

The **MASE** Monthly Newsletter

November 2015



Winners of Queen's Award for Voluntary Service

The Carers Hub - A new service for Carers



This new service for Carers started on 1 October 2015. We have had so many people asking for information on this new Service. On the information table is a brief note advising you what the Service is about. You can contact the Carers Hub on **0330 1231937**

Keeping Warm in Winter - Advice for Older People

Cold weather in Winter has health implications for us all, but particularly for vulnerable groups such as the elderly who are particularly at risk because they may not sense they are getting cold until their body temperature falls.

Here are simple measures issued by the Department of Health that should help us all to stay healthier this winter:

- ★ Keep warm at all times even when it appears mild outdoors – allowing your hands and feet to get cold can cause problems with your circulation.
- ★ When indoors keep the living room temperature between 18-21C (65-70F) and other rooms at a minimum of 16C (61F). Have you checked if you are eligible for financial support to help to heat your home?
- ★ During cold weather bedroom windows should remain closed - you are more likely to be struck by the common cold if you have a cold nose! This is most likely to happen if you sleep in a cold bedroom.
- ★ Wear adequate clothing and keep moving, whether inside or outside - several layers of thin clothes may be more effective than one thick one.
- ★ Don't forget to please make sure you get a flu jab before the Winter sets in.



A final thought, if you have elderly neighbours living alone please check on them regularly.

Thank You to....

A huge Thank you to **Paul Birch, Phil Aaron, Debbie Miles, Richie, Natalie and Adam** Who put on a wonderful night of entertainment for us at Lea Hall Club on 16 October. The evening was a huge success and raised £1,138.00 for the MASE Group.

Our thanks also go to **Sophie Horne**, a special young lady who ran the Birmingham Half Marathon on Saturday 17 October. Sophie raised over £300 for the MASE.

Final thanks go to our oldest, and now Honorary, Volunteer **Mike Warner** who celebrated his 80th Birthday on 28 September. Mike held his Birthday Party at Stafford Rangers on 3 October and said he did not want presents, however if guests wished to they could make a contribution to the MASE; the total amount collected came to a staggering £600.00 for the Group.

Christmas Fundraiser date for your diary

Friday 4 December - Our traditional Elvis night when **Mark Clay** will be singing for us at The Stafford Rangers Club to raise funds for the MASE. Tickets are £8.50 and there will be a light buffet and an excellent raffle. Tickets are available from Daphne or Elaine



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

MASE Co-ordinators

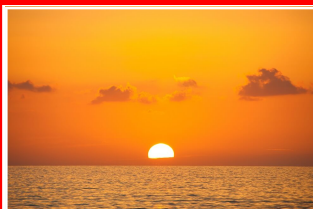


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Sleep Issues and Sundowning



People with Alzheimer's and dementia may have problems sleeping **or** increases in behavioural problems that begin at dusk and last into the night (known as '**sundowning**').

It is not completely understood why sleep disturbances occur with Alzheimer's disease and dementia. Some studies indicate as many as 20% of persons with Alzheimer's will experience increased confusion, anxiety and agitation beginning late in the day.

Others may experience changes in their sleep schedule and restlessness during the night. This disruption in the body's sleep-wake cycle can lead to more behavioural problems.

Factors that may contribute to sundowning and sleep disturbances include:

- ★ End-of-day exhaustion (both mental and physical)
- ★ An upset in the "internal body clock," causing a biological mix-up between day and night
- ★ Reduced lighting and increased shadows causing people with Alzheimer's to misinterpret what they see, and become confused and afraid
- ★ Reactions to nonverbal cues of frustration from Carers who are exhausted from their day
- ★ Disorientation due to the inability to separate dreams from reality when sleeping
- ★ Less need for sleep, which is common among older adults

Coping strategies for sleep issues and sundowning

If the person is awake and upset:

- ★ Approach him or her in a calm manner.
- ★ Find out if there is something he or she needs.
- ★ Gently remind him or her of the time.
- ★ Avoid arguing.
- ★ Offer reassurance that everything is all right.
- ★ Don't use physical restraint. If the person needs to pace, allow this to continue under your supervision.

Keep the home well lit in the evening.

Adequate lighting may reduce the agitation that occurs when surroundings are dark or unfamiliar.

Make a comfortable and safe sleep environment.

The person's sleeping area should be at a comfortable temperature. Provide nightlights and other ways to keep the person safe, such as appropriate door and window locks. Door sensors and motion detectors can be used to alert family members when a person is wandering, as can safety systems like Comfort Zone.

Maintain a schedule.

As much as possible, encourage the person with dementia to adhere to a regular routine of meals, waking up and going to bed. This will allow for more restful sleep at night.

Avoid stimulants and big dinners.

Avoid nicotine and alcohol, and restrict sweets and caffeine consumption to the morning hours. Have a large meal at lunch and keep the evening meal simple.

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

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