

The **MASE** Monthly Newsletter

August 2016



Winners of Queen's Award for Voluntary Service

The month of August

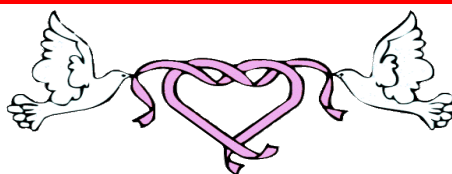
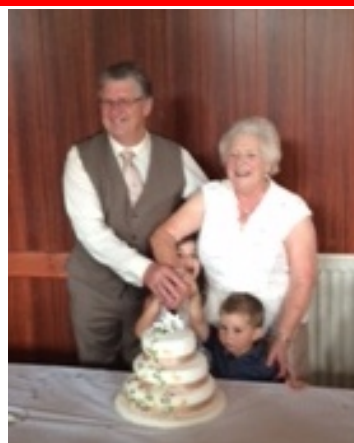


August - the time of year when we all start to pack our suitcases and head off on holiday. The UK is great if good weather has been forecast. It is a month usually known for sunnier days and we do like to take advantage when the sun is out in Great Britain.

August has two birthstones - the peridot is an olive/lime green colour and is one of the oldest known gemstones, while the sardonyx, which stands for victory and courage is a reddish brown colour with a stone like appearance. The Gladiolus is the birth flower for the month of August. It comes from the Latin 'gladius' which means sword and is named so because of its sword shaped leaves. It comes in colours of red, pink, yellow, white and orange, and is a good flower to send for a fortieth wedding anniversary.

Leo and Virgo are the star signs—people born under these signs are full of energy and enthusiasm.

Mr & Mrs Barry and Ann Bateman



Ann and Barry married earlier this year whilst on a cruise. In July this lovely couple held a party for friends and family and raised a staggering £550 for our MASE Groups.

We wish them many years of happiness and send our love and good wishes to a very special couple.

May God Bless them both.

How are you?

As we get older, the lifestyle choices we make can dramatically increase our chances of becoming ill later in life. Making small changes now can improve your health right away and double your chances of staying healthy as you get older. Remember it is never too late to start!!

Eat Well: A healthy diet can help you look and feel great. It can also stop you gaining weight, so start by shelving the sugar and cutting back on fat.

Move More: Getting enough exercise means a stronger, fitter you. It's good for your body and mind too.

Be Smoke Free: No surprises here—stopping is the best thing you can do.

Drink Less: Cutting back on booze is good for your health. It can boost energy levels and improve the quality of your sleep.

Stress Less: Relaxing helps you feel good and function well. Getting stress under control can help you feel better about yourself.

Sleep Better: It is important to try and get a good night's sleep. It allow your mind to relax, improving your mental and emotional well being.

Always Remember: There's only one you

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Alzheimer's Society Dementia Helpline 0300 222 1122 9am to 5pm Monday to Friday and Saturday and Sunday 10am - 4pm.

Alzheimer's: How to understand and control wandering



Alzheimer's disease can erase a person's memory of once-familiar surroundings and make adaptation to new surroundings extremely difficult. As a result, people with Alzheimer's sometimes wander away from their homes and turn up — frightened and disoriented — far from where they started, long after they disappeared.

Wandering is among the most unsettling and even terrifying behaviours people with Alzheimer's display. Often poorly clad, they leave safety at random hours and strike out into unknown territory, for no apparent reason. But this seemingly aimless activity usually does have a reason. It's often an attempt to communicate after language skills have been lost.

Wandering may communicate something as simple as "I'm feeling lost," or "I feel as though I've lost something." It can also signal such basic needs as hunger and thirst, the need to void, or the need for exercise or rest.

Other causes of wandering:

Too much stimulation, such as multiple conversations in the background or even the noise of pots and pans in the kitchen, can trigger wandering. Because brain processes slow down as a result of Alzheimer's disease, the person may become overwhelmed by all the sounds and start pacing or trying to get away.

Wandering also may be related to:

- Medication side effects
- Attempts to express emotions, such as fear, isolation, loneliness or loss
- Curiosity
- Restlessness or boredom
- Stimuli that trigger memories or routines, such as the sight of coats and boots next to a door, a signal that it's time to go outdoors
- Being in a new situation or environment

Tips to prevent wandering

Although it may be impossible to completely prevent wandering, changes in the environment can be helpful. For example, a woman who was a busy homemaker throughout her life may be less likely to become bored and wander if a basket of towels is available for her to fold.

People with Alzheimer's often forget where they are. They may have difficulty finding the bathroom, bedroom or kitchen. Some people need to explore their immediate environment periodically to reorient themselves.

Posting descriptive photographs on the doors to various rooms, including a photo of the individual on the door to his or her own room, can help with navigation inside the home. Offering a snack, a glass of water or use of the bathroom may help identify a need being expressed by wandering. Sometimes the wandering person is looking for family members or something familiar. In such cases, providing a family photo album and sharing reminiscences may help.

Watch for patterns

If wandering occurs at the same time every day, it may be linked to a lifelong routine. For instance, a woman who tries to leave the nursing home every day at 5 p.m. may believe she's going home from work.

This belief could be reinforced if she sees nursing home personnel leaving at that time. A planned activity at that hour, or arranging for staff to exit through a different door at the end of their shift, could provide a distraction and prevent the wandering behaviour.



If you have a computer please take a look at our website which covers all MASE activities: www.themasegroup.com

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