



Summer 2024



Newsletter



From The Manager

Well another year has flown on by and planning is already underway for our Group outings to start again in January.

Once again our group outings proved very popular this year, as did our in-house activities. It is always great to see our members have an enjoyable time on the outings, knowing that their primary carer is having some respite time

as well.

I would like to thank the Board for the support they have given myself and the staff. To our fabulous volunteers who give of their time to support our members, a big thank you. Thank you to Alzheimers NZ for their continued support of Alzheimers Whanganui.

To the wonderful ladies I have the pleasure of working with...I'm going to miss you heaps!!! You are absolutely awesome and the care and support you give our people and their loved ones is amazing.

Take care everyone, it has been a pleasure and a privilege being Manager here for the last four years. Merry Christmas and a Happy New Year, and all the best for the future.

Michael

Christmas Closure Dates

Closed from

Friday

**20th December
2024**

Reopen

Monday

**6th January
2025**



Public Holidays

Wellington Anniversary Day

Monday 20th January 2025

Waitangi Day

Thursday 6th February 2025

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

Thank you for supporting the Memory Walk

An enjoyable walk and day had by all



Grace

In the morning light Grace wears soft grey
A colour she has chosen today,
As we walk together side by side
To the dining room she tries to hide,
Grace wants to go and pick some flowers
For her there is no time, there are no hours,
I suggest we pick flowers for the table
For Grace is agile, fit and able,
The table set with flowers bright
Grace sits and smiles with great delight,
These flowers are from my garden at home
Drifting to a time and place she's known,
The fork rests gently in her hand
A simple tool hard to command,
I guide her gently slow and steady
At her pace when she is ready,
The food brings memories of what once had been
A family meal, a kitchen scene,
The room is soft in calming green
A pleasant space to feel serene,
In moments lost her yellow glows.
A brightness shines
And only she knows,
For when thoughts stray far and wide
Her caring nature does not hide,
Always helpful, always kind
Even when blankness slows her mind,
As evening falls her words may slip
As tiredness calls and energy dips,
A hand held out, a wave, a smile
As you walk slowly together for a while,
A suggestion it's time to rest
Knowing you have done your best,
for always letting her choices be
For in her choices Grace stays free..



Poem written by Mary Conway
Navigator for
Alzheimers Whanganui Inc.

Heading away this Christmas ...here is some information from the Supporting a person with dementia booklet.

Travelling

While staying in a familiar environment is generally a good thing for people with dementia, travelling is often necessary and can give everyone a welcome change of scene. Travelling in the early stages of dementia is usually better as many people with more advanced dementia don't react well to being out of their routine. However, sometimes you do need to travel and with some thoughtful planning and the right conditions, you can enjoy a successful trip or holiday. For more information about travelling see the factsheet Travelling and Dementia.

General travelling tips

- Be prepared to do everything for two – you may need to make all the arrangements and hold all the money and documents
- • Encourage the person with dementia to wear an identification bracelet with emergency contact details at all times.
- Take enough medication to cover the time you're away, and take a list of recent and current medications, as that may be helpful if they become unwell.
- Be aware of public toilet blocks that have more than one entry or exit point – use disabled toilets where there's space for you to be in there together.
- Allow plenty of time to do everything you need to do and to get everywhere.
- Consider breaking the journey at convenient points to reduce tiredness and fatigue.
- Always ask for help – people cannot help if they don't know there's a problem.
- Keep a sense of humour and laugh at the funny things that happen along the way.



Wishing you all a safe and Merry Christmas and New Year



Group Outings



Volunteers Thank you

Carnival Day Out

A BIG Thank you to the following for helping to fund this day for our volunteers.

- ◆ G.O.M.E
- ◆ Richard White, Property Brokers
- ◆ Rite Price Rentals
- ◆ Headlands Estate Air BnB
- ◆ Ian Chamberlain—Barrel Organ

Thank you to our angels who work along side us to manage our group outings and activities. Without you we would not be able to provide the support and care we do. You are AMAZING!!!!





'Whānau Wellbeing and Dementia' Education Programme

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

DATE: Dates for 2025 are to be confirmed.

We do have a course running in Marton from the 14th of February 2025

TIME: Morning 10:00am to 12:00pm:

VENUE: Marton TBC

Whanganui Dates will be advised when they are set.

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 .

If things
feel too overwhelming
this week remember:

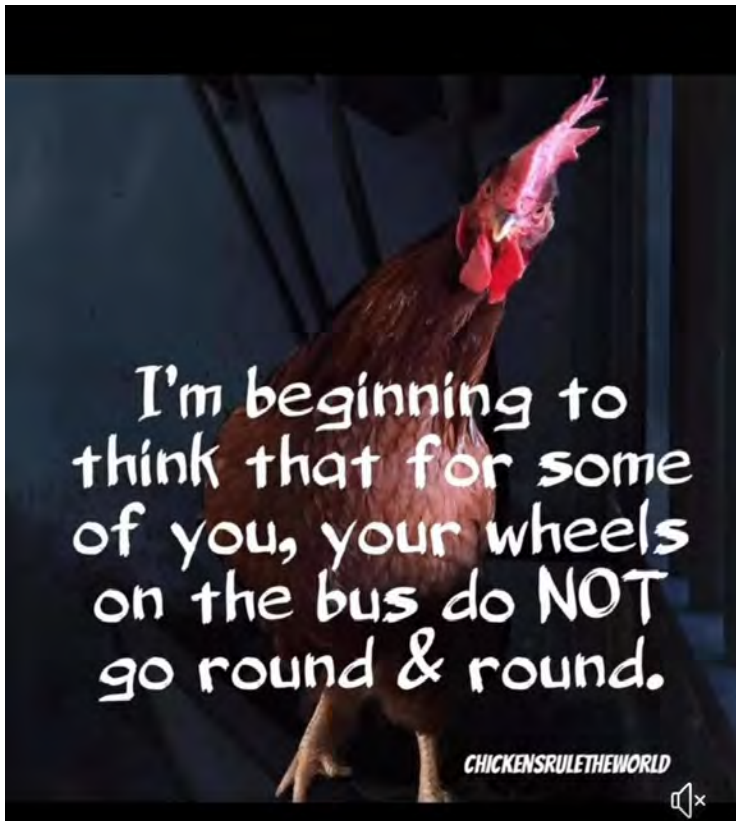


- One day at a time
- One hour at a time
- One moment at a time
- One breath at a time

2021

François ©

Just a Giggle From Facebook



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 January 2025

28th February 2025

28th March 2025

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

Starts January 13th 2025

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

~

Chat

~

Unload

~

Relax

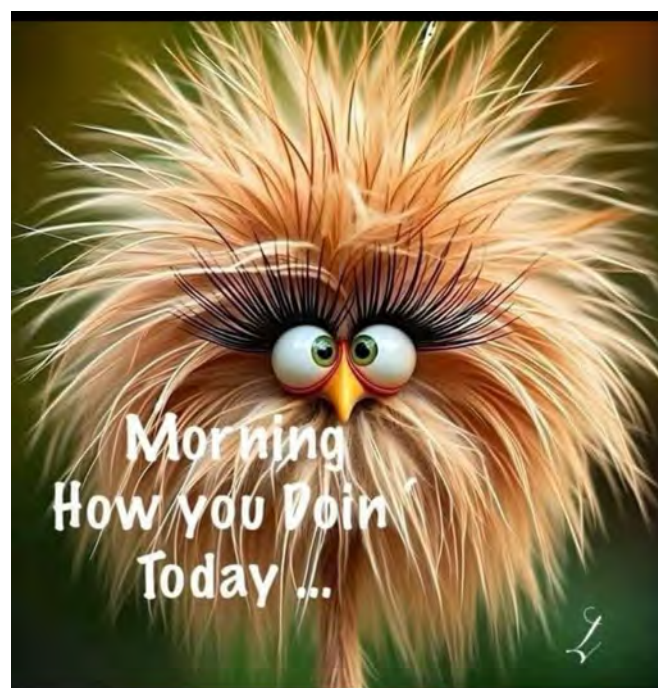
First for 2025 will be

Tuesday 21st January

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



Haere rā, e noho rā Michael



Thank you for supporting the staff and Board of Alzheimers Whanganui Inc. Your contribution to helping those affected by dementia is recorded with prosperity and gratitude from us all.

We wish you well for the future, live well be happy and may your shoes keep you dancing through life!



Mr Twinkle Toes himself !



For Your Information

Over the years Land line users have been upgraded to a more modern technological service that requires internet access. Generally, this is managed with no problems.

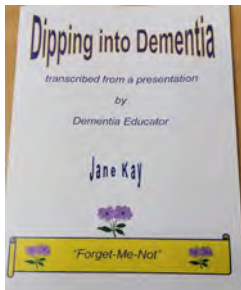
However, we thought we had better let you know that there has been a case of where a person with dementia who had a land line had been cut off unaware of what was happening and left them with no telephone services for communication. So thought it prudent to let people know that if you have a land line and no internet connection in your home you may lose connection. If you are not sure if your land line connection has been upgraded please contact your provider to enquire.

Notation from Spark site. - Upgrading landline calling and retiring PSTN

The upgrade will move customers onto more modern technology that is already being used by the majority of Kiwis, including landline over wireless and landline over fibre.

To keep New Zealand connected into the future, we're retiring the old PSTN area by area, and moving customers to a more modern network. It's a once-in-a-generation technology upgrade, like moving from analogue TV to digital.

Spark operates the Public Switched Telephone Network (PSTN), which is a network of switches that connects calls from one person to another over copper lines. It's an old system that was built in the 1980s. The parts we need to keep it going aren't being made any more, so it's time for us to retire the PSTN. (Public Switched Telephone Network)



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 DCC, Whanganui DCC, St Laurence's Social Services Trust, Page Trust, The Lion Foundation, Grassroots Central Trust, NZCT, TG Macarthy Trust,

Thank you to the following for your amazing support and donations.

G.O.M.E, Richard White, Property Brokers,
The St Andrews Kilwinning Lodge 79

Thank you to those who have given private doatations, 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



Page Trust



G.O.M.E



The St Andrews
Kilwinning Lodge 79



Whanganui