



# MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

May 2023



It is hard to believe we are now in the month of May? How quickly the months pass by! We are entering the 5th month of the year which seems incredible. This is a time to admire the beautiful Spring flowers, and with the longer days and lighter nights the world seems a brighter place. Our **MASE Coronation Gala** is on 8th May at Lea Hall, Rugeley, WS15 2LB. Please come along and enjoy an afternoon of friendship, laughter and support. This promises to be a lovely event and one that will benefit all who attend. Some of you may also now be thinking of taking a break - lets keep our fingers crossed that the Sun will start to shine and you can then book a summer holiday break.

## Changes after a Diagnosis of Dementia

Carers often struggle to grasp a changing reality involving their loved one's cognitive decline and the change in lifestyle that being a Carer brings for both parties. Denial may help to provide distance from overwhelming. For someone recently diagnosed with Alzheimer's or another form of dementia, it takes time to accept the diagnosis.

Telling others about a diagnosis can be one of the most difficult steps for people in the early stages of the disease and their cared-for. There may be anxiety surrounding who to tell and concerns about social stigma.

Rather than deal with it head-on, some people deny the diagnosis as a coping mechanism. However, for both Carers and those dealing with a diagnosis, the sooner you are able to face it, the sooner you can work towards solutions.

These tips may help the person who is in an early stage of the illness to come to terms with the diagnosis:

- \* Provide time for the individual to feel sad about how his/her identity is changing as a result of their diagnosis.
- \* Emphasise the roles and responsibilities that are still significant to the person's identity, i.e. grandfather, mother, daughter, etc.
- \* Encourage the person to speak with a friend, or family member, to talk through difficult emotions.

To help Carers move past feelings of denial, work on accepting personal losses – from the loss of free time to the freedom to travel. **Attending the MASE Groups is a good way to discuss things with past Carers who have been in your shoes. You can also pick up valuable tips and tricks from other Carers.**

## SCAMS - Do you really know who is calling?



Your Bank? The Police? A Trusted Organisation? A Criminal? Is it a Scammer?



Don't rely on the caller display! Criminals often hide behind numbers that can look genuine.



The Bank, or the Police, will NEVER ask you to move your money to keep it safe, or arrange to collect money directly from your account.



**STOP** - Keep calm and end the call. Dial 159 where you will be safely put through to someone to help you.



**THINK** - Never provide any personal details, card details, or your bank security information.



**IS IT A SCAM** - Only criminals ask you for your bank details, never disclose them to anyone.

**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.

## How it was in The Good Old Days

We met and we married, a long time ago  
We worked long hours, when wages were low  
No TV, no wireless, no bath, times were hard  
Just a cold water tap, and a walk up the yard.  
No holidays Abroad, no posh carpets on the floors  
But we'd coal on the fire & we didn't lock our doors.

Our children arrived, no pill in those days  
And we brought them all up, without any State Aid.

They were quite safe to play in the park  
And old folks could go out for a walk in the dark.

No Valium, no drugs and no LSD  
We cured most of our ills with a nice cup of tea!  
But if you were sick you were treated at once  
Not 'Fill out this form and come back in 6 months'.

No vandals, no muggings, we had nothing to rob  
And we felt quite rich with a couple of bob.

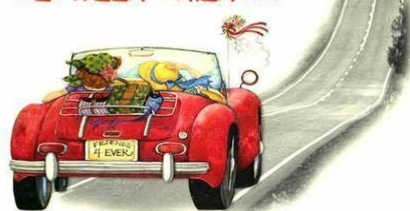
People were happier in those far off days  
Kinder and caring, in so many ways.  
Milkmen and paperboys would whistle and sing  
A night at the pictures was our one main thing

We all had our share of troubles and strife  
We just had to face it, that's the pattern of life.  
But now we can look back through the years  
We don't think of sad times, the trouble, the tears.  
We remember the blessing, our home and our love,  
We shared them together, and thanked God above.

**Where on earth did we go wrong?**

## Friendships are so Important

THE ROAD IS NEVER LONG  
BETWEEN FRIENDS.



Sometimes in life, you find that special friend  
Someone who changes your life just by being a part of it.  
Someone who makes you laugh until you can't stop.  
Someone who makes you feel there is some good in the world.  
Someone who convinces you that there really is an unlocked door  
just waiting for you to open it!



Count your garden by the flowers  
Never by the leaves that fall  
Count your day by golden hours  
Don't remember clouds at all  
Count your nights by stars not shadows  
Count your life with smiles not tears  
And with joy on every Birthday  
Count your age with friends not years



## Do People with Dementia fear water?

When asked a yes or no question, a person with dementia may not understand the question and automatically answer with a resounding **NO** to avoid agreeing to anything they may not want. **WHY?** Because it's one of the first words we learn when beginning to speak. It's short and powerful and it works if we repeat it often enough. Instead of asking, get everything ready and then gently say, "Your shower is ready," and lead him or her into the room.

**Room Temperature:** When preparing the room make sure it is very warm. It may feel like a sauna to you but to someone who is frail it could still feel chilly. Make sure the water is warm also but make sure it isn't hot. Test it as you would before bathing an infant. Have plenty of soft, warm towels at hand. Warming them in the tumble-dryer just before shower time is a good idea.

**Modesty:** Most of us have some body issues and are reluctant to have others see us naked and this could be especially true of an elderly parent being bathed by one of their children. It's perfectly okay to wrap a towel around their chest and one over their lap and bathe them through the towel. They maintain their dignity, stay warm, and get clean all at the same time.

**It's Scary:** Imagine sitting naked on an uncomfortable seat in a little room with sounds echoing around you. You're not sure why you are, how you got there, or what's going to happen. Then all of a sudden something starts falling out of the sky and hitting you on your head, chest or back.

**Dementia affects vision as well as memory and other functions.** The person in your care cannot see the water falling from the shower head. It's confusing and frightening and they want nothing to do with it. **(Note: The next time you shower pay attention to the water flowing from the shower head. How well can you see it?)**

To help alleviate the fear and confusion use a hand-held shower head and start at their feet, moving very slowly up the legs, talking softly as you go along, have their favourite music playing if you can. Let the person wash themselves as much as possible.



**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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