

Voice OF Dementia

The newsletter of the Alzheimer's Disease Association

VOLUME 1 ISSUE 1
JANUARY 2017

IN THE KNOW

**MAKING YOUR HOME
DEMENTIA-PROOF**

ACTIVITIES

**GREEN FINGERS,
COLOURFUL MINDS**

THE SECRET INGREDIENT

**BERRY GOOD WAYS
TO IMPROVE
MENTAL HEALTH**

ON THE FRONTLINE

**“I WANT TO
TAKE CARE OF HER
WHILE I STILL CAN”**

A HIKE DOWN MEMORY LANE

The 50cube Hike kicked off on 19 November, as more than 500 people signed up to do their part to give back to the elderly. The aim was to raise funds through the event for two selected beneficiaries, Lee Ah Mooi Old Age Home (LAMH) and the Alzheimer's Disease Association, with participants covering a distance of 50km across the island.

In celebration of the stories of our older generation that helped build our homeland, the 50cube Hike route passed 10 checkpoints and heritage markers that illuminated our past, like the Old Great World Amusement Park and Reflections @ Bukit Chandu War Memorial.

Through the event, hikers not only realised their inner resilience, but also developed a more profound propensity for love. "Just a little kindness truly paves the way for a lot of people," says hiker Kimberly Meagan. "Our pioneers hold the secrets to our happiness now, and I'm not afraid to love and care for a stranger. They've paved the way so I can live carefree; they become my family."

Having achieved their milestone of 500 hikers this year, next year's instalment promises to be bigger and better, with the opening of different categories.



NEW HORIZON CENTRE (TOA PAYOH)

On 26 September, we opened the doors of our renovated premises at our New Horizon Centre in Toa Payoh to our clients and caregivers. We also welcomed Defence Minister and MP for Bishan-Toa Payoh GRC, Dr Ng Eng Hen, who graced the occasion with his presence.

This Centre offers a "home away from home". With ADA's focus to facilitate a Person-Centred Care approach, maximising space was our priority. The possibility of having a few smaller rooms for multi-purpose activities helped in this regard.

The pantry is now parked at the centre of the facility, allowing clients to have easy access. Our new kitchen equipment enables us to have more opportunities for baking and cooking as our clients look forward to such sessions and indulging in their self-made treats over tea in the afternoon.

Impressed with the layout and the enthusiasm of the clients – who were clearly engaged in the activities that day – Dr Ng was sporting enough to take on a client in a challenge using a pair of chopsticks. No prizes for guessing who emerged the winner!



UPCOMING EVENTS

CAREGIVER SUPPORT GROUP
Managing Challenging Behaviours in Dementia Care (Mandarin)
18 Feb at FOW (Tiong Bahru)

CAREGIVER SUPPORT GROUP
Financial Matters in Dementia Care (English)
11 Mar at New Horizon Centre (Bukit Batok)

5th Singapore International Neurocognitive Symposium by National Neuroscience Institute
16 - 18 Mar at Raffles City Convention Centre

CAREGIVER SUPPORT GROUP
Caring for a Person with Dementia: What Difference Can We Make? (Malay)
8 Apr at FOW (Tiong Bahru)

iArt Experiential
21, 28 Apr & 5, 12, 19 May at Caregiver Support Centre

A five-day course that introduces caregivers to the benefits of arts and art therapy and how it can improve the lives of persons with dementia. Interested caregivers should register by 7 April 2017. This event costs \$40 to attend. Art materials will be provided.

CAREGIVER SUPPORT GROUP
Meaningful Interactions with Persons with Dementia (English)
27 May at New Horizon Centre (Toa Payoh)

CAREGIVER SUPPORT GROUP
Motivation in Caregiving (English)
10 Jun at New Horizon Centre (Toa Payoh)

32nd International Conference of Alzheimer's Disease International (ADI)
26-29 April 2017 at Kyoto, Japan

The information and dates listed here may be subjected to change. For the latest updates & full list of events, please visit alz.org.sg/events

FAMILY OF WISDOM ART EXHIBIT @ TAN TOCK SENG HOSPITAL

In conjunction with Family of Wisdom's (FOW) annual art exhibit, 'Remember Me through My Art' was held on the afternoon of 16 November at Tan Tock Seng Hospital (TTSH).

The event, supported by Institute of Geriatrics and Active Ageing at TTSH, reached out to both clients and members of the public. A collection of items made by clients – such as keychains, handphone stands, bags and other creative artwork – were displayed across 11 booths.

Craft activities, cognitive stimulation games and a calligraphy booth kept visitors engaged. A total of 71 clients, mainly persons with dementia, showed their support at the event. Members of the public participated actively during the event. The heart-warming sight of grandparents working on jigsaw puzzles with their young grandchildren reflected the importance of a supportive family environment in caring for persons with dementia.

Towards the end of the event, 20 lucky draw prizes were given out by Mr Jason Foo, CEO of the Alzheimer's Disease Association. *Remember Me through My Art* proved to be an effective avenue for raising funds and promoting greater awareness on dementia. While clients came with their caregivers and friends, a large portion of the visitors included TTSH patients and healthcare professionals who were keen to learn more about dementia. The event managed to raise \$2,100 in support of the programme's services for people with dementia.

WORLD ALZHEIMER'S MONTH 2016 @ TOA PAYOH WEST CC

The Alzheimer's Disease Association (ADA) and Tan Tock Seng Hospital's Institute of Geriatrics and Active Ageing (IGA) commemorated World Alzheimer's Month with the "Remember Me" public carnival, held at Toa Payoh West Community Centre on 17 September.

The event aimed to promote public awareness of dementia and other related disorders. A medley of booths demonstrated how health is intricately connected to our physical, social and mental well-being.

Gracing the event was Senior Minister of State for Health Dr Amy Khor, who addressed issues of enabling accessibility to healthcare and strengthening community support for persons with dementia in her speech.

Our Family of Wisdom team showcased an array of multi-coloured art pieces crafted by our clients. The crowd had fun with an oldies' karaoke session and childhood games like five stones. Participants were also greeted with performances from FIREWORKS and The CARE Library. Our heartfelt thanks to our partners and all who made this event possible. We eagerly await to see you again in 2017!



ANNUAL NEUROCOGNITIVE SYMPOSIUM TO BE HELD IN MARCH

The 5th Singapore International Neurocognitive Symposium will be held from March 16 to 18 at Raffles City Convention Centre. A host of international and local specialists will be sharing their expertise on early diagnosis and strategies for timely intervention of dementia-related disease, coinciding with this year's theme: Early Intervention for a Better Tomorrow. The last symposium held in 2015 focused on Young Onset Dementia (YOD). It also saw the launch of NNI Cognitive Assessment and Rehabilitation (CARE) Programme for YOD, which aims to reach out to patients with education and rehabilitation efforts. This Symposium is organised by the National Neuroscience Institute with ADA as one of the supporting partners.



CELEBRITIES URGE FAMILIES TO CONTINUE VISITING RELATIVES WITH DEMENTIA

Actors Carey Mulligan and Sir Michael Palin, along with talkshow host Sir Michael Parkinson took part in a special episode of a local British radio program to share their experiences with dementia. The famous personalities spoke out for dementia sufferers, arguing that the severity of their condition was no excuse to stop visiting them. Mulligan, whose grandmother suffers from dementia, highlighted how important it was for patients to feel the "calmness and companionship", as she believed that they could appreciate the love and care regardless of their condition. - telegraph.co.uk



BRUSHSTROKE ANALYSIS REVEALS PATTERNS OF DEMENTIA DEVELOPMENT

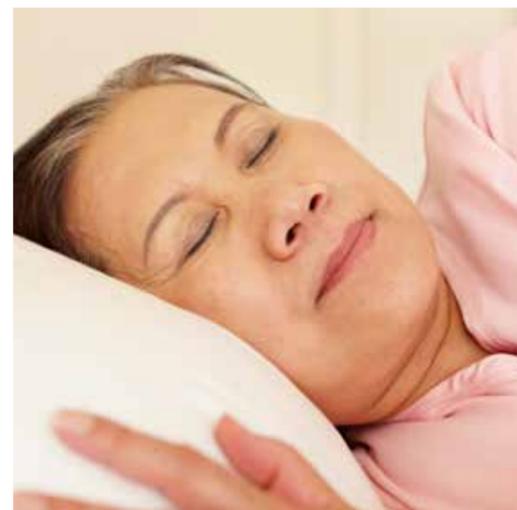
A psychologist from Liverpool University has found evidence hinting at brain changes as degenerative brain diseases develop. Alex Forsythe conducted a fractal analysis of works by seven famous artists and found small yet significant changes in their brushstroke patterns. His research found that the strokes of artists who developed dementia or Parkinson's disease changed over time, while the brushstrokes of artists who did not develop the disease, like Monet and Picasso, remained constant. While these revelations cannot help to diagnose the condition, the patterns give valuable insight into the changes dementia causes in the brain that could help in finding much-needed answers to the disease. - bbc.co.uk

CONSUMING A HANDFUL OF WALNUTS DAILY MAY HELP FIGHT ALZHEIMER'S

A study led by an Indian-American scientist has found that eating a handful of walnuts everyday can help slow the progression, delay the onset and reduce the risk of Alzheimer's disease.

Thanks to its anti-inflammatory and anti-oxidative properties, the new study found that walnuts are able to curb inflammation and oxidative damage to the brain, a common pathological sign of neurodegenerative diseases like Alzheimer's.

These yet to be published findings are very promising and will help lay the groundwork for future human studies on walnuts and Alzheimer's. - economictimes.indiatimes.com



Since my mother was diagnosed with AD, her sleep pattern has changed and she has problems falling asleep. How can I make sleep time easier for her?

In patients with dementia, some of the more common sleep disorder symptoms include increased daytime sleepiness, night time wandering, and confusion.

Some tips on how to improve sleep hygiene:

- Maintain a healthy sleep-wake regimen through regular sleep schedules throughout the week
- Limit time in bed (older persons are recommended to achieve an average of 7-8 hours of sleep per day)
- Avoid or minimise day naps
- Avoid caffeine after lunch
- Avoid alcohol in the evening
- Avoid nicotine at all times
- Increase time outdoors for exercise and light exposure
- Limit liquid intake in the evening (to reduce urinary frequency at night, which disturbs sleep)

It is stressful for caregivers when a person with AD repeats something over and over again. What's the best way to respond in such situations?

Persons with dementia tend to repeat due to difficulties in storing new information and recalling these information. There are several ways to respond in such situations. We can **validate, distract or redirect them**.

When we validate, we agree with what they have said and affirm their feelings or emotions. For example, if they keep asking "What time is it now?", we can respond patiently by informing them of the time and asking them, "Why are you worried about the time? Are you going somewhere or waiting for someone?", rather than getting irritated with the repetitive questioning.

When we distract, we try to change the topic after multiple repetitions. Pick a topic that may be of interest to the person with dementia. For example, change the topic to the grandchildren or a pet that he or she is fond of.

When we redirect, we divert their attention to a task, activity or object such as old photo albums.



THE EXPERT



DR NOORHAZLINA BINTE ALI is a member of the Alzheimer's Disease Association Management Committee. She is also a member of the Ministry of Health Specialist Accreditation Board. She graduated from the National University of Singapore with a basic medical degree and holds Masters of Medicine in Internal Medicine. She has been featured in local newspapers for her views on geriatric issues, dementia and caregiving concerns, and also co-authored *Ageing with Grace: The Complete Caregiver's Guide*. She is a consultant at the Centre for Geriatric Medicine, Cognition and Memory Disorders Service at Tan Tock Seng Hospital.

I WANT TO TAKE CARE OF HER WHILE I STILL CAN

For years, Mr Chua Joo Ee has been caring full-time for his mother, who is diagnosed with dementia. We follow his caregiving story and look at how he became an active volunteer with Alzheimer's Disease Association's (ADA) Caregiver Support Service.

photo credit Community Chest

Elderly patients diagnosed with dementia are often cared for by their children or spouse as they may experience difficulties in performing simple tasks daily. In looking after their ailing loved ones, caregiving family members often encounter frustration and exhaustion in their daily lives. But many of them emerge stronger and become more positive in the face of adversity.

43-year-old Mr Chua Joo Ee shares such a story. His journey as a caregiver began when his mother, Mdm Toh Wee, was diagnosed with dementia five years ago. The alarm bells first rang when her emotional health underwent radical changes. After being discharged from Singapore General Hospital (SGH) for joint problems in 2011, Mdm Toh started to exhibit abnormal behaviour at home. Tantrums and outbursts became a new norm in the house, and she sometimes

became physically aggressive. This left Joo Ee and his family confused and worried.

She was admitted back to the A&E department at SGH soon after, and was warded in the hospital for another 12 days. Becoming excessively suspicious of the people around her, Mdm Toh refused to eat unless Joo Ee was there to cajole her. She was then referred to a psychiatrist, who diagnosed her with vascular dementia.

Facing Dementia

"I didn't know anything about dementia then," Joo Ee recounts. Upon further inquiry from the psychiatrist, it was discovered that Mdm Toh's late father—Joo Ee's maternal grandfather—was once afflicted with the disease, indicating that Mdm Toh's condition was likely hereditary.

Despite the shock from the news, Joo Ee did not lose hope. He was tenacious, and resolved

to confront the problem bravely. "I must find out more about the problem," he told himself. He took it upon himself to actively research on how to care for his mother.

The days ahead were rough. Medication did not provide an instant cure: it took two to three months of adjustment, coupled with dosage modifications, before Mdm Toh's condition gradually stabilised. From 2012 to 2014, Mdm Toh was in the care of New Horizon Centre (Jurong Point), which is managed and supported by ADA. Following a serious stroke in 2014, she resided in a nursing home for about two to three months, before Joo Ee took her home to care for her full-time.

Finding a second family

Initially, Joo Ee felt overwhelmed by his newfound responsibilities as his mother's primary caregiver. He currently also looks after his father, who has kidney failure.

But Joo Ee did not remain alone in his journey. Mdm Toh's psychiatrist at SGH introduced him to ADA. Joo Ee was invited to his first session with ADA's Caregiver Support Group. It was there where he met many fellow

caregivers, who shared similar struggles with him.

At the meetings, caregivers got to meet social workers and healthcare professionals, who were ever-ready to offer advice on mitigating issues they faced at home. Volunteer doctors from Tan Tock Seng Hospital also came by occasionally to give talks, providing caregivers with valuable information on dementia. The participants enjoyed stress-relieving activities such as yoga and tai-chi.

During these sessions, caregivers would leave their loved ones in the care of volunteers at the Caregiver Support Centre, who'd entertained them with arts and craft, drawing, songs and other activities.

Joo Ee feels extremely heartened that he has found a group of people whom he can call his second family. The support group meetings served as a respite from his daily duties of caring for his mother. "Not everyone can understand," he explains. "Sometimes when we feel very frustrated or if we have problems we cannot solve, the group serves as a place we can confide in."



From caregiver to facilitator

Having benefitted from the Caregiver Support Service programme, Joo Ee decided to contribute back. In 2014, he underwent a two-day training course and became a support group facilitator. He now counsels and supports newcomers, together with several of his peers who also returned as volunteers.

As a caregiver who has once been at wit's end, Joo Ee knows how stressful it can be for caregivers to keep their problems to themselves. His goal as a facilitator is to encourage them to air their thoughts in a safe environment, and for them to find support with people going through the same challenges as they are.

Joo Ee's positive attitude and immense fortitude has made him one of the three recipients of the Singapore Patient Action Awards at this year's Singapore Patient Conference, organised by Tan Tock Seng Hospital on 28 October. The award honours individuals who play an active role in the recovery of their family members.

Despite being delighted in gaining recognition for his efforts, Joo Ee remains deeply grounded and humble, focusing only on caring for Mdm Toh. "Life is very short," he explains. "I want to take care of her while I still can."



A DEMENTIA-SAFE HAVEN: WAYS TO MAKE YOUR HOME DEMENTIA-PROOF

Dementia awareness begins at home. Give yourself a peace of mind by safeguarding your home and making it a dementia-proof sanctuary.

Home is where the heart is, as the saying goes, and this is especially pertinent to the lives of those living with dementia. For them, each new day sees them waking to a different environment where yesterday's reassuring familiarity is replaced with today's uncertainty. From the utensils in the drawer to their own reflection in the mirror, their inability to recognise the setting of their own abodes makes navigation around the house a huge challenge and, in some cases, even dangerous. Studies by the National Fire Data Center in the U.S. have shown that people over the age of 65 have a 2.5 times greater risk of dying in a kitchen fire than the general population. Hence, it is imperative for the family and caregivers of people with dementia to create

a home environment that is as safe as possible for them before something happens. "Home modifications must be done to suit the individual needs as their severity and level of help required will be different," says Chong Ying Ying, Centre Manager at two of ADA's Family of Wisdom daycare centres. We explore several ways in which you can dementia-proof your home and share useful tips on minimising household dangers for your loved ones with dementia.

Keep It Simple

The first thing to do is to survey your home thoroughly and see if there are any ways you can simplify the environment. As dementia intensifies, it becomes more difficult for persons with the disease to process environmental information. Even the most commonplace furniture

and set-up can overload their minds with environmental inputs and severely disorientate them. Create more open spaces by getting rid of unwanted objects, keeping things as straightforward and fool-proof as possible. For instance, pathways to common places like the kitchen and bathroom should be direct and free of obstacles. Ensure that rugs are either removed or tacked down to prevent slippage.

People with dementia are prone to wandering. Mark out danger zones and keep them off-limits by securing the doors to them, while not making them feel trapped. "It is not a good idea to keep people with dementia locked up at home as they will get frustrated and exhibit aggression when they realise they are locked up," explains Ying Ying. A tip is to disguise your doors by hanging

drapes or photo murals over them. Also, avoid rearranging the furniture unnecessarily since it might further confuse people with dementia. A simple home is a safe home.

Bathroom Alert

The bathroom can be one of the most dangerous places for a person with dementia. Hence, it is paramount to pay special attention to this commonly-frequented area. Think in terms of making it safe for a child. Install grab bars at strategic locations and textured stickers to slippery surfaces; bear in mind that dementia makes the brain lose the ability to function effectively, leading to increased difficulty in movement and the risk of falling. To prevent your loved ones from accidentally locking themselves in, remove locks from the bathroom door so that help

is readily available. Other tips to dementia-proof your bathroom include placing seating in the shower and setting a warm but safe water temperature. Minimising any potential threat in the bathroom would go a long way in easing your mind.

Kitchen Language

Next to bathrooms, the kitchen is the next danger zone around the house. It is also one of the most accessible areas, and is laden with risks. First, keep sharp objects like knives, skewers, and graters out of plain sight. Make sure that appliances like ovens and blenders are unplugged when not in use and securely stored to prevent them from becoming fire hazards. Consider installing a child-proof lock on the oven to prevent it from being turned on and forgotten. Some households even remove knobs from the stove and replace them with hidden gas valves or switches for optimal safety. Lastly, do a fridge clean-out by removing medications and anything expired to prevent your loved ones from ingesting them by accident.

Light Up Lives

Safety measures around the house would not be complete without adequate lighting. Installing night lights in bedrooms, bathrooms, and along hallways can help prevent falls for those who frequently wander at night. Another cheap but useful installation you can make is to

make light switches easier to locate by applying glow in the dark tape over them. When lighting up your house, try to create even lighting that is consistent throughout the house as disproportionate lighting can be disorienting to a dementia patient.

Soften bright lights and reduce glare that may agitate them. Use lights with dimmers so that you can adjust the lighting of a room to one that is comfortable and safe for someone with dementia. Doing so can also reduce shadows that might trigger confusion. In the day, diffuse sunlight while keeping rooms bright and welcoming by fixing blinds and shades. Simple tweaks like these go a long way in keeping your loved ones safe.

Label, Label, Label

Sometimes the simplest way to memory-proof your abode is to label everything. Doing so provides visual cues to both direct and deter someone with dementia while giving them independence. Paste a "BATHROOM" sign or the universal symbol for the toilet on the bathroom door, or attach symbols of a fork and spoon outside the cutlery drawer. Mark hot and cold faucets in the shower with large, appropriately coloured letters. Make sure that whatever system of labelling you use is clear and easily understood by the person they are meant for.

GREEN FINGERS, COLOURFUL MINDS

Experience the healing effects of cajoling seeds into growth.

Gardening has been shown to have significant health benefits. A moderate-intensity exercise, it is also a great stress reliever with a positive effect on mental health. Horticulture soothes the mind and soul by letting persons with dementia interact with the great outdoors and with others, allowing them to become nurturers and boost their sense of self. Back in 2003, research has shown that the reduced arousal and improved concentration from group gardening is beneficial for those in mental health units. With all these good reasons to do some horticultural therapy, let's dig deep and get started with the basics of gardening.

Location, Location, Location
Taking your gardening exploits indoors might be the best idea in land-scarce Singapore. Not only does it overcome the need for space, it provides the same therapeutic benefits while purifying indoor air quality. Wooden palettes can be upcycled into creative space-saving planters where herbs and creepers grow to provide both organic ingredients for cooking and comforting foliage. If you choose to do gardening outside, pick a place that optimises the basic needs of sunlight, water and good soil.

Power Plant
From fragrant herbs to lush flowers, pick something that you are able and prepared to commit to. Most herbs are generally low maintenance, with chives and lemongrass being hardy and easy to grow. Tropical flowers like hibiscus are great for lifting gloomy spirits and adding a splash of colour to the lives of people with mental illnesses. If time is an issue, go for succulents that thrive with minimal watering and pruning. Remember to read plant labels to ensure their suitability for your growing conditions.



Pump Up The Dirt
Healthy soil means healthy plants. Check the soil for its type and texture to determine drainage. Slow-draining soil is clayey, while fast-draining soil is sandy and rocky. Optimise drainage by mixing in peat moss or perlite, an amorphous volcanic glass that aerates the soil. Well-drained soil is key to growing healthy, happy plants, since waterlogged roots can cause rot, so be sure not to give this step a miss.



Mulch It Up!
One vital step before you get sowing is to cover the area with a two to four-inches thick layer of mulch. It helps to retain the moisture in your soil and prevents the growth of unwelcomed weeds. Your choice of mulch can range from chipped bark to composted manure and even shredded newspaper.

TIP!

Raise planting beds for those with mobility problems or who have difficulty bending down.



5 BERRY GOOD WAYS TO IMPROVE MENTAL HEALTH

The blueberry is a superfruit that can help to lower the risks of heart disease and cancer. Studies conducted by the University of Cincinnati Academic Health Centre also highlight that adults with mild cognitive impairment show a marked improvement in several brain functions after consuming the fruit.

Improving cognitive performance

A study showed increased brain activity in MRI scans of participants who consumed blueberry powder supplements. Keeping your brain juices pumping is an important aspect of staying mentally active and warding off the onset of dementia.

Improving memory

Apart from keeping your brain active, blueberries are also believed to improve memory functions. This is because they are rich in flavonoid, a micronutrient that is linked to memory enhancement.



Antioxidants

Blueberries are rich in antioxidants. Antioxidants work wonders for our bodies: they fight free radicals (unstable oxygen molecules produced from metabolism) which damage cellular structure and lead to cancer and heart diseases.

Small bites

Blueberries are easy to eat. Just give them a wash and pop them into your mouth. You can also put them in the freezer, or make a smoothie.

Protecting our brain

High in phenolic acid (specifically gallic acid), blueberries can protect our brains against degeneration and neurotoxicity. The polyphenols found in blueberries are also said to assist the production of dopamine, the 'happy hormone'.

RECIPE

TRIPLE COCONUT & BLUEBERRY MUFFIN

Recipe adapted from iquitsugar.com.

Ingredients

- 3 eggs.
- 1/4 cup coconut oil, melted.
- 2 teaspoons rice malt syrup.
- 1/2 teaspoon vanilla extract.
- 3/4 cups coconut milk.
- 1/2 cup coconut flour, sifted.
- 1/2 teaspoon baking powder.
- 1/2 cup fresh blueberries, plus more for topping.

Directions

Preheat oven to 180°C and grease a six-hole muffin tray with coconut oil or line with baking paper.

Whisk the eggs, coconut oil, rice malt syrup, vanilla and coconut milk together in a mixing bowl. Stir through the remaining ingredients.

Scoop the mixture evenly between the muffin holes and push a few more blueberries on top. Place in the oven to cook for 25-30 minutes or until slightly browned on top.



Do note that if you are using frozen blueberries, you should defrost them first. Also, you can make these muffins less sweet by dropping the rice malt syrup entirely.

ADA IN NUMBERS



560kg

of rice donated to our largest NHC (Toa Payoh) between August and November 2016



996

participants at our training workshops between January and November 2016



6

cafes have come on board and generously hosted our Memories Café sessions



498

books available in our Resource Library to boost knowledge in the battle against Alzheimer's



4,938

calls answered on our Dementia Helpline between April and November 2016

ADA in Singapore

Our day care centres provide care for persons with dementia during daytime working hours. Our staff at these centres are also trained to provide education and support for family members to help them continue caring for their loved ones with dementia at home.

ADA Resource & Training Centre

📍 70 Bendemeer Road #06-02 Luzerne Singapore 339940
 🕒 Monday - Friday: 9.00am - 6.00pm
 ☎️ 6293 9971

Caregiver Support Centre

📍 70 Bendemeer Road #03-02A Luzerne Singapore 339940
 🕒 Monday - Friday: 9.00am - 6.00pm
 ☎️ 6389 5121

Dementia Helpline

☎️ 6377 0700

ADAcafé@AgapeV

📍 7A Lorong 8 Toa Payoh #01-01 Agape Village Singapore 319264
 🕒 Monday - Friday: 8.30am - 5.30pm
 Saturday: 8.30am - 2.00pm
 ☎️ 6904 4095

Family of Wisdom (Bendemeer)

📍 72 Bendemeer Road #05-29 Luzerne Building Singapore 339941
 🕒 Monday - Friday: 9.30am - 12.30pm / 1.30pm - 4.30pm
 ☎️ 6291 6268

Family of Wisdom (Tiong Bahru)

📍 298 Tiong Bahru Road #10-05 Central Plaza Singapore 168730
 🕒 Monday, Tuesday, Thursday, Friday: 9.30am - 12.30pm / 2.00pm - 5.00pm
 ☎️ 6593 6440 / 6593 6442

Family of Wisdom (Toa Payoh)

📍 7A Lorong 8 Toa Payoh #03-06 Agape Village Singapore 319264
 🕒 Monday-Friday: 9am - 6pm
 ☎️ 6594 6442

New Horizon Centre (Bukit Batok)

📍 Blk 511 Bukit Batok Street 52 #01-211 Singapore 650511
 🕒 Monday - Friday: 7.30am - 6.30pm
 ☎️ 6565 9958

New Horizon Centre (Jurong Point)

📍 1 Jurong West Central 2 #04-04 Jurong Point Shopping Centre Singapore 648886
 🕒 Monday - Friday: 7.30am - 6.30pm
 ☎️ 6790 1650

New Horizon Centre (Tampines)

📍 Blk 362 Tampines Street 34 #01-377 Singapore 520362
 🕒 Monday - Friday: 7.30am - 6.30pm
 ☎️ 6786 5373

New Horizon Centre (Toa Payoh)

📍 Blk 157 Toa Payoh Lorong 1 #01-1195 Singapore 310157
 🕒 Monday - Friday: 7.30am - 6.30pm
 ☎️ 6353 8734

JOIN US IN OUR FIGHT AGAINST ALZHEIMER'S!

DONATE giving.sg/alzheimer-s-disease-association

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