



Winter 2022



From The Manager

Welcome to winter and all this season brings. Have to be honest, it's my least favoured time of the year, however I will survive.

We have had a bit of a change in the last few months with our van hire. Harvey Round Motors are no longer in the rental business so we are now using vans from Hire It. I would like to thank Antony Rountree for the wonderful service they have provided us, as well as the very generous charge for the hire of the vans, which has enabled our members to come on outings.

We have been lucky with minimal disruption to the services we provide, with Covid still circulating in the community. Long may it last...the minimal disruption I mean, NOT Covid! There is good turnouts to our Groups, as well as the other activities we arrange and hopefully this will continue during winter.

Favourable comments has been passed by our members on the Group outings, of the lovely home baking we are been given by Good Bitches Baking . These ladies drop it into our office every second Monday morning and we get enough to cater for all the outings and activities we have planned for the next fortnight.

As of the 1st July 2022, our contract with the Whanganui District Health Board gets transferred to Health NZ, which is the new organisation that has been put in place to run the health system throughout the country. Everything stays the same as it is in the short term, however I expect there will be some changes later on.

Great to have Maxine Pringle as our new Patron. She has been a wonderful supporter of Alzheimers Whanganui and is always a delight to talk to at any of our functions.

Stay warm and safe

Michael

UPCOMING EVENTS

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

Rangitikei Rural Day

Our next rural day in
Marton & Taihape
Monday 29th August
Further enquiries please phone
Fiona 027 557 4073

Carer Morning Tea Support Group

Held at Alzheimers Office
Last Friday of each month
10.00—11.00 a.m.
17th June (week earlier)
29th July
26 August
Further enquiries please
phone our office.

'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):

Unfortunately we postponed the Education Programme, which we had planned to hold in Taihape during May/June. We didn't have enough people registered to make it viable, but still hope to hold it again another time. We certainly understand that people are not circulating in their community as much, due to the current covid situation. Our next programme will be in Whanganui and when the weather gets a bit warmer, we will look at having another rural programme.

Next Education Programme: WHANGANUI

VENUE: Alzheimers Office: 5/136 Victoria Avenue, Whanganui

DATE: Thursday's from 7 July to the 11th August 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

Alzheimers Whanganui Board Members 2022

It is our pleasure to welcome and introduce our Board Members recently elected at our AGM last month.

Chair: Carolyn McCully

Secretary: Liz Hickey

Treasurer: Yvonne Wallis

Board Members: Richard Bullock, Margaret Campion, Bronwyn Donald, Graham Juden, Karen Noyes and Margaret Roddick.

Alzheimers Whanganui Patron

We were delighted to appoint Maxine Pringle as our new Patron.

Maxine has been involved since 1999 where both Helen Doyle and herself coordinated the Fundraising Awareness Week.

Maxine joined our Committee back in 2005-2019 first serving as a member, then Vice President, followed by Secretary. Maxine played an active part in many different fundraising activities, also helped with the education. She spent considerable time researching and collating the history of Alzheimers Whanganui, then produced a book very unique to our organisation 'Nurturing a garden of care' (A brief history of Alzheimers Whanganui).

Maxine has always been there for Helen Doyle, and '*taken her under her wing*'; which enables Helen to support Alzheimers N.Z. with the 'Dementia Friendly Programme' and also to be a part of their Consumer Advisory Group N.Z.

Maxine's dedication, passion, commitment and support for our organisation has been absolutely incredible over the past **23 years!**

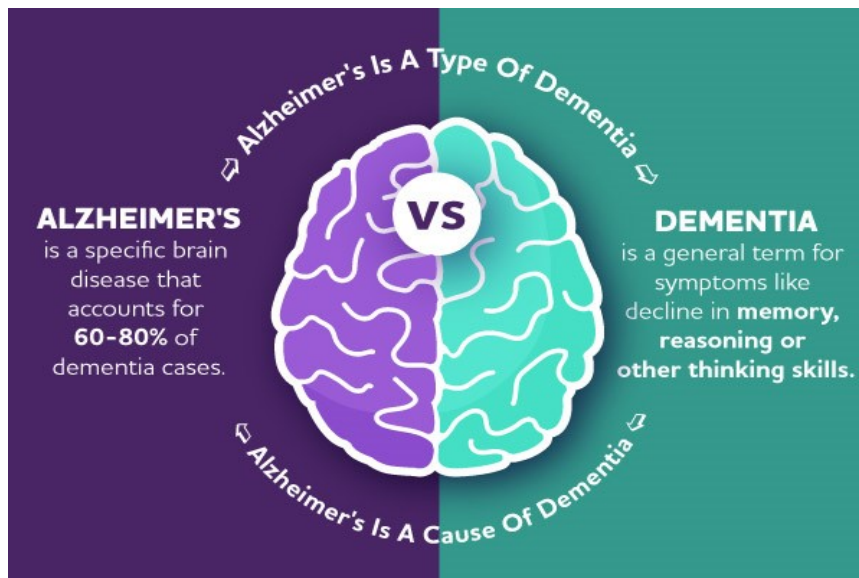
Maxine's knowledge and proficiency have been invaluable and a real blessing to all of us.



“What is the difference between Alzheimers & Dementia?”

This is the most frequent question asked.

The short answer is: “Alzheimers in only one type of Dementia”



Dementia is: an 'Umbrella Term' :

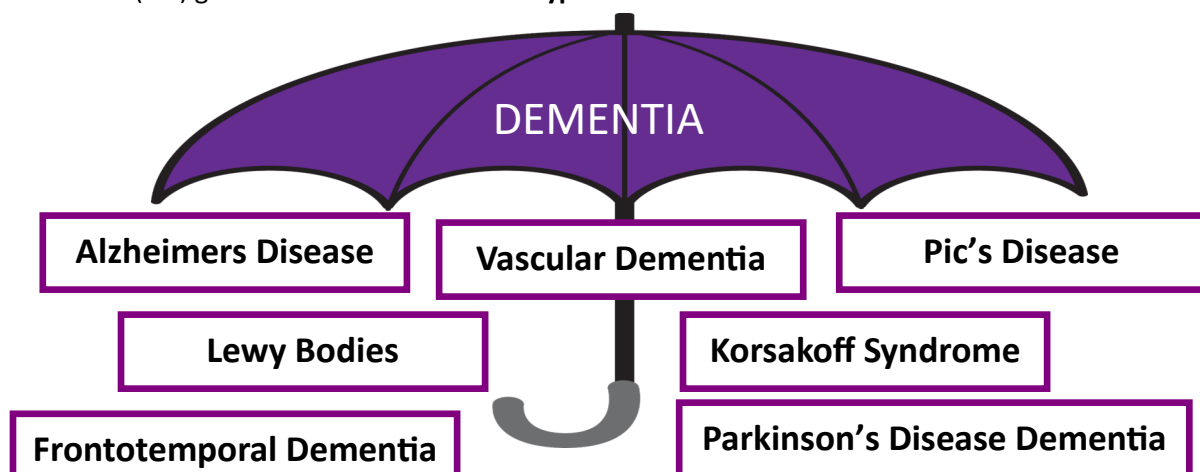
- 'Umbrella Term' is a title or name used to describe different brain disorders or a group of symptoms.
- Physical changes and damage occur in the brain that affect
 - **Memory:** (Usually starts with short term memory loss)
 - **Cognitive functions:** (Difficulties with problem solving, decision making, processing & relaying information, thinking, learning new things)
 - **Behaviour:** (Repetitive speech and actions, difficulty performing regular daily tasks, impaired judgement, reduced motor coordination, loss of initiative)
- **Emotions:** (Less control over feelings and how to express them, frustration, confusion, mood swings, fearful, afraid when a person is not there)

There are different types of dementia:

- **Alzheimers Disease:** Most common type approximately 70% (plaques & tangles form in the brain)
- **Vascular Dementia:** Second most common (brain is deprived of blood supply)
- **Lewy Bodies:** Third most common (abnormal protein in front area of brain)

Rare types of dementia:

Cadasil, Corticobasal (CBS); Creutzfeldt – Jakob disease (JD); HIV- associated neurocognitive disorder; Huntington's Disease (HD) genetic. There are over **100 types of rare dementia**.



Should people with dementia still keep walking?

Absolutely! Not just people with dementia, but everyone who can. Walking is one of the best all-round exercises, it's an enjoyable activity which enables us to connect with other people and places.

Benefits of walking:

- Gets the body moving and not feeling like the 'chewing gum left on the bed post overnight'. Increases blood flow and circulation, keeps joints supple and helps with flexibility.
- Stimulates the brain—hitting our feet on the ground while walking sends a hydraulic wave upward through our bodies. This wave is actually strong enough to send blood back up through our arteries, increasing blood flow to the brain.
- Reduces stress due the 'feel good' hormones both dopamine and serotonin being released, which give us a pleasurable feeling.
- Regular walking helps tone and strengthen your muscles. Burns calories and helps maintain a healthy weight. Also can boost your energy levels and helps you feel less tired in the long term.
- Improves quality of sleep by including walking in your daily routine.
- Walking allows you to see far more of your surroundings and to enjoy beautiful nature around you.
- Saves money - especially with the current fuel costs. A minimal cost of wear & tear on your shoes.

Safer walking for a person with dementia:

- Develop regular routes that are familiar and well known to the person.
- Have a walking buddy or join a walking group.
- If the person walks alone, know what time they commence walking and take note of the time you expect them back.
- Identification badge or bracelet with name and phone number can be worn.
- Join neighbourhood support group—where neighbours help to keep your area safe and keep an eye out for the person walking.
- Have a photo handy of the person you support, and if needed you can show others what the person looks like. (A picture speaks a 1,000 words)
- Use a tracking device such as a mobile phone with a GPS or another tracking app.
- WanderSearch pendant is a locating device, which is available here at Alzheimers Whanganui (for more information please contact our office).

N.Z. Search and Rescue 'Safer Walking Profile':

Highly recommended is a form available to record information about the person you care for. This will be used by the police and search teams in the event that the person goes missing. Available on line—just type in 'NZ Search & Rescue safer walking profile form'



WanderSearch Pendant

WanderSearch Tracking system is used by NZ Police and Land Search & Rescue (LAND S&R) to help people with dementia, autism or other disabilities.

It can be used for people that walk, run, cycle from their place of residence who are at risk of being disorientated or lost, and unable to find their way back home.

Land Search & Recue and our Police do an amazing job and on the following page is a recent article written by our local Police regarding WanderSearch:

A frail but active woman who recently went missing in rural Whanganui was quickly located by officers with the help of Wandersearch devices

Sergeant Colin Wright

(also known as Wandatrak)



Earlier this month, the Whanganui Tactical Dog Team received a call from Central Comms about a 67-year-old woman who had gone missing from her home.

The woman, who has gone missing on previous occasions, has Lewy body dementia and hallucinates badly, which causes her to wander. As a result, she wears a Wandersearch pendant - a small radio frequency tracking device that can be found using specialised receiver units and ariels.

The officers made their way to the isolated rural property just outside of Whanganui, where the woman lives with her husband, and commenced searching around the house.

During this time, Central Comms also contacted on-call O/C

Whanganui SAR Sergeant Colin Wright who drove out to the property to assist his two colleagues.

"I had been involved in previous searches for the woman and while she is frail, she is active," says Colin.

"The house is about one kilometre from the road so I when I arrived at the gate, I mounted the WanderSearch antenna to my police vehicle to see if it could locate a signal from the woman's pendant.

"The officers, who had been searching for about 20 minutes before I arrived, continued to search around the house with police dog Veto to locate a track."

Colin continued driving up the driveway when the receiver started to beep, then went faint, at about 10.35pm. So he turned around and went back to where it had picked up a signal – the stronger the beeps, the stronger the signal. He stopped his vehicle about halfway up the driveway near some farm buildings and got out to hone in on the signal with a handheld device.

The signal was particularly strong near some sheep pens, so Colin went to check it out with his torch.

Behind the sheep pen there was a fence and over this was a 2-3 metre drop into a stream.

On closer inspection, and within 10 minutes of the first beeping, Colin located the woman on the other side of the fence, clinging to it, cold and disorientated in the darkness.

"I don't know how she got over the fence in the dark and if she had let go, she would have fallen and seriously injured herself or drowned," says Colin.

"I called up Delta to assist and I got her over the fence to the team who took her back to her house. Thankfully she didn't sustain any injuries and did not require any hospital treatment.

"The WanderSearch technology is brilliant – from me getting the call to locating the woman was just under an hour, and that includes the drive to the property from my house, which is out of town.

"WanderSearch is an invaluable tool for anyone who is vulnerable, such as children who require specialist assistance and people with dementia, as there is not usually a regular pattern of behaviour so without the pendant you would have to think completely out of the box.

"It's also hugely beneficial from a planning perspective – we've had several searches with WanderSearch and people have been found in minutes versus many hours."

WanderSearch tracking devices are a simple radio frequency tracking system which provide individuals with a small radio frequency device that can be found by using specialised equipment (receiver units and ariels). There are three different tracking devices – a pendant (necklace), wristwatch and key ring.

WanderSearch response is delivered by a variety of groups and organisations around the country. More information is available on the [WanderSearch website\(link is external\)](#).

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.
- **Lottery Grants Board \$57,500 (includes GST)** - towards wages & operating costs.
- **Alzheimers N.Z. \$10,265** - from Fundraising Donations
- **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.
- **Good Bitches Baking** - wonderful ladies who do home baking for our group members.

We wish to thank **Four Square St Johns (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.



good bitches
BAKING



Lynn Shaw

Hi everyone,

Just a quick note to introduce myself. I'm Lynn Shaw and the newest staff member of Alzheimers Whanganui. In the past five weeks I have been here, the support and mostly the patience of Michael, Sharon and Fiona has been wonderful.

Before starting at Alzheimers Whanganui I was a car groomer for 13 years, so it has been a major change for me, but a change that is very rewarding and exciting.

Our group outings so far have been great and look forward to many more outings and good times with our members.

Wonder Woman

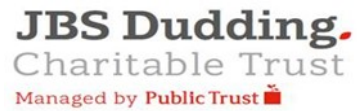
*Last night I dreamt that I was Wonder Woman, because yesterday I
wondered what I was going to wear
wondered what I was going to do
wondered where I put my glasses
wondered where I put my phone
wondered where I put my keys
wondered what I was having for tea
wondered what I'd had for tea
So tonight I wonder if I will go to bed dreaming about that
wonderful wonder woman!*



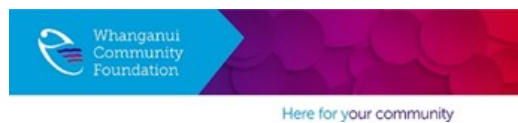
Thank you for your support



RICOH



*St Laurence's
Social Services Trust*



**If you have recently changed your contact details,
we would appreciate if you could please let us know. Thank you.**

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