



Autumn 2022



From The Manager

Welcome to our first newsletter of 2022, which hopefully will be a better year than we have experienced in 2020 and 2021.

Our group outings started again in the middle of January and have been going well. We have a couple of new venues for the rest of the year for our Ladies Support morning tea and our Mixed Music and Movement group. I would like to thank Christ Church Anglican Church and the St Johns Club for providing the new venues for our two groups.

Alzheimers Whanganui has decided to postpone the AGM in March due to the wide spread of the Omicron variant of COVID-19 in the community and we have tentatively booked a date in May 2022. However we will confirm this with a public notice which will be advertised in the River City Press prior to the meeting going ahead.

We are being kept up to date with the current status of Omicron just about on a daily basis from Alzheimers NZ, with updates that the Ministry of Health are putting out and the changes that are occurring. This has been very helpful, because as you will appreciate it is a fast changing world we are living in, with things evolving very rapidly.

Our first Whānau Wellbeing and Dementia Education Programme for the year got underway in February and is being attended by nine people. We are delighted with the participation of the people attending - it runs till the 24th March. This is a six week programme held for two hours one day a week and is very helpful for new Carers of family/whānau members who are showing (or have been diagnosed) signs of dementia.

Stay safe

Michael



Alzheimers Whanganui Inc.

5/136 Victoria Avenue

Whanganui 4500

Phone: 06 345 8833

Charity Register No: CC10907

www.alzheimerswhanganui.org.nz

Office Hours

Monday—Friday
(8.45 am—2.45 pm)

Alzheimers Whanganui

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

Annual General Meeting

Wednesday 25th May
5.30 pm
Christchurch Community Centre
(Upper Lounge)

Carer Morning Tea Support Group

Held at Alzheimers Office
Last Friday of each month

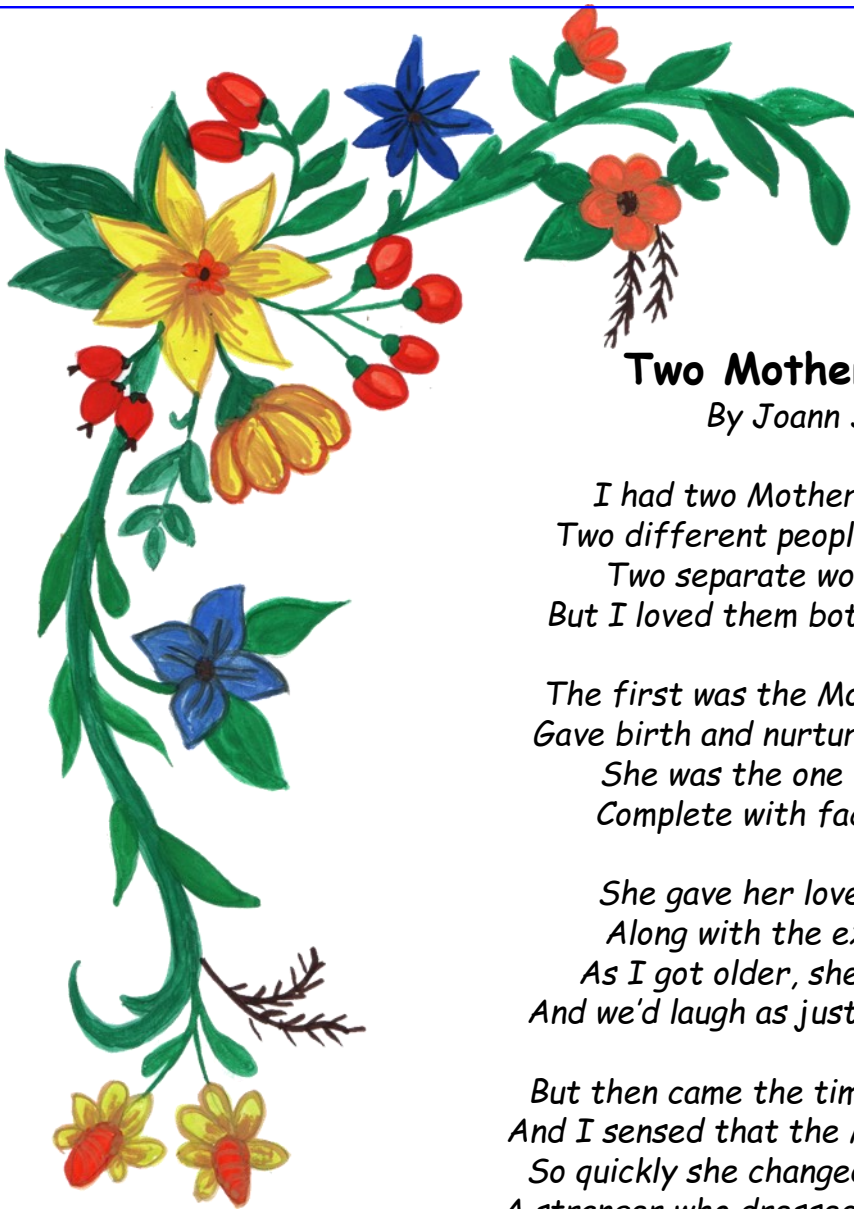
10.00—11.00 a.m.

25th March

29th April

27 May

Further enquiries please
phone our office.



Two Mothers Remembered

By Joann Snow Duncanson

*I had two Mothers—two Mothers I claim
Two different people, yet with the same name
Two separate women, diverse by design
But I loved them both because they were mine.*

*The first was the Mother who carried me here,
Gave birth and nurtured and launched my career.
She was the one whose features I bear,
Complete with facial expressions I wear.*

*She gave her love, which follows me yet,
Along with the examples in life she set.
As I got older, she somehow younger grew,
And we'd laugh as just Mothers and daughters do.*

*But then came the time that her mind clouded so,
And I sensed that the Mother I knew would soon go.
So quickly she changed and turned into the other,
A stranger who dressed in the clothes of my Mother.*

*Oh, she looked the same, at least at arm's length,
But now she was the child and I was her strength.
We'd come full circle, we women three,
My Mother the first, the second and me.*

*And if my own children should come to a day
When a new Mother comes and the old goes away.
I'd asked of them nothing that I didn't do,
Love both of your Mothers as both loved you.*

*Our thoughts and condolences to all the families who have recently lost a loved one.
We would like to thank the families of Vesta Butters and Joan (Noni) Baldwin, who kindly
asked for donations to be made to Alzheimers Whanganui in memory of their much loved
mother & friend.*

It's all in the question?

- 1) What has 4 letters?
- 2) Never has 5 letters?
- 3) Sometimes has 9?

(answer bottom of page 6)

What is Disinhibited Behaviour?

When a person displays a lack of restraint, impulsive speech or actions, risky or dangerous behaviour.

Social 'norms' or expectations seemed to have flown out the window.

Disinhibition behaviour is a symptom of dementia, usually caused by cognitive changes affecting the frontal lobes of the brain and it (may, never, could, would, will, might, possibly, definitely, always ,etc.) happen. Every single person is totally unique.

Some examples of disinhibited behaviour:

- Loud, rude, hurtful, tactless and personal comments.
- Interrupting and butting in conversations, pushing to the front of the waiting line, not taking turns or waiting.
- Poor table manners and impolite towards others.
- Mistake a caregiver or child for their spouse.
- Removing clothes, stripping off in front of other people or public places.
- Swearing, telling distasteful or crude jokes, being offensive towards others.
- Impulsive, excessive spending.
- Urinating or going to the toilet in a different room or a public place.
- Unrestrained sexual behaviour e.g. improper sexual propositions, exposure or fondling of genitals in front of others or public places.
- Inappropriate touching or grabbing another person.

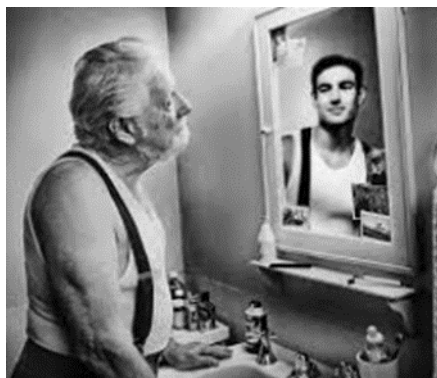
Common causes of disinhibited behaviour include:

- Disorientation, confusion of their environment.
- Misidentifying and unable to recognise familiar people.
- Memory loss of social skills taught when they were growing up.
- Loss of understanding, reasoning, and problem solving.
- Person is tired, frustrated or angry.
- A person doesn't act their age, because they can't recognise or comprehend how old they are.

They have memory loss or fluctuations in memory; when they look in the mirror —

they don't see an 80 year old, *they see a young husband bloke or gal who's 'ready to party!'*

'Social Norms'
Out the window!



Continue next page

For Carer's, families and others supporting a person who displays inhibited behaviour; can be really difficult, frustrating, distressing, and embarrassing.

'DON'T TAKE IT PERSONALLY'

Managing disinhibited behaviours:

Ask yourself, "Is this changed behaviour, something new? Did they behave like this before?" or "Is this normal behaviour, only magnified?"

A person's mannerism or actions may be totally uncharacteristic, they can do or say things that they would never thought or even considered doing.

'WE CANNOT CHANGE THE PERSON'

'TRY TO SEE THE PERSON, NOT THE DEMENTIA'

- Check with the Doctor, as behavioural problems may have underlining medical reasons (pain, side effects from medication, hallucinations).
- Behaviour has a purpose - a person may no longer be able to communicate verbally, tell you how they are feeling or what they want.
- Remain calm and patient.
- Don't argue, shame, embarrass or tell the person off. It only worsens the situation.
- Try to distract the person, divert or redirect behaviour.
- Developing strategies—don't be afraid to try different approaches. What works well one day, may not work well the next day. It's worth trying things again another time.
- When you are visiting others, let them know behaviour may change (helps if they are aware of your situation, to avoid embarrassment, also they can help out where needed).
- Alzheimers NZ have small cards available (asking to excuse behaviour due to cognitive decline) and you can just slip a card to the person. (Helps others understand their actions are not intentional).
- Look for things that may trigger their behaviour; e.g. start removing clothes (may be too hot); get restless, fidgety (may need to go to the toilet); behaviour may start at the same time each day (may be getting tired); or getting restless (divert and engage in a different activity).

'SAFETY IS TOP PRIORITY'

- Disinhibited behaviour can involve outbursts of anger and rage, which can sometimes be difficult to manage or control, resulting in physical abuse of property or person. Staying safe is fundamental, both for the person with dementia and those supporting them.
- Questions to seriously consider for the Carer and others supporting the person:
 - Have I got an emergency plan?
 - Have I got a back-up plan?

If the answer is 'Yes' - that's good! If the answer is 'No' - it's something to work on asap!
(The best time to start is 'yesterday')



'GET SUPPORT FROM OTHERS - YOU ARE NOT ALONE'

- Obtain professional support. Also joining a support group with others, gives you an opportunity to download, share ideas and try different strategies.

Would you like to support Alzheimers Whanganui By becoming a Financial Member?

We are a Charitable Not-for-Profit Organisation who provide a community service for people affected by dementia. We support people with concerns of memory loss, cognitive changes or a diagnosis of dementia. (A person does not require a diagnosis prior to receiving support, as early support is highly beneficial). Our services are for both the person with symptoms of dementia, and their Carer/family/whānau and others supporting them.

Our Annual Membership Fee (January-December) is \$28.75 (includes \$3.75 GST)

If you would like to become a member, please phone our office (06)345 8833 and our bank account details are on the last page of the newsletter (page 7):

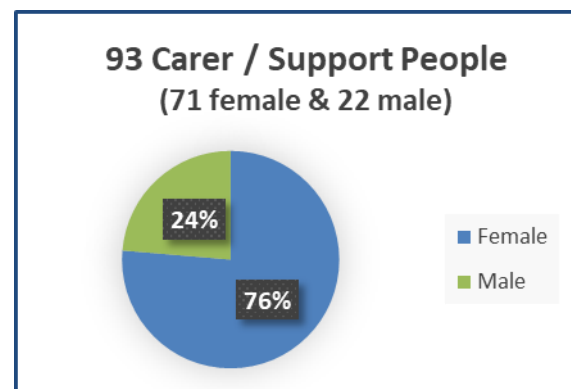
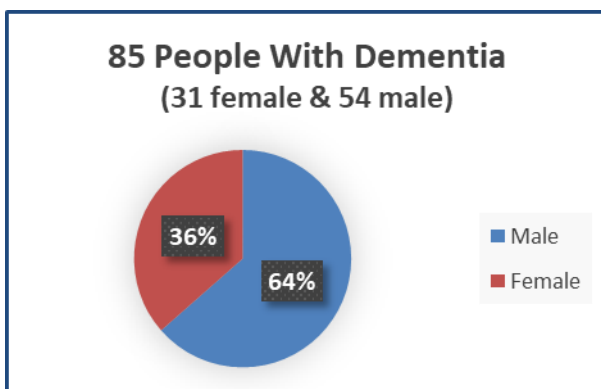
Support during 2021

Throughout 2021 Alzheimers Whanganui had **126 New Referrals/Enquiries:**

(46 people with dementia & 80 Carer/Support Persons) : This was in addition to the people we were already supporting.

At the end of December 2021 we were actively supporting **183** people as listed:

- 85 People with dementia**
- 5 People with other disabilities**
- 93 Carers / Support people**



Our Education Programme runs for 6 weeks (one 2 hour session each week):

We are currently in the middle of our first programme for this year and our next programme we are planning to hold in Taihape:

‘Whānau Wellbeing and Dementia’ Education Programme

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

Next Programme: TAIHAPE

VENUE: Ruapehu REAP / Taihape Office - 1 Tui Street, TAIHAPE

DATE: Thursday’s from 5 May to the 7th June 2022 (6 consecutive weeks)

TIME: 10.00 am—12.00 noon

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 thank the Whanganui DHB for funding the Education Programme)

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.
- **Whanganui Community Charitable Trust** - \$1,000 Donation towards operating expenses.
- **REL Computer Solutions** provide friendly professional service and advice.
- **Whanganui 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.
- **St Johns Club** - providing their venue for our 'Music & Movement' Group.
- **Ricoh Wanganui** - donating our photocopier, charging minimal operating costs.

We wish to thank **St Johns Food Market (Great North Road)** who supported us by having a collection tin:

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



A bus full of ugly people had a head on collision with a truck. When they died, God granted all of them one wish. The first person said, "I want to be gorgeous." God snapped his fingers and it happened. The second person said the same thing and God did the same thing. This went on and on throughout the group. God noticed the last man in line was laughing hysterically. By the time God got to the last ten people, the last man was laughing and rolling on the ground. When the man's turn came, he laughed and said, "I wish they were all ugly again."

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

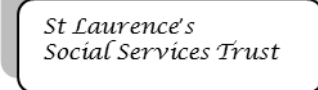
Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a cat!"

(answer to 'It's all in the question' 1. What 2. Never 3. Sometimes):

Thank you for your support



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 **\$28.75** (includes \$3.75 GST) (Jan To Dec 2022 / per calendar year)

I would like to make a donation

Donation \$ _____

Internet banking:

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