



THE ALZHEIMER
SOCIETY of IRELAND

OASIS

Quarterly Newsletter of the Alzheimer Society of Ireland

Volume 26 Issue 1

Spring 2008



the BIG BREW
Alzheimer's Tea Day, 1 May 2008



Alzheimer's Tea Day

Office for Older People

Nutrition

A Message from the Editor

Dear Friends,

Welcome to the first newsletter of 2008, and my first oASIs as editor. With each new year comes a new outlook on life and we thought a possible change in oASIs. In the last edition I put out a request for a media appeal and I had responses, of which I am very grateful. I had the wonderful opportunity to talk to people who were not only willing to share their story with the wider media, but also to tell me what they would like to see in upcoming editions of oASIs. In the coming editions I will be including some of these suggestions.

It's been a busy time in the Alzheimer Society of Ireland since the last edition, with an even busier couple of months up ahead; Tea Day being one of the biggest events. This year we have renamed it Alzheimer's Tea Day – The Big Brew as we are hoping to make it the biggest and best tea day ever. Tea Day is one of our most important days in our fundraising calendar, but for one of our carers it is more than that, she describes it as “a lifeline”. By becoming a Tea Day host you will be making an enormous contribution to helping provide services for those living with dementia. Tea Day is happening on 1st May, but it's never too late to host a tea party and remember every cuppa counts.

As some of you may have already noticed we have a new look website. It can still be found at the same address www.alzheimer.ie. The new website now contains dedicated sections to people worried about their memory; people who have just been diagnosed with dementia; and carers. The website can now facilitate online donations to the society. We would love to hear your impressions of the new look site.

The Society looks forward to your continued support this year to bring about a world where dementia can be prevented and cured, where stigma can be a thing of the past and where those who are living with dementia have all they need to live happy and fulfilling lives.

Until next time...



Policy Updates

Carer's Strategy

The government is in the process of devising a new national **Carer's Strategy** covering the period 2008-2016. The Strategy will set out what the government's vision is for carers in Ireland and the actions it proposes to take to support people who are caring for someone at home. The strategy will cover areas such as income support, health and care services, training, transport, housing and information provision. The Alzheimer Society of Ireland will be working to influence the strategy and to make sure that the voice of carers of people with dementia is heard. You can have your say and make your views known if you wish in writing by post to The National Carer's Strategy Consultation, Planning Unit, Floor 1, Department of Social and Family Affairs, Aras Mhic Dhiarmada, Store Street, Dublin 1 or fax: 01 704 3457 or email carers.strategy@welfare.ie

Newly Established Office for Older People

The establishment of an Office for Older People was recently announced, under Maire Hctor, TD, Minister with Responsibility for Older People. The Office will promote an integrated approach to meeting the needs of older people and will advocate a cross-departmental approach. One of the first tasks of the Office will be the development of a **National Strategy on Positive Ageing** which is part of the commitment made in the current Programme for Government. The Older and Bolder campaign which is an alliance of older people organisations, including the Alzheimer Society of Ireland, will be working to influence the development and delivery of the strategy. (www.olderandbolder.ie)

In the Papers

On Wednesday 6th March new research was launched in Clonakilty which examined the benefits of relocating people with dementia from a general hospital ward to a new 14-bed special care dementia unit at Mount Carmel Hospital. The specialist unit was created by transforming existing hospital wards into bedrooms with the aim of changing the living space to reflect a person's home, while the corridors were transformed by painting typical shop fronts in Clonakilty to make them look familiar. This study is the first of its kind in the Irish context and is being hailed as providing valuable assistance for all health professionals involved in providing dementia care.

A research group headed by Prof Harald Hempel in Trinity College Dublin, have discovered a marker that may be able to detect Alzheimer's earlier. This is the second such method which has been discovered in the past five months. It is early days yet but it does offer hope for people in offering an early diagnosis. It is encouraging to see high-calibre research on Alzheimer's being conducted in Ireland.

'The Big Brew' Alzheimer's Tea Day



It's that time of the year again, when people all over Ireland are coming together to drink tea and raise money for the Alzheimer Society of Ireland. This year we're calling it 'The Big Brew' because we want to make it the biggest and best Tea Day yet!

The date for this year's 'Big Brew' is Thursday 1 May. However you can host a 'Big Brew' Tea Party on another day that suits you if you prefer. The important thing is to raise as much money as possible. As always, the monies raised in your area will go to local.

Hosting a Tea Party is a fun and easy way to show you care about those living with dementia, their families and carers. All you really need is a kettle and some nice biscuits. This means that it's possible to fit a Tea Party into even the busiest of days. Parties can be held at home with friends, at school, in work, in churches, just about anywhere!

To register to be a party host FREEFONE 1800 719 820
or email teaday@alzheimer.ie



World Day of the Sick

On Saturday 9th of February The Dublin Diocesan World Day of the Sick Committee 2008 facilitated 'Conversations on caring for people with dementia 2008' at Kimmage Manor Parish. This brought together people concerned with helping those living with dementia and their carers. It was a morning of listening, conversing and praying together.

A highlight of the morning was a video presentation of a meeting of the Committee of People with Dementia of Scotland. This is a body that ensures that people with

dementia have a forum in which to make a real contribution, based on personal experience, to the care and management of dementias. It is important that we listen carefully to those experiencing dementia and involve them in dealing with the problems of living with this condition. The Society is very grateful to the Most Reverend Dr. Field Archdiocese of Dublin and the World day of the Sick Committee for the inviting The Alzheimer Society of Ireland of participating in this important event.

Mary Kehoe is a Senior Community dietitian for Older Persons in the HSE Dublin Mid Leinster. She qualified in 1975 and since then has worked in many hospitals as a clinical dietitian, such as; Altnagelvin Hospital in Derry, Mater Hospital, Jervis St Hospital and Beaumont Hospital. She also worked as a Nutritional Advisor in Abbott Laboratories for 15 years.



Mary, what are the nutritional needs of people with dementia?

They're the same as the nutritional needs of everyone! Good nutrition involves a balanced diet of carbohydrates, fats, protein, vitamins and minerals. The food pyramid is a good guide to healthy eating for everyone. However, dementia can affect how the person eats in a number of ways so there are certain factors to consider. In the first instance if living alone, the person with dementia may not be able to sequence the steps required to prepare a full meal in the way they used to. There are also biological changes that may affect appetite and motivation to eat. Memory changes may affect their ability to recognise food and ability to prepare it. Persons with dementia may have extra requirements for increased intake if they are overactive i.e. moving about a lot, feeling agitated, or reduced requirements for intake if they are inactive. The key is to act in a person-centred way, assess each person's requirement and adapt the meal to suit them.

How would you cater for different dietary needs?

Well, all eating will be optimised by knowing the person's individual likes and dislikes and their previous attitude towards food. This is important as for some, food and eating may have been a largely social activity and for others it may always have occurred alone. For specific dietary requirements such as a person with diabetes or a person with swallowing difficulties, always follow the professional advice that has been given to that person.

In the event that food does require to be softened or liquidised for an individual, always remember to liquidise each portion of the meal separately so that the tastes and colour of the food remain separate on the plate.

A general rule for those clients who may be overweight and inactive, always add more vegetables to fill the plate, and a reduced portion size of potato/meat. Do not add extra fat to the meal...i.e. Butter in potatoes, cream in sauce etc. Give fruit based desserts and drain off any syrup from tinned fruits. Encourage plenty of fluids. If making smoothies; great nutritional boosters, add in more fruit, drain the syrup and include a juice instead of yogurt to dilute it.

For those clients who are underweight and overactive, consider adding more butter/sauce to their meals to increase fat in take. Include milk based desserts with fruit so add more custard or provide milk/rice pudding. If making smoothies, add in some honey and yoghurt to increase nutritional intake. Encourage healthy snacking of complex carbohydrates – i.e. wholemeal brown bread with jam, cereal bars, fruit slice.



What would be the ideal dinner menu for a 5 day week?

The ideal menu plan should include one portion of white meat (chicken, turkey), one portion of fish, and three portions of red meat (corned beef, bacon or beef/mince). Each served with plenty of vegetables on the plate, on portion of potato, with the option of more. Desserts should be milk or fruit based, e.g. milk/rice pudding, stewed fruit and custard. Always have plenty of fluids on hand, and encourage smoothies as healthy drinks/snacks during the day.



for any perceptual difficulties. Eating with the person can help them to orientate themselves to the task and model what you do, and improve the social experience of eating. Cooking the food on site really helps as the smells will orientate the person and stimulate appetite. And remember do not have the dessert on the table or in sight before the dinner is presented!

Mary, what would be your five top tips for improving nutrition?

1. Cook dinners like in the good ol' days...Like your mother would!
2. Look for ways to optimise nutrition – smoothies, juices, healthy snacks.
3. Make the environment as pleasant and calm as possible.
4. Don't rush over dinner.
5. Remember people experience food through their Sight, Smell and Taste senses so optimise each!

How can you optimise the whole dining experience?

The environment is a crucial element in encouraging people to eat thereby ensuring good nutrition. A calm environment is essential that looks visually enticing – so placing table cloths, small vases/flowers on the table is important and only sitting small numbers at a time. Use contrasting colours between plates and table mats to encourage recognition and

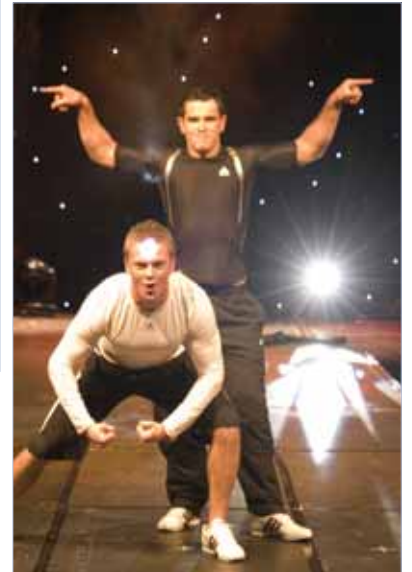


For further information please contact our helpline: 1800 341 341

Branch News

Galway Branch

On the 7th March The Rotaract Society of NUI Galway held a Fashion show in the Radisson SAS, Galway. The night was a great success with all proceeds from the event going towards the Society's services in Castlebar and Galway. Many Thanks to everyone involved, especially the director Jennifer O'Neill.



Blackrock Branch

Students from Our Lady's Grove, Goatstown and Rosemount School, Blackrock raised an impressive €3,200 by packing bags in Marks & Spencer, Dundrum Town Centre for the Blackrock Branch. Well done girls and many thanks.

North Dublin Branch

Near TV – A local community Television Station recently completed filming a documentary for the programme 'Northside Focus' on the Alzheimer Society of Ireland in North Dublin. A big thank you to Sarah White and all her in staff in the Cairdeas Day Centre; also to Maeve Quigley who took part in the filming.

Wicklow Branch

Clients from all over Wicklow are now able to avail of transport to their local Day Care Centre thanks to the arrival of a second bus. The bus was bought with the proceeds of a golf classic which was run by Noonan's Construction last year. The event raised €41,000

The Arklow Support Group has been re-established and meetings are held monthly in Arus Lorcan, Arklow. For further information contact The Wicklow Branch on 0404 29928

Dates for your diary

DATE	EVENT	VENUE
1st May	Alzheimer's Tea Day	Nationwide
6-8th May	Citizenship & Dementia Conference	
2nd June	Flora Women's Mini Marathon	Dublin
2nd June	Bloom in the Park	The Phoenix Park
9th June	Carers Week — Embracing the Challenge For further details www.alzheimer.ie	
21st Sept	World Alzheimer's Day	Nationwide

Fundraising News

Mini Marathon

Join in the fun and help raise money for the Society by taking part in this year's Flora Women's Mini Marathon on bank holiday Monday, 2nd June 2008!

Prepare for your summer holidays now, walk, jog or run, on your own or with your friends, it is a great way to get fit, stay healthy and help people living with dementia across Ireland.

For training tips and a sponsorship pack which includes a t-shirt, please contact fundraising@alzheimer.ie

To Register:

Participants must enter on an official registration form which can be accessed online at www.florawomensminimarathon.ie

*There is no time to lose so
Run-to-Remember for those
living with dementia!*



Kristin Ross will be running in the Bay Run on 4th May and Sydney Parsons is doing the Flora Women's Mini Marathon. Both are doing it in aid of the Society. If you would like to sponsor them check out their sponsorship pages on mycharity.ie

Mermaid Theatre

In January Pat Kinevane and Maureen Kenealy put on a special showing of Pat's play 'Forgotten' with all proceeds going to The Alzheimer Society of Ireland. Many thanks to both Pat and Maureen for organising such a special event.



Brigadier General Ralph James presents the Society with a cheque for €3,000, monies raised from a sponsored cycle. Many Thanks to everyone in the Air Corps who took part.

Media Appeal

Raising the profile of Alzheimer's Disease and the work of the Society, eliminating stigmas, representing the views, needs and concerns of all affected by dementia, and campaigning for better statutory services (including specialist services for younger people with dementia) are key objectives of the Alzheimer Society, and therefore they are always at the core of our PR activities. The media and the general public are generous in terms of their interest in and support of the real impacts of Alzheimer's disease and dementia they need an insight into the lives of people who have been touched by these

conditions either personally or through a loved one. We are regularly asked to source people with dementia or carers / family members, to participate in radio / print interviews or to make comment on a topical issue, and we are keen to enlarge the group of contacts we currently have on our files.

Would you be prepared to tell your story to the media?

If you are interested or if you have any queries / questions on what would be involved please phone Emma Hamilton at (01) 284 6616 or email editor@alzheimer.ie

Tax Relief?

If you have donated €250 or more in 2006 or 2007 we can claim back the tax you have already paid on your donation.

Will it cost me anything to do this?

It costs nothing to do this.

What if I am self assessed?

Simply complete and return the tax form we send you in April, remembering to include your PPS number, and let us know whether you are assessed at a higher or lower level of tax.

What if I'm self assessed?

If you are self assessed, the Alzheimer Society of Ireland is unable to directly claim back the tax you have paid on your donation. However you can still claim tax relief for yourself, so simply ask the person who prepares your tax to investigate.



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Email: info@alzheimer.ie
Website: www.alzheimer.ie

Become a Member of The Alzheimer Society of Ireland

I wish to become a member/renew my membership of the Alzheimer Society of Ireland and receive a quarterly newsletter. I enclose my subscription for:

€10 €15 €35 €65 Other €

or a donation of €

Credit Card No.:

Expiry Date:

Card Type (Visa, Access, etc)

There is no fixed subscription. The minimum subscription is €10.

Please give as generously as you can.

Thank You

Name:

Address:

Tel: (home): Tel: (Work):

I am a: Present Carer Past Carer Professional

Concerned Relative/Friend Interested (please tick as appropriate)

(If Applicable) The person with dementia is my

Person's date of birth

BANKER'S ORDER FORM

Name and Address of Subscriber's bank:

To:

On this date, please pay the sum of € to the

Permanent tsb, Stillorgan, Co. Dublin for the credit of The Alzheimer

Society of Ireland, Alzheimer House, 43 Northumberland Ave., Dun

Laoghaire, Co. Dublin - A/c No.: 80000630 Sort Code: 990629 and

thereafter make like payments on the same date of each subsequent

year/month* and debit my account No.:

accordingly until this instruction is cancelled or amended by me.

Signature:

Name:

Address:

Date:

*please delete as appropriate

I would like to receive information on Legacies and Bequests

To which years does the tax relief apply?

We are able to reclaim tax on donations made in 2006 and 2007. For donations made in 2007, simply complete and send back the tax form that you receive in April.



IN MEMORIAM

Pat Caffery
Mrs Nora Moylan
Mr Tommy Wade
Mrs Ellen LJ Day
Mrs Mary(Cissie) Finnegan
Mr Campbell(Cam) Boyd
Mrs Sue Bradnam
Mr John(Jack) Lambe
Mrs Ita O'Donnell
Mrs Margaret(Peg) Nolan
Ms Ivy Kevelighan
Mr Sean Craven
Mrs Kathleen Roche
Mrs Rita McDonagh
Mrs Mary Olive O'Hara
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Mrs Kathleen(Kal) Williams
Mr Harry Long
Mrs Rita O'Donoghue
Mr Joseph O'Neill
Ms Agnes Byrne

May they Rest in Peace

oASIs was edited by Emma Hamilton, Alzheimer Society of Ireland.

In Memoriam notifications to: editor@alzheimer.ie

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