



Spring 2023



Newsletter



From The Manager

Welcome everyone to our Spring newsletter.

Change was certainly in the air for us at the end of winter, as we moved into our new office premises on Wednesday 2nd August. We have settled in well and love it.

September is Alzheimers Awareness month and this is something that is celebrated world wide. For us, the main activity will be the Memory Walk, which will take place on Saturday 23rd September at the River City Market and we will do our usual trip alongside the river to the Dublin Street bridge and walk back to our starting point. Anyone who would like to join us for this venture is most welcome and we would like to see as many people as possible.

We are looking at having another morning tea day during the month for carers to drop into the Alzheimers Whanganui Cafe for a relaxing time and chat. You will see details further on in this newsletter.

Finally I have to apologise for the hat competition you will see on page 4. Luckily it was a female only competition and there was no prize for the winner, although the lady with the big hat had clearly put some thought into it!

Michael

UPCOMING EVENTS

**Fundraiser
Alzheimers Whanganui**

**Memory Walk
Saturday
23rd September 2023
See Over page**

**September
World
Alzheimers Awareness
Month**

Carer Morning Tea Support Group

Held at Alzheimers Office

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

29th September
27th October
24th November

Further enquiries please
phone our office.

Alzheimers Whanganui Inc.

4 . 236 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



The aim of the month is to raise awareness and challenge stigma surrounding Alzheimer's and dementia.

Promoting awareness and understanding Alzheimers and dementia and what it means to support those affected by dementia.

If you are needing support or information please do not hesitate to contact us.

We are here for you!!!

06 345 8833

Admin@alzheimerswhanganui.org.nz



Memory Walk

Saturday 23rd September 2023

Promoting awareness and understanding of dementia

Supporting those in our community affected by dementia , lets make a difference and get out there, put your walking shoes on and join us for a fun memory walk and enjoy the company and cheer from us all.

See you there.....

"We are stronger together"



Join us for our **Memory Walk**



MEMORY
WALK



Alzheimers Whanganui Saturday 23rd September 2023

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

We have MOVED to

Suite 4 / 236 Victoria Ave, Whanganui, or contact details are the same. Phone 06 345 8833,

Email: admin@alzheimerswhanganui.org.nz.

After 20 years in the past premises we are now comfy and cosy in our new spacious office, come along and have a look and see where we are , a friendly and smiling welcome awaits



You can find us down the drive opposite the Soft Wash car wash at Caltex in Victoria Ave, there is a sign for Jigsaw by the drive, next to Jett's gym. You will see our flag up at the back left of the building, we are tucked in the far left corner, we have some signage up. More signage to come.... Parking is on the Street.

Pictures of moving day and our handy helpers, thanks guys for your awesome help.



The girls found hats and what else could we do but

wear them!! Interesting that Fiona wore the hard hat and she didn't move anything (heehee)

A big thanks to the men for their help on the day.



Note the boss sitting down on the job!! Hmmmmm. Haha



'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, 4/236 Victoria Avenue, Whanganui

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

TIME: Morning 10am to 12pm

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

Highly recommended for anyone who is new to caring or supporting those affected by dementia .

Alzheimers Whanganui

CAFE



Open 2nd Monday of the month

Starting date 11th September

for carers and support persons only

for men and women

10am–12pm, \$5.00 cover charge

covers a cuppa and a bite to eat.

Helps to support us to support others.

Held at 4/ 236 Victoria Ave, Whanganui.

Would love to see you there !!

Open Day

Wednesday

20th September

10Am– 2PM

The doors are open

Come on in and

see our new premises.

Take a look around

and see what we

have done with

the place,

meet the staff

and enjoy some time

with us. Previous

page tells you where

to find us!!

Fern, Paua , Tui and Kiwi are out and about enjoying their group outings. As the need grows for people to join our groups we endeavour to enlist them as soon as possible. Sometimes there is a wait as we simply do not have enough funding to provide more. However, fun times are had and we continue to enjoy the experiences had for members, staff and volunteers.

Over a Cuppa, Music and movement and Pool & Pint are popular outings for members.

Getting their groove on with music and movement or plenty of socialising, chatting and laughter are shared by all with Over a cuppa and Pool & Pint.

As always a BIG THANK YOU to our volunteers, especially in Fiona's absence, you have all been amazing!!!! Fiona will be back on deck with a Spring in her step come Spring.



Group Outings



What we can do to help reduce the risk of dementia?

Research suggests that leading a brain healthy lifestyle may help reduce a person's risk of developing dementia later in life.

Looking after yourself, leading a healthy lifestyle may help to reduce the risk of developing dementia later in life. Regular physical and mental exercise along with a healthy diet is the way to go.

It's never too late to make changes.



Look after your heart—smoking, high blood pressure, high cholesterol, diabetes and obesity all damage blood vessels. Research has shown that these conditions can increase the chances of developing dementia later in life. These problems can be prevented through healthy lifestyle choices and can be treated effectively if they occur.



Being physically active can reduce so many health issues, reducing the risk of developing dementia is one of them. The best news is that getting active helps to make us feel good and we can do this alone, or with friends and family.



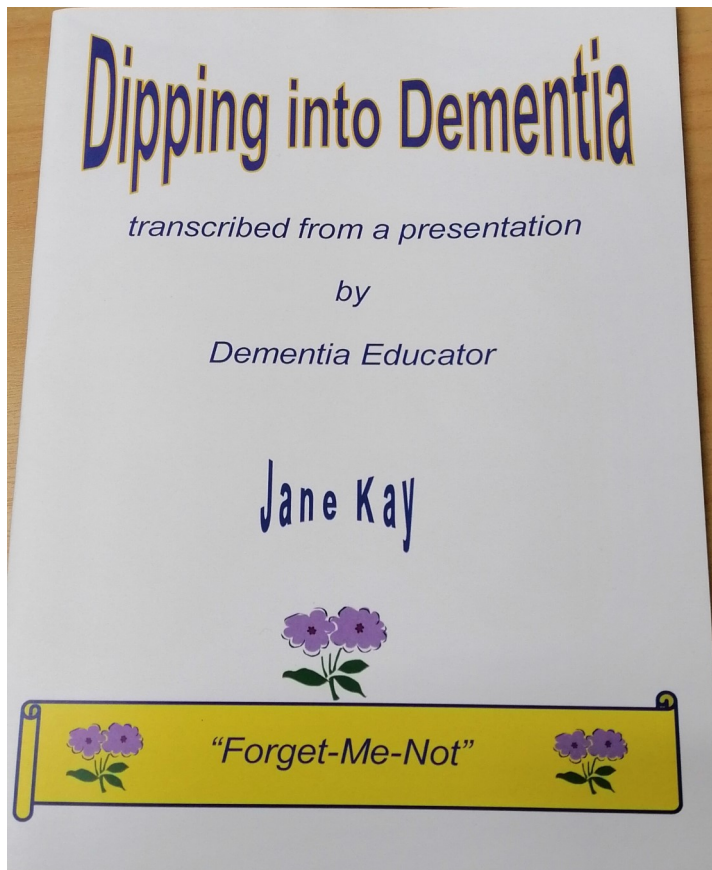
Following a healthy diet is great for both the brain and body. Food is fuel and it is important to be putting the right fuel into our bodies. A diet rich in cereals, fruits, fish, legumes and vegetables can help reduce the risk of dementia.



By challenging your brain with new activities you can help build new brain cells and strengthen the connections between them. This may counter the harmful effects of Alzheimer's disease and other dementia's. Try challenging your brain you can learn some new things, so how about trying to learn a new language a new hobby or sport.



Enjoying social activities can also be beneficial to brain health as it stimulates our brain reserves, helping to reduce our risk of dementia and depression. Try and make time for friends and family. Try combining the physical, mental exercises while being social.



Dipping into Dementia booklet was compiled by Lynnette Hanson Munn, Lynnette was present at a meeting that Jane Kay was invited as a speaker and this book is on what Jane Kay had to say on Dementia.

A great read.

Lynnette has generously handed over the distribution of this book to Alzheimers Whanganui, we offer our thanks and gratitude to Lynnette.

Price \$7.00 per book

Except for \$4.00 printing costs, all proceeds from the sale of this booklet are donated to organisations that support people with dementia and their families.

Farewells

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

Phil Wilkinson whose cheer and wit will be missed on our groups, our deepest condolences, and thoughts go out to Kay and family.

Malcom Hunt who represented our board in the past, our deepest condolences to the family.



Grant—Grassroots Trust Central

Donation— from Lathom Chapter Rose – Croix

Thank you to many of you who have made donations.

Your support is invaluable to us, sincere thanks and gratitude to all.

Thank You!

to all who supported our
High Tea Fundraiser

This was a huge success, we had a few
kinks but they will be ironed out for the
next one.

Thank you to the catering team who ran it.
Awesome job ladies!!



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 business for supporting us by having a collection tin at their counter:
Four Square St Johns (Great North Road)
- **Mitre10 Whanganui** for the free use of a trailer to assist with our move.
- **New World Whanganui** for their generous gift baskets and voucher for prizes for the Bridge Tournament Fundraiser.

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



“Help us to make a difference”

Supporting People with Dementia

Manager
Alzheimers Whanganui
4/236 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 \$ _____

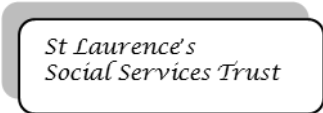
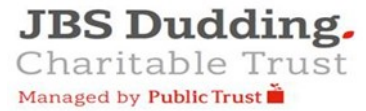
Internet banking:

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

Thank you for your support



RICOH



Here for your community



Whanganui