

**June 2019**

Dear ACT AAG Members and Friends,

We are pleased to share with you the following updates:

**1. Upcoming AAG Events:**

- The Royal Commission on Aged Care: What can it do and how can you contribute?
  - This FREE forum will provide insights into what Royal Commissions do, how they do about collecting information and developing recommendations, and what happens after the Commission presents its report.
  - Speaking will be Prof Emeritus Robin Creyke (Australian National University), Dr Kasia Bail (University of Canberra), Dr Richard Cumpston (Australian Projections Pty Ltd), Prof John McCallum (National Seniors), Glenn Rees (Alzheimer's Disease International) & Annie Butler (Australian Nursing and Midwifery Federation). You can read the submission by Glen Rees [here](#).
  - When & where: Wednesday the 19<sup>th</sup> of June between 5:30 pm and 7:15 pm at Bob Douglas Theatre, Eggleston Rd, ANU.
  - For more details and registration, please [click here](#).
- Save the dates for the 52<sup>nd</sup> AAG Conference, to be held at the International Convention Centre in Sydney from the 5<sup>th</sup> to the 8<sup>th</sup> of November:
  - The theme this year is "Coming of Age Together: New Ways of Knowing & Acting". Registration information can be found [here](#).

**2. Upcoming events in the ACT region:**

- The Australian Society for Medical Research New Investigator Forum will be held on the 6<sup>th</sup> of June at the John Curtin School of Medical Research at ANU.
  - Guest speakers include Ms Meegan Fitzharris MLA (ACT Minister for Health and Wellbeing, Higher Education, Medical and Health Research), Dr Keats Nelms (Beta Therapeutics Pty Ltd), Dr Anne Bruestle (ANU) & Dr Robert Rigby (ANU).
  - The Sundowner evening event (5:15 pm to 7:00 pm) will include food and a keynote by Prof Michelle Lincoln (Executive Dean of Health, University of Canberra). Register [here](#).
- The University of Canberra Nursing Society are holding their Clare Holland House Charity Ball with all profits raised going to Clare Holland House, a Canberra Palliative Care Facility that helps patients achieve dignity, comfort and maximise their quality of life.
  - When & where: Saturday the 8<sup>th</sup> of June at 6:00 pm at the Ainslie Football & Social Club. More information can be found [here](#).
- World Elder Abuse Awareness Day is on the 13<sup>th</sup> of June:
  - A morning tea, information and conversation session is being held at the Theo Notaras Multicultural Centre from 10:30 am to 12:00 pm.
  - The event will involve the launch of a Relationships Australia Service trial and update on the Legal Aid OPALS program as well as information stalls from some key services in the elder abuse space.
- To support the new [Charter of Aged Care Rights](#), COTA is hosting an event "Your rights in aged care – Understanding the new Charter of Aged Care Rights and how it will empower and protect you":

- When & where: Friday the 14<sup>th</sup> of June between 2:00 pm and 4:00 pm at Hughes Community Centre (COTA ACT), Wisdom Street, Hughes, ACT. Registration information can be found [here](#).
- The Canberra Health Annual Research Meeting is coming around again between the 30<sup>th</sup> of July and the 2<sup>nd</sup> of August at The Canberra Hospital. For more details, the program and registration click [here](#).

### 3. New feature “Community Spotlight”: Alchemy Chorus:

- The [Alchemy Chorus](#) for people living with dementia and their carers is one of the most successful of its kind in the world. The benefits of singing groups for people living with dementia are becoming widely recognised and include social inclusion and support, learning new skills, and improvements in communication and self-esteem. Founded by Conductor Brian Triglone in 2016, the Chorus meets at Hughes each Thursday during school terms for two hours (with a break for tea and treats!), often in preparation for an upcoming concert. Their repertoire is diverse, from “What a Wonderful World” by Louis Armstrong to the Seekers and The Beatles. To learn more and to see a video from ABC’s Australia Wide program, click [here](#) or follow the group on Facebook [here](#).
  - You can see the Alchemy Chorus perform on Saturday the 31<sup>st</sup> of August at the Western Creek Uniting Church, Parkinson St, Weston (Time TBA).



### 4. Featured research from AAG members:

- [Ambikairajah, A.](#), Walsh, E., Tabatabaei-Jafari, H., & Cherbuin, N. (2019). Fat mass changes during menopause: a meta-analysis. [American Journal of Obstetrics & Gynecology](#).
  - Anathan was interviewed on television about the study [here](#) and read ABC news coverage [here](#).
- [D’Cunha, NM.](#), Nguyen, D., Naumovski, N., McKune, AJ., Kellett, J., Georgousopoulou, EN., [Isbel, S.](#) (2019). A Mini-Review of Virtual Reality-Based Interventions to Promote Well-Being for People Living with Dementia and Mild Cognitive Impairment. [Gerontology](#).
- Are you an AAG ACT member with a recent publication or upcoming event? [Let us know](#) so that we can feature it in our newsletters.

### 5. Future events in the ACT and NSW:

- The Alzheimer’s Association International Conference (AAIC) Satellite Symposium will be held at the Hyatt Regency between the 25<sup>th</sup> and 27<sup>th</sup> of September. More information [here](#).
- The International Research Network on Dementia Prevention (IRNDP) will be hosting a global forum on dementia prevention on the 14th & 15th of October in Sydney. More information [here](#).

- The International Workshop on Subnational Life Tables to be held between the 15<sup>th</sup> and 17<sup>th</sup> of October at the Australian National University. Find out more about the workshop [here](#).
- The 8th International Conference on Ageing and Spirituality is being held in Canberra between the 27<sup>th</sup> and 30<sup>th</sup> of October at Old Parliament House. More details [here](#).

Warm Regards,

ACT AAG Committee