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Nau Mai

I hope everyone is keeping well and warm. Winter is well established now, but the sunny days energise us nicely. Personally, I am thankful for a good stock of firewood and my tulips from Parkinson's NZ are just coming through.

Our Activity and Music groups have recommenced (the next Activity Group is the 15th August, and Music group is 24th August, and fortnightly thereafter. We are currently holding these fortnightly until the numbers of attendees increase. We understand many of you are reluctant to venture out in the cold and concerns about flu and Omicron are still front of mind. We look forward to you returning when you are ready.

While we have had team members on leave, we still urge you to contact us if you have any concerns about changes in symptoms. We will be catching up on reviews and home visits through July, and we are happy to prioritise anyone with concerns.

Each year we acknowledge the winter solstice with the Longest Night – Light in the Darkness.

There can be many times when a dementia journey appears dark and challenging. Please remember, we are here to Shine a Light for you on your journey.

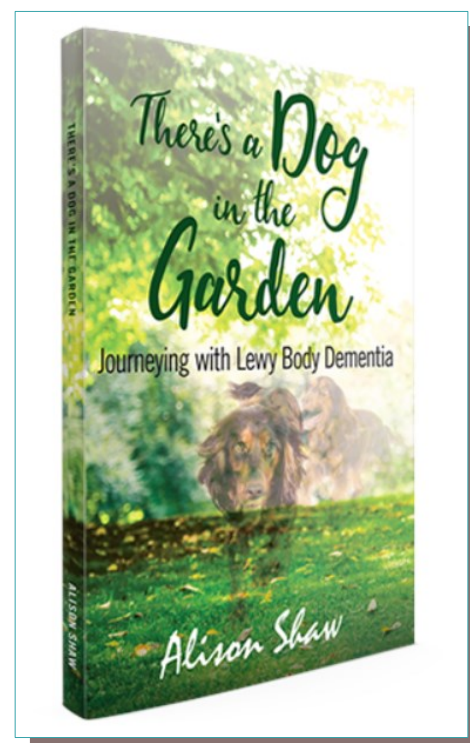
Do you have a favourite book? We would love you to share a brief review on a book about dementia, or someone's lived experience, that others might enjoy. A book I have recently enjoyed, is 'There's a Dog in the Garden'


theresadoginthegarden.com. The author Alison Shaw shares her lived experience caring for her mother and she points out; the dementia years are a small part of the person's life. Not to forget who the whole person is. We have a few copies at the office if anyone would like to borrow them, or purchase one.

Nga mihi

Christine Martin

Dementia Waikato Manager



We are at alert level **orange**. 
Stay safe, wash your hands and wear a mask if you can.

Unite
against
COVID-19

News



Volunteer of the Year awards

The Volunteer of the Year award evening was held on 23 June this year. Christine and Kay attended with our nominee Sue Middleton and her husband George.

Sue has been volunteering with us for 8 years as a Music Facilitator. Her dedication and support of Dementia Waikato is greatly appreciated. In addition to the many hours Sue spends preparing music sessions, Sue also volunteers her time playing piano for Hospice and the Waikato Hospital.



"It was a pleasure to attend the annual Volunteering Waikato Awards evening with Sue, her husband George, and Kay. So much wonderful work is done by volunteers throughout the Waikato." says Christine. Congratulations to the winners and everyone who was nominated!

Trial: Taumarunui to Hamilton bus service

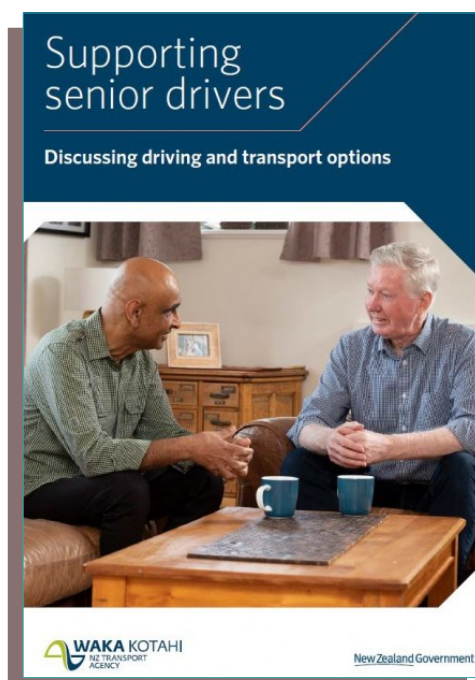
Te Whatu Ora - Waikato and the Waikato Regional Council are trialling extending the health shuttle from Taumarunui to Hamilton for three months.

Trial dates: 11 July 2022 - 30 September 2022

Fares: Each way - \$9 from Taumarunui, \$4 from Te Kūiti and \$2 from Ōtorohanga.

You can pay your fare by purchasing a Bee Card from participating stockists, or online from beecard.co.nz. Cash payments are unavailable. The trip is free if you have an appointment at Waikato Hospital, just show the bus driver your appointment letter.

For more information go to busit.co.nz/taumarunui.



NZTA Supporting Senior Drivers booklet

We have copies of the NZTA Supporting Senior Drivers booklet for anyone who would like one.

From the NZTA website - "This booklet gives tips for having conversations with senior drivers about driving and transport options. It is for anyone, including seniors, who want to open a conversation with a senior friend or family/whānau member."

Get a copy from your Dementia Advisor, or come visit our main office at 8 Keddell Street, Frankton, Hamilton to pick one up.

If you would like one posted to you please email Kay admin@dementiawaikato.org.nz. Postage will cost \$5.

Raffle – Sophie the Sewer



Whangamatā Friends of Dementia have kindly donated this lovely "Sophie the Sewer" for us to raffle.

Tickets are \$2 each or 3 for \$5. The winner will be drawn on Friday 19th of August.

Get your tickets from our branch office or from our website at dementiawaikato.org.nz/raffle.



World Alzheimer's Month



September is World Alzheimer's Month, an international campaign to raise dementia awareness and challenge stigma. This year's focus is on post-diagnostic support for people living with dementia, their care partners, and family/whānau.

In the lead up to World Alzheimer's Month we will be putting together a social media campaign to raise awareness and organising fundraising activities. You can help by following our Facebook, Instagram and LinkedIn pages and sharing our content throughout the month.

Dementia Masterclass

Dementia Auckland have an upcoming dementia masterclass - The Art of Enablement. This will be online, and a copy of the recording will be available after the presentation.

Find out more: hubs.la/Q01h8V0m0 or visit the Dementia Auckland website: da.org.nz.



What's On

Village Talks



We regularly give talks about dementia to community organisations, retirement villages, medical practices and lifestyle/healthcare events around the Waikato.

24 August at 10am

Linda Jones Retirement Village. Residents only.

26 August at 11am

Waihi Grey Power Association. Members only.

28 September at 1:30pm

Matamata Catholic Women's League. Bible Church Rooms. Open to the public with gold coin donation

Groups

Our activity and music groups are up and running again. At the moment we are running them fortnightly until we have more people attending.

Location: Dementia Waikato branch office, 8 Keddell Street, Frankton.

Time: 10am.

Music Group

24 August
7 September
21 September
5 October
19 October



Activity Group

15 August
29 August
12 September
26 September
10 October



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