



Alzheimers Whanganui

Winter 2024



Newsletter



From The Manager

Cannot think of a better photo to bring us into winter than the one Terie has found for this newsletter. Nothing like a nice open fire to sit in front of!!

On a more serious note, we are sad to be losing the services of Lynn Shaw, who has resigned and leaves us at the end of June. She will be missed by staff, members and carers alike.

I had the pleasure of spending Friday 17th May in Wellington for our six monthly get together of Alzheimer NZ Managers from around the country. It is always a good time to catch up with my colleagues and discuss our issues and achievements, as well as glean information on how everyone is operating.

We will be seeing some changes in our groups with Lynn's resignation, which will allow Fiona to take a more prominent role in running our inhouse activities. We have started our search for another staff member to fill the void as our Navigator; a role Fiona was handling as well as her groups.

Take care and stay warm and dry over winter.

Michael

UPCOMING EVENTS



MEMORY WALK

Saturday
21st September

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.

Raffles, Food

Bring a friend
Bring the family/whānau

Purple is the colour
See you there.



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

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GARAGE SALE
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©

Thank you

Thank You to all who supported this fundraising venture
with donations of goods.

The Garage sale was a great success exceeding expectations in sales.

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Thank you to all who helped sort goods and those who worked on the day,
what a great team we had on board.



MOTHER'S DAY
HIGH TEA



Thank you to all who supported our Mother's Day High Tea, this was a great success and enjoyed by all.
Our sincere thanks to the Wanganui Golf Club for hosting our event, your generosity and support is truly appreciated and valued.
Thank you to the Board who worked tirelessly to make this happen.





Dementia Declaration: Our Lives Matter

“We ALL want to be seen, valued, appreciated and loved for who we are.”

As New Zealanders living with dementia, we are citizens whose lives matter. We have the same rights, privileges and obligations as everyone else. Our Declaration sets out what we need to live well.

We live our best possible lives when:



We have control over our lives; we have support to make decisions that are important to us.



We live in knowledgeable communities that include, accept and understand us.



We have consistent quality support, care and information which is timely and appropriate to us; it is provided with kindness by compassionate people who have the right skills and knowledge, our interests as a focus, and with whom we are comfortable.



We continue to be actively engaged in roles and activities which are meaningful and important to us.



We have the things we need to live well such as housing, privacy, an adequate standard of living, and ways of getting where we need to go.



A circle of support protects our wellbeing, allowing us to maintain strong mutual relationships with our families, whānau, friends, colleagues, and those who are important to us.



We are loved; our presence matters.

“I am still me.”

This Declaration was developed by people living with dementia on Alzheimers New Zealand’s Advisory Group.

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:

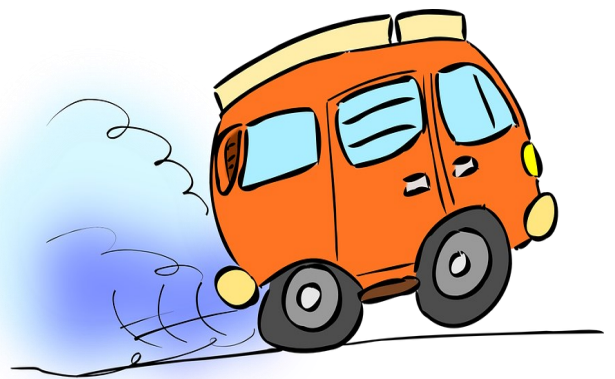
To love and be loved are core emotional needs. This does not change because you are living with dementia. A loving environment creates an atmosphere of freedom, respect and trust.

- * 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.



Group Outings



'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 :

June 13th—July 18th Morning 10:00am to 12:00pm

October 3rd—November 7th—Spaces Available

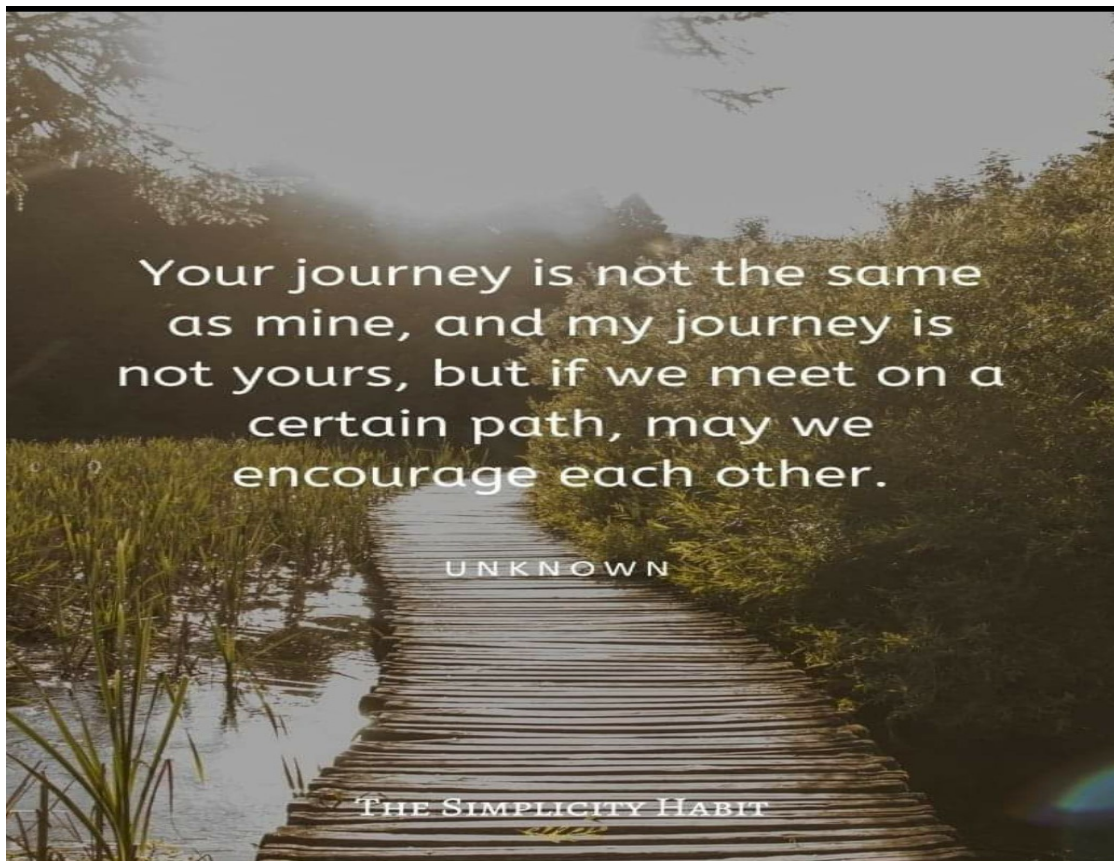
TIME: Morning 10:00am to 12:00pm: Night 5:30pm—7:30pm

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

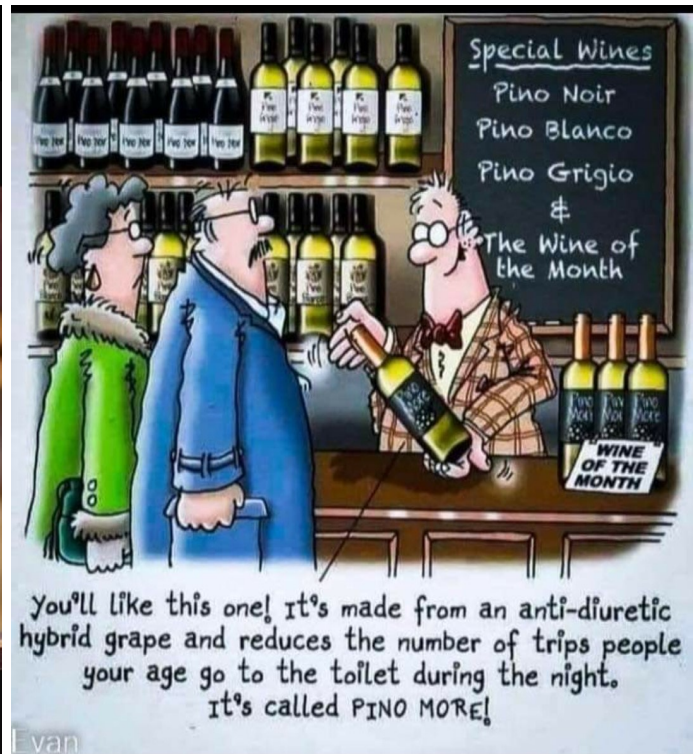
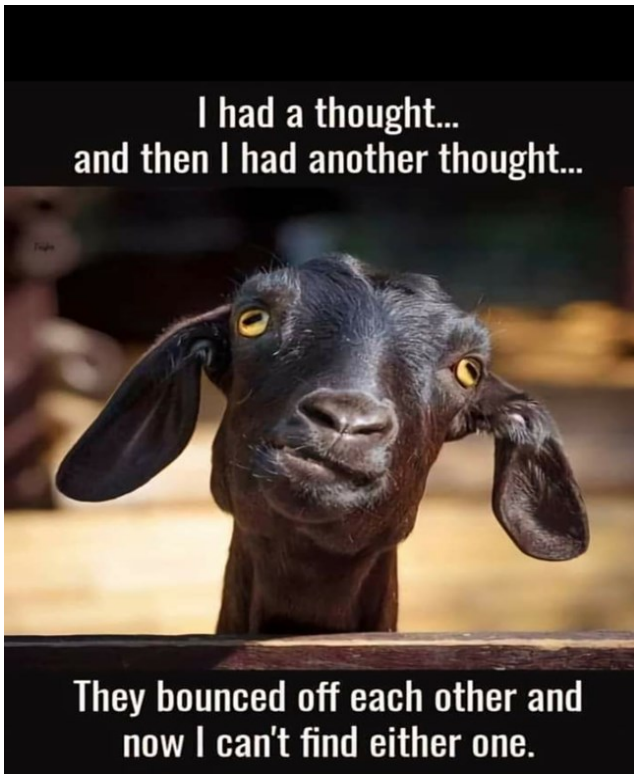
Or if you require further information, please contact our office

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

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



Just a Giggle
From Facebook



Public Holiday Matariki

Friday 28th June



**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)

31st May 2024

21st June 2024

26th July 2024

30th August 2024

27th September 2024

25th October 2024

29th November 2024

**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 !!

Men's Carers Group

Offering a chance to

Get support from us and each other

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Chat

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Unload

~

Relax

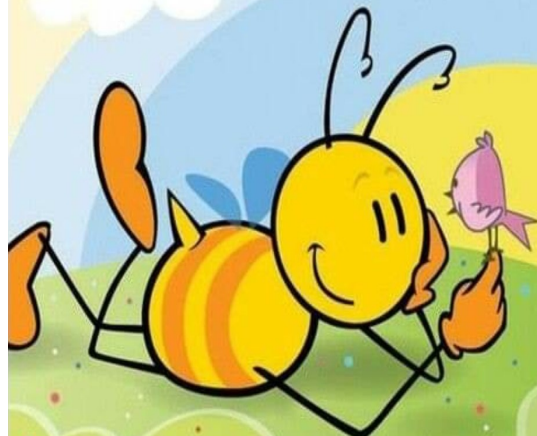
Held on the on the 1st and 3rd
Monday of the month.

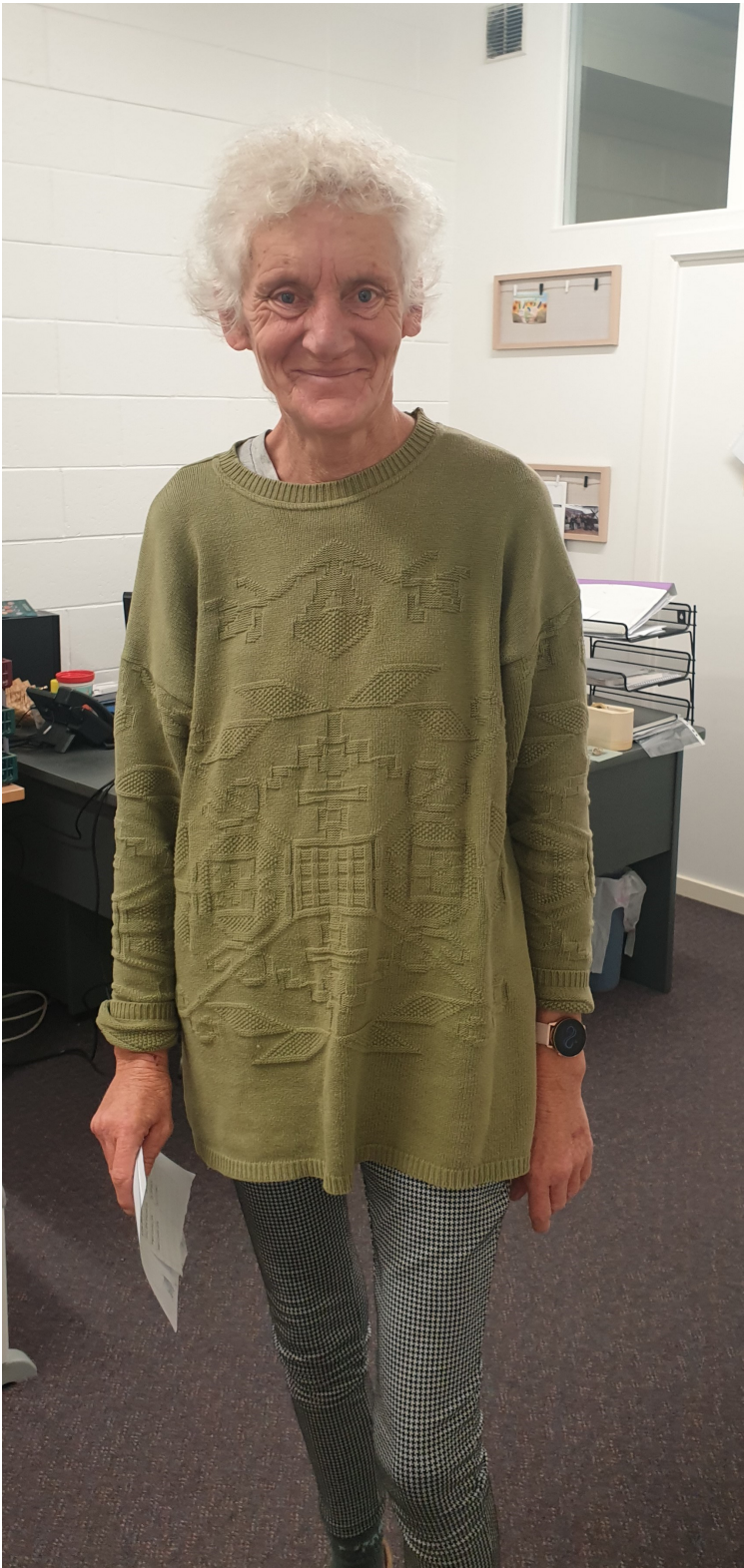
10.30am-12.00pm

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



ALWAYS REMEMBER
HOW SPECIAL
YOU ARE...





Cheerio To Lynn

In June we will be saying goodbye to Lynn as she ventures into extending her hours working at New Vista.

Lynn will be sadly missed by the team here and by her members who she works so closely with.

We thank you Lynn for all you have done and wish you all the very best and know you will continue to be awesome wherever you are!!



thank you!

Lynn

For Sale

Packs of 10 Blank Cards



**Forget Me Not Flowers
Blank Cards
Ideal for writing your own
message for Birthdays,
Thank You's**

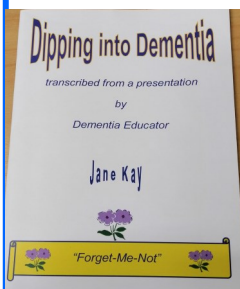
\$15.00 per pack

Envelope Provided

Or \$2.00 ea

Purchase from the office

Cash only



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.



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

Thank You

Thank you to those who have approved funding thus far for 2024.

Whanganui Charitable Trust

Rangitikei District Council

Thank you to those who have given private donations, we are truly grateful for your support.

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, Yellow House Café**
- **Murray Crawford** for the proceeds form 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 Crawfords books.

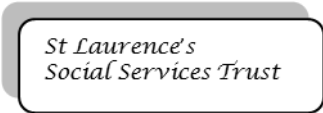
If you would like to support us by having a collection tin; please contact our office.



Thank you for your support



RICOH



Whanganui