



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

August 2023



It is unbelievable to think we are in the 8th month of 2023. Many Carers will now be thinking of taking a holiday and before we know it, everyone will be talking about the Festive Season!

For those of you who are going away, please take care and try to enjoy your break. Take the time to re-charge your batteries, and make the most of precious moments whilst you are away.

However, holidays may include many people being together, and this can sometimes cause confusion and anxiety for a person with Alzheimer's.

Remember to keep your routine as close to normal as possible while you are away.

Carers - be kind to yourselves

1. Stop Being So Hard on Yourself

We put a lot of pressure on ourselves. While it's beneficial to aspire to greatness, sometimes you need to sit back, reflect, and recognize all the good things you have going on right now.

When you're feeling down, try this: think about the things in life you're grateful for. Focus on what you have, not what you don't. Stop putting so much pressure on yourself to constantly achieve and be content with who you are right now at this moment. And remember, happiness is a choice.

2. Surround Yourself with People You Love

Family members and friends can be the best medicine when you are feeling depressed or stressed from time to time. Even if you can't see them in person, pick up the phone and call someone you love. Sometimes all you need is a friend to listen to you and offer some positive thoughts.

Many studies have pointed out the importance of social support on overall well-being. Tough days are inevitable but having people to go to at those times makes a world of difference and can help you turn things around. If you've been suffering from depression or excessive stress for a long time, support groups can also be a great way to find connection.

3. Find a Way to Laugh

We take life a little too seriously sometimes, so let's put this in perspective: how you're feeling right now is one tiny moment out of the thousands you will experience in your lifetime. Know that sadness is temporary, and pick yourself up by watching your favourite funny show, movie, or video online.

While a general consensus on diet and mood has not yet been reached, it's safe to say that eating healthy foods like vegetables, fruits, nuts, and seeds can help you feel better and fill your body with proper nutrients.

Sometimes.....



Sometimes we all need a bridge - sometimes we **are** the bridge.

Seldom do people escape troubled waters, rough seas and challenging scary days.

There are times in our lives when we could use a little help, and other times when we are given the chance to be that help for someone else.

It really doesn't matter where you are right now. What matters is that you remember we are all stronger together, and taking a hand is just as important as offering one. When your arms can't reach precious people who are close to your heart - you can always remember them in your prayers.

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.

Slips, Trips and falls

Did you know approximately only one in three 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, slingbacks, flip-flops
- Shoes without fasteners and shoes with a poor grip or worn sole
- Shoes with minimal contact with the ground such as high heels
- Walking around in socks/stockings or bare feet can also increase the risk of falling



Safe footwear 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



Think carefully before jumping up to answer the door. Make sure you have your shoes/slippers on properly, as the last thing you need is to slip and hurt yourself. Make sure your loved-one too, has safe slippers/shoes on at any time to

Useful Tips

1. The past cannot be changed
2. Opinions don't define your reality
3. Everyone's dementia journey is different
4. Things can improve with time
5. Judgements are a confession of character
6. Overthinking may lead to sadness
7. Hugs are so important and very precious
8. Positive thoughts create positive things
9. Smiles are contagious
10. Kindness is free
11. You only fail if you quit
12. What goes around, comes around



Talking to a person with Dementia

When talking to someone with a Dementia try and keep questions simple and basic.

1. What is your favourite food ?
2. What did you enjoy most at school?
3. What TV programme do you like?
4. What job did you do?
5. Where did you grow up?
6. What makes you happy?
7. What games did you play as a child?
8. Where is your favourite place for a holiday?

Paul Birch pays Tribute to Buddy Holly in September at Lea Hall Social Club



The fabulous Paul Birch is putting on a Fundraiser in support of the MASE Charity Groups **on Friday 22nd September**. This will be a fantastic show; so a great evening to dust off your dancing shoes and come along and enjoy some of the songs we all love listening to.

Tickets are £10.00 and available from Michael /Pat on the door at any of the Groups. There will be hot pork baps/chips for sale on the night .

The venue is: The main hall upstairs at Lea Hall Social Club, Rugeley WS12 2LB.

Buddy Holly was known as the Superman, and most influential writer of Rock & Roll. Tickets on sale now so remember to keep the date in your diary!

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

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