

The **MASE** Monthly Newsletter

March 2016



Winners of Queen's Award for Voluntary Service

March heralds the start of Spring!



How lovely it is to see the brightly coloured daffodils marking the start of Spring. The first day of Spring officially falls on March 19 in 2016. Spring and "springtime" refer to the season, and broadly to ideas of rebirth, renewal and regrowth. In spring days are close to 12 hours long with the length of each day increasing as the season progresses. Let's hope this also brings the start of the warmer weather for us all!

Easter this year is really quite early, with Easter Sunday falling on Sunday 27th March.

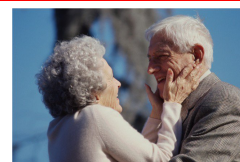
The clocks officially also go forward (Leap Forward into Spring) on the same day.

So just a gentle reminder also to you to remember to reset all your clocks.



Ten things a person living with dementia might want to say to you!

1. Do you know what makes me feel safe, secure, and happy?
A smile.
2. Did you ever consider this?
When you get tense and uptight it makes me feel tense and uptight.
3. Instead of getting all bent out of shape when I do something that seems perfectly normal to me, and perfectly nutty to you, why not just smile at me? **It will take the edge off the situation all the way around.**
4. Please try to understand and remember it is my short term memory, **my right now memory**, that is gone -- don't talk so fast, or use so many words.
5. You know what I am going to say if you go off into **long winded explanations on why we should do something?** I am going to say **No**, because I can never be certain if you are asking me to do something I like. So I'll just say **No** to be safe.
6. Slow down. And **don't sneak up on me and start talking.** Did I tell you I like smiles?
7. **Make sure you have my attention before you start chattering away.** What is going to happen if you start chatting and you don't have my attention, or confuse me? I am going to say **No** to you - that you can count on.
8. My attention span and ability to pay attention are not as good as they once were, **please make eye contact with me before you start talking.** A nice **smile** always gets my attention. Did I mention that before?
9. **Sometimes you talk to me like I am a child or an idiot.** How would you like it if I did that to you? Don't come back and tell me you are sorry, I won't know what you are talking about. Just stop doing it and we will get along very well, and probably better than you think.
10. **You talk too much - instead try taking my hand and leading the way.**
I need guiding not a person to nag me all the time.



A warm welcome to Helen McDonough

We are delighted to introduce Helen to the MASE and know she will be of great benefit to anyone in need of her services. Helen has a background in Psychology, Psychotherapy and Counselling. Her vast years of experience as a Trauma Counsellor, and Bereavement Officer will give the care and support needed to Carers and cared for attending the MASE. A warm 'Hello' to Helen from us all - we welcome her to our Groups and know she will make a huge difference in the coming months.

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

Older people encouraged to get vaccinated to avoid painful shingles

Public Health England (PHE) is reminding eligible older people to get the shingles vaccine to help prevent the painful infection. New figures have shown a drop in vaccine coverage.

From 1 September 2015, the shingles vaccine has been offered to people aged 70 years.

Shingles is caused by the reactivation of the varicella-zoster virus (chickenpox), which is commonly caught in childhood.

After a person has had chickenpox, the virus can lie dormant in the nervous tissue but may reappear as shingles. An episode of shingles typically lasts around two to four weeks. The main symptoms are pain, followed by a rash. It is possible to have shingles more than once.

Although shingles vaccination is often offered at the same time as the annual flu vaccination, shingles vaccine is available at any time throughout the year to eligible people.

Those who were eligible for immunisation in the first two years of the programme but have not yet been vaccinated against shingles remain eligible until their 80th birthday.

Dr Mary Ramsay, Head of Immunisation at Public Health England said:

“It’s worth taking the time and effort to visit your doctor to get the shingles vaccine as it protects you against a painful condition. You only need to be vaccinated once and it’s important that you get it while you’re the right age.

“We offer the shingles vaccine routinely to individuals at the age of 70 years to boost their immunity to prevent the development of shingles and significantly reduce the incidence of post herpetic neuralgia – persistent nerve pain that can occur at the site of a previous attack of shingles. Since the introduction of the shingles vaccine there has been a considerable reduction in the number of cases of this debilitating and painful condition.”

Shingles is not usually serious, but you should see your GP as soon as possible if you recognise the symptoms. Early treatment may help reduce the severity of your symptoms and the risk of developing complications. An episode of shingles typically lasts around two to four weeks. The main symptoms are pain, followed by a rash. Any part of your body can be affected, including your face and eyes, although the chest and abdomen (tummy) are the most common areas where shingles develops.

Before It Is Too Late!



If you have a tender message, or a loving word to say
Don't wait until you forget it, but whisper it today
Who knows what bitter memories may haunt you if you wait
So make your loved ones happy before it is too late.

We live but in the present – the future is unknown
Tomorrow is a mystery – Today is all our own.
The chance that fortune brings to us may vanish while we wait
So spend your life's rich blessing before it is too late.

The Tender words unspoken, the letter never sent
The long forgotten messages, the wealth of love unspent.
For these some hearts are breaking: for these some loved ones wait
So show them that you care for them before it is too late.



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

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