealand (February 2016) one of the speakers was David Smith from the University of Oxford; Smith states that Alzheimer pathology develops slowly over many years until a threshold is reached, and it is during this progression that medical and self-management of certain risk factors can conceivably impact on that advancement.

These factors potentially affect the rate of brain shrinkage (atrophy):

- **Stopping smoking** – the increase in incidence of Alzheimer's disease (AD) up to 650% (yes that is right!);
- **Management of high blood pressure** – increased risk of 30% for unmanaged;
- **High cholesterol** – increased risk of 70% for unmanaged cholesterol;
- **Increased physical activity** – increased risk of 185% (yes that is also right);
- **Diabetes** – poor blood sugar control – increased risk of 40%;
- **Diet** – certain foods are known to be brain protectant:
 - Fruit & vegetables
 - Nuts
 - Legumes
 - Unrefined cereals
 - Olive oil
 - Anti-oxidant vitamins (C & E)
 - Flavonoids – coffee, fruit and veg, chocolate and wine (1 small glass of red)
 - Fish – omega 3 fatty acids (reduces risk by 33%)

- Vitamin D (sunshine or a dietary supplement)
- Vitamin B12 and folate
- Moderate intake of dairy (cheese, yogurt)
- Less meat and poultry
- **Social and cognitively stimulating brain activity**
 - Crossword puzzles
 - Cards/games
 - Artistic activity
 - Playing listening to music
 - Attending organisations/group e.g. Probus, Lions, Rotary
 - Cinema, theatre concerts
- Today I came across an article by Maggie Fox (Senior Health Reporter NBC News) stating 'Dementia Rates might be declining' according to a new study. This research had a robust study group and was undertaken by Dr Kenneth Langa of the University of Michigan (21,000 people with an average age of 75 years).

The précis of the article is: "Intensity of treatment for diabetes, hypertension and high cholesterol level has increased with more patients achieving treatment goals, and a significant decline in the vascular complications of diabetes such as heart attack, stroke and lower-extremity amputations, suggesting that there could be a 'spill-over' benefit of a decline in the vascular-related risk for dementia," Langa's team wrote.

If anyone is interested in reading the whole article, here is the link:

www.nbcnews.com/.../some-good-news-dementia-rates-might-be-going-down

Anna Reed

Nurse Practitioner, Masterton Medical

Thank you for your support of Alzheimers Wairarapa

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