



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

December 2020



The Virus hit hard
 So many lives were lost
 We clapped our Doctors and Nurses.
 We had to stay at home.
 People even cut their own hair.
 We waved through our windows.
 Valiant attempts were made to exercise.
 Some also tried to make video calls.
 DIY was high on the Agenda for many.
 We wore face masks when out.
 We kept 2 metres apart.
 Oh how we Blessed our NHS.
 We respected our family bubbles.
 Some lasting memories have been made.
 We tried our best to fight Covid-19
 Our trust is now in the vaccine.

Happy
New
Year

We send all good wishes at Christmas
Let's pray that 2021
Is a better year
for us all!



Seasons Greetings

Carers, please remember to be kind to yourselves over the Christmas break. You are all wonderful and we are aware of the many hours you selflessly dedicate to looking after your loved ones. You are ALL so precious and play an incredible role throughout the year.

To all MASE Volunteers, Thank You' for all the time you so generously give to our Groups each year; we simply could not run the MASE Groups without you! Special thanks to Lisa, Mike and Dave for the wonderful work they do in delivering cooked meals to our people each week. Lisa cooks all 70 meals and has been simply incredible over the past nine months.

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

*We look forward to seeing you all soon - but in the meantime, wrap up warm, watch out for those slippery pathways and stay safe until we see you sometime in the New Year.
Daphne Richard, Michael Creek,
Dave Degg & Dave Godden*



CARERS PLEASE NOTE: The Christmas Meals we were planning for December have been **CANCELLED** because of the Tier 3 Regulations, imposed on us on 26 November. However, please be assured, we will ALL celebrate in style when the time is right.

If you do not wish to receive the monthly Newsletters please contact Daphne to ask her to take your details off the mailing list.

One thing Alzheimer's cannot take away



Always remember 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 in your heart forever.



The Silver Line - A helpline for older people

Helpline calls are free

The Silver Line Helpline is free to callers, from a landline or mobile phone. All costs of calls are covered by The Silver Line. Helpline calls are ALL confidential.



The Silver Line is a confidential service.

Callers are free to express their feelings, and describe their lives honestly, and Silver Line can be trusted to respect their privacy. In cases of abuse or neglect, they will involve specialist safeguarding organisations such as Action on Elder Abuse or the appropriate Social Services team or the Police. Calls are recorded but only for training, supervision and safeguarding purposes.

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.

Setting the scene with Dementia and Christmas

Changes to routine

Although Christmas can be a welcome break to some people, to others it can feel like a confusing break in routine.

Care homes can change their staff schedules, usual services may not be open, and family and friends might not be as available as usual. This can all be distressing for people affected by dementia.



Advice for dealing with a change in routine:

- Try and keep things as close to the usual routine as usual, and plan ahead for any changes, asking friends or neighbours for help.
- If the person with dementia is taking any medication, ensure that they have enough to get through the festive period.
- Remember also that getting repeat prescriptions may be difficult during public holidays.
- If the house becomes very busy on Christmas Day, it may be helpful to have a quiet area for the person.

Memories and traditions

- Memories can be bittersweet when living with dementia. Some traditions won't be possible anymore.
- It can be helpful to look at old photos and videos to bring back the past, as well as involving the person with dementia with some of their favourite activities.

How to keep traditions and memories alive for people with dementia

- Use a range of options to evoke festive memories - e.g. 'Christmas' scented pot pourri, traditional songs (perhaps played on a record player), and themed materials like tinsel / Christmas stocking fabric.
- Use videos as well as photos of past festivities if you have these. Perhaps ask the person with dementia about their happy Christmas memories.
- Don't insist on following traditions that are no longer appropriate. Let the person with dementia be your guide.

How to make the Christmas meal easier

- If the person with dementia wants to continue cooking, find a way to keep them involved in the kitchen with someone else there to help.
- Don't worry too much about timings - food can always be heated up for later. Keep an eye on the person with dementia to see if they seem tired or distressed.
- Avoid having lots of different patterns and decorations at the dinner table. It is a good idea to use a plain coloured table cloth with plates of a different colour to create a contrast between them. Think about the size of the meal. Although many people eat a lot on special occasions, a very full plate can be quite daunting for someone who has difficulties eating.

Avery Care Home and Farm Foods

There are two additional bits of information for you this month in with the Newsletters. Some of you will remember **Jess**, the Activity Co-ordinator from **Horsefair Care Home in Rugeley**, who has been to the Rugeley MASE on many occasions with a few of the residents. She has very kindly put together a pack of puzzles for you to enjoy over the Christmas Holiday.

Also, **Claire from Wiltshire Farm Foods**, has put together a lovely letter and some details on the new Christmas Collection of meals and desserts available. Many of our people do use Farm Foods and we have had nothing but good reports on the quality of the meals. So they are always a good standby to have their number close at hand in case you are experiencing difficulty in cooking meals.

Please keep following all the advice that is being given. Hard as it is to isolate, it must be done. We cannot wait until the time we can all be together again, laughing, singing and dancing with our fantastic entertainers once more. Try to stay positive in these difficult times; your loved ones cannot always say 'Thank You' or tell you 'I Love you', but in their hearts they know that you are the person they rely on every day and they simply could not live without your support.

MASE Trustees wish you all the very best for Christmas and The New Year. Stay safe and stay well during this very strange Festive Season. Let's hope and pray that the year 2021 is a better one for us all.

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

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