



Alzheimers Manawatu

Marion Kennedy Centre

WINTER 2023
QUARTERLY NEWSLETTER



THE RESTAURANT THAT MAKES MISTAKES

New local TV show shares tales of restaurant staffed by people living with dementia

Four out of five New Zealanders know or have known someone living with dementia. Despite that rather startling statistic, it can be a difficult subject to talk about openly.

But a new local series, based on a Japanese concept later adapted into a British series, could change that.

In the New Zealand series *The Restaurant That Makes Mistakes*, eight people living with dementia take on roles at a restaurant run by chef Ben Bayly.

The volunteers work in all facets of the business, from front of house to preparing meals and the idea is to show that people with dementia still have much to offer the world.

"I think that this show does something really special in terms of starting that conversation, giving people an opportunity to talk about it, but there's some entertainment in the mix as well," she says.

On the face of it, the idea of putting people with dementia to work in a stressful environment like the hospitality industry seems like it could be exploitative, but the concept has proven to be funny, moving and illuminating.

See over



Back row: Suz, Chris, Ben, Mike, Bevin.

Front row: Dawn, Mark, Marilyn, Cliff, Graeme from The Restaurant That Makes Mistakes.

Blackley admits that she had an “initial kind of resistance” when she first heard about the idea, but once she saw the warmth and positivity of the show, she could see the benefits, to both the volunteers and viewers.

Tests relating to anxiety and depression were conducted on the volunteers at the beginning of the show and they were then retested at the end.

“The whole experience of being in the restaurant and being engaged and having the camaraderie of people working around them and having a sense of value made a huge impact on their sense of wellbeing across all the measurements. So that was a really satisfying part of the show,” says Blackley.

Diners are aware that the restaurant is staffed by people with dementia and the volunteers had to serve some high-profile names, from chefs Gareth Stewart, Michael Van de Elzen and Ganesh Raj to journalist Jack Tame.

In chef Ben Bayly (A New Zealand Food Story), Blackley and her team found the ideal person to lead their restaurant. Not only is he an award-winning chef, he has a personal connection to dementia, losing his grandmother to the condition just last year.

“It’s very much a personal cause for him. He really wanted to do this for her,” says Blackley.



Alzheimers Manawatu’s very own Dementia Advisor, Liam Walsh, caught up with Chris from “The Restaurant That Makes Mistakes” on his recent visit to Auckland.

Smoke Alarms checking & maintenance

WHY YOU NEED WORKING SMOKE ALARMS

It’s a good time of year to check your smoke alarms. Fire and Emergency have published the following helpful advice...

When you’re asleep, you lose your sense of smell. Don’t assume your smoke alarms are working. Press the button to check.

SMOKE ALARM MAINTENANCE GUIDE



ONCE A MONTH

Press the test button to sound the alarm. (Use a broom handle if you can’t reach the button.)



EVERY SIX MONTHS

Vacuum or dust your smoke alarms to help avoid false alarms.



EVERY YEAR

Check the expiry date, usually located on the bottom or side of the alarm. If there’s no expiry date, it’s best to replace the alarm. If you have a 9V battery alarm, replace the battery every year. Your alarms will start to beep regularly if the battery is low.



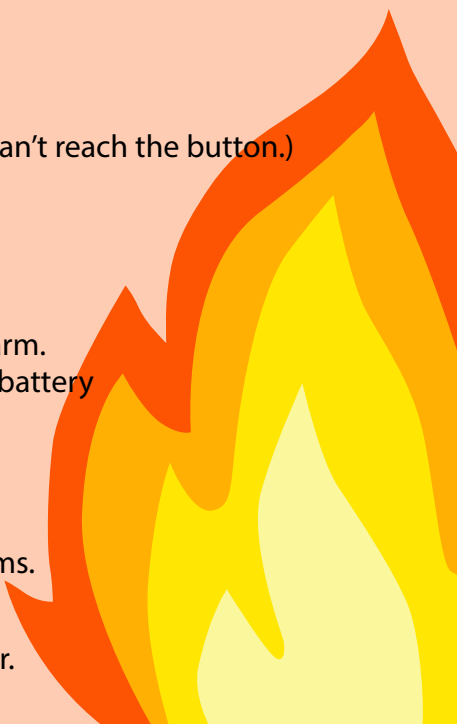
EVERY TEN YEARS

Replace all smoke alarms with new long-life photoelectric smoke alarms.



FOR HARD-WIRED SMOKE ALARMS

Follow the testing and maintenance schedule provided by the installer.



LEAVE A BEQUEST



A gift in your Will is a very special way to continue to support the work we do.

There are two types of bequests you may like to make:

- Leaving a specific amount
- Leaving a percentage of your estate

We recommend that whether you are thinking of making a new Will, or updating an existing one, you consult a professional legal adviser. They will make sure your will is valid and that your intentions are clearly and legally stated.

If you have already included Alzheimers Manawatu in your Will, or if you intend to do so, we would be grateful if you would contact us to let us know. This information will be treated in confidence and is not binding in any way, but we would like to have the opportunity to thank you personally for your generosity.

Even the smallest amount will make a big difference.

Any bequest, large or small, will bring hope to those living with dementia, and enable us to continue our work within your community. Every dollar helps in our efforts to:

- Provide practical support services and information
- Reduce the risk of dementia through health promotion and education.

Should you prefer to make your bequest for a specific location (Palmerston North, Feilding, Dannevirke, Levin) or have more questions regarding this process, please call Tracy Lynn on 021 258 5941 or email manawatu@alz-man.org.nz



Manawatu
Marion Kennedy Centre
FUNDRAISER

ADVANCE NOTICE | FILM SCREENING

*Save
the
Date*

Tuesday 15 August
FOCAL POINT CINEMAS
Feilding • Palmerston North • Levin



HOPE IS A JOURNEY

Harold Fry was never meant to be a hero. He's an unremarkable man who has made mistakes with all the important things: being a husband, a father, and a friend. And now, well into his 60s, he is content to fade quietly into the background of life. Until one day – Harold learns his old friend Queenie is dying. Harold leaves home, walking to his post office to send her a letter. And out of the blue, Harold decides to keep walking, all the way to her hospice, 450 miles away. Step by step, a spark is ignited in Harold's hibernating soul as he notices, perhaps for the very first time, the wonders of nature, and begins to see people very differently, to understand that pain is what we all have in common and that kindness is less rare than you think.

MEMORY WALK

OCTOBER 2023

DATES TO BE CONFIRMED

PALMERSTON NORTH • FEILDING
DANNEVIRKE • LEVIN

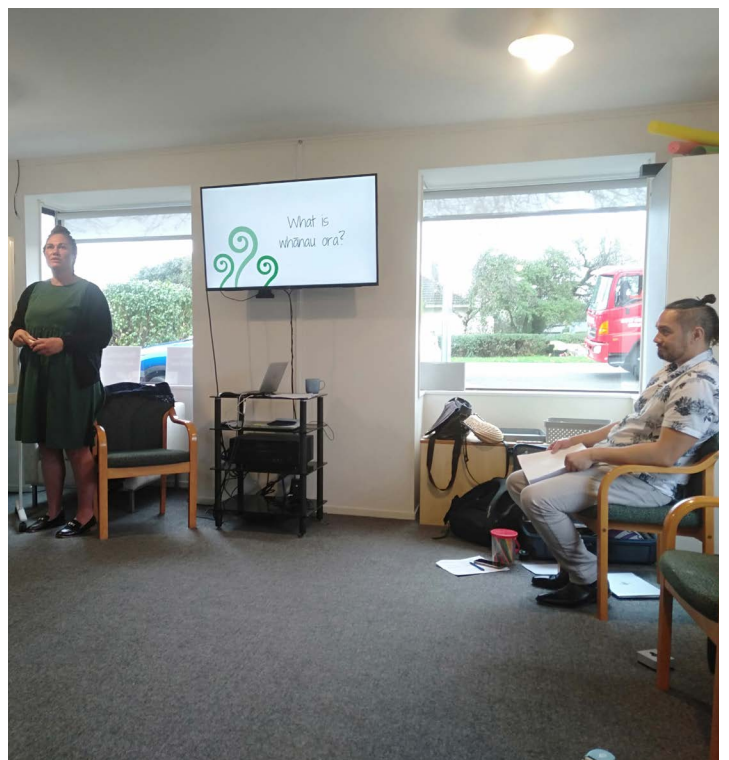
It
only takes
one
person
to
make
a
difference

Cultural Training For Alzheimers Manawatu Staff

Alzheimers Manawatu recently undertook Cultural Training with Te Tihi o Ruahine Alliance and twelve of our staff. The remaining staff will undertake their training in due course.

Day 1 covered off a lot of content from who are Te Tihi (Understanding the Alliance), what is Whānau Ora, Whānau Ora prior to European settlement, Unconscious bias, mind mapping, turning crisis into aspiration.

Day 2 consisted of, turning theory into practice, a bit of role play and Te Ara Angitu which is creating a work plan based off the learnings. Day 2 afternoon was for group work and is led by the team. Using the space and time to discuss collectively about ways to implement learnings.



What's on

CARER SUPPORT GROUPS

A chance for you to connect with others in a similar situation to you with the opportunity to share ideas and strategies that work for you.

Palmerston North

First Tuesday and last Wednesday of each month
Contact Andrea or Liam on
027 357 9560 (Andrea) or 027 600 4408 (Liam)

Palmerston North Men's Carer Support Group

Every Second Friday of each month
Contact Liam on 027 600 4408

Feilding

First Monday of each month
Contact Andrea on 027 357 9560

Dannevirke

First Thursday of each month
Contact Andrea on 027 357 9560

Levin

First Wednesday of each month
Contact Anne at 027 357 9543

If you are unwell or isolating, we may be able to offer Zoom for our Carer Support Groups. Please enquire with the Dementia Advisor

Memory Cafés

Memory Cafés are an option for carers/families and loved ones to continue to enjoy the ongoing support of others after their loved one has gone into residential care or passed away or you would just like to meet socially.

Levin

Third Friday of each month

Dannevirke

Third Wednesday of each month

Woodville

Second Wednesday of each month

Feilding

Second Wednesday of each month

Please note the Palmerston North Memory Café is currently on hold. If you are interested, please give us a call.

Please call 06 357 9539 or email manawatu@alz-man.org.nz for more details



HEARING LOOP INSTALLATION

Thanks to the fundraising efforts of Alzheimers Manawatu's Diversional Therapist, Gavin, who started the ball rolling by participating in the 2023 Lake Taupo Challenge and cycling around Lake Taupo. Gavin raised over \$3,000 from sponsors and this, with a wonderful funding grant from Central Energy Trust, enabled us to proceed with the installation of a "Hearing Loop" in our Marion Kennedy Centre, Elliott Street, Palmerston North.

Hearing loss is a significant global health issue. Around 500 million people worldwide have moderate to profound hearing loss. Reports from the 2017 Lancet Commission on Dementia and the World Health Organisation suggest the prevention or treatment of hearing loss could reduce the incidence of dementia, as hearing loss can increase the risk of development dementia.

The hearing loop system will ensure MKC members, family members, and staff affected by hearing impairment can still participate in MKC activities.



Nick White from AV Technix Ltd, Auckland, fine-tuning the hearing loop in the MKC Centre, Palmerston North



Gavin York talking about the new hearing loop at the Marion Kennedy Centre

RECIPE

MUM'S PUMPKIN SOUP

with delicate flavours



INGREDIENTS

50 g butter
2 medium onions, diced
6 cups chopped pumpkin or butternut
2 carrots, peeled and diced
2 celery stalks, diced
¼ tsp each cumin powder, garam masala, turmeric and nutmeg
1 cm fresh ginger, grated
Zest of 1 orange, plus the juice
6 cups vegetable stock
Salt and pepper to taste
100 g sour cream or yoghurt
2 tbsp pumpkin seeds, toasted
2 tbsp chives, chopped (optional)
Bread rolls (optional)

METHOD

1 Melt the butter in a large saucepan and add in the vegetables. Coat them in butter and cook for about 5 minutes. Add the spices, ginger and orange zest, stirring through the vegetables and cooking for a few more minutes before pouring in the stock. Gently simmer the vegetables until tender – about 30 minutes. Take off the heat and blend with a stick blender until smooth. Taste and season with salt and pepper if needed.

2 Just before serving, stir in the orange juice, ladle it into your soup bowls and top with sour cream, pumpkin seeds and chives (if you like). Serve with a warmed bread roll



Some of Alzheimer's Manawatu members helping at the Marion Kennedy Centre gardens recently.

Winter Wonderland

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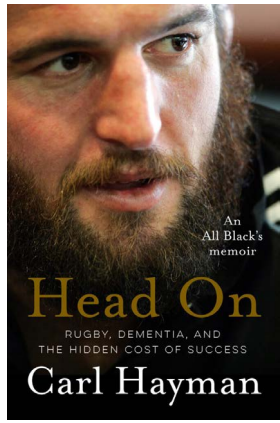
- NIPPY
- SNOWBALL
- HOT CHOCOLATE
- SNOWFLAKE
- FROSTY
- ICICLE
- SKATING
- WONDERLAND
- SLEDDING
- FROZEN
- BLIZZARD
- SKIING
- SNOWFALL
- GLISTEN
- WINTER



Two of our members helping each other with a Word Search. Word Search is good for the brain.

Head On

Reviewed by Nicola Fletcher-Williams



Once estimated to be the highest paid player in rugby, Carl Hayman was experiencing the dizzying heights of success. But the very vehicle that put him there – the sport he was passionate about – was slowly and cumulatively causing a spiralling decent. The price he paid for every victory, accolade and pay cheque was profound, as now at age 43, he is grappling with Dementia.

Carl Hayman is doing what John Kirwan did for Depression – getting an often-stigmatised disease talked about with the help of their star power and willingness to be vulnerable and exposed, despite their lived experience being in a culture not about showing weakness.

His memoir *Head On* is a “living, breathing, suffering, cautionary tale” about the risks of contact sports. The known concussions were only the tip of the iceberg, as he estimates that throughout his 17 years as a professional rugby player, he took around 150,000 sub concussive blows. These do not meet the threshold to be classed as a concussion, the

lack of symptoms makes the more minor damage go undetected, but each impact leaves it’s fingerprint until collectively they paint a devastating picture on an MRI scan.

Few people will get to relate to the adrenaline of roaring crowds and celebrity Carl experienced, but when it comes to the emotional journey of dementia, it is something that vastly more people can feel connected to, and have their experience reflected by. In his strikingly honest account, he wrestles with all the same issues as a large percentage of our population – such as the conflict about pursuing a diagnosis. On the one hand providing the validation that his emotional lability was due to a force bigger than him, conversely if it was explained by a diagnosis of Dementia, he thought it was perhaps better to be oblivious to it.

When things started unravelling while he was coaching in France, it was a frustrating process to get answers. Being in his 30s, Dementia was not the obvious explanation, and not one that would be good PR for the rugby industry. It was many a time explained away as depression.

But depression doesn’t turn a gentle giant into a man who would ever strike his wife, or account for his inability to remember conversations from five minutes ago and a raft of other cognitive deficits characteristic of Dementia.

He painfully describes how he could remember each of his 45 test matches well, but not what he did yesterday. He was eventually diagnosed in London with Chronic Traumatic Encephalopathy (CTE) which he understood to be a type of brain injury. It was not until he read a New Zealand Herald article about himself that he realised it was a type of dementia.

“There was a really problematic line in that story. It was the first time I had been forced to confront the ‘D’ word. It might sound implausible, but after all the testing, and perhaps because I’d heard so much about what was happening in the US around the NFL, I was almost hyper-focused on the term CTE.”

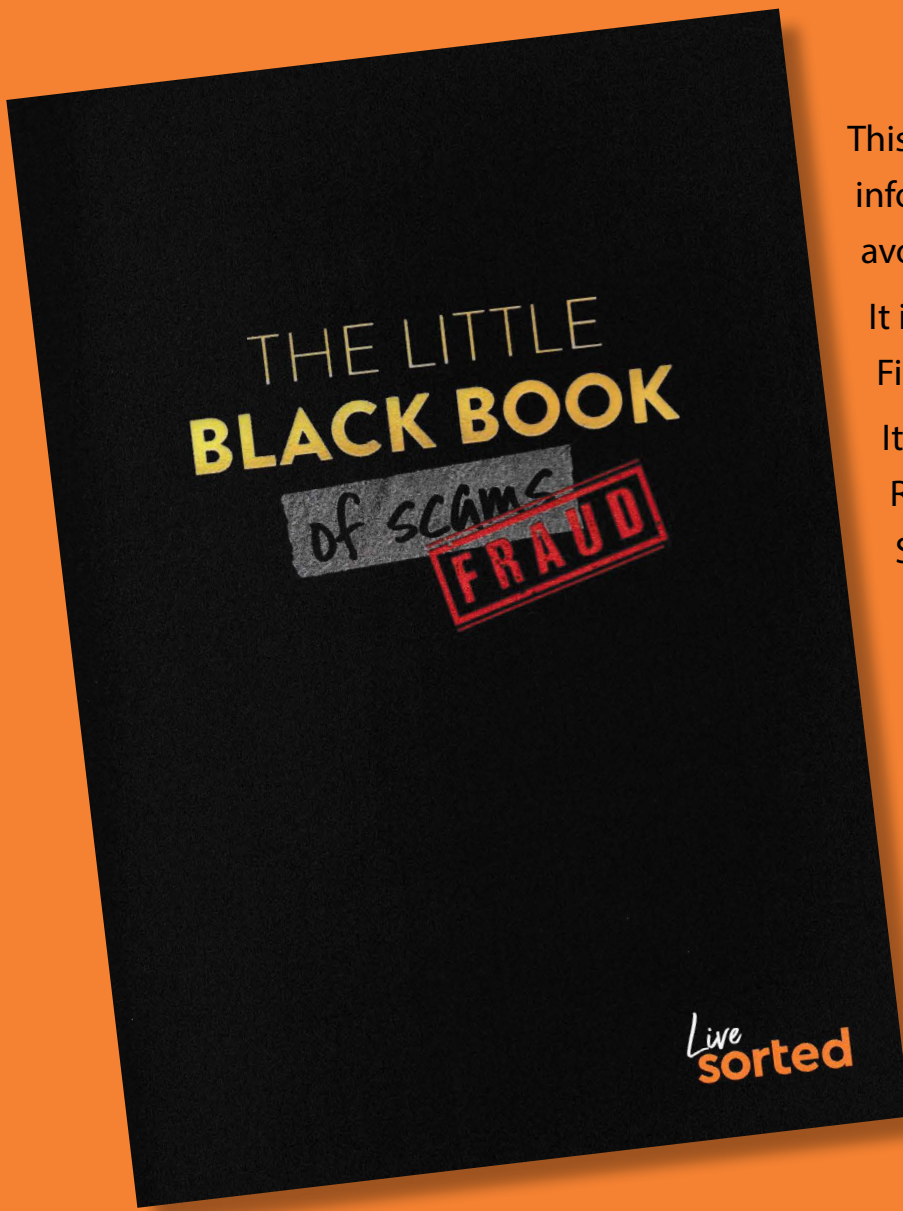
He rang his lawyer to find out if it were true that he had early onset dementia. What followed was a toxic cocktail of alcoholism mixed with a neurodegenerative disease – each time he reached for alcohol to placate how he was feeling it only exacerbated his decreasing ability to regulate his emotions. This in turn led to behaviour he regrets and the demise of his marriage.

When he relocated to New Zealand with a new partner, he struggled to get tangible support.

“I was beginning to feel the sort of rage you feel when you’re impotent against the system. I wanted the Accident Compensation Corporation to recognise that the problems I was facing on a daily basis were due to my profession, to the sport I played and loved, but I just kept hearing that I was depressed because I was going through a bad divorce and once I was all clear of that, I’d bounce back and be fine. Try living inside my head and then see how that assessment looks.”

He is part of a group of former rugby players taking legal action against World Rugby for failing to protect them from brain injuries. They take issue with the fact that World Rugby won’t accept growing scientific research showing constant head knocks is causing CTE.

Carl, however, is doing his part to raise awareness of the issue through his book, media appearances and his work as an ambassador for Dementia New Zealand. His book is perhaps a confronting read for anyone who has played contact sports who may be thinking about their own risk of dementia. It may be comforting to those also experiencing early onset dementia, in that he is helping the public to understand what they are going through. Carl is to be commended for his bravery in being able to share the details of his life he would probably rather omit. He is championing the cause *Head On*, and maintains that through everything, he is not without hope.



This is a great **FREE** booklet full of information about scams and how to avoid being scammed.

It is published by the Commission for Financial Capability.

It includes information about Romance Scams; Door to Door Scams; Purchase of Merchandise Scams; Health and Medical Scams; Investment Scams; Identity Theft; Tax Scams; Business Email Compromise Scams; Phishing and Smishing Scams; and Subscription Scams.

“Forewarned is forearmed!”

**We have copies available for collection from our office –
642 Featherston Street, Palmerston North**

Calling all volunteers!

Would you like to volunteer at Alzheimers Manawatu day programs at the Marion Kennedy Centre (MKC)? MKC's are located in Palmerston North, Feilding, Levin and Dannevirke. For information please contact Tracy at manawatu@alz-man.org.nz or ph. 06 3579539 ext 202.



Get in touch



Alzheimers Society Manawatu Inc
642 Featherston Street, Palmerston North



06 357 9539



manawatu@alz-man.org.nz



www.alzheimersmanawatu.org



/alzheimersmanawatu



alzheimersmanawatu

Membership & Donation Form

Mr / Mrs / Miss / Ms

Name(s): _____

Address: _____

Telephone: _____

Email: _____

Membership Fees

Individual \$35

Organisation/Corporate \$100

Lifetime Membership \$200

Become a Champion by making a regular monthly donation

Champion Donation: \$ _____

How to pay:

Internet Banking - You can pay the membership fee directly into our bank account. Account number 03 1521 0013792 01 (Alzheimers Society Manawatu Inc). Please add 'membership' as reference and email your details to us at manawatu@alz-man.org.nz or call us on 06 357 9539.

Please accept our sincere thanks for your support.



Manawatu
Marion Kennedy Centre

Alzheimers Society Manawatu Inc. ANNUAL GENERAL MEETING

Wednesday 30 August 2023

Marion Kennedy Centre
3 Elliott Street, Palmerston North
4.30pm for 5pm start

Thanks to our FUNDERS



MAINLAND
FOUNDATION



AOTEAROA
GAMING
TRUST



Te Tari Taiwhenua
Internal Affairs



TRUST HOUSE
FOUNDATION



PALMERSTON NORTH
COMMUNITY SERVICES COUNCIL
Sharing Strengths - Empowering Community



Lottery Grants Board
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LOWCOSTBINS

Horowhenua
DISTRICT COUNCIL