



# Alzheimers Manawatu

Marion Kennedy Centre

## AUTUMN 2022 QUARTERLY NEWSLETTER



Alzheimer's Society Manawatu is committed to ongoing support throughout this challenging time.

The Marion Kennedy Clubs, Carer Support Groups, Memory Cafes and home visits continue across the region. There have been changes in regard to MKC hours for members however we hope things may return to normal soon.

We will do our utmost to keep everyone informed in a timely manner, in the meantime if you have any concerns or questions, please call 06 357 9539.

### EFTPOS available!

You can now come in to the main office at 642 Featherston Street Monday-Friday between 8-4pm to use EFTPOS to pay your membership or to make a donation.

## Isolation Pack

**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.



## Memberships now due for 2022-2023

Membership subscriptions are now due for the membership period 1st April 2022 - 31st March 2023. 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 [manawatu@alz-man.org.nz](mailto:manawatu@alz-man.org.nz) or call us on 06 357 9539.

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

# Alzheimers Society Manawatu (ASM)

We're well into 2022 now and the team at Alzheimers Society Manawatu has decided that this year we will be spending some time focusing our efforts on young onset dementia and how we can better serve those in our community who are living with a young onset diagnosis.

Dementia is often thought of as an older person's disease. In fact, between 5 and 10% of all people with dementia are under the age of 65. It is estimated that more than 5,000 people in New Zealand have younger onset dementia.

Young onset is often faster progressing and although younger people experience similar symptoms to older people with dementia, due to their age the impact on their lives and family is significantly different.

There are a lot of issues unique to this diagnosis. This can often lead to finding local support groups aren't suitable and can lead to people feeling isolated and alone in their experience. It is important for those living with young onset to have access to information and advice that is specific to them.

If you'd like to talk with us about your or a loved ones young onset dementia diagnosis, please give us a call on 06 357 9539 or email [manawatu@alz-man.org.nz](mailto:manawatu@alz-man.org.nz)

## A focus on Young Onset Dementia

### What is 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.



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



Alzheimers Society  
Manawatu



@alzheimersmanawatu



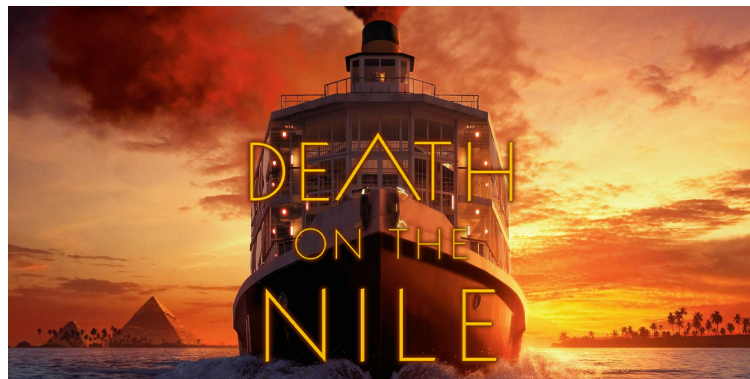
# Alzheimers *Manawatu*

Marion Kennedy Centre

# Do Not Ask Me to Remember

Do Not Ask Me to Remember  
Do not ask me to remember,  
Don't try to make me understand,  
Let me rest and know you're with me,  
Kiss my cheek and hold my hand.  
I'm confused beyond your concept,  
I am sad and sick and lost.  
All I know is that I need you  
To be with me at all cost.  
Do not lose your patience with me,  
Do not scold or curse or cry.  
I can't help the way I'm acting,  
Can't be different though I try.  
Just remember that I need you,  
That the best of me is gone,  
Please don't fail to stand beside me,  
Love me 'til my life is done.

Owen Darnell



Thank you to everyone who came along to our fundraising movie nights in Feilding, Levin and Palmerston North. We'll be looking at doing this again later in the year so keep an eye out!



## Men's Carer Support Group

Alzheimers Society Manawatu has now formed a Carer Support Group specifically for men who may be supporting a spouse/parent or other person living with dementia. Come along to 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 for more details.

## Going Digital Project

It was apparent after the Covid-19 lockdowns that people living with dementia, including carers and families had been impacted significantly as there was little to no respite available during those times.

Post Covid-19 surveys, anecdotal and verbal feedback from carers and people with dementia showed the impact of not being able to access Alzheimers Society Manawatu day programs during lockdown.

This really highlighted the need for innovation in this sector to ensure the needs of this growing group of people is catered for going forward. We have been successful in applying for a grant from Lotteries to help us work towards improving in this area.

We've already created a new website and will be looking to slowly introduce technology into some of the club days. We'll be looking into introducing the option of Zoom for Carers to join our support groups if they are unable to make it and we'll be sending out newsletters and information via email though the option for printed copies will remain available.

If you have any questions, concerns or suggestions, please give us a call on 06 357 9539 or email [manawatu@alz-man.org.nz](mailto:manawatu@alz-man.org.nz)

## 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**

First Wednesday each month  
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

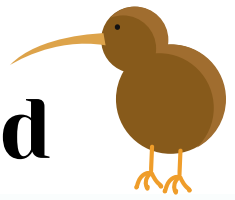
#### **Pahiatua**

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

# New Zealand



O V G O N P A C B F W E D W T N Z M B U W L V M  
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WELLINGTON  
KAKAPO  
PENGUINS  
CANTERBURY  
KARORI

POSSUM  
STEWART ISLAND  
MOUNTAINS  
AUCKLAND ZOO  
SHEEP  
KEA  
MAORI

FOREST  
FIORDLAND  
KELP  
TUI  
MOA  
KIWI  
TASMAN SEA



## Dementia Friends

NGĀ POU WHIRINAKI MATE WAREWARE

Are you a Dementia Friend yet?

A Dementia Friend learns about dementia and simple ways to help. Being a Dementia Friend doesn't have to take lots of your time – helping can be as simple as being kind and helpful to people during your day, thinking about how you communicate or dropping round for a cuppa and a chat with someone living with dementia. Simple, small actions really do help!

Become a dementia friend by going online to:  
[demfriendsnz.firebaseio.com/#/home](https://demfriendsnz.firebaseio.com/#/home)

We were very lucky to receive a grant from Pub Charity Limited to replace our old chairs for the members of the Palmerston North Marion Kennedy Club.

They have been so well received by our members and staff.  
Thanks Pub Charity!



## Three Minute Fudge

Ingredients:

- 2 cups semi-sweet chocolate chips
- 1 can of condensed milk sweetened
- 1 tsp of vanilla extract



Recipe:

Pour chocolate chips and condensed milk into a microwave safe bowl, microwave for 1 minute.

Stir together until melted (may need another 30 seconds in the microwave). Stir in the vanilla extract.

Pour into a pan and set in refrigerator until hard (about 1-2 hours).

LIFE IS LIKE LOOKING FOR YOUR PHONE.  
MOST OF THE TIME, IT'S IN YOUR HAND.

**Protect**  
yourself and others against  
**COVID-19**

**Cover your coughs or sneezes with tissues or your elbow**

**Put your used tissue in the rubbish bin or in a plastic bag**

**Wash and dry your hands often, especially after coughing or sneezing – use soap or hand sanitiser**

**Stay away from others if you're unwell**

health.govt.nz/COVID-19  
Protect your family/whānau from COVID-19 (coronavirus)

COVID-19 HEALTH ADVICE  
0800 358 5453

February 2020 | #1723

The poster is green with white and purple text. It features four illustrations: a person coughing into their elbow, a person putting a tissue in a bin, hands being washed in a sink, and a person sitting in bed. The Ministry of Health logo is in the top right corner.



## Gavin's Cycling Challenge – On Hold

Gavin's next Cycling Challenge has been put on hold due to the current Covid-19 outbreak.

He was going to be biking from Palmerston North to Ohakune and back again in the Central Storage Kune 3 Day Big Easy to help us raise funds for a hearing loop system for the Palmerston North Marion Kennedy Club.

A **hearing loop** (sometimes called an audio **induction loop**) is a special type of sound **system** for use by people with hearing aids.

Donations can still be made via our Givealittle page:  
[www.givealittle.co.nz/org/alzheimers-manawatu](http://www.givealittle.co.nz/org/alzheimers-manawatu)

Gavin will be looking for other cycling events later in the year so keep an eye out!

# 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)

 /alzheimersmanawatu

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When times are hard it's easy to forget about the good stuff. Taking the time to notice and remember the good stuff is great for your wellbeing.

Now's the perfect time to focus on the things you can control and which can help get you through when times are tough.

Whether it's calling a friend, getting lost in a book, playing some tunes or unleashing your inner Jamie Oliver, it's important to take time to look after your wellbeing.



# DON'T FORGET THE GOOD STUFF



GETTING THROUGH TOGETHER  
WHĀIA E TĀTOU TE PĀE TAWHITI

ALL RIGHT? 

