



MASE Monthly Newsletter - February 2019



Proud recipients of The Queen's Award for Voluntary Service & the British Citizen Award for work in the Community

Thoughts for Valentine's Day



*There is so much to endure when watching a loved one who has Alzheimer's disease.
There is the pain of perpetual grief.
There is the raw wound of continual loss.
There is the struggle to preserve dignity and the desire to respect the present and cling to the past.*

However, in the midst of the heartache, there is a small glimmer of light that exists to remind us of the things Alzheimer's can't take away:

- The warmth and power of touch.*
- The importance of smiles and laughter.*
- The knowledge of what it truly means to experience unconditional love and acceptance*
- That's what you do for someone you love, you risk how you feel for what they want*
- Life is not measured by the number of breaths we take, but by the moments that take our breath away.*

When you are feeling down

Throw out non-essential numbers : This includes age, weight and height.

Keep only cheerful friends : The grouches will only pull you down.

Keep learning and active : Learn about the computer, crafts, gardening, sewing. Never let the brain idle.

Enjoy and make the most of the simple things in life : Make time for yourself as and when you can.

Laugh often : Laugh long and loud. Laugh until you gasp for breath.

The tears will fall : Endure, grieve, and try to move on. The only person, who is with us our entire life, is ourselves.

Surround yourself with things you love : Whether it's family, pets, keepsakes, music, plants, or hobbies.

Cherish your health : If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, please ask for some help.

Don't have guilt trips : Take a trip to the shops, to the next county, perhaps to a foreign country, but most definitely NOT to where the guilt is.

Some dates for your diaries

30 March: Haywoods Community Choir Spring Concert Fundraiser to be held at Little Haywood Village Hall £5.00 a ticket includes light bites. Please bring your own drinks for the evening.

7 April 2019 we will be celebrating our 10th Anniversary of the MASE Groups at Lea Hall Social Club, in Rugeley. Starting at 1:30 and ending at 5:00. There will be plenty of entertainment, a raffle, and a buffet with refreshments.

Please make sure you put your names down at your respective groups to let us know you are attending and particularly if you need transport to the venue.

5th July at Stafford Rangers - Hold this date for a fantastic musical fundraiser, more details will be on the March Newsletter

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

Daphne Sharp 01785 211140 or 07939 505455

MASE Co-ordinator /Trustee

themasegroup@gmail.com

Moving on Group for Dementia Carers

The main aim of the **Moving On group** is to give consideration to Carers who have recently lost a loved one and who suddenly find themselves struggling to get their lives back on track.

Carers who are in this situation are invited to join the Group and to start to build up their confidence for the future. Members of the Group know only too well that loneliness can be so debilitating, and it is sometimes very difficult to be able to mix with others after the loss of a loved one.

If your situation has changed recently and you would like to chat to others in a similar position then please come along and join us; it is very informal and new people are always welcome. The most important aspect of this group is the incredible friendship and support it has given to people over the years.

Refreshments/tea/coffee and biscuits together with the hand of friendship and a warm smile will always await you

The Moving on Group is held in St Luke's Church Hall, Cannock WS11 1DE
starting at 1:30 until 4:00 pm on the second Wednesday of each month.



If you would like further information on the group, or perhaps just a friendly chat, please ring:

Rosemary Whittaker on 01543 276712



Mid Counties Co-operative supporting MASE until 2020

It is so difficult to put into words exactly what the support from the Mid Counties Co-operative means to us as a Charity. During the past two years partnership; their staff have raised £10,000 each year for the MASE which has been incredible. We attended two meetings recently, one in Warwick at the Head Office, and a Team Meeting in Heath Hayes, where we were told that our name had once again been put forward as a Fundraising Partner.

On Monday 28 January, we received the following email:

Dear Daphne & Richard

We are delighted to inform you that colleagues from The Mid-counties Co-operative Society's Cannock Chase Regional Communities Area have chosen to continue to support MASE as their Fundraising Partner for a further TWO years. The partnership will continue to run until 31 December 2020.

The Mid Counties Co-operative Team aim to raise £10,000 a year for us over the next two years. That amount of money will pay for two Groups each year which takes pressure off the Trustees who currently need to raise at least £40,000 a year to ensure the groups can continue. We are sure you will all join us in Thanking the Mid Counties Co-operative teams for their confidence in our Groups and for their ongoing support.

We are grateful to everyone at the individual stores who kindly put the name of the MASE forward.

We would like to say 'thank you' to the Cannock Chase Regional Community for the kindness and enthusiasm shown to the MASE and for the unwavering support of everyone involved in raising funds to help our Groups.

An Interesting article written by a Doctor in The Daily Mail Newspaper - Saturday 2.2.19

Two patients a day die from starvation, or thirst, in NHS hospitals, according to latest figures. You can be sure that most of them are elderly.

It is yet further evidence that hospitals are doing little to resolve the problem of dehydration and poor nutrition among older patients, especially those with dementia. Trays of food are placed down in front of someone and then collected an hour later, untouched. We know staff are busy, but you don't see babies on a ward left to feed themselves with a bottle. Why do we treat those at the other end of the spectrum so callously? To think that old people are dying of malnutrition in a 21st-century health service is a disgrace.

Carers please remember, whether your loved-one is in hospital or a care home you have a voice and you must use it. If you feel your cared-for is not being treated with dignity and respect, then you have to be brave enough to speak out. Always remember the person you care for is unable to do so for themselves.

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

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