



Alzheimers Manawatu

Marion Kennedy Centre

SUMMER 2022 QUARTERLY NEWSLETTER



A MESSAGE FROM THE MANAGER:

Here we are again.....the end of another year, and hasn't it been an interesting one! Still feeling effects of the pandemic that has impacted us more during 2022 than years prior however, we have made it to yet another Christmas and looking forward with positivity to 2023. Please remember that Christmas can be a tough time for many. Look out for your neighbours, your mates, your family/whanau, your community, your SELF. For MKC members and families, take special care and after a short break we will be back on 9th January 2023 to do it all again!



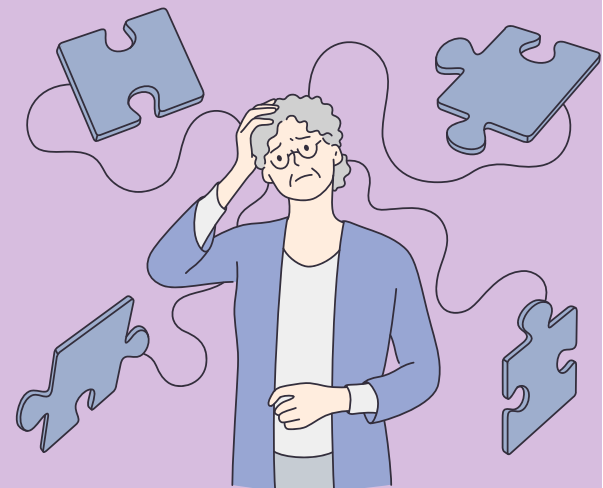
**Please enjoy this final newsletter for 2022, be safe
and be well!!**

**Merry Christmas & Happy New Year
Meri Kirihimete**



10 DEMENTIA WARNING SIGNS TO WATCH FOR

1. Recent memory loss that affects daily life
2. Difficulty performing regular tasks
3. Problems with language
4. Disorientation of time and place
5. Decreased or poor judgment
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood and behaviours
9. Changes in personality
10. Loss of initiative



Gavin challenged himself to cycle the Lake Taupō Challenge on Saturday, 26th November and raised \$2,117 to help install a hearing loop system at the Marion Kennedy Centre.

Hearing loss is a significant global health issue. Around 500 million people worldwide have moderate to profound hearing loss. It affects **1 in 3 older adults** and has debilitating effects on communication, quality of life and well-being.

Reports from the 2017 Lancet Commission on Dementia and the World Health Organization suggest that prevention or treatment of hearing loss could reduce the incidence of dementia, as **hearing loss can increase the risk of developing dementia**. It is important to note that the underlying reasons for the relationship between hearing loss and dementia are yet unknown. It could be partly due to the effects of ageing, with both hearing loss and dementia strongly associated with older age, or people becoming more isolated when they cannot hear and communicate properly.

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

Christmas Word Search

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



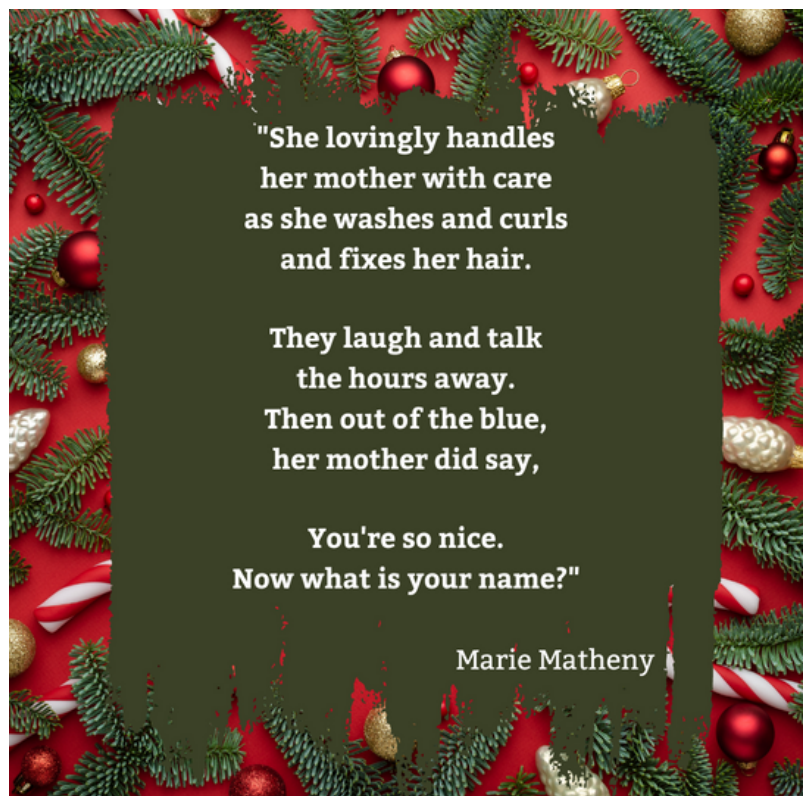
REINDEER
CANDY CANE
ELF
PRESENTS
COOKIES
SLEIGH



SNOWMAN
CHRISTMAS
TREE
SNOWFLAKE
MISTLETOE
SANTA



**Become a Dementia Friend through
Alzheimers New Zealand website!**



"She lovingly handles
her mother with care
as she washes and curls
and fixes her hair.

They laugh and talk
the hours away.
Then out of the blue,
her mother did say,

You're so nice.
Now what is your name?"

Marie Matheny



Tips to Prepare for the Festive Season

For most, Christmas is a magical time to celebrate with family and friends, have lots of delicious food, put up Christmas decorations and exchange gifts. However, people with dementia can have a different perspective and find all the people, noises and routine disruption a little overwhelming. The holidays can also be an **opportunity to observe some early signs of dementia**. If you haven't seen the loved one in a while, you might be able to notice any **differences in behaviour** that can be potential signs. Have a look at **10 warning signs of dementia** on this Newsletter's front page and find **five tips that may help make the holidays a fun time for everyone**.

Changes to routine: Try to keep things **as close to the usual routine as possible** and **plan ahead** for any changes. Consider putting decorations up gradually over a few days, so it doesn't come as a big change. If the person with dementia is taking medication, ensure they have enough for the festive season. **Repeat prescriptions may be difficult during public holidays**.

Keep it simple and familiar: Keep the festive season's activities low-key. It is best to **stick to familiar routines** to help avoid any potential confusion (such as having meals at regular times and in familiar surroundings).

Create a quiet space: Too many guests simultaneously can be **overwhelming**. Consider **spreading out visits** from family and friends over the festive period. If things get busy, designate one room in your house as a **quiet room** where your loved one can relax without loud noise.

Memories and traditions: Use a range of options to **recall festive memories**, things like Christmas scented candles, an old song or a Christmas movie. Find **something fun the person with dementia can take part in**. It might be hanging tinsel, making a photo album or memory box, or wrapping gifts. Bring out the photos, and ask the person with dementia about their happy Christmas memories.

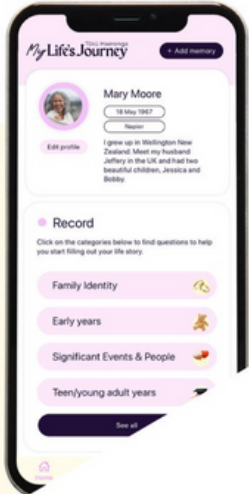
Christmas food and drink: A full plate can be daunting for someone who has difficulty eating. Serve **smaller portions of food**, and also softer for those who have difficulty swallowing. **Avoid having lots of different patterns and decorations at the dinner table**. It is a clever idea to use a plain coloured tablecloth with plates of a different colour to create a contrast. **Simple pre-meal traditions** like saying grace, making a toast, or wishing everyone a happy Christmas before eating can provide a social cue that food is coming.

MERRY
CHRISTMAS

MERI KIRIHIMETE



Record & reflect on the moments that weave together the story of your life with My Life's Journey TŌKU HAERENGA app



The app was founded by Alister Robertson and uses reminiscence therapy to guide users to record and reflect on moments that weave together the story of their life. Alister was diagnosed with early-onset dementia at 60 and participated in a course where people with dementia were encouraged to recall and record special moments in a paper-based format (reminiscence therapy). He recognised the value of reminiscence as a tool not only for people living with dementia but for the wider population and decided to create an app where people could store not only written memories but also upload photos and audio. People can download the app from the Apple store or Google play and find a user guideline at My Life's Journey website (mylifesjourney.co.nz). Download yours today!

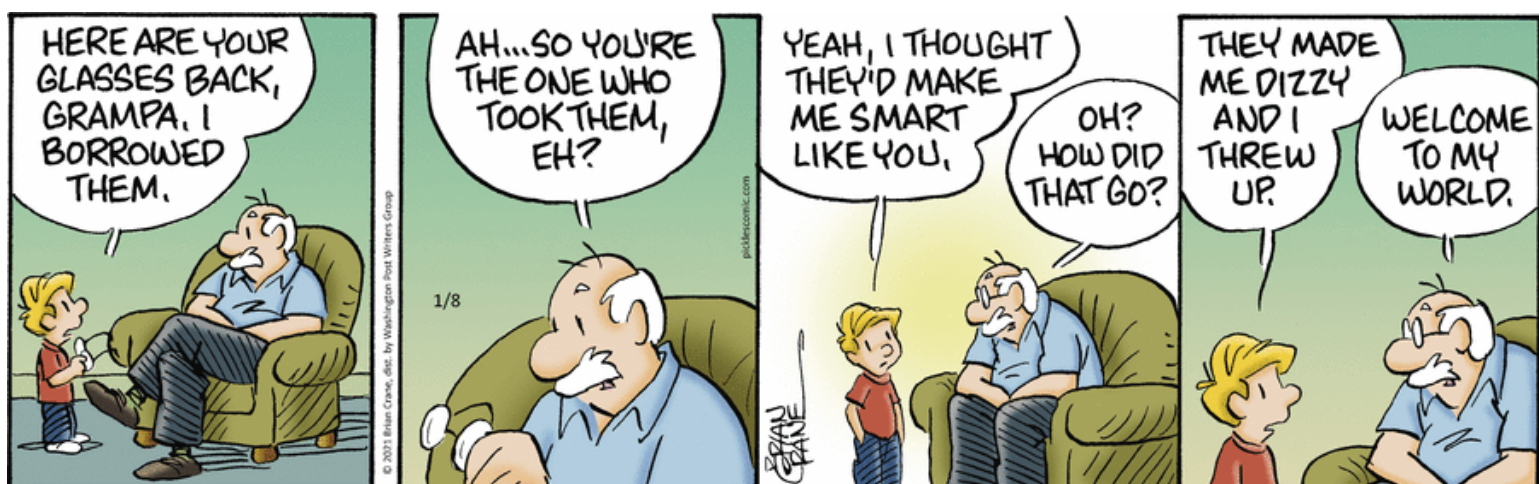
Detective Luka and the Great Memory Mystery

Authored by Renata Hopkins and illustrated by Paul Beavis, the story brings attention to the challenges children face in understanding a dementia diagnosis of a loved one. The plot follows a young boy, Luka, and his grandmother, who often get into trouble because of their forgetfulness. **Four out of five New Zealanders know or have known someone living with dementia** and supporting people, especially young people, on how to live well with a dementia diagnosis in the family is much needed. With each copy purchased, additional copies will be delivered for free to whānau with children beginning their journey of living well with a dementia diagnosis. **Pre-order yours today at Alzheimers New Zealand website.**



Each purchase will gift an additional book to newly diagnosed whānau with children

<https://alzheimers.org.nz/explore/facts-and-figures/>



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."

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 & 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



Maraschino Cherry Shortbread Cookies

Ingredients

1 cup All Purpose Flour
1/3 cup Powdered Sugar
2 1/2 tablespoons Cornstarch
2/3 cup Unsalted Butter (softened)
1/2 teaspoon Vanilla Extract
Pinch Salt
27 Maraschino Cherries

Method

Preheat oven to 350 degrees F.
Put parchment paper in the baking pan and leave aside.

In a medium sized dish combine flour and corn starch. Leave aside.

In a large bowl mix butter and sugar using electric hand mixer at medium speed, until it becomes light and fluffy.

Add vanilla extract and pinch of salt and mix some more.

Add flour and corn starch. Mix at a lower speed for a few minutes to get a fine dough.

Make balls of about 1 inch. Place them in the baking pan. Space cookies about 2 inches apart. Finally, place Maraschino cherry on the top of each ball of dough and press with finger until 2/3 of the cherry is inside the ball.

Bake for 10/12 minutes.

Wait for them to cool down and enjoy!




facebook



Instagram

@alzheimersmanawatu



Thank you to  energy Levin and to all who voted for Alzheimer's Manawatu



DID YOU KNOW?



SuperGold Card carriers may choose to add a photo to their SuperGold Card. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with **three forms of identification** that verify your name and date of birth, plus, evidence of your address. It's a free service for all SuperGold card holders. Your photo will be taken and a new card posted to you - all free of charge.

Dementia Mate Wareware

An Action Plan with the first steps towards improving the lives of people living with dementia Mate Wareware in Aotearoa New Zealand

REDUCE THE INCIDENCE

Reduce dementia mate wareware development and/or slow down progression through interventions focused on modifiable risk factors



SUPPORT THOSE AFFECTED

Improve the lives of those affected by dementia mate wareware by providing a timely, accurate diagnosis and the proper support and assistance



BUILD ACCEPTING AND UNDERSTANDING COMMUNITIES

Increase awareness and break the stigma around dementia mate wareware to remove barriers to inclusion



STRENGTHEN LEADERSHIP AND CAPABILITY

Bring together a complex and fragmented dementia mate wareware sector and provide consistent services and support through collaboration with government agencies



Meet Phil Burt, our new Fundraising and Projects Manager

Phil comes to us with a wealth of knowledge and experience within the fundraising and not-for-profit sectors. For the last six years, Phil was the Business Manager at St Peter's College Palmerston North, including fundraising and event management. Prior to this, he was National Fundraising Manager at the Asthma Foundation for four years and Fundraising Manager at Arohanui Hospice Palmerston North for eight years. Phil is just building a new home in Feilding and has three adult children with three grandchildren.



Welcome to the team, Phil!

2022 Marion Kennedy centre retrospective

COVID-19 was still around in 2022, affecting some of the MKC activities. However, this year had no lockdowns, and it seems like we are learning to live with COVID. We had many fun moments during day programmes, fundraising events, memory walks and more. See some of those great 2022 moments below.



New name tag board at MKC
Palmerston North



Julia Wallace Retirement Village raised money for
Alzheimers Manawatu



Members playing "noodles" (MKC
Levin)



Pub Charity Limited replaced
our old MKC PN chairs



Fielding
members' walk

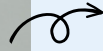


Alzheimers Manawatu got brand new tablets



Happy Feet Dance Group raised \$500
towards our work in the Horowhenua

2022 Marion Kennedy centre retrospective (continued)



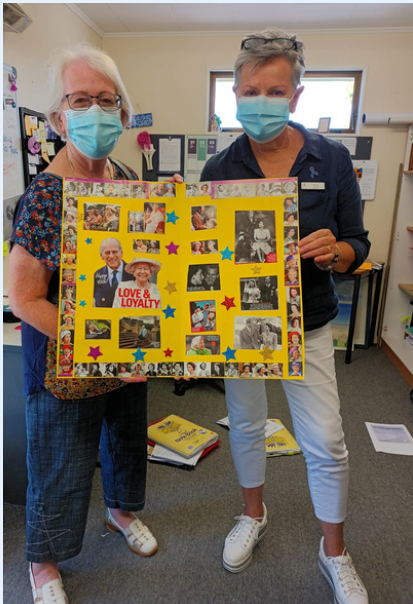
Te Apiti - our new flax art piece from Jude Te Punga Nelson.
The piece represents the Tararua and the Ruahine with the Gorge in the middle and hidden in the flax are windmills.



Memory walk 2022
Palmerston North



Andrea and Liam at the Feilding
Seniors Expo 2022



Members card to the
Queen's Jubilee



Memory walk 2022
Fielding



Gavin's Lake Taupo Challenge



Christmas decoration 2022

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.

Get in touch



Alzheimers Society Manawatu Inc
642 Featherston Street, Palmerston North



06 357 9539



manawatu@alz-man.org.nz



www.alzheimersmanawatu.org



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



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

Alzheimers Society Manawatu and the Marion Kennedy Club will be closed through the Christmas/New Year period from 4 pm on Thursday, 22nd December, until Monday, 9th January. Marion Kennedy Clubs will also resume on Monday, 9th January.

More information will be sent home in the next couple of weeks.

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
FUNDS FOR YOUR
COMMUNITY



LOWCOSTBINS

Horowhenua
DISTRICT COUNCIL