



Spring 2022



From The Manager

Definitely my favourite time of the year, as we can look forward to blossoms, daffodils and some nice warm weather with more daylight hours to soak up the Vitamin D we all need.

We had an interesting winter, with warmer temperatures than normal and not a lot of disruption to our services. We were able to have fund raising events at Broadview Village and also the Whanganui Bridge Club, which helped with funds for our organisation.

This month is World Alzheimers Month, so to raise awareness we are holding our Memory Walk again on Saturday 17 September down at the Whanganui Markets. We will advertise this in the local newspapers and through other avenues in the hope of getting some good support for this event. You will see the notice on the inside pages.

Another successful Whānau Wellbeing & Dementia Education Programme has been held here in Whanganui and we have the final one for the year planned for 6 October in Marton. If you would like to learn more about dementia, or have a friend or relative who could benefit, please ring our office and speak to Sharon. It is a six week programme, held one day a week, with each session running for two hours.

As you will be aware the old Whanganui District Health Board is now called Te Whatu Ora Whanganui and no doubt coming to terms with changes that will be made under the new umbrella of Te Whatu Ora/Health NZ and Te Aka Whai Ora/Māori Health Authority. Whanganui is one of nine regions that is trialling the new system before it is rolled out to the rest of Aotearoa. So far we have not been notified of any changes that will affect how we operate.

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)

Join us for our Memory Walk

17 September

Details on page 3

Education Programme For Support People Marton

Details on page 2

Carer Morning Tea Support Group

Held at Alzheimers Office

Last Friday of each month

10.00—11.00 a.m.

30th September

28th October

25th November

Further enquiries please
phone our office.

'Whānau Wellbeing and Dementia' Education Programme

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

Next Education Programme: MARTON

VENUE: St Johns Hall, 403 Wellington Road, Marton

DATE: Thursday's from 6th October to 10th November 2022 (6 consecutive weeks)

TIME: 10.00 am—12.00 noon

If you are interested, please register **before 24th September** or you require further information, please contact our office (06) 345 8833 or email: admin@alzheimerswhanganui.org.nz

The Education Programme is funded by a Contract with Te Whatu Ora Whanganui

THANK YOU!

Wanganui Contract Bridge Club

This is the sixth time that Wanganui Contract Bridge Club have held a Bridge Tournament Fundraiser for Alzheimers Whanganui.

\$812 was raised (from entry fees, raffles and donations)

We appreciate all the members who supported the fundraiser and a very special thanks to those who did a lot of work organising the Tournament and also the ladies who generously supplied a wonderful spread for afternoon tea.



The Life360 app uses **state-of-the-art GPS location technology to report the real-time whereabouts of family members that have accepted your invitation to join your circle and share their location.**

Simply install the Life360 Family Locator app on your phone, and invite your family.

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For more information online – just type in **Life360 app**

Join us for our **Memory Walk**



MEMORY WALK



Alzheimers Whanganui Saturday 17th September 2022

**Assemble 10.15am at the silver “Bearing”
at the River Traders Market, Moutoa Quay
Walk begins at 10.30am along walkway
to Dublin Street Bridge and return.**

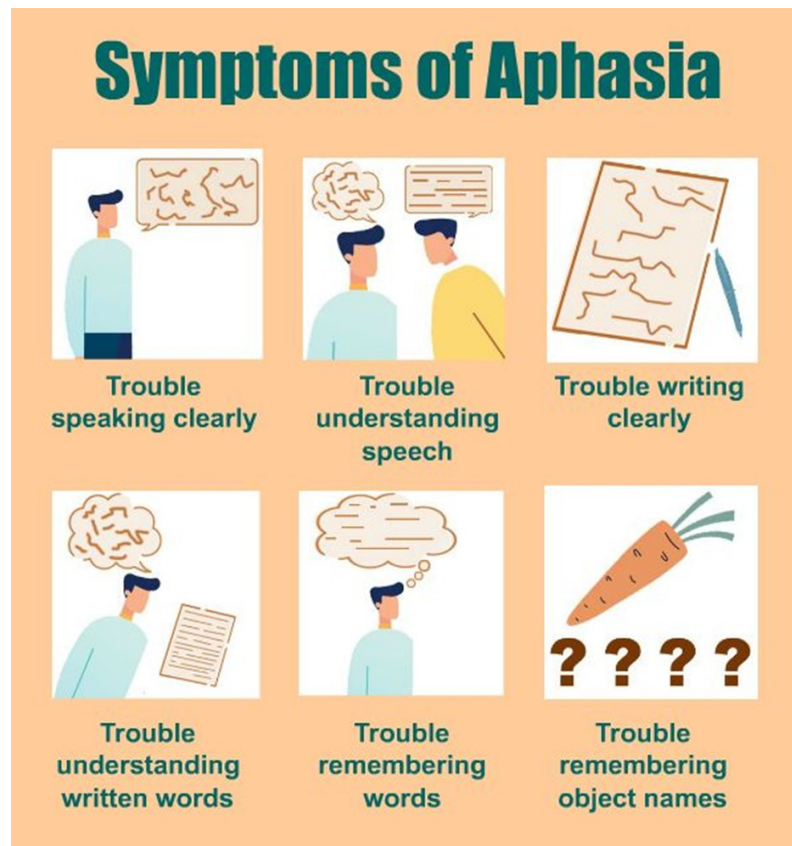


For any enquiries please email: admin@alzheimerswhanganui.org.nz

Or phone: (06) 345 8833

Dementia & Aphasia

One of the symptoms for a person with Dementia (e.g. Alzheimer's Disease, vascular dementia, frontotemporal dementia) may include a level of aphasia. This often involves difficulty finding words, and effects communication with others.



Tips for communicating with someone with dementia

- Make sure you have the full attention of the person before you speak to them.
- Good lighting, so they can see you clearly.
- Make eye contact with them, as this will help them to focus on you.
- Minimise background noise, also reduce other distractions, (e.g. radio, TV or other people's conversations or movement)
- Give the person plenty of time to talk.
- If the person has difficulty finding the right word or finishing a sentence; don't rush them and you may be able to ask them to explain it in a different way.
- If they are struggling to speak, suggest other ways of expressing themselves, such as drawing, gesturing or pointing.
- Avoid asking open-ended questions.

Remember the **Four S's**

- **SLOW** down your rate of speech and wait for the person to respond before saying something else. Take care not to sound condescending.
- **SIMPLE** Give only one instruction at a time and try to use short sentences. Don't be long winded.
- **SPECIFIC** Talk about people, objects or events that they may remember. Use the name of people and places instead of pronouns (him, her, she, them, etc.).
- **SHOW** the people what you mean by using gestures to explain what you are talking about.

Special thanks to Murray Crawford for producing
More Whimsical Tales of old Wanganui

\$40.00 per book

(all proceeds to Alzheimers Wanganui)



If you are interested in purchasing a book, please contact
Alzheimers Wanganui Phone (06) 345 8833
Email: admin@alzheimerswanganui.org.nz



More Whimsical Tales
of old Wanganui



Murray Crawford



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 Trevor Dawson , Judy Meyers and Peggy Mack who kindly asked for donations to be made to Alzheimers Whanganui in lieu of flowers. We also wish to thank those who made donations.

Reminder to those who make donations and require a receipt — we need your first name, surname and also your postal address. If you haven't received your receipt it is because we don't have this information. Please phone Sharon at our office with your details, then we can issue your receipt.

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 **Te Whatu Ora Whanganui**:
 - Social Programme Living Well With Dementia / Dementia Education for whānau /
 - Community Liaison / Older Person Non-Residential Care Facility.
- **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.
- **Grumpy Old Men Enterprises Trust (G.O.M.E.)** - \$500 donation which we will use towards travel expenses for our Group Outings.
- We wish to thank the following businesses for supporting us by having a collection tin at their counter:
Four Square St Johns (Great North Road) and Aramoho Mags & Lotto (140 Somme Parade)

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



Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.

"He's a funeral director," she answered.

"Interesting," the newsman thought.. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, she smiled and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

Thank you for your support



RICOH



NZCT
NZ COMMUNITY TRUST

JBS Dudding.
Charitable Trust
Managed by Public Trust



*St Laurence's
Social Services Trust*



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA



**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 **\$30.00** (includes \$3.91 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