

# AUTUMN NEWSLETTER

THE NEWSLETTER OF ALZHEIMER'S AUSTRALIA SA

2014



SERVICES • EDUCATION • Q&A • PEOPLE • NEWS

**FIGHT ALZHEIMER'S  
SAVE AUSTRALIA**  
FIGHTDEMENTIA.ORG.AU

# CHRISTMAS NEWSLETTER

For members and people interested in the activities of Alzheimer's Australia SA Inc.

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Disclaimer: Articles in this publication provide a general summary only of the subject matter covered. Any person with dementia or carer for a person with dementia should seek professional advice about their specific case. Alzheimer's Australia SA Inc 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.

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Kathryn Cunningham  
CEO

# INNOVATION AND INCLUSION

**W**ith the election now complete we have squarely placed dementia on both the State and Federal Health Care agendas, the disease is not an older persons or aged care industry issue alone, it is an all of community health issue and one we can all, as individuals, begin to tackle right now...

Alzheimer's Australia South Australia has accepted this challenge and is delivering a world first with our national online dementia risk reduction program.

Dementia risk reduction is more than just keeping our brain active. Research indicates that approximately half of the cases of Alzheimer's disease worldwide are potentially attributed to risk, like Diabetes, hypertension, obesity, smoking, depression, cognitive and physical inactivity.

Your Brain Matters. Is a program built around five simple steps to maximise your brain health:

- 1: look after your heart**
- 2: be physically active**
- 3: mentally challenge your brain**
- 4: follow a healthy diet**
- 5: enjoy social activity**

Of course we can't say that if people do all the right things, look after their brain, body and heart, they will definitely not get a diagnosis of dementia. But we can say that we now know what people can do to reduce their risk and there is a real possibility of reducing the number of people with dementia.

We all know the decisions we make in our younger life will affect our health as we age. But we can all benefit now from reducing risk factors such as smoking, obesity, excessive drinking, and lack of exercise.

Even with a diagnosis of dementia the principles of Your Brain Matters are still valuable in maintaining quality of life.

If you would like more information on the online resource or the "Your Brain Matters" printed material, you can call us on **8372 2100**, we have the brochures available at 27 Conyngham Street Glenside and you can visit our website [www.yourbrainmatters.org.au](http://www.yourbrainmatters.org.au) for the latest tips.

I would like to announce our new joint project with ECH, "Smithies" a terrific, program for people with dementia living in the North which encourages inclusion, activity and social inclusion.

Families are so important and often feel left out, with our "Give It A Go" programs we combine all of the five elements from above to create fantastic experiences that are shared between the person with dementia and a family member.

Our Younger Onset Dementia carers group, based in the South is open to all carers of people with dementia, often a chat, or a chance to share can be just a beneficial to your brain health as a long walk.

Dementia is a disease that impacts the whole community, we have programs that are tailored for people with dementia, carers and also businesses. Your Brain Matters is a program free of charge that the whole family can get involved in, its fun and its easy. Call us to find out how we can help **8372 2100**.

Innovation and Inclusion are more than just "Buzz Words" to us they are the way we think, the way that we go about our business everyday and the way that we continue to strive to reduce the impact of dementia across the whole of our society.

If you or a member of your family need to talk to our counsellors at Alzheimer's Australia SA please call **1800 100 500**.

Thank you  
Kathryn Cunningham  
Chief Executive

**DEMENTIA RISK  
REDUCTION IS  
MORE THAN JUST  
KEEPING OUR  
BRAIN ACTIVE.**



# DEMENTIA'S ELECTION CHALLENGE TO CANDIDATES

**D**uring the recent South Australian state election Alzheimer's Australia SA challenged candidates:

- To become dementia champions
- To put forward their state dementia action plan to create a dementia friendly South Australia.

Alzheimer's Australia SA told candidates that there are 29,000 South Australians living with dementia, an average of nearly 620 per state electorate. This includes nearly 50 under 65 living with younger onset dementia.

Creating a dementia friendly South Australia, candidates were told, starts in the homes of people living with dementia, moving out through their streets, suburbs and councils to the whole state. We need to build on existing activity. We need to address the social and health implications of the disease. We need to focus on the need for appropriate care and support and on social engagement.

Alzheimer's Australia SA told candidates that transforming South Australia into a dementia friendly state included action on:

- Improving dementia awareness, dementia education and dementia risk reduction across the community
- Supporting people living with dementia from the moment of diagnosis including health and community care support and social engagement

Candidates were challenged to go beyond traditional thinking in aged and health care and support to adopt a cross portfolio approach.

Alzheimer's Australia SA sent candidates a Fight Dementia Campaign Creating a Dementia Friendly South Australia South Australian Election 2014 booklet. The booklet outlined what it is like living with dementia, the impact of dementia in South Australia and a wide range of actions required at state and local level. This booklet is now available at <http://www.vision6.com.au/ch/38504/1b0f4/1742381/e1e69dn7s.pdf>

**CANDIDATES WERE  
CHALLENGED TO GO  
BEYOND TRADITIONAL  
THINKING**

# MAKE A DIFFERENCE

**D**o you have experience of dementia with a good understanding of the issues facing people with dementia, their families and carers?

**Join a consumers reference group and be the voice for our clients!**

Alzheimer's Australia SA is a highly respected and well known community service provider committed to offering a wide range of vital services to clients.

Our advisory and reference groups have spaces for people who want to join to provide advice, guidance and feedback to us on issues of importance or concern to people living with dementia.

These groups are the Alzheimer's Consumers' Alliance SA, the Younger Onset Consumers Reference Group and the Residential care Consumers Reference Group.

The groups meet regularly to provide feedback on our policies and services; to assist us to identify service delivery gaps and to develop and present proposals for new policies and services for consideration.

This is a terrific opportunity for people with experience of dementia to contribute to the future direction of our organisation and be a voice for people living with dementia.

**For more information or an application pack contact Phil Saunders on 8372 2100 or email [phil.saunders@alzheimers.org.au](mailto:phil.saunders@alzheimers.org.au).**

## WATCH THIS SPACE!

**A** message from AASA to all our active Alzheimer's Australia SA Volunteers

Thank you for your continued commitment to AASA, we certainly wouldn't be able to continue to achieve everything we do without your valuable help. We are going to continue to provide you with updates and information about our services and any other relevant activities but this newsletter will be our new format. As always we are acutely aware of the need to keep our overhead costs down and by adding our Volunteer Newsletter with our

overall AASA Newsletter we are able to dedicate more of our valuable funds into service delivery.

We will be a regular feature in our AASA Newsletter which is distributed 3 times a year and information on upcoming events or volunteer vacancies will be communicated through this channel.

**If you have any volunteer enquiries and want to know more about how you can help or simply to give us feedback please get in contact with Shin-Yi Ong on (08) 8372 2100 or [shin-yi.ong@alzheimers.org.au](mailto:shin-yi.ong@alzheimers.org.au)**



# BRING IT TO THE TABLE

**[BRINGITTOHETABLE.COM.AU](http://BRINGITTOHETABLE.COM.AU)**

See page 15 for details

# MEMTELL

The **FREE Memtell app** lets you create and share your memories right now or the memories, lives and stories of generations ago.



I WISH MUM AND DAD COULD SEE THIS...

I NEVER WANT TO FORGET THIS...

THIS MEANS SO MUCH TO ME, I REALLY WANT TO SHARE IT...

THESE WERE THE HAPPIEST DAYS OF OUR LIVES...

THIS IS SO IMPORTANT THE KIDS NEED TO SEE IT...



**A**lzheimer's Australia SA recently came across the Memtell app in a search for assistive technology products which may be of interest and benefit to people with dementia and their families.

This interesting new app is a product developed by a local Adelaide Start-Up company Memtell. The founder of Memtell, Jonothan Birkett is based here in Adelaide with a small team working under the guidance of the ANZ Innovyz START program, a program which assists, guides and encourages young entrepreneurs to start their own business and to attract investors.

The Memtell app may appeal to anyone wishing to capture, record voice messages and store these together as photographic memories. Of particular interest to Alzheimer's Australia SA is whether this app could find a niche as a tool for people living with dementia and their families in the area of Reminiscence Therapy.

The opportunity for individuals to create their very own "memory banks" gives carers and families an opportunity to really engage with the person with dementia on a very special level. Every person has their own stories, their own memories, their own lives and this app appears to be a simple and effective tool to help capture and celebrate the lives that should never be forgotten.

The Memtell app can be downloaded by anyone with a iOS or Android Smart phone and is relatively simple to use for those familiar with social media applications like Facebook and Instagram.

Memtell is independent of Alzheimer's Australia SA and is solely responsible for delivering and controlling the manner in which it provides its services to the User. Alzheimer's Australia SA has no control over the product and so accepts no liability which might arise in respect of loss or damage arising out of any user contract with Memtell.

At Alzheimer's Australia SA, our interest is in how people with dementia and their families find benefit in using the application. If you have any feedback or if we can assist in any way, feel free to contact Andrew Ramsey, General Manager Business Operations on 0427 516 267 or [andrew.ramsey@alzheimers.org.au](mailto:andrew.ramsey@alzheimers.org.au)



# PROFESSIONAL EDUCATION AND TRAINING

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## **A**ctive Cognitive Enhancement Program – rise in the demand for practical strategies to keep brains healthy and active

More and more people are becoming interested in finding out how to keep their brains healthy and active and local community centres are getting on board by sponsoring the Active Cognitive Enhancement program. The 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 who have never had a diagnosis of cognitive impairment or dementia within the last 6 months.

In the Adelaide Hills, Alzheimer's Australia SA (AASA) has facilitated two sessions of the program. The Adelaide Hills Community Centre at Woodside held a 10 week program in late 2013 and The Hut Community Centre is currently running a 6 week program. The Hut Community Centre experienced such an overwhelming response to their advertisement that they will be running another 6 week program starting mid April.

## **R**esidential Care Facilities investing in providing information and education to family members of residents living with dementia

Over the past 18 months, Alzheimer's Australia SA has seen a rise in the requests from Residential Care Facilities to invest in training not only their staff and volunteers but also family members of residents living with dementia. Often times, family members are not aware of the diagnosis that has been made and if they are, they may not understand what to expect as the disease progresses. These sessions are designed to assist family members to understand more about the diagnosis as it relates to the individual and the changes they may experience and strategies for improved connection in the time they spend together. Experienced facilitators help participants to connect and work through feelings of grief.

Feedback from family members reinforces the key message that even a little understanding can make such a significant difference in how they adapt and relate to their family member living with dementia and those who are

providing the care. Several participants have expressed appreciation in having the opportunity to express their feelings in a safe environment as this may be the first time they have been able to do so.

**If you are interested in having training sessions in your facility, please contact Lorrie Beattie, Training and Education Coordinator on 8372 2100 or [sa.training@alzheimers.org.au](mailto:sa.training@alzheimers.org.au).**

## **P**eople living with dementia require assistance to remain engaged and connected to the environment they are living

Sometimes a person living with dementia may forget names, shared experiences and interests. Perhaps they may even have changes in their personality; however, despite a diagnosis of dementia, they are still a person. It is so very important to focus on the person they are now and respect what they are dealing with as they daily search for meaning and purpose in the environments they find themselves. This can bring challenges for those who support and care for them.

World of Creativity – Montessori Methods is a practice based workshop to take participants on an adventure of discovery as they locate the keys to breaking the 'can't work/won't work' cycle for creating a motivating dementia environment (either in residential, community or acute care). Through the introduction of innovative ways to engage the individual, participants will learn how to adapt and develop strategies that will see them confidently demonstrate correct use of the correct tool at the correct time. By understanding and acknowledging the individual experience of dementia the use of these skills will result in the creation of an inclusive environment within which people with dementia can relate, connect and contribute to the communities in which they reside.

**If you are interested in having training sessions in your facility, please contact Lorrie Beattie, Training and Education Coordinator on 8372 2100 or [sa.training@alzheimers.org.au](mailto:sa.training@alzheimers.org.au).**

# THE ROSEMARY FOUNDATION

**There are 148 new cases of Alzheimer's disease and other related forms of dementia each week and over 29,000 people living with dementia in South Australia.**

**Y**et many thousands more are affected as they take on the role of caring for someone they love who has dementia. The Rosemary Foundation for Memory Support Inc is the capital fund of Alzheimer's Australia SA and was created to help reduce the impact of dementia in our society. The Foundation's role is to provide a vehicle through which generous gifts, from people in the wider community, will work in perpetuity to help those people with Alzheimer's disease, other dementias and memory loss as well as giving much needed support to their families, friends and carers.

A donation or bequest will make a difference now and in the future to:

- fund research
- improve and expand existing services
- initiate new programs

Any donation you make to the Rosemary Foundation is gratefully received and your donation will be used for the purpose for which you intend, it may be for research or to support services for people with dementia. Donations can

be made in several ways, you can call Alzheimer's Australia SA and ask for the Fundraising Department and they will be able to process your Donation on behalf of the Rosemary Foundation, you can also post your Donation to the address below or if you wish you can Fax or Email your Donation details.

**Donations can be made to The Rosemary Foundation c/o Alzheimer's Australia SA.**

**Postal Address:**

**27 Conyngham Street,  
Glenside SA 5041**

**Phone: 08 8372 2100**

**Email: [sa.marketing@alzheimers.org.au](mailto:sa.marketing@alzheimers.org.au)**

**Receipts will always be given in the name of the donor and you should expect your receipt within 7 days of the donation being processed.**



The Rosemary Foundation for Memory Support Inc, supports Alzheimer's Australia SA. Your donation will make a difference to fund dementia research in South Australia. **Phone: 08 8372 2100**

[www.rosemaryfoundation.org.au](http://www.rosemaryfoundation.org.au)





## RECENT NEWS



# TEAMTLC

Since our last Newsletter report on what teamtlc tender loving carers has been achieving, we have continued to work very hard at trying to raise funds for Carers of people living with Younger Onset Dementia, but also at the same time we are out in the Community spreading the word about both dementia in general and Younger Onset Dementia.

Recently, I had a mother of a Carer of a person living with Younger Onset Dementia share these words with me, as she believed they suited teamtlc tender loving carers:

**We share our happiness with each other and it becomes greater.**

**We share our troubles with each other and they become smaller.**

**We share one another's griefs and burdens and their weight becomes possible to bear.**

(Unknown)

This is what teamtlc is trying to give to Carers of people living with Younger Onset Dementia.

In September last year, we held a Fashion Parade in the western suburbs with Melinda Hay from "Dressed4Success" being the compare and supplying the fashion. The afternoon was a huge success.

In November, we were very fortunate to be given the opportunity by Jason Dansie of The Good Guys Hectorville, to hold a Sausage Sizzle in conjunction with their "Birthday Celebrations". A very sincere "thank you" to Jason and his staff. Also in November, teamtlc had a Craft Stall at the "Semaphore Street Fair", which again was such a success. Teamtlc had approximately 400 craft items so generously donated to our cause. Thank you to everyone involved.

Over the March long weekend teamtlc supported a group of Carers, who are part of the Connexus program, to attend a Retreat at the McCracken Country Club in partnership with Alzheimer's Australia SA. Feedback from Carers, showed once again that Retreats are truly appreciated and such a support to Carers. Thank you to everyone involved. This is what teamtlc tender loving carers is about, "we are not here to do great things; we are here to do small things with great love" (Mother Teresa).

We held a Quiz Night on Saturday Evening the 5th April at the Walkerville Bowling Club. The evening was a great success involving a lot of fun. Thank you to everyone involved especially the Walkerville Bowling Club, the Quiz Master and his wife and all our sponsors.

# ACTIVITY ITEMS TO BORROW FROM THE RESOURCE CENTRE

We are constantly reviewing and sourcing new activity material for lending in the Resource Centre as we believe a person living with dementia still needs and wants a good quality of life, just as you do - but

without assistance from carers and friends their ability to receive a good quality of life becomes more difficult.

The following items can be borrowed for 4 weeks and can be adapted to meet the needs of participants according to

their cognitive levels, so they can continue to be involved in meaningful activities, with feelings of independence, success, and pride for what they have accomplished.

Here are 4 of our most popular games:

Construction/Sensory activities:



## QWIRKLE

Sort and match. The possibilities are endless.



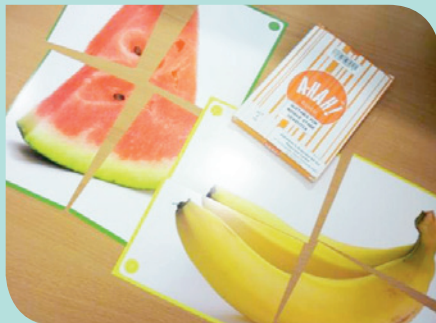
## COLORAMA

Another sort and match – can be adapted to any level.



## BUILD A BOUQUET

put together a beautiful garden of flowers! Sturdy plastic.



## A-HAH! CARDS

Fruito. Four cards make up the piece of fruit. There are 10 fruits in the game.



## A-HAH! CARDS

Memoritz. A game of matching pairs of everyday objects.



## WOODEN WORKBENCH

ideal for the handyman.

Remember that emotion often lasts longer than the memory. Research has demonstrated that it's not just the memory that matters here; it's also the emotion created by a positive experience. What's important to note is that the positive emotion from an encouraging and meaningful connection can last much longer than the specific memory of the activity.

For a free, fully comprehensive catalogue with our activities for loan ring 8372 2127 or email [sa.resourcecentre@alzheimers.org.au](mailto:sa.resourcecentre@alzheimers.org.au)

# DEMENTIA WORKSHOPS

## FOR PEOPLE LIVING WITH DEMENTIA, THEIR FAMILY AND CARERS.

### FAMILY CARER WORKSHOP

A FREE workshop for family members and friends caring for a person with dementia living in the community.

Fullarton	Thursday 19 June
Payneham	Wednesday 30 July
Wynn Vale	Friday 19 September
Torrensville	Tuesday 23 September
Yorke Peninsula	Monday 29 September
Semaphore	Tuesday 18 November

### FAMILY CARER PROGRAM

A FREE four-week program for family members and friends caring for a person with dementia living in the community.

Aberfoyle Park	27 June to 18 July (four consecutive Fridays)
Oaklands Park	4 September to 25 September (four consecutive Thursdays)
Henley Beach	14 October to 4 November (four consecutive Tuesdays)

### UNDERSTANDING DEMENTIA

A FREE information session for people who are concerned about their memory or the memory of someone they care about.

Burnside	Monday 16 June
Burnside	Monday 14 July
Burnside	Monday 18 August
Fullarton	Monday 15 September
Burnside	Monday 13 October
Fullarton	Monday 10 November
Fullarton	8 December

### LIVING WITH MEMORY LOSS PROGRAM

A FREE workshop for people under 65 living with early stage dementia and their family members.

Newton	17 June to 22 July (six consecutive Tuesdays)
Torrensville	5 August to 9 September (six consecutive Tuesdays)
Holden Hill	11 September to 23 October (six consecutive Thursdays)
Newton	23 September to 2 November (six consecutive Tuesdays)
Morphett Vale	4 November to 16 December (six consecutive Tuesdays)

### LIVING WITH DEMENTIA WORKSHOPS

A FREE workshop for people living with early stage dementia & for family and friends of people with dementia living in the community.

Mount Gambier	17 June
Payneham	30 July
Kadina	28 August
Berri	2 September
Victor Harbor	30 October
Clare	11 November

**Registration is essential as numbers are limited.**  
**Register via the national dementia helpline on 1800 100 500**

# Q&A

**Q WE HAVE JUST BEEN TOLD THAT MUM HAS BEEN DIAGNOSED WITH ALZHEIMER'S DISEASE. DO YOU THINK IT WOULD BE HELPFUL FOR MY BROTHERS AND MYSELF TO TALK WITH SOMEONE?**

Yes, it is often helpful for family members to come together to obtain a greater understanding and knowledge about the dementia and about resources and services that may support them in caring for their loved one. The counsellor can help family members to discuss their individual reactions and responses and to plan ahead for the future. Contact the National Dementia Helpline on 1800 100 500 to arrange an appointment.

**Q WHAT IS WERNICKE-KORSAKOFF SYNDROME?**

Wernicke-Korsakoff syndrome is a form of dementia which develops in some people with a long history, over many years, of regular and very heavy alcohol consumption. Treatment with high doses of Thiamine can sometimes reverse symptoms if carried out in time and before permanent brain damage occurs. Call the National Dementia Helpline on 1800 100 500 to find out more about this and other conditions which may produce symptoms of dementia.

## CROSSWORD SOLUTION

T	E	D	I	O	U	S		O	T	H	E	R		
R			N			E		P		E		I		
I		S	U	L	T	A	N	A		R		C		
B		R			M		L	E	A	S	H			
U	N	B	E	N	D		S			L				
N			D			E	N	K	I	N	D	L	E	
A		A			B		I			S		P		
L	O	B	B	Y	I	S	T		P			I		
			R				T		S	H	A	V	E	D
Q	U	A	C	K			E			U			E	
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I		E				E			B			E		I
T	A	S	T	E			S	E	I	S	M	I	C	

## RESEARCH

# LATEST STUDIES

**RECENT RESEARCH FINDINGS SUGGEST CAFFEINE MAY IMPROVE MEMORY PERFORMANCE, AND MORE.**



### CAFFEINE IMPROVES MEMORY PERFORMANCE

Researchers from John Hopkins University have found that consuming 200mg of caffeine can improve the ability to retain information. Study participants were shown a series of images and, 24 hours later, shown new images and asked to identify which were old, new and similar. Immediately after the first session, half of the participants consumed caffeine, while the other half was given a placebo. Those who took a caffeine tablet were better able to identify similar images in the second round. High doses of caffeine did not further improve memory retention.

### VITAMIN E SHOWS FUNCTIONAL DECLINE

A long-term clinical trial published in the Journal of the American Medical Association has found that vitamin E can slow the rate of decline in functional abilities of people with dementia.

While there was no reportable difference in memory decline, the difference in functional decline meant those receiving the vitamin E needed two hours less care per day and performed better against the Activities of Daily Living Scale at activities such as showering, dressing and eating. While recommending caution in taking supplements, especially for patients also taking warfarin, Dr Maurice Dysken said the study may prompt research into antioxidant use in dementia treatment.

### ALZHEIMER'S AND ANAEMIA

A link between Alzheimer's disease and anaemia may shed light on a treatment-resistant form of anaemia that is more

common in older people. A team of researchers worked with more than 1100 participants over the age of 60 as part of the Australian Imaging, Biomarkers and Lifestyle Flagship Study of Ageing, testing their iron levels and blood chemistry. The study found that the lowered haemoglobin levels caused by Alzheimer's disease represent a major risk factor for developing anaemia. "older people more frequently develop a type of anaemia that cannot be treated by any available drugs or supplements," explained Professor Ashley Bush, Chief Scientist at the CRC for Mental Health/ "The research suggests that Alzheimer's disease lowers haemoglobin [levels] and lead to an increased risk for anaemia, which in turn can be having an effect on memory, concentration and learning."

## MORE INFO

Stay up to date with the latest dementia research, visit: [dementiaresearchfoundation.org.au](http://dementiaresearchfoundation.org.au)

# THE FORGET ME NOT ROSE

AVAILABLE IN JULY

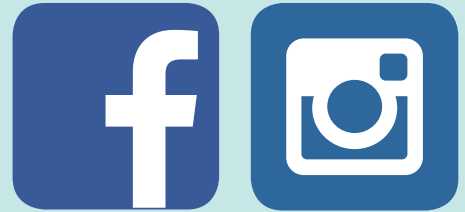
This beautiful dusty plum pink and highly-perfumed rose was developed for Alzheimer's Australia SA Inc.

The 'Forget Me Not' rose is an ideal choice when purchasing a rose for your own garden. It would make a perfect gift to remember a special person, or to plant yourself in memory of a loved one.

Proceeds from the sale of the 'Forget Me Not' rose will assist Alzheimer's Australia SA to continue providing and expanding services and support to the increasing number of people who are diagnosed with dementia, their carers and families in South Australia.



## ALZHEIMER'S AUSTRALIA SA GOES SOCIAL!



**TWITTER**  
[twitter.com/alzsthaus](https://twitter.com/alzsthaus)

**FACEBOOK**  
[facebook.com/alzheimersaustraliasa](https://facebook.com/alzheimersaustraliasa)

**INSTAGRAM**  
[instagram - @alzsthaus](https://instagram.com/alzsthaus)

**PINTEREST**  
[pinterest.com/alzsthaus](https://pinterest.com/alzsthaus)

**MEMTELL**  
Memtell - Alzheimer's Australia SA

### ORDER FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/C \_\_\_\_\_ Phone: \_\_\_\_\_

Quantity: \_\_\_\_\_ 'Forget Me Not' Roses @ \$20 each

Plus postage (if needed): \$11.00 first rose - \$4.00 per additional rose

I will collect my rose from Alzheimer's Australia SA when notified it is available

TOTAL COST: \$ \_\_\_\_\_ (inc postage if needed)

Cheque/Money Order       Visa       Mastercard

cheques made payable to Alzheimer's Australia SA Inc.)

Card Number: \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Expiry Date \_\_\_\_\_ / \_\_\_\_\_ Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Alzheimer's Australia SA wishes to thank Kim Syrus of Corporate Roses

**Please return or fax to:**  
Alzheimer's Australia SA  
27 Conyngham Street, Glenside 5065  
(08) 8339 3390

**Order by phone:**  
(08) 8372 2100

Office Use  
Receipt  
Batch



the 'Forget Me Not' rose

# JOIN TEAM MEMORY JOGGERS

**Strong evidence suggests that regular physical exercise is associated with better brain function and reduced risk of cognitive decline and dementia.**

So this September, coinciding with Dementia Awareness Month we're running for our brains not our bums as Team Memory Joggers in the Sunday Mail City – Bay and the Swisse Color Run while raising vital funds for Alzheimer's Australia SA. Join Team Memory Joggers and be apart of all the action, with different distances, these events have something for everyone, regardless of fitness level. Keep updated via our E-Bulletin or phone **08 8372 2100** for more details.



## UPCOMING EVENTS

**June** - Bring it to the table

**13 August** - Mindful of Dementia Day  
Eagles Function Centre

**15 August** - Mindful of Dementia Day  
Pt Lincoln

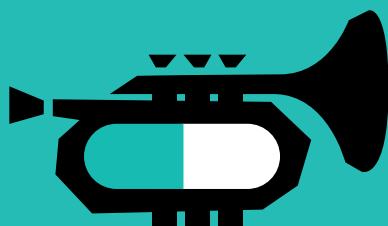
**September** - Dementia Awareness Month

**14 September** - Swisse Color Run  
A unique paint race that celebrates healthiness, happiness and individuality. [www.thecolorrun.com.au](http://www.thecolorrun.com.au)

**21 September** - Sunday Mail City to Bay  
Entries open late May.  
Start your training: [www.city-bay.org.au](http://www.city-bay.org.au)

**23 September** - Dementia Friendly Societies  
Steve Milton

**26 October** - Memory Walk  
Adelaide Zoo



## E-BULLETIN

The E-Bulletin is our digital bulletin which is emailed to you monthly to keep you up to date with the latest news, events and training from Alzheimer's SA.

To subscribe email  
[sa.marketing@alzheimers.org.au](mailto:sa.marketing@alzheimers.org.au)

# THE FIGHT AGAINST DEMENTIA TAKES A CULINARY TURN



**It's time to gather your friends and family, polish your cutlery, perfect your entertaining skills and Bring it to the Table to support people with dementia, and their families and carers.**

As part of Bring it to the Table, held around Australia throughout June, people will be urged to host a high tea, dinner, picnic or games night, to raise awareness of dementia and vital funds for services.

Alzheimer's Australia National President, Ita Buttrose, said that funds raised by the initiative will help Alzheimer's Australia continue to provide crucial support services for people with dementia, their families and carers.

"With the number of people with dementia expected to soar to almost one million by 2050, it's important that these services remain available to some of the most vulnerable people in our communities," Ms Buttrose said.

"I encourage everyone to Bring it to the Table this June, host an event and get people talking about dementia," Ms Buttrose said.

"It's not just about who can cook the most delicious meal, it's about getting people together to discuss dementia and, at the same time, raise money to support people who are touched by the condition."

Getting involved with Bring it to the Table is simple – register your event at [www.bringittothetable.com.au](http://www.bringittothetable.com.au), set your fundraising target and download the host pack.

Alzheimer's Australia is the charity for people with dementia and their families and carers. As the peak body, it provides advocacy, support services, education and information.

More than 332,000 people have dementia in Australia. This number is projected to reach more than half a million by 2030.



## BRING IT TO THE TABLE

[www.bringittothetable.com.au](http://www.bringittothetable.com.au)

# LEAVE A LASTING LEGACY

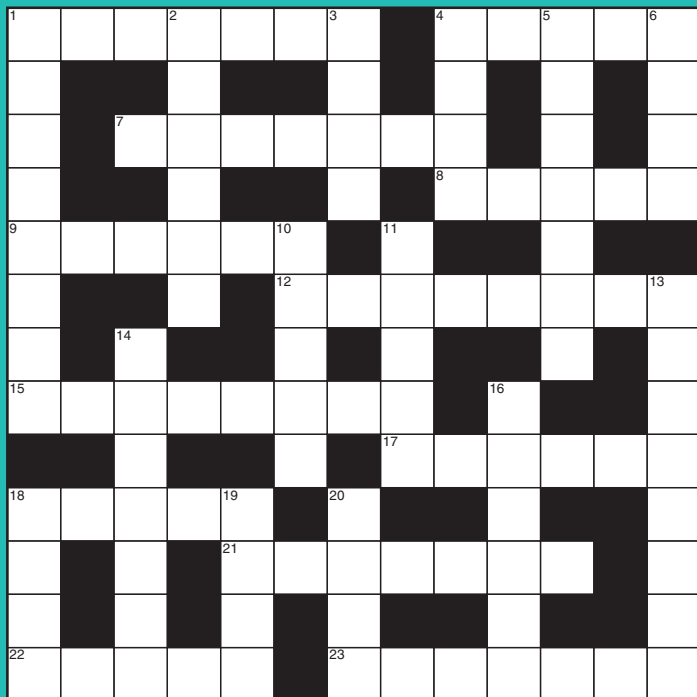
**FOR SOME PEOPLE GIVING THROUGH THEIR ESTATE WILL BE THE ONLY TIME THEY ARE ABLE TO GIVE A SIGNIFICANT GIFT TO AN ORGANISATION THEY RESPECT AND WISH TO SUPPORT.**

Making a bequest gift to Alzheimer's Australia SA is a meaningful way to give back to the community. Every bequest, no matter how large or small, makes a real difference to the support and services that Alzheimer's Australia SA provides to people with dementia, their carers and families.

# GIVING

For further details, or to receive an information brochure, please contact the office on 08 8372 2172 or [sa.admin@alzheimers.org.au](mailto:sa.admin@alzheimers.org.au)

**FIGHT ALZHEIMER'S  
SAVE AUSTRALIA**  
FIGHTDEMENTIA.ORG.AU



## CROSSWORD



### ACROSS

1. Monotonous
4. Different
7. Sultan's wife
8. Restraining cord
9. Straighten
12. Inflame
15. One who solicits votes
17. Sliced very thinly
18. Duck's call
21. Finest
22. Oral sense
23. Of earthquakes

### DOWN

1. Appeals board
2. Accustomed
3. Coal vein
4. Australian gemstone
5. Announces
6. Wealthy
10. Ledger entry
11. Satirical routines
13. Plague
14. Chafes
16. Stops momentarily
18. Give up
19. Leg joint
20. Flows away

### Yes! I want to help, please accept my gift of:

- \$30 which will help provide Counselling for carers.
- \$60 which will help support activities such as Memory Lane Cafe which brings such joy to people living with dementia.
- \$100 which will help fund a support group meeting, giving strength and encouragement to carers
- My choice \$ \_\_\_\_\_

**FIGHT ALZHEIMER'S  
SAVE AUSTRALIA**  
FIGHTDEMENTIA.ORG.AU

Please find enclosed: Cheque/Money order (payable to 'Alzheimer's Australia SA')

Please debit this card:  Visa  Master Card

Credit Card number: \_\_\_\_\_

Expiry date: / CVC: \_\_\_\_\_

Name of cardholder: \_\_\_\_\_

Signature: \_\_\_\_\_

### Do we have your correct details? Please check, and amend if they are incomplete in the box below.

Address: \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Telephone: (home) \_\_\_\_\_

Telephone: (mobile) \_\_\_\_\_

- Please send me information on how to leave a bequest to Alzheimer's Australia SA
- Please send me information on how to become a regular supporter of Alzheimer's Australia SA

**Please return this completed form in the enclosed reply paid envelope.**

All gifts of \$2 and over to Alzheimer's Australia SA are tax deductible.