

21 DAY HEART YOUR BRAIN CHALLENGE

The Heart Your Brain Challenge: 21 days to brain healthy habits is asking people to commit to your brain health and spend 21 days enjoying your new experience.

Well-known Australians join forces to heart their brains

Singers Kate Ceberano and Gina Jeffreys, newsreader Natarsha Belling, and comedian Lawrence Mooney, will join Alzheimer's Australia National President and Australian of the Year 2013 Ita Buttrose in taking up the challenge to do something for their brain health.

Comedian Lawrence Mooney is going to learn French, pledging to tweet a new phrase in French for each day of the challenge.

"I have always wanted to learn French and this is a great way to do something good for my brain while spreading the word about a great program," Mr Mooney said.

Newsreader Natarsha Belling is pledging to take a daily walk with her young sons to ensure that they are aware of brain health from a young age.

"The challenge is about pledging to do something, no matter how small, that is good for your brain health. It is never too early or late to start taking positive steps," Ms Belling said.

The 2013 Australian of the Year and National President of Alzheimer's Australia Ita Buttrose is encouraging everyone to join her in the challenge.

"It is all about the small steps you can take for your brain health. I have always eaten well, exercised frequently and maintained a busy social life, but there are always areas we can improve.

"I'm going to add another half an hour to my daily exercise regime and also do a crossword every day." Ms Buttrose said.

'Heart Your Brain: 21 Days to Brain Healthy Habits' is part of Alzheimer's Australia's Your Brain Matters program, an evidence-based program that shows us that activities that are reasonably complex, new, social, challenging and frequent help retain and build brain cells. Similarly, the things that are good for the heart, like eating well, exercising, and maintaining healthy blood pressure levels, are also part of living a brain healthy life. All these things contribute to good brain health and work towards reducing the risk of developing dementia.

Alzheimer's Australia NT (AizANT) launched the 21 Day Challenge Initiative at the City of Darwin. The Lord Mayor Katrina Fong Lim opened the event.

It is never too late to take up the challenge. For more information and a whole lot of ideas ready to go, head to the www.yourbrainmatters.org.au website and register now.



Lord Mayor Katrina Fong Lim



Ruth Leslie-Rose CEO - AizANT



Launch of the 21 Challenge



Launch of the 21 Day Challenge

PRESIDENT & CEO REPORTS

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Consumer Advisory Group
Seeking new members! Meetings are held three times a year. If you are interested, please call Anne Pike at Darwin Office.

National Dementia Helpline
1800 100 500
Australian Government Initiative
(interpreter service available)



**DR. VICKI
KRAUSE**
President

The year commenced with Cazalys Palmerston Club generously allocating the very successful 2013 Australia Day Golf Charity Day to Alzheimer's Australia NT and with Ita Buttrose, National President of Alzheimer's Australia, becoming Australian of the Year.

The Darwin team highlighted the critical need for increased funding for dementia research in Australia on Valentine's Day at Casuarina Square. An enhanced understanding of dementia is required for early successful treatment and prevention of dementia in the future.

An important national project promoting Your Brain Matters healthy ageing strategies to Indigenous Australians is being led by recently recruited local artist, Ben Graetz.

Katrina Fong Lim, Lord Mayor of Darwin and Alzheimer's Australia NT Ambassador, launched The Heart Y♥ur Brain Challenge on 11 March. We all need to keep our brain stimulated, body fit and heart healthy by spending 21 days enjoying a new experience!

A Younger Onset Dementia Summit, held in Melbourne, highlighted the special needs of this group. Summit participants called for the development of appropriate local services.

Darwin staff manned a Dementia Services stand, at the Lifeline Community Expo on 16 March. Creative Basics workshops for care-workers and health professionals including 'A Sensory Experience', 'Colour My World' and 'The Magic of Music' were held in mid March in Alice Springs and Darwin by the SA NT Dementia Training Study Centre which also funded Sharon Wall's presentation at Pearl in Darwin on 'Pain and People Living with Dementia' on the 25 March.

Ita Buttrose, already on a planned trip

to Darwin, for Alzheimer's Australia NT, spoke with Clare Martin (Alzheimer's Australia NT Ambassador) at an Australian of the Year brunch at the Waterfront, further raising awareness about dementia in the Darwin community.

I am very proud of the activity that is occurring locally for those with dementia.



**RUTH
LESLIE-ROSE**
CEO

This edition I am delighted to share information about new dementia key worker funding provided by the Australian Government to support people with Younger Onset Dementia. This initiative provides two extra staff for Support Services, one in Darwin and one in Alice Springs. The NT Younger Onset Dementia key worker roles will be filled by Dianne Maley and Nicole O'Connor who will have the capacity to travel with the Memory Clinics as necessary.

The Education team also have an exciting new project and we welcome Ben Graetz; who will be working on a community service announcement targeting Aboriginal and Torres Strait Islander Australians; and Rufaro Nyamusara; who will be assisting with the delivery of accredited and non-accredited education and information sessions.

On the 23rd of March, John and Trish Robinson hosted a private fundraising dinner with our National President and Australian of the Year, Ms Ita Buttrose as a special guest. Their generous support of Alzheimer's Australia NT is unprecedented and deeply appreciated and allows us to do things beyond our funding to support people with dementia in the Northern Territory. Ms Buttrose also spoke at the Business and Professional Women's cocktail event on the 22nd of March. BPW also supported our important work by donating proceeds of the event to the organisation.

DEMENTIA CHAMPIONS

DEMENTIA CHAMPIONS

We must all stand up to fight Dementia. You can help support Alzheimer's Australia's campaign and every Australian affected by Dementia.

Action is needed to tackle dementia NOW.

How you can help?

If you would like to become a dementia champion and speak for people who cannot, please contact Tania, in reception, who will send you a champion form. We are asking The Australian Government to invest more money into dementia research, as we believe the current level of spending is inadequate. We need the voices of as many people as possible.



Ted Egan AO

Earlier this year Mr Ted Egan AO became an Alzheimer's Australia Dementia Ambassador.

Mr Egan has been living and working in the Territory for a number of years and has graciously offered to help Alzheimer's Australia NT with fundraising where possible.

VALENTINES DAY

On Valentine's Day Alzheimer's Australia hit the streets in every capital city to urge the community to support an investment of \$200 million over five years for dementia.

The community were asked to become Dementia Champions and customise heart shaped leaves with their favourite memories, bringing Alzheimer's Australia's six-foot memory trees to life.

The nation wide event, which included love heart shaped chocolates, and information on Alzheimer's Australia Dementia Research Foundation and, was a great success and resulted in thousands of new Champions.

With the support of the community, we have managed to increase awareness of the Fight Dementia Campaign and we will continue to press for an increase in investment in dementia research in the 2013-14 Federal Budget.



Bob Rose donating a memory



Memory Tree

AUSTRALIA DAY GOLF DAY FUNDRAISER

On the 26th of January, Cazalys Palmerston Club along with the Palmerston Golf Club held it's Charity Golf Day. All proceeds were donated to Alzheimer's Australia NT.

The day started with many teams teeing off to play a 9 hole course, followed by a barbeque lunch. An auction of generous donations provided by local businesses followed.

The day was a success and was enjoyed by all. A very big thank you to Cazalys Palmerson Club and the Palmerston Golf club for hosting this wonderful event.



Manning the barbeque



Staff from Alzheimer's Australia NT



AA&P Golf Team

RESEARCH & DEVELOPMENT

MCKEON REVIEW RECOMMENDS BIG CHANGES FOR HEALTH AND MEDICAL RESEARCH

The Strategic Review of Health and Medical Research - Better Health through Research led by the Australian of the Year Simon McKeon has been released by the Australian Government. The report features a 10 year strategic plan to maximise Australia's capacity to produce world class health and medical research.

The plan sets out recommendations that will build research capacity in health priority areas such as dementia and support an increased focus on priority-driven research by establishing set research agendas, evaluating outcomes and leveraging funding.

The report also recommends the establishment of a leadership body - possibly an expanded NHMRC - to work with key organisations to better deliver health care services. This will include responsibilities such as driving research translation in the health-care system and engaging consumers by involving the community in priority -setting exercises, clinical trials and other research participation. These recommendations are all part of a three tier vision that calls for strengthened partnerships between researchers, health professionals and the wider community.

The report was launched on 5 April 2013 by the Minister for Health Tanya Pilbersek.

"The overarching vision of the report is embedding health and medical research into all aspects of the health system. This is because health services that conduct research deliver better health outcomes for patients",

Said Minister Pilbersek.

Alzheimer's Australia congratulates Mr McKeon and the other panel members - including the Chair of Alzheimer's Australia Dementia Research Foundation professor Henry Brodaty - on the comprehensive report, and looks forward to a positive response and implementation of the recommendations by the Government in next month's Federal Budget.

For more information go to:

Press Link: <http://www.mckeonreview.org.au/>

Media Link: <http://www.health.gov.au/internet/ministers/publishing.nsf/Content/mr-yr13-tp-tp025.htm>

NEW GENETIC MARKERS OF ALZHEIMER'S RISK IDENTIFIED

New genetic markers that could help highlight who is at risk of developing Alzheimer's disease have been identified by US scientists.

A team of researchers led by Dr Alison Goate performed the largest ever genome-wide association study of protein markers found in cerebrospinal fluid. The study included 1,269 participants; 591 of whom were clinically diagnosed with Alzheimer's disease, and 687 healthy participants as controls.

The study was undertaken in two stages. First, the researchers assessed a subset of each participant's genome in order to explore what genetic variation may be associated with increased risk of Alzheimer's disease.

Three new genetic variants were found to be associated with higher levels of the tau protein, which

is one of several biomarkers that may indicate the presence of Alzheimer's disease.

Next, the researchers looked at the presence of these gene variants in data from a different set of participants diagnosed with Alzheimer's disease. They found that one of the genetic markers (with the label rs9877502) had a strong association with increased Alzheimer's disease risk.

"We anticipate that knowledge about the role of these genes in Alzheimer's disease may lead to the identification of new targets from therapies or new animal or cellular models of the disease", said Dr Alison Goate.

Dr Douglas Brown, director of research and development at the Alzheimer's society also commented on the study's findings: "in discovering new genes that have a link to Alzheimer's, this robust study helps scientist to better understand the way the brain changes when dementia develops".

"These new gene markers, as important as they are, are likely to be a few of many factors that might affect a person's risk of developing Alzheimer's".

Carlos Cruchaga, Et al. (2013). GWAS of Cerebrospinal Fluid Tau Levels Identifies Risk Variants for Alzheimer's Disease, Neuron, 10:1016

For more information go to:

Press Link: <http://www.bbc.co.uk/news/health-22025100>

Journal Link: <http://www.cell.com/neuron/retrieve/pii/S0896627313001840>

RESEARCH & DEVELOPMENT

CASE STUDY DOUBTS ABOUT PLAQUES IN EARLY ALZHEIMER'S DETECTION

An Australian study has shown that the build-up of so-called amyloid plaques - the hallmark of Alzheimer's disease - may be one of the last things to occur in the progression of the disease.

PhD student Amanda Wright and Dr. Bryce Vissel from Sydney's Garvan Institute aimed to identify early versus late Alzheimer's disease mechanisms and markers. Using an Alzheimer's disease mouse model, the researchers studied disease pathology at 6, 12, 24 and 36 weeks using a range of biochemical and physiological methods.

The team found that significant loss of brain cells and a range of associated disease processes (including inflammation) began at an early stage of the disease, at around the same time as the first signs of subtle memory problems. Amyloid plaques occurred much later, after significant memory loss occurred.

These findings have direct relevance to the current debate on how best to diagnose and treat Alzheimer's disease.

"Our study supports the increased common view that treatment should start much earlier in the disease process. It also suggests that brain inflammation and cell loss may be an earlier indicator of disease pathology than amyloid plaques, and an alternative target for treatment", said Dr Vissel.

"In addition, what's coming out in various studies is that mild cognitive impairment may be another early predictor of Alzheimer's. This seems to fit perfectly with our findings,

which show mild memory loss and behavioural changes at an early stage before plaques appear."

Wright, A. Etal. 2013. Neuroinflammation and Neuronal Loss Precede Plaque Deposition in the hAAP-J20 Mouse Model of Alzheimer's disease, PLoS One 8(4): e59586. doi:10.1371/journal.pone.0059586

For more information go to:

Press Link: <http://www.garvan.org.au/news-events/news/forget-about-plaque-when-diagnosing-alzheimer2019s-disease.html>

Journal Link: <http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0059586>

NATIONAL YOUNGER ONSET DEMENTIA ONLINE FORUM

Launched late 2012 by Alzheimer's Australia Victoria with the support of the Wood Family Foundation, the Younger Onset Dementia Online Forum enables the estimated 24,000 people living with younger onset dementia and their families and friends throughout Australia to connect in an online environment. Members can gather online 24 hours a day / 7 days a week, to share stories, connect with others in a similar situation, ask questions and access information that is often difficult to find through mainstream pathways.

Members have posted on subjects as varied as driving, residential care, alternative therapies and accessing superannuation.

The forum invites members to share their story. Maybe you're living with younger onset dementia -

perhaps your Mum or Dad has been diagnosed - or you might be caring for someone with younger onset dementia. Please feel free to join up and tell other members about yourself or your experiences.

Joining the forum's online community is easy. Go to <http://www.talkdementia.org.au/> and click on the JOIN button.

UPCOMING EVENTS

ALZHEIMER'S AUSTRALIA 15TH NATIONAL CONFERENCE

The Tiles of Life - Colouring the Future will take place in Hobart, Tasmania from the 14th to 17th of May 2013.

"This year's conference is an opportunity to reflect on how we can be positive in addressing dementia through promoting awareness, rehabilitation, social engagement, opportunities for creativity and self-expression.

It's also an opportunity to look to the future and the critical role investment in dementia research can play in identifying the cause of dementia as well as helping to find a cure and developing new treatments.

For anyone interested in improving the quality of life for people with dementia and their carers – and looking to a better future – this is a conference you shouldn't miss in 2013". said Alzheimer's Australia President Ita Buttrose, AO, OBE

NEWS

STAFF NEWS

Over the past month there have been a few changes to both teams in Darwin and Alice Springs.

The Darwin Office has seen the recent addition of 2 new members who have joined the Education team, and while Support Services may have lost a long standing member in Teresa Smithson, Dianne Maley has joined to take over from her role as Family Support Coordinator. The Stepping Out team has also seen the arrival of Carly Lawless.

The Alice Springs office will also see the addition of a new staff member, Katherine Henley, to assist our existing member Nicole O'Connor.



**DIANNE
MALEY**

I have worked in Aged Care for over 15 years. I have worked in a variety of roles including RN (Registered Nurse) in Facility Care Dementia Specific Units, Community Aged Care Packages Programs and Acute Behaviour Unit for Aged Care.

I moved to Darwin in September of 2012 with my husband, we are both enjoying the Darwin lifestyle and vast cultural differences of the Northern Territory.



**CARLY
LAWLESS**

Hello everyone! As the newest member of the Stepping Out team, I am very excited to face all the challenges ahead.



**RUFARO
NYAMUSARA**

Hi my name is Rufaro Nyamusara, I am the new Education Officer here at Alzheimer's Australia NT. In this role I will be delivering the Dementia Care Essentials (DCE) Certificate III and IV along with Community Education and other training programs. I am looking forward to all the new and exciting challenges that this position will bring.



**KATHERINE
HENLEY**

I am relatively new to the Territory, having moved to Alice Springs from Sydney about a year ago after living in Darwin for many years. I am a mum of two little ones, a two year old boy and a five year old girl and adore them both (most of the time)

I started my career in Recruitment and Human Resources, but then went on to train as a Naturopath. I have also worked as a Naturopath in clinics and as an Advisory Naturopath at Blackmores in Sydney. I love Naturopathy and am quite passionate about preventative health. Although I am new to aged care, I have had some personal experience with Alzheimer's and have always been very interested in working in this field. I am excited about this new position with Alzheimer's NT. In my spare time, I have aspirations of running my first half marathon this year, although I'm not sure how realistic this goal is!

BEN GRAETZ

Hi All! The past couple of months since starting at Alzheimer's Australia NT it's been quite a whirl wind with getting to know a brand new organisation along with all the travelling my position entails. The travel in particular has allowed me to finally put faces to names and voices which are normally on the other end of the phone.

So far my journey has been a valuable experience, understanding and learning about how each state is operating and what initiatives and resources they are using in their particular communities.

I'm currently working on a project for the Your Brain Matters (working title "The Dream") which is coming together nicely, I am now at the stage where actors contracts are being negotiated and locked in, and having meetings with national music companies to hopefully obtain music rights which will enhance "The Dream" and make it into the beautiful piece.

I'm looking forward to the next few crazy months and can't wait until we get into the studio and start filming our wonderful DVD!



Alzheimer's Australia NT would like to thank Craig Bradbury and his team for their generous support by tinting the windows of our newly acquired bus.

OUR SERVICES

DEMENTIA & MEMORY COMMUNITY CENTRE

Social Group

This group is for people with memory loss & their family carers. This group meets every 4th Friday of the month 10am to 12 midday. Minimal costs may be involved with the Social Group.

Therapeutic Activities Group

This program is held on the 3rd Friday of the month and is facilitated by our Family Support Officer. It provides an opportunity for people with dementia & their carers to engage in a variety of cognitive activities and gentle physical exercise, whilst promoting independence. The theme of the program changes every six months.

Memory Matters

Sessions are held on the 2nd Friday of each month 10am to 12 midday. Participants engage in brain gym, puzzles & cognitive exercise. Members of the public are welcome to join us for these free sessions.

Nightcliff Health & Well Being

Sessions are held on the 1st Friday of each month 10am to 12 midday, incorporating whole body health & guest speakers covering a range of topics relevant to Senior Territorians. Members of the public are welcome to join us for these free sessions.

Internet Café

Feel free to arrange a time with our friendly staff to use our free internet café where we have dedicated computers to browse memory & dementia resources on the internet. We even have some brain teaser games to exercise your brain! Members of the public are welcome to join us at the café.

EDUCATION & TRAINING

The following courses are held in Darwin, Alice Springs & Katherine.

Community Education

These information sessions are tailored to meet the needs of the community, including - culturally and linguistically diverse groups and health professionals. Please contact us if you would like a free information session.

Your Brain Matters Program

This program highlights the seven lifestyle changes we should adopt that may reduce our risk of dementia. Suitable for the general public and health professionals.

Dementia Care Essentials

Nationally accredited Certificate III and IV units, designed for health professionals working in the area of dementia care.

Carer Education

This is designed specifically for family carers and friends to assist in their caring roles. By learning about dementia, carers and friends develop a better understanding of the effects of the disease.

SUPPORT SERVICES

Living With Memory Loss

An information & support program for people living with early stage dementia and their carers & family. If you are interested in participating please contact Susan Williams, Early Stage Coordinator for further details.

Younger Carers Group

Meets every 2nd month on the 4th Wednesday from 5.30pm to 7.00pm. Contact the Family Support Coordinator for details.

Nightcliff Carer Support Group

Held on the 3rd Thursday of the month at 10am. Groups alternate between guest speakers and social functions. If you are interested in participating please contact the Family Support Coordinator for details.

Exercise Group

Held every Wednesday for clients with memory loss who are physically fit and enjoy outdoor activities. Fees apply.

Stepping Out — Day Respite

Stepping Out groups promote socialisation and meaningful activity for people living with the early stages of memory loss. They are suitable for people who still enjoy company, who are mobile & need little assistance with every day tasks. This program also provides regular respite for carers. Fees apply.

Social Activity & Support

A new fee-for-service program. A qualified staff member, will visit a person with dementia who is in hospital or a residential care facility. The focus of these visits is to encourage socialisation, physical and cognitive activities and can include excursions to community venues.

Life Memories Albums

Life Memories Albums encourage individuals to construct an album representing their life history through recollecting and retelling memories. For further information, or to volunteer your services with this program, please call Anne Pike.

Territory FM (104.1)

Listen to Territory FM (104.1) on the first Wednesday of each month at 10.20 am to hear Alzheimer's Australia NT staff and guest speakers discuss issues faced by those with dementia or those caring for someone with dementia.

**Most of these events are free of charge - bookings are essential.
For further information please contact the Darwin Office on 8948 5228.**

TALKING ABOUT ALZHEIMER'S ACROSS AUSTRALIA

**POSTAGE
PAID**

TO:

THANK YOU

Alzheimer's Australia gratefully acknowledges the donations made by the following people and organisations since December 2012:

- Centre for Disease Control
- Member for Nhulunbuy, Lynne Walker MLA
- Helen Gabel
- Gertrude Obhadin - In memory of Marcia Mocicka
- Jeanne Stern - In memory of Mr Gordon Parnell
- Cazalys Palmerston Club Inc
- LM Ramachandra
- M Friel
- M Tissear
- Rosemarie Valle
- Dorothy Seib
- Australian Woman of the Year Awards
- Northern Territory Government - Department of Justice
- The country Women's Association of the NT
- Business & Professional Womens club of Darwin
- John and Trish Robinson and their generous guests for their support of a fantastic fundraising dinner

A big thank you to all of those who have made anonymous donations and supported Alzheimer's Australia NT



John and Trish Robinson with Ita Buttrose

ITA BUTTROSE FUNDRAISING EVENTS

When it comes to digging deep for a good cause, Darwin residents and business leaders are legendary for their generosity. Well known Darwin business identity and philanthropist John "Foxy" Robinson and his wife Trish again hosted a very special dinner at their home, The White House, in Fannie Bay to raise much needed funds for Alzheimer's Australia NT. Guest of honour was 2013 Australian of the Year and National President of Alzheimer's Australia, Ita Buttrose AO OBE, who was joined by another 21 invited guests.

A big thank you to Natalie Bell and BPW for supporting people with dementia in the NT.



Natalie Bell and the BPW with Ita Buttrose



Fresh seafood entree - just exquisite!