

MAKING A DIFFERENCE



“George enjoying Christmas lunch at Moana Hotel, West Coast”

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From The Manager

Five years on from that fateful day in 2011 Alzheimers Canterbury is in good shape and especially good heart. Our commitment to grow and develop community based services for the Canterbury and West Coast community remains strong. Though our older community and those with dementia were particularly affected by the earthquake, it has strengthened our resolve to make our services more responsive and accessible. We are equally pleased to see the growth in uptake of services in our regions where the community spirit is very much alive and well.

Our emphasis on supporting our dementia community to “live well” is reflected in the growing number of therapeutic activities being trialled thus far with a very positive response. We are delighted to be working/partnering with visiting expert Yoram Borack to emphasise and educate around the importance of brain health.

We mentioned in our last Newsletter the ongoing work with the South Island Alliance around education resource for primary care. Enclosed is their poster “Living Well With Dementia - A Regional Approach”.

In this newsletter we introduce you to the Alzheimers Canterbury team – they epitomise what “team” is all about – Together We Can Achieve Much.

We continue to appreciate the support of our many sponsors and donors whose generosity allows us to stretch and reach high to promote “Living Well”. Thank you.

Darral Campbell
Manager



Community Education Seminars

All Seminars (morning and evening) will be held at 314 Worcester Street, Linwood

Tuesday 5th April - 10.30 am – 12 noon:

Legal Issues: An update on Enduring Power of Attorney, Welfare, Guardianship, Advance Directives, Wills, and other pertinent legal matters.

Tuesday 3rd May - 10.30 am – 12 noon:

Behaviours and Dementia: Increase your understanding of why certain behaviours may occur when a person has dementia and helpful ways to respond.

Wednesday 18th May – 7.30 – 9.00pm:

For adult children of people with dementia: Find out

from a Psychiatrist about the impact of dementia within families such as changing roles and managing conflicts, as well as a word on genetic inheritance and dementia.

Tuesday 7th June - 10.30 am – 12 noon:

Keeping Active with Dementia: Dementia can be a barrier to maintaining activities both in the home and in the community - come and learn some ideas to help support the confidence and self-esteem of a person with dementia through activities.

Tuesday 5th July - 10.30 am – 12 noon:

Dementia and Sexuality: An opportunity to hear from a geriatrician about dementia and sexuality- there will be time for your questions.

Meet The Team



Darral Campbell
Manager



Karen Bell
Administrator/Receptionist



Julie Foster
Accounts/Administrator
Co-ordinator



Annelies Basten
Communications and
Fundraising Co-ordinator



Letitia Meadows
Educator



Philippa Cosgrove
Educator



Claire Coveney
Social Worker



Jackie Bould
Social Worker



Justine Necklen
Social Worker



Mary Anne Beckingsale
Social Worker



Sacha O'Brien
Social Worker



Anne Marie Reynolds
Field Officer



Monique Schoneveld
Volunteer Co-ordinator



Maria Scott-Multani
Activities Program Leader



Shelley Wright
Diversional Therapist/Activities
Program Co-ordinator

LIVING WELL WITH DEMENTIA - A REGIONAL APPROACH

It takes teamwork and collaboration to improve the lives of people living with dementia



Two out of three New Zealanders are touched by dementia.

The number of New Zealanders living with dementia is expected to triple by 2050.

Collaboration is an activity founded on generosity, sharing and openness.

These qualities form the basis of all the relationships we nurture with our colleagues across New Zealand.

We have a shared goal to develop a person-centred model of care for dementia both South Island wide and nationally.

We couldn't achieve anything without the engagement and support of people across the care continuum, from both a healthcare provider and consumer perspective.

Progress made

Cognitive Impairment Pathways are now available in all South Island DHBs via HealthPathways. Embedded within them is an electronic referral system via ERMS to local Alzheimer's organisations.

Walking in Another's Shoes, a person-centred education programme, has been delivered to 500+ staff across all South Island DHBs and continues.

Research projects are underway to investigate predictors of poor outcomes for dementia and entry into residential care.

Online education resources are nearing completion to encourage more timely diagnosis for people with dementia. People with dementia and their families have kindly agreed to have filmed interviews included.

Face-to-face education is underway to promote the use of the Cognitive Impairment Pathway and primary care collaboration.

Key outcomes are being monitored and include prescribing of cholinesterase inhibitors, referrals to Alzheimer's organisations and the use of Cognitive Impairment Pathways.

Challenges/Opportunities

- The cost to patients in primary care to be assessed and receive a diagnosis (4 – 6 visits).
- The cost to primary care for time taken to assess and consider diagnosis (4 – 6 x 30 minute sessions).
- Support for Alzheimer's organisations to assist primary care in enabling people with dementia and their families to live well in the community.
- Training and resources for primary care vary according to need - some practices have a large number of older people enrolled while others have a younger practice.
- Opportunity to develop a model for dementia care across the continuum South Island wide and nationally.

Ways we collaborate

Regional Dementia Framework video conferences occur twice yearly for the whole South Island sector and provide updates of progress around implementing the Dementia Framework.

National Dementia Education Collaboration meetings occur monthly to progress the development of resources to support primary care.

The Inter-Disciplinary Primary Care Dementia Education Resource Group meets six weekly and provides an interface between a range of primary care, specialist services and community care health providers across the South Island.

South Island Primary Care Dementia Education Coordinators have been introduced and work regionally to encourage more timely diagnosis of dementia and the uptake of dementia education.

Alzheimer's New Zealand Information Resources Group meets regularly to progress the development of booklets to support people living with dementia and their families.

What success can look like...

Meet Jim: he is 68 years old and living with dementia.

"The earlier the diagnosis can happen the better. You need to know what is going on so you can plan for the future."

"Since my diagnosis there has been lots of support and help from the local Alzheimer's organisation. I have been able to join their art group."

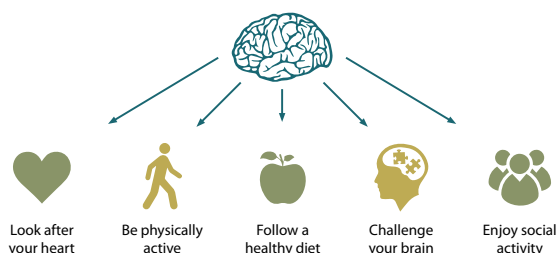
"When my GP started the process I didn't know what having Alzheimer's was. The process was clear and supportive."

"The Alzheimer's organisation has made me feel secure. It is great to be with others on the same journey and my wife feels the same. When there is tension at home we can ring up and talk to someone."



Photo used with permission

What's good for your heart is good for your head!



New Zealand Framework for Dementia Care

Ministry of Health, 2013



Brain Health Focus

Alzheimers Canterbury is excited to work with visiting expert Dr Yoram Barak for a series of educational sessions and workshops that focus on brain health.

Despite the billions of dollars that have been spent on searching for a cure for dementia there have been no new dementia medications registered in the last couple of decades. What researchers have been able to identify however, is the modifiable lifestyle factors that contribute to protecting and maintaining our brain health. While these factors offer no guarantee that a person will not develop dementia, there is evidence to suggest that across the population these factors, if put into practice, will support the health of our brain and contribute to an overall decreased rate of dementia.

In conjunction with Alzheimers Canterbury, Dr Barak is presenting three public sessions, in Christchurch, Ashburton, and Rangiora titled: 'Maintaining Brain Health'. These sessions are open to the public and free to attend, however, a koha/donation is appreciated.

Christchurch: Tues April 19th, 12-2pm, South Library, 66 Colombo Street.

Ashburton: Weds April 27th, 5-7pm, MSA Club, 231 Burnett Street.

Rangiora: Weds June 15th, 5-7pm, Town Hall, 303 High Street.

Further to these public sessions, Alzheimers Canterbury will be hosting a variety of speakers for three innovative 3 hour workshops in May at Halswell Library. These workshops showcase the latest research on brain health and provide interactive means to put in to practice 'healthy brain' principles.

Join us for one or all of these sessions.

Workshop One: Tues 3rd May: Brain Maintenance

Workshop Two: Tues 17th May: Stress reduction/
Mindfulness/Social Networks

Workshop Three: Tues 31st May: Diet, Exercise, &
Challenging the Brain

Dr Yoram Barak

Dr Yoram Barak is an Assistant Professor of Psychiatry at the Sackler School of Medicine, Tel-Aviv University, and Director of a Psychogeriatric Department. He has published extensively and is author or co-author of over 150 peer-reviewed journal articles. His book "Preventing Alzheimer's Disease" has recently been published in the US.





Alzheimers Canterbury

Living Well with Dementia

presents:

Visiting Professor Yoram Barak

MAINTAINING BRAIN HEALTH

All you ever wanted to
know about:

What to eat

Managing stress

How much to exercise

Social & mental stimulation



CHRISTCHURCH

Tue April 19th

12pm - 2pm

South Library

66 Colombo Street

ASHBURTON

Wed April 27th

5pm - 7pm

MSA Club

231 Burnett Street

Nibbles provided

RANGIORA

Wed 15th June

5pm - 7pm

Town Hall

303 High Street

Nibbles provided

0800 004 001   admin@alzcanty.co.nz



Alzheimers Canterbury

Living Well with Dementia

presents:

HEALTHY BRAIN WORKSHOP SERIES

Interactive, practical & informative sessions on
maintaining and improving brain health

3

May

Workshop 1: **Brain Maintenance**

9am - 12pm, Te Hāpua Halswell Centre, 341 Halswell Rd, CHCH

17

May

Workshop 2: **Stress Reduction, Mindfulness, Social Networks**

9am - 12pm, Te Hāpua Halswell Centre, 341 Halswell Rd, CHCH

31

May

Workshop 3: **Diet, Exercise, Challenging the Brain**

9am - 12pm, Te Hāpua Halswell Centre, 341 Halswell Rd, CHCH

Cost

\$45 per session

\$120 for all three

Registration

Open March 14- April 26. To register contact
Karen Bell at admin@alzcanty.co.nz

0800 004 001 admin@alzcanty.co.nz



Update of Respite/Activity Pilot Program

Summer has been the perfect season for water based activity; working in the garden and baking up a storm. Water Memory groups in Rangiora and the City continue to be enjoyed by a number of participants and we are very grateful for the additional help that has been added over the last couple of months. Staff at Wharenuui pool and Dudley complex in Rangiora are extremely generous with their time; welcoming smiles and willingness to stop and chat during our visits. We are also enjoying working with 3 volunteers who have generously donated their time and energy to the groups – thanks to Shirley in Rangiora and Sandy and Prasanna at Wharenuui it is a pleasure to have you join us. A special acknowledgement must also be made to Mandy who comes along to Wharenuui with her father and has now taken on the role of Aqua Instructor. It was a great surprise to all of us to discover that this is Mandy's first attempt at instructing as she is an absolute natural and manages to keep us all in line and having fun!

Our McBakers group has now been running since November and has proven a great success with families and staff at Ronald McDonald house. The group has taken the role of planning nutritious and tasty snacks very seriously and the list of edible options has increased considerably with one of our group members bringing in her own recipe book filled with healthy options dating back to her time as a home economics teacher. Thanks too to Meg and Claire our volunteers who's contributions and help are so valuable.

With the arrival of a new year we have seen a number of new opportunities and initiatives which will continue to add value to the lives of people living with dementia here in Canterbury. The re-opening of the Christchurch art gallery has seen our Artzheimers group now having opportunity to experience all the benefits of visiting a gallery, viewing original art pieces ; enjoying the ambience of the City's amazing building and being a part of the Art Community. Thanks to the wonderful staff at the gallery who continue to give so generously of their time and knowledge.

Our partnership with the City Libraries has developed further this year with the emergence of a Life History group. Using the wonderful resources the library and librarians have to offer we are piloting a six session programme which enables participants to complete their life history in either a book; digital or audio visual format. The first session was held on Thursday 25th

March and was a great success. Participants enjoyed reminiscing about their early years and teamed up with staff; volunteers and family members to begin their project. Special thanks to Kim; Catherine and Tania from Christchurch libraries for their energy; passion and expertise and also to Dawn our volunteer who also brings a great deal of skill and expertise in this area. We look forward to participants celebrating their completed work on Thursday 7th April.

As we head into Autumn we look forward to further developing the programme and are currently in discussion with the Museum; Sports Canterbury; Recreational Services and Hornby Primary School to consider further options for collaboration as we continue to work toward Dementia Friendly Communities that benefit from the many and varied skills and experiences our group participants have to offer.



Regional Services

Ashburton

Alzheimers Canterbury Ashburton office is relocating to the new Community House. Previously the WINZ building where tragedy occurred, the building has been extensively refurbished after community consultation, agreement and blessing. It will now become a place where many community agencies can provide services and its central location allows great access. A memorial to honour those who lost their lives will feature at what was the front of the building. Alzheimers Canterbury looks forward to an ongoing collaboration with Community House and aside from all existing services, will offer a drop in afternoon at Community House beginning in April on the first Thursday of the month from 12.30 – 2.30pm. Feel free to come in and see Justine.



West Coast

Our West Coast service continues to develop with a steady stream of referrals and good attendance at therapeutic groups, community cafes and education sessions. Anne Marie Reynolds works closely with other community providers and the specialist dementia team to ensure a strong collaborative response tailored to meet individual needs. It was wonderful to see the dementia community come together just before Christmas at the Moana Hotel for lunch, share stories and memories, and wonderful entertainment from the local school children.



The Art of Good Health and Wellbeing

In November 2015 I was very fortunate to attend the 7th Annual International Arts and Health Conference at the NSW Art Gallery in Sydney.

The topic was “The Art of Good Health and Wellbeing” and had a particular focus on older people in the community, including people living with dementia.

There was a broad range of speakers, including those working in mental health, researchers, artists and performers, all sharing a strong commitment to enhancing the wellbeing and creativity of people in our community who may lack the resources or ability to access art for themselves; whether it be the visual arts, music, literature, dance or performance.

There were a number of sessions that focussed on creative ageing and living well with dementia.

The Conference was inspiring and enlightening and advocated the benefits of exploring creativity as a means to providing purpose, enjoyment and nourishment in older people's lives.

“Art is central to what makes us Human. It allows us to live with ambiguity and uncertainty”.

There were some great examples of projects being run in communities that enable people with dementia to create art and to have a voice and be seen that resonated strongly the work we do at Alzheimers Canterbury.

It was a great acknowledgment that our activities such as Artsheimers and the Next Chapter are addressing the need for people with dementia to be included our community and given opportunities to engage in meaningful activities.

Art is a means of communicating experience and emotion when our standard forms of communication start to break down. Art can lift the human spirit and expand the public's understanding of other people's lives.

I look forward to Alzheimers Canterbury expanding the opportunities for people with dementia to engage with their creative selves.

Sacha O'Brien

Artzheimers Update

In February our Artzheimers groups moved back to the re-opened Christchurch City Art Gallery following the Earthquake. Such a great feeling to be in the gallery surrounding by art, and is very much enjoyed by the group

participants. Watch this space for more interesting groups with an arts focus that we are planning in conjunction with Lana and the team at the gallery.



Volunteering in Nepal

On my recent sabbatical to Kathmandu Nepal I predominantly focussed on teaching social work at Kadambari College. However during my time there I visited villages, a hospice, a seniors NGO and an aged care facility, where one resident had Alzheimers Disease. This woman was treated equally to other residents. The facility had locked gates and employed a guard so it was secure for all. Interestingly not one woman was concerned about earthquakes, an attitude I attribute to a strong Hindu philosophy. Many older people enter care off the streets and are picked up by social services.

SAAR Nepal a Senior Citizens NGO, whom I am now NZ Ambassador was interesting. Whilst teaching tai chi, I met a woman with a dementia who was joining in with others. At SAAR, the President, social worker (Aarati Poudel) and volunteers assist destitute seniors with health, activities such as yoga and meditation and accommodation.

I also visited Schechen Hospice, close to the famous Bouda Stupa. This small, friendly hospice run by medical staff, employed one person acting as social support, and

catered for all people, whether or not they were Buddhist.

Nepal now has an Alzheimers and Related Disorders Society (est. 2012) and is a member of ADI. Due to a prediction of over 78,000 people in 2015 having dementia in Nepal, there is a need for training, assessing, diagnosing and treating. According to my colleague Ms Poudel, there is no formal training available for her at present. However there are websites that state that memory assessment clinics and training for care workers is available which is great.

The difficulty in Nepal is that the majority of people live in rural areas, in their village with their families. This makes accessing health services challenging. On the other hand as we know familiarity and routine enables people with a dementia to live in the community longer. Having visited rural villages, the elders are more vulnerable when their adult children have had to move away to find work. Whilst this is an issue, many still live in a close communities which include extended family.

Claire Coveney

Fundraising

People fundraising for us

A big thank you goes out to Wendy Hooper & Ann McClimont who organised a fantastic alfresco cocktail soiree in support of people living with dementia. There were marquis, the champagne was flowing and even special Forget-Me-Not stones were created to hold down serviettes and table cloths. Well done ladies, the funds raised will go towards growing our popular Activities programme, so thank you very much.

July is Cuppa for a Cause Month

This July, make your morning or afternoon tea count by hosting a Cuppa for a Cause. Get the fine china out, some yummy baking, teas and coffee and get together with family and/or friends to raise funds & awareness. It is so easy, but invaluable for the dementia-community. This year we also have videos you can show during your Cuppa to spark a conversation about dementia. Please contact Annelies at annelies@alzcanty.co.nz or 3792590 for Cuppa resources (invites, posters, Facebook covers) or to register your event. Our goal is to raise \$10,000 this year, so please join the Cuppa for a Cause.

Leave a footprint in the future

Passionate about making a difference? Perhaps a lasting difference long after you're gone?

Whoever you are, whatever your situation, you can help make a difference and help create a better world for people with dementia by including a gift in your Will to Alzheimers Canterbury. No gift is too big or too small, we will sincerely appreciate your gesture of support.

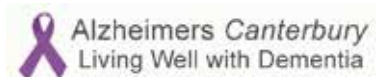
Email us now for our legacy booklet 'Your footprint in the future' at legacies@alzcanty.co.nz. Or call our Manager Darral Campbell at 3792590 for a confidential chat about leaving a gift in your Will.

*Host a
Cuppa for a Cause
for Alzheimers Canterbury*

www.cuppaforacause.co.nz

This July, make your tea break count by hosting a Cuppa for a Cause.

Get your fine china out, some yummy baking, get together with your colleagues and/or friends and ask for a small donation to support people to live well with dementia. Please register your Cuppa event with Annelies at annelies@alzcanty.co.nz or call 03 3792590.



Address: 314 Worcester Street Christchurch Postal Address: PO Box 32074 Christchurch 8174
Phone: 0800 004 001 Email: admin@alzcanty.co.nz Website: alzcanty.co.nz Charity Registration: CC 21639

COLLECTORS NEEDED



16 & 17 September 2016

Our Annual Appeal is the most important fundraiser of the year. Call **Annelies** on **3792590** or email annelies@alzcanty.co.nz if you can help raise much-needed funds.



Donations slip

YES, I'd like to support people living with dementia

As a not-for-profit agency, Alzheimers Canterbury needs the support of the community to continue to deliver services that really make a difference to the quality of life for all affected by dementia.

NAME .....

ADDRESS .....

PHONE .....EMAIL .....

☐ I would like to receive regular email updates from Alzheimers Canterbury

Please accept my donation of : ☐ \$10 ☐ \$25 ☐ \$50 ☐ Other \$..... or:

Internet Banking Details: ASB 123240:0097861:00 Alzheimers Canterbury

(Please use your Surname as a 'Reference') or: **Cheque** is enclosed ☐

Credit Card Details: Please charge my credit card with \$ _____ Visa ☐ Mastercard ☐

Card number _____ Expiry Date _____

Name on Card _____ Cardholder's Signature: _____

Invest in your future – remember Alzheimers Canterbury in your Will.

Contact us for more information. Email annelies@alzcanty.co.nz or call 3792590.

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Canterbury

District Health Board

Te Poari Hauora o Waitaha



United Way
New Zealand







Alzheimers Canterbury – 314 Worcester Street, Christchurch, P O Box 32 074, Christchurch 8147 Ph 03 379 2590
Fax 03 379 7286 Email admin@alzcanty.co.nz Web www.alzcanty.co.nz **Charity Registration** CC 21639

Name
Address 01
Address 02
Address 03