



Spring 2021



From The Manager

Great to be able to look forward to warmer days ahead...not sure about anyone else but I love it when winter ends.

It was very sad to hear of the passing of a wonderful Whanganui lady Ailsa Stewart. She was a great supporter and past Board member of Alzheimer's Whanganui. We as an organisation were extremely fortunate to have benefited from her years of service. It was great to read the write up in the Whanganui Chronicle acknowledging all the tireless and hard work she put into so many organisations in Whanganui. She will be a major loss to our community.

Unfortunately due to the current Covid outbreak of Delta we will not be going ahead with any fund raising events for the next two months. After last years postponement of events it's disappointing to have to go through the same again. Hopefully though everyone is well and handling lockdown in a positive state. At least we can still get out for a walk or cycle and now in level 3 get a takeaway coffee...yahoo.

Whānau Wellbeing and Dementia Education Programme

We successfully held two of these programmes in July/August, one on a Thursday evening and the other Friday morning. They were both well attended and hopefully everyone learnt some new skills and gained a better understanding of dementia/mate wareware.

There are still more exciting things happening before the end of the year so stay tuned, our lovely ladies who facilitate our groups and peer supports will inform you We will keep you up to date with what we can do once we get to level 2, which hopefully won't be too long to wait. Once in level 1 it will be business as usual. At the moment we are not able to see anyone or have people call into the office, so please contact us by phone or email if you need to.

Please take care and look after yourselves.

Michael



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CANCELLED

Due to COVID-19
All Fundraising planned
for September &
October has now been
CANCELLED:

Alzheimer's Memory Walk
Annual Street Appeal
Variety Concert

Postponed

Due to the current COVID situation we have postponed all our Group Outings, Carer Support Groups, and rural visits.

We hope it won't be too long before we can resume all the groups again.

In the meantime staff are phoning members to keep in regular phone contact and provide support.

Some staff are working from our office, so don't hesitate to phone us or leave us a message.

Our Tribute to Ailsa Stewart

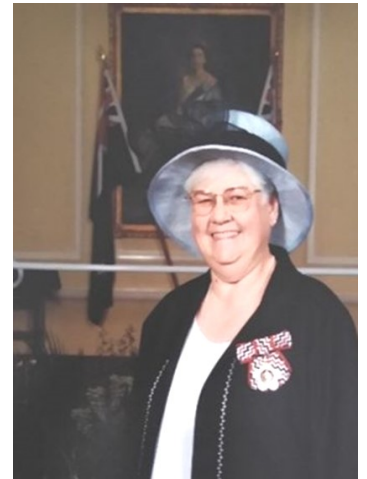
We were greatly saddened to lose our treasured Life Member, Ailsa Stewart, who passed away on 25 August.

Ailsa has been a devoted supporter of Alzheimers Whanganui for over a decade. During this time, she served on our Committee/Board for 10 years, was a principal contributor in the establishment of our Education Course, which we run several times a year and an ever constant and energetic participant in all manner of fund-raising efforts. These ranged from street appeal collector, organising raffles, hosting Cuppa-for-a-Cause and outstanding catering contributions that were never too much trouble.

Ailsa's knowledge and skills acquired from a long and successful nursing career, along with time spent on the Whanganui District Health Board, Whanganui District Council and numerous other community organisations were invaluable in terms of governance support on our Board.

Few people would surpass the dedication and hands on involvement in their community as Ailsa and many will have benefited from that involvement through the many organizations that she supported. She recently commented to one of our staff members; "I may not be able to help you in person, but my heart is with you."

Our hearts are with you Ailsa, with our most sincere gratitude and love for all that you have given us of yourself.
Alzheimers Whanganui Inc.



For My GP Visit

(Wednesday 14 July 2021)

(Written by one of our members who is pro-active about 'Living Well With Dementia'

Also passionate and committed with supporting others who have dementia.)

What has changed for me since my Alzheimer's diagnosis in 2017 -

- Not using my mobile **phone** - I'm unable to recall the processes necessary
- At my daily **gym** visit I now exclude the cross trainer - inability to safely get on and off. My other gym activities are OK and enjoyable
- Use of electric **sewing** machine is now too complicated. I've previously been an experienced sewer
- I find that I am unable to **multi-task** with the radio playing in the background - e.g. typing, crocheting, etc.
- At social **group gatherings** (e.g. afternoon teas) with more than six people, I find too noisy and so I absent myself
- I've stopped using my **camera** - I'm unable to recall the processes necessary
- I am still a touch typist but cannot remember such activities as **using the printer and other useful computer activities**

Things that I continue to do -

- **Involvement** in board games daily—scrabble, mahjong, 500 etc.
- Daily **gym** and exercise programmes continue
- Walking for 45+ minutes daily which includes walking up the **111 steps in Majestic Square**
- **Handwork** continues—crocheting, adult colouring in
- **Reading** has taken second place to all other activities. I can't concentrate as previously so I limit my reading time - always animal stories or biographies.

(Below are our comments)

- How **awesome!**
- **Not dwelling on** what could, should or would have been
- **Positive thinking! Focussing** on things that can continue to do
- **Creative** - adapting activities , breaking down tasks so they can still participate and enjoy
- **Active** - modifying exercise programmes to maintain level of fitness.
- And **Wow!** Walking 45+ minutes daily, as well as all those **111 Steps!**



Smile awhile and while you smile another smiles
and soon there will be miles and miles of smiles
and lives worth while because you smile!

Never trouble trouble till trouble troubles you
Cause it will only double trouble and trouble others too!



Cat Lover's Rules

(Dedicated to Ailsa Stewart, who loved her cats!)



1. *The cat is not allowed in the house.*
2. *OK, the cat is allowed in the house, but only in certain rooms.*
3. *OK, the cat is allowed in all rooms, but must stay off the furniture.*
4. *The cat can get on the old furniture only.*
5. *Fine! The cat is allowed on all the furniture, but it is not allowed to sleep with the humans on the bed.*
6. *The cat can sleep on the bed, but not under the covers or on the pillow.*
7. *OK, the cat can sleep under the covers and on the pillow by invitation only.*
8. *Well, OK, the cat can sleep under the covers every night and on the pillow too.*
9. *Humans must ask permission to sleep under the cover with the cat.*
10. *Only the cat can sleep on the pillow.*

**DUE TO COVID—FUNDRAISING PLANNED FOR
SEPTEMBER & OCTOBER 2021 NOW CANCELLED!
(Variety Concert / Memory Walk / Annual Street Appeal)**

*Alzheimers Whanganui
Variety Concert*



**MEMORY
WALK**



**Alzheimers Whanganui
Annual Street Appeal**



FOR SALE

All proceeds to Alzheimers Whanganui.

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



We still have these items for sale – if you are interested in making us a reasonable offer please contact us (06) 345 8833:

Tips from a person with Dementia

(This help note was written by a person diagnosed with dementia)

What you can do to help us:

- ◆ Make sure we don't give up. Give us time and space to try and keep us doing as much as we can. **Don't take over!** Let us make mistakes or fail, but don't let us feel a failure.
- ◆ Maybe get us a diary and help us parcel our activities for each day and to remind us about the day's activities to get a sense of Tuesdayness, or Julyness, and to register what we did yesterday or last week.
- ◆ Think up some brain gym - reading children's books, magazines, watching quiz shows, newspapers, board games, crosswords.
- ◆ **But** make sure we don't feel overwhelmed. Watch carefully for signs that we are blanking out, or just giving up and going back into our shell.
- ◆ Is there a way that you can help us carry on doing at least some of the household chores? Maybe signs around the house, lists each day of steps to take for each task. **Don't do it all for us** - surely there is something useful we can still do.
- ◆ Make our spaces uncluttered, particularly in areas like the kitchen and bathroom. We have difficulty with vision and coordination, which means we knock things over and feel clumsy. Decanting fluids into plastic containers may avoid breakages.
- ◆ Then we stare blankly at the mess we have made by knocking things over, please help us clear up as we can't think through the steps needed and get flustered and confused.
- ◆ Avoid background noise if you can, when talking to us. If the TV is on, mute first.
- ◆ If children are underfoot, remember we will get tired very easily and find it hard to concentrate on talking and listening as well. Maybe one child at a time and without background noise would be best.
- ◆ Maybe think about ear plugs to a visit to shopping centres or other noisy places.
- ◆ Give us time to speak, wait for us to search around that untidy heap on the floor of the brain for the word we want to use. **Try not to finish our sentences.** Just listen, and don't let us feel embarrassed if we lose the thread of what we say.
- ◆ Don't rush into something because we can't think or speak fast enough to let you know whether we agree. Try to give us time to respond - to let you know whether we really want to do it.
- ◆ When you want to talk to us, think of some way of doing this without questions, which can alarm us or make us feel uncomfortable. If we have forgotten something that happened recently, don't assume it wasn't special to us too, just give us a gentle prompt - we may just be momentarily blank.
- ◆ Don't try too hard though to help us remember something that just happened. If it never registered, we are never going to be able to recall it.
- ◆ If you can, avoid saying, "That always happens to me!" or "You look so well."

Parrot Fish

A man went to a pet shop to get a fish. He noticed a strange, coloured fish and asked the owner what the fish was called.

"That's a parrot fish," said the owner. "It sings like a bird."

The man looked doubtful, so the owner told him he could bring the fish back if he wasn't satisfied.

A week later the man returned to the store to bring back the fish saying, "You were right. The fish can sing. But, he's horribly off key, and it's just too difficult to tuna fish."

We wish to extend our thoughts and condolences to the families who have recently lost a loved one. We would like to thank the family of Fay Stimpson who kindly asked for donations to be made to Alzheimers Whanganui in lieu of flowers. We also wish to thank those who made donations.

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.
- **Wanganui Contract Bridge Club** - Once again holding another Bridge Tournament Fundraising this year and kindly donating all the proceeds to Alzheimers Whanganui. Total raised \$1,301 (from entry fee, raffle and donations): We appreciate all the members who supported the fundraiser and a very special thanks to those who organised the Tournament and donated afternoon tea.
- **COGS** - \$4,000 Grant towards Group Outings.
- **Wanganui Rotary Club** - \$500 donation from their recent Book Fair.
- **Grumpy Old Men Enterprises Trust (G.O.M.E.)** - Welcoming our Men's Group when we visited on one of our group outings and very appreciative of their \$500 donation, which we will use for our men's group.
- **RSA Women's Section** for their generous \$500 donation.

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.

An old man lived alone. He wanted to dig his potato garden, but it was very hard work and his only son, who would have helped him, was in prison for bank robbery. The old man wrote a letter to his son and mentioned his predicament.

Shortly, he received this reply: "FOR HEAVEN'S SAKE, Dad, don't dig up the entire garden, that's where I buried the money."

At 4 a.m. the next morning, a dozen policemen showed up and dug up the entire garden without finding any money. Confused, the old man wrote another note to his son telling him what happened, and asking him what to do next.

His son's reply was, "Now plant your potatoes, Dad. It's the best I could do from here."

Thank you for your support



St Laurence's Social Services Trust



Here for your community



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
(Jan To Dec 2021 / per calendar year)

I would like to make a donation

Donation \$ _____

Internet banking:

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