Climbing KILIMANJARO

Meet AlzNSW’s fundraising adventurers

- Memory Walk 2011 – new date, new venue!
- New Memory Van for Hunter and Mid-North Coast
- Remembering our volunteers

Education
Courses for carers, volunteers and professionals
Chairman’s message

2 011 is set to be another big year for Alzheimer’s Australia NSW (AlzNSW). We have weathered two remarkably hard years, financially speaking, very well. Congratulations go to the Committee headed by Director Ian Horton and the Chief Executive Officer John Watkins for fine performance through difficult times.

While some European nations are not doing well, AlzNSW has been able to maintain almost all jobs – that was the primary purpose John Watkins and the Board pursued.

Action afoot
The Productivity Commission has just brought down a draft report that apparently offers a lot to our ageing community. We appreciate that the government will move as slowly as governments often move but that some changes might occur soon.

We look forward to some action, as our clientele is needy and will greatly increase in numbers very quickly.

Election time
The NSW state elections are due on 26 March. At that election all constituencies in the Legislative Assembly are to be decided and half of the members of the Legislative Council come up for election.

Even if there is a change of government, it is unlikely that either major party will control the NSW Legislative Council and, since no proposition can become law until it has passed both chambers of the Parliament, any new Government will have to deal with the cross-benchers to seek a majority on any legislative matter – those involving our clientele are not likely to be contentious.

Settling in
We had a pleasant visit from Gladys Berejiklian MP in early February. She was most welcome, as is anyone who wants to visit us here in North Ryde. We have also extended an invitation to the Federal Member for Bennelong John Alexander to visit the complex.

The move to the Gibson-Denney building has been a great success. We are able to save the dead rent we were paying at Talavera Road and use it for the benefit of our needy clientele. In addition, all our Sydney-based staff are now close to each other.

Some capital expenditure might be necessary to improve access between the two buildings, but our staff loves the Gibson-Denney Centre, which is a joy to work in. Congratulations to the entire staff who have made it so pleasant, particularly to Susan Sackville and Andrew Mills, and to Alistair Bell from the Board.

New President
Alzheimer’s Australia has a new President. It is our very own Ita Buttrose AO, OBE, who has had a long association with us here in NSW as a member of the Advisory Committee and, more recently, as an Ambassador.

It has been difficult to find someone with the dedication that we need and a good media record, and we are delighted we have found such a person.

We congratulate Ita on her new appointment and look forward to continuing to work with her to help the many people with dementia, their families and carers.

Board news
The AlzNSW Board was re-elected in November and is stable, with a mix of ages and skills. We are able to have on the Board some knowledge of the disease together with expertise on various aspects of management – a really good combination.

Each Director contributes to our discussions. At each Board meeting a senior member of staff presents from his or her area and keeps us up to date on what has happened and what is likely to happen.

The Hon. Prof. Peter Baume AC
Chairman
Welcome to the first edition of In touch for 2011. We have kicked off the year well with a wonderful fundraising lunch on 25 February featuring Honorary Ambassador Sir Michael Parkinson as the guest speaker. This sold-out event was a fantastic start to the year and we thank Sir Michael very much for his generosity, time and support in making this happen. You will be able to read more about it in the next issue of In touch.

Memory Walk
The other major event for the first half of the year will be the Memory Walk. We have brought forward the Sydney Memory Walk to 15 May and moved it to Lilyfield in the inner west, the same venue as the very popular Bay Run.

We hope this venue, which will give us more variety in the length and types of course we can offer, and is easily accessible by public transport, will help increase the popularity of this fun and very worthwhile event. Registrations are now open and you can find out more about it on page 5.

Support services
We already have an enormous number of activities to support people with dementia, their families and carers underway across the state, including education courses for family and professional carers and support group leader workshops.

We are continuing to increase the number of courses we run to help match the ever-increasing demand for them.

Our diversional therapy sessions also continue to increase in popularity and we have a new art program already underway in Coffs Harbour and plans for another one in Newcastle.

Memory Van launched
We have also officially launched our second Memory Van, which is now travelling around the Hunter and Mid-North Coast. You can read more about that on page 9.

We look forward to a very busy and productive year in which we will continue to work hard on your behalf to help support people with dementia, their families and carers, who are always at the centre of what we do every day.

The Hon. John Watkins
Chief Executive Officer
First Mid-North Coast dementia forum

For the first time, a forum in Port Macquarie brought together service providers for people with dementia on the Mid-North Coast.

Gary Thomas, coordinator of AlzNSW’s Dementia and Memory Community Centre in Port Macquarie, said December’s regional Dementia Pathways Forum was an important step in improving services for people with dementia in the area.

“This is all about bringing all the service providers for people with dementia in the area together so we can ultimately provide better care for people with dementia, and their families and carers,” Mr Thomas said.

Brochure launched

“We also launched a new brochure, called First steps, to help people with memory loss concerns find out what help is available and how to access that help.”

The brochure was developed collaboratively by local service providers and carers.

“It is important for people to know that life does not stop with a diagnosis of dementia,” Mr Thomas said.

“People who have been diagnosed with dementia can continue to lead a fulfilling and rewarding life and there is help and support available, which was what the event was all about.”

Guest speakers

Professor Richard Fleming, the director of the Dementia Training Study Centre in the faculty of Health and Behavioural Sciences at the University of Wollongong, was a guest speaker at the forum.

Jane Roser, senior project officer with Ageing Disability and Home Care in Coffs Harbour, also spoke at the forum and launched the First steps brochure, along with the Mid-North Coast Dementia Action Plan 2009-2012.

The regional Dementia Pathways Forum is part of the Dementia Action Plan 2009-2012 and was hosted by AlzNSW.
Memory Walk

With a new course along the beautiful Bay Run, an earlier date and even a fun run, the 2011 Memory Walk is set to be bigger and better than ever!

The Memory Walk has been revamped to make this great event even bigger and better than ever before.

We have made three major changes: the date, venue and course.

Date
We have brought the event forward to Sunday 15 May, so it’s a great warm-up for the City2Surf and Blackmore’s running festivals, which are held later in the year.

Venue
Leichhardt Oval 3, near Leichhardt Aquatic Centre and Le Montage Function Centre, in Lilyfield, will be the base for this year’s Memory Walk, and the course will follow the same route as the popular Bay Run.

This venue will offer a longer, more defined course and, with its good transport links and beautiful scenery, will hopefully attract more families and supporters.

Course
The course will be along the already established Bay Run.

This is going to give us more variety in the courses we can offer and, this year, we will be able to hold a 2km and 7km walk.

We will also be offering a 7km or 9km fun run, the Memory Jog, for those who want more of a challenge.

We look forward to seeing you all there on Sunday 15 May.

Keep up!
Get all the latest news from AlzNSW on Twitter and Facebook, and see event photos on Flickr.
Facebook: facebook.com/alznsw
Twitter: twitter.com/alznsw
Flickr: flickr.com/photos/alznsw

REGISTER, SPONSOR, VOLUNTEER!

When: Sunday 15 May
Where: Leichhardt Oval 3, Lilyfield
W: www.memorywalk.com.au

To register for the Memory Walk 2011 or sponsor a walker, visit the Memory Walk website. Check back regularly for updates and news.
W: www.memorywalk.com.au

We are also looking for volunteers to help out at the event – contact us if you are interested in volunteering.
T: (02) 8875 4626
E: events@alznsw.asn.au

The new venue means the Memory Walk and Memory Jog can follow the picturesque Bay Run route.
**Art on the coast**

Weekly dementia-specific art groups on the Mid-North Coast turn isolation into connection.

AlzNSW and the Uniting Care Ageing Social Support Monitoring program on the Mid-North Coast have partnered to run dementia-specific art groups. Launched in July 2010, the groups now run every Monday, alternating between Coffs Harbour and Nambucca Heads.

AlzNSW Dementia Advisor Marg Coutts, who jointly runs the program, says visual art media provide a means for people with dementia to express themselves without the need for words, logic or skill, and in a way that is completely individual.

“This is a ‘space’ that people with dementia can access and in which they can find the kind of nourishment that promotes quality of life,” Marg said.

“What always delights and inspires me is that people come to these programs having not held a paintbrush or a crayon since they were 12 years old.

“And yet the marks on paper come; the life of the person emerges, tentatively at first, but then with greater certainty, confidence and gusto!

“Over the past seven years I have been lucky enough to witness people with dementia transform isolation into connection, fear into laughter, confusion into satisfaction, and timidity into boldness through the opportunity to express their uniqueness in colour, shape and form.”

**Control through art**

Marg speaks of one participant, Joe, who decided he would watch a session and maybe have a go next time.

With a little encouragement he began to get to know how the crayons worked, how the paint worked.

“Before long he was absorbed and painting independently.

“The result of this was not only a painting that made him beam, but an experience of a safe world, where he was in control, where he had all the expertise he needed to express himself and make a contribution to the world,” Marg says.

**Whole despite loss**

“When individuals with dementia are creating, they have transcended memory loss and can see something happening before them,” writes Patricia Baines in *Nurturing the Heart: Creativity, art therapy and dementia*.

Marg agrees: “Art groups offer the possibility for such rich experiences, to experience a sense of wholeness despite the inevitable change and loss that dementia brings.”

For more information about AlzNSW art therapy programs, call the National Dementia Helpline.

T: 1800 100 500

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**Leading the way**

**Training and professional development programs in 2011 will help leaders of carer support groups deal with grief and loss.**

Following the success of the Grief, Loss and Dementia Carer Support Groups workshops in 2010, we are delighted to be able to offer this informative and experiential workshop to a greater number of group leaders in 2011.

Feedback from 2010’s course has been positive. “I came out of the workshop with a lot more confidence and trust within myself,” said one participant.

**About the course**

The Grief, Loss and Dementia Carer Support Group Program is designed to sensitively introduce grief and loss to group leaders in order for them to work effectively with this ever-present subject in the carer support groups.

Some of the topics explored are how people respond to loss and change throughout life and the journey of dementia, how to assist carers through their grief in a support group setting, and how leaders can take care of their own wellbeing while working with this sensitive topic.

Session plans and a Leader’s Guide Manual provide useful ongoing resources for novice and veteran group leaders alike.

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**Group Leader Workshops and Forum**

The Introduction to Group Work Leadership and the Advanced Group Leadership workshops will again be offered across NSW and, as an extension to these programs, we have developed a one-day Group Leader Forum for current carer support group leaders.

The forum will include an educational component along with an opportunity for group leaders to network, engage in peer support and share relevant activities and exercises.

**upcoming workshops**

To find out about upcoming Carer Support Group Leader workshops in your area, see page 11 or contact Monica Cole.

**T**: (02) 8875 4682
**E**: mcole@alznsw.asn.au

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Bang the Drum

Al the Elephant has certainly been travelling far and wide – he’s been snapped all around the US, in the Fiji islands, along the Great Ocean Road and even with troops in Afghanistan.

Don’t forget to take a photo of your AlzNSW merchandise wherever you are, whether you are away on holidays or you just find yourself somewhere a little bit different.

Get in quick though; entries for the first Bang the Drum competition close on Friday 7 April and winners will be announced in the next edition of In touch – Winter 2011. Good luck!

To enter
Send your entries to Andrew Mills by Friday 7 April.
Email: amills@alznsw.asn.au
Post: Andrew Mills
Alzheimer’s Australia NSW,
PO Box 6042,
North Ryde NSW 2113

Premier’s Christmas Gala Concert

AlzNSW and puzzle kings Lovatts teamed up to spread the word about the importance of brain health to the 30,000 seniors who attended the Premier’s Christmas Gala Concerts at the Entertainment Centre in Sydney in December.

Lovatts generously provided thousands of puzzle books to give away with our information about the importance of brain health. The puzzles were incredibly popular and ensured a big line-up at our booth.

The queen of crosswords, Christine Lovatt, also joined staff and volunteers from Lovatts and AlzNSW to man the booth and talk to concert guests about all things puzzles! Thanks to Lovatts for their support.

2011 Social Research Agenda

The AlzNSW Policy and Information Unit conducts research on important issues that impact on the lives of people with dementia and their carers and families.

AlzNSW consumers play an important role in contributing to this research and ultimately influence policy change and service delivery.

Recent research topics have included Driving with Dementia, Addressing the Stigma Associated with Dementia and Building Dementia-Friendly Neighbourhoods.

The results of these studies are published as discussion papers and disseminated widely.

Planning Ahead and Living Alone with Dementia will be on the Social Research Agenda for 2011.

Get involved!
To participate in one or both of these social research projects and influence future policy and service delivery, contact Jo-Ann Brown.
T: (02) 8875 4636
E: jbrown@alznsw.asn.au

New website
Alzheimer’s Australia has launched its new website.
It is much more user-friendly, making it easier than ever to access information.
Visitors can keep up to date with the latest news in our e-newsletters, make donations or book for events online.
The web address remains the same – come and visit us!
W: www.alzheimers.org.au
**Staff changes**

AlzNSW welcomes new additions to the dedicated team, and bids fond farewells to Marnie Mason and long-time volunteer Woody Woodhouse.

We are fortunate to welcome new members to the AlzNSW team. Miriam Low is our new Outreach Counsellor for the Hunter region (see left), while Louise Friend is a Counsellor who will be based in our North Ryde DMCC.

Beth Harvey has taken up the role of Project Officer within the Group Development Unit, and Christine Vanucci is working on a key development project in the Tweed Heads area.

Ellen Brown has returned to AlzNSW as a Dementia Advisor based in Forster after having previously worked with us on a casual basis.

A big welcome to all our new employees and thank you for helping us broaden the service we provide to the community.

**Farewell Marnie**

We bid a fond farewell to Marnie Mason, a dementia counsellor who has worked tirelessly for people with dementia in the Orange region for more than 17 years. We wish Marnie well in all her future endeavours and thank her for all her hard work and dedication. You will be very much missed Marnie!

**Thank you Woody**

After a decade of volunteering with AlzNSW, Woody Woodhouse is retiring.

Woody began counselling for the National Dementia Helpline in 2000, and his commitment and ‘just get in and do it’ attitude have helped many carers find out about AlzNSW’s dementia resources and know that they don’t have to go it alone.

Woody’s work with AlzNSW is a result of his mother’s experience with dementia. On his visits to her in a nursing home he saw what he describes now as an “incredible thing” – family and friends who fronted up, time after time, to give their loved ones conversation and companionship. Touched by the commitment and love, Woody vowed that he too would contribute.

AlzNSW is very grateful to have been the focus of Woody’s charitable efforts. He has been a steady presence at the National Dementia Helpline and always enthusiastic about providing support to those who call in looking for help.

From the team at AlzNSW – thank you Woody for your great contribution to improving the lives of those with dementia, their carers, families and friends.

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**Calling all volunteers!**

A new program to support patients with dementia at the Coffs Harbour Base Hospital needs volunteers.

Being in hospital can be a difficult time for anyone, especially for people with memory loss. The Dementia Care Volunteer Program aims to improve the quality of life for patients with dementia in the hospital environment.

Successful volunteer applicants will be provided with training and ongoing support, and will become valued members of an enthusiastic volunteer team. The implementation is being jointly managed by AlzNSW and the Mid-North Coast Local Health Network.

**Successful model**

Similar programs jointly run by AlzNSW in Bega and Port Macquarie have shown that older people in hospital who are experiencing dementia or other memory problems show improved outcomes when supported by a volunteer.

Volunteers are able to provide one-on-one support and engagement in activities, which assists those patients to feel more relaxed. This, in turn, improves their wellbeing during their hospital stay.

**Lend a hand**

Interested in becoming a volunteer with this program? Contact the Dementia and Memory Community Centre, Port Macquarie. **T: 1300 791 751**
New Memory Van launched

The second Memory Van has been officially launched and is travelling around the Hunter and Mid-North Coast regions.

The Hunter and Mid-North Coast regions are benefiting from a new Memory Van thanks to a $50,000 donation from Newcastle Permanent Charitable Foundation.

A mobile education resource, the AlzNSW Memory Van travels throughout the Hunter and Mid-North Coast to help raise awareness about the importance of brain health and dementia risk reduction. The new van was officially launched in Newcastle in November.

Increasing need

Newcastle Permanent Charitable Foundation Chairman Michael Slater said the Memory Van is an important health resource for the regions. “Dementia is known as one of the major diseases of this century with an expected rapid increase in incidence due to the ageing population.”

Approximately 8000 Hunter residents are living with dementia, and an estimated 5200 people are living with dementia on the Mid-North Coast. Throughout Australia, the number of people living with dementia is expected to increase fourfold, from 269,000 to one million by mid-century.

“The Memory Van is an excellent resource to deliver education and information about how to reduce the risk of dementia to the broader community,” Mr Slater said.

Do you have dementia or do you care for someone with dementia?

If you or someone you provide care for is living with dementia, there is an opportunity for you to participate in a research study together. The study is an exploration of the process of accessing support and information for people living with dementia in Australia.

The study will involve an interview with a clinical psychology postgraduate student about your experience of accessing and receiving support and information about how to reduce the risk of dementia, and your current experience of living with dementia.

This study is strictly voluntary, and people with early stage dementia and their carers are eligible. All responses are strictly confidential. This study has ANU Ethics approval (Protocol number: 2010/157).

To participate, or if you have any questions, please contact the researcher at tusharawickrama@anu.edu.au. You can also reach Tushara at the Alzheimer’s Australia ACT office in Kaleen at 6255 0722.

Thanks

AlzNSW’s Hunter Dementia and Memory Resource Centre Coordinator Sally O’Loughlin said the Memory Van will help address the growing prevalence of dementia in Australia.

“The van provides us with the opportunity to position ourselves in high traffic areas which increases our ability to inform people about dementia, as well as provide lifestyle tools to help reduce the risk of dementia,” Sally explained.
Thank you & farewell

Two dedicated AlzNSW volunteers recently passed away. Here, we remember their contributions to helping people living with dementia.

Diana Mitchell

VOLUNTEER 1982-2002

Diana Mitchell, a long-term volunteer for AlzNSW, sadly passed away on 28 September 2010 at the age of 91.

Following the diagnosis of her husband, Malcolm, with Alzheimer’s disease, Diana became a volunteer with AlzNSW in 1982 when the organisation was in its fledgling years.

Diana continued to volunteer with AlzNSW long after Malcolm’s death in 1984, commencing one of the first support groups in NSW in Ryde. This group continues today and Diana, together with long-time friends and fellow advocates Connie Blomgren and Di Griffin, coordinated this group for many years.

Diana manned our National Dementia Helpline on a regular basis, was a tireless fundraiser and advocate for people living with dementia, and undertook regular speaking engagements within the community as a member of the Speakers Bureau. Diana also served as an advocate on the Guardianship Board.

Diana was a great supporter of Alzheimer’s Australia and worked tirelessly for 20 years to improve the lives of people living with Alzheimer’s disease in NSW.

Diana was well known and loved throughout AlzNSW and our thoughts go out to her family and friends.

John Page

VOLUNTEER 2001-2010

John Page volunteered as a counsellor with the National Dementia Helpline on a regular basis over the past 10 years, while also doing other volunteer work with Uniting Care.

Although John had experienced some very tough times in his life, including living with disability as a result of an accident when he was young, he was always willing to help others and he never gave up on life.

John expressed great kindness towards everyone he came into contact with and was full of wisdom – he was the sort of person who would give but expect nothing in return. He had a wonderfully supportive wife and family.

Through his long illness John continued to support the Helpline, coming in for his shifts until only a few weeks before he died in November 2010.

John will be much missed for his kindness and wisdom by all his colleagues and by callers to the Helpline, and will always be remembered by the Helpline team.
## Care worker courses
Contact Gail Longhurst: (02) 9805 0100 or education@alznsw.asn.au

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<thead>
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<th>LOCATION</th>
<th>WORKSHOP</th>
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## Family Carer Education
Workshops are free. Contact Gail Longhurst: (02) 9805 0100 or education@alznsw.asn.au

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<td>Narellan</td>
<td>3 Day Carer Course</td>
<td>11, 18 and 25 March</td>
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<td>Miranda</td>
<td>4 Evening Carer Course</td>
<td>9, 16, 23 and 30 March</td>
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<tr>
<td>North Coast</td>
<td>Friends and Neighbours - Ballina</td>
<td>7 March</td>
</tr>
<tr>
<td></td>
<td>Sons and daughters - Port Macquarie</td>
<td>21 March</td>
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<tr>
<td></td>
<td>1 Day Carer Course - Forster</td>
<td>22 March</td>
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<tr>
<td></td>
<td>Friends and Neighbours - Taree</td>
<td>5 April</td>
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<tr>
<td></td>
<td>1 Day Carer Course - Gloucester</td>
<td>6 April</td>
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<tr>
<td></td>
<td>Friends and Neighbours - South Tweed</td>
<td>7 June</td>
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<tr>
<td></td>
<td>Friends and Neighbours - Casino</td>
<td>8 June</td>
</tr>
<tr>
<td></td>
<td>1 Day Carer Course - Kempsey</td>
<td>28 June</td>
</tr>
</tbody>
</table>

## Volunteer Courses
Workshops are free. Contact Gail Longhurst: (02) 9805 0100 or education@alznsw.asn.au

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>WORKSHOP</th>
<th>DATE</th>
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<tr>
<td>Hunter</td>
<td>Volunteer Education</td>
<td>9 March</td>
</tr>
<tr>
<td></td>
<td>Volunteer Education</td>
<td>1 June</td>
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<td>North Coast</td>
<td>Volunteer Education - Port Macquarie</td>
<td>7 April</td>
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<tr>
<td></td>
<td>Volunteer Education - Tweed</td>
<td>8 June</td>
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## Community Awareness Workshops
Workshops are free. Contact Gail Longhurst: (02) 9805 0100 or education@alznsw.asn.au

<table>
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<tr>
<th>LOCATION</th>
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<tr>
<td>North Ryde</td>
<td>Memory and Ageing</td>
<td>13 April</td>
</tr>
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## Professional education
Contact Monica Cole: (02) 8875 4682

<table>
<thead>
<tr>
<th>WORKSHOP</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Introduction to Group Work Leadership</td>
<td>2-3 June</td>
<td>Queanbeyan</td>
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<td>20-21 June</td>
<td>North Ryde</td>
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<tr>
<td>Advanced Group Leadership</td>
<td>2-3 May</td>
<td>North Ryde</td>
</tr>
<tr>
<td>Group Leaders’ Forum</td>
<td>11 March</td>
<td>Queanbeyan</td>
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<td></td>
<td>15 March</td>
<td>North Ryde</td>
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<td></td>
<td>29 March</td>
<td>Seven Hills</td>
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<td></td>
<td>1 April</td>
<td>Albion Park</td>
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<td></td>
<td>13 May</td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td>30 May</td>
<td>Ballina</td>
</tr>
<tr>
<td>Grief, Loss &amp; Dementia for Support Group Leaders</td>
<td>11 &amp; 12 April</td>
<td>Newcastle</td>
</tr>
</tbody>
</table>

*Dates are subject to change*
Climbers are already preparing for our first charity challenge to Mt Kilimanjaro. Their goal may be the same – reach that summit – but each is motivated by their own experience.

AzNSW has partnered with Inspired Adventures for the 13-day Tanzanian adventure.

Emma Lovell, Anne Kirchler, Andrew Stenning and Dr Bernard Walsh have already signed up for the once-in-a-lifetime trip to raise funds for AlzNSW.

A personal journey
As well as being a challenge physically, climbing Mt Kilimanjaro in September will be a deeply personal journey for Emma, who is scaling the mountain in memory of her grandfather, Jack Lovell, who died from Alzheimer’s disease two years ago.

“This whole adventure will be in honour of him and in the hope of finding a cure for future generations,” Emma said.

“I wish my grandfather, who was living overseas, could have had access to the sorts of services and support that AlzNSW provides.

“Climb2Remember is my greatest challenge yet. This is going to be a very emotional experience for everyone who takes part and something incredibly special we will share together.”

Life to the fullest
Anne Kirchler, an aged care coordinator for Uniting Care, and her partner Andrew Stenning have both personally experienced the impact of Alzheimer’s disease. Andrew’s grandmother had dementia and Anne’s father passed away from Alzheimer’s disease in December.

Anne, a loyal supporter of AlzNSW’s annual Memory Walk, found out about the climb at last year’s walk and, since then, she and Andrew have been eagerly awaiting the challenge of reaching the summit of Mount Kilimanjaro in memory of their loved ones.

“Live life to the fullest as you don’t know what’s around the corner,” said Andrew. “Just enjoy life.”

Pull together
Dr Bernard Walsh is a community-based geriatrician serving greater Newcastle, Hunter Valley and the lower north coast of NSW.

With more than 20 years’ experience in geriatric medicine, he specialises in medical problems of the older person and the ageing, including multiple disease states assessment, rehabilitation and dementia.

Dr Walsh is a member of AlzNSW and found out about the climb in In touch, which he displays in his waiting room. He encourages his patients to join AlzNSW as he is a great supporter of our work.

“I see a lot of people struggling with the complications of Alzheimer’s disease and dementia every day,” Dr Walsh explains. “We all need to pull together to find a cure and raise money for education and support services provided by AlzNSW, as well as having some fun along the way.

“This is going to be a unique experience of the African landscape and I hope to make some new friends with the common interest of raising awareness and funds for AlzNSW.”

What inspires you?
If you are motivated, there are still places available to join the climb, being run in conjunction with Inspired Adventures, which creates charity challenges around the world in support of Australia’s leading charities.

The 13-day trip, which includes a seven-day trek, will run from 14-26 September. It is classed as a ‘challenging’ trek and participants are encouraged to fundraise to help them reach a target of $8950 per person, which includes funds to be donated to AlzNSW as well as travel costs. Participants must pass a medical check before they can take part.

REGISTER FOR AN ADVENTURE!
For more information about Climb2Remember, or to register your interest, visit the Climb2Remember website.

If you are unable to do the trip but still want to show your support, you can sponsor a participant – just visit the website.

When: 14-26 September
Cost: $8950 – includes donation to AlzNSW and participants are encouraged to fundraise

Make sure you visit our Facebook and Twitter pages for all the latest updates!
Fundraising news

Graeme Samuel lunch

Planning is underway for a fundraising lunch with Graeme Samuel, Chairman of the Australian Competition and Consumer Commission (ACCC).

Mr Samuel spoke at a very popular fundraising lunch for AlzNSW last year and we look forward to hosting him again for a fundraising lunch at NSW Parliament House on 30 June 2011. For more information, contact AlzNSW. T: (02) 8875 4626

Support opportunities

We have a number of opportunities for business to partner or assist us in our fundraising ventures. Our events include Dementia Awareness Week activities, the Memory Walk, Seminars, corporate golf days and more.

We are also seeking donations of high level auction items and raffle prizes for community-driven fundraising events. If your company or business wants to support the work of AlzNSW, please contact Coralie Hicks, Community Development Manager. T: (02) 8875 4652

Thank you

We extend a big thank you to all the members and friends of AlzNSW who generously supported our appeals last year. We also extend our gratitude to our regular pledge supporters who donate on a monthly or quarterly basis – knowing we have your support allows us to better plan our service delivery.

Winners!

The Christmas Treasure Trove Raffle 2010-2011 was drawn on 19 January, and the lucky winners are:

1st a Toyota Yaris: BSA 05820, Julian Pascoe
2nd a Netbook Computer: BSA 00192, J Brackman
3rd Jewellery to the value of $1000: RCR 09739, Graham Mitchell

Crossword

Across
1. Wholemeal loaf (5,5)
6. Betray, ... in the back
10. Wounded by tusk
11. Losing strength
12. Gents' apparel
14. Regularly
16. Kebab sticks
18. Gin/vermouth drink
20. Bureaucratic procedure (3,4)
22. Dampening
23. Be impatient, ... at the bit
25. Get the better of
28. Injury from taipan or viper
29. Forsakes at altar
31. Nip
32. US national flag, Stars ... (3,7)

Down
1. Pleads with
2. Belonging to us
3. Nodules
4. Soreness
5. Scrambled word puzzle
7. Sully
8. Earliest stages
9. Advocate of government by the people
13. Remove errors from
15. Banished from group
17. Instances
19. Frostier
21. Passion
22. Observe
24. Ethiopia’s Addis ... (3,7)
26. Student’s main subject
27. Egyptian cobras
30. Drink like kitten

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A day in the life of...
the Mobile Respite Team

by Zoë Myers

AlzNSW’s Mobile Respite Team (MRT) operates out of the Bega Valley Shire under the capable stewardship of June Madden and Nola Hergenhan. The MRT is designed to assist those caring for a person with dementia at home, offering support, education and a referral service to carers living as far north as Cobargo, throughout Bermagui, Bega, Merimbula, Pambula, Eden, south to the Victorian border, and all the way from the coast to the Great Dividing Range.

Both Nola and June are natural caregivers, with Nola drawn to the happiness she can provide to those carers in whose lives she makes a difference. June has a similar strength of conviction, remarking that the carers and people living with dementia with whom she comes into contact “could be part of my family”.

Two sides
Tailored, individual care is at the heart of the MRT program, with Nola focusing primarily on the needs of the carer, and June providing support to the person with dementia. Their visits can range from a needs assessment to the provision of therapeutic care.

“I might help the person with dementia do an activity that they enjoy such as the gardening, or I might help them to organise the toolshed,” says June.

“Alternatively, we might go for a walk somewhere local that is meaningful to them, giving them an opportunity to discover something new, out of their day-to-day setting.”

“Focusing on the carer means a slightly different service offering,” says Nola. “I might help the carer fill in the needs assessment forms, or start building a plan for future care. I might walk them through the educational materials I bring along, giving a thorough overview of the support resources I can make available.”

Take it personally
Both Nola and June acknowledge that their jobs are not always easy. Working in the community means coming into people’s homes, entering their lives and building confidence.

“Our first challenge is helping people to gain trust in our services, our second is to manage the needs of those with dementia when appropriate respite services are not available to the carer,” says Nola.

“Another challenge,” says June, “is the separation anxiety faced by those in residential respite care. In fact, I would say that the challenges are as unique as the individuals we are assisting. There is never a dull moment!”

Both women thrive on the variety offered in their outreach work, constantly meeting new faces and hearing new stories.

Providing strategic planning, as well as day-to-day support, makes the MRT a dynamic place to work, and the wealth of experience carried by both June and Nola is a true asset to the Bega Valley Shire.

Contact the MRT
Contact the Mobile Respite Team at Bega Valley Shire for more information about services available.
T: 02 6492 6158
E: www.alzheimers.org.au

Alzheimer’s Australia 14th national conference
Brisbane Convention & Exhibition Centre
17 - 20 May 2011

take a different view

www.alzheimers2011.com
In memoriam

We offer our sympathies to the families who have lost their loved ones. We also thank the friends and families who have donated to Alzheimer’s Australia NSW in their memory.

Wilma Dalton Andrews
Dimitri Argyris
Brian Burgess
Sydney Noel (Sid) Bywater
Dulcie Calcott
John Michael Cronin
Beverley Cummings
Laurie Charles Day
Martha Maria H. de Kort
Domenica De Vitis
Margaret Dicesare
Denise Flore Fahrer
Ronald Forbes
Chan Wan Fung
Merle Lavina Gibson
Alan Keith Gifford
Anne Catherine Giles
Madge Green
Patricia Grace Green
Brian Gulliver
Gerald H Hay
Audrey Heaney
William Clarence Hicken
Henry “Charlie” Hollis
Sotiria Houtéas
Allan Izzard
Michael Jackman
Valerie Jean James
Daphne Clare Keys
Panagiota Kokinakos
Albie Koorey
Leonarda La Spina
Roma Louise Lord
Owen Edward Ludlow
Noreen Ellen Martin
Hilda Matthews
Mr McCarthy
James McMurray
Eva McNally
Elizabeth Melin
Rocco Miccoli
John Moustakas
Mavis Mowbray
Winifred Burnie O’Connor
Antonia Ottaviano
Alwyn Lyal Page
Lorna Rose Parkinson
Dennis Perkins
Sydney George Pinner
Herbert John Poulter

Maude Vivien Reid
Elizabeth Davie Rennie
Sophia Repellis
Barbara Ann (Barbie) Russell
Gwendoline Elsie Stevens
Pietro Talarico
Francis (Dick) Voase
Josephine Audrey Walker
Gloria Wardrop
Reg West
Marjorie Whitelaw
Terry Williamson
Pia Zanella

Alzheimer’s Australia NSW would like to acknowledge and thank the families and executors of the recently received bequests from which people with dementia, carers and their families have received lasting benefits.
Contented dementia: 24-hour wraparound care for lifelong well-being
By Oliver James
Clinical psychologist and author Oliver James outlines a groundbreaking and practical method for managing dementia that will allow both the person with dementia and the carer to maintain the highest possible quality of life throughout every stage of the illness.

The method, specialised early care for Alzheimer’s disease, works by creating links between past memories and the routine activities of daily life in the present.

Drawing on real-life examples and user-friendly, tried-and-tested methods, Contented Dementia provides essential information and guidance for carers, relatives and professionals.

My Bonnie: How dementia stole the love of my life
By John Suchet
Television journalist John Suchet tells the story about how life changed when his wife Bonnie was diagnosed with dementia.

In passionate and vivid prose that captures both the warmth of the good times and the utter despair of the bad times, John weaves together a series of moving and heartfelt stories of past and present, which give a unique insight into the pain of witnessing a loved one lose their memory.

And still the music plays
By Graham Stokes
Clinical psychologist Graham Stokes draws on his memories of people with dementia to offer the reader a greater understanding of the condition and why some people behave in the way they do.

Everyone with dementia is unique, Stokes believes, with distinct personalities and experiences, and it is only by thinking deeply about each person individually that we can respond to their unique needs and give the best care possible.

The dementia care workbook
By Gary Morris and Jack Morris
This workbook builds upon the person-centred approach to dementia care and gives students, practitioners and carers a new way of looking at dementia and the people who live with it.

The authors reflect on the reality of working in dementia care and the importance of working positively with others to achieve the best care possible. The workbook is full of exercises and activities to try, all designed to help the reader engage and connect with the person with dementia, empowering both them and their families and carers.

Solution to crossword on page 13

B R O W N  B R E A D
S T A B
E U O A N D A L E
G O R E D  W E A K E N I N G
S E E N  M N I
M E N S W E A R  O F T E N
O M  S A C N
S K E W E R S  M A R T I N I
T N X A C N
R E D T A P E  W E T T I N G
A M M I C H E L S
C H A M P  O U T S M A R T
I B L T N A A
S N A K E B I T E  J I L T S
E B S O S O A P
D R A M  A N D  S T R I P E S