



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

April 2020 - Sending Easter Wishes to you all



Warm wishes to you ALL from MASE Trustees (Daphne, Richard, Michael, Dave Degg and Dave Godden). We wanted you to know that we are all thinking of you in these difficult times. Our Newsletter for this month is of course to Celebrate Easter - we know that this is an important religious time for year for many for you. The Faith that you have is special and unique and for some of you will help you through what is a very difficult time. We will keep in touch with you all each month with a quick 'hello'. You are ALL definitely in our thoughts and lets hope that it won't be too long before we will see you again at a MASE. By way of the monthly Newsletter we will keep you updated as to when that may be, let's hope it will be soon.

Keep a Reflective Diary

Carers are encouraged to use a reflective diary, or notebook, which is a really useful way of gathering personal data and provides a good memory bank of information as to how your journey has progressed. Also for Carers this is a good way to capture what your journey has been like from the beginning and can also act as an 'aide-memoir' for you if and when necessary. At the end of each day write down things that have made you smile, and also anything that may have upset you. It is amazing just how beneficial and therapeutic capturing things can be. It is important also to jot down any differences you may see in your loved one and even more important to list any changes that may have taken placed with regards to their medication. Write down the funny things that have happened, and also the things that have made you sad and why.

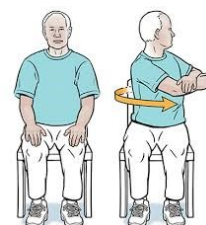
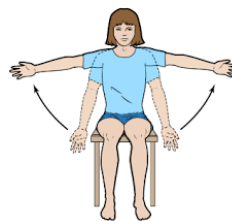


As Carers we will probably never understand the depth of this illness called 'Dementia', but who knows things we capture on our journey **MAY** just help someone else on theirs.

Some Simple Chair Exercises

Always ensure your chair is sturdy and safe before starting any of these exercises:

- Turning the upper body from side to side
- Raising the heels and toes
- Raising the arms towards the ceiling
- Raising the opposite arm and leg
- Bending the legs
- Clapping under one leg at a time
- Making circles with the arms
- Practice moving from sitting to standing.



Walking

- Walking suits most abilities. It is free, does not need specialist equipment, and can be done anywhere. The distance and time spent walking can be varied to suit fitness levels. If you do not want to venture out, take a walk around your garden a few times, this too can be very beneficial.

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

Some Tips for Isolation

Looking after someone with Alzheimer's disease, or any other form of dementia, can be difficult most of the time; however, being locked up in isolation will increase the pressure you are feeling. So hopefully here are some ideas to help. Taking care of someone with a dementia is never easy, and these are things you probably already know. However consider them now in a different perspective and through fresh eyes, make it your ultimate resolution to see these tough and trying times as an opportunity to make things a little easier.

Bite your tongue rather than saying the dreaded words: "You just asked me that!"

There's an old saying 'if you want to get along, go along'. Losing patience, or quarreling, lets you vent your frustrations, but actually makes the situation worse, since the person with dementia is apt to grow frightened or agitated. Learn little tricks for smoother communication. For example, when repetition is a problem and your patience is near the end, try moving to a different room, so that you can redirect the conversation around new, different objects and things.

Find fresh ways to help your loved one stay occupied and connected. True, it's worth trying to think up meaningful activities for someone with dementia, but in the long run you save time by making the person actually feel more content. Staying busy provides a fortifying sense of purpose, even if it's folding (and refolding) towels or organizing (and re-organizing) a box of different items.

A good starting point can be Music

Because of the way the brain is organised, music can reach even though who have never shown the slightest artistic inclination. An old song can trigger a memory and sometimes a good old sing-a-long can be very therapeutic.

Let it go, let it go, let it go

When you catch yourself second-guessing, or doubting yourself, step back, take a deep breath and just stop for a minute. Nobody is a perfect Carer That is because nobody is perfect!

Draw yourself a support circle

With everything that is going on currently we are all unable to get out of the house. Like-minded people, with big hearts, and some with good ideas on how to manage the isolation, are only a telephone call away. Believe me we all need friends and people we can confide in and off-load to. Sometimes a phone call will lighten your day, and a quick giggle with a friend can really make you feel so much better.

Try to be open to any advice - but dispense of any that doesn't fit your situation

Each person's dementia manifests uniquely. Try to take on board what the illness can do to a person, but be aware it may not apply to your cared-for. Don't think about being isolated, and do not waste a second, in feeling that you have done something wrong, if a certain approach doesn't work. Simply make a note of what it was and try something different.

Carers Remember you are very important

Believe us when we say the role you are doing is incredible. All of us at the MASE are very proud of the commitment and support you give to your loved ones.

Keep in touch with your friends and family by telephone; this will help you to feel less isolated.

This dreadful phase will pass, of course none of us can say when. But rest assured we all are still here for you and always willing to have a chat. Let's get the next few months over and then Carers be prepared for one big celebration after the '**ALL CLEAR**' is finally given. Until then keep up the good work and stay strong and stay safe.

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

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