Alzheimer's Australia Vic is getting closer to the first ever Geelong Memory Walk & Jog, to be held on Sunday 14 September to raise vital funds for people impacted by dementia.

Alzheimer’s Australia Vic CEO Maree McCabe confirmed the Memory Walk & Jog as an excellent opportunity for people of Geelong, the Barwon region and beyond to be part of a wonderful gathering where people will unite to show their support and honour the people in their lives impacted by dementia.

“We are delighted to be launching the event in Geelong and are urging serious joggers, strollers with prams, teams, individuals and people of all ages and abilities to register for the Memory Walk & Jog,” Ms McCabe said.

The inaugural Memory Walk & Jog will be held on Sunday 14 September from 8.30am, during Dementia Awareness Month 2014, at Eastern Park, Geelong. Participants are able to choose between a 2.4 kilometre walk, 7 kilometre walk or 7 kilometre run.

Join the walk to end dementia

www.memorywalk.com.au
www.facebook.com/memorywalkandjog
www.twitter.com/AlzheimersAus

Register and join the Memory Walk & Jog on social media!

Dementia Awareness Month 2014 Calendar of Events on pages 10 & 11!
Spanish speaking community says ‘Bienvenido’ to BrainyApp - BrainyApp español

Spanish-Australian comedian and actor Simon Palomares joined Alzheimer’s Australia Vic staff and students at El Patio Spanish Language School in Melbourne for the launch of the Spanish language version of the award-winning BrainyApp.

Developed in partnership with the Bupa Health Foundation, the original BrainyApp was launched in late 2011 as the world’s first risk reduction app in the global fight against dementia.

The new Spanish version, BrainyApp español, is the first non-English translation of BrainyApp, which helps users to monitor and improve the physical, mental, dietary and social aspects of their lifestyle.

“As a Spanish speaker myself, I am delighted that this innovative and vital resource has been made accessible to the Spanish-speaking community,” Simon said.

Based on scientific research that links brain health to a reduced risk of developing dementia, BrainyApp and BrainyApp español assist people in monitoring and improving their heart health.

“The development of a Spanish version of BrainyApp demonstrates our commitment to improving healthcare outcomes for everyone in our community, including people from culturally and linguistically diverse backgrounds,” Bupa Health Foundation spokesperson, Dr Daniel Valle Gracia, said.

BrainyApp español is available as a free download from the App Store for users of iPhone, iPod and iPad devices as well as for Android phones and tablets from the Google Play Store. For more information, go to www.brainyapp.com.au
Japanese film embraces dementia awareness

Dementia Awareness Week 2013 saw a range of events and activities celebrating Victoria’s diverse multicultural communities and Dementia Awareness Month 2014 will be no exception. To find out more about Dementia Awareness Month 2014 - Creating a Dementia-Friendly Nation, go to page 8 and check out our calendar of events on pages 10 and 11.

Among the Dementia Awareness activities in 2013 was a screening of the Japanese film ‘Every day is Alzheimer’s’ at the Australian Centre for the Moving Image (ACMI) at Federation Square.

The film screening was supported by the Japanese Consulate-General in Melbourne and Japanese community groups.

‘Every day is Alzheimer’s’ was produced by Siglo and filmed by Yuka Sekiguchi capturing the journey of her mother who, at the age of 76, developed Alzheimer’s disease. Set over four years, the documentary shows how the experience of a person living with dementia at home can have positive effects for the whole family.

Screening the film helped to dispel the stigma surrounding dementia among the Japanese community while raising awareness about the use of services to support people with dementia, their families, and carers.

For more information, please contact Claire Emmanuel, Diversity Officer Alzheimer’s Australia Vic on 9816 5794 or 0417 128 235 or via email: claire.emmanuel@alzheimers.org.au

3 Ways to relate to people with dementia

‘3 Ways to relate to people with dementia’ is an education resource designed to provide practical tips on including and communicating with people living with dementia in their communities.

The resource consists of a PowerPoint presentation and bi-lingual booklet that are currently available in Greek/English and Italian/English with further languages being included as funding permits. The presentation is delivered by qualified Alzheimer’s Australia Vic Facilitators with the support of an Interpreter.

‘3 ways to relate to people with dementia’ is a resource that is adaptable to a wide range of CALD communities. It builds on the already existing successful resource ‘8 things you need to know about dementia’ which has now been launched nationally.

This new resource was piloted with ten different CALD community groups over the last twelve months, with excellent feedback from attendees, interpreters and group coordinators.

To enquire about CALD education or to book an education session, please contact Laurel Gourlay, Program Manager Community Alzheimer’s Australia Vic on 9816 5764 or email laurel.gourlay@alzheimers.org.au
Since 2009, Spectrum Migrant Resource Centre (MRC) has been running the ‘Empowering New and Emerging Communities’ project, which aims to increase awareness of the cultural needs of smaller new and emerging communities among mainstream aged care services.

As part of the project, Spectrum MRC has been working with a number of communities to make them aware of the services available to older people, while educating community members about the issues affecting the elderly and where to seek additional help.

As part of the project, Spectrum MRC has also organised a series of formal and informal Meet and Greet sessions. These sessions invite representatives from new and emerging communities as well as representatives from service providers, to discuss some of the strategies that have shown to be successful in improving access to existing services.

Linking the Bhutanese community to existing local services is an example of how the ‘Empowering New and Emerging Communities’ project has succeeded in creating ongoing benefits for community members.

Continued on page 5
Working together to support older people from new and emerging communities...Continued

Following their participation in the project, the Bhutanese community has been allocated a meeting room and a gardening space at one of their local council premises. Bhutanese community members have also received information resources and are supported in developing their skills in advocating for the elderly members of their community.

Spectrum MRC’s achievements have been made possible by the creation of strong partnerships with a number of organisations, including Alzheimer’s Australia Vic.

Alzheimer’s Australia Vic has arranged several bus tours that have brought various communities into the organisation’s Melbourne offices to participate in a number of education sessions on dementia.

These sessions aim to educate participants on the range of resources available to them, including the National Dementia Helpline’s free interpreting service, available for all communities.

This year Spectrum MRC has been working with the Iranian and Punjabi communities in Victoria’s North and Northwest to educate community members about the existing aged care services available.

For more information about the project email Shemiran Gevergizyan, Spectrum MRC via shemirang@spectrumvic.org.au or call 03 9496 0246.

New Aboriginal and Torres Strait Islander resource

Alzheimer’s Australia has launched an Australian-first dementia risk reduction program for Aboriginal and Torres Strait Islander communities, titled ‘Your Story Matters’, in response to growing dementia prevalence.

Dementia affects Aboriginal and Torres Strait Islander people earlier in life, with 73 per cent of dementia cases amongst Aboriginal Australians occurring between the age of 60 and 70; compared to 70+ years for the majority of non-Aboriginal Australians.

The resources include a culturally relevant booklet, poster and flyer, along with three short videos presented by respected members of Aboriginal communities, including Shari Sebbens from the hit film The Sapphires.

The 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.”

To download the resource or for more information on ‘Your Story Matters’, go to http://yourbrainmatters.org.au/your-story-matters

Find out more about ‘Your Story Matters’ on page 6.
Your Story Matters

The Your Story Matters resource aims to communicate five key messages

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

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

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

4. 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

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


Dementia and Driving: Changed Conditions Ahead

While people in the early stages of dementia can remain safe and competent drivers, the condition involves a progressive decline in functioning, which causes changes in driving ability.

‘Changed Conditions Ahead’ is a dementia and driving resource kit launched earlier this year by well-known Australian actor Terence Donovan. The kit was developed through a partnership between Alzheimer’s Australia Vic and RACV, and supports people living with dementia and their families and friends when it comes to the challenges associated with driving.

The project is also rolling out community information sessions on dementia and driving. To date these have been carried out in Hawthorn, Preston, Ballarat and Geelong. Further sessions will be delivered in Shepparton, Bendigo, Narre Warren, Caroline Springs and Mildura over the coming months.

The sessions will focus on a range of subjects, such as recognising changes in driving ability and legal and licensing requirements for drivers.

For a copy of the ‘Changed Conditions Ahead’ kit, contact the National Dementia Helpline on 1800 100 500, or you can download the resources from the kit at [www.fightdementia.org.au/dementiaanddriving](http://www.fightdementia.org.au/dementiaanddriving)

For more information about a dementia and driving community information session near you, or to make a booking, phone 03 9815 7822.
Tastes to Remember: a feast for the eyes

Earlier this year, Alzheimer’s Australia Vic coordinated an event at the Springvale Town Hall titled, ‘Tastes to Remember’.

‘Tastes to Remember’ brings together service providers and community leaders from CALD backgrounds to openly discuss memory loss and dementia.

Using food and culture as a means of remembering special occasions and memories, the event was funded by the City of Greater Dandenong to support local CALD communities in promoting health and social connections.

Alzheimer’s Australia Vic collaborated with four community groups: Serbian, Mauritian, Vietnamese, and Ukrainian, as well as Monash Health, Commonwealth Respite and Carelink Centre, Southern Migrant and Refugee Centre, Royal District Nursing Service (RNDS), and Centrelink.

For more information, please contact Claire Emmanuel, Diversity Officer Alzheimer’s Australia Vic, on 9816 5794 or 0417 128 235 or via email: claire.emmanuel@alzheimers.org.au

ABOVE and below left: some delicious meals prepared for ‘Tastes to Remember’.

ABOVE left to right: Rick Comfort and Margie Pickersgill (Centrelink), Jane Bounsall (Commonwealth Respite and Carelink Centre), Kellie Hammerstein (Monash Health), Shalini Bhasin (City of Greater Dandenong), Kylie Hall (RDNS), Jack Sach and Claire Emmanuel (Alzheimer’s Australia Vic), Godette McGregor (Southern Migrant Refugee Centre).

BELOW: Guests enjoying the many flavours of ‘Tastes to Remember’.
Alzheimer’s Australia Vic has a vision to develop dementia-friendly communities and organisations across Victoria to enable people with dementia to live as independently as possible by being respected, empowered and engaged in everyday life.

In moving one step closer towards making this vision a reality, Dementia Awareness Month 2014 will host a multitude of events and activities across the state, focusing on the theme of creating dementia-friendly communities.

The headline event of Dementia Awareness Month 2014 will be a Public Lecture presented by Steve Milton.

For details and updates on the range of events held across Victoria during Dementia Awareness Month 2014 visit our website and join us on Facebook and Twitter.

PUBLIC LECTURE - THURSDAY 18 SEPTEMBER

MC Mr Graeme Samuel AC, National President Alzheimer’s Australia

Dementia-friendly concepts and communities Presented by Steve Milton

Melbourne City Conference Centre
333 Swanston Street, Melbourne
10:00am Registration | 10:30am – 12noon Lecture

$15 for non-members (includes BONUS membership until June 30, 2015)

Visit https://publiclecture.eventarc.com/24975 to register or call 9816 5780.

Steve Milton is one of three directors of Innovations in Dementia - a not-for-profit Community Interest Company in the UK. Innovations in Dementia work with people with dementia, partner organisations and professionals to develop and test projects that enhance the lives of people with dementia.

Check out the Dementia Awareness Month 2014 Calendar of Events on pages 10 & 11!
We usually think of aluminium as a light silvery metal used to make pots and pans, aeroplanes or tools, but it also has a non-metallic form. It is this form of aluminium that makes up eight per cent of the earth’s surface.

Aluminium in its non-metallic form is found in the environment everywhere, featuring naturally in the foods we eat, in our drinking water as a natural component, in many food products, cosmetics, drugs, and in the air we breathe as a result of dry soil, smoke and sprays.

Aluminium is always present in the body, but there is no evidence that it has any role in normal metabolism.

Like many other substances, aluminium is toxic to brain cells. The possible link between aluminium and Alzheimer’s disease was first put forward in 1965 when it was shown that injection of aluminium compounds into rabbits caused tangle-like formations in nerve cells.

However, these experimental tangles differ in structure and composition from Alzheimer tangles in the human brain.

Metals are crucial for normal brain function. There is abundant evidence that the toxicity of the beta amyloid protein and its deposition in plaques is connected to age related changes in the movement of copper and zinc in particular, into and out of brain cells. However, there is no clear pathological role for aluminium in Alzheimer’s disease despite its common presence within amyloid plaques.

Despite the widespread presence of aluminium, there are no consistent reports that correlate aluminium exposure with Alzheimer’s disease. Therefore, the risk from aluminium, if any, must be small.

For more information on aluminium and Alzheimer’s disease, go to www.fightdementia.org.au/understanding-dementia/update-sheets.aspx

Can exposure to aluminium cause Alzheimer’s disease?

Aluminium is one of a number of factors that has been suggested as a cause for Alzheimer’s disease. However, the balance of evidence does not support a specific role for aluminium in Alzheimer’s disease.
Dementia-friendly concepts and communities

Alzheimer’s Australia has a vision to develop dementia-friendly communities and organisations in Australia to reduce the stigma and social isolation associated with a diagnosis of dementia. The essence of dementia-friendly communities is to engage people with dementia in everyday life. People with disabilities have insisted on societies being inclusive and so should people with dementia.

Steve Milton is one of three directors of Innovations in Dementia, a not-for-profit community interest company in the UK. Innovations in Dementia work with people with dementia, partner organisations and professionals to develop and test projects that enhance the lives of people with dementia.

MC Mr Graeme Samuel AC
National President Alzheimer’s Australia

Presented by Steve Milton
THURSDAY 18 SEPTEMBER
Melbourne City Conference Centre
333 Swanston Street, Melbourne
10:00am Registration | 10:30am – 12noon Lecture

Cost
Free for members
$15 for non-members
Incl BONUS membership until June 30, 2015

Bookings close Friday 12 September
Register online: https://publiclecture.eventarc.com/24975
Contact email: dementiaawareness.vic@alzheimers.org.au
Phone: 03 9816 5790

This event and Dementia Awareness Month are supported by the Australian Government.

VICTORIAN CALENDAR

SEPTEMBER METROPOLITAN ACTIVITIES

2 Leadership in Quality Dementia Care Support
EAST MELBOURNE 9:30am - 4:00pm
Hiton On The Park, 192 Wellington Parade
Keynote speaker: Dr Adam Gazzaley MD,PhD
Cost: Full $195/ Members $185 (includes morning tea & lunch)
Book online: https://register.eventarc.com/22278

5 Dementia Information Event
HEIDELBERG 8:00am - 3:30pm
Warringal Shopping Centre, 56 Burgundy Street
Dementia information stall providing information about community supports and other resources about dementia.
Contact: vincent.poisson@alzheimers.org.au | 0427 791 863

5 24hr Ultimate Treadmill Challenge
PARK ORCHARDS 12:00noon - 5 Sept - 12noon 6 Sept
Fitness Energy, Shops 1&2, Hopetoun Road
A community fundraising event.
Contact: Fitness Energy (03) 9876 6800
info@ultimateendurancechallenge.com

10 Information about Dementia
IVANHOE 11:00am - 12:00pm
Mount’s Pharmacy, 135 Upper Heidelberg Road
An information session which aims to educate and develop an understanding of dementia.
Contact: Mount’s Pharmacy (03) 9497 4391

10 Creating an enabling environment for people living with dementia
FRANKSTON 1:00 - 4:00pm Light refreshments provided.
The Bankside Centre, 12 Inglis Avenue
Contact: Commonwealth Respite & Carelink Centre Southern Region (CRCCSR) Frankston 03 8781 3400

17 “Amigos para Siempre” Friends for Life
DOVETON 11:00am - 2.00pm Light refreshments.
Dove Hall, 78 Power Road (cnr Photina Street)
Spanish-speaking, Filipinos and Australians celebrate great memories of friendship. Interpreters available on request.
RSVP/Enquiries: Norminda (03) 9701 3421 | info@afcs.org.au

17 Lunch - SILENT MEMORIES: Stories of Migrants
FOOTSCRAY 11:00am - 3.00pm
Footscray Community Arts Centre, 45 Moreland Street
Images & video interviews about migrants living with dementia.
Book online: https://register.eventarc.com/24910
Enquiries: Daniela Rodriguez 0432 589 588
daniela.rodriguez@gmail.com

18 PUBLIC LECTURE
Dementia-Friendly Concepts and Communities
See details above

19 Flinders Street Station with NOVA FM
MELBOURNE 8:00am - 5:00pm
Flinders Street Station, Cnr Swanston and Flinders Sts
Prizes, giveaways, tips on reducing your risk of dementia.

21 World Alzheimer’s Day

24 In the Neighbourhood Friends Matter
SUNSHINE 11:00am - 2.00pm
Hope of Life Community Church, 8 Watt St (Cnr Corio St), Vietnamese and Filipino. Community storytelling.
Free multicultural lunch provided. Interpreters by request.
RSVP/Enquiries: Norminda (03) 9701 3421 | info@afcs.org.au

24 Your Brain Matters®
GLEN WAVERLEY 10:30am - 12:00pm
City of Monash, Civic Centre Function Room,
293 Springvale Road
RSVP: Jessica Spargo, City of Monash, (03) 9518 3003
jessicas@monash.vic.gov.au

For more information on activities: call (03) 9816 5780
email dementiaawareness.vic@alzheimers.org.au
SEPTMBER REGIONAL ACTIVITIES

2  Your Brain Matters®
   KYNETON  11:00am - 12:00pm
   Cobaw Community Health Service, Beauchamps St
   RSVP: Enquiries: Linda Moody CCS 03 5421 1866

3  Changed Conditions Ahead - Dementia and Driving
   SHEPPARTON  10:00am - 12:15pm
   Ind. morning tea and lunch. Alzheimer's Australia, 293-399 Wyndham Street.
   Free dementia and driving community information session.
   Bookings essential. Tel: 03 9815 7822
   Book online: https://register.eventarc.com/24704 | Email: AAV-familycarereducation@alzheimers.org.au

3  Dementia Gippsland | Gippsland Health Dementia Services
   Website launch | Special Guest: Sue Pieters-Hawke
   Bairnsdale  1:00pm - 3:30pm
   Bairnsdale RSL Club, Main St and Forge Creek Rd
   Warragul  10:00am - 12:30pm
   Warragul Country Club, 41 Sutton Street
   RSVP: Latrobe Community Health service 1800 242 469

4  Men's Health Week Expo
   BENDIGO  5:00pm - 7:00pm
   The Capital, 50 View Street
   Promoting all areas of men's health to men and their partners.
   Bookings essential.
   Contact: Bendigo CHS 03 5448 1600 | bchs@bchs.com.au

4  Memory Walk
   BENDIGO  RSVP: Enquiries: carolynne.taplin@alzheimers.org.au
   0447 108 468

9  Talking About Dementia
   BENDIGO  10:00am - 3:00pm
   The Foundry Conference Centre, 366 High Street
   Community awareness day about dementia and ways to reduce the risk of dementia.
   Contact: Carer Support Services Bendigo | 03 5454 7719

10 Your Brain Matters®
    MALDON  1:00pm - 2:00pm
    Maldon Community Centre, 6 Francis Street
    Contact: Castlemaine District Community Health Services
    Liza Shaw 03 5479 1042

11 Memory Walk
    EUCHUCA  RSVP: Enquiries: carolynne.taplin@alzheimers.org.au
    0447 108 468

14 Geelong Memory Walk & Jog
    GEELONG  7am registration* | 9am first event
    Eastern Park. Enquiries: 03 9816 5746
    Book online: http://givealzheimerassociaustralia.org.au/event/memorywalk2014geelong
    *can register on the day

16 Music and Memory
    HORSHAM  1:30pm - 3:30pm
    Horsham Uniting Church, Cnr Pyrenees and Urquhart Streets, Entertainer: Frank Lee Darling. Gold coin donation.
    Bookings essential by 9 September 2014.
    Book online: https://register.eventarc.com/25005
    Contact: Rosie Bell (03) 9816 7879
    rosie.bell@alzheimers.org.au

17 Creating a Dementia-Friendly Community
    SALE  10:30am registration | 11:00am - 2:30pm
    Sale Baptist Church, Lot 1 Princes Hwy
    Light lunch provided. Gold coin donation.
    Bookings essential. Book online: https://register.eventarc.com/24682 | 03 9816 5780 | dementiaawareness.vic@alzheimers.org.au

17 Dementia Awareness Day
    CASTLEMAINE  10:00am - 3:00pm
    Ray Bradfield Rooms, Frederick Street
    Panel members include consumers, GP and other service providers.
    Enquiries: Carer Support Service Castlemaine 03 5471 1017

17 ToddlerTime
    CASTLEMAINE  10:30am - 11:00am
    Castlemaine Library, 212 Barker Street
    Castlemaine Library is helping raise awareness of dementia by including stories about dementia through their toddler story time.
    Enquiries: Castlemaine Library 03 5472 1458 | castlemaine@nrcril.vic.gov.au

17 Information Session for GPs and Practice Nurses
    CASTLEMAINE  1:00pm - 2:00pm
    Lyttleton Street Medical Clinic, 64 Lyttleton Street
    Enquiries/Rsvp: Sue MacDonald 03 5472 3233

23 Changed Conditions Ahead - Dementia and Driving
    BENDIGO  1:00pm - 3:15pm
    Includes morning tea and lunch.
    Healthworks, 1st floor, 226 High Street, Kangaroo Flat
    Free dementia and driving community information session.
    Bookings essential. Tel: 03 9815 7822
    Book online: https://register.eventarc.com/24705
    Email: AAV-familycarereducation@alzheimers.org.au

24 Living Well with Dementia Expo
    GEELONG  10:00am - 3:00pm
    Guest speakers and exhibitors.
    Lynden Grove Receptions, 131 Surf Coast Highway, Grovedale
    Enquiries: Alzheimer's Australia Vic, Geelong 03 5229 6979
    geelongadmin@alzheimers.org.com

25 Count Us In – Shaping Inclusive Communities
    BALLARAT  10:00am - 2:00pm
    Lunch provided.
    Ballarat Regional Multicultural Council.
    G Place - Function Hall, 102 English Street
    Interactive expo promoting a healthy and active lifestyle within culturally inclusive dementia-friendly communities.
    Online bookings: https://register.eventarc.com/24680
    Enquiries: Mary Slater 03 5331 8571
    mary.slater@alzheimers.org.au

25 Dementia-Friendly Environments
    HAMILTON  10:30am - 2:00pm
    Lunch provided.
    Western District Health, Education Centre, 20 Foster Street
    Keynote speaker: Robyn Bamberg – Consultant, DBMAS
    RSVP:Enquiries: Alzheimer’s Australia Vic
    03 9816 5780 | dementiaawareness.vic@alzheimers.org.au

CREATE A DEMENTIA FRIENDLY NATION

Get involved. Get the program.
To find out what’s happening for Dementia Awareness Month
VISIT FIGHTDEMENTIA.ORG.AU

Alzheimer's Australia Vic Diversity News