

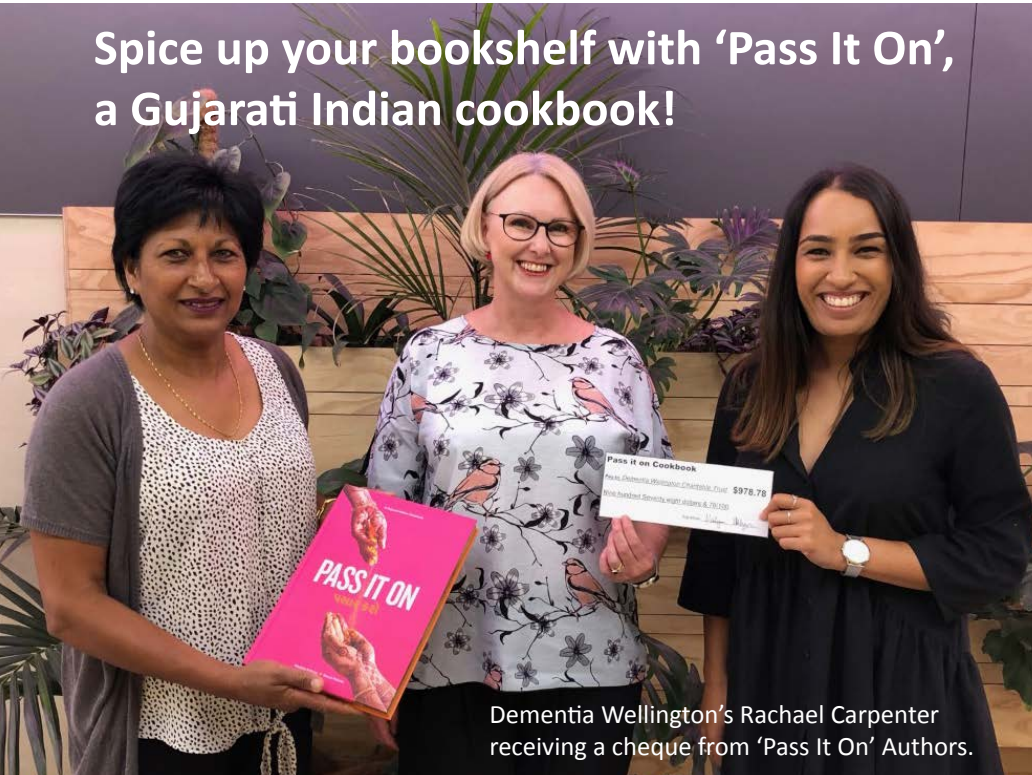
Dementia Wellington Newsletter

Issue 127 - Summer 2020

CONNECT



Spice up your bookshelf with 'Pass It On', a Gujarati Indian cookbook!



Dementia Wellington's Rachael Carpenter receiving a cheque from 'Pass It On' Authors.

The cookbook was launched in Wellington around this time last year. Authors Shobha and Keryn Kalyan (*mother and daughter*), decided to donate a portion of their online sales from their Indian Gujarati cookbook to us here at Dementia Wellington.

Just over \$1800 has been donated to Dementia Wellington so far from their online book sales.

After a slow start the cookbook is now sold in over 60 stores nationwide. As self-publishers they needed to have extra grit and determination to make their cookbook a reality.

Last month Shobha and Keryn attended the Publishers Association of NZ national book awards. As the only self-published cookbook there, they were super stoked to come away

with awards in three categories: Best cover, Best emerging designer and runner up for Best cookbook (*second to Josh Emmett's cookbook*).

Not bad for a cookbook that was originally intended to be a way for the family to record recipes for themselves since they had never been written down. But now their authenticity will be preserved and passed on as generations continue.

The book is gorgeously bright and bold to reflect Gujarati culture. This beautiful cookbook not only has delicious recipes but would make a lovely addition to any bookshelf and a great Christmas gift.

To purchase your book online (*with a donation to Dementia Wellington*): www.passitoncookbook.co.nz

Greetings all and welcome to this the Christmas edition of the CONNECT newsletter.

Thinking back on the last year, a theme for me and for many of us has been "adjusting". It's been such a disruptive year for all of us really no matter what our individual circumstances are.

With the impact of Covid-19, our Dementia Advisors have been focussed on helping as many people as possible to just 'keep their heads above water'. We had a huge increase in referrals and I'm proud of how well our Dementia Advisors ensured our clients and their carers' needs continued to be met. Clients like Liz 'Granny', as we read about from her Granddaughter Brianna in our Christmas Appeal.

Through it all I hope you and your family have been safe and well. Have a safe and enjoyable festive season - Merry Christmas from the team here at Dementia Wellington.



Anne Schumacher | Chief Executive
Dementia Wellington

Our Super Fundraisers



Summerset on the Landing

Summerset on the Landing is a brand new Retirement Village in Kenepuru, it is still under development however people have already moved in. During World Alzheimer's month, five of these residents went out on an extremely rainy day and completed a sponsored walk around Aotea Lagoon to raise some money for our cause. Afterwards, to aid in their recovery, they had a special afternoon tea. In total they raised \$151 dollars! Thank you ladies!

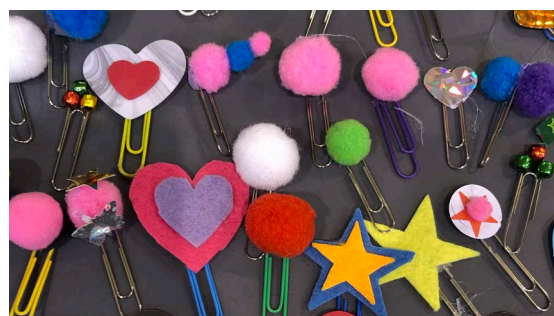
Have you met the Daffadude?

A few years ago, the Daffadude (also known as Hogan Gill) helped his parents move into a five acre section in Ōhau, just south of Levin. The previous owner had been a prize winning daffodil grower who'd surprisingly left the majority of his bulbs in the ground. The Daffadude then decided to have a crack at daffodil farming and has spent the last three springtimes tending/picking/selling a wide variety of beautiful daffodils. He's also donated some of his profits to charity – this year to Womens' Refuge, the Mental Health Foundation and \$1000 to us here at Dementia Wellington. Big thanks from us to the Daffadude! Keep an eye out for him next spring and bag yourself some gorgeous flowers!



Central Normal School in Palmerston North

Thank you so much to the super creative children of Akomanga 6 at Central Normal School in Palmerston North. These enterprising, thoughtful and generous students had a craft day that raised just over \$100 which they decided to donate to Dementia Wellington. These kids are an inspiration! And thanks to their teacher Emma Riley for getting the donation to us!



National campaigns with Dementia New Zealand

September was World Alzheimer's month which gave us the opportunity to raise awareness of dementia and also raise some income with a national campaign managed by our lead organisation Dementia New Zealand. During the month the campaign raised awareness of dementia and Alzheimer's Disease via newsletters, social media and some coverage on TV. Shortland Street cast members even got involved by making a little video - a big thanks to Ben Barrington, the rest of the Shortland Street crew and Simone Anderson for helping us to spread the word for dementia awareness.



Another successful MinDArT series



In October, the second eight-week series of the MinDArT material and digital drawing programme was completed with men and women with early stage dementia and their supporters.

The MinDArT programme was led by Massey University in conjunction with L'Institut Claude Pompidou (in Nice, France), the University of Auckland and us here at Dementia Wellington. This second programme was different from the first (held last year) in that the supporters of people with dementia did the same activities as the people with dementia in a separate group but at the same time. Each session had a different theme but all of them were designed to help combine the senses and connect to nature to attain a 'mindful or meditative' state, maintain our fine motor skills and open communication.

Good quality art materials were used at each session along with a Samsung tablet that participants could also

borrow to use at home. A digital app was developed by the MinDArT programme with specialised drawing activities each week. Talking together about how each person is feeling before during and after the process is an important part of programme.

Each session has made to measure soundtracks to help participants relax and focus on what they were doing. It was great to see the group come together over the programme as none of them knew each other to start with. During the programme they started car pooling together to Massey University where the sessions were held and hopefully they'll still be keeping in touch with each other.

Here's what some of the participants had to say about the experience: 'freeing', 'transportative' 'meditative', 'challenging', 'giving a sense of connection', 'being transported to a calm and quiet place', 'freeing/relaxing'.

The activities and materials didn't suit everyone every week. Some of the participants really enjoyed using the app while others didn't. The MinDArT experience for some of them has led to a greater engagement in activities like colouring-in, while for the supporters it seems to have opened their eyes to the idea of artistic activities as a relaxing form of escape from the everyday stress of being a caregiver to someone with dementia.

The formal results of the programme aren't available yet but it will be interesting to see what they are – this really is a pioneering piece of work which should eventually help give some techniques and ideas to improve the quality of life for people affected by dementia.



Getting sensory!

In August, Wellington students from the Whitecliffe College Fashion Tech programme teamed up with Dementia Wellington for a week to create sensory mats. These blankets are designed to help ease anxiety for people with late stage dementia by providing a soothing, stimulating and relaxing activity - a bit like the feeling of patting a cat. The students had fun and designed and made about 30 colourful and intricate blankets which were later donated to residential care facilities. Our Chief Executive Anne Schumacher visited the students at the beginning of the week and talked to them about dementia. "They were really interested in the session - most of them had had some experience of a neighbour or family member affected by it in their own lives. As they worked on the blankets, it was amazing to see how they really thought through their sensory mat designs - and produced such detailed and interesting pieces."

YOUR DONATION MAKES A DIFFERENCE

\$35

Covers the cost of providing a supporter group for a month.

\$50

Provides education sessions to help someone adjust to changes in their life.

\$95

Will enable us to facilitate more Living Well support groups.

\$190

Provides face-to-face specialised advice from our dementia advisors.

As a charity, we are always looking for more ways to raise money, and we rely on generous donations from supporters like you

Online – click the “Donate” button at: www.dementiawellington.org.nz

Payroll giving - If your employer offers payroll giving, you can donate to Dementia Wellington every month, straight from your pay.

In Memorandum - In memory donations are a very special way of remembering someone who has been important to you.

Gifts in Celebration - Supporting Dementia Wellington at your birthday, wedding, or family christening is a rewarding and thoughtful way to mark your special occasion and help us provide vital services for people living with

dementia in your community.

Bequests - By leaving a gift to Dementia Wellington in your Will, you can extend your legacy to benefit many. Contact us to find out more, or talk to your lawyer about leaving a bequest to Dementia Wellington.

Thank you.

Education programme 2021

Our education programme starts up again mid-January 2021. Look out for the 90-minute Navigating Dementia seminars being held monthly, right across the Wellington region – a great starting place for anyone wanting to know more about dementia, including the resources available after diagnosis. These could be a great way to introduce other family members or friends to what’s going on and help increase their level of understanding of dementia.

We will also be offering Living Well With Cognitive Impairment courses and a series of seminars throughout the year covering topics such as Planning for the Future, Communication, and Keeping Safe.

Visit www.dementiawellington.org.nz for details of what’s being offered.

Staff activities, comings and goings

It’s been a busy time with lots of changes for our small Dementia Wellington team. We’ve said farewell to Dinithi Prakash who has recently had her second child - a gorgeous baby boy, Sarah Togher who has left for a new adventure with the Volunteer Service Abroad, Mel Williams to a role in Paraparaumu that is closer to her home. And we’ve welcomed Lara Van Dyk, Debbie Mustard, Claire Thompson and Jennifer Baker to our team. As you can imagine there’s been a lot of work to make sure things have been handed over properly between team members and we have been focused on supporting our newest team members learn their roles. We have taken the opportunity to do our very own cabinet reshuffle and are delighted with the wealth of experience and knowledge of our new look team.

This is the line up for 2021:

Sheena Farquhar Kapiti Dementia Advisor
Jackie Cole Dementia Advisor Referrals /Living Well Coordinator
Debbie Mustard, Porirua Dementia Advisor

Liz O’Hare, Northern Suburbs Dementia Advisor
Jenny Baker, Wellington City Dementia Advisor
Claire Thompson, Cognitive Stimulation Therapy Facilitator

Thank you to our funders

Significant grant received – \$10 000 grant from Wellington Community Trust, \$42,000 from Ministry of Social Development, \$20,000 Pub Charity, and \$35,000 from the Lotteries Covid grant.

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Be sure to “like” us on our Facebook page as well!