

The **MASE** Monthly Newsletter

September 2016



Winners of Queen's Award for Voluntary Service

Interesting Facts about the month of September



Virgo is the sixth sign of the zodiac, to be exact, and that's the way Virgos like it: exacting. Those born under this sign are forever the butt of jokes for being so picky and critical, but their 'attention to detail' is for a reason: to help others.

Sapphire, is the birthstone of September, is most desired in its pure, rich blue colour but is present in almost every colour including pink, yellow and green. In the Middle

Ages the gem was believed to protect those close to you from harm and also represented loyalty and trust.

Morning Glory/Aster is the flower of September. Symbolising daintiness, love and magic.



Did you Know?

A new £5 note was unveiled on **2 June 2016**. It will be printed on polymer, a thin flexible plastic, because polymer notes last longer, stay cleaner and are harder to counterfeit than paper notes. On **13 September 2016** the new £5 note goes into circulation. It will then take a few weeks to get into shops & businesses. In **May 2017** the old £5 paper note will go out of circulation

Fundraiser at Cannock Market

A number of the ladies from our Cannock Group ran a stall on Cannock Market for three days in August and raised well over £300.00 for the MASE. We have it on good authority that they caused a 'rumpus' during their time there and understand the regular stallholders enjoyed their company so much they have actually invited them back to do a Christmas Stall.

In all seriousness, we are truly humbled when Carers take it upon themselves to fundraise for the Groups.

So a sincere thank you to Margaret, Eileen, Rosemary, Alison and Zohara for all their hard work and also a huge thank you to everyone who kindly donated items to be sold on behalf of the MASE.



Julie Perry - Elderly Care Solicitor



Julie is the Director of **Jackson Perry Legal Services Ltd**; a company specialising in Wills, Lasting Powers of Attorney and Court of Protection applications.

She has vast experience of dealing with people who are on the dementia journey having been in the legal profession for over 28 years.

Julie provides a very relaxed personal service and will do her best to put you at ease. Whilst friendly and approachable she is also very professional.

As a member of the Solicitors for the Elderly, which is an independent, national organisation of lawyers who are committed to providing the highest quality of legal advice for older and vulnerable people, their families and carers, she is able to keep up-to-date on any impending changes.

We recommend Julie to you based on the understanding that over the years she has supported and helped a number of our people at the MASE.

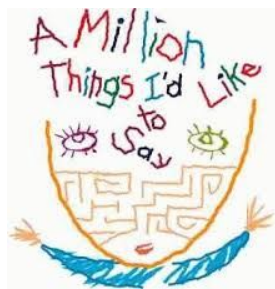
Elaine Dunlop 01785 823110 or 07812 440226
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MASE Co-ordinators

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

Recognising Distressed Behaviour as Communication



All of us have had those moments where we grit our teeth and say “I’m sure that will be fine” when in reality something is not and will not be fine. In those moments the lack of “fine-ness” is often communicated loud and clear through our body language and tone of voice. Of course we have long recognised the link between behaviour and communication. Before we developed verbal skills we relied on body language and behaviour to make our needs and wishes known, and all of us still communicate in this way every day.

According to a recent study our verbalised words make up only about 7% of what we communicate; the rest is non-verbal and through tone of our voice. For some people, a loss of verbal communication skills is a part of their dementia journey. Luckily that is only a small part of their communication arsenal.

The challenge for those of us who support someone who struggles to express themselves verbally is to recognise the importance of behaviour as communication, and to support that means of communication throughout a person’s journey with dementia. There may be times when this becomes the most effective method of communication for that individual, but if we do not recognise it as such, then that pathway to communication becomes closed off.

Rather than talking about “challenging behaviour” as we have in the past, we now talk about stress and distress. We know that people with dementia live with increased stress levels and this is frequently communicated through distressed behaviour. However, it is often easy to miss the small signs of distress that may be present; signs of anxiety, loneliness and boredom. It is essential that we develop our observational skills. Learning to listen to people with our eyes is a vital skill for those of us in supportive roles.

Behaviour as a means of communication is much like verbalisation in communication. If someone cannot hear what we are saying we say it louder. The same principle applies when someone is communicating through their behaviour. If we miss the smaller signs of distress then the volume of the distressed behaviour may be turned up and up until someone recognises that there is a problem for that person who is communicating their distress. The louder the distressed behaviour becomes, the more difficult it may be to figure out what the distressed behaviour is trying to communicate. Though a certain amount of information can be gathered by observing the behaviour of a stranger, it is difficult to interpret needs that are deeper and that are more personal to identity unless we know that person. So first we seek to understand the story of the person we are supporting

Carers need to move away from needing to manage behaviour by making it stop, to seeing it as the communication of an unmet need. By responding to a need as one human being to another, rather than by looking at the behaviour as a medicalised symptom, we can provide responses and interventions that are dignified, and which promote the value of all people regardless of their cognitive status. This is so important, because distressed behaviour is not a symptom of dementia, it is a symptom of trying to communicate.

Future Dates for your Diaries

Friday 7 October 2016 - Lea Hall Social Club - Rugeley

We are delighted to announce that **Paul Birch and his Friends** are once again putting on an evening of entertainment to raise funds for the MASE. There are six acts on the evening. All these lovely people are giving up their precious time to show support for the MASE. Daphne and Elaine have Tickets for sale which are £5.00; a good evening definitely guaranteed!!

Friday 9 December - Stafford Rangers - Elvis is in the Building

Back by popular demand **Mark Clay** helps us to get in the Christmas spirit by singing a variety of Elvis songs. Mark has over the years helped us to raise a significant amount of money for the MASE and we are delighted to have him back for another evening of Elvis. Daphne & Elaine have Tickets for sale at £8.50 which includes a light buffet - definitely not to be missed.

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

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