



# The MASE Monthly Newsletter

## May 2017

Winners of Queen's Award for Voluntary Service

May 2017



With the month of May comes the hope that the cold days are now behind us and we are optimistic that the sunshine will soon be here to cheer us all up, after what has seemed to be a very long Winter. The two Bank Holidays in May also makes the month feel shorter and for people who are still working full-time the two long weekends are very much appreciated.

The focus for our Newsletter this month is on driving; with all the new Laws that have recently been imposed it is well worth taking a good hard look at the driver in your family, particularly if they are getting to a certain age, and are determined they are still fit enough to drive. Our article below is interesting and we think gives good guidelines on what to look out for. Don't forget speeding fines have now changed too. Motorists caught out for speeding are to face tougher penalties from 24 April this year, as new sentencing guidelines take effect.

Also the use of any mobile device when driving is breaking the law. From 1 March 2017, the Fixed Penalty Notice for using a hand-held mobile phone while driving increased to £200, with six points added on your driving license.

### Is it time to put away the car keys?



As the Summer approaches most of us look forward to a drive out on a sunny afternoon. At some time you will feel concern or even fear that your cared for should no longer drive a vehicle. This is one of the most important deliberations, considerations and possible actions you will probably face as a Carer.

A person's age is not and should not be the reason for taking away the car keys. There are people in their 80s and 90s who hold licenses and drive actively and safely, while there are others in their 50s and 60s who are dangers to themselves and others when behind the wheel. Physical and mental condition and ability are the first factors to consider.



**Vision:** Conditions such as cataracts, macular degeneration, glaucoma and diabetic retinopathy can hamper driving ability. Your loved one's optometrist or ophthalmologist can identify vision problems, limitations, concerns and cautions. It is possible that some limitation in vision can be accommodated by not driving at dusk or night. Some conditions, such as cataracts and glaucoma, can be corrected surgically. If your cared for wears glasses, schedule an annual eye and vision examination.

**Physical ability:** Driving takes dexterity, ability and strength in both arms and legs/feet to control the vehicle at all times. Consider any physical limitations. Consider, too, if he or she has shrunk a bit in physical size, where the solution may be to move the driver's seat forward and upward for both better control and vision over the bonnet of the car, and/or adding a pillow.

**Physical activity:** Mature adult drivers die in auto accidents at a rate higher than other age bracket because, at home, many do little or no exercise, not even a daily walk outside. Therefore, if your cared for currently does no physical activity to maintain or build strength, agility and aerobic ability, this should be a concern. Importantly, it is probably correctable by introducing him or her to less television time and more physical activity.

**Diseases:** Patients with Alzheimer's disease can become disoriented almost anywhere and a severe diabetic may fall into a coma. The parent's physician can advise of such possible problems and risks. But, don't assume that your parent has Alzheimer's if he or she forgets momentarily the location of a wallet, purse or newspaper.

**Medications:** Prescription drugs are chemicals designed to produce specific and desired changes or functions within the body. But, as in the law of physics, for every action there is a reaction. That reaction may be drowsiness and/or a slowing of the person's reaction time. In the field of medicine these are identified as side effects and may affect, even seriously, a person's ability to drive.

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

## Mid Counties Co-op partnership with MASE



We are delighted to announce that the Mid Counties Co-operative in Staffordshire have chosen the MASE as their Charity Partner for the year. This partnership is wonderful for the MASE and we understand it was through Carers nominating us that the Charity was chosen and a partnership formed. A sincere 'thank you' to all Carers who put our Groups forward.

### The **Midcounties Co-operative**

We have a new marketing leaflet to support the partnership and hope that you will recognise it as part of the MASE- and find the concept interesting. The leaflet shows a tree, if you look closely you will see it is in the shape of a face, with leaves blowing away from the top of the head. The leaves leaving the tree depict the Autumn Years of our lives and we felt truly captures the essence of Alzheimer's Disease, in as much as once a leaf leaves the tree it will never return. As we well know with Dementia/Alzheimer's disease once a memory does disappear it will not come back. Those of you who have done the Dementia Friends Training will remember memories were equated to Christmas lights - sadly when a light finally goes out and diminishes that particular memory will have gone forever.

Please look out for the new leaflets, which will also have the Mid Counties Logo on to show the Partnership between the two organisations. We are incredibly proud to be in partnership with such a prestigious organisation and look forward to working alongside them. Look out for the new leaflets in your local Mid Counties Co-op they are now in circulation within the stores, so you should be seeing them soon.

## Dementia Awareness Week 15 - 19 May 2017

### **Worrying changes nothing. Talking changes everything.**

We're all living longer. That means we're all facing a higher risk of one day developing dementia. It may be you, or it may be someone in your family.

**What can you do about it?** How do you recognise the signs? And how will you cope if you or someone you love develops dementia? One thing's certain. The more we know about dementia, the more prepared we'll be to face it.

**When you're caring for someone with dementia,** it can be all too easy to ignore your own needs and to forget that you matter too. It's much easier to cope if you look after your own health and wellbeing; speak to your doctor and ensure you get your personal check-ups done on a regular basis.

## Our wonderful Carers raise funds for MASE Groups

The Trustees of the MASE never fail to be surprised by the fundraising our wonderful Carers do each year to support our Charity.

Margaret Burton and Eileen Hawthorn once again put on an incredible display of Easter goodies in a spectacular raffle and raised £225.00

In Hednesford one of our Carers Dave had his head shaved and raised over £200 for the group.

Maxine Holloway from our Rugeley Group also raffled a hamper in Rugeley Town and raised £200.

To everyone who has helped us, by way of raising money, or who have made a donation to The MASE, we send sincere thanks for your kindness. **You really are VERY SPECIAL and we appreciate all you do to support us.**

## Remember Old £5 notes cease to be legal tender on 5 May 2017



The **Bank of England** has warned shoppers they have little time left in which to spend the old paper **£5 notes** before they lose legal tender status. **On 5 May 2017, the paper £5 note ceases to be legal tender.**

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

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