



Autumn 2025



Newsletter



Alzheimers Whanganui Inc.

AGM

Tuesday 25th March 5.30pm
Alzheimers Whanganui Offices
4/236 Victoria Avenue
Whanganui 4500
All Welcome

Alzheimers Whanganui Inc.

4 /236 Victoria Avenue
Whanganui 4500

Phone: 06 345 8833

Charity Register No: CC10907

www.alzheimers.org.nz/Whanganui



Follow us on [Facebook!](#)

Introducing our New Manager



Renee Clark is the newly appointed Manager at Alzheimers Whanganui, bringing with her a wealth of experience and a deep commitment to enhancing the lives of those affected by dementia/mate wareware. With a personal connection to dementia and a background in social services, Renee aims to

implement innovative programmes. Her leadership fosters a compassionate environment that promotes awareness about dementia/mate wareware within the community. As she steps into this important role, Renee is enthusiastic about making a positive impact in our community and continuing the valuable work of Alzheimers Whanganui.

Meet our wonderful team



From left to right: Fiona Allison (Diversional Therapist), Mary Conway (Navigator), Renee Clark (Manager), Terië Carson (Office Administrator)



Notations from Alzheimers New Zealand Engage, Enable, Empower-Whakauru, Whakahohe, Whakamana Fact Sheet

(some adaptations have been made)

Engage, Enable, Empower

The person-centered principles of Engage, Enable, Empower provide practical ways for care partners, whānau and others to support doing things with and not for someone with dementia.

Supporting someone with dementia to keep engaged and active in the things they enjoy is extremely important. There are lots of small changes that can be made to keep a person with dementia involved.

Engage

No matter your age or abilities, engaging in daily exercise for your mind and body can improve fitness, strength, flexibility and balance.

Enable

Enable is about discovering ways to modify the activity rather than giving up. Breaking an activity down into smaller parts means that even the person with dementia cannot manage all the steps, they may be able to take part in some of them.

Some examples of enabling changes are:

- Changing how you do it; Rather than walking alone, joining a neighbour and their dog on a daily walk, using the same path each time.
- Modifying how the task is done; Support the person with dementia to stay involved with cooking, by doing the peeling and chopping of vegetables, setting the table, or serving up the meal.
- Setting up the task; Place the breakfast items on the kitchen bench and use a simple jar opener to assist with breakfast preparation.
- Using simple aids; Encourage reading by following along using a large print book while a talking book playing
- Make simple environment changes; Placing photos of what is inside the kitchen cupboards on the cupboard to easily find commonly used items.

Empower

People living with dementia have defined empowerment as a confidence-building process where they are respected, have a voice and are heard, are involved in making decisions about their lives, and have the opportunity to create change through access to appropriate resources, support and services.

The [Alzheimers NZ Website](#) provides a range of information including Living with dementia. Your local GP can provide advice and referrals to local services available, including [Alzheimers Whanganui](#).

Some other supports and information available for people affected by dementia across Aotearoa can be found [here](#) and [here](#).

Support

- **Alzheimers Whanganui** provide support, education, information and [services](#) people affected by dementia mate wareware and their family and whānau.
- Online support groups are run by the Dementia Alliance International (DAI). Weekly online peer-to-peer support groups in a number of different time zones are available. Each group has two or three hosts to ensure there is always someone available. Please visit website. <https://dementiaallianceinternational.org/get-support/join-a-support-group>
- The Younger Onset Dementia Aotearoa Trust (YODAT) is an organisation that supports people living with dementia under the age of 65. It offers monthly online meetings for supporters, facilitated by a registered Mental Health Nurse. For more information, contact yodatonlinegroups@gmail.com

Alzheimers Whanganui are here to support those affected by dementia mate wareware in the Whanganui, Waimarino and Rangitīkei. Please reach out to us if you would like to learn more about dementia or have concerns regarding, memory loss or cognitive decline.

Alzheimers Whanganui

Suite 4

236 Victoria Avenue

Whanganui 4500

Ph: 06 345 8833

E: admin@alzheimerswhanganui.org.nz



Whanganui

KIWI ACCESS

Evidence of identity for Seniors

Easy access to goods and services with the Kiwi Access Card

The Kiwi Access Card has been designed to give you the freedom you need to access goods and services throughout New Zealand. It is an easy and convenient way to help you get the most out of life, especially if you do not hold a valid driver licence and/or passport. The card has been specifically designed with New Zealand's over 60s and retired community in mind, to ensure you have a reliable and secure evidence of identity card.

The Kiwi Access Card has replaced the 18+ Card. It can be used as an evidence of age and identity card throughout New Zealand, and is available to both NZ nationals and foreign visitors.

Forms are available from NZ Post and the AA Centre or you can download a form [here](#)

Alzheimers Whanganui Social Groups

A Needs Assessment & Service Agreement must be completed with a staff member before attending any of our groups.

Tuesday Twice a Month at The St Johns Club

Activity: Over A Cuppa for women, in morning

Duration: 90 minutes

Transport: Attendees must be dropped off and picked up.

Wednesday Once a Month at The St Johns Club

Activity: Music & Movement for men & women – light lunch after.

Duration: 90 minutes

Transport: Attendees must be dropped off and picked up.

Wednesday Once a Month at The St Johns Club

Activity: Pool & Pint for men - Hot or cold drink provided.

Duration: 90 minutes

Transport: Attendees must be dropped off and picked up.

Monday Twice a Month

Activity: Paua Group Van Outing for women - Light lunch & hot and cold drinks provided.

Waitlist list

Duration: Half-day outing

Transport: Door to door service- picked up from your home (morning pick up and returned home early afternoon)

Monday Twice a Month

Activity: Fern Group Van Outing for men - Light lunch & hot and cold drinks provided.

Waitlist list

Duration: Half-day outing

Transport: Door to door service- picked up from your home (morning pick up and returned home early afternoon)

Wednesday Twice a Month

Activity: Tui Group Van Outing for men - Light lunch & hot and cold drinks provided.

Waitlist list

Duration: Half-day outing

Transport: Door to door service- picked up from your home (morning pick up and returned home early afternoon)

Group Outings- Got that summertime feeling



F
U
N

I
N

T
H
E

S
U
N



Do you want to sit on our Board?

To ensure our community is well represented through the Alzheimers Whanganui Board, we are looking for someone with the following expertise:

- Iwi representative;
- Business leader with a strong community profile; or
- Governance experience is preferred (but not required).

If you have one or more of these skills, and have a genuine interest in our organisation, please contact our Chairperson, Carolyn McCully on 020 4091 9245.

AGM



Alzheimers Whanganui

ANNUAL GENERAL MEETING

Tuesday 25 March—5.30 p.m.

To Be held at

Alzheimers Whanganui Inc. Office

4/236 Victoria Avenue

Whanganui

ALL WELCOME

For further information

Please phone (06) 345 8833

Email:

admin@alzheimerswhanganui.org.nz

Dates to remember



Easter

Good Friday 18th April 2025

Easter Monday 21st April 2025



ANZAC Day

Friday 25th April 2025



Day light Saving ends

Sunday 6th April 2025

Turn your clocks/watches back 1 hour



Mothers Day

Sunday 11th May

Alheimers Whanganui

CAFE



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

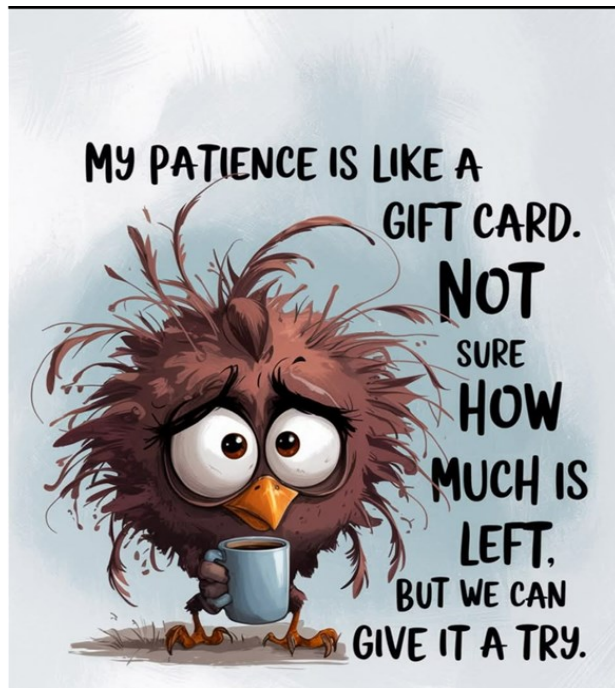
(men and women)

10.30–12.00pm, \$5.00 donation
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 !!



Susiderary Men's Support Group

Men supporting each other, a great chance for those who wish to enjoy some timeout and support over a coffee.



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)

28th March 2025

29th August 2025

2nd May 2025

26th September 2025

30th May 2025

31st October 20245

27th June 2025

28th November 2025

25th July 2025

Further enquiries please
phone our office.

Men's Carers Group

A chance to get support from us and
each other

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

Ph: 06 345 8833



Facebook Giggles



"I finally did it. I bought a pair of shoes with memory foam insoles. No more forgetting why I walked into the kitchen."



Become a Member of



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

Alzheimers Whanganui is a not-for-profit health and social support service for people affected by dementia mate wareware in Whanganui, Rangitīkei and Waimarino.

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 2024 we had **197 New Referrals/Enquiries** (122 Carer/Support Persons & 75 people with dementia)
At the end of December 2023 we were actively supporting **135** as listed below:

66 People with Dementia (37 female & 29 male: Ages ranged from 59-97 years)

4 People with other disabilities (ages from 13-69 years)

65 Carers / Support people (51 female & 14 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

'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 2025 are :

April 3rd—May 8th

June 12th—July 17th

October 2nd—November 6th

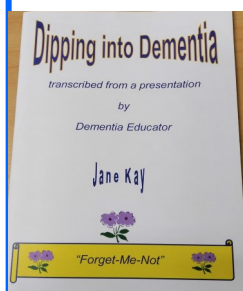
TIME: Morning 10:00am to 12:00pm: Evening 5:30pm—7:30pm

If you are interested, please contact us to register.

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



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.





Michael receiving a very generous donation from The St Andrews Kilwinning Lodge 79 Presented by; The Very Worshipful Craig Ancell . Central Distircts Almoner.

Thank You

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 Contracting us to ensure we can support our community.
- **St Johns Club** - providing their venue for three of our groups (Music & Movement; Over A Cuppa and 'Pool & Pint').
- **Ricoh Wanganui** - donating our photocopier and charging minimal operating costs.
- **Good Bitches Baking** - the 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* and *More Whimsical Tales of old Wanganui*.
- **River City Press & Paiges Book Gallery** for book sales of Murray Crawfords books.
- **Kowhainui** for offering the use of their van so we can continue our group outings.

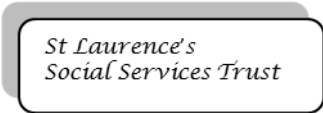
If you would like to support us by having a collection tin; please contact our office.



Thank you for your support



RICOH



Page Trust



G.O.M.E



**The St Andrews
Kilwinning Lodge 79**



Whanganui