



DAY PROGRAMME'S A LIFELINE FOR LOCAL WHĀNAU WITH DEMENTIA MATE WAREWARE

Day programmes – like those offered at Alzheimers Manawatu – make a ‘huge difference’ for people living with dementia mate wareware, according to the people who attend.

The service has four clubs around the region (including the Marion Kennedy Centre (MKC) in Palmerston North) which are attended by about 200 people (pictured above).

Each day is different but follows a similar structure. Embodied by a different theme each day, people arrive for a morning tea, followed by a range of Cognitive Stimulation Therapy (CST) activities, gentle exercises, lunch and then more activities in the afternoon.

At the Marion Kennedy Centre, some of the people who attend the day programme shared the difference attending – from once a week, up to three days –

makes in their day-to-day life. One person has been attending for the last eight years.

We asked them a few questions about the programme and the impact it has on their life and here's what they had to say.

What's the best thing about coming to the day programme?

"Waking my brain up is really fantastic. If I wasn't here I'd just be at home watching Netflix."

"Meeting new people, some with the same condition."

"You can get knowledge of what's going on through your head and you can figure it out."

"Being here is the best thing for me, at least it's given me some sanity."

"It doesn't matter if you muck things up, as long as you give things a go."



The Alzheimers Manawatu team from left Day Programme Co-ordinators Rona Turqueza, Angie Bradshaw and Barbie Knox. Manager Tracy Lynn is second from right

"It's something I never would've thought about before, but it makes a huge difference."

The attendees have varying levels of independence and a few of them still drive. However, the diagnosis came as a shock to many.

"My first reaction is that I was really frightened. I worked in that field for about 20 years – I knew what was coming up. Even now when I think about it too much... I don't enjoy looking to the future, I'm still worried about it."

"Most people, when you mention the word Alzheimers, they think you're off your rocker."

"It's not the end of the world – I thought it was."

And what were the final thoughts on the day programme?

"I'd like more days, thank you very much – two is not enough. I'm panting like a dog to get here."

"This is where I've been coming, the best thing that's happened."

"I love it. It keeps my mind ticking over and keeps me active."

"It's the best place you could be."

There is one staff member for each six people who attend, and they're all Diversional Therapists, or studying towards the qualification.

People may join for the whole or part of the day, and which group people are in depends on their interests and background, and which stage of the journey they are in. People also need to be physically independent.

Manager Tracy Lynn often invites people who are making referrals or funding the different services to come in to see firsthand the impact the service has.

"The people who come here think it's amazing and they often want to stay. There are some people who don't know what we do at MKC – but it's important that everyone and anyone can see what we do," she says. "You can see the difference it makes."

Some of the funding is provided by Health New Zealand, but like any local charitable service, there is still plenty of work to do to make up the difference.

Despite Covid-19, the second self-funded building was finished in 2020 and a hearing loop was installed last year. Memory Cafes and carer support groups remain popular – with two men-only groups starting up.

Alongside the Dementia Advisors, Liam Walsh and Andrea Hodgetts, the Day Programme Co-ordinators are the glue that hold the service together. Barbie Knox, Rona Turqueza and Angie Bradshaw have the privilege of this role.

The team meticulously works through referrals and other paperwork to ensure people are in the best place for them, as well as working with whānau when any changes are noticed or needed.

"At the end of the day it's fulfilling if you see them happy, and when they say thank you and it's nice to see you again," says Barbie.

"We have some amazing people. They've got some stories they can tell you."

■ If you or anybody you know needs more support reach out to your local Alzheimers or dementia service.

Calling all volunteers!

Would you like to volunteer at Alzheimers Manawatu day programmes 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 06 357 9539 ext 202.

Hoda Fahmy awarded Health Research Council Fellowship for Dementia Research



Dementia New Zealand is proud to celebrate Hoda Fahmy's recent achievement in being awarded the Health Research Council of New Zealand Clinical Research Training Fellowship. This funding will support her PhD research at the University of Auckland, focused on the patterns and predictors of opioid use in adults living with dementia | mate wareware.

This research marks the first nationwide study of its kind in Aotearoa and will examine opioid medication use across both young-onset dementia (under 65) and late-onset dementia (65 and over). By using national

health datasets, Hoda aims to identify prescribing trends and better understand which groups are more likely to be prescribed opioids.

The study will also address an important concern: people with dementia | mate wareware are particularly vulnerable to opioid-related side effects, such as drowsiness, cognitive changes, and constipation.

As Hoda explains, "Although opioids often come with a lot of stigma and negative perceptions, the key lies in their appropriate use and vigilant monitoring. Some people do need opioids, but there are concerns about persistent use if they're not needed."

Hoda's research will also explore how prescribing policies in aged residential care compare to local and international guidelines, contributing to safer prescribing practices for New Zealanders living with dementia.

Cathy Cooney, CE of Dementia New Zealand, says: "We are delighted to see Hoda's important research recognised and supported by the Health Research Council. It has the potential to deliver practical insights that improve care outcomes for people living with dementia and their whānau."

Hoda's work highlights the importance of understanding pain management for those living with dementia, particularly for Māori, who are more likely to live with dementia at a younger age and experience higher rates of opioid prescribing.

We are proud to have supported Hoda's application and look forward to following the progress of her research. Ngā mihi nui, Hoda, and congratulations on this well-deserved recognition.

Lewy Body is thought to account for 10-15% of all dementias. It includes 2 sub-types:

- Dementia with Lewy Bodies: when someone experiences cognitive changes either before or at the same time as Parkinson's symptoms and
- Parkinson's Dementia: where someone has an established diagnosis of Parkinson's but then may go on to develop cognitive changes. (Please note that not everyone with Parkinson's disease will develop dementia).

Lewy Body Dementia is caused by abnormal clumps of protein which gather inside the brain cells, and these are called Lewy Bodies.

Someone with Lewy Body Dementia may experience any of the following: recurring visual hallucinations, sleep disturbance, slow movement or difficulty with walking, fluctuations in attention and concentration, tremor on movement, problems with balance or be prone to falls. Memory may be less affected in the early stages than with other types of dementia mate wareware, but people may be more at risk of mood and behaviour changes. If you notice signs of Lewy Body Dementia, it's important that you contact your GP.

Dates to remember!

DAYLIGHT SAVING ENDS
6 APRIL 2025



EASTER GOOD FRIDAY 18 APRIL
EASTER SUNDAY 20 APRIL



MOTHER'S DAY SUNDAY 11 MAY



DRIVING AND DEMENTIA

How does dementia affect driving?

A diagnosis of dementia is not in itself a reason to stop driving. One in three people with dementia still drives. The most important thing is whether the person can still drive safely. Dementia may affect their ability to do this.

Driving may feel easy and natural for people who drive often or have been driving for many years. However, it is a complex task that involves quick thinking as well as sensory (vision, hearing) and manual skills.

A safe driver must use a range of mental abilities including:

- focus and attention – to switch between different driving tasks while 'reading' the road
- visuospatial skills – to keep the right speed, distance and road position
- problem-solving skills – to deal with any challenges on the road, such as diversions or obstacles
- judgement and decision-making – for example, to understand and prepare for the actions of other road users
- reaction skills – to act quickly to avoid an accident
- memory – for example, to remember a route.

Being patient and calm also helps people to drive more safely.

As dementia gets worse, it affects these skills even more. This means everyone with dementia will



eventually be unable to drive safely. How quickly this happens varies from person to person.

Most drivers with Alzheimer's disease will need to stop driving in the middle stage of dementia. Some types of dementia have certain early symptoms that mean an end to driving might be sooner.

For example, visual hallucinations are common in dementia with Lewy bodies and impulsive behaviour is common in frontotemporal dementia.

Other health conditions that affect driving

Many people with dementia have other health conditions that may also affect their driving.

Problems with vision and hearing are common in older people, as is arthritis. If this affects a person's neck, it may reduce their head-turning ability. This can make manoeuvres like pulling out into moving traffic much harder.

Some older people also have weaker muscles which can make physical tasks like steering or braking difficult.

Certain medications may also affect a person's driving – such as medicines taken to help a person to sleep or some medicines for depression. If the person needs to inform their driver licensing agency about taking these medications, the doctor will advise them of this.



PALMY
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COMMUNITY MORNING TEA

Every Thursday morning at Awapuni Library
10am-11am.
Join in for a friendly cuppa, bikkies and a chat.
All welcome!

St. Patrick's Day Celebrations



Liam Walsh
our very own
Dementia
Advisor and
part time
leprechaun
celebrating
Saint Patrick's
Day last week
including a trip
to New World
Foxton.

ABOUT DEMENTIA & MEMORY LOSS Q&A

Does my mother or father have dementia? Does my neighbour have it? Who can I talk to?

Do I have dementia? Does my husband/wife have it? How do I find out?

What is the difference between dementia and Alzheimer's?

What do I need to know?

Referral/Respite/Carer Support/Assessment/EPOA/Diagnosis.

Is there a test for memory loss?

Are you a GP or anyone that may want to know what we do at the Marion Kennedy Centre and what services we provide at Alzheimers Manawatu?

Do you need these, and other questions answered?

Alzheimers Manawatu and the Marion Kennedy Centre are hosting a Q&A information session in Levin at the Freemasons Hall, Cnr Power & Parker streets, Levin on Tuesday 15th April, 2025 from 2-4pm. Please RSVP by 11th April to manawatu@alz-man.org.nz or phone 06 357 9539 ext 202

All are welcome!

Tuesday Chat Group

In April we celebrate one year of the Tuesday Chat Group at MKC Palmerston North.

The Chats Group was established for those people not quite ready for the larger group or a full day at MKC.

A number of people have progressed to the full day at MKC which is great. Happy anniversary Sonja, Logan and the group!!



Manawatu
Marion Kennedy Centre

DONATIONS MADE TO ALZHEIMERS MANAWATU

Our sincere gratitude to all who have made donations to Alzheimers Manawatu during this past year. Your donations assist us to provide advice, support and information to an ever-increasing number of families living with dementia in the Manawatu, Tararua, Horowhenua and Otaki areas.

Remember you can claim a tax credit from Inland Revenue (using form IR526) at the end of a tax year if during that year you

- Made a donation of \$5.00 or more to Alzheimers Manawatu
- are a NZ tax resident
- received taxable income.
- provide a valid receipt (which we will send to you if you make a donation)

The total claim in any year cannot exceed an individual's taxable income. The claim is limited to the lesser of 33.3% of an individual's taxable income or total donations made

Thank you to all those who support us!

DONATIONS IN LIEU OF FLOWERS

Thank you to all the families who have requested donations to Alzheimers Manawatu be made in lieu of flowers in memory of a loved one's passing. These donations help us to continue giving support, information and education to those families who are caring for someone living with dementia.

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

HE TAONGA TE PŪMAHARA MEMORY MATTERS



PALMY
CITY
LIBRARY

Resources and services for people with dementia, their caregivers and their whānau.

Memory Matters was developed in consultation with groups across the country, as well as local organisations like Alzheimers Manawatu.

Explore the Memory Matters collection that includes a range of items specially selected to help stimulate memories, increase connection and improve wellbeing.

Resources for borrowing include books about dementia and books aimed at adults with varying levels of memory loss; jigsaw puzzles; music players; fidget widets; games; activity boards; aquapaints and more. Also on offer (subject to availability) are a large print collection, visits to rest homes and groups tailored to peoples' different interests; tech experiences using robots, apps, and virtual reality; dementia-friendly book groups.



HOME SERVICE

You can be eligible for the home service if you are physically unable to visit your library.

Are you confined to home due to illness, disability or limited mobility and have no-one to select books for you?

Once a month one of our volunteers, or a nominated family member, will collect, deliver and return your books and other borrowed items.

You have extended borrowing periods. Charges only apply for lost or damaged items.

Palmy City Library offer advice and help to set up eBooks and eAudiobooks on your own devices.

The following items are available for borrowing: Books (standard or large print), audiobooks, DVDs and Music CDs, Jigsaw puzzles, eBooks and eAudiobooks and more!

RECIPE

Hot Cross Buns

Buns

650g Edmonds High Grade Flour
70g Chelsea brown sugar
1 packet Edmonds Instant Dry Yeast
375ml Meadow Fresh milk
1 egg, lightly beaten
100g butter, softened
1 tsp salt
1 Tbsp cinnamon
1 Tbsp mixed spice
2 tsp nutmeg
pinch cloves
2 tsp ground ginger
125g currants
100g mixed peel

Cross Paste

$\frac{1}{3}$ cup Edmonds Self Raising Flour
 $\frac{1}{4}$ cup water

Sugar Syrup

3 tablespoons Chelsea caster sugar
2 tablespoons water

Method

Combine the flour, sugar, and instant yeast in the bowl of an electric mixer (or a bowl if making by hand). Add the milk, egg and butter and knead on low for 10 minutes. Add the salt and spices, knead until smooth and elastic (around 5 minutes). Put into an oiled bowl. Cover and leave until doubled in size, approx 1.5 hours. On a clean floured bench knead in the currants and mixed peel. Divide the mix into 12 (approximately 120g in weight) and shape into even round buns. Place on a lined baking tray and leave until doubled in size (around 30 minutes). Make the cross paste by mixing together the self raising flour and water and putting into a piping bag. Make the sugar syrup by bringing the sugar and water to a boil and ensuring the sugar has dissolved, either in a microwave or in a saucepan. Preheat the oven to 190°C. Using a sharp knife, score the buns with crosses. Pipe the paste mix onto the buns and bake for 25-30 minutes. Allow to cool for 5 minutes, then brush the tops with the sugar syrup.



Best Care Whakapai Hauora

Andrea, dementia adviser, and Tracy, manager, at the Pop Up Hauora Morning on Friday 14th March.

Dannevirke Host Lions Club Expo '25

Andrea and Tracy, the dream team again, at Expo '25 in Dannevirke on Saturday 15th March.



Tell Your Story

Everyone has a story to tell.

Whether you have lived a jet-setting, international life full of adventure and wild experiences, or have spent your entire existence in the same small New Zealand town, you have a story that is uniquely yours - and if it isn't documented it will be largely lost within two generations. Not only is your story interesting to your loved ones you also hold valuable information about those who have gone before you.

Reading the story of an older family member brings joy, laughter and sometimes tears. But it does more than entertain - it offers an anchor to the past, creating familial bonds that provide a sense of belonging, an understanding of who we are and where we are from.

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www.tystory.co.nz

Get in touch



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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.

Memberships now due for 2025-2026

Membership subscriptions are now due for the membership period 1st April 2025 - 31st March 2026.

Your annual subscription of \$35 helps us to continue our work in the region. We appreciate your support!

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 admin@alz-man.org.nz or call us on 06 357 9539 ext 206.

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

Thanks to our SUPPORTERS



Thanks to our GENEROUS FUNDERS



Alzheimers New Zealand



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