

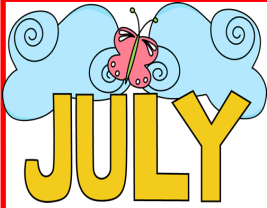


MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

July 2022



Each month as I sit to write another Newsletter, I think 'Where on earth did the last month go to!' I cannot believe that as this Newsletter is being written, it is over four weeks since the incredible Platinum Gala for Her Majesty Queen Elizabeth. What a wonderful afternoon it was, and how proud we were of each and every one of you, you all dressed up so beautifully in red white and blue to mark the occasion and the afternoon was a huge success.

A big thank you also to Lola, Phil, Paul, and all the catering staff and volunteers who helped to make the afternoon run so smoothly — you were all were all simply incredible. It was very emotional when we all stood to attention and sang "God Save our Queen". An afternoon that will be etched in our hearts for many months to come. Photographs taken at the Gala will be circulating at each Group please take any you want to as MASE has a complete set of all the photographs as a memento of such a wonderful afternoon.

Another Date for your Diary



Paul and Lynn Birch will be hosting an evening of entertainment with many other singers

To raise funds for MASE - Tickets will be £5.00 each

Thursday 15 September at Lea Hall

in the Garner Room (upstairs) from 7:00—10:00

Sue & Roger from Lea Hall have offered to do :

Hot Pork Babs with apple sauce and stuffing, Hot Dogs, and even chips

All of which can be purchased on the evening.

The Bar will of course be open for you to buy drinks

The cost of the tickets are £5.00 and will be available at the beginning of July



How to Avoid Slips, Trips and Falls

Approximately 1 in 3 adults over 65 years of age, who live at home will have at least one fall a year and about 50% will have more frequent falls.

The following footwear increases the risk of falls:

- Loose, worn or backless slippers, sling-backs, flipflops
- Shoes without fasteners and shoes with a poor grip or worn soles
- Shoes with minimal contact with the ground such as high heels



Safe shoes should:

- Fit well, not too loose or too tight
- Have a high back or collar to support the ankle
- Firm, slip resistant soles but not too thick, with adjustable fasteners
- Have a low square heel no higher than 1 inch

Other advice:



- Walking in socks/stocking or bare feet also increases the risk of falling
- Sloppy slippers are very dangerous for older people. Always ensure any elderly person has their feet in a secure slipper before moving them from one place to another

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.

UTI's and Dementia

A person with dementia may:

- Forget to drink (sometimes colouring a glass of water with say **sugar free** blackcurrant juice, or **sugar free** orange juice will entice the person to take the drink).
- Have difficulty recognising and/or expressing that they are thirsty
- Lose interest in drinking due to low mood
- Have concentration issues that make finding the time to drink more challenging
- Have difficulty recognising a drink
- Because of impaired coordination, may have difficulty drinking independently
- Experience changes in taste—perhaps preferring sweeter or stronger tastes
- Have mouth problems that cause discomfort when they drink, eg tooth decay, ill-fitting denture, oral thrush or mouth ulcers
- Have difficulty swallowing



UTI's or urinary tract infections, can cause changes in people living with any kind of dementia. UTI's are very common among people diagnosed with Alzheimer's and other dementias. This is attributed to age and partly due to increasing difficulty with hygiene and personal care.

There can be many signs and symptoms of a UTI, which can occur in women and in men. A person with a UTI may experience burning when they urinate, as well as a frequent intense urge to urinate. They may also complain of back or abdominal pain.

Some people have no symptoms of pain, no burning sensation, no odour, no frequency etc BUT there will be significant changes in their behaviour. Detecting UTIs can be difficult, particularly with someone whose communication may be impaired due to dementia. Sudden changes in behaviours and an increase in symptoms may indicate that your loved one has a UTI. Behavioural changes and causes that seem to affect one's personality, may include sleeping issues, anxiety, depression, confusion, aggression, delusions, hallucinations and paranoia.

If you suspect this you will need to get a urine test done if you notice any sudden behavioural changes, it is important to rule out a UTI. Most chemists will sell dip stick tests which will enable you to take a reading. Then you can consult with your doctor, who can treat the infection with antibiotics and the person will then return to their normal ways. With the warmer weather it is vital that people drink more water—be it flavoured or just plain water. Keeping the body hydrated is imperative and necessary. It is important to keep fluid levels high in hot weather.



A gentle reminder - the MASE Groups are **NOT** part of the Alzheimer's Society

We have become increasingly aware that many people are under the impression that MASE is part of The Alzheimer's Society; **which we are not**. To be clear, the MASE is a self-sufficient Charity, run by a Team of 30 wonderful volunteers, which includes the five Trustees. Although we do have a great rapport with the Alzheimer's Society, and work very closely with them, we are a **self-funding Group** and have to raise funds each year to ensure our Groups can continue. There are NO paid workers, Trustees and volunteers give up their time 'free-of-charge' every month to run the groups - which is commendable. To put it in a nutshell we have to raise over £35,000.00 each year to ensure MASE Groups can continue. We have been running MASE successfully now for over 13 years, yet still people make out cheques to The Alzheimer's Society. When that happens we have no option other than to forward the donation to the Society, even though we know the money was actually intended for the MASE. We are proud to be associated with the Alzheimer's Society and we commend the work they do, but can we please ask that any cheques need to be made out to **THE MASE GROUP**, if you want **us** to benefit from any donation. Also, it has come to our attention that people who attend the groups each month and paying by monthly standing order; unless you have asked one of the Trustees for our Bank Account Number and Sort Code, then you are **NOT** paying any money into the MASE. Thank You

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

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