



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

Happy New Year - January 2022



A New Year is a time for counting our blessings, making and sharing memories and refuelling our lives with friends and family.

We hope that you start the New Year with determination and purpose and have had an opportunity to recharge your cup and have found the strength to continue providing care and unconditional love to your loved ones.

For many of us, January is a time of self-reflection and self-betterment. Making New Year resolutions and setting personal goals can be a great opportunity to improve your health. Positive changes might include, making healthy adaptations to your diet, or simply aiming to be kinder to yourself and others. It's important that any goals you do set are in fact good for your health. Many diets marketed around New Year are too restrictive, do not give adequate nutrition and set you up for failure. Your New Year resolutions always need to be sensible, achievable and sustainable.



Carers remember just how precious you are to the person you care for. They depend on you and your strength to guide them through their difficult days. It is also very important that you look after yourselves; after all you have someone who looks to you for your kindness, care and love. If you feel you are not coping well, make sure you get to speak to your Doctor, or perhaps your Surgery Nurse for guidance and support. Make sure you keep in contact with your friends and family by phone and don't be too proud to say 'I am struggling'. We are all only human, and each of us have a breaking-point; remember - it is far better to ask for help than to suffer in silence.

MASE Award for all Carers



Unknown and often unnoticed, you are heroes nonetheless.

For your care and continual guidance is **Love at its best.**

Each day you face darkness of what each day will hold
Your courage, even in times of weakness, proves you are so bold.

You hold shaking hands and provide the ultimate care
Your presence, them knowing, that you are simply there.

You rise to face the giants of disease and despair,
It is your finest hour, even though you may be unaware.

You are resilient, amazing, and each day you excel.
Carers you are all wonderful and do so incredibly well!

A Carers Plea

Let me be kind when tiredness overwhelms my weary brain and turns my legs to lead;

Let me brave when truths must be conveyed, confronting the past and all things left unsaid;

Let me fight on for you when various rules, make nonsense of your rights and reinforce your fears;

Grant me the stamina to speak and deal with fools, remaining calm when biting back the tears.

Help me to know somehow that life goes on beyond this time of stress and sleepless nights;

Help me to smile and love you in the midst of endless pointless and exhausting fights.

When my caring journey ends, help me remember to be kind, to myself in my guilt and weariness.

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.

Tips for Carers during these troubled times



It is most likely, Alzheimer's and other dementias do not increase risk for COVID-19, the respiratory illness caused by the new coronavirus, just like dementia does not increase risk of flu. However, dementia-related behaviours, increased age, and common health conditions that often accompany dementia may increase risk.

For example, people with Alzheimer's disease and all other dementias may forget to wash their hands or take other recommended precautions to prevent illness. In addition, diseases like COVID-19 and the flu may worsen cognitive impairment due to dementia.

As communities and care services begin reopening, it is important for carers to consider the risks and take additional safety precautions for people living with dementia.

For people living with dementia, increased confusion is often the first symptom of any illness. If a person living with dementia shows rapidly increased confusion or other sudden changes in behaviour, contact your Doctor or Practice Nurse for advice.

A person living with dementia may need extra and/or written reminders and support to remember important hygienic practices from one day to the next. Consider placing signs in the bathroom and elsewhere to remind the person with dementia to wash their hands with soap for 20 seconds. Try to demonstrate this by hand-washing together.

Alcohol-based hand sanitizer with at least 60% alcohol can be a quick alternative to hand-washing if the person with dementia cannot get to a sink or wash his/her hands easily.



Think ahead and make alternative plans for the person with dementia should adult day care, respite, etc. be modified or cancelled in response to COVID-19.

Try also to think ahead and make alternative plans for care should you, as the main Carer, become poorly.

2022 - Connecting with Memories and Moments



A New Year can still be a fun and enjoyable experience for a loved one with dementia. After all, a New Year is also a time for Carers to reflect on past experiences and for them you to remind the person you are caring for of moments in the past year that have warmed their lives.

"Reminiscence Therapy" in dementia takes advantage of strong long-term memories in people with early or mid-stage dementia. Steering clear of short-term memories and reinvigorating long-term memories in Alzheimer's patients takes advantage of powerful and emotional ties to the past.

If you are a carer for someone with dementia, use this opportunity of reflection to try and connect with their past memories of moments, or events, over the past year that they loved.

Old movies, old songs, and even moments from their history can bring a smile to their face and a joy in their hearts. Reflecting on the past can make your loved one feel included in your celebrations, less stressed about their new situation, and happy to be surrounded by family.

Enjoy A Trip Down Memory Lane. This can be fun for you both. We all love to look back on moments shared, so enjoy your trip down memory lane and take this opportunity to learn even more about your loved one's history and passions.

Carers, enjoy the New Year and share things with those you love. Be sure to let your cared-for appreciate what makes them happy; remember this New Year is another opportunity for you to show your loved-one just how much you care.

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

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