

The Alzheimer Society of Ireland Newsletter

Issue 3 Winter 2018

THE VOICE



IN THIS ISSUE

ASI Advocate receives honorary doctorate, 'A Taste to Remember' launch plus lots more ASI news.

Laois Alzheimer Resource Centre is officially opened in Portlaoise



THE ALZHEIMER
SOCIETY of IRELAND

MESSAGE FROM THE CEO

Welcome to the winter edition of 'The Voice' newsletter. It has been a very busy period of the year since our last edition with everyone so busy on many fronts.

Firstly, we had a fantastic World Alzheimer's Month 2018 in September and everyone did a superb job at raising public awareness of dementia amongst the general public with so many great events, information talks, media appearances, local, regional and national events taking place.

There was much going on – to name but a few, our advocates Kathy Ryan and Jacinta Dixon were accompanied by Deric Ó hArtagáin and all the gang on the Camino Trail; our Mobile Information Service was in Offaly, Cork, Tipperary, Dublin and Laois; we had great local meet and greets with public representatives around our Budget 2019 asks in Drogheda, Kildare, Cavan and Limerick; the fabulous Mae Murphy hosted the celebrations for the 20th birthday party of the day centre in Drumkill, Co. Monaghan and of course, the launch our new cookbook 'A Taste to Remember' on World Alzheimer's Day.

I think the cookbook is fantastic as it offers a platform to build awareness and change perceptions of dementia, given that a lack of understanding and stigma is still rife. As well of course as some brilliant recipes, I thought having people speak about their own lives and experiences within these pages helps to create a better understanding of the unique experiences of people living with dementia. I have been trying a few of the recipes from the cookbook myself at home – and, believe me, they are very tasty!

Recently, I was thrilled to see our dynamic advocate Helen Rochford Brennan receiving her Honorary Doctorate from NUI Galway in October. Since her dementia diagnosis, Helen has been a human rights and social justice campaigner for people with dementia in Ireland, on the European stage and also internationally. Helen really has made an immeasurable difference to people's lives and has been so open and honest about her own experiences of living with dementia since 2012.

Helen has been a pioneer blazing a trail for dementia advocacy. Helen is an absolute inspiration to us all and has been a tireless campaigner for people with dementia over the years. We are all so proud of Helen for getting this special recognition from NUIG. It is truly deserved.

It was my pleasure to introduce our new Strategic Plan 2018-2020 over the summer which is available on our website and our new intranet page. Following an extensive consultation period in summer 2017, we have been able to put together our plan for the coming three years. We would like to thank everyone for their work on helping to put this strategic document together – persons with dementia, carers, board members, branch members, volunteers and staff from all over the country.

This has been a great motivating and unifying experience for everyone involved in the organisation. We are looking forward to implementing this plan over the next three

years and, thereby making a real difference to the lives of people with dementia and their carers. I hope you will join us on this journey.

I was happy to see our newly launched staff Intranet called 'ASI Staff Hub' which has a brand new look and feel. This is a great addition to internal communications within the organisation with rolling news, updates and also contains every form and policy you need. I think you will all find this very beneficial.

I was happy again to see our services continuing to perform extremely well within the community with a total of 519,352 hours delivered in the first eight months of the year. Day Care delivered 354,382 hours; Home Care delivered 111,254 hours; and Respite Care delivered 53,715 hours.

Our Alzheimer National Helpline experienced 3,894 service users in the first 8 months of the year, which represents a 13% increase on the same time last year. Our Mobile Information Service is having another successful year with 22 outings across the country in the first 8 months. These figures are very impressive.

We are extremely disappointed that the Government has yet again decided not to make specific funding available for people with dementia and their family members in Budget 2019. There are thousands of families up and down the country who have been struggling to access basic minimum level of supports and services for loved ones with dementia, and as a society we are failing to provide these people with the supports they need.

The Government needs to accept that the scale of dementia needs a specific response and a specific budget that is ring-fenced and targeted to where the greatest need exists for services. A multi-annual budget would allow the real gaps which are emerging in service provision to be dealt with in a planned way, based on need and heavily influenced by persons with dementia and their carers.

The Government now has an opportunity in the HSE's National Service Plan later this year to direct funds for dementia-specific supports and services to address the pressing issue of dementia in Ireland.

The battle goes on – and we will keep fighting.

Finally, it was great to see two brilliant local events taking place recently – the AlzTalks event in Sligo with personal testimonies from members of our two working groups and the officially opening of the new Resource Centre in Portlaoise which will provide a fantastic service to the whole local community. Well done to everyone involved in these two events.

It really is very heartening to see in these pages so many regional and local events taking place all over the county – from staff, branch members and volunteers. This is what The ASI family is all about! Keep up the great work everyone!

Pat McLoughlin.



Pat McLoughlin, CEO ASI

SELF-ADVOCACY UPDATES

It has been a busy few months for our advocates



CONGRATULATIONS - Our wonderful advocate Helen Rochford Brennan made us all very proud when she received an Honorary Doctorate on October 17th from NUI Galway. Helen is an absolute inspiration to us all. Since her dementia

diagnosis, she has been a human rights and social justice campaigner for people with dementia both in Ireland, on the European stage as chair of the European Dementia Working Group and internationally. Helen really has made

an immeasurable difference to people's lives and has been so open and honest about her own experiences of living with dementia since 2012. We are all so proud of Helen for getting this special recognition. It is truly deserved.



Máire-Anne Doyle, a member of the DCCN, spoke about her experience of caring for her Dad Brian and the role that her community plays in supporting her to do this at the HSE's Understand Together Community Champions event in City West in mid-October.



Nuala O'Connell, member of the Dementia Carers Campaign Network (DCCN) gave a really articulate and insightful account of her family's experiences of her mother's diagnosis at the launch of the NDO Dementia Diagnostic Literature Review in mid-October. Nuala is pictured here third from left along with the other speakers on the day.



Michael Higgins from the Southern Dementia Working Group took part in filming the new Induction Video for ASI staff, a joint HR/Working Group project.



Kevin Quaid from the Southern Dementia Working Group and his wife Helena appeared on RTÉ's Afternoon Show with Maura and Daithí to speak about how Kevin lives with Lewy Body Dementia and the impact on the whole family.



Kathy Ryan, Vice Chair of the Irish Dementia Working Groups (IDWG), has been working hard in the area of palliative care for people with dementia. She took part in a seminar on Disability and Palliative Care in Our Lady's Hospice and is pictured here delivering awareness training at St Francis Hospice in Raheny with Nurse Tutor Barbara Sweeney.

Kathy sits on the Steering Group of the UCC Project which is developing national best practice guidelines for palliative care for people living with dementia.



Ronan Smith, the Chair of the IDWG, was interviewed for RTÉ Radio One regarding his participation in the documentary 'My Broken Brain'. Ronan spoke about the importance of early diagnosis and his desire to remain part of his community.

RESEARCH ROUND UP

Dr Bernadette Rock, the ASI's Policy and Research Manager, was invited to participate in the 33rd International Conference of Alzheimer's Disease International in Chicago in July.

Her presentation was entitled "A Human Rights Based Approach to Dementia Research", and her participation was generously supported by Home Instead Senior Care.

Bernadette discussed how at the ASI we engage and encourage people with dementia to take part in research. Her presentation received an excellent response. The conference was a fantastic opportunity to network with researchers, scientists, clinicians, allied healthcare professionals, people living with dementia, family carers, care professionals, and staff and volunteers of Alzheimer associations from over 100 countries.

The conference featured a range of international keynote speakers and a high standard of scientific and non-scientific content. The ASI is thankful to Home Instead for supporting Bernadette's participation at this unique event.



Person- Public Involvement –

The ASI is developing a research panel, comprising people with dementia and carers, who are willing to take part in the research process.

This project will be crucial in leading PPI dementia activities in Ireland, & developing a national PPI platform. It will ensure that PPI is conducted in such a way that promotes meaningful and active involvement

of people with dementia in research and represents a true partnership between people with dementia, researchers & policy makers. PPI describes a whole variety of ways in which researchers can engage people with dementia and their carers in research.

PPI is not about recruiting participants for research studies, nor is it solely about raising public awareness of our research. PPI is a way to ensure that the real

life experiences are considered in research. It means giving people with dementia and their carers a voice in research so that they can express the needs that matter most to them. It involves empowering them to engage in the decision-making processes around research.

If you'd like to participate in research projects, then you can join our research panel.

To find out more email: bernadette.rock@alzheimer.ie

ALZTALKS 2018 SLIGO



We were delighted to bring our annual celebratory AlzTalks event west this year to Hawk's Well Theatre in Sligo.

AlzTalks looks to shatter the stigma and misconceptions that often surround dementia with a mix of personal testimonies, music and

performance. The legendary Tommy Fleming performed on the night alongside other local entertainers.

Our speakers were Jacinta Dixon (Dublin) and Kevin Quaid (Limerick) from the Irish Dementia Working Group (IDWG) and members of our Dementia Carers Campaign

Network (DCCN) Rachel McMahon (Limerick) & Helena Quaid (Cork).

Thank you to everyone who came along on the night to support our speakers & a special thanks to our ambassador Helen Rochford Brennan for helping to organise the night.



Speakers (L-R) Helena, Kevin, Helen, Jacinta & Rachel.



Helen Rochford Brennan & Mary Callanan, ASI North West Operations Manager.



The ASI Advocacy Team members with Speakers.

BUDGET 2019

The Alzheimer Society of Ireland was frustrated following the decision not to designate a ring-fenced budget for dementia supports and services in Budget 2019 which was announced on Tuesday, 9th October, but insists that this must be addressed in the HSE 2019 National Service Plan.



“We are very disappointed that the Government has yet again decided not to make specific funding available for people with dementia and their family members in Budget 2019,” said CEO, Pat McLoughlin.

However our engagement with, and support from, politicians and policy makers continues to grow positively. Thank you to everyone across the ASI for supporting our Pre-Budget campaign, particularly those who hosted local budget events, contributed videos for social media and sent letters to their local TDs.

The campaign began in June when we held a successful launch event with over 40 political representatives in attendance. This year a key part of the campaign was a county by county guide mapping the need for dementia investment in each local area. We followed this up with over 5,000 letters being sent to TDs in every constituency across Ireland which is an incredible level of public support.

We have also seen a significant increase in engagement from political representatives and we know that we are on

a journey to making dementia a political priority. We would like to give a special thanks to our branches and staff – pictured above - in Cavan, Limerick, Drogheda and Kildare for hosting successful budget events which were attended by a total of 28 TDs, Senators and Councillors.

In advance of the announcement of Budget 2019 we had the opportunity to meet with Minister for Mental Health and Older People Jim Daly and key members of the Fianna Fáil party to ensure that they knew exactly what we were calling for in the Budget. We are now seeking an urgent meeting with Minister for Health Simon Harris to ensure that dementia is given ring-fenced funding in the HSE National Service Plan for 2019.

The ASI will keep working hard until people with dementia and their families are given access to the community supports they need and deserve across Ireland. More information on this campaign and our full reaction to Budget 2019 is available on the ASI website.

TUTOR PROFILE – JAMIE SHERLOCK WALSH

I first began working with The Alzheimer Society of Ireland (ASI) as a Home Care worker in Kildare in 2006. I have spent over a decade helping clients and their families on their journey with dementia and enabling them to stay in their own homes for as long as possible. It is a very rewarding role and I thoroughly enjoy it.

I always had an interest in training and before I joined the organisation I had my own business giving fitness classes in my local community. In 2017 I approached Fergus Timmons, the ASI Training Manager, and he suggested I gain a teaching qualification, so I could become a Tutor with the ASI. I received my certificate the following year and shortly afterwards, went on to gain a Manual Handling and People Moving Instructor Qualification. It was a huge challenge, but I was determined and had plenty of support throughout.

I have been delivering training over the last year and I love it. So far I have delivered Manual Handling and People Moving training to day and home care staff. Manual Handling



accounts for one third of injuries in the workplace and having worked in clients' homes myself for 12 years, I know the challenges we face and the

importance of keeping ourselves and our clients free from injury. I can now use my experience and expertise in this area to better equip staff with the knowledge and tools to make their own lives and those of their families much better.

Going forward I will be delivering other training including the two-day course, Enhancing and Enabling the Well-being of the Person with Dementia. This is an excellent course focusing on person-centred care. Overall, becoming a Tutor has given me great confidence and I get to meet lots of people from all areas across the ASI. It is wonderful to work for a place that promotes their employees personal and professional development.

ASI SERVICES UPDATE

BETHANY HOUSE Big thanks to all to the management, staff, families, clients and volunteers from our Bethany House Day Care Centre in Carlow for taking part in filming a short video for our charity partners KBC Bank recently. The short video will highlight the relationship

between The Alzheimer Society of Ireland and KBC in terms of fundraising and awareness raising and also focus on the people, the day to day activities and the stories within Bethany House. Thanks to everyone especially Mary, Moira & Caroline for all their organising!



Photo: Denis Byrne

LAOIS RESOURCE CENTRE

The new Resource Centre in Portlaoise, Co Laois was officially opened by ASI CEO Pat McLoughlin recently and the Laois Branch of the Alzheimer Society would like to thank everyone who attended – colleagues, branches and local press – and supported them making it such a special occasion.

They hope the local politicians who turned up alongside the Cathaoirleach of Laois Co. Council John King will highlight the lack of dementia-specific services in Laois that CEO Pat McLoughlin outlined in his address.

WATERSMAN'S LODGE DAY CARE & RESPITE CENTRE

A reminder that Waterman's Lodge Day and Respite Centre in Ballina/Killaloe in Co. Tipperary, accepts self-referral and referrals from family members, GPs, Public Health Nurses and other health professionals for respite. Opened in 2011, the Centre has eleven bedrooms that are designed using

dementia design principles and provides a range of rooms and space to offer a truly positive experience to people living with dementia. If you would like more information about Waterman's Lodge, please contact: Person-in-Charge Christina Mc Kenna 061 374888 or 086 1033050



CLONMACNOISE DAY CARE



Clients from the centre attend the memory choir every Wednesday and they absolutely love it. The Choir got a real boost when they were nominated along with other choirs in Dublin for Dementia Choir of the year.

DRUMKILL DAY CARE Organised a beach party for their service users after they asked them where they would like to go on a day trip. Everyone wanted a day at the beach! As the beach is too far from Monaghan they did the next best thing and brought the beach to Drumkill and what a day they had.

It brought back great memories of trips of old going to beach, sitting on the wall with their trousers rolled to their knees, eating fish and chips with a 99 on the way home. So everyone got in the spirit and



dressed up, there was a magic show, fish and chips wrapped in old newspaper thanks to the Moro



Carlo chip shop, the smell was delicious and to finish it off we danced the afternoon away.



ASI SERVICES UPDATE

MOBILE INFORMATION SERVICE –
Has been very busy up and down the country the last few months.



Pictured above are Dementia Advisers Amy Murphy and Vanessa Bradbury in Cork with Southern Dementia Working Group member Kevin Quaid & his granddaughter Holly along with Mary Clare and her son Luke.

This service raises awareness about local ASI services and about dementia, distribute leaflets to people passing-by, invites people on-board to view information and resources and will facilitate private one-to-one conversation on-board. If you'd like more information please Email mobileinformationservice@alzheimer.ie or Call Tina at 01 207 3819 or Maria at 085 804 7517.

COGNITIVE STIMULATION THERAPY - ASI are planning to roll out Cognitive Stimulation therapy (CST) programmes in counties Clare, Cork, Limerick, Kerry and North Tipperary in 2019. CST is a non-pharmacological intervention for people with mild or moderate dementia that provides stimulation for thinking, concentration and memory, conducted in a small group.



A recent Irish study by Kelly et al (2016) demonstrated that CST delivered across eight weekly sessions in groups had a positive impact on the lives of people with dementia, their families, and on staff.

The CST programme consists of eight weekly sessions each lasting around two hours, including time for refreshments and social interaction. These sessions are administrated by qualified, experienced staff of ASI. If you would like more information

please contact Christina Mc Kenna, 086 1033050

KILMURRY COURT DAY CARE -
Music fills the air when the volunteer musical maestros come and play for the clients at Kilmurry Court Day Care in Garryowen. They make such a difference to the day and the clients all go home happy and relaxed as music helps to conjure up so many great memories. Thanks to all the musicians who donate their time to make this happen.



Pictured are the volunteer musicians with staff at the Alzheimer Society Day Care Centre, Garryowen. Front from left, musicians, Jane Murphy, Ivan Thornbury and David Clampett. Back row, Avril McCarthy, Maura Kennedy, Noel McMahon, Nuala Fitzgerald and Christy Sparling.

ASI STAFF NEWS

Well done to Christina McKenna person in charge at Waterman's Lodge Ballina/Killaloe Co. Tipperary on receiving her Diploma in Health Service Management from the University of Limerick.



We're delighted that ASI CEO Pat McLoughlin, prior to the opening ceremony of the 28th Alzheimer Europe Conference that took place in Barcelona last month was voted in on the new Alzheimer Europe Board (2018-2020). He sits alongside our advocate Helen Rochford Brennan who was also re-elected as Chair of European Dementia Working Group.



Patricia (Trish) Daly has been appointed as Interim Head of HR. Trish has extensive HR experience both within The ASI and in the private sector and is a chartered member of the Chartered Institute of Personnel & Development. She holds primary degrees in Human Resource Management & Law and a Masters in Law.



We'd like to welcome Laura Reid to the ASI family. Laura is our Advocacy, Engagement and Participation Officer and will have responsibility for coordinating & developing the Dementia Carers Campaign Network (DCCN). She was the vice chair of the DCCN since 2014 so brings to the role her own personal experiences.

FUNDRAISING UPDATE

Camino de Santiago

This year saw a huge increase in the number of people who participated in our Camino Adventure with 25 people travelling to complete the challenge. Virgin Media presenter Deric Ó hArtagáin and IDWG member and Advocate Kathy Ryan signed up as trip ambassadors early in the recruitment process and were instrumental in the recruitment drive. This year three people living with dementia travelled and walked with the group.



Due to the success of the trip this year we are already planning 2019 where we will embark on the Costal

Portuguese Way to Santiago. **For more information please contact Jarlath on 01-2073826.**

A Taste a Remember



Our new collectable cookbook 'A Taste to Remember' features recipes from people with dementia, family members, volunteers and our staff as well as recipes from leading Irish chefs including Darina Allen, Clodagh McKenna, Catherine Fulvio and Simon Delaney.

It is now available in bookshops nationwide and online via www.tastetoremember.ie Thank you to everyone who supported this project and for those who attended the launch night on World Alzheimer's Day September 21st in Dublin.



Left: Jacintha Byrne the Laois Branch PRO who writes of her memories of her Mam's Christmas pudding - Maura Lawlor page 83 - attended the launch with her family L to R: Maura Lawlor, Jacintha Byrne, Amy Byrne and Maya Parkinson. This year it will be a four generation effort making the Christmas pudding.

Right: Ann O'Malley from Castlebar pictured with Mary Rowland from Castlebar is delighted her mother's - Nan McTigues - scone recipe features alongside many other recipes from Mayo.

Corporate Partner Updates:

Thanks to everyone at Murex Advanced Technologies who recently completed their company cycle along the Waterford Greenway raising almost €5,000 to support ASI supports and services.

We are delighted to announce our partnership with permanent tsb and look forward to working with them into 2019 and keep an eye out at your local Argos for our Christmas decoration from early December.



WORLD ALZHEIMER'S MONTH 2018

Thank you to everyone who was involved raising public awareness of dementia during World Alzheimer's Month 2018. We had so many great events, information talks and media appearances all across the country. Here is snap shot of some of them:

Dementia Adviser for Galway Maureen Mannion at the Ploughing Championships presenting her talk on dementia and outlining the work carried out by The ASI across the country.



The Laois Branch brought help and support to people with dementia and their family members with the Alzheimer's Mobile Information Service.



Advocate Helen Rochford Brennan was interviewed by Prof Sabina Brennan about her life, advocacy work and hopes for the future at a special event on the work of Terry Pratchett in Trinity College for Culture Night.



ASI Head of Advocacy & Public Affairs Tina Leonard joined the fabulous Mae Murphy, Chair of the Monaghan Branch, to celebrate the 20th birthday of the day centre in Drumkill, Co Monaghan.



Dementia Adviser for Louth, Cavan & Monaghan Maeve Montgomery gave a talk at the Dunleer Library in Drogheda talking about the importance of supporting people with dementia and their families in their own community.



Máire-Anne Doyle a member of the Dementia Carers Campaign Network (DCCN) was interviewed along with Prof Brian Lawlor from the HSE's Dementia: Understand Together campaign by Pat Kenny on Newstalk.



NEWS FROM AROUND THE COUNTRY

GALWAY

President of the Galway Lions Club Gerard Hosty presenting a cheque for €1,100 to Maureen Mannion, ASI Dementia Adviser in Galway.



WATERFORD

A big thank you to all the staff in Born Boutique who had a fundraising Coffee Morning for the ASI to celebrate their birthday and raised €905.70. Well done to Sandra Mulhearn, Sinead O'Mahoney, Sarah Norris and Claire Houlihan from Born pictured presenting the cheque to ASI's Catherine Bartels.



DUBLIN

Thank you to Deborah Devlin who designed this fabulous mosaic sign for Fingal Day Care. She started doing mosaics as a hobby & has now opened her own business. We all love it.



A huge thank you to everyone at The Marlay Nursing Home in Rathfarnham who held a fundraising cake sale on behalf of The Alzheimer Society of Ireland recently and raised over €2,000 in the process.

Pictured at a cheque presentation at The Marlay were Eimear Larkin, Fundraising Team ASI, Fiona Boland Senior Carer, Paul Davis CEO, Ann O'Doherty resident, Kyra Putt Activity Manager, Charlee McMenamin Activity

Coordinator & Rosaleen O'Neill resident, all from The Marlay with Ellis Walsh South Dublin Branch, ASI.



Pictured is Callum Martin presenting a cheque for €3,201.30 to Marian Winters the Early Activities Group Coordinator in North Dublin. A big thank you to Callum, his friends and family who held a Variety Concert in Grange Wood Club and donated the proceeds to North Dublin Social Clubs.



LAOIS

Thanks to all the teachers and students - pictured below - who raised €2,253 in Derryounce Walkways in June.

Left to right: Frank Collins, Ann Grant Mary Fitzpatrick branch, Jacintha Byrne Laois branch, Anne Munnelly ASI Homecare Coordinator, Katie Hogan (Organiser of the Sponsored Walk) Robert Knight, Trisha Creery (teacher), Helen Nolan (teacher) and Margaret Morrin (Centre Manager Portarlinton FET).



Students studying Healthcare Support QQI level 5 from Portarlinton Further Education with tutors and Norma Booth from the Laois Branch beside the Mobile Information Service in September.



WICKLOW

The Dublin Ukulele Collective put on a fabulous concert in the Bandstand in Bray to raise money and awareness for ASI Wicklow Services.



The gang in the Wicklow services particularly enjoy their weekly exercise class with Joe even though it's supposed to be a gentle exercise class there seems to be an awful lot of giggling involved!



A massive thank you to our long-time supporter and Volunteer Carol O'Connell who organised a three day rota of collectors for Pettitts SuperValu in Arklow and raised an impressive €2,987.72.



NEWS FROM AROUND THE COUNTRY

KILDARE

There was an amazing turn out in Nurney to honour the life of the late Gerry Bailey and raise money for Dunmurry Springs day centre in Kildare.

Thank you to Gerry's daughter and son in-law Joan and Cathal Sexton and all those who participated in the car/truck/tractor run.



Well done to Kevin and Pauline Rich, mother and son who completed part of the Camino in June and raised €1,003 for the Drogheda building fund.



Everyone enjoyed the dancing & music when the Fleadh came to Drogheda.



TIPPERARY

Well done to the members of Le Cairde Staff in Clonmel who completed the Tipperary Mini Marathon to help raise funds for Le Cairde Day Care Centre. Thanks Ladies.



CORK

Thank you to everyone who took part in the Cork Women's Mini Marathon to raise funds to support our services.



Everyone at Waterman's Lodge want to wish Kevin Haskins – pictured with Interim Head of Operations Catriona Lavelle - all the best on his Retirement. He worked at Watermans Lodge for three years as a nurse and deputy manager. He will be missed.

LIMERICK

There was great excitement when a special visitor popped into the Adare Day Care Centre, Declan Hannon, the Limerick Hurling Captain with the shiny Liam McCarthy Cup.



OFFALY

Thanks to Janet White Spinner pictured and Margaret Maher, Home Care/Day Care Manager in Co. Offaly who held an open house tea day during Vintage week in Birr to raised €1,390 for The Alzheimer Society Day Care Service in Co. Offaly.



DROGHEDA

Thanks to Ollie Thompson and his friends who held a Darts Competition and raised €1,000.00 for Tredagh Lodge Building fund.



MONAGHAN

Pictured are Maeve Montgomery, ASI Dementia Adviser and Mae Murphy, Monaghan Branch Chairperson - who gave a joint presentation on dementia in The Monaghan Museum to mark Mental Awareness Day - with Marie McMahon from the Monaghan Branch.

GDPR NEWS



Austria has become the first EU member to levy a fine under Europe's new data protection laws. In early October, Austria's data protection regulator penalised a retailer with a surveillance camera for recording too much of the pavement rather than just its own property.

The company was fined €4,800 euros for monitoring a public space without proper transparency and signage.

There has been much concern about the fines that could be levied against organisations such as ours under the EU General Data Protection Regulation (GDPR). ASI has recently been engaged in reviewing procedures and training personnel to meet our new obligations. These

efforts must be ongoing as the GDPR sets a new high bar of "accountability" on all data controllers.

ASI's Data Protection Officer, Clare Murphy, said a recent survey completed by 50 ASI service managers indicated our charity has eight CCTV systems nationwide that we control and are responsible for. She said the Austrian fine, although moderate, illustrated that managing our CCTV systems is important.

"ASI cameras should always point towards our own property, not into neighbouring properties or out onto the street or footpath, where individuals have the general right not to be under surveillance," she said.

"Ireland's regulator, the Data Protection Commission, also recommends that CCTV cameras should automatically record for a maximum of 30 days before tapes are wiped & recycled. In fact, ideally our recordings should exist for no longer than 14 days. Any centre or service in control of a CCTV system needs to make sure it is set-up correctly and if you're unsure how to do that please get in contact," she added.

For further information contact claremurphy@alzheimier.ie or **01 207 3800**.

Thank you to Mary McElligott for this beautiful poem inspired by her 93 year-old mother with Lewy Body Dementia.

Mary works as a nurse at the elderly long stay unit in Kerry and wrote this on her break during night duty. She is delighted to share it with the ASI family.

ME

Help me save my memories,
Each day I'm here with you.
It won't take up all your time,
As I only have a few.
Don't 'correct' or 'fix' the gaps,
Just let me rattle on.
Feel free to move me on a bit,
If my story is too long.
Help me to keep myself,
From disappearing down a hole.
Save me from destruction,
As my body leaves my soul.
Show me my old photographs,
You can talk about my dog.
Help me dip around a bit,
If my memory needs a jog.

They wrote up 'my story',
That first week I came in.
It's to help me remember me.
Now where do I begin!
I know I can't remember much,
Not too sure about this place
But I don't feel so worried,
When I see a smiling face.
If I'm ever feeling frightened,
'You might see it in a frown',
Come and sit beside me
And in time I'll settle down.
Help me to be myself,
The best that I can be.
Remember who you're looking at,
The one and only
...ME.

Christmas Cards



The festive season is just around the corner and we are delighted to let you know that our Christmas Cards for 2018 are now in stock and available to order.



To order your cards please email fundraising@alzheimier.ie or contact **Emilee** or **Jarlath** on the fundraising team on **01 207 3826**.

If you have any queries or would like to submit a piece for The Voice please email: thevoice@alzheimier.ie

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