



# Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT



## Newsletter

Fall/Winter 2008  
Volume 21, Number 3

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Join us at White Pines  
in Sault Ste. Marie on  
January 25, and at  
Collins Hall in Elliot  
Lake on January 31.  
See page 7 for details.

### Message from the President & Executive Director

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

Thank you to everyone who participated in our annual Coffee Break™ fundraising event. The amount of support that is received for this event is astounding, with over 300 host sites across Algoma district raising over \$44,000. Through your generosity, the Society is able to provide support services for people affected by Alzheimer's disease and related dementias.

January is Alzheimer Awareness Month, and it is just around the corner! This year's theme is "Put Your Mind To It", which is a call to action for members of Canadian society to support dementia research, reduce the stigma of the disease, and become Alzheimer's advocates. Please see Page 7 for more information and a partial listing of Awareness Month activities.

On behalf of the board and staff of the Alzheimer Society, we wish you a happy and peaceful holiday season.

### 2009 Alzheimer Education Conference Focuses on Person-Centred Care

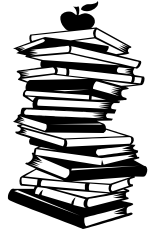
Mark Friday, March 6, 2009 on your calendars for the 8th annual Alzheimer Education Conference. Local physician Dr. Frank Ianni begins the day as the key-note speaker on a topic that becoming more widely recognized - vascular dementia. Learn how to distinguish this form of dementia from other types, and what to expect in terms of diagnosis and treatment. The remainder of the day is then turned over to renowned author, practitioner, and dementia expert Carol Bowlby-Sifton. Carol has made person-centred care a focus of her practice, and will teach participants the essential elements of applying this philosophy to the physical, emotional, and activational care of persons with dementia. Cost to attend is \$45 per person if registering before February 13, 2009. Call 942-2195 for more information.

### Volunteer Appeal

Thank you to the many volunteers who so generously give of their time to help people affected by Alzheimer's disease, either directly through the Volunteer Visiting Program, or indirectly by assisting with office tasks or fundraising events. We are currently in need of volunteer canvassers to assist with the January door-to-door event. This event provides an opportunity to raise Alzheimer awareness as well as much-needed funds to support local services. Please give us a call if you are interested in canvassing your street or a street in your neighbourhood.



# News & Information



## Satellite Corner

News from the East Algoma  
Satellite Office

From Carolyn Ross, Support & Education Coordinator

### Making the Connection Work:

Approximately 55 people attended this workshop held in Elliot Lake on October 1. Evaluations from the full-day event indicate that participants feel better equipped to identify and support older adults with mental health and/or substance abuse problems. Appreciation is extended to facilitators Arlene Gear and Tracy Puurunin.

### Coffee Break:

Thanks to the 28 host sites in Blind River, Spanish, and Elliot Lake for hosting such creative, enthusiastic, and successful Coffee Breaks in September. Thank you for supporting the Alzheimer Society in your community.

### Manulife Walk for Memories:

Join us at Collins Hall on January 31 at noon for the **first ever** East Algoma Walk for Memories. This is an opportunity to make good on your New Year's resolution to get more exercise while enjoying a fun-filled day of entertainment, refreshments, and prizes. Start now by registering on-line at [www.walkformemories.ca](http://www.walkformemories.ca), and start collecting pledges through the on-line giving tool. We look forward to seeing you!



**First Link® Learning Series and Support Groups:** See page 5 for details.

### Public Education Session:

"Caregiver Stress and Guilt" will be the topic for a public education session in the New Year presented by Dr. James Chau and Marg Barek, RN (EC). You may remember Dr. Chau's presentation last year on Alzheimer's disease, and that the room was too full for comfort. This year the event will be at Gentle Shepherd Church, 3 Ottawa Ave. Watch for further details on the date and time.

## Resource Centre Acquisitions

### Books

**Grandma Can't Remember So I Remember Grandma.** Billington, C. (2007) A children's book that offers support and comfort to all who have a loved one suffering from dementia.

**Forget-Me-Not Favorites: Quick and Easy Recipes.** Alzheimer Society of Nova Scotia. (1993) A cookbook for people in the early stages of Alzheimer's disease.

**Therapeutic Activities with Persons Disabled by Alzheimer's Disease and Related Disorders.** Bowlby, C. (1993) A manual of therapeutic and recreational activities for those caring for persons with dementia.

**Research Based Person-Centered Therapeutic Activities.** Tonarelli, L. (2007) Activities for groups and individuals in all stages of dementia.

**The Anti-Alzheimer's Prescription.** Fortanasce, L. (2008) Describes a 4-step anti-Alzheimer's plan that shows us how taking care of ourselves can keep us sharp and independent as we age.

**The Banana Lady.** Kertesz, A. (2006) Nineteen lives are chronicled, each selected for the drama and strangeness of behavior, personality or cognition. The biology of the underlying brain disorder and the social and cultural aspects of the behavior are explored. Includes "Tips for Caregivers".

**Finding Your Way After Your Parent Dies. Hope For Grieving Adults.** Gilbert, R. (1999) A compassionate guide for those struggling with the loss of a parent.

### DVDs

**Planning the Care of Aging Loved Ones - Guilt Issues and Planning the Care of Aging Loved Ones - Caregiver Issues.** Manning, D. (1999)

**Learning to Speak Alzheimer's: An Introduction to the Habilitation Approach to Care.** Terra Nova Films. (2008)



# Education & Research Update

By Cathie Randell, Education Coordinator

## Education Can Help Stave Off Alzheimer's Disease

Currently there exists a popular notion – the “cognitive reserve” hypothesis – that people with greater thinking, learning, and memory capabilities can delay symptoms of Alzheimer's disease even as the brain is changing. Since cognitive reserve is somewhat difficult to measure, researchers use education level as a proxy. “Adjusting for level of Alzheimer disease pathological burden determined at autopsy, greater education has been associated with better cognitive function during life,” write Catherine M. Roe, Ph.D. and colleagues at the Washington University School of Medicine, St. Louis. “Education interacts with Alzheimer disease pathological burden such that a greater pathological burden is required to show an effect on cognition among persons with more education.”

Between 2003 and 2008, the researchers analyzed 37 individuals diagnosed with Alzheimer's-like dementia and 161 individuals without dementia. Cognitive reserve measurements included education history as well as cognitive test scores. In addition, study participants received an injection of carbon-11-labeled Pittsburgh Compound B ([<sup>11</sup>C]PiB) prior to a 60 minute positron emission tomography (PET) brain scan. This contract compound has been shown to stick to beta-amyloid brain plaques that are linked to Alzheimer's disease, and thus researchers could identify the disease state in each patient.

Results of the study demonstrated that there were significant differences in the level of [<sup>11</sup>C]PiB uptake among patients with different years of education and cognitive test scores. For example, individuals with beta-amyloid plaques in the brain (organs that took up higher levels of [<sup>11</sup>C]PiB) showed increased performance on tests as education levels increased. For individuals without plaques, education was not significantly associated with cognitive scores.

“The results support the hypothesis that cognitive reserve influences the association between Alzheimer disease pathological burden and cognition,” conclude Roe and colleagues. “Based on autopsy data, there may be a ceiling effect when extensive beta-amyloid pathological burden is present as in late-stage dementia of the Alzheimer type. Presumably, as the Alzheimer disease pathological burden increases, a greater proportion of highly educated participants reach the threshold for dementia and the initial advantage provided by cognitive reserve decreases.”

This article was reprinted with permission from [www.medicalnewstoday.com](http://www.medicalnewstoday.com).

## New Group in Community: AFCC

It has recently come to our attention that a new organization, the Alzheimer's Foundation for Caregiving in Canada (AFCC), has been formed. The AFCC is a sister organization to the Alzheimer's Foundation of America (AFA). It is a new national foundation that will focus on education, care-related support, and early detection.

As a newcomer, the AFCC may be causing some confusion. You may even have been contacted by the AFCC to join as a member. For clarity's sake, please be aware that the Alzheimer Society is not affiliated nationally or locally with the AFCC, although there may be opportunities for collaboration and partnership on some initiatives.

For the past quarter century, the Alzheimer Society of Sault Ste. Marie and Algoma District has provided support and education services for residents of Algoma District. We also support groundbreaking provincial and national research and advocate on behalf of those with dementia in Ontario. We hope that we can count on your continued support.

Please remember to visit our website  
[www.alzheimeralgoma.org](http://www.alzheimeralgoma.org)  
for information about the Society as well as past editions  
of our newsletter.



# Family Support Information

By Vicky Roy, Family Support Case Worker

## Living a Balanced Life

Living a balanced life means that you must care for yourself and in doing that, you must take into consideration your **WHOLE** self: your physical, intellectual, emotional, social and spiritual self.

Physical Self Care – Physical activity can help you feel better, reduce your stress and maintain the health of your body and brain. Physical activity promotes better sleep patterns, reduces your risk of health related problems and improves your mood. Ensuring that you eat a healthy, balanced diet and drink enough fluids is also part of caring for your physical self. It is important to keep your cholesterol level, your blood pressure and your body weight within normal ranges.

Intellectual Self Care – Mental activity and stimulation is very good for your brain. Learn something new, pursue present hobbies and passions and/or consider expanding your cultural activities e.g. visit an art gallery, a museum, go to a theatre production. Visit a library or read a newspaper. Try word games, puzzles or brain teasers.

Emotional Self Care – Managing your stresses will help you to feel better and think more clearly. Choosing a positive attitude each day will help you to view your life in a better light and to keep things in their proper perspective. A positive attitude can also shape your life and your relationships. Choose to have positive and joyful people in your life. This is something that you can control. It is also important to make time every day for relaxation and for doing the things that bring you pleasure. e.g. talking with a friend, reading a good book, having a relaxing bath, spending time with children or grandchildren, watching a favorite television program etc.

Social Self Care - Finding and taking opportunities to interact and socialize with family, friends and others around you will help you to stay socially connected and engaged. Communication is a basic human need and talking with others will provide you

with the connections and support that you need.

Spiritual Self Care – Spirituality can mean different things to different people. Nourish your inner self/ your soul in some way.

We all make choices each and everyday and choosing a balanced life will help you to maintain a healthier and happier lifestyle. Be sure to keep learning. You can always grow your knowledge and experiences. Stretch your body and your mind. Work to improve your attitude and ensure you provide yourself with positive self talk/messages. Contribute to making the world a better place.

## Population-Based Dementia Screening

The Alzheimer Society promotes early detection of dementia, thereby allowing people with dementia and their families to make key financial and care decisions while they are still functioning at the highest possible level. However, the Society will not advocate for broad population-based screening until there is evidence that there are effective and validated screening tools and that the benefits outweigh the potential harm. Concerns include:

- Level of accuracy of current diagnostic tools when used in isolation from clinical settings and other critical examinations and tests;
- Risk of false positives and false negatives; and
- Social and economic impact.

The Alzheimer Society continues to recommend that people who are concerned about their memory see their family physician. Those who do not have a family doctor should contact the Alzheimer Society to learn more about resources for the diagnosis, treatment, and care of the disease.



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.



# Great Leisure & Recreation Ideas

By Amy Bird, Recreation Therapist

## Five Tips to Promote Engagement in Leisure Activities

Engaging an individual with dementia in regular leisure activities is a chief recommendation by research groups worldwide. Evidence shows that participation in these activities helps to achieve better health and increase quality of life.

Unfortunately, engaging individuals with dementia in regular leisure activities can be very challenging. Difficulties are generally due to the individual's limited level of functioning and their tendency to avoid frustrating situations and failure.

A recent article published by researchers of the Karolinska Institute in Sweden outlines the following strategies to improve levels of activity participation for individuals with dementia.

1. Show interest and enthusiasm in ideas that come from the individual with dementia.
2. Praise any kind of effort whether or not the individual succeeds fully or has participated in this manner in the past.
3. Some individuals with dementia steer clear of participating in regular activities because they feel "on the spot". Find activities that can be performed safely with little or no help. Allow the individual full responsibility and intervene only if needed. For example, working on a large jigsaw puzzle.
4. Another barrier to participation is the individual's fear that they will be unable to complete a task successfully on their own. In this case, offer your support and work together with them to complete the activity as a team. For example, working to complete a craft together.
5. Have realistic expectations. It is not important how the person performs, but that they find the activity enjoyable.

Adapted from Alzheimer's Care Guide, Vol. 16 No.4 July/August 2008

## *Please Join Us!*

### Sault Ste. Marie Evening Information and Discussion Group for Caregivers

**Time: 7:00 p.m.- 8:30 p.m.**  
**Location: Alzheimer Society Office,**

January 6: Caring for Yourself, the Caregiver

February 3: Ten Things You Need to Know About Dementia Care

March 3: How and Why to Get Outside Help - Community Services Available

April 7: Sensory Changes - Adapting Your Home Environment

May 5: Making a Connection with the Person with Dementia

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.

### Elliot Lake First Link® Learning Series and Support Groups

The Learning Series is for people newly diagnosed with dementia and their families.

**Time: 1:30 p.m. - 3:00 p.m.**  
**Location: 1 Washington Cres., Activity Room**

December 11  
January 22  
February 19

January 8  
February 5  
March 5

There are also 2 active support groups:

- 3rd Tuesday of each month 1:30 p.m. - 3:00 p.m. at Huron Lodge (next meeting Dec. 16)
- 3rd Wednesday of each month 6:30 p.m. - 8:00 p.m. at Huron Lodge (next meeting Jan. 21)

For more information or if you are interested in attending, please call Carolyn at 848-8145. There is no fee but pre-registration is much appreciated.



# Fundraising News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

## Coffee Break™

Coffee makers all over Sault Ste. Marie and Algoma District sure were perking in the month of September! Thank you to all of the supporters of this year's Coffee Break™! Over 300 host sites "perked" up and raised Alzheimer awareness and over \$44,000.00. Thank you for taking time out of your busy days to host a coffee break at home or at work. Coffee Break kicked off to a great start in the lobby of Rome's Independent Grocer, and Collegiate Heights Retirement Residence once again generously hosted the annual Forget-Me-Not Tea.



We would like to extend special thanks to the many dedicated volunteers whose help is greatly appreciated during this very busy period, and to print sponsors Sault Star, KPMG, Penny's Pets, and the Co-operators on Northern Avenue and to radio sponsor Q-104/EZRock.

The following restaurants served up their Coffee Break specials: Thank you to: Amici's Ristorante, A Thymely Manner, Boots and Saddles Roadhouse, Boston Pizza, Buttermilk Mountain Resort, Casey's Grill/Bar, Fire Side Inn, Joey Calzone's, Los Mexicanos, Lakeview Restaurant, Mustang's Grill, Uncle Gino's Café, and Vincenzo's.

Coffee Break decals adorned the windows and walls of these community minded stores: AdditionElle, Bulk Barn, Dinelle's Country Market, Canadian Tire - Elliot Lake, Dean's Food Basics, Foodland and Bob's No Frills in Elliot Lake, Joe's No Frills, Pennington's, Pino's Get Fresh, Subways, and A Taste of Scandia.

This was the sixth year that the Annual Golden Coffee Cup Award was presented to the host sites that gathered the most donations. Congratulations to the 2008 winners:

### Care Facilities:

Ontario Finnish Resthome Association

### Elementary School:

Tarentorous Public School

### Secondary School:

Central Algoma Secondary School

### Post Secondary Education:

Sault College

### Home Parties:

Beth Laderoute

### Industrial/Construction:

Essar Steel Algoma Inc.

### Retail/Commercial:

Bennardo Jewellers

### Financial/Insurance:

Northern Credit Union - Second Line

### Churches/Association/Clubs:

Community of Christ Church

### Government Offices:

Great Lakes Forestry Centre

### Community Agencies:

North East Community Care Access Centre

### Decal Location:

The Bulk Barn

### Restaurants/Taverns/Coffee Shops:

Country Style Donuts

## Algoma Fall Craft Show

Thanks to Gerlinda Haeffele and all of the artisans and volunteers who donated a craft to our Silent Auction Table and to everyone who attended this event.

## St. Andrew's Tartan Ball

Thank you to Catherine MacLeod from MacLeod Highland Dance Studio for choosing the Alzheimer Society as the charity of choice for the Tartan Ball.



This formal dinner dance included traditional fiddle music, performance from the 49th Field Regiment (pictured), and performances by the MacLeod Highland Dancers. "The Reptiles" had everyone swirling in their kilts and a fun night was had by all.



# January is Alzheimer Awareness Month

## 2009 Awareness Campaign Theme: Put Your Mind To It - Make Change Happen

Alzheimer's and related dementias are everyone's concern. Within a generation, 1 in 4 Canadians will experience dementia within their own family. This January, as we recognize Alzheimer Awareness month and the kick off of the 2009 **Put Your Mind to It** campaign, the Alzheimer Society asks Canadians to prepare for this reality by investing in their future today.

Treatments and the cure for Alzheimer's disease will come from research. *Put your mind to* controlling and eradicating this disease by helping to fund the necessary research.

Alzheimer's disease is a serious disease with devastating consequences for the people who have it, their family members, friends, and communities. *Put your mind to* reducing the powerful stigma that still exists by talking openly about the disease. Become an Alzheimer's disease champion by supporting the Alzheimer Society and the important programs and services it provides.

It's time to act. *Put your mind to* urging decision-makers and government officials to *put their minds to* making dementia a health care priority.

The Alzheimer Society has been providing help and hope for almost 25 years in Algoma district, but we need the help of every Canadian and every level of government to ensure that the necessary services, support, and research dollars are in place to address this growing health and societal issue.

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

## Awareness Month Activities

Proclamation of January as Alzheimer Awareness Month at various Algoma municipalities.

Awareness displays: Visit us at the following locations at various times throughout the month of January:

- Civic Centre
- Cambrian Mall
- Senior's Drop-In Centre, Bay St.
- Station Mall

Thank you to the above locations for your support.

Essar Centre: See us at the Greyhound Game on Wednesday, January 7th. We'll be in section 110.

Alzheimer Society Open House on January 5 & 6 from 8:30 a.m. to 6 p.m. in Sault Ste. Marie. Meet our staff, tour our office, review our educational information, and have some goodies!

Amici's January Awareness Special: In support of people affected by Alzheimer's disease, Amici's Ristorante will be making a donation for each entrée sold in January. Please consider treating yourself or someone special to one of their delicious meals.

Annual door-to-door campaign: Our hardy legion of volunteers will be out canvassing area streets for donations to support people with dementia. Please give us a call if you are interested in canvassing.

### Manulife Walk for Memories

Join us for a fun-filled family event at White Pines CV&S in SSM on Sunday, Jan. 25, and at Collins Hall in Elliot Lake on Saturday, Jan. 31.



Collect pledges online at [www.walkformemories.ca](http://www.walkformemories.ca) - it's a fun and fast way of supporting the event.

T-shirts will be given to all participants raising \$100 or more, and there will be lots of great prizes and refreshments. Join us and help make a difference!

# Alzheimer Society

SAULT STE. MARIE  
& ALGOMA DISTRICT

## Contact Information

### Main Office:

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

### East Algoma Satellite Office:

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

### General Email:

[info@alzheimeralgoma.org](mailto:info@alzheimeralgoma.org)

### Website:

[www.alzheimeralgoma.org](http://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

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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