



MASE Monthly Newsletter



Proud Recipients of Queen's Award for Voluntary Service

October 2022



We can hardly believe that the clocks will go back at 2:00 am on Sunday 30 October 2022. Nights will be drawing in and unfortunately also get colder. It is a good time to invest in some warm wraps that you can put over yourselves during these cold nights. There will be some in our raffles which may help. The new type of fleece blankets are really not too expensive and may help you to keep warm without putting the heating up. Remember to telephone friends who are on their own and have a chat with them. The dark nights can be very long to a person who has seen no-one all day. A quick chat, and a giggle can make such a huge difference to someone.

Robert Pitcher raises money for MASE 'Walking for Eileen'

Robert Pitcher once again paid his own special tribute to his late, dear Wife Eileen, by organising his Annual Walk on Cannock Chase. The stamina and commitment given by Bob to this event in support of the MASE Groups is truly humbling. Richard and Daphne, two of the MASE Trustees, also took part in one of the walks and enjoyed a wonderful afternoon of laughter and friendship, whilst at the same time keeping Eileen's memory alive. The Group was once again launched by MP for Cannock Chase, Amanda Milling. There was plenty of laughter and a feeling of camaraderie throughout the afternoon. **A sincere thank you Bob from everyone at the MASE.**

This photograph captures Bob handing a cheque to Daphne (MASE Trustee) for the sum of **£2,239.00** raised in memory of his dear Wife from 'Walking for Eileen' which took place on Saturday 3rd September. MASE Trustees salute you Robert for all the hard work and dedication you continue to put into this incredible event each year. You should be very proud of yourself!



How to make the most of phone or video consultations with your GP

- * GP Surgery's are still mostly offering telephone or even video consultations, rather than face-to-face appointments. To get the most out of these appointments, try some of the following tips.
- * Although remote appointments may feel unnatural, they can also be very helpful - for example if the person with dementia finds it difficult to leave the house.
- * Before the consultation, explain clearly to the person what is going to happen. If they haven't experienced a videocall before, you could do a trial run, so they know what to expect.
- * It is always a good idea to write down what you want to say in advance, and also be prepared to take notes - this is often easier to do at home than in your GP's office. If you have an i-phone perhaps you could say to the GP is it alright for me to record this meeting please?
- * It may also be helpful to email the surgery beforehand and pass on any tips to make communication easier. For example, by making them aware of any hearing or sight impairments.
- * Whether the appointment is by phone or video call, make sure you are in a quiet place where there is a good signal or internet connection.
- * One advantage of a remote consultation is that other people can join in. So if you would like to involve a family member, or a close friend, put the phone on speaker, or ask them to join you in front of the camera.
- * Remote consultations can be very successful, if you feel it's important to have a face-to-face appointment, speak to the Practice Manager and express your concerns. You should always be able to see a GP in person if you feel there is a need.

A reminder to all Carers please always ensure you have everything written down before your meeting, so that you do not forget any questions you wish to raise with the GP.

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.

What if I should get Dementia.... by Rachael Wonderlin www.rachaelwonderlin.com

- I want my friends and family to embrace my reality. If I think my spouse is still alive, or if I think we're visiting my parents for dinner, let me believe those things. I'll be much happier for it.
- I don't want to be treated like a child. Talk to me like the adult that I am.
- I still want to enjoy the things that I've always enjoyed. Help me find a way to exercise, read, and visit friends.
- Please ask me to tell you a story from my past.
- If I become agitated, take the time to figure out what is bothering me.
- Treat me the way that you would want to be treated.
- Make sure that there are plenty of snacks for me in the house. If I don't eat, I can get angry, and if I do have dementia, I may have trouble explaining that I am actually hungry.
- Don't talk about me as if I'm not in the room.
- Don't feel guilty if you cannot care for me 24 hours a day, 7 days a week. It's not your fault, and you've done your best. Find someone who can help you, or choose a great new place for me to live.
- If I live in a dementia care community, please visit me as and when you can.
- Don't act frustrated if I mix up names, events, or places. Take a deep breath. It's not my fault.
- Make sure I always have my favourite music playing within earshot.
- I like to pick up items and carry them around, help me return those items to their original places.
- Don't exclude me from parties and family gatherings.
- Know that I still like receiving hugs or handshakes.
- Please always remember that I am still the person you know and love.



The Alzheimer's Society

The quote below is from the Alzheimer's Society Website:

'At the Alzheimer's Society, we believe passionately that life doesn't end when dementia begins. We are here for anyone affected by dementia, and we do everything we can to keep people with dementia connected to their lives and the people who matter most'.

At the MASE are very fortunate that Alzheimer's Society Advisors from various areas are now regularly visiting our Groups again. Carers we urge you to take advantage of these visits and keep handy any questions you want to raise. We cannot always offer a quiet room for you to go and sit in, but I am sure we can find you a quiet area to sit and chat with the Advisor. If you are affected by dementia, worried about a recent diagnosis, or a Carer who is need of advice, trained staff at the Society are always ready to give you the support you need.

Telephone : 0333 150 3456 Opening hours: Mon-Wed:9am-8pm, Thurs & Fri:9am-5pm, Sat & Sun:10am-4pm

Rest in Peace Your Majesty



Her Majesty Queen Elizabeth II was a magnificent Queen, loved by many, and will be greatly missed. She honoured her role to the very last moment - something we will never witness again. May she rest now in eternal peace with her true love The Duke of Edinburgh. The Queen was a constant positive in a world of turmoil. A shining example of how to live a life, to carry out your duty and be a decent human being.

We were ALL Blessed to have had her as our Queen for so many years. We give thanks for her service and hope to follow her exemplary example. Never has one person been so universally respected, admired and loved by all. The world is truly a sadder place with her passing.

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

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