



# Alzheimers Manawatu

Marion Kennedy Centre

## WINTER 2022 QUARTERLY NEWSLETTER

### Alzheimer's Society Manawatu **BOARD OPPORTUNITIES**

To ensure Alzheimers Society Manawatu's future is bright we are looking for new people to join our board in a voluntary capacity to inject fresh energy, skills and bring new ideas.

The current five board members have a good mix of clinical and business acumen which we would like to build on. Meeting monthly, usually on the last Wednesday of the month for 1-1.5 hours, board papers are taken as read, with Q&A as part of the meetings. There are no committees or fundraising requirements..... unless you feel inclined!

More information can be provided, just ask! Contact Tracy Lynn (Manager)  
manawatu@alz-man.org.nz or 06 357 9539 ext 202

### Covid Update

Now that the country is in the Orange setting, Alzheimers Manawatu has reviewed its delivery of services in line with the Orange requirements. All our services can now operate in person with adherence to public health measures based on 1 metre distancing OR appropriate levels of PPE.

Mask wearing and 1 metre social distance is mandatory for staff and clients for all our services offered.



Have you seen the new mural on Bowen Street in Feilding?

Our members went for a walk to take a look!

Amazing work by NZ artist Swiftmantis

Alzheimers Society Manawatu relies on grants from various funders to keep our services running.

Thanks to the below for their recent grants towards salaries and replacement laptops for our Dementia Advisors and Club Coordinators. We couldn't do what we do without this generous support from local funders.



**AOTEAROA  
GAMING  
TRUST**



**MAINLAND  
FOUNDATION**

## 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.

#### **Feilding**

Third Wednesday each month

#### **Levin**

Third Friday each month

#### **Dannevirke**

Third Wednesday each month

#### **Woodville**

Second Wednesday each month

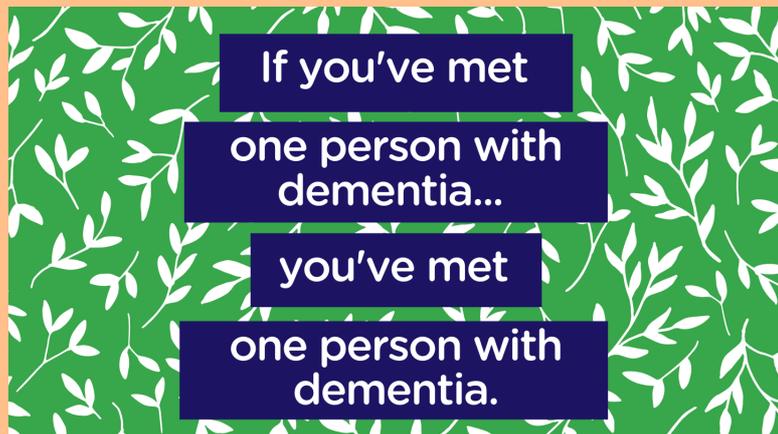
Please note that the Palmerston North Memory Cafe is currently on hold due to low numbers. If you are interested, please give us a call.

Please call 06 357 9539 or email [manawatu@alz-man.org.nz](mailto:manawatu@alz-man.org.nz) for more details

## Some valuable wisdom for today

No two people will experience dementia in the same way. Every person with dementia is unique, and will require different levels of care, support and communication.

No one should be defined by their condition and it's important to treat everyone living with dementia as an individual.



## Winter Wordfind



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

WOOLLY HAT  
FREEZING  
COLD  
ICE  
SNOWING

SNOWMAN  
WINDY  
MITTENS  
COATS  
DARK

GLOVES  
FIREPLACE  
FROST  
BLANKETS



Check out the new name tag board installed by Graham Slater from the Menzshed.  
Tested and approved by Pat!

# Banana Bread



## Ingredients

- 2 to 3 medium very ripe bananas, peeled (about 1 1/4 to 1 1/2 cups mashed)
- 1/3 cup (76g) butter, unsalted or salted, melted
- 1/2 teaspoon baking soda (not baking powder)
- 1 pinch salt
- 3/4 cup (150g) sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups (205g) all-purpose flour

## Method

### Preheat the oven and prepare the pan:

Preheat the oven to 175°C, and butter an 8x4" loaf pan.

### Mash the bananas and add the butter:

In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.

### Mix in the remaining ingredients:

Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.

### Bake the bread:

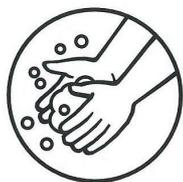
Pour the batter into your prepared loaf pan. Bake for 55 to 65 minutes at 175°C, or until a toothpick or wooden skewer inserted into the center comes out clean. A few dry crumbs are okay; streaks of wet batter are not. If the outside of the loaf is browned but the center is still wet, loosely tent the loaf with foil and continue baking until the loaf is fully baked.

### Cool and serve:

Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving. Slice and serve. (A bread knife helps to make slices that aren't crumbly.)

Wrapped well, the banana bread will keep at room temperature for 4 days. For longer storage, refrigerate the loaf up to 5 days, or freeze it.

# Protect yourself and others from COVID-19



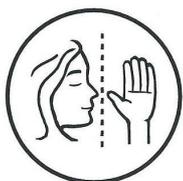
Wash your hands with soap and water often (for at least 20 seconds). Then dry.



Cough or sneeze into your elbow or by covering your mouth and nose with tissues.



Clean and disinfect frequently touched surfaces and objects, such as doorknobs.



Don't touch your eyes, nose or mouth if your hands are not clean.



Put used tissues in the bin or a bag immediately.



Stay home if you feel unwell.

For updates and more information on keeping yourself safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

Unite  
against  
COVID-19

# 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.

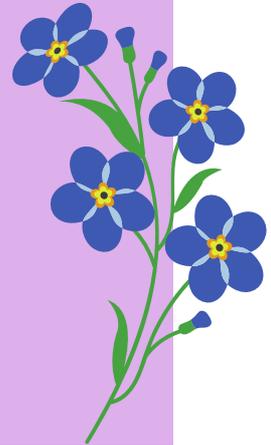
## WHERE CAN I GO FOR MORE INFORMATION?

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](http://www.communitylaw.org.nz)

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

# Alzheimers Society Manawatu Wishlist

- Butter
- Cheese (Tasty)
- Eggs
- Lemonade
- Fruit Juice
- Sugar
- Flour
- Brown Sugar
- Icing Sugar
- Cake Mixes
- Cooking Oil Spray
- Canned Fruit
- Sweetened Condensed Milk
- Chippies
- Milo
- Coffee
- Tea Bags
- Biscuits
- Tomato Sauce
- Petrol Vouchers
- Supermarket Vouchers



**Please note that we cannot accept expired items**

We've created a Wish List made up of items we use everyday for our Marion Kennedy Club members.

By donating Wish List items, you'll help us reduce our costs so that we are able to continue to provide support and care for those living with dementia in our communities.

If you're able to help with something on our list, we'd really appreciate it. Items can be dropped off to our office at 642 Featherston Street, Palmerston North.

“Don't look at your feet to see if you are doing it right. Just dance.”  
—Anne Lamott



## Protect yourself and your whānau this winter

If you're 65+, or 55 and over and Māori or Pacific, it's time to get your **FREE** flu jab



My Younger Days  
When I was in my younger days,  
I weighed a few pounds less,  
I needn't hold my tummy in  
to wear a belted dress.  
But now that I am older,  
I've set my body free;  
There's comfort of elastic  
Where once my waist would be.  
inventor of those high-heeled shoes  
My feet have not forgiven;  
I have to wear a nine now,  
But I used to wear a seven.  
And how about those pantyhose-  
They're sized by weight, you see.  
So how come when I put them on,  
The crotch is at my knees?  
need to wear these glasses  
As the prints were getting smaller;  
And it wasn't very long ago  
I know that I was taller.  
hough my hair has turned to silver  
and my skin no longer fits,  
On the inside, I'm the same old me,  
Just the outside's changed a bit.

# 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



Dementia mate wareware is a global health priority. The increase in life expectancy and incidence of these devastating diseases ask for better, more organised, and collaborative actions.

Alongside the World Health Organization (WHO) action plan, this New Zealand Aotearoa action plan can immensely contribute to improvements in the lives of those living with Dementia mate wareware and their care partners, family and whānau, the primary care workforce, community groups, home support providers, residential care, health professionals, secondary care and specialist services, Health New Zealand/Māori Health Authority management, educators, researchers, policymakers and government.

This action plan outlines the four most urgent areas of action. It is the starting point for future plans supported by governmental agencies to create a system-wide, integrated and nationally consistent suite of services that improves the quality of life of people living with dementia mate wareware and reduces the impact of dementia mate wareware on the health system and economy.

“This plan has been developed on behalf of and with input and support from the wider sector by a small group of dementia mate wareware NGOs, the Mate Wareware Advisory Rōpū, clinicians, academics, and providers to drive the changes needed to address this challenge and improve the health, independence, and quality of life of people living with dementia mate wareware in a sustainable way.”



Here's some of our Levin MKC members having fun playing a game called 'Noodles'

Played in teams where the object is not to let the balloon touch the ground and to not let it go behind you, this is a favourite of our members and can get quite competitive!



We were lucky enough to receive a donation from the Inner Wheel Club in Palmerston North recently and were able to purchase some new activities for our members.

Thanks Inner Wheel! Your donation is very much appreciated.



# SAVE THE DATE



**SEPTEMBER  
2022**

Our vision:  
Towards a world without dementia  
Kia mate wareware kore te ao

Our mission:  
A dementia friendly New Zealand  
Aotearoa, he aro nui ki te hunga mate  
wareware



**It  
only takes  
one  
person  
to  
make  
a  
difference**

## **PALMERSTON NORTH**

Tuesday 6th September

Meet in The Square at 11am all dressed in purple and walk to Te Manawa for a fun, family event. Light snacks and refreshments will be available as well as an entertainer and information on dementia.

## **LEVIN**

Wednesday 7th September

Meet at the Adventure Park at 11am all dressed in purple and walk to Te Takere for a fun, family event. A sausage sizzle and refreshments will be available as well as an entertainer and information on dementia.

## **DANNEVIRKE**

Thursday 8th September

Meet at the The Hub at 11am all dressed in purple and walk around the block for a fun, family event. Light snacks and refreshments will be available as well as an entertainer and information on dementia.

## **FEILDING**

Friday 9th September

Meet at the War Memorial at 11am all dressed in purple and walk to the Civic Centre for a fun, family event. A sausage sizzle and refreshments will be available as well as an entertainer and information on dementia.



# **Alzheimers Manawatu**

Marion Kennedy Centre

# 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.

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

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

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## 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 in the current traffic light settings. 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](http://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

