Memory Walk Success

Win a Toyota Corolla see p14
**Dementia is the climate change issue of social policy**

Alzheimer’s Australia NSW is pleased to announce the appointment of Hon John Watkins as new CEO of the organisation. Formerly, the Deputy Premier of New South Wales, John has taken up the cause beginning his term with a fact-finding mission to regional areas and has already visited Newcastle and Port Macquarie.

“As a society, we have an absolute responsibility to prepare for the escalation in numbers of people with dementia, projected to take more lives in Australia than cancer and heart disease within 20 years,” John said.

“Dementia is the climate change issue of social policy,” he said. “Accurate information, appropriate counselling, and timely and affordable access to flexible care is essential for people with a diagnosis of dementia and their families. Every Australian living with dementia is entitled to quality and compassionate care,” he said.

“As the new CEO of Alzheimer’s Australia NSW, I will be involved in government lobbying and working with the corporate sector to raise much needed funding. 

“I am also committed to advocacy, awareness raising, improving access to information about dementia, and informing the general public about risk reduction measures,” John said.

John Watkins is new CEO

**Alzheimer’s Australia teams up with ethnic groups**

Alzheimer’s Australia has announced a partnership with the Federation for Ethnic Communities’ Councils (FECCA). With Australia’s rapidly ageing, culturally and linguistically diverse (CALD) population, issues like dementia are becoming an increasingly important. Around one in eight Australians with dementia do not speak English at home.

“By 2011 it is predicted that around 23 per cent of Australians aged over 65 - around one million people - will be from a culturally and linguistically diverse background. This figure is expected to increase to 30 per cent by 2021," Voula Messimeri, Chair of FECCA, said.

“Older CALD people may have lower levels of English language proficiency which can limit their access to aged care and dementia services. Reports have found that CALD older people may experience neglect, isolation, anger and withdrawal as a result of inappropriate care. Having peak mainstream bodies like Alzheimer’s Australia reaching out on these issues is good news,” she said.

“Alzheimer’s Australia is committed rolling out support services and information that are culturally inclusive. This includes resources available in many languages. Some of our State helplines are language specific,” Executive Director of Alzheimer’s Australia, Glenn Rees, said.

**Memory Walk draws in the crowds**

More than 1,000 people across New South Wales put on their sport shoes to join their first Sydney-wide Memory Walk raising over $40,000, cheered on by their families.

The Memory Walk held on World Alzheimer’s Day raised $46,600 at Sydney Olympic Park for a much needed second Memory Van for NSW. For those with loved ones touched by dementia, like Karen W who walked for her grandmother, it was a poignant occasion. Still others found it satisfying just to be there for a cause.

Malinda Fraser, who joined the walk raised nearly $2,300. “Everyone who walked, raised money or volunteered and helped out on the day are heroes,” she said.

“The best part of the event was just getting some exercise and being out in the park, while supporting a good cause,” said a walker from Burwood.

Supporters from Port Macquarie, Bega, Forster, Armidale, Hunter-Lake Macquarie and Orange also organised memory walks. Councillor Lam, the acting Mayor of Auburn Council, opened the Sydney Memory Walk.

Walkers and their families were treated to live entertainment, a raffle, lucky walker’s prizes, the Mind Your Mind quiz, Crocodile Encounters, face painting and Tai Chi demonstrations. There were also a variety of stalls including those from Creative Memories Scrapbooking and Birds Australia.

**Symposium tackles tough questions**

As part of Dementia Awareness Week, a symposium was held at Parliament House with dementia experts Professor Alistair Burns, Dr Rodney Rietze, Professor Henry Brodaty and Michael Valenzuela, dementia advocate Lyn Walsh and a social marketing expert and futurist Keith Suter tackling the tough questions in prevention, diagnosis and treatment and social awareness.

Reduce risk, look after your heart

The message to the population of New South Wales was clear: “Reduce your risk of dementia by looking after your heart.”

The outcome of a study by Professor Alistair Burns from Manchester University in the UK, the do’s and don’ts for heart and brain health are:

- Stop smoking
- Keep a healthy weight
- Exercise regularly
- Go for regular health checks
- Eat a healthy diet with lots of fruits and vegetables
- Control high blood pressure, high cholesterol and diabetes
The Hogan family was among 400 people who joined the Memory Walk. “The walk is all about giving,” said Bruce Hogan, whose mother, Rita Hogan lived with dementia before she passed away in February this year. The family raised $8,000, the highest amount raised for the walk so far.

Walkers from the Hogan family included 25 family members over four generations. The Memory Walk gave the family a chance to reflect on their memories of their mother or grandmother. “It’s a practical way to empathise with others facing this disease”, Bruce said. Cecil Hogan, Rita’s husband, also walked as a tribute to his wife. The 88 year old who had cared for his wife day and night covered the end of the walk with his family.

“It was so well organised and had a lovely atmosphere. Cecil will take a lot of comfort from this. Cecil and Rita were married for 66 years,” Bruce Hogan said.
Your rights in care planning

If diagnosed with dementia, you can set in writing how you wish to be treated and cared for. Alzheimer’s Australia NSW recently approved a paper on advance care directives. “An advance care directive is a proactive, legal way a person can express their wishes in writing about end of life decisions on health. This way people can maintain some control and dignity and be treated according to their wishes,” Lisa Langley, policy and advocacy manager at Alzheimer’s Australia NSW explains. It also reduces confusion or conflict between family and friends, and gives treating doctors clear direction.

What to specify
• name who should or should not be contacted
• state your preference for specific medical treatments
• decide which hospital you want to be treated in
• choose your doctor
Anyone 18 years and over, and who can understand the nature and effect of their directions can make an advance directive. You don’t need to involve a health professional in preparing one.

However, there are advantages in having a doctor or other health professional involved. Advance directives should be reviewed regularly, particularly if there are significant changes in the health status of the person making the directive.

You can make changes to your directive any time if you have the capacity to do so.

For further information:
• Write to the Advance Care Directive Association Inc. at 19/113 Johnston Street, Annandale NSW 2038, or phone 0423 157 003 and ask for a form. You can also print a form from the Benevolent Society’s website at www.bensoc.org.au/ageing/myhealth_acda.html
• Use the ‘Planning Ahead Kit’ - www.dadhc.nsw.gov.au/dadhc/ at the Department of Disability, Health and Aged Care,
• Phone 1300 668 001 or look up the Law Consumers Association at www.lawconsumers.org/contactus.asp
• Visit the website of the Guardianship Tribunal at www.gt.nsw.gov.au

Research news

Yet more evidence links blood clots to Alzheimer’s
Professor Alistair Burns, a dementia expert from the University of Manchester in the UK was in Sydney during Dementia Awareness Week. His research links small blood clots to Alzheimer’s disease, showing that Alzheimer’s may be preventable in some cases and respond to different treatment approaches in other cases.

The finding strengthens the established link by demonstrating that small blood clots or cerebral emboli were significantly associated with both Alzheimer’s disease and vascular dementia.

The clots were detected in 40 per cent of patients with Alzheimer’s disease and 37 per cent with vascular dementia. Clots may, over a number of years, affect brain function and result in cognitive decline.

“The findings could mean that we are on the brink of discovering a way to prevent or treat some cases of Alzheimer’s. If we can reduce the incidence of small blood clots early we could potentially slow or even prevent Alzheimer’s in some people who are prone to vascular decline,” Professor Burns said.

Testing the effects of mental & physical exercise
Just how much does mental and physical exercise help to keep dementia at bay?
Researchers from the University of Sydney, the University of New South Wales and James Cook University will soon find out through. The Study of Mental Activity and Regular Training (SMART) has been awarded nearly $1 million by the National Health & Medical Research Council.

“It is the first clinical trial to test the effectiveness of mental and physical exercise in older people at risk of dementia with borderline cognitive function,” said Dr Michael Valenzuela of the School of Psychiatry UNSW, who heads the study.

People who live a mentally stimulating life have about half the risk of developing dementia over time, according to Dr Valenzuela’s analysis of studies from around the world.

Education, occupation, and Alzheimer’s disease
Like muscles, brains are physiologically organs and likely to improve in their functional abilities when exercised. An important area of research is whether or not this extra "reserve" will compensate for disease and allow a person with significant brain damage to function normally for longer.

A team led by Dr Valentina Garibotto, MD, of the San Raffaele University and Scientific Institute and the National Institute of Neuroscience in Milan, Italy has studied the impact of education and occupation on brain glucose metabolism.

The researchers found that those whose levels of education and mentally stimulating occupations were functioning as if they had less disease, were better educated and had more mentally stimulating occupations. In other words, people with high levels of education and mentally challenging occupations are able to cope better with greater disease burden than less educated people can with less disease burden.

This study is very encouraging as it indicates that we may all be able to build our cognitive reserve by engaging in mentally stimulating activities.

The paper, Education and occupation as proxies for reserve in aMCI converters and AD, appears in Neurology 2008; 71: 1342-1349. Go to http://www.neurology.org/cgi/content/abstract/71/7/1342

Fundraising news

‘Hammered in Fiji’ show fundraising muscle
Lyle Hammerschlag and crew
They hit the water to raise over $5,000 for Alzheimer’s Australia NSW. Lyle Hammerschlag and four of his friends swam an 18 km ocean swim relay between Denarau and Beachcomber Islands in Fiji on 24 July. That’s the distance from Bondi to Watson’s Bay and back.

“It’s something close to all our hearts. Four out of five of us know someone affected by the disease. It’s such a hard disease to get your head around, and we feel it doesn’t get enough attention,” Lyle said.

Well done Lyle, Josh, Jeremy, Samuel and Daniel!

Well done, Cindy & Joel
On Sunday 21 September, two hardy souls set out to run a marathon to raise over $1,000.

Two hardy souls raised over $1,000 at the Blackmore’s Running Festival.

City to surf
Eight well-trained runners and walkers including Jade Pattie, Toby Centres, Anne and Shaun, raised over $2,500 for Alzheimer’s Australia NSW in the annual 2008 City 2 Surf event on 10 August.

They were among the 70,000 runners and walkers who took to the streets to cover the 14 kilometres from Hyde Park to Bondi Beach.

Jade Pattie Toby Centres
Alison & Shaun run City to Surf
1. Label the doors if the house is unfamiliar to a person with dementia.

2. Keep a list of emergency phone numbers and supplies: slip-proof mats, large-handled cutlery and incontinence pads, medicine.

3. Organise a space during festivities: An increase in noise levels and a crowd can cause anxiety. Invite fewer visitors for shorter stays or find a place in the house or garden where those with dementia can still be involved.

4. Ask visitors to introduce themselves on arrival and prepare your visitors for any challenging behaviour.

5. Make an action plan for ‘wandering’: at such a busy time, it’s easier for people to leave the house unnoticed. Remember to keep doors leading onto busy roads closed, or locked. Assign someone to accompany the person outdoors if they ‘wander’.

6. Check your house to make movements easier and remove unsafe objects:
   - Leave a light on in the hall and a night light in the bedroom, in case your guest wakes up at night.
   - Leave a light on in the bathroom or toilet so they can find their way at night.
   - Remove rugs that a person could trip on, toys and other clutter from the floor or stairs.
   - Lock away any medicines and dangerous substances such as bleach and paint.
   - Make sure that potentially dangerous implements, such as sharp knives, are removed from the kitchen.
   - Keep spare keys in a safe place.

7. Food: Don’t overload your guest’s plate if they have difficulty eating. Be open-minded about unusual food combinations.

8. Visiting at the nursing home: It’s possible your loved one may be tired on the day. Consider taking along food, fresh flowers, music, photographs, or even a newspaper to stimulate the five senses. Introduce yourself and remind them of your name and connection to them – don’t make the person guess.

9. Avoid elderspeak: Hugs, hand and neck massages and hand holding can replace or complement conversation. But remember that talking to a person with dementia as though they were only a child, can make them feel helpless.

10. Ask friends and neighbours for help.
    To talk to someone impartial, call the National Dementia Helpline on 1800 100 500.

Your Christmas gift guide

Want to get a gift for your loved one with dementia but need ideas? Read on…

- Go herbal with a gift box of teas like chamomile and valerian for relaxation
- Take a break with a nature video or DVD from an ABC store. Some of these have peaceful music and scenery such as gardens, the ocean and whales.
- Stimulate or relax the senses with aromatherapy. Essential oils like lavender, citrus blend, marjoram and bergamot are popular for those with dementia. Use it in a vaporiser, as a massage oil or in the bath. Available from health food shops and gift stores
- Get a disposable or digital camera: Photo therapy has important mood enhancing benefits.
- For some easy singalong DVDs go to - http://alantyson.blogspot.com/
- Give your loved one ‘Magic Memories’: a game people with dementia can play. Call (08) 8372 2100.
- A clock with a day and date helps a person with early onset to keep appointments and take medication.
- Get scrapbooking. Go to Creative memories Scrapbooking at www.intoscrapbooking.com
- A wall hanging or patchwork cushion with varied textures to touch
- A sturdy, comfortable arm chair
- Buy a book for Christmas: Try our online bookshop www.alz.seekbooks.com.au. The bookshop not only has a selection of dementia titles, but over 1.5 million general titles to choose from.
- For an additional 5 per cent discount in November and December, include the following code at checkout: ALZNWSW25.
- For help, contact the Online Bookshop on (02) 98893566.

If you want to do something different:

- Make a video of favourite holiday places or events with music
- Make an enjoyable tape recording of family members telling stories of events in their lives
- Make a small album of photos of family, friends and events to remember
- A basket or bag of favourite objects

And the best gift from family members … is help of course.
In Memoriam

Marilyn Macarthur 1950-2008

Many staff and members were greatly saddened by the recent news that our colleague and friend, Marilyn Macarthur had passed away. Marilyn commenced work for Alzheimer’s Australia NSW in 2001 as a group leader with the Living with Memory Loss program. Her interest and outstanding skills in group work saw her play a major role in the development of the program into the successful format that operates today. Marilyn was passionate about providing support to both people with dementia and their carers and during her time at Alzheimer’s Australia NSW touched the lives of many people. Her major area of interest was people with younger onset dementia resulting in a Living with Memory Loss Program format being developed to meet their very specific needs.

Marilyn passed away on November 16th after a long illness. She was surrounded by her family and close friends.

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.

Marilyn was passionate about supporting people with dementia and their carers.

I’ll miss my mum...

Outside the back door
My mother has just left me
She won’t be around much more
I can’t believe she’s gone
Why did she leave
That illness that she has
Keeps her distant from me

My mother is physically here
But mentally she is dying
I do my best to stay strong
But I can’t fight back the crying
My friends are supporting me
I have others to talk to
My family is really caring
There’s always something to do

I feel our time is running out
There isn’t much time left
She’s going into full time care
We only want what’s best
I will admit I’ll miss my mum
I love her very much
I’ll still be able to see her
Her leavin will be hard to watch

By Stephen O’Grady,
15 years old

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.

Charles Frederick Arnold
Reginald Banham
Helen Bate
Sidney Joseph Beckman
Margaret Elsie (Peggy) Bennett
Louisa Beagrove
Ruth Bettington
Alan Boreland
Marie Brenton
Stephen Paul Brookes
Phillip Brooks
Ewart Bruce Brown
Sydney Neville Brown
Leslie Norman Byrom
John Cain
Isabel Joyce Carr
Robert James (Bob) Clark
Grace Matilda Clark
Jennie Clendenning
Betsy Close
Winifred Annetta Collins
Vincenzo Collorafi
Maria Costanzo
HeLEN Marie Cotton
Leo Frank Cotton
Patricia Rebecca Coulson
Arnold Roland Crowe
Irene Davies
Yona Mabel Dean
Silvio Diamante
Sir Harold Herbert (Jack) Dickson
Peter Dickson
Jack Oliver Diggins
Peter Dimitroupolos
Una Annie Doust
Jean Laurine Downs
Beth Drury
Ernest Dunkley
Norman Allan Dupond
Ernest William “Bill” Ely
Ellen Doreen Evans
George Daniel Farrell
Lorna Fawcett
David Henry Flack
Darrel George Fraser

Dr. Stephen George Frater
Barbara Arline Marjorie Gilchrist
Norman Gittoes
William James Gough
Esna Elsie Gough
Maria Grazia Guerra
Dorothy Phyllis Guy
David Sedgley Hanlon
Eva Harrison
Margaret Holden
Myee Holme
Ella Agnes Clare Hood
Amelia Rose Hooper
Inge Kaye
Vane Jennings
Howard Keenan
Thelma (nee Diamond) Kilner
Hazel Knapp
Ronald Albury Knapp
Anna Kostopoulos
Elanor (nee Haffner) Laurence
Keith William Lea
Avis Lehdey
Barbara Leleu
Margaret J.P. Lillico
Thresa Liu
Thelma Lillian Love
William James Lisle Mackenzie
Seraphina (Finerar) Massaro
James McGillodrick McCaig
Russell John McCarthy
Peter McGregor
Nancy Melvaine
Gwendoline May Mills
Mavis Mitchell (nee James)
Johanna Monnier
Olga Jean Moore
Alfred George Moore
Noelene Moss
Margaret Muscat
Ernest Roland O’Brien
Helena Anne Owens
Nicola Pacetta
Koula Pasaris
Lionel Payne
Joyce Pearson

Anna Perizza
Madeline Ponnman
Marie Therese Poole
Debbie Porges
Harry Miller Rayner
Edwin James Reed
Gianna Riccioni
Norman Richardson
Eileen Roberts
Thomas James Rodgers
Anne Rollo
Endi Mary Ronalds
Jean Mary Russell
Eunice Dale Saint
Norma Adelaine Samways
Angelo Sartor
Ronald Stephen “Sam” Scott
Vincenzo Scullino
Clifford Donal Seagle
Mary Clare Simpson
Al Soper
Nita Stoves
Sylvia Joyce Styles
Theresa Anne Synott
Alan Tagg
Felix Tanti
Gladyss Jean Taprell
Eileen Clare Teasey
Loizos Theoharous
Dr John Noel Walker
Harry Watson
John Westcott
John Whitehouse
Dr Vivian Whittaker
Ronald Bruce Willits
Betty Wilson
Maxwell Oliver Wilson
Lily Woods
Joseph & Georgette Yared
Christos Yiakoumis
Albert (Bert) Ronald Young
Carers, it’s time to have fun

Been to the AD HOC club yet? There’re a whole heap of social events coming up at the club where you and the person you care for can relax and have some fun in a caring environment, so get a calendar for the New Year and circle in the dates.

AD HOC is not a fundraising group and stands for Alzheimer’s Disease Help Our Carers.

The group consists of past carers who enjoy working with present carers and the ones they care for. Those who attend the events include former family carers, current carers and those they care for. People with dementia from nursing homes and day care centres are also welcome.

The venue: the Vincent Fairfax Family Resource Centre in Dementia & Memory Community Centre located on the Macquarie Hospital Campus, Cnr Cox’s & Norton Roads at North Ryde.

All upcoming events are to be held here, using the home-like dementia-specific family visiting area which includes a comfortable entertaining area, kitchen, bathroom and secure garden.

Don’t forget, the Ad Hoc club is open to all Alzheimer’s Australia NSW members and their friends. To make reservations, phone the reception at Alzheimer’s Australia NSW on 9805 0100, and after hours on 9622 0968.

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<thead>
<tr>
<th>Date</th>
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<th>Event</th>
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<td>Saturday, 28 February</td>
<td>2.30 to 4.30pm</td>
<td>Afternoon Tea</td>
<td>$5.00</td>
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<tr>
<td>Saturday, 28 March</td>
<td>6.00 for 6.30pm</td>
<td>Candle-lit Dinner</td>
<td>$10.00</td>
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<tr>
<td>Saturday, 18 April</td>
<td>12.30 for 1.00pm</td>
<td>Garden Party</td>
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<tr>
<td>Saturday, 30 May</td>
<td>12.30 for 1.00pm</td>
<td>Barbeque</td>
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<tr>
<td>Saturday, 27 June</td>
<td>2.30 to 4.30pm</td>
<td>Afternoon Tea</td>
<td>$5.00</td>
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<td>Saturday, 25 July</td>
<td>12.30 for 1.00pm</td>
<td>Christmas in July</td>
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<tr>
<td>Saturday, 29 August</td>
<td>2.30 to 4.30pm</td>
<td>Afternoon Tea</td>
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<tr>
<td>Saturday, 26 September</td>
<td>12.30 for 1.00pm</td>
<td>Celebrate Spring</td>
<td>$10.00</td>
</tr>
<tr>
<td>Saturday, 31 October</td>
<td>12.30 for 1.00pm</td>
<td>Barbeque</td>
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Our dedicated volunteers

“Carers, it’s time to have fun”

What would we do without those who pick up the phone to listen to the concerns of those living with and caring for those with dementia? Alzheimer’s Australia NSW recently presented service awards to some of our dedicated volunteers who work on the Helpline.

Woody Woodhouse

“I can put myself in their shoes”

Woody has worked as a volunteer for five years and began in 2000.

“I work on the help line for 4 hours once a week. You get calls from carers who want help and point them in the right direction.

My mother had Alzheimer’s and I took up the job because I felt like I was doing something for people. If I’m fit and well enough I would be delighted to continue even though some of the stories you hear can be emotionally draining.”

Jessie Hopkins

“Even one person can make a difference. Even a phone number given at the right time can help. I can put myself in their shoes.

Over the years, the calls have changed because of the ability to more easily diagnose and today there is an increase in the number of people calling. People are relieved they have someone to call. And someone who is not going to say you’ll be all right.” Jessie has put in 10 years of volunteer work.

John Page

“I started on the helpline in 2001 and did so because I have always had an affinity with the elderly, even when I was very young. I thought that this may be one way that I could make a contribution. I am very proud to say that I love being on the helpline.”
The Alzheimer’s Association had a very successful Memory Walk during Dementia Awareness Week in September. There were 400 walkers – some with considerable sponsorship. Our goal was to purchase another memory van. The event was a happy celebration and well organised by the officers of Alzheimer’s Australia NSW.

We had another successful event the following week when the Parliamentary Friends of dementia allowed us to have a symposium in Parliament House. We are grateful to this group for their interest in our common cause and for their leadership.

We said good bye to Bill Northcote at the end of September and wish him well in his new position with Breast Cancer NSW. Thank you for the considerable exertions you made on our behalf. Bill is replaced by John Watkins who was Deputy-Premier of this State until recently. John won his position in fierce and open competition and we wish him well. He left politics at a time of his own choosing and in a manner of his own election. He has, like many of us, a strong sense of social justice and has concerns for the many thousands of people with no contact with us – he will try to do something about this. We wish John every success and hope his stay with us is productive and lives up to his expectations.

We bade goodbye to Board member Kim Appleby in November. She is a carer as well as a volunteer and we are most appreciative of her contributions. At the AGM we got confirmation of the positions on the Board of Ian Horton, Alistair Bell and Lucille Bloch and re-elected Robert Yeoh and Maree Glinieos. It is worth recording the professionalism that is brought to the Board by all the new directors, each of whom is a volunteer and brings a needed special skill to the Board.

A Board strategy day was held late in October. The Board strategy needs frequent re-examination and updating, no matter how good it seems to be at any time. The Board is responsible for the mission and the vision of the organisation, while the Senior Management Team is responsible for the detailed plan to put those things into effect. So, at the planning day, both groups were involved to make sure that both were “singing from the same page”.

Thanks to Catharine Retter and Michele Adair for getting this project up and going.

Win a Corolla this Christmas

You could win a Toyota Corolla valued at $25,000 at the Christmas Treasure Trove Raffle (sponsored by Rotary). Just complete the order form inserted with this issue, or call Christine Bauer on 02 8875 4625 with your phone order. You could also win the book sellers prize of a personal DVD player. Tickets are still just two dollars each or $20 a book so don’t delay, order your tickets to win - good luck!

Christmas Cards

Connect with clients, staff or family with a card. The Alzheimer’s Australia NSW Christmas cards are on sale now. Buy a selection of beautiful and competitively priced cards, and your purchase will greatly assist our mission and to provide free support services for people living with dementia and their families. To place an order, or to receive a brochure, call Christine on 02 8875 4625. View the cards online at www.alzheimers.org.au.

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. This issue of in touch includes a donation coupon in the event you pass on your magazine to a friend or family member who then may wish to support our work. May we extend to you and your loved ones, every best wish for Christmas and the New Year.

Intouch summer 2008 appeal

I would like to provide support for the work of Alzheimer’s Australia NSW.

Please accept my tax deductible donation of $________ (Donations of $2 and over are tax deductible)

Debit my □ VISA □ MasterCard □ Amex OR

I would prefer to support Alzheimer’s Australia NSW on an ongoing basis, please charge $________ to my credit card per month until notified.

Credit Card No _________ / _________ Expiry Date

Signature □ OR □ I have enclosed my: Cheque/Money Order

Please send me information about Wills and Bequests

Alzheimer’s NSW Australia, POBox 6042, NorthRyde NSW 2113, Tel: 02 9805 0100, Fax: 02 8875 4665

www.alzheimers.org.au

ABN 27 109 607 472

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Remembering yesterday, caring today

Remembering Yesterday, Caring Today highlights the value of reminiscences for those with dementia and is an essential guide to good practice for family and professional carers.

The Handbook of Structured Life Review

The Handbook of Structured Life Review provides instructions, assessment tools and questionnaires to assist the practitioner or ‘therapeutic listener’ to conduct a structured life review.

The Best Friends Book of Alzheimer’s Activities

The Best Friends Book of Alzheimer’s Activities, Volume 2, 149 More Ideas For Creative Engagements, like the first book, is packed with fun and easy activities to add both meaning and enjoyment to the activities at your adult day centre, home care setting, or residential care facility.

A Personal Guide to Living with Progressive Memory Loss

A Personal Guide to Living with Progressive Memory Loss offers advice for people in the early stages of dementia and provides useful insight for family and friends who wish to offer support for a loved living with dementia.

Library news

Keep up to date with all the new items in the library by visiting Library News at http://alzheimersnswlibrary.blogspot.com/.

Contact library staff at North Ryde 9am to 5pm, Monday to Friday on (02) 9888 4218, or email lis@alznsw.asn.au.

Look up the library catalogue at https://catalog.nsw.alzheimers.org.au/Liberty3/default.htm. The library service includes postage to members and has branches at Bega, Port Macquarie and Newcastle.

Keep up to date on various topics relating to dementia including: care practices, drugs and drug therapy, research, risk reduction, therapeutic interventions, personal stories, and more by visiting Alzheimer’s News http://alznews.blogspot.com or nhayward@alznsw.asn.au