



Alzheimers Whanganui

Spring 2024



Newsletter



From The Manager

Great to have a change in weather temperature, as it means we heading into the better part of the year.

We have appointed a new staff member, Mary Conway, who is on the team as our Navigator. Mary started in mid July and has been getting up to speed with the workings of Alzheimers Whanganui.

September is World Alzheimers month so we like to get the message out to the community of the support that is available and the need to act on dementia is now. We are having an 'Open Day' this month as you will see in the newsletter, as well as our annual Memory Walk which happens on Saturday 21st September. Please support this event, as it is one way to get the community involved and understand more about dementia.

It was sad to hear of the passing of Dawn Rowan from Marton in July this year. She was a long time volunteer for Alzheimers Whanganui, supporting people in the Rangitikei.

I look forward to seeing you on the Memory Walk.

Michael

UPCOMING EVENTS

Alzheimers Awareness Month

Open Day

Thursday 12th September

10.00am—2.00pm

4/236 Victoria Avenue Whanganui



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

Bring a friend

Bring the family/whānau

Purple is the colour

See you there.

Pot Luck Dinner

Thursday 10th October

See Newsletter for details

Alzheimers Whanganui Inc.

4 /236 Victoria Avenue

Whanganui 4500

Phone: 06 345 8833

Charity Register No: CC10907

www.alzheimerswhanganui.org.nz

Office Hours

Monday—Friday -9.00am –2.30pm

Fiona is back with the groups!!! Yay!!!

Fiona has been covering both roles as Navigator and Groups Facilitator, (DT) which she has been amazing at doing. However, with Lynn leaving it has opened the door for a new person and structure of how we managed our operations.

Fiona's first love was always working with our people on the groups, (Diverional Therapy) and has now resumed taking the Music & Movement and Pool and Pint , continuing with the Kiwi and Tui Groups.

Thanks for your awsomeeness, and fabulous smile Fiona!!



With the Luck of the Irish

Introducing Mary Conway

Our New Navigator



Mary has taken over from Fiona as the contact person for referrals, support and advocacy and is happily continuing on from Lynn with the Paua and Fern Groups.

Mary has come from working with Hospice as part of the Palliative Care Team for 10 years.

We know that Mary will fit it well and be of great value to the team and the people we support.

Acknowledgement of the Late Dawn Rowan

Dawn was an exceptional volunteer that did so much over her time supporting Alzheimers Whanganui. Dawn received the Appreciation of Long Service for her outstanding efforts.

The catering, crafts, and time given was a tribute to the kind and giving person she was.

Thank you Dawn, we were truly blessed to have you supporting our organisation.



Understanding Behaviour

Excerpts from Understanding behaviour booklet. Book available from the office.

Why does behaviour change?

A person's behaviour can change for many reasons. Sometimes it's indeed the dementia, which results from changes in the brain that affects a person's memory, mood and behaviour.

In other instances, there may be changes happening in the person's environment, their health or medication that trigger the behaviour. Perhaps everyday activities, such as taking a bath, is too difficult, or they're feeling unwell from something unrelated to the dementia and this is expressed through unusual or odd behaviour.

Dementia affects people in different ways and a person with dementia may not be able to tell you what is wrong. Understanding why someone is behaving in a particular way may help you to figure out what is happening and come up with some ideas about how to cope.

If you're seeing behaviour changes, always talk to a health professional, your GP or nurse. They will be able to check whether there's a physical illness going on, or maybe something is making them physically uncomfortable. They may be able to treat it and/or give advice.

There are five main categories of possible causes for changed behaviours: health (physical, emotional and psychological), the person's history, their environment, the task itself, and communication.

Health Factors

- Effects of Medication
- Impaired vision
- Acute Illness
- Chronic Illness
- Dehydration
- Constipation
- Depression
- Fatigue
- Physical discomfort
- Unmet emotional needs

Person History

Sometimes the person with dementia may think they are living in the past and this can explain what appears to be an unusual behaviour. Look at the person's childhood or early life for clues to what might be happening.

Environmental Factors

- Their environment is too large— sometimes it can be overwhelming for a person with dementia to be in a big space.
- Too much clutter – having too many things in their environment can be too much to absorb and they may become overwhelmed.

- Excessive stimulation— having too much going on, such as the TV/music playing while people are talking or too many people around, can cause behaviour changes.
- Confusing Sensory environments—Lighting that causes too much glare or too dim, visual contrasts between the floors and walls, and in how colours are used, can all affect a person’s behaviour and ability to function well, for example:
Dim light might make it hard for them to see the food on their plate so they don't eat.
Patterned floor tiles can look like steps, causing them to trip or become uncertain.
Glare from direct sunlight or a highly polished floor can affect their vision. Shadows may make them see things that aren't there.
- Changing routines – some people with dementia, particularly in the early stages depend on a certain amount of routine and daily structure. Consistency helps minimise stress.
- Unfamiliar environments—places that are new or unfamiliar can be confusing and stressful for someone with dementia because they have problems with learning new things, memory and perception.

Managing the task

- The task is too complicated—because dementia is progressive, a person with dementia may be suddenly unable to do a task they’ve been able to do up until now. Sometimes it can be helpful to break the task down into smaller steps to make it easier for the person with dementia to do.
- The task is unfamiliar— people with dementia gradually lose their ability to learn new tasks or skills, so expecting them to learn something new may be unrealistic.

Communication

- They can’t understand you—people with dementia may become angry or agitated because they don’t understand what you’re saying or what you want them to do.
- You can’t understand them—they might also feel frustrated because they can no longer make themselves understood.

Coping with changed behaviours

Coping with changed behaviours can be very difficult and finding the best way to cope, or prevent the behaviour, is often a matter of trial and always remember the behaviour is not a deliberate attempt to cause others to be upset.

Anger and aggression are often directed against family members and carers because they are closest. Often unusual behaviour actually makes sense to the person with dementia because they are reacting to being frightened, confused or feeling frustrated.



They often simply need reassurance that they are safe, loved and cared for, even though the behaviour may not appear that way.

Problem solving

One way of coping with changed behaviours is to have a plan or strategy about how you might respond to the behaviour situation. It's easier to have a plan of action, than to try and think what to do when the behaviour happens.

Be creative and think about what you might do. Maybe ask someone else for any suggestions they might have. If you have several strategies, decide which one you are going to try first.

After the situation has happened, review your strategy. Did it work? If it did, remember how you dealt with it—maybe even write it down. If it didn't, be prepared to try another strategy should the behaviour happen again.

General tips to deal with changed behaviours:

- Dementia is always changing and unique for each person. One suggestion may work today but not tomorrow.
- A calm, unstressed environment in which the person with dementia follows a familiar routine can help to avoid some difficult behaviours.
- Try to keep the surroundings familiar. People with dementia can become frightened if they find themselves in a strange environment or among a group of unfamiliar people where they feel confused and unable to cope. Feeling that they are not meeting other people's expectations might cause the person with dementia to feel frustrated or embarrassed and may trigger a change in behaviour.
- Try to keep the surroundings familiar. People with dementia can become frightened if they find themselves in a strange environment or among a group of unfamiliar people where they feel confused and unable to cope. Feeling that they are not meeting other people's expectations might cause the person with dementia to feel frustrated or embarrassed and may trigger a change in behaviour.
- It may be better not to attempt any form of physical contact during some behaviours. Rather than trying to restrain or lead them away, or approach them from behind, it may be better to leave them alone until they have recovered. You can also call a friend or neighbour for support.
- Try not to take it personally, or become provoked or drawn into an argument.
- Try not to raise your voice. Instead speak slowly, in a calm and reassuring way.

Remember, Be Kind to yourself

It's a tough journey caring
for the person you love and support.

'Whānau Wellbeing and Dementia' Education Programme

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

Our next programme is in Whanganui

VENUE: Alzheimers Office, 4/236 Victoria Avenue, Whanganui

DATE: Dates: 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

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

Thank
You

Thank You to The Whanganui Bridge Club for holding the annual tournament to raise funds for Alzheimers Whanganui Inc. Your support is truly valued

and appreciated, we are most grateful.

Thank you to the board and volunteers who catered and worked the tournament, awesome job.

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Thank you to Broadview Rest Home for having us to cater a mid winter dinner for them as a fund raising venture, and again thank you to the board and volunteers who catered and gave their time for the dinner.

Thank you to COGS for the latest approved funding for 2024.

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

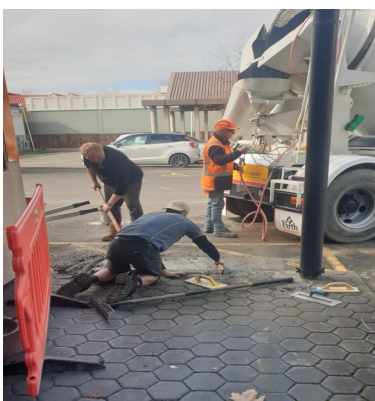
As a non – profit organisation we rely heavily on funding and donations to maintain the services we provide.

It is through the generoursity of others that we are here and we are truly thankful.





Group Outings



Men At Work

Thank you to our landlord Dean Wilson who has so promptly come to our aid with providing an accessible ramp close to our offices.

Thanks to the guys in action with putting it in within days of our request.



September Alzheimers Awareness



Whanganui

Open Day

Thursday September 12th 2024

10am—2pm

Suite 4, 236 Victoria Avenue

Whanganui

Pop in and see what we are about.

Have any memory concerns or

want to know more about

Dementia??

Come in and see us over a

Coffee, Tea and cake



Join us for our **Memory Walk**



**MEMORY
WALK**



**Alzheimers Whanganui
Saturday 21st September 2024**

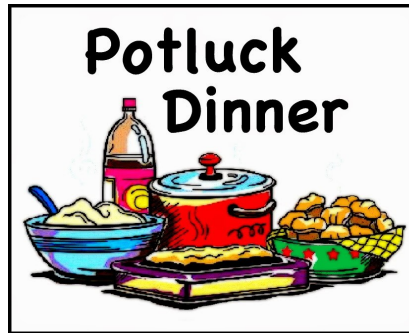
Would love to see you there

**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.**

Bring cash \$\$ for : -

Sausage Sizzle, Cakes,

Invitation to our



Would love for You, your family and/or friends join us.

Thursday 10th October 2024

5.30 p.m.

At

Christ's Church Anglican Church, Lower Lounge

243 Wicksteed St, Whanganui

R.S.V.P. by 4th October

Alzheimers Whanganui Phone: 345 8833

Email: admin@alzheimerswhanganui.org.nz

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)

27th September 2024

25th October 2024

29th November 2024

Further enquiries please
phone our office.

Men's Carers Group

Held at Alzheimers Office

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

10.30am-12.00pm

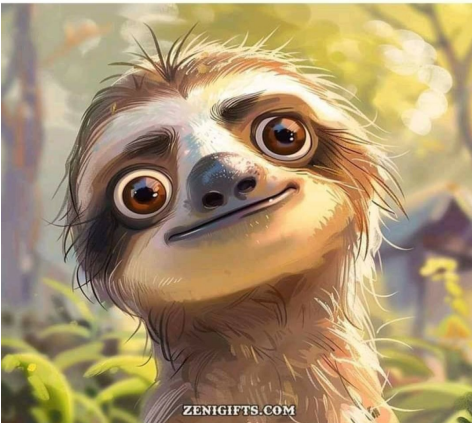
4/236 Victoria Ave, Whanganui

Further enquiries please
phone our office.

Just a Giggle From Facebook



*MY MIND STILL THINKS I'M 25
MY BODY THINKS MY MIND IS AN IDIOT*



I asked an old man, "Even after 95 years, you still call your wife Darling, Honey and Love. What's the secret?"

OLD MAN: I forgot her name 10 years ago and I'm scared to ask her.

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 !!

The more you weigh, the harder you are to kidnap
STAY SAFE, EAT CAKE





For Sale

**Packs of
10 Blank
Cards**

**\$15.00 per
pack**

Forget Me Not Flowers

Blank Cards

Ideal for writing your own

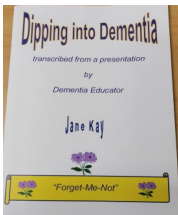
message for

Birthdays,

Thank You's

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

A Big **Thank you!**

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

- **Health NZ Te Whatu Ora** For the Contracts with **Health New Zealand 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.
Richo updated our photocopier in June for which we are most appreciative.



- **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 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.
- **New World Whanganui**—supporting our raffles for Bridge Tournament



- **Bed bath & beyond** for donation towards our Memory Walk raffle



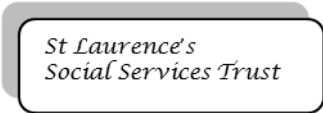
- **More FM Whanganui** for helping promote our events



Thank you for your support



RICOH



Whanganui