

# Prairie View

MAY 2012

## WHO report on dementia 2012

### Dementia must be a global health priority

Landmark data from the World Health Organization (WHO) and Alzheimer's Disease International (ADI) in their *Dementia: A Public Health Priority* report show that around the world a new case of dementia occurs every four seconds. That is the equivalent of 7.7 million new cases each year. The report challenges world governments to develop solutions to tackle the skyrocketing dementia epidemic that already affects 35.6 million people worldwide.

To date, only a few countries have created national Alzheimer's plans: Australia, Denmark, France, Korea, the Netherlands, Norway, England, Scotland, Wales and Northern Ireland. Some countries, such as India may soon see plans developed by non-government groups achieving government endorsement. The United States is currently developing a plan.

### Where in the world is Canada?

The Alzheimer Society is urging Canada to get on the world map and develop its own plan. In 2010, the Society sounded the alarm with the report *Rising Tide: The Impact of Dementia on Canadian Society* that forecast dementia to affect more 1.1 million Canadians in less than 25 years, with rising economic costs increasing to \$153 billion a year.

"The WHO report serves as a wake-up call for the Canadian government to show leadership in planning for the impact of dementia on our health-care system and on the people living with this devastating disease," says Naguib Gouda, CEO at the Alzheimer Society of Canada.

Rising Tide recommended five evidence-based solutions to reduce the burden of dementia and improve the well-being of those affected. These include prioritizing research, raising awareness about prevention, promoting early diagnosis and management,



strengthening workforce training and capacity, and implementing responsive care and health service delivery, especially for caregivers.

"With our booming economy and one of the oldest demographics in Canada, Saskatchewan is in an excellent position to lead the charge against the effects of this devastating disease. Yet in comparison to many provinces, we are falling behind. Over the coming year, the Society will be asking our provincial government to do more," says Saskatchewan Society CEO Joanne Bracken.

Learn more by selecting these links:

- ▶ Canada's dementia priorities
- ▶ Saskatchewan's dementia priorities
- ▶ WHO/ADI report
- ▶ Rising Tide report

### A Night to Remember

**2012 Fall Gala**  
**Thursday, Oct. 18**

**Casino Regina Show Lounge**

**Music by: The True Jive Pluckers**

To reserve tickets or arrange sponsorship, call Trina Hodel at 306-949-4141 or email [thodel@alzheimer.sk.ca](mailto:thodel@alzheimer.sk.ca)



Presented by:



### Prairie View is changing

You've probably noticed this issue of *Prairie View* looks quite a bit different. With rising printing and mailing costs, the Society has pared its distribution list and made changes to the way *Prairie View* is produced.

With your help, we can ensure even more of your donations go to programs that support people living with dementia and research to find a cure.

Simply go to [www.alzheimer.ca/sk](http://www.alzheimer.ca/sk) and sign up to receive the online version of *Prairie View*.

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## Annual General Meeting

**Saturday, June 2, 2012**

**9:30 a.m. to noon (meeting begins at 10 a.m.)**

**Hotel Saskatchewan Radisson Plaza  
2125 Victoria Avenue, Regina**

Agenda: Election of Officers, Audited Financial Statements, Bylaw Changes  
*Why is there no agreement on the use of antidepressants in Alzheimer's disease?*  
Presentation by **Dr. Darrell Mousseau**  
Saskatchewan Research Chair in Alzheimer's Disease and Related Dementia

### Volunteer Recognition and Awards

Honourary Lifetime Membership Award – **Marnell Cornish**  
Volunteerism Award – **Pat Bagwell**  
Corporate Leadership Award – **Events of Distinction**  
Media Award – **Pamela Cowan**

Coffee, tea and continental breakfast available beginning at 9:30 a.m.

For more information, please call the Alzheimer Society of Saskatchewan at  
306-949-4141 or 1-800-263-3367

## What will you leave behind?

Every day, hundreds of Canadians develop dementia.

Soon, no one will be able to say their family and friends are unaffected by Alzheimer's disease.

We help people living with dementia through awareness and education, support services, advocacy and research to find the causes and a cure.

Your legacy of hope will help to expand services and programs throughout the province, and fund research that will lead to a world without Alzheimer's disease.

Call us at **1-800-263-3367**  
or [visit our website to learn more about planned giving.](#)



**Our Vision: A world without Alzheimer's disease and other dementias**

# Heads up for Healthier Brains: The Diet Connection



Dr. Carol Greenwood (l) with Society Board member Dr. Jenny Basran at the public forum in Saskatoon in March. The Society's Healthy Brain program is presented by Fries Tallman Lumber.

Almost 500 people in both Regina and Saskatoon attended the Alzheimer Society's public forums in mid-March featuring Dr. Carol Greenwood, Professor of Nutritional Sciences, University of Toronto.

Dr. Greenwood delivered an informative and entertaining message about the connection between diet and brain health – or as she put it, “what you do south of the neck, influences how healthy you are north of the neck.”

She encouraged attendees to include a variety of foods in their diets and, as much as possible, eat food that is locally grown and in season.

Above all, Dr. Greenwood noted that the North American diet is typically high in fat and animal protein. She urged everyone to “eat your veg, eat your veg, eat your fruit and veg, and when you are done with that, eat your veg!”

The Society thanks volunteer Don St. Onge for video-taping the Regina session, which can be viewed by [selecting this link](#) or borrowed from our library.

## Spotlight on Research

The Society's *Spotlight on Research* evening, held in Saskatoon on January 18 drew 125 people to view 27 research posters and learn from presentations by Dr. Sandra Black, Neuroscience Research Director at the Sunnybrook Research Institute in Toronto and Dr. Darrell Mousseau, the Saskatchewan Research Chair in Alzheimer's Disease and Related Dementias. The photo on the right features Dr. Mousseau (l), Dr. Black, and Saskatoon neurologist Dr. Andrew Kirk.



## Annual provincial conference news



This year's Kaleidoscope of Care conference for healthcare professionals *Dementia: Living*

*Together* is on Sept. 25 and 26 at the Delta Regina Hotel.

Topics for the conference include:

- Knowing the person with dementia
- Intimacy and Sexuality
- Models of Care
- Raising Your Voice – Making Dementia a Health Care Priority

Visit [our website](#) for additional conference and registration details as they become available.

## New spousal frontotemporal dementia support group

Are you a spouse of a person with Frontotemporal Dementia (FTD) and looking for support from others who understand the unique challenges that a diagnosis of FTD brings?

The Spousal FTD Support Group meets once a month from 4:30 to 6 p.m. via Telehealth around the province.

For more details, please contact Joanne Michael at 306-949-4141 in Regina, 1-800-263-3367 or [jmichael@alzheimer.sk.ca](mailto:jmichael@alzheimer.sk.ca).

## Be a part of the World Alzheimer Report 2012



Alzheimer's Disease International (ADI), the umbrella organization of 78 Alzheimer associations around the world, is looking for people with dementia and caregivers to share their experiences and opinions on stigma for the World Alzheimer Report 2012. Since 2009, this report has gained a reputation for providing the most up-to-date data and reporting on dementia worldwide. To receive a link to the online survey, send an email to [info@alz.co.uk](mailto:info@alz.co.uk).

**Our Mission: To alleviate the personal and social consequences of Alzheimer's disease and related disorders and to promote the search for a cause and a cure**

# Thank you Saskatchewan!



More than 500 walkers joined the fight against Alzheimer's disease on Jan. 29. We surpassed our goal, raising over \$177,000 provincially. Your donations support families living with dementia and bring us closer to finding a cure.

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**Contact Nicole at 949-4141 in  
Regina or 1-800-263-3367 or  
nhaynes@alzheimer.sk.ca**

If someone you know requires help, if you want further information about our organization or would like to make a donation, please contact us.



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## Yes! I want to make change happen in Saskatchewan

Alzheimer Society of Saskatchewan  
301 - 2550 - 12th Avenue  
Regina, Saskatchewan S4P 3X1

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Thank you.

NL 2012 May