



Alzheimers Manawatū

June 2025 Quarterly Newsletter

A MESSAGE FROM THE MANAGER

The shortest day has been and gone and winter is well and truly here. A timely reminder that winter chills and ills are alive and well as is COVID so please, if you are unwell, stay home and recover. There is always a risk that coming to MKC may spread illness to other members and staff. In recent weeks we said goodbye to Phil who has been with us for the past two and a half years producing the newsletters, applying for grants, organising the movie nights and Memory Walks. We wish him well! Replacing Phil is Abby who will introduce herself later in the newsletter. Abby is also spending time at MKC in Palmerston North on Fridays.

Another cheerio is from me as I leave Alzheimers Manawatu after 5 ½ years at the helm. I will miss everyone and hope to pop back from time to time to check on you all. I will be taking some time off before deciding what to do next.

So, stay cool or warm,

Tracy



“A life saver”:

Praise for MKC clubs and support groups

*One of our dementia advisers
Liam Walsh, pretending to be
Pamela Anderson here, and all our
staff and volunteers are a life
saver, according to our survey
results! Other great feedback:*

**“I can be
myself”**

**Getting out of
the house and
HAVING FUN!”**

**“Fun, empowering
and welcoming”**

**“Increased
confidence**

and self-esteem”

**“The highlight of
the week”**

Members can grab a new read as they need

MKC Palmerston North members have organised a book swap shelf where they can take and leave books.

This could be replicated in other clubs.

One of the Levin respondents to the survey may be keen as they suggested getting in library books.





Palmy pukus are sad

Lois says she is a "plain old baker" but we think she is amazing! We will miss her filling our Palmerston North MKC club with the delightful smells of baking, and our members' and staff's tummy with the tasty treats, that she has done for us every Tuesday for the last five years. We buttered her up with some presents in hopes she may come back, including a tea towel, chocolate and two blocks of butter which is worth its weight in gold at the moment!

Labour MP fills in as baker

MP for Palmerston North, Tangi Utikere, volunteered as a baker at our Palmerston North MKC on July 10 to highlight the importance of volunteers in our community, ahead of National Volunteer Week (July 15 to 21). Alzheimers Manawatu really appreciates our past volunteers like Lois and our current ones, including those who run our Memory Cafes and assist at our MKCs.

**If you want to volunteer
contact Volunteer Central on 06 354 6027
or email: info@volunteercentral.nz.**



**Pani popo
a great way to
celebrate
Samoan
Language
Week**

The Coconut Buns didn't last long!
Recipe on our Facebook page. More photos on page 8.

Carer support groups and memory cafes



July Carer Support Groups Palmerston North

July 2

Dannevirke

July 3

Palmerston North Men

July 4

Feilding

July 7

Levin

July 23

Levin Men

July 25

July Memory Cafés

Woodville

July 9

Palmerston North

July 15

Dannevirke

July 16

Feilding

July 17

Levin

July 18

August Carer Support Groups Palmerston North Men

August 1

Feilding

August 4

Palmerston North

August 6

Dannevirke

August 7

Levin Men

August 22

Levin

August 27

August Memory Cafés

Woodville

August 13

Levin

August 15

Palmerston North

August 19

Dannevirke

August 20

Feilding

August 21

Dementia Advisors

Levin: Liam: 027 600 4408

Manawatu and Horowhenua: Andrea: 027 357 9560

For more information

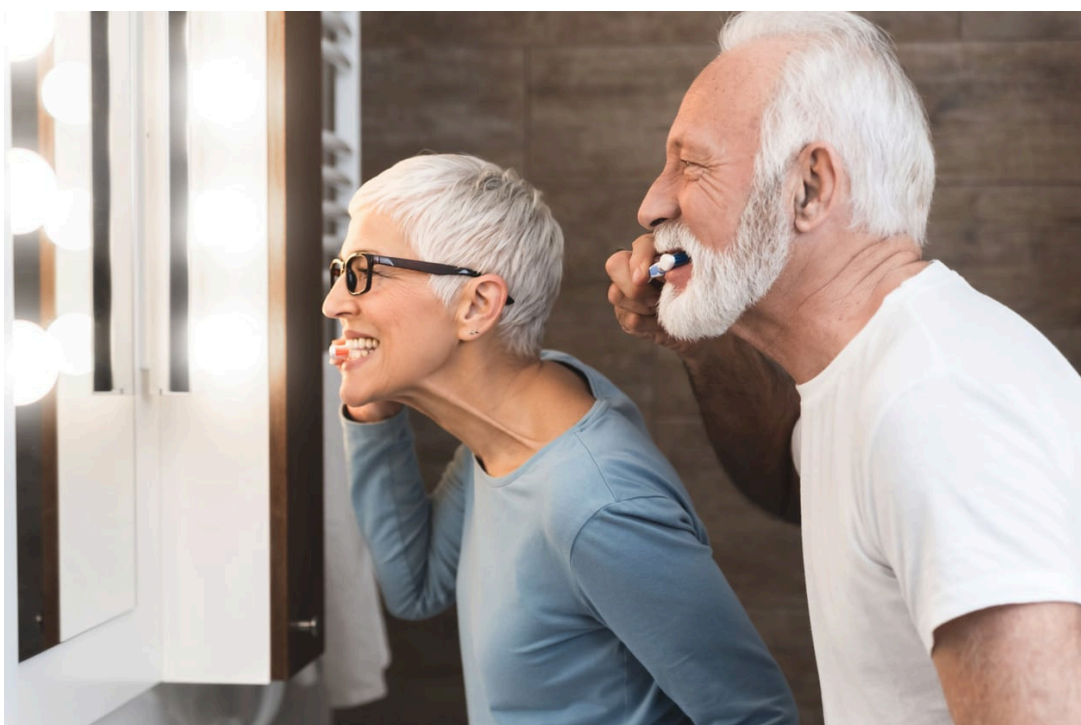
please call 06 357 9539 or email manawatu@alz-man.org.nz.

Our website: alzheimersmanawatu.org

Facebook.com/alzheimersmanawatu

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

Our social media also has reminders about upcoming events
and educational information.



How to help someone with dementia maintain good oral health

People with dementia may forget to brush their teeth.

Signs to look out for include a sore mouth and
struggling to eat.

- ✓ Remind them to brush twice a day.
- ✓ Put up sticky notes to remind them.
- ✓ If they need help doing it then prompt them step by step and guide if needed.
- ✗ Don't use an electric tooth brush as the noise can cause sensory issues.

New face to replace Phil Burt



Abby Brown has joined the Palmerston North office as the new Grants and Projects Manager, replacing Phil Burt.

We thank Phil for his two 1/2 years of hard work and hope him and his wife have a lovely time living in Christchurch, where they are closer to family. Abby has experience working with people with dementia as she has been working in rest homes as an activity assistant and will use that experience to fill in at the MKC clubs as needed.

The former journalist also has experience in marketing so will use all of those skills to help tell Alzheimers Manawatu's story.

**Thank you
Dannevirke
Community Board**
They have given us
\$510 which may go
towards the
Dannevirke
Memory Walk.

PALMERSTON NORTH

Tuesday 23th Sep

LEVIN

Wednesday 24th Sep

DANNEVIRKE

Thursday 25th Sep

FEILDING

Friday 26th Sep

Memory Walks happening again

These awareness walks take place in
September because it is
Alzheimers Awareness Month.

Memory Walk coming back to the centre of Levin

Thanks to the
Medieval Market
Commitee in Levin
who gave us \$1250
which will go
towards traffic
management.



Wonderful wordfind

Being married increases risk of dementia

A recent study at Florida State University analyzed over 24,000 Americans and found unmarried individuals exhibited a lower risk of developing dementia compared to their married counterparts.

If you are married, then there is good news though:

Married individuals may be diagnosed with dementia earlier because spouses notice memory problems and encourage medical visits so don't go signing the divorce papers yet!



A WONDERFUL MARRIAGE WORD SEARCH PUZZLE

ACCEPT
ADAPT
ADJUST
AGREE
APPRECIATE
CHANGE
COMMIT
DISCUSS
EMBRACE
ENJOY
HUGS
HUSBAND
JOKES
KISS
LAUGH
LEARN
LISTEN
LOVE
POSITIVE
RELATE
RELAX
RESPECT
SHARE
SMILE
TALK
TRUST
UNDERSTAND
WIFE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.





Alzheimers Manawatu

Marion Kennedy Clubs
are **searching for champions**
to make **monthly donations** of their choice.

We would also love to welcome
more family members (\$35/year),
corporate members (\$100/year) and
life members (\$200 one off).

Contact us on 06 357 9539 or manawatu@alz-man.org.nz

Your financial support keeps us democratic and helps bridge funding gaps

Being a
club member
doesn't mean you
are a financial
member.

**Financial members are integral to
Alzheimers Manawatu as they help us retain
our Incorporated Society status**

This status makes Alzheimers Manawatu more democratic because financial members have the chance to vote each year at the AGM. This gives you a say about the leadership and the direction of the society. There is opportunity for diversity and new voices on the committee each year.

**Your financial support also helps us
continue our great work across the
Manawatu, Horowhenua and Taranaki regions**
Alzheimers Manawatu does get some funding through a Ministry of Health contract and benefits from grants, your financial donations also bridge gaps.

We encourage you and your family to become financial members of Alzheimers Manawatu. As a not-for-profit organisation we appreciate your membership subscriptions as they are an essential part of support for our services.

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.

More ways to help us:

Move for Dementia

Move for
dementia



This also takes place in September.
Move for Dementia is a fundraiser for
Alzheimers New Zealand and those funds
will be divided between the 13 Alzheimers
organisations,
including ours.

Annual General Meeting happening in August

Everyone is welcome to attend the AGM on
August 27 from 4.30pm
at the Palmerston North MKC on Elliot St.

Give us a shout if you are sick

All clubs and support groups:

if you are experiencing cold/flu or COVID
symptoms please stay at home.

Club members:

please let us know before 8.30am if you are not
attending club.



**Dementia
Friends**

NGĀ POU WHIRINAKI MATE WAREWARE



We have made it easier for you to become a Dementia Friend and givealittle

All the information is now on our website
- alzheimersmanawatu.org - under Dementia Friends.
You can also donate via givealittle via our website.

We also celebrated Samoan Language Week with colourful shirts



Thanks funders and supporters

Thank you NZCT

\$12,000 towards dementia advisor wages

Thank you BlueSky

they recently gave us \$2000

Thank you Catholic Charities Allocation Group

\$1000 to help fund WanderSearch

Thank you Alzheimers NZ

The national donor program gave us \$28,000



Alzheimers New Zealand