



Alzheimers Whanganui

Winter 2025



Newsletter

Note the new Letterhead above.

Alzheimers NZ has rebranded.

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](#)!

Words from the manager



It's been a busy and productive time here at Alzheimers Whanganui. In recent weeks, I had the privilege of attending the Alzheimers New Zealand AGM in Wellington. It was a valuable opportunity to connect with others in the dementia sector and discuss how we can collectively strengthen support across Aotearoa.

Behind the scenes, our team has been working hard on introducing a new service to add to our current offerings. We're really excited about what's coming — watch this space!

Looking ahead, we're already preparing for Alzheimers Awareness Month in September. A highlight of our calendar is the annual Memory Walk, which will take place on Saturday 20 September — be sure to save the date! This event is a wonderful way for our community to come together in solidarity, raise awareness, and honour those affected by dementia.

If you're not already a member of Alzheimers Whanganui, we'd love for you to consider joining. Membership is just \$30 per year, and alongside generous donations, it helps us continue offering free support services to people living with dementia and their whānau in Whanganui, Rangitikei and Waimarino.

Thank you for your ongoing support — together we are making a real difference.

Renée Clark
Manager



Top tips for supporting someone with dementia

Create a Safe and Familiar Environment:

- **Simplify the home:** Remove clutter, ensure good lighting, and use clear signage for rooms and objects.
- **Maintain a consistent layout:** Keep furniture in the same place to help with orientation.
- **Install safety features:** Consider grab bars, non-slip mats, and emergency call systems.

Establish a Daily Routine:

- **Regular meals, activities, and rest periods:** Consistency can help reduce confusion and anxiety. Serve meals in a consistent, familiar place and give the person enough time to eat.
- **Use visual cues:** Calendars, clocks, and lists can help with time and task management. Consider a system or reminders for helping those who must take medications regularly. Help the person write down to-do lists, appointments, and events in a notebook or calendar.
- **Incorporate activities they enjoy:** Music, reading, reminiscing, or hobbies can help maintain engagement and well-being. Plan activities that the person enjoys and try to do them at the same time each day.

Communicate Effectively:

- **Speak clearly and slowly:** Use simple language and avoid jargon or complicated sentences.
- **Listen attentively:** Pay attention to both verbal and nonverbal cues.
- **Use nonverbal communication:** Touch, facial expressions, and gestures can be very effective.
- **Be patient and avoid arguing:** Reassure them and redirect their thoughts if necessary.
- **Acknowledge their feelings:** Even if they are confused or disoriented, validate their emotions.

Encourage Independence and Engagement:

- **Allow them to participate in activities:** Encourage them to do as much as possible for themselves.
- **Break down tasks:** Simplify tasks into smaller, manageable steps.
- **Focus on what they can do:** Highlight their strengths and abilities.
- **Involve them in social activities:** Encourage them to participate in social interactions and activities.

Personal Cares:

- **Try to keep a routine,** such as bathing, dressing, and eating at the same time each day.
- **Be gentle and respectful.** Tell the person what you are going to do, step by step while you help them bathe or get dressed.
- **Use a sturdy shower chair** to support a person who is unsteady and to prevent falls. You can buy shower chairs at drug stores and medical supply stores.
- **Buy loose-fitting,** comfortable, easy-to-use clothing, such as clothes with elastic waistbands, fabric fasteners, or large zipper pulls instead of shoelaces, buttons, or buckles.
- **When dressing or bathing,** allow the person to do as much as possible.

Seek Support and Resources:

- **Connect with other caregivers:** Share experiences and learn from others.
- **Join support groups:** Find emotional support and practical advice.
- **Educate yourself about dementia:** Understanding the condition can help you provide better care.
- **Take care of yourself:** Caregiving can be demanding, so prioritize your own well-being.
- **Don't hesitate to ask for help:** Seek professional guidance and support from healthcare providers or specialists.



Information sourced from Alzheimers Organisations.

Awesome Autumn Group Outings-



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)

Thank you to our amazing volunteers!

On this International Volunteer Week (15 June), we want to take a moment to celebrate **you**—the heart and soul of Alzheimers Whanganui.

Your dedication, kindness, and unwavering support make an incredible difference in the lives of those we support. Without your compassion and commitment, we simply couldn't do what we do for our community.

Thank you for standing beside us, for giving your time so generously. You truly are the heroes behind the scenes—and for International Volunteer Week, we honour and appreciate each and every one of you.

Renee, Teriē, Fiona & Mary

Alzheimers 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 !!

Thank you for supporting
Alzheimers Whanganui Cafe



It may not feel like
you're holding it together,
but given everything you're
facing you're actually
doing a hell of
a good job.



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



Carer Morning Tea Support Group

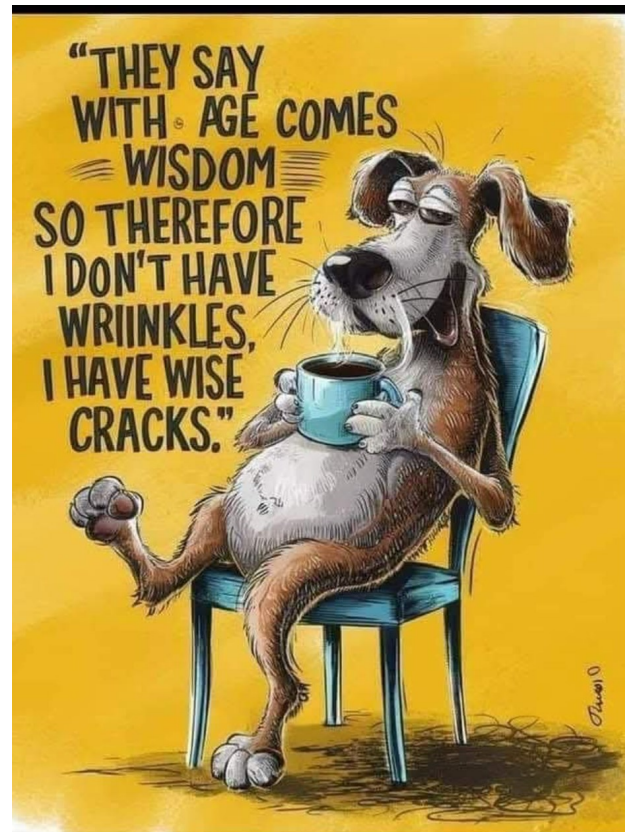
Held at Alzheimers Office

Friday 10.00—11.30 a.m.

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

<u>Date</u>	<u>Speaker</u>
27th June 2025	CLAW—Community Law
25th July 2025	Age Concern
29th August 2025	Health Care NZ
26th September 2025	Cleaveland Talk & Tour Meet 10.30 am at 179 Ingestre Street
31st October 20245	Library Services
28th November 2025	Christmas Morning Tea & Planning Speakers for 2026

Further enquiries please
phone our office.



Dates to Remember

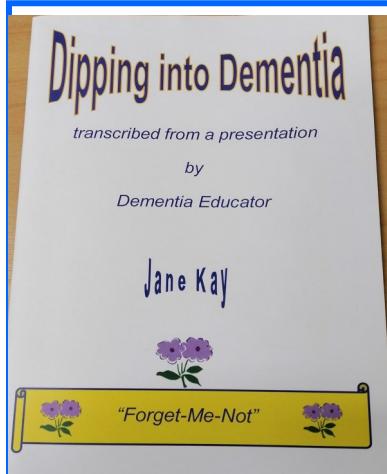
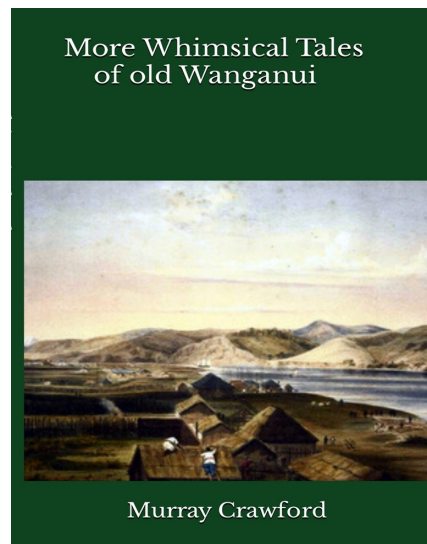
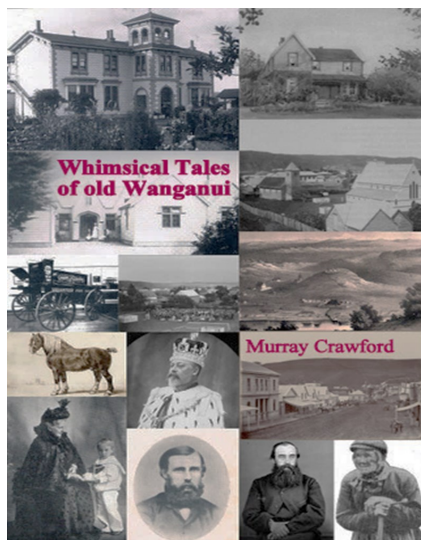
- **Public Holidays - Matariki Friday June 20th (Office Closed)**
- **September is International Alzheimers Awareness Month**
- **Alzheimers Whanganui Memory Walk Saturday 20th September 2025**

Whimsical Tales of old Wanganui

\$40.00 per book / or 2 books for \$70.00

proceeds to Alzheimers Whanganui

Purchase from Office 4/ 236 Victoria Ave, 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 a greater understanding of this disease.

Blank Gift Cards for Sale \$2.00 each or \$15.00 pack of 10, envelopes included.



A great card for all occasions.

Thank you to those who continue to support us with memberships and welcome to our new members, we truly appreciate and value your support. If you know anyone who would like to support us please give them our details, we would love to hear from them.

“Help us to make a difference”
Supporting People with Dementia
Become A Member

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 :**

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

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 to the following funders and donations received this quarter.

Grassroot Trust Central

Whanganui Community Charitable Trust

Charles & Vera Thrush Charitable Trust



Thank you to those who have given private donations, we are truly grateful

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 Mags & Lotto, Yellow House Café
- **Murray Crawford** for the proceeds from 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 for our group outings.
- **H & A Print**—For providing folders and helping take care of our printing needs with a discount.

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



Aramoho Mags & Lotto



Thank you for your support



RICOH

grassroots
trust central

COGS
Community Organisation
Grants Scheme

 **THE LION
FOUNDATION**
Here for good

JBS Dudding.
Charitable Trust
Managed by Public Trust

 **RANGITIKEI**
DISTRICT COUNCIL
Making this place home.

 **WHANGANUI
DISTRICT COUNCIL**
Te Kaunihera a Rohe o Whanganui

Te Whatu Ora
Health New Zealand


Whanganui Community
Charitable Trust


Page Trust

*St Laurence's
Social Services Trust*




FREEMASONS
New Zealand

 **LAND SEARCH
& RESCUE**
New Zealand | Rapa Tawhenua

 Whanganui
Community
Foundation
Here for your community

ST JOHNS
Club

 **NEW WORLD**
Whanganui

 **RitePrice**
rentals
always the rite price!

G.O.M.E


good bitches
BAKING

H&A
— PRINT —
Est. 1923



The St Andrews
Kilwinning Lodge 79



Aramoho Mags & Lotto


Whanganui