Join us on World Alzheimer’s Day
Sunday 21 September – for the Memory Walk!
9am–2.30pm Newington Armory, Sydney Olympic Park, Homebush Bay
Live music, food and drinks, and lots of family fun! Phone 8875 4625
Welcome to the Spring 2008 edition of intouch.

In recent months, Alzheimer’s Australia NSW has experienced a lot of change, not least of which is the resignation of our Chief Executive Officer, Bill Northcote, which takes effect at, or before, the end of October 2008. Having completed his planned goals over the past two years, Bill has helped create a more open environment for consumers to engage with Alzheimer’s Australia NSW about policy development; he has helped build upon the success of our Fundraising Team and our Client and Education Services Team and has facilitated further development of our culture and values throughout the organisation. During his tenure The Hunter Dementia and Memory Resource Centre was opened by the Governor, we acquired, and use, the Memory Van and installed a multi-sensory room at Cox’s Road. Alzheimer’s Australia NSW is widely recognised as a high quality and innovative organisation by the sector and The Board and the organisation wish Bill well in the next phase of his life.

Whilst the Board and I conduct a rigorous recruitment process for a new CEO, we will also continue to examine and implement the strategic plan. Such plans, of course, are dynamic and should be examined regularly. The plan forms two parts – a higher level statement of vision, goals and values, and another statement of operational steps which are needed to give effect to those goals, and values and vision. Our staff continue to be involved in the second part of the plan and will give effect to what the Board selects as the appropriate goals and vision and values. To that end the Board is planning a full day in September to examine goal and vision statements.

This edition of intouch shares with our members news regarding policy and government updates, and includes a letter from the Hon Kristina Keneally MP expressing her support for Dementia Awareness Week and the NSW Parliamentary Friends of Dementia Symposium she will open with us on Thursday 25th September 2008. As ever, this edition details our upcoming Education Courses for Carers, Health Professionals and for Volunteers, and also includes some of the latest Research Briefs. We are particularly delighted by the contributions to our publication by Dr Michael Valenzuela (Research Fellow in Regenerative Neuroscience at UNSW School of Psychiatry, University of NSW). Also contained herein is a profile of the wonderful work conducted by our Mobile Respite Team in the Bega Valley Shire and also some details around our joint program with the NSW Police Force, Safely Home.

We look forward to a successful 2008 Dementia Awareness Week (September 19-26) and hope you will join us for the Memory Walk in recognition of World Alzheimer’s Day (Sunday 21 September) where monies raised will fund the purchase of another Memory Van for dispatching information and education to people living in regional NSW.

Regards,
Peter Baume AO
Many people in the Bega Valley Shire are geographically isolated and in need of support and education about dementia. Once appropriately armed with support networks and information about respite options and therapeutic lifestyle choices, people living with dementia can choose to remain living at home with their carer, independently and happily.

Funded by the National Respite for Carers Program (NRCP), the MRT service provides welcome relief to those carers faced with ever challenging behaviours associated with their role as carer in the home.

Adopting a holistic, creative approach and delivering an individualised service of support, empathy, education, advocacy, counselling and diversional therapy via a short-term program of visits, the MRT better equips the carer with coping strategies and provides easier access to dementia-specific resources and community networks.

The MRT is a flexible service equipped to provide two Respite Specialists to the home environment, which means both the carer and the person living with dementia receives assistance. The MRT is also available to assist people during the often unsettling transition process from home living to residential care facility.

“We are passionate about helping the people living with dementia and their carers to reconnect with the meaning and purpose of their own lives and to become better connected within the community,” said June Madden from the MRT. “It is about assisting people who are adjusting to the challenges of dementia, but also about helping people to explore their possibilities and potential despite the difficulties,” Jane continued.

The MRT also offers carers and care recipients support by way of monthly meetings and social outings such as the ‘Caring Matters’ meet and the ‘Companion Club’ which connects long-term clients with some of the newer faces in the Bega Valley Shire.

June reported that, “Our most recent social gathering was a BBQ followed by mini golf at one of the local recreation venues. It was at this gathering that old and new carers and care recipients mingled and played together. A past carer on that day privately commented “you (MRT) seem to have a growing family of clients”, to which I responded “we have an evolving family of people who are coming to recognise each other and understand the meaning of unity and the possibility of transcendence of the dementia condition.”

For more information about the Bega Valley Shire Mobile Respite Team, please contact June Madden by email jmadden@alznsw.asn.au or call 02- 6492 6158.

If you would like to acknowledge the generosity of a volunteer in your local area and share this with our readership, please send by post a detailed profile and a photograph to: Intouch Volunteer Profile c/- Alzheimer’s Australia NSW, PO Box 6042, North Ryde, NSW 2113 or by email to lstallard@alznsw.asn.au indicating your full name, city/town/suburb – we’d love to hear from you.
Invisible amyloid may be culprit rather than plaques and tangles

One of the classic theories for why Alzheimer’s Disease (AD) occurs is that an abnormal protein called amyloid builds up and becomes visibly deposited as toxic plaques. These plaques were believed to in turn kill off vital brain cells needed for thinking, behaviour and emotions. It is these plaques that Dr Alzheimer first described over 100 years ago and which are typically quantified under the microscope at post mortem. A recent report from the laboratory of Professor Dennis Selkoe at Harvard Medical School suggests that this classic theory may need major revision.

Using sophisticated chemical methods these researchers extracted the invisible dissolved form of amyloid from the brains of individuals who had died from AD, and injected it into the brains of normal rats. They found that this had a dramatic effect on brain cell function and structure: the synapses or connections between brain cells were specifically damaged. Rats injected with this kind of dissolved amyloid also had worse memory, a core feature of human AD.

Strikingly, when the same animals were injected with fragments of the visible plaques, there was no synaptic toxicity effects. Only when these fragments were dissolved did the researchers find toxic effects on brain connections and memory function.

This research therefore suggests that perhaps it is the amyloid we can’t see that is more at fault in human AD than the amyloid we can see. Paradoxically, it also stimulates the provocative idea that development of amyloid plaques may potentially even be a good thing, a way, for example, for the body to convert dangerous soluble amyloid into relatively harmless plaque deposits.

These findings are likely to trigger intense interest in the nature of these invisible amyloid compounds, and lead to questions surrounding the wisdom of ‘plaque busting’ drugs currently being trialed.


Communicated by Dr Michael Valenzuela.

Evidence for grief as the major barrier faced by Alzheimer Caregivers: A Qualitative Analysis

As part of an Alzheimer’s family caregiver study conducted by Indiana University to assess carer needs and service preferences a final question asked ‘What would you say is the biggest barrier you have faced as a caregiver?’ The vast majority (more than 75%) of the 353 responses related not to physical hands-on issues but the emotional issues of grief and loss.

The article states that the types of grief and loss experienced include: disenfranchised grief: that which is mourned but not socially acceptable such as mourning the loss of a ‘person’ to dementia before they die; anticipatory grief: grief caused by a fear for what lies ahead; and ambiguous grief: the grief experienced by the ambiguous progression of dementia and the confusion and anxiety experienced by the caregiver.

These expressions of grief can contribute to loneliness and isolation and impinge on the unique emotional pain experienced by Alzheimer’s caregivers. Frank claims that further investigation needs to be conducted in relation to context, that is, in relation to gender, ethnicity or type of caregiver (adult child vs. spouse).

Frank suggests however that the data has potential to be used to help design a framework for an intervention program focussing specifically on predeath grief and loss for caregivers. She suggests a psychoeducational program – that combines peer-to peer support and information based support to help to normalise grief for dementia caregivers and thus aid caregivers by reducing the impact of grief as a major barrier to caregiving.

Jacquelyn Frank (2008) Evidence for Grief as the Major Barrier Faced by Alzheimer Caregivers: A Qualitative Analysis, in American Journal of Alzheimer’s Disorders and Other Dementias, 2008;22;S16

Communicated by Jo-Ann Brown. Alzheimer’s Australia NSW

Effects of long term alcohol abuse can damage the brain by decreasing insulin and insulin-like growth factor receptors

Too much alcohol can cause permanent brain damage, such as Wernicke-Korsakoff syndrome, which is largely related to thiamine deficiency. Previous animal studies have shown that alcohol can also cause brain injury and degeneration by inhibiting insulin and insulin-like growth factor (IGF). A new study using...
postmortem human brain tissue has found that chronic alcohol abuse can decrease levels of genes needed for brain cells to respond to insulin/IGF, leading to neurodegeneration similar to that caused by Type 2 diabetes mellitus. 

Source: EurekAlert!: 17 June 2008

From the School of Psychiatry, UNSW
Alzheimer’s Australia NSW is very pleased to be receiving information updates from Dr Michael Valenzuela.

Dr Valenzuela is a Research Fellow in Regenerative Neuroscience at the School of Psychiatry, UNSW and the Neuropsychiatric Institute, Prince of Wales Hospital. His background is in psychology, clinical medicine and neuroscience research. Dr Valenzuela’s work on the topic of brain reserve was recognized with the prestigious Eureka Prize for Medical Research in 2006. His current research aims at further understanding the competing forces of neuroplasticity and neurodegeneration in the human brain. He hopes to understand how these combine to lead to dementia, and more importantly, how they can be harnessed to help prevent it.

Dr Michael Valenzuela has the popular science book ‘It’s Never too Late to Change Your Mind’ about what individuals can do to minimize their chances of getting dementia – due out for release with ABC books in late 2008.

Research Briefs continued

Call for Volunteers

Are you interested in improving your memory?

Find out if you can join the SMART Trial (Study of Mental Activity & Regular Training). The Universities of Sydney (Professor Maria Fiatarone Singh) and New South Wales (Dr Michael Valenzuela) are looking for people aged 65 and older to join the SMART Trial.

Research has shown that people who are more mentally and physically active have a reduced rate of memory loss and risk of developing dementia.

This study will look at the best way to improve brain health in adults aged 65 and older without dementia.

This FREE program includes a complete medical screening and assessment of your mental and physical function.

Activities are fully supervised by experienced health professionals and will involve participating in a combination of mental and physical exercises at The University of Sydney, Faculty of Health Sciences, Lidcombe, 3 days a week for 6 months.

If you are interested in participating in the SMART program or have any questions please contact the program coordinator, Ms. Brooke McMahon on (02) 93519138.

Volunteers Needed

Become a Volunteer with Alzheimer’s Australia NSW and help make a difference for people living with dementia in our community!

Alzheimer’s Australia NSW support leadership in dementia policy and services and is the peak body representing the interests of people living with dementia, their carers, families and health professionals in NSW. We are committed to promoting the dignity and quality of life for all people living with dementia in our society.

Our specialised services make a difference statewide by providing: support, information, education, community advocacy and counselling. And right now, we need your help, because there’s more we can be doing in our communities, particularly in support of Dementia Awareness Week commencing in September 2008.

If you would like to be involved, please contact Karen Black on 02 8875 4637 or by email kblack@alznsw.asn.au to discuss your skill set and the time commitment you can share with us. Many thanks!
The number of people whose lives are touched by dementia or memory loss is rapidly increasing in NSW. That is the reason why many older people are entering residential aged care or seeking assistance from community care programs. The NSW Government will continue to respond to the growing needs of people whose lives are touched by dementia and memory loss.

The NSW Government and the Australian Government have jointly approved over $11 million of Home and Community Care (HACC) capital funding which is going into building, extending or renovating HACC day care centres throughout NSW, upgrading facilities to enable local communities to have dementia-focused facilities in targeted areas.

These facilities will provide day care service and respite – a much-needed break to the carers of people with dementia in our local community.

The focus on dementia-specific facilities is a response to the increasing incidence of dementia associated with the ageing population which is predicted will increase dramatically by 2030.

Services funded by the NSW Government under HACC include domestic assistance, social support, nursing care, meals-on-wheels, respite care, home maintenance and modifications and community transport.

The HACC program assists frail older people, younger people with a disability and their carers, many of whom would be unable to live in their own homes without this assistance, to have equitable opportunity to participate in community life.

I look forward to events during Dementia Awareness Week this year and in supporting our NSW Parliamentary Friends of Dementia Symposium being held in the Parliament House Auditorium on Thursday 25 September 2008.

The Hon Kristina Keneally MP

For more information about the Summit please contact Lisa Langley at Alzheimer's Australia NSW on (02) 8875 4681 or email llangley@alznsw.asn.au
NSW Parliamentary Friends of Dementia

As a result of the April 2008 NSW Parliamentary Friends of Dementia Symposium, co-convenors Judy Hopwood MP and Dr Andrew McDonald MP delivered upon their commitment to communicate dementia awareness and the National Dementia Helpline to other MPs and their electorates throughout NSW. The next symposium will be held Thursday 25th September during 2008 Dementia Awareness Week.

15 July 2008
Dear Member,
Re: Dementia in New South Wales

There are 76,000 people in NSW with dementia. Every second, a person in your electorate will know someone who is living with dementia.

On April 9, 2008, a meeting with the NSW Parliamentary Friends of Dementia was held. We thank those MPs who attended. As the co-convenors of the NSW Parliamentary Friends of Dementia (PFD), we enclose the brochure that was given out on the day of that meeting.

What you can do:

• Put the number of the 24 hour National Dementia Helpline 1800 100 500 in your phone, to give to constituents who may approach you about dementia when you are away from the office.

• Encourage your staff to ring this number if more information on dementia is needed.

• Create a ‘Dementia’ file in your office. Your staff could then file this folder there, to refer to when needed.

• Remember dementia awareness week, September 19-26.

Judy Hopwood MP – Member for Hornsby
Andrew McDonald MP – Member for Macquarie Fields

Electronic Tracking and Tagging
Although ‘walking’ can provide significant benefits for people with dementia, at the same time it presents significant risks. If a person with dementia wanders away from their home or residential care facility they risk injury, hospitalisation or even death. In NSW, last year, more than 6,500 people over the age of 65 were reported missing – accounting for 40 per cent of all missing persons. A major proportion of this older group had a diagnosis of dementia. While various types of tracking technology can help provide peace of mind for carers and keep people with dementia who tend to wander safe it should not be used as a substitute for quality care. In addition, tracking and tagging technology should not be considered in isolation from other strategies such as the joint Alzheimer’s Australia NSW and NSW Police Force program called “Safely Home” (refer to Safely Home Program in this edition).

Alzheimer’s Australia NSW is currently consulting with our regional consumer committees in NSW with regard to consumer opinion on various forms of tracking technology. Once consultations are complete a policy discussion paper can be finalised.

Consumer Engagement
Alzheimer’s Australia NSW Regional Consumer Committees are dedicated to policy development at a grass-roots level.

We are committed to ensuring the voices of our consumers are heard and want to be sure our policies and programs reflect the needs of those we serve. To ensure we consult with our ‘grassroots’ – people living with dementia, their families and carers – we are developing a network of regional consumer committees throughout NSW. This year we have established six regional committees in Sydney, Port Macquarie, Bega, Orange, Armidale and Wagga - with more planned for 2009. The consumer committees meet three times a year to discuss important policy issues, create local advocacy initiatives and contribute to both State and Commonwealth policy development around dementia.

For more information contact
Lisa Langley at Alzheimer’s Australia NSW on (02) 8875 4681 or email llangley@alznsw.asn.au
The **Safely Home** Program

Protection for people who wander – Alzheimer’s Australia NSW and NSW Police Force joint project: **Safely Home**

For those registered with this program, **Safely Home** provides rapid and accurate identification and the safe return home of a person who has wandered. In successful operation since 2005, the **Safely Home** program offers further protection for people who may wander. Alzheimer’s Australia NSW and the NSW Police urge Carers and people living with dementia to register as an extra precaution to quality dementia care.

**The Safely Home Bracelet**

Once registered with **Safely Home**, you receive a stainless steel bracelet which features a toll free telephone number and personal ID number linked to the NSW Police **Safely Home** database. The secure police database (confidential and accessible by NSW Police 24/7), contains a detailed description of the individual, a recent photograph, contact information, a nickname, next of kin, and previous residential addresses and locations the person may visit.

**How does it work?**

When someone finds the lost person, they can look at the bracelet, telephone the toll free number, and quote the ID number. The police then make arrangements for the person to be returned safely home. Carers can also use **Safely Home** to instigate a search for the person by contacting their local police station and filing a Missing Persons Report. The police initiate a search using information on the database.

**Wandering**

Wandering is quite common amongst people living with dementia and is obviously very worrying for Carers who are constantly concerned for the person’s safety and well-being. Some reasons for wandering include: changed environment, loss of memory, excess energy, searching for the past, expressing boredom, confusing night with day, continuing a habit, dreaming, agitation, or wandering to relieve discomfort or pain.

**Safely Home** helps to provide peace of mind for carers. For Alzheimer’s Australia NSW members, the cost is $35 to register. Non-Members: $49.50.

To register for the **Safely Home** Program please call the National Dementia Helpline 1800 100 500

Alzheimer’s Australia NSW appreciates the ongoing generous support of the Cecilia Kilkeary Foundation for the **Safely Home** Program.

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**North Ryde Multi-Sensory Room - Update**

Our Multi-Sensory Room located at the North Ryde Dementia and Memory Community Centre will soon be fully functional. We are currently working with a number of dementia experts to assist us in creating a ‘best practice’ environment.

Our team is most grateful for the generosity of time and effort by external experts in the field of dementia, including Loretta Kaldor and Sister Margaret Randal RSM. We look forward to seeing our members enjoy use of the North Ryde facilities in full operation in the near future.

**Biography of Sister Margaret Randall RSM**

Sr Margaret Randall RSM, AM holds a MHlthSc(Geront) (by coursework), and MHlthSc(Geront) (by research) from the University of Sydney. She has achieved Advanced Status in Dementia Care Mapping through the University of Bradford, UK. Both Masters’ studies were related to people living dementia in residential aged care facilities. It was as a result of these studies that Sister Margaret searched further for suitable leisure programs for people living with dementia.

In 1998 Sr Margaret was awarded the Vincent Fairfax Churchill Fellowship. This study enabled her to investigate the provision of leisure for people living with dementia in the UK, Netherlands, Sweden, USA and Canada. Of particular interest during this study was the way in which sensory enrichment (also referred to as Snoezelen) had the potential to enhance the lifestyle of people living with dementia. Since that time she has reviewed additional literature, visited other creative centres, and successfully established multi sensory environments in residential aged care facilities. Sr Margaret has also presented at a number of conferences and workshops on the value of Sensory Enrichment. In 2004 she was invited to speak at the 9th Annual Edna Gates Conference on Dementia Care in Michigan, USA.
Thank you
We extend a big thank you to all the members and friends of Alzheimer’s Australia NSW who have generously supported our appeals during the 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.

Michele Adair (General Manager Services) receiving a gift of $5,000 from the President of the Lioness Club of Georges River, Jean Boyle.

We really appreciate this ongoing support of our work in the Sutherland Shire and look forward to continuing our association with the Lioness Club.

Who won the Car?
The 1st Prize winner in the Community Chest Raffle drawn July 16, of the Toyota Corolla was ticket – RER 06760, Mr G Jones, MacMasters Beach NSW 2251, and the winner of the Booksellers Prize of a personal DVD was ticket – RDR 28821, Mrs L Hales, Heathcote NSW 2233. Congratulations!

Another Chance to Win!
The Christmas Treasure Trove Raffle is being launched late September and it is your chance, yet again, to win a Toyota Corolla valued at $25,000. Simply call Christine Bauer on 02 8875 4625 with your phone order or Chris can arrange tickets for you to order. Tickets are $2 each. Entries close December 21, 2008.

MEMORY WALKS on World Alzheimer’s Day
Sunday September 21, is World Alzheimer’s Day and Alzheimer’s Australia NSW will hold the first Sydney-wide Memory Walk in the beautiful Parklands of the Newington Armory area at Sydney Olympic Park. The event will help raise dementia awareness and focus on dementia risk reduction. It will also present an opportunity for individuals and families to assist us in raising $55,000 for a second Memory Van which will take dementia risk reduction messages to the broader community and regional NSW.

The Sydney Memory Walk promises plenty of activities for the whole family including food, drinks, live music and other entertainment such as ‘make a wish’ at The Memory Tree and The Walking Memory Quiz. So come and join in the fun or sponsor someone to walk. To enter, go to www.memorywalk.com.au or call Christine on 02 8875 4625 to have an entry form or sponsors form posted to you.

Memory Walks will also be held in regional NSW:
Bega ph 02 6492 6158
The Hunter ph 02 4962 7000
Port Macquarie ph 02 6584 7444
Forster/Tuncurry ph 02 6584777
Armidale ph 02 6771 1146
Orange ph 02 6393 3514 (to be held Tue 23 September)

Christmas Cards
From September, we will be selling a selection of beautiful Christmas card packs – the proceeds of which will go towards assisting our mission to provide free support services for people living with dementia and their families. These cards are also a meaningful way for businesses to connect with clients and staff at Christmas time. Please see the enclosed flyer for details, or call Christine ph 02 8875 4625 to place an order.

Entertainment Books
On sale until October 30, this ideal Christmas present provides a fantastic array of bargains and discounts and represents up to $10,000 in value! Simply call Christine on 02 8875 4625 to place an order.

Accountants do more than books!
On Tuesday 6 May, 67 accountants – all members of the Institute of Chartered Accountants – enthusiastically took part in 32 tennis matches as part of the Institute’s 81st Tennis Tournament at Northbridge.

Alzheimer’s Australia NSW is one of the Institute’s charity partners for their Everybody Counts Program. Brian Daniels and Coralie Hicks from our Fundraising Team ably took charge of the event’s sausage sizzle to help raise $270 which was gratefully received on the day.
**Professional Education Courses**

We have a very comprehensive program of scheduled courses designed to meet the learning needs of dementia care workers and allied health professionals. We have many scheduled in the Sydney metro and also courses scheduled in Wagga Wagga, Dubbo, Maitland, Bowral, Griffith, Parkes, Eurobodalla and Wollongong. Each of these courses attracts continuing professional development (CPD) hours for Enrolled and Registered Nurses with The College of Nursing. To find our more please refer to our website www.alzheimers.org.au, click on the map of NSW and then select Education & Training. Alternatively, contact education by email education@alznsw.asn.au or phone (02) 8875 4686.

**Education for Volunteers**

We also have a free course for those who have dealings with people living with dementia during their voluntary work. This half day course is subsidised by the Australian Government and aims to build knowledge about dementia and how to effectively interact with, and care for, people living with dementia. This course examines core topics such as: causes of dementia, communication skills, and strategies for effective interaction.

In the next few months we have these courses scheduled in Bankstown, Newcastle, Ryde and Forster.

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For more information about any of these courses, please refer to our website: www.alzheimers.org.au

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**Education and Services Team**

Here at Alzheimer’s Australia NSW, we have implemented a new Service Team structure which will help to increase the support we offer to people living with dementia – their carers, health professionals, and to the general public.

Michele Adair, the General Manager Services statewide, said the structure is more flexible and will increase the range of support available.

“We’re going to increase our profile in rural and regional communities, and provide more education to people working outside the medical profession. People like financial advisers, lawyers and the police. Everyone in society needs to understand and be able to support people living with dementia” says Michele.

Nicky Hayward-Wright, Emma Bourne, Michele Adair, Sally O’Loughlin
From Our Members

Thank you to all our members who shared with us their highlights!

Tom Ward took this photo of a Wollongong group participating in a bus tour conducted by our Activities Planner, Brigit Schwartz in June 2008. The tour visited the Resource Recovery Park’s Education Centre at Kembla Grange and Janet’s Royalty Rooms at Woonoona and took in afternoon tea at the lovely Glengarry House.

Brigit says, “our day-trips promote social stimulation, and, as Dr Michael Valenzuela’s latest research indicates – ‘a lazy brain is a shrinking brain’. We find that our tour groups gain a wealth of stimulation from being with other people.”

Other upcoming activities throughout NSW include: Dancing, Scrapbooking, Felting, Craft, and a new Cooking/EATING program. Come along! Everyone is welcome! And remember: the more you experience, the more healthy your brain will be! For more information, call 02 9888 4200.

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.

Ellen Archer
Thomas James Fleet (Tom)
Arthur
Carmella Barilla
Hugh Frederick Bartlett
Rita Binks
Eileen Birbeck
Edwina Rosemary Birch
Jean Marion Blackwood
Eileen Blanch
Rita Brickwood
Bruce Brotherton
Edythe (Deedie) Brown
William James Brown
Paula Cabonaro
Thora Cameron
Mrs Campbell
Victor Hugh McKenzie Casson
Marg Cattell
Emma (Blanka Channz’s mother)
Edith (Eadie) Clark
Margaret Corbin
Greta Creins
William James “Bill” Crofts
Alice May Davies
Eileen Helena Denlow
James Devine
Elizabeth Winifred (Betty) Dukes
John Buster Ednie-Brown
Rudolf Fait
Raymond Fisher
Thelma Forrest
Santo Francipane
Mildred June Gamble
Aristofanis Georgiou
Anna Giarratano
Jack Gibson
Blanche Phyllis Godfrey
Joy Greenhalgh
William Leslie (Bill) Hancock
Kathleen Mary Hardcastle
Eileen Catherine “Bub” Hardy
Ruth Henry
Jean Johnstone Holden
Frank Lester Holland
Marie Jyrkinen
Mary (Maria) Kacavelis
Gerald Kaslar
Josephine Kindleysides
James Lacey
Jennifer Wendy Lennon
Phyllis Martha Leslie
Stanley Robert Lewis
John Francis Lunn
Richard Martin
Frank Mayo
Alison Perrie McAuley
Hector Keith Meehan
Alexander Montgomery
Mr F M Munro
Louis Muscat
Elma Joan Neale
Gloria Edna Frances Nicholls
Marcel Novaraz
Lillian Joan O’Brien
Les Patterson
George Karl Paul
Dagmar Peace
Liane Riley
Tom Robinson
Thomas James Rodgers
Kathleen Martha Annie Ross
Anna Maria Savio
Aileen Scherf
Elwin Sharp
Maxwell Earle Simmons
Elsie Maud Smedley
Maria Smider
Francis John Smith
Rita Stayner
Ron Templeton
Maria Thoma
Lily May Turner
Maria Vit
Francis James Ward
Ethel Margaret Webster
Merrilie Williams
Una Josephine Wilson

Pauline Milton, Antonio & Antonia Varano, Patricia Pennefather, John Stephenson, Robert Parsons, Brigit Schwartz, Betty Parsons, Mavis & Barbara Farrer, Margaret Thomas, Dianne Cooper
Library & Information Service

The Library & Information Service operates from our four Dementia & Memory Resource Centres located at North Ryde, Bega, Port Macquarie and Newcastle.

The main library, located at North Ryde lists over 3,000 titles. Each of the branch libraries have between 200 and 300 titles, including access to all titles from the main library.

Star Library User
Susan Byrnes is the Aged Care/Dementia Clinical Nurse Consultant for the Northern Sydney Home Nursing Service and is also completing a Masters in Mental Health at Sydney University.

Susan writes: “I am a frequent user of the library at Alzheimer’s Australia NSW. I have found the library to be an invaluable resource. I often provide in-service to the community nurses regarding best practice for the care of people living with dementia … the librarians are always so friendly and welcoming and provide me with the most relevant and up to date resources.

‘Part of my role is providing six Dementia Resource Nurses with the latest research and best nursing practice in dementia care so that we can provide a quality service to the patients we visit. The library provides me with this information by emailing journal articles and other sources of information that I then relay to the community nurses for their own practice. I also find the library invaluable for completing research for the assignments required for the Masters programme. I recommend a visit to the library for any clinician interested in developing their knowledge and improving their practice with dementia.”

Writers’ Workshop
A free 2 hour workshop, hosted by the Library & Information Service, was attended by 25 budding writers on Friday 20 June. Guest speakers included Pam Eaves and Elizabeth Bezant of Life’s Inspirational Moments (Perth, WA) and editor of Stolen Moments, Dorothy Webb, author of One Day at a Time; and Gwynedd Liffe, author of the short story The Embrace.

Pam & Elizabeth discussed their new editing project, Stolen Moments 2 and provided useful advice and encouragement for getting started with your writing project.

Some tips from the workshop include:
– Start with the big or life changing events that you are interested in writing about, as this will help to motivate and inspire you.
– Create rituals to help you write regularly, such as, going for a walk, looking at photo albums.
– Use a journal as opposed to a diary, so you record important events and your feelings.

The Library has a selection of resources to assist writers, including items written by Elisabeth Bezant: “I want to write, but don’t know where to start”.

For a full list of books to help you with your writing or any other topic either visit the library catalogue https://catalog.nsw.alzheimers.org.au/Liberty3/opac.htm, or contact the Library on 02 9888 4218.

Special Thanks
Alzheimer’s Australia NSW would like to thank Dorothy Webb, author of One Day at a Time who generously donated the sale proceeds of her book to Alzheimer’s Australia NSW. One Day at a Time (9780646434902) can be purchased through the Alzheimer’s Australia Online Bookshop www.alz.seekbooks.com.au for $15.00 plus postage and handling.