



THE ALZHEIMER SOCIETY of IRELAND

oASIs

Quarterly Newsletter of the Alzheimer Society of Ireland

Volume 26 Issue 4

Winter 2008



National Conference - Tullamore 2008

Cuba Cycle Challenge 2009

Helpline Tips for Christmas



Message From the CEO



Dear Friends,

'It's beginning to look a lot like Christmas' ... and another year is drawing to a close. 2008 has been a busy and challenging year for the Alzheimer Society and for society in general. The change in economic circumstances has seen a tightening in the public purse strings. The impact has rippled into our services, the availability of wider community supports and into the pockets of every citizen.

Despite these difficulties, we have continued to expand our range and quantity of services. Our helpline, including our new online service, responded to more contacts than every before. Our service network now comprises more than 100 services, across 26 counties, providing more hours of care and support, to more people. I am delighted that our traditional service – home care, day care, respite care and carer support groups – are being supplemented by innovative responses, like social clubs, personal advocacy service, early stage day care and our Telecare technology project. I hope that over the next few years these pilot services will become mainstream, available in every county.

We continue to push the envelope –challenging the way people 'see' Alzheimer's and dementia; raising the bar in standards of dementia care; pursuing a much needed social research agenda; and catalysing innovative responses to improve the lives of people affected by Alzheimer's and other dementias, their carers and families.

Influencing political discourse, lobbying for Dementia to be recognised as a National Health Priority and shaping public policy continue to be at the core of our efforts. During the last 12 months Alzheimer Society representatives have met with senior government representatives including Ministers Harney, Hoctor, O'Mahony, Hanafin, O'Cuiv, O'Dea and Martin; members of each of the main political parties; backbenchers, senators and county councillors from throughout the state; senior Department of Health and HSE personnel; and key stakeholders in the area of dementia care provision.

As Chairman of Alzheimer Europe, I was proud to preside over a campaign that has seen more than 100 MEP's commit to making Dementia a Health Priority in

Europe. Many countries across Europe – including Scotland, England, Norway, Germany and France – have already made Dementia a national priority. President Sarkozy put Dementia at the heart of his EU Presidency promising a European Dementia Plan. Although the Alzheimer Society of Ireland is a driving force for change in Europe, our government is beginning to lag behind and we must not allow that happen. The time for action is now.

The year ahead will bring local and European elections and we will be harnessing the strength of our network of supporters and members to ensure Dementia is placed high on the political agenda. The Nursing Homes Act (Fair Deal), the Charities Act and changes in eligibility for medical cards and other entitlements will likely come into effect in 2009 and we will continue to keep you up to date and represent your views and issues at every opportunity. From a fundraising perspective the outlook is very worrying. With shrinking funding streams and growing waiting lists in almost every service, we now more than ever will depend on our loyal and generous supporters to help us to enhance the lives of more families. As well as our

annual fundraising events at we are planning some new large events including the local Rotary Ireland events, Cuba Cycle Challenge (May), an Alzheimer Golf Classic (June) and the Alzheimer Gala Ball (November).



I would like to take this opportunity to acknowledge the contribution of our volunteers and staff throughout the organisation in governance, service delivery, helpline, advocacy, administration etc. Thanks to everyone who supported our fundraising efforts – tea day hosts; bucket collections; Flora mini marathon and other runners; Christmas cards; corporate donors; private donors etc. Finally, may I wish you and all your loved ones a happy and peaceful Christmas and New Year.

Farewell

We bid a fond farewell to Nuala Dunphy, a treasured member of the Society who left at the beginning of November after 21 years with us. Nuala was the Society's first employee, and with that accolade came great knowledge and understanding of the change and progress the Society has made through that time. Nuala

was an integral part of the Society. We marked this great occasion with a special evening in the National Yacht Club Dun Laoghaire. We wish her health and happiness. We will miss her great companionship and support dearly, and wish her health and happiness in everything she does in the future.

Helpline - Tips for Christmas

Caring for someone with dementia during the Christmas season can bring many joyful moments but it may also bring some difficult moments. It is important that during this season of peace and goodwill you have some time to focus on your own needs. We have included some tips that may help you:

- **Ask for a helping hand** – Don't forget that it is the holiday season and many people have some free time to help out. Think of different ways that family, friends or neighbours could help make your life a little easier such as preparing dinner, doing some last minute shopping errands, or taking your loved one for a walk so you can get on with something else.
- **Accept a helping hand** – Christmas is the season of goodwill and most people will want to help out. If you receive an offer of help and you are not expecting it try and accept it as you would any other gift. It is important to accept help – if you say you can manage they may not think to ask again
- **Express appreciation** – Christmas is an ideal time to let your family, friends and neighbours know that you value their support. When people feel appreciated and valued they are more likely to think of picking up the phone to see how you are, dropping in for a chat, or offering to give you a break.
- **Take some time out** – Make use of the family and friends around you this Christmas to take some time out for yourself each day. Maybe you would like to meet a friend for coffee, have an hour to yourself to read a book undisturbed or have a nice relaxing bath.
- **Exercise** – Don't under estimate the power of exercise. A brisk walk in the cold winter air will do wonders for your wellbeing and help reduce

stress. Walking or jogging are two forms of exercise which get the adrenaline pumping, release endorphins (also known as happy hormones) and can be done anytime of the day or night from your own home.

- **Try to get adequate rest** – Christmas is a busy time but try to get as much rest as possible. The more rested you are the better you look and feel and the easier it is to deal with the ups and downs of life. Try asking a family member or a friend to keep your loved one company and have a nap for an hour.
- **Talk to someone** – It is important that you have someone to talk to about how you are feeling. Try to make sure the friends and family around you this Christmas understand how you feel so that they can offer you the emotional support you need. You can also call the Alzheimer National Helpline on 1800 341 341 for support – you will find our Christmas opening hours below
- **Laugh** - Humour is a great stress buster so it is important to take time to see and enjoy the lighter moments this Christmas. Relax and laugh with your loved ones, meet a cheerful friend for a coffee or a call a family member you can talk to and laugh with.
- **Congratulate yourself** – Sometimes care giving can feel like a thankless task so this Christmas make sure you pat yourself on the back for:
 - ✓ managing to cope day-in day-out with a very difficult situation
 - ✓ becoming more flexible and tolerant
 - ✓ finding new strengths and skills you didn't know you possessed
 - ✓ being there for someone who needs you.

Helpline Christmas Opening Hours



22nd and 23rd December
24th, 25th, 26th December
27th – 30th December
31st December
1st January 2009
2nd January

OPENING TIMES
10.00 am – 4.00 pm
Closed
10.00 am – 4.00 pm
10.00 am – 1.00 pm
Closed
10.00 am – 4.00 pm

This year's Annual National Conference took place on the 10th & 11th October in the fantastic surroundings of the Tullamore Court Hotel. The theme this year was "Nurturing Ourselves; Caring for Each Other", deciding that the focus should be on how to care and support each other while undertaking our roles as carers. We wanted to emphasise how important it is for carers to take some time out from their roles and prioritise their own needs, and aimed to do this through a series of workshops and talks.

Friday evening saw the introduction of a new interactive 'Healthy Living' Workshop, which was thoroughly enjoyed by all. It gave a great opportunity for some much needed time out for members of the Society, volunteers, carers and staff alike. The workshop took the form of an exhibition, with stands lining the room, allowing everyone to mingle and browse stands at their leisure. Some of the selection of stands represented included; nutrition information, reflexology, make up demonstrations and hand massages. The 'Earliest Memory Wall' proved the most popular, not only reminding us how important reminiscence therapy is in dementia care, but it provided yet another opportunity to take some much valued time out and get to know other members of the Society.

The Minister for Disability & Mental Health, John Moloney TD opened the conference on Saturday. In his address he recognised our request to recognise the needs of those living with Dementia / Alzheimer's disease under 65. He also thanked the Society for all our hard work and our continued



effort to maximise the quality of life for those living with Dementia / Alzheimer's disease.

Among the many enigmatic speakers of the day, Neil Hunt proved one of the most popular, he spoke of how the Society in the UK has undergone a series of changes to order to maximise their ability





to be the leaders in the fight against dementia in the UK. Most found the similarities between both societies fascinating, providing some proof that we are not alone while caring for those with dementia.

Dominic Walsh was also another popular speaker on the day. He spoke of his team in UCD and the advances they are currently making in the research of Alzheimer's disease. Having the team behind some of the most recent research headlines explain these new findings was something many of us do not have the opportunity to hear everyday, and was thoroughly enjoyed by everyone that attended.

The workshops which ran both before and after the break for lunch, gave everyone a chance to be more interactive with each other. While all of them were excellent I think a special mention should be given to the Tullamore Support Group who gave an excellent workshop. Everyone who spoke of it, mentioned how privileged they felt to be a part of it. For many it was the highlight of the weekend.

Of course it wasn't all work and no play in Tullamore, on both evenings we had superb meals with wonderful entertainment, and even had some of our own perform an impromptu 'gig'.

A memorable weekend was had by all, and I would like to extend a massive thank you to everyone who made it so.

All of the details of the conference and presentations can be found on our website www.alzheimer.ie.



Branch News

Westmeath Branch

There has been lots of fundraising activity in Westmeath recently. Margaret Moran and her family from Streamstown, organised a coffee morning and raised an impressive €2437. Frances McCormack from Mullingar also had a coffee morning and raised €1120, and the Shanahan Family, Athlone, who raised €1053. Many thanks and well done to everyone who fundraised for us.



Cavan Branch

This year's Honda 50 Run took place at the Culchie Festival in Kilnaleck, Co Cavan. Over 400 participants from all over the country entered the run to help support the Society's services in Cavan. The Society would like to thank Paddy Rock of the Culchie Festival, The Vinters Association, Cavan and everyone who helped make the day a huge success.

Mid West Region

The 2008 Women's Mini Marathon was held on 5th October and it was a great success! The total the event raised stands at €10,000 and there is still more to come in. Eileen Reilly from the regional office organised the event supported by Helena Hanrahan and her dog Snowy. Well done to everyone that took part.



Tullamore Branch

The Lions Club Tullamore, held a very successful 'Men at Lunch' fundraiser in the Bridge House Hotel. Over 350 men attended this very successful event, which raised €15,000 for the Society. Well done guys!

Cuba Cycle Challenge 05 -14 May 2009

So if a marathon or sponsored walk is not your idea of a challenge, why not really push yourself and sign up to next year's Cuba Cycle Challenge? The Society's first overseas challenge takes place from 5th to 14th May 2009. This cycle challenge, which offers a valuable insight into rural Cuban life, is an 8-day, fully supported point-to-point road tour in the western province of Pinar del Rio in Cuba. The total cycling distance is 325km which is done over 5 cycling days. You don't have to be a keen cyclist to take part. The route can be completed by anyone of average fitness after training. But don't worry if you think you might not have the discipline to train alone, group training sessions begin in January. A great way to burn off the Christmas excess!



The trip includes guided cultural and historical visits, including an underground cave system, an invigorating sulphur bath, Che Guevara's secret HQ at Los Portales and a tour of Old Havana's rich colonial heritage, a UNESCO World Heritage Site.

Achieve amazing personal goals and find a fulfilling way to spend hard-earned holidays. For further information contact Emily : (01) 207 3800

Limerick Branch

Transition year students from St Clements College raised €678.00 by taking part in a sponsored walk in Kerry. Chairperson Marilyn Sheehan and Committee member Phyllis Brockert received the cheque on behalf of the Limerick Branch of the Society.



Blackrock Branch

On 21st October the Blackrock Branch celebrated the 21st Anniversary of providing dementia specific care in South Dublin. To mark this momentous occasion, a party was held in the newly built Orchard Day Care and Respite Centre, Blackrock. It was a wonderful evening that was attended by clients, family, friends and staff.

Santa came early this year to the new centre in Blackrock, and he was very generous! The Gardai in Blackrock made a very sizable donation, which enabled the Society to set up a state of the art sensory room. A Secret Santa also dropped by, and he donated a new bus to the Blackrock Branch. Many thanks!



Fundraising News

Alzheimer's Tea Day 2008 – The Big Brew

We are delighted to announce this year's 'Big Brew' raised over €510,000 – that is a massive €68,000 increase on 2007! We would like to extend a huge thank you to all of you who hosted tea parties, attended tea parties, sold raffle tickets, and volunteered – without your support this National Fundraising Event would not be possible.

This year's Alzheimer's Tea Day – The Big Brew, will be on **Thursday 7th May 2009**. We do hope you can all take part again and help us with our ongoing fight against Dementia.



Burren Walk

With this year's festive season coming upon us quickly, why not start your list of new year's resolutions with the 7th Annual Burren Walk. This year the walk will be held on Sunday 4th January 2009. Like previous years, the walk will start and finish in O'Donoghue's Pub where there will be entertainment and refreshments. Everyone is welcome to join in this fantastic fundraising event, and all the proceeds go towards the Society's services in the locality. For more information, t-shirts and sponsorship cards contact the Ennis Branch on 065 312 605.



Reminder - Flora Women's Mini Marathon

Looking for a challenge this summer? The entry forms for next year's Flora Women's Mini Marathon will be available online and in the Evening Herald from the 26th February



2009. Last year, there was a tremendous turnout for the Society, one of the best! This year we are hoping many of you will join the "A-Team" and make it even better!

Christmas Cards

Looking for the perfect Christmas Cards? The Society are still selling this year's collection of Christmas Cards. For an order form or further information contact Emily (01) 207 3800.



Faite Towers Update

Ireland's only 12 star hotel may have closed its doors a long time ago, the memory of the achievement of what our celeb Patricia McKenna did for the Society still lives on, not only did she endure long days and even longer nights in the hope of raising much needed funds for the Society, she also helped raise awareness about Dementia and Alzheimer's Disease. Patricia's stay in Faite Towers raised €5000, which is a fantastic achievement. However none of this would've been possible without the help of not only Patricia but also all the supporters of the Society, from the banner makers, who stood in the rain and wind cheering her on, to everyone at home who's votes helped keep her in. A massive thank you and well done to everyone!

Limerick Branch

Looking for a way to get you in the Christmas mood? Then look no further than the Christmas Lights Extravaganza which is on display at Tullig North, Templeglantine, Co. Limerick. This illumination will take place from Friday 28th December to Wednesday 7th Jan. All proceeds from this festive fundraising event go towards then Society's Centre in Adare.

News

As this editon was going to press we received some fantastic news about our project in Waterman's Lodge, Co Clare. Minister Maire Hoctor TD and the HSE have announced a commitment of €517,000 capital funding for our new respite centre. They also announced a further €517,000 annual service once the centre is up and running.

Adidas Dublin City Marathon

The Society would like to thank everyone who took part in this year's Adidas Dublin City Marathon and all those that supported them, through sponsorship and encouragement. This year we had more entrants than ever before. Congratulations to everyone who took part.

Adare Branch

"The Lawn Meet" takes place at the home of Jacob Shire on Saturday 13th December. Supporters will have an opportunity to buy tickets for the draw and follow the hunt. It promises to be a very exciting day.

Nenagh Branch

The Support Group in Thurles made a successful start with the support of members of the Nenagh Branch. Many thanks to all those who made this possible.



THE ALZHEIMER SOCIETY of IRELAND

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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:

€15 €25 €50 €100 Other €

or a donation of €

Credit Card No.: CVC:

Expiry Date:

Card Type (Visa, Access, etc)

Signature:

There is no fixed subscription. The minimum subscription is €15. Please give as generously as you can. *Thank You*

Name:

Address:

Tel: Mobile:

Email:

I am a: Present Carer Past Carer Professional
Concerned Relative/Friend Interested (please tick as appropriate)

I would like to receive information on Legacies and Bequests

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, National Office, Temple Road, Blackrock, 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



IN MEMORIAM

- | | |
|------------------------------|--------------------------------|
| Mrs Betty Ward | Ms Bridie Guildae |
| Mr Cyril Worrell | Mr Frank Murphy |
| Mrs Blaihin Reynolds | Mrs Elizabeth Noctor |
| Mr Edward Redmond | Mrs Mary Herron |
| Mrs Kathleen Nolan | Mrs Phyllis Margaret McFarlane |
| Mr Pierce Mulligan | Mrs Rose Halpenny |
| Mrs Lily Clegg | Mr Patrick Meates |
| Mrs Stack | Mrs Mary Sheerin |
| Mrs Margaret McEntee | Ms Phyllis Barber |
| Mrs Clare Hayden | Mrs Irene Mitchell |
| Mrs Eileen Hallahan | Ms Naureen Lorigan |
| Ms Mary Elizabeth McGlinchey | Mr Tom Bergin |
| Ms Bridget Redican | Mrs Josephine McKInstry |
| Mrs Eilish Kinahan | Mrs Rita McGrath |
| Mr Richard Casey | Mrs Connie Kenny |
| Mr Sean Byrne | Mrs Phyllis McFarlane |
| Mrs Ita Brereton | Mr Thomas Murran |
| Ms Bridget Culloo | Mrs Anna Lonergan |
| Mrs Kathleen Madden | Mrs Mary Conneely |
| Mrs Madge McGettigar | Mr Hugh Kelly |
| Mrs Bridget Travers | Mr Eddie Gough |

May they Rest in Peace

Anthony Gallagher, a founding member of the Donegal Branch of the Society, passed away in October. Anthony served as the first chairperson from 1993 until 2006, and then as vice-chairperson from until earlier this year. He also served on a number of national level groups within the Society over the years and was on co-ordinating bodies with the former North Western Health Boards and HSE West in Donegal.

His dedication to the lives of those living with Alzheimer's disease / dementia and their families was borne out of years of caring for his beloved wife. He knew first hand of the loneliness that can sometimes be felt by carers, and always ensured that carers never felt alone. Anthony always put the person living with dementia and their families first and will be particularly missed by all those at the Alzheimer Day Care Service at the Gweedore Day Centre.

Dates for your diary

DATE	EVENT	VENUE
4th January	Burren Walk	The Burren, Co. Clare
11th February	World Day of the Sick	Nationwide
9-15th March	Brain Awareness Week	Nationwide
5th - 14th May	Cuba Cycle Challenge	Cuba
7th May	Alzheimer's Tea Day	Nationwide
1st June	Women's Mini Marathon	Dublin

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