



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Spring 2007
Volume 20, Number 1

In This Issue:

Satellite Corner...
P. 2

Resource Centre
Acquisitions...P. 2

Education Update...
P. 3

Family Support
Information...P. 4

Great Leisure & Rec-
reation Ideas...P. 5

Fundraising News...
P. 6

Upcoming Events...
P. 7

Message from the President & Executive Director

Mark Zorzit, President
Carolyn Cybulski, Executive Director

The Alzheimer Society was thrilled to learn that the Recreation Therapy Program was the recipient of the Donner Award for Excellence in the Delivery of Social Services for Persons with Disabilities. The awards recognize excellence 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, program cost, and outcome monitoring. The Society gratefully accepted the \$5,000 award which will be used for direct service costs of the Recreation Therapy program.

Pictured across is Executive Director Carolyn Cybulski accepting the award from Allan Gotlieb, Chairman, Donner Canadian Foundation.



Preserving Our Past...Enhancing Our Lives

Research tells us that a well-documented life story can enhance quality of life for those at risk of social isolation. The more those around us understand our past joys and sorrows, the better able they are to acknowledge our identity and provide person-centred care. The Alzheimer Society has received funding from the Government of Canada's New Horizons for Seniors program to carry out the "Preserving Our Past...Enhancing Our Lives" project, which aims to capture and celebrate the life stories of people with dementia. The stories will be collected into scrapbooks and will be living documents that accompany the person throughout the transitions of the disease.

If you are interested in participating in the project, please call the Alzheimer Society office. There is no charge to participate and you will receive a beautiful keepsake that celebrates who you are!

We are also looking for volunteers who would be interested in helping to collect the life stories and create the scrapbooks. Please call the Alzheimer Society for more information.

Please note the changes to our email and website addresses:
General Email: info@alzheimeralgoma.org **Website:** www.alzheimeralgoma.org



News & Information

Name Our Newsletter...Please!

You may have noticed that the look of our newsletter has been evolving over the past few editions. This is a result of the feedback you gave us last summer when we conducted our newsletter feedback survey. Many people gave suggestions as ways to improve the appearance and readability of the newsletter, and although it is still a work in progress, we are getting close to a preferred format.

Because our newsletter is getting a makeover, we felt the time had come to give it an actual name. We are looking for a name that's catchy and reflective of the content, and we need your help! All suggestions will be considered, and the winner will be announced in the summer 2007 edition. Please give us your suggestions by phone (942-2195), fax (256-6777), or email (info@alzheimergoma.org).

Satellite Corner News from the East Algoma Satellite Office

From Carolyn Ross, Support & Education Coordinator

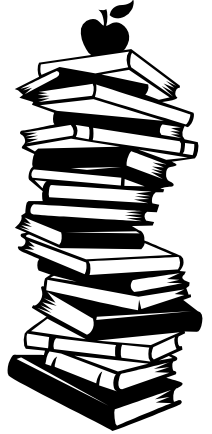
The East Algoma satellite office is looking forward to two big events this spring and summer. As you may know, we have been chosen as the recipients of the proceeds for the Blind River Dragon Boat Races to be held on June 16. We are expecting more than 20 boats to enter, and we have a great prize list. Volunteers are urgently needed to help with this event, so please call me at 848-8145 if you could spare some time.

The Alzheimer Society's Blind River Caregiver Support Group and Golden Birches will be jointly hosting a special event on April 30. We have invited Dr. Patterson, a well known international speaker and expert on Alzheimer's disease and related dementias, to speak to family caregivers of persons with dementia. Stay posted for the time and place. We look forward to seeing you there.

Resource Centre Acquisitions

A Caregiver's Guide for Alzheimer and Related Disease. Judith McCann-Beranger. (2004).

Please remember that our library has over 200 books and over 100 videos/DVDs on a wide variety of topics related to Alzheimer's disease and dementia. All resources are available for loan free of charge.



Alzheimer Society Scholarships

Each year, the Alzheimer Society offers three scholarship awards to Sault College students. The scholarships are intended to promote study within the fields of health and human services, with a special emphasis on care of persons with dementia. We would like to extend our congratulations to the winners of the 2007 awards, Marcie Deschamps (OTA/PTA program) and Krysta Jean Waldorf (BScN program).

Annual General Meeting

Everyone is welcome to attend the Alzheimer Society's Annual General Meeting, which will be held on Friday, June 8, 2007 from 11:30 a.m. to 1:30 p.m. The purpose of the Annual General Meeting is:

- To hear and receive reports and statements;
- To elect Directors;
- To appoint the financial Auditor; and
- To transact any other business property brought before the meeting.

Location and speaker to be announced. There will be a small charge to cover the cost of lunch.

For more information regarding nominations to the Board of Directors, or to RSVP, please call 942-2195.



Education Update By Linda Sullivan, Education Coordinator

Heads Up for Healthier Brains

There are no guarantees that a healthier lifestyle will prevent Alzheimer's disease but evidence is suggesting that it **may** reduce your risk. Your brain, like any other muscle in your body needs a good workout. Challenge it mentally. Do cross-words, puzzles, and sudoku. Learn something new as it is one of the best ways to make the brain work. Learn a new computer program, take up a new hobby. Remember, learning can be fun.

Get out there and meet people. Being socially active helps you stay mentally active. Get together with family, friends and neighbours on a regular basis. Join a group, take a class, become a volunteer. There are many ways to stay socially connected even during the long winters. Get the family together for family game night. You are being mentally stimulated while being socially active.

Remember to protect your head any time you're engaged in an activity that may lead to head trauma. Medicine has come a long way but we still don't have the capability to repair damaged brain cells. Wear a proper fitting helmet while biking, skating or skiing. Be aware of your environment and watch for tripping hazards. Walk a little slower in the ice and snow and put on appropriate footwear. Be sure to wear a seatbelt while traveling in a vehicle.

Lastly, let's not forget to watch our numbers. What numbers may that be? Blood pressure, cholesterol, blood sugar and weight. Choosing brain healthy foods such as dark colored fruits and vegetables and cold water fish is essential to good brain health. Limit alcohol intake and avoid smoking. Keep your stress level down. Use meditation and relaxation methods if necessary.

Remember, it's never too soon or too late to make changes that may maintain or improve your brain health. So get out there and take action for a healthier brain. The rest of your body will thank you.

Workshop with Daniel Kuhn

Mark Thursday, November 1, 2007 on your calendar for an exciting workshop by author and presenter Daniel Kuhn. Mr. Kuhn is currently the Director of the Professional Training Institute for the Greater Illinois Chapter of the Alzheimer's Association based in Skokie, Illinois.



He is a licensed clinical social worker and has been active in the fields of health care and aging for over 30 years. He routinely gives presentations on family caregiving and dementia care issues, and has authored or co-authored over 40 publications including the popular book, *Alzheimer's Early Stages: First steps for family, friends & caregivers*. His newest book, *The Art of Good Dementia Care*, will be in stores in early summer. Further details regarding location and cost will be forthcoming in the summer 2007 newsletter.

Caregiver Education Series

The coming of spring also heralds our annual Caregiver Education Series, a set of open information sessions intended for family caregivers. Topics include: Understanding Alzheimer's Disease, Responsive Behaviours, and Effective Communication. The next series will be taking place on May 16 and 23, 2007 from 7-9 p.m. There is no charge but pre-registration is required. Please contact Linda Sullivan at 942-2195 to register or for further information.



Family Support Information

Caregivers Need Care Too!

By Andrea Kelly, Sault College Fieldwork Student,
Social Services Worker Program

“...no caregiver arrives at the same conclusion in the same order for the same reasons that I have, just as no individual assembles a jigsaw puzzle in the same sequence, even if all the pieces are the same.”

~ Elizabeth Czeck Beckerman

One of the most important things you as a caregiver must learn is to care for yourself. Your well-being and your loved one's well-being depend on you. It is important that you find ways to care for yourself so that you don't exhaust your physical and emotional resources.

Caregiving has many rewards. It is also an awesome responsibility that can be physically, emotionally, cognitively and psychologically exhausting. There are occasions for anger, fear, sadness, and the desire to be free of caregiving responsibilities. Many things about caregiving cannot be changed, for example, the course of Alzheimer's disease. However adapting a “good enough for now” attitude, allows you to be more flexible and reasonable in your expectations of yourself. You can do the best you can at the moment with the time, energy and resources available to you. Changing those things you can change and accepting those you cannot, offer the most balanced approach to caregiving.

Self Care Strategies for Caregivers

Take time out and give yourself a break. A break is good for you and your loved one. Consider accessing in-home respite care, an adult day program or enlisting the help of family or friends.

Maintain friendships and family ties. You need friendship, stimulation and support.

Arrange for help with tasks. Find out what community services are available to help with household tasks. Ask friends, family and neighbors to help out. Most people are happy

to help and enjoy feeling that they are lightening your load.

Pamper yourself. Do things that bring comfort and joy. Small pleasures are sometimes the best. Watch a sunset, listen to music, read a book or have a luxurious bath.

Allow yourself to laugh and have fun! Laughter is therapeutic and a sense of humour can always help.

Join a support group. You're not alone and talking to others going through similar experiences can be very helpful.

Allow time for regular exercise. Regular exercise improves circulation and elevates your mood.

Choose a positive attitude. See your caregiving experience as a time to learn, love and grow.

Look for some miracles each and every day. A rainbow, a smile from one you love, a plant blossoming.

Rules to Live By for Caregivers

- Give yourself permission to be imperfect. “Great caregivers are made, not born.”
- Know that caregiving is difficult. Often we are our own worst critics and expect more of ourselves than is reasonable or possible.
- Do your best. This means seeing that the person gets the help he or she needs. It does not mean that you should do it alone.
- Accept the reality of what is in your life. Enjoy the person as he or she is today in this moment.
- Take care of yourself.
- There is no perfect game plan. Most successes come through trial and error. What works perfectly today may not work tomorrow. Sometimes you will lose your patience and say things you later regret. What is important is the next step—how you pick yourself up and move forward.
- Choose your battles wisely. As long as your loved one is not in jeopardy, let it go.



Great Leisure & Recreation Ideas

By Tammy Bennardo, Recreation Therapist

Bedtime Activity

(from Alzheimer's Care Guide Jan/Feb 2007)

This activity has been shown, in a three-week randomized study published in the *Journal of Advanced Nursing*, to significantly improve sleep quality and duration in adults aged 60-83 who had difficulty sleeping.

Materials

- Portable audio tape recorder
- Soothing music. This should have a tempo of 60-80 beats per minute and no accented beats or percussion. Suitable type of music includes synthesizer, harp, piano, orchestra, and slow jazz.

Preparation

Since person-centredness is key to the effectiveness of this intervention, you need to make sure that it is shaped around the person's musical preferences. Find out the preferred songs and tunes and select those that fit the requirements for soothing music reported above.

The Activity

Have the person go to bed at the usual time. Ensure that comfortable clothing is worn and that the room temperature is comfortable. If the person wears a hearing aid, make sure it is working.

Switch off the lights and invite the person to close his/her eyes. Play the music and encourage the person to relax.

Since it takes 10-35 minutes, in general, for an individual to fall asleep, it's important to play the music for not less than 45 minutes.



A Gift of Love

This is a special craft idea suitable for any time of the year, but with spring just around the corner, I thought it would be nice to make for Easter.

You will need:

- Small boxes (small jewellery or ring boxes)
OR small travel size bars of soap like the ones you get from hotels
- Wrapping paper
- Ribbon
- Scissors
- Tape

Wrap your empty box or bar of soap. Tie it with ribbon and curl the ends with scissors. Attach the Gift of Love card (below) to the gift. Give it to someone special.

A Gift of Love

This is a very special gift
That you can never see.
The reason it's so special is,
It's just for you from me.
Whenever you are lonely
Or just feeling blue,
You only have to hold this gift
To know I think of you.
You never can unwrap it,
Please leave the ribbon tied.
Just hold the box close to your heart
It's filled with love inside.



Help! We are currently in need of yarn for our Cuddle Bear program. Our dedicated volunteers have knit or crocheted so many bears that our supply has run dry. If you have extra yarn that you would be willing to donate, please call us.



Fundraising News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

January was a very busy month for the Alzheimer Society and I would like to thank all volunteers and supporters for their dedication and hard work. Without your help, the Alzheimer Society would not be able to provide important services such as recreation therapy, family support, and education. I would also like to welcome all of our new volunteers and hope that you are enjoying your experience with the Alzheimer Society.



With the help of 100 walkers and generous donors and sponsors, over \$17,000 was raised in support of those with Alzheimer's disease. It was a fun afternoon at White

Pines C&VS where participants enjoyed walking as well as complimentary massages, entertainment,



M. C. Lou Turco enjoys a moment with entertainer Jean Wyatt

fabulous refreshments, a scavenger hunt, and plenty of great prizes. Many thanks to our volunteers, participants, donors, and the following sponsors: Manulife, Northern Star Broadcasting, Northwood Funeral Home, SSM Elks & Royal Purple, Penny's Pets, Lamon's Printing, Brookfield Power, The Athlete's Foot, Allstate-Allan Moore,

Bell Canada, Castle Realty, Dairy Queen, Hess Jewellers, KPMG, Mike Moore & Sons Construction Ltd., Mio's Furniture Fashions, North Star Travel Plus, PUC Inc., Soo Mill BuildAll, Soo Video TV Sales & Service, Avery Construction, Repeat Rentals, and And Son Contracting. Special thanks to Flakeboard Co. Ltd., Romes's Independent Grocer, and the staff of White Pines for all of their help and support, and to the donors of prizes and refreshments.



Recreation Therapist Tammy Bennardo and her daughter Mariah enjoy the Walk while showing off the skills of face painter Irene Boychuk and the balloon man Ken Anstice.

January Door-to-Door Campaign: January started out very green but it wouldn't have been canvassing season without the cold and snowy weather that came towards the end of the month. A big warm thank you to all canvassers who braved the elements. Thank you also to the many businesses and service clubs for their support.

Congratulations to the 2007 Top Canvassers:
Sault Ste. Marie—Terry Wilson
Algoma District—Irma Naylor & Sally Horton
Student—Nicole Delmonte

Tenaris Christmas Gala: The Alzheimer Society was pleased to have been chosen as the charity of choice for the 2006 Tenaris Christmas Gala. We would like to sincerely thank Tenaris Algoma Tubes for their generous donation of \$6,000 from the proceeds of their Christmas Gala.



Upcoming Events

Join Us For Our Fourth Annual

Ladies' Night Out

An Entertaining Evening Just for the Girls

Thursday, May 24, 2007 at 7:00 p.m.

at the Riuniti Banquet Halls

Doors open at 6:15 p.m.

This year's line-up:

Un-bra-lievable Bras: Are your girls in the right spot? Probably not. Val & Janice, the experts from The Under Cover Bureau, will show us the basics of proper bra fitting.

What Not to Wear - Sault Ste. Marie Version: You'll laugh, you'll cry, and you might just identify with the fashion faux-pas revealed by our volunteer models and critiqued by Timothy "Clinton Kelly" Murphy and Victoria "Stacy London" Chiappetta.

Comedy Review by Family Life Theatre: They don't just stick to the serious stuff... Family Life Theatre will show us the funny side of family events that go terribly wrong.

Master of Ceremonies: Donna Hilsinger

Sponsored by: Riuniti Banquet Halls, Curves, Everything Chocolate, Bennardo Jewellers, Mane Street Salon & Spa, New North Greenhouses, Zenones, Ferrero, Glidden Paints, Community First Credit Union, Sears Fragrance, and The Under Cover Bureau.

Advance tickets are \$25 and will go on sale April 2. Tickets are selling fast so don't be disappointed—reserve your table soon.

We are pleased to recognize the platinum and gold sponsors of the 2007 Manulife Walk for Memories:



Blind River Dragon Boat Festival

Saturday, June 16, 2007



Proudly supporting the Alzheimer Society.

We welcome both new and returning teams.

To enter a team or become a sponsor, please call the Blind River Festivals Office at 356-2251 or visit

www.blindriver.com/festivals or www.alzheimeralgoma.org.

Continued thanks to IDA Station Mall for the ongoing support through the sale of Nevada Break-Open Tickets.

Alzheimer Society

SAULT STE. MARIE
& ALGOMA DISTRICT

Contact Information

Main Office:

633 Albert St. E.
Sault Ste. Marie, ON P6A 2K5
Phone: 705-942-2195
Fax: 705-256-6777

East Algoma Satellite Office:

100 Manitoba Rd.
Elliot Lake, ON P5A 3T1
Phone: 705-848-8145
Fax: 705-848-1306

General Email Address:
info@alzheimeralgoma.org

Website:
www.alzheimeralgoma.org

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 with payment.

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 Annual General Meeting, and a charitable tax receipt.

Name: _____

Address: _____

Thank you for your support!

Our Mission

To improve the quality of life for persons affected by Alzheimer's disease and related dementias in Algoma District, and to provide support for their caregivers.

Our Values

Respect
Compassion
Integrity
Accountability
Partnerships
Client-centred

Our Vision

To be a respected partner in dementia care, recognized by our community as a fundamental provider of services and support to the people we serve.

Board of Directors

Mark Zorzit, President
Karen McAndrew, Past President
Shelley McEachern, Vice President
Anna Hamilton, Treasurer
Beth Laderoute, Secretary
Eric McCooeye, Director
Anna Cartmill, Director
Susan McLean, Director
Susan Van Atte, Director
Sean Sparling, Director
Garr Smith, Director

Staff

Carolyn Cybulski, Executive Director
Vicky Roy, Family Support Case Worker
Linda Sullivan, Education Coordinator
Tammy Bennardo, Recreation Therapist
Carolyn Ross, Education & Support
Coordinator, East Algoma
Bea Fioramanti, Coordinator of Volunteers
& Special Events
Monica Ruzyski, Bookkeeper/Office Assistant