



Winter 2023



Newsletter



From The Manager

Welcome everyone to our Winter newsletter.

I would like to welcome a new member to our team – Terié Carson is our new Office Administrator, who some of you will have met if you have visited the office lately, or spoken with her on the telephone. It's lovely to have Terié join the team and she has fitted in so well you would think she has been here for years!!

Some of our groups will notice a change for the next six weeks, as Fiona will be off driving duties due to having to have an operation on her achilles tendon. We have very capable people filling in for her, so you might notice a more comfortable ride (haha).

We have been notified by Te Whatu Ora that our contract, which runs out in September, will be rolled over for another 12 months. I assume this is to allow them more time to facilitate all the changes that are taking place in the Health sector.

Remember, stay warm this winter and look after yourselves.

Michael

UPCOMING EVENTS

Fundraiser

Alzheimers Whanganui
**Mid Winter Christmas
High Tea**

Sunday June 25th

Sittings at 2.15pm and 3.15pm
Whanganui Golf Club,
14 Clarkson Avenue
\$30 per person

Bookings are essential for each sitting
Tickets can be purchased from
Alzheimers Whanganui
Suite 5, 136 Victoria Avenue
Contact us on (06) 345 8833 or
admin@alzheimerswhanganui.org.nz

See flyer on following page

Carer Morning Tea Support Group

Held at Alzheimers Office

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

26th May
30th June
28th July

Further enquiries please
phone our office.

Alzheimers Whanganui Inc.

5/136 Victoria Avenue

Whanganui 4500

Phone: 06 345 8833

Charity Register No: CC10907

www.alzheimerswhanganui.org.nz

Office Hours

Monday—Thursday -9.00am—3.00pm

Fridays—9.00am-2.30pm

Fundraising Events

ALZHEIMERS WHANGANUI INVITES YOU TO THEIR

ALZHEIMERS
NEW ZEALAND

Mid Winter Christmas
High Tea

SUNDAY JUNE 25
SITTINGS AT 2PM AND 3:15PM
WHANGANUI GOLF CLUB, 14 CLARKSON AVENUE

\$30 PER PERSON
BOOKINGS ARE ESSENTIAL FOR EACH SITTING
TICKETS CAN BE PURCHASED FROM ALZHEIMERS WHANGANUI,
SUITE 5, 136 VICTORIA AVENUE

CONTACT US ON (06) 3458833 OR
ADMIN@ALZHEIMERSWHANGANUI.ORG.NZ

SPOT PRIZES AND LIVE ENTERTAINMENT
ALL PROCEEDS GO TO ALZHEIMERS WHANGANUI

Save The Date

Saturday 16th September 2023

Alzheimers Whanganui Memory walk

More information will be in the

Spring Newsletter



Introducing Terie Carson our new Office Administrator New



Kia ora, Talofa, Hello to you all.

What can I say!! I am thoroughly enjoying being part of the team here at Alzheimers Whanganui. Everyone has made me so welcome.

After working in hospitality for the past 35 years I was looking for change, and fortunately ended up here with Alzheimers Whanganui.

I will never be able to fill Sharons shoes but I will certainly attempt to break in my own.

A little background info on me.

I moved from Wellington about 15 months ago to be with my Son, daughter in-law and 2 granddaughters as well as my siblings and extended family who also reside in Whanganui. Loving life in Whanganui.

Born in Marton, I moved to Palmerston North in my late teens to be with the love of my life. I have spent 22 years in Wellington working as a Hotel Front Office Manager.

I am a people person, the important things in my life are family, life balance and well being, I have a wicked sense of humour, as the office staff here are finding out.

I promise to try and keep the office in order, this includes Michael!!

If you are near by, pop in and say hello I would love to meet you.



Farewell to Sharon Winduss

31st of March we said farewell to Sharon with a lovely afternoon tea and wished her a Happy Retirement. Sharon will be greatly missed in the office. However, Sharon will still be running the Education Programme so we will still see her about..



'Whānau Wellbeing and Dementia' Education Programme

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

Our next programme is in Whanganui

(We are holding the same programme both morning & evening.)

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

DATE: Thursday's from 12th October to 16th November 2023 (6 consecutive weeks)

TIME: Either- Morning 10am-12.00pm or Evening 5.30pm—7.30pm, **to be confirmed**

If you are interested, please register **before 24th September 2023**: (limited numbers available)

Or if you require further information, please contact our office

Phone (06) 345 8833 or email: admin@alzheimerswhanganui.org.nz

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

As a newbie to Alzheimers Whanganui, I have done this programme and I recommend it for anyone who is new to caring or supporting those affected by dementia - Terie

'Group Outings'

Our group outings continue to provide social stimulation and interaction supporting our people with dementia. Both Fiona (Diversional Therapist) & Lynn (Activities Coordinator) are always planning and organising all our group outings.

THANK YOU! To our fabulous volunteers who help out with the outings and continue to provide the support needed to assist. There are many blessings in life and our volunteers are some of them.

We currently host

Whanganui Groups—Paua, Fern, Tui

Marton Group—Kiwi

Each group outing hosts approximately 7-8 members, 2 volunteers and a staff member. The groups meet twice a month and are taken out and about encountering different adventures and experiences.

- **Over a Cuppa** - Where our lovely ladies enjoy company, friendship and socialising over a cuppa.
- **Men's Pool & Pint** - Comradship for a group of men over pool & pint (or a cuppa)
- **Music & Movement Group** - a combined group where there are lots of laughs & fun activities.

The stimulus and unity of these outings are our efforts in " Keeping it Real" for as long as possible for our members and giving much needed respite for the carers.

If you have any ideas or can help with providing somewhere for our groups to go, let us know, we are always open to ideas! (Just remember we are non-profit so we need to be mindful of \$\$)



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If you're looking after someone with dementia

Your needs as a carer are as important as the person you're caring for.

To help care for yourself:

- **Carers Support Group -Knowing you are not alone.**
Join our carers' support group Once a month our carers meet over a cuppa for a chat and camaraderie.– For more details, call us on 06 345 8833, We are open 9.00am to 3.00pm Monday to Thursday, Fridays 9.00am to 2.30pm.
- **Time out**
Try to make some time for yourself, but if it's difficult to leave the person alone, ask if someone can be with them for a while, such as a friend, relative, or someone from a support group
- **Sometimes we all just need to unload !!**
Talk to someone, friend, family/whānau– . Talking about our thoughts, feelings and issues is a helpful and an important way of dealing with them.

Reach out It's OK NOT to be OK

WanderSearch Pendants/Wristbands

If you are concerned that your person with dementia may wander and get lost or disorientated - WanderSearch Pendants/Wristbands may help.

WanderSearch System is used by NZ Police and Land Search and rescue to help search for 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.

If you would like more information or think you need one please do not hesitate to contact us here in the office (contact details on front page) and we will help you and if required will set you up with a WanderSearch Pendant./Wristband



Important things to think about

Have you sorted your EPOA= Enduring Power of Attorney????

An Enduring Power of Attorney is an authority given by you to another person to look after your affairs and it continues to be valid even if you lose your capacity to make or communicate decisions.

Please know that a spouse or next of kin cannot make decisions on behalf of someone who lacks mental capacity, without specific prior authorisation provided in an EPA or an appropriate order from the Family Court.

What is Capacity?

Capacity is the legal term that means the ability to make and understand the consequences of decisions. If a person has lost their capacity they are sometimes described as being legally incapable (from the Protection of Personal and Property Rights Act 1988 - usually called "3PR" Act).

An EPA must be organised BEFORE a person loses capacity, otherwise the power will be invalid.

There are two kinds of EPA and a separate document must be signed for each:

- One that covers a person's property
- One that covers a person's care and welfare

BEING PREPARED-In the event that there may be a time when you are unable to make decisions and lose capacity it is recommended to consult your lawyer about doing an EPA.

My Life's Journey

Record your journey, leave a legacy. Created using Reminiscence Therapy, www.mylifesjourney.co.nz

A common form of therapy for people living with Dementia. Reminiscence therapy is a psychological intervention that involves discussion of past events and experiences, using tangible prompts to evoke memories or stimulate conversation, and has been used as a means to reduce loneliness, anxiety and agitation.

Designed for and by Kiwis

Farewells



We wish to extend our thoughts and condolences to the families who have recently lost a loved one.

We would like to thank the families of Cyril Rosewarne, and Leo Boyle, who kindly asked for donations to be made to Alzheimers Whanganui in lieu of flowers. We also wish to thank those who made donations.

Grants

NZ Lottery Grants Board - Grant \$30,000 goes towards wages, admin and operating expenses.

Donations

Freemasons St Andrews Kilwinning Lodge No. 79 a generous donation of \$1000

Thank you for the continued support from all our donors, your contributions are truly appreciated and valued.

A Big Thank you!

We wish to acknowledge with gratitude the following organisations that have provided Grants, Donations, and Services to Alzheimers Whanganui.

- **Te Whatu Ora Health NZ** - 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.
- **St Johns Club** - providing their venue for three of our groups (Music & Movement; Over A Cuppa and 'Pool & Pint')
- **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 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)**

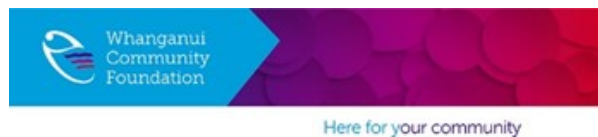
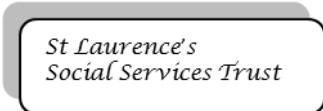
If you would like to support us by having a collection tin; please contact our office.



Thank you for your support



RICOH



“Help us to make a difference”

Supporting People with Dementia

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) (January To December / per calendar year)

I would like to make a donation

Donation \$ _____

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