



# The MASE Monthly Newsletter

## December 2017



Proud recipients of Queen's Award for Voluntary Service

### Seasons Greetings from MASE



Trustees & Volunteers of the MASE Group, would like to take this opportunity to thank you all for supporting the MASE each month. We would like wish you all :

***A Very Merry Christmas and a Happy and Healthy New Year***

To our Carers, please remember to give yourselves a pat on the back for the many hours you dedicate to always being there for your loved ones. You are so precious and do a wonderful job throughout the year.

*Also to all our Carers who have raised funds for the MASE throughout this year. Thank you to each and every one of you for all the time and effort you have put into raising substantial amounts for our Groups.*

To our wonderful Volunteers - we would like to say 'Thank You' for all the precious time you generously give to our Groups during the year; we simply could not run the MASE without you!

We also appreciate that Christmas can be a difficult time for some people, so in the true spirit of the Season, please spare a thought for the people who have lost someone during the year and will be spending their Christmas without that special person. Let us all offer the hand of friendship - that is the true essence of the MASE .

We look forward to seeing you in January 2018 - but in the meantime, wrap up warm, watch out for those slippery pathways and stay safe until we see you again in the New Year.

With all good wishes - Daphne, Elaine, Jim and Richard



### Stay Well This Winter



It could be the toughest winter yet, so the people of Staffordshire are urged to get the best out of their local NHS services, to Stay Well This Winter

Here's what you can do: Make your pharmacy the first choice for help and advice – many pharmacies are open long hours including evenings and weekends and can help you deal with many conditions, such as if you have a cold, a sprain or strain, if you have small cuts and bruises, have indigestion, heartburn or diarrhoea. You don't need an appointment to speak with the pharmacist.

Get online or on the 'phone for urgent medical advice – Visit NHS 111 Online for help and advice. If you feel unwell or care for someone who is unwell, and you don't know what to do, visit NHS 111 Online or call NHS 111. The 111 services never close, it's open 24/7 –



**Don't leave it too long – please don't let your medical condition get out of hand; the best thing to do is to get checked out. If you look after someone else, get them to seek advice.**

Contact NHS 111 or visit the pharmacy for advice.  
If you **then** need to make a GP appointment they will let you know.

### Alzheimer's cannot take away Love!



**There is one thing Alzheimer's cannot take away, and that is Love.**

**Love is not a memory - it is a feeling that will remain forever in your heart**

Daphne Sharp ☎ 01785 211140 or 07939 505455  
Elaine Dunlop ☎ 01785 823110 or 07812 440226

**MASE Co-ordinators** ✉ Daphne.ssharp@ntlworld.com  
✉ Elaine.dunlop12@btinternet.com

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

## Christmas and Alzheimer's



Celebrating Christmas with a loved one with Alzheimer's can be stressful, please try to remember in some ways it is even more stressful for them.



### Early stages of Alzheimer's

If you are thinking of having a huge celebration surrounded by children and adults of all ages, please think twice about including a person with Alzheimer disease. Your loved ones afflicted with this disease are more or less in their own world, and chances are they will not be comfortable there.

For those loved ones who are in the early stages of the disease have the big celebration, as they will enjoy it. This maybe the last Christmas they remember, so try to make it special, with caroling and a visit from Santa Claus himself.

If your loved one has a bit of trouble now and then remembering people a large party is okay, and will benefit them greatly.

### Later stages of Alzheimer's

A quiet adult only dinner is the better option to include your loved ones who have Alzheimer's disease in the later stages. The smaller the crowd the better, depending on the severity of the disease your loved one has.

These folks have a harder time remembering people and the safety issues we all take for granted. You want to enjoy your holidays, and you do not want to be following an Alzheimer's patient who is in the wandering stage. If your loved one is in this group and you care for them at home, hire someone to come and visit them while you attend the holiday parties.

If your loved one with Alzheimer's is living in a nursing home, it is far better to visit them there. That is their home and it is where they are most comfortable. Most nursing homes around the country have a holiday dinner where you can go and eat dinner with the patients. You can also visit on Christmas day and spend sometime with them.

General tips to keep in mind when the holiday season approaches when you have a loved one with Alzheimer's are to keep it simple. These loved ones have gone back in time, in their minds, they might not recognize you, or even that it is Christmas.

### Gift ideas for those with Alzheimer's disease

You can take them recent photos depending on their stage in the disease, and they might remember, but this disease progresses quickly with some folks. The better idea is to bring in a warm blanket or sweater in their favorite color to help keep them warm. Warm pair of slippers with treads is always a great idea for Alzheimer's patients as most will begin a wandering stage at some point and this will keep them safe.

## A date for your diary - Friday 15 December 2017



**Our traditional Elvis evening will take place this year at The Polish Club in Stafford.**

**There is a good car park outside the hall and ticket price will include a buffet.**

**Tickets are £8.50 Available from Daphne or Elaine**



## Silverline Help Line over Christmas 0800 4 70 80 90

The Silver Line is the ONLY free confidential helpline providing information, friendship, and advice to older people. Open 24 hours a day, every day of the year

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

Registered Charity No: 1137193 - The Monthly Alzheimer's Support Evening Limited (MASE)

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