

In this Issue...

Upcoming Support & Educational Events...p. 2

Dementia Puzzle Series...p. 3
Bird Feeding...p. 3

Seeking & Accepting Help...p. 4
January Awareness Activities...p. 4

Fundraising News...p. 5

Volunteer Programs...p. 6

Executive Message

Karen McAndrew, President
Carolyn Cybulski, Executive Director

Christmas will soon be upon us, and on behalf of the staff and Board of Directors of the Alzheimer Society of Sault Ste. Marie and Algoma District, we would like to extend holiday greetings to our clients, volunteers, community partners, and supporters, without whom we would not be able to meet our goal of assisting those affected by Alzheimer Disease. We are truly grateful for the support extended to us by so many.

Over the summer, staff and board members undertook the development of new vision and value statements for our Society. The vision statement reads as follows: *"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."* Values of our Society have been identified as:

- **Respect:** We will show respect, through our words and actions, for the dignity of people affected by Alzheimer Disease and related dementias (ADRD).
- **Compassion:** We will demonstrate concern and understanding for people affected by ADRD.
- **Integrity:** The community can expect honesty, reliability, confidentiality, and trustworthiness in all interactions with us.
- **Accountability:** We are accountable to our members, funding organizations, and donors for the stewardship of the resources entrusted to us on behalf of our communities.
- **Partnerships:** We will promote collaboration among staff and volunteers, community and government agencies, individuals and businesses to ensure we are meeting the needs of the people we serve.
- **Client-centred:** Our reason for being is to assist those affected by ADRD, and all activities will be focussed on that overriding objective.

New Logo for Dementia Network



The Alzheimer Society and all partners involved in the Dementia Network Algoma would like to express our deep appreciation to graphic designer Samuel Pyke for designing the logo for the Dementia Network. We feel that Sam successfully captured our sense of hope for people with dementia through the use of the rising sun. His generosity in donating time to this project was very much appreciated.

Funding Received to Support Elder Abuse Prevention Committee

We are pleased to announce that the Alzheimer Society, in partnership with the Elder Abuse Prevention Committee, has been successful in an application to the National Crime Prevention Strategy for funding for one year for an Elder Abuse Project Coordinator. Rocco Martone has been hired into this position, and his job will be to provide education and increase public awareness of elder abuse. If your group is interested in a presentation, please contact Rocco at 942-2195.

News & Information



Website: Please take a few moments to visit our website, located at www.dementiaalgoma.org/alzheimersociety.

New Additions to the Katherine L. Punch Resource Library:

Books:

- A Dignified Life: The Best Friends' Approach to Alzheimer's Care. V. Bell, D. Troxel. 2002.
- Navigating the Alzheimer's Journey. C. Bowlby Sifton. 2004.
- The Graduation of Jake Moon. B. Park. 2002.

Videos:

- The Family Guide to Alzheimer's Disease:
 - Volume 1 - Understanding Alzheimers
 - Volume 2 - Behaviour Issues
 - Volume 3 - Daily Life
 - Volume 4 - Family Caregiving
 - Volume 5 - TransitionsHosted by Leeza Gibbons. 2004.
- Overcoming Depression: For Patients and their Families. Produced by Healthtv. 2001.



Annual Education Conference

Circle this date on your calendar!

The annual Alzheimer Education Conference will be held on Thursday, February 24, 2005 at the Best Western. Speaker will be Judith Wahl, Executive Director of the Advocacy Centre for the Elderly. Ms. Wahl, a lawyer, has a wealth of experience dealing with legal issues of older adults. The morning session will deal with elder abuse, and the afternoon session will be devoted to consent and capacity issues. Her sessions are highly interactive and geared towards the needs of the audience. For further information, please contact the Alzheimer Society.

Call 942-2195 for more information.

Evening Information and Discussion Group for Caregivers...New Sessions Beginning January 11, 2005 - 7-8:30 p.m.

January 11	Reducing and coping with difficult behaviours: sundowning and sleep disturbances
January 25	How (and why) to get outside help
February 8	Strategies to enhance communications throughout each stage of the disease
February 22	Making life easier: helpful tips for bathing, dressing, eating, and more...
March 15	Depression: Recognizing the signs and symptoms in yourself and your family member
March 29	The seven stages of caregiving
April 12	Family issues associated with caregiving

For more information, or if you are interested in attending, please call the Alzheimer Society at 942-2195. There is no fee for this program, but pre-registration is required.

Caregiver Education Evening...

Date: Tuesday, January 4, 2005

Time: 7-9 p.m.

Topics:

- Brain and Behaviour
- Overview of Dementia

Place: Alzheimer Society Office

To Register: Call the Alzheimer Society at 942-2195

Introduction to Dementia Care...

Dates: January 25, February 22, March 22

Time: 6:30 - 8:30 p.m.

Topics:

- Overview of Dementia
- Challenging Behaviours
- Bathing and Sexuality

To Register: Call Sault College at 759-2554 ext. 665

This newsletter is based on the assumption that it does not render professional advice. Information and opinions contained herein are gathered from sources thought to be reliable, but their accuracy and/or correct interpretation cannot be guaranteed.

The Dementia Puzzle Series Continued...

Pick's Disease

By Linda Sullivan, Education Coordinator

Pick's Disease is one form of frontotemporal dementia (FTD) and as the name indicates, it affects only the frontal and temporal lobes of the brain. FTD accounts for 10-20% of all cases of dementia and tends to affect people between the ages of 40 to 60 years. The average course of the disease is 7 to 8 years. It affects men and women equally, and 50% of all cases have a family history. The brain cells either shrink and die, or swell up and contain a pick body. The pick body, which is an abnormal inclusion in the brain cell, is the hallmark feature of Pick's Disease.

Pick's Disease has an insidious onset, with the initial symptoms being changes in personality and behaviour. Lack of insight in the early stages means the person often does not recognize certain unusual behaviours. Loss of judgement may lead to difficulty managing finances, personal hygiene, and social interactions. Emotions may become blunted and the person may appear to demonstrate a lack of emotional warmth.

Speech is affected in the early to middle stages. The degree of difficulty ranges from reduced verbal expression to total aphasia (lack of speech) but the ability to comprehend is maintained. People with Pick's Disease may stutter, slur their speech, or repeat what they hear.

Hyperorality, or the need to put something into the mouth, causes a change in eating habits. There may be a tendency to crave sweets, causing weight gain. Insistence on routine and a lack of flexibility leads to a fixed daily routine. There may even be ritualistic behaviour such as clapping hands each time a door is passed.

Memory loss doesn't occur until later in the disease process. Preservation of visual and spatial skills, as well as continued orientation to time, is also commonly noted.

Currently the cause of Pick's Disease is unknown and there is no proven treatment. However, there are medications available that may help reduce agitation and insomnia.

Therapeutic Benefits of Feeding Birds

By Tammy Bennardo, Recreation Therapist



Bird watching is a fun activity that people of all ages can enjoy. It is a four-season activity with many benefits.

Physical: (filling feeders, cleaning, repairing, hanging)

- the actual making of a feeder encourages motor skills and hand-eye coordination
- watching and listening to birds provides visual and auditory stimulation
- time spent watching birds may offer distraction from discomfort

Emotional:

- caring for birds increases self-esteem
- watching birds provides enjoyment and laughter and may help reduce boredom and isolation
- birds can offer a link to the past and bring back memories

Social:

- provides a wonderful topic for conversation, allowing for more enjoyable visits

Cognitive:

- bird watching and keeping lists of visiting birds may stimulate long and short-term memory

In general, birds receive 20% of their nutritional diet from birdseed, so don't worry that birds will become dependent on your feeder alone.

Reference: J. Hill, BC Naturalist, www.naturalist.bc.ca

Bird Feeder Ideas:

1. Attach a twist tie to a pine cone, spread peanut butter over it, then roll it in a mixture of 1/2 cup cornmeal and 1/2 cup bird seed.
2. Make your own feeder out of a 2L milk or juice container.
3. Kits are available at craft or hardware stores or make your own out of wood.

Seeking & Accepting Help...A Challenge for Caregivers

By Vicky Roy, Family Support Case Worker

There are a number of barriers caregivers may face when seeking and accepting help. The first barrier may indeed be the caregiver's reluctance to accept help. In our society, we are taught from a very early age that independence is important. We are considered successful and capable when we do not depend on others for assistance. The message our society tends to downplay is that, as human beings, we do need others. It is normal and essential that we have companionship, love, acceptance, and yes, the assistance of others at times.

Another barrier caregivers may face is not knowing what community resources are available to them. The Alzheimer Society and the Community Care Access Centre are excellent places to start. These agencies can assist you in determining what your specific needs are and where to access the appropriate resources.

Family and friends can also be valuable resources. However, family and friends often don't understand Alzheimer Disease and the effects it has on both the person as well as the caregiver. They may be unsure of how to communicate with the person with Alzheimer Disease, or they may be apprehensive about the person's changed personality or behaviour. It is important that you, the primary caregiver, help others to understand these changes so that family and friends remain comfortable in the relationship. Also, family and friends may be reluctant to help as they may not want to appear interfering or they may not know what kind of help they can provide for you. It is vital that caregivers be clear and specific about what kind of help would be most beneficial. For example, if you need someone to stay with the person with Alzheimer Disease for two hours while you run errands, ask for that. Or if a friend likes to bake, and a dozen muffins once in a while would be really helpful, ask for that. It is helpful to remember that others' circumstances may change over time so the type and amount of help they can offer may change. Also, your circumstances may change and you may have to re-evaluate how others can help you best - then let them know.

When thinking about seeking and accepting help, you may want to consider a family meeting. Include family, friends, and neighbours in the meeting so that you can help them understand Alzheimer Disease, the current status of the person with Alzheimer Disease, and your needs for assistance. This helps all those involved in caring feel comfortable and at ease with how and when to provide assistance.

When caregivers reach out for help, it benefits everyone involved. There is no doubt that it helps the person with the disease and the caregiver, but also remember that people truly enjoy helping other people. It gives them a sense of purpose and makes them feel needed and valuable.

Seeking and accepting help is an unselfish act that provides family and friends the opportunity to travel the Alzheimer Journey along with you and the person with the disease. It's a win-win situation!

January is Alzheimer Awareness Month

The following activities are planned to increase awareness of Alzheimer Disease in our community:

- Proclamation of January as Alzheimer Awareness Month at various Algoma municipalities.
- Educational displays at various times throughout the month at: Cambrian Mall, Station Mall, Sault Ste. Marie Public Library, and the Civic Centre.
- Alzheimer Society Open House on January 4 & 5 from 8:30 a.m. to 6 p.m. Meet our staff, tour our office, review our educational information, and enjoy some refreshments.
- Distribution of volunteer-made cuddle bears to area long-term care homes.

Contact Us

Alzheimer Society of Sault Ste. Marie and Algoma District
633 Albert St. E.
Sault Ste. Marie, ON P6A 2K5

Phone: 705-942-2195/1-800-396-7888

Email: alzssm@shaw.ca

Website: www.dementiaalgoma.org/alzheimersociety

Fundraising News

By Bea Fioramanti, Events Coordinator



A BIG thank you to all of our supporters for this year's Coffee Break. With the support of 265 host sites, Coffee Break has raised Alzheimer awareness and an impressive \$25,000! The Giant Coffee Cup was spotted at several locations in the community including at our kick-off in the lobby of Rome's Independent Grocer. Thanks to Pfizer Canada Inc. for providing the funds to create the balloon, and to Trader's Steel for making the weights to keep the balloon anchored to the ground.

Collegiate Heights once again generously donated their facilities and all of the coffee, tea, and dessert for our second Forget-Me-Not Tea.

It has been gratifying to see the Dessert and Coffee promotion growing, with several new restaurants partnering with the Alzheimer Society and serving up tasty treats. We are also appreciative of the stores that allowed the Coffee Break decals to be sold and adorn their windows and walls. See below for lists of restaurants and stores that supported the Alzheimer Society in these ways.

We would like to extend special thanks to the many dedicated volunteers whose help is so critical to the success of this campaign, as well as to everyone who participated in the event either by hosting or participating in a Coffee Break. Thanks also to sponsors Sault Star, KPMG, Penny's Pets, Travel Masters, and the Co-operators on Northern Ave.

This was the second year that the Annual Golden Coffee Cup Award was presented to the host sites that gathered the most donations. Congratulations to the 2004 winners, listed below.

Dessert & Coffee Participants	Coffee Break Decal Sites	Golden Coffee Cup Award Winners
Bridges at the Holiday Inn Dixon Hill's Eatery Fireside Inn (Elliot Lake) Giovanni's Family Restaurant Joey Calzone's Italian Eatery North 82 Steak & Beverage Co. A Thymely Manner Time Out Steakhouse & Bar U-Betcha Tap & Grill Uncle Gino's Cafe Vincenzo's Ristorant & Bar Wawa Motor Inn	Absolutely Delicious Dinelle's Country Market Canadian Tire (Sault Ste. Marie & Elliot Lake) East Street Coffee Shop IGA Elliot Lake Pino's Get Fresh Sam's Foodline Wawa Subway Taste of Scandia	Care Facilities.....Ontario Finnish Resthome Elementary Schools..... Isabel Fletcher Secondary Schools.....Central Algoma Secondary Post-Secondary.....Sault College Home Parties.....Carol Thomas Industrial/Construction... Algoma Steel Inc. Retail/Commercial.....Agawa Indian Crafts Financial/Insurance..... Northern Credit Union-McNabb Churches/Assoc'ns..... Community of Christ Church Government Offices..... Great Lakes Forestry Centre Community Agencies..... Algoma CCAC Decal Location.....Elliot Lake IGA

Algoma Fall Craft Show

We would like to extend our thanks to organizers Gerlinde Haeffele and Lucy Boston, all of the artisans who donated items to our Silent Auction table, and to everyone who attended the event.

Wild Game Dinner/Dance

This will be our second year in partnership with the Knights of Columbus Council #11608 for the Wild Game Dinner/Dance. Come on out and enjoy an evening of food and fun. It will be held at the Knights of Columbus Hall on Northern Ave. on Saturday, November 27, 2004. Tickets are available at the Alzheimer Society office and the Knights of Columbus Lounge. This year there will be a Silent Auction - your bid could buy you a unique treasure at a great price! Buy a ticket for the wild game lover in your life!

Volunteer Programs

By Marion Lewis, Volunteer Coordinator

2005 Walk/Run for Memories

Join us for a fun-filled family event at the new location **White Pines Collegiate & Vocational School** on Trunk Rd. on Sunday, January 23rd. The 7th annual Walk/Run for Memories offers lots of fun for the whole family - prizes, entertainment, refreshments, and an invigorating indoor walk or outside run. Children can get their faces painted and visit with the clown and balloon man, while Mom & Dad receive free neck and shoulder massages. Teams are welcome to challenge other teams for the title of highest team pledge earner. Register early and be eligible for the Early Bird Draw. Call 942-2195 for more information or to pick up a pledge form.



Thank you to all volunteers who came out during the past year and put in many hours for the Alzheimer Society. We really appreciate your help! And to all of our new volunteers, WELCOME! We look forward to working with you and hope that you find volunteering with the Alzheimer Society an enjoyable experience.

Each year, the Ministry of Citizenship presents awards to volunteers for their years of service. Each group is allowed to submit six names to receive these awards. Because we have a long list of volunteers that are eligible, we have begun selecting six each year. This year the recipients were Kathy Pettit, Shelley McEachern, Marg Siltala, Katherine Punch, Al Wright, and Dan Krysa. The award ceremony was held on Monday, September 13, 2004 at the Holiday Inn. Each volunteer received a service pin and a certificate. A short reception was held following the ceremony. Congratulations to each of you - it is a well-deserved award.



Upcoming Volunteer Opportunities

There are always opportunities for those wishing to volunteer a few hours of their time. Call the office or drop by and leave your name if you are interested in any of the following:

Door-to-door canvassing: Want to walk off that turkey, gravy, and Christmas baking? We have the job for you! We are in need of canvassers for our 2005 campaign in January. Canvass five, fifteen, or fifty homes - it all helps!

Walk/Run for Memories: Sign up to participate in the walk/run, or help behind the scenes. See the box to the left for more information.

Bingo: We are always looking for volunteers for our Tuesday night bingo. The time commitment would be about 4 hours per session. If you are interested in being part of a team, sparing on a team, or if you have five people to make up a team, please give me a call.

As you can see, we can always use an extra pair of hands. The coffee is fresh, the conversation lively, and we would really enjoy your company!

Board of Directors 2004-2005

Karen McAndrew, *President*
Paul Hebert, Jr., *Past President*
Mark Zorzit, *Vice President*
Heidi Atkinson, *Treasurer*
Dr. Grace Tridico, *Secretary*
Shelley McEachern, *Director*
Catherine Bell, *Director*
Beth Laderoute, *Director*
Darin Rossetto, *Director*
Anna Hamilton, *Director*
Susan McLean, *Director*

Alzheimer Society Staff

Carolyn Cybulski, *Executive Director*
Vicky Roy, *Family Support Case Worker*
Linda Sullivan, *Education Coordinator*
Tammy Bennardo, *Recreation Therapist*
Marion Lewis, *Volunteer Coordinator/Office Assistant*
Bea Fioramanti, *Events Coordinator*
Monica Ruzyski, *Bookkeeper*
Rocco Martone, *Elder Abuse Project Coordinator*

Feedback Requested!! As you may have noticed, we have changed the format of our newsletter. Please let us know what you think. Contact Carolyn at 942-2195 (or email carolyn.alz@shaw.ca) to express your opinion (positive or negative!).