



Alzheimers Manawatu

Marion Kennedy Centre



Palmerston North MKC members pretended to be athletes on Massey University's athletics track after being inspired by the Commonwealth Games.

Get on your marks and mark your calendar as our Memory Walks will be in October

Show your support for people affected by dementia by
popping on some purple
and attending a Memory Walk.

- **October 6 Palmerston North 10.30am**
From the sculpture opposite The Plaza, The Square,
to Te Manawa.
- **October 7: Levin 10.30am**
From the Adventure Park to the library, Te Takere.
- **October 8: Dannevirke 10.30am**
From the Brass Band Hall on Allardice St
and back again.
- **October 9: Feilding 10.30am**
From the Soldiers Memorial in Manchester Square
to 14 Bowen Street.

Move for
dementia



Another way you can support people with dementia is by getting involved in this fundraiser

This takes place in September. Move for Dementia is a fundraiser for Alzheimers New Zealand and those funds will be divided between the Alzheimers organisations, including ours. The MKCs may get involved this year too.

 **WORLD ALZHEIMERS MONTH**
#DementiaDiagnosisMatters
#AlzheimersDiagnosisMatters
#EarlyDiagnosisMatters
#WorldAlzMonth
alzheimers.org.nz



THE EARLIER YOU KNOW, THE MORE YOU CAN DO.

A DEMENTIA DIAGNOSIS MATTERS.



Dementia concerns?

Your first step is to talk to your GP

If you are concerned about a family member:

Before you go to the doctor write down a list of the behavioural changes you have noticed.

At the appointment you may need to talk to the GP privately before or after, or send them an email about your concerns, as people with dementia may mask their symptoms. ("Show timing" or showboating in dementia is a common phenomenon where individuals temporarily mask symptoms, appearing lucid, articulate, and "normal" in front of doctors, visitors, or in social situations, while showing severe confusion to caregivers at home.)

If you are concerned about yourself:

- Write down your concerns: Note specific changes in your memory, mood, or daily tasks, how long they have been happening, and how often they occur.
- Request a longer booking: Ask for a double appointment when you call the clinic so you have enough time to talk without feeling rushed.
- Bring a support person: Ask a trusted friend or family member to come with you to help share observations and remember what the doctor says.

What to Expect During the Visit

- Medical review: The GP will discuss your medical history, current symptoms, and daily life impacts.
- Physical and lab checks: The doctor may perform a physical exam and order blood or urine tests to rule out other treatable causes like infections, vitamin deficiencies, or thyroid problems.
- Cognitive testing: The GP or practice nurse will conduct a short memory or mental ability test.
- Specialist referral: If dementia is suspected or more details are needed, your GP can refer you to a specialist, memory clinic, or geriatrician.

Talk to our Dementia Advisers



Manawatū and Tararua Dementia

Advisor: Andrea Hodgetts

Email: AndreaH@alz-man.org.nz

Phone: 027 357 9560

Palmerston North and Horowhenua

Dementia Advisor: Liam Walsh

Email: Liamw@alz-man.org.nz

Phone: 027 600 4408

How to help someone with dementia who thinks someone who has passed is still alive

People with dementia may make statements as though their late parents or deceased partner or other family members are still alive.

How to Respond

Families should discuss these issues and decide on a shared approach so they are on the same page; focusing on the person's needs.

- **Do not argue or correct:** Telling them "they died years ago" can cause deep distress, confusion, and renewed grief.
- **Focus on the feeling:** Pay attention to the emotion behind their words rather than the strict facts. Talking about a loved one (like a parent or spouse) is often an emotional response to feeling lonely, anxious, or confused. If they miss their mother, address the need for comfort and reassurance.
- **Validate and reminisce:** Ask gentle questions like, "Tell me about your mum," or share a warm memory to make them feel safe and heard. Talking about them can bring comfort.
- **Use therapeutic fibbing:** If they are waiting for a deceased spouse to come home, experts note it is okay to say something calming like, "They are running an errand and will be back later," to prevent immediate panic.
- **Gently redirect:** After listening and offering comfort, smoothly shift their attention to a pleasant, neutral activity like looking at a photo album, going for a walk, or listening to music.



Look out for Lions and donate to our Street Appeal

Fitzherbert Lions have kindly volunteered to run a Street Appeal for us on September 18 at Palmerston North Pak'n'Save from 9am to 3pm.

Carer Support Groups

Dannevirke
October 1 and
November 5

The HUB, Entry via carpark Allardice St
10am-12 noon

Palmerston North Men
October 2 and
November 6

Marion Kennedy Centre, 642
Featherston Street
10am-12noon

Feilding
October 5 and
November 2

St John, 33 Bowen Street
10am-12 noon

Palmerston North 5.30pm
October 21 and
November 18

Marion Kennedy Centre,
642 Featherston Street
5.30pm to 7pm

Levin Men
October 23 and
November 27

Freemasons Centre, cnr Parker and
Power Street
12.30pm-2.30pm

Levin
October 28 and
November 25
Freemasons Centre, cnr Parker and
Power Street
12.30pm-2.30pm

Memory Cafes

Woodville
October 14 and
November 11

The Wind Farm Cafe, 71 Vogel Street,
10am - 11.30am

Levin
October 16 and
November 20

Bean Here Cafe
191/194 Oxford Street, Levin
Inside the Levin Mall
10.00am - 12noon

Palmerston North
October 20 and
November 17

The Elm Cafe, 283 Fitzherbert Ave,
West End, Palmerston North
10 am - 11.30 am

Dannevirke
October 21 and
November 18

The Black Stump Cafe
21 High Street, Dannevirke
10am - 12noon

Feilding
October 22 and
November 19

Beyond Coffee
32 Manchester Square, Feilding
Time: 10am - 11.30am

Importance of wills and EPOA emphasized by new board member at Alzheimers Manawatu AGM



New Alzheimers Manawatū board member, Sarah Sheppard.

We gained three new board members at our AGM on August 27. Sarah Sheppard, pictured, and Kirsten Holst- the daughter of TV cook Alison Holst- and Michael Hawker.

We retained our chairperson Hamish Waugh, treasurer Brian Henderson and board members Martyn Dawson and Rose Blair.

Sarah Sheppard, a partner at CR Law, took the opportunity while introducing herself at the AGM to encourage everyone, regardless of age, to have a Will and Enduring Powers of Attorney (EPOAs) in place.

A Will allows you to decide how your property and affairs will be dealt with after your death. EPOAs allow you to appoint someone you trust to make decisions about your personal care and welfare, and your property, if you become unable to do so yourself due to illness, injury or incapacity.

Sarah also noted that preparing a Will and EPOAs is a good opportunity to consider leaving a gift to a charity that is important to you. A gift in your Will can be a specific amount, a percentage of your estate, or the balance of your estate after other gifts have been made. Charities such as Alzheimers Manawatū rely on community support and these gifts can make a meaningful difference.

Consider becoming an Alzheimers Manawatū financial member

Family Membership - \$35 per year (for individuals and/or families)

Corporate Membership - \$100 per year

Life Member - \$200 one-off cost

Become a Champion - Make a regular monthly donation of your choice

Contact us on 06 357 9539 or manawatu@alz-man.org.nz for more details.

GLAUCOMA NZ

Patient Education

FREE event in your community

Palmerston North



Are you or your loved ones at risk of developing glaucoma

Hear about **glaucoma** and learn how it's diagnosed and treated by the team at Naylor Palmer - Siok Khim, & Lynn, and Sean from Specsavers.

Get **trusted information** on how you can live well with glaucoma.

Morning tea will be served

Register to attend at glaucoma.org.nz, or call Debbie 0800 452 826 or www.glaucoma.org.nz



Fri. 11th September 2026
10-11:30am



Palmy Conference and Function Centre,
354 Main Street,
Palmerston North Central

Thanks to Freemasons Foundation for supporting this event



Call for Participation

Are you supporting someone with memory loss who is currently driving or who has recently stopped driving?
If so, we invite you to complete this 15-minute survey.

YOUR VIEWS AND EXPERIENCES ARE VITALLY IMPORTANT, AS THIS RESEARCH WILL HELP INFORM A BETTER WAY FORWARD.

YOUR RESPONSES ARE ANONYMOUS AND CONFIDENTIAL, AND YOUR PARTICIPATION IS VOLUNTARY.

THANK YOU FOR YOUR ASSISTANCE AND SUPPORT



kb369@students.waikato.ac.nz



THE UNIVERSITY OF
WAIKATO
Te Whare Wānanga o Waikato

NEW ZEALAND



Survey participants needed

A PhD researcher at the University of Waikato, Kushalata Baral, is looking for participants for a national survey exploring the experiences of families/whānau and carers who support an older person with memory loss or cognitive impairment who is still driving or has recently stopped driving.

Participants must be 18+ and may include adult children, grandchildren, relatives, friends, or other carers who have supported an older person through decisions related to driving.

Participants will be anonymous.

To take part in the survey email him at kb369@students.waikato.ac.nz.

Heart health checked

Alzheimers Manawatū staff, including Dementia Adviser Liam Walsh, had their pulse and blood pressure checked by Heart Foundation Health Promoter Melsa Murphy as part of the organisation's one-to-one conversations they can have at workplaces to help individuals understand their heart health risks and how they can lower it.

Contact the Foundation to organize this for your workplace.



Levin partied

The band Clickety Click were quick to grab the opportunity to entertain the MKC during its MidWinter Christmas.

Feilding MKC has had lots of visitors

Feilding Marion Kennedy Club members enjoyed making paper planes recently and then competing to see whose could go the furthest. Musicians from Feilding High School also have performed and lots of club members enjoyed meeting some Canine Friends and members enjoyed making their own pizzas for lunch.





SENIOR COMMUNITY EXPO

WHĀNAU AND FRIENDS WELCOME
Civic Centre 84 Aorangi St Feilding

FRIDAY
16TH OCTOBER
9:30AM - 2PM

GOLD COIN ENTRY

SPOT PRIZES

INCLUDING FOUR MINI SEMINARS
E.P.O.A - Wills - Scams - Reverse Mortgages



Sandy Hirst: 0274488632
seniorservices@mhss.org.nz

We hear you

September 29: We will be joining other agencies to hear from older people at Age Concern Palmerston North's Hear our Voices at Palmerston North Conference and Function Centre, 9am - 12.30pm

October 16: Come to the Senior Community Expo- Feilding Civic Centre, 9.30am-2pm

Excellent feedback from survey about our dementia day programs at our Marion Kennedy Clubs and Carer Support Groups!



Feilding High School students performed at the Feilding MKC recently. All four clubs are always open to having school or kindergarten groups in to entertain our members.

**“This club is awesome. Love it and all the people in it and the staff are wonderful.”–
A MKC member’s survey feedback**

137 people responded to our survey; the day program members and Carer Support Group attendees said that they really appreciate our services.

They made some suggestions on how we could improve, which we appreciated and will take on board. We are always open to collaborating with any groups to provide a wider variety of activities- we already work with Palmerston North City Library to run art and crafts.

We are always looking for more entertainers to bring into our clubs or go see.

We did get some comments about the cooked lunch that is provided by the hospital- members are welcome to bring their own.



Zoom into Z Sanson

When refueling there please vote for Alzheimers Manawatu so we can win some funds. Voting runs from 18 August – 14 September.

Thanks Metlifecare

The resthome raised \$869.10 for us and also donated twiddle muffs to us which are designed for people with dementia.

Alzheimers Manawatu also sold out the Feilding Focal Point showing of *Caterpillar* and gained \$414.



21 blocks of butter donated

MCC Innerwheel donated butter for baking to the Palmerston North Marion Kennedy Club and New World Aokautere subsidised it, which MKC Assistant Sonya Tupa'i appreciated.

Thank you supporters



MAINLAND
FOUNDATION



AOTEAROA
GAMING
TRUST



TE PŪ HARAKEKE
Community Collective
Manawatu

