



# Alzheimers Manawatu

Marion Kennedy Centre

## AUTUMN 2022 QUARTERLY NEWSLETTER



**Check out our  
new website!**

[www.alzheimersmanawatu.org](http://www.alzheimersmanawatu.org)

### **Risk Factors for Young-Onset Dementia**

Here are the nine factors associated with young-onset dementia, in order from greatest added risk to lowest.



### MANAGER'S COMMENT

The year has whizzed by just like it does every year and looking back I am full of admiration at the staff and volunteers here at Alzheimers Manawatu & MKC and I think about what we have achieved together in some trying times during 2021. Well done team!!

For MKC members and families, take special care and after a short break we will be back in 2022 to do it all again for you with renewed enthusiasm for what may lie ahead.

Please remember that Christmas time can be a tough time for many. Look out for your neighbours, your mates, your family/whanau, your community, your SELF.

Be safe and be well!!

Merry Christmas & Happy New Year  
Meri Kirihimete

## **YOUNGER ONSET DEMENTIA**

'Dementia' is the umbrella term for a number of progressive neurocognitive disorders affecting a person's memory, language, motor abilities, planning abilities and/or perception.

'Younger onset dementia' is the term used when this syndrome strikes people in middle age as opposed to old age, more specifically defined as those experiencing symptoms of dementia when aged 65 or younger.

As a direct outcome of their relative youth, people with younger onset dementia are generally physically fitter and less frail than those with older onset dementia. They also may still be working, or even raising young families.

## RETURNING IN 2022

### 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.

### 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.



## Apricot Loaf Recipe

### Ingredients

- 1 x 410g can apricots in juice
- 1 cup dried apricots, chopped
- 1 cup sugar
- 2 Tbsp margarine or butter
- 1 tsp baking soda
- 1 cup wholemeal flour
- 1 cup plain flour
- 1 tsp baking powder

### Method

1. Preheat the oven to 180° C.
2. Lightly grease a 22cm loaf tin with a pastry brush and oil or oil spray.
3. Puree canned apricots and juice together using a stick blender or a food processor.
4. Place the first four ingredients in a large saucepan and bring to the boil.
5. Leave to cool and then add the baking soda.
6. Add the flours and baking powder to the apricot mixture and mix until just combined.
7. Pour mixture into the loaf tin and bake for 1 hour or until a skewer inserted in the middle of the loaf comes out clean.
8. Leave in tin for 10 minutes before turning out.

## We need action

Please sign our open letter to the Ministers of Health to support our growing population living with dementia

 Stand with us

Deliver for  
dementia



We are urging the government to take action on dementia by adopting a national plan. This is our blueprint.

Dementia is one New Zealand's most significant and growing health challenges, with almost 70,000 Kiwis currently living with the condition. That number is set to increase to around 170,000 by 2050 as our population continues to age.

There are plenty of ways to get involved:

- 1) Sign the Deliver for Dementia Open Letter:  
<https://deliver.alzheimers.org.nz>
- 2) Talk or write to your MP.
- 3) Discuss dementia related issues on your local radio.
- 4) Spread the word by Sharing Alzheimers NZ posts with your followers.



### PALMERSTON NORTH

Tuesday 8th March

### LEVIN

Wednesday 9th March

### DANNEVIRKE

Thursday 10th March

### FEILDING

Friday 11th March



It  
only takes  
one  
person  
to  
make  
a  
difference

The team from Alzheimers Manawatu spent two days in November attending the virtual Alzheimers New Zealand conference where the theme of the conference was Living with Dementia: Taking action for a better future.

It was fantastic to be able to take some time to listen to some great speakers to learn how we can help to improve the lives of those living with dementia in our communities.

The latest Covid 19 outbreak has really brought home the need for thinking outside the box around the support services offered and how Alzheimers Manawatu and the Marion Kennedy Club can ensure continued services during the different traffic light levels.

We've been working on our new Alzheimers Manawatu website and are looking to incorporate online resources so that members will be able to access these from home.

Check out the new website here: [www.alzheimersmanawatu.org](http://www.alzheimersmanawatu.org)

## Christmas Word Search



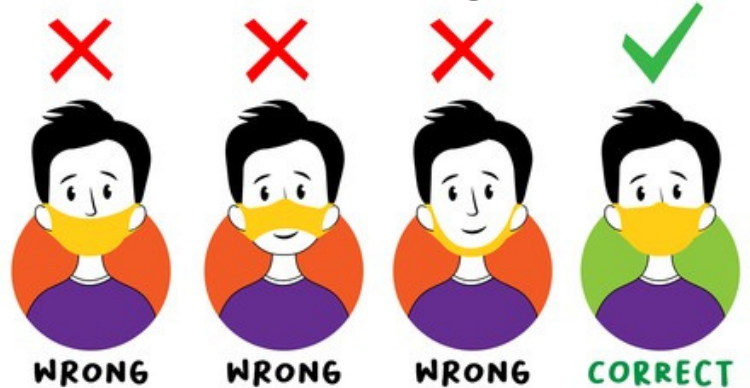
REINDEER  
CANDY CANE  
ELF  
PRESENTS  
COOKIES  
SLEIGH



SNOWMAN  
CHRISTMAS  
TREE  
SNOWFLAKE  
MISTLETOE  
SANTA



## Mask Wearing 101



Alzheimers Society Manawatu and the Marion Kennedy Club will be closed through the Christmas/New Year period from 4pm on Thursday 23rd December until Monday 10th January. Marion Kennedy Clubs will be resuming from Tuesday 11th January. More information will be sent home in the next couple of weeks.

# 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](mailto:manawatu@alz-man.org.nz) or call us on 06 357 9539.

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](mailto:manawatu@alz-man.org.nz)



[www.alzheimersmanawatu.org](http://www.alzheimersmanawatu.org)



[/alzheimersmanawatu](https://www.facebook.com/alzheimersmanawatu)



[alzheimersmanawatu](https://www.instagram.com/alzheimersmanawatu)

'Enjoy the little things in life, for one day you'll look back and realise they were the big things.'  
- Kurt Vonnegut



MAKE DEMENTIA  
TOP OF MIND

## Expressions of Interest

### Men's Carer Support Group

Alzheimers Society Manawatu is interested in forming a Carer Support Group specifically for men who may be supporting a spouse/parent or other person living with dementia. Have a cuppa and a chat and perhaps share your journey with others in a supportive and sociable environment.

Your loved one may or may not be attending the Marion Kennedy Centre...

It doesn't matter, you are very welcome.

Call Liam Walsh on  
06 357 9539 / 021 100 4408 or email  
[liamw@alz-man.org.nz](mailto:liamw@alz-man.org.nz) for more details.

## THREE THINGS CHECKLIST

- ♥ Something I'm grateful for
- ♥ Something I'm going to do to make myself feel good
- ♥ Someone I'm going to get in touch with today

ALL RIGHT?

Mental Health Foundation  
mauri tu, mauri epe

GETTING  
THROUGH  
TOGETHER  
WHĀIA E TĀTOU TE PĀE TĀWHITI

