

# MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

## July 2020



### A Hug to MASE Friends

If we could catch a Rainbow  
We would do it just for you  
And share with you it's beauty  
On the days you're feeling blue.

If we could build a mountain  
You could call your very own  
A place to find serenity  
A place to be alone.

If only we could take your troubles  
We would throw them far away  
But sadly all these things we find  
Are just impossible for today

So let us do what we do best  
as Friends who want to say  
"We are so proud of you all and  
Really hope this HUG will brighten  
up your day"

It hardly seems possible that once again we are writing another Newsletter. Where do the days/months go to? I am sure you are all thinking the same.

This month we lost Vera Lynn who was a staggering 103 years old. What an incredible lady she was and how poignant all her songs are; some of the words seem to fit the Covid Crisis so well. When she sang, it was with a true passion and I have to say listening to the words of the songs recently reduced me to tears.



Our world is so mixed up currently and yet we are showing this virus that we will not be beaten. That's the 'British Bulldog' spirit and long may it continue. You all have coped admirably and we feel so proud of you.

We look forward to the day we can write and say the groups will be opening again. Sadly we cannot see it being before October and even then, unless we are given the 'All Clear from the Government', we simply cannot think of opening a group.

Let's all keep our fingers crossed, and hope this virus burns itself out and allows us all to come back to some normality. What a party that will be! So until then, please stay strong, stay safe and let's hope and pray we will all soon be together again and singing along to the music at a MASE Group. That is definitely something for us to aim for and to look forward to!

## Carers Please Think Ahead!

We are all guilty of saying 'it wont happen to me', but unfortunately occasionally things **DO** happen and it is always better to be prepared, than to be rushing around at the last minute trying to get things organised. In view of a change in admissions to hospital, only one person can go in the ambulance, it is important that you stay one step ahead of any unexpected eventualities .

At home keep a small personal bag for each of you packed and ready. Choose two different colours so that you know which one is yours, and which one is for your cared for. Keep them in a safe place in case of an emergency. If you or your loved one is taken by ambulance into hospital, you will not be trying to get things together at the last minute. Keep in both bags a note of any allergies or current medication that is being taken. All these things will be invaluable to a Paramedic/Doctor/Nurse if a person has to go into hospital.

**One word of caution Carers ALWAYS remember to UPDATE any medication changes made to the paperwork in the bag.**

## Dealing with Dehydration in the future



Dehydration is a common issue for older people and especially those with dementia. Often people living with dementia will forget to drink or will not be interested in drinking. Unfortunately this can lead to confusion and even hospitalisation.

This effect is often exaggerated as the symptoms of dehydration can be confused with the symptoms of dementia. This makes it more difficult to spot dehydration in people living with the condition.

### What are Jelly Drops?

Jelly Drops are hydrating treats for people with dementia. They were designed by Lewis Hornby in response to his grandmother's struggle with dehydration. The house name 'Pattinson's' has been named after Lewis' grandmother.

### These are now available to buy?

We have purchased some of these Jelly Drops for us to trial. So if any Carer would like a tray of these to trial with their loved one, please contact Daphne and she will arrange to get a tray to you as soon as possible.

**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.

## For Legal Advice or Explanations - Contact Julie Perry

### Legal Advice



The majority of us know how important Wills are; but do you know that it is possible to ring-fence assets, so they don't end up being used to pay for a surviving spouses' care home fees? This is so important if you jointly own a property with another person. If you and your spouse/partner have already made mirror Wills and your spouse/partner has lost capacity, you can still make a new Will to ring-fence your assets even if your spouse/partner isn't able to.

Do you know how important Lasting Powers of Attorney regarding Property & Financial Affairs and Health & Welfare Decisions are? As we are in a pandemic these documents have never been more important than they are now.

A Lasting Power of Attorney enables you to appoint someone to make decisions for you should you be unable to make them for yourself. This might not be due to the loss of capacity, it might be because you are self-isolating or shielding, in a coma, convalescing following surgery, or too frail to go out.

The person or persons you appoint as your attorneys can make decisions regarding your finances (eg. Manage pensions or benefits, sell shares, invest money, pay bills etc) or your treatment (eg are you to be resuscitated, whether you have an operation, where you reside, etc) in the event that you are not able to make such decisions for yourself.

Most couples think that they can make finance and health decisions for their spouse/partner automatically and therefore Lasting Powers of Attorney are not necessary – **THIS IS INCORRECT**. No one can make any decisions on behalf of someone else without the legal authority to do so.

### Please don't leave these important matters to chance.

If you would like to discuss your Will or obtain advice about ring-fencing assets and/or advice on Lasting Powers of Attorney you can contact Mrs Julie Perry from Jackson Perry Legal Services Limited either by email: [julie.perry@jacksonperry.co.uk](mailto:julie.perry@jacksonperry.co.uk) or telephone 01785 255010.

## Tips on Staying Busy and Active at Home

Keeping active and purposeful when staying at home will fight off boredom and frustration. It may also help a person living with dementia retain skills and independence for longer.

If somebody you are supporting tells you they are struggling to stay occupied, there are lots of activities you can suggest:

- If the person enjoys music, the website BBC Music Memories can help people with dementia reconnect with their most powerful memories
- If the person has a garden you could encourage them to get outside – they could plant some seeds and look forward to seeing them grow'
- Love to Move is a seated gymnastics programme for people living with dementia. You can download a pack from their website to try activities at home [www.britishgymnasticsfoundation.org](http://www.britishgymnasticsfoundation.org)
- Puzzles and games that keep the mind active and engaged can be helpful, and a good distraction from the news. Our online shop has a variety of products specifically for people with dementia
- You can create home versions of somebody's favourite sports, like ten pin bowling with plastic bottles, or using rolled up socks to play indoor bowls.

## The Alzheimer's Society is there to support everyone affected by dementia

If you are living with dementia or are concerned for a loved one, especially during the coronavirus outbreak, the Alzheimer's Society is there for you.

Call their Dementia Connect support line for the support and advice you may need:

Telephone 0333 150 3456 (open every day)

Or visit the website - [alzheimers.org.uk](http://alzheimers.org.uk)



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

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