



Message from the President

A new beginning...

There is magic in new beginnings! And 2022 is no exception. After two years of a global struggle with COVID 19, the World Health Organization (WHO) Director-General Tedros Adhanom Ghebreyesus sounded optimistic. "As we enter the third year of this pandemic, I'm confident that this will be the year we end it. But only if we do it together", he stated in his speech in the new year.

Those of us at LAF were positive too as we met with our clients and volunteers on the first Monday of January 2022, reiterating our commitment to providing uninterrupted service unless compelled to restrict our activities as in the past two years. This year, we aim to do systematic outreach beyond our comfort zone in Colombo and plan a community programme in Galle District to create dementia friendly communities. Please await further update on this project in the coming months.

We have developed a strategic plan for LAF for the next few years and will be sharing our new 'Theory of Change' and our goals in the newsletters this year. We hope we can do more to enable the government to develop a National Action Plan for Dementia in Sri Lanka. A concerted effort is needed from all the stakeholders to meet the challenge of Dementia in the coming years.

We will miss the valuable input of Mr Murtaza Esufally, who stepped down from the Director Board last September to pursue his other philanthropic ventures. We wish him success in helping many others through his projects in the coming years.

We wish all our friends on this journey, including our dear clients, their loving families, our dedicated volunteers and our generous well-wishers, a happy and peaceful new year.



AN APPROVED GOVERNMENT CHARITY
(GAZETTE NOTIFICATION NO. 1225)

Lanka Alzheimer's Foundation

Email: alzheimers@alzlanka.org

Website: www.alzlanka.org

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Free Memory Screening

2022

January - 7th, 21st

February - 11th, 25th

March - 4th, 18th

Appointments are limited.

Please call the Helpline 2667080 to register

Annual Sale - 2021

Annual Sale 2021

The annual Grand Sale was held at the LAF auditorium on Saturday 27th and Sunday 28th November 2021 from 9am to 4pm. Keeping in mind the health requirements only our volunteers, their families and friends were informed about it. We are thankful to all those who generously donated garments for this sale.



A
big

Carer's story by Anoushka



Hello to all at the Lanka Alzheimer's Foundation!

I'm Anoushka and my father who is nearly 80 years old, joined Lanka Alzheimers Foundation almost a year ago.

We heard about the Foundation through a friend of ours and the place sounded amazing so I thought I'd check it out as my father, unfortunately, had just started on the scale of dementia.

Lorraine was lovely and very welcoming so I thought it would be the perfect place for my father to visit. I really wanted him to spend some time out of the house and socialise a little, as he was now very much house bound.

At first my father wasn't very sure about going to the Alzheimer's Foundation as he didn't know anyone and it seemed a bit daunting but Susan recommended the days to come and I can't tell you how much these weekly trips have turned my father's life around.

My father comes to the Activity Centre twice a week and absolutely loves it! They play games, listen to music, have some lovely chats about life and my father always says what lovely, caring people the volunteers are and how much he loves spending time with them. His dementia has improved dramatically as he now has things to talk about and discuss, which he does with great enthusiasm!

If not for Lanka Alzheimer's Foundation, I don't know what I would have done. My father is now back to enjoying life and having the will to live.

I thank all the volunteers, Susan and Lorraine for making this possible. My father is like a new person.

Much love and gratitude

CALL OUR HELP LINE

2667080

Monday to Friday | 9am– 5pm

For information on dementia and dementia care management

Seasonal Celebrations at LAF

Unlike in the past where the Activity Centre had one big Christmas party for its clients and their families, in order to adhere to the COVID-19 protocols, three separate Christmas parties were held by the volunteers of the Monday, Wednesday and Friday groups.

Each group enjoyed a morning of singing and dancing complete with a surprise visit from none other than 'Santa' himself, before tucking into the delicious spread of Christmas goodies that were so thoughtfully organized by the volunteers.

A big thank you to all our volunteers for the work they do to keep our clients happy and safe. Thank you to Selvie and Lalitha too who work tirelessly behind the scenes to keep the clients happy and fed with delicious meals and for keeping the centre spotless.

We hope that next year, we will be able to resume our tradition of having one big Christmas party for all our clients and their families.



A Walk to give "with AIA Insurance"

WALK TO GIVE WITH AIA INSURANCE

Start your 2022 by being part of a worthy cause!

Join the virtual step challenge in creating awareness for Cancer and Alzheimer's, two leading non-communicable diseases in Sri Lanka.

Image by AIA Insurance Lanka Limited/Canva, 10/10/2022

Register on the Ayubo.life app

Walk anywhere and anytime between 15th and 31st January

Complete 100,000 steps

Stand a chance to win exciting rewards

You will be a part of the Rs. 1,000,000 donation made towards the Lanka Alzheimer's Foundation and the Sri Lanka Cancer Society

For more details, call 0117 988 788 or email support@ayubo.life

LAF is pleased to announce a partnership with AIA insurance to raise awareness through their virtual walk, 'Walk to Give with AIA insurance'. Join us from the 15th to the 31st of January as we walk 100,000 steps virtually from Kalutara to Galle and stand a chance to win exciting prizes.

You can walk where you please; in your garden, on the treadmill and at your own pace. Just remember to sync your steps with the app when you walk. You can also sync it with your fitbit if you like.

Register with the link below.

https://apps.ayubo.life/open_ayubo.htm



CL Synergy unveils unique 2022 company calendar featuring charities

PREMIER freight forwarder and logistics solutions provider CL Synergy unveiled its company calendar 'CL Synergy SMILES – 2022' with a unique and noble concept of featuring charity organisations and highlighting the work they do.

The CL Synergy SMILES calendar features 12 charities one for each month. The calendar has a barcode for every month for donors to scan and make a contribution without hassle.

The 12 charities featured are: Foundation of Goodness (January), Animal SOS Sri Lanka (February), Emerge Global (March), Fight Cancer Trust (April), Colombo Friend in Need Society (May), Prithipura Communities (June), **Lanka Alzheimer's Foundation (July)**, ESTER (August), Sumithrayo (September), Sri Lanka Wildlife Conservation Society (October), HelpAge Sri Lanka (November), and SLYCAN Trust (December).

<https://www.ft.lk/business/CL-Synergy-unveils-unique-2022-company-calendar-featuring-charities/34-729004>



Coffee or Tea? Drinking Both Tied to Lower Stroke and Dementia Risk

Drinking coffee or tea is associated with reduced risk for stroke and dementia, with the biggest benefit associated with consuming both beverages, new research suggests.

Investigators found that individuals who drank 2 to 3 cups of coffee and 2 to 3 cups of tea per day had a 30% decrease in incidence of stroke and a 28% lower risk for dementia when compared with those who did not.

<https://www.medscape.com/viewarticle/963054>

MIND diet can improve Memory

Adherence to the MIND diet can improve memory and thinking skills of older adults, even in the presence of Alzheimer's disease pathology, new data from the Rush Memory and Aging Project (MAP) show.

"The MIND diet was associated with better cognitive functions independently of brain pathologies related to Alzheimer's disease, suggesting that diet may contribute to cognitive resilience, which ultimately indicates that it is never too late for dementia prevention," lead author Klodian Dhana, MD, PhD, with the Rush Institute of Healthy Aging, Rush University, Chicago, Illinois, told Medscape Medical News.

<http://www.medscape.com/viewarticle/959891>

The Importance of Keeping older adults hydrated (Excerpt from Coventry & Warwickshire - age UK)

During hot weather, it is really important to be well hydrated. This can be a challenge for most of us, but for those with Dementia it can be more harder.

Why should we keep hydrated?

The body is made up of roughly 60% of water which is needed to enable the brain and body to function effectively. Your body uses water to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. Being properly hydrated is also important for some medications to work effectively.

What can happen if a person is dehydrated?

Being dehydrated can have serious health implications in the elderly and those with Dementia.

It can increase UTI's (Urinary Tract Infections), impair thinking, cause a change of mood, cause dizziness and increase the instances of falls. Sometimes dehydration can lead to hospitalisation and decrease the effective function of organs in the body such as the kidneys.

Signs of dehydration

Confusion and delirium

Dry Lips

Headache

Dizziness

Dark coloured, strong smelling urine

Weakness

Helping the elderly and those with memory loss to increase fluid intake

As a carer it can often be difficult to ensure someone with Dementia or memory loss has a regular intake of fluid. Here are some tips that may help:

1. Always have a drink, preferably water, by their side at mealtimes and throughout the day.
2. Add water rich foods to meals and snacks, such as cucumber and melon.
3. Tea, coffee and fruit juices can also aid hydration.
4. Some people prefer hot drinks to cold or the other way around. Experiment with beverages at different temperatures.
5. Try milkshakes or even adding fruit to flavor plain water.
6. Use visual aids like a Fluid Intake Chart, as a reminder to add fluid intake into their daily routine for better health and hydration.

From a Volunteer's Perspective - by Srima

December 13th 2021

It was a red-letter day in the events calendar of LAF. The curtain was starting to fall on 2021.

Our small band of volunteers led by Nadira, were making a great effort to make it an experience different to most days for our much-loved CLIENTS.

Client is too formal a word to describe our Monday visitors. These Mondays visitors are part of our lives. We volunteers come alive and the adrenaline starts pumping when we hear a vehicle approach our Main Gate. As we identify the new arrival there are genuine comments – ‘Ah good so & so is coming’, ‘hope she has recovered from her nasty fall’, or instructions ‘Where is the Nurse? Get the wheel chair’.



13th December dawned – bright and sunny. True to her nature, Nadira had put her very best foot forward and turned the dining cum lounge into a Wonderland of Christmas.

The table was laden with delectable, delicious delights to please every eye and tummy. Thanks are due to these kind folks who made an extra effort to add or enhance the laden table. There was a fair contribution from the main Executive body that governs LAF.

This literal effort was born from one of my most touching experiences that day.

It so happened that I had the role of SANTA thrust on me. Although I had some misgivings about donning the Santa Costume, which may have been used many times during the Season (!), I brushed them aside and played my role to the best of my ability.

Here is the piece de resistance of this essay. Two of our clients made the following comments when I handed over their gift, “My what is this – a gift from you? We should be giving you a gift”. Tears sprang to my eyes at those unrehearsed, spontaneous words – which conveyed to me that the efforts we make to bring a light to their lives does not go unnoticed. The volunteers efforts are much appreciated!!

Hurrah for LAF and the volunteers.

May all be happy, contented and keep well.

Blessings that 2022 will be BETTER than the year just passed.

New Year's Celebrations 2022 at LAF

New Year celebrations with the LAF Directors, Staff, Volunteers and our clients.

On behalf of LAF, we wish you all a “better” and hopefully “normal” 2022.



*Questions about
dementia ?*

2667080

Monday to Friday | 9am– 5pm

For information on dementia and dementia care management

Dates to Remember

EVENTS CALENDER 2022

February

26th February - Scrabble Bash

(All participants are required to be fully vaccinated. A face mask is mandatory)

September

3rd September - Run to Remember

21st September - World Alzheimer's Day

24th September - Annual Memory Walk

November

05th November - Grand Sale

December

02nd December - Christmas Party

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

WELCOME

SCRABBLE BASH 2022

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

Date
Saturday, 26th February

Time
9 am to 4 pm

Sponsorship
Individual - Rs. 2,500/-

Call 2667080/82/84 for more information

SCRABBLE Every word's a WINNER

Those with dementia may have a brain that works much differently than ours. But if we link our hands together,

we can overcome anything.
-Teepa Snow

Caregiverology

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 to get back home safely.



Hypoallergenic and Tamperproof ID bracelets are now available at

The Lanka Alzheimer's Foundation

Inquiries Call 0112667080 /82

Current Services

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

Caregiver Support Group (CSG)

The CSG meetings are conducted as needed .

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

Collaboration :

- Sensitise medical students of the Kelaniya University & the Kotelawala Defence University on non-pharmacological approaches to Dementia.
- Practical training for students of the speech therapy unit of the Kelaniya University.

The Board

Lakmali Cabral (Secretary), 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, (formerly Jawatte 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