



Alzheimers Manawatu

Marion Kennedy Centre

Coming Up!

See page 3 for details



SEPTEMBER 2024

QUARTERLY NEWSLETTER

Tackle the stigma around dementia this World Alzheimers Month



Ruth Thorn (pictured above) has had Vascular Dementia for seven years. Her husband Derek Thorn says this photo epitomizes the laughter and fun that can occur with people living with dementia.

The stigma around a diagnosis can stop people and their whānau living with dementia reaching out for the support they need. That's the message Alzheimers NZ is sharing this September as part of World Alzheimers Month. The theme for 2024 is 'Time to act on dementia, time to act on Alzheimers'.

There are currently 70,000 people living with dementia in New Zealand, and this is expected to increase 240 percent in the next 30 years. "There are some misconceptions around dementia but with the right support people can continue doing the things they love," says Chief Executive Catherine Hall. "Stigma is one of the key issues in the Dementia Plan we need to address." "We're urging Government to fully fund and implement the plan and fund community-based Alzheimers and dementia services so we can help tackle the stigma. "As individuals, we can all play our part by simply having a conversation about dementia and learning more. Let's break the silence – it's time to act on dementia!"

Alzheimers Manawatu Memory Café



We would like to thank Elm Café & Restaurant, 283 Fitzherbert Ave for coming on board and hosting our Palmerston North Memory Café at their venue on the first Tuesday of each month. The first Palmerston North Memory Café will be held on Tuesday 1st October from 9.30am to 11.30am. For further information please call Alzheimers Manawatu on 06 357 9539 or email manawatu@alz-man.org.nz.



Palmerston North City Library launches a collection for people with dementia



Alzheimers Manawātū manager Tracy Lynn (third from left) with Palmerston North City Library staff Nora Kilpin (home services co-ordinator), content development librarian Louise Stormont and Roslyn librarian Gina Phillips. They are by the new Memory Matters collection at Roslyn Library. Photo / Judith Lacy

Memory matters and so do resources for people with dementia

Palmerston North City Library has launched a collection targeted at people living in Palmerston North with dementia and memory loss, as well as their whānau and caregivers.

More than 70,000 people live with dementia in New Zealand. Dementia New Zealand says this is expected to increase to 170,000 by 2050.

Content development librarians Jill Pearcey and Louise Stormont began working on a dementia-friendly collection last year. They watched with interest what was happening in

other libraries around New Zealand and engaged with organisations that work with people with dementia.

The first Memory Matters He Taonga te Pūmahara collection is at Roslyn Library.

The collection seeks to promote memory health, support people's cognitive abilities, increase connection and decrease boredom.

As well as books about the condition, there are picture books to spark reminiscing.

Fiction books from Dovetale Press are a feature of the collection. Applied linguist Dr Gillian Claridge and psychogeriatrician Dr Sally Rimkeit have adapted classics for readers who might find standard books difficult because of dementia or stroke.

The next stage in this initiative has been to have Alzheimers Manawatu's involvement in helping create, He Taonga te Pūmahara | Memory Matters, the new dementia friendly collection at the Palmerston North City Library. This has been an important part in the process for Working To Be Dementia Friendly, at the Palmerston North City Library.

This new collection was launched on Wednesday 18th September 2024 at the Palmerston North City Library, 4 The Square, Palmerston North.

Age on the GO

AN EXPO SHOWCASING SERVICES AND ACTIVITIES FOR OLDER PEOPLE

Friday 11 October
10am-2pm
Horowhenua Events Centre,
Victoria Street, Levin

Come along to the biggest expo of its kind in Horowhenua to learn about activities and services which focus on good health, fun and support for older people.





PALMERSTON NORTH & DANNEVIRKE THURSDAY 17 OCTOBER 2024

FEILDING & LEVIN FRIDAY 18 OCTOBER 2024

DANNEVIRKE – THURSDAY 17 OCT

Gather at the carpark outside the Dannevirke Brass Band Hall by 10.30am, dressed in your favourite Purple Clothes for our walk.

PALMERSTON NORTH – THURSDAY 17 OCT

Gather in The Square, opposite the Plaza Shopping Centre, Church Street entrance, for a 10.30am start, dressed in your favourite **Purple Clothes**, for our walk to The Verdict Café, 114 The Square, Palmerston North, for a cup of tea or coffee.

LEVIN – FRIDAY 18 OCT

Gather at the Freemason's Centre, corner Parker Avenue & Power Streets, Levin, by 10.30am, dressed in your favourite Purple Clothes for our walk followed by morning tea.

FEILDING – FRIDAY 18 OCT

Gather by the Soldier's Memorial Statue, Manchester Square, Feilding by 10.30am, dressed in your favourite Purple Clothes for our walk to Manchester House Social Services Senior Hub, 14 Bowen Street, Feilding, for morning tea.

For further information contact Phil Burt Tel 06 357 9539 ex 205



Alzheimers Manawatu

Marion Kennedy Centre



Little token. Big impact.

How it works

Through Good in the Hood, each of Z's service stations will choose four different community groups to support, giving away a total of \$4,000 at every Z store.

This year Alzheimers Manawatu, that covers the area from Tararua and Feilding down to Horowhenua and Otaki and every where in between including Manawatu and Palmerston North has been selected by Sanson Z as one of their 4 charities they are supporting.



Alzheimers Society Manawatu manager Tracy Lynn receiving a donation from Rosalie, Vice President of Queen Elizabeth College LEO Club, today. The proceeds are from a bake sale held at the school on Thursday last week with all goods baked by the students. Well done team and thank you very much!!



SENIORS EXPO

Independent- engaged-connected

Friday 25th
October 2024
Civic Centre Feilding
10am-2pm



Mini Seminars

- *Enduring power of attorney
- *Wills
- *Pre-paid funerals
- *Reverse mortgages

Over
53
Exhibitors



Contact Sandy for more information 027 4488632 seniorservices@mhss.org.nz

Recent Q&A session on dementia & memory loss

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

Do I have it? Does my husband/wife have it? How do I find out? Who can I talk to?

What is the difference between dementia and Alzheimers?

What do I need to know?

Is there a test for memory loss?

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

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?

Join Marion Kennedy Centre's **About Dementia & Memory Loss Q&A** information session

When: Thursday 25th July 10.30am
Where: 642 Featherston St Palmerston North

Please RSVP by Wednesday 24th July
manawatu@alz-man.org.nz
Phone 06 357 9539 ext 202

Over 70 people attended our recent Q&A sessions, about Dementia & Memory loss, at our Palmerston North headquarters. With the success of these three Q&A sessions we are looking to offer similar sessions in Horowhenua and Feilding. Watch for dates.



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 when you make a donation)**

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.

givealittle
POWERED BY  perpetual guardian

Givealittle is a great way to support Alzheimers Manawatu.

It's easy to make payments. Givealittle accepts Visa or Mastercard and payments are processed by Windcave (Givealittle does not store credit card details unless users opt-in for that convenience). Donation receipts are issued to the provided email address immediately after a successful donation.

Regular giving Plan

We know a steady stream of small donations will make a big difference to Alzheimers Manawatu and help us operate in an impactful way. Donating just the cost of a flat-white a week adds up to over \$230 in a year! Donors will need to register on Givealittle first, then create their Regular Giving Plan. They offer a couple of options for Regular Giving.

Find out more on <https://givealittle.co.nz/org/alzheimers-manawatu>

Anne is leaving!!!

We are sorry to see Anne go as she has been an integral part of the Alzheimers Manawatu team providing enormous support to the people of Horowhenua and Otaki as one of Alzheimers Manawatu's dementia advisers.

Anne started her Alzheimers Manawatu journey in February 2014

and has been instrumental in the success of Alzheimers Manawatu and the Marion Kennedy Club in Levin. She has developed and maintained key relationships within the community promoting services and support to people living with dementia. Anne has been a keen contributor in raising awareness of dementia, providing education, participating in various expos, and speaking at community groups. We will miss her!

We hope, Anne, you will make some time for you in coming months and enjoy a nice break before you start your next adventure.





ALZHEIMERS MANAWATU ANNUAL FINANCIAL MEMBERSHIP

Alzheimers Manawatu is an Incorporated Society requiring it to follow the rules of the Incorporated Societies Act 2022.

At the recent 2024 Annual General Meeting (AGM) a motion was passed by the required number of financial members present that Alzheimers Manawatu retain its incorporated society status and now must comply with the Act by updating the current Constitution. This will be endorsed at the AGM in 2025 and must be in place by 5 April 2026.

Financial members are integral to retaining Incorporated Society status.

Whilst Alzheimers Manawatu in conjunction with the Marion Kennedy Centre (MKC) has 'members', they are members of the Marion Kennedy Club and not necessarily financial members although a few are.

So, what do you get for your annual membership fee?

You have the satisfaction and knowledge that your membership supports the work we do across the Manawatu, Horowhenua, Tararua region. Funding through a current Ministry of Health contract provides a percentage of income with the remainder supported by financial membership as well as other grants and donations. As a financial member you have the chance to vote each year and have your say about the leadership and the direction of the society. There is opportunity for diversity and new voices on the committee each year and you could be one of those people! You also receive our regular newsletter.

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.

Family/Individual	\$35
Corporate	\$100
Life Member	\$200
Champion	Ongoing monthly donations

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.

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 Wednesday of each month

Contact Andrea or Liam on

027 357 9560 (Andrea) or 027 600 4408 (Liam)

Palmerston North Men's Carer Support Group

First Friday of each month

Contact Liam on 027 600 4408

Feilding

First Monday of each month

Contact Andrea on 027 357 9560

Dannevirke

First Thursday of each month

Contact Andrea on 027 357 9560

Levin

First Wednesday of each month

Contact Anne at 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 Cafés

Memory Cafés are an option for carers/families and loved ones to continue to enjoy the ongoing support of others in a casual café setting.

Palmerston North

First Tuesday of each month

Levin

Third Friday of each month

Dannevirke

Third Wednesday of each month

Woodville

Second Wednesday of each month

Feilding

Third Thursday of each month

Please call 06 357 9539 or email manawatu@alz-man.org.nz for more details

RECIPE



CORN & COURGETTE FRITTERS

SERVES 4

Prep time: 5 minutes

Cooking time: 10 minutes

Easy, tasty and super quick fritters which are great in summer when corn is so plentiful and cheap.

INGREDIENTS

2 eggs, beaten

½ cup milk

½ cup self raising flour (or GF flour)

2 cups of corn kernels

1 large grated courgettes with excess moisture squeezed out

1 tbsp chopped herbs

Seasoning

METHOD

1. Whisk together milk and eggs in a large bowl.
2. Gradually whisk in flour until smooth and well combined.
3. Stir through the herbs, corn and courgette and season to taste.
4. Heat a little oil (spray oil is healthiest) in frying pan on medium heat and spoon about a quarter of a cup of mixture per fritter into the pan, 3 fritters at a time.
5. Cook for 3 minutes or until golden and cooked through. Add a little more oil and continue until in small batches until complete.

TO SERVE: Avocado/tomato salsa/sour cream

Get in touch



Alzheimers Society Manawatu Inc
642 Featherston Street, Palmerston North



06 357 9539



manawatu@alz-man.org.nz



www.alzheimersmanawatu.org



/alzheimersmanawatu



alzheimersmanawatu

English is hard

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He would lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen about how to row.
13. They were too close to the door to close it.



Thanks to our FUNDERS



Alzheimer's New Zealand



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PALMERSTON NORTH COMMUNITY SERVICES COUNCIL
Sharing Strengths - Empowering Community



DANNEVIRKE COMMUNITY BOARD



150 YEARS OF PUBLIC TRUST

