

Voice OF Dementia

The newsletter of the Alzheimer's Disease Association

VOLUME **1** ISSUE **2**
JULY 2017

IN THE KNOW

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DEMENTIA AT WORK

Learn about how being in employment helps people with dementia.

OUT TO LUNCH @ DIGNITY KITCHEN

Dignity Kitchen invited clients, volunteers, staff, and caregivers of Alzheimer's Disease Association for a light-hearted afternoon of food and music on 27 April.

The outing began with a lunch specially prepared by the members of Dignity Kitchen. Clients were able to choose from three well-loved local dishes: mee rebus, chicken rice, and economical rice. For dessert, they were treated to coconut tarts that left everyone delighted.

The gracious hospitality of Dignity Kitchen did not end there. After a satisfying meal, everyone gathered for a karaoke session. Volunteer Sandy Lim shared that some clients were too shy to sing at first, but with the coaxing of the volunteers, they opened up and had a ball of a time singing to classics by songstress Teresa Teng.

"The clients really had fun during the trip to Dignity Kitchen because there was so much excitement of being outside and doing something



different," said Sandy. "At the end of the day, some didn't even want to go home!"

She added that she especially loved this trip as the clients were enjoying themselves. "I had never seen clients so participative before. It cheered me up so much just to see how happy they were."



MORE SINGING PLEASE!

The Esplanade approached the Alzheimer's Disease Association late last year to invite us to their Sing Out Loud! Programme. We were thrilled to engage our clients in another stimulating activity for the brain, especially since numerous studies have shown that singing literally changes your brain.

Clients embarked on this musical journey in February, where regular workshop sessions enabled them to reminisce songs from the yesteryear. Volunteers from The Esplanade Co Ltd joined in the sessions to guide and support our clients with the various activities.

These sessions also included exercises to help persons with dementia (PwD) utilise their visual, auditory, and tactile senses, while also lengthening their attention and retention span. There were also opportunities for participants to create their own rhythms and beats using percussion instruments of their choice. Our clients were glad to have had this platform to pursue their musical interests. Madam Margaret Tan Geck Kwan, 78, expressed that singing makes her feel great as she feels young again.



GREATER EMPHASIS ON DEMENTIA IN SINGAPORE

"The Republic has to find ways for dementia patients to remain in their home environment," said Ms Indranee Rajah, Senior Minister of State for Finance and Law who visited the ADA Resource and Training Centre (ARTC) on 22 February.

This was followed by visits to the Caregiver Support Centre, and Family of Wisdom Centre, Bendemeer, where she had the opportunity to experience group activities such as physical exercise and art and crafts with the clients and their caregivers. "Many of them actually feel most comfortable in familiar surroundings, that means at home," said Ms Indranee, who also chatted with the clients.

The Budget this year saw greater contribution to community mental health efforts, with \$160 million to be set aside over five years. Other plans include building more dementia-friendly communities, providing more support for caregivers, and public education on dementia.



UPCOMING EVENTS

DEMENTIA CARE TRAINING WORKSHOPS FOR FOREIGN DOMESTIC WORKERS

Elective 3: Applying Basic First Aid for a Person with Dementia at Home

5 Aug at ARTC (Bendemeer)

This useful course teaches caregivers basic first aid for cuts, choking, and fractures for PwD. This workshop is a follow-up training elective for those who have completed both the core and seven elective modules.

CAREGIVER SUPPORT GROUP

Dementia Care - What Do Caregivers Need to Know about Planning Ahead?

19 Aug at NHC (Bukit Batok)

CAREGIVER SUPPORT GROUP

Food and Nutrition

26 Aug at FOW (Tiong Bahru)

CAREGIVER SUPPORT GROUP

Plan and Protect Your Interests with Lasting Power of Attorney

9 Sep at NHC (Jurong Point)

WORLD ALZHEIMER'S MONTH 2017

Remember Me

21 - 22 Sep at Ng Teng Fong General Hospital

Commemorate World Alzheimer's Month 2017 at this two-day event to raise awareness of dementia. Attend public talks and workshops, enjoy performances, take part in activities to be more enlightened and equipped to fight dementia.

DEMENTIA CARE TRAINING WORKSHOPS FOR FOREIGN DOMESTIC WORKERS

Essentials of Dementia Care

7 Oct at ARTC (Bendemeer)

FAMILY CAREGIVER TRAINING PROGRAMME

Purposeful and Meaningful Engagement

4 Nov at ARTC (Bendemeer)

FAMILY CAREGIVER TRAINING PROGRAMME

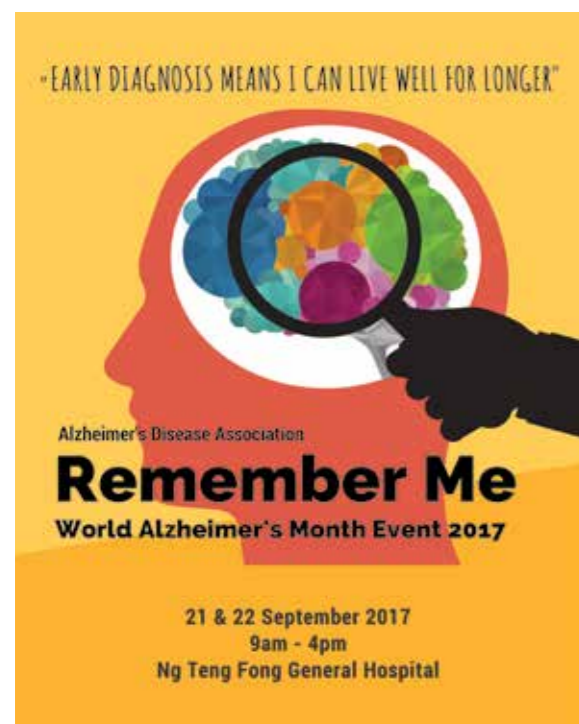
A Positive Approach to Challenging Behaviour

18 Nov at ARTC (Bendemeer)

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

EARLY DIAGNOSIS THE KEY MESSAGE FOR WORLD ALZHEIMER'S MONTH 2017

This September, Ng Teng Fong General Hospital (Jurong Health) will be playing host to ADA for World Alzheimer's Month 2017 (WAM). The event will take place on 21 and 22 September, 9am to 4pm. ADA will be setting up several interactive booths at the event this year with the help of our various partners. This edition of WAM will focus on the importance of early diagnosis and the positive impact it can have on the lives of PwD. Visitors will be able to attend free public forums, workshops, enjoy performances, and take part in mass physical exercises. For details of ADA's WAM2017 activities, visit alz.org.sg/wam2017.



BOOMING ALZHEIMER'S GROWTH TO TEST CHINA'S HEALTHCARE SYSTEM

The disease is currently China's fastest-growing illness, and the number of patients with Alzheimer's in China is projected to exceed 45 million by 2050. This will amount to half of the world's Alzheimer's patients, making it potentially China's most pressing health problem. China's dire Alzheimer's healthcare system has prompted companies like the French-listed Orpea to kickstart the infrastructure there by building an advanced Alzheimer's clinic in Nanjing last year. The facility caters to the needs of the elderly suffering with the disease and hopes to expand across the country in the future. - fronteranews.com



POSSIBLE COMMON THREAD FOUND AMONG ALZHEIMER'S, PARKINSON'S, AND HUNTINGTON'S DISEASES

Researchers are paying close attention to a clump of abnormal protein that may be a common cause for the trio of diseases. The findings by scientists at Loyola University were published in the journal *Acta Neuropathologica* in June this year, and suggested a commonality between the three diseases. Despite different proteins being implicated, they were found to behave the same way when they enter brain cells. It is hoped that the research findings will provide a breakthrough for all three ailments and pave the way for new diagnostic tools and treatments to be developed. - healthline.com

FIGHTING DEMENTIA WITH DISCO

Celebrities gathered under the mirror ball of the inaugural Nashville Disco Party on 6 June, in the name of raising awareness for Alzheimer's. Decked out in their best 70s-inspired finery, prominent attendees like Brad Paisley, Lindsay Ell, and Charles Esten turned up for the event and belted out numbers like "YMCA" and "I Will Survive" at Nashville's Wildhorse Saloon. Hosted by Kimberly Williams-Paisley, whose mother was taken by dementia at age 60, the Disco Party held in support of the Alzheimer's Association, raised \$300,000 for the night through a silent auction. - soundslikenashville.com



Credit: Getty Images

How can I help family and friends better interact with persons with dementia (PwD)?

There are some useful ways to improve interaction with PwD. Firstly, we can pay more attention to our manner of speech. Speak to them in a calm and assuring voice. Make sure that you speak slowly and articulate your words clearly. It will also help to break down instructions into steps through bite-sized information. When addressing a loved one with dementia, we can politely call them by their name or use physical touch — like putting a hand over their shoulder or holding their hands gently — to gain their attention and elicit their response. Allow ample time for them to respond and do not rush them by raising your voice or using harsh tones.

Have a structured daily routine that your loved one with dementia is able to adhere to. They may find it difficult to adapt to changes and may get confused or disoriented. Involve them in performing daily tasks (such as sweeping the floor, watering the plants, cleaning the plates, plucking vegetables) to improve their self-esteem so that they will find themselves useful around the house. Focus on tasks that they can still perform and enhance whatever residual abilities that they have. Do not constantly remind them of the tasks that they can no longer perform.

When responding to a loved one with dementia, do not argue if their content of speech is wrong (when they claim that they have not eaten despite having just eaten a while ago) or unrealistic (they saw a deceased family member). Instead, validate their concerns or feelings. Also, do not disagree with the stories that they have made up. Instead, calmly assure them if they get anxious and distract them with other activities should they get agitated.



What's the best way to respond to aggressive behaviour from a person with dementia?

Try to identify the triggers for aggression. Normally, there is an antecedent cause for such behaviour. If we are able to identify the cause/trigger, we can perhaps avoid the aggression. For instance, PwD may get aggressive whenever they look into the mirror as they cannot recognise their reflection. To avoid such aggression, cover all mirrors in the house when not in use. Also, speak in a calm, reassuring voice and listen to the PwD's concerns or frustrations without being condescending or demeaning their worth as individuals. Should they get aggressive, distract them with a favourite snack, object or activity.

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.



DEMENTIA AT WORK

Dementia should not come between you and a fulfilling, extended work life.

Dementia is an illness without a cure. However, its diagnosis does not mark the end of work, or the ability to do so. Many people with dementia, especially in the early stages of the disease, still retain the faculty and desire to work, and can continue to offer valuable experience and skills in the workplace. According to the Alzheimer's Society, 18% of people in the UK continue to work after being diagnosed with dementia. For these walking 'time bombs', the spectre of cognitive decline constantly looms over them as they struggle to cope with their condition while proving their worth and relevance at the workplace.

Henry Siah, 75, was diagnosed with early stage Alzheimer's

Disease last year. Despite his condition, he remains highly independent. A former church volunteer, taxi driver, and school janitor, Henry has not been engaged in gainful employment since his retirement two years ago. His unemployment saw him stay at home most of the time, which inexorably led to communication issues and friction with his family members.

The Turning Point

It all changed when Henry started attending the Family of Wisdom (FOW) sessions at the Alzheimer's Disease Association (ADA) regularly.

Started by ADA about three years ago, the FOW programme is modelled after its counterpart in Taiwan. The programme seeks to provide a continuum

of community care for PwD through shared caregiving and mutual self-help among caregivers, allowing them to receive some respite and emotional support.

An extension of ADA's New Horizon Centres and Caregiver Support Centre programmes, FOW complements a full-day dementia programme with shorter hours through social and interactive activities. It provides another service for PwD and their caregivers.

Jointly run by care staff, caregivers and volunteers, a group of PwD and their caregivers gather regularly to take part in cognitive-stimulation activities such as games, craftwork, painting, cookery, physical maintenance, and

individualised activities. Being a part of these activities has brought Henry much joy and a renewed zest for life. It also provided him with an avenue to manage his emotions, which used to be a pertinent challenge for him.

Café With A Cause

To slow down the deterioration of his condition, Henry's doctor suggested he go back to work. Henry now works at the ADAcafé @Agape, where he helps serve, clean, and chat with customers especially during lunchtime. Henry's son, Eric, has since observed a change in his father, who has become more light-hearted and jovial. "Working at the ADAcafé, dad has become less agitated. He even makes curry puffs for the family sometimes."

The ADAcafé aims to provide job training and possible meaningful employment for clients with young onset and early stage dementia, while creating greater community awareness of PwD. The café, which embodies a 'Food for a Cause' concept, serves breakfast and lunch. The typical lunch menu consists of items like Ebi Prawns and Rosemary Chicken with garlic rice or pasta. ADAcafé also serves daily specials with options ranging from seafood linguine to curry chicken. Pastries, sandwiches, and sides such as sweet potato fries, onion rings, and garden salad are also available ala carte.

Mr Jason Foo, Chief Executive Officer of ADA, shares that the idea of the café was derived from years of observing some clients, who in their early stage of dementia, offered to help with simple food preparation. He noticed that they were happily cutting vegetables and the activity seemed to bring

back fond memories of their familial roles.

Mr Foo explains that the ability to continue working enables clients to feel validated and lead dignified lives. The concept café not only provides an opportunity for employment, but also serves as a form of therapy which gives a sense of security and purpose to clients like Henry. "Henry is the first PwD to be engaged under this pilot café project," he says. Today, Henry is joined by two others at the ADAcafé.

The FOW's centre manager at Toa Payoh, Ms Chong Ying Ying,

feels that having clients at the ADAcafé provides them "with an opportunity to work beyond the debilitating condition and also ensures that gainful employment means that one's remaining abilities do not go to waste."

With the number of people living with dementia in Singapore expected to rise to over 100,000, ADA hopes to provide meaningful activities in a dementia-conducive environment. This way, PwD can continue to make valuable contributions to society based on their interests and abilities.

Of Robbed Memories And Jobs

In the midst of scaling the corporate ladder, we sometimes tend to brush aside the warning signs of early-onset dementia, dismissing bouts of forgetfulness or difficulty remembering details. But what if one day you realised you've misspelled your name in a report - twice? Early-onset dementia affects people younger than age 65 and typically in their 40s and 50s. This is a time when they have families, careers, and may even be caregivers themselves. Here is how being in employment helps people with early-onset dementia.

- **Putting The Bread In Breadwinner.** Many of those with early-onset dementia still have financial commitments like children to feed and mortgages to pay for. Being able to continue in paid employment helps to relieve their financial burden, allowing them to enjoy a better quality of life in the process.
- **Work As Life's Fuel.** With the retirement age shifted back, working past your 50s is becoming the norm. The notion of retiring too early may be too drastic a change for those who are not mentally prepared for it, especially if they are diagnosed with dementia. Like Henry, they may struggle to adapt to a life without the satisfying buzz of work, resulting in a lack of purpose and drive.
- **Early Detection, Early Intervention.** As the condition is relatively rare in people under 65, the symptoms of early-onset dementia are often trivialised as stress or depression. Forgetting meeting dates may be laughed off as one getting old, while moodiness may be attributed to 'bad days in the office'. They may also blame themselves for lapses in performance. As a result, people working with dementia may lack awareness of their developing condition and delay diagnosis. Employment draws attention to their declining mental health, allowing them to have both the financial ability and environment to get support and make plans for the future.

SOONER RATHER THAN LATER: THE IMPORTANCE OF EARLY DIAGNOSIS

An early diagnosis offers those impacted by Alzheimer's more time and control while slowing down the progression of this ravaging disease.

Currently, there are 46.8 million people in the world living with dementia. According to Alzheimer's Disease International, this number is set to almost double every 20 years. This means that by 2050, we can expect 131.5 million people to have Alzheimer's, with 68% of them coming from low- and middle-income countries. Unlike many other serious illnesses, Alzheimer's costs a lot of time, manpower, and money just to manage. The total cost of dementia care in 2015 was estimated to be US\$818 billion, and it's set to rise with every passing day.

Alzheimer's Disease and other forms of dementia typically develop slowly over time, worsening as the weeks, months, and years go by. Experts in the field of Alzheimer's believe that early diagnosis is vital in managing the illness, not just for persons with dementia (PwD) and caregivers, but for government and medical institutions as well. Unfortunately, not everyone welcomes the idea of the early detection of Alzheimer's.

The stigma that surrounds dementia is one of the main

reasons why people choose to ignore the symptoms. Since it's widely believed that nothing can be done in response to Alzheimer's, many also adopt a 'why bother' mentality, choosing instead to live in ignorant bliss, even if just for a few more years. However, there are many benefits and reasons to seek medical help when you or your loved one is experiencing the early symptoms of dementia.

More Time, More Effective Treatment

As it affects the brain, Alzheimer's makes obtaining an accurate diagnosis tricky for doctors. Seeking medical help early allows for a more accurate read of the condition, when the individual is still able to voice out concerns and answer questions. Some forms of dementia have Alzheimer's-like symptoms, but can possibly be cured with the right course of treatment. That's why it is important to get a diagnosis as early as possible. An early diagnosis also gives those with Alzheimer's a better chance of benefitting from the medication and helps them buy more time for themselves, as the medication slows the progression of the disease rather than reverse the symptoms. The pharmaceutical world is



constantly working to find a cure for dementia. Those who have been diagnosed early on can decide if they want to be involved in clinical trials for medical research that can improve the lives of millions of others living with dementia. Other than drugs, individuals can practise physical and mental exercises to delay the onset of Alzheimer's. Their effects are most significant in the initial stages of Alzheimer's and early detection means PwD can glean as much benefits from such exercises.

Making a Game Plan

Many people don't think about how empowering an early diagnosis can make PwD feel. Knowing what's ahead allows individuals to make their own decisions regarding legal, financial, and long-term care planning. This can include drawing up a will, deciding who to entrust with power of attorney, and choosing a care facility they feel comfortable in. Knowing that they have laid down a game plan that benefits them helps set their minds at ease. In turn, it allows them to focus on what's most important, such as spending time with family or completing bucket lists. Letting a person with Alzheimer's dictate their own plan also lessens the strain and stress of making tough decisions on families and loved ones. Enough forewarning also gives those with Alzheimer's a chance to record their memories while they still have them. From journals to scrapbooks to film, there are many wonderful ways to do this. Sharing the most meaningful and cherished memories serve as a way to preserve an individual's story and trigger recollections for conversations.

The Learning Curve

As Alzheimer's is a demanding illness to manage, early detection provides time for caregivers and people with dementia to learn what to expect down the line as Alzheimer's progresses. Though it can be difficult emotionally, it's helpful to learn about the various stages of Alzheimer's and the common challenges they pose. This way, people with dementia and their loved ones can better plan for those changes. Knowing early on also helps prevent and address safety concerns such as wandering or driving. Loved ones who care for people with advanced Alzheimer's feel overwhelmed initially, making it harder for them to learn how to best support someone with Alzheimer's. Early detection gives caregivers ample time to understand Alzheimer's and adjust to their new role.

Chance for a Real Difference

Getting diagnosed early doesn't just benefit those with Alzheimer's and their loved ones. Alzheimer's Disease International believes that early diagnosis can potentially change the perception of dementia, by showing society that people with Alzheimer's can live well with support, respect, and proper care. This domino effect will hopefully spur government institutions on to increase medical, social, and community support for those living with Alzheimer's. All these advantages of early detection ensure that people with Alzheimer's and their loved ones have a higher quality of life, less stress and more time to prepare for the future and treasure the present for all its moments.

GROOVING TO A HEALTHIER BRAIN

Beat dementia one song and jig at a time.

Dementia is fast becoming both a health and social issue of the 21st century, and the disease is showing no signs of abating with a cure yet to surface from the medical field. All persons with dementia and their caregivers can do for now is to adopt a “prevention is better than cure” attitude and find ways to combat the spread of the disease. Keeping the brain active has been shown to help stave off the disease, and participation in leisure activities that stimulate the person intellectually and culturally has been proven to be effective.

A study published in the Journal of Gerontology revealed that intellectual, physical, and social activities are all related to a reduced risk of dementia. Besides being key aspects of culture and civilisation, the healing power of music and dance can help to improve cognitive function in people with Alzheimer’s, providing them with much needed relief and encouragement in their brave fight against dementia. Here are some ways you can tap on it to keep your brain healthy.

Beat It With Beats

Legendary musician Stevie Wonder once wrote, “Music, at its essence, is what gives us memories. And the longer a song has existed in our lives, the more memories we have of it.” Music can help those with dementia boost brain activity by evoking memories and emotions. A new study showed that patients with dementia who took cognitive ability and life satisfaction tests after singing classic hits and listening to tunes from movies and musicals did significantly better.

Pair music with your daily activities to help create a rhythm of associating memory-awakening songs with everyday activities. Whatever your favourite genre, you can brush your teeth to Frank Sinatra’s “My Way” or hang your laundry to “What A Wonderful World” by Louis Armstrong. For your loved ones, get creative and curate a playlist of their favourite oldies and personal tunes. Plug them in, and watch their facial expressions and body language for clues of what they like or dislike. Take it one step further by asking them to create one for you in return to make it a bonding activity.



Dancing For Dementia

Another way to use music to improve the quality of life for those with dementia is to incorporate it with movement. Introducing choreography to a loved one with dementia may seem counterproductive, but the physical and cognitive stimulation derived from dance makes it a viable option for therapy and relaxation. Dance activates brain regions responsible for neural connections and memory, and based on research published in the New England Journal of Medicine, regular dancing can reduce the risk of dementia by 76%, which is twice as much as reading.

However, not all forms of dancing provide the same benefits. Neurologist Dr. Robert Katzman recommends that freestyle social dancing which requires rapid-fire decision making, like foxtrot and swing, are ideal for maintaining intelligence and brain health. So hit the dance studio with your loved ones and pick up some moves.

QUICK TIPS

- Play music through mediums that won't be interrupted by commercials, which may cause confusion.
- Encourage clapping and dancing to accompany the music.
- Eliminate sensory overload by shutting windows and making sure the volume is comfortable.

MORE THAN JUST GUACAMOLE

The avocado's buttery texture and subtle flavours makes it a foodie favourite, but it's also a superfood that's chock full of benefits for your heart, cholesterol, and brain. It's no wonder that experts consider the avocado as one of the top brain-healthy foods that can benefit those who have Alzheimer's Disease.

Halting the Ravages of Time

The alligator-skinned pear is loaded with nutrients, most notably vitamin E. According to the Journal of Alzheimer's Disease and Associated Disorders, vitamin E slows the progression of Alzheimer's and can even reverse the early symptoms of the disease such as memory loss.

The Good Fat

Even though avocados contain fat, you shouldn't be shunning them. They contain monounsaturated fat - the good kind. Fat is needed to promote healthy blood flow to all your organs, especially your heart and brain. By enhancing blood flow to your brain, avocados reduce the risk of plaque build-up and ensuring you have healthy brain cells.

Smooth Operation

Avocados are also rich in the oleic acid needed to create and maintain myelin, the tissue that protects neurotransmitters and accelerates neurotransmissions. Myelin enables information to travel up to 200 miles per hour. Consuming avocados frequently ensures myelin is kept healthy, allowing for the speedy passage of information along the neural highway.

Anti-inflammatory Hero

Many studies have cited inflammation as the root cause of many serious illness, including Alzheimer's disease. Physician and alternative medicine expert, Dr Andrew Weil highly recommends avocados as a part of an anti-inflammatory diet, which he suggests as a healthy substitute for margarine, mayonnaise, sour cream, cream cheese, and cream.



RECIPE

AVOCADO SMOOTHIE

Ingredients

- 1 ripe avocado, halved and pitted
- 1 cup milk
- ½ cup vanilla yoghurt
- 3 tbs honey
- 8 ice cubes

Directions

Combine the avocado, milk, yogurt, honey, and ice cubes in a blender. Blend until smooth.



ADA IN NUMBERS



3
clients helping out at our ADAcafé



18
public education talks conducted since January this year



125
individuals currently volunteers with us



ALMOST
\$4000
raised by East Spring Secondary School through their Charity Bazaar



4
Corporate Social Responsibility (CSR) programmes and activities have been held since January this year.

ADA in Singapore

Our day care centres provide care for PwD 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 Building,
Singapore 339940
- 🕒 Monday - Friday: 9.00am - 6.00pm
- ☎️ 6293 9971

Caregiver Support Centre

- 📍 70 Bendemeer Road
#03-02A Luzerne Building,
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: 9.00am - 6.00pm
- ☎️ 6291 6268

Family of Wisdom (Tiong Bahru)

- 📍 298 Tiong Bahru Road
#10-05 Central Plaza,
Singapore 168730
- 🕒 Monday - Friday: 8.30am - 5.30pm
- ☎️ 6593 6440 / 6593 6442

Family of Wisdom (Toa Payoh)

- 📍 7A Lorong 8 Toa Payoh
#03-06 Agape Village,
Singapore 319264
- 🕒 Monday - Friday: 8.30am - 5.30pm
- ☎️ 6801 7483

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

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Editorial Team

CHIEF EXECUTIVE OFFICER Jason Foo EXECUTIVE DIRECTOR Theresa Lee MANAGING EDITOR Shima Roy EDITOR Hilary Hoe
CONTRIBUTOR Nawira Baig PRODUCTION Extent Communications

📍 70 Bendemeer Road, #06-02 Luzerne Building, Singapore 339940
📧 infocsc@alz.org.sg ☎️ 6293 9971
🌐 alz.org.sg