



Voice OF Dementia

The newsletter of the Alzheimer's Disease Association

VOLUME **2** ISSUE **1**
FEBRUARY 2018

IN THE KNOW

**BEST PRACTICES:
A CLOSER LOOK AT PERSON-CENTRED
DEMENTIA CARE**

DONOR SPOTLIGHT

**PLANTING SEEDS
OF KINDNESS**

THE SECRET INGREDIENT

**WINNING
WITH WALNUTS**

ON THE FRONTLINE



A HEART OF GIVING

The spirit of philanthropy dovetails perfectly
with the festive season.

REMEMBER ME: WORLD ALZHEIMER'S MONTH 2017

The annual World Alzheimer's Month (WAM) took place on 21 and 22 September 2017, drawing in an encouraging turnout of about 650 attendees for the talks, and 175 participants for the workshops and other activities. Held at the premises of co-collaborator Ng Teng Fong General Hospital, this is the first time the event spanned across two days, with the theme *Remember Me: Early diagnosis means I can live well for longer*. The focus of the community health forum was on the early diagnosis of dementia and how it can contribute to the greater well-being and improving the lives of persons with the condition.

Through the series of informative talks, case studies, and insights, participants learnt about dementia symptoms and simple modifications to make a home more dementia-friendly. They also left with an in-depth knowledge about the condition and the stigma it causes. In between,



there were hands-on activities such as acrylic painting and craft workshops to keep the attendees busy and engaged.

"Through this event, ADA hopes to showcase our programmes, services, and other resources that may be helpful to persons with dementia and their caregivers," said Jason Foo, Chief Executive Officer of ADA. "We also hope to raise awareness and challenge the stigma that surrounds dementia, while highlighting the importance of early detection and diagnosis."

GIRL POWER: BELLE MOTO ASIA ALL WOMEN CHARITY RIDE

A team of women on wheels revved up for the very first Belle Moto Asia All Women Charity Ride on 16 December. Despite the rain that plagued the afternoon, the ladies showed up in full force to support ADA.

The idea for Belle Moto Asia was born over a simple cup of coffee between Alvin Choong of Motovation Accessory and Eugene Lim of JR Pte Ltd. The pair wanted to create a female-centric event for bikers and use it as an opportunity to soft-launch Adventure Before Dementia — an initiative by Belle Motor and ADA.

"Belle Moto Asia celebrates the love of riding while raising awareness for dementia and presses on the importance of staying active," says Georgina Tey, a member of the team that organised the event.



The ride in the rain was a short loop, beginning and ending at motorcyclists' hangout, Handlebar Singapore at



Gilman Barracks. Other activities included a lucky draw and a charity Hunk Bike Wash featuring host Bobby Tonelli.

The day's activities raised a grand total of \$10,879 for ADA. With performances by local band Astreal and Japanese biker-musician Hiroshi Sasaki, the event drew a crowd of an estimated 150 people.

Participant Anne Chua was excited to be a part of this ladies-only event supporting what she felt was a meaningful cause. "It feels good to be able to mix my hobby with charity," she said. "It was great to be able to raise awareness of dementia while meeting new people with similar interests."

DIAGNOSED BUT NOT DEFEATED: THE DEMENTIA SYMPOSIUM 2017 - IT CAN STRIKE EARLY

To bring much-needed attention to the affliction, ADA held its very first event centred on Young Onset Dementia (YOD) on 25 November. The Dementia Symposium 2017 – It Can Strike Early was a joint effort between ADA and Lien Foundation, organised as part of the Forget Us Not initiative.



The event provided attendees with advice on managing dementia, particularly on how to continue living with dignity despite the disease. There were also lively discussions on how to cultivate more dementia-friendly communities in Singapore — one of the main objectives of the Forget Us Not initiative.

For its keynote speaker, ADA invited Kate Swaffer, who inspired the audience by sharing how she learnt to live beyond her diagnosis. After being diagnosed at 49, the former nurse, now 59, has defiantly challenged the stigma of dementia by becoming a published author, academic, and speaker.

"Kate's sharing was particularly inspiring," said Siok Pin, 49, a real estate professional who attended the conference to learn more about dementia. "It's amazing how she did so much after her diagnosis, showing that with active intervention and determination, persons with dementia can lead active lives too."

Joining Kate were Dr Chen Shiling of Khoo Teck Puat Hospital's Geriatrics Department and Ms Eveline Silva of the National Neuroscience Institute (NNI). "We need to understand the unique and complex needs of younger persons with dementia and their families, and work hard to meet those needs," said Dr Chen. "Being diagnosed with YOD is devastating, but it is not the end of the road. It will take a lot of heartbreak, hard work and tears, but I believe strongly that persons with dementia can continue to lead meaningful lives."

It was not just healthcare professionals that took the stage. Not-so-ordinary caregivers and persons with dementia bravely shared their challenges living with dementia too. Among them was 50-year-old Edna. With her poignant testimony, Edna became the first Singaporean with YOD to speak in a public forum. With her younger sister and caregiver Ellen Woo, the pair moved the 400-strong audience to tears with their sisterly love.



UPCOMING EVENTS

MEMORIES CAFÉ
Drumming with One Heart Beat
3 Mar at Over The Counter
@ National Library

CAREGIVER SUPPORT GROUP (CHINESE)
Managing Expectations as a Caregiver
17 Mar at FOW (Tiong Bahru)



CAREGIVER SUPPORT GROUP
Chronic Illnesses Management for Persons with Dementia
7 Apr at NHC (Jurong Point)

CAREGIVER SUPPORT GROUP
Expressive Art Therapy Workshop
28 Apr at NHC (Toa Payoh)



CAREGIVER SUPPORT GROUP (MALAY)
Community Resources in Dementia Care
5 May at FOW (Tiong Bahru)

CAREGIVER SUPPORT GROUP (CHINESE)
Outdoor Yoga
12 May at FOW (Tiong Bahru)

CLOSED CAREGIVER SUPPORT GROUP
Caregivers Who Are Single - First Link
23 June at Caregiver Support Centre

The information and dates listed here may be subjected to change. For the latest updates and full list of events, please visit alz.org.sg/events



ASIA PACIFIC REGIONAL CONFERENCE ADVOCATES LIFE-CYCLE APPROACH TO DEMENTIA

Hosted by Alzheimer's Indonesia in Jakarta, the 20th Asia Pacific Regional Conference of Alzheimer's Disease International (ADI) kicked off in November to the theme of adopting a 'life-cycle approach' to dementia, where the rights and needs of the persons dealing with the condition are considered.

Attended by over 700 delegates and representatives of associations in more than 20 nations, experts presented on a range of topics throughout the conference, including prevention, diagnosis, and treatment of dementia, dementia care models, architectural design, awareness, and policy.

– ADI Global Perspective

TRAUMATIC BRAIN INJURIES INCREASE FUTURE DEMENTIA RISK

A Swedish study that tracks people aged 50 or older for decades found that during the first year after a traumatic brain injury (TBI), the risk of developing dementia rises four- to six-fold.

In this latest study, researchers found that in general, the risk of dementia was increased by about 80 percent during an average 15-year follow-up period after a traumatic brain injury.

During the first year after a mild head injury, the risk of developing dementia was 3.52 times higher than for people who had no TBI.

"Hopefully, the potential impact of head injuries with respect to long-term outcomes will be a little more in the spotlight as a result of the study," said co-author of the study Peter Nordstrom. – Channel NewsAsia

BILL GATES DONATES \$100 MILLION TO FIND ALZHEIMER'S CURE

Microsoft magnate Bill Gates has committed \$100 million to finding a cure for Alzheimer's disease, fearing he too may develop the condition.

In an interview with Maria Shriver, Bill Gates revealed that his father, Bill Gates Sr, suffers from Alzheimer's disease.

Half of Gates' \$100 million will go to the Dementia Discovery Fund, an organisation that focuses on innovative research. Gates explains that he wants to see his money spent on new, unconventional research. He argues that too much resource has been poured into mainstream treatments he believes are not effective.

While the cause of the disease is still unknown and effective treatments are still unavailable, Gates says he is optimistic. "I really believe that if we orchestrate the right resources, it's solvable," said the 62-year-old. – today.com



NEW BLOOD TEST DETECTS ALZHEIMER'S

A team of scientists from Australia and Japan have developed the world's first blood test that is able to detect Alzheimer's disease accurately up to 20 years before the symptoms start to show.

The blood test works by identifying biological markers in blood plasma that show the build-up of the protein amyloid-beta, which is one of the first signs of Alzheimer's disease.

Professor Colin Masters from the Florey Institute of Neuroscience and Mental Health said the blood test would make diagnosis easier, cheaper, and more widely available than current options that are both invasive and expensive.

This test can give those who test positive from Alzheimer's the time to plan ahead by five to 10 years, adds Professor Masters. "Once you can diagnose the condition accurately and specifically, then it makes it so much easier to work on developing a specific therapy." – abc.net.au

The journey of caregiving has taken its toll on me. Once, I lost patience with my mum living with dementia and expressed frustration towards her. I know it's not reasonable, and I can't help feeling guilty now. How can I make this right?

You feel frustrated and guilty because you care about her. Sadness and helplessness can arise as you undertake the journey of caregiving. It is important to remember that you are equally important too. All our emotions are valid and important, and it is crucial to recognise them.

Guilt in caregiving comes in many forms: the could-haves, the should-haves and fear of not having done enough. Your intentions are good, but as your resources and skills are limited, you have to try to be comfortable with that gap in knowledge. Show yourself some compassion and forgive your mistakes. Assure yourself that you are doing the best you can and that some things are beyond your control. Avoid being too harsh on yourself, you are human after all.



As much as I try to keep my mother stimulated by having conversations with her, it can sometimes become a tedious affair as she struggles to express her thoughts coherently or retrieve words from memory. What is the best way to communicate with her?

Seeing her struggles pains you too. Communicating well with your mother living with dementia requires patience and practice. Help her understand you by keeping the communication simple and brief. Try positioning yourself in clear view so she can see your facial expression or gestures. When speaking to her, use short simple sentences and speak clearly at a slow pace. It's all about showing respect and patience.

To better understand her, listen and observe both her verbal and non-verbal communication. Be patient and try not to interrupt the person even if you think you know what they are trying to say. Offer her a suggestion if she appears to need help. You can use actions, words, hand gestures or cards with common words, phrases or pictures that she can point to. Above all, don't forget your sense of humour. When times are difficult, just smile, take a break, and wait.



All advice given are based on the information available to us in the questions sent in. As every person with dementia and their situation is unique, we strongly advise speaking to a counsellor for more specific guidance.

THE EXPERT



NG JEK MUI is a Senior Social Worker at ADA. Since 2010, she has been with the Caregiver Support Centre, providing support services to families caring for persons with dementia. Her passion in eldercare grew from over a decade of volunteering in shelters and nursing homes where she organised programmes and activities for residents. Her passion motivated her switch from the corporate sector to the social service sector. She remains an active volunteer, and organises community events for seniors.

STARING DOWN DEMENTIA

Having been on the edge with dementia, Kate Swaffer has claimed her life back — and is showing no signs of stopping.

Think dementia and the first thing that comes to mind are common symptoms like an impaired memory capability or challenges with problem solving and planning. Memory loss is one of the most prominent hallmarks of the condition — and rightly so, since dementia affects the brain and its ability to function properly. For Kate Swaffer, however, what came first was not memory loss, but changes to her sensory abilities and problems with words in speaking and writing.

“The acquired dyslexia caused by the type of dementia I have made driving and many other things difficult, including speaking, spelling, word finding and word meanings, and mathematics. I also have sequencing problems, as well as some long and short-term memory changes,” says Kate. “I once had a photographic memory, so the thing I miss the most is my photographic memory, even though memory loss was not initially the most noticeable feature of the type of dementia I have.”

At the young age of 49, Kate was diagnosed with semantic dementia (SD), also known as semantic variant primary progressive aphasia (svPPA). It is characterised by a loss of semantic knowledge, which explains her struggles with language skills and meaning. A little fieldwork into her accolades and it is hard to believe that Kate has been living with the condition for over 10 years now. South Australia’s Australian of the Year 2017, author of several dementia-related books and academic articles, and triple-degree dementia activist, it appears that Kate has overcome her disease by surpassing the odds. And she reveals that an optimism fuelled by anger is behind her defiance.



“I’ve never been one to give up, and luckily, by nature, was an optimistic and happy person. Dementia stole that from me for over a year, but I realised it was possible to live with, not only die, from dementia,” she recounts. “I also think that coming to the understanding that dementia is the only disease or condition people are told to simply go home and prepare to die, rather than to fight for our lives, made me angry, and then defiant.”

Turning Misfortune Into Opportunity

This gung-ho spirit was not always around to serve Kate, especially when she first knew of her diagnosis. Like many of us, the former dementia and aged care nurse saw dementia as a disease for older persons, and was caught flatfooted when she was told by healthcare providers to “go home, give up work, give up studying, get my end of life affairs in order, and get acquainted with aged care”. Describing being shocked as the understatement

of the millennium, Kate recalls, “I cried for weeks. My doctor told me there was no medication available for my type of dementia, and there was nothing he could do other than monitor my progression”. Fear and hopelessness overwhelmed her as she struggled to come to terms with the bad news. “There were many times I have wondered, ‘Why me, why this, why now?’”

Faced with what she has since termed and trademarked as Prescribed Disengagement®, where people newly diagnosed with dementia are advised to give up their pre-diagnosis life and put plans in place for their demise, Kate decided to shed her label as a ‘victim’, define herself by something other than a person with dementia, and to make a difference to others. “I now feel like there was a reason for me to be diagnosed with dementia, which is to help change the way people are treated through a human rights- and disability rights-based approach,” shares Kate. “To empower and teach others who are diagnosed they can live with dementia, not just go home and die from it.”

The Dementia Alliance International (DAI) is one such way in which Kate goes about achieving this. Formed in 2014 together with other like-minded individuals with dementia, Kate hopes that DAI becomes a mouthpiece for people with dementia, giving them support and a voice to air concerns and fight for their rights. Through peer-to-peer support groups and blogs advocating for people with dementia, DAI has built up a global community of people with dementia that creates awareness and reduces stigma.

Powering On

For Kate, her source of strength and support comes from her husband and two sons. While her diagnosis has seen many drift away, it has made her family closer, especially her husband, who dislikes being called a caregiver. “I refer to him as my Back Up Brain (BUB), meaning he only steps in when I ask for help, or if it is dangerous for him not to, rather like the back up on a computer; you only go to it when your computer crashes,” she explains. “This term has helped us retain autonomy in our relationship, and stopped him trying to take over. Our relationship is even closer now than it was when we married.” He also helps to manage her electronic diary and remains in the loop about Kate’s activities, reminding her and providing transport.

On a personal level, Kate keeps herself ticking by ‘paddling’, which in recent years has

become harder as the dementia progresses. “Paddling, that is functioning, and living a good and productive life while I can, is far better than sitting at home waiting to die,” she reveals. This paddling involves managing the fatigue of dementia through transcendental meditation, and practising mindfulness to counter anxiety, along with lifestyle changes like adopting a healthier diet and increased exercise. Writing through her blog and books also helps her stay positive and her mind active. With a PhD in the works, overseas trips to the World Health Organisation or United Nations, and meetings across the globe in the pipeline, the signs that dementia is slowing Kate Swaffer down are far and few.

“In many ways, dementia has been my third greatest gift in life, and ironically, it has given me a clarity about life, loving, and living that I did not have before.”



GUARDIANS OF MEMORY



A CALL FOR HEROES

Superheroes Wanted!

Want to make a difference but not sure where to start? A small act of kindness from you means the world to persons with dementia. To make a donation, simply fill up the donation form on page 18. We thank you in advance for your generosity!

When you think of a hero, what do you imagine? Does a costume come to mind? Maybe a uniform? Its status itself implies feats beyond the abilities of the average man and woman, and with the bar set so high, most of us will simply shrug and say: "I'm no hero."

And it is always easier not to be one. After all, heroes are defined by great sacrifices. For the ordinary folk, it is enough to live a life of bliss only ignorance can give. But while some of us may choose to forget the wild storm of distressing issues of our world, there are some who have no choice in the matter.

The reality of dementia is startling. It is a battle without an end, a race without a finish line. But it is not one without hope. While we recognise dementia has no cure, ADA is part of a worldwide effort to raise awareness, educate, and improve the lives of those afflicted with the disease.

For over 25 years, ADA has been the advocate and voice of dementia in Singapore. Through our various initiatives, we fight to delay its crippling effects on persons with dementia, their caregivers, and society. Today, there are more than 50,000 people in Singapore who suffer from dementia, many who are elderly. Experts predict that this number will double by 2030 and send the cost of dementia through the stratosphere at \$6.5 billion.

With numbers like these, we can't battle dementia alone. As a non-profit organisation, ADA operates with limited resources. Our heroes — our Guardians of Memory — are the dedicated volunteers and generous donors who selflessly contribute to our mission, and we are always looking for more to join our cause.

Your donation would help those like Carol Koon, 43, a Customer Service Executive, and her father-in-law Mr Ng who depend on ADA to help cope with dementia. "The activities at ADA are useful as they

really engage my father-in-law," says Carol. "He follows and cooperates with the staff but when he is at home, he tends to behave differently. It would be great if more sessions could be made available during the week."

With a small monthly contribution to our Recurring Gift Programme, you can take part in helping persons with dementia and their caregivers. As a Guardian of Memory, you will receive special invites to our special events and seminars, regular updates of our work, and the latest soft copy of our annual report. Not to mention, the gratitude of those your donation will touch. "I have deep appreciation for the kind gestures as they are the voluntary actions of a kind soul," says Carol.

You don't need to save the Earth from a hurtling meteorite or rescue a baby from a burning building to be a modern-day hero. Become an advocate and champion for a worthy cause, giving a voice to those who cannot speak and remembering those whom society forgets.

IN SINGAPORE



An estimated **50,000 people** live with dementia*, with the number estimated to rise to **241,000 by 2050**.

*According to Alzheimer's Disease International, some 45,000 people lived with dementia as of 2016.

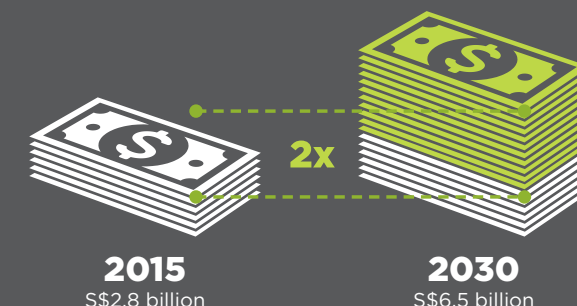
Over \$1b on Formal costs such as healthcare and medication.

36.55%

Almost \$1.8b on Informal costs such as time spent by caregivers attending to PWDs.

64.35%

In 2015, Singapore spent **\$2.8 billion on dementia care**, a number set to more than double by 2030.



SOURCE: "Study on Monetary cost of family caregiving for people with dementia in Singapore" (Lai, Thompson and Magadi, 2017)

BEST PRACTICES:

A CLOSER LOOK AT PERSON-CENTRED DEMENTIA CARE

A positive approach to caring for the human behind the disease.

The challenge with dementia care is that it's very easy to just see the illness and forget about the person that they used to be. According to a report on dementia in the Asia Pacific Region by Alzheimer's Disease International, dementia in Singapore is expected to rise to 103,000 in 2030 and triple to 241,000 by 2050. We are left with a sobering truth: improving dementia care in Singapore is of utmost importance. To counter the stigma and improve dementia care, many look to the person-centred approach as the golden standard.

Arguably one of the best philosophies behind dementia care, person-centred care (PCC) is based on the studies

of Professor Thomas Kitwood. It revolves around the central idea of "personhood", which encourages us to pierce through the stigma of dementia and see the human behind the disease. In a nutshell, Kitwood's approach focuses on respecting and valuing persons with dementia (PWD) as individuals, recognising that dementia is only a diagnosis and not the person's defining factor. It places their needs and desires first, and the PWD at the centre of planning and decision-making, seeing them as equals, regardless of their condition.

Care With Benefits

In the past, dementia care was very focused on the medical aspects. With a bio-medical approach, the emphasis was on items like tasks, goals, and concentrating on ticking things off

the list. It ensured PWDs received their medication, treatments, and exercise, but it was more clinical than caring. This approach left little room for the desires of individual PWDs, sometimes unintentionally objectifying them by not taking their feelings and ego into account.

On the other hand, the person-centred approach accords PWDs with the basic respect you would give anyone and attends to their needs and feelings first before worrying about any targets or KPIs. This helps caregivers meet the diverse needs and preferences of PWDs, and in doing so, helps them retain as much independence and dignity as possible.

Stephen Chan, a centre manager and occupational therapist, describes the approach as viewing things from a different perspective. "With this approach, we see the strengths of the client instead of the deficit," he says.

He first saw the effects of PCC in 2002, during a small study carried out at the New Horizon Centre in Tampines, where they trained the staff in PCC and implemented well-being profiling. The results were instantaneous. "The staff's attitude towards dementia care changed and you could see the clients immediately became happier."



"We want to educate caregivers to look at the different aspects of needs," he says. Other than the basic needs, caregivers should pay attention to their psychological needs such as their sense of inclusion, comfort, attachment, occupation, and identity. Stephen also strongly encourages caregivers to join support groups to glean information from those with similar experiences and observe the staff, who are all fully trained in the person-centred approach.

Like everyone else, PWDs have their own unique point-of-view and the person-centred approach encourages caregivers to see through their eyes to understand that view. "As a caregiver, you have to step back, pause, and look from the perspective of the PWD," advises Stephen. "Doing so you'll be able to empathise with them better."

To further improve the well-being of PWDs, provide opportunities for them to interact and foster relationships with others and give them the chance to try new things and activities, giving them a sense of belonging and purpose. This, along with an identity and a certain degree of autonomy, are the basic things all human beings, including PWDs, need to thrive.

The person-centred approach is more of an art rather than science. It's an organic process that evolves as the caregiver and PWD build a rapport over time. By listening, observing while being open-minded and flexible, you can make a real, positive difference in the lives of those with dementia.

It's not just that their mini-research project that was successful, as multiple studies have shown that using the person-centred approach reduces challenging behaviours such as agitation and aggression among PWDs. One even found that it reduced the need for hospital treatment or anti-psychotic medication — both of which can result in aggressive behaviour—thus helping to save money by reducing hospital and medicine cost. In his work, Kitwood even argues that through this "positive people work", a person's dementia may improve, leading to a reversal, or what he termed as "rementia".

Stephen explains that all these positive effects stem from going beyond just looking at the brain and into their psychological needs. "Their sense of comfort, attachment, inclusion are very real and this approach helps them to be met."

The benefits of the person-centred approach extend to

caregivers as well. Research has shown that caregivers who are person-centric have lower stress levels and frustrations.

"Most caregivers have a preconception of how to look after their loved one and they tend to be very fixated on the basic needs," says Stephen. While not necessarily a bad thing, he shares that there is more to care than ensuring enough food and sleep. For example, he suggests, instead of cooping your loved one up at home for safety's sake, a walk in the park can meet their need for engagement and improve their well-being. In turn, this can lead to healthier relationships which improves the quality of life for both PWD and caregiver. "This way, everyone lives a more harmonious life," says Stephen.

Taking A Different Perspective

With proper training and education, caregivers can be fully empowered to better care for their loved ones in a person-centred way, believes Stephen.



PLANTING SEEDS OF KINDNESS

Aesop once said that no act of kindness, no matter how small, is ever wasted. This holds true for Mr Richard Loi, whose journey as a donor for ADA began a few years ago and he now contributes on a monthly basis. Having seen the effects of dementia and Alzheimer's Disease up close and how it disrupts the lives of both patient and caregiver, Richard understands the need to raise awareness and remove misconceptions about the disease, and the importance of education and training programmes for caregivers. We take five minutes to understand Richard's motivation and act of generosity.

Why did you choose ADA as your charity of choice? What interests you most about our organisation?

I believe that ADA is making a difference for those living with dementia and especially so through their provision of training programmes to caregivers. The role of caregivers to persons with dementia is crucial but often significantly underestimated. They definitely require more support to be able to tackle the unique challenges they face on the job and equip them with knowledge and skills to carry out their caregiving role effectively.

Why is contributing to ADA an important cause to you?

I have seen close relatives and friends dealing with this illness and the stress and frustration it causes to the ones caring for them. Sometimes, family members have good intentions but are unable to deal and cope with the challenges and emotional stress that dementia brings. I know that ADA is an organisation that provides reliable support.

What impact do you hope to make through the donated funds?

I hope that through my contribution, ADA is able to raise awareness of their services and support groups so that more people who are caring for those with dementia have a strong network to turn to in their difficult times. There is also a

lot of misperceptions of dementia that I myself once believed; it is more than just forgetfulness and there are ways that we can adopt to lower the risk of developing it. I now know that early detection and treatment can slow down the progression of the condition and I hope that ADA is able to publicly educate members of the public, especially the older folks, on the signs to look out for.

Moving forward, what opportunities do you hope to see yourself contributing and making a difference in?

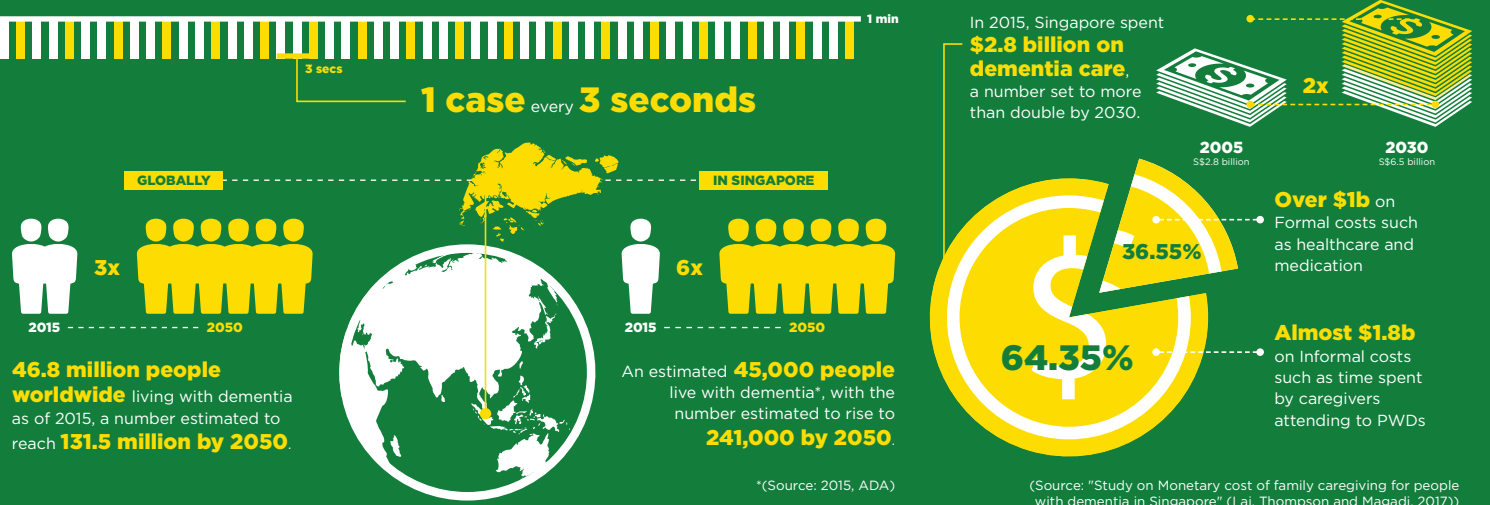
I will continue in my contributions to ADA and hope that it will help ADA provide more diversified programmes to people going through dementia and their caregivers.

Mr Richard Loi, pictured here with his family, has been a monthly donor since June last year.



ABOUT ADA

ADA provides care and support to people with dementia, as well as to their caregivers, with a vision of striving towards a dementia inclusive society. This is achieved through dementia day care centres, caregiver support services, training and consultancy, as well as a weekday dementia helpline and elder-sitting services in the homes of people with dementia.



**BUSINESS REPLY SERVICE
PERMIT NO. 09429**



ALZHEIMER'S DISEASE ASSOCIATION

70 BENDEMEER ROAD #06-02
LUZERNE BUILDING
SINGAPORE 339940

Postage will be paid by addressee.
For posting in Singapore only.

A CAREGIVER'S LOVE

Worried by his mother, Mdm Toh Wee's tantrums, Chua Joo Ee, 43, brought her to see a psychiatrist, who diagnosed her with vascular dementia. Having no clue about the condition, he struggled to care for his mother while balancing the demands of work.

He turned to ADA for help in 2012, placing her under the care of the New Horizon Centre (Jurong Point). Attending ADA's Caregiver's Support Group allowed him to meet like-minded caregivers who share his struggles, while stress-relieving activities helped him find respite and support in his caregiving journey. "I've benefitted so much from the programme and I want to continue giving back through my role as a support group facilitator," said Joo Ee.

"I had to quit my job to care for mother after she suffered from a serious illness. I was overwhelmed by my responsibilities and often felt alone in my journey."

- Chua Joo Ee, Beneficiary-turned-Volunteer



VOD201802

YES, I WANT TO MAKE A DIFFERENCE TO THE LIVES OF PEOPLE WITH DEMENTIA!

Please submit the completed form to 70 Bendemeer Road, Luzerne Building, #06-02, Singapore 339940.



DONOR'S PERSONAL DETAILS

Individual Name (Dr / Mr / Mrs / Mdm / Ms):

(For individuals, please underline family name)

Company:

(For corporate donation, please provide contact person name & designation)

NRIC / FIN / UEN / Others:

Address:

S

Contact No.:

HP O H

Email:

This donation is tax deductible and the deduction will automatically be included in your tax assessment if you have provided your Tax Reference Number (eg: NRIC/ FIN/UEN). You do not need to claim the deduction in your tax form.

By filling out this donation form, it is deemed that you have consented ADA to use your personal information for donation-related and communication purposes.

☐ I do not wish to receive any information about ADA's activities and programmes.

DONATION AMOUNT

☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ \$200

☐ Other Amount: \$

☐ Monthly recurring donation (through GIRO or credit card)

☐ One-time donation (through cheque or credit card)

MODE OF DONATION

☐ Credit Card: Amex / Visa / MasterCard (please circle)

Name on Card:

Card no:

Expiry date:

Signature as on Card:

☐ Cheque no: (Crossed and made payable to "Alzheimer's Disease Association")

APPLICATION FORM FOR MONTHLY INTERBANK GIRO

Part 1: For Donor's Completion (fill in the spaces indicated with ✓)

✓ Date:

✓ To: (Name of Bank)

✓ Bank Account No:

✓ Branch:

- a. I hereby instruct you to process Alzheimer's Disease Association's instructions to debit my/our account.
- b. You are entitled to reject Alzheimer's Disease Association's debit instructions if my/our account does not have sufficient funds and charge me/us a fee for this. You may also at your own discretion allow the debit even if this results in an overdraft on the account and imposes charges accordingly.
- c. The authorisation will remain in force until termination by your written notice sent to my/our address last known to you or upon receipt of my/our revocation through Alzheimer's Disease Association.

✓ Name of Billing Organisation ("BO"):

Alzheimer's Disease Association

✓ My / Our Name: (As in bank's records)

✓ Signature(s):

Part 2: For Alzheimer's Disease Association's Completion

Bank	Branch	Billing Organisation's Account Number
7 3 7 5	3 4 3	9 3 4 3 4 1 9 5 2 6

Customer Ref No.

A	D	A																	
---	---	---	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Bank	Branch	Account Number To Be Credited

Alzheimer's Disease Association
70 Bendemeer Road, Luzerne Building, #06-02, Singapore 339940
Email: donation@alz.org.sg
Tel: (65) 6293 9971

Part 3: For Bank's Completion

To: Alzheimer's Disease Association

This Application is hereby REJECTED (please tick) for the following reason(s):

- ☐ Signature / Thumbprint* differs from Bank's records
- ☐ Signature / Thumbprint incomplete / unclear*
- ☐ Account operated by signature / thumbprint*
- ☐ Wrong account number
- ☐ Amendments not countersigned by customer/BO
- ☐ Others:

* Please delete where applicable

Name of Approving Officer

Authorised Signature

Date

THE SECRET INGREDIENT

WINNING WITH WALNUTS

A handful of walnuts per day may keep dementia away.

Widely regarded as a 'brain food', walnuts are both delicious and packed with nutritional benefits, making it the ideal brain-boosting snack to stave off the symptoms of mental illnesses and dementia. Research conducted by the New York State Institute for Basic Research in Developmental Disabilities found that mice who were fed a walnut-enriched diet had improved memory and motor development, and a significant reduction in anxiety. This was confirmed in a more recent study from the David Geffen School of Medicine at UCLA, which found that adults who consumed walnuts showed consistently greater cognitive function than those who did not.

Stress Buster

The super nut contains anti-oxidants, neuroprotective vitamins like Vitamin E, and minerals that combat cell-killing stress, which is also responsible for anxiety, moodiness, and psychological distress. They also provide essential fatty acids (EFAs), which can help to elevate moods.

Health In A Shell

Adding walnuts into your diet may also prevent or control the spread of cancer cells in the body. Research by the University of Portugal revealed that the phenolic compounds and antioxidants found in them recorded a control on human cancer cells.

Nut With A Heart

While most nuts are healthy additions to your diet, walnuts are the only ones with a crucial amount of alpha-linoleic acid — a polyunsaturated fat which acts as an anti-inflammatory agent and helps reduce plaque build-up in coronary arteries.

Brainy Nut

Walnuts contain phosphatidylcholines, a group of lipid fats which allows the brain to process and store information at a much faster rate. Research also shows that walnuts can protect the brain from beta amyloid protein, a protein that often appears in the brain of people with Alzheimer's.

● RECIPE

CHINESE WALNUT COOKIES Serves 12

Ingredients

2 cups cake flour
1/2 teaspoon baking soda
1/4 teaspoon baking powder
7 tablespoons butter, at room temperature
1/2 cup sugar
1/4 teaspoon salt
1 egg, beaten and divided in half
3/4 cup finely-chopped toasted walnuts, plus 12 raw walnut halves

Directions

- Sift the cake flour, baking soda, and baking powder together and set aside. Mix the butter, sugar, and salt in a large mixing bowl. Stir thoroughly until the butter and sugar are creamed, before adding the flour mixture and mixing thoroughly. Add half of the beaten egg and chopped walnuts and work the mixture into a dough ball by hand or with an electric mixer.

- Line a baking sheet with parchment paper. On a clean surface, roll the dough ball into a tube, and cut it into 12 equal pieces. Roll each into a ball and position them on the baking sheet a couple inches apart.

- Take the walnut halves and gently press one into each cookie. Let the cookies rest for 15 to 20 minutes, covered with a clean kitchen towel.
- While that's happening, preheat the oven to 180°C. Once the dough is done resting, brush each with the other half of the beaten egg and bake for 20 minutes. Turn off the oven and let the cookies sit inside the oven for another five minutes before taking them out. Let cool and enjoy!

Recipe adapted from thewoksoflife.com



DEMENTIA IN NUMBERS



2 OUT OF 3

people globally believe there is little or no understanding of dementia in their countries



MORE THAN 50

countries held events during World Alzheimer's Month 2017. Activities included Memory Walks, conferences, and public awareness campaigns



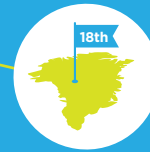
ONLY 50%

of people living with dementia receive a diagnosis



US\$818 billion

is the total estimated worldwide cost of dementia in 2015, which represents 1.09% of global GDP



18th

If global dementia care were a country, it would be the 18th largest economy in the world

Statistics from Alzheimer's Disease International

ADA in Singapore

We strive to be the leader in dementia daycare and a voice for persons with dementia and their caregivers, with a vision towards a dementia-inclusive society. Established in 1990, we seek to enable persons with dementia and their families to live with dignity by providing quality care and support through research, education, and training.

ADA Resource & Training Centre

📍 70 Bendemeer Road
#06-02 Luzerne Building,
Singapore 339940
📞 Monday - Friday: 9.00am - 6.00pm
📞 6293 9971

Caregiver Support Centre

📍 70 Bendemeer Road
#03-02A Luzerne Building,
Singapore 339940
📞 Monday - Friday: 9.00am - 6.00pm
📞 6389 5121

Dementia Helpline

📞 Monday - Friday: 9.00am - 6.00pm
📞 6377 0700

ADAc@AgapeV

📍 7A Lorong 8 Toa Payoh
#01-01 Agape Village
Singapore 319264
📞 Monday - Friday: 8.30am - 5.30pm
📞 6904 4095

Family of Wisdom (Bendemeer)

📍 72 Bendemeer Road
#05-29 Luzerne Building,
Singapore 339941
📞 Monday - Friday: 9.00am - 6.00pm
📞 6291 6268

Family of Wisdom (Tiong Bahru)

📍 298 Tiong Bahru Road
#10-05 Central Plaza,
Singapore 168730
📞 Monday - Friday: 8.30am - 5.30pm
📞 6593 6440 / 6593 6442

Family of Wisdom (Toa Payoh)

📍 7A Lorong 8 Toa Payoh
#01-01 Agape Village,
Singapore 319264
📞 Monday - Friday: 8.30am - 5.30pm
📞 6904 4095

New Horizon Centre (Bukit Batok)

📍 Blk 511 Bukit Batok Street 52, #01-211,
Singapore 650511
📞 Monday - Friday: 7.30am - 6.30pm
📞 6565 9958

New Horizon Centre (Jurong Point)

📍 1 Jurong West Central 2 #04-04
Jurong Point Shopping Centre,
Singapore 648886
📞 Monday - Friday: 7.30am - 6.30pm
📞 6790 1650

New Horizon Centre (Tampines)

📍 Blk 362 Tampines Street 34, #01-377,
Singapore 520362
📞 Monday - Friday: 7.30am - 6.30pm
📞 6786 5373

New Horizon Centre (Toa Payoh)

📍 Blk 157 Toa Payoh Lorong 1, #01-1195,
Singapore 310157
📞 Monday - Friday: 7.30am - 6.30pm
📞 6353 8734

JOIN US IN OUR FIGHT AGAINST ALZHEIMER'S!

DONATE



alz.org.sg/guardians



alz.org.sg/donate



giving.sg/alzheimer-s-disease-association

VOLUNTEER



alz.org.sg/volunteer

VOICE OUT



alz.org.sg



[/alz.org.sg](https://facebook.com/alz.org.sg)



[@alz.org.sg](https://instagram.com/alz.org.sg)



[@alz_sg](https://twitter.com/alz_sg)

Editorial Team

CHIEF EXECUTIVE OFFICER Jason Foo EXECUTIVE DIRECTOR Theresa Lee MANAGING EDITOR Jeremy Khoo EDITOR Hilary Hoe
CONTRIBUTORS Amanda Lim, Shawn Tan PRODUCTION Extent Communications

📍 70 Bendemeer Road, #06-02 Luzerne Building, Singapore 339940
📞 infocsc@alz.org.sg 📞 6293 9971
🌐 alz.org.sg