



Alzheimer Society

SAULT STE. MARIE &
ALGOMA DISTRICT

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Message from the President & Executive Director

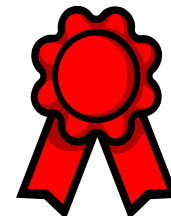
Mark Zorzit, President
Carolyn Cybulski, E.D.

Thanks to the generosity of the residents of Algoma District, this year's Coffee Break event raised record revenues and exceeded our greatest expectations! With over 300 host sites throughout Algoma, our creative and spirited hosts succeeded in raising over \$40,000 for people affected by Alzheimer's disease and related dementias. Please see page 6 for more information on this very successful event.

With the conclusion of summer comes a return to our regular activities such as support groups, grade 5 sessions, and various educational presentations. If you or your group is interested in hearing about services that might be of interest, please do not hesitate to call our office at 942-2195.

Christmas is just around the corner, and once again the board of directors and staff of the Alzheimer Society would like to wish you and your loved ones a very enjoyable holiday season.

Alzheimer Society Short-listed for Donner Award



We are pleased to announce that the Alzheimer Society has been named as a finalist for the upcoming ninth annual Donner Canadian Foundation Awards for Excellence in Social Services Delivery. The Alzheimer Society is one of three finalists in the category of Services for People with Disabilities. The awards recognize excellence in social services provision by Canadian non-profit organizations by encouraging best practices and greater accountability. Participating organizations are ranked on their performance in ten key areas, including management and governance, the use of staff and volunteers, innovation,

innovation, program cost, and outcome monitoring. This year, more than 600 non-profit organizations from across Canada applied for the awards, which will be presented November 30th in Toronto.

Plans Underway for 2007 Education Conference



Mark your calendars for the 6th annual Alzheimer Education Conference titled "Improving Knowledge...Enhancing Care", scheduled for Thursday, March 8, 2007. Key note speaker will be former Saultite and eminent neurologist, Dr. Sandra Black, who will be helping us distinguish between the various forms of dementia. Other notable speakers include Sgt. Scott Taylor from the OPP's Emergency Services Unit, who will be addressing search practices for people with dementia, and Dr. Paul Eshleman, who will help us see the link between Down's Syndrome and Alzheimer's disease. We will also be hosting an interesting session by the CCAC that will respond to your questions about home care, placement, and navigating the system.

For information on location, cost, and other details, please contact our office at 942-2195. Thanks to sponsors Lundbeck, Pfizer, and USWA #2724 for making this event possible.



Research Update

By Linda Sullivan
Education Coordinator



New Hope for Stopping Cognitive Decline

A new Alzheimer's drug with potential to halt cognitive decline has neuroscientists at the University of Toronto crossing their fingers as it enters human clinical trials.

"I am cautiously optimistic," says JoAnne McLaurin, lead researcher at the U of T's Centre for Research in Neurodegenerative Diseases, funded in part by the Alzheimer Societies in Ontario.

The drug, known as AZD-103, won't restore memory and other brain functions, but it may very well stop people with Alzheimer's disease from getting worse - an exciting prospect for those who are diagnosed early. McLaurin has already tested AZD-103 on mice genetically altered to have an Alzheimer's-type disease. She found the drug stopped the accumulation of toxic amyloid beta peptides, which kill brain cells in Alzheimer's disease.

AZD-103 also improved spatial memory. "We all use spatial clues to get around our environment. That's how you know how to get home from work, and that's one of the things lost in Alzheimer's patients," says McLaurin.

She and her colleagues put the mice through a "swim test", placing them in a wading pool where they had to find a platform to get out of the water. The researchers placed visual clues around the pool to help the mice remember the route to the platform. Five days later, the mice were again placed in the pool. Those who had received the drug were able to find their way back to the platform, just as a normal mouse would. The control group couldn't find the platform and had to be rescued.

The drug restored spatial memory for both the mice who had already had Alzheimer's symptoms and those who had yet to develop them. But researchers don't expect the drug will restore human brain function because unlike humans with Alzheimer's disease, the mice's neurons had not died. "If a neuron dies in humans, this drug won't replace it, but any neurons that are damaged or not fully functional, those are the ones in humans that can be rescued. The hope is that this drug will take the toxin away and allow the neuron to recover on its own."

The drug also prolonged the mice's life span - something never seen before. Whereas only 40 per cent of transgenic mice usually survive past one year, 73 per cent of those given the drug lived a full year or more.

If all goes well, the company conducting the human tests, Transition Therapeutics Inc. of Toronto, should have results by the end of 2010.

Source: Sharon Oosthoek, Toronto-based freelance journalist. Alzheimer Society of Ontario.



Satellite Corner...News from the North Shore and East Algoma Satellite Office

By Carolyn Ross
Support and Education Coordinator, East Algoma

Here's an update on what's been happening in the satellite office...

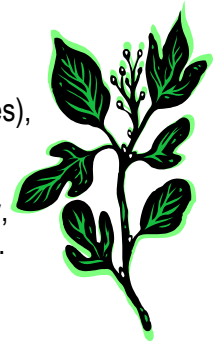
- The Learning in Retirement knitting group has been busy knitting teddy bears for our Cuddle Bear program. They knit 35 bears that were distributed to Huron Lodge, St. Joseph's Manor, and Hillside Park Retirement Home. Thank you so much to this group of women.
- The Elliot Lake Support Group is very active. We will be having guest speakers in throughout the winter. Please watch your cable channel and The Standard for dates and topics.
- Thanks to Dennis Locke who has come on board as a volunteer and has been very busy with awareness displays, posters, and other important activities. Your help is much appreciated, Dennis.

I wish everyone a happy Festive Season and a happy New Year.



Stimulate Your Senses with Herb Vinegars

By **Tammy Bennardo**
Recreation Therapist



You Will Need: clear glass bottles, funnels, corks to fit the bottles (available at wine-making stores), and fresh herbs.

Most recipes call for boiling the vinegar, but as we want all generations to help in this great activity, we will allow the sun to provide the heat needed to enhance the flavour, much like making sun tea.

What You Need To Do:

- Clean your herbs - wash well and dry well with a clean towel or salad spinners.
- Bottles should be pre-washed with all labels removed and sterilized in the dishwasher.
- Corks need to soak in water for one hour to absorb moisture.
- Insert herbs into the bottles, and with a funnel fill the container with vinegar to within one inch of the top. Push the cork into the bottle so the liquid touches the bottom of the cork.
- The finished product should be placed in a sunny window for one month to help the herbs blend into the vinegar. (Vinegars with chive or basil should not be put in the sun as they will lose their rich colour.)
- After one month, the final step is sealing the vinegar by dipping the cork end into melted paraffin wax.
- Tie a small card listing the ingredients, date, and "made by" around the neck of the bottle.

The colour of the herbal vinegars are lovely to look at and taste great too. They will make great Christmas gifts if you start now. There are no preservatives in these recipes and they will last up to one year. (Be sure to date your bottles.)

Suggestions for Vinegar Combos:

- Sage and red wine vinegar make a great marinade for port and a nice dressing for rice salad.
- Chive and caraway in white wine vinegar. This blend is great for tangy coleslaw.
- Basil, marjoram, thyme, tarragon in red wine vinegar - excellent for fresh green salads.
- Dill, lemon, garlic, parsley, and white wine vinegar - wonderful for fish.
- Basil, garlic, and oregano with vinegar is great for Italian dishes.
- Garlic and white wine vinegar - excellent to keep on hand for the base of many great salad dressings and marinades.



There are no rules! Mix and match to your heart's content!

Source: Horticulture as Therapy - A Practical Guide to Using Horticulture as a Therapeutic Tool. M. L. Hewson. (1994) (May be borrowed from the Katherine L. Punch Resource Centre).

Volunteer News

By **Bea Fioramanti**
Coordinator of Volunteers and Special Events



September is an incredibly busy month at the Alzheimer Society and we could not do it without the support of our dedicated volunteers who donate so much of their precious time by helping out during this busy time. A big thank you for your commitment to people affected by Alzheimer's disease and related dementias. You truly are "number one"!

Volunteer Visitors Needed: If you would like to make a difference in the life of someone coping with Alzheimer's disease and enjoy interacting with people, why not become a Volunteer Visitor? You would be provided with training and carefully matched with someone who would benefit from your companionship.

Canvassing Recruiters Needed: We are also in need of volunteers to help recruit new door-to-door canvassers.

Please call our office if you are interested in either of these important activities.



Help Us to Help You!

By Vicky Roy
Family Support Case Worker

People with dementia and their caregivers both face a number of stressors for extended periods of time.

For persons with dementia, these stressors may include uncertainty about dementia, uncertainty about the future, and coping with the changes they are now experiencing.

Caregiver stressors may include physical stress, psychological/emotional stress, disruption or change to normal social patterns, and financial concerns or challenges.

Additionally, both are constantly adjusting to the ongoing changes in their lives.

Chronic stressors have a direct, negative impact on the immune system which can cause an increased risk of illness or injury. In order to cope better with stressors, people with dementia and their caregivers must care for themselves.

The Alzheimer Society of Sault Ste. Marie and Algoma District offers a number of valuable services that can help! Services are provided for both caregivers and persons with dementia. They include:

Caregiver Support and Education Groups - Caregivers can attend group meetings on a regularly scheduled basis for an informal sharing of experiences, as well as education on topics of interest. If desired, caregivers may meet with the Family Support Case Worker on an individual basis.

Support for the Person with Dementia – People who are concerned about their own memory loss, and who

may or may not have been diagnosed with a dementia, can receive support and information on an individual basis or in a group setting.

Education Sessions – The Society provides educational sessions for caregivers and also in the community.

Recreational Therapy – This program provides in-home recreation therapy for people affected by dementia. Persons with dementia will receive the benefit of an individualized treatment program by a Recreation Therapist, and caregivers will receive the benefit of respite for the duration of the Therapist's visit.

Volunteer Visiting – Specially trained volunteers visit persons with dementia in their homes one or two hours per week to offer socialization and stimulating activities.

Katherine L. Punch Resource Centre – An extensive collection of up-to-date videos, DVD's and books are available at the Society for loan, free of charge.

Safely Home: Alzheimer Wandering Registry – All family caregivers of persons at risk of wandering are encouraged to register them with the Alzheimer Registry. All persons registered are included in the RCMP database of Wandering Persons. This National Wandering Registry is accessible to every police force in the country. This service is confidential and a one-time charge of \$35.00 also covers the cost of an identification bracelet.

Help us to help you! Call 942-2195 for more information or to access any of our services.

Alzheimer Society Ribbon Magnets

Show your support and raise awareness of Alzheimer's disease by proudly displaying your magnet on your vehicle, refrigerator, or filing cabinet.

\$3 per magnet

Help for Today. Hope for Tomorrow.





Fundraising News

By Bea Fioramanti
Coordinator of Volunteers and Special Events



Coffee Break™: Thank you to all of the supporters of this year's Coffee Break! To all of the hosts who took time out of their busy days to host a Coffee Break at work or at home, and to everyone who attended Coffee Break events - we salute you! Thanks to your generosity, this year's Coffee Break was the most successful event ever, and we couldn't have done it without you.

Coffee Break kicked off to a great start in the lobby of Rome's Independent Grocer, and Collegiate Heights Retirement Residence once again generously hosted the annual Forget-Me-Not Tea.

We would like to extend special thanks to the many dedicated volunteers whose help is greatly appreciated, and to sponsors Sault Star, KPMG, Penny's Pets, and the Co-operators on Northern Ave.

Many area restaurants served up Coffee Break specials in September, and we would like to express our sincere thanks to these dedicated supporters: Boots and Saddles Roadhouse, Bridge's Restaurant, Buttermilk Alpine Ski Village, Fireside Inn, Giovanni's, Joey Calzone's, Lone Star Cafe and Bar, Los Mexicanos, Lakeview Restaurant, Mustang's Grill, North 82, A Thymely Manner, U-Betcha, Uncle Gino's Cafe, and Vincenzo's.

We are extremely grateful to the following community-minded stores who sold Coffee Break decals that adorned their windows and walls: Absolutely Delicious, Bob's No Frills, Bulk Barn, Canadian Tire in Sault Ste. Marie and Elliot Lake, Dean's Food Basics, Dinelle's Country Market, East Street Coffee Shop, Elliot Lake IGA, Joe's No Frills, Mitchell's IDA, Pino's Get Fresh, Subway, and A Taste of Scandia.

This was the fourth year that the Golden Coffee Cup Award was presented to the host sites that gathered the most donations in their category. Congratulations to the 2006 winners:

- | | | | |
|----------------------------------|------------------------------------|---------------------------------|---|
| Care Facility | Ontario Finnish Resthome Assn. | Elementary School | Isabel Fletcher |
| Secondary School | Central Algoma Secondary School | Post Secondary | Sault College |
| Community Agency | Algoma Community Care Access Ctr. | Decal Location | Dean's Food Basics |
| Church/Association | Community of Christ Church | Retail/Commercial | Bennardo Jewellers |
| Financial/Insurance | Northern Credit Union - McNabb St. | Industry/Construction .. | Algoma Steel Inc. |
| Government Office | Great Lakes Forestry Centre | Restaurant | McDonald's |
| | Home Party | | Deloris Caughill, Marlene Trussler, and Kay Koskenoja |



Wild Game Dinner: We are grateful to the Knights of Columbus Council #11608 for inviting us to partner with them for the fourth consecutive year on the Wild Game Dinner held on November 17. Although the results are unknown at the time of printing, we would like to thank everyone who assisted with or attended the event, and those who donated wild game.

Bouquets of Thanks to the Following Alzheimer Society Supporters...

- Supporters of the Algoma Fall Craft Show: organizer Gerlinde Haeffele, the artisans who donated their treasures to our silent auction, and the patrons who attended.
- Employees of Cameco Corporation for their continued support through the 2006 Employee Giving Program.
- Station Mall Drug Mart for its ongoing support through Nevada Ticket Sales.
- Blind River Festivals Committee for naming the Alzheimer Society as the recipient charity for the 2007 Dragon Boat Festival.





January is Alzheimer Awareness Month

Awareness Campaign Theme Targets Healthier Living Strategies

For people with Alzheimer's disease, maintaining a healthy and active lifestyle is a key part of living with this illness.

While there is currently no way to stop Alzheimer's disease, more and more studies are showing that exercising, eating right, and staying socially and mentally active are all things people can do to enjoy the very best quality of life, while at the same time possibly helping to slow the progression of the disease.

"Recent discoveries suggest that healthy lifestyles may even help in the creation of new nerve cells within the brain, something that could prove very beneficial for people dealing with the effects of Alzheimer's disease," says Dr. Jack Diamond, scientific director for the Alzheimer Society of Canada.

With this in mind, the Alzheimer Society is delivering the message of healthier living during its nationwide awareness campaign. We are encouraging people with the disease to adopt a healthy lifestyle, while also continuing to do the things that bring meaning and fulfillment to their life, such as hobbies and interacting with friends and family.

A similar message is also applicable for caregivers, emphasizing the importance of maintaining their quality of life by continuing to eat right, exercise, get appropriate amounts of rest, and enjoy social and mental stimulation.

Please see Vicky Roy's column on page 5 for other ways in which the Alzheimer Society can help with healthier living strategies.

Awareness Month Activities

- Proclamation of January as Alzheimer Awareness Month at various Algoma municipalities
- Educational displays at various times throughout the month in various locations throughout Sault Ste. Marie and East Algoma.
- Alzheimer Society Open House on January 2 & 3 from 8:30 a.m. to 6 p.m. in Sault Ste. Marie. Meet our staff, tour our office, review our educational information, and have some goodies!
- Distribution of volunteer-made cuddle bears to area long-term care homes.
- Annual door-to-door campaign: Our hardy legion of volunteers will be out canvassing area streets for donations to support Alzheimer's disease and related dementias. Please give us a call if you are interested in canvassing.
- Manulife Walk For Memories: **Same event...different name!** This year we will be joining the provincially-coordinated Manulife Walk for Memories. It still has all the fun, prizes, and refreshments that you've come to expect, but with a few additional features:
 - *On-line registration*: Log on to www.walkformemories.ca to register yourself as a participant or as a team member. You can then send emails to friends and family to boost up your pledges to reach your goal, and you'll have immediate online access to check your progress.
 - *Walk for Memories Unforgettable T-shirts* to all participants raising \$100 or more.
 - *Fabulous prizes*: In addition to the usual prizes for top pledge earner, top team pledge earner, and Early Bird Prize, the Manulife Walk for Memories offers:
 - Top fundraisers from each event across the province will be entered into a draw to win a 7-day, all-inclusive trip for two to Cozumel Mexico, a trip valued at approximately \$4,000.
 - Recruit two friends to participate with you, fundraise a minimum of \$100 each and you could win a Kodak EASYSHARE Picture Viewer for you AND your friends.
 - Provincial Early Bird Prize: To be eligible you must register for a Manulife Walk for Memories event online and fundraise a minimum of \$500, through our online system at www.walkformemories.ca, before the contest close date of Friday November 24, 2006. You could win a 3-day all-inclusive tropical vacation package to the El Dorado Seaside Suites in the Mayan Riviera, Mexico, valued at \$3,000.





Profiles of Hope - Feature Story

New Avenues for Life with Alzheimer's Disease By Sharon Oosthoek

Gail Robinet arrives at the restaurant in a car driven by her husband Mike. She's agreed to meet here today to talk about what it's like to live with Alzheimer's disease, and while she's grateful for Mike's help, Robinet clearly would rather be in the driver's seat.



"The hardest thing is I can't drive," says the petite 61-year-old. "They say I would get lost. But I'm going to be re-tested for my license. I've had two new drugs since then."

Robinet, who lives in Burford, has always had in independent streak. Her mother died when she was just seven, and she helped raise her younger brother. "I'm the original Little Red Hen," she says. "I've always been an 'I can do it' person."

And so, when her high school students began noticing changes in their religion teacher, Robinet didn't take it seriously. "My students would say to me, 'You missed a word writing on the board.' I would joke with them and say 'That's from reading all your essays' and they would laugh." When it kept happening, Robinet chalked it up to being tired. In fact, she often felt very, very tired.

Finally she admitted to herself that something was wrong and began looking for medical explanations. In her mid-50s, with no family history of Alzheimer's disease, doctors tested for problems such as brain tumours. But just over a year ago, Robinet was diagnosed with Alzheimer's disease.

One of the first things she did was call her local Alzheimer Society. "I wanted to know everything," she says. Now she attends self-help sessions every two weeks with others who have early onset Alzheimer's disease. She also keeps a diary, where she vents her anger at her illness, but also gives thanks for the rich life she's lived so far. In addition to her work as a teacher, she's been a bereavement counselor, a full-time mother, and a high school and hospital chaplain.

Robinet - now retired from work but not from life - says she feels incredibly lucky to have done everything she wanted to do. "I've had a full life, and I have no regrets. Okay, well I'd like to be tall and speak better French," she laughs.

Sharon Oosthoek is a Toronto-based freelance writer. Photo by John Rennison, Hamilton, ON.

SUPPORT THROUGH MEMBERSHIP

Please show your support for the work of the Alzheimer Society of Sault Ste. Marie and Algoma District.
To become a member or make a donation, please complete, detach, and return to our office at:

633 Albert St. E., Sault Ste. Marie, ON P6A 2K5

- Membership:** Individual \$15 Seniors/Students \$10
- Donation:** _____

As a member, you will receive our newsletter published three times per year, notice of upcoming events and meetings, voting privileges at our our Annual General Meeting, and a charitable tax receipt. Thank you for your support!

Name: _____
Address: _____