



# MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

## February 2022



It hardly seems possible that we are already into the month of February. January has just flown by and we start now to look forward to the days drawing out and the evenings staying lighter for a little longer each day.

It is also lovely to see the spring flowers peeping through the soil; we know we will soon see the lovely colour they bring into our gardens; that in itself makes people feel happier. The Daffodils are already on sale in the shops, their brightly coloured trumpets heralding the fact that Spring is definitely on the way.



So many people will be worrying about the impending high rise in electric & gas bills. Sadly, there is little any of us can do about the price rise. So, perhaps turn down the heating just a little and keep a nice warm blanket wrapped around you when watching the TV at night. Remember also not to leave any items on stand-by. Small measures taken now may help in the future.

### A Carers Promise to their Loved One with Alzheimer's for Valentine's Day



Please know that I will always love you. The way I feel about you is based upon all of our experiences, history and all of our memories over the years that make up the unique story of our relationship.

It breaks my heart that you are unable to remember the ties that bind us as clearly as I do. I know that if you had the power to change things you would too.

I'm sorry for the times I'm hard on you when you are just trying to connect with me in any way that you can. I promise to recognise the gift of your love that you offer me every day.

When you ask me the same questions over and over, I will remember that part of the reason may just be because you want to talk with me.

When you follow me around the house most of the day, I will remember that it may be because you want to be with me. When you pace or get agitated and upset, I will remember that part of the reason may be because this is hard on you. It has to be frustrating to want to say and do and remember things that seem just out of reach.

When you look at me, sit by me or give me a smile and nod, I will remember that you are expressing your feelings with all the communication tools you still have access to.

I will remember to appreciate and look for everything you can still do and grieve less for what has been lost.

I will remember to accept you and appreciate you for who you are right here, today and tomorrow and not always compare you to the memories of you that I hold so dear.

I will remember that too there are new and equally precious memories to be made right here, right now. I will look for your love not in words, but in the way you depend on me because you feel safe with me. I will look for your love not in tangible gifts but in the touch of your hand. I will recognise the love you offer me in your desire to be near me, your wish to talk with me and in the way you search my face for answers to your unasked questions.

I will always love you and I recognise now that despite this devastating disease, you will always love me too. I promise to better honour the way you that show me how you feel. I know you are giving to me everything that you now are able to offer.

**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.

## It's not your fault, it's not my fault ..... then whose fault is it?



My eyes grow dim and there are holes in my memory. I can't hear when there's background noise, but I'll be dressed neat and tidy when the home help arrives.

Many elderly people live in fear of the politicians who sit in judgement on us. They seem unworthy of all the care which we, as parents, gave them. They judge us too harshly because we've become too many and they too few. Its bad arithmetic, the diminishing revenues they're collecting to pay us our dues in old age.

We're supposed to be at leisure now, following gentle pastimes, engaging in quiet conversation and supporting useful charities. But woe betide us if we fall ill or become infirm, because our children are far away: we set them free to pursue the modern dream and now reassure them (should they ask) that the NHS and 'the social' will cater to our needs.

A nice lady comes for 15 minutes each morning to make sure I'm safe and to make my bed, or she might do my shopping instead. She reminds me, sternly, that the frozen meals are thawing in the kitchen and I must remember to take the cardboard top off before putting them in the oven.

I was told to ask for help, and I did. I've been 'referred' and 'assessed' and everyone knows my private business. I have been 'visited' and 'seen'; a community care worker has been 'allocated' who will rush through my life for 15 minutes every morning while muttering in a foreign tongue as she struggles to complete her tasks in the allotted time.

It's not your fault, it's not my fault, and it probably isn't their fault that we appear to be unable to care for our elderly and infirm with dignity and respect. No one is to blame, except some people who gambled with our savings, betting that money which wasn't theirs, would go up not down.

They got it wrong and all the money is lost. Where did it go? Who is hoarding the many billions we lost? It's affecting my pension and my daily care. Should I need an operation, it may not be 'economically viable' on the NHS budget. I served my country, paid my taxes, put any money I had into my family home and led a crime-free life. The time is fast approaching to put an X in the box for those who I want to represent me in Parliament, but I no longer know whom I can trust not to put themselves first. Will they put the interests of the elderly at the top of their priorities. Health, Care and Policing are our priorities. Just what then are theirs?



## A Date for your Diaries - Sunday 29 May MASE Celebrates the Queen's Platinum Jubilee



Trustees of the MASE are delighted to announce they will be hosting a Gala Celebration in honour of Our Majesty Queen Elizabeth's Platinum Jubilee 1952-2022. It will be held in the large function room at **Lea Hall, Rugeley WS15 2LB on Sunday 29 May.**

All four MASE Groups, and a few special guests, will be invited to celebrate such a wonderful, momentous, occasion. There will be transport organised to get people to the venue. The afternoon will start at **1:00 and will end around 4:30 pm.** **So Carers make sure you make a note in your diaries. Michael, Pat, or Michelle at the normal MASE Groups will have a clipboard where you can put down your names and indicate if you will require transport to the venue.**

It is important that we know the number of people attending in advance to ensure we have sufficient food for the afternoon. Lisa, our resident caterer, will be organising the serve yourself buffet; however you will be asked to wear gloves when selecting your food - this is a necessity to ensure we comply with Covid rules. Our wonderful volunteers will also be there during the afternoon to help you with the buffet and your drinks.



**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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