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FROM THE CHAIR SUSAN HITCHINER

In my column in the autumn issue I talked about the global focus on dementia at the World Health Organisation (WHO) Ministerial Conference on *Global Action Against Dementia*. That global focus continued in April when I attended the 30th International Conference of Alzheimer's Disease International alongside Jill McKnight (Alzheimers Nelson), Donna Hedley (Alzheimers Manawatu) and our Executive Director, Catherine Hall.

The Conference was held in Perth and attracted more than 1,000 delegates – and about 10% of the delegates were people living with dementia. The Conference was inspiring, exciting and challenging. It again reinforced how critical it is that we make the time to hear the voice of people with dementia if we are to lift the quality of care and support.

Back here in New Zealand, we held our AGM in early May, my third since I became Chair and one that was notable for the increasing sense of collective activity that is apparent within our federation of 21 local organisations. The AGM provided us with an opportunity to present our annual report and show our Members just what a successful year 2014 was for us at Alzheimers NZ. The many highlights included the launch of *Dementia: A Strategic Framework*; our *About Dementia* awareness campaign; the introduction of our second Champion for Dementia, ex-All Blacks captain Reuben Thorne, the launch of Memory Walks as our national awareness raising event and a successful conference.

I am pleased to report that the meeting unanimously elected Nigel Wynn as an honorary life member of Alzheimers NZ, which was for me a personal highlight of the AGM. Nigel was a feature on the Alzheimers NZ Board well before I was elected to the Board and his election as a Life Member of Alzheimers NZ is a very fitting recognition of the considerable contribution he has made over many years. And I would like to take this opportunity here to again thank Nigel for his courage in speaking out and sharing with so many people his experience of living with dementia. He has provided insights on the kinds of services and support that he and his family, and so many others in our communities, who are living with or affected by dementia need.

Finally, I would like to thank our Champion for Dementia, Colin Mathura-Jeffrey, for the wonderful exposure he has given to the dementia cause through his performance on TV3's *Dancing With the Stars*.



Susan Hitchiner
Alzheimers NZ Chair



AGM

CELEBRATES SUCCESSFUL 2014

We held our 2015 AGM on 2 May, one of the key agenda items was the 2014 Annual Report which highlighted a year of many achievements:

A new framework:

Dementia: A Strategic Framework was released in April at an event attended by several Members of Parliament and a wide cross-section of the dementia community. See a copy on our website: www.alzheimers.org.nz.

Our first national event:

The Memory Walks got off the ground in 11 communities. It's always a challenge to start these things but they have momentum and will increasingly become an important way to engage our local communities.

We educated politicians:

We made sure all of the political parties were well briefed on the significant and growing issue of dementia before last year's general election and then provided a comprehensive briefing to the incoming Minister of Health.

A new Champion:

Ex All Black captain Reuben Thorne became our second Champion for Dementia and his appointment attracted some impressive media coverage.

A new international report:

World Alzheimer's Month, saw us launch the World Alzheimer Report 2014, containing recommendations for reducing the risk of dementia and driving public health campaigns.

2014 conference:

Under the theme *Dementia: the Future is Now*, we brought the dementia sector together for a successful and productive conference.

TWO NEW BOARD MEMBERS

The AGM also elected two board members, one returning and one new: Liam Butler from Nelson was re-elected and Dianne Johnson from Marlborough, was elected



Liam Butler



Dianne Johnson



NIGEL WYNN ELECTED AN HONORARY LIFE MEMBER OF ALZHEIMERS NZ

In a special moment the AGM celebrated Nigel Wynn's election to life membership of Alzheimers NZ.

Chair, Susan Hitchiner thanked Nigel for "the self-less support, time and valuable personal experience he has shared with us. Nigel has challenged

'head-on' the pervasive stigma that people with dementia experience, and has made a significant contribution to Alzheimers NZ and Alzheimers Wellington."

Nigel made a moving speech in reply, thanking his wife, Tania, for her help and support with this work since his diagnosis with young onset Alzheimer's disease in 2006.

2015 Perth ADI conference



A small Alzheimers NZ delegation comprising Chair Susan Hitchiner, Jill McNight (Chair, Alzheimers Nelson), Donna Hedley (Manager Alzheimers Manawatu), and Executive Director Catherine Hall attended the 2015 ADI conference Care, Cure and the Dementia Experience – A Global Challenge in Perth in April.

Over 1,000 delegates from around the world met to share information about the personal experiences and latest developments in our collective efforts the challenge that dementia presents globally, and for each of us in our local communities

Catherine Hall said, "One of the highlights of the Conference for me

was to see the strong voice of people with dementia, - around 10% of delegates were people with dementia and they presented their personal experience and their perspective on the issues in all sessions, both plenary and concurrent.

Personhood and human rights were also a strong focus at this conference, and we saw good examples of efforts to create more inclusive (dementia-friendly) environments."

Other conference highlights included; a shift to a broader focus on care and support – as well as cure and treatment; an emphasis on families and communities and the role they play in supporting people with



Catherine Hall with the poster Alzheimers NZ presented at the Conference.

dementia; a focus on quality of life and dementia as a disability; the importance and power of language – and its potential to disempower; and the value of learning from others.

ADI also held its annual Council meeting, at which Glen Rees took up the role of Chair and Dale Gold hawk was elected as Vice-Chair. Of particular significance to New Zealand, Wendy Fleming stepped down from the Vice-Chair after two terms in the role and 6 years on the ADI Board. Alongside the immediate past Chair, Jacob Roy, Wendy was elected as Honorary Vice President – one of only six in the World.



MONGOL RALLY

Alzheimers NZ is Official Charity of Travellers of Cadan team in this year's Mongol Rally

Team member and Chief Mechanic, David Rycroft, has a family history of dementia, with one grandparent passing very recently, and another showing early signs of dementia. To help other New Zealand families, David and his team chose Alzheimers NZ as their official charity.

The Travellers of Cadan team:

Three kiwis in their mid-twenties: Cam Asher, Wellington, Daniel Gray, Christchurch and David Rycroft, New Plymouth. All three studied at the University of Canterbury in Christchurch. Dan and David are both engineers, while Cam studied geology and now works for Transpower.

Not so much a race as the name would suggest, this rally is a charity event. Teams from around the world drive from London, UK to Ulan Ude, Russia, just past the Mongolian/Russian border, a distance of over 10,000 miles and 9 different time zones.

You can show your support by liking the team's facebook page: www.facebook.com/travellersofcadan

PREVIEWING WORLD ALZHEIMERS MONTH

September promises to be our biggest month of the year for events, publicity and activities.

Our theme for the month will be *Remember Me*, a theme introduced by ADI to encourage people to learn to spot the signs of dementia, but also not to forget about loved ones who are living with dementia, or those who may have passed away.

Watch our website for more details: www.alzheimers.org.nz

DEMENTIA FRIENDLY COMMUNITIES REPORT

This report, released in April by Alzheimers Disease International (ADI), draws together global efforts to reduce the stigma around dementia and create a culture of awareness, understanding and acceptance of people affected by dementia.

You will find the report under the 'News & Info' then 'Global Information' section on our website: www.alzheimers.org.nz



- Anne Schumacher, Alzheimers NZ
Clinical Advisor

You can access a downloadable pdf copy of *About Dementia* here:
www.alzheimers.org.nz



You probably saw our Champion for Dementia, Colin Mathura-Jaffree in TV-3's popular Dancing with the Stars. Colin's chosen charity was of course Alzheimers New Zealand and with his partner, professional Dancesport competitor Kristie Williams, he attracted many votes raising valuable funds for Alzheimers NZ. Thanks Colin.

[illegible]

Eating and having a good meal is part of our daily life and important to everybody. A healthy diet and nutrition is fundamental to wellbeing at any stage of life. The 2014 Alzheimer's disease International report Nutrition and dementia examined how the right nutrition can help to make life better for people who live with dementia.

A collection of five simple line drawings of vegetables. In the top left is a head of broccoli. In the top center is a bell pepper. In the top right is a round tomato with a small stem. In the bottom left is a corn cob with its husk partially peeled back. In the bottom right is a head of cauliflower.



There is growing evidence that a Mediterranean style diet might decrease the risk for the onset of dementia. According to the Mayo clinic, The Mediterranean diet emphasizes:

- The diet also recognizes the importance of being physically active, and enjoying meals with family and friends.

For people with dementia, maintaining good nutrition presents extra challenges. A person with dementia may lose their appetite or develop an insatiable appetite. They may forget to eat or drink or even how to chew and swallow. They may experience a dry mouth or be unable to recognise the food they're given.

experience increased physical activity such as pacing, which means they will need larger amounts of food to prevent them from losing weight.

Some people with dementia may forget to eat.

An alarm clock, or a phone call, may be a useful reminder at mealtimes. Snacks that are easy to eat and don't need to be refrigerated can be left out where they can be easily seen.

Some people with dementia can't or won't prepare meals for themselves. This can be particularly difficult if they are living alone.

- with dementia is having difficulty with cutlery, finger foods can be a nutritious and easy alternative.

- This enables people who would otherwise lose this level of independence to feed themselves. Prepare a plate of nutritious and attractive food that can be picked up in the fingers.

Put food on a flat plate with no pattern so that the food can be seen clearly.

Make sure the plate is in comfortable reaching distance.

Do not use complicated table settings and avoid lots of different cutlery, crockery, glasses, foods and drinks together

Serve only one plate of food at a time

Impairment to taste and smell senses can reduce appetite. The preparation of tasty, strongly flavoured and aromatic food may help

Allow time for the memory to respond. It may be necessary initially to help convey the food from the plate to the mouth

It can help to eat together so that the person with dementia can copy you.

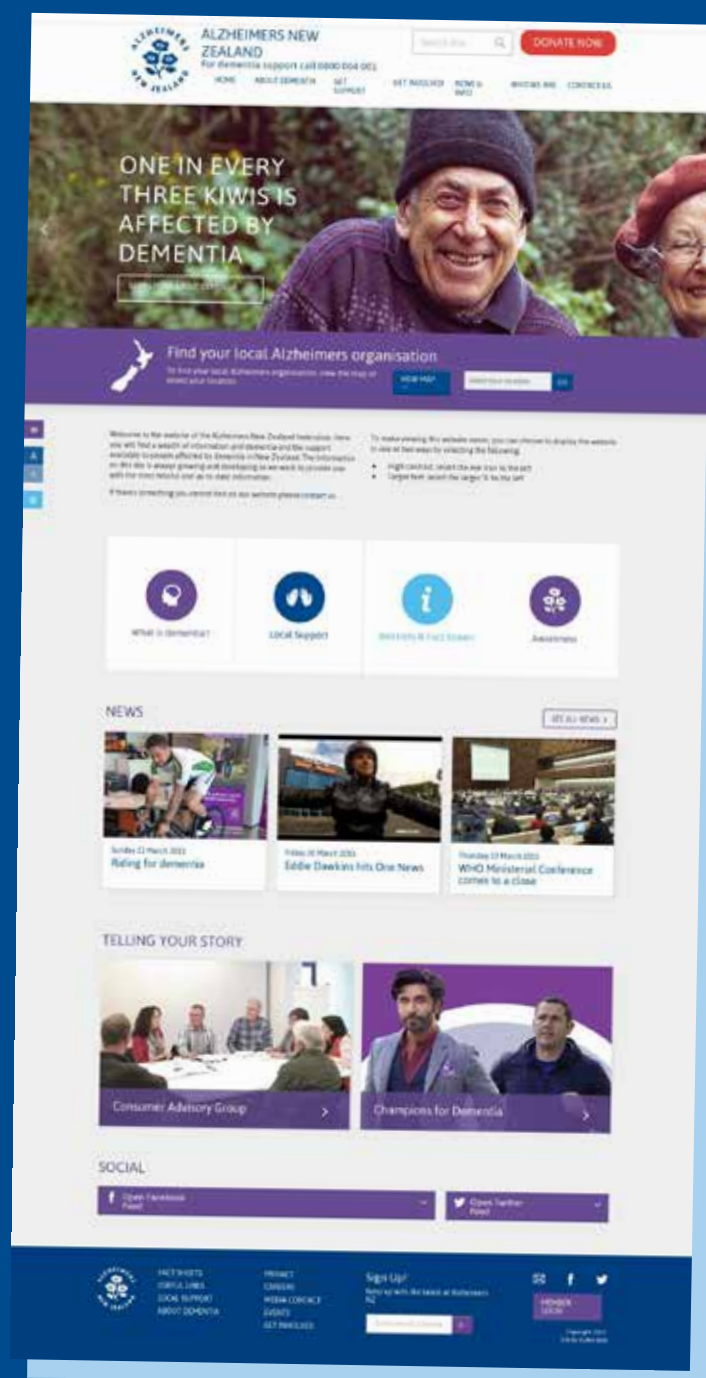
Types of foods served need to take the culture and past eating habits of the person into consideration

Sources: Alzheimers Australia Information resources and the Mayo Clinic <http://www.mayoclinic.org/healthy-life-style/nutrition-and-healthy-eating/> Alzheimers Disease International Report.

NEW WEBSITE

We're making the final changes and additions to our new updated and redesigned website.

It has a comprehensive suite of material and you will find the new layout much easier to navigate your way around. The new site will be live from mid July.



THANKS TO OUR FUNDERS



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