



## A message from the President



### A new year of recovery and restoration

We start another year! 2020 has gone so fast and yet so slow. A watershed year in the modern history of the world. We fervently hope that 2021 will be a year of recovery and restoration.

Older adults, especially those with cognitive impairment and dementia have been most impacted in the last year. Although there has been no systematic evaluation, it is clear that social isolation has been a defining experience for almost all older adults. Day centres have been closed, church or temple visits have been restricted and visits from and with family and friends have been curtailed. Virtual contact has been a challenge for those with dementia. Some older adults have questioned the need to shield themselves, preferring the risk of contracting Covid 19 in order to hug their grandchildren after many months. Increased

levels of caregiver stress too have been reported.

It is heartening that 2021 brings us hope in the form of Covid 19 vaccines. Older adults and those with dementia will have to be prioritised for vaccination as they are the most vulnerable to this infection. We look forward to a brighter future for all of us.

I take this opportunity to thank all our friends and well-wishers for your continued support and wish you a happy and fulfilling new year!

Shehan Williams

President



AN APPROVED GOVERNMENT CHARITY  
(GAZETTE NOTIFICATION NO. 1225)

# Lanka Alzheimer's Foundation

Email: [alzheimers@alzanka.org](mailto:alzheimers@alzanka.org)

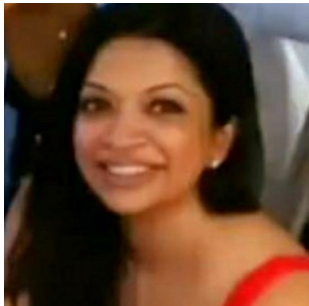
Website: [www.alzanka.org](http://www.alzanka.org)

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## Free Memory Screening

2021		
January	-	08, 15, 22
February	-	05, 19
March	-	05, 19
<b>Appointments are limited.</b>		
<b>Please call 2667080</b>		

## From a Volunteer's perspective - What is meant to be , will always find a way



What to me ,was to be a normal morning of grocery shopping one early day in 2015 , began a journey of great purpose as a volunteer at the Lanka Alzheimers Foundation.

Lorraine Yu was by herself , manning a small table outside the supermarket selling raffle tickets as an awareness & fund raiser towards running the programs at the Centre. Like many lay people to me Alzheimers was a disease. I had heard of but had no real understanding of , the implications it can have, not just on the patients themselves but on their families and carers of such patients .

The tenacity and commitment of Lorraine Yu doing this all by herself led to an extended conversation that morning , and a few more discussions before I was led to commit to being a volunteer in June 2015.

Alzheimers is an irreversible progressive brain disorder that slowly destroys memory and thinking skills and eventually the ability to carry out even the simplest of tasks. What I have learnt is there exists a stigma around the disease , part due to the lack of awareness and understanding ,which prevents people or families of sufferers from seeking medical treatment or assistance in coping.

I have been volunteering at the centre for over five years now and am part of the Monday group where I have not just grown great relationships with the rest of my fellow volunteers , but have also got very close to the patients getting to know them very personally identifying both their weaknesses and strengths .

As irony would have it , a few years after I became a volunteer at the Centre, my own mother was diagnosed with Lewy body dementia and my working experience with patients enabled me to see the early signs in her, leading to early medical interventions and a better understanding on how, as family members you deal and cope with someone so near and dear with this all consuming condition.

Volunteering at the Centre has given me a great sense of purpose and has extended beyond just my day when I am at the premises, where I am able to lend mental support especially to young family members who have a parent suffering from this disease and struggle to cope with the difficulties in managing such a status quo .

To anyone who believes a loved one maybe showing signs of worrying memory loss or even more acute symptoms , please bring them to the Centre as the volunteers are well trained and conduct many fun and interactive activities which include singing , dancing , handwork and painting which the clients love and enjoy tremendously . A delicious vegetarian lunch is also provided and it also gives the carers a day off which we know is most welcome .

“ We remember their love , when they can no longer remember ”

By Nadira Abayakoon

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 safe.



Hypoallergenic and Tamperproof ID bracelets are now available at

**The Lanka Alzheimer's Foundation**

Inquiries Call **0112667080 /82**

## A Carer's Story - By Mrs Lou De Silva



Kinsley Ireton De Silva better known as “K I” was a product of St Thomas College Mount Lavinia.

Once he finished his preliminary education, he joined Law College and passed out as an advocate.

He specialized in Tax Law. He did his full time work till the age of 85. He was a good sportsman and practically played a game of tennis every day. He was a good dancer and party-goer and was always the live-wire of the party.

He slowed down gradually after the age of 85. His health in general was good, but his memory was slowing down. He could remember the past at times or not at all. He also had difficulty with his speech, probably due to Alzheimer's.

Since then he was on medication and was a patient. His doctor suggested that he should be taken to the Lanka Alzheimer's Foundation (Activity Centre) in Colombo for a couple of days of the week. I only took him on Mondays since it was a great task to get him there as we live in Negombo.

Once he started going to the activity centre, he was quite happy and took part in all the activities. The ladies who did volunteer work on Mondays did a GREAT job. Since he loved music, he enjoyed playing drums and dancing, and mingled with other patients quite well. At home he was mostly quiet, spoke little and didn't want to participate in any daily activities such as washing, eating, etc which I had to get him to do forcibly.

He suddenly lost his appetite and I took him to the family doctor who warded him in the nursing home. He was on a drip for three days and passed away peacefully. He passed away just two weeks before his 90th birthday.

## ADI's Inforgram depicting the 12 dementia risk factors based on the recent Lancet report



Source: Livingston et al. A, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission

Many thanks to **ICCB** for continuing to invite us to participate in their Virtual Bazaar. A big Thank you also goes out to all who supported LAF by purchasing merchandise.





## Solo Cycle ride for Alzheimer's by Pubudu Perera

### Charity cycle ride

We would like to extend our heartfelt gratitude to Pubudu Perera for his magnificent effort to raise funds for LAF especially in the context of Covid-19 as donations have dwindled due to the difficult financial situation in the country. Pubudu rode just over 50 miles from Watford – Tring through much of the English countryside to raise funds for LAF. The initial plan was to do this on the 25th of April with a bunch of his friends. However, the Covid-19 outbreak didn't let things go as planned. Hence, he did a solo cycle ride to raise funds and was able to complete the ride on the 26th of Sep 2020 during these tough times.



## Educational Grant by Sun Pharma Sri Lanka

Sun Pharma Sri Lanka awarded Lanka Alzheimer's Foundation with an educational grant to conduct awareness programmes on supporting persons with dementia and enabling their wellbeing through dementia friendly communities.

The picture shows Mr Jyothi Chandran (General Manager/International) and Mr Sreekumar Ramachandran (Country Manager) of Sun Pharma handing over the award to the President and Board of LAF.



*Questions about dementia ?*

CALL OUR HELP LINE

**2667080**

Monday to Friday | 9am– 5pm

For information on dementia and dementia care management

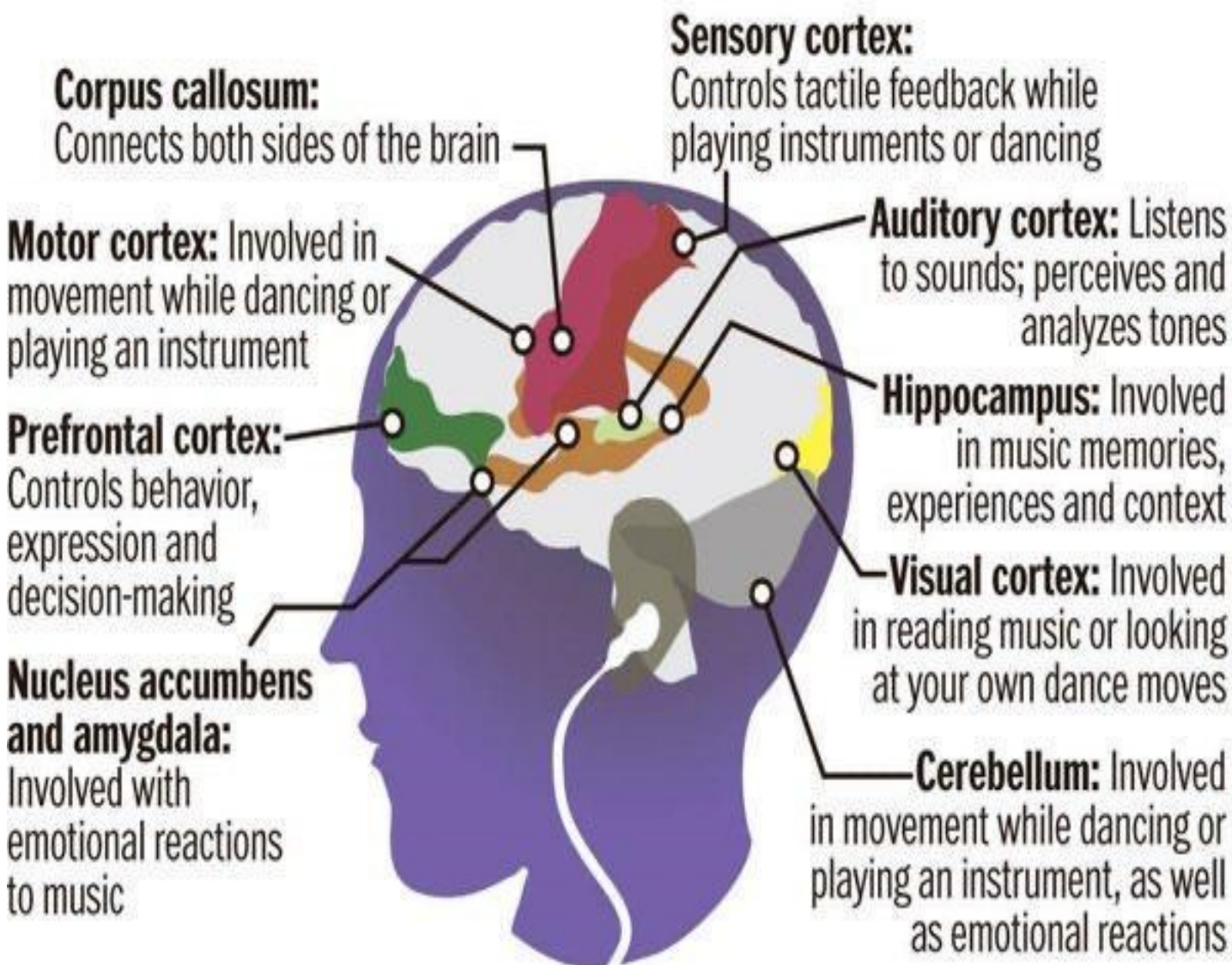
## Music is useful to improve cognitive functions in people with Dementia

The article concluded that listening to music presents the greatest effect on patients with dementia followed by singing. As such, Music therapy improved the quality of life of people with dementia.

Music Therapy in the Treatment of Dementia : <http://www.ncbi.nlm.nih.gov>> pmc > articles > PMC7248378 May 19, 2020 - by C Morena-Mora

# Music and the brain

*Playing and listening to music works several areas of the brain*



SOURCE: Music for Young Children

DESERET NEWS GRAPHIC



## “ ADI New Website - alzintl.org” ..... LAF featured

### Lanka Alzheimer's Foundation



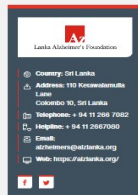
Lanka Alzheimer's Foundation was founded by Herath Bandara Tamitigama and Lorraine Cheryl Mei Feng Yu in 2001 and became a member of ADI the same year.  
The association is based in Colombo, Sri Lanka.



The organisation is proud of its Activity Centre which opened in 2012. It is an eco-friendly building with landscaped gardens that is open three times a week from 9 am - 3 pm and welcomes up to 20 persons with dementia, who are supported by 5-6 dedicated volunteers each day.

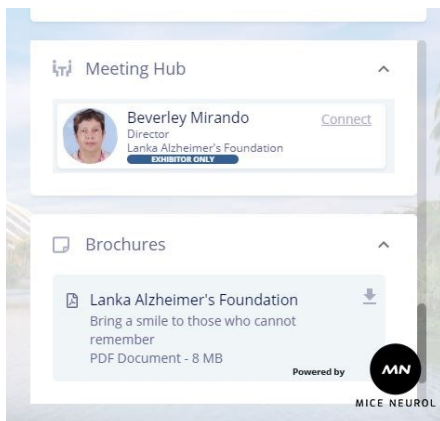
Some of the services provided by the association include:

- Caregiver meetings
- Counselling
- Day Care
- Educational events
- Helpline
- Meaningful engagements/activities
- Newsletter
- Resources (fact sheets, reading materials)
- Seminars/Webinars/Workshops
- Support groups



Alzheimer's Disease International's revamped website is now online with a fresh new look. It also features a listing and direct link to it's 102 member organisations around the Globe, including the Lanka Alzheimer's Foundation here in Sri Lanka. Feel free to scroll through the new website yourself!

Alzheimer's Disease International [www.alzintl.org](http://www.alzintl.org)



ADI's first virtual international conference - "Hope in the age of Dementia" took place from 10 - 12 December. Although, unable to meet in-person, the conference platform and programme was designed to enable delegates to be able to enjoy the benefits of being a delegate at ADI 2020. LAF's delegate was Beverley Mirando.

Some of the topics included -

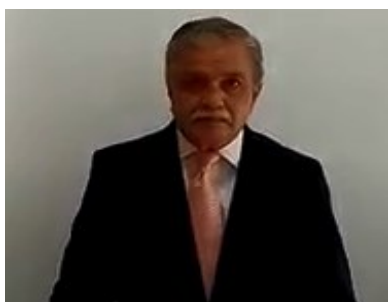
"Dementia: why we need to do more"

"Dementia risk reduction" - discussion on the recent Lancet report,

"Dementia related design" (the theme of ADI's World Alzheimer's Report 2020)

We had a Virtual Booth where our Logo and Brochure was seen by all participants - a novel way of promoting ourselves.

## The Road to Awareness & Friendliness



Our Client Shamil Mohamed's video clip was used by ADI for promotion of the Virtual Conference on ADI's social media and on Facebook.

In the video Shamil shares his journey after receiving a dementia diagnosis at the age of 54.

<https://twitter.com/AlzDisInt/status/1333796452636577795>

## Dates to remember

W<sub>4</sub> E<sub>1</sub> L<sub>1</sub> C<sub>3</sub> O<sub>1</sub> M<sub>3</sub> E<sub>1</sub>

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<b>SCRABBLE BASH</b>							
<b>2021</b>							
<b>Venue</b> Lanka Alzheimer's Foundation 110, Ketawalamulla Lane, Colombo 10							
<b>Date</b> Saturday, 27th February							
<b>Time</b> 9 am to 4 pm							
<b>Sponsorship</b> Individual - Rs. 2,500/- Corporate - Rs. 10,000/- (Team of 4)							
Call 2667080/82/84 for more information							
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Every word's a WINNER

## EVENTS CALENDER 2021

### February

27th of February - Scrabble Bash (To be confirmed)

### September

4th September - Run to Remember

21st September - World Alzheimer's Day

25th September - Annual Memory Walk

### November

06th November - Grand Sale

### December

03rd December - Christmas Party

*(Please get in touch with us on 2667082/4 if you would like to take part in/ contribute to any of the above events)*

  
Lanka Alzheimer's Foundation



Dementia is one of the major causes of disability and dependency

It has a massive physical, psychological, social, and economic impact, on the carers, families and society at large

## Questions about dementia ?

CALL OUR HELP LINE

**2667080**

Monday to Friday | 9am– 5pm

For information on dementia and dementia care management

# Current Services

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