Bring it to the Table is a fun, easy way to show your support for people living with dementia. All you need to do is invite your friends, family members, or work colleagues to join you for a high tea, sit-down dinner, picnic or games night during the month of June, to help raise awareness of dementia and vital funds for services and research.

Throughout June, thousands of people across Australia will be hosting events. Alzheimer’s ACT are having their own Bring It To The Table Fun-Raiser on 11 June at the Grill & Sizzle Fusion Restaurant in Dickson.

For more information on our dinner and how you can host your own event see Page 3.
FROM THE EDITOR

Dear Members and Friends

It has certainly been a busy and exciting beginning to the year and already we are preparing for Winter. We have had some great things happening at Alzheimer’s ACT in the last few months which include the wonderful presentation by Rachel Litherland from the UK on Dementia Friendly Societies on 1 April, booked out education sessions in Montessori Method and Activities and the weekend Care for the Carer Program. We also had a fantastic response to the Considering Residential Care session which was so popular we are considering holding another one later in the year. It is great to see how Alzheimer’s ACT is reaching so many people in the ACT in all areas of dementia care: professional care staff, family carers and the general public.

With the colder weather coming, I thought I would share a story of one of our Members and her mother. Charmaine became a member of Alzheimer’s ACT when her sister-in-law, Joyce, moved from Adelaide to Kangarra Waters in 2010 having been diagnosed with Dementia. Charmaine shared with one of our DBMAS team that her mother, Jean, (now 92) who had regular contact with Joyce in Adelaide, enjoys knitting projects and so began knitting colourful squares for knitted rugs which she sent to Charmaine to take into the Alzheimer’s Office. DBMAS staff members then sourced a helping hand from a knitting group at Villaggio to put the squares together into knee rugs. These rugs have given warmth in places as far away as Africa and they are now given homes with people living with dementia in residential care facilities in the ACT visited by DBMAS.

So far we have given away 7 rugs. I have inherited the task of putting the rugs together and even though I find them very hard to part with when the rugs are complete; it helps to think how wonderful it is that a person of Jean’s age can remain productive and creative while helping others at the same time. Jean had to stop knitting briefly 2 months ago when she broke her arm, just 2 weeks before moving permanently to Canberra with her husband to be nearer her daughter. Thankfully she is now able to knit again and has already resumed knitting her colourful squares for Alzheimer’s ACT.

On behalf of those receiving the rugs, Thank you Charmaine and Jean.

Disclaimer

Articles in this publication provide a general summary only of the subject matter covered. Any person with dementia should seek professional advice about their specific case. Alzheimer’s Australia ACT is not liable for any error or omission in this publication. Permission should be sought from the Editor before reproducing articles. Once permission is given the source must be acknowledged. Alzheimer’s Australia ACT does not endorse any products, opinions or services of any description.

About Us

Alzheimer’s Australia ACT provides information, advice, support, advocacy and education for the thousands of Canberrans and their families living with dementia.

Our vision is for a society committed to the prevention of dementia, while valuing and supporting people living with dementia.

To find out more about us and the services we provide, visit www.fightdementia.org.au or call the National Dementia Helpline on 1800 100 500.

Board Directors

Michael Pedler - President
Greg Fraser - Vice President
Trevor Wheeler - Treasurer
Jeff Lamb - Secretary
Gayle Sweaney - Director
John Fely - Director
Jane Allen - CEO
By taking part, you’ll be helping us raise funds for Alzheimer’s Australia ACT, who provide vital support and services for people living with dementia, their carers and families.

**DATE:** WEDNESDAY 11 JUNE 2014  
**TIME:** 6.30PM  
**VENUE:** GRILL & SIZZLE FUSION RESTAURANT  
13 WOOLLEY STREET  
DICKSON  
**RSVP:** 2 JUNE 2014  
**COST:** $60 PP

**CALL 6255 0722 OR EMAIL ACT.ADMIN@ALZHEIMERS.ORG.AU**  
**PROUDLY SPONSORED BY:**  
WEBB’S MECHANICAL REPAIRS AND FUSION RESTAURANT

**BRING IT TO THE TABLE IS A FUN, EASY WAY TO SHOW YOUR SUPPORT FOR PEOPLE LIVING WITH DEMENTIA**

**WHEN IS IT HAPPENING?**  
Throughout June, thousands of people across ACT will be hosting an event for family, friends or work colleagues, bringing the community together to raise much needed funds for Alzheimer’s Australia ACT and joining the fight against dementia.

**SIGN UP TODAY!**  
Visit BRINGITTOTHETABLE.COM.AU, click on your state and register.

Registration is easy:  
• register your details  
• choose Alzheimer’s Australia ACT as your charity of choice  
• create your own dedicated fundraising page letting people know why you have chosen to host an event  
• send emails to friends, family and colleagues with your page details to ask them to donate and be part of a cause close to your heart  
• make sure you send your friends on Facebook and Twitter your page details  
• send updates and reminder emails to maximise your fundraising  
• receive messages of support from donors to spur you on in your fundraising activities  
• let your sponsors know that this system is a secure payment gateway and they will receive a receipt once the donation has been processed

**DOWNLOAD YOUR BRING IT TO THE TABLE PACK**  
There are plenty of materials to download including invitations, posters, hints and tips to help make your event simple and enjoyable.

**NEED HELP?**  
Call us on 1800 100 500 for help to get started.
FRUIT FLIES - THEIR ROLE IN DEVELOPING NEW TREATMENTS FOR ALZHEIMER’S DISEASE?

A recent presentation given at the Genetics Society of America’s 56th Annual Drosophila Research Conference (drosophila are fruit flies), reported on new strategies for drug development in Alzheimer’s disease. The researchers, based at the University of Florida’s McKnight Brain Institute, reported on positive preliminary outcomes of an Alzheimer’s disease ‘immunotherapy’ trial. However, the most interesting aspect of this research was the fact that their experimental species was the humble ‘Fruit Fly’.

To give you a bit more information, in this trial, fruit flies were genetically modified to develop high levels of the human amyloid beta protein in the brain as they aged. The flies then received a particular treatment to assess whether the amyloid beta protein could be reduced, and whether reduced levels would also result in improvements in memory performance and reduce brain damage potentially caused by this protein.

The researchers gained some promising results from their preliminary trials and are now continuing their research in mammalian models (such as mice). The use of ‘flies’ in research isn’t a new thing (in fact they have been used in dementia research for nearly 10 years), Dementia News investigated how flies might be used to find new treatments and even a cure for neurological disorders such as Alzheimer’s disease.

The fruit fly (Drosophila melanogaster)

One of the first people to really understand how flies could be used for research purposes was Thomas Hunt Morgan. In the late 19th Century, Morgan wanted to understand more about human genetics and particularly heredity diseases. So he set up the world’s first “fly room”. Examining thousands of flies, Morgan and his team made groundbreaking discoveries in the field of genetics and thus began the use of flies in medical research.

A paper published in the UK Alzheimer’s Society’s Journal of Quality Research in Dementia reviewed the use of fruit flies in neuroscience research. It explains how fruit flies are useful for assessing treatments due to their relatively short lifespan (days rather than years). So, for conditions such as dementia which commonly develop in old age, researchers can reduce the amount of time required to observe the effects of treatments by using an ‘animal model’ with a relatively short lifespan. The short lifespan also makes it possible to introduce new genetic variations (which require successive generations of animals), in a short time frame. To put this in perspective, researchers can breed and develop ten generations of fruit flies in about nine months, whereas it would take two-and-a-half years to do the same with mice.

Surprisingly, the fruit fly cardiovascular and neurological systems are also very similar to that of humans. Moreover, the basic cell structure and composition of a fruit fly brain cell is virtually the same as a human brain cell (although they are much fewer in number, and have far fewer connections). Plus, over 50% of genes related to human diseases are also found in flies, which make it easier for researchers to genetically modify flies for use in research on disease modifying treatments.

Summary

With increasing knowledge about fruit flies, they are becoming popular models for use in developing new treatments for disease. Over the past ten years, flies have shed significant light on what appears to be happening in the brain of those with Alzheimer’s disease, particularly in relation to common biomarkers such as Tau and amyloid beta proteins.

While it should be noted that researchers don’t move directly from fruit fly models to human models, the use of flies in preliminary studies may help researchers develop treatments which are more likely to work in both animal models and thus human clinical trials.

Written by Ian McDonald, Dementia News, April 7 2014
Advance care planning (ACP) is the process of a person thinking about and communicating to others their values and wishes about possible future care at a time when they still have capacity. ACP is relevant for everyone in the community, but especially for people with chronic health conditions or at risk of losing capacity from illnesses such as dementia.

Consumers report many barriers to undertaking ACP. It is not a routine part of healthcare practices and there is a reluctance to have open discussion about death and dying within the general community. The laws and regulations around ACP vary between States/Territories and are often inconsistent and confusing, even for legal and health professionals. If ACP does occur, this is not always followed through in the way end-of-life decisions are made within the healthcare setting.

In response to these barriers, the Dementia Consumer Research Network within Alzheimer’s Australia funded a project to develop a nationally-focused website and campaign to promote advance care planning and other aspects of planning ahead. The campaign and website is called Start2Talk.

While there are a number of websites related to planning ahead available, there are aspects of this new Start2Talk website that add value to existing resources.

- It uses a consumer-focused model that seeks to address the issues raised by consumers during extensive consultations.
- It moves beyond providing information to include a number of worksheets that promote communication and help users take action related to planning ahead.
- It includes the ability for users to register with the website and store their worksheets online if they want to.
- While not being restricted to persons with dementia, it has sections that are clearly focused on people with dementia and their families.
- It has comprehensive information and links relevant for all States and Territories as well as a section for health and community care professionals.
- The website is being widely promoted through collaborations with a number of consumer and professional organisations.

visit www.start2talk.org.au today.

BUY YOUR 2014-15 ENTERTAINMENT BOOK NOW

It's here!

The 2014-15 Entertainment Books have arrived and we have already sold half our books.

The new 2014 | 2015 Canberra Entertainment™ Memberships are available now for $60 each and packed with thousands of up to 50% off and 2-for-1 offers.

This year you have the choice between the Entertainment™ Book Membership and the new Entertainment™ Digital Membership!

From every Entertainment™ Membership we sell, 20% goes towards Alzheimer’s ACT. Come in to the office to buy your book or call us on 6255 0722 to arrange postage. Go on line to www.entertainmentbook.com.au to get your digital copy - but don’t forget to nominate Alzheimer’s ACT as your chosen charity.
MEMBERSHIPS
RENEW THEM NOW

It is that time again ...

Alzheimer’s ACT memberships are due for renewal at the end of each Financial Year.

Memberships are essential to the survival of Alzheimer’s Australia ACT. Not only are the fees and donations received each year vital, memberships are a great indication of how our organisation is growing from year to year and they are an important communication tool to those in our community who use our services.

AlzACT members receive a subscription to our Newsletter, access to the Library and Information Service and invitation to events. Memberships are $10 for individual/family and $50 for organisations.

We would also appreciate hearing your feedback; send us any ideas you may have to improve our services, let us know if you would like to be more active in your membership and become an advocate or speaker for people living with dementia, send us a story to put in our Newsletter.

We have enclosed a membership form and we thank you for your continued support.

P.S. Don’t forget to indicate on the form whether you would like to go paperless and receive communication via email - there are a couple of options - you will save us postage and save some trees at the same time!

ALZACT VOLUNTEERS
AT THE SHOPS FOR FUNDRAISING

Alzheimer’s ACT has been at the shops selling Raffle tickets over the last few weeks. The volunteers have been assisting our Fundraising Team and together they have sold over $1,000 worth of tickets in the People’s Choice Community Lottery.

We would like to thank the volunteers who tackled the task with gusto in a variety of locations including a very chilly spot at Cooleman Court Weston.

AlzACT Volunteers assist our organisation in a variety of ways including at social and activity groups, helping out at events and seminars, administrative tasks such as mailouts and fundraising activities. Volunteering can be on a regular or occasional basis. If you are interested in volunteering, call Kaye on 6255 0722 and discuss the options that may suit you.
DEMENTIA FRIENDLY SOCIETIES
GETS US THINKING

On 1 April Alzheimer’s ACT paid host to a visiting speaker from the UK, Rachel Litherland. Ms Litherland was touring Australia for Alzheimer’s Australia holding workshops entitled *Dementia Friendly Communities - Involving People with Dementia*.

The interest in the event was reflected in the attendance with a wide range of people in the audience, including people with dementia and their families, care workers, medical staff and representatives from community organisations and the ACT Government.

As part of Rachel Litherland’s presentation people living with dementia were invited to be part of the workshop. Janice and Fred Hogson bravely volunteered to give a short presentation on what their daily life was like and how it had changed since Fred’s diagnosis of dementia. Janice and Fred then invited questions from the audience and following the conclusion to Ms Litherland’s talk, more audience discussion took place.

Rachel Litherland talked about her work with the Alzheimer’s Society in the UK and also as a director with Innovations in Dementia CIC who work on a range of positive projects with people with dementia focused on ways of living well. Projects over the last few years have included the Dementia Engagement and Empowerment project (DEEP) which is focused on the development of a UK wide group movement that amplifies the voices of people with dementia.

Alzheimer’s ACT received a lot of positive feedback following the workshop with many commenting that Janice, Fred and Rachel had inspired them to think more about the issues facing people living with dementia and what possibilities could exist to empower people within the community to create a *Dementia Friendly Society*.

If you would like to see some of the amazing work taking place in the UK visit the website of the Alzheimer’s Society at http://www.alzheimers.org.uk/dementiafriendlycommunities

Left: Janice and Fred Center: Rachel Litherland Right: Jane Allen Alzheimer’s ACT CEO, Rachel Litherland, Fred and Janice Hogson.
ALZACT NEWS

GREENING AUSTRALIA
WORKING TOGETHER WITH ALZACT

After seeing a request on the ACT Volunteer website, AlzACT Younger Onset Dementia Worker, Lorraine approached Greening Australia about including some of our clients in their program. Greening Australia were happy to include two of our groups in their program and for the last two months members have been hard at work at their site in Hawker.

On Tuesday Greening Australia open up exclusively for Alzheimer’s ACT to work on projects such as planting tube stocks and weeding. On Wednesday a group of Younger Onset Dementia clients join with other community volunteers to assist with greening projects. Another member of the group volunteers on a separate day filling orders for delivery. The groups are organised roughly according to age and interest with Tuesday being a men’s group and Wednesday mixed.

The groups are a big success with members’ feedback being that they are enjoying the work and contributing to the community. There is much comaradarie and the groups’ members are not only enjoying the company of the other volunteers, but describe the staff of Greening Australia as ‘phenomenal’ in their enthusiasm and support, especially of our Younger Onset Dementia Program.

Greening Australia’s mission is to restore and conserve Australia’s diverse natural landscapes to allow people and wildlife to co-exist. If you are interested in gardening and community volunteering, why not contact Lorraine on 6255 0722.

ALZHEIMER’S ACT
AT THE CANBERRA SHOW

Through a member of the Fundraising Committee, Alzheimer’s ACT was fortunate to obtain a stand at the Royal Canberra Show. Our information and fundraising stand was operational from Friday morning until Sunday afternoon and looked after by a roster of staff and volunteers.

Located in the Harvest Hall our volunteers and staff met many people and in keeping with the location, sold our fundraising herbs and vegetables.

We thank the members of the Harvest Hall Committee for their assistance and generosity in allowing us to have this wonderful opportunity to increase the profile of Alzheimer’s Australia ACT in the community and also raise much needed funds for the organisation to assist people living with dementia in the ACT.

Eileen at the Harvest Hall stand.
LOCAL CAFE
MAKES A DIFFERENCE

U&Co Café run by Michael Angelosante in Kaleen not only has delicious cakes and fabulous coffee but has real community spirit. The café hangs and sells work of local artists and gives the commission received from all sales to their chosen charity, Karinya House, who provide help to women and their families who are in crisis in the ACT.

For the month of April U&Co Café displayed the work of Les Makai who is a local artist living with Younger Onset Dementia (YOD). Les was thrilled to be asked to hang his artworks at the Café where his regular walking group meets for coffee. Les’s artwork, usually paint on board and featuring vivid colours looked fantastic on the walls of the café and not surprisingly he had a sale within the first week.

Les was diagnosed in 2012 and joined Alzheimer’s Australia ACT where he participates in a weekly YOD walking group and having a long time interest in art he also attends the weekly Art Group and participates in the Alzheimer’s ACT Group that attends the National Gallery of Australia Art and Dementia Program.

Younger Onset Dementia (YOD) is a term used to describe the onset of symptoms of dementia before the age of 65. It is estimated that more than 24,000 people in Australia have Younger Onset Dementia. The ACT has the second highest prevalence of people living with Younger Onset Dementia in Australia.

Alzheimer’s Australia has launched a new national Younger Onset Dementia Key Worker Program which is funded by the Australian Government to provide individualised support and services to improve the quality of life for people with younger onset dementia, their families and carers. Alzheimer’s Australia ACT employs a dedicated staff member in the Younger Onset Dementia program who is already making a difference to the lives of her clients like Les, here in Canberra.

We would like to give a big ‘thumbs up’ to U&Co Café in Kaleen for supporting local artists and community organisations and helping to make our community more dementia friendly.
WELCOME MICHELLE

Hi my name is Michelle and I started working at Alzheimer’s Australia ACT in February this year. I am working in the Mobile Respite Response Team (MRRT) which provides a flexible, short term in-home service for carers of a person who is living with dementia.

I have a long history of working in the community sector in a variety of different roles, predominately working with family carers. My most recent position was working at Care Incorporated as a case worker for the No Interest Loan Scheme. Prior to that I was employed at Carers ACT for many year’s co-ordinating several different programs.

I enjoy working with people and have a strong interest in carers, families and people living with dementia. I am excited about working at Alzheimer’s Australia ACT and look forward to making a positive contribution to the organisation and the people that it supports.

WELCOME GILL

Hi, my name is Gill and I have recently started work with the DBMAS team at Alzheimer’s ACT. DBMAS provides clinical support for people caring for someone with dementia who is demonstrating behavioural and psychological symptoms which are impacting on their care. Our role is to improve the quality of life for people with dementia and their carers.

After completing my Registered Nurse training in New Zealand in 1986, I worked extensively overseas and around Australia specialising in Palliative Care, with particular emphasis on advocacy and education.

I have worked in a variety of settings supporting those with Palliative Care needs - acute hospitals, home based services and hospices in the past 28 years. Having nursed my mother at home I am particularly cogniscent of the carer’s role, and always endeavour to empower clients and carers to express their wishes.

My partner and I have 3 children in Australia, and 1 overseas. We enjoy snow skiing, fly fishing and travelling. In the past few years we have walked up Macchu Picchu, fished for Piranha on the Amazon, sat on a donkey up the Atlas Mountains in Morocco, and encountered wild game in Africa.

Tell me and I forget;
Show me and I remember;
Involve me and I understand.

Unknown
DIARY DATES

ALZHEIMER’S ACT EDUCATION
PROFESSIONAL EDUCATION, MAY - JULY 2014
RSVP ESSENTIAL FOR ALL SESSIONS - CALL 6255 0722 OR EMAIL ACT.ADMIN@ALZHEIMERS.ORG.AU

Orientation to Dementia
A one-hour overview of dementia, including the definition, its causes and impacts.
Date: Mondays, 16 June, 21 July and 11 Aug
Cost: Free
Time: 2.00pm - 3.00pm
Venue: 159 Maribyrnong Avenue, Kaleen

Disabilities and dementia workshop
This workshop will provide participants with knowledge and skills to interact effectively with people with both a disability such as Down Syndrome and dementia.
Date: Thursday, 19 June
Cost: $55
Time: 9.00am - 12.30pm
Venue: 159 Maribyrnong Avenue, Kaleen

The Montessori method and activities
This workshop offers an overview of the Montessori Method and activities for dementia care, demonstrating the creation and presentation of meaningful activities.
Date: Thursday, 26 June
Cost: $90
Time: 9.30am - 3.30pm (light lunch provided)
Venue: 159 Maribyrnong Avenue, Kaleen

Younger Onset Dementia
This workshop is designed to provide a participant with a better understanding of the impact dementia has on the younger person and their family, as well as their distinctive care needs.
Date: Tuesday, 22 July
Cost: $55
Time: 9.30am - 12.30pm
Venue: 159 Maribyrnong Avenue, Kaleen

Experiencing Dementia Workshop
A very popular and practical hands-on workshop that will assist participants to gain a real understanding of dementia.
Date: Thursday, 31 July
Cost: $50
Time: 9.30am - 12.30pm
Venue: 159 Maribyrnong Avenue, Kaleen

Positive dementia care for professional staff
This session will provide participants with information and tools to support and improve the quality of life for the person living with dementia.
Date: Thurs, 28 Aug
Cost: $50
Time: 1.30pm - 4.30pm
Venue: 159 Maribyrnong Avenue, Kaleen

DBMAS Capacity Building Course
A comprehensive course aimed at residential and community staff of aged care services. A five week course held over 6 weeks
Date: September
For further details, please call 6255 0722.

Focus on the Fellas’ workshop
The focus of this practical workshop is the provision of ideas and new activities for male clients with dementia.
Date: Tuesday, 2 September
Cost: $85
Time: 10.00am - 3.30pm
Venue: 159 Maribyrnong Avenue, Kaleen

Keeping safe in the workplace
This session explores strategies to minimise aggressive incidents in the workplace
Date: Thursday, 25 September
Cost: $55
Time: 1.30pm - 4.30pm
Venue: 159 Maribyrnong Avenue, Kaleen
JUNE

Worried About Your Memory?
Is my forgetfulness a sign of dementia?
Date: Tuesday, 17 June
Cost: Free
Time: 10.30am - 12.00pm
Venue: 159 Maribyrnong Avenue, Kaleen

AUGUST

Life Stories Workshop
Developing life stories and ways to use them to enhance interaction with the person with dementia.
Date: Tuesday, 26 August
Cost: $20
Time: 10.00am - 12.30pm
Venue: 159 Maribyrnong Avenue, Kaleen

SEPTEMBER

What is dementia?
This session will cover the definition of dementia, the causes, prevalence and impact.
Date: Tuesday, 9 September
Cost: Free
Time: 9.30am - 12.00pm
Venue: 159 Maribyrnong Avenue, Kaleen

DEMENTIA NETWORK PRESENTATIONS

THURSDAY, 7 AUGUST
SEXUALITY AND DEMENTIA - ‘OPENING THE CAN OF WORMS’
Presenters: Dr Michael Bauer and a panel of experts
Cost: $20
Time: 1.30pm - 4.30pm
Venue: Canberra Southern Cross Club, Woden

SINGING CONTINUES
AT THE NORTH BELCONNEN DAY CENTRE

After moving to North Belconnen Day Centre at the beginning of the year the Alzheimer’s ACT Friday singing group not only have a new location but a new name - ‘Together in Song’. The weekly singing and poetry group inclusive of members with dementia and their carers continues to enjoy singing and poetry around the table.

The group hosts visiting entertainment including Bill on his accordion and Uroc ukelele group. They recently celebrated Valentine’s Day and you can see a couple of photos below of the ladies receiving flowers from their Valentines.

To find out more about this friendly and supportive group please contact Jeanette Branch on 6258 5784.

Volunteers to play the piano once or twice a month, to join us around the table in singing or with general help setting up or assisting with morning tea would be most welcome and appreciated.

From left to right: Maureen and Bernard, Kathie and Laurie

DIARY DATES
RSVP ESSENTIAL FOR ALL EVENTS
PHONE 6255 0722 OR EMAIL ACT.ADMIN@ALZHEIMERS.ORG.AU