



Alzheimer Society

SAULT STE. MARIE &
ALGOMA DISTRICT

Newsletter: Volume 18, Number 3

Fall/Winter 2005

In this Issue...

Resource Centre
Acquisitions...p. 2

2006 Alzheimer
Education Conference
...p. 2

Elder Abuse
Prevention
Committee...p. 2

Impact of Alzheimer
Disease on Sleep...
p. 3

Caregiver Anger...p. 4

Benefits of Soup...p. 4

Volunteer and
Fundraising News
...p. 5

Alzheimer Awareness
Month...p. 6

Executive Message

Karen McAndrew, President

Carolyn Cybulski, Executive Director

Fall colours have come and gone, and with them some of our usual fall activities such as the beginning of a new session of caregiver support groups, the return of grade 5 presentations to area schools, and our Coffee Break fundraiser. With requests for Alzheimer Society services ever increasing, we were gratified to see Coffee Break set a new record for donations, and we are extremely appreciative for the ongoing support we receive from people throughout Algoma District.

Of course, with the waning of fall comes the count-down to Christmas. The holiday season is a great time to reminisce with family members with Alzheimer Disease or a related dementia (ADRD). Treasured traditions often bring a sense of comfort and familiarity for someone with ADRD, and also bring back memories of earlier times. Tree decorating, holiday baking, and wrapping of presents are just a few of the activities that can still be enjoyable with a little creativity and modification. If you have any questions or concerns about modifying holiday activities for your loved one, please call or drop by our office.

On behalf of the board of directors and staff of the Alzheimer Society, we wish you a very enjoyable holiday.

East Algoma/North Shore Satellite Office Grand Opening

We are delighted to announce the opening of the Alzheimer Society's East Algoma satellite office in Elliot Lake. Until now, we have provided outreach service to all areas of Algoma District through our main office in Sault Ste. Marie. Due to an increase in requests for service from the East Algoma area, however, the board of directors decided that the time had come to provide dedicated service to this area. Carolyn Ross has been hired as the Support and Education Coordinator, working Wednesday and Thursday afternoons and all day Friday. She can be contacted at 848-8145. This initiative would not have been possible without the generous support of Huron Lodge, which is donating the office space for this program. Our heartfelt thanks are extended to the staff and board of management of Huron Lodge for helping us to realize our goals. A grand opening ceremony was held on November 9, and we thank all those in attendance who wished us well in this endeavour.

Cameco Corporation Designates Alzheimer Society for Employee Giving Program

We were thrilled to learn that Cameco Corp. in Blind River has designated the North Shore Alzheimer Support Program as the recipient of its Employee Giving Program for 2006. Beginning last year, the Employee Giving Program sees Cameco employees make pledges toward a designated charity, and the donations are matched by the Cameco corporate office. For the coming year, the total employee donations and corporate matching amounts to an amazing \$27,385! This generous donation will be used to provide services such as individual and group support, grade 5 presentations, education and training, Safely Home Wandering Registry, volunteer visiting, and access to the lending library for residents of the East Algoma/North Shore region.



News & Information

New Additions to the Katherine L. Punch Resource Centre



Videos

- DVD: The Dialogue is Changing...Beyond Words. Norma Selbie. (2005)

Books

- The Long Way Home: A Journey Through Alzheimer's. Marian Ritchie. (2005)
- Living with Grief: Ethical Dilemmas at The End of Life. Hospice Foundation of America. Edited by Kenneth J. Doka. (2005).



Elder Abuse Prevention Committee

"Generations Coming Together Against Elder Abuse"

On October 19, 2005, the Elder Abuse Prevention Committee of Sault Ste. Marie and Area marked Elder Abuse Awareness Day by hosting a half-day information workshop. Over 210 people participated in the workshop which featured the Family Life Theatre staging a production of "The Shattered Years", an expert panel, Peter Berlingieri speaking on Powers of Attorney, and Sgt. Rick Tout from the OPP's Seniors' Assistance Team in Orillia who provided an overview of Elder Abuse. Feedback from the event was very positive.

The month of October also saw a major media campaign to make the public more aware of the problem of elder abuse. You may have seen or heard a television or radio commercial on elder abuse, or saw the large billboard or ads on buses around town. There were also a variety of large colourful posters that were distributed to area businesses. The intent of the media campaign was to bring the hidden crime of elder abuse out into the open and to initiate discussion about it. Many thanks to the businesses and individuals who assisted with this initiative.

The one-year grant from the National Crime Prevention Strategy for the elder abuse awareness campaign is coming to a close, but the resources and awareness that were created by the project will live on for many years to come.

2006 Alzheimer Education Conference

Based on feedback from previous conferences, the theme for the 2006 Alzheimer Education Conference is "**Enhancing Quality of Life in Late-Stage Dementia**". Keynote speaker will be Dr. Michael Gordon, Head of Geriatrics and Internal Medicine at Baycrest Centre for Geriatric Care and Professor of Medicine at the University of Toronto. Dr. Gordon's address is titled "Ethical Issues in End of Life Dementia Care". Other topics for the day include: Advance Care Planning, Pain and Symptom Management in Late-Stage Dementia Care, and Grief and Dementia. An exciting line-up of local experts will be addressing these very relevant issues. The conference will be held on Wednesday, February 22, 2006 at the Riuniti Banquet Hall, from 8:30 a.m. to 4:00 p.m. Cost is \$35 per person if registering by February 3, 2006 (\$45 if registering after February 3). Call the Alzheimer Society at 942-2195 for more details. Thanks to sponsors Pfizer, Janssen-Ortho, Purdue Pharma, and United Steelworkers of America Local 2427 for making this day possible.



In Memoriam...

We offer our sympathy to families in Algoma District who have lost loved ones, and we express our thanks to family members who have made donations to the Alzheimer Society in their memory.

Thank you...

To Station Mall Drug Mart for its ongoing support of the Alzheimer Society through the sale of Nevada Tickets.



Impact of Alzheimer Disease on Sleep

By Linda Sullivan
Education Coordinator



The sleep-wake cycle that tells us when it is time to sleep and time to be awake is controlled by the brain. As Alzheimer Disease (AD) is a disease of the brain, this disease will cause a disruption in this cycle. The severity of the disruption will often increase as the disease progresses. It is common for the person with AD to have night awakenings and frequent daytime naps. There is decreased deep restorative sleep and a decrease in the dreaming and nondreaming stages of sleep. The daytime naps do not replace this lost restorative sleep and this lack of sleep can cause drowsiness, which in turn affects functioning. Some people with AD may actually experience a complete reversal in the sleep-wake cycle, where they are up all night and sleep all day. Some people with AD can't get enough sleep while others sleep too much.

It is important to have the person with sleep disturbance assessed by a physician to determine if there is a medical or psychiatric reason for the sleep disturbance. Another condition may be coexisting with AD. Restless leg syndrome is discomfort in the legs that can only be relieved by moving the legs. Acute infections such as a urinary tract infection may be causing enough pain or discomfort to stop the person from sleeping well. Sleep apnea, a condition whereby the throat muscles relax and block the airway, which prevents the person from breathing, is common in people over 65. Effective treatments are available for these conditions.

Medications prescribed to treat sleep problems can have negative side effects for people with AD such as increased confusion. Nondrug treatments that may help with the sleep disturbances caused by AD include:

- avoiding stimulants such as caffeine after lunch time
- checking to see if medications contain stimulants and taking these medications in the morning if possible
- avoiding alcohol as this increases confusion, which can lead to anxiety
- increasing exercise and stimulation
- decreasing stimulating activity 4 hours before bedtime
- avoiding daytime naps or if necessary, having short naps in a chair earlier in the day
- exposure to morning sunlight has been shown to have a positive effect on the sleep-wake cycle
- maintaining a regular bedtime routine and avoiding stressful activities at this time
- avoiding excessive evening fluid intake; emptying bladder just before going to bed
- ensuring that the sleeping environment is comfortable, relaxing and secure
- handling nighttime awakenings by not turning on lights or television; explain that it is still time to sleep
- trying to determine why the person is getting out of bed (e.g., needs toilet or is disoriented).

People with AD can endanger themselves when they are wandering during the night. They may be agitated which may waken the caregiver, leaving the caregiver sleep-deprived and without the drive and energy necessary to be a caregiver. For these reasons, sleep disturbance is often one of the major factors when considering placement in long-term care.

Research Update — Alzheimer Vaccine

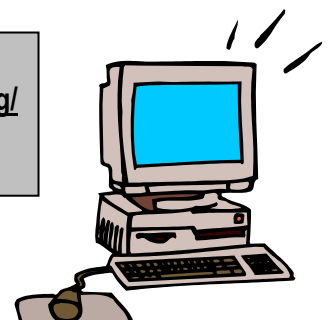
A new clinical trial by Swiss pharmaceutical company *Roche* will begin in early 2006 to test a vaccine for the treatment of Alzheimer Disease. The vaccine is intended to target the senile plaques that are formed within the brain and that are one of the hallmarks of Alzheimer Disease.

In 2000, the first clinical trials of an Alzheimer vaccine were launched by *Elan Corporation*. The trials had to be halted prematurely due to some of the participants acquiring inflammation in their brains. The new trials will attempt to address the factors that are believed to have caused the inflammation.

Contact Us

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Visit our website at:
[www.dementialgoma.org/
alzheimersociety](http://www.dementialgoma.org/alzheimersociety)





Caregiver Anger

By Vicky Roy, Family Support Case Worker

Caregiving is often described as an emotional roller coaster. It produces many feelings and emotions at different times with different intensities. One of the feelings that you may experience is anger. Anger is a very powerful emotion. It is often viewed as a negative emotion as it has the potential to be harmful to ourselves or others. It is important to realize that anger is a normal and common human emotion. Having feelings of anger is not a character flaw - **good people do get angry!**

Anger may surface when you want or expect something to occur and it doesn't. For example, it may have been a lifelong dream to travel extensively when you retired. Unfortunately, if your spouse has dementia, your plans may need to be modified. Anger may occur when your needs are not being met or when there seems little or no appreciation for your caregiving efforts. Anger may occur if you have too many competing responsibilities and too little time or energy to fulfill them. You may get angry if you are fatigued, have too little time to yourself, or feeling isolated with insufficient family and/or professional support. These are only a few reasons that may cause anger to erupt.

Feeling angry is okay. Letting anger control you and your actions is not. For a caregiver, anger can become positive because it can tell us that we need to take action - we need to change something! Anger can be a powerful motivator for caregivers. First, we need to recognize and admit that we are angry. Second, we need to evaluate why we are angry. Finally, we need to find a healthy and productive way to respond to the anger. Anger may make us realize that we are not taking enough breaks from our caregiving role. It may force us to examine our respite opportunities - perhaps we are not utilizing them to their fullest. Anger may tell us that our current expectations of ourselves and others are not being met. Perhaps we need to set new, more realistic expectations. Anger may indicate that we have too much responsibility and that it is time to lighten our load.

Remember, good people do get angry! It's how we respond to the anger that really counts.

Benefits of Soup

By Tammy Bennardo, Recreation Therapist

Grandma was right...chicken soup does make you feel better! It's a spirit-lifting, cold-soothing, natural medicine straight from the kitchen. Soups are warming and satisfying, adding nourishing comfort to your day. Soup can also make a great gift idea for everyone on your Christmas list, and your whole family can help assemble the ingredients.

Chicken Noodle Soup in a Gift Jar

1/4 cup red lentils
2 tbsp. dried onion flakes
2-1/2 tsp. chicken bouillon powder
1/2 tsp. dried parsley
1/8 tsp. celery powder
1/8 tsp. garlic powder
1 bay leaf
Approximately 1 cup medium egg noodles enough to fill up remaining space in jar



In a two-cup jar, layer ingredients from the bottom in order listed.

Put the lid on the jar and decorate.

Jars can be decorated with a piece of material or wrapping paper to just cover the lid. Use colourful ribbon to accent.

Write the instructions below on your gift tag.

Chicken Noodle Soup: Bring 8 cups of water to a boil in a large saucepan. Stir in jar of soup mix. Cover, reduce heat, and simmer for 25 minutes. Discard bay leaf and stir in 1-1/2 cups of frozen mixed vegetables and 2 cups of cooked, diced chicken. Simmer 5 more minutes until vegetables are tender and chicken is heated through. ENJOY!



Volunteer and Fundraising News

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

Coffee Break:



Thank you to all supporters of this year's Coffee Break! With the support of over 280 host sites across Algoma District, Coffee Break has raised Alzheimer awareness and over \$30,000! Coffee Break kicked off to a great start in the lobby of Rome's Independent Grocer where the Giant Coffee Cup balloon was proudly on display. Collegiate Heights Retirement Residence once again generously donated their facilities and all of the coffee, tea, and dessert for the third Forget-Me-Not Tea. Patrons of this event also enjoyed the music of the Skylarks and a tour of the beautiful retirement residence.

We would like to extend special thanks to the many dedicated volunteers whose help is greatly appreciated, as well as our sponsors: Sault Star, KPMG, Penny's Pets, Marlin Travel/The Travel Masters, and The Co-operators on Northern Ave.

Many restaurants served up unique and delicious Coffee Break specials in September. Many thanks to: Bridges Restaurant at the Holiday Inn, Dixon Hill's Eatery, Fireside Inn (Elliot Lake), Giovanni's, Joey Calzone's, Lone Star Cafe and Bar, North 82, The Steamy Bean, A Thymely Manner, U-Betcha, Uncle Gino's Cafe, Vincenzo's, The Wharf, and the Wawa Motor Inn.

Coffee Break decals adorned the windows and walls of these community-minded stores: Absolutely Delicious, Dinelle's Country Market, Canadian Tire in Sault Ste. Marie and Elliot Lake, East Street Coffee Shop, IGA Elliot Lake, Pino's Get Fresh, Sam's Foodline, Subway, Joe's No Frills, Bulk Barn, and A Taste of Scandia.

This was the third year that the Annual Golden Coffee Cup Award was presented to the host sites that gathered the most donations. Congratulations to the 2005 winners in each of the 13 categories:

- | | |
|--|--|
| Care Facility Ontario Finnish Resthome Assn. | Elementary SchoolIsabel Fletcher |
| Secondary SchoolCentral Algoma Secondary School | Post SecondarySault College |
| Community AgencyAlgoma Community Care Access Ctr. | Decal LocationJoe's No Frills |
| Church/AssociationCommunity of Christ Church | Home PartyCarol Thomas |
| Industry/Construction ..Algoma Steel Inc. | Government OfficeGreat Lakes Forestry |
| Financial/InsuranceNorthern Credit Union - McNabb St. | Retail/CommercialAgawa Indian Crafts |
| Restaurant/Tavern/Coffee ShopCountry Style Donuts | |



Algoma Fall Craft Show

Thanks to organizers Gerlinda Haeffele and Lucy Boston, all of the artisans who donated to our Silent Auction Table, and everyone who attended this popular fall event.

Wild Game Dinner

On November 26, the Alzheimer Society, in partnership with Knights of Columbus #11608, held the 3rd Annual Wild Game Dinner. While results of the event are still outstanding at time of publication, we would like to thank the Knights of Columbus for all the hard work they put into this event, as well as to all the patrons who enjoyed a delicious meal while supporting two worthy organizations. Special thanks to guest speaker Peter Denley, donors for the silent auction, and members of the organizing committee: Otto Volpe, Ed Ralph, Ed Corelli, and Gary Acosta.

And Of Course....

Thanks to our Awesome Volunteers!

...without whom none of the above events would be possible. From helping with the many activities necessary to ensure a successful event, to office assistance, to providing friendship and companionship to people with Alzheimer Disease, we couldn't do what we do without you! **Thank you!!**





January is Alzheimer Awareness Month

Each January, the Alzheimer Society steps up its efforts to increase awareness of Alzheimer Disease in our community. Some of the activities planned include:

- 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 3 & 4 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.

Two Ways to Beat the Winter Blues!

- **8th Annual Walk/Run for Memories:** Join us for this fun-filled family event at **White Pines Secondary School** on Sunday, January 22nd. Pledge forms will be available soon. 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! Great entertainment, delicious snacks, and lots of prizes make this event a family favourite. So beat those January blahs...lace up your sneakers and enjoy an invigorating indoor walk or outdoor run while helping out a worthwhile cause.
- **Door-to-Door Campaign:** Work off that holiday turkey by volunteering to be a door-to-door canvasser. If you enjoy walking and the outdoors, this might be for you. Call Bea to see which streets are still available.



**Looking for a great stocking stuffer?
Try our "Unforgettable" bracelets!**



**\$2 each. Available at: Alzheimer Society Office,
Bennardo Jewellers, Madonna Optical, Shampoo Alley,
Seniors' Drop-in Centre (Bay St.),
Art Gallery of Algoma**

CONGRATULATIONS...to the six Alzheimer Society volunteers who received Ontario Volunteer Service Awards from the Ministry of Citizenship and Immigration on September 21, 2005:



Pictured above left to right: Cecilia St. Germain (15 yrs.), Anna Cartmill (5 yrs.), Marilyn Patterson (5 yrs.), Christine Ingribelli (15 yrs.). Not pictured are Noreen Towers (10 yrs.) and Vern Harnden (10 yrs.).

Board of Directors 2005-2006

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 Paul Hebert, Jr., *Past President*
 Mark Zorzit, *Vice President*
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 Susan McLean, *Director*
 Anna Cartmill, *Director*
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 Vicky Roy, *Family Support Case Worker*
 Linda Sullivan, *Education Coordinator*
 Tammy Bennardo, *Recreation Therapist*
 Bea Fioramanti, *Coordinator of Volunteers and Special Events*
 Monica Ruzyski, *Bookkeeper/Office Assistant*
 Rocco Martone, *Elder Abuse Project Coordinator*
 Carolyn Ross, *Support and Education Coordinator, East Algoma*

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.