



Summer 2021



From The Manager

It is amazing that one year has passed since I started with Alzheimers Whanganui. I can remember being told I had to write an introduction to the Summer newsletter and I had only been in the job a month...what was I going to write!!!

Apart from a couple of lockdowns this year, we have still managed to run our group outings and group activities without too much disruption. Hopefully the new traffic light system which comes into effect from 3 December 2021 will not hinder our operations again.

On a positive note we have had our contract with the Whanganui District Health Board (WDHB) renewed for another two years. I would like to thank Andrea Bunn, our Portfolio Manager at the WDHB, for her support and guidance in getting this finalised. By renewing the contract, the WDHB acknowledges the important services we provide to our members to participate in normal activities within our community.

As the year draws to a close, this is the time when families are preparing for loved ones to join them in celebrating Christmas. I know you will get to enjoy this time with family members who are able to travel. To our fantastic members and their wonderful carers I wish you a very happy and joyful time with your families.

To our awesome staff, thank you for the great support you have given me this past year. It is a pleasure and a delight to work with you all. Also our amazing volunteers, your contribution is invaluable to Alzheimers Whanganui and we would be lost without you. May you all have a relaxing and enjoyable break and I look forward to seeing you all in 2022.

Finally a big thank you to Carolyn and the Board for all the support you have given me since I started, I very much appreciate it.

Wishing everyone a Merry Christmas and a prosperous New Year.

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

Alzheimers Whanganui

Community Support Service for
people affected by dementia in
the Whanganui, Rangitikei &
Waimarino District

Christmas/New Year



Office Closed

Thursday 23rd December 2021

Office Reopens

Wednesday 5th January 2022

Carer Morning Tea Support Group

Last Friday of each month
10.00—11.00 a.m.

Further enquiries please phone
our office.

Our Farewell to Maree



It was during the time when Alzheimers Whanganui was called 'Alzheimers Disease & Related Disorders Society' (ADARDS) that Maree Cairns joined as a 'Group Facilitator' back in November 2010: Maree's contribution over the past 11 years has been invaluable with her knowledge, wisdom, diverse range of talents and sense of humour! Maree has always been very kind, compassionate and caring, which has benefited a huge number of people in so many ways.

Maree has always gone the extra (extra) mile, goes out of her way to provide wonderful support in all areas (members, volunteers, staff, fundraising, social and community events).

We have all enjoyed working alongside Maree and are sorry to see Maree leave; but we all wish her the very best for her future endeavours.

Maree will be a real asset and treasure to whatever she turns her hand to.

From all the Team at Alzheimers Whanganui



SAFER WALKING PROFILE

For people who are at risk of getting lost and not being able to find their way home, there is a form you can download online—just enter **'Safer Walking Person Profile' form**.

The purpose of the form is to record information about the person you care for, which will be used by the Police and search teams in the event that the person goes missing. This information will help the search teams to gather all the relevant information prior to searching.

Recording information ahead of time and keeping it regularly updated will greatly reduce stress associated with trying to recall detailed information in an emergency situation.

The Cab Ride



Twenty years ago, I drove a cab for a living.

One day I took a fare at 2.30 a.m. When I arrived to collect, the building was dark except for a single light in a ground floor window.

Under the circumstances, many drivers would just honk once or twice, wait a minute, and then drive away.

But I had seen too many impoverished people who depended on taxis as their only means of transportation. Unless a situation smelled of danger, I always went to the door.

This passenger might be someone who needs my assistance, I reasoned to myself. So I walked to the door and knocked.

"Just a minute," answered a frail elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 80's stood before me. She was wearing a pink dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940's movie. By her side was a small nylon suitcase.

The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counter. In the corner was a cardboard box filled with photos and glassware.

"Would you carry my bag to the car?" she asked.

I took the suitcase to the cab, then returned to assist the woman. She took my arm and we walked slowly towards the cab. She kept thanking me for my kindness.

"It's nothing," I told her. "I just try to treat my passengers the way I would want my Mother treated.

"Oh you're such a good boy," she replied.

When we got in the cab she gave me an address, and then asked, "Could you drive through downtown?"

"It's not shortest way," I answered quickly.

"Oh, I don't mind," she said. "I'm in no hurry. I'm on my way to hospice."

I looked in the rear-view mirror. Her eyes were glistening. "I don't have any family left," she continued. "The doctor says I don't have very long."

I quietly reached over and shut off the meter. "What route would you like me to take?" I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighbourhood where she and her husband had lived when they were newly weds. She had me pull up in front of a furniture warehouse that had once been a ballroom, where she had gone dancing as a girl. Sometimes she'd ask me to slow in front of a particular building and would sit staring into the darkness saying nothing.

As the first hint of sun was creasing the horizon she suddenly said, "I'm tired. Let's go now."

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Continue on next page

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

"How much do I owe you?" she asked, reaching into her purse.

"Nothing," I said.

"You have to make a living," she answered.

There are other passengers," I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly.

"You gave an old woman a little moment of joy," she said. "Thank you."

I squeezed her hand, and then walked into the dim morning light.

Behind me, a door shut. It was the sound of the closing of a life.

I didn't pick up any more passengers that shift. I drove aimlessly lost in thought. For the rest of the day, I could hardly talk.

What if that woman had an angry driver, or one who was impatient to end their shift?

What if I had refused to take the run, or honked once, then driven away?

On a quick review, I don't think that I have done anything more important in my life.

We're conditioned to think that our lives revolve around great moments.

**But great moments often catch us unaware
beautifully wrapped in what others may consider small one.**

**People may not remember exactly what you did, or what you said.
But they will always remember how you made them feel.**

Will I Live To See Christmas?

I recently changed my Doctor. After two visits and exhaustive lab tests, he said I was doing 'fairly well' for my age. (I'd just turned 65).

A little concerned about his comment, I couldn't resist asking him.

"Do you think I'll live until Christmas?"

"Do you smoke or vapour? Do any drugs? Do you drink beer or wine?" asked the Doctor.

"Oh no!" I replied. "Keep well away from anything like that."

Then he asked, "Do you eat lots of take-aways or real greasy fatty food? Or got a real sweet tooth and eat lots of munchies?"

"Never!" I replied. "I only eat exceptionally healthy food."

Then he asked, "Do you like the outdoors, play lots of sport, enjoy mixing with other people? Or do you like fast cars, fast women and gamble?"

"No none of that!" I exclaimed.

The Doctor just stood there and shook his head. Then he said, "And you care if you are going to live to see Christmas?"



RICOH



Thank you Ricoh

We are extremely grateful for the kindness and support that Ricoh Wanganui have so generously given our organisation over many years. Ricoh donated our first photocopier machine back in 2007 and they have continued to donate later models.

We are always impressed by Ricoh's support, their high standard of friendly and professional service. The photo above is Kerry, one of their Service Technicians installing our new photocopier. It's a MPC3501 and does everything. Well, just about everything (it's quiet and copies so fast, you can scan from phone, etc. and it also staples).

'Whānau Wellbeing and Dementia' Education Programme

Designed for the Carer's and those supporting people with Dementia

Our Education Programme runs for 6 weeks (one 2 hour session each week) & covers a wide range of topics. We try to give people an option of either morning or evening sessions and we are hoping to hold our first Education Programme early next year (Feb/Mar):

If you would like to register or require further information, please contact our office (06) 345 8833 or email: admin@alzheimerswhanganui.org.nz

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 Marion Fowler, Eric Caudwell and Aloise Laing 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** - For the following Contracts with our **Whanganui District Health Board:**
 - Social Programme Living Well With Dementia / Dementia Education for whānau /
 - Community Liaison / Older Person Non-Residential Care Facility.
- **St Laurence's Social Service Trust** - 1,500 Grant for admin & operating expenses.
- **The Lion Foundation** - \$7,000 Grant towards staff wages.
- **JBS Dudding Trust (Public Trust)** - \$5,000 Grant for admin & operating expenses.
- **TG Macarthy Trust (Public Trust)** - \$5,000 Grant for admin & operating expenses.
- **Whanganui Community Foundation** - \$6,000 Grant for admin & operating expenses.
- **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 Group.
- **New Zealand Community Trust (NZCT)** - \$6,000 Grant towards staff wages.

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.



It's so easy for people with short term memory loss to misplace or lose their personal items. Also end up wearing someone else's clothes. For those supporting them, it can be very time consuming and really frustrating trying to find missing items.

To make items easier to identify, it is recommended that you label their personal belongings (include shoes). It can make it much easier to relocate and identify. One of our Carer's recommended the following labels.

NAMEIT LABELS

Phone 0800 626 348

Web Site: nameit.co.nz/view-all

Sew On Woven
For hand sewing

Quality Product

YOUR NAME HERE

High quality traditional embroidered labels
Feels soft on the skin

Iron On Labels
For cotton, polyester, wool, linen and most other fabrics

BEST SELLER

Your Name Here
Your Name Here
Your Name Here

Easy to apply in seconds
Long lasting unique material
100% Guaranteed to stay on

Sew On Polyester
Most popular sew on option for machine sewing

Best Sew On

Your Name Here
Your Name Here
Your Name Here

Excellent print
Will not fade or fray
Suitable for rest home hot wash

Stick On Labels
Name Labels for all your personal belongings

No more lost property

Your Name Here
Your Name Here
Your Name Here
Your Name Here

Strong waterproof quality vinyl
Dishwasher, microwave and freezer safe

Shoe Labels
with clear protective covers for extra durability

with free **Clear Covers** for extra durability

Y... this shoe belongs to
... belongs to
... this shoe belongs to
Your Name Here

Our 2nd best seller
Extra strong quality vinyl
Label all types of shoes

Value Packs
A selection of our popular products at a great price

40% off
Save
Top Seller

Y... this shoe belongs to
... belongs to
... this shoe belongs to
Your Name Here

Ideal for school or for entering a rest home

Mini Labels
Name Labels for your smaller items & ideal for kids

Your Name Here
Your Name Here
Your Name Here
Your Name Here
Your Name Here
Your Name Here

Best Value

Strong waterproof quality vinyl
Dishwasher, microwave and freezer safe

Sew On Satin
Machine and hand sewing

Loop label or sew each end

Priced from only \$22

Your Name Here

Soft satin material
Good for delicate garments
Loop or sew each end
Suitable for domestic wash

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