



## *MENTAL HEALTH IN LATE LIFE*

### **Welcome to 2014**

Welcome to PGNA for 2014. As usual the year has started off with a bang and proceeding at a rapid pace. In this edition of the newsletter the new executive committee will be introduced and acknowledgement made for long-serving members who have stepped into other roles or have embarked on long-worked for and waited retirement. Recent achievements of our members are acknowledged and an overview of some the PGNA's successes over recent times.

### **PGNA's New Executive**

Our new executive is well underway with PGNA business. This year will see an overhaul of the PGNA's Constitution, a review of the Strategic Plan to take the PGNA into the next three years, planning and support for dinner meetings and symposiums and administering scholarships. So let's take this opportunity to introduce the new executive.

**President:** Christine Neville – Christine has previously served as our Vice-President and is honored and excited to take on the presidency and lead the PGNA over the coming year. Christine is an Associate Professor at The University of Queensland and Program Coordinator of the Masters of Mental Health Nursing.

**Vice-President:** Regina McDonald – Regina is the former President (special mention coming) and has graciously taken up the role of Vice-President to keep the PGNA pulsing along at a great pace. Regina is the Area Clinical Nurse Consultant, Specialist Mental Health Services for Older People, SWS & Sydney LHD and Braeside Hospital HammondCare.

**Secretary:** Elizabeth Brandis – shhh...DON'T LET ANY OTHER ASSOCIATION KNOW ABOUT OUR SECRET(ARY)...great contributor and tireless supporter of the PGNA. In her working life, Elizabeth is a Clinical Nurse Specialist, Psychogeriatrics, Acute to Age Related Care Services (AARCS), Shellharbour Hospital.

**Membership Secretary:** Anabel de la Riva - Anabel has done a great job to smarten up our processes, so keep the memberships coming through. Anabel works as CNC Consultation Liaison Psychiatry, Westmead Hospital.

Treasurer: Rod Pirotta - Rod will give Joe Hockey a run for his money in his ability to manage the books. Rod is the Clinical Nurse Consultant Dementia Support, ACAT/CACC Lemongrove CHC.

Ordinary Member: John Nadjarian – John is a long-standing PGNA member and has volunteered his time in numerous positions over the years and continues to offer tremendous support through his current role. John is the Manager of the Special Care Program at HammondCare.

Ordinary Member: Connie Palacios – Connie is another hard-working member of the PGNA and the rest of the committee thrives on her enthusiasm and passion for everything she is involved in. Connie works as the Aged Care CNC, Shellharbour Hospital.

### **ACCOLADE, ACCOLADE, ACCOLADE**

For the past ten years, Regina McDonald served as the President of the PGNA and she decided to step down last AGM. BUT we were not keen to let her go so easily and she kindly accepted to be nominated as vice-president so that her experience and enthusiasm for the PGNA will continue for the benefit of us all. A SUPERSIZED ACCOLADE for Regina and we sincerely thank her for her unmatched service.

Also, there is a huge graduation congratulation in order for the now, Dr Regina McDonald, PhD. No doubt you will all agree a significant achievement.

### **James has gone a fishin’**

A fine and now life member of the PGNA is the fabulous Mr James Turner. James’ outstanding service to the PGNA was given full recognition at the 2013 AGM. He has gone into a well-earned retirement and remains a firm friend of many PGNA members. All the best to James and sadly ‘Clayton’ has taken his rod and reel and gone with James. We will miss them both!

### **EXCELLENT NEW BPSD TOOLKIT RESOURCE – Tell your colleagues**

A new Toolkit-**Promoting positive behavioural health: A nonpharmacologic toolkit for senior living communities**-contains resources to help staff in senior living communities has been developed by some of our US nursing colleagues to promote nonpharmacologic behavioural health strategies to address behavioural and psychological symptoms of dementia (BPSD) behaviours that frequently occur in long-term care residential settings, especially among residents with dementia.

Check it out on: <http://www.nursinghometoolkit.com/>

### **PGNA Scholarships!!!! Up to \$500 is available per application – APPLY NOW!!!!**

Remember your membership entitles you to apply for an education and/or research scholarship. Recent successful applicants have been **Catherine Brown** to attend the Australian Association of Gerontology Conference in Sydney and **Connie Palacios** to attend

the PGNA/FPOA symposium in Parramatta. Well done, Catherine and Connie for your representation of the PGNA at these important forums for dissemination of the latest information about mental health care for older people.

### **Psychogeriatrics in the Park – A Big Success**

Last September, the PGNA and the Faculty of Psychiatry of Old Age NSW (FPOA) jointly hosted a two-day symposium titled 'Psychogeriatrics in the Park: Interesting times, psychogeriatrics at a time of change'. This was a big success with a strong attendance from across the disciplines. Well done to the organising committee for putting a great program together and getting the knowledge out for the greater good.

### **Professional Development Opportunity**

#### **DELirium Clinical And REsearch Day *DECLARED***

The Australian Delirium Society is conducting a one day multidisciplinary symposium for all who want to do better with delirium. Tue 27 May 2014 at the Ian Potter Auditorium, Melbourne Brain Centre, Parkville, Melbourne. Please email the organisers for further information: [declared2014@gmail.com](mailto:declared2014@gmail.com)

### **DATE CLAIMER**

Put the 7<sup>th</sup> November, 2014, somewhere in Sydney in your diary for the AGM and Dinner Symposium. It will be a great night to catch up with everyone, laugh, eat good food, laugh, enjoy a beverage, laugh, listen to an inspiring guest speaker and then laugh some more. Details to follow...