



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Summer 2009
Volume 22, Number 2

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Message from the President & Executive Director

Susan Van Atte, President
Carolyn Cybulski, Executive Director

June 10, 2009 marked the occasion of the Alzheimer Society's 22nd Annual General Meeting, which this year was combined with the volunteer appreciation dinner. At the meeting we said good-bye to Mark Zorzit, former President of the Alzheimer Society, whose enthusiasm and support will be missed. We also welcomed new board member Sandra Lamon. Sandra is the Executive Director of the Wawa Family Health Team, and we look forward to her knowledge and advice as we work towards building dementia support services in North Algoma. Entertainment was provided by Family Life Theatre, with their performance of A Song For My Mother. The post-performance panel presentation provided insights about the play and Alzheimer's disease in general. Thank you to everyone who attended.

We are pleased to announce two initiatives that will serve to increase dementia support in Algoma District:

Thanks to funding from the North East Local Health Integration Network (LHIN) through the Aging at Home strategy, the Alzheimer Society will receive funding to provide First Link™ services throughout Algoma district. First Link is a program that links persons with dementia and their family caregivers, *as early as possible in the disease process*, to coordinated learning, services, and support from the point of diagnosis throughout the continuum of the disease. The funding will facilitate the provision of First Link services to all areas of Algoma district with the goal of improving dementia care and increasing collaboration among health care providers.



We are also pleased to announce that, effective September 1, an additional 1.5 days per week of Recreation Therapy service will be available in Sault Ste. Marie, with the goal of reducing the lengthy waiting list for the program. This enhancement is made possible through the generosity of donor support.

The Alzheimer Society on Parade...

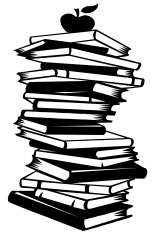


We had a great time at the Community Day Parade on July 18. Our "Entertain Your Brain" float fit in well with the parade theme of Entertainment on Parade. Thanks to the Old Tyme Ramblers for adding their musical talents to the float and to National Transportation, TMS Truck Centre, and Soo Mill for their generous donations.





News & Information



Satellite Corner

News from the East Algoma
Satellite Office

From Carolyn Ross, Support & Education Coordinator

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.

First Link Learning Series: Starting this September (call the Alzheimer Society for dates, locations, and topics):

- Mississauga First Nation - afternoon group
- Elliot Lake - afternoon group

Mark Your Calendars - October 22, 2009

Family Caregiver Forum Advance Care Planning

A full day forum for family caregivers focusing on Powers of Attorney, Living Wills, and other important information that will help you plan for your future.

Featured speakers:

- Ken Bondy, Barrister & Solicitor
- Christine Hull, Registered Social Worker
- Leslie Orser, Registered Social Worker

There is no cost to attend but pre-registration is required. For more information and to register, please contact the Alzheimer Society at 848-8145.

Supported by an educational grant from:



The Law Foundation of Ontario
Building a better foundation for justice in Ontario

Resource Centre Acquisitions

Books

Still Alice. Genova, L. (2009). Still Alice is a fictional novel about an accomplished woman who slowly loses her thoughts and memories to Alzheimer's disease; who is loved by her family and respected by her colleagues; and who, in the end, is still Alice and not just her disease.

What Dying People Want: Practical Wisdom for the End of Life. Kuhn, D. (2002). Dr. Kuhn shows us that we can learn lessons in living from those who are dying and that it is possible to find meaning and peace in the face of death.

A Caregivers Guide: A Handbook about End of Life Care. Macmillan, D., Peden, J., Hopkinson, J. and Hycha, D. (2004). A Caregiver's Guide gives family caregivers the medical and nursing information they will need in easily understood language to help them become effective, informed members of the palliative care team and to provide essential physical, spiritual and emotional support.

Mayor's Award

The Alzheimer Society was proud to nominate **Station Mall Drug Mart** for the Mayor's Award which was presented on April 24. While they did not win the category award, they are still big winners in our eyes for their ongoing support of the Alzheimer Society through Nevada ticket sales. Pictured below are some of the team members: Joe, Maria, Lillian, Dave, Chavaleh and Lina front row.





Education & Research Update

By Cathie Randell, Education Coordinator

Caffeine and Alzheimer's Disease

In a new study conducted by the Florida Alzheimer's Disease Research Centre, researchers administered caffeine - the equivalent of humans consuming five cups a day - to mice genetically engineered to develop human-like symptoms of Alzheimer's disease. These mouse models, as in humans, showed abnormally high levels of the beta-amyloid protein in both the brains and blood that are largely responsible for causing the memory and thinking impairments of Alzheimer's disease.

In the caffeine-treated Alzheimer mice, their findings showed that the beta-amyloid levels were significantly reduced to more normal values. The studies also revealed that the behaviour of these mice resembled that of normal animals. Interestingly, however, the same treatment did not improve the memory or thinking ability of normal mice.



So, should people showing signs of Alzheimer's disease drink five cups of coffee a day? The Research Centre hopes to extend their studies to humans. But given the potential health risks of caffeine, the Alzheimer Society of Canada recommends a wait-and-see approach until results of the human trials are available. It is important to keep in mind that findings in mouse models do not always translate to humans, though some effects can be replicated. If caffeine can reduce Alzheimer symptoms in humans, we need to know whether this improvement could be offset by other effects of caffeine such as exacerbations of diabetes, increased blood pressure, and sleep disorders.

Even if human trials prove successful, the Alzheimer Society advises that people with cognitive impairments should consult their family physician first before increasing their daily dose of coffee.

On the web: <http://hscweb3.hsc.usf.edu/health/now/?p=6700>.
Comments courtesy of Dr. Jack Diamond, Alzheimer Society of Canada Medical Advisor.

Upcoming Events

PAN NORTHERN Geriatric Care Conference

Pursuing Excellence in Integrated Geriatric Care

The 2nd Pan Northern Geriatric Care Conference will offer the equivalent of two full days of intensive learning to all health care professionals who work with older adults in different settings across the continuum of care. This conference and trade show taking place in Sault Ste. Marie will provide participants with the latest developments in evidence-based best care practice that will foster the innovative delivery of collaborative geriatric care.

When: October 28 - 30, 2009

Where: Great Northern Hotel/Conference Centre

Primary Contact: Deana Stephen

Phone: 1 800 551 6501

Fax: 705 670 8470

Email: deana.stephen@greatersudbury.ca

CAREGIVER FORUM

“Mother, I’m Doing the Best I Can”

Are you coping with a frail or aging parent? Are you feeling overwhelmed with decisions and pressures? This important seminar will help you understand the issues facing you and the necessary direction to resolve them. After attending this seminar, you will be inspired to act in a positive direction.



Date: Wednesday, Oct. 28, 2009

Time: 7-9 p.m.

Location: Senior Citizens' Drop-In Centre, 619 Bay St., Sault Ste. Marie

Cost: Admission by donation

Featured Speaker: This seminar provides you with the opportunity to learn from one of North America's leading speakers and educators in the field of aging, Jayne Harvey.



Family Support Information

By Vicky Roy, Family Support Case Worker

Caring for a Loved One with Dementia: 5 Things You Need to Know

Alzheimer's disease is a progressive, degenerative disease of the brain, and although there is presently no known cause or cure for the disease, there have been significant advances in treatments that can have an impact on an individual's day-to-day life. Early diagnosis and several medications may slow the decline of memory, language and thinking in some people. However, caregivers also play an important role in the care of those with dementia. Following are 5 tips which may help:

1. **Not every person with Alzheimer's disease will have the same experience.** Each person affected is more different than alike. It is imperative that caregivers learn more about Alzheimer's disease and its management and of course experience over time teaches caregivers many strategies. Remember, what works today may not work tomorrow. Creativity and flexibility on the part of the caregiver is invaluable.

2. **People with Alzheimer's disease often cannot remember recent events.** Short term memory loss occurs early in the disease which means the brain simply does not have the ability to recall recent events. Gentle reminders will help as well as strategies such as clocks, calendars and writing things down to remind the person.

3. **Most people with Alzheimer's disease are not deliberately trying to be uncooperative, stubborn or ungrateful.** The person's ability to understand, think, remember, communicate and reason or rationalize may be affected. The ability to make decisions may be compromised and simple tasks can become very difficult for the person.

4. **Alzheimer's disease requires a person-centered and family-centered approach to care.** Every person is unique including those affected by Alzheimer's disease. Person-centered care includes trying to understand where the person is in

time and what gives meaning and purpose to his/her life at this moment. Family-centered care means ensuring the person and his/her caregiver stays involved and connected to family and friends to ensure relationships contribute to a positive and meaningful quality of life for everyone.

5. **Activities help people with Alzheimer's disease feel normal and valued.** It is important that caregivers help the person maintain his/her abilities as long as possible. Daily tasks like washing, dressing, helping with dishes etc. helps the person maintain their self-esteem. Other activities such as recreation, hobbies, social outings and family interaction are equally important.

For further information, tips and strategies please contact the Alzheimer Society. Also, you are most welcome to join one of our support groups or learning series sessions.



**No one should face
dementia alone.
*We're here to help.***

A Lasting Legacy

In April, we learned that the Alzheimer Society of Sault Ste. Marie and Algoma District had been named as a beneficiary of a bequest from the estate of Dr. Stephen Golesic. We would like to express our most sincere appreciation for this thoughtful and generous gift that represents an enduring tribute to those affected by Alzheimer's disease.

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.



Great Leisure & Recreation Ideas

By Amy Bird, Recreation Therapist

The Importance of Feeling Useful

Research has shown us that regular activities are an integral part of the care that an individual with dementia receives. Further research has indicated that the types of activities that these individuals participate in are also of great importance. According to a study conducted in the Netherlands, one aspect that is often overlooked is the person with dementia's need to feel useful.

In the past, researchers have conducted studies to determine the types of activities that individuals with dementia would like to have incorporated in their daily care. According to this research, the activities that were indicated as the most important to individuals with dementia include activities that allow them to: communicate their feelings, participate in the things that happen around them, continue social relationships, stay fit and healthy, experience music and art, connect with nature, be in a safe environment, have privacy, make decisions on what, how and when to do things, enhance their spirituality, be free of financial worries, and be useful to others.

According to this study conducted in the Netherlands, care providers often fell short in a few of these domains. The domains that were found to be sub-par included freedom of choice, opportunities for spirituality, and opportunities for feeling useful.

Allowing an individual with dementia to feel useful to others is a very important aspect of daily care. Feeling useful gives meaning to that individual's life and can be extremely beneficial. Benefits that have been observed include: improvements in depression, improvements in responsive behaviors, and in some cases, even improvements in cognition.

Activities that can help these individuals to feel useful include: helping to serve food, helping to prepare meals, cleaning the table after meals,



sweeping, folding laundry, assisting with activities, and helping with other residents or young children.



Although these activities must be individually suited for each person's likes and abilities, many opportunities exist to increase an individual's feelings of usefulness. Including the individual with dementia in our daily chores and routines can be very beneficial to all involved.

Adapted from Alzheimer's Care Guide, May/June 2009 Vol.17 No. 3.

Alzheimer Society Volunteer Receives June Callwood Award

Congratulations to Dutch Van Denzen on receiving the June Callwood Outstanding Achievement Award for Voluntarism. This award recognizes individuals and groups that have made an exceptional contribution to volunteerism in Ontario. Pictured below is Dutch receiving the award from Minister of Citizenship and Immigration, Michael Chan.



Hendrikus "Dutchy" Van Denzen of Sault Ste. Marie is a volunteer for life. He uses his skills and resources to help organize benefits at little or no cost, such as refurbishing old trophies to recognize children for their achievements in soccer. Organizations he has helped include Bushplane Heritage Centre, Alzheimer Society, Extendicare, and Lions Club.



Fundraising & Volunteer News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

Thank You Volunteers!

Approximately 65 people joined us for our combined Annual General Meeting and Volunteer Appreciation Dinner held on June 10, 2009. This event provides us with the opportunity to thank the people who so willingly give of their time and talents to support those living with Alzheimer's disease in communities across Algoma. We would like to thank Thomas Walls School of Music for the lovely dinner music, Simply Delicious for the delicious cake, as well local merchants for the donation of door prizes.

Congratulations to the following service award recipients:

5 years: Steve Banducci, Cheryl Erb, Mary Guzzo, Anna Hamilton, Octav Landry, Susan McLean, Charlene Romiti, Carey Sauve, Verna Scott, Mavis Smith, Joan Smyth, Judy St. Germain, Amy Sullivan, Carol Verdecchia

10 years: Anna Cartmill, Debbie Dunn, Shirley Harry, Georgina Naccarato

15 years: Tom Christie, Vern Harnden, Veronica Refcio, Doug Wilson

20 years: Kaileen Morrison, Cecilia St. Germain

Ontario Volunteer Service Awards

Six volunteers were honoured in this provincial awards ceremony on June 5. Pictured below (left to right) are: Doug Wilson, Octav Landry, and Carey Sauve with Volunteer Coordinator Bea Fioramanti. Missing are: Steve Banducci, Charlene Romiti, and Kaileen Morrison.



Ladies' Night Out a Big Success!!

Thanks to everyone who made this event a success:
Major Sponsors: Great Northern Hotel & Conference Centre and Mane Street Salon and Spa for their generous support

Sponsors: Community First Credit Union, Curves, New North Greenhouses, Zenone's, Ferrero, and Sears Cosmetics and Fragrances

Supporters: Aloette Cosmetics, Ball Florist, Christine Roy, Collegiate Heights Retirement Residence, Duty Free Store, English Butler, Glassworks, Hallmark Store Station Mall, Ideal Concept in Gift Giving, Jasmine, Kevanna Studios, Lamon's Printing, Lia Sophia Jewellery, Mann Florist, North Star Travel Plus, Mini Maids, RBC Royal Bank, Shoppers Drug Mart Second Line, Second Hand World, ShowStoppers, Tea & Mary, White Picket Fence, Art Gallery of Algoma, Under Cover Bureau, Harmony Tea Room, and Chornyj's-Hadke
M.C.: Marnie Stone

Entertainers: Ryan McFarling and The Comedics

And to the 390 women who attended the event... thank you one and all for helping us raise over \$11,000 for local dementia services.



GREAT NORTHERN
HOTEL & CONFERENCE CENTRE
SAULT STE. MARIE

Ladies' Night Out Raffle: This year marked the first year that we offered raffle tickets in conjunction with the Ladies Night Out and we are pleased to say that our tickets sold out. Thank you to everyone who sold and/or purchased tickets.

Thank you to the very generous donors of the prizes:

Bennardo Jewellers - diamond ring

Mane Street Salon & Spa - spa package

and the following businesses who contributed to the restaurant package: **A Thymely Manner**, **Arturo Ristorante Italiano**, **Giovanni's Italian Restaurant**, **Gliss Resto Bar**, **Gran Festa Ristorante**, **Solo Trattoria**.



IT'S BACK!

Fundraising News Continued

Thanks to the support and creativity of over 300 host sites, last year's Coffee Break™ "brewed up" a new record, raising over \$45,000. Coffee Break continues to be our most successful fund raising event.

Coffee Break will be celebrating it's 14th year and has grown from a traditional Coffee Breaks to dress down days, corporate matching programs, yard sales, themed coffee breaks, and bake sales. Coffee Breaks can be held anywhere...anytime! Why not host a Coffee Break at home or at work? The idea is to have fun while raising money to make a difference in the lives of people affected by Alzheimer's disease.

Coffee Break day is on Thursday, September 17th, but you can choose any day in September if it is more convenient for you. Once again the Coffee Break Trophy is up for grabs and to be eligible, your Coffee Break needs to be held anytime in the month of September .

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 or are interested in ideas on how to host a successful Coffee Break, please call us at 942-2195.

Dessert & Coffee Combo

Please support the following restaurants that will be offering a unique special with a portion of the price being donated to the Alzheimer Society: Boots & Saddles Roadhouse, Boston's Pizza, Joey Calzone's Italian Eatery and Bar, Uncle Gino's Cafe, Vincenzo's Ristorante and Bar, and Mustangs Grill in Blind River.

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: A Taste of Scandia, Bulk Barn, Canadian Tire in SSM and Elliot Lake, Subway, Joe's No Frills, Pino's Get Fresh Foods, Pennington's, Dinelle's Country Market in Echo Bay, Bob's No Frills and Foodland in Elliot Lake, and Addition Elle.

Forget-Me-Not Tea & Dessert

Join us at Collegiate Heights Retirement Residence on September 10th for the Forget-Me-Not Tea and Dessert. Volunteers will be serving up coffee, tea and goodies. Admission is by donation at the door.

Algoma Fall Craft Show

The Algoma Fall Craft Show will be held at the Water Front Inn (former Holiday Inn) on Sunday, September 27th. Come out and browse the crafts from selected artisans from Sault Ste. Marie and Algoma Region. Be sure to stop by and visit the Silent Auction table, with handcrafted items donated by participating vendors. Your bid could earn you a beautiful craft at a great price! If you would like to donate a handcrafted item for the Silent Auction, please call Bea.



Club Calabrese Dinner

We were honoured to have been chosen as the benefiting charity for this year's Club Calabrese Dinner at the Marconi Hall on April 26. We were overwhelmed by the support of everyone in attendance. Over \$3,000 was raised. Heart felt thanks to all of the attendees for their generosity, and to Anita Guzzo and Rosanne Fortino for their dedication to this event.

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

Alzheimer Society

SAULT STE. MARIE
& ALGOMA DISTRICT

Contact Information

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Fax: 705-256-6777

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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!

Supported by:



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
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
Sandra Lamon, 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