



MASE Monthly Newsletter - April 2019



Proud Recipients of Queen's Award for Voluntary Service

The MASE Celebrates 10 Years



Ten years of the MASE what an incredible achievement! Thank you to everyone involved over the years, our Volunteers, St John's, Lisa & Jess our fantastic caterers - you have all been marvellous. To Past and Present Carers and your cared for, thank you for allowing us into your lives - you are all wonderful people and we salute each and every one of you!



Beware of Scams on Older People

ALWAYS REMEMBER: IF SOMETHING SEEMS TOO GOOD TO BE TRUE, IT USUALLY IS.

Never respond to any emails, text messages, or letters that look suspicious, or that have bad spelling or grammar.

Remember: A genuine bank **will never contact you** out of the blue asking for your PIN, full password or to move money to another account. If you receive a message like this, ignore it!

- You must **NEVER** give your password to anyone over the phone or by email.
- If someone you have never met before asks you for money, that should be a red flag. Do not give them any money!
- Always question uninvited approaches, in case it's a scam. This applies whether the contact is on the doorstep, over the phone, by post or online. Instead, contact the company directly yourself using a known email or phone number.
- If you are even a tiny bit suspicious, check with someone else before responding to the communication – a trusted relative, friend or neighbour.
- **Never** automatically click on a link in an unexpected text or email.
- Make sure you use strong passwords on all your online accounts and change them often.
- Always have anti-virus software and a firewall installed on your computer and update all software as soon as new versions become available.

Always trust your instincts. If you feel at all wary or suspicious, you're probably right!

SIGNS THAT YOU HAVE BEEN SENT A SCAM

- The sender's email address doesn't match the website address of the organisation it says it's from. Roll your mouse pointer over the sender's name to see its true address
- The email doesn't use your name – it says something like 'Dear customer' instead
- There's a sense of urgency, asking you to act immediately
- There's a prominent website link which may look at first glance like the proper address, but has one letter missing or is spelt wrong
- There's a request for personal information
- There is poor grammar and spelling mistakes
- The entire text of the email is contained within an image rather than the usual text format, and the image contains an embedded hyperlink to a bogus site. Again, roll your mouse pointer over the link to reveal its true destination. **DO NOT click on it — just press your delete key!**

Dates for your Diary

7 April 2019 is our 10th Anniversary of the MASE Groups which will be held at Lea Hall Social Club, Rugeley.

This promises to be an afternoon of great celebration for us all — Starting at 1:30 and ending at 5:00. .

5th July at Stafford Rangers - Julie Perry is holding a fantastic musical extravaganza and is fundraising in support of the MASE. Phil Aaron will be the guest artist together with a variety of singers and dancers (including our very own volunteer Freya) to entertain you. Posters will be at all MASE Groups; **Julie Perry/Volunteers** have tickets for sale.

Daphne Sharp ☎ 01785 211140 or 07939 505455

MASE Co-ordinator

✉ Daphne.scharp@ntlworld.com

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

Tesco Bags of Help Grant Scheme



We are absolutely delighted to advise you that we have been accepted by Tesco Bags of Help Grant Scheme and have been put forward to a customer vote in **four** Tesco Stores for **May & June 2019**. The Stores involved are:-

**Tesco Superstore Cannock WS12 3YY, Tesco Great Wyrley Express WS6 6LA,
Tesco Hednesford Superstore WS12 1DW, Tesco Cannock Express WS11 4AL**

The vote consists of tokens being put into the collection boxes.

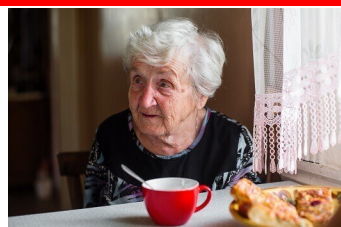
The first place is £4,000, the second place is £2,000 and the third placed charity receives £1,000.

So Carers if you are shopping in any of these stores, and you think the MASE deserves to win one of these Awards, be sure to get your tokens and put them in the MASE box at each respective store.

We sincerely thank Tesco for this wonderful opportunity and will, of course, keep you all informed as to the outcome. Keep your fingers crossed!



Eating & Drinking for a person with dementia



People with dementia may experience problems with eating and drinking. There are many reasons this might happen. They may

- forget to eat or drink
- experience difficulties preparing food or drinks
- have difficulty recognising food items
- have a change in appetite or taste.

Eating a healthy and balanced diet is important for a person's physical and mental health. Not eating and drinking enough can increase the risk of dehydration, weight loss, a urinary tract infection and constipation. These health problems can be particularly problematic for someone with dementia as they can increase confusion and the risks of delirium, and sometimes make the symptoms of dementia worse.

Helping a person with dementia to maintain a healthy diet can be difficult for the people caring for them. This leaflet aims to provide some positive tips on ways to help.

It's important to consider the person's likes and dislikes regarding food, however, tastes do change throughout our lives. These changes may be more pronounced for someone with dementia. They may find certain colours, textures or smells off-putting or sometimes eat certain foods they previously wouldn't have. An increasingly sweet-tooth is common. This and other factors may make it more difficult for the person to stick to specific diets such as those for people with diabetes or coeliac disease, or those with religious or cultural needs.

Understanding the person's previous relationship with food, as well as any cultural or religious reasons for avoiding particular food or drink, will be useful.

Poor appetite and weight loss are quite common as dementia progresses. But there are also medical reasons why a person may have lost interest in food and drink, which your GP or perhaps your dentist could advise on. These include: depression, which can lead to poor appetite mouth pain and dental problems, which can lead to discomfort and a reluctance to eat or drink constipation, which can make a person feel full and nauseous,

It is always important to keep a link with your GP/Memory Clinic and to point out any drastic change you notice in your cared-for's eating habit.

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)