



Winter 2021



From The Manager

Winter has arrived, however it doesn't seem too bad at the moment. Plenty of nice sunny days which makes our group outings more pleasant.

I am sad to report the resignation of one of our Diversional Therapist's, Lynn Buchanan, who finished up at the end of May. While only with us for a short time, she made a significant contribution to Alzheimers Whanganui and especially our members who were apart of her groups, as well as the ladies in her Carer Support group. We wish Lynn all the best with her new business venture.

I attended the managers meeting in Wellington on Friday May 14th, the day before Alzheimers NZ AGM. It was good to catch up with fellow managers from around the country and share ideas that help each region develop their services for our members. While a lot of good things were shared, it seems we also have the same issues to do with funding and resources that we need so as to provide the very best support we can.

Whānau Wellbeing and Dementia Education Programme

We are looking to hold two in July running through to August. For those carers who are new to our organisation, this is a wonderful opportunity to come and learn and understand dementia/mate wareware and assist you in caring for your loved one. It also enables networks to be formed and friendships made with people who are in the same situation as yourself. Even if you have been with us awhile and haven't attended one, you will gain significant benefits.

As you will see advertised we are holding a Variety Concert in early October so please keep this in mind and encourage family and friends to come along for some great entertainment from Whanganui musicians, as it helps us to continue to provide the great services that we do.

Please look after yourselves—stay warm and well.

Michael

UPCOMING EVENTS

Alzheimers Whanganui Incorporated
5/136 Victoria Avenue
Whanganui 4500
Phone: 06 345 8833
Charity Register No: CC10907
www.alzheimerswhanganui.org.nz
www.facebook.com/pages/alzheimers-whanganui/4092561702183

'Whānau Wellbeing and Dementia' Education Programme

For the Carer & Support People
July—August
(Details on page 2)

Save the Date! Alzheimers Whanganui Variety Concert Saturday 2nd October (Details on page 2)

Carer Morning Tea Support Group

Last Friday of each month
10.00—11.00 a.m.
Further enquiries please contact our office.

Alzheimers Whanganui Annual Appeal Friday 24 Sept 2021

Wanted! Collectors

If you are interested in collecting for
One hour please contact our office.

Alzheimers Whanganui is a community support service for people affected by dementia and/or socially isolated in the Whanganui Rangitikei and Waimarino District. Support is given to both the person with dementia and their Carer/Support persons, family, whānau.

We deal with all types of Dementia, with Alzheimers being the most common type (60-70%); the symptoms are progressive and may increase over many years. If you have any concerns with memory loss or changes in cognitive behaviour, we encourage you to obtain early support (you do not have to wait for a diagnosis).

‘Whānau Wellbeing and Dementia’ Education Programme Designed for the Carer & Support People

Our Education Programme involves six sessions (approximately 2 hours per session) over a six week period. Six Sessions will cover – About Dementia / Health & Environment Factors : Symptoms & Strategies / Communication & Health Cares / Future Planning / Caring for the Carer & Continued Support / Advanced Dementia.

We are planning to hold our next Education Programme commencing in July (Either an evening or morning programme)

Day: Thursday Evenings
Date: 1st July - 5th August
Time: 5.30 p.m. - 7.30 p.m.
Venue: Alzheimers Rooms 5/136 Victoria Ave, Whanganui

Or

Day: Friday Mornings
Date: 2nd July - 6th August
Time: 10.00 a.m. - 12.00 noon
Venue: Alzheimers Rooms 5/136 Victoria Ave, Whanganui

If you are would like to register for **either the Thursday evening or Friday morning** / or would like further information, please contact Sharon at our office (06) 345 8833 or email: admin@alzheimerswhanganui.org.nz

We have limited numbers available, those who are interested will need to register before the 30th June.

Alzheimers Whanganui Variety Concert



Save the Date!

*Saturday
2nd October 2021*

Matinee: 2.00 p.m. - 4.00 p.m.

Evening: 7.00 p.m. - 9.00 p.m.

Cost: \$30.00 per person

Tickets will be available from July

If you would like to make a booking

Please phone (06) 345 8833

Visuospatial Awareness

Visuospatial function involves cognitive processes that are necessary for us to understand and make sense of what we see around us.

What are visuospatial Abilities? -(Also referred to as ‘visual-spatial’)

- The ability to identify the images that we see around us
- Integrate and analyse space, size, depth and distance
- Process information about three-dimensional objects

Examples of visuospatial skills:

- Buttoning shirts, getting dressed, making a bed,
- Go up and down stairs
- Driving—changing lanes, parking a car, turning a corner

How Dementia affects visuospatial abilities:

Depth Perception

Dementia can affect depth perception, making it more difficult to navigate everyday activities such as walking up and down steps, (risk of falls). Getting dressed or feeding oneself can also become more difficult. Misjudging distances and where objects are. Difficulty negotiating changes in floor coverings—they may be perceived as different levels, or a shiny floor being thought of as wet.

Increased risk of wandering:

Some people with dementia can become easily lost or wander, even in familiar environments. They may not recognise familiar landmarks, and the path home that they’ve taken everyday for many years. Unable to locate the bathroom in the middle of the night, or know which direction to walk.

Recognising faces and objects:

Visuospatial changes may also contribute, along with the cognitive symptoms of dementia, to the inability to recognise faces. Identifying or locating objects if the contrast with the background isn’t sufficient or the background is too busy e.g. heavily patterned wallpaper or curtains. Misinterpreting reflections seen in a mirror or glass as a stranger or intruder. Mistaking people seen on television as real people in the room.

Difficulty Driving:

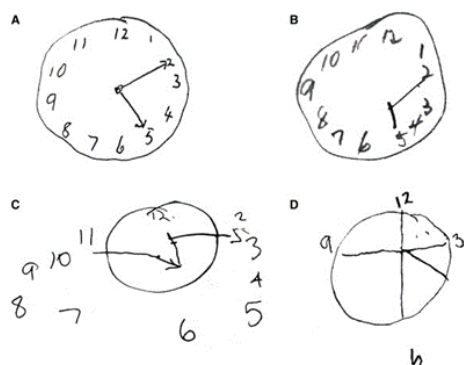
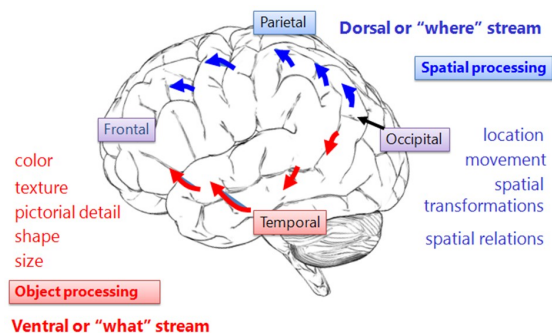
Changes in spatial abilities make it difficult to navigate a turn, discern speed of on-coming traffic, misjudge distances, turning into a driveway, struggle with driving skills.

Reading:

The ability to read may also decline, as well as a decline in the ability to remember how to read or comprehend the meaning of words.

How Visuospatial Ability is measured.

Certain cognitive tests include sections that help identify visuospatial impairments. These tasks include the clock drawing test, drawing intersecting shapes, copying a complex figure, and the ability to recognise objects, such as a pencil or watch.



Alzheimers Whanganui Fashion Parade 2021



Our gorgeous models

(from the left—Barb Turner, Heather Knofflock, Yvonne Wallis, Tania Clark, Maree Cairns and Helen Doyle)

A Big THANK YOU!

- ◆ To all the staff from ballentyne FASHION CENTRAL for supporting us with a fundraiser Fashion Parade.
- ◆ Our fantastic Models, who looked stunning and did an amazing job.
- ◆ All the ladies who purchased tickets and supported the raffle.
- ◆ Our Board Member Karen Noyes for her contribution donating the yummy food. (There was enough for an army!)
- ◆ Pharmacy 145 on Victoria for donating a beautiful gift towards our raffle.

Pharmacy 145 on Victoria

Telephone 06 345 8666 / Fax 06 345 8667
Email: Pharmacy 145@hotmail.com

145 Victoria Avenue, Whanganui 4500

FOR SALE

- 1) We have a 'Jolly—Jumper' Port-a-cot that has been kindly donated to us to sell.
- 2) Platform trolley



All proceeds to Alzheimers Whanganui.

If you are interested in making us a reasonable offer—please contact us (06) 345 8833:



Some people get depressed in winter, or suffer from **“Winter Blues”** The medical name for this winter depression is **‘Seasonal affective disorder’ (SAD)**: Winter is just as important as all the other seasons and they all have their positives & negatives.

✓ **Positive thinking about ‘Winter’**

- Fights off infections
- Helps reduce both allergies and inflammation
- Frosts disrupt pest and disease cycles
- Great for the gardens—improves soil structure
- Sleep better at night—your body temperature naturally drops when you’re trying to sleep. This process can take up to two hours, especially on those hot muggy summer nights, but it’s much faster in the winter.
- Health benefits—when it’s cold, your body has to work harder to maintain its correct body temperature, and as a result you might burn more calories.
- Nice and comfy to snuggle into a woolen blanket, or wrap up in winter woolies.

It’s okay to feel a bit low as we go through several months of wintery weather. Consider some of the following **effective ways to help prevent and cope with ‘Winter Blues’**.

- Keep active—it can be hard to exercise during the winter, but it’s important to keep your body moving. If you are indoors consider taking the stairs instead of the lift or developing your own little exercise routine. You can always wrap up warm and head outdoors—for a walk, bike ride or head to the gym (great for getting your body moving, circulating the blood, and maintain your fitness).
- Make the most of natural light—getting some fresh air, being around nature is an effective way in reducing SAD symptoms. As well as getting vitamin D from the sunshine, which is a value nutrient linked to sharper thinking and better emotional health.
- If unable to get outdoors—bring nature inside such as flowers, pot plants or greenery. While it’s day light keep those curtains open and let the nature light in.
- Eat a healthy diet—cut out the junk food and incorporate more fruits and vegetables in your everyday meals.
- Nurture your spirit—make some downtime for yourself, do something that’s relaxing.



So Far Today:

“So far today Lord I’ve done right, I haven’t been impatient, gossiped, lost my temper, been greedy or selfish, grumpy or nasty. I’m really glad about that. But in a moment Lord, I’m going to get out of bed and I’m probably going to need a lot more help.”

Even a clock that does not work is right twice a day

A Big Thank you!

We wish to acknowledge with gratitude the following organisations that have provided Grants, Donations, and Services to Alzheimers Whanganui

- **MOH** - Contracts with the **Whanganui District Health Board** for Day Programme, DIAS (Information & Education)
- **REL Computer Solutions** provide friendly professional service and advice
- **Wanganui East Club** who loan us their courtesy club vehicle on Mondays for our Group Outings
- **The Barracks Sports Bar** providing their venue for our Men’s Peer Support Group
- **Public Trust—The Charles & Vera Thrust Charitable Trust** - one of the 25 local recipients in Whanganui to receive \$1,102 this year.

Counter Tins: We wish to thank the following businesses who supported us by having a collection tin:

- ◆ St Johns Food market
- ◆ Citadel Café

If you would like to support us by having a collection tin; please contact our office.



We just received a letter from one of our members and we would love to share this with you.
(names have been changed)

Dear Michael,

I write this letter to express sincere thanks and gratitude on behalf of myself and XXX. (both of Māori descent and War Veterans who services in Malaya, Borneo, Singapore and Vietnam). And also on behalf of all the other members of this Alzheimer’s group.

The support provided us by you and all your staff and volunteers is absolutely wonderful for us and our wives and families. The respectful way we are addressed and treated, together with the sense of humour and encouragement each one offers, puts us at ease and enables us to participate and socialize without fear of rejection or criticism.

The wide variety of activities and outings are greatly appreciated, from Indoor visits to Industries, Businesses, Museums, Gyms, etc. and Outdoor pursuits of Sports, Parks and Reserves, and special sightseeing trips provide us with the opportunity to relax and meet new people with confidence in the knowledge your staff always have our safety uppermost in their mind.

Togetherness in this wonderful environment is very special, enjoyable and stimulating.

Grateful thanks for your wonderful efforts on behalf of us all.

Yours sincerely XXX

Thank you for your support



RICOH



COGS
Community Organisation
Grants Scheme

NZCT
NZ COMMUNITY TRUST



JBS Dudding
Charitable Trust
Managed by Public Trust

THE LION FOUNDATION
Here for good



WHANGANUI DISTRICT COUNCIL
Te Kaunihera a Rohe o Whanganui

*St Laurence's
Social Services Trust*



MINISTRY OF SOCIAL DEVELOPMENT
TE MANATŪ WHAKAHIATO ORA

LAND SEARCH & RESCUE
New Zealand | Rapa Taiwhenua



ST JOANS CHARITABLE TRUST
Proudly administered by Trustees Executors

Have your contact details recently changed?

Would you please provide us with your updated details.

Our newsletter is available electronically, if you would prefer an electronic copy, please provide us with your e-mail address. Thank you.

Name: _____

Address: _____

Telephone: _____

Email: _____

Manager
Alzheimers Whanganui
5/136 Victoria Avenue
Whanganui 4500

I would like to support Alzheimers Whanganui
by becoming a Member

Membership \$ 25.00
(per calendar Year)

I would like to make a donation

Donation \$ _____

Internet banking:

Account Name: Alzheimers Whanganui Inc.
Account Number: 03 0791 0296329 00