



# MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

## March 2020



Dare we say Spring is finally here!! How lovely it is to see the bright yellow daffodils all around us. The beautiful blossom on the trees again make us feel that hopefully we are almost over the worst of the dreadful weather we have had to deal with during February. At least the nights are getting lighter now and on Sunday 29 March the clocks go forward by one hour and we can then look forward to some better weather.

A bright, blossom filled March 2020 is most definitely on the horizon. As spring arrives and the days start to get longer, there is plenty going on to embrace the new season.

March is also the month of St Patrick's Day and Mothering Sunday, so plenty of things to celebrate.

For the poor people who have suffered in the severe rain and floods, they are in our thoughts and we hope that the clearing up and drying out of their properties is now well underway. Our thoughts and prayers go out to people who have lost all their personal belongings in the floods. There must be nothing worse than all your precious photos and mementos being damaged and lost to water damage. Let's hope the worst is over and these people can start to rebuild their lives again.

## BEWARE OF TELEPHONE SCAMS

We make no apology for once again highlighting the fact that many Carers have recently been scammed and have lost a great deal of money. **Please take this information on board.** If it is a call that you are not sure of; put down the telephone and disconnect the call. The people making the calls do **NOT CARE** how difficult your lives are, or what a difficult journey you are on **THEY ARE QUITE SIMPLY AFTER YOUR MONEY.** Once you enter into a conversation, they are tracking your number and have all ready found out a huge amount of information on you. **NEVER** give any details of your bank account, sort code, or pin numbers - if you do you can rest assured that your cash will be lost forever. The Banks will not entertain any claims if you have given out your account numbers. **PLEASE CARERS IF YOU ARE UNSURE SIMPLY PUT DOWN THE PHONE.**

## Meaningful Words

When I wander, don't tell me to come and sit down. Wander with me. It may be because I am hungry, thirsty, need the toilet. Or may be I just need to stretch my legs.

When I call for my mother (even though I am ninety!) Please don't tell me she has died. Reassure me, cuddle me, ask me about her. It may be that I am looking for the security that my mother once gave me.

When I shout out please don't ask me to be quiet... or walk by me. I am trying to tell you something, but have difficulty in telling you what. Be patient. Try to find out. I may even be in pain.

When I become agitated, or appear angry, please don't reach for the drugs first. I am trying to tell you something. It may be too hot, too bright, too noisy. Or may be it's because I miss my loved ones. Please try to find out first what is wrong with me.

When I don't eat my dinner, or drink my tea, it may be because I have forgotten how to. Show me what to do, remind me. It may be that I just need to hold my knife and fork, I may then know what to do.

When I push you away while you're trying to help me wash to get dressed, maybe it's because I have forgotten what you have said. Keep telling me what you are doing over and over. It doesn't matter if others will think you are the one that needs help!

With all my thoughts and maybe's, perhaps it will be you who reaches my thoughts, understands my fears, and will make me feel safe. May be it will be you who I need to thank at the end of each day.

Daphne Sharp ☎ 01785 211140 or 07939 505455 **Trustee /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.

## Chrysalis Lodge - Why not take a look?

Chrysalis Lodge, based in Abbots Bromley, offers two services. The first is to provide people who have memory problems, physical disabilities or someone who would like some company, to have an enjoyable day with us. Secondly, our peaceful surroundings make an ideal setting for people who need a safe and carefree environment to spend quality time, whilst providing their Carers with an opportunity to have respite from their caring role. We value the personality and character of our guests in relation to their life and the stories that are contained within that person's life. We provide a range of therapies to promote individual wellbeing examples being music therapy and hand massage. Guests are encouraged to participate in a wide range of activities, individually tailored to meet the needs and capability of each guest. These include gentle exercise, indoor games and everyday tasks such as baking laying tables at mealtimes, helping in the garden or greenhouse, and of course music, singing and dancing rate highly. Chrysalis Lodge provides guests with a wide choice of good, wholesome food, to meet individual dietary needs.

We can provide transport within a 10 mile radius of Chrysalis Lodge and are open Monday to Friday from 9am until 4.00pm. Anyone is welcome to come and visit us with no obligation.

If you would like further information please call Lynn or Paula on 07593275330

## Why Human Touch is so essential

Human beings are wired to be touched. From birth until the day we die, our need for physical contact remains. Being touch starved — also known as skin hunger or touch deprivation — occurs when a person experiences little to no touch from other living things.



For individuals with dementia, human touch plays an important role in promoting overall well-being. Research has found that just five minutes of hand massage can induce a physical relaxation response and reduce levels of cortisol, a hormone released during times of stress

A person with dementia feels confused more and more often. When they can't make sense of the world or get something wrong, they may feel frustrated and angry with themselves. They may become angry or upset with other people very easily. However people with dementia can still appreciate someone holding their hand and making them feel safe and secure.

There are many ways to provide touch to a person with dementia. Hand massages with lotion, pats on the arm or shoulder, hair combing or brushing, or even licensed massage therapy can all help reduce anxiety and fear. However, it is important to keep in mind that "touching" is for the affected individual's well-being and calm, but it does not necessarily mean that the individual will be a willing receiver. Consider the particular culture of the person, assess their personal nature, and always ask permission to give a hug or offer a hand massage. The act of touch does not have to be anything complicated. Keep it simple and use special aromas to accompany the touch therapy. Watch your body language and always give a gentle, reassuring smile.

## The cost of a Postage Stamp will increase from Monday 23 March 2020

For those of you who take pleasure from sending cards and writing letters, please be aware the price of a standard first-class stamp will rise by 6p from the end of next month.

Royal Mail has announced from Monday 23 March, **prices** will change as follows:

A first-class **stamp** for a standard letter will **rise** by **6p** from 70p to **76p**.

A second-class **stamp** for a standard letter will **rise** by **4p** from 61p to **65p**

If you have a computer please take a look at our website which covers all MASE activities: [www.themasegroup.com](http://www.themasegroup.com)

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