

**ALZHEIMER'S AUSTRALIA NT NEWSLETTER**

**APRIL 2014**

# **YOUR STORY MATTERS**

**YOUR FAMILY MATTERS  
YOUR CULTURE MATTERS  
YOUR BRAIN MATTERS**



**YOUR BRAIN  
MATTERS**  
THE POWER OF PREVENTION  
[YOURBRAINMATTERS.ORG.AU](http://YOURBRAINMATTERS.ORG.AU)

**ALZHEIMER'S AND DEMENTIA  
AUSTRALIA AND HOPE**

# PRESIDENT & CEO REPORTS

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 Judith Buckley  
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\*\*\*\*\*

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**Alice Springs Office:** (08) 8952 9799  
 PO Box 1618, Alice Springs NT 0871  
 Shop 5 Cinema Complex, Todd Mall,  
 Alice Springs NT 0870

**Consumer Advisory Group**  
 Seeking new members! Meetings are held monthly. If you are interested, please call the Darwin Office.

**National Dementia Helpline**  
**1800 100 500**

Australian Government Initiative  
 (interpreter service available)



**DR. VICKI  
KRAUSE**  
President

Yes, your brain matters.

We started this year with a most inspiring launch on this topic, hosted by Colliers International, that focussed all our minds on what matters---our stories, our families and our culture and what we need to do to keep these alive and healthy. The Your Brain Matters program is an Alzheimer's Australia ongoing initiative and this recent segment was created and directed by NT local, Ben Graetz and his talented team.

Under Upcoming Events you will see the training that goes on around dementia and dementia care here in the NT. Supporting and caring for people with dementia requires understanding, education and skills acquisition and Alzheimer's Australia NT provides such nationally accredited training and workshops.

Just as people with dementia need care, people who care for those with dementia need support. There are an estimated 1.2 million Australians caring for someone with dementia and on page 6 you will find some great tips for carers --with the lead-in message of "Be nice to yourself". An important tip is to learn as a carer to recognise when you need help and to get the support you need. Alzheimer's Australia NT provides many options for carers that give direct support as well as advice on where and how to access needed services and respite.

Thank you to all members and friends and to those who volunteer and give of their time, money and talents to fight dementia.



**RAY  
NORMAN AM**  
Chief Executive

Since last newsletter we have had a number of exciting events.

**Colliers International** has engaged with us to provide a very rewarding partnership. Colliers International sponsored our successful launch of Your Brain Matters, a program to foster a healthy brain while at the same time assisting to prevent many other chronic diseases. Details of this program are available on page 3. Colliers International has also provided magnetic signage for our cars. This signage has already given tangible results in enquiries from the public.

In addition Colliers are organising a fundraising event in the form of a **Champagne High Tea** on the 10th May at Quintessence on The Avenue, 12 Salonika Street, Parap. Cost is \$85 per ticket and includes tea, champagne, cupcakes, pastries, scones with jam and cream. All proceeds from this event will go towards the Safe Return Program.

The Alzheimer's NT Board has approved the purchase of a **"Memory Van"**. I am waiting on some further advice before placing the order. This van will be fully signed and fitted out with all the necessary equipment for a travelling education and awareness program I expect that we will have a presence at all the shows from Alice Springs to Darwin in 2014.

We have established a **Multi-Cultural Consumer Advisory Group** which it is hoped will meet monthly on a Wednesday morning at 10am, in the library at 3/18 Bauhinia Street. Please feel welcome to come along. The next meeting is scheduled for the 16th April.

# YOUR BRAIN MATTERS LAUNCH

## “YOUR BRAIN MATTERS”....

As part of the Fight Dementia campaign, Alzheimer’s Australia has launched the first of its kind risk reduction program to address the prevalence of dementia in Aboriginal and Torres Strait Islander (ATSI) communities.

The Northern Territory launch of the program, which included the release of a ‘Your Brain Matters’ (YBM) Community Service Announcement (CSA) DVD, was sponsored by Colliers International Real Estate and held at their Winnellie office on the 4th of March 2014. The program package, which includes the culturally relevant CSA titled ‘Your Story Matters’ and supporting brochures, was performed by respected members of local Aboriginal communities. The writer and director of ‘Your Story Matters’, Ben Graetz, said, “The resources have been developed with the community. Everything from the language and music used, through to the focus on preserving stories and culture, is designed by my people, for our people. It’s about encouraging conversations and prevention within the community.” The resources are for distribution to relevant health workers and carers across Aboriginal communities, as well as broadcast via electronic media, and are accessible on YouTube. The aims of the ‘The Your Story Matter’s’ resources are to emphasis five main messages, namely:

**Look after your heart:** always ask staff at the clinic to check your blood pressure, cholesterol, blood sugar, and weight and avoid smoking.

**Keep your body active:** exercise is good for the brain. Playing sports, swimming, walking and dancing helps keep your brain healthy.

**Keep your brain thinking:** mental exercise is good for the brain. Learn new words and skills by reading and yarning with others.

**Eat a healthy balanced diet:** eat two pieces of fruit and five serves of vegetables every day. Too much alcohol is bad for your health.

**Mix well with others:** talk to your mob, do things with your family and friends.

More information can be found at [www.yourbrainmatters.org.au](http://www.yourbrainmatters.org.au).



*Maria and Lianna Georges and Peter Styles MLA*



*Colliers International Office*



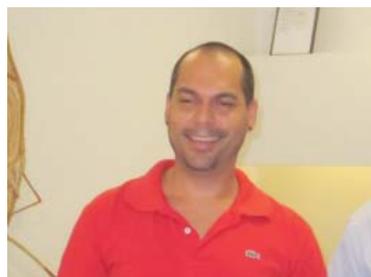
*Ray Norman AM and Chris Hyland*



*Angelica Poulos and Claire Bell*



*Angela Tomazos, Judy Ratajec and Angelica Poulos*



*Ben Graetz*



*Vicki Krause, Ray Norman AM, Peter Styles MLA, John Robinson and Chris Hyland*



*Vicki Krause, Ray Norman AM and Peter Styles MLA*

# UPCOMING EVENTS

## UPCOMING ALZHEIMER'S AUSTRALIA NT EDUCATION TRAINING

### Nationally Accredited CHCAC319A Dementia Care Essentials - Certificate III - 3 Day Module

This unit is ideal for all Health Care Workers in the area of Dementia Care in community and residential aged care settings.

#### Topics:

- What is Dementia?
- Effective Communication
- Managing Behavioural & Psychological Symptoms of Dementia
- Activities for someone with Dementia

#### Katherine:

- 14th - 16th April 2014

#### Alice Springs:

- 29th April - 1st May 2014

#### Darwin:

- 16 - 18th June 2014

For more information or to register for the Dementia Care Essentials Certificate III please call Alzheimer's Australia NT on 08 8948 5228 or email [nt.admin.d@alzheimers.org.au](mailto:nt.admin.d@alzheimers.org.au)



### Nationally Accredited CHCAC416A Dementia Care Essentials - Certificate IV - 3 Day Module

This unit is ideal for all Health Care Workers in the area of dementia care in community care and residential care settings, particularly those in leadership roles. This unit is a core module of the Certificate IV in Aged Care.

#### Topics:

- The profile of a person with dementia including BPSD's
- Support programs for a person with dementia
- Identifying effective leadership & teamwork elements
- Implementation & evaluation of a support program
- Identifying education needs of family and co-workers

#### Katherine:

- 3rd - 5th June 2014

#### Alice Springs:

- 17th - 19th June 2014

For more information or to register for the Dementia Care Essentials Certificate IV please call Alzheimer's Australia NT on 08 8948 5228 or email [nt.admin.d@alzheimers.org.au](mailto:nt.admin.d@alzheimers.org.au)

## SEXUALITY, DIVERSITY & AGEING A WORKSHOP FOR AGED CARE SERVICE PROVIDERS

Dr Catherine Barrett is the Chief Investigator/Coordinator of the Sexual Health and Ageing Program at the Australian Research Centre in

Sex, Health and Society, La Trobe University. The Program addresses the rights of older people to: sexual expression, sexual and gender diversity, be free from sexual violence and access to information about sexually transmissible infections.

#### Aims:

- Explore social constructions of sexuality and ageing: how values and beliefs influence services
- Develop a shared understanding of what sexuality and sexual health mean
- Explore the impacts of disease on sexual expression
- Discuss sexual boundaries in the provision of home services
- Outline the needs of older lesbian, gay, bisexual, transgender and intersex people
- Summarise the emerging research on the sexual assault of older women in Australia
- Provide an overview of the evidence related to sexually transmissible infections and older people

The workshop has been developed for all service providers including direct line workers, managers and team leaders.

**Date:** Tuesday 13th May 2014

**Time:** 9am - 1pm

**Venue:** TBA

**Cost:** Free

**Duration:** 4 hours

Bookings are essential. Contact the Alzheimer's Australia NT Darwin Office for further information or RSVP on 8948 5228 or email [nt.admin.d@alzheimers.org.au](mailto:nt.admin.d@alzheimers.org.au)

# UPCOMING EVENTS

## CHAMPAGNE HIGH TEA

*A fundraiser to benefit the Safe Return Program for Alzheimer's Australia NT*

Hosted by Colliers International NT

**Date:** Saturday 10th May 2014

**Time:** 2:30pm - 5:00pm

**Venue:** Quintessence on The Avenue  
12 Salonika Street Parap

**Tickets:** Adult \$85.00

Children \$40.00

Children under 5 years of age are free

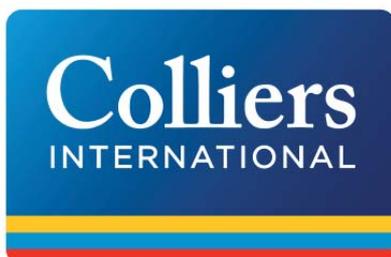
Includes tea, champagne, cupcakes, pastries, scones with jam and cream

Raffles will be held to help raise funds for the Safe Return Program.

*Come help support the cause!*

Bookings are essential as places are limited - [www.colliersnt.com](http://www.colliersnt.com)

For information contact:  
Lianna Georges 0413 042 122 or  
Myriam Giovanazzi 0417 708 709



Safe Return Program is a program that gives carers and families of people living with dementia peace of mind. The program enables a person to be identified as having a possible risk of wandering away from familiar and supportive environments before it happens.

Safe Return Program is a joint project of Alzheimer's Australia NT and the NT Police.



## OVERVIEW OF RECENT EVENTS



**RACHAEL  
LITHERLAND**

Rachael Litherland recently visited Darwin in March and conducted a 'Dementia Friendly Communities: Involving People with Dementia' workshop as part of her national tour.

Rachael has a background in psychology and advocacy and has extensive experience working with people with dementia in the UK.

She participated in developing and managing the national "Living with Dementia" program for the UK Alzheimer's Society.

She is now a director with Innovations in Dementia CIC which is a community company working on a range of positive projects focusing on people with dementia 'living well'.

The afternoon workshop was attended by a range of people including professionals, people with dementia, carers, service providers, and consumers.

Rachael commenced the workshop by outlining her experiences in the UK before providing an overview of dementia-friendly work practices implemented in the UK and how, despite geographical differences, the principles can be nurtured in Australia.

Enshrined within the principles for developing dementia friendly communities is recognition that people living with dementia must have 'input' to ensure their 'needs' are appropriately met. In the UK this empowerment has been achieved through the establishment of local dementia action alliances which have focused on the physical environment, public transport, and emergency and support services.

Innovative programs that were discussed at the workshop included the establishment of intergenerational schools projects that raise awareness and promote future dementia friendly generations as well as the benefits of volunteer support programs to promote community awareness and social engagement.

To conclude, the workshop the audience participated in group discussion to identify and share ideas and strategies intended to facilitate a locally focused **dementia friendly Northern Territory**.

# CARER SUPPORT



## TIPS FOR CARERS TO TAKE CARE OF THEMSELVES

- Look after your physical health by eating well, doing exercise you enjoy and trying to get enough rest.
- Make time for things you enjoy, including hobbies and socialising with family and friends.
- Don't be hard on yourself when you are doing the best you can.
- Find ways to help reduce your stress levels on a daily basis, such as breathing and stretching exercises or stopping to enjoy a cup of tea.
- Learn to recognise when you need help and get the support you need.
- Build support networks, such as using a counselling service, joining a carer group or talking to an understanding friend or family member
- Always maintain hope for the person you are caring for and a belief that things will get easier.

Beyondblue has a free resource to help carers, including the booklet, *beyondblue Guide for Carers: Caring for others, Caring for Yourself*, which

is available in English and six other languages and a DVD, *Carer's Stories of Hope and Recovery*.

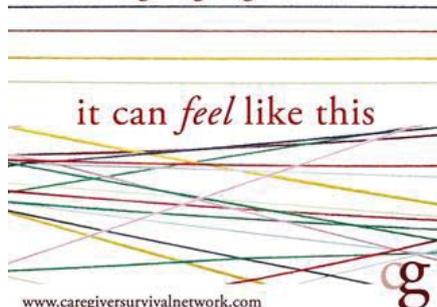
Order these free resources online at [beyondblue.org.au](http://beyondblue.org.au) or by calling the [www.beyondblue](http://www.beyondblue) info line on 1300 244 636.

## SUPPORT OPTIONS FOR CARERS, FAMILY AND FRIENDS

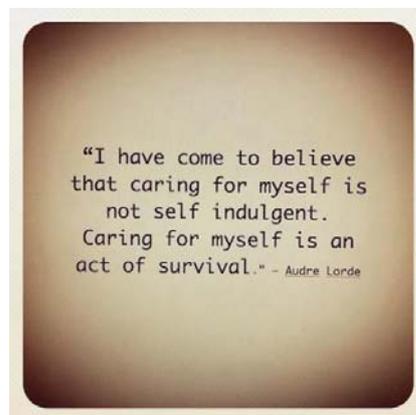
- Respite – consider the Alzheimer's Australia NT Stepping Out programme (offering daytime activity for people living with dementia)
- Consider accessing help with domestic tasks such as cleaning and shopping (through the Aged Care Assessment Team (ACAT) referral service)
- Consider coming to the monthly Carers Support Group (contact Jessica Lam at Alzheimer's Australia NT on 8948 5228)
- Reach out to those around you – friends, family and community resources. It's easy to feel isolated; however there are people who want to support you.
- Make contact with Carers NT to find out about counselling and respite options
- Transport - a person with dementia is eligible for the NT taxi subsidy scheme. It reduces taxi fares by 50 per cent. The application is available online, or through Alzheimer's Australia.

A Caregiver's Special Needs  
#caregiverspecialneeds

I need you to know that  
while caregiving might *look* like this



[www.caregiversurvivalnetwork.com](http://www.caregiversurvivalnetwork.com)



### Financial support options:

- if you are providing daily care for a person who is frail and aged then you are likely to be eligible to receive carer allowance, a fortnightly supplement of up to \$115.40 a fortnight. It is not income tested.
- if you are unable to support yourself financially in paid employment due to the demands of your caring role you may also qualify for carer payment, which is income and assets tested. Details from [human.services.gov.au](http://human.services.gov.au) or call 132 717
- The Financial Information service can provide advice on the costs of aged care and different accommodation options, call 132 300

# RESEARCH AND DEVELOPMENT

## **CROWD FUNDING CAMPAIGN FOR VIDEO GAME AIMS TO BRING FUN TO THE LIVES OF PEOPLE WITH DEMENTIA**

Media Release from <http://www.fightdementia.org.au/victoria>

18 March, 2014

**San Francisco, USA & Melbourne, Australia: Opaque Multimedia and Alzheimer's Australia Vic today announced the launch of a Pozible crowd funding campaign to support the development of The Forest Project - a video game application designed to improve the quality of life of people living with dementia through the use of Epic Games' Unreal Engine 4 technology.**

The announcement was made internationally at the annual Game Developers Conference in San Francisco. The campaign aims to raise US\$82,000 (AU\$90,000).

"Unreal Engine 4 is a next-generation video game technology. This is the same technology behind some of the most visually impressive video games of recent years," said Norman Wang, Opaque Multimedia director.

Mr Wang said that by supporting this initiative, backers will be helping to break new ground in the use of virtual sensory therapy for people with dementia.

"We are calling on the global gaming community to get behind The Forest Project to demonstrate that video games can add immeasurable value to healthcare.

"With the community's support we can greatly increase the fidelity, the types of environment, experiences and will strengthen the emotional connection – ultimately making a difference to the lives of people living with dementia," Mr Wang said.

The Forest Project also uses Microsoft's Kinect 2 technology which, using smart TVs, aims to turn a living room or a

lounge in a care centre into an enchanted space that both stimulates the senses and engages through interactivity. Currently in development, The Forest Project is targeted to be released on multiple platforms in early 2015.

The Forest Project will record a number of technological firsts:

- one of the first serious game titles to use Unreal Engine 4 for dementia care and the first application of its kind in Australia
- one of the first attempts to support the care of people with dementia using game technology as well as supporting sensory therapy applications
- and one of the first to be tailored specifically to the needs of people living with dementia and their carers

The virtual environment is being designed from the ground up specifically for people with dementia. The Forest Project will provide a beautiful, calming and highly interactive experience.

"Imagine being able to take a person with dementia out of their everyday experience and into a virtual environment through which they will experience awe, wonder, giggles, amazement and joy. Using video game technology we can do this," said Maree McCabe, CEO, Alzheimer's Australia Vic.

Ms McCabe said Alzheimer's Australia Vic is constantly looking out for the game changers – the innovations that will make a difference to the quality of life for people living with dementia.

"This first interactive virtual experience we are creating is a forest. The possibilities to create, others are boundless such as a beach or even a seasonal Christmas themed scenario."

"Imagine if we could make this technology available for smart TVs in aged care and private homes across the globe, for everybody to enjoy.

Together we can, and in so doing, make a real difference and bring some fun back into the lives of people living with dementia," said Ms McCabe.

Dementia is the third leading cause of death in Australia and there is no cure.

In Australia alone there are more than 330,000 people living with dementia and this number will increase to around 900,000 by 2050. These figures are mirrored around the world, meaning that statistically everybody will be impacted in some way by dementia during their lifetime.

To support The Forest Project campaign visit <http://pozible.com/virtualforest4dementia>.

-ends-

In Victoria around 78,000 people are living with dementia.

Alzheimer's Australia Vic is the charity representing people with dementia in Victoria. As the peak body, we provide specialised dementia information, education and support services.

Call our National Dementia Helpline on 1800 100 500 or visit [www.fightdementia.org.au/vic](http://www.fightdementia.org.au/vic) Twitter - @AlzheimersVic / Facebook – Alzheimer's Australia Vic

Opaque Multimedia is a Melbourne-based digital design studio specialising in the application of video game technologies in novel domains. For more information visit [www.opaquemultimedia.com](http://www.opaquemultimedia.com)

### **Available for interview:**

Maree McCabe, CEO, Alzheimer's Australia Vic;

Dr Tanya Petrovich, Business Development Manager, Alzheimer's Australia Vic;

Norman Wang, Liam McGuire, James Bonner, Opaque Multimedia Directors

Media enquires:

### **in USA**

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Kirsty Sculler +61 407 095 809 / [kirsty@opaquemultimedia.com](mailto:kirsty@opaquemultimedia.com)

# RESEARCH AND DEVELOPMENT

## CAN COCONUT OIL CURE DEMENTIA? THE EVIDENCE BEHIND THE CLAIMS

Occasional stories on the internet suggest that coconut oil may be able to cure or reverse the effects of dementia. With these claims being made, Dementia News asks 'is there any evidence?' The short answer is no, but let's start at the beginning.

Coconut oil is extracted from the fleshy parts (or kernel) of matured coconuts. One component of coconut oil is caprylic acid. The body breaks down this acid into substances called ketone bodies – a chemical your body can use as a source of energy for the brain. Ketone bodies are usually derived from the breakdown of muscle tissue during starvation or when a person's diet lacks carbohydrates. It is thought that ketone bodies could be an alternative source of energy for damaged brain cells that have lost their ability to use glucose, which may happen in dementia. However, this theory has not been proven. Coconut oil is also very high in saturated fat (containing seven times more saturated fat than olive oil and containing 30 % more than butter).

### Is there any scientific evidence that coconut oil might help with dementia?

Caprylic acid is an ingredient in a medical food known as Axona, which claims to delay the symptoms of dementia. A clinical trial evaluated the daily use of Axona in 152 people with mild to moderate Alzheimer's disease. These results were published in the Journal Nutrition and Metabolism in 2009. The researchers found there were no significant improvements in memory test scores for those who took Axona daily, over a period of 90 days. A longer term trial was not undertaken.

Only one small study, published last month in the Journal of Alzheimer's Disease, looked at the direct effects of coconut oil on brain function. When the researchers added a high or a low amount amyloid beta proteins to rat brain cells

growing in a Petri dish, approximately 20-60% of the brain cells died, while all the cells without amyloid beta survived. The researchers repeated the experiment but added coconut oil as well. The results showed that coconut oil did not stop the brain cells from dying.

However, a high amount amyloid beta protein was to the brain cells coconut oil improved cell survival by about 20-30%. This was a very preliminary study, and it remains to be seen whether dietary coconut oil could have the same effect on the human brain. A human clinical trial has just begun in the USA which is assessing the effects of coconut oil on 65 people with mild to moderate Alzheimer's disease over the course of a year. We will keep you posted on the results from this study.

### Recommendations

There is no scientific evidence that supports the use of coconut oil to treat or prevent dementia. We do know that coconut oil is very high in saturated fat.

Essentially, one tablespoon of coconut oil is about the same as eating one piece of fried chicken - without the protein. This must be factored into any considerations about diet, particularly given that a diet high in saturated fat increases the risk of cardiovascular disease, which in turn increases the risk of dementia.

Alzheimer's Australia always

recommends consulting your doctor before making any changes to your diet. To find out more about how to improve your brain health, visit Your Brain Matters <http://www.yourbrainmatters.org.au>.

Article taken from Issue No.22 Dementia News of 16 December 2013 produced by Alzheimer's Australia. To view the Newsletter in full go to <http://www.fightdementia.org.au/research-publication/dementia-news>



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## STAFF NEWS

As the year gets off to a flying start Alzheimer's Australia NT has already had to say good bye to two of its staff



**CARLY  
LAWLESS**

Carly Lawless our Day Respite Assistant has gone off to her new adventure in Queensland in aid of obtaining a degree in Nursing. From everyone at Alzheimer's Australia NT we wish you good luck!



**ANNETTE  
HARTE**

It was very hard and sad for me to say good bye after more than 7 years working with an inspiring and fantastic team at Alzheimer's Australia NT. Clients and carers have touched my soul and they will stay forever in my heart.

I also want to thank you very much for the acknowledgement of my work in general and in particular my involvement with clients and their carers in the "Garden of Memories". I am thrilled to hear that we already have additions to our fish family and feel sure that my replacement Karen will further enhance the garden. My special thanks to Val Cowan and Helen Gabel.

My passion for dementia and the aged will continue wherever I go.

## MEET THE NEW STAFF



**KAREN  
RILEY**

My name is Karen Riley and I'm the newest member of the Client Services Team at Alzheimer's Australia NT. Originally I am from Melbourne and moved back to the Territory for the second time in January this year after getting married in December.

My previous employment has been in the Education field working as an assistant with children in Special Needs Schools both in Victoria and the Northern Territory.

I have been lucky enough to meet quite a number of clients and their family members since starting at Alzheimer's Australia NT and you have all made me feel very welcome.



**SONIA  
NORRIS**

Hello everyone! My name is Sonia Norris and I have taken over the reins from Carly as the Community Respite Assistant.

After living in Queensland for several years, I am excited to be back in Darwin. I have had the pleasure over the last couple of weeks meeting everyone and am excited to face all the new challenges ahead.

## ALICE SPRINGS NEWS

The gentlemen who attend the Stepping Out social group in Alice Springs are an active bunch who will give anything a try; one of our members even climbed the Great Wall of China late last year and has a t-shirt to prove it! We have been trying some new activities in 2014 including cooking, snooker and a few games of quoits when it has been cool enough to venture outside. The group would like to thank Red Dog Café, Todd Mall which has been providing us with a discount for our morning tea; it's a great spot to have a coffee and watch the world go by.

CAAMA radio and the Centralian Advocate newspaper have given us the opportunity to talk about our service this year. The CAAMA interview had a brain health focus where we talked about the Your Brain Matters program and why taking care of your brain is so important. The Centralian Advocate put the spotlight on our Family, Friends and Carer group with an interview with Alice Springs board member and carer, Judy Buckley.



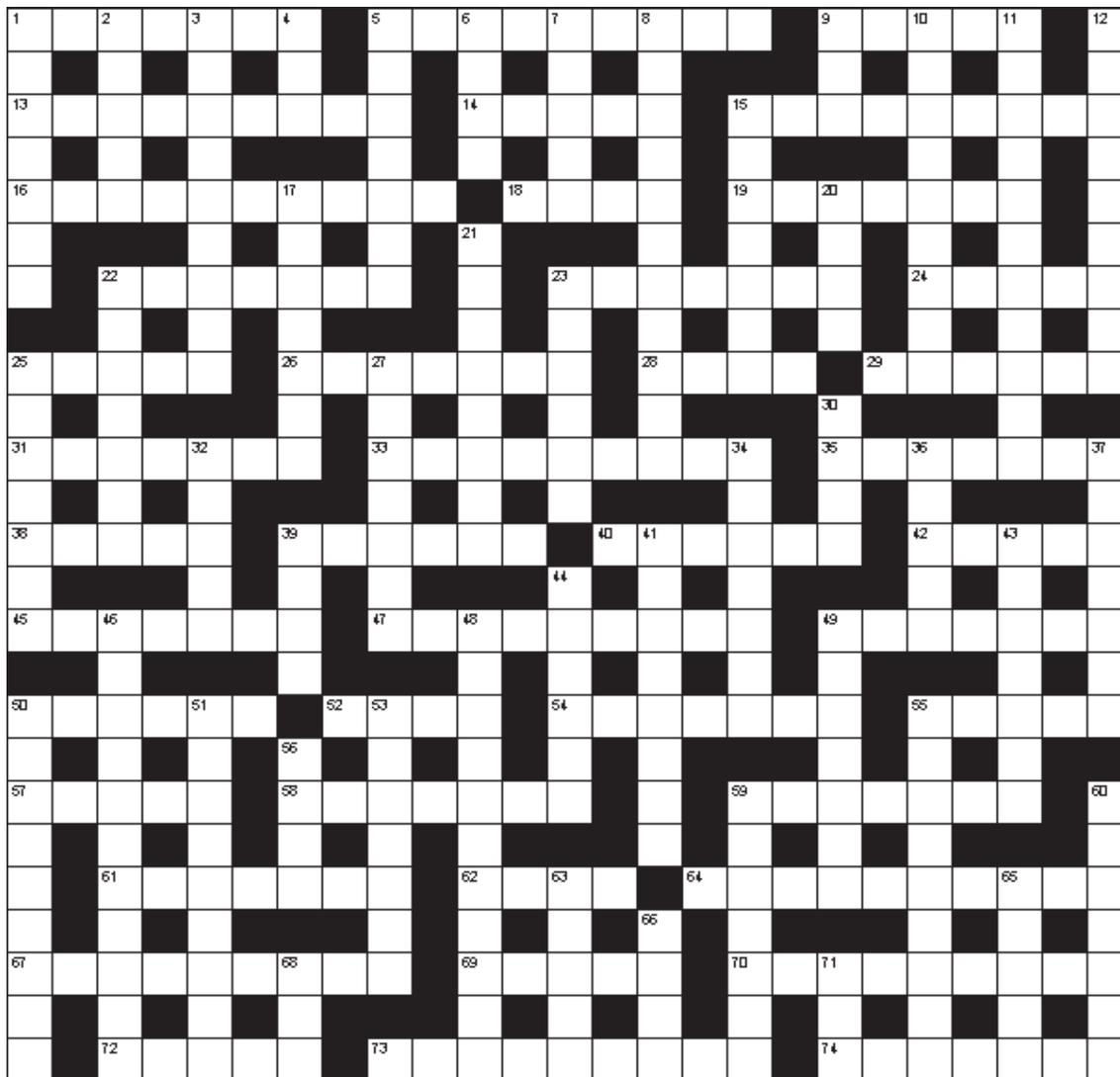
*Bill celebrating his  
70th Birthday*



*Dan proudly  
showing off his  
Great Wall of China  
climb t-shirt!*

# PUZZLES

## Cross Word



### Across

- 1. Vegetable (7)
- 5. Blandished (9)
- 9. Titled peer (5)
- 13. Remember (9)
- 14. units of time (5)
- 15. Escapade (9)
- 16. The study of insects (10)
- 18. Ship's steering device (4)
- 19. Cautious (7)
- 22. Entourage (7)

- 23. Lands surrounding water (7)
- 24. Piece of furniture (5)
- 25. Rescued (5)
- 26. Mythical Beast (7)
- 28. Olfactory organ (4)
- 29. Lets in (6)
- 31. Nipped (7)
- 33. Wrong (9)
- 35. Lower limit (7)
- 38. Skilful (5)
- 39. Up-to-date (6)

- 40. Fraudulence (6)
- 42. Ringlets (5)
- 45. Not paid on time (7)
- 47. Inventions (9)
- 49. Memory loss (7)
- 50. Physically strong (6)
- 52. Grain store (4)
- 54. Candidate (7)
- 55. Cake topping (5)
- 57. Freight (5)
- 58. Reproduction (7)
- 55. Cake topping (5)

- 57. Freight (5)
- 58. Reproduction (7)
- 59. Patron (7)
- 61. Irritated (7)
- 62. Tight (4)
- 64. Cut (10)
- 67. Held sacred (9)
- 69. Hoard (5)
- 70. Pragmatic (9)
- 72. Dig (5)
- 73. Accumulated (9)
- 74. Superimposed (7)

### Down

- 1. Theft (7)
- 2. Implied (5)
- 3. Without bounds (9)
- 4. The night before (3)
- 5. Weariness (7)
- 6. Dull Pain (4)
- 7. Cease-fire (5)
- 8. Similarity in appearance (11)
- 9. Month, in short (3)
- 10. Gained (9)
- 11. Equipose (11)

- 12. Adolescents (9)
- 15. Dialects (7)
- 17. Lacksadaisical (7)
- 20. Hazard (4)
- 21. Bills (8)
- 22. Income (7)
- 23. Disregard (6)
- 25. Female singing voice (7)
- 27. Insanely irresponsible (7)
- 30. Leave out (4)
- 32. Detested (5)
- 34. Perfidy (7)
- 36. Synthetic fabric (5)
- 37. Type of horse (7)
- 39. Security interest (4)
- 41. Tremendous (8)
- 43. Teller (7)
- 44. Part of a poem (6)
- 46. Abashed (11)
- 48. Conceited (11)
- 49. Wondrous (7)
- 50. Advocate (9)
- 51. Villain (9)
- 53. Hindered (7)
- 55. Immediately (9)
- 56. Quarry (4)
- 59. Exchanged (7)
- 60. Ignited (7)
- 63. Male relative (5)
- 65. Become liable to (5)
- 66. Dexterous (4)
- 68. Indicating maiden name (3)
- 71. Whole (3)

# 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.

### Activities Group

This program is held on the 3<sup>rd</sup> Friday of the month and is facilitated by our Community Respite Facilitator. 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 exercises. 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.

## CLIENT SERVICES

### Living With Memory Loss

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

### Younger Onset Dementia Carer Support Group

Held fortnightly on Tuesday evenings. Please contact Dianne Maley, Client Services Coordinator for details.

### Nightcliff Carer Support Group

Held on the 2nd Thursday of the month at 10am. Groups alternate between guest speakers and social functions. If you are interested in participating please contact the Jessica Lam, Dementia Advisor 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 and need little assistance with every day tasks. This program also provides regular respite for carers. Fees apply. Also available in the rural area.

### 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 the Client Services Manager.

### 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 NT gratefully acknowledges the donations made by the following people and organisations since December 2013:

- Alzheimer's Australia Payroll Partners
- Government Payroll Giving
- Helen Gabel
- Val Cowan and family
- Hazel Glencross
- Peter and Margaret Laurie - Golden Wedding Anniversary
- Roy and Jean Foxon
- John and Trish Robinson
- Cridlands MB Pty Ltd
- Envirobank
- Barry Lowe Estate
- Kennelly Constructions Pty Ltd
- SWJR Nominees Pty Lts t/a Lowry's Accountants
- Clarke Constructions NT Pty Ltd
- Kalidonis Pty Ltd
- The Country Women's Association of the NT
- Colliers International NT Pty Ltd
- Northern Rise Holdings Pty Ltd
- Paspaley Pearls
- Neil and Desley Sunners
- The Hon. Dave Tollner
- Curby's Trophies & Badges
- C&H Jackel
- McArthur River Mining
- Terrace Gardens
- Janet and David Bell
- Red Dog Cafe
- Theresa Wellington
- Arthur Grogan
- Alan White family

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 AO OBE*

### ITA BUTTROSE FUNDRAISING DINNER

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, to raise much needed funds for Alzheimer's Australia NT. This event was attended by Alzheimer's Australia National President Ita Buttrose AO OBE and another 21 invited guests.

A big thank you to John and Trish for hosting this event.



*Alzheimer's Australia CE Ray Norman AM with Ita Buttrose AO OBE*



*Dr. Vicki Krause with Ita Buttrose AO OBE*