



Passion for Life

the newsletter for people with memory loss & their carers

Issue 42

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Keeping Well During Lockdown

Isolation is difficult for all of us but its likely to be more difficult for people with dementia and their carers.

Our Dementia Advisers are still available Monday-Friday on the phone and we are trying to contact as many of you as possible to find out how you are getting on and giving advice and information on how to cope with any problems.



It's important that we keep well during this period as it's easy to have low mood and fail to take care of ourselves when we have no outlet beyond our house and no face-to-face contact with family and friends.

You might be on the shielding list or just self-isolating because you have underlying conditions. Either way you need to keep well during this time when you are confined at home. If you can go for a daily walk that's great but not everyone can do that for various reasons so you might need to do something at home.

Jenny, our MCI Support worker and Community Connector has put some simple exercise videos on our website and on You Tube which will help you stay mobile and prevent falls. Also some other activities. You can click on the website links here if you get this newsletter by email or visit the website separately:

<https://www.ageuk.org.uk/trafford/activities-and-events/online-exercise-videos/>

<https://www.ageuk.org.uk/trafford/activities-and-events/age-uk-trafford-quiz-and-activities/>

As well as exercise to keep mobile it's also important that we make sure we are eating a healthy diet and are drinking enough fluid through the day to keep well. If you have lost your appetite or are losing weight since the lockdown then you need to think about what you are eating and drinking. You can find some really useful information on our website here:

<https://www.ageuk.org.uk/trafford/our-services/staying-well-during-the-coronavirus-pandemic/>

If you don't have access to the internet and you are worried about loss of appetite or weight loss please contact our dementia advice service on 0161 746 3944 and we will be able to provide you with some advice and information.

Specialists In Dementia Support

Hubs & Support

PLEASE NOTE: THE HUBS, DROP-INS AND HOME VISITS BELOW ARE CLOSED DUE TO THE PANDEMIC UNTIL FURTHER NOTICE, BUT WE ARE OPEN AS USUAL BY PHONE AND WE HAVE ALSO SET UP A “Whats App” GROUP— IF YOU WOULD LIKE TO JOIN THE GROUP PLEASE LET US KNOW

Dates for you diaries:

Urmston Hub at Age UK Trafford, Sharples Building, 1-3 Church Road, Urmston, M41 9EH 1.30-3.30pm 1st Tuesday of the month

Sale Drop In, Sale United Reformed Church, Montague Road, Sale, M33 3BU 3rd Tuesday of the month 1.00 – 3.00pm

Hale Hub at All Saints Church, Hale Road, Hale Barns, WA15 8SP 1.30-3.30pm on 4th Thursday of the month

Partington Drop In at Partington Family Practice, Health Centre, Partington, M31 4FY on 2nd Monday of each month at 10.30am-12.30pm

Urmston Drop in at Age UK Trafford, Sharples Building, 1-3 Church Road, Urmston, M41 9EH 4th Friday of each month at 10am-12.00pm

“Blossom Out” Mild Cognitive Impairment Group —every Wednesday 11.00am-1.00pm at Age UK Trafford, Sharples Building, 1-3 Church Road, Urmston, M41 9EH This is a group for people with a diagnosis of Mild Cognitive Impairment only

What are the drop-ins for?

Our service is now extremely busy, with more than 2000 people on our database. As we are dealing with calls and doing home visits or other events like the hubs through the day we can't always be available without appointment to see people individually. The drop-ins are for this purpose.

Please use them to see one of our Dementia Advisers face-to face. No appointment is necessary but bear in mind that more than one person might attend who needs support. If the adviser is busy please make them aware you need support and they will respond as soon as they are available.

Right: Dementia Advisers Laura Flanagan, Gaye Williams and Patrick Cunningham- Admin Support

Getting your newsletter by email, or cancelling it: If you have an email address please let us know and we can send your newsletter by email, saving us some postage too! If you no longer want to receive the newsletter then please let us know so that we can remove you from the mailing list.

Don't forget you can follow us on twitter www.twitter.com/dementiaadviser or www.twitter.com/ageuktrafford and also our Facebook page www.facebook.com/ageuktrafford



Do you need Help?

If you don't have any family support to get your food or medication we can help.

If you are struggling to make ends meet and this is making it difficult to get enough food, we can help.

Across the borough of Trafford, your community of charities, businesses, community groups and the council have all come together to make sure you have the support you need during this challenging time.

Get Help by calling 0300 330 9073
(8.30am to 5.30pm Monday to Friday).

The advice line is for Stockport, Oldham, Rochdale and **Trafford**. Please Select **option 4 for Trafford**, then ignore the options for 'good and services' or 'pensions' - just hold the line and you will be signposted to one of the Trafford Community Response Hubs to access the support you need.

There are 6 Response Hubs across Trafford. Age UK Trafford is running the one for Urmston, Davyhulme and Flixton, other local organisations are running Sale, Altrincham, Old Trafford, Stretford and Partington, and the number above will connect you with your local hub.



If you don't have family or friends who are able to support you, the Response hub in your area will be able to:

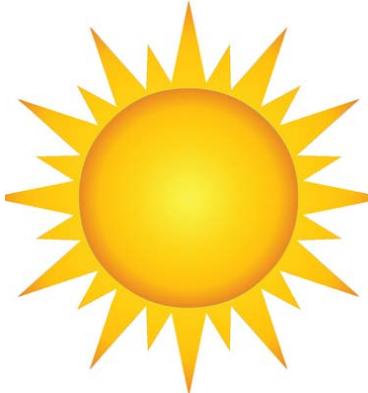
- Arrange to deliver food parcels
- Provide a shopping service for you
- Pick up your medication
- Have a chat with you about your well-being

If you prefer not to ring the 0300 number you can also ring our dementia advice line on 0161 746 3944 or our main office line on 0161 746 9754 and we will put you in touch with your local hub.

If you have received a letter from your GP advising you to shield for 12 weeks and don't know what to do either to get a free food parcel, or to stop food parcels being delivered that you no longer need please contact us and we can talk you through what you need to do and arrange the pick up of an unwanted parcel so that it can be re-distributed where its needed.

Useful Information

Lack of Vitamin D may double the risk of Dementia.



If you are staying inside you may be at risk of reducing your intake of Vitamin D—therefore doing a daily walk, or at least sitting in the garden, can be important during lockdown.

In the largest study of its kind, researchers suggest that in older people, not getting enough vitamin D may double the risk of developing dementia and Alzheimer's disease.

The study is published in the online issue of *Neurology®*, the medical journal of the American Academy of Neurology.

The study looked at blood levels of vitamin D, which includes vitamin D from food, supplements and sun exposure. Dietary vitamin D is found in:

- Fatty fish such as salmon, tuna or mackerel
- Milk
- Eggs
- Cheese

"We expected to find an association between low Vitamin D levels and the risk of dementia and Alzheimer's disease, but the results were surprising—we actually found that the association was twice as strong as we anticipated," said study author David J. Llewellyn, PhD, of the University of Exeter Medical School in the United Kingdom.

For the study, 1,658 people over the age of 65 who were dementia-free had their vitamin D blood levels tested. After an average of six years, 171 participants developed dementia and 102 had Alzheimer's disease.

The study found that people with low levels of vitamin D had a 53 percent increased risk of developing dementia and those who were severely deficient had a 125 percent increased risk compared to participants with normal levels of vitamin D.

People with lower levels of vitamin D were nearly 70 percent more likely to develop Alzheimer's disease and those who had severe deficiency were over 120 percent more likely to develop the disease. The results remained the same after researchers adjusted for other factors that could affect risk of dementia, such as education, smoking and alcohol consumption.

Mediterranean Diet Feeds Mind & Memory

The diet can improve your mind (as well your heart), shows a study published in the open-access journal *Frontiers in Nutrition*. Following a Mediterranean diet was shown to be associated with slower rates of cognitive decline, reduced conversion to Alzheimer's, and improvements in cognitive function.

The main foods in the Mediterranean diet include plant foods, such as leafy greens, fresh fruit and vegetables, cereals, beans, seeds, nuts, and legumes. The diet is also low in dairy, has minimal red meat, and uses olive oil as its major source of fat.

Leading author Roy Hardman from the Centre for Human Psychopharmacology Swinburne University of Technology Melbourne Australia and his colleagues evaluated all the available papers between 2000-2015 that investigated if and how a Mediterranean Diet may impact cognitive processes over time.

"The most surprising result was that the positive effects were found in countries around the whole world. So regardless of being located outside of what is considered the Mediterranean region, the positive cognitive effects of a higher adherence to the diet were similar in all evaluated papers;" he said.

Useful Information



Attention, memory, and language improved. Memory, in particular, was positively affected by the diet including improvements in: delayed recognition, long-term, and working memory, executive function, and visual constructs.

"Why is a higher adherence to the diet related to slowing down the rate of cognitive decline? The diet offers the opportunity to change some of the modifiable risk factors," he explained.

"These include reducing inflammatory responses, increasing micronutrients, improving vitamin and mineral imbalances, changing lipid profiles by using olive oils as the main source of dietary fats, maintaining weight and potentially reducing obesity, improving polyphenols in the blood, improving cellular energy metabolism and maybe changing the gut micro-biota, although this has not been examined to a larger extent yet."

Moreover, the benefits to cognition afforded by the diet were not exclusive to older individuals. Two of the included studies focused on younger adults and they both found improvements in cognition using computerized assessments.

The researchers stress that research in this area is important due to the expected extensive population aging over the next 20-30 years. They envision that the utilization of a dietary pattern, such as the Mediterranean diet, will be an essential tool to maintain quality of life and reduce the potential social and economic burdens of manifested cognitive declines like dementia.

"I would therefore recommend people to try to adhere or switch to this diet, even at an older age," Hardman added. Like many researchers, Hardman takes his research home: "I follow the diet patterns and do not eat any red meats, chicken or pork. I have fish two-three times per week and adhere to a Mediterranean style of eating."

Age UK Trafford is running one of 6 Covid 19 Response Hubs in Trafford

We are doing shopping for people with no other support, collecting medication, delivering food parcels and just having a chat with people who are lonely. Alongside that we are still providing our dementia advice service and MCI support service, as well as general information and advice by phone. Here are Mary and Jo with some of the donated food and Mary on the helpline



Fish Oil & Improvements in Cognitive Decline & Brain Shrinkage

At Rhode Island Hospital in the USA researchers have completed a study that found regular use of **fish oil supplements (FOS)** was associated with a significant reduction in cognitive decline and brain atrophy in older adults.

The study examined the relationship between FOS use during the Alzheimer's Disease Neuroimaging Initiative (**ADNI**) and indicators of cognitive decline. The findings are published in the journal, *Alzheimer's & Dementia*.

"At least one person is diagnosed every minute with Alzheimer's disease (**AD**) and despite best efforts, we have not yet found a cure for this pervasive and debilitating disease," said principal investigator Lori Daiello, PharmD, of the Alzheimer's Disease and Memory Disorders Center at Rhode Island Hospital. "The field is currently engaged in numerous studies to find better treatments for people suffering with AD; however, researching ways to prevent AD or slow cognitive decline in normal aging is of utmost importance."

In this retrospective study, older adults involved in the ADNI study were assessed with neuropsychological tests and brain magnetic resonance imaging (**MRI**) every six months. The group included 229 older adults who were cognitively normal; 397 who were diagnosed with mild cognitive impairment; and 193 with AD.

The study found that fish oil supplement use during the study was associated with significantly lower rates of cognitive decline as measured by the Alzheimer's Disease Assessment Scale (ADAS-cog), and the Mini Mental State Exam (MMSE), but this benefit was observed only for the group of participants without dementia at the time of enrolment.

Less Brain Shrinkage

"Additionally, serial brain imaging conducted during this study showed that the participants with normal cognition who reported taking fish oil supplements demonstrated less brain shrinkage in key neurological areas, compared to those who did not use the supplements," Daiello said. "Also, the positive findings on cognitive testing and brain MRI were only observed in persons who did not carry the best-studied genetic risk factor for Alzheimer's Disease, APOE-4. More research is needed, but these findings are promising and highlight the need for future studies to expand the current knowledge of the effects of FOS use on cognitive aging and AD."

COVID-19 SCAMS ALERT – ADVICE FROM TRAFFORD TRADING STANDARDS

Since the outbreak of the corona virus, criminals have used it to launch new scams that we all need to be aware of. Below are some examples, but new ones are emerging so it's important to share this information and look after each other.

DOORSTEP SCAMS

- Callers claiming to be from the NHS wanting to test you for covid-19
- People claiming to be from charities, offering to do shopping, taking money then never returning
- Rogue traders claiming they can disinfect drives and paths to prevent or wipe out the virus
- Bogus 'charity workers' collecting for a charity working to find a cure for covid-19

(use the notice included with this newsletter to deter doorstep callers)

PHONE SCAMS

- Recorded messages saying they're from your GP or the NHS offering tests or treatment - they want you to press a button on your phone, then you are connected to a live scammer
- Scammers claiming to be from BT to say there's a problem with your broadband or bill

TEXTS

- Fake texts claiming to be from the government offering a grant or payment
- Scam texts claiming to be from the government threatening to fine you 'for being out'

EMAILS

- Fake subscription and streaming service emails prompting account updates or requesting personal details – Netflix, Disney + and Amazon Prime for example.
- Emails saying that you can get a refund on taxes, utilities or similar are usually bogus and they are just after your personal and financial details.

INTERNET

- Mobile phone applications that claim to give you updates on the virus but instead, they lock your phone and demand a ransom.
- Social media quizzes and games that ask for personal information (i.e. your mother's maiden name).
- Fake products online that say they can protect you from corona virus.

Be very wary of any unexpected approach. Never be afraid to ignore or refuse.

Take five minutes to check it out and speak to friends, relatives or neighbours.

Report to Actionfraud on 0300 123 2040 or at www.actionfraud.police.uk

Call Citizens Advice Consumer Helpline on 0808 223 1133

Trafford Trading Standards at trading.standards@trafford.gov.uk or 0161 912 3841



Please join 'iCAN', our FREE scam early warning system – application form attached to this newsletter

Titbits



Many Thanks

As always thank you to everyone who makes a donation to us. However large or small it is greatly appreciated. It helps us run our building so that we can continue to provide all our services to the people of Trafford.

We also really appreciate the support our services get from the generous donations families make in memory of their loved ones to Age UK Trafford instead of funeral flowers.

Thank you for all the donations we have received towards our work as a response hub during this crisis. Thanks to those who have donated food supplies as well which we have distributed as emergency food parcels.

Whats App Groups

We have set up two What's App groups, one for the dementia service and one for those with MCI (Mild Cognitive Impairment).

These are starting to get active with people sharing jokes, advice and support.

If you haven't joined and want information—contact Laura or Gaye on 0161 746 3944 about the dementia group and Jenny on jenny.burton@ageuktrafford.org.uk about the MCI one.



Proud to be your local charity since 1975
www.ageuktrafford.org.uk

Age UK Trafford

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Calling all knitters—good activity for Lockdown.

The Big Knit Campaign with Innocent Smoothies will be running again in 2020. You knit novelty hats for smoothies and they give us £25p for every hat we knit. Its fun and it helps us provide our activities for older people in



Trafford.

Last year with your help we were able to smash our target of 4840 and the final number that we submitted from Trafford was an amazing 7840 hats!

We receive 25p for each hat our knitters make for us and the £1960 raised in this campaign will be used towards projects to increase social activities and combat loneliness for local older people.

If you are able to continue knitting for us it would be very much appreciated or if you haven't knitted before—go for it now! We can provide patterns for the smoothie hats—see samples above. If you drop them off at our office please do leave your name though so we can keep you updated on our success!

