



The *Almoners* Almanac

ISSUE 4 - DECEMBER 2017

London has a new and unique Lodge for Almoners called Florence Nightingale – come and join us



SO WHY SHOULD I JOIN?

We meet three times a year at Freemasons Halls and focus on better equipping you in your day to day activities as an almoner. We are not a progressive lodge, so no degrees are performed. We simply invite speakers from the top Charities to come and share their experience with us enabling you as almoners to be better informed to assist you should a brother or dependant need your help.

Our meetings are held in October (installation), January and April and typically start at 17.00hrs. The Lodge is on a journey where we have taken over the lodge with a small membership enabling us to retain its history and traditions. We have grown it in a relatively short period of time to over 60 members and we can see the potential to grow this much further. We believe we have the foundation in place to make this a flagship lodge in London which we hope in turn will be seen as the 'Must Join Lodge' if you are an almoner.

WHO CAN I CONTACT FOR MORE INFORMATION?

Please contact WBro Garry Gilby our Secretary (garry.gilby@ntlworld.com) who will be happy to hear from you and to go through the current costs and actual dates of our meetings. Please remember, you will need a Clearance Certificate from any Lodge of which are now, or previously have been, a member. If you would like to visit please get in touch, alternatively if you would like

to join then please let us know. We believe this to be a truly unique lodge where we are the first in the country to have a lodge dedicated to almoners, so what are you waiting for, please get in touch and come on board.

Our next meeting is on Mon 15th January 2018 at 17.00 hrs.





DEMENTIA

Barely a day passes without some mention of dementia in the media. In the narrative text below I have highlighted ten bullet points which may assist in a better understanding of dementia. It is essential to remember that each person is an individual and dementia affects people differently; no two people will have symptoms that develop in exactly the same way. An individual's personality, general health and social situation are all important factors in determining the impact of dementia on him or her.

The most common form of dementia is Alzheimer's disease and affects around 62% of those with dementia, the next most common form is vascular dementia affecting around 20% of those with dementia.

Symptoms vary between Alzheimer's disease and other types of dementia, but there are broad similarities between them all. The most common signs are memory loss and the loss of practical abilities, which can lead to withdrawal from work or social activities. If you think that these problems are affecting your daily life, or the life of someone you know, you should speak with your GP, or encourage them to speak with theirs.

The most common early symptoms of dementia are:

MEMORY LOSS

Declining memory, especially short-term memory, is the most common early symptom of dementia. People with ordinary forgetfulness can still remember other facts associated with the thing they have forgotten. For example, they may briefly forget their next-door neighbour's name but they still know the

person they are talking to is their next-door neighbour. A person with dementia will not only forget their neighbour's name but also the context.

DIFFICULTY PERFORMING FAMILIAR TASKS

People with dementia often find it hard to complete everyday tasks that are so familiar we usually do not think about how to do them. A person with dementia may not know in what order to put clothes on or the correct steps when preparing a meal.

PROBLEMS WITH LANGUAGE

Occasionally, everyone has trouble finding the right word but a person with dementia often forgets simple words or substitutes unusual words, making speech or writing hard to understand

DISORIENTATION TO TIME AND PLACE

We sometimes forget the day of the week or where we are going but people with dementia can become lost in familiar places such as the road in which they live, forget where they are or how they got there, not know how to get back home. A person with dementia may also confuse night and day.

POOR OR DECREASED JUDGEMENT

People with dementia may dress inappropriately, wearing several layers of clothes on a warm day or very few on a cold day.

PROBLEMS WITH KEEPING TRACK OF THINGS

A person with dementia may find it difficult to follow a conversation or keep up with paying their bills.

MISPLACING THINGS

Anyone can temporarily misplace his or her wallet or keys. A person with dementia may put things in unusual places such as an iron in the fridge or a wristwatch in the sugar bowl.

CHANGES IN MOOD OR BEHAVIOUR

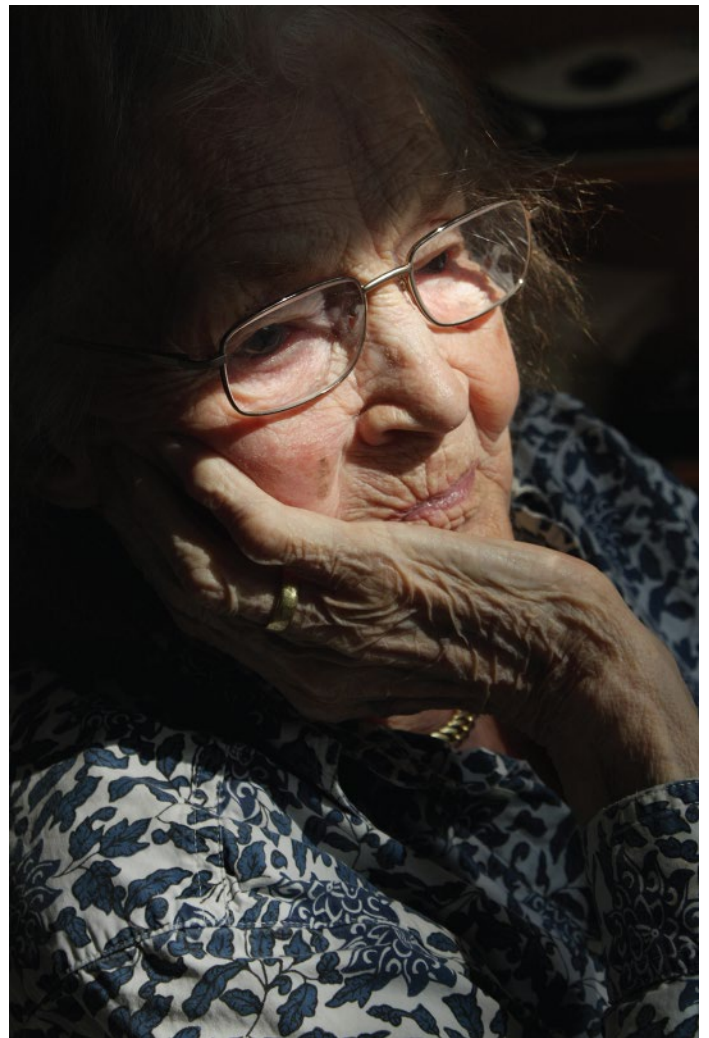
Everyone can become sad or moody from time to time. A person with dementia may become unusually emotional and experience rapid mood swings for no apparent reason. Alternatively a person with dementia may show less emotion than was usual previously

CHANGES IN PERSONALITY

A person with dementia may seem different from his or her usual self in ways that are difficult to pinpoint. A person may become suspicious, irritable, depressed, apathetic or anxious and agitated especially in situations where memory problems are causing difficulties.

LOSS OF INITIATIVE

At times everyone can become tired of housework, business activities, or social obligations. However a person with dementia may become very passive, sitting in front of the television for hours, sleeping more than usual, or appear to lose interest in hobbies.



If you are experiencing any of these symptoms or are concerned about a friend or relative, visit your GP and discuss your concerns.

VW Bro Chris Caine - RMBI

VW Bro Chris Crane would be pleased to attend any Unit in or around London to provide his paper on 'Understanding Dementia' - obviously without any cost to the Unit

Please encourage donations of Regalia

The Pre-loved Regalia web site is the regalia recycling centre for Metropolitan Grand Lodge. Their objectives are to find a home for all Regalia of all Orders, when no longer needed by their owners, at the same time raising money for the Metropolitan Masonic Charity (MMC).

It is a free Service run by Masons for Masons. A Service which has no costs and all monies received go the MMC. Donated regalia is sold at an attractive price to all those who are members of the Masonic community. Should the price of an item be outside your budget, we are happy discuss and agree a price that is acceptable to that budget. Benevolence and Charity are our key guides. We would encourage all our Brethren to donate any regalia for any order, that is no longer required, to Pre-Loved Regalia. Secretaries,

Scribes, Recorders and Almoners of any Order, can play a very important and vital role by discussing with their members and widows how they might wish to dispose of a Brother's regalia and championing this charitable initiative.

For further information please visit www.prelovedregalia.com



PRE-LOVED REGALIA

Letters of thanks

No need for any comment. Except to say that on top of the emergency funding by the MAF and the Province of Essex benevolent fund the Masonic Charity Foundation have awarded the brother concerned a considerable amount.

Here is the reply which shows the Almoners work is so worthwhile.

“I wanted to write personally to the people who were reasonable for helping my partner and me. I do not know where to send my message or know who these remarkable people are, and I would be very grateful if you could send this email on to them. It is difficult to describe in words what your support has meant but there are two things that have now changed in our lives and in our thoughts since you did this.

The first is the stress we were suffering trying to find money to pay our bills and for food which has now been lifted and we are both smiling again. The other is that the generosity you have shown when others turned their backs has given us great hope. This has allowed us to remember that there are good people in this world, who believe in helping others unconditionally.

This has given us huge strength to find the independence we are looking for so one day we too will be able to repay the kindness you have shown us. You are beautiful people and we wish you every happiness in your own lives”

And another example on how liaison works. The tale began with the following email from your Provincial Almoner John Watson to John Winter the Metropolitan Almoner:

Good morning John, don't know if you can help. I am trying to contact either the Almoner or Sec of Navy Lodge 2612. I have searched internet but no joy. The reason for contact is I visited a widow over the weekend and she gave me all her late husband's regalia, amongst it were jewels belonging to that Lodge and they may like to have them returned.

John Winter forwarded the email to Bob Tuthill, the assistant Metropolitan Almoner who in turn contacted Peter Hern, the Metropolitan Almoner Liaison Office who furnished my contact details back to John Watson.

As a result of all these liaisons a very fine Navy Lodge Jewel complete with case was forwarded to me by John Watson together with some other interesting items which belonged to Robert Evans a past member of Navy lodge.

Navy lodge has some very fine Member's Jewels, which belong to the lodge and are passed on to new members in due course. I was able to identify this Jewel as made in 1920 and the previous holder to Robert Evans was a one Michael Higham, who was as I am sure you know was the Grand Secretary for many years.

This is all a nice tale of how Freemasonry works and has resulted in this magnificent jewel being reunited with Navy Lodge. It has also brought to my attention the existence of a Lodge Widow whom I was not previously aware of. I have written to thank her and I hope to hear back in due course.

I have copied this to several people who have been involved in this good news story and I would like to thank all those who helped especially John Watson, who forwarded the items to me and refused my firm offer to pay his expenses.

Stephen Merrill, Almoner Navy Lodge 2612

Almoner Workshops 2018

Almoner workshop

Old Boardroom 15.00 - 20.30 - 5th March, 11th July and 12th November

To book these workshops go to: <https://event.bookitbee.com/metgl>

Saturday Almoner workshop

Old Boardroom 10.00 - 14.00 - 7th April

ALO Workshop

Old Boardroom 15.00 - 20.30 - 10th May

Bookings for all workshops can be made on www.porchway.org

Are you aware of MAF?

MAF is the Metropolitan Almoners Fund. It can be used to support a brother in times of an emergency.

Initially, the member's Lodge or Chapter will be at the forefront of any help provided. MAF will support an application and where appropriate provide supplementary assistance.

Have you joined the

**Almoners Lodge
Florence Nightingale No. 706?**

If the answer is no and you are interested interested please contact Garry Gilby at: garry.gilby@ntlworld.com

If you would like to publish information in The Almoners' Almanac please contact Bob Tuthill at bob@allsortsdesign.co.uk

If any reader has questions they would like answered in a future issue please contact Bob Tuthill at bob@allsortsdesign.co.uk

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