



The MASE Monthly Newsletter

November 2017



Proud recipients of Queen's Award for Voluntary Service

Some advice for Carers

Some friendly advice to all our wonderful Carers. Remember you **can't do everything** and no-one is perfect. Please do remember to ask for help from family and friends, and use Carer groups to share information and find support. Caring can be a very isolating experience if you don't make the effort to engage outside your caring role.

Try to enter the world of your loved one, instead of bringing them into yours. Enter their bubble, don't burst it, this could lead to less confrontation.

Try and not react when your loved one is argumentative. Distract them, cheer them up, put on their favourite music, and perhaps even try to give them some headphones to listen to music.

Simple things like ensuring your loved-one can feel the chair seat edge against back of legs before they 'sit down' help them to judge safety, security and distance - for us it is normal, for them it can be frightening the feeling of they are going to fall.

If someone's fearful/nervous of coming downstairs in the morning, try playing a piece of music they like each morning as they are descending. It is all about continuity, and familiarity and definitely worth a try!

The Mayor of Stafford Visits the MASE

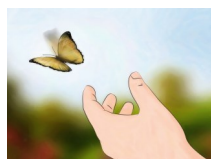


We were really delighted and honoured to Welcome The Mayor of Stafford, Aidan Godfrey and his wife Wendy, to our Stafford MASE Group in October. Entertainment was provided by Debbie Miles, who as always brought a smile to everyone. By the end of the evening most people were up dancing and the atmosphere was electric and people went home feeling happy and content.

Simon and his team from Brucom also came to visit; they had undertaken a Charity fundraising walk for the MASE and presented us with £650.00. To have local companies supporting the MASE Groups means so much to us and it is wonderful to know that the MASE name is at last being recognised as a Voluntary Charity that does so much good for not only Stafford but their other four Groups in Cannock, Haughton, Rugeley, and Hednesford.



Before it is too late



*If you have a tender message or a loving word to say
Don't wait until you forget it but whisper it today
Who knows what bitter memories may haunt you if you wait
So ensure your loved one is happy before it is too late*

*We live but in the present – the future is unknown
Tomorrow is a mystery – today is all our own
The chance that fortune brings to us may vanish while we wait
So spend your life's rich blessings before it is too late*

*The tender words unspoken, the letter never sent
The long forgotten messages, the wealth of love unspent
For these some hearts are breaking; for these some loved ones wait
So tell them often that you care for them before it is too late.*

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

MASE Co-ordinators ✉ Daphne.ssharp@ntlworld.com
✉ Elaine.dunlop12@btinternet.com

Gifts to buy for someone with Dementia

Choosing the perfect gift can be a really difficult task at the best of times, but this becomes even harder to choose when the recipient has Alzheimer's or dementia.

When dementia is in its early stages, buying a present can be straightforward... buy as you normally would choose to buy, based on what they like or enjoyed in the past. However, when you begin to notice that they have become more forgetful and disengaged into the early stages of dementia, you may need to think more carefully.

Some gift ideas for people with dementia

- **Music CDs** are a good choice, as these can be very soothing and relaxing and if your relative has particular favourites, can bring back memories. You can even look for sing-along music for fun entertainment for you both.
- **A new digital radio** with easy to use pre-set channels is also a good choice, so they can tune into their favourite channels easily.
- **DVDs** allows your cared for to watch some classic movies, or old favourites, which can also be very stimulating.
- **Jigsaw puzzles and memory games** also make great gifts, as well as new interactive games, which they can play on a tablet, such as Angry Birds or Candy Crush.

An I-pad tablet is a fantastic present, which will become more and more useful through the progressive stages of dementia. There are many great Apps out there for dementia for you to download onto the I-Pad with many Apps being completely free.

A digital photo frame with rotating family images, or a ready filled photo album with names underneath will be fun to look through and chat about together, acting as a great memory stimulus.

More advanced dementia

Once your cared for moves into the middle stages of dementia, gifts are likely to be more practical, but they can still be attractive.

- **A clock** with clear numbers on it and ideally, showing the date too. Or maybe even a speaking watch, where the press of a button tells the person what time it is.
- **A pre-loaded easy-to-use memory phone** will give you both peace of mind. You can also get voice-activated phones.
- **Indoor light sensitive automatic lighting** can be very pretty, but has the added benefit of helping to keep the home safe as it darkens outside.
- **Arts and drawing materials** can be used in so many ways to create simple cards and paintings.
- **A day out to visit gardens and have afternoon tea** can be enjoyable, although this will depend very much on how your relative with dementia can cope with this kind of outing.

A date for your diary - Friday 15 December 2017



Our traditional Elvis evening will take place this year at The Polish Club in Stafford.

There is a good car park outside the hall and ticket price will include a buffet.

Tickets are £8.50 Available from Daphne or Elaine



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

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

Company Limited by Guarantee No: 7228424

DISCLAIMER— Every effort has been made to ensure that the information in this newsletter is correct at the time of going to publication. **MASE** Group accept no liability for the accuracy of the text. Company limited by Guarantee in England & Wales. Registered No: 07228424 Registered Office: 3 Hartwell Grove, Stafford ST16 1RW. **MASE** is a registered Charity - Number: 1137193 The Monthly Alzheimer's Support Evening Limited (MASE)