



# The MASE Monthly Newsletter

## June 2016

Winners of Queen's Award for Voluntary Service



### The month of June



Hoorah, we are finally seeing some sunshine and let's hope there are more warm and sunny days to come in what is known as 'flaming June'.

In June, spring ends and summer begins—during this time, all the flowers and plants perk up and are very beautiful.

Did you know that June ends on the same day of the week as March every year?

June's birth flower is the rose or the honeysuckle.

The birthstones for June are the pearl, the moonstone, and the Alexandrite which all symbolise health and longevity.



**To those of you going on holiday this month, have a lovely break, please take care and stay safe.**

**If I should get dementia ... .. please read on**

- ✳ I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
- ✳ I don't want to be treated like a child. Talk to me like the adult that I am.
- ✳ I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit with friends.
- ✳ Ask me to tell you a story from my past.
- ✳ If I become agitated, take the time to figure out what is bothering me.
- ✳ Treat me the way that you would want to be treated.
- ✳ Make sure that there are plenty of snacks for me in the house. Even now if I don't eat I get angry, and if I have dementia, I may have trouble explaining what I need.
- ✳ Don't talk about me as if I'm not in the room.
- ✳ Don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
- ✳ Don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
- ✳ Make sure I always have my favourite music playing within earshot.
- ✳ I like to pick up items and carry them around, help me return those items to their original places.
- ✳ Don't exclude me from parties and family gatherings.
- ✳ Know that I still like receiving hugs or handshakes.

**Please always remember that I am still the person you know and love.**

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

Elaine Dunlop ☎ 01785 823110 or 07812 440226  
Daphne Sharp ☎ 01785 211140 or 07939 505455

**MASE Co-ordinators**

✉ Elaine.dunlop12@btinternet.com  
✉ Daphne.scharp@ntlworld.com

## Looking through the eyes of a Nurse/Carer

All too often we hear that the nursing staff, or Carers in a Care Home do not show emotion. The words below come from nurses/care assistants and explain how they deal with a difficult situation:



Who do we see, you ask, what do we see?  
Yes, we are thinking when we are looking at thee!  
We may seem to be hard when we hurry and fuss  
But there's so many of you, and too few of us  
We would like more time to sit by you and talk.  
To bathe you and feed you and help you to walk.  
To hear of your lives and the things you have done  
Your childhood, your sweetheart, your daughter, your son.  
But time is against us, there's too much to do.  
Patients too many, and nurses too few.  
We grieve when we see you, so sad and alone  
With nobody near you, no friends of your own  
We feel all your pain, we know of your fear  
That nobody cares now your end is so near  
But nurses are people with feelings as well  
And when we're together you'll often hear tell  
Of the dearest old gran in the very end bed  
And the lovely old dad and the things that he tells  
We speak with compassion and love and feel sad  
When we think of your lives and the joy that you've had  
When the time has arrived for you to depart  
You leave us behind with an ache in our heart  
When you sleep the long sleep, with not worry or care  
There are still other people and we must be there  
So please understand if we hurry and fuss



**Sadly there are too many of you and too few of us**

## A Carer's Survival Kit

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 that 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.

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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