



Newsletter

Summer 2010
Volume 23, Number 2

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Supported by:



Message from the President & Executive Director

*Dale Kenney, President
Carolyn Cybulski, Executive Director*

The Alzheimer Society's 23rd Annual General Meeting and Volunteer Recognition dinner was held on June 17, 2010. We said fond farewells to retiring board members Anna Hamilton, Susan McLean, and Darin Rossetto, and welcomed new members Graham Clark and Chantelle Evans. Graham is the recently retired President and CEO of the Group Health Association, and Chantelle is an Assistant Professor of Nursing at Lake Superior State University.

The volunteer recognition component of the event allowed us to express our deep appreciation for the individuals who so willingly give of their time and expertise to benefit those affected by Alzheimer's disease. After beautiful dinner music provided by students from the Thomas Walls School of Music, and a highly motivational address by Julie Hryniewicz-Hache, we presented the 5, 10, 15, 20, and 25 year certificates, and also paid special tribute to the volunteers who assist with our September fundraisers.

A particular highlight of the evening was the presentation of the 1st Annual Founders' Award. The Founders' Award is named after the committed individuals who saw a need for an organization solely dedicated to dementia issues in Algoma district, and we therefore used our 25th anniversary milestone as an opportunity to launch the award. The Founders' Award is intended to recognize care providers who have had an impact on improving the quality of life for persons with dementia. On June 17, we were proud to present the award to Valerie St. Jean. Valerie is employed as a



Valerie St. Jean accepts the award from Alzheimer Society Executive Director Carolyn Cybulski (R) and St. Joseph's Manor Administrator Susan Clayton (L)

Housekeeper at St. Joseph's Manor in Elliot Lake, and from all accounts, has gone above and beyond the call of duty in providing compassionate and respectful dementia care.

A Changing Melody Conference - Mark Your Calendars

Save the date for our first "A Changing Melody" Conference to be held on September 9, 2010. This conference, which is intended for people with dementia and their care partners, is replicated from the conference of the same name which was held in southern Ontario over the past five years.

The conference theme is "Living Well with Dementia." Join our guest speakers and discover ways to continue leading a healthy life style while living with, or caring for someone with, dementia. Topics will include The Healthy Brain, Music Therapy, Spirituality and a personal story from a local caregiver. The registration deadline is September 1 and the fee is \$10 per person. Contact Vicky or Cathie at 942-2195 to register.



News & Information

Satellite Corner

News from the East and North
Algoma Satellite Offices

- ⇒ Thanks to Yvonne and Lloyd Winney in Elliot Lake for donating the proceeds of their yard sale to the Alzheimer Society.
- ⇒ Carolyn Ross is taking the month of July off for a well-deserved trip to the east coast, but she will be back in office and resuming all groups and activities as of August 3, 2010.
- ⇒ Thanks to those who attended the screening of Chris Wynn's documentary "Forgetful Not Forgotten" in Wawa on June 30. Copies of the DVD are available for loan at all three of our offices.
- ⇒ Upcoming Caregiver Support Group sessions will take place at the Lady Dunn Health Centre Board Room in Wawa from 1 - 3 p.m. on the following dates: August 10, September 14, October 12, and November 9, 2010.

Dementia Pugilistica

Submitted by Katherine Chalykoff, First Link Coordinator,
North Algoma

(The word *pugilistica* comes from the Latin root *pugil*, for boxer)

Dementia Pugilistica, also called chronic traumatic encephalopathy (CTE), boxer's dementia, and punch-drunken syndrome, is a neurological disorder which affects athletes in sports who suffer repeated concussions, mainly boxers and wrestlers. The condition commonly manifests as dementia and parkinsonism (tremors and lack of coordination). It can also cause unsteady gait, inappropriate behaviour, and speech problems. The disease develops progressively over a long latent period sometimes reaching decades, with the average time of onset being about 12–16 years after repeated concussions. There is no cure for Dementia Pugilistica.

If you would like more information on this condition please talk with your health care provider or the Alzheimer Society.

The Alzheimer Society on Parade...



Welcome to the Forget-Me-Knot, and while you're aboard, you're reminded to "treasure yer memories". We had a great time at the Community Day Parade on July 17. Since we are continually "scouring for a cure", our Pirates of the Cure-ibbean float fit in well with the parade theme of Caribbean Carnival on Queen. And what a thrill to win 1st place in the non-professionally decorated division! Thanks to Sault Search and Rescue for the use of their trailer and TMS Truck Centre for the use of their bay to decorate the float. We would especially like to recognize the Spurway family for their hard work and enthusiasm in making this float happen, without whom there would be no authentic wooden pirate ship, crow's nest (complete with monkey), or mermaid!





Education & Research Update

By Cathie Randell, First Link Coordinator - Health Promotion

Depression May Nearly Double Risk of Dementia

A new study shows that having depression may nearly double your risk of developing dementia later in life.

Researchers examined research data on 949 people with an average age of 79 from the Framingham Heart Study. At the start of the study, participants were free of dementia and were tested for depressive symptoms based on questions about general depression, sleep complaints, social relationships and other factors. A total of 125 people, or 13 percent, were classified as having depression at the start of the study.

The participants were followed for up to 17 years.

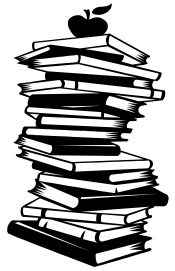
At the end of the study, 164 people had developed dementia with 136 specifically diagnosed with Alzheimer's disease. Nearly 22 percent of people who were depressed at the start of the study developed dementia compared to about 17 percent of those who were not depressed, a 70 percent increase in those who were depressed. The results were the same regardless of a person's age, sex, education and whether they had the APOE gene that increases a person's risk of Alzheimer's disease.

"While it is unclear if depression causes dementia, there are a number of ways depression might impact the risk of dementia," said study author Jane Saczynski, PhD, University Of Massachusetts Medical School. "Inflammation of brain tissue that occurs when a person is depressed might contribute to dementia. Certain proteins found in the brain that increase with depression may also increase the risk of developing dementia. In addition, several lifestyle factors related to long-term depression such as diet and the amount of exercise and social time a person engages in, could also affect whether they develop dementia.

Source: American Academy of Neurology, 2010 75: 35-41

Resource Centre Acquisitions

Books



Exercises for Brain Health. The Complete Guide to Prevention and Treatment of Alzheimer's, Parkinson's and Dementia through Exercise. Smith, W. (2010) This book features physical and mental exercises that are specially designed to strengthen both mind and body. Featuring progressively challenging programs and assessments, this book will keep you motivated along the path to a healthy and active brain.

Living Your Best with Early Stage Alzheimer's – An Essential Guide. Snyder, L. (2010) This sensitive and practical guide for people with early stage Alzheimer's is full of answers and solutions to day to day questions and challenges. It provides invaluable wisdom and tips from people with Alzheimer's and is written in the warm, intelligent voice of Lisa Snyder, a leading expert.

The Alzheimer's Action Plan. Doraiswamy, P. M. & Gwyther, L. (2008) What you need to know and what you can do about memory problems, from prevention to early intervention and care.

DVDs

Into the Other Lane: Driving and Dementia. Terra Nova Films (2009) This 2 part DVD presents a compassionate, yet realistic portrait of the many issues faced by persons with dementia and their caregivers when a decision has to be made to give up driving.

Relocation Stress Syndrome: An Education Resource for Families. St. Joseph's Healthcare (2005) This video offers information to enhance the lives of seniors who have relocated from one home to another. There are many strategies suggested that are directed towards the person moving into LTC, their families and the staff.



Family Support Information

By Vicky Roy, First Link Coordinator - Family Services

Family Caregiving: “Good Enough for Now”

Caregiving has many rewards. It is also an awesome responsibility that can be physically and emotionally exhausting. Many things about caregiving cannot be changed – the course of an incurable disease or the challenge of having a dependent parent or spouse. Adapting the attitude, “good enough for now” allows you to be more flexible and reasonable in your expectations of yourself. You can do the best you can at the moment with the time, energy, and resources available to you without regret or second guessing. Changing those things you can change and accepting those you cannot offer the most balanced approach to caregiving.

Give Yourself Permission to be Imperfect

You do not have to be strong and correct at all times. Nobody was born an expert. “Great caregivers are made, not born”. Great caregivers become great with practice and through trial and error.

Know that Caregiving is Difficult

It is okay to expect help. Often, we expect more of ourselves than is reasonable or possible. It is okay to ask for help. Needing help is not a character flaw.

Do Your Best

Do your best under the circumstances. These are circumstances you did not create and which are beyond your control. “You cannot control the wind but you can adjust your sails.”

Doing your best does not mean committing yourself to the point of physical, emotional and financial exhaustion. Doing your best requires seeing that the person gets the help he or she needs. It does not mean that you alone should do it.

Take Care of Yourself

Make time for yourself. A spouse writes: “My body was tired. I did not sleep well. I could not think clearly when I had to. And my anger increased. I was a rubber band stretched to the limit and I felt emotionally bankrupt.” Self care is essential to ensure you have the energy and motivation to provide the care your loved one needs.

Accept Help from Others

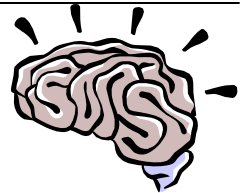
We have to give ourselves permission to ask for help and accept it. Without this step, feelings of inadequacy and guilt can come up and keep us from getting help in the future. Many people are very willing to help if we only allow them to do so. Often friends and family are afraid to “step on toes” and will tell you to call them if you need help. Call them!

Forgive Yourself When Plan and Efforts Go Awry

There is no game plan. What works perfectly today may not work tomorrow. It’s like playing a game where the rules are always changing. We learn as we go. Remember, “There are no perfect solutions, no perfect saints, no supermen or superwomen in the course of daily caregiving. There are often no right or wrong answers, just ordinary folk who take on extraordinary responsibilities”.

*Excerpt with permission from: Family Caregiving: Good Enough for Now”
By Cornelia M. Poer MSW and Edna L. Ballard, MSW
The Caregiver Newsletter, Volume 20: No.2*

From the Desk of the Grey Matter Gourmet



Promoting brain health through
healthy eating

Chopped Greek Salad with Chicken

Ingredients

- 1/3 cup red wine vinegar
- 2 tbs. extra-virgin olive oil
- 1 tbs. chopped fresh dill or oregano
- 1 tsp. garlic powder
- 1/4 tsp. salt
- 1/4 tsp freshly ground pepper
- 6 cups chopped romaine lettuce
- 2 1/2 cups chopped, cooked chicken
- 2 medium tomatoes, chopped
- 1 medium cucumber, chopped
- 1/2 cup finely chopped red onion
- 1/2 cup sliced ripe black olives
- 1/2 cup crumbled feta cheese

Preparation: Whisk first six ingredients in a large bowl. Add lettuce, chicken, tomatoes, cucumber, onion, olives and feta. Toss to coat.



Great Leisure & Recreation Ideas

By Amy Shaw, Recreation Therapist

Walking:

A step in the right direction!



We have long been told of the importance of exercise and the wonderful benefits it can have on our overall health. Now, new studies are emerging that have very hopeful details not only for individuals living with dementia, but also those who are at risk for developing dementia.

The benefits of daily outside walks for individuals living with dementia are endless. These daily walks can positively impact the individual's emotional state, physical well being, sleep patterns, self esteem, relaxation, social welfare, mood, and spirit.

Studies have shown that individuals living with dementia who have participated in daily walking programs have benefitted in all of these areas and more. Many reasons for these benefits have been identified including both physical and psychological factors.

Regular participation in a walking program provides opportunities for socialization, pleasure, life meaning, and confidence building, and has been shown to assist with insomnia and poor sleeping habits. These programs can increase endurance contributing to better digestion and weight loss.

Walking releases endorphins, a natural pain killer, into the body helping to boost the mood of the depressed participant. It can also be a distraction from pain and daily stressors resulting in a decreased frustration and agitation.

Studies of walking programs have found that some of the more reserved participants have become more talkative and some of the more passive participants have become more animated.

To help with the success of your own walking program, here are a few recommended tips: choose a time of day that is best for the individual with dementia and use the same time of day each time; use the same door and the same path each time

(repetitiveness and familiarity is good); create opportunities for participants to smell flowers, watch birds, listen to the sounds of nature and enjoy the beauty of nature; and lastly, encourage family members to participate as well!

Participation in a daily walking programs benefit family members as well. Walking has been proven to help prevent the regular cognitive decline that accompanies aging and may also help in the prevention of dementia.

Studies show that individuals participating in at least an hour of walking a week were shown to have better cognitive performance. At the follow up interview, a year to a year and a half later, those who participated in even more leisure time exercise showed less mental decline and were associated with a 20% lower risk of cognitive impairment, similar to the point of being three years younger in age.



We often look for an easy solution to help ourselves feel healthier. These studies have shown us that "Walking is definitely a step in the right direction!"

The Relationship of walking to dementia or mental functional loss
(May 2005). The Healthful Life Project

Benefits of Daily Outside Walks and Dementia Gardens.

Sandra Stimson

Nature walk program turns wandering into pleasant pastime
(May 2001). Alzheimer's Care Guide

Call the Alzheimer Society for details on our new Walking Club program!

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.



Fundraising & Volunteer News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

Thank You Volunteers!

As mentioned on page 1, the Volunteer Recognition dinner took place on June 17, 2010 at the Great Northern Hotel and Conference Centre. Along with honouring all volunteers, tribute was paid to all of the volunteers that have helped at the Collegiate Heights Tea and the Craft Show. Service awards were also presented to volunteers who have reached service milestones. Congratulations to the following volunteers:

5 years: Paulette Belair, Maureen Brown, Susan Desrosiers, Donna Didonato, Paul Grisdale, Eric McCooeye, Mary Rossiter, Steve Whitfield

10 years: Vern Darby, Paul Hebert, Sara Johnson, Barb Johnson, Dutch VanDenzen

15 years: Dennis Conlin, Heather Whitfield

20 years: Christine Ingridelli

25 years: Marg Siltala

Ontario Volunteer Service Awards

Congratulations to the six volunteers who were honoured at the Ontario Volunteer Service Awards at the Delta Hotel on May 13, 2010: Paulette Belair, Maureen Brown, Vern Darby, Dutch Van Denzen, Heather Whitfield, and Christine Ingridelli.

Luxurious Ladies Raffle

Congratulations to the winners of the Luxurious Ladies Raffle which was drawn during Ladies' Night Out on May 13, 2010:



Diamond Ring (donated by Bennardo Jewellers): Jo-Anne Evans (pictured at left with Events Coordinator Bea Fioramanti)

Spa Package (donated by Mane Street Salon & Spa): Laura Porter

Restaurant Package (donated by Arturo Ristorante

Italiano, Giovanni's Italian Restaurant, Gliss Resto Bar, Gran Festa Ristorante, and Solo Trattoria): Lorri Kennis



Our goal: \$1.5 million across Canada, one cup at a time!

Coffee Break®... Celebrating 15 Years!

Last year over 300 Coffee Break® host locations made their Coffee Count and “brewed up” over \$44,000 which remained here to provide services to local people affected by Alzheimer’s disease. We have seen a 60% increase in the number of families served by our chapter over the past 5 years, and we are very grateful for the financial support from the communities in Algoma.

Coffee Break host locations continue to use creative ideas to “perk up” their events to keep the donations “pouring in”. Over the last 15 years Coffee Break has grown from traditional Coffee Breaks to creative events such as dress down days, yard sales, themed coffee breaks, and bake sales. Consider adding other beverages or hosting a luncheon or breakfast. Anything goes!

Coffee Break day is on Thursday, September 16th, 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.



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, your first pot of coffee thanks to Mother Parkers, and information on how to host a Coffee Break.

If you would like to add meaning to your “daily grind”, please call the office at 942-2195.

Dessert & Coffee Combos

Please support participating restaurants that will be offering a unique special with a portion of the price being donated to the Alzheimer Society. Just look for our Coffee Break posters and tent cards.



Fundraising News Continued



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

Sponsors: Brian Tremblay, North Star Travel Plus, Community First Credit Union, Curves, New North Greenhouses, Zenone's, Lindt, HR Lash Ltd., North Star Travel Plus, & Sears Cosmetics and Fragrances

Supporters: Amazing Space & Home, Art Gallery of Algoma, Chornyj's-Hadke, Collegiate Heights Retirement Residence, Ellen Hadath, Feelin' Fabulous, Glassworks, Hallmark Store-Station Mall, Harmony Tea Room, Home Hardware Building Centre, Ideal Concept in Gift Giving, Jasmine, Kevanna Fine Photography, Lia Sophia Jewellery, Lindor/Dorlene, Mann Florist, M&M Meat Shops, Mini Maids, Party Lite, Primerica, Q-104/EZ Rock, RBC, Shoppers Drug Mart-Second Line, St. Mary's College, ShowStoppers, Sugar & Spice Bulk Foods, The Flower Shop, Tree Top Adventures, and Wellington Square Drugmart

M.C.: Shaylan Spurway (pictured with sign, above)

Entertainment: Timothy Murphy

Make-over: Brenna Tomas (hair model) and stylist Trek Willett from Mane Street Salon

Gift Certificates: Surprise gift certificates for haircuts generously donated by Mane Street Salon and delivered by our men in tuxes: Jordan Gregorini, Brian Turpin, Graeme Pateman, Mark Summers, and Jimmy Carter

Mane Street
salon and spa

GREAT NORTHERN
HOTEL & CONFERENCE CENTRE
SAULT STE. MARIE

Curves
Smart

Algoma Fall Craft Show



The Algoma Fall Craft Show will be held at the Delta Hotel (former Holiday Inn) on Sunday, September 26th. Come out and browse the crafts from selected artisans from Sault Ste. Marie and Algoma Region. 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 earn you a beautiful craft at a great price! We are also looking for donations of homemade crafts for the Silent Auction. If you would like to donate a piece of your work, please call Bea.

Thank you to the sponsors of the Alzheimer Society Education Conference held on March 26, 2010:

Pfizer Canada Inc.
Janssen-Ortho Inc.
Eli Lilly Canada Inc.

Novartis Pharmaceuticals Canada Inc.
United Steelworkers of America Local 2724

Forget-Me-Not Tea and Dessert

Join us at Collegiate Heights Retirement Residence on September 9th for the Forget-Me-Not Tea and Dessert from 2:30-4pm. Volunteers will be serving up Coffee, Tea and goodies. Admission is by donation at the door.

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: Additionelle, Bulk Barn, Canadian Tire in SSM and Elliot Lake, Dinelle's Country Market in Echo Bay, Food Basics, Joe's No Frills, Pennington's, Pino's Get Fresh Foods, and Bob's No Frills and Foodland in Elliot Lake.

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

Sault Ste. Marie Office

633 Albert St. E., Sault Ste. Marie, ON P6A 2K5
Phone: 705-942-2195 Fax: 705-256-6777

East Algoma Satellite Office (c/o Huron Lodge)

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

North Algoma Satellite Office (c/o Lady Dunn Health Centre)

17 Government Rd., Wawa, ON P0S 1K0
Phone: 705-856-2335 ext. 106

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

Board of Directors

Dale Kenney, President
Susan Van Atte, Past President
Sandra Lamon, Vice President
Glen Manchester, Treasurer
Eric McCooeye Secretary
Anna Cartmill, Director
Garr Smith, Director
Gil Contant, Director
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First Link Coordinator, Health Promotion
Carolyn Ross,
First Link Coordinator, East Algoma
Katherine Chalykoff,
First Link Coordinator, North Algoma
Amy Shaw, Recreation Therapist
Brenna Tomas, Recreation Therapist
Bea Fioramanti,
Coordinator of Volunteers & Events
Monica Ruzyski, Bookkeeper/Office Assistant
Shaylan Spurway, Communications Intern

