



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

May 2022



May is known as a month of transition. When May comes around, the spring flowers are blooming, birds are chirping, and life is starting to seem a little more joyful day by day! The days stay lighter for longer and it is a time of change. We all hope that the warmer days will be coming our way and that we can get out and about without having to wrap up in heavy coats. May definitely heralds the start of Spring - hopefully we are heading towards a warm and sunny Summer. Let's all keep our fingers crossed!

Please be warned there are New Scams out there!

POST OFFICE SCAMS – LINKED TO LATE NIGHT PHONE CALLS

A Carer, who is looking after her husband with Alzheimer's, had previously received a text message to say the Post Office couldn't deliver a parcel. It gave the name of the driver and asked her to click onto their website where she had to pay £3.99 by card to have the parcel redirected. She had her suspicions but still made the payment.

THIS WAS LATER CONFIRMED AS A SCAM.

This week the same lady received a telephone call at 2:00 am in the morning—she did not answer the call – however it did show as a mobile number. A second call came later, still in the early hours of the morning this one she answered, it stated they were the Fraud Squad - this call came up as a private number. They said her card had been used in Birmingham; two of the numbers registered that it may have come from her account – they also mentioned the name of her Bank - at this stage she put the phone down. A third call then followed, again showing 'private number', which the lady ignored. Thank goodness this lady used her initiative and first thing next morning rang her Bank and the Police to tell them what had happened. They confirmed it was most definitely a new scam that is going around.

CARERS NEVER DISCLOSE ANY OF YOUR BANK ACCOUNT DETAILS, OR GIVE OUT YOUR CARD DETAILS OVER THE TELEPHONE. If you are not sure as to whether a call is genuine, simply put your phone down and disconnect the call. Then as soon as possible contact your Bank to tell them what has happened. **REMEMBER** no reputable Bank, or Building Society, will ring to discuss your account over the telephone and they most certainly would not be asking you for any details of your account number. Carers stay alert at all times—these scammers are unscrupulous!

Caring for someone with Dementia

Caring for a person with dementia can feel like a series of small losses. Each time a loss occurs, you have to make another adjustment, and carry on. To survive the caring process, you need to look after yourself and not judge yourself too harshly. Remember it takes real **STRENGTH** to be **GENTLE AND KIND**.

Tackle your guilt – If you are feeling guilty, try to work out why. You will then be able to make clearer decisions about what is right both for you and for the person with dementia.

Talk things through – Suppressing pent-up emotions can be damaging. One of the most important steps you can take is to talk about your feelings – whether to an understanding professional, a good friend, a Counsellor or anonymously, to someone on a helpline i.e. The Alzheimer's Society Dementia Helpline 0300 222 1122.

Many of our MASE Volunteers have experienced caring for someone with Dementia - the tips and tricks they can pass on to you could be invaluable. Trying to cope with the changes that are taking place in your home and in the person you are looking after are huge. All Carers feel a degree of guilt at times, but don't dwell on these incidents, try to move on and not let thing get you down. Any of the MASE volunteers will be more than happy to speak with you in private at any Group.

Take a break – You will feel more able to face the challenge of caring if you take enough breaks away from the person and find time for yourself. Try to find time to reflect and relax, to pursue interests and hobbies, and to socialise with friends and family.

Be kind to yourself - Please try not to beat yourself up about sometimes being a bit grumpy, you are entitled to feel down occasionally. You are on a very difficult journey and your world may feel as though it has been turned upside down.

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 Sleep

Dementia and sleep

Dementia affects everyone with a diagnosis differently. But sleep disturbance and issues around bedtime can be very common. If you are caring for someone with dementia who is unsettled during the night, it can mean that neither of you are getting enough sleep. Dementia can cause confusion and anxiety, which some people find seems to get worse during the evening, and before bedtime. Providing reassurance for the person with dementia can be the most powerful way to help them feel calmer and more ready to go to bed. This can involve simply sitting with them and telling them that everything is OK, and that you are with them.



There are several other factors which affect sleep, as well as methods you can try to help the person with dementia to sleep better.

Establishing good habits: going outside

A good place to start is by considering what the person is doing during the day as this will have an effect on how tired or restless they are at night.

Reasons why a person with dementia may have sleep issues include:

- Disturbance to their body clock
- A reduction in the sleep hormone, melatonin
- If they wake up often during the night
- If they are sleeping excessively during the day
- Confusion at bedtime (often called sundowning)
- Pain or medication side effects

However, by establishing good habits during the day, at bedtime and during the night, you can help the person with dementia to get a better sleep.

Do try to get out for a walk in the fresh air on a daily basis

Spending time in natural daylight is known to improve sleep, but many people with dementia spend most of their time indoors. Try to avoid daytime naps as these too can disrupt the persons sleep pattern. If a nap is unavoidable, try to keep them to 30-45 minutes – it may be tempting to allow the person to sleep for longer, but shorter naps may improve their night-time sleep which can so beneficial to a Carer.



Bob Pitcher has been a volunteer & a MASE fundraiser for many years. We are delighted to announce that Bob, on 8 April 2022, received The Citizen of the Year Award from Heath Hayes & Wimblebury Parish Council

Trustees and all friends at the MASE all send sincere congratulations to Robert (Bob) Pitcher on being awarded The Citizen of the Year Award from Heath Hayes & Wimblebury Parish Council. It is an accolade that is well deserved, he works so hard with his Walking Groups and we are very proud to have had Bob as a valued volunteer at the MASE Groups - a position he has held for many years.

Bob is very dependable, and a person that both our Carers and their cared-for feel comfortable with at the Groups. Bob is kind and considerate to others and offers support and encouragement to new Carers who are just starting out on their journey with Dementia.

Bob is always enthusiastic and helpful; he has rarely missed a MASE group over the years he has been with us as a volunteer. Recently, Covid sadly kept him away from the MASE for a while. However, his health is improving day-by-day and we are pleased to now have him back with his friends at the MASE. Well done Bob on this wonderful Award! We send you all our good wishes, please keep up the great work that you do!



A FINAL REMINDER : It is important Carers that you register your attendance with Michael to ensure our caterer Lisa has the correct numbers for the Buffet . Also, if you need transport please speak to Michael.

The MASE Gala Celebration is in honour of Her Majesty Queen Elizabeth's Platinum Jubilee 1952-2022 and will be held in the large room upstairs at **Lea Hall, Rugeley WS15 2LB on Sunday 29 May from 1:00-4:30.**

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

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