

Voice OF Dementia

The newsletter of the Alzheimer's Disease Association

VOLUME 3 ISSUE 1
JANUARY 2019

DONOR'S SPOTLIGHT

THE HEART OF JUSTICE

ACTIVITIES

FORTUNE FAVOURS THE FUN

THE SECRET INGREDIENT

A KALE TALE

ON THE FRONTLINE

THE LANGUAGE OF LOVE

Being the primary caregiver of two loved ones with dementia, Madam Jenny Tan discovers that only by taking the bull by the horns and finding strength in numbers can one see the light at the end of the tunnel.

A Daughter's Love (Photo by Madam Jenny Tan)

A DEMENTIA-FRIENDLY CONFERENCE

The latest edition of ADA's World Alzheimer's Month (WAM) Conference on 21 and 22 September 2018 saw a healthy turnout of 454 attendees comprising people with dementia, their caregivers, industry stakeholders and partners, and members of the public keen to find out more about Alzheimer's Disease and dementia. Themed 'Every 3 Seconds', it highlighted both the alarming rate at which dementia is spreading, and the urgent need to tear down the stigma associated with it.

Jointly organised with Lien Foundation, the event was held at the Devan Nair Institute for Employment and Employability. The first day was targeted at industry partners and stakeholders, while the second day was focused on educating the public about the progressive condition.



Keynote speakers included Dennis Frost and Nick Guggisberg (featured left), key members of the Dementia-Friendly Kiama Project (DFKP), an award-winning community from Kiama, New South Wales. It has been recognised by the World Health Organisation as the 'Gold' standard of dementia-friendly communities worldwide. The two shared their experiences running the project and offered perspectives on dementia advocacy.

Across the two days, an esteemed panel of speakers comprising experts, consultants, social workers, and caregivers also took to the stage to share tips and stories on battling dementia, giving the audience valuable insights and knowledge that could apply to their own dementia caregiving experiences.



DISSECTING DEMENTIA

In between keynote presentations, the participants of the WAM 2018 Conference on 21 September also attended breakout sessions, where they discussed their thoughts and ideas along the three tracks: 'Dementia-Friendly Built Environments', 'Disability, Not Disease', and 'Dementia-Friendly Efforts in Organisations'. Personal narratives were also woven into some breakout sessions, like the sharing of George Chong and his wife Lynn Leng, recounting George's dementia journey.

Throughout the event, there were also engaging programmes that not only provided much cheer, but also highlighted the strength and spirit of people with dementia.

The success of the WAM 2018 Conference is attributed to all the contributors and attendees, as well as generous event sponsors who affirmed their confidence in ADA as a vehicle and advocate for dementia awareness. All in all, it was a conference brimming with purpose, heart, and the coming together of people with only one mission—to make the world a better place for people living with dementia. Thank you to all.



UPCOMING EVENTS

MEMORIES CAFÉ
Singing of Chinese Songs with Goldies Jukebox
19 Jan at Soup Restaurant @ NEX

CAREGIVER SUPPORT GROUP (ENGLISH)
Life After Caregiving
26 Jan at NHC (Jurong Point)

DEMENTIA CARE TRAINING WORKSHOPS FOR FOREIGN DOMESTIC WORKERS
Elective Module 7: Self-care
16 Feb at Resource & Training Centre

FAMILY CAREGIVER TRAINING PROGRAMME
Elective Module 1: Purposeful and Meaningful Engagement
23 Feb at Resource & Training Centre

CAREGIVER SUPPORT GROUP (MALAY)
How to Converse Effectively with Persons with Dementia
23 Feb at NHC (Tiong Bahru)



CAREGIVER SUPPORT GROUP (CHINESE)
Understanding Dementia
2 Mar at NHC (Tiong Bahru)

COURSES FOR GENERAL PUBLIC
Effective Befriending with Persons with Dementia
6 Mar & 29 May at Resource & Training Centre

This course aims to equip individuals with the knowledge and skills to befriend persons with dementia through effective communication and meaningful engagement.

CAREGIVER SUPPORT GROUP (ENGLISH)
Psychological Impact of Caregiving on Self
9 Mar at NHC (Toa Payoh)

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

A NIGHT OF LOVE

More than 200 people gathered for ADA's fundraising concert on 25 October 2018. Entitled Love for All Seasons, the concert was held at the Esplanade - Theatres on the Bay, Recital Studio.

The audience, which included persons with dementia and their caregivers, were treated to timeless melodies in Mandarin, Cantonese, and English. Besides raising funds for ADA, the event also helped to create greater awareness and understanding of dementia and reduce the stigma that is associated with it.

During the concert, Angela Saik, Donnie Chan, and Robert Wesley Seng brought the audience back in time with their renditions of evergreen hits such as Teresa Teng's 'The Moon Represents My Heart' and Don Mclean's 'Vincent'. The classic set list set the mood for the night, which had the audience singing and dancing along.

The sold-out concert raised more than \$30,000, which will help to fund ADA's awareness and caregiver support programmes, as well as provide subsidies for families who cannot keep up with the heavy cost of dementia care.



TAKING TIME TO SERVE

ADA is grateful for the continued support of corporate partners who believe in giving back to the community. Between August to October 2018, organisations like Deloitte Singapore and Edrington Singapore Pte Ltd brought cheer to ADA's clients at our daycare centres.

3 August 2018 was a day of arts and crafts, with volunteers from Deloitte helping ADA's clients to make vibrant flowers out of colourful paper. Our clients were also in for a treat when volunteers from Edrington brought them for outings on 6 August 2018 and 11 October 2018. The first outing saw clients from New Horizon Centre (Bukit Batok) enchanted by different species of orchids at Gardens by the Bay. For the second outing, clients from New Horizon Centre (Toa Payoh) had a fun-filled morning at the River Safari, where they got to be close to nature and to see various wildlife.



Read the full stories here.

VIRTUAL REALITY POSSIBLE THERAPY TO FIGHT DEMENTIA

A new therapy using virtual reality (VR) may provide the next frontier for dementia care. Designed by the co-founders of UK-based healthcare startup Virtue, Arfa Rehman, and Scott Gorman, the immersive VR therapy programme, Look Back, uses immersive technology to help persons with dementia improve cognitive stimulation, memory recognition, and communication. This is done through reminiscent experiences which allow people with dementia to revisit old memories, places, and have conversations about past events. "Using our application, we were able to create places reminiscent of that same region," says Gorman. "It's those kinds of opportunities that stick with us." - *dailybeast.com*



THE NECESSITY OF WHITE LIES

Persons with dementia often have an altered perspective of reality, and it is sometimes necessary for caregivers to tell them a white lie in order to help them. This was the stance we expressed in a letter to the Straits Times written by Mr Jason Foo, the CEO of ADA. Written in response to a previous article, ADA acknowledged that white lies can be used to maintain the safety of loved ones, or to gain their cooperation in everyday activities.

From our experience, forcefully correcting their views very often ends up causing anger and frustration, and acknowledging their altered reality is necessary to calm them and build trust. As we care for persons with dementia, the goal is to improve their well-being, have an open attitude, and not be judgmental.

Valuing and treating them as individuals, and learning to look at things from their perspective by entering their altered reality, are values we should embrace as caregivers.

PREECLAMPSIA MAY INCREASE RISK OF DEMENTIA THREEFOLD

A study based on records of more than one million women in Denmark revealed that women with a history of preeclampsia—a pregnancy complication which involves dangerously high blood pressure—in one or more pregnancies are three times more at risk of vascular dementia than those who don't. They also had a 50 percent higher risk of developing Alzheimer's Disease. "We have accumulated enough evidence that the effects of preeclampsia on a woman's health are not confined to pregnancy," said Heather Boyd, senior author of the study by Statens Serum Institut in Copenhagen. - *channelnewsasia.com*



A NEW GUARDIAN AGAINST ALZHEIMER'S: COFFEE

Coffee lovers rejoice; your cup of joe may do more than just giving you a lift in the morning. According to a new study by researchers at the Krembil Brain Institute in Toronto, the secret lies in chemical compounds formed during the brewing process called phenylindanes, which inhibit the growth of amyloid beta and tau proteins linked to degenerative brain diseases like Alzheimer's Disease. The tone of the roast also matters, since dark roasts and espressos contain more phenylindanes. - *health.com*



Even though my mum passed away several years ago, my father still asks me where she is sometimes. How can I tell him what has happened without hurting him repeatedly?

Often, our first thought is to protect the person living with dementia and not confuse them. Sometimes, we may avoid discussing death for the same reason. It is important to note that your father is still the person he has always been, and to respect that he can still feel the same emotions; he just may not be able to express them the way he used to.

Sometimes, a person living with dementia forgets that their spouse or loved one has died. They may ask where the person is or insist to visit them. For the person living with dementia, being told that this person is dead can be like hearing it for the first time, with each reminder having the same upsetting effect.

Thus, you will need to gauge your father's ability to remember. If your father does not remember what you have shared about your late mother from time to time, you can use a memory or a story to explain her absence in a way that satisfies your father's curiosity yet does not upset him.

We may feel conflicted as one may consider this approach as lying. However, if you can try to understand your father's reality first, perhaps it will help you to let go of the guilt you feel from not telling him the truth. It may be what's necessary to bring him comfort.

Alternatively, you can try the following:

- Try tuning into the emotion your father is expressing beneath the words and respond to that emotion. For example, "You sound like you are missing mum. Tell me what you miss about her."
- Check his mood at that moment and respond appropriately. If your father is unaware and not distressed, you don't need to bring up the reality of what has happened.
- Look for patterns in the times he asks for your late mum. This may be due to an unmet need or a routine that your parents always had. For example, if your late mum is the one who brings him coffee in the morning, the change in this routine could be distressing and reminds him that she is not there.
- Accept that your father may want to talk about your late mum.

There is no one approach that works for all persons living with dementia. Each family has to find what works for them and try to be as consistent as possible. You may want to write out a simple plan for all family members and visitors to follow.

We also encourage family members to find support to help them cope with the painful, frustrating, lonely, and sad feelings that they may feel. Do not hesitate to ask for help in dealing with either your own grief or the grief of the person living with dementia.



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 calling the ADA Helpline at 6377 0700.

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. She also provides clinical supervision. 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.

THE LANGUAGE OF LOVE

Being the primary caregiver of two loved ones with dementia, Madam Jenny Tan discovers that only by taking the bull by the horns and finding strength in numbers can one see the light at the end of the tunnel.

Being a caregiver is no mean feat, especially if you are providing full-time care for someone who is living with Alzheimer's Disease or other dementias. The nature of dementia makes the challenge even harder. It robs one of their cognitive ability, communication skills, and memory retention progressively. Common symptoms like delusion, mood swings, and personality and behavioural changes can severely hinder a caregiver's ability to provide care smoothly and effectively, not to mention affect their morale and passion in a seemingly thankless responsibility.

For 50-year-old Madam Jenny Tan, her caregiving journey is made more onerous by the fact that she is taking care of not one but two elderly loved ones with dementia – her mother, 77, who lives with Jenny's father, and Jenny's mother-in-law, 79, who shares a roof with Jenny and her husband.



From left to right: Jenny's mother, Jenny and her mother-in-law.



Jenny's mother sharing her signature dish at one of ADA's Reminiscence Therapy sessions: Stir fried ginger chicken in her home-made rice wine.

Being the older of two children, with her brother four years her junior, the role of main caregiver eventually fell on the Jenny's shoulders – a role she struggled with initially but has gradually grown into. To properly care for three ageing parents and her family with two young children, she resigned from a senior position in a large organisation to become a homemaker about 15 years ago.

Hard Lessons Learnt

Like all first-time caregivers, her lack of knowledge about dementia and its red flags meant that she was unaware of the resources available in order to take appropriate action promptly when her mother-in-law first displayed signs of early dementia about 10 years ago. "It all happened very slowly, to the point that none of us even noticed anything unusual in the beginning," she recalls. "The signs of dementia can be easily dismissed as crankiness or a personality flaw of the aged persons in a normal ageing process. It did not help that I was ignorant about the early symptoms of dementia." Early symptoms can include memory loss of recent events, increased confusion, reduced concentration, withdrawal or depression.

Things were a little better with the diagnosis of her own mother about five years later, when she recognised the symptoms of early stage dementia and took her for an assessment. By then, Jenny was better equipped with the knowledge of dementia care and the various methods of intervention. Based on the principles of Person-Centred Care (PCC) learnt from resources provided by ADA, she became more mindful of fulfilling the needs of her mother and mother-in-law in their everyday life.

Learning from the Family Of Wisdom (FOW) programme under ADA, she created toy libraries in each of their homes. Their shelves are stocked with tools and games to provide cognitive and physically stimulating activities for both elderly. She also put in place daily routines of physical exercises coupled with regular and nutritious meals. Most

importantly, she has learnt the need of involving every family member to do their part. "It is crucial to include the younger generation to provide essential inter-generational interactions for the elderly while giving the children an opportunity to learn about how they too can contribute as caregivers," Jenny emphasises.

A Downward Spiral Of Pain

Talking to Jenny, what strikes you is the confidence and clarity in which the mother-of-two expresses herself, with scarcely a hint of fatigue or weakness. But her caregiving journey has hardly been a walk in the park. In the early stages of her mother-in-law's diagnosis, she struggled with the lack of information on the condition and her ward's episodes of delusion and memory loss. Dementia made her mother-in-law paranoid, confused, and mistrustful. Misunderstanding and conflict between Jenny and her mother-in-law were almost daily affairs. The clashes involved her mother-in-law criticising her of mistreatment and falsely accusing her helper of stealing her jewellery and misplacing her belongings. "Relationships became strained and tensions ran high," Jenny related.

"In the beginning, there were some character clashes; she was always in denial and would not accept facts that were unfavourable to her. The conflict caused friction between members of the family. It was a painful experience," Jenny shares. "I had no idea it was dementia, thinking it was just her character. As her reasoning and comprehension abilities failed, she started forgetting the things I would tell her, such as not to buy too many sweet potatoes and pomelos from the market, despite constant reminders. No matter what I did, I couldn't



Jenny's mother-in-law engaging in a planned activity of concentration and cognitive function during their recent family vacation.

improve the situation. I was perplexed and wondered what I had done wrong."

"At the low points of my caregiving journey, I felt so inadequate and burdened that I wished I could give up. There were too many behavioural challenges that I could not comprehend and deal with. No one seemed to understand that a caregiver can suffer just as much as the person they are caring for. Watching our loved ones fade away drains us emotionally too. Dementia caregiving can also be extremely exhausting and frustrating without adequate support, understanding of the disease, and proper training."

Getting By With Help

For the most part, Jenny's caregiving struggle was due to her lack of awareness about the resources and assistance available within the dementia care community. Like many other family caregivers, she had the misconception that there was nothing much she could do to



Jenny's mother-in-law and daughter Isabelle playing a game of stacking at a café.

improve her mother-in-law's condition until she came across the FOW programme. It is a weekly enrichment programme consisting of cognitive and physically stimulating activities that are designed with a social element to foster greater interaction and improve cognitive functions for persons with dementia. The benefits are twofold for both caregiver and person with dementia – the knowledge Jenny gleaned from it has helped to enlighten and equip her to render care more effectively, while her mother and mother-in-law enjoy the activities and friendships forged at these sessions. "In FOW, people with dementia are neither judged nor reminded that they are suffering from dementia."

Jenny adds, "I always regard ADA as my rescue. Through its many enrichment and training programmes, I acquired essential knowledge, motivation, and skills to enhance the well-being

of both my mothers. It opened my mind to the possibilities of quality dementia care which can alleviate the symptoms of dementia and maintain their quality of life." In the recent family vacation to Japan with her mother-in-law, she even planned daily mini-FOW sessions within their itinerary by incorporating her needs for cognitive and physically stimulating exercises in the places they visited and stayed.

Dementia Care: A Shared Family Responsibility

Besides gaining from the holistic FOW activities, Jenny also stressed the importance of having a support system, along with her firm belief that purposeful caregiving should be a shared family responsibility. "Looking back, I think nobody should have to go through caregiving alone. Many times, we do not engage our family members, and the job is left primarily to the immediate caregiver, leading to caregiver stress and burden," she explains. "I believe every family member can be roped in, regardless of their age, occupation, or relationship, to play their part no matter how small it is. We also have a family roster for the grandchildren to take turns being caregivers at FOW sessions so that they can see for themselves the enrichment programme Grandma is attending and bring the experience home. To me, this is how dementia care should be done."

"Yes, dementia caregiving is a long and arduous walk but it is also a journey that can bind family together, transform caregivers, and improve our relationships with one another," affirms Jenny.



Jenny's son, Benjamin, accompanying his grandmother at a FOW session during his school holidays.

About FOW

At Family of Wisdom (FOW) programmes, the cognitive and physically stimulating activities are designed with a social element to foster greater interaction and to maintain or improve cognitive functions for persons with dementia. We have been able to engage persons with dementia and their caregivers through social interaction and meaningful activities such as group exercises, painting, cookery, and sensory and memory games. As these programmes require caregivers to be included, it has promoted mutual self-help amongst caregivers themselves. It also serves as a platform that provides respite and emotional support for both caregivers and persons with dementia. Since its inception in 2013, the FOW programme now runs at three centres and has served more than 340 clients to date.

For more information, visit alz.org.sg/fow, email info@alz.org.sg, or call 6377 0700.



Jenny attending a FOW session with her mother.

NEW ADDITIONS TO THE ADA FAMILY

In September 2018, ADA welcomed three new Management Committee Members who joined us on our journey towards a dementia-inclusive society. Mr Paul Heng brings a wealth of experience to his role as Officer-in-charge (Personnel). Also joining us as committee members are Dr Chen Shiling and Ms Sasha Foo.

All three have personal experiences of how dementia affects a loved one, and they hope to use these experiences to help ADA achieve our goals. We look forward to their contributions in the months to come.



PAUL HENG Founding Managing Director and an Executive Coach of NeXT Career Consulting Group, Asia and NeXT Corporate Coaching Services

Management Committee Member (Officer-in-charge of Personnel)

"About a year ago, I met up with Francis Wong, Head of Community Enabling and Strategy & Governance at ADA. As I got to know more about the Association from him, I felt a desire to want to contribute to ADA's on-going efforts to support people living with dementia and their caregivers.

On a personal level, my dad who passed on a decade ago was diagnosed with dementia in his last years. The last months of his life were indescribable, a time I wished he did not have to go through. It was also a challenging period for my mother who was his caregiver. Just after his final trip to the hospital, a part of me was relieved that he has finally passed on. Yet, I also went through a period of guilt for the sense of relief that I felt. What kind of son am I to feel relieved that my father has passed on?

It took me a few months to coach myself out of these guilty thoughts and I had to constantly remind myself that my father

is in a better place and is freed from the suffering he was going through.

Since his passing, I told myself that I will do anything and everything possible to reduce the risk of dementia. I also hope to share with others the need to lead a healthy lifestyle and be mentally and physically active for as long as they can, even after they reach retirement age. 'Whatever you do, don't do nothing' – that is the message that I strongly believe in.

I have just started on my journey with ADA. I want to play my role by leveraging on my experience, skills, and network to support ADA's worthy cause and efforts. ADA has introduced many initiatives in the last 28 years, but adjustments may be needed to suit the changing times. I also hope to introduce new initiatives and look forward to more volunteers coming on board to support our efforts. Let's work together to make Singapore a dementia inclusive society."



SASHA FOO Managing Director (Group Technology & Operations), DBS Bank Ltd

Management Committee Member, Alzheimer's Disease Association

"Both my parents have dementia. I always recall how heartbreaking it was for my entire family when this progressive condition robbed my dad's precious memories and life. My mum has just started on her dementia journey, and as caregivers, we now know the conditions better and are fully aware of what's to come. I hope and pray that we will find a cure for dementia in the future.

Singapore is one of the fastest ageing populations in the world, and the prevalence of dementia is increasing.

Locally, one in 10 people aged 60 and above may have dementia. This translates to 82,000 people who may be living with dementia in 2018, a number that will only continue to rise.

ADA is actively working towards a dementia-inclusive society. I am very blessed to be involved in this, giving back to a cause that I believe in. I hope my banking industry experience and background in technology will steer ADA onwards."

DR CHEN SHILING Physician, Khoo Teck Puat Hospital

Management Committee Member, Alzheimer's Disease Association

"One of the most common things I hear is, 'You lose the person you love to dementia'. I don't completely agree with that statement.

Yes, the person with dementia will change and it will be tremendously difficult and painful to watch someone you love deteriorate and decline over such a prolonged period of time.

Yet, from my own personal experience caring for my grandma and also in my daily work, I know it is not true that you lose that person. They are still there. And much as we desire to connect with them, they too wish to connect with us.

The relationship will change, but perhaps it is an opportunity to build a new relationship; one that could have as much meaning and as much purpose as what you once shared with them.

I hope that my involvement with ADA will help reduce the stigma on dementia and increase the understanding people have about this progressive condition. I look forward as the Association and our partners continue to build dementia-inclusive communities in Singapore."





RECYCLING FOR A GOOD CAUSE

Green@Hillgrove is an annual recycling drive by Hillgrove Secondary School which aims to promote environmental conservation efforts and to foster a spirit of care amongst its students. They have partnered with ADA for more than six years.

In July 2018, the Secondary 2 cohort, parents support group, and alumni of Hillgrove Secondary School, along with grassroots leaders, worked together to collect recyclable items from residents of Bukit Gombak Constituency and raised more than \$10,000 for ADA and Haemophilia Society of Singapore.

Mrs Angeline Chan, Principal of Hillgrove Secondary School said, "This event provided opportunities for my students to make a difference to the community."

Apart from their recycling efforts, the students also attended a separate session to understand more on ADA and its New Horizon Centres. "I am happy that my efforts have helped the community," says Rukshanah Fathima, class of 2-8.



MAKE AN IMPACT!

If you or your organisation would like to champion us through fundraising, send an email to donation@alz.org.sg!



THE HEART OF JUSTICE

On 5 December 2018, 65 of our clients across the four New Horizon Centres were invited for a day trip to Gardens by the Bay by the various Judges and Court Administrators from the Family Justice Courts, the State Courts, and the Supreme Court. Also known as the Judiciary Cares event, the organisation adopts a different charity annually and ADA was fortunate to have been selected by them for 2018.

"This year, the Judiciary is very happy to partner with ADA. ADA has been doing wonderful work in providing programmes and services to support families on their caregiving journeys, as well as enabling and integrating persons with dementia in our society," said Chief Justice Sundaresh Menon, Chief Justice of the Supreme Court of Singapore.

The day saw more than 120 volunteers mingling with persons with dementia and enjoying the Christmas decorations at Gardens by the Bay together.

After the tour around the colourful and festive Flower



Dome, the group proceeded to enjoy a catered buffet lunch at Kallang Theatre. The Judiciary Cares volunteers kept the audience entertained with sing-along sessions and music performances and even raised more than \$30,000 for ADA.

Guest of Honour and a Judge of the Supreme Court, Justice Aedit Abdullah, had this to say about the event: "All the members of the judiciary gained much even from the short time spent with the clients in the visit to the centres and the outing to the Gardens by the Bay. We also had a very wonderful time at lunch and during the sing-along performance."

The date of the event coincided with International Volunteer Day, which was a timely reminder to

celebrate the efforts of generous partners like Judiciary Cares who give support in various ways.

"We are thankful for organisations like yourselves who partner with us. Not only do we want to acknowledge your donations, which will support operations of our day care centres, programmes, and services, we are heartened to see you integrate with the community to understand more about persons living with dementia. To us, that's valuable, as it is our Association's hopes to reduce the stigma and increase awareness and understanding of this progressive condition," said Mr Jason Foo, CEO of ADA in his speech during the event.



FORTUNE FAVOURS THE FUN

This easy-to-make craft is a great opportunity to bond with your loved ones in the upcoming Lunar New Year festivities.

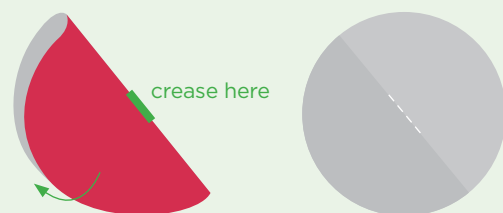
With the Lunar New Year comes a time of new wishes and hopes as well as a time for catching up with family and friends. These paper fortune cookies are great for party handouts as we celebrate the new year. You can also leave them around as nice surprises for your loved ones to find. Whether you choose to have a rainbow of colours, or stick to the classic ang-bao red, these cookies are sure to add some fun to everyone's day.

What You Need:

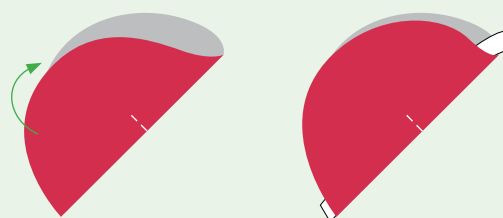
- Paper in your choice of colours, patterns, and textures
- A sheet of white paper
- Marker or pen
- Hot glue gun
- A pair of scissors
- Approx. 9cm diameter round lid (for tracing)

Steps:

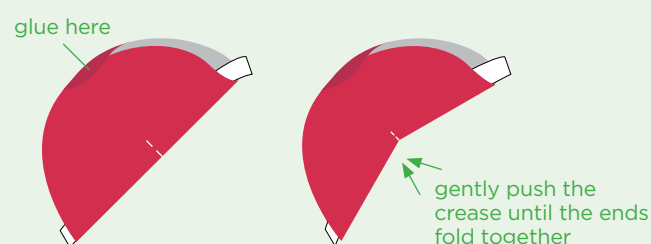
1. Trace circles on your coloured paper using your lid, and then cut them out. You will need one circle for every cookie you wish to make.
2. Cut strips of white paper about 8cm long and 1.2cm wide. Have one strip for every circle you've cut out.
3. Write a quote, a challenge, or just words of encouragement on each piece of white paper.
4. Gently fold a circle in half, only creasing it in the centre of the fold before you open it back up.



5. Fold the circle in half again, perpendicular to the previous crease. Without creasing the fold, slide a fortune strip in so you can see a bit of each end.



6. Put a dot of glue on the open edge of the circle to hold it together, then gently push the crease in with your finger and the ends will start to fold together.



7. Keep holding it by the ends and open it about halfway so you can put a dot of glue on the crease you've created. Fold it back together and hold it for 30 seconds while the glue dries.



8. You've made your first paper fortune cookie! Repeat to make more cookies.

A KALE TALE

This superfood's brain-friendly properties is another reason why you should eat your greens.

Hard, leafy, and fibrous, kale has been adored and revered as the king of super greens – and rightly so. According to research published in scientific journal PLoS ONE, the curly cruciferous vegetable is one of the most nutrient dense foods on the planet. Leafy greens have always been one of the biggest brain boosters, with studies linking them to lower levels of cognitive decline as a person ages. Due to the presence of vitamin K, eating daily servings of kale and other green vegetables can also help preserve memory and thinking ability.

Cognition Check

Studies have shown that there is a relationship between Alzheimer's Disease and an elevated blood level of homocysteine, an amino acid linked with cognitive impairment. The carotenoids found in kale helps to keep homocysteine in check.

Saying Goodbye To Inflammation

In the cases of persons with dementia, the inflammation of the brain causes their mood to fluctuate and they have difficulty forming new memories. Kale contains antioxidants like vitamin C and beta-carotene, which prevent free radicals from damaging brain cells. It also minimises oxidative stress – one of the main contributing factors for the development of Alzheimer's Disease.

Depression Buster

It's hard to eat a delicious kale salad and feel depressed, but depression is a condition some persons with dementia have to deal with. Eating kale provides a healthy dose of folate and omega-3 alpha-linolenic acid which lowers the risk of depression.



RECIPE

CABBAGE, KALE AND POTATO RÖSTI Serves 6

Ingredients

- 100g kale, roughly chopped
- 200g white cabbage, finely shredded
- 600g desiree potatoes
- 2 medium free-range eggs, lightly beaten
- 3 tbsp plain flour
- 6 tbsp vegetable oil

Directions

1. Bring a medium saucepan of water to the boil and cook the kale and cabbage for about 30 seconds, then drain in a colander. Cool under running water, then put in a clean tea towel. Squeeze out as much water as possible before putting into a medium mixing bowl.

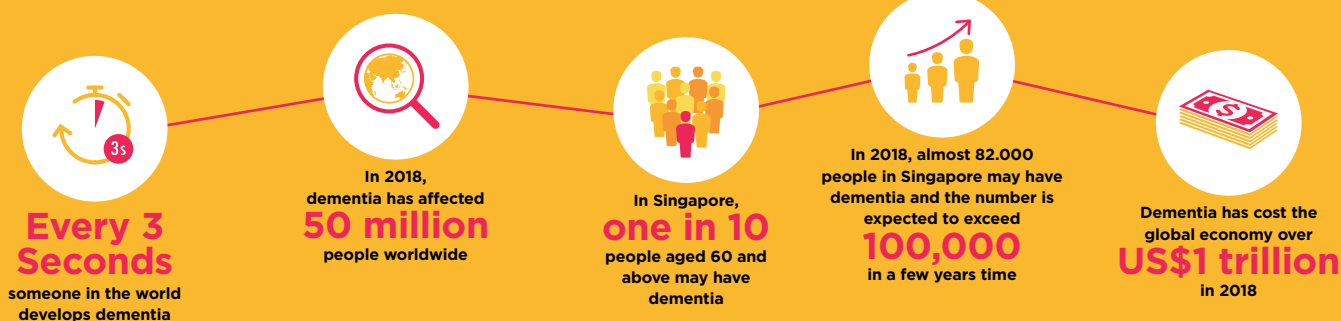
2. Heat the oven to 150°C/130°C fan, line a baking tray with baking paper, and put it in the oven. Peel and coarsely grate the potatoes, then put in a clean tea towel and press out any excess liquid. Working quickly, add the grated potatoes to the mixing bowl, then stir in the eggs, flour, and a pinch of salt and pepper. Divide the mixture into six, flattening each piece into a roughly 1cm thick patty shape.

3. Heat half the oil in a large frying pan over a medium heat and fry three of the rösti at a time for five minutes on each side until golden. Put the rösti in the baking tray to keep warm while you heat the remaining oil and fry the rest. Serve immediately.

Recipe and image from delicious. magazine



DEMENTIA IN NUMBERS



Statistics from Alzheimer's Disease International and Well-being of the Singapore Elderly (WiSE) study by Institute of Mental Health

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.

Dementia Helpline

☎ 6377 0700
🕒 Monday - Friday: 9.00am - 6.00pm

Resource & Training Centre

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

Caregiver Support Centre

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

ADACafé

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

Family of Wisdom (Bendemeer)

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

Family of Wisdom (Tiong Bahru)

📍 298 Tiong Bahru Road
#10-05 Central Plaza,
Singapore 168730
🕒 Monday - Friday: 8.30am - 5.30pm

Family of Wisdom (Toa Payoh)

📍 7A Lorong 8 Toa Payoh
#01-01,
Singapore 319264
🕒 Monday - Friday: 8.30am - 5.30pm

New Horizon Centre (Bukit Batok)

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

New Horizon Centre (Jurong Point)

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

New Horizon Centre (Tampines)

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

New Horizon Centre (Toa Payoh)

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

JOIN US IN OUR FIGHT AGAINST DEMENTIA!

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://www.facebook.com/alz.org.sg) 📷 [@alz.org.sg](https://www.instagram.com/alz.org.sg) 🐦 [@alz_sg](https://twitter.com/alz_sg)

Editorial Team

CHIEF EXECUTIVE OFFICER Jason Foo DEPUTY CHIEF EXECUTIVE OFFICER Theresa Lee MANAGING EDITOR Jeremy Khoo EDITOR Hilary Hoe
CONTRIBUTORS Kong Qian Ru, Joann Chia, Adeline Leow, Shawn Tan PRODUCTION Extent Communications

📍 70 Bendemeer Road, #06-02 Luzerne Building, Singapore 339940
📧 info@alz.org.sg ☎ 6377 0700
🌐 alz.org.sg