

MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

July 2021



THE MASE IS BACK

It hardly seems possible that we are heading into the 7th month of the year 2021. Where on earth has the time gone to? We know that many Carers have been having a difficult time and have been struggling. Well there is light at the end of the tunnel and, all being well, we intend to re-open the MASE Groups again this month. Hoorah!!!

Carers please be assured we have done absolutely everything possible to put in place the safety measures required to enable us to re-open the Groups. Things may be a little different and will definitely feel a little strange; but at least you will be able to chat and be with your friends again. It will be a huge learning curve for us all, but we will do our very best to ensure you enjoy the new format of the Groups.

We must emphasise that we can only take a certain number at the groups; once we have reached capacity then sadly we may have to turn people away. We WILL also be taking temperatures at the door, this is necessary to conform to Covid rules.

Our Volunteers will ALL be wearing Perspex masks, to enable you to see their faces, without them having to wear the material face masks where you can only see their eyes. We did not think that would have helped our people with Dementia and may well have un-nerved them a little.

During the Groups a volunteer will be allocated to each table. They will serve you with your drinks and your food.

There can be up to six people to a table and there has to be a metre in space between the tables. You will not be able to move from the table, unless it is to visit the toilets. Masks must be worn when coming into the Group, but once at the tables you do not need a mask. If you need to visit the toilet then a mask must be worn. On your table there will be a personal hand sanitiser for each of you. On your table will be a list of the sandwiches available. A designated person at each table will make a note of what type of sandwiches you would like. Each Carer will be given three quarter-cut sandwiches, a sausage roll, one small pot of fruit, a piece of homemade cake, and a bag of crisps. These will be delivered to you in a sealed container with your name and menu choice on it, together with a plate and a napkin.

Teas/Coffees and cold drinks will be available during the Group. We are working on two drinks per person. There will be entertainment, but again we must stress that you are not meant to sing or move around the tables to chat to each other.

Things will definitely feel strange; however the upside is you can all see each other again, share some time together, and rekindle friendships. You have our word that we will do our very best to make things work, however we will need you to conform to the new way the groups MUST be run to ensure we can continue with them in the future. There will be a raffle for the Carers. The prizes will be outside the hall. If your number is drawn, a label with your name on it will be stuck onto your prize for you to collect at when leaving the Group.

We can guarantee there may be a few blips, because we are by no means no perfect. However, we have tried to cover every eventuality and we feel confident that things will go smoothly and to plan.

Cannock	Haughton	Rugeley	Hednesford
First Monday each month St Luke's Church Hall WS11 1DE 1:00pm – 3:00pm	Second Thursday each month Haughton Village Hall ST18 9EZ 7:00pm – 9:00pm	Third Friday each month Lea Hall—The Davy Room WS15 2LB 7:00pm – 9:00pm	Last Thursday each month Staffordshire University Academy WS12 4JH 7:00pm – 9:00pm
12 July - 2nd Monday - July only	8 July	16 July	29 July
2 August	12 August	13 August - This month only	26 August
6 September	9 September	17 September	30 September
4 October	14 October	15 October	28 October
1 November	11 November	19 November	25 November
6 December	9 December	17 December	No Group

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.

Dementia and Recognition

As a dementia progresses, some people with a diagnosis will stop recognising people they know, even close family members. This can be upsetting for families as well as the person themselves. Attempts to remind the person who the people in front of them are, can be confusing and frustrating for them.

But it's still important to keep these connections with the person with dementia, and to include and involve them wherever possible. Familiarity and support from the people who know them best, will help them feel safe and comfortable; and occasional moments of recognition can make it all worthwhile.

Difficulty with recognising familiar people does not happen in all types of dementia; it's more common in Alzheimer's disease for instance, and rarer in vascular dementia.

For some people with dementia, the gradual loss of recent memories means the person may still remember you but expect to see a younger person in front of them. In others, the part of the brain that is responsible for recognising faces can become damaged. If the person with dementia is failing to recognise you or others for the first time, or seems distressed in your company, it is worth checking that there isn't another reason for this, such as infection, medication changes, constipation etc.

Some symptoms associated with dementia can be caused by other health problems, so always visit your GP if you're unsure. Even in these difficult times your GP should be available for you to at least have a telephone conversation with. Do not be put off by difficult GP receptionists, if you are experiencing problems, be firm but fair and insist that you need to speak to a GP.

Symptoms of dementia

Regardless of which type of dementia is diagnosed and what part of the brain is affected each person will experience dementia in their own unique way.

Memory problems

People with dementia might have problems retaining new information. They might get lost in previously familiar places and may struggle with names. Relatives might notice the person seems increasingly forgetful, misplacing things regularly.

Cognitive ability, ie, processing information

People with dementia may have a problem with their concentration level which can also impact on their short-term memory. They may also have difficulty with time and place, for example, getting up in the middle of the night to go to work, even though they retired years ago. There may be a difficulty when shopping with choosing the items and then selecting the right money to pay for them. For some people, the ability to reason and make decisions may also be affected. Some people with dementia may get a sense of restlessness and prefer to keep moving than sit still; others may be reluctant or lack the motivation to take part in activities they used to enjoy.

Communication

People with dementia may repeat themselves often or have difficulty finding the right words. Reading and writing might become challenging. They can lose interest in seeing others socially. Following and engaging in conversation can be difficult and tiring, and so a formerly outgoing person might become quieter and more introverted. Their self-confidence might also be affected.

Mood and behaviour

People with dementia might experience changes in personality, behaviour, mood, and have some elements of anxiety and depression due to the changes they are experiencing.

If your loved one with Alzheimer's could speak

Talk to me

I can hear your words and they still touch my heart and my soul.

Smile at me

My eyes can see you and feel your heart even if I don't remember how to smile back.

Hold my hand

I can feel your energy when our hands connect. It makes me feel safe & less alone.

Love me

My heart can feel your love even if my words can't express mine.

Live your life

Help me on my path, but please don't press pause on your life. Always be the vibrant person I know and will always love.

Trust the process

I know this is hard and not what we had planned, but trust the process. We can't control things that happen we can choose our focus on the life we have left together.

Remembering

the good times

Know that I am OK and that you are in my heart always.



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

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