



Alzheimer's Manawatu

Marion Kennedy Centre

AUTUMN 2023 QUARTERLY NEWSLETTER



We asked our valued members what they like most about the club and why it has improved their quality of life. See their answers in the word cloud below.

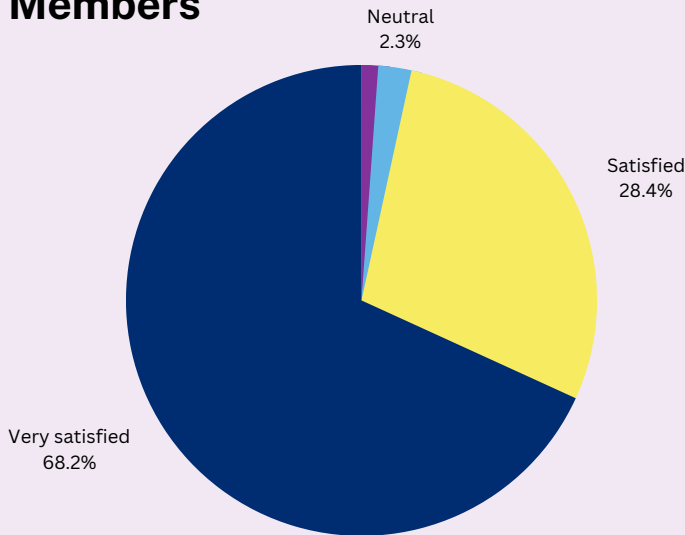


SURVEY RESULTS

In addition to members, we also asked our carers how we are doing, and here are some of the results.

Questions were either yes or no, on a scale from very unsatisfied to very satisfied or open. All questions had a space for comments, and only marked questions were counted.

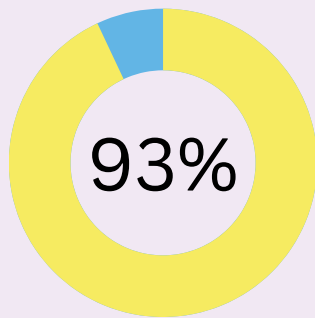
Members



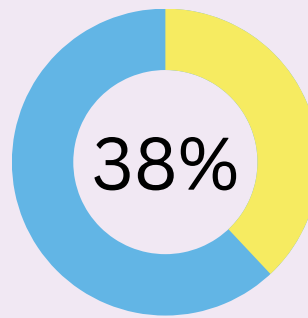
When asked **how satisfied** they were with the MKC club, **1%** of respondents were unsatisfied, **28%** were satisfied, **68%** were very satisfied, and **2%** were neutral.

When asked **if the club contributed to their enjoyment of life**, all 93 respondents said YES!

100%



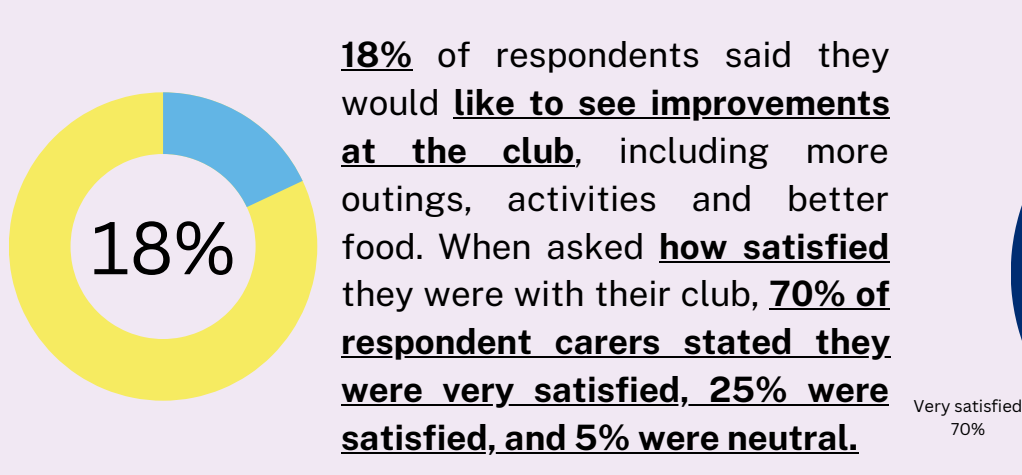
Of respondent members stated that they feel the **weekly program has enough variety**.



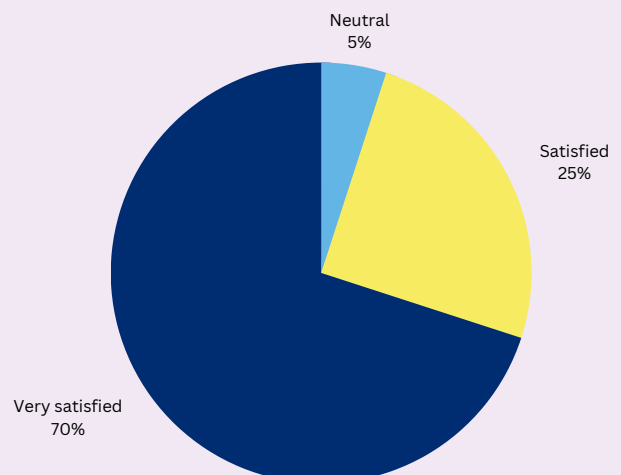
Of respondent members would **like to see improvements at their club**.

100% of respondents said the **staff treats them with dignity and respect**. Some reasons for **dissatisfaction** or places for improvement were the **food, the low number of outings, and the variety of activities**. Overall, most people had no dislikes about their clubs.

Carers



18% of respondents said they would **like to see improvements at the club**, including more outings, activities and better food. When asked **how satisfied** they were with their club, **70% of respondent carers stated they were very satisfied, 25% were satisfied, and 5% were neutral**.



WE WANT

YOUR

FEEDBACK



If you missed our 2023 survey, do not worry! There is still time for you to give us your feedback. We are **always open to hearing from you**. Do not hesitate to contact us if you have any positive or negative feedback. That helps us improve, and by improving, we can positively impact our community. You can also contact us if you need more details about the questions or specific answers you would like to know more about.

Is dementia a normal part of ageing?



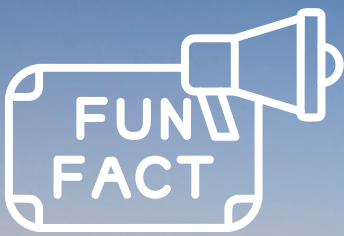
No, **dementia is NOT a normal part of ageing**. Age is the strongest known **risk factor**, but dementia is **not an inevitable consequence of biological ageing**.

Other factors such as physical activity, smoking, alcohol consumption, weight, diet, blood pressure, cholesterol, blood sugar, depression, social isolation, level of education, cognitive inactivity and air pollution can also play a role in the risk of a person developing dementia.

Dementia is an umbrella term that describes symptoms that affect how well our brains work. It can affect anyone, and as people age, the chances of developing dementia increase.

Alzheimers Society Manawatu Inc. (ASMI) seeks to destigmatize dementia, reconnect those who have become socially isolated and empower people through education, advice and guidance to take ownership of their health and wellbeing.

How can you help? Encourage those with memory issues to contact us - everyone's needs differ. We can help people access the help/support that suits their needs. The family or carers may need information and not just the person affected. We can help.



No matter where you are in New Zealand, you'll never be more than 128 km from the seaside!



WORD SEARCH COUNTRIES AND NATIONALITIES

Find the words listed below and circle them.

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



ENGLAND
GERMAN
AUSTRALIA
GREEK

TURKISH
FRENCH
CANADIAN
JAPANESE

SPAIN
POLISH
NORWAY
CHINESE



On Thursday, March 23, ASMI's dementia advisors, coordinators, and other team members joined the one-day conference - Repositioning Dementia. The next one-day event will be held on World Alzheimers Awareness Day, the **21st of September**. The conference is free for carers and people that have dementia. More information on how to join will be available through Alzheimers Manawatu.

How can technology help those affected by dementia?

We are living in times where everything can happen from our hands. We can call or message anywhere. We can buy things, pay bills, track heartbeats and steps, and more. It can even be scary sometimes to think of how many things our phones can do. **The bright side is that phone apps can be very helpful if used to our advantage. Two great apps developed in New Zealand could assist in a dementia journey.** You can have those on your phone or tablet as long as you have access to the internet and an email address. If you want to learn more about it or need assistance downloading and installing it, do not hesitate to contact our team for help.

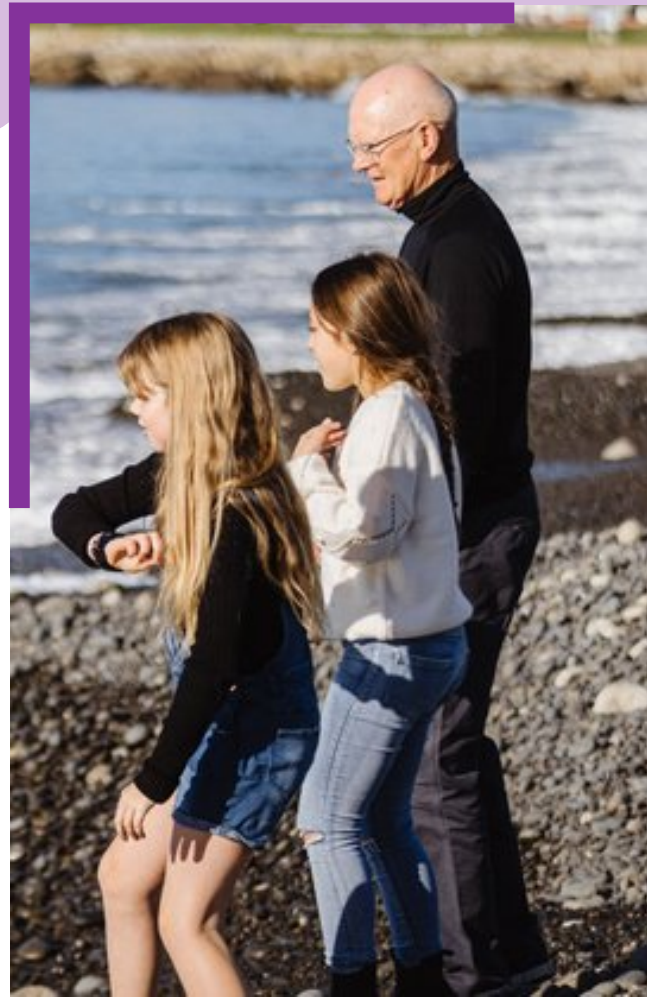


Mate Wareware app was collaboratively developed to provide information for Māori whānau.

Kaumātua are living longer than ever before. Unfortunately, more kaumātua are also diagnosed with mate wareware (dementia). The good news is that if we live a healthy life, we can reduce the risk of getting mate wareware. The app provides information for whānau on managing mate wareware and what actions and behaviours can be adopted across the lifespan to help prevent this disease.

Record & reflect on the moments that weave together the story of your life with the **My Life's Journey TŌKU HAERENGA** app

The app was founded by **Alister Robertson** and uses reminiscence therapy to guide users to record and reflect on moments that weave together their life stories. Alister was diagnosed with early-onset dementia at 60. He recognised the value of reminiscence as a tool not only for people living with dementia but for the wider population and decided to create an app where people could store not only written memories but also upload photos and audio. For more information, find a user guideline on the My Life's Journey website.



Memory lapses versus memory loss/Ko te katinga maumahara anō te katinga maumahara, ko te makere anō te makere

It is important to understand what is dementia and what is not dementia. We all forget things as we get older. This does not mean we are getting dementia. **Examples of warning signs of dementia can include:**

- Recent memory loss that causes problems in daily life
- Difficulty performing regular tasks such as cooking a meal or managing bills
- Problems with language
- Decreased or poor judgment
- Changes in mood and behaviour, such as being more easily upset in new situations

.....

He mea nui kia mārama he aha tēnei mea te mate wareware, he aha hoki ehara i te mate wareware. Ko tātou katoa ka wareware ki ētahi mea i te kaumātuatanga ake. Ehara tēnei i te tohu kua pāngia tātou e te mate wareware. **Ko ētahi taurira, tohu whakaara rānei o te mate wareware, inā:**

- Ko te makeretanga o te hinengaro mō ngā āhuatanga o nakuanei, e pā ai he raruraru mō te noho ia rā
- Te uauatanga o te kawē i ngā mahi auau, pēnei i te tunu kai, i te whakahaere nama rānei
- Ngā uauatanga reo kōrero
- Te hekenga, te ngoikore rānei o te koi ki te whiriwhiri take
- Ngā panonitanga o te wairua, o ngā whanonga rānei, pēnei i te pāpōuri ina tūpono ki ētahi āhuatanga hou

Source: Dementia-and-support-te-reo.pdf (alzheimers.org.nz)



Since there is currently no cure and limited treatments for dementia, early diagnosis to promote early and optimal management is crucial.

Please, contact us if you or someone you know is experiencing symptoms of any dementia stage. We are here to help and provide the guidance you need.

Have you heard of "Steady As You Go©"?

Steady As You Go© is a fun, social, **strength and balance exercise programme for older adults**. The exercises are gentle, progressively increase balance and muscle mass, and are specifically designed for older people. The classes run for sixty minutes each week for \$3.00. The exercises were based on the Otago University exercise program developed by Professor Campbell and Dr Clare Robertson, physiotherapy and tai chi.



Steady As You Go© is the most widespread and popular exercise programme run by Age Concerns across Aotearoa/New Zealand, and it helps **prevent falls and improve flexibility, mobility, spacial awareness and general fitness and well-being among older adults**. To join a Steady As You Go© class near you, contact the Steady As You Go Coordinator at **Age Concern Palmerston North & Districts on 06 355 2832**.

Sharing is caring, and we want to use this space to say thank you for some of the donations we received...

Thank You!

The lovely residents and MetlifeCare Palmerston North staff held a Marion Kennedy Centre fundraiser. Aotearoa Gaming Trust recently contributed with a grant for the Levin annual rental cost, which now has an extra day! Summerset held a jazz concert, and this year's gold coin entry was donated to Alzheimers Manawatu. Pub Charity contributed funding to purchase eight new office chairs, and the Lion Foundation contributed with a grant for staff wages. We are so appreciative of all the support!



**SAVE
THE DATE**

30/08/2023
ASMI Annual
General Meeting at
5:30 pm (MKC
Palmerston North)



Movie suggestion from our team:

In this Newsletter, we have Phil's movie recommendation: "**Here Today**", a movie when veteran comedy writer Charlie Burnz meets New York street singer Emma Payge; they form an unlikely yet hilarious and touching friendship that kicks the generation gap aside and redefines the meaning of love and trust.



FEILDING MEMORY CAFÉ IS BACK!
Wednesday 10th May, 10 am-12 pm
Beyond Coffee (Shop 2, 32 Manchester Square,
Feilding)

Alzheimers Manawatu's Marion Kennedy Club is **re-establishing the Memory Café in Feilding.**

Memory Cafés provide an opportunity for people (carers/families) who are caring or have cared for a loved one with dementia and may be experiencing grief or loss. Andrea (dementia adviser) will host the first Memory Café on Wednesday 10th, May. Please give her a call at 027 357 9560 or email at andrea@alz-man.org.nz to let her know if you would like to attend.

DID YOU KNOW?

No number from 1 to 999 includes the letter "a" in its word form.



Protect yourself and those you love. Book your flu vaccination today!

In 2023, flu vaccinations are free for:

- Children aged six months to 12 years old;
- Pregnant people;
- Māori and Pacific people over 55;
- People aged 65 and over;
- People with underlying health conditions, including heart disease, cancer, diabetes and serious asthma;
- People with significant mental illnesses such as schizophrenia or those currently accessing mental health services.

Get in contact with a vaccinating pharmacy below or book online via bookmyvaccine.nz

Calling all volunteers!

Would you like to volunteer at Alzheimers Manawatu day programs 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 3579539 ext 202.



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 Tuesday & last 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

Every Second 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

If you are interested in coming to a Levin Carer Support Group, please 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 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.

Levin

Third Friday of each month

Dannevirke

Third Wednesday of each month

Woodville

Second Wednesday of each month

Please note that the Palmerston North and Feilding Memory Cafes are currently on hold. If you are interested, please give us a call.

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



White Chocolate Rocky Road

Ingredients

- 1 1/2 cups marshmallows, chopped
- 3/4 cup toasted almonds
- 1/2 cup dried cranberries
- 3/4 cup toasted shredded coconut
- 500g white chocolate broken into pieces
- 100g mini eggs or M&M's

Method

1. Line the base and sides of a 22cm square cake tin with baking paper
2. Combine the marshmallows, toasted almonds, cranberries and coconut in a bowl. Set aside 1 cup of this mixture to sprinkle over the top of the rocky road
3. Place the white chocolate in a microwave-safe bowl. Microwave for 2-3 minutes, stirring every 30 seconds, until the chocolate has melted. Pour the chocolate over the marshmallow mixture and mix gently to combine.
4. Spoon the mixture into the prepared tin and spread evenly. Sprinkle the reserved marshmallow mixture and the mini eggs. Press down lightly with a spatula. Refrigerate for 1-2 hours or until firm. Cut into squares to serve.



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Instagram

@alzheimersmanawatu

Get in touch



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 www.alzheimersmanawatu.org

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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.



THANKS TO OUR FUNDERS



MAINLAND FOUNDATION



TRUST HOUSE FOUNDATION



PALMERSTON NORTH COMMUNITY SERVICES COUNCIL
Sharing Strengths - Empowering Community



LOWCOSTBINS

