

## Mahana Activities for Spring



	Lisa	Sean	Suzette	Sarah
<b>Monday</b>	AM Chat Club News and Views		Library Visit	Brain Game
	PM Drive		Music Session	Table Games
<b>Tuesday</b>	AM	Brain Game/ Walk	Chat Room	News and Views
	PM	Dance Group with Yvette (fortnightly)	Art with music	Garden Group
<b>Wednes- day</b>	AM Chat Room	News and Views	Brain Game Theme	
	PM Scrabble Henry Hippo	Gym Session	Drive (with walk)	
<b>Thursday</b>	AM Big Think	Big Think	Big Think	
	PM Table Games Henry Hippo	Rhythm Group	Art Group	
<b>Friday</b>	AM Ladies Group	Men's Walk	Memory Lane	
	PM Table Games Henry Hippo	Drive	Music Club	

## Useful websites

[www.alzheimer.ie/Living-with-dementia/I-am-a-Carer/Practical-Tips-for-Daily-Living.aspx](http://www.alzheimer.ie/Living-with-dementia/I-am-a-Carer/Practical-Tips-for-Daily-Living.aspx)

[www.cam.ac.uk/research/news/brain-training-app-found-to-improve-memory-in-people-with-mild-cognitive-impairment](http://www.cam.ac.uk/research/news/brain-training-app-found-to-improve-memory-in-people-with-mild-cognitive-impairment)

[www.dementia.nz](http://www.dementia.nz)

<https://www.eldernet.co.nz/Home>

<http://www.enablingenvironments.com.au/>

## Sensory Garden

We are wanting to plant up our garden around the beautiful water feature, two trees and the Tui Feeder recently donated for our Sensory Garden.

Club members have suggested that they would like to give money or donate a plant.

We are constantly thinking of ways to complete the garden before Spring starts so please look to the list of plants we require and have a chat to a staff member about how you can contribute.

### Herbs



### Lilac



### Dianthus



# The Mahana Voice

*Mahana—A place of warmth and caring*

*Spring 2018*

## Update from Yvette

Hello to all our club members and care partners. Mahana has been a buzz with rhythms and rhyme since May.

There are some new faces at Mahana.

- Sarah Enticott is a Programme Facilitator who works on a Monday and Tuesday. She is a bright, talented and enthusiastic asset to our team and we welcome her to club.
- Karel Kemplay is working at Mahana as a casual Programme Facilitator. She has been able to help cover staff leave and is also a multi-talented lady.
- At front desk you will be greeted by another new smile. Sarah Reddish (yes a second Sarah) has joined Dementia HB and we welcome her warmly.

We have made contact with a music therapist, Will Darbyshire who plans on forming a choir for people with Dementia and their care partners. I will update you with more information in an upcoming newsletter.

Just a reminder that Dementia HB is a Smoke Free setting and that this includes E Cigarettes.

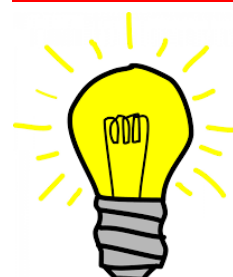
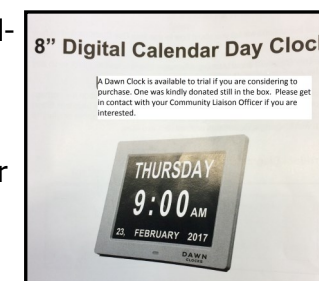
Ka kite ano,

Yvette,  
Mahana Team leader

## Digital Calendar Day Clock

A day clock (pictured) has kindly been donated to trial before purchasing.

Please contact either Nadine or Michele to book a trial on (06) 834 0417 ext2



## Barry's thought of the month

*No matter it's size or thickness no piece of paper can be folded in half more than seven times.*

## Dates for your calendar

- 21 Sept** World Alzheimers Day
- 1 Oct** International Day of the Older Person
- 19 Oct** Hawke's Bay Anniversary Day
- 22 Oct** Labour Day
- 1 Nov** Dementia HB Christmas Craft Day
- 21 Nov** Destinos Night Club



## Community Catch Up

### Care & Share 2018

*For those looking after a loved one with Dementia at home — on the last Tuesday of every month (Morning Tea included)*

**Venue:** The Lounge, St Columba's Church, Gloucester Street, Taradale

**Time:** 10.00am—11.30am

**Next dates:** 25 September: Nadia McKellow — Health and Disability Advocate



### Memory Café

We welcome you to join us at our monthly **Memory Café**, which meets on the second Wednesday of every month. For people with dementia and their care partners /whanau / family members.

**Venue:** Café Ahuriri, 16 Mahia Street, Napier

**Time:** 10.00am to 11.00am

**Next dates:** 12 September, 10 October