



MASE Monthly Newsletter - November 2018



Proud recipients of The Queen's Award for Voluntary Service & the British Citizen Award for work in the Community

"The Only Thing That Is Constant Is Change" Quote by Greek Philosopher Heraclitus



Trustees Daphne, Richard and Dave want to assure everyone that the MASE Groups will most definitely be continuing. Over the next few months you will see new faces at some of the Groups; this is all part of our succession planning to ensure the MASE Groups continue to run for many years to come. New people can bring in fresh ideas as to how we can maintain the high standard the MASE has achieved over the years. We promise to keep you updated on any news regarding new Trustees/Volunteers joining the groups.

As we are still not a core-funded Group, we have to continually fundraise to ensure we have sufficient funds in-hand to run the groups. There are **NO PAID PERSONNEL** in our team, we are ALL volunteers, everything is done from the heart and we have been Blessed with the calibre of people that have joined us over the years.

Our volunteers, always go the extra mile to help us raise money for the MASE. Many give up precious time to stand on stalls selling items, all for the MASE. Some put on magnificent raffles at Christmas and Easter, organise walks, run annual tombola stalls, and friends and family members carry out various sporting challenges, all of which has over the years raised substantial amounts of money for our Charity.

The Trustees have always said there would **NEVER** be a set charge made for people to attend the MASE, but if you attend regularly, and you enjoy the Groups, then a small contribution would be most welcome. So as a reminder to you could we mention the red and black collection boxes that are always on your tables, these are there should you wish to make a donation to your individual Group

Where the buffet is concerned, we are providing a snack for you all, which we hope makes the evening a little more enjoyable. In future the food will be served out by our volunteers; by doing this we comply with health & safety requirements and also the volunteers will ensure that everyone gets a fair share of the buffet. We would again ask people to respect the fact that everyone in the room, **including our wonderful volunteers**, need to have something to eat during the evening. We would ask you to bear in mind that some of the Volunteers have worked all day and they too look forward to enjoying the buffet at the Groups. Once everyone has had food, then there are no restrictions and people can always then go up for a second serving

In April 2019 we will celebrate the **10th Anniversary of The MASE Groups** - what an incredible achievement! We will of course be celebrating this Anniversary in style and it is our intention to bring all the groups together for an afternoon of entertainment and fun on **Sunday 7 April 2019**, so please make a note of this date on your calendars. We will give you more information on the format of the afternoon and the proposed venue in the New Year.

Finally, a reminder the magnetic dates for next year and our 2019 MASE Calendars will be available mid November.

Thank you to each and every one of you for your incredible support over the years. Please enjoy your respective Groups and the friends you have made through them. You are all very dear and special people who we know are the unsung hero's in our MASE Groups. We salute you all!

If you do have any questions, or concerns, please feel free to speak to Daphne, Richard or Dave.

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

Daphne Sharp ☎ 01785 211140 or 07939 505455

MASE Co-ordinator /Trustee

✉ themasegroup@gmail.com

Sundowning



With the clocks going back, the nights will now begin to draw in and many of you will have loved-ones who could experience 'sundowning'. It can be frightening and quite distressing for Carers to deal with but try to keep your loved-ones calm, reassure them they are safe. If at home switch on the lights early and make sure the house is bright. Drawing the curtains will help a little too.

What is sundowning?

Sundowning is a term used for the changes in behaviour that occur in the evening, around dusk. Some people who have been diagnosed with dementia experience a growing sense of agitation or anxiety at this time.

Sundowning symptoms might include a compelling sense that they are in the wrong place. The person with dementia might say they need to go home, even if they are home; or that they need to pick the children up, even if that is not the case. Other symptoms might include shouting or arguing, pacing, or becoming confused about who people are or what's going on.

Why does sundowning happen?

There are lots of reasons why sundowning occurs. As the day goes on, the person with dementia becomes more tired, and this can lead to their symptoms worsening. Hunger, thirst and physical pain can also play a part. As darkness falls, street lights come on and people settle in for the evening and some people with dementia become increasingly concerned that they are in the wrong place.

Tips for managing sundowning as it happens

- Use distraction techniques: go into a different room, make a drink, have a snack, turn some music on, or go out for a walk
- Ask the person what is the matter. Listen carefully to the response and if possible, see if you can deal with the source of their distress
- Talk in a slow, soothing way
- Hold the person's hand or sit close to them and stroke their arm.

Practical tips on preventing sundowning

- Follow a routine during the day that contains activities the person enjoys
- Going outside for a walk or visiting some shops is good exercise
- Limit the person's intake of caffeinated drinks. Consider stopping the person from drinking alcohol altogether. Caffeine-free tea, coffee and cola are available, as is alcohol-free beer and wine
- Try and limit the person's naps during the day to encourage them to sleep well at night instead
- Close the curtains and turn the lights on before dusk begins, to ease the transition into night-time
- If possible, cover mirrors or glass doors. Reflections can be confusing for someone with dementia
- Once you are in for the evening, speak in short sentences and give simple instructions to the person, to try and limit their confusion
- Avoid large meals in the evening as this can disrupt sleep patterns
- Introduce an evening routine with activities the person enjoys, such as: watching a favourite programme, listening to music, stroking a pet etc. However, try to keep television or radio stations set to something calming and relatively quiet—sudden loud noises or people shouting can be distressing for a person with dementia.

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

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