



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

January 2023



MASE Trustees and All Volunteers hope you have had a peaceful Christmas and send sincere good wishes to everyone for the New Year.

As we enter the New Year, let's all hope and pray that we will see an improvement for everyone. That NHS Nurses, the Ambulance Service, and the Rail disputes all get settled and we can then finally return to safer and better days. Our thoughts and prayers at this time also go to people who have lost their homes because of the War in Ukraine and who will be missing their loved ones.

Thinking of all families living with Dementia

We are, of course, thinking of all Carers and all families who are starting the New Year living with Dementia.

We know that for many, this time of year can often highlight loneliness and feelings of grief for all sorts of reasons. It's OK to feel like you can't share in the joy. But remember that you're not alone. You will never be the only person to say the words "I'm struggling".

It is important to take time to recognise your feelings and to the care of your own physical and mental health. The winter is dark, the weather is cold, we are all worried about money and health more than ever. But the good news is, we have passed the shortest day of the year and the days will get lighter from here. Try to cling on to these small feelings of hope and gratitude.

- Carers remember to rest when you can, even if sleep won't come.
- Stay hydrated, so simple but easily forgotten.
- Eat regularly, just something simple and nutritious.
- Get outside if you can, if you can't top up on your vitamins. Connect with friends when you can and reach out for support.
- If you are struggling, be open and honest and ask your family and friends to help.

Please remember: All MASE Trustees are always at the end of a telephone too. Trustees contact numbers are shown at the end of all our Newsletters. Sometime just a chat can help to brighten your day and will give you the strength to continue with the incredible roles you carry out each day.

Mr Jingles



The winning ticket for 'Mr Jingles' was drawn on the last MASE Group of 2022, at Rugeley by our Entertainer Tony. The winner of this incredible prize was won by **Louise Jones** (Wendy Craddock's Daughter - Cannock Group) who was delighted to have won Mr Jingles, but in her kindness then said she wished to donate it to Richard & Daphne's Great-Granddaughter - Sienna. This photograph shows Sienna with her wonderful Christmas Gift on Christmas Day.

Once again sincere thanks also go to **Ann Bowd**. This dear lady has been Blessed with an incredible talent/ skill and her wonderful work is on sale each month at each of our four groups in support of the MASE.

Thank you and God Bless you Ann you really are 'one-in-a-million'.

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.

Reflection Time

New Year is meaningful for many of us in that it is a time to reflect on the past year and keep positive about the year ahead.

If you are caring for a person with Alzheimer's disease or other dementia, this is a perfect time to explore old memories that are often still intact and to engage in conversation about the meaning, and traditions of the New Year.

Many people with dementia can forget what happened a few hours ago but remember their childhood or younger years. Try to engage your family member in a discussion about the past. Share any memories you may have together. Trying this conversation – you may also learn something new!

New Year is also a time to look ahead. In 2023, we will all be hoping for a much better, post-pandemic world. Share your hopes and dreams you have with your loved-one for the New Year. A person living with dementia can often still engage in conversation and share emotions, ideas, hopes and dreams.

Write down, or record on your camera phone, any wishes your family member expresses for 2023 and share the list with friends and family. This makes for a life-affirming and incredibly special New Year's greeting.

Stay as up-beat as possible during difficult days, continue carrying out the wonderful role you play in your loved ones life and let us all hope and pray that 2023 is a year where we will see breakthroughs in dementia care research, care and treatment

Try Some Positive Thinking



Boosting your mood and helping yourself feel more positive is a great thing to do, no matter how difficult your life is at present. It could be that something as simple as singing along to a favourite piece of music, or watching an episode of a classic comedy on the TV may do the trick. Spending time with others, especially children, or animals, can help to bring some light back into your life.

Here are a few tips to try and lift your spirits:

- 1. Smile:** When you smile it triggers mood-boosting hormones in the brain. So even if you don't feel happy, put a smile on your face and you may soon begin to feel more positive.
- 2. Keep Busy:** It doesn't matter whether you tidy up the garden, wash the dishes, or simply go for a walk, any activity will do the trick.
- 3. Talk to Someone:** It doesn't matter whether you meet someone face-to-face, or chat on the phone. Just connecting with someone can always help.
- 4. Live in the moment:** If you are feeling low, try to regulate your breathing and pay attention to what you can see, hear and feel at this moment in time. Think of a happy place, or of a person who has always made you smile in the past. Regulate your breathing and pay attention to what you can see, hear and feel around you. This journey you are on can be frustrating, infuriating, and, even make you angry at times. However try to step back, think of your loved one, who may be in a strange mood or place on certain days; think of how best to bring them back to you with perhaps some reminiscence and a bit of tender, loving, 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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