



Autumn 2024



Autumn in Cromwell 2022

Newsletter



From The Manager

This year has started well with our groups in Whanganui and the Rangitikei having some enjoyable outings. We had an enjoyable end to February with a Pot Luck Dinner for our members and their carers and were well entertained by a ukulele group.

As seen on this page we are having a Fund Raiser event on Saturday April 20th here at our premises, so please support us in our endeavour to raise funds

so we can best provide services to our members. This month is also our AGM to be held where we elect those people who want to serve on our Board, so please feel free to come along for the meeting. We provide supper afterwards!!

We are currently running two Whānau Wellbeing & Education programmes to help people better understand dementia/mate wareware and how it affects those unfortunate to have the disease. This is a good way for carers and family/whānau members to gain a better understanding, and thereby being able to care appropriately for their love one. Far too often people are left on their own to support family members. We are able to offer our services as well as advise on other services that are available in the community.

We are looking at starting up a mens group to meet on the first and third Monday mornings of the month. If interested please phone the office.

Michael

UPCOMING EVENTS

Alzheimers Whanganui Inc. AGM

Tuesday 26th March 5.30pm
Christ's Church Lower Lounge 243
Wicksteed Street, Whanganui 4500
All Welcome

GARAGE SALE

Fundraiser

Saturday April 20th
Alzheimers Whanganui Inc. Car Park
4/236 Victoria Avenue
Whanganui 4500

Please support this venture

**Mothers Day High Tea
Sunday 12th May 2024**



More information will be emailed out

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

Wanted For



Don't want it or need it ! or need more space ???

Goods for our Garage Sale

If you have anything that you would like to
donate for the garage sale please contact us on

06 345 8833 or

admin@alzheimerswhanganui.org.nz.

Toys, household items, furniture, bric a brac.....

In usable or workable condition.

Deliveries can be made to 4/236 Victoria Avenue or if you wish for us to
collect please advise and we will organise a date and time.

Thank you.

All donations gratefully received.

ALZHEIMERS WHANGANUI



Whanganui



GARAGE SALE



Fundraiser

Saturday 20th April 2024

8:00am—1:00pm

236 Victoria Avenue, Whanganui

(opposite Caltex Service Station)

Come and take a look

Bring Cash \$\$\$\$\$

Become a Member of



We would be very grateful for your support by being a member of Alzheimers Whanganui.

Alzheimers Whanganui provide a not-for-profit community support service for people affected by dementia and/or at risk of social isolation in Whanganui, Rangitikei and Waimarino District.

Support is provided both for the person with symptoms of dementia, their primary Carer/Support Person, family, whānau and others in a supporting role.

We focus on:

Living well with dementia

Supporting both the person with dementia & those supporting them

Supporting people affected by dementia to continue to have meaningful & fulfilled lives

Providing social stimulation for people with dementia or socially isolated

Providing on-going support for all involved

During 2023 we had **116 New Referrals/Enquiries (75 Carer/Support Persons & 41 people with dementia)**
At the end of December 2023 we were actively supporting **190** as listed below:

87 People with Dementia (42 female & 45 male: Ages ranged from 59-97years)

4 People with other disabilities (ages from 12-68 years)

103 Carers / Support people (66 female & 25 male)

“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



Group Outings
Summer Days out and about



Shifting our Focus-Information used from “Spark of Life” approach to Dementia care

Five universal emotional needs most often overlooked and unfulfilled for people with dementia are:

- * To feel loved and useful
- * To have the opportunity to care
- * To love and be loved
- * To have self esteem boosted
- * To have the power to choose

Build on Strengths:

We need to be able to enable and empower people with dementia to be as independent as possible and be the best they can.

- * Focus your attention on the person’s strengths, skills and abilities.
- * Create opportunities to build these talents and enable the person to shine
- * Enable every person to truly make a difference and be an active contributor in life—people with dementia, in the early stages, like to engage in meaningful activities that make a difference in other people’s lives.

Boost Self Esteem:

We need to encourage and empower each person at their highest level.

- * Give lots of positive feedback
- * Set the person up for success
- * Give acknowledgement of every achievement, no matter how small

Share your Heart:

To love and be loved are core emotional needs. This does not change because you are living with dementia. A loving environment creates an atmosphere of freedom, respect and trust.

- * Practice random acts of kindness
- * Shine your light—brings hope and inspiration to both the person with dementia and their carers/ family
- * Activate patience—for the person with dementia it may mean they are able to speak more clearly or for the grieving carer it may represent the healing power of a listening ear.

Be Playful and have Fun:

Fun fosters communication and understanding. Laughter takes the tension out of difficult situations. The best gifts that we can give to ourselves as carers and those who live with dementia are:

- * Accept the person as they are now and enjoy the relationship of spontaneity and surprise
- * Accept that we cannot change the other person’s behaviour unless we change our own attitude towards behaviour.

'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: Dates for 2024 are :

February—March already running.

June 13th—July 18th—Spaces available

October 3rd –November 7th—Spaces Available

TIME: Morning 10:00am to 12:00pm: Night 5:30pm—7:30pm

If you are interested, please register : by calling the office or emailing.

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

To all our people

**SOMETIMES YOU FORGET THAT
YOU'RE AWESOME
SO, THIS IS YOUR
REMINDER**



Men's Carers Group

Offering a chance to

Get support from us and each other

~

Chat

~

Unload

~

Relax

Held on the on the 1st and 3rd

Monday of the month.

10.30am-12.00pm

held at our premises, 4/236 Victoria Ave,
Whanganui



**Carer Morning Tea
Support Group**

Held at Alzheimers Office

Friday 10.00—11.30 a.m.

(Last Friday of each month unless falls on public holiday)

22nd March 2024

30th August 2024

26th April 2024

27th September 2024

31st May 2024

25th October 2024

21st June 2024

29th November 2024

26th July 2024

Further enquiries please
phone our office.

Alzheimers Whanganui

CAFE



Open 2nd Monday of the month
for carers and support persons only
for men and women

10.30—12.00pm, \$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 !!

Just a Giggle

From Facebook



At times I think to myself,
Drop the book and get stuff done!"
Then, I laugh and turn the page.



Easter

Good Friday 29 March 2024

Easter Monday 1 April 2024



Daylight Saving Ends

Sunday 7 April 2024

Turn your clocks/watches back 1 hour

Fundraiser

We will be hosting Mothers Day High Tea

Sunday 12th May 2024



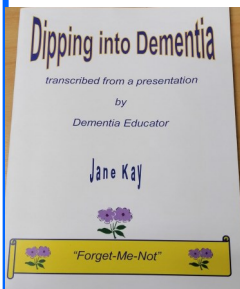
Information will be emailed out once the details are complete

Bookings essential, please phone or email to purchase your tickets by Monday 6th May 2024

from the office 4/236 Victoria Avenue, Whanganui

Ph: 06 345 8833

Email: admin@alzheimerswhanganui.org.nz



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

In Lynnette's words - To all who buy a copy of this book, we offer grateful thanks. Each one of you is contributing toward greater understanding of this disease.

Farewells

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

With fond memories we say farewell, you will be missed.



Thank You!

Pot Luck Dinner.

For those who attended, this was enjoyed with great company, food and music.

Thank you to those who helped in the kitchen, it was most appreciated.

Thank you to our Ukulele Musicians
'The Seriously Fun Ukulele Group'



Signs Up

We now have a sign on Victoria Avenue

Thank you to Selby Allison, Selby has done so much for us to get our new premises user friendly.

Our quiet behind the scenes, Handy Man

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 Contracts with **Te Whatu Ora Whanganui**:
- **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), Aramoho Bookshop**
- **Murray Crawford** for the proceeds from the sale of his two books *Whimsical Tales of old Wanganui*, *More Whimsical Tales of old Wanganui*
- **River City Press & Paiges Book Gallery** for book sales of Murray Crawford's books.

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



Thank you for your support



RICOH



G.O.M.E



Whanganui