



# The MASE Monthly Newsletter

## January 2015



Winners of Queen's Award for Voluntary Service

### A SURVIVAL KIT FOR THE NEW YEAR

Six items to put into your Survival Kit to help you through the day:

**An elastic band :** To remind you to be flexible. Things might not always go the way you want, but things can be worked out.

**A sticking plaster:** To remind you to heal hurt feelings, either yours or someone else's.

**An eraser :** To remind you everyone makes mistakes. That's okay, we all learn from our errors.

**A peppermint :** To remind you that you are worth a mint to your family

**A pencil :** To remind you to list your blessings every day.

**A tea bag :** To remind you to take time to relax daily and go over your list of blessings.



*We wish you all love, gratitude, friends to cherish, caring, sharing, laughter, music, and good feelings in your heart. Especially to all Carers, you are very special people who work so tirelessly to get through each day.*

***We wish a Happy and Healthy New Year to each and every one of you.***

### A request from the Trustees.....



As another New Year begins, we feel it necessary to remind everyone that, although we do provide refreshments and food during the MASE evenings, we would ask you to respect the fact, particularly in view of the increasing numbers of people attending ALL the Groups, that there should always be enough for everyone, but only if people are mindful of the amount of food they take. The buffet is not meant to be a replacement evening meal, but simply just a little treat for you during your MASE evenings. Once everyone has eaten, if there is food left, then you can of course go up for a second helping.

Some people are filling their plates to such an extent, that those who are last up to get their food, have little or no choice left. Also, we do have Volunteers, who Bless them, come straight from work, and who also require some food during the evening. **So can we please ask everyone to restrict themselves to a couple of sandwiches, plus something savoury, ie a sausage roll/pork pie, some fruit and a slice of cake per person.**

*It is so heartbreaking when collecting in the plates at the end of the evening, volunteers find sandwiches and cakes that have not been eaten, which then have to be thrown away.*



We also need to stress that each person attending the MASE is entitled to **TWO alcoholic drinks** during the evening. If the person next to you doesn't drink, it doesn't mean that you can have four drinks, it simply does not work that way! However, everyone attending can have **UNLIMITED** teas/coffees and soft drinks during the evening.

As Trustees we do our very best to give you all a wonderful evening, not only with the food and drink, but also with fantastic entertainment each month; if you add onto that the price of transport, it is quite a costly evening. To be brutally honest, we simply have not got the reserves to increase the food and drink we currently offer and in fact we do not feel there is a need to do so, if everyone would show a little consideration.

We really want to be able to continue our Groups for many years to come, but our resources can only go so far; we hope you will understand why we felt it necessary to make this request to you.

Many thanks . *Daphne, Elaine, Jim and Richard*



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## Some simple ways to cope with Alzheimer's

Sadly, there is no cure for Alzheimer's but there are ways of making the disease easier to cope with. Researchers from the Dementia Centre at the University of Stirling have identified some simple ways for people to make their homes safer and easier to navigate. Changes should be made slowly and gradually, bearing in mind that what works for one person may not for another.

- **Lighting:** brains affected by dementia are less able to process visual signals, so keep rooms as bright as possible.
- **Kitchen:** People with Alzheimer's forget to eat, so leave simple, non-perishable foods, such as biscuits in sight as a reminder. Label certain appliances. Fit an isolation valve to gas cookers, so that they can't be turned on and left on.
- **Crockery:** Remember people with Alzheimer's often cannot see food if it is on a white plate. Try using brightly coloured crockery - this can make a huge difference.
- **Bathroom:** Keep the room warm, and make bathing easier by introducing hand-rails, and non-slip bath mats. White towels and loo seats can be difficult to see. Try changing them to bright colours, like red, or purple instead.
- **Bedroom:** People with Alzheimer's may wake up and not have a clear sense of the time of day. A night and day clock may be the answer. Bold linen will make the bed easy to identify. Labels on drawers and particular items can be helpful.
- **Halls and Stairways:** Remove trip hazards (rugs can be a particular problem). Make power and light switches more obvious, by painting a bright line around them, or fitting coloured covers. Fit handrails on stairs; these should extend beyond the top and bottom steps.
- **Emergency Numbers:** Always keep a list of emergency numbers clearly displayed, or in a place where you can find it easily in case of an emergency.

## Winter fire safety at home

### Candles:

- ✘ Never leave candles unattended
- ✘ Blow out candles before you go to sleep
- ✘ Keep candles out of draughts and away from furniture and curtains
- ✘ Burn all candles away from pets and out of reach from children
- ✘ Never lean across a candle, hair or clothes could easily set alight
- ✘ Never use outdoor candles indoors

### Electric blankets:

- ✘ Test your blanket every 3 years (Staffordshire Fire and Rescue will help you with this)
- ✘ Do not fold up electric blankets, stored rolled up or flat to protect the wiring
- ✘ NEVER use a hot water bottle in the same bed as an electric blanket
- ✘ If a blanket has scorch marks, or exposed elements, it must NOT be used.

### Open Fires:

- ✘ Always use fire guards when heating with open fires
- ✘ Make sure chimney and flues are well maintained

### Cooking:

- ✘ Never leave cooking unattended. Always 'look when you cook'.
- ✘ Keep clothing and tea towels away from the cooker.
- ✘ Keep electrical leads away from the cooker and water.
- ✘ Don't cook after drinking alcohol, or late at night
- ✘ If a pan catches fire don't take risks. Get out, stay out and call 999.

If you have a computer please take a look at our website which covers all MASE activities: [www.themasegroup.com](http://www.themasegroup.com)

Registered Charity No: 1137193 - The Monthly Alzheimer's Support Evening Limited (MASE)

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