



MASE Monthly Newsletter - September 2018



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

Autumn is here!



What a drastic change in the weather for September. The temperature has dropped considerably and the lightweight coats have come out in preparation for the colder days.

For all the cooks reading this Newsletter Mary Berry says 'That September is the perfect month to make your Christmas Cake'!

In Autumn it is important to keep active - but please keep things simple

When doing an activity, keep things as simple as you need to and don't push yourself too hard. Simplifying your routine or daily tasks will make things easier to manage. Take things at your own pace and don't worry if some things seem difficult. Some days will be better than others – just as they are for everyone else.

Optimism is a happiness magnet.

If you stay positive, good things and good people will be drawn to you!

Jet2 TV Allstars Play Charity Football Match with West Midland Co-op for MASE



Soap stars took to the pitch to raise money for charity – and despite the dreadful weather hundreds of people arrived to show their support. Some of the biggest names from Hollyoaks, Emmerdale and Coronation Street travelled from Manchester to Walsall yesterday to play against a Mid Counties Co-op team at Rushall Olympic FC's very wet and rainy Dales Lane ground.

Hollyoakes' Nick Pickard and Jacob Roberts, Coronation Street's Alan Halsall and Andy Whyment, Emmerdale's Anthony Quinlan and Ryan Giggs' brother Rhodri were among the names that turned out for the the Jet2 TV Allstars team. Andy Whyment,

who has played Kirk Sutherland in Coronation Street since 2003, said: "We always enjoy it whatever the weather. We all love football, I'm not the best player but I enjoy coming out and raising money for charity. "It's always nice to get a good reception from the crowd too."

Alan Halsall, who plays **Tyrone Dobbs in Coronation Street**, said: "It's typical, we've had such a great summer and then we get this weather. But it's still been a great day supporting the local charities and a lot of people have turned out which is great to see.

"All these people came out in the rain to help us raise money and awareness so that's great." Giggs scored the winning goal in a 2-1 victory for the stars.

Things we do to raise funds - proof that we did actually turn up on the day!



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
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Why is anxiety so common in people with Alzheimers/Dementia?

Anxiety is often caused when the person with the disease can't think something through, or they sense that something is wrong but can't put their finger on it. Memory function is lost as the disease progresses, and they can't hold onto the thoughts long enough to generate a solution. So basically, you have an itch, but no way to scratch it.

How can you tell if someone is feeling anxious?

Look for an increase in either sensory seeking or sensory avoiding behaviors. In the early stages of the disease, anxiety can manifest as repetitive questions or as changes in eating habits. You may see the person start to seek out comfort foods, seek constant reassurance, or seek attention. Avoidance is also common--avoiding things the person used to like, avoidance of noise or activity, or avoidance of any type of change. In the later stages, when language function starts to go, you'll see anxiety symptoms like hand wringing, pacing, compulsive behaviors, wandering, and an increased sense of urgency, which are all enhanced by the inability to articulate a problem or understand an answer. Due to a broken communication system, the person may try to make sense of their environment by touching or rummaging through things.

Repetitive questioning is tied to anxiety What are some ways to reduce anxiety?

Firstly, here is an explanation as to the difference between memory and attention. In the earlier stages when anxiety is caused by not remembering what time a doctor's appointment is, or by losing a set of car keys, attention might be part of the issue. Attention and memory are tied together. If you don't pay attention to where you put the keys down, you're not going to remember where you put them. Attention strategies to help aid memory could include having the person write down an appointment time, caregivers should make sure you have the person's full attention when you tell them the time, and have them repeat the time back to you.

When someone is past the early stages; What activities can you suggest to help reduce anxiety?

Give them something to do with their hands. Activities that involve deconstruction, like taking a radio apart, work really well. Putting something together isn't as easy for someone with a memory problem, as taking something apart.. Ripping up mail or ripping out pages from a magazine works really well too, especially for women. In the earlier stages of the disease, you could have the person fill out forms or those fly-away cards that come in magazines. Or put sticky notes around the house for them to find.

Something else you can do is create a rummage box. It's just a box full of random things. The items don't need to be meaningful because the person will assign meaning to them anyway. The point is to have a box on hand so when the person gets up in the middle of the night, for example, and starts rummaging around, you have a safe place for them to rummage. Rummaging offers a form of stress management akin to reminiscing or problem solving. Using your hands helps channel random thoughts into more organized and purposeful action.

What if the person stubbornly refuses to do the activities you suggest?

Sometimes that's because of apathy. Apathy comes from the brain's frontal lobe, which is where some forms of dementia manifest. A decline in motivation and initiation can be disease related, not a conscious choice. For your own sanity as a Carer, you have to understand that the person is not choosing to be apathetic. To help "wake up" the part of the brain stuck in apathy, offer resistive activities. When the joints in the body are compressed, they release signals to the brain that offer information about what's happening around them. Resistive activities involve weighted pushing, pulling, carrying or lifting.

For example, hold a cane horizontally in both hands and push it in front of the person so they'll grab on and push and pull with you in a "row the boat" motion. Other activities might be pushing a shopping cart, or lifting a weighted bag. By "waking up" or "priming" the brain through these activities, the person may become more receptive to your suggestion to a different activity, like taking a walk.



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

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