

WE ^{in the} NEIGHBORHOOD

For a lively community in Regenstein

03/26



Latest News

Neighbourhood never tasted so good.

probably had something to do with it. For the festival, she bakes her “Aufläufer” – a cake she has been making for many years. No elaborate recipe book is needed; she simply bakes “by feel”: eggs, flour, sugar, good butter – and, as eighty-six-year-old Vera says, a love of baking. She hardly needs to weigh anything. Thanks to her former work, she can still judge surprisingly well what 10 or 20 grams of butter feel like.

Vera has lived in Regenstein since 2025, close to her daughter. The move marked a new beginning for her. Today, she especially appreciates the short distances and the fact that she can still manage many things on her own. But above all, the people are important to her. She regularly joins activities at the neighbourhood centre: playing games, chatting, laughing and meeting new people. “You have to get out and about,” she says. She knows how quickly loneliness can become a problem in later life. That is why she wants to encourage others simply to come along and give it a try. And anyone who does not enjoy games may find the neighbourhood get-together

is exactly the right place for them. Vera has long known that a strong community depends on people getting involved. In the past, she baked for events organised by the garden association in Wienrode. Today, she contributes to life in Regenstein: she makes decorations for the stairwell, helps wherever she can, swaps kitchen scraps for fresh eggs – and now she is baking for the Neighbourhood Festival.

Her “Aufläufer” also has a special story behind it. The recipe came from Aunt Leni, with whom Vera and her sister spent many happy summers as children. A garden, fruit, playing and carefree days are still part of those memories today.

Perhaps that is why there is actually a little more in this cake than eggs, flour, butter and sugar. It tells us that everyone has something to give: a listening ear, a kind word, a little help – or simply a homemade cake. This is what good neighbourliness tastes like in Regenstein.

You can find all further information about the Neighbourhood Festival on the centre pages of this issue.



Together for a good life with dementia

Dementia affects more and more people – and with them families, neighbourhoods, businesses and institutions. Around 1.8 million people in Germany are living with dementia. By 2050, this figure could rise to more than 2.5 million. This makes it all the more important to talk openly about the subject.

Associations and businesses from Blankenburg working in the health and care sectors therefore want to join forces to provide information and raise awareness. Dementia is not only a medical challenge. People affected by dementia and their relatives need understanding, support and an everyday environment that allows them to remain independent for as long as possible. Uncertainty often arises because people do not know how to deal with the subject. Good information can help reduce hesitation and fear of contact. This applies to relatives as well as to employees in retail, customer service or public institutions. Anyone who is prepared and knows how dementia can affect

people can make a real difference through patience and understanding. Employers can also provide support when employees are caring for relatives. Flexible working hours, training or other forms of assistance can help people combine work and caregiving more effectively. The town itself also has an important role to play. Public spaces, advisory services and other services should be designed in such a way that people with dementia can feel safe and find their way around easily.

To bring greater attention to the subject, the “Dementia Week” will take place for the second time from 21 to 26 September. A varied programme is planned, including expert talks, workshops, films and other activities.

Our shared goal is to provide information, build networks and create greater understanding – step by step helping to ensure that people with dementia and their relatives continue to have a place at the heart of our society.

every Thursday | 10:00 a.m.

Games get-together at the GVS Regenstein Neighbourhood Centre

07 October 2026 | 5:00 p.m.

Oktoberfest at the GVS Regenstein Neighbourhood Centre – music, dancing, delicious food and a great atmosphere!

13 October 2026 | 5:00 p.m.

Klaus Raymund (Harzer Volksbank): “Gold & Precious Metals: Understanding Opportunities, Protecting Values”

20 October 2026 | 10:00 a.m.

Neighbourhood breakfast at the GVS Regenstein Neighbourhood Centre.

30 October 2026 | 3:00 p.m.

Neighbourhood get-together – a relaxed afternoon with conversations and an exchange of ideas to strengthen our community.

23 November 2026 | 4:00 p.m.

Anti-inflammatory nutrition – talk and discussion with Katja Pommer, nutrition counsellor at GVS

Events



All news and events at
www.meinregenstein.de

Dementia Week Programme

OPENING EVENT

Opening of Dementia Week, welcome speeches and expert talks ... Town of Blankenburg (Harz), GVS Blankenburg e.V. and partners.

21 Sept | 9 a.m. – 12 noon | Council Chamber, Blankenburg Town Hall

IN SEARCH OF FAMILIAR SCENTS

Discover herbs together, enjoy their fragrances and bring memories back to life ... with Sabine Volk.

21 Sept | 3 p.m. | Michaelstein Monastery, Michaelstein 3

CARE AND SUPPORT ACTIVITIES

for residents with dementia. Activities and hands-on opportunities for relatives and the general public ... with GBS mbH.

22 Sept | 9–11 a.m. and 3–5 p.m. GBS Haus am Stadtpark, Gartenstr. 1

PATIENT TALK

“Anti-dementia medicines: effects and special considerations” ... with Dr Henriette Karoline Dumeier e.K.

22 Sept | 4 p.m. | Kloster-Apotheke, Ludwig-Rudolf-Str. 2

CAFÉ “FORGET ME NOT”

“Music awakens memories” – music, coffee and cake for people with dementia, their relatives and anyone interested.

22 Sept | 3 p.m. | GVS Senior Centre “Oesig”, Waldfriedensstr. 1b

DEMMENTIA EXPERIENCE COURSE

Experience, understand and gain an insight into the everyday challenges faced by people with dementia ... with BEQISA, the advisory centre for community-based neighbourhood development in Saxony-Anhalt.

23 Sept | 9 a.m. – 3 p.m. | GVS Neighbourhood Centre, B.-Brecht-Str. 2

GAMES EXCHANGE

Games and activities for people with dementia, plus practical tips for relatives and anyone interested.

23 Sept | 2.30 p.m. | GVS Multi-Generation Centre, Am Lindenberg 1

SHORT TALK ON DEMENTIA

from a medical and personal perspective ... with Dr med. Susanne Perpeet-Kasper.

23 Sept | 4 p.m. | GVS Neighbourhood Centre, Bertolt-Brecht-Str. 2

HEALTH WALK

with Harzklub Zweigverein Blankenburg e.V. and hiking guide A. Dumeier, approx. 1 hour (registration: 0160 8711837)

24 Sept | 4 p.m. | Meeting point: Thiepark by the grammar school, Friedensstr. 26

“TECHNOLOGY THAT MAKES EVERYDAY LIFE EASIER”

Expert talk on digital and technical aids for people with dementia and their relatives.

25 Sept | 10 a.m. | GVS Neighbourhood Centre, Bertolt-Brecht-Str. 2

FILM SCREENING FOR SCHOOL STUDENTS

What if Grandma suddenly seems different? A moving film about friendship, togetherness and growing older ... with Max Wettges, coordinator of the GVS “Altes E-Werk”.

21–25 Sept 2026 | at local schools

CINEMA EVENING

When memories begin to fade ... A moving film about love, family and the question of what remains when the familiar starts to change ... with Max Wettges, coordinator of the GVS “Altes E-Werk”.

25 Sept | 6.30 p.m. | Altes E-Werk, Neue Halberstädter Str. 1–5

“EXERCISE IS FERTILISER FOR OUR BRAIN”

Interactive talk ... with physiotherapist Elke Thomas.

25 Sept | 2 p.m. | GVS Neighbourhood Centre, Bertolt-Brecht-Str. 2

READING ACTIVITIES

in Blankenburg day-care centres.

21–25 Sept 2026

BLANKENBURGVITAL – HEALTH DAY

... organised by the association Gesund älter werden im Harz e.V., Blankenburg Health Network section.

26 Sept | 10 a.m. – 3 p.m. | Gymnasium “Am Thie”, Friedensstraße 26

You are warmly invited



Ines at the heart of it

From here on, it gets personal ;)

I’ve been the neighbourhood manager in Regenstein since January 2023 – and I can say with some confidence: it never gets boring here. Some days are all about very practical matters, others about big ideas. And in between, there are all those small encounters that often stay with me the longest.

That is exactly what I would like to write about here from now on. Not everything fits into a factual report. Some things are too personal, too surprising, too lovely – or sometimes simply too frustrating. I meet people, hear stories, listen to wishes, experience spontaneous acts of kindness and see how small ideas can grow into something shared. All of that moves me and reminds me again and again why I enjoy this work so much.

And because I believe in speaking openly, things may sometimes get a little direct here too. I want to talk about what makes me happy, what makes me think and where I feel: there is still room for improvement. Always with a twinkle in the eye, of course – because that, too, is part of being good neighbours.

“Ines at the heart of it” is therefore not meant to be an official report, but my personal view of our neighbourhood – the people, the ideas and all those little things that, in the end, turn a place into a community.

So, see you here again soon. And if you happen to meet me, feel free to tell me your story. You never know – it might appear here one day.

ROEGENST EIN

FOURTH EDITION NEIGHBOURHOOD FESTIVAL

3–6 P.M. | FRIDAY,
18 SEPTEMBER 2022,

On the lawn behind the
GVS Neighbourhood Centre



DVS WILL PROVIDE
COFFEE, CAKE &
SAUSAGES.

- Stage programme and parrot show
- Neighbourhood Festival children's tournament with an obstacle course
- Fire engines and police cars
- Bouncy castles, face painting and much more ...

An initiative by



IMPRESSIONS



2025



Registration
Viking Chess

via
Ines Kühnel
Tel. 0160 5503024
gvs-nebenan@gvs-blankenburg.de



Profile

Back to a place that shaped me

For Adelina Chokan, Regenstein is much more than simply the place where she works. The neighbourhood is part of her own story. After moving to Germany with her family, she grew up here, learned German, made friends and called Regenstein home for many years.

As a child, she also became familiar with the activities offered by the Internationaler Bund. Excursions, shared activities and meeting other children were all part of her life. These experiences shaped her. From an early age, she learned how important community and support can be – especially when so much in life is still new and unfamiliar.

Over time, this inspired her interest in social work. During school and later while studying, she completed several internships, including with the Internationaler Bund. After graduating, her path eventually led her back to the Harz – and with it back to a place she knows very well.

Today, Adelina Chokan works as a social worker and social pedagogue with the Youth Migration Service of the Internationaler Bund (IB) in Käthe-Kollwitz-Straße. For her, this brings her story full circle: she once experienced for herself how valuable support can be. Today, she is able to pass that experience on to others.

Young people with a migration background are particularly close to her heart. From her own experience, she knows that starting again in a new country is not always easy. A new language, unfamiliar surroundings and many unknown rules



ib Internationaler Bund
Freier Träger der Jugend-,
Sozial- und Bildungsarbeit e.V.

can create uncertainty. At the same time, she also knows how much becomes possible when someone listens, offers encouragement and provides guidance.

That is exactly how she sees her role. She wants to be a reliable point of contact for young people, support them with questions and problems, and encourage them to find and follow their own path.

The fact that she now works in Regenstein makes her story especially meaningful. The place where she herself once arrived and grew up has now become a place where she helps others to find their feet and feel at home.

Profile

A Regenstein resident since childhood

For Annette Niemand, Regenstein is much more than just the location of her flower shop. She spent a great deal of time here even as a child: in 1991, her mother had the shop built, and Annette soon began helping out – even standing on a stool behind the till. After completing her training and working at various places in Wernigerode, her path eventually led her back. She has now been running the flower shop herself for 21 years.

Today, people no longer stop by just to buy flowers. Sometimes they have a question about the parcel locker, sometimes a small request, and often they simply come in for a few friendly words. She has known many of her customers for years. “It feels a little like family,” she says. For her, that is exactly what Regenstein is about: people know one another, help one another and take the time to talk.

At the suggestion of Wohnungsgenossenschaft Blankenburg e.G., Annette Niemand was happy to share her experiences and talk about the things that matter to people in the neighbourhood. Older residents in particular often tell her what they are missing in everyday life. This includes smaller, easily accessible and barrier-free apartments, as well as more places where people can meet and spend time together. A café or a similar meeting place would be a real benefit for many. A butcher’s shop in the neighbourhood is also still greatly missed.

Despite these wishes, Annette Niemand sees many advantages to living in Regenstein. Shops, doctors and other services are all close by, and



**Wohnungsgenossenschaft
Blankenburg e.G.**

Ein Partner auf den man sich verlassen kann!

many everyday needs can be met within short distances. Above all, however, she values the sense of personal connection. Customers bring her information about events she cannot attend because of her opening hours. At Christmas, a bag of homemade biscuits may even appear in the shop. For her, it is precisely these small gestures that make up quality of life. It is not only about good housing and short distances, but also about people looking out for one another. For the future, she therefore hopes that Regenstein will retain its family-like character while continuing to develop – with greater accessibility, good places to meet and reliable local amenities.

After all these years, her flower shop has long been more than just a workplace. It is a permanent part of her life – and a small meeting place right in the heart of the neighbourhood.

EISENMANGEL?

Bewirb Dich jetzt für ein Ausbildung 2026 als
KONSTRUKTIONSMECHANIKER (M/W/D)
FACHRICHTUNG SCHWEISSTECHNIK

Wir bieten

- coole Kollegen und einen entspannten Chef
- freie Wochenenden, keine Schichten
- und natürlich jede Menge Eisen ;)

Schau einfach mal vorbei ...

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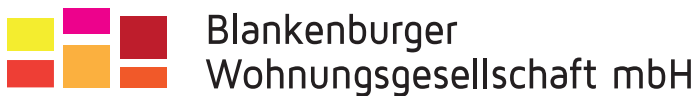
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Blankenburger
Wohnungsgesellschaft mbH



The Blankenburger Wohnungsgesellschaft mbH (BWG) is continuing to invest in the Regenstein neighbourhood. The focus is not only on modernising individual buildings, but also on improving living comfort, accessibility and the long-term development of the residential environment. Two major projects have now made significant progress.

Demolition creates space for something new

The demolition of the vacant apartment blocks at Geschwister-Scholl-Straße 4–9 has been completed. Final work is still underway, which is why the construction site remains secured for the time being. Last year, it had already been announced that the newly cleared area would be prepared for future use. Among other things, additional parking spaces are now planned for the site. An application for funding for the planned parking area has been submitted.

More comfort in Bertolt-Brecht-Straße

Visible progress is also being made at Bertolt-Brecht-Straße 5 and 6. Two new lifts will make ten apartments more easily accessible in future, providing greater everyday comfort, especially for older residents. The lift shafts have already been installed.

At the same time, apartments are being modernised and the façade is receiving a fresh new look with a new coat of paint. Investments are also being made in energy efficiency: the municipal utilities are installing a large photovoltaic system on the roof and façade. The electricity generated there is to be offered to residents in future as tenant electricity.

Completion of the entire ambitious project is scheduled for the first quarter of 2027.

Energie mit Verantwortung.
Für heute. Für morgen.
Für Blankenburg.

- ✓ 100% Ökostrom – sauber & nachhaltig
- ✓ Persönlicher Kundenservice direkt vor Ort
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JETZT
WECHSELN!



Regenstein newsletter
in English



Інформаційний бюлетень
Регенштейна українською мовою



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