The newly formed Guernsey Community Foundation is making waves throughout the local world of charities. Its affiliated Volunteer Matching Programme has found us a helper for this newsletter (pg 6) and now we have been successful with our application for a grant to help us in our support for people in Alderney.

This came about when we visited Alderney to meet with Colin Williams, whose wife had sadly suffered from Alzheimer’s. Colin was interested in passing on information about the illness to fellow islanders and together with Barbara Benfield and Emma Gershon, the new manager of the Connaught Care Home, they founded the Alderney Affiliate of the Guernsey Alzheimer’s Association.

We have sent the AAGAA several hundred pounds worth of books to start a lending library and Paul Corcoran, Nurse Specialist Older Adult (Mental Health) of the Guernsey HSSD, who regularly visits Alderney, has begun a series of seminars which our Community Foundation Grant is funding.

We have offered to fund training in dementia care for a person in Alderney and have also invited a representative to a conference being run by Health Information Guernsey entitled “Who Cares for Carers?”. This is to be partly chaired by our chairman Jurat Mike Tanguy MBE.

We see our commitment to the AAGAA, backed by our grant from the Guernsey Community Foundation, to be available for as long as our support is required.

Deutsche Bank

Each month we invite about forty-five old and new friends of the GAA to join us for lunch at our Delancey Centre. They all, in one way or another, have a real experience of the severe effects of Alzheimer’s, which afflicts our living today, and they are pleased to meet up with others with whom they can share their experiences.

Deutsche Bank is an internationally renowned organisation and it has been a very generous supporter ever since the early days of the GAA when they began, and still continue, to heavily subsidise these popular lunches.

There is a further benefit in that they also provide us with helpers in the form of interns, who work for the bank in the summer months. These young people are encouraged to volunteer to help charities during working hours and as a result two or three come along each month to help our own volunteers serve lunches and to clear up afterwards.

They are all so pleasant and mix with our guests so freely, that their very presence is greatly appreciated by everyone even before they get stuck into any work which needs to be done. Deutsche Bank don’t confine themselves to just this though because when other types of work are required they are there. Recently a significant amount of re-decoration was needed in the Centre and small teams arrived from Deutsche Bank, with their own materials, for part of each day for a week. The result was a complete transformation of storage areas which had not been touched for years and the brightening up of other areas in the Centre which needed refreshing.

We are enormously grateful to Deutsche Bank for their generous and ever-present help. Our task is far easier with such people on board.
FUN & GRATITUDE
Sunny day of fun & our chance to say thanks

Maison de Quetteville
Sunny Day Out

What a wonderful time we all had at Maison de Quetteville on the bright summer’s day of 18th July. Care manager Moira Boyd and her good humoured smiling staff entertained the lunch members from the Delancey Centre and the residents of the care home.

Moira said that following the success of last year’s barbeque, they had decided to organise another. This year, with the help of an extra chef, the care home staff served delicious food including sausages cooked to perfection. Over 100 people enjoyed the congenial atmosphere and it was a great opportunity for our folk to meet others.

Helpful Partners
Betley Whitehorne & BWCI

The Guernsey Alzheimer’s Association could not operate as effectively as it does if there was not so much work going on behind the scenes to help maintain the website and newsletter. Because of this, the Guernsey Alzheimer’s Association would like to thank Chris Betley and the team at Betley Whitehorne, and Paul Jinks of B.W.C.I for who no request is too much trouble. Courtesy of Chris Betley and the BW Team, we have a great layout for our website and his guidance has been crucial for achieving the cool design we have in our newsletter. Without Paul Jinks and BCWI, though, we wouldn’t have a newsletter at all! Paul does almost all our printing on the company’s superb machines, including that of our newsletter. These companies are crucial in giving the association the profile that it does and we are so grateful to both of them.

Dave Falla MBE

Of all the hundreds there at Dave Falla’s funeral- a true celebration of his life- one of us went for the GAA to remember what he did for us in two successive years helping us to grow our own asters and make two floats for the North Show. A wonderful man who it was a privilege to know. Our sympathy to his family in their loss.
Once again Sarah and Huw Evans opened their superb St. Peter Port garden to visitors and locals from far and wide in aid of the GAA. Thanks to sunny weather and tremendous work by volunteers, who manned the gate, the various stalls and served teas, and in spite of emergency road closures which affected access, we had a great financial result.

The garden had been planted and specially nurtured to flower on the chosen date and gave huge pleasure to those who visited. We express our deep thanks to the Evans family who chose to share their amazing surroundings with us all.

£2955 RAISED

Dear All
I am pleased to report the result of the Open Garden

The total raised from the event was: £2954.60

There were 305 visitors, including some from Scotland and Germany.

Signed
Bryan Mauger
Hon. Treasurer,
Guernsey Alzheimer's Association
Our grant scheme is beginning to make a difference to people’s lives. We have helped with taxi fares for hospital visiting, expenses enabling a relative to accompany a dementia patient to a hospital in England, and the purchase of special scales for a care home. In one instance, we provided a bath in place of a shower because the falling water frightened the user, who was suffering from dementia. All applications are welcome and treated in the strictest confidence.

**To enquire about our grant scheme contact**
Bryan Mauger
Hon. Treasurer
on 711077

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This year we have had increasing interest from organisations both corporate and charitable. In consequence, we’ve been delighted to be able to expand the work we do to help dementia sufferers and their carers.

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**Barbara’s Page**

**Funding Support**

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**Grant Scheme**

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**To enquire about our grant scheme contact**
Bryan Mauger
Hon. Treasurer
on 711077

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**Rotary Guernesiase**

On 3rd June, Dr Mike Mowbray our Vice-Chairman and I, your Hon. Secretary, were invited by Rotary Guernesiase to join them for dinner at the Yacht club and to give a short presentation on the Guernsey Alzheimer’s Association. The reason for the invitation was to present the GAA with a marvellous cheque for £2,500.

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**Richmond Fiduciary Group Ltd**

As part of their commitment and on-going support, Richmond Fiduciary Group Ltd sent both employees and directors to help out at monthly social lunches attended by carers and their dependants. They spent time talking to guests, serving drinks, assisting with lunch service, as well as rolling up their sleeves to help in the kitchen. The team also helped with selling Queen’s Jubilee Year DVDS at Waitrose, from which the GAA had a share of the proceeds.

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**School Choir Entertains**

Teacher Lorna Robson, who has links with our volunteers, helped to organise a performance by the St. Sampsons High School choir to entertain guests at the GAA’s March monthly lunch. Led by Head of Creative Arts Sarah Tennant, they sang songs from the Lion King and Pocahontas which were enjoyed by all.

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**Myra Hardwick and Tony Link, Richmond Fiduciary Group**
FUNDRAISING
What we’ve been raising for GAA

£3900 RAISED

Any sparetime to help?

How would we manage without our volunteers? They help regularly with our programme at the Delancey Centre, and are always there when it comes to Fundraising events. Outstandingly they man the selling points on Flag Day. This year they raised the phenomenal sum of £3900.

Have you any time to spare to help them out?

£7500 RAISED

Anne Mauger

If you need something done and can’t do it yourself then ask Anne Mauger. Behind every successful man is a reliable woman and so it is with our indomitable Hon. Treasurer and his resourceful wife. Anne has a phenomenal memory for facts and figures which are sometimes from years past and is shrewd and balanced in her judgments. Barbara Giles, our Hon Secretary, has pointed out how Anne’s work, largely invisible in so many of our fund-raising events, goes unnoticed. However she is always there, doing all manner of things for the GAA.

Tower to Tower Walk

The annual Tower to Tower Walk got off to a flying start at 10am on Sunday 7th July at Vazon Tower number 12. In bright breezy sunshine, about 300 walkers covered the distance round the coast to Tower number 5 at the north end of Lancresse Bay. This Tower, co-owned by Stephen Ainsworth (Managing Partner of B.W.C.I) and Stephen Collas, who are such staunch supporters of the GAA, was open for public viewing.

Near the finish line was a barbecue selling hot dogs and burgers run by Country Butchers with all profits in aid of the cause.

Total sum raised, a princely £7500.

So hearty thanks go to the walkers, the ever resourceful volunteers who registered the walkers, the patient marshals who included our Chairman Jurat Mike Tanguy, and everyone else who took part, not least the Country Butchers who brought their first class quality yet again.

Chris and Janet Sherwell, regular supporters of the GAA, were in the leading group of walkers.

(Photo courtesy of the Guernsey Press)
VOLUNTEER WEEK
Volunteer Expo - 8th June 2013

On a very windy morning, writes Barbara Giles, we set up camp in Market Square, with a view to recruiting new volunteers to the Guernsey Alzheimer’s Association. Our first ten minutes were spent setting out our stall and the next half hour in retrieving all our leaflets, which had been blown across the square by the strong winds.

Undaunted by this minor setback, we proceeded with the intended plan. Our ingenious Vice-Chairman, Dr. Michael Mowbray, with the aid of numerous hymn books from the town church, weighted down our leaflets so they did not disappear up Fountain Street. Guilles Alles Library staff also helped us to keep things in place and being next to the Red Cross stand was of great comfort.

We did consider giving a rendition of For Those in Peril on the Sea, but thought better of it, as probably our singing would not have been appreciated by the other stall holders or the visiting cruise liner passengers.

All in all it was a very chilly event but with coffee and soup, we survived. We should be thankful because at least it was not raining and soon after noon the sun began to shine on us.

Thanks go to Liz Head for being there throughout, to Barbara and Bryan for setting up the stall and to David, Christine and Barbara for manning the stall for the full four hours.

During the day, we received some interesting enquires and we are hopeful that they will prove beneficial. In fact, one new volunteer is helping with the newsletter. All told, it was a worthwhile exercise and many thanks go to Laurel and the Guernsey Community Foundation who organised it all.

“Although I was as cold that Saturday morning as I have ever been, it was worth it to discover that the site for the St. Peter Port Market was originally chosen so that the wind whistling up Cow Lane would keep the fish fresh!” Liz Head

Our Dear Suzanne

I first met Suzanne Smith at a meeting called by Jenny Flower of the PEH Occupational Therapy Department, who was anxious to relieve the pressures felt by sufferers of Alzheimer’s disease and their carers. A committee was formed with Suzanne as Secretary, Helen Martin as Treasurer and myself as Vice-Chairman.

Suzanne and her husband Montague came to Guernsey in 1979 to set up a small hotel in the Vale, which Suzanne ran while Monty built several Bungalows in a clos nearby. After a spell of dementia in 2002, Monty died thereby leaving Suzanne on her own.

Suzanne could not type, use a computer, drive a car and was none too keen on writing letters and reports. We may have been a bit dubious of her ability to be our Hon. Secretary, but we need not have been.

Suzanne however, was very determined and enthusiastic. She took driving lessons, bought herself a car and soon settled down to writing up by hand her findings on the people who came to us for help. This meant she became known as our “people person”.

Her talents as a super housekeeper and manager came to the fore when we began to give refreshments and then meals to our visitors. A dedicated Christian and pillar of the Vale Church, she had endless patience and understanding for everyone and was the least intimidating lady you could ever meet.

While spending her time and efforts with our charity organising successful fundraisers in various venues, Suzanne nevertheless gave massive loving care to her immediate family. She was always looking after her grandchildren, especially when she temporarily moved out of her large house into a tiny granny flat attached to her son Mike and daughter in law Cheryl’s home in Monty’s clos.

Later on, while we were waiting to resume tenancy of the Delancey Centre, following our break with the UK society, she generously allowed the Guernsey Alzheimer’s Association, to use her original house for afternoon meetings, singsongs, games and teas.

Always thinking of others, Suzanne was a one off lady whose sad death from cancer at the age of 70 is a great loss to her family and to many people, not least to her friends in the GAA. God broke the mould when he made her.

PGC
Helping deal with Alzheimers

10 Alzheimers Prevention Tips

1. Test your cognitive function. If it is below par, get your homocysteine level checked.

2. Keep your homocysteine level low by: supplementing B vitamins, eating fish, milk and eggs for B12, greens, beans, lentils, nuts and seeds for folic acid, B6 and zinc. If your homocysteine level is high, you’ll need to take a supplement. The evidence for this preventing both memory loss and brain shrinkage is very strong.

3. Take a daily multivitamin and mineral to help keep your homocysteine low, providing at least, 10mcg of B12, 200mcg of folic acid, 20mg of B6, plus 10mg of zinc.

4. Up your intake of antioxidants by eating lots of fruit, vegetables, herbs and spices. Go for strong colours.

5. Ensure essential fats by eating oily fish such as salmon, sardines, herrings, kippers, trout and mackerel three times a week. Walnuts, flax and chia seeds are also high in omega 3.

6. Stay away from sugar and refined foods and limit your intake of carbohydrates.

7. Stop smoking.

8. Limit alcohol and coffee.


10. Keep physically, socially and mentally active. Take some exercise every day, preferably outdoors- we need exposure to the sun to make vitamin D. Keep in touch with friends and family as social interaction keeps you sharp. Keep mentally active by learning new things and challenging your mind.

Granny Pods - An Idea of the Future

It is possible that today’s baby-boomers will be spending their dotage in mobile “pods” parked in a relatives back garden, with a robot to fetch and carry and a fluffy seal toy which responds to voice and touch for company.

By 2050, there are expected to be over 2bn people over 65 worldwide without extended family or care homes able to look after them. A solution is to construct pod homes which can be shifted around suitable locations.

Watch this space!

Reproduced from the Financial Times

Crabby Old Man

After seeing the excellent submission in the last newsletter, Chris Betley sent in this similar poem which has gained much popularity across the internet. These are the supposed words of an elderly man with nothing left to give to the world and while the authorship of this poem is questionable, its message is most certainly poignant.

What do you see nurses? What do you see? What are you thinking, when you’re looking at me? A crabby old man, not very wise, Uncertain of habit, with faraway eyes? Who dribbles his food, and makes no reply. When you say in a loud voice, “I do wish you’d try!” Who seems not to notice, the things that you do. And forever is losing, a sock or shoe? Who, resisting or not, lets you do as you will, With bathing or feeding, the long day to fill? Is that what you’re thinking? Is that what you see? Then open your eyes, nurse, you’re not looking at me.

Remember this poem when you next meet an older person, who you might brush aside without looking at the young soul within...we will all, one day, be there too!

Adapted from The Alzheimer’s Prevention Plan.
FUTURE DATES
Important dates for your diary

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<th>October</th>
<th>Monday 18th</th>
<th>2:00 - 5:00</th>
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Break for Christmas and New Year
See you all again in 2014

Patron:
Mrs. Lynda Walker

Founder:
Lady Cater

Committee Members

Chairman:
Jurat Michael Tanguy MBE

Hon Treasurer:
Bryan Mauger

Deputy Chairman & Medical Adviser:
Dr. Michael Mowbray

Carer’s Co-ordinator:
David Bichard

Honorary Secretary:
Barbara Giles

Newsletter:
Liz Head & Jake Delbridge

Committee members:
Paul le Boutillier MBE, Christine Birkett, Rosemary Smale

Helpline
01481 245121

Health Information Exchange
01481 707470

Respite Care
01481 725241 (ext. 3313) - Social Work Dpt.

Sitting Service
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