

Connecting with music

Beginning in November, Dementia Waikato and the Waikato-based Music Moves Me Trust are running a joint pilot programme to bring individualised therapeutic musical engagement to a small group of people with dementia. Qualified Music Therapist Shona How will facilitate a fortnightly gathering of 6 to 8 people, aiming to:

- enhance quality of life
- provide socialisation and meaningful interactions with other people or the therapist
- improve physical dexterity/movement
- elicit discussion and emotional expression
- stimulate memory and cognition
- bring meaning to daily life
- reduce anxiety

The pilot will be reviewed next year to evaluate how clients felt it benefitted them.

The Music Moves Me Trust began just over a year ago and has flourished in providing music therapy experiences in rest homes, hospitals, and with community groups. Dementia Waikato is proud to be a partner with the Trust in this pilot 'Community Singing Group'.



www.musicmovesmetrust.co.nz

Beautiful Quilt Raffle

This amazing queen-bed sized quilt was donated to Dementia Waikato for fundraising. We are raffling it with tickets \$2 each, or 3 tickets for \$5. The raffle will be drawn on Thursday 1 December, the winner to be notified by phone. A gorgeous addition to any décor, it would also make a superb Christmas gift. Please drop in to the office to buy your tickets, or telephone us for details if you would prefer to use internet banking.



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www.dementiawaikato.org.nz Charity # CC46053



Dementia Waikato will receive 20% of the purchase price so please buy your book from us. Pop into the office to collect your book or email /ring us to make arrangements. (Ph. numbers below)

Donations and Fundraising

Over September, we received almost \$10,000 in donations. This was the combined total from people who give regular support through automatic payments, from in-memory gifts given in lieu of flowers, 'Cuppa for a Cause' events, and the last of the rural Annual Appeal income.

We give heartfelt thanks to all the individuals and families who have considered us in their giving.

Westpac, and the Ministry for Social Development across the region, hosted 'Cuppa for a Cause' and raised over \$500 while also reducing stigma and increasing understanding of what dementia means.

Next year we will launch a major capital works project, planning to raise an estimated \$2 million to develop purpose-built, designed-for-dementia offices and activity & seminar centre. Watch this space!

Contact Us

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Living well with dementia.

November 2016

What's in a Brand?

This month we launch our new name and styling, changing from the familiar Alzheimers Waikato, to Dementia Waikato. The change comes after a couple of years contemplating how clients come to know us, what we do, and what the future holds. Although more than half of new dementia diagnoses in New Zealand are Alzheimer's disease, there are dozens of other conditions that can cause dementia symptoms. Dementia is a much more encompassing word. There have been too many times when a person with dementia doesn't get in touch because they think we only serve people with Alzheimer's. Of course, we serve all people experiencing dementia symptoms, regardless of the cause.



Our new symbol and logo was designed by Hamilton graphic artist and author of over a dozen books covering NZ military history, Richard Stowers. Richard's brief was to create something timeless, bold, simple, and versatile. He considered natural forms and avoided 'technical' representations of dementia.

Richard drew inspiration from the Magnolia tree and its simple leaf form.

Although our brand has changed, our legal structure has not, and we are formally Alzheimers Waikato Charitable Trust trading as Dementia Waikato.

The term 'dementia' has gained popularity around the world as an umbrella term for various conditions because it describes the symptoms. It is used by consumer-

INSIDE:

- ▶ Dementia Waikato and Music Moves Me Trust.
- ▶ NEW CLC Club opens.
- ▶ NEW Free presentation on Preventative Factors.
- ▶ November/December Family Education sessions.
- ▶ Donations and Fundraising.
- ▶ Round the Bridges walk with Dementia Waikato.

advocacy groups (people with a diagnosis, advocating for quality treatments, care, and human rights), in part to de-stigmatise the experience of having dementia. With less stigma comes a greater will to seek diagnosis, and get access to treatment as soon as possible.

Dementia Waikato's brand is not really about our name and logo, however, but is about our personality as an organisation. This is established through the things we do, the ways we interact with people, and the integrity of our support to those experiencing dementia and the people supporting them.



Designed for dementia

Did you know there are specialist architects who study the changes in sensory perception, visual understanding, way-finding, and environmental interpretation that can be part of the symptoms for a person experiencing dementia? There is a whole science around visual contrasts, lighting levels, ease of finding, and familiar environments that can be applied to making life easier for a person with dementia. In the image above, each 'i' symbol marks a specific dementia-friendly consideration in designing this kitchen. See-through non-reflecting glass doors, familiar controls on appliances, high-contrast handles, high light levels, hidden light sources, no tripping hazards, domestic feel about the place, and labels with pictures on the drawers all contribute to an easier place to use.

Visit www.tinyurl.com/dementiastirling to learn more.



From the Chair

Since we left Alzheimers NZ almost three months ago, we have been planning our change of name to become Dementia Waikato. This name change furthers global efforts to de-stigmatise the range of conditions that can produce dementia symptoms. We have also wanted to distinguish ourselves from Alzheimers New Zealand, especially given the confusion between their national fundraising campaigns and people wrongly thinking their donations would be used

locally. We remain an independent Charitable Trust, working for and serving our local communities.

This month we have announced a fund, established by a generous donor, to build our own premises. We dream of a building that is designed especially to meet the needs of people experiencing dementia. This presents an exciting and inspiring opportunity for further fundraising and recruiting supporters to the project. We will work with architects through 2017 to start designing new premises that serve as a world-class example of good dementia design.

Dr. Broughton Thomas, Chair.

Family Education Sessions

Educator Jane Kay explains about dementia and associated behavioural and communication challenges that a person with dementia experiences. These sessions equip you to better respond to the needs of a person experiencing dementia, and give strategies to make life easier at home.

Tuesday mornings 15, 22, and 29 November, and 6 December from 10—11.30am.

Please book in for these sessions. Dementia Waikato Community Clubrooms, 25 Rifle Range Road, Hamilton.



October Garage Sale

It was a cold wet start for our garage sale in October, but that didn't slow down our volunteers, staff and Trustees who all chipped in to set up for and then run the day. We found Sunday was less popular than the usual Saturday, however the sale still added \$1600 to our funds. Huge thanks to everyone who donated items, who got things organized, who volunteered on the day, and to all the punters who came and bought themselves some treasure.



L to R: Anton, Jane, Tom, Verity, Patricia and Lynette get orders in for a cuppa and some morning tea at the inaugural CLC Club.

Contracts Audit confirms our confidence

In September our Alzwell and Alz-Nav contracts were audited by HealthShare, the specialist health services auditors from the Midlands Region Health Boards. Their final report issued in October shows we had fully achieved all the requirements and outcomes sought in the contracts, with one minor exception. When we resigned from Alzheimers NZ, we no longer had adequate group liability insurance. This was corrected within 48 hours. A useful recommendation was that we could develop our database to generate additional reports, alleviating some of the manual recording we currently complete. The two Auditors spent two days at our offices checking over documentation, completeness of client records, and confirming that DHB funding was applied correctly to deliver contracted services. They were very supportive of our purpose and commented how thorough, complete and accurate our records are. The audit is testament to the diligence and commitment of all Dementia Waikato staff and was a very affirming experience for the organisation.

Preventing Dementia — a free presentation for all



It seems almost every week there is media hype around research and a possible cure for dementia. Sadly there is no cure as yet, and also no guaranteed prevention. However, there are some exciting research results which show how we can protect ourselves and reduce the likelihood of getting dementia, and how to delay or slow its path if it is diagnosed.

Join us on TUESDAY 29th November 7 – 8.30pm in the Community Clubroom at 25 Rifle Range Road, Hamilton, to hear Educator Jane Kay's presentation on "PROTECTIVE FACTORS."

If you plan to come please RSVP by ringing the office on 07 9294042 or email Jane: jane@dementiawaikato.org.nz



CLC CLUB: Companionship, laughter and coffee

Dementia Waikato has launched a new club event to which everyone is welcome. Meeting monthly on a Friday morning, it is a relaxed time for a typical café experience sitting around tables and being served lovely drinks and food. CLC Club has been developed under the guidance of our Occupational Therapist, Verity Brown. The first CLC Club met on 14 October and everyone enjoyed a lot of warm conversation and delicious fresh baking, much of it made by clients at the Creativity Club held the day before. CLC Club follows from the internationally-deployed idea of 'memory cafe' social settings where everything is as straight-forward as possible while still providing a socially safe space for a person with dementia and their care partner to meet with others, feel relaxed, unjudged, and participating.

All welcome, friends and family, next CLC Club will be 10am on Friday 25 November.



Round The Bridges – Sunday 13 November 2016.

Join us for the fun, the exercise, and the companionship at the 2016 Round The Bridges event. We are forming a group to walk 6km around the bridges. The walk starts at 9.30am, Sunday 13 November. Our group is called Alzheimers Waikato and we are in the 'walkers' category. Join up and get your participant 'number' at www.roundthebridges.co.nz. The password to join our group registration is (as one word) AlzheimersWaikato. There is a fee to participate (\$14 to \$38, depending on your age and how soon you register). We will need to enter our GREEN start zone from Collingwood Street, via Alexandra Street and be lined up at 9.30am, ready to walk at 10.00am. The walk will take about an hour.



We Remember Emmaleigh

Dementia Waikato is very sad to report that Emmaleigh reached the end of her life on 19 October. Emmaleigh has been part of the family here for as long most can remember. She accompanied her 'Mum', Educator Jane Kay, all over the region bringing smiles with the wag of her tail, and warmth in her big welcoming eyes. Many clients and families have taken comfort in Emmaleigh's gentle attention and good company over the years. She will be deeply missed by all who met her. Our love goes to Jane and her family as they say goodbye to Emmaleigh, a dog that passed her love on to all.

A remembrance book is at our offices until the end of the year for those wanting to mark Emmaleigh's passing (*drawing by volunteer tutor, Suzy McPhail*).