Closing the Gap

AlzNSW Launches State-wide Commitment to Aboriginal and Torres Strait Islander Communities

Ways We Are Working for You During Dementia Awareness Week 2013

You’re Not Alone

New Report on Living Alone with Dementia
3 CHAIR’S AND CEO’S MESSAGES

4 NEWS
• DEMENTIA AWARENESS WEEK 2013
• YOUNGER ONSET DEMENTIA KEY WORKER PROGRAM
• LIVING ALONE WITH DEMENTIA KEY WORKER PROGRAM
• DEMENTIA EXPERT CALLS FOR NEW APPROACH TO PALLIATIVE CARE
• NEW FREE CONSULTANCY SERVICE FOR RESIDENTIAL AGED CARE PROVIDERS
• NEW SHORT FILM: EVERY MAN NEEDS A SHED
• THE MONTESSORI APPROACH
• FINANCIAL PLANNING: AGED CARE AND THE FAMILY HOME

8 COVER STORY
OUR COMMITMENT TO WORKING WITH ABORIGINAL COMMUNITIES

11 EDUCATION
COURSES FOR CARE WORKERS, VOLUNTEERS, FAMILY CARERS AND SUPPORT GROUP LEADERS

12 RESEARCH
• CANCER AND CHEMOTHERAPY LINK TO REDUCED ALZHEIMER’S RISK
• DIABETES DRUG OFFERS POTENTIAL NEW THERAPY
• ONLINE ALZHEIMER’S TESTS FAIL TO MEASURE UP
• OLDER RETIREMENT AGE LINKED TO REDUCED DEMENTIA RISK

13 SERVICES
• 10 WAYS ALzNSW CAN HELP
• Q&A

14 FUNDRAISING
HOW YOU CAN HELP ALzNSW

15 IN MEMORIAM

16 RESOURCES
• ALzNSW LIBRARY
• CROSSWORD
By the time you read this, the federal election results will be known and we’ll have a new Australian Government elected. AlzNSW, together with our sister state and territory organisations, has been strongly advocating to ensure we get the best outcomes for people living with dementia, their families and carers. They are always at the heart of everything we do.

The Alzheimer’s Australia election manifesto (www.campaign.fightdementia.org.au) outlines what Alzheimer’s Australia believes is urgently needed from the Australian Government to support people living with dementia, their families and carers, and called on all candidates to commit themselves publicly to our cause.

Our National President, Ita Buttrose AO OBE, played a central role in lobbying the Government and Opposition for better dementia care.

Since my last update, I’m pleased to report that the ‘Living Longer. Living Better’ reforms were passed by both Houses of Federal Parliament. Also, a new Federal Minister for Mental Health and Ageing, The Hon. Jacinta Collins, was appointed to take over from The Hon. Mark Butler MP, who proved to be a capable and knowledgeable Minister with a good grasp of the issues surrounding aged care.

The Alzheimer’s Australia National Board recently met in Canberra and discussed a range of issues including the desire to refresh and more tightly focus our Vision Statement. A strong and aspirational Vision Statement is important to all Alzheimer’s Australia State and Territory organisations as it has a direct impact on the key areas of our advocacy, and strategic planning. Other areas discussed included the development of an IT strategy, end of life issues, the launch of an excellent new national video resource called Is it Dementia?, designed to educate workers about dementia from a range of sectors including retail, emergency services, and the banking industry; and finally we discussed how the Alzheimer’s Australia federation could work together more effectively in areas such as providing more consistent service delivery, Helpline operations, fundraising, and IT.

We’d also like to welcome Dr Bryce Vissel from the Garvan Institute of Medical Research, who has joined the team as our newest Honorary Medical Advisor. Welcome Dr Vissel, it’s great to have you on board.

Jerry Ellis AO, Chair, AlzNSW
PEOPLE LIVING ALONE WITH DEMENTIA SET TO RISE

The number of people living alone with dementia is expected to grow as single-person households continue to rise, according to a new discussion paper.

More than 30 per cent of Australians aged over 75 live alone, according to the Australian Bureau of Statistics, and there may be up to 65,000 Australians with dementia who live alone.

The discussion paper, Living Alone With Dementia, looks at the implications this brings for social policy and the delivery of services.

IRT Chief Executive Nieves Murray, who spoke at the launch of the discussion paper, says that with the right support, it is possible for people with dementia to live independently, sometimes until the end of their lives.

“We need to start planning for a future where more people with dementia will live alone in their own homes,” she says.


DEMENTIA AWARENESS WEEK 2013

16-22 SEPTEMBER

The theme for Dementia Awareness Week 2013 is ‘Brain Health: Making the Connections’. The centrepiece of our community awareness activities, DAW aims to promote brain-healthy lifestyles and to raise awareness of memory loss and dementia.

EVENTS

PUBLIC SEMINAR
Dr Kristine Yaffe MD, professor of psychiatry, neurology, and epidemiology and biostatistics at the University of California, San Francisco.

When: Monday 16 September
Registration from 10am
Where: NSW Parliament House
T: (02) 9805 0100
E: NSW.Reception@alzheimers.org.au

STREET BANNER CAMPAIGN
When: 1-30 September
Where: Across Sydney CBD

CARER SUPPORT GROUPS
Morning tea grants have again been awarded to dementia Carer Support Groups across NSW.

MEMORY VAN
Visits will focus on CALD, Aboriginal and Torres Strait Islander, regional and rural communities during DAW.

THANKS A MILLION

Part of National Volunteer Week, and following the theme “Thanks a million”, volunteers were presented with toffee apples coated in “millions” of hundreds and thousands and a thank you certificate from AlzNSW.

The volunteers support the Coming Together activity group for people living with dementia, our Café Connect programs at Camelia Gardens and our culturally and linguistically diverse (CALD) Café Connect at Beverley Park Golf Club.

To get involved, please call volunteer co-ordinator Diana Waring.

T: (02) 8875 4631
E: diana.waring@alzheimers.org.au

2013 ANNUAL GENERAL MEETING

All members and supporters of Alzheimer’s Australia NSW Inc. are invited to attend the 2013 Annual General Meeting.

Date: Thursday, 28 November 2013
Time: 2.30pm
Guest Speaker: Dr Bryce Vissel
Where: Garvan Institute of Medical Research

W: www.dementia.unsw.edu.au/news/forum

MULTICULTURAL AWARD

Alzheimer’s Australia NSW is thrilled to have been the winners of a NSW Multicultural Health Communications Award. AlzNSW took out the “NGO Over-$5000 Visual” category with our multicultural DVD series It’s not a Disgrace … It’s Dementia. W: www.youtube.com/alzheimersaustralia
Alzheimer’s Australia NSW is excited to introduce our Younger Onset Dementia Key Workers.

The Younger Onset Dementia Key Workers will be located throughout NSW to assist people living with younger onset dementia and their families to access vital services and support.

AlzNSW extends a warm welcome to all new Younger Onset Dementia Key Workers, and welcomes existing staff members Clare Coyle, Verity Jackson and Angela McHugh to their new roles as Younger Onset Dementia Key Workers for the Hunter and Sutherland.

The Younger Onset Dementia Key Worker Program will be led by Team Leader Marie Gorman based in North Ryde and includes Sandra Kay in the Illawarra, Verity based in Cooma-Monaro, Kathleen Doosey and Clare in the Hunter, Nikki Clarke and Mary Clifton based in North Ryde, Angela in Sutherland and Nicole Cree and Vanessa Keane based in Western Sydney.

The Younger Onset Dementia Key Workers will work as a team across the state to ensure people with younger onset dementia in NSW will have access to vital services if they need them. Across Australia, there have been 40 Key Workers appointed.

To contact a Younger Onset Dementia Key Worker wherever you are in NSW, phone the National Dementia Helpline on 1800 100 500.

AlzNSW has also welcomed two new Dementia Advisory Service (DAS) staff members, with Jane Bushell joining Nina Eagle to provide DAS services to the Wingecaribee area, as well as providing outreach services to the shires of Goulburn/Mulwaree and Upper Lachlan. Libby Smith also joins the DAS team and has been appointed to the role of DAS worker Southern Highlands based in the Alzheimer’s Australia ACT office in Kaleen. Libby will be providing outreach services to the shires of Queanbeyan, Yass Valley, Palerang, Young, Harden and Boorowa.

NEW SHORT FILM: MEN’S SHEDS

AlzNSW premiered a short film about a program it is running in conjunction with the Australian Men’s Shed Association for men in the early stages of dementia and male carers of people with dementia.

The program, ‘Every Man Needs a Shed’, looks at breaking down the social isolation often felt by men who are either caring for someone with dementia or have been given the diagnosis themselves.

The program has been running in the Hunter for the past two years. W: www.youtube.com/alzheimersaustralia

NAIDOC WEEK IN BEGA

Members of our Bega Valley team, Barbra Williams and Samantha Joyce, supported NAIDOC week celebrations on 9 July. The Bega Local Aboriginal Land Council was pleased for us to take this opportunity to increase community awareness of dementia and distribute information about “looking after your brain”. The information reached close to 100 local residents representing the indigenous community. AlzNSW received a grant through the Mumbula Foundation and was able to provide elders with a nutritious fruit and vegetable box at the end of the celebrations.

THE MONTRESSORI APPROACH

New resources are now available to carers of people with dementia, based on principles developed by Italian educator Maria Montessori. American dementia expert Dr Cameron Camp said the benefits of the Montessori approach can be significant. “It starts from the principle that people with dementia are still people,” he said.

“The only difference is they have a cognitive disability that can make it more difficult for them to do the things they could once do.”


BRING IT TO THE TABLE SUCCESS

Bring it to the Table’s inaugural year was a great success. Supporters held high teas, trivia nights, barbecues and even ‘Onesie Wednesday’ across NSW throughout June.

If you would like to find out how to be involved, either by hosting an event or sponsoring a campaign, please contact Megan.

T: 1300 636 679
E: megan.thomas@alzheimers.org.au
AGED CARE AND THE FAMILY HOME

The costs of moving into an aged care facility can be very high and as a result a difficult decision may have to be faced regarding the family home. Decisions such as whether to retain the family home and use other assets to meet aged care costs and living expenses, rent it to supplement income, or sell the home and reinvest the sale proceeds all need careful consideration.

The decision you make will inevitably affect the fees and charges for aged care and any entitlements available through Centrelink or the Department of Veteran Affairs, as these entitlements are subject to both Assets and Income Tests.

When a married person enters aged care, their partner may decide to continue to live in the family home. In this case the home will be exempt from the Assets Test and both spouses will be treated as homeowners. In addition, the couple are considered to be ‘illness separated’ which means they will be assessed under the joint means test and a higher pension may be payable compared with their pre-aged care entitlement.

When a single person enters aged care and their home is not rented, the home remains exempt from the Assets Test for up to two years. They will be treated as a homeowner until the expiration of that period and a non-homeowner thereafter when the higher ‘asset free area’ will apply. A similar outcome will apply when the last member of a couple moves into aged care.

The situation is a little more complex when a person enters aged care and chooses to rent their family home, with the social security implications dependent upon whether an accommodation charge or bond is paid and how the bond is paid. If the home is to be sold and the proceeds reinvested, social security entitlements can be affected.

The following table summarises the various social security implications of each of the choices available in relation to the family home.

<table>
<thead>
<tr>
<th>Home Scenario</th>
<th>Income Test</th>
<th>Assets Income Test</th>
<th>Homeownership Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Occupied by partner</td>
<td>Not assessed</td>
<td>Not assessed while partner occupies home</td>
<td>Homeowner</td>
</tr>
<tr>
<td>Not rented</td>
<td>Not assessed</td>
<td>Not assessed for two years</td>
<td>Homeowner</td>
</tr>
</tbody>
</table>
| Rented and paying lump sum accommodation bond | Assessed as an investment property | Assessed after two years | • Homeowner (while home is exempt)  
• Non-homeowner (while home is not exempt) |
| Rented and paying periodic accommodation bond or charge | Not assessed and also not assessed for daily income tested fee | Exempt while paying periodic accommodation bond or charge | Homeowner |
| Sold with proceeds reinvested in financial investments | Deemed immediately | Assessed immediately | Non-homeowner |

Philip Cormack FNIA; SF Fin; ADFS (FP)
Financial Planning Specialist
Authorised Representative
Godfrey Pembroke Limited
T: 02 9231 5611
E: pccormack@godfreypembroke.com.au

NIGHT OF GLAMOUR

The evening of 6 July saw AlzNSW staff Nina Eagle and Angela McHugh enjoy a night of glamour as guests of Wingecarribee Shire Mayor Councillor Juliet Arkwright when they attended the Mayoral Winter Ball at the Gibraltar Hotel in Bowral.

The black-tie event raised $2300 for AlzNSW and marked the mid-year point for the Wingecarribee Shire’s 150th anniversary celebrations.

AlzNSW would like to thank the Wingecarribee Shire for the generous donation and opportunity to be involved in the special occasion.

FAREWELL LAURETTA

AlzNSW said a special farewell to diversional therapist Lauretta Kaldor, who has worked with AlzNSW for the past 10 years. The Coming Together activity group and Carer Support Group met on 17 June to farewell Lauretta at the Sutherland St George Dementia Advisory Service in Moran.

UKULELE FUNDRAISER

Visiting Japanese student Yukako Takahashi raised $306.15 for AlzNSW when she held a ukulele charity concert at the Wesley Uniting Church in Wollongong on 3 February. AlzNSW would like to thank Yukako for her top effort in raising funds and awareness.

MEMORY WALK & JOG

Memory Walk & Jog is AlzNSW’s flagship fundraising event. It’s all about coming together with your friends and family to raise vital funds to support people living with dementia and their carers.

We have already had the record breaking Sydney Memory Walk & Jog in May and the Hunter Memory Walk & Jog on 8 September.

There are others coming up in Port Macquarie and Wollongong.

For more information, to register for an event or make a donation in support of a participant, please visit www.memorywalk.com.au
During his visit to Sydney as part of a national lecture tour for Alzheimer’s Australia, international dementia expert Professor Julian Hughes called for a new approach to palliative care for people with dementia, and launched his most recent paper, *Models of Dementia Care: Person-Centred, Palliative and Supportive*. While in NSW, Professor Hughes also gave two public seminars on the topic "Models of dementia care: Can we do it better?"

Professor Jenny Abbey’s paper, *Wrestling with Dementia and Death*, was also launched in Sydney. Her paper looks at specific elements of end-of-life care for people with dementia, including symptom control, food and water, medications, hospitalisation, home and residential care, and recognising signs of imminent death.

**FREE CONSULTANCY SERVICE**

AlzNSW is offering residential aged-care facilities the opportunity to benefit from the knowledge gained in the research paper: *The Most Difficult Choice: Dementia and the Move into Residential Care*.

The paper, produced last year and available on the AlzNSW website, highlighted how Government and providers could minimise the negative experiences associated with moving into residential care or deciding to place a loved one in care.

Having secured a Department of Health and Ageing, Aged Care Service Improvement and Healthy Ageing Grant, AlzNSW is now able to offer a free consultancy service to residential aged-care providers, based on the evidence in the paper. AlzNSW can help with the following:

- An evaluation of practice against baseline data
- Review policy and procedures
- Review communication protocols
- Make recommendations and
- Re-assess after three months to gauge impact of changes made by the providers.

The service is offered to providers with five or less residential aged-care facilities in NSW (larger service providers will be added to a shortlist).

To take up the free consultancy service provided by AlzNSW, please email brendan.moore@alzheimers.org.au

---

**The Continence Aids Payment Scheme (CAPS) and the BrightSky Card**

*Use the BrightSky Card for your CAPS continence supplies and enjoy great benefits!*

**About the BrightSky Card**

The BrightSky Card works like a debit card.

Deposit your full or half CAPS payment on your card to receive extra value of $50 or $25 respectively for product purchases. You also receive one or two free home deliveries, depending on how much you deposit*.

*Terms and conditions apply and are available on our website: www.brightsky.com.au/BrightSky_Card.aspx

---

**RESEARCH PROJECT**

**PROTECTING PEOPLE WITH DEMENTIA FROM FINANCIAL ABUSE**

Alzheimer’s Australia NSW is conducting research about past instances of financial abuse of people with dementia. We hope the research will raise awareness and develop solutions to reduce the incidence and impact of financial abuse.

People with dementia and/or their carers can help by participating in an interview about their experiences of financial abuse. Participants will receive a $50 gift voucher as a thank you for their time.

We understand these experiences could be difficult to talk about. If you would like to talk to a counsellor, please contact the National Dementia Helpline on 1800 100 500, or call the NSW Elder Abuse Helpline on 1800 628 221 for information and advice.

Please note that Alzheimer’s Australia NSW will not be able to help you retrieve money or property stolen as a result of financial abuse. Please contact the NSW Police if you wish to pursue this.

To find out more or to register your interest in participating, please contact Kylie Sait, Research and Policy Officer at AlzNSW.

**T:** (02) 8875 4641
**E:** kylie.sait@alzheimers.org.au

---

---
WORKING WITH
ABORIGINAL COMMUNITIES

ALZHEIMER’S AUSTRALIA NSW HAS LAUNCHED A STATE-WIDE COMMITMENT TO IMPROVING EQUITY AND ACCESS TO CULTURALLY SOUND DEMENTIA SERVICES FOR ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES.
Alzheimer’s Australia NSW has stated its commitment to Aboriginal communities during the state-wide launch of an Engagement Plan in Port Macquarie in May.

The document outlines a commitment to improving equity and access to culturally sound dementia services for Aboriginal and Torres Strait Islander peoples of NSW.

The CEO of AlzNSW, The Hon. John Watkins, said consulting, nurturing and maintaining positive and respectful relationships with Aboriginal and Torres Strait Islander people is the only way to ensure culturally safe dementia services.

“We know from recent research by Professor Tony Broe, a Senior Principal Research Fellow at NeuRA (Neuroscience Research Australia), who conducted the Koori Growing Old Well Study, that the rate of dementia prevalence in Aboriginal Australians is three times that of Australia’s non-Indigenous population,” Mr Watkins said.

“Preliminary results from the study suggest the prevalence of dementia in Aboriginal Australians over 60 years of age is more than 13 per cent. But when it is adjusted for the younger age of the Indigenous populations, the rate is 21 per cent, or three times the general Australian rate of 6.8 per cent.

“This is a shocking disparity and one which deserves focus and attention. Through this engagement plan and statement of commitment we are aiming to work in partnership with communities to ensure we develop culturally safe dementia services to help people in need.”

The Engagement Plan and Statement of Commitment to the Aboriginal and Torres Strait Islander Peoples of Australia includes a commitment to building and strengthening positive relationships with Aboriginal and Torres Strait Islander people and communities in NSW; ensuring services are relevant and appropriate; and increasing the number of Aboriginal and Torres Strait Islander people within the organisation.

A new resource for carers of people living with dementia in the Aboriginal community was also launched. The short film, You’re Not Alone: Discussion Dementia – Losing the Dreaming, features Birpai Elder Uncle Bill O’Brien discussing his experience of caring for his mother, who had dementia.

The resource will be freely available to help carers of people with dementia. Importantly, the film emphasises the help that is available and that people are not alone on this journey. Visit www.youtube.com/alzheimersaustralia.

The state-wide launch was held to coincide with National Reconciliation Week, 27 May to 3 June.
COVER STORY

NEW ENGAGEMENT PLAN ARTWORK EXPLAINED

This painting represents Alzheimer’s Australia NSW’s relationship with both traditional and urban Aboriginal communities.

The large blue area represents Alzheimer’s Australia, while the blue dots within the travelling lines represent the flow of information and understanding into the communities. The red dots symbolise the flow of cultural understanding and awareness back into Alzheimer’s Australia, which then changes the colour of Alzheimer’s Australia Aboriginal services and supports.

The painting is depicted in the shape of boomerang, which symbolises the importance of the return of information back to the community.

NEW DEMENTIA RESOURCES LAUNCHED ON THE COFFS COAST

Two new brochures and a DVD about dementia have been developed on the Coffs Coast region of NSW by the local Aboriginal community.

The resources were funded by UnitingCare Ageing in collaboration with Alzheimer’s Australia NSW and developed locally through a Gumbaynggirr Advisory Committee.

One brochure focuses on brain health and identifies ways to reduce the risk of dementia. The other brochure outlines early signs and symptoms of dementia, and explains what to do if you are worried about your own or someone else’s memory.

The original artwork for the brochures was created by local Aboriginal artist Caine Rosser.

The short DVD was filmed by Steve MacDonald of Life and Times and local people volunteered their time to act in the film. The film goes for about five minutes and is recorded in an interview format with family members talking about dementia and what can be done to help.

These resources were launched at the ‘Who Ya Gunna Call’ Aboriginal services Forum as part of NAIDOC celebrations.

For more information or to obtain copies of the resources, please call Judy.
T: (02) 6651 6415
E: judy.bartholomew@alzheimers.org.au
## EDUCATION

### 2013 COURSES

**THE ALZNSW EDUCATION PROGRAM OFFERS COURSES FOR CARE WORKERS, FAMILY CARERS AND VOLUNTEERS.**

### SUPPORT GROUP LEADERS' WORKSHOPS

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Group Work Leadership</td>
<td>Wollongong</td>
<td>14 and 15 October</td>
</tr>
<tr>
<td>Advanced Group Leadership</td>
<td>Coffs Harbour</td>
<td>28 and 29 October</td>
</tr>
<tr>
<td></td>
<td>Mt Druitt</td>
<td>14 and 15 November</td>
</tr>
<tr>
<td></td>
<td>Queanbeyan</td>
<td>25 and 26 November</td>
</tr>
<tr>
<td>Loss and Grief in a Carer Support Group</td>
<td>Queanbeyan</td>
<td>9 and 10 September</td>
</tr>
</tbody>
</table>

For more information or to register, please contact:
E: groupdevelopmentnsw@alzheimers.org.au
T: (02) 8875 4682

### CARE WORKER COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meaningful Engagement in Leisure Activities</td>
<td>North Ryde</td>
<td>21 October</td>
</tr>
<tr>
<td>Older People Abuse and Dementia</td>
<td>North Ryde</td>
<td>24 September</td>
</tr>
<tr>
<td>Experiencing Dementia and Challenging Perceptions of Behaviour</td>
<td>North Ryde</td>
<td>9 October</td>
</tr>
<tr>
<td>Experiencing Dementia</td>
<td>Hunter</td>
<td>16 October</td>
</tr>
<tr>
<td></td>
<td>Port Macquarie</td>
<td>11 November</td>
</tr>
<tr>
<td>Understanding Dementia and Communicating with a Person with Dementia</td>
<td>North Ryde</td>
<td>21 November</td>
</tr>
<tr>
<td></td>
<td>Hunter</td>
<td>1 October</td>
</tr>
<tr>
<td>Challenging Perceptions of Behaviour and Older People and Abuse</td>
<td>Camden</td>
<td>3 October</td>
</tr>
<tr>
<td>Understanding Dementia, Effective Communication and Behavioural</td>
<td>Walgett</td>
<td>3 October</td>
</tr>
<tr>
<td>and Psychological Symptoms of Dementia</td>
<td>North Ryde</td>
<td>14 November</td>
</tr>
<tr>
<td>Depression and Dementia</td>
<td>North Ryde</td>
<td>14 November</td>
</tr>
<tr>
<td>Effective Communication</td>
<td>Armidale</td>
<td>29 October</td>
</tr>
<tr>
<td>Assisting with Activities of Daily Living</td>
<td>Armidale</td>
<td>29 October</td>
</tr>
</tbody>
</table>

### PHYSICAL DISABILITY AND DEMENTIA

<table>
<thead>
<tr>
<th>Course</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Disability and Dementia</td>
<td>Liverpool</td>
<td>11 and 12 September</td>
</tr>
<tr>
<td></td>
<td>Merimbula</td>
<td>9 and 10 October</td>
</tr>
<tr>
<td></td>
<td>Carlingford</td>
<td>6 and 7 November</td>
</tr>
<tr>
<td></td>
<td>Bathurst</td>
<td>27 and 28 November</td>
</tr>
<tr>
<td><strong>INTELLECTUAL DISABILITY AND DEMENTIA</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Coffs Harbour</td>
<td>16 September</td>
</tr>
<tr>
<td></td>
<td>Goonellabah</td>
<td>6 November</td>
</tr>
<tr>
<td></td>
<td>Tuggerah</td>
<td>8 October</td>
</tr>
<tr>
<td></td>
<td>Sutherland</td>
<td>28 October</td>
</tr>
<tr>
<td></td>
<td>Blue Mountains</td>
<td>November</td>
</tr>
</tbody>
</table>

### FAMILY CARER EDUCATION

<table>
<thead>
<tr>
<th>Course</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four-evening carer course</td>
<td>North Ryde</td>
<td>10, 17, 24 and 31 October</td>
</tr>
<tr>
<td></td>
<td>Sylvania</td>
<td>14, 21, 28 and 4 November</td>
</tr>
<tr>
<td>One-day carer course</td>
<td>Forster</td>
<td>26 September</td>
</tr>
<tr>
<td></td>
<td>Bourke</td>
<td>1 October</td>
</tr>
<tr>
<td></td>
<td>Walgett</td>
<td>2 October</td>
</tr>
<tr>
<td></td>
<td>Parramatta</td>
<td>17 October</td>
</tr>
<tr>
<td></td>
<td>Holbrook</td>
<td>21 October</td>
</tr>
<tr>
<td></td>
<td>Tumut</td>
<td>22 October</td>
</tr>
<tr>
<td></td>
<td>Junee</td>
<td>23 October</td>
</tr>
<tr>
<td></td>
<td>West Wyalong</td>
<td>24 October</td>
</tr>
<tr>
<td></td>
<td>Armidale</td>
<td>30 October</td>
</tr>
<tr>
<td></td>
<td>Tea Gardens</td>
<td>7 November</td>
</tr>
<tr>
<td></td>
<td>Hunter</td>
<td>19 November</td>
</tr>
<tr>
<td>Two-day carer course</td>
<td>Port Macquarie</td>
<td>17 and 24 September</td>
</tr>
<tr>
<td>Understanding changed behaviour</td>
<td>Hunter</td>
<td>18 September</td>
</tr>
<tr>
<td>Communication</td>
<td>Hunter</td>
<td>30 October</td>
</tr>
</tbody>
</table>

### VOLUNTEER COURSES

<table>
<thead>
<tr>
<th>Course</th>
<th>Location</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Volunteer education</td>
<td>Regents Park</td>
<td>15 October</td>
</tr>
<tr>
<td></td>
<td>Parramatta</td>
<td>18 October</td>
</tr>
<tr>
<td></td>
<td>Armidale</td>
<td>28 October</td>
</tr>
<tr>
<td></td>
<td>Hunter</td>
<td>29 October</td>
</tr>
<tr>
<td></td>
<td>North Ryde</td>
<td>5 November</td>
</tr>
</tbody>
</table>

For more information or to register, please contact:
E: nsw.education@alzheimers.org.au
T: (02) 8875 4640
CANCER AND CHEMO MAY REDUCE ALZHEIMER’S RISK

A study of the health records of 3.5 million US veterans indicated that most kinds of cancer are associated with a significantly decreased risk of Alzheimer’s disease. Results suggested that chemotherapy treatment for almost all of those cancers conferred an additional decrease in Alzheimer’s risk.

The researchers found no association between cancer history and reduced risk of any other typical age-related health outcome. In fact, most cancer survivors were found to be at increased risk for non-Alzheimer’s dementia.

The findings indicate that the protective relationship between most cancers and Alzheimer’s disease is not explained simply by increased mortality among cancer patients. More research is needed to determine the cause of the reduced risk, and therefore identify potential new therapies.

DIABETES DRUG A NEW DEMENTIA THERAPY?

Type 2 diabetes may double the risk of dementia, but in a study of nearly 15,000 type 2 diabetes patients aged 55 and older, those who started on Metformin, an insulin sensitisser, had a reduced risk of developing dementia compared with patients who started other standard diabetes therapies. Trials are currently under way to evaluate Metformin as a potential therapy for dementia and mild cognitive impairment.

OLDER RETIREMENT AGE REDUCES DEMENTIA RISK

An analysis of health and insurance records of more than 429,000 self-employed workers in France found that retirement at older age is associated with a reduced risk of dementia, with a lower risk for each added year of working longer. The researchers suggested that professional activity may contribute to higher levels of intellectual stimulation and mental engagement, which may be protective against dementia, though more research is needed in this area.

ONLINE TESTS FOR ALZHEIMER’S FAIL TO MEASURE UP

A panel of Canadian experts – including geriatricians, human-computer interaction specialists, neuropsychologists and neuroethicists – reviewed 16 freely accessible online tests for Alzheimer’s disease, and found that the tests scored poorly on scales of overall scientific validity, reliability and ethical factors.

The experts found that most of the tests (12 out of 16) scored poorly or very poorly for overall scientific validity and reliability, and concluded that these tests are not useful for the diagnosis of Alzheimer’s disease. All 16 tests also scored poorly or very poorly on the evaluation criteria for ethical factors. Ethical issues included overly dense or absent confidentiality and privacy policies, failure to disclose commercial conflicts of interests, failure to meet the stated scope of the test and failure to word the test outcomes in an appropriate and ethical manner.

SOCIO-ECONOMICS TO BLAME FOR HIGHER ALZHEIMER’S RISK IN AFRICAN-AMERICANS

Older African-Americans in the US are about twice as likely to have Alzheimer’s and other dementias as older Anglo-Americans. However, in a study of 3075 black and white elders who were free of dementia at the beginning of the study, the risk difference was no longer statistically significant – after researchers adjusted for socioeconomic factors including education level, literacy, income and financial adequacy.

The authors urged that future studies investigating racial and ethnic dementia risk disparities should take a broad range of socioeconomic factors into account.
SERVICES

10 WAYS AlzNSW CAN HELP

AlzNSW is here to support people with dementia, their families and carers. Let us count the ways!

1 Support at time of diagnosis helps you and your family to make sense of the diagnosis and the next steps.

2 Practical advice helps you minimise the impact of dementia.

3 Living with Memory Loss programs for people in early-stage dementia increase knowledge and confidence for managing memory loss.

4 Individual and family consultations help you plan for the future.

5 Education programs help you understand and live well with dementia.

6 Up-to-date information and resources about dementia and access to the members’ lending library keeps you and your family informed.

7 Connections with other people living with dementia enable you to share information and experiences.

8 Social and creative activities provide opportunities for meaningful participation.

9 Recommendations and advice about dementia support services in your area ensure suitable care.

10 Our provision of information to GPs and other health care providers helps them improve their care and support for you.

NEED ANSWERS?
Do you have a question for AlzNSW? Contact the National Dementia Helpline.
E: nsw.helpline@alzheimers.org.au
T: 1800 100 500

Q&A

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

CROSSWORD SOLUTION

Q I HAVE BEEN NOTICING CHANGES IN MY PARTNER AND I’M WORRIED IT COULD BE DEMENTIA. WHAT SHOULD I DO?

A The best place to start is with a GP – the doctor will consider the symptoms and may order screening tests. Changes to a person’s behaviour can occur for a number of reasons. It is important to get the correct diagnosis early. If you would like to talk to someone, ring the National Dementia Helpline on 1800 100 500.

Q MY MUM IS BECOMING ISOLATED NOW THAT SHE HAS DEMENTIA. WHAT SHOULD I DO?

A Social contact is of particular importance when a person has dementia. Family and friends can help them feel valued, connected and loved. Phone the National Dementia Helpline on 1800 100 500 to discuss ways that you can help your mum to stay connected.

RESEARCH PROJECT
MEETING THE TRANSPORT NEEDS OF PEOPLE WITH DEMENTIA

If you are a person with dementia or have been a carer for someone with dementia in the past three years, we would like to hear about your transport needs and experiences.

We would like to talk to you about issues such as:
• Where the person with dementia needs to travel and their travel arrangements.
• How difficult is it to organise transport?

AlzNSW is gathering information from people through interviews and a survey. Interviewees will receive a $50 gift voucher as a thank you for their time and for sharing their experience. People who complete a survey questionnaire go in the draw for one of five $100 gift vouchers.

If you are interested in participating or would like to know more about the research, please contact Deborah Corrigall.
T: (02) 8875 4621
E: deborah.corrigall@alzheimers.org.au

You can complete the survey at www.surveymonkey.com/s/transport_people_with_dementia or contact Deborah for a hard copy.

FIGHT ALZHEIMER’S SAVE AUSTRALIA
PRIDESMASH.COM.AU
FUNDRAISING

LIFE SUPPORT

DONATE, BEQUEATH A GIFT IN YOUR WILL OR FUNDRAISE THROUGH ACTIVITIES. NO MATTER HOW YOU DO IT, SUPPORTING AlzNSW FINANCIALLY WILL HELP THOUSANDS OF PEOPLE.

BEQUESTS
As our population ages, we need to extend our services to meet growing demand. Leaving AlzNSW a gift in your will can give us the long-term financial confidence to maintain and extend our vital support services, continue to educate carers and health professionals, and invest in research to stop this deadly disease.

You should always seek the services of a solicitor or trustee company to prepare your will to ensure that it is correctly drafted and is practical in meeting your wishes.

To find out more about how you can help AlzNSW by leaving a gift in your will, contact Diana Waring.
T: (02) 8875 4631
E: diana.waring@alzheimers.org.au

IN LIEU OF GIFTS
Planning a celebration to mark a birthday, wedding or anniversary?
Instead of gifts, encourage your guests to make a donation to AlzNSW.
T: (02) 8875 4673
E: marina.agostino@alzheimers.org.au

SEND US YOUR STORY
Some members help our fundraising and awareness-raising efforts by sharing their stories of dementia, whether funny, sad, empowering, uplifting or inspirational.
To help our fundraising and awareness-raising efforts by telling your story, please contact Karen.
T: 1300 636 679
E: karen.carran@alzheimers.org.au

DEMENTIA FIGHTER
Join AlzNSW as a dementia fighter and improve the lives of people living with dementia. Being a Dementia Fighter is a new and exclusive way for you to contribute towards our work.
Each month our wonderful Dementia Fighters give a regular gift, contributing to a pool of guaranteed, ongoing income, which allows AlzNSW to plan for increased demand for our services and make sure we’re here for everyone who needs us.
The more people who join, the more we can do – together.
Sign up as a dementia fighter today!
T: 1300 636 679
E: megan.thomas@alzheimers.org.au

TRUSTS AND FOUNDATIONS
Trusts and Foundations continues to be an area of growth, with new and continued support. Through this, Alzheimer’s Australia NSW has been able to increase its service delivery, reaching more of those currently experiencing dementia and the wider community. Whether to provide essential support or increase awareness of dementia through educational programs, it all helps us in our fight against dementia.
The following Trusts and Foundations have been integral in helping Alzheimer’s Australia NSW help people living with dementia:
- Munday Family Foundation
- Skipper Jacobs Charitable Trust
- The Dunstan Family Foundation
- Jessica & Wallis Hore Trust, managed by Perpetual
- Macquarie Group Foundation
T: (02) 8875 4652
E: serena.stewart@alzheimers.org.au

2013 REAL INSURANCE SYDNEY HARBOUR 10K RUN
We had a great number of runners choose Alzheimer’s Australia NSW to run for at this year’s Sydney Harbour 10K. A big thank you to our volunteers that helped make the Sydney Harbour 10K run a great day for 3700+ participants on Sunday 14 July.

CITY2SURF
This year’s City2Surf was held on Sunday 11 August. We were represented by a great team that included our Gold Charity runners, who battled the 14km run including the famous Heartbreak Hill, all in aid of Alzheimer’s Australia NSW.

BLACKMORES SYDNEY RUNNING FESTIVAL
If you would like to run for Alzheimer’s Australia NSW and be part of the Memory Joggers Team in this year’s Blackmores Sydney Running Festival on Sunday 22 September, please contact Megan Thomas.
T: 1300 636 679
E: megan.thomas@alzheimers.org.au

DONATION ACKNOWLEDGEMENT
“I have made this donation based on the outstanding work that Helen James has provided both as my Executive Assistant many years ago and more recently to the Alzheimer’s Australia NSW.”
– Marcus Blackmore, on behalf of The Blackmore Foundation.

STAY IN TOUCH
If you are not already on our email database and would like updates about all the news on our upcoming events, please contact Megan.
T: (02) 8875 4625
E: nsw.events@alzheimers.org.au
IN MEMORIAM

WE OFFER OUR CONDOLENCES TO THE FAMILIES WHO HAVE LOST THEIR LOVED ONES. WE ALSO THANK THEIR FRIENDS AND FAMILIES WHO HAVE DONATED TO ALZHEIMER’S AUSTRALIA NSW.

Colleen Anderson
James Barry Astle
Elsie Elizabeth Badman
Merlene Susan Bailey
Robert William (Bob) Balfour
Margaret Anne Bannon
Herbert “Alan” Basman
Peter Beattie
Hilda Chapman Collins Beck
Bonnie Pauline Bellamy
Patricia Bowden
Elaine Ann Boyd
Joan Bradley (nee Gyarmati)
Ida Doreen Breakspear
Irene Brienc
Mrs Bryan
Margaret Maude Burgess
Patricia Imelda Anne “Pat” Butler
Lillian Isabelle Butler
Kevin Joseph Campbell
Pasquale Candelori
Francesco Capilli
Avelino Cavaco
Monica Goo San Chang
Thelma “Sally” Chapman
Ronald (Ron) Chapman
Gladys Jean Chapman (nee Tilbury)
Elizabeth “Betty” Chipchase
Hazel Clark
Anna Costa
Patricia “Pat” Craig
Terence Frederick Crossley
Thelma Daniel
William John “Bill” Darling
Bob Dauth
Trevor Harold Davis
Janet Stirret Davis (nee Duguid)
James Neville Dean
Dora Di Giandomenico
Alice Maude Dimitroff
Veronica D Souza
Charles Martin Dunn
Michael George Fahey
Hugh Farrelly
Beryl Feggans
Newton Fernando
Maria Finocchiaro
Jean Beryl Firman
Margaret Phillipa Forster
Antonia (Toni) Fragiacomo
Norman Peter Galstaun
Carmela Grasso
Gladys Elizabeth Green
Stanley Griffihns
Harold Hall
Una Hamilton
Nellie Patricia (Nell) Hammar
Herbert “Harry” Handicott
Wilfred (Bill) James Hanlon
Verna May Harvey
Hazel Hawke
Dorothy Heckenberg
Ingeborg “Inge” Doris Herald
Maureen Hickman
Beverley Joan Hoban (nee Lovegrove)
Len Hughes
Donald Franklyn Edgar Hughes
Marie Lousia Ireland (nee Kelly)
Rita Kachel
Vera Kaye
Alex Kaye
Joan Kersey
Judith Keuning
Lorraine Agnes Krisenthal (nee Tohey)
Gregory Lazaridis
Joyce Ida Leckie (nee Lloyd)
Sheila Catherine Lennan
Margaret Patricia Luckie
Christina Mandalidis
Jesip Marinic
Margaret Shirley Lorraine McCullagh
Joyce Evelyn McCulloch
Esma Joan (Essie) McDougall
Robert Alexander Henry McIntosh
Shirley Dawn Moore
Marion Vacy Morgan
George Morrison
David Morrison
Barbara Muir (nee Easton)
Thelma Muller
Marie Teresa Norley
Can O
Ursula Fay Pearce
Ronald Peters
Toni Mary Peters
Christine Pettaras
Francesco (Frank) Piccirillo
Milorad Pirovic
Julius Pisch
Yvonne Vera Player
Jeltje Pluem
Vaula Polimenakos
Lindsay Pollard
Isabel Purcell
Varna Elsie Purss (nee Merrill)
Sister Mary Redford
Lucia Joanna Renneberg
Susan Revai
William Joseph Rohan
Norman “Norm” Rutherford
Ken Ryan
Beatrice May Sams
Peter Savvidis
Robert “Bob” Saxby
Mervyn (Merv) Vincent Sheehan
Kathleen Florence (Kath) Shield
Merna Myrtle Smith
Jennifer “Jenny” Evelyn Somerville
Kay Stibbard
Lois Ursula Stoddart
Doreen Mavis Storey (nee Sutton)
Ernest Patrick Syratt
Kostandina “Kosta” Tallis
Betty Lilian Tatham
Rita Dorothy Taylor (nee Mays)
Maria “Frances” Tesoriero
Biddy Titheradge
Gino Troiano
Panayota Vallis
Brian Varcoe
Leonardo Vitagliano
Frank John Walker
Stace Andrew Wallace
Vida Helen Walsh
Gertrude Grace Walters
Max Walton
Brian “Warbs” Warby
Winifred (Win) Lily Ward AM, PhD
Sarah (Jean) Weekes
Marianne S Weil
Gwen White
Doreen May Wicks
Margaret Williams
Reginald Lister Harvey Wilson
Mrs Wood
Sergio Zanutto

Alzheimer’s Australia would like to acknowledge and thank families and executors for the recently received bequests from which people with dementia, carers and their families have received lasting benefit.
RESOURCES

AlzNSW LIBRARY

LIBRARY AND INFORMATION SERVICES
COORDINATOR MICHELLE DE MARI REVIEWS
NEW ADDITIONS TO THE AlzNSW LIBRARY.

MOVIES
Aurora Borealis
Donald Sutherland and Louise Fletcher steal the show in this movie about relationships and difficult choices. Sutherland plays a grandfather with dementia who requires more care than his wife (Fletcher) can handle.

BOOKS
Buddha’s Brain: The Practical Neuroscience of Happiness, Love & Wisdom
By Rick Hanson, PhD
Buddha’s Brain draws on the latest research to show how to stimulate your brain using guided meditations and mindfulness exercises.

The Shallows: What the Internet is Doing to our Brains
By Nicholas Carr
As we enjoy the Internet’s bounties, are we sacrificing our ability to read and think deeply? A compelling exploration of the Internet’s intellectual and cultural consequences.

The Man who Mistook his Wife for a Hat
By Oliver Sacks
In his most extraordinary book, “one of the great clinical writers of the 20th century” (The New York Times) recounts the case histories of patients lost in the bizarre, apparently inescapable world of neurological disorders.

NEED ASSISTANCE?
NOT SURE WHAT YOU WANT?
ASK THE LIBRARY!

Monday to Friday 9am–4pm
E: lis@alznsw.asn.au T: (02) 9888 4218

Keep up to date with all new items in the Library, including books, DVDs and journal articles by visiting the Library News blog.
W: www.alzheimersnslibrary.blogspot.com

Choose from more than one million general titles, as well as a wide range relating to dementia and Alzheimer’s disease, at the Alzheimer’s Australia Online Bookshop.
W: www.alz.seekbooks.com.au T: (02) 8206 9035

CROSSWORD

ACROSS
1. Untitled
4. Reproductive organ
7. Circus performer
8. Of past times
9. Provided with personnel
12. Thought of
15. Physically demanding
17. Rasp
18. Egg shapes
21. Fatigued
22. Singer, Buddy ...
23. Absorbed (water)

DOWN
1. Utmost
2. Climb
3. Adds soundtrack
4. Upon
5. Enduring
6. Tired reflex
10. Finger or toe
11. Giggle
13. Relied
14. Sun umbrella
16. Underground hollow
18. Solemn vow
19. Move to & fro
20. Money rolls

If she’s smiling then I’m happy.
And most day’s she’s smiling.
When the love of your life, a busy mum of three and grandmother to six, is diagnosed with Alzheimer’s, you have some tough decisions to make. Her husband of 42 years, Warren, a former Nursing Unit Manager with experience in dementia screening, chose Calvary. “I looked at every facility in the area and nobody had the environmental rewards, the stimulation, trees, grass and especially the caring and friendly staff – that’s a big thing”.

Loving care with a local touch.

Call Cathy or Wendy on 4993 9013 for more information.
www.calvarycessnock.org.au

In the tradition of The Sisters of The Little Company of Mary.

Laurel & Warren Pockett & dog Sally