

Alzheimer Society

SAULT STE. MARIE &
ALGOMA DISTRICT

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SUMMER 2004



EXECUTIVE DIRECTOR'S REPORT



The Alzheimer Society of Sault Ste. Marie and Algoma District held its 17th Annual General Meeting (AGM) on June 17, 2004. Shelley McEachern, board member and director at Sault Area Hospital, provided the audience with a compassionate and thought-provoking address on the joys of caring for people with Alzheimer Disease, from a care-provider perspective. The AGM also saw the retirement of two board members, John Campbell and Jerry Stefanizzi, and the welcoming of three new board members, Darin Rossetto, Anna Hamilton, and Susan McLean. We thank John and Jerry for their many hours of dedicated service over the years, and wish them well in future endeavours, and we look forward to working with Darin, Anna, and Susan. The AGM also saw Paul Hebert completing his term as President and moving into the position of Past President. Paul has provided strong leadership to the Society over the past two years, and we are pleased that he will be continuing his involvement. We welcome Karen McAndrew as President, knowing that her compassion for this cause will strengthen our organization even more.

The Alzheimer Society is fortunate to receive the support of many individuals, businesses, and organizations, and we look forward to continuing to work in partnership with community members in order to assist those dealing with Alzheimer disease.

Carolyn Cybulski, *Executive Director*

Spot the Cup!!!

The 9th Annual Alzheimer Coffee Break is back, and this year we are challenging you to "spot the cup"! As a result of a grant offered by Pfizer Canada Inc., we will be creating a giant inflatable coffee cup which will be placed strategically around the city in the lead-up to Coffee Break. Stay tuned for more information about our Spot The Cup promotion.

This will also be the second year for the "Golden Coffee Cup Trophy" which is awarded annually to the top earners in each of 11 different sectors. So all you Coffee Break Hosts...get your crew together and you may find yourself bringing in the most money in your sector and bringing back the Golden Coffee Cup Award!



September 21 (or any day of your choice) is Alzheimer Coffee Break Day!

You host a Coffee Break at work or at home. We provide you with your Coffee Break kit & tips for holding a successful event. Our community benefits from the money raised to provide services for people affected by Alzheimer Disease and related dementias. Please support the Alzheimer Coffee Break!

- ❁ Thank you...to the Steel City Kiwanis, the Royal Purple Lodge No. 155, and Goulais River Lions Club for their generous donations made recently to the Alzheimer Society. All money donated stays within the Algoma District to support people affected by Alzheimer Disease.
- ❁ The Dementia Network Website is now up and running at www.dementialgoma.org. We are very pleased with the site and the information it provides on a wide range of dementia-related services. We encourage service providers to check out the site to ensure your information is correct. The Physician Newsletter, recently distributed in hard copy to Algoma physicians, is also available on the website. Thanks once again to Chris Benka for his ongoing work on this project.

Board of Directors 2004-2005

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

Office Staff

Carolyn Cybulski, *Executive Director*
 Marion Lewis, *Volunteer Coordinator/Office Asst.*
 Vicky Roy, *Family Support Case Worker*
 Monica Ruzyski, *Bookkeeper*
 Linda Sullivan, *Education Coordinator*
 Bea Fioramanti, *Events Coordinator*
 Kara Benka, *Recreation Therapist*

Books

- ▶ Rethinking Alzheimer's Care. S. Fazio, D. Seman, J. Stansell. 2004??
- ▶ Understanding Dementia: A Primer of Diagnosis and Management. K. Rockwood, C. McKnight. 2004?
- ▶ Fading Memories: An Adolescent's Guide to Alzheimer's Disease. American Health Assistance Foundation. 1997. *Note: Because this book is intended for adolescents, we asked an adolescent to review it for us. The following review was written by Blake Sullivan, aged 12.*

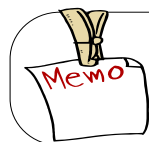
The book "Fading Memories: An Adolescent's Guide to Alzheimer's Disease" tells you how Alzheimer's affects the brain and how to deal with frustrating times. For example, talk to your loved one about the memories they still do have. The book also describes that the person with Alzheimer's is not lost and still loves and should be loved. The book has stories from children that may be going through the same thing you are. It tells you that you should spend time with your loved one but most of all never forget them.

Audios

- ▶ Parent Care. Ideas - CBC Radio One. 2003? A 2-CD set that discusses the realities of looking after aging parents. Caregivers speak about their feelings, family disputes, and methods of coping.

Upcoming Events

- ▶ A Changing Melody Conference: A learning and sharing forum for persons with dementia and their partners in care. November 6, 2004, at the Fairmont Royal York in Toronto. Call the Alzheimer Society for more information.
- ▶ Introduction to Dementia Care Certificate: 3 2-hour sessions for front-line workers. Sept. 20 to Nov. 15, 2004 at Sault College. Call the Alzheimer Society or Sault College for details.



Office hours are Monday to Friday
 8:30 a.m. - 4:30 p.m.
 Evenings by appointment.

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.

This is a nationwide program designed to help find the person who is lost and assist in a safe

Understanding and Managing Wandering

Current statistics tell us that 1 in 13 Canadians over age 65 have Alzheimer Disease or Related Dementia (ADRD). 1 in 3 over age 85 years have ADRD. It is also known that 60%, the majority of persons with dementia, will wander. Research shows us that the morbidity and mortality rate rises sharply when a person with dementia is lost for more than 12 hours. Wandering is an extremely serious behaviour that could lead to injury or death.

Some reasons people may wander:

- ▶ Living in the past: People with dementia see their recent memories fading away, and may be trying to make sense of the world around them based on past memories and knowledge.
- ▶ Looking for something familiar from their past eg. A childhood home.
- ▶ Looking for a lost item or a certain person.
- ▶ Looking for a washroom or something to eat/drink.
- ▶ Reliving past memories and believing that they must go to work, get home for the children or to an appointment.
- ▶ Disorientation caused by misperception of sights and sounds.
- ▶ Simply feeling the need to "go".

It is important to note that as dementia progresses the person will have increased difficulty with spatial orientation (where things are in relation to other things) and they will lack insight into what to do to maintain their own safety (e.g. watching for traffic when crossing roads). At this stage the person with dementia may still have good communication ability and social skills which can either lead caregivers to think they are able to find their way adequately and/or for people that come into contact with them to not realize the person is indeed lost.

Strategies to reduce wandering and increase the person's safety include:

- ▶ Contact the Alzheimer Society and register the person with dementia in the Alzheimer Society's 'Safely Home - Alzheimer Wandering Registry'.

return home.

- ▶ Determine why the person is wandering and attempt to resolve the person's need.
- ▶ Ensure the person gets adequate exercise in a safe and stimulating area.
- ▶ Distract the person by offering an alternate activity.
- ▶ Minimize stress in the environment.
- ▶ Respond to the emotion the person may be experiencing and offer support and reassurance.
- ▶ Secure or install alarms on exits leading outdoors.
- ▶ Avoid leaving the person alone or unsupervised.
- ▶ Seek respite programs - adult day programs and in-home respite.
- ▶ Alert neighbours to let you know if they see the person with dementia leaving the home.

Please note: In addition to the Alzheimer Society's Safely Home - Alzheimer Wandering Registry, a Search and Rescue Pre-Plan Manual has been developed for Long Term Care Facilities and Assisted Living Programs. If your facility is interested in having a manual, there is also training available which covers the characteristics of people who wander, types of wanderers, strategies to reduce wandering, and also shows how the manual can be a valuable resource in developing and implementing a search policy within a long-term care facility. The "SEARCH is an EMERGENCY" manual and companion training sessions are available by contacting Linda at the Alzheimer Society of Sault Ste. Marie and Algoma District at 942-2195 or toll-free at 1-877-396-7888.

Upcoming and Ongoing Events

Evening Information and Discussion Group for Caregivers: Every second Tuesday evening 7 - 8:30 beginning September 7. Please call to register.

Living Well with Memory Loss: Every second Monday afternoon 1:30 - 3 p.m. Please call to register.

The Benefits of Physical Activity for People With Alzheimer Disease (from Active Living Tips, Active Living Coalition for Older Adults, March 2004)

There is growing evidence that regular physical activity may lead to a decreased risk of cognitive impairment, and also has benefits for people who have Alzheimer Disease. Benefits of regular physical activity include: increased physical stamina, disease prevention, reduced stress and anxiety, improved sleep, and increased self-esteem.

It's never too late to start doing physical activity, and it doesn't mean you have to join a gym or buy expensive equipment. Activities such as walking or dancing are easy and enjoyable. You may choose to do one, or a combination of, the three types of exercise:

- ▶ aerobic - e.g. walking, cycling; strengthens heart and lungs; suggested 30 - 60 minutes daily
- ▶ strength training - e.g. carrying groceries, lifting grandchildren; builds muscles; suggested twice per week
- ▶ flexibility stretching exercises - e.g. toe touches, ceiling reaches; helps to move more easily; aim to stretch all major muscle groups daily.

Before beginning an activity not previously done, make sure that you consult with your health care professional, wear proper footwear, and refrain from doing any activities that cause pain or discomfort.

Note: The Alzheimer Society Recreation Therapy Program provides in-home activation for people with dementia, and encompasses a wide range of activities including physical activities if the client chooses. Please contact the Alzheimer Society for more information on this program. Please also note that Kara will soon be leaving us for a year as she prepares for her second baby. We wish Kara and her family all the best, and welcome her replacement Tammy Bennardo who will be starting with the Society on July 26, 2004.

The Dementia Puzzle Series Continued...This edition: Parkinson's Disease

It is estimated that 80,000 - 100,000 people in Canada are affected by Parkinson's Disease, a progressive disorder of the central nervous system. Twenty percent are diagnosed under the age of 50 and 5-10% under the age of 40. Men and women are equally affected and there does not appear to be a genetic link.

Parkinson's Disease affects the production of the chemical dopamine in the substantia nigra region of the brain (a layer of gray matter in the midbrain). Dopamine is necessary for communication between nerve cells. The physical symptoms of Parkinson's Disease are tremors of the limbs especially at rest which are most notable in the hands and feet, rigidity due to the incomplete relaxation of muscles, slowness of movement, and difficulty with balance and walking. Other symptoms include lack of facial expression, reduced volume and clarity of speech, and difficulty swallowing.

Approximately 30% of persons with Parkinson's Disease will develop Alzheimer Disease or another dementia late in the progression of the disease.

Medications are available to help modify the symptoms of the disease but a cure is still not available. The medications need to be closely monitored by a physician.

Coming next newsletter: Pick's Disease



CALLING ALL FAMILY CAREGIVERS!

The Caregiver Education Series is returning once again on
Sept. 29, Oct. 6 & 13
6:30 - 8:00 p.m.
Please call Linda to register.

We held our Annual Volunteer Appreciation Night on Monday, June 21st. Approximately 40 volunteers attended. They were informed of a new volunteer opportunity, Recreation Assistant. They were also entertained by Mr. Shawn Cyr, a local magician who has been performing for about 10 years. Board Members were paid special tribute this year for their dedication to serving the Alzheimer Society. There are also 27 volunteers who did or will receive service awards for their years of volunteering with the Society. Everyone who attended received a token of our appreciation as well as prizes donated from local businesses, staff and Board Members. Refreshments were served as the prizes were being given out. A good time was had by all!

Upcoming Volunteer Opportunities

- ❁ Volunteer Companion Visitor / Recreation Assistant: Enjoy a stimulating visit with someone in early stages of Alzheimer Disease for 1-2 hours per week. If you enjoy sharing stories, doing fun activities, and making someone's day, this job's for you!
- ❁ Bingo: We are in desperate need of either a full team or spares for existing teams. Our bingo is on Tuesday evenings and the time needed would be from 2 to 4 hours. Bingo volunteers enjoy a sense of camaraderie not often found in other volunteer positions. You can feel good knowing that you are helping the Alzheimer Society financially while having a good time!
- ❁ Coffee Break: To deliver kits, host a Coffee Break or man a table at a variety of locations.
- ❁ Algoma Fall Craft Show: To help out with a variety of jobs.
- ❁ Annual Fall Tea: To help serve goodies and tea or coffee and possibly help make up the trays beforehand.
- ❁ Door to Door Canvassers: To canvass a neighbourhood.

If you are interested in any of these positions, please give me a call at the office.

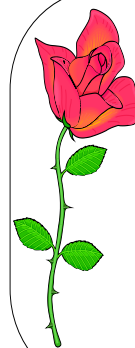
VOLUNTEER MANUALS: Our volunteer manuals are now complete and available at the office. We encourage all of our current volunteers to pick up one of these manuals. It provides you with pertinent information about the Alzheimer Society and includes our mission statement, history, services provided, volunteer opportunities and much more. Please give me a call if you are interested in receiving it. All new volunteers will receive this manual with their orientation package.



Cuddle Bears!! Thanks to the efforts of our diligent volunteer knitters and crocheters, we now have an ample supply of these unique little guys to distribute to long-term care facilities throughout Algoma. Some of the volunteers have also given us permission to sell

their creations for fundraising purposes, which is wonderful because we frequently are asked if the bears are for sale. Bears will only be sold after we ensure that client needs are met. Although we do not require any more bears at present, we do need to replenish our supply of yarn for our next Cuddle Bear drive (normally occurring in January). If you have any spare yarn around the house, please consider donating it to the Alzheimer Society.

Please note: We are now registered to accept online donations at www.CanadaHelps.org. We also now have credit card capability for both in-person and phone donations. Please call the office if you



In Memoriam

Due to privacy concerns, we have made the decision to discontinue our practice of listing individuals in whose name a memorial contribution to the Alzheimer Society has been made. This does not lessen our sympathies to their loved ones nor our gratitude for their generosity.

Coffee Break is Back!

As mentioned on Page 1, Coffee Break day is September 21 (which coincides with World Alzheimer Day) or any day of your choice. No need to stick to coffee - any type of refreshment will do! The Golden Coffee Cup Award could be yours if you end up bringing in the most money in your sector. Please call Bea or summer student Nicole if you are interested in hosting a Coffee Break at home or work. Coffee Break also includes lots of exciting spin-off events:

- ❁ Dessert & Coffee Combo: Welcome back to all of last years' supporters as well as new recruits who will be offering scrumptious Coffee and Dessert combos to their patrons with a portion of the price being donated to the Alzheimer Society. To satisfy your sweet tooth, visit any of the following restaurants: A Thymely Manner, Giovanni's Family Restaurant, Joey Calzones Italian Eatery & Bar, U-Betcha Tap & Grill, Vincenzo's Ristorante & Bar, Wawa Motor Inn, Fireside Bar & Grill Elliot Lake, and Bridges Restaurant Holiday Inn. The Time-Out Steakhouse & Bar will be offering a Surf & Turf combo for the first two weeks of September with \$2 from each dinner being donated to the Alzheimer Society.
- ❁ Coffee Break Decals: Please visit the following locations that will be selling coffee cup decals in support of the Alzheimer Society in the month of September: Absolutely Delicious, A Taste of Scandia, Canadian Tire Elliot Lake & Sault Ste. Marie, Subway, Pino's Get Fresh, Dinelle's Country Market Echo Bay, IGA Elliot Lake, Bob's No Frills Elliot Lake, and Sam's Foodline in Wawa.
- ❁ Coffee Break Kick-off at Romes: Join us in the lobby of Romes Independent Grocer on Tuesday, September 21 9 a.m. to 1 p.m. as we kick off Coffee Break festivities.
- ❁ Forget-Me-Not Tea & Dessert: Collegiate Heights Retirement Home will once again be hosting a Forget-Me-Not Tea & Dessert on Thursday, September 9 from 2 - 4 p.m. Tickets are \$3 and will be available at the door.
- ❁ Art Gallery of Algoma Luncheon: The Art Gallery will be hosting a luncheon in support of Coffee Break on Friday, September 17. Please call the Art Gallery for more details.

Algoma Fall Craft Show

Thanks to organizers Lucy Boston & Gerlinda Haeefe, this popular craft show will once again be held at the Best Western on Sunday Sept. 26th from noon to 5 pm. Visit new and returning artisans from across Algoma District, and don't forget to visit the Alzheimer Society silent auction table - you may bring home a treasure at a great price!

Ladies' Night Out

What a night! A crowd of almost 300 enjoyed a night of laughter, entertainment, prizes, and refreshments. Many thanks to everyone in the community who supported the Alzheimer Society by purchasing tickets and making this first time event a sold-out success.

We would like to take this opportunity to thank our major sponsor, Riuniti Banquet Halls, for their incredible support. Their top-notch staff and delicious food were second-to-none.

Many thanks to following:

Sponsors: Curves, Lindt Chocolatiers, Lancome, Headlines Hair & Skincare Salon, and New North Greenhouses.

Supporters: Bridget Burke RMT, Collegiate Heights Retirement Home, Ideal Concept in Gift Giving, Lamon's Printing, Mini Maids, Second Hand World, Showstoppers, Skinsations, and Tea & Mary.

Emcee: Lou-Anne Young

Entertainment: Laura-Lee Willis, Deborah Antonello, and the Comedics.

Volunteers: without whom we would not have been able to make this event happen.

Giant Yard Sale

Many thanks to Paul Hebert and staff of Second Hand World for their enormous assistance in our 4th annual Giant Yard Sale. We would not be able to carry out this event without their generosity. Thanks also to the people who donated items, as well as volunteers, and of course the people who came and bought!