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Message from the President & Executive Director

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

The Alzheimer Society of Sault Ste. Marie and Algoma District held its 21st Annual General Meeting on Friday, June 20, 2008 at the Holiday Inn.

Dr. Ekaterina Rogaeva (pictured opposite) opened the meeting with a presentation on the genetic profile of Alzheimer's disease and related dementias (ADRD). Approximately 45 people were in attendance to hear Dr. Rogaeva's humorous and compassionate approach to untangling the genetic mysteries of ADRD. After hearing Dr. Rogaeva speak of her genetic research at the Centre for Research in Neurodegenerative Diseases (CRND), the Alzheimer Society was gratified to know that its annual research donation, which was \$15,000 in 2007-2008, is being used for such a worthy purpose.



As part of the business portion of the meeting, we regretfully said farewell to two directors who had completed their two 3-year terms, Karen McAndrew and Beth Laderoute. Both Karen and Beth took on significant leadership roles during their tenures and will be greatly missed. The Society was pleased to welcome two new

members to the Board, Glen Manchester and Barbara Harten, who both bring great expertise to the organization. Please turn to page 8 for a complete listing of the 2008-2009 officers and directors.

Residential Housing Options for People with Dementia

Approximately one year ago, a small group of community members began to meet to discuss the possibility of developing dementia-specific housing options. It is recognized that Sault Ste. Marie requires a wider range of available and affordable housing options for seniors, and this is equally true for persons with ADRD, particularly in the early and middle stages of the disease. To date, the group has done the following:

- Formed a small task group to guide work on the project,
- Developed a summary of models of dementia-specific housing projects that exist within Canada and internationally,
- Met with health care providers, elected officials, and representatives from the Local Health Integration Network (LHIN) to discuss the project, and
- Held focus groups with family caregivers and health care providers.

While the data gathered continues to be analyzed, the task group is interested in hearing the opinions of other community members about this project. If you have thoughts you wish to share, please contact Carolyn Cybulski at 942-2195 or by email at carolyncybulski@alzheimeralgoma.org.



News & Information

Satellite Corner

News from the East Algoma
Satellite Office

From Carolyn Ross, Support & Education Coordinator

Support Groups and Learning Series:

Our support and education program has been very active this summer. The new schedule for the fall will start in October as follows:

- Afternoon caregiver support group - 3rd Tuesday of each month 1:30 - 3:00 p.m.
- Evening caregiver support group - 3rd Wednesday of each month 6:30 - 8:00 p.m.
- Learning series - 3rd Thursday of each month 1:30 - 3:00 p.m.

If you are interested, please call 848-8145 for details. There is no charge to attend but pre-registration is required.

MAKING THE CONNECTION WORK October 1, 2008 Fireside Inn, Elliot Lake

Identification and Support for Older Adults with
Mental Health and/or Substance Use Problems

Purpose: To improve the knowledge, comfort and skill of service providers who work with older adults in responding to people who may have problems with mental health and/or substance use, and to improve community capacity to respond.

Audience: Health and social service professionals providing services to older adults in the community, long-term care, or addictions/mental health programs

For more information: 848-8145.

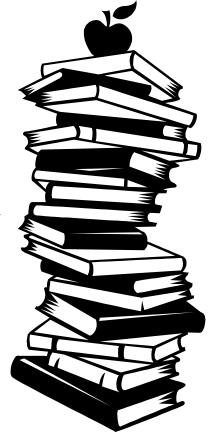


Coffee Break™ is back on September 18 or any day in September of your choice. In past years, individuals, businesses, and organizations in East Algoma have been strong supporters of Coffee Break, and we encourage everyone to consider hosting a Coffee Break at work or at home. Call 848-8145 for more information. See page 6 for more information on Coffee Break.

Resource Centre Acquisitions

Books

Please Take Me Home Before Dark. Pate, B., and Yarnell, M. (2006) One family's journey with Alzheimer's disease, this book provides inspiration, information, and support to family members and professional care givers.



Preventing Alzheimer's: Ways to Help Prevent, Delay, Detect, and Even Halt Alzheimer's Disease and Other Forms of Memory Loss. Shankle, W.R. and Amen, D.G. (2004) This book aims to help readers understand and reduce risk factors, learn how to detect problems early, obtain an accurate and prompt diagnosis, and choose the most effective treatment.

The Power of Presence: Helping People Helping People. Manning, D. (2004) The author discusses the needs of people in pain and offers strategies to help people heal.

DVDs

Delirium in the Older Person: A Family Guide. Vancouver Island Health Authority. (2006) A guide for family members to recognize and report the symptoms of delirium.

Delirium in the Older Person: A Medical Emergency. Vancouver Island Health Authority. (2006) A best practice, evidence-based DVD that teaches health care providers how to define delirium, recognize the symptoms, identify the causes, and draw from a selection of effective interventions. Part 1 answers the question What Is Delirium? Part 2 is specific to delirium in health care settings including acute care, residential care, home and community, and delirium at the end of life.



Education & Research Update

By Cathie Randell, Education Coordinator

Controlled Blood Pressure May Reduce Risk of Dementia

Managing high blood pressure not only protects us from heart problems and stroke, but may have an added benefit in reducing the risk of dementia, according to a recent clinical study.

Dementia is a disorder in which memory, personality and reasoning are affected. Alzheimer's disease is the most common form, but vascular dementia, which can be caused by stroke, is the second most common type.

In a study from the Lancet Neurology, researchers looked at 3,336 participants who were 80 years or older and who had blood pressure levels of 160 – 200mm Hg systolic (top number) and greater than 110mm Hg diastolic (bottom number). These patients did not have a diagnosis of dementia at the beginning of the trial. Half of the participants were given blood pressure controlling medication while the others received a placebo.

Two years into the trial, the participants were assessed for any changes in blood pressure and dementia diagnosis. Overall, the participants who received the medication were able to reduce their blood pressure by about 15mm Hg systolic and 6mm Hg diastolic. The risk of dementia was slightly lower in the group who were medically treated. Although the researchers couldn't say that the difference in results between the two groups was statistically different (.5%), when combined with other similar trials, the results showed that getting blood pressure controlled decreased the development of dementia by approximately 13%.

Everyone should get their blood pressure and cholesterol levels checked regularly so that they can receive treatment if they are at risk. Having a low salt diet, maintaining a healthy weight and regulating your alcohol intake are steps a person can take to keep blood pressure under control.

Source: Heart and Stroke Foundation of Canada

Greetings from the Desk of the New Public Education Coordinator



My name is Cathie Randell and I am extremely happy to have been given the opportunity to take on the challenge of Public Education. I have been fortunate to have worked in community health care since 1999 where I started as a Rehabilitation Assistant. In 2003, I returned to school to study Registered Practical Nursing at Sault College. After graduation I was lucky to find myself back in the community as a visiting nurse. As I began my nursing career I found that health teaching became an important part of my practice. Within a year, I was back at Sault College where my role had changed from student to teacher. Teaching PSW and RPN students in the clinical setting helped me to see that teaching was becoming more and more important to me. Raising public awareness for the Alzheimer Society seems like a natural transition for me and I look forward to serving the community in this capacity.

Did You Know...?

We offer educational presentations to organizations, workplaces, and classrooms. A number of topics are available related to dementia, caregiving, and prevention. Presentations can be customized to meet a wide variety of learning needs.

Please Contact Cathie Randell if you are interested or would like more information.

A heartfelt thank you to everyone who responded to the Volunteer Satisfaction Survey . It is very important to us to continue to improve our volunteer program to ensure a satisfying and enjoyable volunteer experience, and we learned a great deal through this exercise. A copy of the results is available upon request.



Family Support Information

By Vicky Roy, Family Support Case Worker

Don't Miss the Boat!

"Happiness is not a station you arrive at, but a manner of travelling." ~ Mark Victor Hansen

Life can become very busy and serious for all of us: maintaining a home, doing daily chores, cooking meals and finding time for family and friends. Being a caregiver for a loved one that has Alzheimer's disease or a related dementia can add even more strain to our day: coping with the changes in our loved one, taking on new roles, learning more about dementia and its management, making and managing to get to appointments all while trying to maintain some kind of routine for your loved one.

As we go about our busy, daily routine managing each new crisis as it arises we can find ourselves on auto-pilot focusing on the mundane rather than focusing on the good and positive things in our lives and enjoying each day to the fullest.

When we are caregiving, maintaining our sense of humor is even more important than it ever was before. Laughter can be a powerful tool for keeping joy and happiness in our lives. The benefit of laughter affects our mind, body and spirit. Research has proven that laughter lowers our blood pressure, reduces our stress level by releasing tension, boosts our immune systems, releases 'feel good' endorphins, enables us to 'connect' with others, and allows us to put things in perspective so we view our lives in a more positive light.

The following are some tips to help us keep laughter in our lives:

- We can start enjoying our chores. We can create an atmosphere that lifts our spirits while we work – put on some music, listen to a radio comedy show, light some scented candles, focus on the good exercise we're getting.
- We can smile even if we're feeling blue – "we can fake it till we make it!" This is proven to work.
- We can set time aside for comedy in our lives. Watch a funny movie, a sit-com, a stand up come-

dian, or read a funny book. These can all lift our mood.

- We can reminisce with family and friends about happy memories and funny stories. Make some popcorn and put on some old home movies or look through some old pictures.
- We need to get adequate sleep, nutrition and fluids. Taking care of ourselves is not selfish.
- We can try reframing – shifting our way of thinking allows us to look at a situation in a different way. "I'm not lost, I'm exploring a new neighborhood right now and then we'll find our way home."
- We can be playful or act like a kid again. What did we do as children that we enjoyed so much? A picnic, swimming, going to the movies?
- We can "pay it forward". It's the little things that count. Make someone's day! Send them a card in the mail, give them flowers, share some muffins you've baked, compliment them, or tell them that you value them.
- Laugh out loud! Don't be shy. What feels better than a good, hearty belly laugh?
- Meet new people. We're never too old or too busy to make new friends. This keeps our lives interesting. New friends can bring new experiences, new interests and new memories. Keep up with old friends too.

Are we getting our daily dose of joy or are we simply waiting to be happy? Are we truly savoring this journey we are travelling, enjoying each day and appreciating each joyful moment that we experience or are we hoping to just simply arrive one day at the happiness station. Don't miss out! Take action today by looking for that humor attitude - cultivate and use your sense of humor regularly. Ensure that laughter, happiness and joy are a part of your travels each and every day. Don't wait to merely arrive at the happiness station – if we wait, it may be too late and we may realize that we have missed the boat.

Please remember to visit our website
www.alzheimeralgoma.org
for information about the Society as well as past editions
of our newsletter.



Great Leisure & Recreation Ideas

By Amy Bird, Recreation Therapist

Meaningful Visits in Long-term Care Homes

Moving into long term care is a difficult process not only for the resident but for family members as well. The following are some tips to help ease your stress and your loved one's stress during this transition.

Helpful Tips for Visiting

- Familiarize yourself with the facility as well as the facility schedule.
- Visiting in the morning may be best because your family member is more rested. Try to keep the visits shorter, between a half-hour to an hour is best.
- Frequent visits are helpful and enable you to stay informed of your loved one's situation. Also, this gives you an opportunity to ensure he is receiving the care he deserves.
- Help to familiarize your loved one with his new surroundings by walking with him and pointing out his own belongings as well as different features of the facility.
- Non-verbal communication is an essential part of visiting. Maintain eye contact and use visual cues or touch to help instill feelings of love and security.
- Listen to your loved one. Reminiscing about the past is a great way to help your loved one see how great life has been thus far and to transition into this new stage of his life.

Activities To Do While Visiting

- Go for a walk, or get some fresh air.
- Listen to some music and sing along.
- Eat a snack or a meal together.
- Read some jokes or funny anecdotes.
- Join them for a religious ceremony.
- Look through old picture books or family albums.
- Reminisce about past family events.
- Update them on current family events.

Adapted with permission from Meaningful Visits Alzheimer Society of Guelph-Wellington

Please Join Us!

Tuesday Evening Information and Discussion Group for Caregivers

Time: 7:00 p.m.- 8:30 p.m.


Location: Alzheimer Society Office

- September 9th
Overview of Alzheimer's Disease and Related Dementia's
- September 23rd
How Does the Person with Alzheimer's Disease Feel & How Does Alzheimer's Disease Affect the Family?
- October 7th
Reducing and Coping with Responsive Behaviours
- October 21st
Long Term Care Placement
- November 4th
Effective Communication Tips and Strategies
- November 18th
Medication Therapy and Dementia
- December 2nd
Coping with Caregiver Feelings

We also offer support groups for individuals experiencing memory loss.

For more information or if you are interested in attending, please call Vicky at 942-2195.

There is no fee but pre-registration is much appreciated.



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

Thank You!

Thank you to all supporters of the **5th annual Ladies' Night Out**. It was an enjoyable evening of entertainment, prizes, and refreshments.

Thanks to the **major sponsor** Algoma's Water Tower Inn. Without this generous support, this event would not be as successful.

Thanks to sponsors: Community First Credit Union, Curves, Bennardo Jewellers, Mane Street Salon and Spa, New North Greenhouses, ICI Paints, Zenone's, and Sears Cosmetics and Fragrances.

And to our supporters: Arturo Ristorante Italiano, Ball Florist, Bernhardt's Food Basics, Collegiate Heights Retirement Residence, Duty Free Store, English Butler, Flowers Direct, Glassworks, Gran Festa Ristorante, Hallmark Store-Station Mall, Ideal Concept in Gift Giving, Kevanna Studios, Lamon's Printing, Lotus, North Star Travel Plus, Mini Maids, RBC Royal Bank, Shoppers Drug Mart-Second Line, ShowStoppers, Skinsations, Tea & Mary, The Treasure Chest, White Picket Fence, Eden Collection, Totem Pole, Art Gallery of Algoma, Under Cover Bureau, Harmony Tea Room, and Chornyj's-Hadke.

And to our MC for the evening, Lou-Anne Young, **our speakers** Katherine G. MacRae and Deborah Antonello, **our many dedicated volunteers** who worked so hard to make the event run smoothly, **and to the entertainers** Sue Barber and Shot in the Dark Productions.



Shot in the Dark Productions entertains participants with their spoof on a family wedding that goes terribly wrong!



Thanks to the over 300 host sites, last year's Coffee Break™ raised over \$41,000. For the past several years it has been my privilege to tour host sites on Coffee Break day and it is so rewarding to see the commitment and time that is put into Coffee Breaks to make them special and unique. This event has grown from a traditional Coffee Break to creative events such as dress down days, corporate matching programs, themed coffee breaks, and bake sales. The idea is to have fun while raising money and increasing awareness of Alzheimer's disease.

Perk Up! Coffee Break™ day is on Thursday, September 18th, but you can choose any day in September if it is more convenient for you. To be eligible to win the Coffee Break Trophy, your Coffee Break needs to be held anytime in the month of September. 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, a 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 home or at work, or are interested in Coffee Break Host tips, please call the office at 942-2195.

Dessert and Coffee Combos:

Please support the following restaurants that will be offering a unique special with a portion of the price being donated to the Alzheimer Society:

Amici's Ristorante, A Thymely Manner, Boots & Saddles Roadhouse, Boston's Pizza, Buttermilk Mountain Resort, Fire Side Inn, Joey Calzone's Italian Eatery and Bar, Los Mexicano's, Uncle Gino's Cafe, Vincenzo's Ristorante and Bar, Lake View Restaurant, and Mustangs Grill.

Continued on page 7...



Fundraising and Volunteer News Cont'd

Coffee Break Decals: (continued from page 6)

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, A Taste of Scandia, Bulk Barn, Canadian Tire in SSM and Elliot Lake, Dean's Food Basic's, Subway, Joe's No Frills, Pino's Get Fresh Foods, Pennington's, Dinelle's Country Market in Echo Bay, Mitchell's IDA in Blind River, Bob's No Frills and Foodland in Elliot Lake.

Upcoming Events

Forget-Me-Not Tea and Dessert:

Join us at Collegiate Heights Retirement Residence on September 4th for the Forget-Me-Not Tea and Dessert. Entertainment and tours of the new addition are available. Admission is by donation at the door.

Algoma Fall Craft Show:

The Algoma Fall Craft Show will once again be held at the Holiday Inn on Sunday, September 28th. Come out and browse the crafts from selected artisans from Sault Ste. Marie and Algoma Region. Again this year, 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 earn you a beautiful craft at a great price! We are also looking for donations of home-made crafts for the Silent Auction. If you would like to donate a piece of your work, please call Bea at the Alzheimer Society office.

St. Andrew's Tartan Ball:

Join us on Saturday, November 29th at the Holiday Inn when The MacLeod Highland Dance Studio will be hosting this formal and traditionally Scottish attired event. Enjoy local Celtic musicians and a variety of other musical entertainment, along with dancing to the Reptiles.

Tickets are \$60.00 per person. Proceeds will be shared between the Highland Dance Studio and the Alzheimer Society. A \$10 charitable receipt will be provided for each ticket purchased.

Thank You Volunteers!

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 who truly make a difference for those affected by Alzheimer's disease.

A delicious pasta dinner was served as well as a delectable cake that was donated by Simply Delicious. Prizes that were donated by local merchants were given away at the end of the evening. Thank you to MC Mark Zorzit and to the Thomas Walls Students who provided the entertaining dinner music.

Years of service awards were presented to volunteers who have reached 5, 10, 15, and 20 years of dedicated service with the Society:

5 Years: Randy Chaimbrone, Peggy Christie, Val Hazelton, Janet Kobinski, Diane Lepage, Carol Myler, Jean Claire Sloan, Marnie Smith, Peggy Stadnisky, Cheryl St. Jules, Maria Tremblay.

10 Years: Catherine Bell, Viola Gibson, Darlene Govett, Joanne Hopkin, Marion Lewis, Dana McDonald, Judy Plaunt, Robert Bird-Thompson.

15 Years: Michelle Cerenzia, Doris Darby, Marilyn Delparte, Dona Hepburn.

20 Years: Al Wright

Ontario Volunteer Service Awards:

Six volunteers were honoured in this provincial award ceremony on May 5. Congratulations to the following (pictured opposite, left to right):

Darlene Govett (10 yrs.), Sue Bond (5 yrs.), Michelle Cerenzia (15 yrs.), Dana McDonald (10 yrs.), Marion Lewis (10 yrs.). Missing is John Lewis (5 yrs.)



Alzheimer Society

SAULT STE. MARIE
& ALGOMA DISTRICT

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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
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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