



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Spring 2009

Volume 22, Number 1

In This Issue:

Satellite Corner...
P. 2

Resource Centre
Acquisitions...P. 2

Education & Research
Update...P. 3

Family Support
Information...P. 4

Great Leisure &
Recreation Ideas...P. 5

Fundraising News...
P. 6

Acknowledgements...
P. 7

Contact Information...
P. 8

Message from the President & Executive Director

*Susan Van Atte, President
Carolyn Cybulski, Executive Director*

Spring is here and January Alzheimer Awareness Month is behind us for another year. We would like to thank everyone who helped to make awareness month such a success, from the municipalities who proclaimed January as Alzheimer Awareness Month, to businesses that allowed us to put up awareness displays, to volunteers who braved the cold doing door-to-door canvassing. Thank you to one and all. We would like to especially acknowledge those who helped make the inaugural Walk for Memories in Elliot Lake such a success. (See page 6 for details.)

The 2009 Alzheimer Education Conference took place on March 6 with 97 people registered. Dr. Ianni delivered a very interesting and relevant presentation on vascular dementia, and Carol Bowlby Sifton's presentation on person-centred care captured the essence of what we all hope to achieve in the care of those with dementia. Thanks to sponsors Pfizer Canada, Janssen-Ortho Inc., Lundbeck, Lilly, and USWA 2724 for supporting this conference through educational grants.

Pictured at right: Carol Bowlby Sifton



Great Gift Ideas for Mother's Day...



Trying to find a special gift for the special woman in your life? We can help! Why not give her a night of great food, entertainment, and prizes? Our 6th annual Ladies' Night Out will be held on Wednesday, May 13 at the Great Northern Hotel and Conference Centre. This year we will be featuring a meal of chicken, roast potatoes, glazed carrots, salad, bread, and dessert, along with two great entertainment acts: master illusionist Ryan McFarling, and the wacky singing group, the Comedics. Tickets are \$40 and are eligible for a \$15 charitable receipt. (Advance tickets only, on sale April 1st.) Thanks to major sponsor, Great Northern Hotel and Conference Centre, as well as other sponsors Curves, Mane Street Salon and Spa, Sears Cosmetics and Fragrances, New North Greenhouses, Community First Credit Union, Ferrero, & Zenone's. Tickets are selling fast so book your table soon!

Or, for a lower cost option, how about a ticket for our Ladies' Night Out raffle? For \$5, you can purchase a chance to win one of three great prizes: a diamond ring donated by Bennardo Jewellers, a spa package donated by Mane Street Salon and Spa, or a collection of restaurant gift certificates donated by a variety of local restaurants. The draw will take place at Ladies' Night Out on May 13th. See page 7 for details.

For tickets for the event or the raffle, please contact Bea at 942-2195.



News & Information



Satellite Corner

News from the East Algoma
Satellite Office

From Carolyn Ross, Support & Education Coordinator

Optimizing Your Memory: A great information evening was held on February 19, 2009 with Pharmacist Vickie Luckham, Nurse Practitioner Marg Barek, and Dr. James Chau (pictured below). Forty-four people attended the meeting where the audience heard information concerning medical conditions that can lead to memory loss as well as treatments and medications.



Manulife Walk for Memories: Check out the Fundraising section (page 6) for information on the first annual Elliot Lake Manulife Walk for Memories, where an amazing \$7,000+ was raised to support dementia services. Thanks to everyone!

Volunteer Appreciation Dinner: East Algoma held a Volunteer Appreciation Dinner at Oliver's restaurant on Friday, Feb 20th. Alzheimer Society board member Gil Contant thanked the 13 volunteers in attendance for their work through the year.

First Link Learning Series: A new series will start May 21st. To be part of this educational series you may register by calling Carolyn at 848-8145.

Family Caregiver Support Groups: There are two monthly groups taking place at Huron Lodge:

- Every 3rd Tuesday afternoon 1:30 - 3:00
- Every 3rd Wednesday evening 6:30 - 8:00

There is also a monthly group taking place in Blind River every 2nd Wednesday afternoon 1:30 - 3:00 at the Order of the Golden Wing on Colonization Rd.

Resource Centre Acquisitions

Books

Alzheimer's from the Inside Out. Taylor, R. (2007) This book describes the author's sometimes bumpy, but always insightful journey with Alzheimer's disease. Telling his stories in a series of vignettes, the author challenges us all to be more authentic and work to make life better for persons with dementia.

Inside Alzheimer's: How to Hear and Honor Connections with a Person Who Has Dementia. (2007) Pearce, N. This book describes how dozens of persons with dementia and their sharing of wisdom, humor and life's teachings led the author to six basic principles of connection. Internalizing these principles has empowered hundreds of family, friends and professionals to create moments of connecting with persons, regardless of how advanced the dementia.

DVDs

Mild Cognitive Impairment: Where Are We Now? Alzheimer Society Toronto. (2008)

I'm Still Here: A research based drama on living with dementia. University of Waterloo, Murray Alzheimer Research and Education Program. (2006)

Thank you to our Coin Can Locations

We wish to thank the many sites throughout Sault Ste. Marie & Algoma District that display our "Coin Cans" on their premises. This past year you have helped us raise over \$1,400. Our top earner is Reggie's Tavern on Queen St. East. This site alone has raised \$ 419.61 in the past year - that's a lot of coins!! Many thanks to all of the patrons and staff who continuously give their coins to our cause. Every dollar helps us to assist people affected by Alzheimer's disease and related dementias.



Education & Research Update

By Cathie Randell, Education Coordinator

Diabetes and Alzheimer's Disease

According to a recent study by a group of Swedish researchers, people with diabetes have a significantly higher risk of developing Alzheimer's disease and other related dementias. The risk becomes even stronger if the onset of diabetes occurs in mid-life.

The data used in this research comes from an ongoing study of 13,693 Swedish twins who were 65 years of age or older in 1998. Additional information about diabetes came from prior surveys of twins and hospital discharge data from as early as 1960. According to the study, research shows that getting diabetes before the age of 65 corresponds with a 125 percent increased risk for developing Alzheimer's disease. The Canadian Diabetes Association reports that at present, over 2 million Canadians have diabetes.

Further results suggest that adult lifestyle choices such as exercise, smoking, diet and poor control of blood sugar can affect the risk of developing both Alzheimer's disease and diabetes. In other studies, genetic factors and childhood poverty have been shown to independently contribute to the risk of both diabetes and dementia.

The results of these studies indicate that maintaining a healthy lifestyle across the lifespan is becoming increasingly important. Effective steps that can be taken to reduce these risks include a healthy diet, regular exercise, smoking cessation as well as stress management and brain stimulation.

Source: <http://www.sciencedaily.com/releases/2009/01/090127152835.htm>.

Gentle Persuasive Approaches in Dementia Care (GPA)

Many direct care staff in long-term care have minimal training in the management of challenging behaviour associated with dementia. Staff consistently report feeling vulnerable and at risk of injury if they have not been trained in respectful, non-violent self-protection techniques. The GPA curriculum addresses these needs and is designed for individuals from all departments within long-term care settings, including personal support workers, dietary personnel, and housekeeping staff.

The curriculum is delivered in a 7.5 hour day and is care-based, interactive, and practical. It reframes challenging behaviour to be interpreted as self-protective or responsive, occurring as a result of unmet needs, thus encouraging staff to assess the meaning behind the behaviour. Many sessions have been provided in Algoma over the past year, and feedback from participants has been very positive.

If you are interested in having a GPA session at your organization, please contact Cathie at 942-2195 or Carolyn at 848-8145.

Annual General Meeting & Volunteer Appreciation Dinner

Members, volunteers, community partners, and the general public are invited to join us for our 23rd Annual General Meeting which will be combined with the Volunteer Appreciation Dinner, taking place on Wednesday, June 10, 2009 at the Verdi Banquet Hall.

The business portion of the meeting will take place at 5:00 p.m., and all members are encouraged to attend in order to elect directors, hear reports, appoint the financial Auditor, and transact any other business. The meeting will be followed by dinner. Featured entertainment is the Family Life Theatre's staging of "A Song For My Mother". Cost to attend is \$15. Please RSVP to the Alzheimer Society.

Please remember to visit our website
www.alzheimeralgoma.org
for information about Alzheimer's disease
and the Alzheimer Society,
as well as to access past editions of our newsletter.



Family Support Information

By Vicky Roy, Family Support Case Worker

Coping Effectively with Caregiving

Providing care for others throughout our lives may have required some new skills but eventually the caregiving became very natural to us. Think back to how you were able to learn new skills and adapt to caring for a new baby, providing assistance to an elderly parent, or helping a neighbour in need. When providing care for a loved one with dementia you will also have to learn new skills and adapt to a new situation. Following are five tips that can help you:

1. Contact the Alzheimer Society.

The Alzheimer Society of Sault Ste. Marie and Algoma District provides support and education to people affected by Alzheimer's disease and related dementias. Whether in an individual private session, by telephone, or in a group format, the Society's Family Support Case Worker will assist you and/or your family to work through the complex issues associated with a diagnosis of Alzheimer's disease or related dementia.

2. You Cannot Control the Disease but You Can Control How it Affects You and Your Relative.

Accept that there are many aspects of the disease that you will be unable to control. However, there are many aspects you can control and you need to understand the difference. While you cannot change the disease process, in time you may become very skilled at managing the changes, choosing a positive attitude, and taking one day at a time.

3. You Need to Take Care of Yourself

While caring for your loved one you need to give yourself permission to take care of yourself too. Caring for yourself means keeping yourself rested, replenished and healthy so that you can be there for your loved one and give them the most beneficial and wholesome care you can. You need rest, nutrition, exercise, socialization, relationships, privacy, love, time, support. Be sure to access community re-

sources available to you including respite care when needed.

4. You Can't Do It Alone. It's Okay to Accept Help.

When people offer to help, your answer should always be "YES". Have a list of things people can do to help you, whether it is bringing a meal, taking your loved one on an outing, baking some muffins, trimming the lawn, picking up groceries or just being a listening ear when you need one. Friends and family often want to help and take an active role in helping you to provide care. You will benefit from their help now and in the future. Also, allow them the opportunity to feel included and valued as partner in care.

5. Accept That You Cannot Be a Perfect Caregiver

There is one thing that is certain: you cannot be a 'perfect' caregiver. You must realize that you will not handle every situation perfectly. You are human and have a full range of human emotions. Sometimes you are going to be sad, impatient, frustrated and angry. You must forgive yourself – learn from your experience and move forward. The good news is that as you accept your loved one's diagnosis, learn more about dementia and how to cope with the challenges it brings, you will be better able to manage new situations and cope with your emotions in a more positive way. You can learn to be the best caregiver that you can possibly be.

Family Caregiver Forum

The Alzheimer Society's Annual Family Caregiver Forum will be held on Friday, June 5th from 9:00 a.m. – 3:00 p.m. at Algoma's Water Tower Inn. Our theme this year is 'Making a Connection with Your Loved One Through Laughter and Learning'. This is a day just for you, the family caregiver, to hear from a number of interesting and knowledgeable guest speakers and to meet and spend the day with other caregivers. Lunch and refreshments will be provided. There is no cost for this event but registration is required. Please call the Alzheimer Society at 942-2195 for more information or to register.



Great Leisure & Recreation Ideas

By Amy Bird, Recreation Therapist

Scrapbooking & Reminiscing

Reviewing the past is a common process that occurs in all stages of life but most frequently in later life. This process is important for all individuals but takes on a new meaning when the individual is lonely, isolated, depressed or living with dementia.

When an individual is lonely or depressed, the process of reminiscing can bring comfort and meaning to the individual's life. When an individual has been affected by dementia, this process allows the individual to recall and share the memories that are still available to them. Working with a scrapbook gives cues to these individuals, helping them to remember events in their lives and to build on them.

Scrapbooks record, celebrate, and connect us to the events, people, and traditions of our lives and help us bring those memories into the present and preserve them. They are a way to tell your life story, share special moments with those you love, and create a lasting legacy. They also speak to the visual age in which we live. Images draw us in and grab our attention and are a key way we remember things.

Scrapbooking can be used to bring any subject to life, whether it's preserving family history, celebrating friendship, recording achievement, or exploring our lives. Scrap-booking is an activity all generations can do together, it is fun and it creates a sense of connectedness. It is an activity older adults can do quite easily, even those who may have some physical or cognitive limitations. Scrapbooking is fun and educational and has many therapeutic benefits.

Proven benefits of scrapbooking and reminiscing therapy include; improvements in self-esteem and self-worth, increased socialization, memory stimulation, intergenerational sharing, reduced isolation, reduced depression, preservation of identity and

increased feelings of calmness. Scrapbooking offers individuals a way to see the contribution they have made to the world.

For individuals living in long term care, these books can be used to create a feeling of home, support a failing memory, and as a tool in reminiscing. Scrapbooks give staff members an opportunity to learn more about the individual, helping to affirm their personhood and helping them to be seen as a whole person and not just a person with a disease. These books may also offer explanations about an individual's preferences, habits, and behaviours.



Reminiscing can have benefits for the listeners as well. It offers individuals an opportunity to get closer to the person who is sharing, enjoy their stories, and gain knowledge from their wisdom.

The past will always be a part of our lives. Reminiscing helps us to keep these memories alive and to keep in touch with the things that mean the most to us. Remembering is healthy!



Did you know that you could help the Alzheimer Society save postage costs by requesting an electronic version of the newsletter rather than a paper copy?

For more information on our e-newsletter, please contact us at 942-2195.

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



Fundraising News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

Manulife Walk for Memories



WOW!! Thanks to everyone who attended or supported this year's Walk for Memories. With your support over \$27,000 was raised in Sault Ste. Marie to help people coping with Alzheimer's disease. It was a fun afternoon at White Pines Secondary School where participants enjoyed walking as well as complimentary massages, entertainment, fabulous refreshments, a scavenger hunt, and plenty of prizes!

And how about the inaugural Walk for Memories in Elliot Lake? This first-time event exceeded all expectations, with over \$7,000 raised by approximately 30 participants. Collins Hall was the site for an afternoon of walking, refreshments, and lots of prizes...even Elvis was there! Thanks to all who helped to make this new event such a roaring success!



Thor Bonfig as Elvis

Many thanks to our volunteers, participants, and donors, and also to our sponsors:

Provincial Sponsors: Manulife and CTV

Local Sponsors:

Platinum - Northern Star Broadcasting, 94.1 Moose FM
Gold - Northwood Funeral Home, Brookfield Renewable Power

Silver - Penny's Pets, Lamon's Printing, The Medicine Shoppe-Great Northern Road, Bell, The Athlete's Foot

Bronze - Allstate Insurance Agency, And Son Contracting, Avery Construction, Castle Realty Ltd., Hess Jewellers, KPMG, Lock City Monuments, Mike Moore & Sons Construction Ltd., Mio's Furniture Fashions, North Star Travel Plus, PUC Services Inc., Purvis Marine Ltd., Rector Machine Works Ltd., Royal Purple #155, Soo Mill Build All, Soo Video Sales & Service, We Care Home Health Services, Bob's No Frills, C&R Home Improvements Ltd., Elliot Lake Foodland, Elliot Lake Retirement Living, and Stone Ridge Golf Course.

Special thanks to the staff of White Pines Secondary School and Collins Hall for all of their help and support, and to the donors of prizes and refreshments, entertainment, and services.

Congratulations to the top individual pledge earners: Mary Rossiter in Sault Ste. Marie (pictured at right with Bea Fioramanti) who raised \$1,150, and Elizabeth Eckle from Blind River who raised \$2,126 for the Elliot Lake Walk.



At left, White Pines Principal and Alzheimer Society Past-President Mark Zorzit poses with RBC Mascot Leo the Lion. RBC was the top pledge earning team, raising over \$5,000 which included the very generous donation from RBC Foundation.

We would also like to thank Elliot Lake Walk organizers Vivian Dibb and Marleen Reid for their hard work in making this first-time event a reality.

We are pleased to recognize the platinum and gold sponsors of the 2009 Manulife Walk for Memories:





Acknowledging our Volunteers, Supporters, and Future Care Providers...

Thank You Volunteers!

Thanks to all of our dedicated volunteers and supporters for their support and hard work during a very busy January. You truly "Make a Difference"! Without your help, the Alzheimer Society would not be able to provide the important services such as recreation therapy, family support and education for people affected by Alzheimer's disease.

Door-to-Door Campaign

January was an extremely cold and snowy month, and we want to extend our sincere gratitude to all of our door-to-door volunteers who braved the elements and canvassed. Thank you also to the many businesses and service clubs for their support.

Congratulations to our Top Canvassers:
Sault Ste. Marie: Terry Wilson and David Muncaster
Algoma District: Teena Tregonning
Student: Jared Discher

Mayor's Award

The Alzheimer Society is proud to nominate **Station Mall Drug Mart** for the upcoming Mayor's Award. This award is presented annually to businesses that demonstrate significant support to not-for-profit organizations. Over the past seven years, Station Mall Drug Mart has helped the Society raise over \$97,000 through sales of Nevada break-open tickets. Their dedicated support allows local people affected by this devastating disease to access much needed services such as education, support, and recreation therapy.

Past nominees of the Mayor's Award by the Alzheimer Society include:

- 2003 - Royal Bank (category winner)
- 2004 - Best Western Great Northern
- 2005 - Riuniti Banquet Halls
- 2006 - Lamon's Printing
- 2007 - Bennardo Jewellers
- 2008 - Country Style Donuts

Alzheimer Society Scholarship

Each year, the Alzheimer Society offers a scholarship of \$600 to a Sault College student which is 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 winner of the 2009 award, Stephanie Bressan, who is enrolled in the Pre-Health Sciences program. The award was presented at the Sault College Awards ceremony on March 24, 2009 by Alzheimer Society Board Member Eric McCooeye (pictured at right with recipient Stephanie Bressan).



Ladies' Night Out Raffle

Tickets are now on sale for the Ladies' Night Out Raffle. Draw date is Wednesday, May 13th at 9pm at the Great Northern Hotel & Conference Centre. Tickets are \$5 each with 1,000 tickets printed. (License #M617549)

1st Prize: Ladies' 3 Strand Diamond Right Hand Ring provided by Bennardo Jewellers.
Value = \$1,288.20

2nd Prize: Ultimate Day of Wellness Spa Package provided by Mane Street Salon & Spa. (Spa Facial, Body Wrap, Relaxation Massage, Spa Pedicure, Spa Manicure, Spa Light Lunch, Make up touch up, and Wash & Style). **Value = \$336.00**

3rd Prize: Gift Certificates from each of these participating locations: Arturo's Ristorante Italiano (\$50 value), A Thymely Manner (\$75 value), Giovanni's Italian Restaurant (\$25 value), Gliss Resto Bar (\$75 value), Gran Festa (Dinner & A Movie for 2 - \$51.86 value), Solo Trattoria (\$30 value). **Total Value = \$306.86**

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:

info@alzheimeralgoma.org

Website:

www.alzheimeralgoma.org

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.

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
Person-centred

Our Vision

The Alzheimer Society will be a premier dementia knowledge resource and a recognized leader in dementia education and support.

Board of Directors

Susan Van Atte, President
Mark Zorzit, Past President
Dale Kenney, Vice President
Anna Hamilton, Treasurer
Darin Rossetto, Secretary
Eric McCooeye, Director
Anna Cartmill, Director
Susan McLean, Director
Garr Smith, Director
Gil Contant, Director
Glen Manchester, Director

Staff

Carolyn Cybulski, Executive Director
Vicky Roy, Family Support Case Worker
Cathie Randell, Education Coordinator
Amy Bird, Recreation Therapist
Carolyn Ross, Education & Support
Coordinator, East Algoma
Bea Fioramanti, Coordinator of Volunteers
& Special Events
Monica Ruzyski, Bookkeeper/
Office Assistant