



AN APPROVED GOVERNMENT CHARITY
(GAZETTE NOTIFICATION NO. 1225)

Lanka Alzheimer's Foundation

Email: alzheimers@alzanka.org

Website: www.alzanka.org

A message from the President

Worst hit: Dementia during coronavirus



COVID 19 continues its unrelenting march. With more than 40 million confirmed cases and more than a million deaths worldwide, the devastation in the wake of the virus is inexorable. While no one is spared, its effect on those with dementia is unparalleled as highlighted in the Alzheimer's Society Report- Worst hit: dementia during coronavirus.

LAF no doubt is challenged in the circumstances. Having reopened the activity centre for our dear clients in September after nearly six months, we are compelled to have frequent closures as the virus rears its ugly head from time to time. Uncertainty is ubiquitous. We are saddened that many of our clients have deteriorated over the past six months and unable to continue at the activity centre. Some have even passed away. Perhaps, social isolation too was a factor in hastening these outcomes.

We continue nevertheless with our implacable mission. We had a successful virtual walk – 'Memorable Steps 2020' which culminated with a group of us scaling the historical Sigiriya rock on September 21 to mark World Alzheimer's day. We thank all those who supported the virtual walk by their participation. Ayubo.life provided the online platform gratis and worked tirelessly to enable its success. We were able to raise awareness related to Alzheimer's and other dementias thanks to our media sponsors, Wijeya Newspapers and the Capital Maharaja group. Our special thanks go to Rishini Weeraratne and her team at the Daily Mirror online for their brilliant effort round the clock with interviews, videos, write ups and social media publicity. They were ably supported by an accomplished team from Dentsu Grant who came up with the logos, graphics and branding strategy. All these efforts were free of charge. Generous sponsorships from Lassana Flora, Quantum fitness, Cinnamon, Jetwing, Hilton, Galadari, Shangri-la, Serendib Hotels, Bolt Gear, Celcius, Sanoki, Eyecare and Cutting Station enabled us to give exciting gifts to our winners. We congratulate the 67 participants who received these gifts. We are also appreciative of the magnanimous sponsorships by Maliban, Janashakthi life, First Capital and Just kids.

Finally, I end this message with special thanks to Yasmin Cader, who managed this event for us. Her vivacious and dynamic personality has been a key factor in the success of all the events that LAF has been conducting over the years. She has decided to step down from the Board of Directors. Her public relations leadership and publicity efforts from LAF's inception will be sorely missed. We hope however that she will remain in the shadows supporting the board with her expertise and raising sponsorships as before, in the years to come.

CONTENTS	
A message from the President	1
Memorable steps - Virtual Walk for Alzheimer's	2 & 3
Virtual Walk Winners	4
From a Volunteer's perspective	5
Volunteer's tribute to Yasmin Cader	5
Design, Dignity, Dementia: Dementia-related design and the built environment—Case study	6
Modifying 12 Risk Factors Throughout Life Could Prevent or Delay 40% of Dementia Cases	7
Dates to Remember	7
Services	8

Free Memory Screening

October - 02, 16

November - 06, 20

December - 11

Appointments are limited.

Please call 2667080

Memorable Steps - Virtual Walk for Alzheimer's



The pandemic made us re-think our options on how we celebrate World Alzheimer's Month. After careful consideration, we picked the activity LAF has held the longest, and gave it a modern twist. LAF has had the Memory Walk for 17 consecutive years from the year 2002. Since it was not safe to gather a group of people for the Walk, we made it virtual this year. We were partnered by ayubo.life, who provided us the App free of charge to make it possible. The Challenge was to walk 74km / 91, 000 steps at any time during the period Sep 1 to Sep 21. The virtual route mapped out was from the Twin ponds at Anuradapura to Sigiriya. Participants had to download the App, register for the Walk and walk at any place of their choice with the phone or fitness wearable to enable the App to

work out the progress on the given route within 21 days. A few representatives from LAF, Digital Health Care Solutions together with our Dementia Champion, Johann Pieris ascended Sigiriya on the 21st of September to symbolically signal the end to the Challenge.

The Virtual Walk was a novel experience to LAF and to many of the participants. To LAF, it meant a longer planning and coordination effort. Creating dementia awareness was the prime objective and with COVID posing challenges to fund raising, it was important to make fund raising a second objective. Technology did pose a few problems throughout the Challenge, despite the best efforts of ayubo.life that discouraged some from participating. To some, the very thought of downloading an App too was challenging. We are extremely grateful to Chandima Cooray of Digital Healthcare Solutions Pvt Ltd for being our Partner in the Walk and are thankful to Prashanth and his team from ayubo.life.

Despite technological drawbacks that limited participation to only 397 persons, there were many positives. Rishini Weeraratne and her team from Wijeya Group gave LAF their fullest support and LAF received a number of quarter page advertisements in the national newspapers. Additionally, we received wide newspaper coverage. A number of interviews with a section of our Board of Directors, volunteers and supporters of our cause, five informational clips on dementia produced in association with LAF and one promotional video on the Walk were all aired on the web TV of the popular Wijeya Group in two different segments. The informational and promotional videos were available in the Sinhala and Tamil too. Collectively, the informational videos have reached an audience of 374, 300. The interviews reached an audience of 250,700. This is in addition to coverage in the national newspapers. We are grateful to Mr. Sujan Wijewardena for the generous sponsorship from Wijeya Group. Wijeya Group has been a firm supporter of LAF initiatives for many years.

The attractive advertisements and other promotional material in the form of a radio jingle and TV spots were created gratis by Dentsu Grants, a subsidiary of Grants, a premier advertising agency in Colombo. The creatives were colourful and eye catching and made our event and the cause better known. LAF is thankful to Ms. Neela Marikkar for the sponsorship and very grateful to Mr Russel Miranda and his team for their dedication. The radio Jingle was broadcasted sixteen times or more in the popular national radio Channels Legends and Sirasa. The TV clips were aired 84 times on Shakthi TV, TV1 and Sirasa. We are thankful to Ms.Nedra Weerasinghe of the Capital Maharaja group and her team for their generous support to reach an even larger audience through national radio and TV.

In terms of awareness, the event was a great success. In addition to the information generated through all forms of media, LAF created visuals for all the users of the App and participants which too was very well received. The greater

A patient with cognitive impairment who wanders outside alone can easily become confused, injured and get lost.

An identification bracelet can help a loved one with dementia get home



Hypoallergenic and Tamperproof ID bracelets are now available at

The Lanka Alzheimer's Foundation

Inquiries Call **0112667080 /82**

(Contd from page 2) Memorable Steps - Virtual Walk for Alzheimer's

Our promotional material was displayed in a number of places. We are thankful to Mr Ranjit Page of the Cargills group for permitting us to display them at a number of food city outlets and also to Mrs Nasreen Sansoni and Mr Harpo Guneratne of Bay leaf restaurant. These organizations have been supportive of LAF for a considerable period of time.

We are deeply grateful to Janashakshi life, First Capital, Maliban Biscuit Manufactories and just Kiddin for their generous sponsorship of the Challenge at a time of economic downturn. We are appreciative of the the following establishments that gave us attractive prizes to be awarded to participants, which was done through a raffle drawn electronically by ayubolife. We are thankful to Lassana Flora, Serendib Leisure, Hilton Colombo, Hilton residences, Cinnamon Grand Colombo, Cinnamon Hotels & Resorts, Galadari Hotel, Shangri la, Jetwing hotels, Cutting Station, Quantum Fitness, Bolt Gear, Celsius and Sanoki.

We are thankful to Johann Pieris for his unwavering support to the Foundation from the inception of the Organization. Last but not least we are thankful to a large number of persons who made donations, big or small and to all the participants, without whom there would not have been a Walk.

Some of the most endearing responses came from participants who thanked LAF for encouraging them to start or resume walking once again after a hiatus. Many of them said they are encouraged to continue to walk as well. Minimizing the risk of dementia through the promotion of healthy life styles was one of the prime motivations for LAF and ayubo.life to embark on this journey together. Being highly visible, during the month of September through all forms of media gave us a great sense of achievement and these gains will encourage us further to explore and strategize how best we can influence and promote dementia friendly initiatives and policies in the coming years.

Lakmali Cabral



Let's Talk
about

DEMENTIA



Did You Know?


- ❖ Dementia is not a normal part of ageing. It is a disease.
- ❖ 3 out of 4 people with dementia haven't received a diagnosis yet.
- ❖ Early diagnosis enable people with dementia to plan ahead.
- ❖ Dementia is nothing to be ashamed of. It is no one's fault.

So let's talk about dementia. Help build dementia friendly communities.

Virtual Walk Winners


Congratulations to our lucky winners

MEMORABLE STEPS A virtual walk for Alzheimer's.




WINNER OF A HOTEL STAY

Karen Jayaratne




MEMORABLE STEPS A virtual walk for Alzheimer's.




WINNER OF A SIT UP MACHINE

Lahiru Thiwanka




MEMORABLE STEPS A virtual walk for Alzheimer's.



WINNER OF A HOTEL STAY

John Vinoth



MEMORABLE STEPS A virtual walk for Alzheimer's.



WINNER OF A HOTEL STAY

Eranga Weerasekara



- K M Siraj
- Sumangaly Sithamparam
- Thileksana Sivananthan
- Waruna Sampath Darshana
- Andrew Vaz
- Shirani Gnanam
- Janaka Doloswala
- Minura Rashantha
- Tusitha Kumarakusingam
- Sumudu Godawita
- Christine Gamage
- Hemaka Upasena
- Iraj Fernando
- Najah Shariff
- Niranjan Fernando
- Randika Anandawansa
- Rangana Silva
- Savithri Gunasekera
- Sharmini Masilamani
- Sujith Chaminda
- Anura Wijesundara
- Charminda Wadusinghearachi
- Haridaran Selvarajah
- Kanagaranjithan Anushiya
- Mahesh Ab
- Marisa Fernando
- Mike Masilamani
- Randima Nanayakkara
- Tawfeeq Cooray
- Thimuth Amarakoon
- Hansana Aravinda
- Salma Shariff-Marco
- Chuthan Kan
- Chamindu Madhushanka
- Raj sellaiiah
- Suveedran Thirupathy
- Chathurika perera
- Viran Perera
- Ashilla David
- Naima Markar
- Shamal Weeraratne
- DarrelRC DeMotte
- Amila Rajapakse
- Johann Peries
- Lahiru Thiwanka
- Susana Wahab
- Pradeep Gunarathne
- Marian Murphy
- Kissani Liyanage
- Ranjith Karunaratne
- Dushanthi Herath
- Poorna De Silva
- Mafaz Hassen
- Nilukshi Gopallawa
- Shireen Saranapala
- Bhavana Sivayokan
- Shontaal Manuelpillai
- Senaka Dias Amaratunga
- Lakshi Gamage
- Alnaas Esufally
- Roshan Ferdinandusz
- Dhanushka Coomasaru
- Devika Weeraratne
- Chathuri Amaradiwakara
- Aqeel Mohideen
- Nishani Ranaweera
- Imali Harshani

*Questions about
dementia ?*

CALL OUR HELP LINE

2667080

Monday to Friday | 9am– 5pm

For information on dementia and dementia care management

From a volunteer's perspective



I was introduced to the Lanka Alzheimer's Foundation by Lorraine Yu, Co-Founder and Past President in 2017. Until then I had no awareness of the existence of LAF and the support services provided to people living with dementia and their family carers. My mother had suffered from memory loss and confusion caused by a series of strokes. I observed how challenging it could be at times for my father to care for her. After my conversation with Lorraine I was inspired to volunteer at the activity centre.

I was pleasantly surprised when I entered the premises in Maradana in January 2018. The spacious building with wide corridors was full of natural light. Beautiful landscaped gardens were visible from every room. A feeling of serenity came over me.

I am privileged to be a part of a great team of volunteers who have made a commitment to enhance the well being of our clients who enjoy a day of crafting, painting, singing, dancing and fellowship. Each client is special in their own individual way. At the end of my day at the centre I feel a sense of fulfillment and satisfaction knowing that I have been a part of a team of volunteers who have made a difference in the lives of people living with dementia.

Volunteer's tribute to Yasmin Cader



I learnt about the Lanka Alzheimer's Foundation (LAF) from Yasmin Cader, when I started working at the Hilton Colombo in 1996. She was the Director Marketing Communications as well as the President of the Hilton's Welfare Society and was involved in many charity drives at the Hilton even as far back as then! She would handle the hotel events and the staff parties as if they were her own!

As I recall, Yasmin was involved with the Lanka Alzheimer's Foundation since the year 2001, when Lorraine Yu was working on Alzheimer awareness from her own home which is what she told her colleagues at the Hilton especially when fund raisers began and she needed our support. When Lorraine started selling raffle tickets to raise money for the Building Fund of the Foundation, all of us at the Hilton had to take large numbers of raffle ticket books and sell it for the cause.

She would tell us about the progress of the building and I remember how excited she was when she said they were opening the centre on the 21st September in 2011 which we learnt was World Alzheimer's Day! A few months down the road, Yasmin informed me that there was an activity centre being opened and asked if I would like to join as a volunteer. That's when my sister and I became the first volunteers of the activity centre of LAF, which was initially held only on a Wednesday.

Yasmin was actively involved in handling the events associated with LAF. She is responsible for much of the media publicity LAF received over the years. She was instrumental in obtaining fabulous prizes, delicious refreshments from hotels and other organisations and sponsors for the various events organised by LAF. More recently she organized the fun and crazy annual volunteer away- days taking care of every detail. She had this knack of persuading her friends and contacts for various types of contributions which they found hard to refuse!

Yasmin is known for her vibrant personality and wanting to help just about everyone she knows. With her amiable nature she was able to get on with anyone, volunteers, the minor staff or the directors of LAF. She has also given me sound advice on many an occasion which I am grateful for throughout the years I have known her.

She will be surely missed by us on a Wednesday and hope she will reconsider coming back as a volunteer.

“World Alzheimer Report 2020 “ - Design, Dignity, Dementia: Dementia-related design and the built environment - Case study

Lanka Alzheimer’s Foundation receives acclaim in World Alzheimer Report 2020 for its Activity Centre design

The state of the art , activity centre of the Lanka Alzheimer’s Foundation (LAF) has been featured in the World Alzheimer Report 2020 for its unique design and features that support people with dementia. It is a haven in Maradana for persons suffering from Dementia and was opened in 2011. A brainchild of Lorraine Yu, the founder Director of LAF, it is an eco-friendly and people centred building with landscaped gardens.

On 21st September 2020 – Alzheimer’s Disease International (ADI) launched the World Alzheimer Report 2020 focusing on Design, Dignity, Dementia: Dementia-related design and the built environment.

The first of its kind, the World Alzheimer Report 2020 is the most comprehensive and in-depth look at dementia related design and the built environment. It looked at progress to date, pioneers and innovators, design principles, application, regional and cultural contexts, and the importance of including people with dementia in all aspects of design, and poignantly the role of design during the coronavirus pandemic and beyond.

The following were the criteria for the showcasing of the LAF centre in the report.

- *Safety*
- *Good lines of sight to help people living with dementia to see the key places they want to go to*
- *Good lines of sight for supervision of people living with dementia*
- *Familiar furnishings*
- *Easily found and unobstructed access to a garden, courtyard or outside space*
- *Opportunities to bring in personal items*
- *Being designed with a specific vision of how people living with dementia should be supported.*

The Report also carries the plan and layout of the centre and pictures of the activity centre. This recognition in ADI's Global Report is indeed an achievement for LAF.



Source : World Alzheimer Report 2020 (Read it at : <https://www.alz.co.uk/research/world-report-2020>)

Modifying 12 Risk Factors Throughout Life Could Prevent or Delay 40% of Dementia Cases - 2020 report of the Lancet Commission

Modifying 12 risk factors over a lifetime could delay or prevent 40% of dementia cases, according to an updated report by the *Lancet* Commission on dementia prevention, intervention, published in *The Lancet*.

Twenty-eight world-leading dementia experts added 3 new risk factors in the new report -- excessive alcohol intake, head injury in mid-life, and air pollution in later life. These are in addition to 9 factors previously identified by the commission in 2017 (less education early in life; mid-life hearing loss, hypertension and obesity; smoking, depression, social isolation, physical inactivity, and diabetes later in life).

“We are learning that tactics to avoid dementia begin early and continue throughout life, so it’s never too early or too late to take action,” said Lon Schneider, MD, University of Southern California Alzheimer Disease Research Center, Los Angeles, California.

Commission members recommend that policymakers and individuals adopt the following interventions:

- Aim to maintain systolic blood pressure of ≤ 130 mm Hg from the age of 40 years.
- Encourage use of hearing aids for hearing loss and reduce hearing loss by protecting ears from high noise levels.
- Reduce exposure to air pollution and second-hand tobacco smoke.
- Prevent head injury (particularly by targeting high-risk occupations).
- Limit alcohol intake to no more than 21 units per week (1 unit of alcohol = 10 ml or 8 g pure alcohol).
- Stop smoking and support others to stop smoking.
- Provide all children with primary and secondary education.
- Lead an active life into mid-life and possibly later life.
- Reduce obesity and the linked condition of diabetes.

The report also advocates for holistic, individualised, and evidenced-based care for patients with dementia, who typically have more hospitalisations for conditions that are potentially manageable at home and are at greater risk for coronavirus disease 2019. In addition, it recommends providing interventions for family caregivers who are at risk for depression and anxiety.

The commission members conducted a thorough investigation of all the best evidence in the field, including systematic literature reviews, meta-analyses and individual studies, to reach their conclusions.



INTERNATIONAL CHRISTMAS CHARITY BAZAAR
EST. 1980

Celebrating 40 years of giving

In 2020, for the first time ever, the bazaar goes virtual. Get into the festive spirit by shopping online and helping to give back to those who need it the most and join us for a special one day event.

Online Bazaar 10th Nov - 1st Dec 
Shop online for delivery or collection on 5th December at The Galle Face Hotel. Visit us at keebor@lanka.shopbox.lk

Chatham Luxury Raffle 
Everyone's favourite raffle with a Carier watch from Chatham Luxury as first prize. Tickets Rs 1000 at Chatham Luxury, PR & L'Merier Touché

One Day Event 5th December 
Festive shopping & activities at the Galle Face Hotel

LAF will be participating in the ICCB virtual bazaar
Please support us!



Seasonal Celebrations for Our Clients!

Monday - 30th November
Wednesday - 2nd December
Friday - 4th December

From 04:00 PM to 06:00PM

Lanka Alzheimer's Foundation
110, Ketawalamulla Lane, Colombo 10



GRAND SALE

November grand sale has been postponed due to the COVID pandemic

DATE TO BE NOTIFIED

Lanka Alzheimer's Foundation
110, Ketawalamulla Lane, Colombo 10

Current Services

- Raising awareness and eradicating stigma
- Education on risk reduction
- Education on care management
- Helpline +94 11 2667080
- Memory screening / assessments
- Activity center
- Quarterly newsletter
- Resource Center / Information and resource materials
- Caregiver support group (CSG) meeting
- Memory Garden Cafe
- Identification bracelet
- Website : www.alzlanka.org

Caregiver Support Group (CSG)

The CSG meetings are conducted on a as need basis ;

- support caregivers through discussion and sharing
- listen and learn from care experiences
- share common concerns

The Board

Lakmali Cabral (Secretary), Murtaza Esufally, Priya Fernando,
Lilani Jayasuriya (Treasurer), Beverley Mirando, Prof. Shehan Williams (President)

**PLEASE SUPPORT THE WORK OF THE FOUNDATION
BY MAKING A DONATION OR LEAVING A LEGACY**

The Foundation is a Government Approved Charity (Gazette Notification no. 1225)

Cheques should be crossed and made payable to the **Lanka Alzheimer's Foundation** and sent to Lanka Alzheimer's Foundation, 110 Ketawalamulla Lane, Colombo 10, Sri Lanka

Monthly/Annual donation can be made directly to

Account number: 106110117418

Swift Code NDBSLKLX ,

National Development Bank PLC , Havelock Town Branch, 117, Havelock Road, Colombo, Sri Lanka.

The Lanka Alzheimer's Foundation is a community based charity and relies on donations in order to sustain the services provided to persons with dementia and their family carers.

Your support makes a difference - Please give generously