



THE DIBA

The official newsletter of The Dementia Inclusive Ballina Alliance



CAN YOU PREVENT DEMENTIA?

While there is no evidence to show that you can definitively prevent dementia, the following health and lifestyle factors may reduce your risk of developing the condition or delay the onset of symptoms.

Look after your heart:

- Book regular GP check-ups for blood pressure, blood glucose levels and cholesterol
- Eat a healthy diet
- Stop smoking

Look after your body:

- Exercise regularly
- Adopt healthy sleeping practices
- Look after your hearing and get your hearing checked in mid life
- Protect your head

Look after your mind:

- Stay social, enjoy the company of others
- Play games like puzzles, crosswords and card games
- Learn a new language
- Take up a new sport
- Learn a new hobby like painting, sewing, woodwork and cooking
- Vary your daily activities

Want more information?

If you want further information about lowering your risk of dementia, you can visit the Dementia Australia website to access our [risk reduction resources](#).



THE DEMENTIA INCLUSIVE BALLINA ALLIANCE IS AN INCORPORATED NOT FOR PROFIT COMMUNITY ORGANISATION. WE STRIVE TO WORK WITH THE COMMUNITY TO TAKE ACTION TO IMPROVE THE LIVES OF PEOPLE LIVING WITH DEMENTIA AND THEIR CARERS.

dementiainclusiveballina@gmail.com

www.dib.org.au

DEMENTIA INCLUSIVE BALLINA ACKNOWLEDGES THE TRADITIONAL CUSTODIANS OF THE LAND ON WHICH WE LIVE AND CARE AND PAYS RESPECT TO THE ELDERS PAST, PRESENT AND EMERGING



IN THIS EDITION

FEATURE ARTICLE - TIPS TO PREVENT DEMENTIA

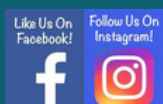
UPCOMING EVENTS - 2024

WEDNESDAY ACTIVITY GROUP
10:30AM - 12:30PM THE BALLINA AEROCUB

DEMENTIA CAFE
10AM-12PM CAFE SEBASTIAN 2ND MONDAY MONTH

YOUNGER ONSET DEMENTIA CARER SUPPORT PROGRAM
10-12PM EVERY 1ST FRIDAY OF THE MONTH,
APRIL/MAY/ JUNE: SUMMERLAND FARM, ALSTONVILLE

SENIORS MUSIC MUSTER REPORT
WEDNESDAY 20TH MARCH



Help Reduce Your RISKS OF DEMENTIA

Things You Might Be Able To Change

Early Life



Mid Life



Later Life



MAKING GOOD LIFE CHOICES

HELPS PROTECT BRAIN HEALTH



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CHAIR - Anne Moehead OAM, PSM

Welcome to 2024

Here we are again a new year and new challenges, some of which may be enjoyable and others not so. I am a glass half full sort of a gal, so I hope that we can face challenges that come our way in 2024 together and with a positive outlook. That's the important facet of being a supportive community.

I hope many of you had a chance to have some relaxation over the Christmas break, it seems so far away now. I for one had a chance to reset and enjoyed a visit from my daughter Renee and her husband Mohammed. They live and work in Doha Qatar, they have to make a very long journey of approx. 20 hrs plus to arrive in Wollongbar. Their company made Christmas so very special.

The Dementia Inclusive Ballina Committee welcome a couple of new members following our AGM in November, Kylie Strom who has a background in Occupational Therapy and Susan Burgess nursing. They introduced themselves in the Christmas newsletter. I hope you had a chance to read about them. We are so very fortunate to have their skills, knowledge and commitment to our vision and goals for the Ballina community. I thank them for joining us.

We have had two committee meetings thus far and have hit the ground running, for example: supporting the Dementia Australia: Dementia HUB early in March, the upcoming Music Muster 20th March, planned involvement in the Memory Jog for May 19th, upgrade of our Dementia Inclusive website, planned symposium in October and continuation of our successful Wednesday Activities at the Aero club. Plus, much more. So, watch this space and have a look at the Website for up-to-date events.

Highlights of two of our current programs include work done by Sabrina and Susan who are delivering the 'Investing in Women Program' which is building digital literacy among women with dementia and carers. The work they have been undertaking with digital education, application of AI has been truly inspiring. Research on the effectiveness of the program is part of the plan. Sabrina is working with Chris McNally a carer, to consider the needs and a voice for younger people with dementia. Together they have developed the Younger Onset Dementia group: with the aim being to deliver a well-being program designed to address different aspects of daily living for people with younger onset dementia and their carers, with an emphasis on improving mental health outcomes and a supportive group for the carers. Sabrina and Susan will report on these initiatives in this newsletter.

As mentioned earlier, I feel honored to be part of such a vibrant and committed team and I thank each of them: Meg Pickup, Gabrielle Rodda, Sabrina Pit, Ian Johnston, Kylie Strom, Val Schache, Louise Horstmanshof, Susan Burgess, Kelli Potts and Gwen Mapstone.

Onward and upward for 2024 !!



WEDNESDAY ACTIVITY UPDATE - Meg Pickup

The Wednesday Activity Group has had a very busy first three months of the year. After greeting the New Year at our January 10 meeting where we caught up with people's activities over Christmas and the New Year, we have had a lively program. We've had musical performances, celebrated Australia Day, participated in games and activities, and shared memories using items from our museum box.

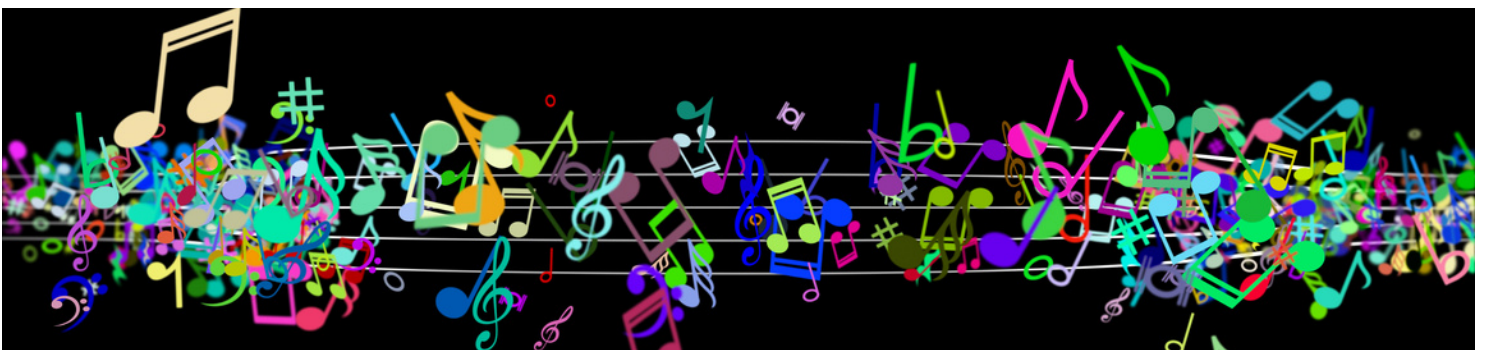
We recognised Lunar New Year by matching people's birthdays to their animal representative on the Lunar Calendar, distributing red envelopes with money (known in Cantonese as laisees), sharing the messages in fortune cookies and wished people Kung Hei Fat Choi the popular Cantonese New Year greeting which means 'Wishing you prosperity!'. Valentine's Day was celebrated by icing heart- and other-shaped biscuits with royal icing. Once the icing dried the biscuits were put in bags and decorated to be shared with a loved one. Thank you to our volunteer Robert for baking the biscuits and making the royal icing.

In early March we welcomed Anthony Parker from the DA NSW Dementia-Friendly Communities Program and Marie-Louise Bone from the DA Qld. Dementia-Friendly Communities Program who were here as part of DA's Brain Hub seminars held in Ballina, Lismore, and Casino. We really wowed Anthony and Marie-Louise with our enthusiastic participation in the day's activities.

St Patrick's Day was a hoot with green 'beer' to start the day followed by traditional Irish fare for morning tea including soda bread, Irish shortbread, scones, and Barmbrack Teacake. A big thank you to volunteers Susan, Valda, and Rosemary, who are also carers, for preparing these treats. People dressed in green and wore innovative headwear. We tried to make shamrocks using pretzels, with chocolate holding the construction together and a small green, apple-flavoured lolly on top. Unfortunately, the chocolate was not appropriate, so we admired what we had created then ate the ingredients. We'll be better prepared next year. The Irish jokes we told to great mirth, helped us gloss over our failure. Thanks to Judy for suggesting the shamrock activity and Susan and Valda for organising the ingredients, although the chocolate was down to me.

The Seniors Music Muster held on March 20th at the Ballina RSL Club as part of the Seniors Festival was a great success. The event was supported by a grant from the NSW Government. There were 80 people in attendance, who were entertained by the Paradise Pluckers uke band, performance poet That Bloke from Wantabadgery, a Cappella group Sometimes 7, and country singer Billie Tadros. Thank you to volunteers Ian, Kylie, Susan, Val, and Leigh who assisted with registration, and meeting and greeting and to Joan who emceed the event. The Wednesday group volunteers were looking forward to a break but with Easter and Anzac Day soon this will not transpire.

Again, a big thank you to the volunteers who assist each week, bring beautiful home cooked treats for morning tea, preparing morning tea and serving tea and coffee. What a team. I would also like to thank the carers who come each week and join in the activities that are so beneficial for all who participate. It's a great joy to me to be involved with such a wonderful group of people



ADVISORY GROUP CHAIR - Gwen Mapstone



Welcome to 2024 from the Advisory Group

On February 21, the Advisory Group met as part of Activity Group's usual Wednesday meetings at the aeroclub. The group nominated possible activities for the second half of the year. The suggestions will be used to create a draft calendar.

We have had some interesting and enjoyable activities in the past month. We talked about items from the museum box, which contains items from past eras. We celebrated Australia Day, the Lunar New Year and Valentine's Day. We enjoyed music with Joan and Peter. It is wonderful to see Neil and Dick asked to perform with the singers.

Perhaps the highlight was when Anthony Parker from Dementia Friendly Communities, DA NSW and Marie-Louise Bone from Dementia Friendly Communities, DA, Qld, attended the activity group. We did our gentle exercise with more passion; sang the best we've ever sung and joined in the games with enthusiasm. It was close to, if not, the best session we've had to date. Anthony and Marie-Louise were really impressed with how the Activity Group was functioning.

Recently we celebrated St Patrick's Day and participated in the Seniors Music Muster as part of the NSW Seniors Festival.

I would like to thank the volunteers who help each week. Without your support the Activity Group, which is so beneficial for people living with dementia and their carers, would not happen.

Investing in Women Digital Literacy Program - Susan Burgess

Over the past twelve weeks Sabrina Pit and myself have provided free "Digital Training" for carers of people who are living with Dementia. Past carers of someone living with dementia were also invited to participate. Each session was for approximately two hours, and everyone had the ability to attend more than one session. Sessions were conducted in the person's home, with the teachings based on each person's needs.

Examples of the topics were, E/Safety and scams, passwords, emails, mobile banking, creating albums for photos, My Gov and emergency plus app. As well as face-to-face training, two, two-hour sessions on Artificial Intelligence with an average of 11 participants at each session were held at Crowley Education rooms. The topics included 'Introduction to AI and how to create pictures with AI.'

This program was able to be carried out thanks to a grant received from NSW Government.

Membership Update with KylieStrom



March has been a busy month on memberships. We have been able to warmly welcome new members this month, which assists us with growing our support base and sharing our expertise and service offerings with each of our members.

We are working hard behind the scenes to streamline our membership process and we are always coming up with new and innovative ways to benefit our members.

If you or anyone else would like to be part of our Dementia Inclusive Ballina Alliance please email us on dementiainclusiveballina@gmail.com or call Kylie to discuss on 0401 648 938

Dementia Australia Dementia Hub comes to the North Coast

We were very fortunate recently to be able to welcome Dementia Australia over the week 4th to the 8th March in delivering the 'DEMENTIA HUB' topics included:

- Understanding dementia
- It starts with you
- Consumer Engagement
- Considering Residential Care
- Driving and Dementia
- Activities at Home
- Communication and Dementia
- Understanding Changes in Behaviour
- EDIE for Carers which provided a virtual experience in how a person living with dementia perceives the world.



Many locals had the opportunity to attend We thank Anthony Parker, Lance Dale, Annette Noffke and our Queensland coordinator Marie-Louise Bone for all the work in bringing the sessions to North Coast. If you are seeking further information for future Dementia Hub or other resources please have a look at the Dementia Australia website <http://www.dementia.org.au/>



Younger Onset Dementia Carer Support Group by Dr Sabrina Pit

Our group has grown from 4 members in September 2023 to 12 in March 2024. We started with monthly coffee meetings in 2023 to get to know each other. In 2024, we moved to a more formal structure by inviting guests speakers to help making life easier for people living with young onset dementia and their carers:

- January - Kylie Strom (OT) discussed tips and tricks about how we can make daily tasks easier.
- February- Shannon Bourke (Social Worker Dementia Outreach) talked about the changes in law around young people entering nursing homes.
- March - Ian Johnston (Gero-Psychologist) spoke about depression and anxiety and how we can recognise early symptoms amongst our loved ones.
- April - Dr Hilton Koppe (GP) will discuss how we can prevent dementia and assist children who have parents living with young onset dementia.

In March, we have also organised extra activities, including:

- A meeting with Peter Hoarre from Dementia Australia, who runs a young onset dementia counselling group.
- A focus group session arranged by the Federal Government to evaluate services provided by Dementia Australia and how these can be improved. Our group has a rich experience of needs associated with young onset dementia so we jumped at this opportunity.
- Chris, Louise and I have attended two workshops to design a specific evaluation for our Support Group as part of a national evaluation of dementia inclusive communities.

We are grateful to the inGRAINED Foundation for initial funding and everyone who has made our new group a success. Chris McNally has been specifically instrumental in providing advice and supporting the work. The group is growing from strength to strength and filling a much needed gap in our communities. We are planning two social activities with partners in May and June so please reach out if you like to know more or have ideas or would like to help!

Our group is not limited to Ballina, we have people from across Northern NSW so please share with your patients, clients, friends and family. The 1st thing new members say is: *I have finally found people that experience the same as me!* When you talk to others, it will help raise the awareness of young onset dementia and we can find other people who may just need some social connections with other people to feel a little bit better and heard!

We love to hear from you, please contact Sabrina on 0429455720 or admin@dementiainclusiveballina.org.au:

- If you are a professional that would like to share knowledge at a meeting or promote our work with your clients and patients
- If you would like more information about attending an activity or meeting
- If you are interested in providing funding or in-kind donations for future activities.

WEDNESDAY ACTIVITY CALENDAR 2024

April - June 2024

April

3rd: Mural Paintings/craft/games

10th: Music by Joan and Peter

17th: World Heritage Day on 18th, discussion of local cultural icons, monuments, and heritage sites. Bring photos.

24th Pre-Australia Day (Making Anzac biscuits, significance, trivia)

May

1st: Drumming

8th: Pre-mothers Day (May 12). Team ball games.

15th: BBQ or lawn bowls or Museum Box

22nd: Music with Joan and Peter

29th: Complete Mural

June

5th: World Environment Day - Bunnings planting seedlings in pots?

12th: Scone Making

19th: Pre-World Refugee Day

26th: Lounge Chair Travel- Travel Talk,s and sharing of travel photos

LISMORE MY -WAY MEMORY JOG

Whether you're an experienced runner or just starting out - we have a 5km riverside course for those looking to show us what they've got! We also have a delightful 1km walk around albert park if you're looking to go for a leisurely stroll.

Sunday May 19 from 0800hrs

Albert Park Keen St Lismore

<https://www.memorywalk.com.au/event/lismore-myway/home>

YOUNGER ONSET DEMENTIA CARER SUPPORT PROGRAM - PILOT

WHEN:

- FRIDAY 5 APRIL 10-12 NOON
- FRIDAY 3 MAY 10-12 NOON
- FRIDAY 7 JUNE 10-12 NOON

WHERE: SUMMERLAND FARM,253 WARDELL ROAD, ALSTONVILLE NSW 2477

APRIL PRESENTER:

DR HILTON KOPPE - DEMENTIA PREVENTION

Phone Dr Sabrina Pit 0429 455 720

Supported by:



WATCH THIS SPACE

Younger Onset Dementia Program

Please get in contact if you are a professional or business that would like to get involved, a person living with Younger Onset Dementia, a carer or an interested member of the community who would like to volunteer.

Phone Dr Sabrina Pit 0429 455 720

Save the date for the
Dementia Inclusive Ballina Symposium

Fostering Resilience to Dementia Recognising and Reducing Risk

October 25th Ballina RSL
Registration open in June 2024



BALLINA AND SURROUNDS
SUPPORT FOR CARERS & PEOPLE LIVING WITH DEMENTIA

Every Monday of school term 10am - 11:30am	BEATING HEARTS OF LISMORE A SOCIAL GATHERING FOR OLDER PEOPLE LISMORE HEIGHTS SPORTS, RECREATION AND COMMUNITY CLUB HIGH STREET, LISMORE HEIGHTS <i>No need to register Not run on public holidays</i>	
2nd Monday of month 10am - 12pm	DEMENTIA CAFE FOR PEOPLE LIVING WITH DEMENTIA AND CARERS CAFE SEBASTIAN, BALLINA FAIR <i>No need to register Not run on public holidays</i>	
3rd Monday of month 2pm - 3pm	ONLINE CARER SUPPORT GROUP FOR CARERS OF PEOPLE LIVING WITH DEMENTIA ONLINE CLICK HERE TO JOIN MEETING	
Every Tuesday of school term 1:30pm - 2:30pm	RALLY4EVER FREE & FUN TENNIS FOR CARERS BALLINA TENNIS CLUB, 69 BURNET STREET, BALLINA CLICK HERE TO REGISTER	
2nd Tuesday of month 10am - 12pm	CARER SUPPORT GROUP FOR CARERS OF PEOPLE LIVING WITH DEMENTIA LISMORE WORKERS AND SPORTS CLUB, 202 OLIVER AVE, GOONELLABAH <i>No need to register</i>	
3rd Tuesday of month 10am - 12pm	CASINO LIBRARY ACTIVITY FOR CARERS AND PEOPLE LIVING WITH DEMENTIA CASINO LIBRARY, 4 GRAHAM PLACE, CASINO <i>No need to register</i>	
Every Wednesday 10:30am - 12:30pm	DIB ACTIVITY GROUP FOR PEOPLE LIVING WITH DEMENTIA AND CARERS BALLINA AEROCLUB, GA ACCESS ROAD, SOUTHERN CROSS DRIVE, BALLINA <i>No need to register</i> VISIT WEBSITE FOR FURTHER INFORMATION	
3rd Wednesday of month 10am - 12pm	THE CARERS COFFEE CLUB FOR CARERS HOTEL BRUNSWICK HEADS, 4 MULLUMBIMBI STREET, BRUNSWICK HEADS Contact Emma White Phone: 66821522	
Last Wednesday of month 10am - 11:30am	BALLINA F2F PEER SUPPORT GROUP FOR CARERS CHERRY STREET SPORTS CLUB, 68 CHERRY STREET, BALLINA Contact Chris de Bierni Phone: 66717644	

✉ mel.oreilly@health.nsw.gov.au
shannon.bourke@health.nsw.gov.au 6620 6274

BEATING HEARTS OF LISMORE
Is a FREE, volunteer led, weekly social gathering for older people living in the Lismore area.

JOIN US:

Where: Lismore Heights Sports, Recreation and Community Club
High Street, Lismore Heights (downstairs, enter from carpark)

When: Mondays (excluding school and public holidays)

Time: 10-11.30am

Cost: FREE

NEED SUPPORT

MY AGED CARE
Information and access to aged care services
1800 200 422
www.myagedcare.gov.au

THE CARER GATEWAY
Information about emergency respite and carer support
1800 422 737

THE DEMENTIA OUTREACH SERVICE
Dementia advice and support
Ballina Community Health
02 6620 6274

CARERS NSW
Information for carers
02 9280 4744

DEMENTIA AUSTRALIA
24 HOUR HELPLINE
1800 100 500
www.dementia.org.au

FORWARD WITH DEMENTIA
Information for people living with dementia, carers and health professionals
www.forwardwithdementia.au

NSW ELDER ABUSE HELPLINE
1300 651 192
www.eapu.com.au

BYRON SHIRE RESPITE CARERS COFFEE CLUB
Support group for carers
Emma White - 02 6685 1629

