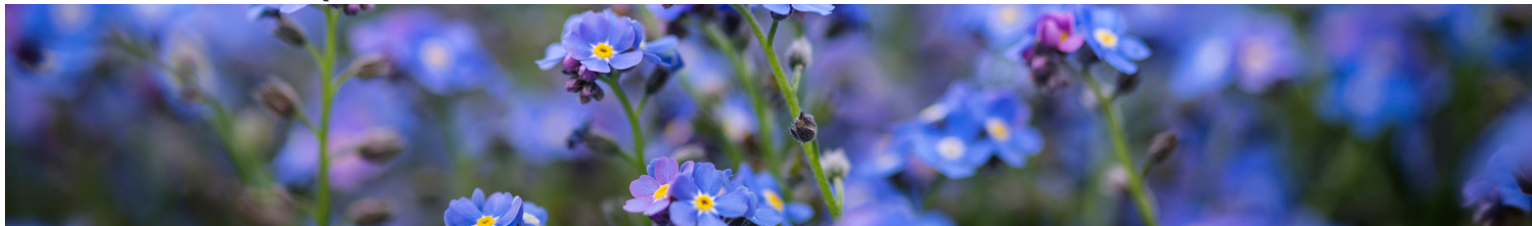




Alzheimers Manawatu

Marion Kennedy Centre

SPRING 2022 QUARTERLY NEWSLETTER



**SEPTEMBER IS
WORLD ALZHEIMERS MONTH**

**Spring is here and
September is also World
Alzheimers Month!**

**Make yourself a cuppa and
enjoy our newsletter. We
love to hear from you and
appreciate any feedback, so
if there's something you'd
like to see included in these
newsletters, please let us
know.**

THE BOOKCASE ANALOGY

This bookcase analogy from Dementia Friends UK explains, in a non-scientific way, how a person's memory may be affected by dementia, so we can do things to better support them.

For example, imagine I am 80 years old. If the only books that are still firmly in my bookcase are from a lower shelf, when I was much younger, I might find myself 'living' in the 1950s. It's possible I could try put the electric kettle on the hob.

It can help to embrace a person's own reality to help them live well with dementia. Everyone experiences dementia differently - but in this instance, a traditional whistle kettle may be safer in my home, and could help me to retain independence.

What else can we do to help someone who is experiencing these memory problems?

"Imagine each book on the shelf is a memory.

The top shelf holds my recent memories, and the bottom shelf holds memories from my childhood.

As dementia rocks my bookcase, the books at the top are likely to fall first.

So eventually, what I think of as my most recent memories will come from further down the bookcase, earlier in my life."



MEMORY WALKS 2022

Alzheimers Manawatu had a great time at our Memory Walks in the first week of September!
Thank you to all those who came out to support and help raise awareness of dementia.



WHAT'S ON

Carer Support Groups

Calling all carers! 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 & last Wednesday 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 each month
Contact Liam on 027 600 4408

Feilding

First Monday each month
Contact Andrea on 027 357 9560

Dannevirke

First Thursday each month
Contact Andrea on 027 357 9560

Levin

If you are interested in coming to a Levin Carer Support Group, please contact Anne on 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 Cafes

Memory Cafes 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.

Levin

Third Friday each month

Dannevirke

Third Wednesday each month

Woodville

Second Wednesday each month

Please note that the Palmerston North and Feilding Memory Cafes are 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

Nau mai ki Te Wiki o te Reo Māori/Welcome to Māori language week! 12 - 18 September 2022

Did you know that Mate Wareware is how dementia is referred to in te Reo Māori? It describes a series of different conditions that affect memory or thinking.

Places in NZ Wordfind



B	N	E	L	S	O	N	M	M	E	A	A	O	H
N	U	P	O	R	I	R	U	A	G	C	N	T	C
O	U	L	M	K	I	T	O	N	P	A	Y	A	K
W	A	M	L	O	O	S	A	T	P	M	A	K	O
H	U	O	A	S	E	R	M	I	K	B	B	I	O
A	K	R	O	M	U	T	E	T	A	R	E	A	C
K	A	O	A	A	I	R	P	A	T	I	M	W	T
A	W	H	T	M	R	W	A	R	I	D	O	W	N
T	T	N	P	A	I	M	H	A	K	G	C	A	U
A	A	K	A	P	P	T	I	N	A	E	L	I	O
N	T	I	T	T	P	I	A	A	T	W	E	T	M
E	A	U	I	I	I	O	T	K	I	E	W	O	K
E	P	O	H	O	T	R	G	I	M	E	S	M	A
M	M	O	N	I	T	E	P	U	K	E	O	O	T

TE PUKE
TAURANGA
TIMARU
MOUNT COOK
TARANAKI
WHAKATANE

WAIKATO
BULLS
KATIKATI
TAIHAPE
WELCOME BAY
NAPIER

CAMBRIDGE
OHOPE
WAITOMO
NELSON
THAMES
PORIRUA

Carmel Boyle, a long time Alzheimer's Manawatu volunteer has decided to step back from her volunteer position at Alzheimer's Manawatu. Carmel's most recent role was that of offering telephone support to carers.

She wanted you to know what a privilege it has been to share the journeys and stories as folk navigate life caring for those whose memory fails them.

Alzheimers Manawatu wishes Carmel well and thanks her for her dedication and commitment.

For any inquiries regarding the Feilding Memory Café, please contact Tracy or Andrea 06 3579539

Lemon & Sour Cream Cake



A quick and simple lemon cake to throw together for afternoon tea.

Ingredients

- 125g butter, softened
- 2 tsp grated lemon rind
- 1 cup Chelsea white sugar
- 3 eggs
- 1 cup Edmonds Standard Flour
- 1 tsp Edmonds Baking Powder
- ½ cup Meadow Fresh sour cream
- Chelsea icing sugar

Method

1. Preheat oven to 160°C. Grease and line a 20cm round cake tin with baking paper.
2. Beat the butter, lemon rind, sugar and eggs together until light and fluffy.
3. Sift flour and baking powder together. Fold sifted ingredients into egg mixture alternately with sour cream, mixing until smooth.
4. Pour mixture into the lined cake tin.
5. Bake for 45 minutes or until cake springs back when lightly touched.
6. Leave in tin for 5 to 10 minutes before turning out onto a wire rack to cool. When cold dust with icing sugar.



NGĀ POU WHIRINAKI MATE WAREWARE

Dementia Friends is an Alzheimers NZ initiative to raise awareness, increase understanding, grow inclusion and acceptance of people with dementia and reduce stigma and discrimination.

Become a Dementia Friend this World Alzheimers Awareness Month!

12,521
Dementia
friends in
NZ

567
Manawatu

Crabby Road

7-26-12



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GOING DIGITAL...

In 2021 we started the "Going Digital" project aiming to provide online resources for the community, in addition to current in person and phone methods.

COVID-19 had a greater impact on those affected by dementia, where social interaction and support are crucial. With online platforms and digital communication, we can shorten distances and provide more accessible resources. This is a work in progress and we hope to increase the services we offer online, such as remote access to support groups and club activities.



We are currently advertising the services, providing tips and trying to reach more people in the relevant community. We are also using online platforms to help raise awareness, advocate for preventative strategies and reinforce Alzheimer's NZ programs, including dementia friendly NZ.

Our new website and social media platforms are packed with information and resources, making it easier for people to connect and reach to us.

A huge thank you to the lovely team at Julia Wallace Retirement Village who completed their own Memory Walk last week and raised money for Alzheimers Manawatu.

Great to see groups getting involved to raise awareness of Dementia!



Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.

"He's a funeral director," she answered.

"Interesting," the newsman thought.. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, she smiled and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

DO YOU HAVE AN ENDURING POWER OF ATTORNEY (AN EPOA)?

For more information, please give us a call on 06 357 9537

Many people assume that if they lose the ability to make decisions for themselves, their partner or a close relative will legally be able to make decisions for them. In fact, the law doesn't work like that. The law, specifically the Protection of Personal and Property Rights Act 1988 (PPPR Act) allows for you to plan ahead by making what's called an enduring power of attorney – or "EPA" – where you give someone you trust the power to make decisions for you if you become unable to make them yourself. An EPA does not replace any people you've chosen as executor or beneficiary in your Will. Your EPA is separate from your Will. On your death the EPA has no further authority and your Will takes effect instead.

WHAT IS AN ENDURING POWER OF ATTORNEY?

An enduring power of attorney is a legal document that allow you to plan for the future if you are not able to manage your affairs. You can choose one or both kinds of EPA:

- One that covers your personal care and welfare
- One that covers your property.

EPA FOR PERSONAL CARE & WELFARE

You can appoint a person (called your "attorney") to make decisions about issues like where you'll live, who'll look after you and what medical treatment you might need. This kind of EPA can only come into effect if you become incapable of making or communicating your decisions. An EPA for personal care and welfare can be given to one individual. The EPA can authorise the attorney to act in relation to your personal care and welfare generally, or only in relation to stated aspects

EPA FOR PROPERTY

You can appoint a person (called your "attorney") to make decisions about your money and property. You can give them a general power to deal with all these issues, or you can limit them to dealing with, for example, a particular bank account. In your EPA you can say whether the attorney can start using their powers and making decisions straightaway, or only if and when you lose "mental capacity" You may appoint one or more people or a trustee company as your property attorney.

WHERE CAN I GO FOR MORE INFORMATION?

For further information you are welcome to contact your local your Dementia Advisor or Age Concern New Zealand. You can access the Community Law Manual free online. For more information and to find your nearest Community Law Centre go to: www.communitylaw.org.nz

"It is crucial that you trust the person and are confident that they will act in your best interests."

SUNDOWN SYNDROME

Have you ever heard about sundown syndrome?

It is a condition that usually happens among people living with dementia. Despite the lack of formal recognition, the syndrome is broadly used to describe symptoms in elderly patients with or without dementia at sunset, in the evening, or at night.

Up to 1 in 5 people with dementia show symptoms of sundown syndrome.

Common symptoms are confusion, disorientation, anxiety, agitation, aggression, pacing, wandering, and yelling. The reason for those can be related to damages caused by neurodegenerative diseases, including bright light therapy, melatonin, antipsychotics, and behavioural modifications. It is essential to note the signs and look for options to improve wellbeing and reduce caregiver burden.

“

Sundown syndrome is characterized by the emergence or increment of neuropsychiatric symptoms such as agitation, confusion, anxiety, and aggressiveness in late afternoon, in the evening, or at night.

”

Khachiyants et al., 2011

@alzheimersmanawatu

Isolation Packs Available

A collection of ideas, tips and suggestions to cope with isolation while living and caring for someone with dementia.

While lockdowns may be a thing of the past, we might still need to self isolate for our safety if we have tested positive for Covid-19. We understand that isolation can be an extra challenge for those living with and caring for a person with dementia, therefore Alzheimers Society Manawatu has put together an isolation kit packed with tips and advice to take you through this challenging time.

This Isolation Kit is available on our website - www.alzheimersmanawatu.org and can be found under the Get Support tab and clicking Resources. We can also provide printed copies for those without access to the internet.

Also, check out Alzheimers New Zealand Book of Puzzles available on their website - <https://alzheimers.org.nz>



**Book of
Puzzles**

Get puzzling for
better brain health



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.


EFTPOS - Come in to 642 Featherston Street between 8-4pm Monday to Friday to pay via EFTPOS (no credit cards, sorry)

Please accept our sincere thanks for your support.

Get in touch



Alzheimers Society Manawatu Inc
642 Featherston Street, Palmerston North

 06 357 9539

 manawatu@alz-man.org.nz

 www.alzheimersmanawatu.org

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THANKS TO OUR FUNDERS

