

# MALA MESSENGER

*Newsletter of the Mature Adults Learning Association Inc. Rockingham Branch*

**October 2021**

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## **FROM THE CHAIR**

Term 4 is now upon us. Soon we will be talking about Christmas! How quickly the year passes. 2022 will bring us a new format for courses. The benefits of this format will be that it spreads the course more evenly throughout the year – less of a gap in the middle – and saves you from having to choose between courses - which many of you currently tell us you frequently have to do. There will be a full explanation of this and the proposed dates in the next edition.

Thanks again to all who returned the evaluation sheets, especially those who wrote comments. I know that the Presenters value your feedback and we get a good indication as to the types of courses to offer.

Our AGM is on the 17<sup>th</sup> of November. As usual all positions are open to nominations. The nomination forms will be available for you at our reception desk or online if you can't get into the library.

It was great to see so many people stopping and asking about what we do at MALA at the recent Seniors Expo. I hope a few of those people do try learning as an interesting and fun thing to do, we would love to see more people enjoying MALA as much as we do. A big welcome to anyone who has joined us this term. Thanks to everyone who helped us our stall.

Enough from me. Let the Term four fun begin !

**Bronwen Usher**

**Chair**



**A big shout out to June Hveissel, who is currently recovering from a broken hip. She is doing remarkably well, as one would expect from someone as determined and fit as she is. Look forward to seeing you back with us June.**



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## TERM FOUR

**TERM FOUR starts on Wednesday the 13<sup>th</sup> of October**

**CHECK YOUR TIMES**

**INTERNATIONAL SECURITY 9:30 – 11:00**

**PHILOSOPHY or POLISH, PRESENT and PUBLISH 11:30 – 13:00**

**DNA DETECTIVES or SOCIAL JUSTICE 13:30 – 15:00**

**See you there !**



With the Climate Summit about to start I thought it might be appropriate to think things climate and things nature. Climate change and the state of the planet is not a new concept at all. As you can see from the following :

Man Argues – Nature Acts. – Voltaire

How sad to think that nature speaks and mankind doesn't listen – Victor Hugo 1840

Ignoring nature has been a long standing problem, and even now when nature is speaking in a louder, more insistent voice we still seem unable to comprehend that we must listen – and act.

Our belief in science is a drop. Our ignorance of it is a sea. – William James 1895

A reliable green company is one that is required to be green by law. – Gus Spelk 2008

Where there are threats of irreversible damage, lack of full scientific knowledge certainly should not be used as a reason for postponing cost effective measures to prevent environment degradation. – Isaac Asimov

The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom.



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## **FOCUS ON ALZHEIMER'S**

A special contribution from Professor Oxnard.

### ***Important things for a person diagnosed with Alzheimer's to do***

KEEP ACTIVE Exercise consistently, keep walking and gardening  
Limit alcohol and avoid smoking if possible  
Try to minimise stress and get regular and restful sleep  
EAT WELL eat a brain-healthy diet  
Lots of fruit, veggies, nuts, grains; fats like olive oil,  
fish and chicken rather than red meat. Try herbs instead of salt  
KEEP OCCUPYING and CHALLENGING YOUR MIND  
These two are different things and sometimes hard to do, but need doing

### ***A few strategies if you are caring, even occasionally, for a person with Alzheimer's***

Never ARGUE: instead AGREE; Never REASON: instead DIVERT  
Never SHAME: instead DISTRACT  
Don't say CAN'T: instead say: DO what you CAN  
Don't DEMAND: just ASK or REQUEST  
Don't CONDESCEND: just ENCOURAGE and PRAISE  
Never say REMEMBER: just REMINISCE  
Don't say I JUST TOLD YOU: just REPEAT IT  
Don't LECTURE: just REASSURE  
Never FORCE someone on them: just be PATIENT

These are all easy to say write or read, but in practice it takes love and patience and a great deal of kindness. It is hard, it is consistent.

It is hard caring for a person with Alzheimer's - it is easy to fall prey to Care-Giver Burnout.

Watch out for these burnout symptoms

### ***Socially***

Withdrawing from friends, family and loved ones  
Losing interest in activities previously enjoyed  
Feeling blue, irritable, hopeless and helpless

### ***Medical and Physically***

Experiencing changes in appetite, weight, or both  
Experiencing changes in sleep patterns and getting sick more often

### ***Feeling Awful***

Feeling so frustrated that you want to hurt yourself, or hurt the loved one  
Feeling emotionally and physically exhausted

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***Be prepared to accept as much help as you can get***

- ❖ Most relatives, friends, neighbours do understand it is hard and are willing to help if you let them.
- ❖ Alert the Local bank, post office, and shops and places you go of the need for patience and kindness. People are happy to help in small ways - let them.
- ❖ Join a group of people going on the same journey as you are, they will understand just how you feel and what you need.
- ❖ Official help – Seek it as soon as you need it – don't wait until you are at breaking point.

Many people just don't know how to handle the needs of people with Alzheimer's, they are waiting to be told how to help and that it is ok to help.

For all of you/us out there taking on this labour of love, our admiration is with you – and we are here to help.



*"There is much pleasure to be gained from useless knowledge."*

*Bertrand Russell*



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## FROM THE BOOKSHELF

Thanks this month to Janice and Katherine for their selections

### **“The Weekend” by Charlotte Wood**

When the lifelong friendship between four very different women is thrown into focus by the death of one of them.

The death of Sylvie, the moderating ‘glue’ that holds them together brings challenges to each of the remaining friends. Jude, a once-famous restaurateur, Wendy an acclaimed public intellectual and Adele, a once renowned actress gather at Sylvie’s old beach house, tasked with the job of cleaning out the place before it is sold. Differences, frustrations and unwelcome guests, too much wine and even an old dog cause, leave the friends wondering just what has held them together all this time, and the now face the possibility of their friendship being washing way for good.

This book explores growing up and growing old and what happens when we have to confront the lies that we have always told ourselves. It is honest, sad and funny and a great read.

Janice



### **“Honeybee” by Craig Silvey**

This is an interesting book, about two lives that change forever after a late night chance meeting and an unlikely friendship is born. Sam is a 14 year old solitary lad, cast adrift into a hard world when petty crime seems to be the best way of life. Struggling with his identity, loyal to his troubled mum and crushed by his domineering stepfather his resourceful and resilient nature are his only assets. Vic, and old man, unwell and grieving the loss of his wife thinks he has nothing to live for and is ready to take his life. Bonded by their suffering and increasing despair they both undertake that task of saving each other.

The story romps through a world of diverse and sometimes amazing experiences, a great story that shows the power of friendship and trust and hope and perseverance. I really enjoyed this book, the writing is great too.

Katherine



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## Feedback from Readers

Feedback from readers this time is not for the books reviewed, but for the writers of Writers Corner

Thanks you to our writers comes from Elizabeth, Janette, John, Robert, Diane and Pat all of whom say they enjoy the writing. The series most commented on was the A Moment in Time. Some liked the memories it evoked for them, some got a chuckle others just liked the variety. All of them looked forward to reading the Messenger to see what offerings are there. So thanks to our writers, your efforts are being appreciated. Sorry to disappoint – none this issue, but I am sure pencils and pens and computer keyboards will begin to scribble and clatter again soon.

For any writer out there, let's try FUN/FUNNY as a theme next time. Life is too short not to have a laugh now and then.



*"If Noah has been truly wise  
He would have swatted those two flies."*

*# Castle*



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## THAT'S ALL FOLKS

I trust all of you have enrolled enjoy the course of your choice this term.

Don't forget to put the AGM on your calendar now - 17<sup>th</sup> of November at 10:30.

Do think about nominating for the committee, new members bring us new ideas and help us keep MALA strong in Rockingham.

And finally as I watch my neighbour put their 'tired' house on the market I have come to the conclusion that nothing modernizes a house more completely than advertising it for sale.

**Bronwen Usher**  
**Editor**



*"I wish there was a knob on the TV so you could turn up the intelligence.*

*They have one marked brightness, but that doesn't work."*

*Gallagher*

