



# MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

## September 2021



A new month, a new chapter, a new page, with new hopes and wishes. For all Carers we hope the month of September gives you courage, strength, confidence and peace. We hope that each of your days September will be filled with Love, Laughter, Sunshine and Energy.

The months are flying by for us all and it seems that we haven't even had our Summer and yet we are now heading into Autumn. Fingers crossed that we may get an 'Indian Summer' and that we can all once again benefit from some sunshine.

Caring for a loved one with dementia can sometimes feel like a daily battle. You are dealing with the loss of the person you once knew, yet you still love them despite this change. You may be seeing new episodes of agitation and aggression and find it difficult to predict when these behaviours will arise.

Sometimes a person with dementia may behave in a way that appears they have depression, anxiety, and even show apathy. However there may instead be another reason for their behaviour – they may be reacting to something in their environment, or perhaps the dreadful things that are constantly being shown over and over again on the television.

For those of us with healthy minds it is difficult to watch some of the things that are shown on the News, so for someone whose brain does not function as clearly as ours, it must be dreadful.

Perhaps instead of the News put on an old film, or even a light-hearted show that you have recorded and which will make you both laugh. They may even prefer, if the weather is nice, to get some fresh air and go for a walk.

As Carers we have to be 'mind readers' and hopefully will get things right. You have to always be one-step ahead of your cared-for and as Carers well know, you have to also think for them.

So, if the sunshine comes back again, perhaps instead of watching all the News Bulletins and seeing the atrocities that are going on in other parts of the World, simply turn off your TV. Then go out for your walk; laugh, talk, look at all the beautiful flowers that are in the gardens and take in some fresh air! Definitely worth a try.....



## Dementia Worries - There is help ....



Covid-10 restrictions have caused thousands of dementia cases to go un-noticed – and now there is proof.

Official NHS data released last week showed that 50,000 patients haven't been diagnosed and are struggling on without help.

A journalist who wrote this article said:

In June I replied to a reader's request for advice on what to do about his wife, who he suspected had developed the disease. Since then, the letters have kept coming, with many telling me that local memory clinics – which I have mentioned in the past – are still closed due to Covid restrictions.

In these situations, I highly recommend the **Charity Dementia UK**, one of the few to offer face-to-face appointments with specialist trained nurses – they have been doing so throughout the pandemic. The Charity offers support for everything from diagnosis to financial problems.

Visit: [www.dementiauk.org](http://www.dementiauk.org) or call 0800 888 6678

At the MASE we always have Dementia UK leaflets at the Group, as they are helpful and very informative. Please Carers if you do have concerns give the Charity a call – they are there to help.

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.

## Time Passes By

Days, months, years, forever pass us by,  
Mostly all, in the blink of an eye,  
As time goes on, remembering gets hard,  
With every passing Birthday card,  
So imagine this, if you can,  
You begin to lose your daily plan,  
You can't remember, those years past,  
Or even how long today will last,  
Every minute may seem like an hour,  
All your memories, unclear and dour,  
Yet some months, fly so fast,  
Sometimes wanting them to last,  
Dementia's reign is so confusing,  
Never knowing what the next day brings,  
To finish all tasks, is it such a crime?  
So much to do, so little time,  
So many things left unsaid,  
A million thoughts rush through your head,  
Places to go people to see  
Across many lands and over the sea,  
And yet, always deep within your mind,  
Is the face of one so kind,  
Someone, who's there, to hold your hand,  
To travel with you into an unknown land,  
Always there to share and care,  
With great advice and opinion fair,  
So LET THE DAYS and years pass by,  
With a great big smile, and a VICTORY CRY,  
For so many less fortunate people around,  
Who live with dementia without a sound,  
Remember them, one and all,  
And hope Dementia, never comes to call.

## Try to remain young-at-heart

1. Throw out non-essential numbers. This includes age, weight, and height.
2. Keep only cheerful friends. The grouches will pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you are out of breath.
6. Tears will happen. Endure, grieve, and move on. Make the most of being ALIVE while you are alive.
7. Surround yourself with what you love, whether it is family, pets, keepsakes, music, plants, hobbies, whatever.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it beyond what you can improve, get the help you need.
9. Don't take guilt trips. Take a trip to the shops, even to the next town, perhaps to a foreign country, but NOT to where the guilt is.
10. Remember to tell people you love, that you do love them, at every opportunity.



### ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.  
Worry about nothing, care about everything.

## Thank you to everyone who supported Graham

A big Thank You everyone who sponsored Daphne & Richard's Son Graham to Swim 8 Lakes in Cumbria within two days. We are both very proud and grateful to Graham for his ongoing commitment and loyalty to our MASE Charity.

As a thank you for sponsoring him, Graham has also had a video made specifically for you all to see him in action, this will be on a laptop at all the groups.

The total collected to date stands at **£1,541.25**. There are still a few payments to come in. Please be assured this money will ALL go towards the ongoing running costs of the four MASE Groups.

## General Update on the MASE Groups

We are pleased to say that the Groups are going well. We have had many new people attending and lots of telephone calls enquiring about the MASE and what we do.



The new ways of serving our buffets will continue. Hopefully this will give you confidence that your food will consist of your choice of sandwiches, a piece of cake and a pot of fruit, all freshly packed for you at each of the Groups.

We will of course still comply with the Rules and Regulations, as set out by Covid. It is still imperative that you use the hand-sanitisers that are available at all of the groups and continue to wash your hands when visiting the toilets.

We are, of course, mindful that should there be any major changes in the future, you will get regular updates. As Trustees your safety is always paramount to us. However for now, please continue to enjoy your MASE Groups.

**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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