



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

November 2021



Once again the nights are drawing in and the evenings be long and drawn out for many Carers who are on their own. This is a perfect time for us all to offer the hand of friendship and make a pledge to give someone a call during the evenings. Just a five minute chat on the telephone can mean the world to someone who has perhaps lost their partner recently, or even someone who has been on their own for some time, and yearns for a conversation.

For those of us who have our loved ones at home, it is a Blessing. Feelings of loneliness are very personal, so everyone's experience of loneliness will be different. A five or ten minute call, could make a person feel so much happier. So with that in mind, let's all try to make one call to a person who we know is on their own, and help to brighten their day just a little!

Carers - Please be prepared!

We are all guilty of thinking 'it wont happen to me', but unfortunately occasionally things **DO** happen and it is always better to be prepared, than to be rushing around at the last minute trying to get things together. So, let's all try to stay one step ahead of any unexpected eventualities .



1. At home keep two small bags packed – one for you as the Carer and one for your cared-for. Keep them in a safe place. Put in some items that would be needed during a stay in hospital. If either of you then needs to be taken by ambulance into hospital, you will not be trying to get things together at the last minute. Sadly Carers are not able now to travel in the ambulance with their cared-for. So knowing that the bags are packed and ready will take a huge pressure off Carers, and friends or relatives should a crisis arise.
2. Put in nightwear, dressing gown and a wash kit. You could also put in perhaps some reading matter, or even a crossword book and pencil - something that will occupy the mind of the person should they wish to make use of it.
3. Keep in each of the bags a note of any allergies, and a complete list of all medication for each respective person. (PLEASE ALWAYS REMEMBER TO UPDATE ANY CHANGES IN MEDICATION ON THE LIST SHOULD THE MEDICATION CHANGE AT ANY TIME) Sometimes paramedics will ask for the actual medication the patient is on, this will then be taken with the patient to the hospital. So again always make sure they are easily accessible too.
4. It is always handy to have a list of names and telephone numbers by your telephone. So in the case of an emergency someone would be able to make contact with the family and advise them there is a problem.

Just what is a Senior Citizen ?

A Senior Citizen is one who was here before; the pill, television, frozen foods, contact lenses, credit cards ... and before man walked on the moon.

For us "Time Sharing" meant togetherness, not holiday homes, and a "chip" mean a piece of wood. "Hardware" meant nuts and bolts, and "software" wasn't even a word.



We got married first, then lived together, and thought cleavage was something that butchers did. A "stud" was something that fastened a collar to a shirt, and "going all the way" meant staying on a double decker to the bus depot.

We thought that "fast food" was what you ate in lent; a "Big Mac" was an oversized raincoat and "crumpet" we had for tea. In our day "grass" was mown, "pot" was something you cooked in, "coke" was kept in the coal house and a "joint" was cooked on Sundays! Yes indeed, those were the good old days!!

TRUSTEES: Daphne or Richard: ☎07939 505455 Mike Creek: ☎01785 663596 Dave Degg: ☎07974 983459 Dave Godden: ☎07968 848120

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

Tips for Talking to Someone with Alzheimer's or any other Form of Dementia

So many Carers struggle to communicate with their loved-one. It is one of the things that so many people ask about. We hope the following tips may be of help:



Simplify Talk. Simplified speech can often be beneficial to people with dementia. In particular, keeping sentence structures simple is helpful. Multi-clause sentences that branch in different directions are challenging for many older adults, and may be impossible to understand for those with severe cognitive impairments.

Avoid Patronising Talk. “Baby talk” is a style of talk that includes super short sentences, childish vocabulary (“choo-choo” instead of “train”), pet names (“sweetie”) and baby-ish intonation. There is no evidence that use of such communication is effective. In addition to being perceived as disrespectful, a patronising style actually reduces cooperativeness and can make administering care more difficult.

Take Time. Allowing pauses in conversation, being willing to repeat and elaborate, and waiting for a response, all signal an openness to the conversational partner. These actions also allow the extra time the person with dementia might need to make connections and generate a response.

Allow Choice. Even simple choices (“Would you like X or Y?”) offer opportunities for control in a life that is often lacking such chances. Choices with too many options (“What do you want to do?”) may be overwhelming for some dementia patients.

Be Concrete. Abstract vocabulary, metaphors, colloquialisms and wordplay are unlikely to be successful. People with dementia respond to specific, **concrete language**, particularly language rich in concrete nouns and people’s actual names, rather than pet names or “he” or “she.”

Use the Environment. Objects in the environment, such as photographs, food, music, people, or any number of other things can provide stimulation for interaction. Using this approach and encouraging the person with dementia to do so as well can help maintain communication.

Talk to the Person. Above all, people with dementia deserve opportunities to have social interactions and experience conversational exchange. It is a basic responsibility for others to respond in an attempt to maintain interaction even when it appears to not be going anywhere. Conversations with people who have dementia are not “normal” conversations, and the goal shouldn’t be to correct incorrect statements or to get a “right” answer. Instead, focus on feelings rather than facts.

The opportunity for interaction of any sort is an opportunity to experience a fundamental human connection and is of value for people with dementia. Negotiating a successful interaction not only enriches the patient’s life, it will also help to make your role as a Carer more interesting, rewarding, and satisfying.

Definitely some advice well worth trying....

Did somebody mention Christmas?



Once again the year seems to be flying by and preparations are in hand to celebrate Christmas. With that in mind we have booked our regular Elvis Christmas Fundraiser which this year will take place on

Friday 10 December 2021 at The Polish Club, in Stafford ST16 3TH .

The evening will begin at 7:30 and go on until 11:30.

Tickets are £10.00 this includes a light buffet. Excellent Raffle on the night.

Mark Clay is a local Celebrity who has been entertaining for many years; he is a well-respected entertainer who is an amazing performer. His evenings are always very special. Over the years Mark has raised a huge amount of money for the **MASE** Charity with his tribute to The King of Rock and Roll – Elvis Presley.

Tickets are available from any of the Volunteers at the Groups.

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

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