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Executive Message

Karen McAndrew, President Carolyn Cybulski, Executive

A busy January Alzheimer Awareness month has come and gone, and we would like to thank all those who assisted us in raising public awareness about Alzheimer Disease. Many individuals, groups, and businesses donated time, goods, and/or financial resources to assist in this cause. Thank you all.

A successful Alzheimer Education Conference was held on February 24th at the Best Western. Approximately 100 participants spent the day with Judith Wahl, learning more about the issues of elder abuse, consent, and capacity. Evaluations by participants were extremely positive. Planning has already begun for next year's conference, and we welcome any suggestions for possible topics.

Sadly in February we said good-bye to Volunteer Coordinator/Office Assistant Marion Lewis who decided to take a well-deserved retirement. Marion began working with the Alzheimer Society in 1998 as the Office Assistant and Bookkeeper. Several years ago she took on the role of Volunteer Coordinator, a position which was very fitting for Marion given her strong belief in the importance of volunteers to organizations such as ours. Marion's dedication and commitment will be truly missed, but we wish her all the best as she moves into the next chapter of her life.

Bea Fioramanti will now take on the duties of Volunteer Coordinator in addition to her role as Events Coordinator, and Monica Ruzyski will now combine her role as Bookkeeper with that of Office Assistant. Please feel free to contact Bea and Monica to wish them well in their new roles.

Goldhawk Speaking at Annual General Meeting

The Alzheimer Society Annual General Meeting will be held on Friday, June 10, 2005 from 11:30 a.m. to 1:00 p.m. The purpose of the Annual General Meeting is:

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

We are pleased to announce that writer and broadcaster Dale Goldhawk will be the guest speaker. In addition to his television show "Goldhawk", Mr. Goldhawk is very active in the Alzheimer movement, and is a board member of the Alzheimer Society of Canada. He will be speaking about his personal experiences as a family member of someone with Alzheimer Disease.

Due to flight arrangements, Mr. Goldhawk's presentation will begin at 11:30 sharp. There is no charge to attend, but registration is required as a light lunch will be served.

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

News & Information

Elder Abuse Prevention Committee

Caregiver
Education Series

**Circle these dates on
your calendar!**

*The Caregiver
Education Series is for
family caregivers of
persons with Alzheimer
Disease or related
dementias.*

May 4 : Overview of
Dementia

May 11: Challenging
Behaviours

May 18 : Celebrating
Life Creatively

*There is no charge but
we do require you to
pre-register. For more
information or to
register, please call
942-2195.*

By Rocco Martone, Elder Abuse Project Coordinator

Abuse and neglect of older adults is not a new problem. Although present in Canadian society for many years, it has existed in relative silence, and only recently has general acknowledgement of the problem surfaced and widespread interest been generated. The Elder Abuse Prevention Committee of Sault Ste. Marie and Area has developed the "Guide for Community Agencies in Cases of Suspected Abuse of The Vulnerable Adult and the Elderly". Its goal is to provide some guidelines for the identification and response to abuse and neglect of seniors through communication and cooperation between agencies.

Presentations are being offered to the community and its agencies on Elder Abuse Awareness. All organizations who book a presentation will also receive a copy of the Guide. There is no charge for either the presentation or the Guide.

Elder Abuse Training 101...for people in the workplace

Abuse and Neglect of Older Adults

*Overview of the Hidden Crime

*Case Studies/Discussion

*Contributing Factors to the Risk of Abuse

*What to do next

*Where do we go from here?

Rocco Martone, Elder Abuse Project Coordinator at 942-2195 for more information

Benefits of Walking for People with Alzheimer Disease

By Tammy Bennardo, Recreation Therapist

There is growing evidence that regular physical activity helps to ward off mental decline as people age. Research has also shown that following a regular exercise routine can have many benefits for individuals with Alzheimer Disease. "A randomized controlled experiment compared the effects of 30 minutes of walking with 30 minutes of conversation, three times per week for ten weeks. The results indicated that walking resulted in more significant improvement in the communication skills of people with Alzheimer Disease and related dementias than the conversation did." (Active Living Coalition for Older Adults, March 2004).

Benefits of Walking:

Improved physical and mental functioning

Increased day time alertness

Improved sleep patterns

Improved appetite

Decreased caregiving stress

Reduced anxiety, agitation, and tension

Reduced irregular behaviour such as wandering

Improved continence

Increased self esteem

Increased distance walked and walking speed

Increasing your level of activity or your loved one's physical activity does not mean that a person has to join a gym or buy expensive equipment. Go for a walk. Walking is easy and fun to do. Wear proper footwear for the conditions, walk in familiar indoor or outdoor environments, and drink lots of water. Make walking a part of your daily routine - get outside and have some fun!

Sexuality, Intimacy, and Alzheimer Disease

By Linda Sullivan, Education Coordinator

Touch is a basic human need. Babies who do not receive touch fail to thrive. Why would adults, and seniors in particular, be any different? Ageism creates a negative attitude in society about sexuality and old age. Younger people may assume that older persons do not require intimacy, and may disapprove of sexual activity that occurs in long-term care homes. Additionally, new groups of seniors who are beginning to enter facilities may have more liberal views towards sexuality, and staff may find themselves having to examine their own attitudes more closely. There is now more education in programs such as gerontology on sexuality and aging, and this education may help us resolve some of our conflicting thoughts on this topic.

Impact on Care Professionals: Care professionals offer touch every day to their residents through personal care activities such as bathing, shaving, hair care, and range of motion exercises. This touch provides emotional security, trust, increased self-esteem, and a feeling of being valued and needed. There may not always be an outward reaction to the touch but the senses do respond.

It is important to know that not everything that looks sexual is sexual. Communication becomes more difficult as the disease progresses, and behaviours that look inappropriate may simply be a form of communication. Undressing and fondling genitals may actually be due to a need to go to the bathroom or clothing being too tight. Getting into bed with another person may simply be habit - if someone has slept with another person for many years, this just feels right. Also, the person with dementia may misperceive the behaviours of others. A staff member who calls a resident handsome or boyfriend as a friendly greeting may be giving the individual the wrong message. A caregiver could also remind the individual of a spouse, or it could simply be that the individual with dementia has lost insight and doesn't understand what an intimate relationship means.

Impact on Spouses/Partners: Alzheimer Disease changes the relationship between a couple. These changes depend on the stage of the disease, the behaviour and personality change due to the disease, and the personalities, beliefs, and strength of the marriage before the disease. Some spouses are full of grief because they feel they have lost the person they married. Some spouses use up all their energy as physical caregivers. Some experience a change in their feelings towards the person as they change their role from partner/lover to caregiver. Other spouses find a deepening sense of love in response to caring for their loved one and honouring their marriage vows.

Close friends and family members can offer touch through holding hands, sitting close, and by providing interaction with pets and grandchildren. These activities should be encouraged in order to bring quality of life and meaning to the individual with dementia.

Volunteer Corner

HELP WANTED!!

We are in desperate need of Bingo volunteers for our Tuesday night sessions at Greenbelt Bingo Hall. Bingo revenues provide a significant source of the Alzheimer Society's funding, and we are required to have eight volunteers present at each session.

Volunteering for Bingo is fun!! You get to spend time with great people while helping a good cause. We will provide you with orientation and sign you up for whatever schedule is suitable for you (e.g. weekly, biweekly, monthly). You can join one of the existing teams or form your own team if you have friends who would also like to volunteer.

Be a winner...volunteer! You'll be glad you did. Please call Bea at 942-2195 for more information or to sign up.

Keeping Joy in Our Lives: The Benefits of Humour

By Vicky Roy, Family Support Case Worker

A diagnosis of Alzheimer Disease or a related dementia for yourself or a loved one is traumatic and can bring about many feelings including sadness, anger, grief, fear, and anxiety. However, life does not end with a diagnosis of dementia. Although you will be coping with new challenges, it is important to focus on the many positive things still in our lives - family, friends, interests, activities, and passions that bring us pleasure, satisfaction, and joy.

Our perspective (how we view things that happen to us and around us) can deeply impact our reactions, attitudes, and behaviours. Maintaining a positive outlook and keeping joy in our lives is essential to how we live every day. For everyone, including those coping with the challenges of dementia, keeping humour and laughter in our lives can help us to do this.

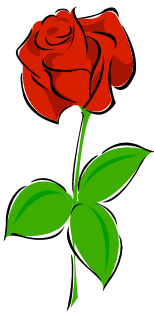
Research has shown that humour can:

- assist us to connect with others
- help us to replace distressing emotions with pleasurable ones
- reduce stress by assisting us to view the world in a more positive light
- provide a general sense of well-being
- allow us to put things in perspective
- boost our immune system
- help move oxygen to all of our body tissues
- lower our blood pressure.

As well as personally maintaining a sense of humour, you can increase laughter in your life in some simple ways:

- watch a funny movie; e.g. Grumpy Old Men, Cheaper By the Dozen, Throw Momma from the Train, National Lampoon's Christmas Vacation
- watch a funny television show; e.g. I Love Lucy, The Golden Girls, Home Improvement
- read a fun book; e.g. Erma Bombeck's "Family - Ties that Bind...and Gag" or Loretta Laroches's "Life is Short - Wear Your Party Pants"

We can all remember times we laughed so hard we had tears in our eyes and our stomach hurt. Didn't it feel great? Remember that life is for living...keep laughter and joy in it!



Ladies' Night Out...An entertaining evening just for the girls!

Join us for our 2nd annual Ladies' Night Out on Thursday, May 5th at 7 p.m. at Riuniti Banquet Halls.

Featured guests are:

- * Julie Hymniewicz who will be sharing her reflections on achieving balance in our lives;
- * Shelagh Mosher who will be letting us know about how a positive body image affects our lives; and
- * Timothy Murphy as Joan Rivers (prepare to be offended!).

Tickets are \$20 (advance sales only) and include coffee, tea, dessert/fruit, prizes, and lots of fun! Tickets are going quickly - get yours soon at the Alzheimer Society office. Thanks to the Presenting Sponsor **Riuniti Banquet Halls** for making this event possible, as well as to all other sponsors: Curves, Ferrero, Inner Beauty Day Spa, Dior, Calvin Klein, New North Greenhouses, and Weight Watchers.

CONTACT US!

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www.dementiaalgoma.org/alzheimersociety

Office hours are Monday to Friday 8:30 - 4:30.
Evenings and weekends by appointment.

Volunteer and Fundraising News

By Bea Fioramanti, Coordinator of Volunteers and Special Events

I am continually overwhelmed by the incredible support from our volunteers and supporters. The Alzheimer Society is very fortunate to have such a dedicated group. There are many people who invest a lot of time and energy supporting the Alzheimer Society and I would like to take this opportunity to sincerely thank you for helping raise awareness as well as much needed funds for services for people affected by Alzheimer Disease.

You may already know that Volunteer Coordinator Marion Lewis has retired and we wish her all the best enjoying more time with her family and friends. We miss you Marion! I am honoured that I have been asked to fill those “big shoes” and look forward to working with all of you. I also wanted to welcome all of our new volunteers, and I hope that you are enjoying your experience with the Alzheimer Society. We are planning a volunteer appreciation event in early summer and we will be contacting you with all of the details in the near future.

January was a very busy month with lots of activity...

Walk/Run for Memories: New location! More fun! Participants enjoyed a fun afternoon at White Pines Secondary School while supporting the Alzheimer Society. We were pleased to see more families, runners, and teams participating. Adding to the enjoyment were complimentary massages, entertainment, fabulous refreshments, a scavenger hunt, and plenty of prizes. Many thanks to our volunteers, participants, donors, and Sponsors: The Sault Star, Northern Star Broadcasting, Ontario Lottery and Gaming & Casino Sault Ste. Marie, Penny’s Pets, Lamon’s Printing, Second Hand World, Northwood Funeral Home, Algoma Steel Inc., Brascan Power Corp., The Athlete’s Foot, Allstate - Allan Moore, Bell Canada, Castle Realty, Dairy Queen, GP Flakeboard, KPMG, Lock City Monuments, Mike Moore & Sons Construction Ltd., Mio’s Furniture Fashions, PUC Services Inc., Repeat Rentals Ltd., Rome’s Independent Grocer, and Soo Mill Buildall.

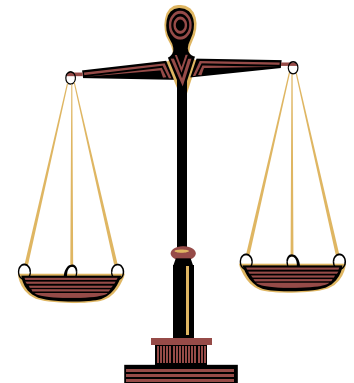
Special thanks to the staff and students of White Pines Secondary School for all their help and support.

Door-to-Door Campaign: A big thank you to all of our dedicated canvassers who braved the January weather and raised over \$26,000. Thank you also to the many businesses and service clubs who contributed to this effort, as well as those who donated their dress down day funds. We were overwhelmed with the support that was shown for this important fund raiser.

Congratulations to the Top Canvassers:

Sault Ste. Marie	-	<i>Dave Muncaster</i>
Algoma District	-	<i>Sally Horton and Irma Nayler</i>
Student	-	<i>Stewart Bentley</i>

Witness for the Prosecution: We have also begun working once again with the Algoma District Law Association and two other charities on a production of the Agatha Christie play “Witness for the Prosecution”. You may recall our involvement two years ago in “The Mouse Trap”, and we are very pleased to once again be working with these talented actor-lawyers. This courtroom suspense drama will be performed on June 16, 17, and 18 at the Kiwanis Community Theatre Centre. All proceeds will be directed to the Algoma Fall Festival, Algoma Family Services Foundation, and Alzheimer Society of Sault Ste. Marie and Algoma District. Tickets are \$25 (\$23 + \$2 theatre administration fee) and are available at the Station Mall Box Office.



Thank you once again to our Nevada site, IDA Station Mall, for its ongoing support of the Alzheimer Society of Sault Ste. Marie and Algoma District.

introducing...

Two Gold Sponsors of the 2005 Walk/Run for Memories



"Northern Star Broadcasting and its radio stations in Sault Ste. Marie are pleased and proud to be part of the Walk/Run for Memories, supporting local people affected by Alzheimer Disease."

Ontario Lottery and Gaming Corporation



Société des loteries et des jeux de l'Ontario



The Ontario Lottery and Gaming Corporation (OLGC), was created by the Government of Ontario on April 1, 2000 by merging the Ontario Casino Corporation (OCC) and the Ontario Lottery Corporation (OLC). In a competitive entertainment industry, we are a quality provider of attractive, controlled gaming, engaging our employees and related organizations in serving Ontario's citizens and tourists in a socially responsible manner, creating profits for charities and government projects, in accordance with government policy and direction.

Casino Sault Ste. Marie opened on May 19, 1999 and was the first of five charity casinos to open in Ontario. More than 400 permanent employees work at Casino Sault Ste. Marie with an estimated annual payroll of approximately \$15.7 million. Hundreds of indirect and spin-off opportunities for suppliers and local businesses have been created in the area as a result of casino operations. Since opening, the facility has attracted more than 5.5 million visitors and has contributed more than \$9.3 million in non-tax gaming revenue to the municipality under a revenue sharing agreement. This agreement ensures that that each charity casino host municipality in Ontario receives 5% of the gaming facility's gross slot machine revenue. Funds are used at the discretion of the municipality.

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Vicky Roy, *Family Support Case Worker*
Linda Sullivan, *Education Coordinator*
Tammy Bennardo, *Recreation Therapist*
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Monica Ruzyski, *Bookkeeper/Office Assistant*
Rocco Martone, *Elder Abuse Project Coordinator*

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