

SPRING 2021 QUARTERLY NEWSLETTER

MANAGER'S COMMENT

It has been a wee while since our last newsletter so I hope you enjoy this new format. We think it looks great! We welcome any feedback you may have.

It has been an interesting few months to say the least hasn't it? And its only 10 weeks 'til Christmas!!

We are almost back to normal at MKC with full days albeit masked (for some) and the required social distancing as much as possible. Staff was excited to see everyone and we like to think everyone was glad to be back.

As we wind down to the end of 2021..., take care of ourselves and each other, smell the roses almost in bloom and try the fresh asparagus just in season...

Cheers, Tracy.



'When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.'
- Henry Ford

Types of Dementia

Dementia is a broad umbrella term used to describe a range of progressive neurological disorders. There are many different types of dementia and some people may present with a combination of types. Regardless of which type is diagnosed, each person will experience their dementia in their own unique way.



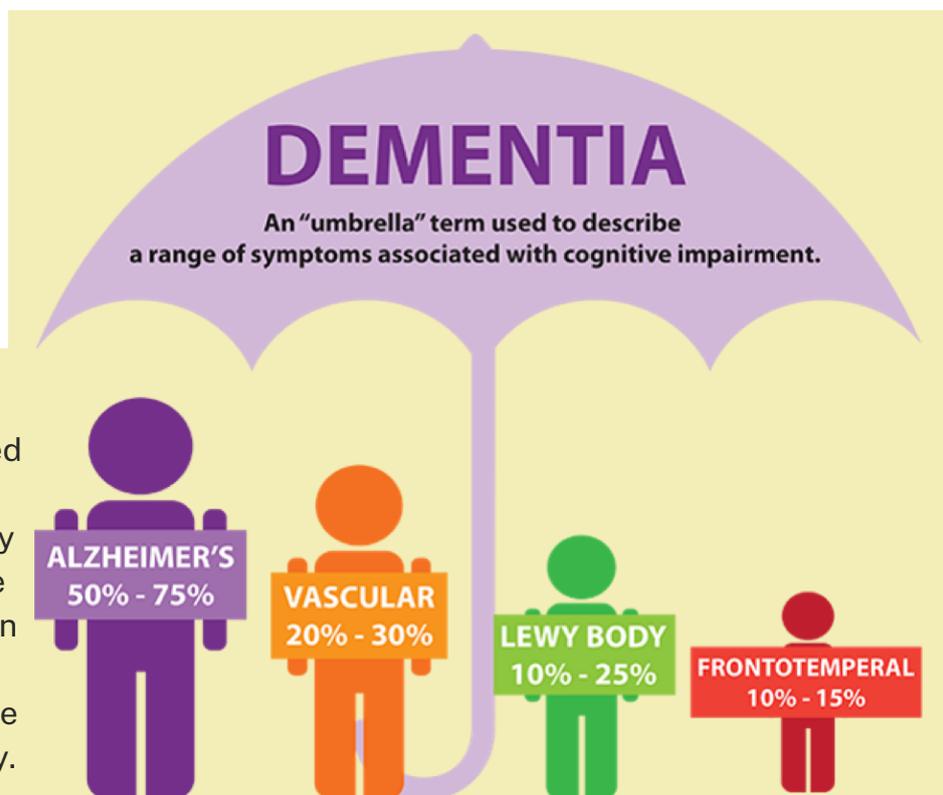
What does Alzheimers Manawatu do?

Alzheimers Society Manawatu (ASM) covers the Manawatu, Horowhenua, Tararua and Otaki regions.

ASM seeks to destigmatize dementia, reconnect those who have become socially isolated and empower people through education, support and guidance to take ownership of their own health and wellbeing.

We're committed to:

- Providing support to people with dementia, their families/whanau, friends and carers
- Education and informing the public and associated professionals about dementia
- Raising government awareness and encouraging action by highlighting the needs of people affected by dementia



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 021 100 4408 (Liam)

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

Otaki

First Friday each month
Contact Anne on 027 357 9543

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.

Palmerston North

Second Thursday each month

Feilding

First Wednesday each month

Levin

Third Friday each month

Dannevirke

Third Wednesday each month

Pahiatua

Second Wednesday each month

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



SuperGold Card carriers may choose to add a photo to their SuperGold Card. This could be useful if you don't have a current form of photo identification, such as a driver licence or passport.

To arrange for a photo to be added to your card, visit your nearest AA Driver and Vehicle Training Licensing outlet with your card, along with **three forms of identification** that verify your name and date of birth, plus, evidence of your address. It's a free service for all SuperGold card holders. Your photo will be taken and a new card posted to you - all free of charge.

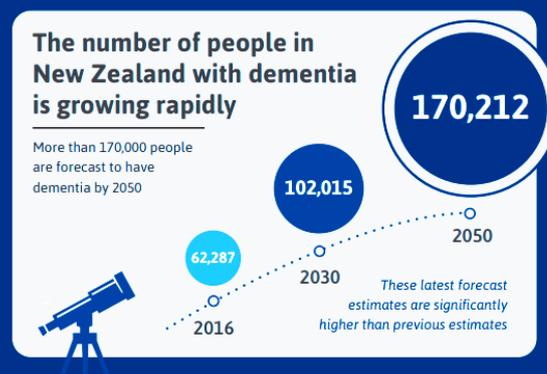


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Instagram

@alzheimersmanawatu



Dementia is one New Zealand's most significant and growing health challenges, with almost 70,000 Kiwis currently living with the condition. That number is set to increase to around 170,000 by 2050 as our population continues to age.

And of course, that is just the tip of the iceberg. For every one of those people there are family/whānau and friends also affected by the diagnosis. Dementia is a devastating disease, and at times, finding the right information can be challenging.

Check out some helpful websites that provide useful tips.

<https://alzheimers.org.nz/>
<https://www.ageconcern.org.nz/>
<https://www.allright.org.nz/>
<https://dementia.nz/>

September was World Alzheimers Month and our very own Gavin completed his Move for Dementia challenge of cycling 1000ks and managed to raise an impressive \$1245 for Alzheimers New Zealand.



Good on ya, Gav!

Move for dementia



MEMORY WALK

PALMERSTON NORTH

Tuesday 8th March

LEVIN

Wednesday 9th March

DANNEVIRKE

Thursday 10th March

FEILDING

Friday 11th March

SAVE THE DATES

Memory Walks will now be held in March 2022. Make sure you note down the dates in your diaries!

It only takes one person to make a difference

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



Together, we can raise awareness and build a more understanding, inclusive and supportive New Zealand.



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



COVID-19 HEALTH ADVICE
 0800 358 5453

health.govt.nz/COVID-19

Protect your family/whānau from COVID-19 (coronavirus)

New Zealand Government

February 2021 (R1)21

Spring Flowers Word Search



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- PRIMROSE
- DAFFODIL
- HYACINTH
- ALYSSUM
- FRITILLARIA
- PANSY
- FORSYTHIA
- VIOLA
- HELLEBORE
- SNOWDROP
- IRIS
- ANEMONE
- CROCUS
- CAMELLIA
- TULIP

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.

Get in touch



Alzheimers Society Manawatu Inc
642 Featherston Street, Palmerston North



06 357 9539



manawatu@alz-man.org.nz



alzheimers.org.nz/manawatu/



[/alzheimersmanawatu](https://www.facebook.com/alzheimersmanawatu)



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

'Joy does not simply happen to us. We have to choose joy and keep choosing it every day'
- Henri J.M. Nouwen



MAKE DEMENTIA TOP OF MIND

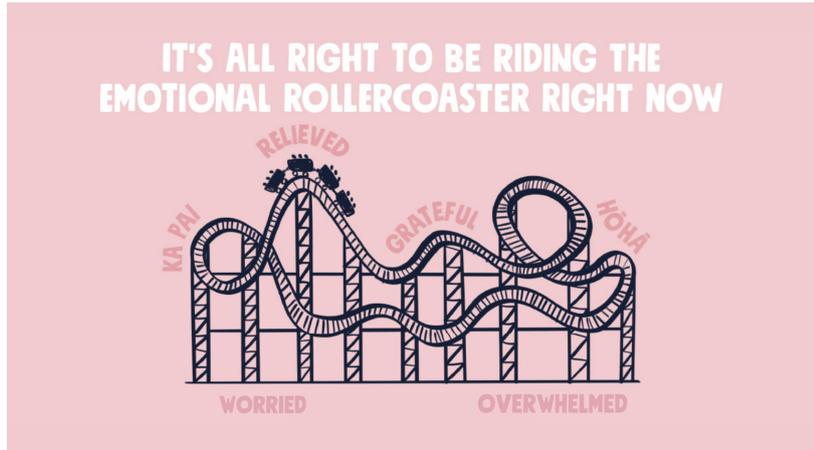
Expressions of Interest

Men's Carer Support Group

Alzheimers Society Manawatu is interested in forming a Carer Support Group specifically for men who may be supporting a spouse/parent or other person living with dementia. 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.



Here's our little reminder to go easy on yourself and others.

We're all riding an emotional rollercoaster. It's hard not knowing whether we'll be up one minute or down the next. We all want this outbreak to end and be able to fully open our bubbles again.

