



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Spring 2010

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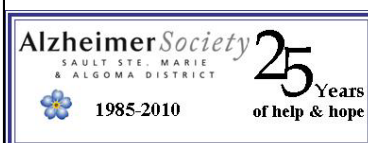
Supported by:



Message from the President & Executive Director

Susan Van Atte, President
Carolyn Cybulski, Executive Director

As we wrap up our fiscal year ending March 31, 2010, we have the opportunity to reflect on the events that occurred in the past year. 2009-2010 was certainly a time of growth and change for the Alzheimer Society. It began with new funding from the Local Health Integration Network's Aging at Home initiative to implement the First Link program. This allowed us to establish First Link in North Algoma through the opening of a new satellite office in Wawa, and enhance services in East Algoma and Sault Ste. Marie. Later in the year, the Society was the recipient of a very generous personal donation from a local family which allowed us to increase both our Family Support and Recreation Therapy resources in order to increase our ability to meet the growing need for dementia services. In partnership with Seniors' Mental Health Services, Family Support staff began offering cognitive assessments in addition to our other support services. The above changes have all resulted in a spike in referrals to the Alzheimer Society.



Amidst the growth in services, the Alzheimer Society kicked off 2010 by launching our 25th anniversary celebration year. Communications Intern Shaylan Spurway has been organizing a host of celebration events, the first being the 25th Anniversary Dinner and Dance held on March 6, 2010. This event saw over 180 supporters help us celebrate 25 Unforgettable Years, and gave us the wonderful opportunity to pay tribute to the leaders of the organization whose vision and dedication paved the way for the future. Of the 12 Presidents who have led the organization over the past 25 years, we were delighted that seven were present to receive the acknowledgement they so richly deserve.



"25 Unforgettable Years"...thanks to Jeanette's Custom Cakes for donating this amazing showpiece cake.



Founding member and past president Shelley McEachern, and current president Susan Van Atte, prepare to cut the cake.

The evening included dinner complete with beautiful music by pianist Eugene Gassi, dancing, a silent auction, and lots of reminiscing. Thank you to everyone who helped us celebrate this milestone.

Event generously sponsored by



NORTHWOOD FUNERAL HOME
CREMATION & RECEPTION CENTRE



Satellite Corner

News from the Satellite Offices in East and North Algoma

East Algoma - by Carolyn Ross, First Link 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 afternoon 2:30 - 4:00

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.

Mild Memory Loss Support Group: Every 3rd Wednesday afternoon 1:30 - 2:30 at Huron Lodge.

First Link Learning Series: A new Learning Series will be starting in Elliot Lake in the fall. If you are interested in attending please call 848-8145.

A Family Caregiver Forum was held on Tuesday evening March 2nd with 51 people in attendance. Many thanks to Dr. James Chau and Judy Gillingham NP for donating their time to this.

Thank You! to everyone who made the Door-to-Door Campaign and the Manulife Walk for Memories 2010 such a huge success. Please see page 6 for more details. Thanks to Walk Coordinator Michelle Dumais for her hard work in organizing this event.

Dance for Memories: Pearl and Jack Robertson (shown below with Carolyn Ross) and the Pearlite Dancers sponsored a dance with the proceeds from the tickets going to the Alzheimer Society. They raised an amazing \$750 Many people attended at the Renaissance Centre dancing to the oldies. A lunch was also provided by Pearl and her group. Thank you Pearl, Jack and the Pearlites - it was a great evening with a lot of memories sparked by those songs. We look forward to next year.



North Algoma - by Katherine Chalykoff, First Link Coordinator

On February 9, 2010 we celebrated the opening of our North Algoma office in Wawa at Lady Dunn Health Centre. The First Link program services are now readily available to the North Algoma region. The open house featured guest speakers: Carolyn Cybulski, Executive Director Alzheimer Society;



Martina Hava, representative for Carol Hughes MP; Sandra Lamon, Executive Director Wawa Family Health Team; Howard Whent, Muncipal Mayor; Silvana Dereski, Family Caregiver; and Mike Brown, MPP (pictured at left with Katherine Chalykoff). The open house was enjoyed by all

and many congratulations and best wishes were expressed to the Society.

Currently in Wawa we are offering a Dementia Learning Series designed for family caregivers of people with dementia. The series runs every second Tuesday from 1:30 – 3:00 pm at the Lady Dunn Health Centre. For more information and services available please don't hesitate to call.

Alzheimer Society Scholarship

Each year the Alzheimer Society offers a scholarship of \$600 to a Sault College student which is intended to promote study within the fields of health and human services, with a special emphasis on care of persons with dementia. We would like to extend our congratulations to the winner of the 2010 award, Stephanie Bressan, who is enrolled in the Collaborative Baccalaureate Nursing 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.



Education & Research Update

By Cathie Randell, First Link Coordinator - Health Promotion

Research: The Next 10 Years

Research over the next ten years could prove to be even more exciting than the last decade. Let's take a look at some of the clinical trials and developments that seem most likely to pay off within the next ten years.

- Drugs (like Neprilysin) that help clear away the accumulating A-beta molecules before they begin clumping together.
- "Neuroprotective" drugs (like growth factors) that increase the ability of threatened nerve cells to stay alive.
- Drugs that will prevent the chemical modification of tau protein, and so prevent tangles.
- New vaccines that will prevent tangles.
- New anti-diabetic drugs that will correct glucose metabolism in the brains of people with Alzheimer's disease.
- New drug delivery techniques which will ensure that drugs get to the regions of the brain where they are needed.
- New biological markers for Alzheimer's disease that can be measured in the blood, in the CSF, in urine and in the skin to help in early diagnosis, and in evaluation of treatment therapies.
- Early diagnosis based on the pattern of brain waves (EEG).
- New cognitive training regimens that will help slow down the decline in brain functioning without the use of drugs.
- Delivery of therapeutic agents via the nose, in some instances associated with harmless viruses called "phages".

Source: *A Report on Alzheimer's Disease and Current Research* by Dr. Jack Diamond, scientific director of the Alzheimer Society of Canada. January 2010.

SAVE THE DATE - June 17, 2010 Annual General Meeting & Volunteer Appreciation Dinner

Members, volunteers, community partners, and the general public are invited to join us for our 24th Annual General Meeting which will be combined with the Volunteer Appreciation Dinner on June 17. Location to be announced.

The business portion of the meeting will take place at 5:00 p.m., and all members are encouraged to attend in order to elect directors, hear reports, appoint the financial Auditor, and transact other business. The meeting will be followed by dinner. Featured speaker is local author and motivational speaker, Julie Hryniewicz-Hache. Cost to attend is \$20. Please RSVP to 942-2195.

Touch Quilts Touch Hearts

Thank you to the Stitches from the Heart Quilt Guild for their generous donation of beautifully stitched Touch Quilts. These colourful and multi-textured quilts will provide stimulation through the sense of touch, and can also bring out emotion and



memories that may have seemed to have faded away. They also can offer warmth and a sense of security. If you are interested in making a touch quilt, please contact Bea at 942-2195.

At left, Frances Spurway enjoys a touch quilt donated by Stitches from the Heart Quilt Guild.

Help for Today. Hope for Tomorrow.



Family Support Information

By Vicky Roy, First Link Coordinator - Family Services

Watch for Problems with Money Management

Increasing trouble with managing money can be an early sign of Alzheimer's disease - and can quickly drain away personal or family resources. Often caregivers, family, or friends don't recognize the problem or understand its seriousness until it's too late. Research has shown that Alzheimer's-induced decline in financial skills occurs early in the disease and can progress rapidly.



Early in the disease process, people with the disease may be able to perform basic tasks such as bill paying or counting change. However, they are likely to have problems with more complicated tasks such as reconciling a check-book

and bank statement, preparing a tax return, or making wise investment decisions. As Alzheimer's disease progresses, all of these abilities gradually are lost, with more complex skills disappearing first.

When and how to address these problems are some of the most difficult decisions caregivers and family members must make. Experts agree that it is better to take charge of financial affairs early, before serious problems surface. Proactive steps to take, preferably soon after diagnosis and with the involvement of the person with Alzheimer's disease, include: planning in advance to delegate financial decision making, finalizing estate arrangements and providing increased supervision of financial activities.

The best way to obtain legal authority to manage a person's finances is to get the person's consent via a Power of Attorney for Property. It is important to obtain this agreement while the person with Alzheimer's disease is capable of understanding and approving of the arrangement.

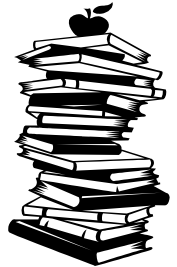
As the disease progresses, people with Alzheimer's often are unaware of how well or poorly they are managing their finances. Many will strongly resist and be very suspicious of attempts to manage their affairs for them regardless of earlier agreements.

One way to help a person with Alzheimer's disease feel responsible and independent is to give him or her small amounts of cash. Have the credit limit minimized on credit cards, or have the cards cancelled. Another strategy is for the caregiver and the person work together, as a team, on finances. You might tell the person it is important for you to learn about finances with his or her help. Of course, the best way to handle the transfer of authority when it is time is to do so is with respect, patience and understanding.

~ Reprinted with permission from the Alzheimer Care Guide
Jan-Feb, 2010

Resource Centre Acquisitions

Books



The Memory Bible. Small, G. (2002) Based on Dr. Small's recent scientific discoveries, *The Memory Bible* can immediately improve your mental performance by helping you make informed decisions on many of the lifestyle choices that directly affect the aging of our brains. Memory fitness is vital, and this book's program will improve your memory now and help keep your brain healthy for years to come.

SPARK. Ratey, J. J. (2008) Filled with cutting-edge science and amazing case studies, *SPARK* is the first audio book to explore the connection between exercise and the brain. This audio book will provide a simple, targeted regimen to get your body moving and your mind in peak condition.



Great Leisure & Recreation Ideas

By Amy Shaw and Brenna Tomas, Recreation Therapists

Tips for Assisting with Wandering



One issue often associated with dementia is wandering. Although some wandering can be healthy, in some cases it can become disruptive for the person with dementia and those around them. The most important thing to remember when caring for an individual

with dementia is that all behaviours have meaning. Wandering can be an outlet for stress, anxiety and restlessness. The first and most important tip when dealing with wandering is to try to find the meaning behind the person's wandering. Here are some other helpful tips for assisting with wandering:

Monitor Activities: Shadow the person wandering.

Walk behind them while ensuring to give them their own space. Record all times that they leave on their own and include ideas of what may have triggered this (time of day, clothing they are wearing etc.).

Reduce the Triggers: If the triggers to go outside are removed, the urge to leave may settle. Remove the car keys from their pockets or open areas. Consider moving the outdoor clothing into a closet rather than near the doorway to help calm the urge to go outside alone.

Create Environment Enhancements: Create a therapeutic décor (aquariums, plants, etc.) that stimulate the wanderer in their own space. Soft door barriers can help to stop someone on their way out. Dark flooring can create voids in the floor helping the wanderer to avoid certain areas. If unattended wandering persists, door alarms and tracking systems are good ways to help keep a wanderer safe.

Create Diversions: Activities such as aromatherapy, social activities, hobbies, pet therapy, reading, and movies can be beneficial in diverting the person's attention from wandering.

Provide Creative Outlets: People often have built up energy. Give them outlets for this energy. Examples include walks or other exercise, music, as well as therapeutic touch.

Introducing...



Hello everyone! As a new addition to the Alzheimer Society of Sault Ste Marie and Algoma District team I would like to introduce myself. My name is Brenna Tomas and I was born and raised in Sault Ste Marie. I graduated from St. Mary's College and I have recently completed the Rec-

reation Therapy program at Canadore College in North Bay. I have had a passion for the work done as a Recreation Therapist since high school. I have always had a devotion to help others and create a comfortable, social atmosphere. I enjoy recreation and hope to spread this joy I possess with others within our community. Working with the Alzheimer Society could not be a better fit for me to exhibit my passions. It is the job that I have always hoped to do and now it is such a gift to be able to work here. I am excited to be part of a working family that is working together to achieve an important goal within our community. I hope to meet many new people within my community. Do not hesitate to give me a call or stop me to say hello! I am excited to meet you!

Door to Door Campaign

We want to extend our sincere gratitude to all of our door to door volunteers that braved the elements and canvassed door to door in the month of January. Thank you also to the many businesses and service clubs for their support.

Congratulations to our Top Canvassers:

SSM - Anthony DeLuco

Algoma District - Beth Laderoute

Student - Jared Discher

No one should face dementia alone.

We're here to help.



Fundraising & Volunteer News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

Thank You!

We would like to thank all volunteers and supporters for their dedication during a very busy January Awareness Month. You truly Make a Difference! Without your help, the Alzheimer Society would not be able to provide important services such as recreation therapy, family support and education to people affected by Alzheimer's disease.

Manulife Walk for Memories

2010
MANULIFE
WALK
FOR
MEMORIES



WOW!! Thanks to everyone that attended or supported this year's Walk for Memories in Sault Ste. Marie and Elliot Lake. Both Walks set new records for attendance and

funds raised. Over \$31,000 was raised in Sault Ste. Marie and over \$13,000 was raised in Elliot Lake.

Many thanks to our Walk Sponsors:

Provincial Sponsor: Manulife

Local Sponsors:

Platinum - Oldies 93, 94.1 Moose FM, C&R Home Improvements Ltd.

Gold - Northwood Funeral Home, Great Lakes Power, Henderson Metal Fabricating Co. Ltd.

Silver - Penny's Pets, Lamon's Printing, The Medicine Shoppe- Great Northern Road, KPMG, The Athlete's Foot

Bronze - Allstate Insurance Agency, And Son Contracting, Avery Construction, Castle Realty Ltd., Hess Jewellers, Lock City Monuments, Mike Moore & Sons Construction Ltd., Mio's Furniture Fashions, North Star Travel Plus, PUC Services Inc., Rector Machine Works Ltd., Royal Purple #155, Royal Tire Service Ltd., Soo Mill Build All, Soo Video Sales & Service, We Care Home Health Services, Bob's No Frills, Elliot Lake Retirement Living

Special thanks to the volunteers, participants, donors of prizes and refreshments, entertainment, services, and the staff of White Pines Secondary School and Collins Hall for all of their support.

Congratulations to the top Walk pledge earners:

SSM: Caroline Dukes who raised an incredible \$1,600, and to the top pledge earning team RBC that raised over \$6,000 which included the very generous donation from the RBC Foundation.

Elliot Lake: Irene Massicotte who raised an incredible \$2,623.61, and to the top team Scotia Bank Girls who raised over \$1,400 including a generous match from Scotia Bank.



Above: the amazing RBC Team who raised over \$6,000 in the SSM Walk



At right, Daisy Murphy takes full advantage of Walk activities, with face painting by Irene Boychuk and the balloon outfit provided by Lucy McKenna.

We are pleased to recognize the platinum and gold sponsors of the 2010 Manulife Walk for Memories:



Great Lakes Power



HENDERSON METAL FABRICATING CO. LTD.
HEATING & AIR CONDITIONING



Upcoming Events & Notes of Thanks

Ladies' Night Out

A night of Dinner & Entertainment will be held at the Great Northern Hotel & Conference Centre on **Thursday, May 13th**. Our very own Shaylan Spurway, semifinalist in the 2009 CMT VJ search, will be M.C. for this evening.

Dinner consists of: bread, mixed green salad, chicken cacciatore, duchess potatoes, green beans, dark chocolate parfait, and coffee or tea. Tim Murphy will be entertaining with Earl and special guest Gina Lola- International- Bridge- ida. There will also be lots of prizes and a silent auction.

Advance tickets are \$40 and go on sale April 1st. They sell out fast, so don't be disappointed - reserve your table soon!

Thank you to our major sponsors, the Great Northern Hotel & Conference Centre and Mane Street Salon and Spa, as well as sponsors confirmed to date: Curves, Community First Credit Union, Brian Tremblay Photography, and New North Greenhouses.

Luxurious Ladies Raffle

This is the 2nd year for this raffle which sold out last year, and the draw will be held during the Ladies' Night Out event on May 13th at the Great Northern Hotel and Conference Centre. Tickets are \$5 each and will be going on sale soon. Prizes are:

1st Prize: Provided by Bennardo Jewellers
-Ladies 14K white gold right hand ring. Mesh look set with .13pts. **Total Prize Value \$1,915.35**

2nd Prize: Provided by Mane Street Salon & Spa
-Spa Package. **Total Prize Value \$336.00**

3rd Prize: A Gift Certificate from each of these participating locations: Arturo's Ristorante Italiano, Giovanni's Italian Restaurant, Gliss Resto Bar, Gran Festa, and Solo Trattoria. **Total Prize Value \$320.00**

Thank You to Our Friends in the Business Community

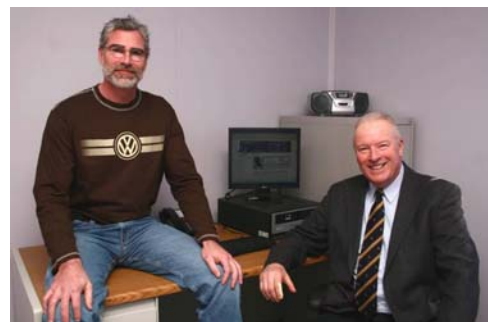
In December, the Great Northern Hotel and Conference Centre donated the proceeds from its Holiday Slumbers Festive Fund as well as an incredible pasta dinner that was attended by over 180 people.

Above is the presentation of the cheque for \$3,150 to the Alzheimer Society.



(L-R: Lori Amendola (Great Northern Hotel), Bea Fioramanti and Carolyn Cybulski (Alzheimer Society) and Sonny Naqvi (Great Northern Hotel).

Additionally, thanks to the collaboration of Society friends George Nixon, Algoma Business Computers (pictured below on left) and Gerry Demers, Agawa Indian Crafts (pictured below on right), the Alzheimer Society is now the proud owner of four new computers that will help office efficiency as we provide service to increasing numbers of clients.



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

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

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Carolyn Cybulski
Executive Director
Vicky Roy
First Link Coordinator, Family Services
Cathie Randell
First Link Coordinator, Health Promotion
Carolyn Ross
First Link Coordinator, East Algoma
Katherine Chalykoff
First Link Coordinator, North Algoma
Amy Bird
Recreation Therapist
Brenna Tomas
Recreation Therapist
Bea Fioramanti
Coordinator of Volunteers & Events
Monica Ruzyski
Bookkeeper/Office Assistant
Shaylan Spurway
Communications Intern