



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Summer 2007
Volume 20, Number 2

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Message from the President & Executive Director

Mark Zorzit, President
Carolyn Cybulski, Executive Director

It was with great pleasure that our organization held its 20th Annual General Meeting on June 8, 2007. As part of the business portion of the meeting, we regretfully said good-bye to directors Shelley McEachern and Sean Sparling, and welcomed new board members Dale Kenney, Gil Contant, and Darin Rossetto.

Bea Fioramanti, Coordinator of Volunteers and Special Events (below left), and Linda Sullivan, Education Coordinator (below right), both received 5-year service awards at the Annual General Meeting from President Mark Zorzit.



We were also pleased to welcome Amanda Wootton (shown left) as our guest speaker. Amanda, who was featured in a 2001 *The Nature of Things* documentary "Amanda's Choice", generously shared her story of soul searching and discovery as she weighed the pros and cons of genetic testing. Amanda's compelling story is one that audience members will not soon forget.

Alzheimer Society Benefits from Screening of *Away From Her*

On April 29, 2007, the Alzheimer Society was honoured to participate with Algoma International Films in a screening of the Sarah Polley film *Away From Her*. This film, starring Gordon Pinsent and Julie Christie, deals with the changes undergone by a married couple when one partner begins experiencing symptoms of dementia. Thanks to Doreen Archambeault for participating in the discussion panel after the film, and to Paul Hurtubise and other members of Algoma International Films (AIF) for offering this opportunity. As a result of the generosity of attendees and AIF, close to \$1,400 was raised for local dementia services.



News & Information

Satellite Corner

News from the East Algoma
Satellite Office

From Carolyn Ross, Support & Education Coordinator



We had a great time entering our float in the Elliot Lake parade on June 30. Many thanks to the gentlemen who represented the Alzheimer Society in the float: Dr. Long (above left), Rosario Capillo (above right), and driver Charlie Creighton.

We are pleased to announce the Caregiver Education Series that will be taking place in both Blind River and Elliot Lake. These sessions are intended for family caregivers and provide fundamental information on dementia.

Blind River Caregiver Education Series

August 22, 2007: Overview of Dementia
August 29, 2007: Responsive Behaviours & Communication

Location: Order of the Golden Wing
38 Colonization Rd., Blind River
Time: 7—9 p.m.

Elliot Lake Caregiver Education Series

October 10, 2007: Overview of Dementia
October 17, 2007: Responsive Behaviours & Communication

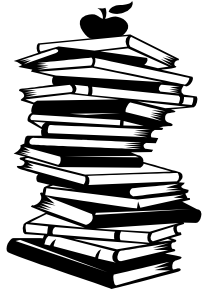
Location: Huron Lodge
100 Manitoba Rd., Elliot Lake
Time: 1:30—3:30 p.m.

There is no charge for these sessions but pre-registration is required. Call 848-8145.

Resource Centre Acquisitions

The 36-Hour Day. N. L. Mace and P. Rabins, 2006. 4th Ed. *A family guide to caring for someone with Alzheimer's disease and related dementia.*

A Curious Kind of Widow: Loving a Man with Advanced Alzheimers. A. Davidson, 2006. "A moving memoir and a useful guide filled with compassion and insights for caregivers, both family and professional." (Purchased through a donation by Bob and Brenda Lailey in memory of Norman Clarke.)



Overgivers: Walking the tightrope between love and guilt. H. Cowlie, 2006. *Stories and strategies to help you identify and modify the behaviours that many of us find ourselves practicing when we begin to walk the tightrope between love and guilt.*

DVD: Planning the Care of Aging Loved Ones Series. D. Manning, 1998. #1: Guilt Issues; #2: Caregiver Issues; #3: Family Issues. *Practical information on caring for elderly loved ones.*

Why Attend an Information & Discussion Group?

- Learn more about Alzheimer's disease and its management—knowledge is power!
- Learn new coping skills and how to manage your stress.
- Share your experiences with other caregivers who are traveling the same road.

Information and Discussion Groups provide you with a caring, sensitive, and confidential place to discuss your concerns regarding your loved one with dementia.

Please join us! We will be offering both afternoon and evening groups starting in the fall. For more information or to register, call Vicky in Sault Ste. Marie at 942-2195 or Carolyn in Elliot Lake/Blind River at 848-8145.



Education Update By Linda Sullivan, Education Coordinator

Loneliness and the Risk of Alzheimer's Disease

It is now well-accepted that physical exercise, increased socialization, and participation in activities that exercise the brain can all reduce the incidence of Alzheimer's disease, and even slow it down once it has begun. Moreover, both unmarried and socially isolated people are at higher risk for developing Alzheimer's disease than married people and people regularly engaged in social activities.

This new 4-year study, published in the Archives of General Psychiatry (Feb. 2007), of over 800 people, aged about 80 years, has added a new dimension to these facts.

Quite simply, the risk of developing Alzheimer's disease was doubled in those who identified themselves, and were proven to be, consistently lonely. The loneliness in question here was a genuine feeling, expressed in some people who actually had a busy social schedule, but still *felt* persistently lonely. The message clearly is that we must be watchful for the occurrence of loneliness in older people, and take steps to prevent or reduce it.

There was one astonishing finding, however. Autopsies performed on the 90 people who died during the study showed that the vulnerable and lonely people who were doubly at risk for getting Alzheimer's disease did not have the characteristic scattering throughout their brains of tiny microscopic plaques. For the researcher, the absence of the plaques in the brains of the at-risk lonely people means that some other factor is involved here. The likeliest is that loneliness somehow accelerates brain aging, the biggest risk factor for Alzheimer's disease. Perhaps chronic stress is involved here, another potent risk factor, which probably works through an increased production of the 'stress hormones' we all have. This could lead to preventative treatments in vulnerable people. Time will tell.

Comments by Dr. Jack Diamond, Scientific Director, Alzheimer Society of Canada.

Research Update

Adult Day Care Use May Slow Cognitive Decline After Placement to Long-term Care (American Journal of Psychiatry 2007; 164:910-915).

This four year study examined the associations of adult day care use and long-term care home placement with the rate of cognitive decline in Alzheimer's disease. The more days per week the individual attended adult day care, the slower the rate of cognitive decline after admission to long-term care.

"The findings suggest that the transition from the community to a nursing home is particularly difficult for people with Alzheimer's disease and that those planning for their care should consider the possibility that experience in adult day programs may help prepare affected persons for institutional living."

For more information on local adult day programs contact the Alzheimer Society at 942-2195.

Making Tough Decisions in Dementia Care



Join us on **Thursday, Nov. 1 1-4 p.m. at the Holiday Inn** as we present author and speaker **Daniel Kuhn**. Mr. Kuhn is the director of the Professional Training Institute, Alzheimer's Association, Greater Illinois Chapter.

This presentation is suitable for both professional and non-professional caregivers. Mr. Kuhn will address approaches to driving, bringing outside help into the home, assuming control of a person's finances, moving to a care facility, choosing end-of-life options, and self-care.

There is no charge for this session but pre-registration is required. Call 942-2195.



Family Support Information

By Vicky Roy, Family Support Case Worker

Caregiving: A Journey We Wouldn't Miss

There is no doubt that caregiving can be challenging. However it can also be one of the most important and rewarding experiences that we will have. Many caregivers report that they have positive feelings related to caring for a loved one. By focusing on the positive aspects of caregiving we will be able to remain more optimistic throughout the caregiving journey, and feel good about ourselves and the care that we are providing.

We can experience personal growth. We all have the potential for personal growth. This may include learning how to be more patient, becoming more independent, honing decision making skills, learning new skills, becoming more skilled at evaluating priorities, ensuring balance in our lives... The possibilities are endless.

We can gain insight into our own health and well being needs. Caring for ourselves means keeping ourselves replenished and healthy so that we feel good and therefore can give the best possible care to our loved one. Remember that it is essential to care for our 'whole self' - body, mind and spirit.

We may have a sense of satisfaction or pride in our ability to provide care. We may be able provide care to an extent we did not realize we had the potential for. Caregiving can be a challenging experience but it can empower us and make us stronger. It can provide a sense of purpose and meaning in our lives. As caregivers, we often find that we have untapped sources of inner strength and it feels good to know our potential is greater than we had ever dreamed of.

Caregiving can teach us to 'seize the moment'. There can be very special moments, moments that our memories are made of, when caregiving. There is nothing better than a shared laugh, a gen-

tle touch, a smile, a glimpse of the person we once knew, a small success or a feeling of being connected on a deeper level with the person we are caring for.

We can view caring for our loved one as an opportunity to reciprocate care. For example, as a child we may reciprocate our parents loving care or as a spouse we may find caring for our loved one a way to express our ongoing love and companionship for a long time friend and partner.

We can partner with family and friends to build a strong support system for ourselves and our loved one. When we as caregivers include family and friends in the caring and we are able to express a need for assistance, others will feel empowered to walk the Alzheimer journey side by side with us. Caregiving gives us the opportunity to become united in a common goal and this can deepen our bonds and strengthen our relationships.

We can make a choice. There are many challenges involved in caregiving. There will be difficult moments and there will be difficult days but along with those there will be those precious moments and good days. By making a choice to appreciate the positive aspects of caregiving we can make the caregiving journey one that we want to travel with our loved one, a journey we certainly would not miss.

Caregiver Retreat a Success!

This spring, many caregivers joined us at the Water Tower Inn for a day of relaxation, good food, information, sharing, and fun. We learned more about the importance of caring for ourselves, relationship changes when a loved one has dementia, relaxation techniques, and services available. Lunch was delicious and we completed the day visiting various interesting displays and activities. We met new friends and a good time was had by all. The caregiver retreat was a resounding success so we plan to make it an annual event each spring. Watch for our flyers and plan on joining us in 2008!



Great Leisure & Recreation Ideas

By Amy Bird, Recreation Therapist

Gardening Season is Here—Let the Scents Stimulate Our Senses

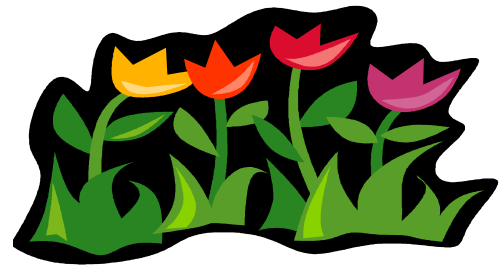
(By Andrea Kelly, Sault College Fieldwork Student, Social Services Worker Program)

The arrival of warm weather provides many new opportunities for activities that can be very therapeutic for individuals who are living with dementia. Gardening is one such activity.

The bright colours, unusual textures, strong scents, and gentle sounds that are often experienced while gardening can easily stimulate the memories of a person who is living with dementia. The objective of any gardening activity should be to have fun. An additional benefit is the promotion of gentle exercise. The following are some activities that may meet these criteria:

- **Sensory Stimulation with Herbs:** This is appropriate for individuals in all stages of dementia. Work with herbs that have strong aromatic presences and encourage the person to touch the leaf or rub it between their fingers. These often familiar scents will have beneficial results by encouraging the recollection of pleasant memories from the past.
- **Watering Plants with Warm Water:** This is a great activity for those with arthritic hands. Encouraging the individual to use small and easy-to-use containers will help the individual to be successful at this activity. Watching as the plants begin to grow will provide a continued sense of accomplishment and pride.
- **Pressing Flowers and Leaves:** This activity is an opportunity to spend quiet and relaxing one-on-one time with any individual and allows the individual to work at his/her own pace. Plus it results in a completed project to take home and enjoy!

- **Arranging Flowers:** As with all activities, this activity may also be very rewarding and enjoyable if it is modified to ensure success. If possible, allow the individual to accompany you with the selection of flowers. After completing the activity, place the completed arrangements around the individual's residence for enjoyment and to encourage a continued sense of pride and accomplishment.



Hello Everyone. As the newest member of the Alzheimer Society of Sault Ste Marie and Algoma district, I would like to take a minute to introduce myself.

My name is Amy Bird, a SSM home town girl. After graduating from Sir James Dunn, I went on to complete my bachelor of arts in Gerontology at Laurentian University. It was during this time that I realized my place in life was to work with individuals who are living Alzheimer's disease and related dementias.

Once completing my degree, I was very excited to return home to my family and friends in SSM. My excitement was enhanced when I was offered the position of recreation therapist at the Alzheimer Society of Sault Ste Marie and Algoma, my dream job! I have been working here for almost two months now and I love it! I am looking forward to meeting with all the different members of my community and also learning and growing here with you. See you soon.





Fundraising News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

Ladies' Night Out:

Thank you to all supporters of the 4th annual Ladies' Night Out. Almost 400 women enjoyed an evening of entertainment, prizes, and refreshments. This event has proven to be one of our most popular events, with tickets selling at record speed. Thanks to our major sponsor, **Riuniti Banquet Hall**, for their incredible support. Our gratitude is extended to Hank King and his dedicated staff.

Thanks to other sponsors:

<i>Community First Credit Union</i>	<i>Curves</i>
<i>Bennardo Jewellers</i>	<i>Ferrero</i>
<i>Mane Street Salon & Spa</i>	<i>Zenone's</i>
<i>New North Greenhouses</i>	<i>Glidden Paints</i>
<i>Everything Chocolate</i>	<i>Elizabeth Arden</i>
<i>The Under Cover Bureau</i>	<i>Rachel Jewellery</i>

And to other supporters:

<i>Arturo Ristorante Italiano</i>	<i>Ball Florist</i>	<i>Duty Free Store</i>
<i>Bernhardt's Food Basics</i>	<i>Glassworks</i>	<i>Verne's Hardware</i>
<i>Collegiate Heights Retirement Residence</i>	<i>Lotus</i>	<i>White Picket Fence</i>
<i>Gran Festa Ristorante</i>	<i>Showstoppers</i>	<i>Kevanna Studio</i>
<i>Hallmark Station Mall</i>	<i>Skinsations</i>	<i>Julie Hryniewicz</i>
<i>Ideal Concept in Gift Giving</i>	<i>Tea & Mary</i>	<i>Lamon's Printing</i>
<i>North Star Travel Plus</i>	<i>Mini Maids</i>	<i>Hilary King RMT</i>
<i>Ocean Waves Aqua Massage</i>	<i>English Butler</i>	<i>M&M Meat Shops</i>
<i>Royal Bank</i>	<i>Flowers Direct</i>	<i>Treasure Chest</i>
	<i>Shoppers Drug Mart—Second Line</i>	

And to our MC Donna Hilsinger, to Timothy Murphy and Victoria Chiappetta for doing a great job as Clinton and Kelly, to the brave bra and What Not To Wear models, and to Michael Hennessy from Family Life Theatre and actors Kirk and Colleen.

And a big thank you to the many volunteers who dedicated many hours helping with this event.

Blind River Dragon Boat Festival:

Thanks to the Blind River Festivals Committee for choosing the Alzheimer Society as the recipient charity for the 2007 Dragon Boat Races. The event was held on June 16 under sunny skies and with lots of friendly rivalry. Over \$20,000 was raised, and we would like to extend our utmost appreciation to Pat Viel and the Festivals Committee, volunteers, sponsors, paddlers, and supporters for helping to make this such a successful event.



Other Community Events:

- Thanks to Shoppers Home Health Care staff, volunteers, and customers for hosting a yard sale in June and donating the proceeds to the Alzheimer Society.
- Ongoing thanks is extended to Station Mall Drug Mart for their support with Nevada ticket sales. Thanks to this community-minded business, the Alzheimer Society received approximately \$18,000 from April 1, 2006 to March 31, 2007, which will be used to provide local programs for people affected by Alzheimer's disease.



Volunteer News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

I would like to take this opportunity to welcome all new volunteers. I hope that you are enjoying your time volunteering for the Alzheimer Society.

Volunteer Appreciation Dinner

A fun evening was had by all at the Volunteer Appreciation Night at the Verdi Banquet Hall. This evening is set aside to honour all of the Alzheimer Society's dedicated volunteers. A delicious pasta dinner was served and the delectable and beautifully-decorated cake was donated by Simply Delicious. Prizes donated by local merchants were given away at the end of the evening. Thank you to guest speaker Cathy Johnson for sharing her insights on the importance of volunteering and to the Thomas Walls students who provided the lovely dinner music. Along with honouring all volunteers, tribute was paid to our valued Office Volunteers, pictured below:



Janet Smith, Carey Sauve, and Sue Bond after receiving their awards.

Also during the evening, service awards were presented to volunteers who have reached 5, 10, and 15 years. Congratulations to the following:

5 Years

Cindy Crawford
Peggy Elwgren
Beth Laderoute
John Lewis
Susan Martineau
Karen McAndrew
Mary Schiebel
Tony Zimbaro
Mark Zorzit

10 Years

Barb Forest
Homer Foster
Dave Muncaster
Marilyn Patterson
Janet Smith
Marg Vanderburg

15 Years

Gloria Fletcher

“Interview? Why would I have to be interviewed? I just want to volunteer!”

We sometimes hear these comments when people come to us offering to donate their time. As a charitable organization, we are required to take all reasonable measures to protect the interests of the people we serve, our donors, and the Society. The “duty of care” means that we must ensure that we protect the recipients of our services to the extent of our abilities. Part of this involves screening both staff and volunteers.

What is screening? Screening refers to the process which begins even before an individual contacts the Society, and continues throughout the volunteer's work with the Society. Screening contains the following elements:

- Clear job description for each volunteer task
- Volunteer application form
- Personal interview with the Coordinator of Volunteers and Special Events
- Reference checks
- Police record check depending on the type of volunteer position
- Orientation to the Society
- Training and supervision.

When placing a volunteer in a particular volunteer position, every effort is made to successfully match the ability and interests of the volunteer to the opportunities available.

Maintaining consistent and open communication with volunteers is also integral to good screening practices. Volunteers are encouraged to come in and talk so that all parties are content with the results of the voluntary experience.

Volunteers are an integral part of the Alzheimer Society, and we would be unable to carry out our activities without them. For more information, please contact Bea at 942-2195.

Adapted with thanks from an article by the Alzheimer Society of Greater Simcoe County.



It's Back...!



Thank you to all of last year's Coffee Break™ supporters who made their coffee count, helping us to raise over \$44,000 for local programs. The support and creativity of host sites continues to impress us. It is very gratifying to learn of the time and commitment that you put into your Coffee Breaks to make them special and unique.

Thanks to the creativity of our Coffee Break hosts, this event has grown from a traditional coffee break to dress down days, corporate matching programs, luncheons, themed coffee breaks, bake sales, etc. The idea is to have fun while raising money and awareness of Alzheimer's disease.

Coffee Break day is on Thursday, September 20th, but you can choose any day in September if it is more convenient for you. Coffee Breaks can be held anywhere, anytime! To get you started, we will deliver a Coffee Break kit to you with some promotional material, donation box, an 8-cup package of Sara Lee coffee, and information on how to host a successful Coffee Break.

If you are interested in hosting a Coffee Break at work or at home, or are interested in Coffee Break Host Tips, please call Bea at 942-2195.

Golden Coffee Cup Challenge

Once again the annual Golden Coffee Cup Trophy will be awarded to the "host with the most" in several different categories. To be eligible, you must host your Coffee Break any time in the month of September and raise the most money in your respective category.



Forget-Me-Not Tea & Dessert

Once again, Collegiate Heights Retirement Residence will be sponsoring a Forget-Me-Not Tea & Dessert on Thursday, September 6. Admission is by donation at the door.

Dessert & Coffee Combos

Please support the following restaurants that will be offering scrumptious Coffee & Dessert Combos or a unique special to their patrons with a portion of the price being donated to the Alzheimer Society:

- Boots & Saddles Roadhouse
- Buttermilk Alpine Ski Village
- FireSide Inn
- Joey Calzone's Italian Eatery & Bar
- Los Mexicanos
- Vincenzo's Ristorante & Bar
- Lakeview Restaurant

Additional locations to be announced.

Coffee Break Decals

Please visit the following locations that will be selling our Coffee cup Decals in support of the Alzheimer Society in the month of September:

- Absolutely Delicious
- Bulk Barn
- Canadian Tire (SSM & Elliot Lake)
- Dean's Food Basics
- East Street Coffee Shop
- Joe's No Frills
- Pino's Get Fresh Foods
- Dinelle's Country Market
- Foodland
- Subway
- Mitchell's IDA
- Bob's No Frills



Other September Events

The Algoma Fall Craft Show will have a new home this fall. It will be held at the Holiday Inn on Sunday, September 23rd. Come out and browse the crafts from selected artisans from Sault Ste. Marie and Algoma District. Once again crafts will be donated by some of the participating artisans for the Silent Auction. Be sure to stop by and visit the Silent Auction table—your bid could get you a beautiful craft at a great price! If you would like to donate a handcrafted item, please contact Bea at 942-2195.



In Other News...

“Preserving Our Past...Enhancing Our Lives” Project Continues

We are presently half-way through our year-long “Preserving Our Past...Enhancing Our Lives” project which aims to capture and celebrate the life stories of people with dementia. Thanks to funding from the Government of Canada’s New Horizons for Seniors Program, we have been able to engage many participants in this life review through the creation of scrapbooks. The result is a beautiful keepsake that celebrates the life of the individual.

We would like to thank the volunteers who are assisting with the project by assembling the books and adding their creative touches. Several volunteers have reported what a satisfying project this has been since, through words and pictures, they get to know an individual they have never met.

We are still looking for more volunteers to assist with the scrapbooks, as well as persons with dementia that wish to participate. Please call Amy at 942-2195 if you are interested.



Milton Venables receives his completed Life Story from Family Support Case Worker, Vicky Roy.

Some Final Words...

⇒ Remember that you can check out all our past newsletters, as well as our most recent annual report, on our website located at: www.alzheimeralgoma.org

⇒ We still have a small supply of ribbon magnets available for purchase for \$3. Stick them on your car, fridge, or filing cabinet, and show your support for those affected by Alzheimer’s disease.



⇒ Give in celebration and in memory: Don’t know what to give your loved one for a birthday, anniversary, or other special occasion? Why not make a donation to the Alzheimer Society in honour of the person celebrating? If you are interested, give us a call and we can help make your next celebration more meaningful by knowing that you have helped improve the lives of people and their families that are affected by Alzheimer’s disease.



⇒ Thanks to the tireless efforts of many creative volunteers, our Cuddle Bear program is alive and well. Whether knitted or crocheted, these little guys have personality plus, and are distributed to area long-term care homes. We are always in need of donations of yarn for our bears, so if you have some to spare, please give Monica a call at 942-2195.

⇒ We would like to extend our thanks to the many businesses in Sault Ste. Marie and Algoma District who allow us to place a coin can on their counters. The coins do add up and are an important source of revenue. Thank you for your support!

Alzheimer Society

SAULT STE. MARIE
& ALGOMA DISTRICT

Contact Information

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100 Manitoba Rd.
Elliot Lake, ON P5A 3T1
Phone: 705-848-8145
Fax: 705-848-1306

General Email Address:
info@alzheimeralgoma.org

Website:
www.alzheimeralgoma.org

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

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

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Carolyn Cybulski, Executive Director
Vicky Roy, Family Support Case Worker
Linda Sullivan, 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