

# Connections

## Alzheimer's Australia Tas Newsletter

### EVENTS

**Thursday October 8th 1-4:30pm**  
**Thursday November 5th 1-4:30pm**  
**Death By Chocolate**

An age-friendly free event that will address the broad topic of death, dying, and grieving in a friendly relaxed atmosphere with a touch of chocolate afternoon tea.

Huon Community Health Centre, 7-9 Sale Street Huonville.  
Please contact Axel Meiss on 6264 8850 or [axel.meiss@ths.tas.gov.au](mailto:axel.meiss@ths.tas.gov.au).

**Friday October 9th 9:30am-12pm**  
**Sexuality, Gender, and Dementia**

A free seminar for health professionals, community and residential aged care workers, and interested members of the public.

The Old Woolstore, 1 Macquarie Street Hobart.

Please call 6279 1100 or contact [Tas.Admin@alzheimers.org.au](mailto:Tas.Admin@alzheimers.org.au).

**Sunday October 11th 10am-**  
**Memory Walk & Jog**

Organize a team or register as a participant in our fundraising 5km walk or jog followed by a sausage sizzle, campfire conversations, family quiz, and a lolly bar.

The Lea Scout Centre, 330 Proctors Road, Kingston.

Please register online or donate at <https://everydayhero.com.au/event/tas>

**Monday December 14th 11am**  
**Interdenominational Carol Service**

Followed by a Christmas BBQ at St John's Bowls Club at 12:00 noon.  
St John's Anglican Church, St Johns Avenue, New Town  
Please call 6279 1100

**ALZHEIMER'S AUSTRALIA**  
**MEMORY WALK & JOG**  
THE RACE AGAINST DEMENTIA

**RAISING FUNDS AND AWARENESS FOR ALZHEIMER'S AUSTRALIA TASMANIA** ..... **ALL AGES AND FITNESS LEVELS ENCOURAGED**

**WALK • WALK • RUN**  
FOR FUN      FOR FITNESS      FOR COMPETITION

**REGISTER NOW**

**ENTRY FEES**  
Junior (0-5 yrs) Free      Child or Senior \$10.00  
Adult (18-59 yrs) \$20.00      Corporate team of 5 \$80.00  
Family (2 x adults + 2 x children or seniors) \$40.00

**CALL 03 6279 1100 OR VISIT**  
[www.memorywalk.com.au](http://www.memorywalk.com.au)  
[www.facebook.com/memorywalkandjog](https://www.facebook.com/memorywalkandjog)

**DATE: SUNDAY 11 OCTOBER**  
**LOCATION: THE LEA SCOUT CENTRE**  
**330 PROCTORS ROAD KINGSTON**

Register on line

<https://everydayhero.com.au/event/tas>

## SOUTHERN NEWS

### St James College Cygnet working toward being a dementia friendly school

St James Catholic College participated in Dementia Awareness Month. Grade 3-6 read the Mem Fox book "Wilfred Gordon McDonald Partridge". After reading the book all the classes began different activities, discussions and watched YouTube videos related to dementia. The Grade 3 class made memory baskets placing inside their favourite memory and discussing how it made them feel. Grade 4 played games that exercised their brains. In Grade 5 a member from the class put on goggles, gloves and wore earphones that played music while trying to read a book. This was to show the class how hard it can be sometimes for a person living with dementia. Grade 6 wrote down their memories on a memory wall and made up slogans for dementia. Some of the slogans included 'Memories are precious, don't lose yours', 'People with dementia need care not anger', and 'A brain game a day keeps dementia away'.



The classes came together on the final day of term to share their work and discuss what they had learnt. It was a great day of sharing and all the classes came away with a greater understanding of dementia and how they can help care for people living with dementia in the community.

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### Gill Ayling speaks on dementia-friendly societies

We were privileged to have Gill Ayling visit us from the UK to give a presentation at our education seminar in Dementia Awareness Month. Gill has been in the UK civil service for over thirty years and holds a senior position in the UK Health Department. She was speaking to us from her position as Head of Global Action against Dementia, focusing on how we create dementia-friendly societies and dementia-friendly communities.

Gill moves around the globe, talking passionately, on behalf of individuals living with dementia and their families, with individuals at the highest levels of government. She stressed how important it has been to have the commitment of governments in recognizing dementia as a health priority. Gill also spoke about the importance of listening to individuals living with dementia to hear what they feel is important.

In keeping with this commitment, Alan Carville and his wife Cathy spoke about their experiences of living with Alan's rare medical condition, which has given him dementia. Alan also spoke about the importance of his artwork to him.

At the end of her presentation Gill was introduced to some of the committee members of Dementia-Friendly Snug, who found her presentation inspiring and challenging.



# WHAT'S HAPPENING

## 'Emerging' Exhibition

The 'Emerging' exhibition was held at the Stable Gallery in Moonah from 8 – 30 September 2015. It featured works by emerging artist Alan Carville, and established artist Helen Kostaglou. It also included works created by the Younger Onset Dementia group, The Old Vicarage Respite Centre, and The Carer's Group.

47 Artworks were featured in print, drawing and painting media, and approximately 70 people attended the opening on 8 September.

The gallery is a public access space at the rear of a popular family bistro, and is open 7 days per week.



The exhibition was opened by Sean Kelly, Arts Project Officer from the Moonah Arts Centre .



### In Case I Forget

by Lisa J. Schlitt

In case I forget to kiss you goodnight,  
Or hold your hand gently in mine,  
Just wrap me tightly inside your arms,  
And remember the happier times.

In case I forget when glancing at you,  
The one, who makes me complete,  
Alzheimer's may have won with my mind,  
But my heart it will never defeat.

In case I forget the children we've raised,  
Or the hundreds of stories I've told,  
Shed not a tear, "for blessed are we,  
Who forget one day we are old."

In case I forget to tell you how much,  
You're cherished and treasured each day,  
My best friend beside me to brighten the path,  
And carry me all of the way.

I may greet you someday, with questioning eyes  
As a stranger with whom I've just met,  
Still, I love you my darling with all of my heart,  
Remember.....In case I forget.

## NOTICE OF ANNUAL GENERAL MEETING

DEMENTIA & ALZHEIMER'S ASSOCIATION TASMANIA INC trading as Alzheimer's Australia Tasmania (ABN 89 702 845 983) will be holding their AGM on 26th November 2015 at 85 Creek Road, Training Room, New Town at 12 Noon.

### AGENDA

Apologies, confirmation of Minutes, President's Report, Financial Report, Matters Arising from reports, Election of Directors, Appointment of auditor, General Business.

Eric Pinkard — Public Officer.



presented by...

**Alzheimers's Australia TAS and The Huon Community Health Centre**

An age-friendly event that will address the broad topic of death, dying, and grieving

#### GUEST SPEAKERS

Friendly relaxed atmosphere with a touch of chocolate afternoon tea

Where: Huon Community Health Centre  
7-9 Sale Street, Huonville

When: Thursday October 8, and Thursday November 5, 1pm to 4.30pm

Cost: This is a free event

RSVP: For catering purposes please contact Axel Meiss on axel.meiss@ths.tas.gov.au or call 6264 8850



## CONTACT DETAILS

### Hobart Office

85 Creek Road, New Town 7008  
GPO Box 1606, Hobart 7001  
Phone: (03) 6279 1100  
Fax: (03) 6228 3031



### The Old Vicarage Respite House

St John's Avenue, New Town 7008  
Phone: (03) 6279 1133  
Fax: (03) 6278 9878



### Launceston Office

63 - 65 Paringa Ave,  
Newnham 7248  
PO Box 2005, Newnham 7248  
Phone: (03) 6326 3488  
Fax: (03) 6326 6315



### Ulverstone Office

11 King Edward Street,  
Ulverstone 7315  
PO Box 505, Ulverstone 7315  
Phone: (03) 6425 9104  
Fax: (03) 6425 1948



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## Feedback?

Tas.admin@alzheimers.org.au

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