Modern governance principles apply to this organisation as they apply to large corporations. Of course, we are different from large corporations, but we must have in place good governance arrangements. These include assessment of the adequacy of the Board in pursuing its mission; good induction procedures; regular assessment of ourselves and of our performance; determining, for the CEO, what needs to be achieved and when; and regular assessment of that journey.

We want to keep improving. We will do a self-assessment exercise in mid-year.

We are not about to tell good professionals how to carry out the jobs for which they are responsible. Our task is to indicate some desirable ‘light on the hill’ and to ensure that everyone is working towards the same goals. The efforts of Robert Yeoh, David Scarlett and Geoff McIntyre must continue, particularly their work in identifying and filling skills gaps on the Board.

After all, there is no advantage to our vulnerable and needy clientele if the organisation is broke or broken. Our job, as a Board, is to see that does not happen.

No day-to-day management issues can bypass the Chief Executive. Where an issue arises, it needs to be settled with the CE and will only be considered at the Board if there is policy involved. Mindful, too, of the relatively unexpected public failures of several large organisations we want to undertake a proper risk assessment exercise so that we understand which risks exist for Alzheimer’s Australia and which have high impact and a high likelihood. We will then take actions to minimise those risks.

The Board is here as a facilitating body. It is not subordinate to professionals but will not try to do the job for which only properly trained professionals are suited.

We are asked to ‘look over the horizon’ and see strategic issues coming up. Hence our interest in unmet need. We all see the virtual tsunami of dementia bearing down on Australia as the population ages.

Christine Leaves has had to resign from the Board because of work pressures. We might not replace her until the next election as we seem to be running well. John Craig, known to many people in the organisation, has had an operation – successful we hear.

Parkinson’s Australia is our new sub-tenant at Talavera Road and is settling in well. We want them to have a good time with us.

Peter Baume AO
Many carers get a lot out of support groups. Some even attend for a few years. But not many are so passionate that they stay on as group leader for two decades. Ruth Lennon has led the Wagga Wagga dementia carers’ support group for 18 years.

“I tell my group they could do it without me,” says Ruth. “But they always say ‘Oh, stay for just a bit longer’.”

What keeps her enthusiasm is her love of helping people. Like most group leaders, Ruth has personal experience of dementia. She cared for her parents through her mother’s dementia journey and her father’s stroke-induced memory loss. “I came to terms with that a long time ago,” says Ruth. “I know it’s like a dark tunnel, a path of frustration and hurt. I can help someone going down that path, and it gives me satisfaction seeing people work through it. I feel I’m using my nursing skills in a different way.”

Ruth has seen huge changes in the field of dementia since her nursing training in the late 1950s at Albury Base Hospital.

“With the condition didn’t have a name and it wasn’t looked after,” remembers Ruth. “We had a front verandah and these 15 ladies would just sit on it – one day we’d say they had ‘senility’, the next just put them down as ‘aged’ or ‘difficult’. 4pm would be pan rounds and they hated the noise. When we couldn’t handle them anymore they’d be shipped off to Beechworth or Kenmore mental asylums.”

These days, Ruth says so much has improved in the knowledge and care of dementia. She finds herself providing information and counselling. “That’s for my sins! I’m a 24-hour source. I get phoned day or night.”

On top of running the support group, Ruth produces a quarterly newsletter and holds an annual information stall in Wagga Marketplace. She’s on the Greater Southern Area Health Service Wagga Wagga Cluster Committee, the ACAT Dementia Taskforce and the Dementia Daycare Committee. She’s a member of Carers’ NSW and life member of Alzheimer’s Australia NSW. Her commitment has earned her a Premier’s Award, a Rotary Peace Award, and a Wagga Wagga Community Service Award.

“My name and dementia go together,” says Ruth wryly. “But at least everyone will know how to look after me if I get it!”

Ruth’s years of experience have taught her some excellent caring strategies. She always advises carers to take advantage of respite, asking “What if you get sick? You need to let your loved one get used to respite.”

“I also encourage carers to let their grandchildren spend time with Grandma,” says Ruth. “Kids are wonderful with people with memory loss.” At just 14 months old, Ruth’s own grandson would sit on her mother’s knee. “He’d babble away to her and she to him – they had a language of their own.”

Ruth encourages friends of people with dementia to stay in regular contact, even if it’s making a quick phone call or sending a postcard with a few words to say they’re thinking of them. Ruth believes social networks are very important, and many group participants have stayed friends even after they’ve stopped attending meetings.

For people with dementia who have trouble remembering names, Ruth suggests word-association. However she does tell one cautionary anecdote about this method: A man with dementia and his wife bumped into another couple outside the Wagga Wagga Marketplace. The wife thought, “Oh, I hope Fred doesn’t make a fool of himself” but was pleasantly surprised when he greeted the other lady with “Hello, Flora!” After they’d said good bye, the wife asked her husband “How did you remember that was Flora?”

“So I remembered we use Flora margarine,” replied the husband.

The wife confessed to Ruth, “I was so grateful he didn’t say ‘Hello, Margarine!’”
Loneliness linked to dementia

Loneliness increases the risk of developing Alzheimer’s-related dementia in later life, according to the findings of a new US study.

Previous studies have found that social isolation — having few interactions with others — increases the risk of dementia. This study is one of the first to examine whether feeling alone (loneliness), rather than being alone, also contributes to dementia risk.

Researchers at the Rush University Medical Center examined the association between loneliness and Alzheimer’s disease in 823 older people, who initially did not have dementia. At the start of the four-year study, and annually thereafter, participants completed questionnaires asking how lonely they felt, and were examined for dementia and Alzheimer’s. During the study, 76 participants developed Alzheimer’s disease.

The researchers found that those who were more lonely had a higher risk of developing Alzheimer’s disease. On a loneliness scale where scores could range from 1 to 5, those with a high loneliness score (3.2) had over double the Alzheimer’s risk of those with a low score (1.4).

Interestingly, when researchers performed autopsies on participants who died in the study, they found that loneliness was not related to the brain changes associated with Alzheimer’s disease, such as plaques and tangles. This suggests that loneliness may contribute to dementia via some other, as yet undetermined, mechanism, according to the authors. More research will be needed to examine the mechanism behind this association.


Compound identifies signs of Alzheimer’s in the brain

Researchers have confirmed that a substance called ‘Pittsburgh Compound B’ can help spot a toxic protein in the brain that is a hallmark of Alzheimer’s disease. The compound, PiB for short, can be used to show amyloid-beta proteins on brain scans in living people.

PET brain scans using PiB show great promise in improving the diagnosis of Alzheimer’s disease. Currently, diagnosing Alzheimer’s during life is not straightforward. A definite diagnosis can only be confirmed at autopsy, when signs of the disease in the brain, like amyloid plaques, can be seen.

PiB imaging could also help to evaluate the efficacy of treatments that aim to clear amyloid from the brain.

Until now, PiB had never been directly proven to show amyloid-beta in living human brains. This has now been confirmed by a recent study, which reports on the autopsy of a 76 year old man with dementia who died a few months after taking part in PiB imaging research. Scientists found that the brain areas that showed PiB binding in scans done while the man was alive matched the distribution of amyloid-beta found in his brain at autopsy.

“This study confirms the accuracy of the new PiB molecular imaging for amyloid,” study author Dr John Growdon said.


Vasectomy: a risk factor for a type of dementia?

Researchers have found that men with a less common form of dementia, known as Primary Progressive Aphasia, have higher rates of vasectomy than men the same age who are cognitively normal.

Primary Progressive Aphasia (PPA) is a degenerative brain disease that affects language abilities. People with PPA gradually lose the ability to communicate and understand speech.

Researchers at Northwestern University in the US surveyed 47 men with PPA and 57 men with no cognitive impairment about whether they had ever had a vasectomy.

It was found that 40 per cent of the men with PPA had undergone a vasectomy, compared to just 16 per cent of those without cognitive problems. Furthermore, of the men with PPA, those who had undergone a vasectomy developed the disease earlier than those who had not. These results suggest having a vasectomy may increase the risk of this form of dementia.

The reasons for the link are unclear. The authors speculate that vasectomy may increase the risk of PPA because the procedure breaks the blood-testis barrier — the physical barrier separating blood and sperm — allowing sperm to enter the bloodstream. 60 to 70 per cent of men develop antibodies to sperm after the surgery. There are molecular similarities between sperm and brain cells such that anti-sperm antibodies may also target brain cells, producing dementia.
It is important to note that these findings are only preliminary. At this stage, lead author Sandra Weintraub emphasises, “I don’t want to scare anyone away from getting a vasectomy. It’s obviously a major birth control alternative. This is just a correlational observation.”


Chronic distress and dementia link examined

Experiencing chronic psychological distress may increase the risk of dementia later in life, according to another long-term study from the group at Rush University Medical Center.

Chronic distress is the tendency to experience negative emotions often. This study looked at chronic distress and dementia in a large group of older Catholic priests, nuns and brothers who have been followed since 1994. During the study period, 219 of the participants died and had brain autopsies.

The researchers found that older people who experienced higher levels of chronic distress were more likely to develop dementia than those with low distress levels. However, they also found that chronic distress was not related to any of the hallmark brain changes seen in Alzheimer’s disease and other forms of dementia (eg plaques and tangles).

This suggests that chronic distress may contribute to dementia through some other ‘distinctive’ mechanism in the brain, according to the authors. Chronic distress is known to cause certain physical brain changes in animals that lead to impaired learning and memory; this could occur in humans too, although further research would be needed to find out. It might be possible to decrease dementia risk by diminishing the impact of distress on the brain, for example by antidepressants or exercise.


The board of Alzheimer’s Australia NSW has recently reviewed how the organisation engages with people with dementia and their carers, to ensure that the experiences of people living with dementia in NSW are appropriately represented in the policy development and advice we provide to government and other bodies.

We would like to welcome those new members and continuing members of the Consumer Reference Standing Committee: Lucille Bloch, Mary Root, Elaine Todd, Jill Elias, Wendy Hillsdon, Margaret North, Patsy Templeton, Brenda Bailey, Joan Jackman and Anne Yeates.

Established in 2005, and chaired by the Vice President of Alzheimer’s Australia NSW, the Consumer Reference Standing Committee aims to formalise consumer input from our members.

Committee members have discussed and provided feedback on various consumer-related policy issues such as mandatory reporting; elder abuse; relief for carers and people with dementia; relative support committees at residential aged care facilities; driving and dementia; end of life decisions; and younger onset dementia.

With the growth in service delivery throughout NSW, we are now in a better position to capture the needs of people living outside of the Sydney metropolitan areas.

This year Vice President Robin Wirth is keen to embrace the views and experiences of those people living with dementia in rural and regional NSW. In the coming months the Consumer Reference Committees will hold regional meetings in Port Macquarie, Bega, Newcastle and the central west of NSW. If you would like to get involved, or raise specific agenda items, please email consumers@alznsw.asn.au. This email address is also a great way to provide feedback if you are not able to attend meetings or wish to raise specific issues for discussion.

In addition, the Board Policy Committee, chaired by Dr Robert Yeoh, aims to produce three discussion papers in NSW on the following topics:

1. Access to early and accurate diagnosis in NSW
2. Decision Making and Dementia in NSW
3. Driving and Dementia in NSW

These topics feature consistently in calls to our National Dementia Helpline and feedback to our staff. In order to effectively encapsulate and express the experiences of people living with dementia and those who care for them in NSW we welcome you to share your experiences and views on these topics via email to consumers@alznsw.asn.au
People living with dementia in regional New South Wales will benefit from three new exciting projects involving Alzheimer’s Australia NSW.

**Hunter Region**
In Newcastle area Alzheimer’s Australia NSW will soon open the Hunter Dementia and Memory Resource Centre in Percy Street at Hamilton.

Alzheimer’s Australia NSW and the Rotary Club of Newcastle raised the capital sum of $550,000 to purchase the property and funds are now being sought to fit it out as a state-of-the-art Dementia Resource Centre. Chief Executive of Alzheimer’s Australia NSW Bill Northcote said, “This is a very exciting project, one which will really benefit the people of Newcastle and the Hunter. We are very grateful for their support and generosity and the hard work of the Rotary Club of Newcastle.”

The centre will have counselling rooms, a client visiting area, professional consulting rooms and a resource area containing books, DVDs, Helpsheets and other educational materials.

The centre will have a homely feel, yet also employ the very latest dementia design principles, including appropriate colour schemes, wheelchair access and safe areas.

Mr Northcote believes the centre will give Alzheimer’s Australia NSW a very visible presence in the Hunter, and better equip the organisation to meet the challenges of the dementia epidemic in the years to come.

“At the moment there are about 10,000 people living with dementia in the Hunter and New England regions,” said Mr Northcote. “This number will more than treble by 2050, so the sooner we get this centre up and running the quicker we can help those who need our support.”

**Wingecarribee Area**
In the Southern Highlands plans and fundraising are well underway for the construction of the $1.6 million Wingecarribee Community Services Centre in Queen Street, Moss Vale. The centre will provide an aged care and disabled services hub for the region including a dementia-specific adult day care centre, carer support services, a kitchen and distribution centre for Meals on Wheels and space for other services supporting people who wish to stay living at home.

According to Alzheimer’s Australia NSW’s Dementia Advisory Service worker for the Southern Highlands, Angela Lowman, the centre will be a major asset for the region.

“It has been designed so carers can take a break from their day-to-day responsibilities as well as find out more about support services and educational programs,” Angela said.

As well, the centre will provide greater access for one-on-one counselling.

Groundbreaking initiatives boost regional dementia services
The Rotary Club of Moss Vale has been a prime mover in raising funds for the project, making the centre its Rotary Centennial Project in 2005, and the land has been donated by Wingecarribee Shire Council. Other donations have come in the form of generous bequests, including $75,000 from the family of Col Davies. Col was a member of the local Rotary club and was diagnosed with Alzheimer’s disease. His wife Cath is now the secretary of Wingecarribee Community Services Centre, the charity raising the money for the construction. The Davies’ personal experience with dementia has inspired the project.

The centre has just on half the money it needs to complete the project and more fundraising is planned, including a glamorous ‘The Stars are Dancing’ evening in May featuring local celebrities Geoff Harvey and Noelene Brown.

Anyone wishing to make a donation to the Centre or attend the gala night can contact Catherine Davies on 4861 1620.

**Memory Van**

Alzheimer’s Australia NSW has announced it has received funding for its long-awaited Memory Van. The van will be modeled on the one already on the road in Western Australia and will be a mobile resource centre that will travel the State. It will set up in schools, shopping centres and retirement facilities to educate and raise awareness about brain health and dementia risk reduction.

Alzheimer’s Australia NSW Education Manager Lorraine Brown said, “We are all very excited about the Memory Van as it will become a valuable resource in our education programs. It is easily recognisable and will generate a lot of interest when it is out on the road.”

The van aims to provide all the information people need to answer their questions about memory and dementia. Trained educators will be on hand with the latest technology including laptops and DVDs to run information and education sessions.

Funded by the HBOS Australia Foundation, Alzheimer’s Australia NSW aims to have the van on the road by September this year.

“If the Western Australian experience is anything to go by, our Memory Van will be a huge hit with the community,” said Ms Brown.
People with dementia face many challenges with tasks they previously took for granted, such as remembering appointments, paying bills, taking medications and safely using household appliances.

People can remain independent for longer by changing their home environment and using assistive products within their capabilities, but when selecting products it is important to consider the set up, the degree of new learning and the level of maintenance required. As the person’s capabilities change this may affect their ability to use the device effectively. A health care professional can do an assessment, but carers and family are very important in monitoring the situation and providing important feedback to ensure effective use of an item.

The Independent Living Centre NSW talks us through a few helpful products:

Calendar clocks can display the day of the week, date and month. The JADCO clock is easy to read, with large text and clear contrast. Initial set up is easy. Leap years are programmed and the date and time automatically changes. However, changing the time for daylight savings needs to be done manually. Most operate on batteries that need to be changed annually so a procedure needs to be in place for this. The clock should be positioned in a place readily seen, such as on top of the television or beside the bed. This device is best used with a diary or communication board.

Object Locators find misplaced items by using a battery operated locator that beeps. The Wireless Key Finder has four coloured beeper tags that attach to an item by a ring. To locate an item the person presses a coloured button on the transmitter and follows the beeping sound from the corresponding tag. People with hearing impairment may have problems with this system as the beeping noise is quite soft. Walls can also be a barrier to transmitting the signal. Also, tags cannot attach to very small items such as glasses. It is recommended that the transmitter be located in a set place with a chart labelling the items.

Electronic pill dispensers help in remembering tablets and the time to take them. They contain compartments that open at a programmed time with an alarm. The Careousel is a computerised medical dispenser containing 28 compartments that can be programmed individually. At the set time an alarm signals and the cassette rotates to expose the correct medication through an opening in the lid. Reminder alarms continue to sound for one hour or until medication is taken.

The Independent Living Centre NSW has a range of assistive products and design ideas to see and try. The Centre does not hire or sell equipment but provides information, approximate prices and where products can be purchased. Their Occupational Therapists can provide assistance on products and strategies.

Call their Info Line on 1300 885 886 or email help@ilcnsw.asn.au

You can view these products online at www.ilcnsw.asn.au by going to the homepage and clicking on ‘Product Search’ on the left-hand side.
For those of you who lived through the 60s and 70s, when the Vietnam War was in full swing, you’ll remember the phrase ‘R and R’, and what it stood for: ‘Rest and Recreation’, when lots of young, attractive American GI’s took several days’ leave, mainly in Sydney and Melbourne, and had a good time with the locals.

For those of us now taking a journey of dementia ‘R and R’ stands for something totally different: ‘Respite and Recuperation.’ The government provides for 64 respite days per year, when a person with dementia can go into care while their partner whoops it up on holidays, or just rests. Ideally this enables both partners to have space from each other, and come back refreshed and ready to take up the journey again. Ronald and I have found this to be true, although our experiences have been far from straightforward!

I first explored respite when I went on a family weekend holiday in September last year. I found a facility in a leafy area similar to our quiet, gum-tree-filled suburb, and booked a place for my husband six months ahead.

I began discussing the respite with Ronald two weeks beforehand, but he didn’t take it well, feeling that I was “putting him away.” I explained I needed a break, was exhausted and could no longer cope, and that when we got back together everything would be calmer and happier, but Ronald would accept none of it.

The respite period did not start smoothly. Ronald is quite independent and physically fit, and is usually very gentle. In respite he became quite agitated at times, and was verbally aggressive to staff when he felt they weren’t listening to him. Although I had set out his background on paper and put together an album of his life, it seemed the staff didn’t use this personal information to connect with him and put him at ease.

Things settled down when, from day four, I organised for a family member, neighbour or friend to visit every day, to take him for a walk and have a cup of tea. This was working extremely well until, disappointingly, the respite was cut short, because there was some staff sickness and Ronald was seen as ‘high maintenance.’ PS. That’s why we needed respite!!!!

Afterwards I felt calmer and more able to cope. I believe Ronald felt this as well, and it took no time for him to get back into our normal home routine.

Our second experience was in March this year, when I spent 10 days at a family reunion in Adelaide. This time Ronald checked into the dementia-specific area, which is more homely and employs staff trained in working with challenging behaviours. The Director of Nursing agreed to repeat our earlier successful arrangement for a daily visitor to take Ronald out, although this isn’t usual for dementia-specific respite.

This worked reasonably well, until the end of the respite period when things went a little haywire! On the Saturday morning Ronald left the centre and walked the six kilometres to our home, instead of waiting for me to pick him up on the Sunday morning.

Nevertheless, I came back from my trip de-stressed, after catching up with family I hadn’t seen for years, plus visiting wineries and the Adelaide Fringe Festival.

Despite the hurdles, I cannot recommend respite enough. It gives me a chance to recharge the batteries, to have freedom to think and just to be ME. It means our home situation is as calm and peaceful as possible, and Ronald is happier and more contented. Bite the bullet: take ‘R and R’!

Patry Templeton on their recent Tasmanian holiday.
Your new newsletter
Intouch will be undergoing a revamp in the second half of this year – keep your eyes peeled for a rejuvenated newsletter. If you would like to send any comments or suggestions, please write to admin@alznsw.asn.au

Coffs Harbour Symposium
Alzheimer’s Australia NSW held a very informative and entertaining one-day symposium at Coffs Harbour in May, attended by about 150 dementia care professionals, academics, family carers and service providers. The theme of the day was Transitions: Clearer Pathways in Dementia Care and featured presentations on managing the causes of dementia-driven behaviour by Associate Professor Sue Kurrle and maintaining healthy cognition by Dr Michael Valenzuela. The success of the event indicates a great desire in regional areas to find out more about dementia care and treatment.

Study on Falling and Dementia
The Prince of Wales Medical Research Institute (POWMRI) along with the Prince of Wales Hospital and the University of New South Wales are conducting a study that aims to identify risk factors that contribute to risk of falling in people with cognitive impairment and dementia. The research information will then be used to target interventions specifically at people with cognitive impairment and dementia.

The researchers are seeking 250 participants who:
1. Are 65 years old or older,
2. Are diagnosed with a mild to moderate cognitive impairment such as dementia, and
3. Are living in their home in the community or in a hostel.
If you are interested in participating in the study, or know of someone who is eligible and may be interested, please contact Jodie Rattey on (02) 93991058.

Burgeoning Bega Group
A new carer support group that meets in Moruya on the 3rd Wednesday of each month has continued to double its membership each month. If you would like to attend please contact Barbra Williams in our Bega office on (02) 6492 6158.

Carnevale!
“A Carnevale ogni scherzo vale” translates as “any joke or trick is OK at Carnevale time,” and this was the theme of Darling Harbour Rotary Club’s recent fundraiser for Alzheimer’s Australia NSW.
Guests enjoyed a three-course meal entertained by their hosts Arlecchino and Pulcinella, in full costume, as well as singers, an accordion player and performances of the fast and furious national dance the Tarantella. Following speeches and an auction, guests danced till midnight. The evening was a success, raising a total of $10,000.

Quality Care Expert to Tour
Alzheimer’s Australia NSW is gearing up for a visit from top US policy expert in dementia care and practice Jane Tilly. Jane is the Director of Quality Care Advocacy at the Alzheimer’s Association in Washington, which aims to promote excellence in dementia care and treatment. From 18 to 22 July this year Jane will be speaking at a number of seminars around NSW as well as meeting with policy makers and dementia care professionals. Please call us on (02) 9805 0100 for more information.

Shear Commitment
Shearer Lionel Garner has taken an inventive approach to supporting Alzheimer’s Australia NSW. At the recent Shearing Marathon in Carrathool, near Griffith, Lionel sheared sheep for 24 hours straight, earning $10,000 in sponsorship for his efforts. Any readers wishing to add their dollars to Lionel’s effort can donate at any Commonwealth Bank, into the Lionel Garner Shearing Marathon Account. Lionel’s support was inspired by his mother, who has dementia. She had 12 children and was one of the first female jockeys in NSW, rising to racing fame in 1957.

Warm Wagga Welcome
We are pleased to welcome Jeanette Grinter, our new regional partner based in Wagga Wagga, who is employed by Greater Southern Area Health Service. Jeanette is available for counselling and other group work and can be contacted on (02) 6932 3002.

Consumer Input at HACC Conference
Many thanks are due to Peter McGregor, Gwen Butcher and Anne Smith, all from the Younger Onset Living with Memory Loss program, who recently contributed their experiences and ideas about accessing community services to the Alzheimer’s Australia NSW presentation at the Home and Community Care conference at Darling Harbour.
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.

Nancy Adrian
Rosario Altavilla
Patricia May (Patsy) Baker
Arthur Bakss
Mrs Benz
Joyce Bolack
Richard Bowker
Myrtle Jane Buckley
Letitia Cantarella
Milton ‘Mick’ Carey
Norman Lionel Carter
Hermes Celio
Ronald Christie
Ilario Ciardi
Ethel Cohen
Carol Crouch
Anna D’Angelo
Fay Varden Edwards
Evelyn May Favaloro
Mervyn John Fleming
Betty Flora Giedhill
Ivy Goldrick
Keith Grant
Donald Heath
Bernie Henriksen
Carmel Hoist
Joyce May Kelly
Richard Edmond Kennedy
Mavis Frances Kennedy
Maria Kent
Norman Kenneth Kilborn
Joseph Jean-Baptiste Marc Lajoie
Rosario Maiorana
Ronald John Mallett
James Matis
Mrs Stafford Meredith-Brown
Rose Myers
Horace Tyler Newman
Gweneth Jean O’Brien
Evelyn Jean Olive
Nita May Osborn
Neville William Robson
Dr Peter K Ruhm
Joseph Saliba
Wilhelm Schuler
Alina Schwarzbbaum
John Austin Senior
Tony Simmons
Hazel Souter
K G Stibbard
Elva Gertrude Stuart
Ron Sutton
Joan Alberta Turnbull
Joseph Vaughan
Dora Vukasinovic
Helen Watson Wade
Edna Dorothy Wells
Eunice Whaler
John (Jack) Leslie White
Mavis Williams
Dorothy Winning
Gwen Wyborn
Dorothy Wylie
Gabriel Ziegel

The Library & Information Service

The Library & Information Service has launched a new website
http://alzheimersnswlibrary.blogspot.com that lets you know about what’s happening in the Library, new resources, recommended websites, book reviews and more.

To keep up to date with a selection of news on various topics relating to dementia and Alzheimer’s disease visit http://alznews.blogspot.com

If you are having difficulty accessing the above websites because of restricted access by your IT department or spyware try the following alternative web addresses:
Alzheimer’s Australia NSW Library & Information Service blog http://digbig.com/4sdprs
Alzheimer’s Research News blog http://digbig.com/4sdpr

To set up email alerts
1. Open the websites http://alzheimersnswlibrary.blogspot.com and http://alznews.blogspot.com (or use the alternative web addresses indicated above)
2. On the right hand menu bar there is a box titled ‘Email Notification’
3. Enter your email address in the box, and then click Subscribe.
4. An ‘email subscription request’ box will open up in a new window
5. You will then need to type the letters that appear on the screen into a box. This is to decrease spam.
6. After you have typed the letters, click the ‘complete subscription’ request button. (If you type the letters incorrectly a new request will appear. Repeat step 5 and 6)
7. A new screen will appear which indicates that your request has been received. Click the words ‘close window’ at the bottom of this box.
8. Complete step 2 to 7 for each new email address you wish to register.
9. NOTE: It will take up to 24 hours for you to receive email notification.
Professional Education Courses

All our professional courses are designed specifically to meet the learning needs of dementia care workers and allied health professionals.

**Working Together in Moree**
Tuesday 17 July | 9am – 4:00pm
$25 (subsidised fee)

**Working Together in Armidale**
Thursday 19 July | 9am – 4:00pm
$25 (subsidised fee)

**Working Together in Tamworth**
Friday 20 July | 9am – 4:00pm
$25 (subsidised fee)

**An Insight into Dementia in Sawtell**
Thursday 26 July | 9am – 4:00pm
$140 members / $150 non-members

To find out more about these courses, please telephone 02 8875 4640, fax 02 8875 4665 or email sbenson@alznsw.asn.au

New Resources for Loan

*Designing for People with Dementia* includes 25 case studies, including examples in Australia, which demonstrate the principles of good design for people with dementia. An excellent resource for organisations looking at building dementia-specific units or refurbishing existing areas to be more dementia-friendly.

*That Alz Thing* is the personal journal of Deb Benson, the author, and her mother through their journey with Alzheimer’s disease.

*The Successful Activity Co-ordinator: A Learning Resource for Activity and Care Staff Engaged in Developing an Active Care Home* has been recommended by Lauretta Kaldor, Diversional Therapist for Alzheimer’s Australia NSW, as an essential guide to developing and running successful activities in aged care.

*Stolen Moments: Inspiring and Unforgettable Stories from People Living with Alzheimer’s* is a compilation of “heart-warming stories of people who see past the pain to the humour, to the irony, and to those single random moments when the love that was stolen from them returns.”

*100 Questions & Answers About Anxiety* offers the reader answers to common questions about anxiety. Divided into three parts, the book covers the nature of anxiety, common manifestations of anxiety and various treatment options.

Remember... that we post out library items at no charge to members.
Remember... that the library catalogue is available online https://catalog.nsw.alzheimers.org.au/Liberty3/opac.htm
Remember... that you can contact the Library for assistance in selecting resources between 9am and 5pm Monday to Friday on (02) 9888 4218 or email lis@alznsw.asn.au