New Enterprise Launched at Dulwich

Alzheimer’s Australia SA Inc is proud to announce the launch of a new business enterprise situated at 16 Stuart Road, Dulwich.

Chief Executive, Kathryn Cunningham, said “we are unveiling to the community a business that will provide the wider public with gift lines, merchandise, DVDs and the latest books and resources”.

“Baby dolls will be an exclusive line. Each doll is lovingly hand-made by skilled artisans and can be customised to personal specifications – a true collectors piece!”

Alzheimer’s Australia SA Inc will now boast the largest dementia library/resource centre in South Australia. The public will be able to borrow or buy the resources. Computers will be available to play the latest brain games allowing people to keep their minds active. Games will also be available for purchase. The doors at Stuart Road will be opened to the public in February 2010, with an exciting special event to celebrate this new business venture.

Keep an eye out for your special invitation in 2010.
President’s Report

As we approach the end of the calendar year we reflect on past achievements and look to the future direction of Alzheimer’s Australia SA. One of the most significant events in this year’s Alzheimer’s Australia calendar was the National Conference and that does not need further reflection.

However, another significant activity has been the development of a new Strategic Plan. The previous plan was designed to meet a three year direction from July 2006 to June 2009 and was based on nine key performance indicators. The new strategy is designed to provide the future direction of Alzheimer’s Australia SA until 30 June 2014 and comprises four major components - Organisational Sustainability; Service Delivery; Organisational Positioning; and Research and Innovation.

The process of developing partnerships has continued throughout the year. Management has established and built on valuable links to other service providers. One such link established with the Department of Families and Communities had the outcome that Alzheimer’s Australia SA was named as one of the lead agencies in the rollout of the State Dementia Action Plan. This places the organisation in an excellent position to influence the direction of dementia care in South Australia.

The Membership of Alzheimer’s Australia SA has continued to grow throughout the year and donations have increased considerably. While we must acknowledge that a substantial level of funding comes from initiatives funded by the Australian Government there is a need to also raise funds outside of this contractual arrangement so Alzheimer’s Australia SA can develop and offer new and continuing services in support of those living with dementia. It was recognised many years ago that the organisation needs to achieve a financial position with less reliance on, and greater independence of, Government funding. Support from the Rosemary Foundation for Memory Support forms a vital part in the realisation of such an objective.

Overall the 2008-2009 financial year has resulted in further successes for Alzheimer’s Australia SA. The year concluded with better than expected growth and after meeting the annual objectives finished with a surplus budget outcome. The future for Alzheimer’s Australia SA is expected to be exciting and at the same time challenging as we move to meet the objectives over the next five years of Strategy 2014; in particular developing new initiatives and with greater emphasis on research and innovation.

I wish to express my thanks to the Board, Staff, Volunteers, Members and Friends for their contribution to the life and culture of Alzheimer’s Australia SA in the past year and I look forward to us all working together to continue the valuable work of the organisation in the future.

To all I wish you a Merry Christmas and a Happy New Year.

John McKellar AM, ED
President
Dementia – the fourth leading cause of death in the elderly. Are you aware there are currently 35.6 million people worldwide with dementia and by the middle of this century the number of people with dementia worldwide will be five times the population of Australia today, with 250,000 people being diagnosed in Australia?

The social and economic consequences of this increase will be extraordinary; not just because of the numbers, but because dementia is one of the most disabling of all chronic non-communicable diseases.

Dementia is already the fourth leading cause of death in the country; we cannot delay our response to this epidemic.

‘The Power is Now’ for Alzheimer’s Australia SA to move on dementia, with the Strategy 2014 identifying four key performance areas to assist the organisation in providing accessibility and quality of services to meet the needs of people living with dementia in metropolitan and regional South Australia.

Over the last 12 months Alzheimer’s Australia SA (AASA) has seen extensive growth with an increase of over $1 million in revenue.

Innovative respite and palliative care programs have been the highlights for 2008/09 and next year will bring many more innovations that will continue to see AASA as the leaders in the field of dementia services, support, education and advocacy.

Every individual with dementia is unique and there is no single or standard approach to dementia care. The quality of dementia care is likely to be high if it is driven by a person-centred care approach that incorporates a partnership between service providers, the person with dementia and the family carer.

The different individual needs of each person necessitate a flexible and responsive approach to care services.

AASA has had the opportunity to form new partnerships with service providers over the last 12 months, utilising a person-centred care approach. The partnerships will continue to drive a standard of excellence in dementia care.

This year has been characterised by the constant search for better ways to deliver services in metropolitan and regional South Australia.

We look forward to the continuing successes that Alzheimer’s Australia SA will achieve over the next 5 year strategy period and wish Seasons Greetings to Management, Staff, Volunteers, Donors, Stakeholders and people with dementia, their carers and families.

A Happy New Year to you all.

Kathryn Cunningham
Chief Executive

Welcome to the new Board Directors

Scott Langford
GAICD, AFAIM, Grad Dip Mgmt
Scott is South Australian and National Executive Director of Habitat for Humanity Australia Program and brings to the Board his considerable experience in the not-for-profit sector.

Tim White
FPIN, FPNA, FAKD, FFFPA, CFP
Tim is a General Manager with 29 years experience at the senior management level in the financial services sector. Tim has been elected as Treasurer.

Daniel Endenburg
FPNA, MAICD
Daniel brings to the Board a wealth of experience as a Senior Executive and Chief Financial Officer in a career spanning a range of industries. His portfolio includes extensive governance and financial analysis.

Alison Kimber
B Sc (Ma Sc) (Hons), MAICD
Alison is currently the Deputy Social Housing Co-ordinator, Housing SA. She comes to the Board with an extensive background in Government and international banking.

Thank You

Thank you to the retiring Board members - Malcom Bond, Dawn Castree, Robyn Cavallaro, Graham Hagger, Joy King and Joy Mallett whose time and contributions are extremely valued. On behalf of everyone at Alzheimer’s Australia SA, we would like to thank each and every one of you for your input.
A new report found the number of Australians affected by dementia is expected to quadruple to more than 1.1 million people by 2050.

Without a significant medical breakthrough, the number of Australians affected by dementia is expected to increase from 245,000 in 2009 to 591,000 in 2030 and again to a staggering 1,130,000 by 2050, said Kathryn Cunningham, Chief Executive of Alzheimer’s Australia SA.

Every week there are more than 1,300 new cases of dementia. By 2030 there will be more than 3,600 and by 2050, about 7,400 new cases each week. The dementia epidemic is here.

These figures are contained in a report commissioned by Alzheimer’s Australia from Access Economics - ‘Keeping Dementia Front of Mind: Incidence and Prevalence 2009-2050’.

In SA, Access Economics estimates there are 22,000 people with dementia, which is also projected to increase to 46,400 in 2030 and again to 80,800 by 2050.

Spiralling impact

In the report, Access Economics warned the accelerating growth in the number of people with dementia will have dire consequences for the Australian health care system and the quality of life of Australians. It highlights the spiralling social and economic impact of dementia on a health and care system already under growing pressure.

Report author Lynne Pezzullo, Access Economics Director and health analyst, said there was little recognition in the final report from the National Health and Hospital Reform Commission (NHHRC) of the challenge that the dementia epidemic represents to the health and care system.

“The Australian Government should keep dementia front of mind in considering its response to the NHHRC report,” Ms Pezzullo said.

“Within our lifetime, neurodegenerative diseases, and in particular dementia, will replace systemic disorders such as cardiovascular disease and cancer as major threats to the health and quality of life of Australians.

“The direct care cost of dementia is already $5.4 billion. Dementia will become the third greatest source of health and residential aged care spending within two decades, costing one per cent of GDP.

By 2060 the report estimates spending on dementia will outstrip that of any other health condition. It is projected to be $83 billion (in 2006-2007) and will represent around 11 per cent of the entire health and aged care sector spending.

“Managing the challenges presented by dementia will be the overwhelming priority of health care in the 21st century and early decisions on the future financial provisioning of health and aged care are critical.”

There are currently 15,000 Australians under 65 years of age with younger onset dementia for whom there are few appropriate services.

The baby boomer bulge in the Australian population also means the coming decade will see an acceleration of the impacts of ageing with dementia prevalence greater than ever seen in Australian history.

The first baby boomers turn 65 in 2010 and there will be 75,000 baby boomers with dementia by 2020," said Glenn Rees, Executive Director, Alzheimer’s Australia.

The report provides projections that highlight the importance of planning service delivery to ensure equitable access to dementia care for those in regional Australia, people from Culturally and Linguistically diverse (CALD) communities and those with younger onset dementia.

It is projected that the number of Australians living in regional areas with dementia will increase by over 350% between 2009 and 2050, to 449,000 - nearly double the total number of Australians with dementia today.

Finding a cure

Professor Henry Brodaty, Director of the Primary Dementia Collaborative Research Centre at UNSW and former Chairman of Alzheimer’s Disease International, said there were now realistic prospects both of identifying people at risk of dementia earlier and of therapeutic interventions that will delay dementia or slow its progression.

“But if that is to become a reality then significantly greater investment is needed in dementia research,” Professor Brodaty said.

“To protect the health and care budget from a significant blowout in the decades to come, a dramatic increase is needed in dementia research now to identify therapeutic interventions that will prevent or modify the progression of dementia and to find the best methods of care.”

“Every week there are more than 1,300 new cases of dementia. By 2030 there will be more than 3,600 and by 2050, about 7,400 new cases each week”.
Why baby dolls you may ask? The therapeutic use of doll therapy in dementia care is a non-pharmacological intervention that can reduce the behaviour and psychological symptoms of dementia, reducing agitated behaviour and providing a meaningful activity for the person with dementia.

Anyone can potentially benefit from doll therapy as this approach has been used with people with autism, in post-natal depression and dementia care. People with dementia who are most likely to gain benefit from these baby dolls are those who do not understand they have dementia, or those who more frequently exhibit an interest or concern about babies or children.

The use of doll therapy can help provoke sensory stimulation and release the chemical oxytocin which will aid in the experience of positive feelings and emotions. The baby dolls can also reduce agitated wandering behaviour and associated risk of falling by providing a meaningful activity, as well as create opportunities for reminiscing about an individual’s experiences with babies.

Characteristics

- Authentic weight - it feels like you are holding an actual baby as you cradle them in your arms
- Lifelike skin - lovingly painted by a qualified artist to give the dolls amazing detail including milk spots and tiny veins
- Hand-woven hair - ultra fine hair that feels and looks real
- Soft body - so cuddly, just like a real baby
- Baby fresh scent - scented to smell like a real baby
- Durable - tried and tested in dementia units for over seven years
- Innovative - optional inclusion of a simulated heart beat and breathing mechanism to add to the realism

These dolls seem so lifelike that it is hard to tell the difference between them and actual babies. This realism adds to the therapeutic benefit and reassures carers that the use of doll therapy is of value.

Each doll is lovingly handmade by skilled artisans that have an eye for detail and can be customised to your specifications. The size of the doll, the degree of detail and extra features will determine the price. If you would like a quote on a doll or to see examples, please call Tim Wallace on 8372 2100.

Dementia Behaviour Management Advisory Services

For assistance in managing the behaviour of a person with dementia please call 1800 699 799 24 hours a day
Alzheimer's Australia SA (AASA) Memory Van has been out and about this year, promoting the services of AASA and supporting those living with dementia, their carers and families with information and support.

Dementia Awareness Week in September and Carers Week in October saw the van travelling far and wide to promote our services and support. Rob Crouch from the Community Programs Team visited rural and remote areas to present community education sessions and to raise awareness of dementia. It was also a great opportunity to further develop collaborative working arrangements with service providers in these regions.

In 2009 the Memory Van travelled extensively through regional South Australia visiting fairs, events and expos. We spent time at the Yorke Peninsula Field Day, a biennial event that is acclaimed as one of Australia’s major field days. This event saw us connect with many people who were interested in learning more about dementia, proactive ageing strategies and being involved in upcoming education and information seminars. We also attended the Riverland Field Day which is a popular two day event in this region and attracts crowds from throughout South Australia and beyond. This event was an opportunity for many people to connect with our services and enabled us to provide support, information and referral to a wide range of clients accessing the services for the first time.

The Memory Van also travelled to Whyalla, Port Pirie and Clare showcasing AASA services and ensuring regional communities had access to programs and resources. These events provided many opportunities for the general community as well as people living with dementia, their carers and families, the ability to learn more about dementia and the services provided. As always, our Mind your Mind™ dementia risk program attracted a lot of interest. The opportunity to taste some brain health food at some of the events added a special flavour to the promotion of the risk reduction strategies and gave people some new ideas about how to incorporate the healthy eating principles into their daily lives.

In collaboration with the South East Regional Community Programs Co-ordinator Vicki Pickles, the van also spent some time in Mt Gambier. Vicki provides information and support services in the South East regions and along with the Memory Van raised awareness of dementia through expos and events in this region.

Beyond the extensive number of regional visits, the Memory Van continued its busy schedule of events throughout the metropolitan areas of the state to compliment events that were being held in these areas. It has been a big year for our Memory Van!

The Memory Van offers:

- Information regarding cognitive testing
- Learn the seven lifestyle signposts to maintain brain health possibly reduce the risk of dementia
- A range of brochures and information on dementia and Alzheimer’s Australia SA services
- A sample of books and videos that are available for loan from the Library and Resource Centre
- Trial of the Nintendo DS Brain Training Game and other PC brain training games
- Friendly and helpful AASA staff will also be available to answer any questions about memory concerns, dementia, Alzheimer’s disease and available support services.

The Memory Van can be part of your next community event. Contact Kylee or Lorrie on 8372 2100 to find out more.

Entertainment Books

The current Entertainment ™ Book for 2009-2010 is bigger and better than previously. The books are available to purchase for $65, with a percentage of sales assisting Alzheimer’s Australia SA. With many wonderful new inclusions, why not purchase your book today?

Call 8372 2100 to purchase an Entertainment ™ Book and help raise funds for Alzheimer’s Australia SA.
Mind Your Mind®

Are you looking for something to stimulate the senses?
Are you proactive about your general health or health concerns?
Are you interested in learning more about what you are already doing to promote healthy brain ageing?

If this is you, then a Mind your Mind® session is coming to an area near you in 2010.

Participants to Mind your Mind® sessions leave feeling motivated and uplifted by the opportunity to incorporate healthy brain ageing practices into their busy lifestyles. Participants have the opportunity to ask questions in a comfortable setting and many leave deciding to make immediate and achievable lifestyle changes.

Research shows people who lead a ‘brain healthy’ lifestyle have less chance of developing Alzheimer’s disease and other types of dementia. The great news is that this type of lifestyle is beneficial for overall health and well-being.

Mind Your Mind® sessions cover ways to optimise brain health by incorporating simple steps known as ‘signposts’ into daily routine. Many who attend the sessions discover they already have some steps successfully in place and leave the sessions feeling they are progressing towards better brain and overall health.

Comments from previous participants:
“A most informative, bright and motivating session.”
“I found all aspects of this session very interesting, well worth attending.”
“Excellent presentation. Thoroughly enjoyable and informative. I believe the presentation most likely put a lot of minds to ease.”
“I took away from the session that you should enjoy whatever you do.” (in regard to lifestyle changes).
“A lot of the content I knew before but it was great to reinforce it all. I will be even more dedicated to a healthy lifestyle now.”
“The flow of the presentation allowed for many questions to be answered fully to the benefit of the group.”

Mind Your Mind® sessions will be delivered during 2010 in the following areas:

- Victor Harbor
- Findon
- Salisbury
- Aberfoyle Park
- Stirling

Further details can be found elsewhere in this newsletter or telephone National Dementia Helpline on 1800 100 500.

Annual General Meeting

The Annual General Meeting was held at Alzheimers’ Australia SA, Glenside on Wednesday 21st October. Members of Alzheimer’s Australia SA and Friends of the Association attended the meeting, convened by President, Prof John McKellar.

Normal business matters were followed by a fascinating presentation from Dr Michael Valenzuela, highlighting his latest research findings on Alzheimer’s disease. More information on Dr Valenzuela’s research can be found on Page 12 in this edition.

Attendees enjoyed a light lunch reflecting on the year that was and the future direction of Alzheimer’s Australia SA.

A BIG THANK YOU TO DON CLEAVER

Don Cleaver (better known as “Meataxe” amongst his motor cycle friends) has every year since the Year 2000 raised an incredible amount of money for Alzheimer’s Australia SA.

The motor cycle club held their rallies yearly and during these rallies Don sold raffle tickets, had special badges made and sold these to rally participants whilst promoting Alzheimer’s Australia SA. Many people and businesses that Don approached generously donated prizes for the raffles along with the property owner who allowed the rally to be held on his land. Sadly these fundraising rallies can no longer continue due to circumstances beyond Don’s control.

We thank Don enormously for his uniring and loyal support of Alzheimer’s Australia SA over many years with raising awareness and much needed funds in the vicinity of $9,500.

Thanks again Don.
Alzheimer’s Australia SA is proud to announce the exciting launch of the B-VMI. The tool was originally developed for disabled children and is an interactive software system that was highly successful in dementia care. B-VMI proved to be a useful therapy tool, improving social interaction, enriching self expression, enhancing creativity and imagination and provides a sense of achievement.

The tool is used for mid to late stage dementia. It requires minimal equipment, is easy to set up and there is no need to be computer literate to operate – the facilitator can operate it in 15 minutes.

“Imagine being able to play music without having any musical experience or having to hold or play an instrument.”

The B-VMI is an innovative software program that allows movement to be translated into music. It allows an individual or groups to play musical notes or a song with a large degree of varied movements. For example from small finger movements to arm waving. It can be used either sitting in a chair or lying on a bed! People with dementia who have varying levels of mobility can use the B-VMI which will

- Stimulate cognition
- Encourage movement and physical activity
- Awaken curiosity through exploration
- Provide a new area of interest
- Increase self-esteem
- Improve social interaction
- Enrich self-expression
- Enhance creativity and imagination
- Provide a sense of achievement
- Re-energise and motivate

For more information contact Tim on 8372 2100.

Art Therapy

The results of 2009 Art Therapy program demonstrated the value of creative expression used in art therapy in the well being of participants. They remained focussed and motivated throughout the sessions and the final result was a fantastic visible piece of their own art work - one they were extremely proud of. Very positive feedback was received from participants and as the program was so successful it will be offered again next year.

The 2010 Art Therapy program will commence in January, with additional programs in March and May. For registrations please call Deborah Treherne on 8372 2100.

Mosaic created by participants of the Art Therapy program on display at the CECD conference.

<table>
<thead>
<tr>
<th>CALENDAR OF EVENTS FOR 2010</th>
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<tbody>
<tr>
<td>Volunteers’ Morning Tea</td>
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<tr>
<td>National Volunteer Week</td>
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<tr>
<td>Volunteers’ Morning Tea</td>
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<tr>
<td>Dementia Awareness Week</td>
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<td>World Alzheimer’s Day</td>
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<tr>
<td>Volunteers’ Morning Tea</td>
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<tr>
<td>Annual General Meeting</td>
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<td>Volunteers’ Morning Tea</td>
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<tr>
<td>International Volunteers’ Day</td>
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<td>Volunteers’ Christmas Lunch</td>
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Keep your brain healthy as you age

The older we get the more likely we are to develop a range of age-related diseases and dementia is no exception. But just as we can help keep our bodies healthy as we age, a healthy lifestyle can help protect our brain against disease.

Dementia is a general term for more than 100 different conditions including the most common form: Alzheimer’s disease. Dementia causes a progressive decline in thinking, memory and everyday abilities. Whilst research has yet to find a cure, scientists have identified factors that may help people reduce the risk of developing dementia and possibly delay its onset.

“The biggest risk factors for developing dementia are things you cannot change - getting older and your genes,” says Glenn Rees, Executive Director, Alzheimer’s Australia, the national peak body providing support services and education for people living with dementia.

“But it is important to do what you can with the things you can change - like your lifestyle and habits - to help reduce your risk.”

“Staying mentally, physically and socially active, eating healthily, managing blood pressure and other health factors and avoiding smoking and excessive alcohol intake all help maintain brain health as well as overall health.”

Alzheimer’s Australia has developed the Mind your Mind© program to increase awareness of factors that may help reduce the risk of dementia. By following the Mind your Mind© messages cannot guarantee the onset of dementia but the signposts may help reduce the risk.

Following the Mind your Mind© checklist is a good way to become aware of factors that affect brain health and where changes can be made to assist the brain to stay healthy.

Below is a checklist and if any answers are ‘no’ or ‘do not know’, changes could be made towards a ‘brain-healthy’ lifestyle. Talk to your GP about how to maintain healthy blood pressure, cholesterol, sugar levels and weight, as well as obtaining assistance to stop smoking or reduce alcohol intake.

For more information visit www.alzheimers.org.au or call the National Dementia Helpline on 1800 100 500.

Mind your Mind© checklist

<table>
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<tr>
<th>Protective Factor</th>
<th>Yes</th>
<th>No</th>
<th>Do not know</th>
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<tbody>
<tr>
<td>I keep my brain active every day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I eat healthily</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I am physically active every day for at least 30 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My blood pressure is within the healthy range for me</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>My blood cholesterol is within the healthy range for me</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My blood sugar is within the healthy range for me</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>My body weight is within the healthy range for me</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I participate in social activities often</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I do not smoke</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I drink alcohol in moderation or I do not drink alcohol</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I protect my head from injury</td>
<td></td>
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What is Memory Lane Café?

Memory Lane Café presents an opportunity for people having completed the ‘Living with Memory Loss’ programs to come together socially in a relaxed setting on a monthly basis. The format is an entertainment segment followed by a luncheon.

Memory Lane Café is held monthly at Fullarton Park Centre and first commenced in May 2007. This year we had the opportunity to facilitate two additional Memory Lane Café’s monthly, one in the North at Ridgehaven and the other South at Aberfoyle Park. Whilst these newer Memory Lane Café’s are still building in numbers, those who attend will attest to the importance of connecting socially and the benefits of a smaller group setting.

This year the clients have enjoyed a variety of entertainers, Scottish dancers, Crooners and Cuisine of Italy, an Old Style Quiz ‘Night’, a Musical Soiree, a Morning at the Movies, Olympic Games and memorabilia; just to name a few.

There is always a buzz in the venue as friends meet again, chat, laugh and join in with singing, quizzes, or just relax and enjoy the entertainment. Some couples take pleasure in dancing and often spurs on those who are a little more reticent to join in.

The entertainment is then complimented by the favourite past time of eating - a delicious luncheon prepared by the dedicated volunteers.

Kevin Tells His Story

It was my love for the Regent Theatre organ that prompted my parents to buy me a piano accordion which I learnt to play at eleven years of age.

In my early years I played in camp concerts and house parties and during the 1960s and early 1970s I went on to play in beer gardens, hotel lounges and nightclubs.

Eventually the piano accordion became less popular so I played less and less and finally never. Forgotten in the shed it stayed until I received a flier for ‘Memory Lane Café’ with the theme ‘Show and Tell.’ I thought I would give it a go. At first the piano accordion was too big and heavy and I felt too old; but I decided to persevere and practised regularly.

Finally the day came. I was very nervous; but after the first few notes I found I was enjoying myself and so too were the people with some getting up and dancing.

However, it was Pamela’s (staff member) little grandchildren who were fascinated by the workings of the accordion that made the day. They sang songs and danced as I played; making it for me a truly memorable day.

Memory Lane Café presents an opportunity for people who have completed the ‘Living with Memory Loss’ program to come together socially in a relaxed setting on a monthly basis.

Kevin

Lateisha and Kevin enjoying “Show and Tell”
The Active Cognitive Enhancement program - a gym for the mind

Alzheimer’s Australia SA launched an exciting new program to encourage South Australians to assist in reducing their risk of developing dementia. The Active Cognitive Enhancement (ACE) program is a multi-dimensional cognitive training program designed to enhance a range of abilities including visual and verbal memory, attention and concentration, speed of processing and problem solving in people aged 55 and over.

Today we know that the brain retains lifelong plasticity (the ability to change itself through experience). Ageing does not mean automatic decline. Furthermore it is known that a variety of lifestyle factors including physical and mental exercise can influence how mental abilities evolve as we age. With the information currently available changes in the brain that result in a diagnosis of dementia may start many decades before symptoms actually appear. Just as healthy lifestyle habits are an important part of reducing the risk of developing heart disease and diabetes there is evidence to suggest that healthy brain lifestyle habits may also play a role in reducing dementia. Studies have investigated the level of mental activity people incorporate in their work, education or leisure activities. The results show that those who have higher levels of mental activity are found to be consistently less likely on average to develop Alzheimer’s disease.

There are many different parts of the brain and each part performs a variety of functions. Doing a crossword puzzle activates a small part of the brain. The three key principles for good brain exercises are: novelty, variety and constant challenge. The ACE program, a group ten-session mental fitness training program incorporates a variety of challenging mental exercises, puzzles and games along with training the brain in a number of memory strategies. It includes practical lifestyle information on how to maximise brain health and an introduction to a range of relaxation techniques.

The ACE program will be running in the northern and eastern suburbs in early 2010. For registration in the program contact National Dementia Helpline on 1800 100 500.

Rosanna Mangiarelli joined the Seven Network in 2004 as a reporter, presenter and producer for Seven News, then commenced her role as host of Today Tonight in August 2007.

After completing her Journalism Degree at the University of South Australia, Rosanna cut her teeth at Southern Cross Television in Port Pirie in 1997. She reported and presented for the nightly news service, becoming one of the country’s first video journalists.

Rosanna’s career took a leap forward in 1999 when she joined the ABC in Tasmania, fulfilling a number of roles for the national broadcaster including reporting, presenting and producing for both radio and television.

Rosanna then returned to her home town of Adelaide where she joined the ABC newsroom as a reporter in both news and current affairs, before moving on to present the Australia Network’s national news from Perth, to an impressive audience of millions in the Pacific, Asia and India from 2001.

Rosanna’s big break came when she joined the Seven Network in 2004 – her versatility allowing her to fulfil a broad range of tasks both on and off camera.

Rosanna feels privileged to have interviewed a number of international, national and state identities – some of her highlights include boxing great Muhammed Ali, Anzac hero Alec Campbell (who was Australia’s last surviving Gallipoli veteran) and award-winning writer Max Fatchen.

Some other career highlights for Rosanna include reporting on the 2003 Baxter Detention Centre riots, covering the Kapunda Road Royal Commission, travelling to Los Angeles to read news for Seven’s Sunrise and hosting local magazine program, Adelaide Weekender.

Away from work, Rosanna dedicates her time to an array of charities. She also enjoys holidaying around the state with husband Andrew and spending time with her family, friends and pets. Rosanna gave birth to her first child, Emma, in January 2009.

Rosanna was appointed Alzheimer’s Australia SA’s Ambassador for 2009-2010 on 21st October at the AGM.

Please join us in welcoming Rosanna to Alzheimer’s Australia SA. We look forward to seeing her in the year ahead.

We would also like to thank Jane Reilly, the retiring Ambassador who gave of her time during 2008-2009, representing Alzheimer’s Australia SA at a number of significant events which included a huge amount of work for Alzheimer’s Australia National Conference.
October was a busy and exciting time for staff and volunteers at Alzheimer’s Australia SA (AASA) supporting expos during Seniors Week.

AASA participated in the Westfield Seniors Expo over three consecutive weeks. The promotions commenced at West Lakes from 6th – 10th October, followed by Marion from 12th – 17th October and concluded at Tea Tree Plaza on 19th – 24th October.

This was a great opportunity to raise the profile of Alzheimer’s Australia SA, its supports and services and by raising awareness of dementia to the general public.

The overall evaluation of the event was very positive, with 1,484 people approaching staff for general enquiries and brochures. Staff received many comments relating to the valuable services provided by AASA. The community were very thankful for the information they received.

Alzheimer’s Australia SA values and appreciates the time given by the committed and dedicated volunteers who assisted in the promotion. A big thank you to you all.

Dr Michael Valenzuela from the School of Psychiatry, University of New South Wales was our special guest presenter at the 2009 Alzheimer’s Australia SA Annual General Meeting. Dr Valenzuela is the author of “It’s Never Too Late to Change Your Mind” which highlights the key principles to keeping the brain functioning at optimal levels. Dr Valenzuela says: “I believe the science of neuroplasticity tells us that it’s never too late to start making changes to our lifestyle that will improve ones brain and reduce the risk of dementia”. This thinking is very much in line with what Alzheimer’s Australia SA promotes through its Mind Your Mind© program. He goes on to say that “Whilst some level of mental decline will occur as we age, this in normal and no cause for alarm because, in general we also tend to accumulate more experiences and knowledge – and better perspective on life”.

The most exciting conclusion that researchers have found is the holistic relationships between all parts of the body. Therefore, if you keep fit and healthy, you benefit your whole body – including your brain. Dr Valenzuela also focuses on the link between our heart and our brain health. He says; “All the things we know are bad for our heart – such as high blood pressure, smoking, cholesterol and so on – are also major risk factors for dementia. So if we prevent or fix these things we’ll also be keeping our brain healthy.”

We’ll be looking more next year at the links between the heart and the brain so stay tuned for more information.

Alzheimer’s Australia SA values and appreciates the time given by the committed and dedicated volunteers who assisted in the promotion. A big thank you to you all.
## Sessions, Seminars and Courses 2010

The following sessions, seminars and courses have been planned for January to April 2010. To register your attendance or if you would like more information please contact the National Dementia Helpline 1800 100 500. There is no charge for these sessions.

* Information on venues, dates and times to be advised. Please contact National Dementia Helpline for further information.

### Information Sessions are for anyone wanting to understand more about Memory & Ageing, Dementia or Risk Reduction (Mind your Mind©)

<table>
<thead>
<tr>
<th>Session</th>
<th>Date and Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Memory and Ageing Seminar</td>
<td>1.00pm – 2.30pm</td>
<td>ECH, Victor Harbor</td>
<td>Understanding Dementia Seminar</td>
</tr>
<tr>
<td>Understanding Dementia Seminar</td>
<td>10.00am – 12.00noon</td>
<td>Golden Grove District Club Rooms</td>
<td>Shield House, Nuriootpa</td>
</tr>
<tr>
<td>Memory and Ageing Seminar*</td>
<td>10:00am - 12:00noon</td>
<td>Aberfoyle Park Community Centre</td>
<td>Mind Your Mind/Memory &amp; Ageing Seminar</td>
</tr>
</tbody>
</table>

### Information Sessions and Programs are for family carers

<table>
<thead>
<tr>
<th>Session</th>
<th>Date and Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Carer Information Program</td>
<td>10.00pm – 3.30pm</td>
<td>Henley Beach Community Centre, Henley Beach</td>
<td>Living with Dementia – Understanding the Changes</td>
</tr>
<tr>
<td>Family Carer Information Program</td>
<td>10:00am – 12.30pm</td>
<td>Parkholme Baptist Church, Parkholme</td>
<td>Loss and Grief Seminar</td>
</tr>
<tr>
<td>Family Carer Information Program</td>
<td>10:00am – 12.30pm</td>
<td>Salisbury East Neighbourhood Centre, Salisbury East</td>
<td>Living with Dementia – Understanding the Changes</td>
</tr>
</tbody>
</table>

### Information Sessions and Programs are for People with Memory Loss, their families and carers

<table>
<thead>
<tr>
<th>Session</th>
<th>Date and Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living with Memory Loss Program</td>
<td>10.30am – 12.30pm</td>
<td>Alzheimer’s Australia SA, Glenside</td>
<td>(Excludes Easter Monday)</td>
</tr>
<tr>
<td>Living with Memory Loss Program (Younger Onset)</td>
<td>10.30am – 12.30pm</td>
<td>Alzheimer’s Australia SA, Glenside</td>
<td>Living proactively with early stage dementia</td>
</tr>
<tr>
<td>Living with Memory Loss Program*</td>
<td>10.30am – 12.30pm</td>
<td>Taralba House Church of Christ, Victor Harbor</td>
<td>Alzheimer’s Australia SA, Glenside</td>
</tr>
</tbody>
</table>

### Memory Van Visits - Mobile Dementia and Memory Community Centre

<table>
<thead>
<tr>
<th>Venue</th>
<th>Date and Time</th>
<th>Memory Van Visits - Mobile Dementia and Memory Community Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lucindale Field Day</td>
<td>26th and 27th March</td>
<td>Koroona, 19th and 20th March</td>
</tr>
<tr>
<td>Koroona</td>
<td>15th and 16th April</td>
<td>Kapunda, 19th and 20th March</td>
</tr>
</tbody>
</table>
Reference Groups -
I Want to Be Heard and Make a Difference!

Alzheimer’s Australia SA (AASA) has been providing services to people living with dementia and their carers for over 26 years. One of the areas we are most proud of is the consumer engagement – which means, the services are designed with and evaluated by the clients, people living with dementia, their families and carers. Programs such as the Living with Memory Loss program and Give it a Go are a direct response to needs identified by the clients.

An important role that AASA has taken during the last 26 years is the commitment to ensure the policy issues affecting people living with dementia, their families and carers are raised and documented. AASA has presented many papers to the Government on a range of important issues and contribute to the National Office of Alzheimer’s Australia policy unit. AASA has also assisted in raising awareness and directly influencing policy in the area of respite, transport and younger onset dementia.

This is an invitation to join AASA to ensure the voices of people living with dementia, their carers and families continue to be heard and make a difference. You can do this by attending the Reference Groups here at AASA. The Reference Groups are run bi-monthly and the last meeting of the year is a chance to reflect on the information gathered and documented by AASA which will then use in policy papers to National and State Ministers and in publications. It is your chance to use your voice and your experience to effect change – not only for you but for the next generation of people living with dementia, their families and carers.

In 2010 AASA will offer 3 Reference Groups;

- The People with Dementia Reference Group (a concurrent session is run to support carers who attend with their care recipient)
- The Younger Onset Reference Group (People living with younger onset dementia and their carers are welcome at this group)
- The Residential Care Reference Group (for people contemplating residential care, those with loved ones in residential care or carers who have previously had someone in care).

If you are interested in being involved in any of these groups in 2010 and to be placed on our mailing list for more news about these groups please contact Kylene Nash, Team Leader Operations on 8372 2100 or email kylene@alzheimerssa.asn.au

Counsellors’ Corner - Feeling Guilty

It is common for people who care for someone with dementia to say they feel guilty. This feeling arises out of many different circumstances and situations. Guilt can be very tiring and it is important to identify its source and deal with it.

Carers often feel guilty when they compare themselves unfavourably to other carers. It is important to remember that each situation is unique and every carer in their own way faces challenging situations.

Some carers feel guilty about their own thoughts of anger, frustration and wanting it all to be over. This is a very normal reaction in the caring role. The task of caring for someone with dementia can be both rewarding and extraordinarily demanding at the same time.

Carers may feel guilty or disloyal about wanting time to themselves. The reality is that everyone needs to devote some time for rest and relaxation to regain strength and focus. Refreshment is part of a healthy life balance, just as nutrition and exercise are.

Some people feel guilty if they accept help, because they think the caring role should all be undertaken by themselves. Depending on age, health and commitments of the carer this can be quite unrealistic.

Making the decision to move a loved one into residential care can be stressful and cause guilt to the carer. Many couples in good faith make promises to each other that they intend to care for each other for ever. However, there are many factors that may not always allow this to happen.

The Counsellors at Alzheimer’s Australia SA are available to assist carers and people with dementia through their journey. They can offer support and assistance in setting realistic goals and expectations. Feel free to call National Dementia Helpline 1800 100 500, Monday to Friday from 9.00am to 5.00pm.

Carers’ Advisory and Advocacy Committee Nominations

The Carers’ Advisory and Advocacy Committee (CAAC) nominations for 2010/2011 are finalised and approved by Alzheimer’s Australia SA Board.

Members are: John McKellar, Joy Mallett, Shirley Hollingsworth, Julie Lagnado, Jenny Potter, Robbie King, Ron Sinclair and Rita McKechnie.

CAAC involves activities such as:

- advocating on behalf of carers and those for whom they care
- responding to and raising issues of concern for carers
- representing AASA as required
- providing advice to the Board regarding policy and advocacy issues

An Australian Government Initiative
Volunteers Required

Myrtle Cottage – Southern Cross Care

Alzheimer’s Australia SA and Southern Cross Care have partnered in an exciting and innovative new Dementia Day Respite program, “Myrtle Cottage”, in Myrtle Bank. A team of volunteers are needed to support the Centre Co-ordinator and staff in delivering a person-centred restorative approach to people with dementia and their carers who are seeking meaningful and flexible day respite. Volunteering opportunities will provide daily interaction with program participants and would contribute by developing individual relationships, providing continuity of support and longer term commitment to the program. Full training will be provided to volunteers using the person-centred approach to meaningful respite in order to inform and support the volunteers in their roles.

If you are interested in volunteering and would enjoy the rewards of supporting people with dementia to reach their full capacity contact Charyl Despoja on 8372 2194 or email charyl@alzheimerssa.asn.au.

News from the Library

The library boasts a fantastic range of resource materials for anyone to borrow or buy. This newsletter edition showcases the best of the best, and if you are buying for that special someone this Christmas, we have just the book for you.

We wish to draw your attention to the staff training material available to borrow. As well as residential care staff training available in book, video and DVD form, we have recently acquired some DVD material from the Dementia Services Development Centre (DSDC), University of Stirling, Scotland. The range of subjects covered vary from “Witnessing Death: a grandson’s reflections on Alzheimer’s” about the death of the film maker’s grandfather from Alzheimer’s disease. “Oh good, lunch is coming” is a program to help staff encourage people with dementia to eat and drink well. “Oh dear, what can the matter be?” encourages people with dementia to stay active.

There is also an interactive CD-ROM from the DSDC entitled “Frank’s Friday”. It is especially useful for those working in primary care.

Also available is the newly acquired series called “The Alzheimer’s Project” which was shown as a TV documentary series in the USA earlier this year. This is a three disc DVD series covering a huge amount of subject area.

The library is currently located at Glenside so come in and browse the selection today!

New titles in the Library

Inside Alzheimer’s
How to hear and honor connections with a person who has dementia
by Nancy Pearce

This book tells how dozens of persons with dementia and their sharing of wisdom, humor and life’s teachings led the author to the six basic principles of connection – how one person connects with another.

Communication and the care of people with dementia
by John Killick and Kate Allan

An in-depth exploration of ways of establishing and developing communication with people with dementia, this book argues that communication is at the heart of all approaches to dementia care. It is a key resource for students and professionals in health and social care work.

The Alzheimer’s action plan: the experts’ guide to the best diagnosis and treatment for memory problems
by P Murali Doraiswamy & Lisa P Gwyther
New York, St Martin’s Press, 2008.

Clear, compassionate, and empowering. The Alzheimer’s Action Plan is the first book that anyone dealing with mild memory loss or early Alzheimer’s disease must read in order to preserve the highest possible quality of life for as long as possible.

Alzheimer’s from the inside out
by Richard Taylor

Thoughtful and self-reflective, this collection of illuminating essays offers a rare glimpse into the often incomprehensible world of individuals living with Alzheimer’s disease. Diagnosed at age 58, psychologist Richard Taylor shares a provocative and courageous account of his slow transformation and deterioration, and of the growing divide between his reality and the reality of others.
**The Perfect Christmas Gift!**

**Special price for Christmas!**

ONLY $10.00

Memories…shared and written by admired and well known Australian celebrities

Glenside, SA, Memory Australia Press, 2004

This book reminds us of the crucial importance of memory to our sense of identity and our personal relationships. We all like to know what has been special in the lives of other people, especially those who are well known. You can read about an event, an experience, an emotion, a mistake, the example of others, etc - they are all in this book recreated with vividness and feeling.

Yes I’d like to help more people through their journey with dementia

**Christmas Appeal**

Please Call (08) 8372 2100 to make your donation by phone

A ‘Return Post Free Envelope’ is enclosed for your convenience.

Name: ___________________________ Address: ___________________________

Phone: ___________________________

Please find enclosed a donation for: $_________  
☐ Cheque/Money Order: (Please make payable to Alzheimer’s Australia SA Inc)

or Debit my: ☐ Visacard ☐ Mastercard  Card No. ___________________________

Name on Card: ___________________________ Signature ___________________________

Expiry Date: ____________/________

In accordance with Alzheimer’s Australia SA Inc Privacy Policy any details you supply will be secure and remain confidential. All gifts over $2.00 are tax deductible and will be acknowledged with a letter and receipt.

Tax Invoice ABN 36 236 331 877