Art therapy
A creative outlet for people with dementia

Working together
AlzNSW partners with Department of Veterans’ Affairs

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• Dementia educator
Georgene McNeil
• 2010 activity planner
• Fundraising highlights

In touch
The quarterly newsletter of Alzheimer’s Australia NSW
Issue 72 Autumn 2010
Chairman’s message

Alzheimer’s Australia NSW is moving its administration from Talavera Road in North Ryde. The present location of our quite large administrative section (our ‘engine room’) is about 2km from our custom built Macquarie campus building. But we are moving to the Macquarie Hospital campus next to our existing building. The Vincent Fairfax Family Resource Centre will stay where it is and maintain its present function. But the rest of the organisation will move to the adjoining building (occupied formerly by the Royal Australian College of General Practitioners), so everyone will be working in close proximity to each other.

We were paying rent at Talavera Road, a negative outgoing as we receive no equity from our investment. Also, the owners had in place regular rental reviews which meant the rent went up and up and was due to go up again. This made it a good time to move as our lease was coming to an end and would have had to be renegotiated had we decided to stay.

Negotiating terms
We have been able to get a long-term lease from the NSW Department of Health for the new building. John Watkins, with some brilliant negotiation on our behalf, has arranged a rental subsidy for the rent we are to pay. A dedicated team of staff and volunteers will oversee the move, which will help us considerably.

“Having all staff close to each other is something we have been seeking for some time”

Having all staff close to each other is something we have been seeking for some time. We are very excited about what it will mean for us – increases in efficiency will be associated with increases in morale too.

The Parkinson’s Association, our sub-tenant at Talavera Road, will continue to be our sub-tenant at the new site. It will have a separate entrance and its own space, but we will share some facilities.

Canberra excursion
In November 2009, Federal Ageing Minister The Hon. Justine Elliot was host when our latest Access Economics report was released in Canberra. It updated the frightening figures for the coming incidence and prevalence of dementia in Australia. Put simply, as Australians get older, the incidence of dementia will rise. And Australians will get older in the next 40 years (the period covered by the report).

The launch was well attended and there was strong media pick-up of the message. We were able to make special individual packages for every NSW-based federal MP telling them what the Report would mean for their electorate. This means that they could then ‘top and tail’ our package to make a press release for their local media outlets and our important message would get out further. For example, the figures show that for the electorate of Macarthur, the projected increase in dementia is 759 per cent. Individual electoral packages were also prepared for NSW state electorates during Dementia Awareness Week, which resulted in significant interest by the politicians and strong pick-up in metropolitan, suburban and regional media.

Board news
On the National Board we are getting closer to finding a suitable replacement for National President Marc Budge, who leaves us in November. We expect a similar process to occur for the National Executive Director in 2012.

Professor Peter Baume AC
Chairman
The new year will continue to see a great deal of activity at Alzheimer’s Australia NSW. In the Sydney office we are in the midst of a move, which will see some of our staff, who have previously been based at the office at Talavera Road, Macquarie Park, located next to the team at the Dementia and Memory Community Centre at Cox’s Road in North Ryde. It will be great for all the staff who work out of North Ryde to be together again in Sydney after five years at separate sites.

2010 will also see a new website for Alzheimer’s Australia nationally, which should be much easier to navigate and be more interactive. This is expected to be online by the middle of the year. A new client management database should also be up and running by the middle of the year. While this is more a ‘behind-the-scenes’ change, it should translate to an improved experience with us for clients as it will help us organise and manage client information more efficiently.

We have been continuing to advocate on your behalf to politicians, this time in Canberra. A briefing was held for Federal MPs representing NSW in November, where we outlined more Access Economics data that details dementia prevalence rates for all the federal electorates in NSW. Federal Ageing Minister The Hon. Justine Elliot spoke at the briefing, which was well attended, and packs containing the data for each electorate were distributed to all NSW-based Federal politicians. You can find more information on the data on page 4 of this issue.

We are pleased to announce that the new Leaderlink manual – a resource for leaders of carer support groups to complement our support group leader workshops – is now available from AlzNSW. This is an important resource as we are told over and again how important a good support group is for many people with dementia and their carers. See page 5 for more details.

We have exciting plans in the pipeline this year and we all look forward to continuing to work for you and support you in 2010.

The Hon. John Watkins
Chief Executive Officer
AlzNSW partners with Department of Veterans’ Affairs

Thanks to a Community and Veterans’ Grant from the Department of Veterans’ Affairs (DVA), a series of up to 19 Mind your Mind presentations will take place throughout the Hunter region during 2010.

The grant will allow for the hire of appropriate venues, advertising and the production of promotional material. The Hunter’s Community Development Officer, Bev Watson, will be working closely with the DVA’s Men’s Peer Health Educators to coordinate what promises to be a very busy and rewarding partnership.

Dementia counsellor honoured

Congratulations to Kath Readford, a dementia counsellor with Catholic Health in Dubbo, who received the Medal of the Order of Australia (OAM) in the Australia Day honours.

Kath received the OAM for her service to people with dementia and to their carers.

Kath has had a long association with AlzNSW through training programs, research and the group development unit and we congratulate her on such a wonderful recognition of her service.

Donation from the literati

Business advisor Tony Bourke has donated 10 per cent of the sale price of his latest book, Risk Your Business, Risk Your Life – an easy-to-read, quick reference guide to insurance secrets for businesses – to Alzheimer’s Australia. A big thank you to Tony for his generosity.

NSW coast will be hardest hit by dementia epidemic

New figures mapping the impact of the dementia epidemic in NSW were presented to federal parliamentarians representing NSW federal electorates at Parliament House Australia in November.

The CEO of Alzheimer’s Australia NSW The Hon. John Watkins and Lynne Pezzullo, a director of Access Economics, presented the figures which detail dementia prevalence estimates for federal electorates across NSW.

Minister for Ageing The Hon. Justine Elliot also spoke at the briefing, along with AlzNSW Director Lucille Bloch.

The NSW coast is expected to be the area hardest hit in the state by dementia according to the figures prepared for Alzheimer’s Australia NSW by Access Economics.

Without a significant medical breakthrough, the number of people with dementia in NSW is expected to quadruple from about 84,000 people today, to 341,000 by 2050. Nationally that figure is expected to exceed 1.13 million by 2050.

“We need urgent action now to plan for the enormous impact dementia will have,” John says. “We also need to make sure the planning for future service delivery is based on where the burden is going to fall.”

The preparation of the figures was co-funded by Alzheimer’s Australia NSW, Pfizer and Novartis by an unconditional grant.

Green volunteers needed

Keen green thumbs who can spare a couple of hours each month are being called for to help maintain the beautiful gardens at the Vincent Fairfax Family Resource Centre, Dementia & Memory Community Centre, at North Ryde.

Please call Susan Sackville on (02) 9805 0100 if you would like to volunteer.
Quilters' generosity

A beautiful handmade quilt has been donated by Novocastrian Quilters for a raffle to raise funds for the Hunter Dementia & Memory Resource Centre in Hamilton.

It is hoped that the funds will assist with the purchase of essential equipment such as sheet music and instruments for the newly formed Percy Street Choir. Such generosity is sincerely appreciated.

Leaderlink manual available now

The new updated Leaderlink manual is now available from AlzNSW. A resource for leaders of carer support groups, the manual covers the basics of starting a group and activities associated with the ongoing support and development. It complements the training run by AlzNSW for leaders of support groups and is available for purchase to those who have undertaken AlzNSW Carer Support Group Leadership workshops, or other health care professional or community services.

The Leaderlink manual and AlzNSW training include best practice guidelines. This data is the result of research conducted by AlzNSW on what makes a quality support group. For more information, call Monica Cole on (02) 9805 0100.

Free AlzNSW activities

A new activity planner, which features free activities on offer in the Greater Sydney and Wollongong areas for the first half of 2010, is now available from AlzNSW.

The planner, which doubles as a handy calendar, also has all the public holidays for the first half of the year and can be placed on your fridge or corkboard.

Free activities run by AlzNSW’s diversional therapists include music therapy, art, discussion sessions, movies, outings and more.

To secure your free copy of the calendar, you can download it from our website by going to www.alzheimers.org.au, click on NSW, go to the Activities & Events section and click on NSW Activities: Greater Sydney. You can also pick one up from the Vincent Fairfax Family Resource Centre, corner of Cox’s and Norton Roads, North Ryde.

For more information about coming along to one of the activities, please call the National Dementia Helpline on 1800 100 500. For free activities run through other AlzNSW centres, please contact your local AlzNSW office.

Memory Van Hunter tour

The AlzNSW Memory Van will be visiting the Hunter in March. It will be at the Cessnock Library on Monday 22 March from 10am to 2pm and at the Kurri Kurri Library on Tuesday 23 March from 10am to 2pm.

Mind your Mind presentations will also be held at both venues between 10am and 11am.

The AlzNSW Memory Van is a mobile education resource that travels statewide to help raise awareness of brain health and dementia risk reduction.

Music to their ears

Music from the newly formed Percy Street Choir has been heard coming from the Hunter Dementia & Memory Resource Centre. The thoughtfulness and generosity of Lois Allanson, an experienced choirmaster, and Gus Eddy, who has lent her family piano, have turned the idea to form a choir into a reality. New members are always welcome and singing experience is not required.

For more information, call (02) 4962 7000.
### Professional Education

<table>
<thead>
<tr>
<th>LOCATION</th>
<th>WORKSHOP</th>
<th>COST</th>
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<tbody>
<tr>
<td>North Ryde</td>
<td>Communication and Engagement</td>
<td>$25</td>
<td>14-Apr-10</td>
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<tr>
<td></td>
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<td>$25</td>
<td>16-Jun-10</td>
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<td></td>
<td>Insight into Dementia</td>
<td>$25</td>
<td>24-Mar-10</td>
</tr>
<tr>
<td></td>
<td>Insight into Dementia</td>
<td>$25</td>
<td>19-May-10</td>
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<td>Camden</td>
<td>Communication &amp; Engagement</td>
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<td>29-Mar-10</td>
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<td></td>
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<td>29-Mar-10</td>
</tr>
<tr>
<td>Newcastle</td>
<td>Understanding Dementia</td>
<td>$25</td>
<td>29-Apr-10</td>
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<tr>
<td></td>
<td>Person-Centred Approach to Behavioural Symptoms</td>
<td>$25</td>
<td>6-May-10</td>
</tr>
<tr>
<td></td>
<td>Conflict Resolution</td>
<td>$25</td>
<td>13-May-10</td>
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<td></td>
<td>Communication &amp; Engagement</td>
<td>$25</td>
<td>20-May-10</td>
</tr>
<tr>
<td></td>
<td>Living, Loving &amp; Dementia</td>
<td>$25</td>
<td>27-May-10</td>
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<td></td>
<td>Tackling Incontinence in Dementia</td>
<td>$25</td>
<td>3-Jun-10</td>
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<td></td>
<td>Understanding Grief &amp; Loss</td>
<td>$25</td>
<td>10-Jun-10</td>
</tr>
<tr>
<td></td>
<td>Dementia &amp; Medication</td>
<td>$25</td>
<td>17-Jun-10</td>
</tr>
<tr>
<td></td>
<td>Living, Loving &amp; Dementia: assisting with ADL's (Activities of Daily Living)</td>
<td>$25</td>
<td>24-Jun-10</td>
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### Family Carer Education

<table>
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<th>WORKSHOP</th>
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<tbody>
<tr>
<td>North Ryde</td>
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<td>Free</td>
<td>21-Apr-10</td>
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<tr>
<td></td>
<td>Managing Behavioural Symptoms</td>
<td>Free</td>
<td>26-May-10</td>
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<tr>
<td></td>
<td>Sons and Daughters</td>
<td>Free</td>
<td>23-Jun-10</td>
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<td></td>
<td>Understanding Grief</td>
<td>Free</td>
<td>31-Mar-10</td>
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<td>Understanding Grief</td>
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<td>21-Jul-10</td>
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<tr>
<td>Newcastle</td>
<td>3-Day Carer Course, Hamilton. 3 consecutive Thursdays starting 18 Mar 2010</td>
<td>Free</td>
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<td></td>
<td>3-Evening Carer Course, Hamilton. 3 consecutive Tuesday evenings starting 4 May 2010</td>
<td>Free</td>
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<td></td>
<td>3-Day Carer Course, Rutherford. 3 consecutive Wednesdays starting 5 May 2010</td>
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<td>Narellan</td>
<td>3-Day Carer Course, Narellan. 3 consecutive Wednesdays starting 14 April 2010</td>
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### Volunteer Courses

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<th>WORKSHOP</th>
<th>COST</th>
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<tbody>
<tr>
<td>Newcastle</td>
<td>Interacting with People Living with Dementia</td>
<td>Free</td>
<td>24-Mar-10</td>
</tr>
<tr>
<td></td>
<td>Person-Centred Approach to Behavioural Symptoms</td>
<td>Free</td>
<td>28-Apr-10</td>
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For more information or to register, please call Gail Longhurst on (02) 9805 0100 or email education@alznsw.asn.au

### Support group leader workshops

<table>
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<tr>
<th>WORKSHOP</th>
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<th>LOCATION</th>
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<tr>
<td>Introduction to Group Work Leadership</td>
<td>18 and 19 Mar 2010</td>
<td>Wagga Wagga</td>
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<tr>
<td>Grief, Loss and Dementia</td>
<td>29 and 30 Mar 2010</td>
<td>Port Macquarie</td>
</tr>
<tr>
<td>Introduction to Group Work Leadership</td>
<td>12 and 13 Apr 2010</td>
<td>North Ryde</td>
</tr>
<tr>
<td>Introduction to Group Work Leadership</td>
<td>19 and 20 Apr 2010</td>
<td>Orange</td>
</tr>
<tr>
<td>Grief, Loss and Dementia</td>
<td>29 and 30 Apr 2010</td>
<td>Armidale</td>
</tr>
<tr>
<td>Advanced GL</td>
<td>6 and 7 May 2010</td>
<td>Central Coast</td>
</tr>
<tr>
<td>Grief, Loss and Dementia</td>
<td>10 and 11 May 2010</td>
<td>Lismore</td>
</tr>
<tr>
<td>Introduction to Group Work Leadership</td>
<td>20 and 21 May 2010</td>
<td>Nowra</td>
</tr>
<tr>
<td>Introduction to Group Work Leadership</td>
<td>31 May and 1 Jun 2010</td>
<td>Fairfield</td>
</tr>
<tr>
<td>Introduction to Group Work Leadership</td>
<td>28 and 29 Jun 2010</td>
<td>Ballina</td>
</tr>
<tr>
<td>Grief, Loss and Dementia</td>
<td>17 and 18 Jun 2010</td>
<td>Queanbeyan</td>
</tr>
<tr>
<td>Grief, Loss and Dementia</td>
<td>12 and 13 Jul 2010</td>
<td>North Ryde</td>
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<tr>
<td>Advanced Group Leadership</td>
<td>2 and 3 Aug 2010</td>
<td>Tamworth</td>
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<tr>
<td>Advanced Group Leadership</td>
<td>12 and 13 Aug 2010</td>
<td>Nowra</td>
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<td>Advanced Group Leadership</td>
<td>26 and 27 Aug 2010</td>
<td>Wagga Wagga</td>
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<tr>
<td>Introduction to Group Work Leadership</td>
<td>13 and 14 Sept 2010</td>
<td>Central Coast</td>
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<td>Advanced Group Leadership</td>
<td>28 and 29 Oct 2010</td>
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<td>8 and 9 Nov 2010</td>
<td>North Ryde</td>
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<td>Advanced Group Leadership</td>
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<td>29 and 30 Nov 2010</td>
<td>Penrith</td>
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<tr>
<td>Advanced Group Leadership</td>
<td>9 and 10 Dec 2010</td>
<td>Fairfield</td>
</tr>
</tbody>
</table>

For more information or to register, please call Monica Cole on (02) 9805 0100 or email mcole@alznsw.asn.au
The AD-HOC Group (which stands for Alzheimer’s Disease Help Our Carers) is celebrating 15 years of providing support and enjoyment to people with dementia and their carers. The group is made up of past carers and friends who arrange monthly social outings and provide a space for those who attend to relax and meet other people.

Generally, family carers and the person they care for attend. However, people with dementia from nursing homes and day care centres sometimes go along.

‘Piano Pat’ is a regular at the gatherings, welcoming attendees with renditions of popular tunes from the 1940s and beyond.

The AD-HOC 2010 events calendar is now available and includes a garden party on 27 March, cocktails on 24 April and a barbecue on 29 May. Each event costs $10.

All events are at the Vincent Fairfax Family Resource Centre, North Ryde and are open to all AlzNSW members and their friends. For reservations or more information, please call Christine Bauer on (02) 9805 0100.

An AlzNSW art program is giving those with dementia a creative and social outlet.

In its fourth year, the Creative Connections Art Program at AlzNSW’s Dementia and Memory Community Centre at Port Macquarie continues to grow and is reaping great rewards for all involved.

The collaborative program is run by AlzNSW and the Port Macquarie Art Society and culminates, at the end of each year, in an exhibition of the art created.

AlzNSW Dementia Advisor and Port Macquarie Regional Manager Margaret Allen said the successful program aims to develop creativity and expression and provide a social outlet for people living with dementia.

“This [program] is important because it contributes to self-esteem and provides opportunities to remain engaged with others – new friendships have been formed and creative skills discovered,” says Margaret. She adds: “The art created is remarkable and indicates the level of artistic ability that would otherwise remain hidden.”

“Friendships have been formed and creative skills discovered”

Pamela and John’s story
For Pamela and John, the Creative Connections Art Program remains one of the best activities they have been involved in since John was diagnosed with dementia.

“My partner had never participated in any artistic endeavours during his life,” Pamela said. “The Creative Connections Art Program has opened up a new chapter for him.

“He was a little reluctant on the first day. But the happy, friendly environment and encouragement from teachers and AlzNSW staff soon made him feel comfortable – laughter plays a big role during the classes.”

Pamela said the friendships formed during the classes have also proved to be of great importance.

“You can see the enthusiasm of each student growing as they realise that they have creative skills, and each one has an individual way of expressing themselves in their paintings.

“They are proud to have their work displayed. The program is something new to stimulate their thinking.”

Pamela says she would like to thank everyone who runs the program.

“I don’t think the AlzNSW staff and the art teachers realise just how wonderful and beneficial this program is,” she said. “We think the art program, as well as the Living with Memory Loss program, are two of the best things we have been involved in since John was diagnosed.”
Peak performance

At 3.30pm on 21 December 2009, while most of us were rushing around preparing for Christmas, Greg Hynd and his brother Steve reached the summit of Aconcagua (6962m above sea level), the highest mountain in the Americas. Their expedition to Aconcagua took around three weeks and was heavily dependent on weather and their ability to acclimatise to the changes in altitude.

Greg chose to fundraise for Alzheimer’s Australia NSW and we would like to take this opportunity to say thank you very much for raising a fantastic $5000.

If you would like to contribute to Greg’s fundraising efforts please go to www.gofundraise.com.au/HyndG

Community Chest Raffle

A new Community Chest Raffle has now been launched and it is your chance again to win a Toyota Yaris valued at $25,000. Tickets are still just $2 each. Sell a book and you could also win the bookseller’s prize! It will be drawn on 21 July 2010.

Please call Chris on (02) 9805 0100 with your phone order.

Thank you

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

Christmas Treasure Trove Raffle: Who won the car?

The Christmas Treasure Trove Raffle was drawn on 20 January and the winners are:

1st prize: RBR 23 398, J Zammit, Rozelle NSW
2nd prize: RHR 05 123, D Magjar, Wattle Grove NSW
3rd prize: RBR 15 272, N Cartwright, NSW
Bookseller’s prize: George Burns, Coogee NSW

Congratulations to the winners and a special thank you to all who supported the raffle.

Entertainment books

Pre-order yours now! They make a wonderful gift for family members, friends or valued clients. The discounts in this book represent fantastic value for money and when you pre-order you receive bonus vouchers.

Contact Chris on (02) 9805 0100 to order yours now.

Open garden for Alzheimer’s

The Curran family will open their wonderful garden at 24 Johnson Avenue, Seven Hills on 10 and 11 April as part of the Open Garden Scheme. A visit will be visually rewarding and you will be supporting our work, with proceeds going to AlzNSW.
School fundraiser

A big thank you to Morgan Whitby, who raised more than $800 by selling AlzNSW merchandise, including elephant pins, squeeze elephants, squeeze brains and Forget-Me-Not seed sticks at her high school. Thanks for all your enthusiasm, time and energy.

Give recipes this Mother’s Day

Now in limited numbers, the fantastic cookbook Recipes to Remember will make a wonderful Mother’s Day present. The cookbook contains more than 150 family-favourite recipes supplied by our volunteers and is only $15 (postage included). Thank you to our sponsors Aevum Limited, Ricoh and Law Image.

Order your copy now by calling Chris on (02) 9805 0100 or check our website www.alzheimers.org.au for details.

Seniors Dance

The next Seniors Dance (over 55s) will be held during Seniors Week on 22 March at Harvey Lowe Pavilion, Showground Road, Castle Hill. Contact Chris on (02) 9805 0100 for more details.
A day in the life of...

a dementia educator

Georgene McNeil loves her job. She helps ensure those with dementia get the best care by educating carers and professionals.

Working at Alzheimer’s Australia NSW in Education Services, where she helps both carers and professionals provide better care for a person with dementia, is the perfect job, says Georgene.

“I love people with dementia,” Georgene says. “I like that I get to work with people who really want to make a difference in the lives of people with dementia.”

Types of education
As part of a dynamic team of educators, Georgene delivers several different streams of education to a range of people in all corners of NSW. This includes education to carers to help them understand dementia and provide better care for their loved one; continuing professional development to those employed in the aged care sector; and customised education programs tailored to the individual needs of particular aged care facilities and community services.

“It’s good to know our education supports carers”

Georgene and the team also deliver community awareness programs, including Alzheimer’s Australia’s Mind your Mind program on how people might be able to reduce their risk of developing dementia.

In the past year, she has also been working as a behaviour consultant and educator with the University of Technology, Sydney, on two research programs. “I love the variety of the job,” Georgene says.

Life experiences
One of the reasons she loves engaging with people with dementia is the life history they have, individually and collectively. “When I walk into that nursing home and I look at any group of people, I always have that sense of wealth of knowledge and experience and the contribution they have made,” she says. “I feel privileged that they allow me to share their experiences.

“I’ve spoken to people who have been through droughts, been through two world wars; they have survived bushfires, they have lost sons in Vietnam.”

Inspired by carers
Georgene says she also likes the passion of people who want to improve the quality of life of people with dementia. That does not just include professionals working in the aged care sector, but families caring for their loved ones.

“When you’re working with carers, they’re all so positive,” she says. “There are so many people who are doing it tough, but who never complain. It’s good to know our education supports carers.”

For more information about AlzNSW’s Education Services programs, call Gail Longhurst on (02) 9805 0100.

Volunteers needed

Developing a decisional support kit for drivers with dementia

The University of Wollongong is conducting a study to find out what information drivers with dementia want included in a decisional support kit. We are seeking the opinion of current drivers who are over 55, with or without dementia.

The aim of the decisional support kit is to enhance acceptance of a transition to retirement from driving after being diagnosed with dementia.

If you are interested in volunteering or want to find out more about the study, please contact Cathie Andrew at the University of Wollongong on (02) 4221 5907 or email cathie@uow.edu.au.
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.

Madge Adams
Kathleen Marie Allen
Jeanette Anderson
Calogera Artese
Austin Barker
Gladys Mary Ayres
Margaret Bartlett
Keith Batchelor
Vince William (Bill) Bayliss
Teresa Benitez-Arbelo
Marjorie Blues
Elizabeth Doyle Bollard
Gertrude Joy Boyes
Nancy Doreen Brown
Basil Cecil Bull
Kevin Burrell
Fabio Castro
Gladys Chanter
Betty Chaushcv
Antonio Cinelli
Carmela Colosi
Gary William Comyns
Norma Lillian Cowie
Geoff Cranfield
Sylvia Marion Culverson
Olwen Darwin
Margaret Dawson
Annunziata Delduca
Myra Gladys Dell
Filomena Desiderio
Roland John Dibble
Margaret Anne Dickinson
Julia Dobson
Stan Dumbrell
Barbara Winifred Dupond
Bruce Elliott
Ronald Albert English
Bridget Fisher
Katie Fely
Keith Field
Mary Lorna Fitzgerald
Peter Fletcher
Richard George Fox
Joyce Fox
Edward Joseph Fryer
Maria Rosa Furfaro
Giuseppina Galietta
Wallace John Gercken
Ronald Douglas Gibbs
Betty Gleeson
Noela Graham
Bryan Graves
Victor Griffiths
Gertruida Antonia Grueninger
Iris Hall
Florence (Betty) Hann
Joan Hardy
William Harrison
Sheila Dorothy Harris
Iris Haydon
Myra Henry
Effie Baillie Hewlett
Bessie Veronica Hickey
Roy Percival Hobson
Ronald Honeysett
Pauline Blanche Hopkins
Laurence Everard Hyatt
Salvatore (Sam) Ierace
Eugene Jacko Jakubowski
Alice Maud James
Keith D Jenkins
Nancy Marion Jenss
William Herbert (Bill) Johnson
Evelyn Joyce Johnson
Kenneth Charles Jones
Maria Pritchard Jones
William Henry Kearton
Elfreda Evelyn Keft
Keith Field
Ethen Keys
Veronica Kildare
Leslie George King
Ann Margaret Kirby
Werner Krause
Maria Caterina Lagana
Don Lane
Thomas Larry Lawrence
Winifred Beth Lay
John Littlewood
Louis Louka
Donald Grant Macaulay
Irene Malliarakis
Brenda McCammont
Joyce Grace McLellan
Patricia Mernagh
George Simpson Michie
Reida Moss
Allan William Mulder
Denise Maria Newman
John Charles Nieuwland
James Niven
Anna Palamara
Elise Parkinson
Olga Peak
Joan Dorothy Peterson
Antonino Pirrello
Gwendoline Polglase
Dulcie May Pollard
Carmela Polloni
Marjorie (Pat) Potts
Stanley Alan Quinn
Henri Radzyninski
George Rae
Dorothy Ramsden
Maria Francesca Restifa
Nicholas Revai
Henry Robert Richards
Jean Robinson
Elpidio Rocchi
Norman Albert Ronalds
Francesco Russo
Oscar Sadnick
Vuttirui Sain
Nola and Peter Sale
Leonarda Sciacca
Joyce Scully
Maria Concetta Severino
Bill Shaw
Joseph William Snaith
Michel Sottaz
Margherita Spagnolo
Angelina Speziale
Elizabeth Johnston Stringer
Robert Gibb Sutherland
Karoline Sweet
Norma Taylor
Olive May Taylor
Gweneth Lilian Teiffel
Nancy Thistlethwaite
Betty Thomas
Allan Ronald Thomas
Kathleen Towers
Leonard Tully
Florence (Flo) Turnbull
William Henry Vout
Alec Wannan
Eileen Wood
Hermine Mary Wright
Ronald William Young
What’s new on the bookshelf...

Where did that man go?
by Irene Hobden
This book is a true account of day-to-day living with someone suffering from Lewy Body Dementia. It is hoped that carers will be able to relate to the book and be helped in some way along their long journey recognising and coping with the changes emerging in their loved ones, with whom they have spent so many years.

Telling tales about dementia: experiences of caring
edited by Lucy Whitman, foreword by Joanna Trollope
How does it feel when someone you love develops dementia? How do you cope with the shock, the stress and the grief? Can you be sure that you and your family will receive the support you need?

In Telling Tales About Dementia, 30 carers from different backgrounds and in different circumstances share their experiences of caring for a parent, partner or friend with dementia. They speak from the heart about love and loss.

Alzheimer’s: what you must know to protect your brain and improve your memory
by Dr Sandra Cabot
Dr Sandra Cabot’s ground-breaking four-point program has detailed information on how exactly Alzheimer’s affects the brain, and how other medical problems can mimic its symptoms. It also provides vital techniques that can be implemented to sustain and improve memory. This comprehensive guide is essential for those who are, or know someone, suffering from Alzheimer’s, or want to take steps to reduce the risk of developing the disease.

Speaking from experience: Alzheimer’s disease and other dementias (DVD)
This DVD offers first hand accounts from people living with Alzheimer’s disease and other dementias, their partners and carers. It looks at how they deal with the disease on a day-to-day basis.

If you would like to sponsor a book please contact the Library on 02 9888 4218.