



Spotlight on Research: *Alzheimer's Disease and Related Dementia* The Sequel... in Regina!

Last fall's **Spotlight on Research** evening in Saskatoon was a huge hit with Alzheimer Society supporters. This fall, in conjunction with the annual provincial conference for professional caregivers, we are bringing the spotlight to Regina.

Your opportunity to learn about the promising dementia research being conducted in the province is on Monday, September 27th from 7 to 9 p.m. at the Delta Regina Hotel (1919 Saskatchewan Drive). Admission is free, but space is limited. Guests are asked to register in advance by calling 949-4141 (in Regina) or 1-800-263-3367, or online at www.alzheimer.sk.ca. Complimentary appetizers will be served and a cash bar will be available.

The evening begins with an hour-long opportunity to view poster presentations and chat with more than a dozen researchers about their investigations. The formal part of the program includes a presentation by the Saskatchewan Research Chair in Alzheimer's Disease and Related

Dementia, Dr. Darrell Mousseau, Ph.D., Associate Professor of Psychiatry, University of Saskatchewan. Dr. Mousseau's presentation "*Mechanisms, Treatments and Biomarkers for Alzheimer's Disease*" will explain his team's research project that will examine a link between Alzheimer's disease and depression.

The second presentation will feature Dr. Thomas Hadjistavropoulos, Ph.D., R.D. Psych., Professor of Psychology and Director of the Centre on Aging and Health, University of Regina. Dr. Hadjistavropoulos will present on "*Assessing Pain in Patients with Dementia.*"

The final presentation will highlight the many research projects funded through the Alzheimer Society Research Program (please go to page 6 for news on this program).

Poster presentations will address a wide range of medical and social issues surrounding Alzheimer's disease and related dementia. Some of the confirmed presentations look

at delivering exercise interventions through the use of telehealth for rural and remote residents; the use of supplements for long-term care residents diagnosed with dementia; developing dementia screen tools for northern Aboriginal seniors; and factors influencing satisfaction with telehealth videoconferencing in a memory clinic for rural seniors.

Spotlight on Research is supported by the Saskatchewan Health Research Foundation and funded in part through an unrestricted educational grant from Pfizer.

INSIDE *this issue*

Board news	2
Provincial Conference	4
Fall learning opportunities	5
Healthy Brain forums	6
Fall Gala	6
Research grant recipients	6
Healthy Brain Tip	7
Coffee Break	7

STAFF MEMBERS

- Joanne Bracken
Chief Executive Officer
- Joanne Michael
Program Services Manager
- Kristina Gebhard
Fund Development Manager
- Donna Bowler
Communications Manager
- Kathleen Defoe
Finance and Administration Manager
- Lorna Hampton
*Support and Education Coordinator
Northern Saskatchewan*
- Theresa Mura
*Support and Education Coordinator
Southern Saskatchewan*
- Jennifer Schoeck
*First Link Coordinator
Northern Saskatchewan*
- Trina Hodgson
*First Link Coordinator
Southern Saskatchewan*
- Alice Germann
*Public Education Coordinator
Northern Saskatchewan*
- Bobbi Krushkowski
*Public Education Coordinator
Southern Saskatchewan*
- Trina Hodel
Donor Relations Coordinator
- Chris McLaughlin
Annual Giving Coordinator
- Marni Hatcher
Executive Assistant
- Daina Braun
Administrative Coordinator
- Jillian Higgins
Administrative Assistant

BOARD MEMBERS

- Sandy Weekley, *President*
- Diane Lemon, *Vice-President*
- Patti Kelm, *National Representative*
- Lynn Wrishko, *Secretary*
- Cathy Hinthier
- Tim Huber
- Janice Hurd
- Lee Durdin
- James Baldwin
- Dr. Jenny Basran
- Dr. David Malloy
- Richard Jankowski

Message from President and CEO

This fall promises to be an exciting and busy season for the Alzheimer Society of Saskatchewan with educational programs in Regina, Saskatoon and other centres via telehealth; Healthy Brain forums in Yorkton and Prince Albert; public awareness sessions across the province; the annual provincial conference; **Spotlight on Research**, Coffee Break®, the Door to Door campaign, and our Fall Gala. You will find details on these activities in this newsletter.

We would also like to introduce you to our new board members elected at the Annual General Meeting in June.

Dr. Jenny Basran earned a Bachelor of Science (University of Alberta) and a Doctor of Medicine (University of Saskatchewan). She completed her Internal Medicine Residency at the U of S in 2001 and served as Chief Resident. In 2003 she completed a Geriatric Fellowship at the University of Calgary. Since then, Dr. Basran has served as a Faculty Member, Assistant Professor and Head of the Division of Geriatric Medicine, Department of Internal Medicine at the University of Saskatchewan, which includes the Geriatric Assessment Unit and Day Hospital at Saskatoon City Hospital, and the Geriatric Re-enablement Unit at Parkridge Centre. She teaches all levels of medical students and residents, with a particular focus on cognitive impairment, impaired mobility, chronic and multiple disease management, and polypharmacy. Dr. Basran’s research interests include dementia, interdisciplinary education and falls/osteoporosis. She is a member of the Rural and Remote Memory Clinic, a research project funded jointly by the Canadian Institutes of Health Research, the University of Saskatchewan, the Saskatchewan Health Research Foundation, and the Alzheimer Society of Saskatchewan. Dr. Basran has presented on Alzheimer’s disease at the Society’s Public Forums.

Patti Kelm’s diverse background includes positions as a consultant, adult learning facilitator and manager in the not-for-profit and public sectors. As the Executive Director for the Arthritis Society – Saskatchewan Division, and Special Olympics Saskatchewan, she has gained an understanding of the unique challenges and opportunities that face community-based national organizations. Professional experiences at the Universities of Regina and British Columbia, the Hospital For Sick Children (Toronto) and the City of Regina have contributed to her passion for individual, team and organizational learning and growth. In 2003, Patti founded Cornerstone Learning & Development Services, which provides organizational development services to municipal and provincial governments, and community, provincial, national and faith-based organizations. She has helped a number of not-for-profit Boards transition to a policy governance framework. She has also designed and facilitated adult learning programs in team building, supervisory skills, customer service, change and transition management, and presentation and facilitation skills. Patti is enrolled in the Master of Administration (Leadership) program at the University of Regina. Her credentials include a Bachelor of Education (U of Regina), Diploma in Adult Education (St. Francis Xavier University, Nova Scotia), and a Certificate in Health Services (Canadian School of Management, Toronto).

(continued on page 3)

The Alzheimer Society of Saskatchewan is committed to protecting the privacy of people whose personal information is collected and held by us, and we adhere to all legislative requirements with respect to protecting privacy. If at any time you wish to have your name removed from this or another mailing, contact us at 306-949-4141 or toll free at 1-800-263-3367, or via e-mail at dbowler@alzheimer.sk.ca and we will gladly accommodate your request.

Chair/CEO Message *(continued from page 2)*

She is also a Myers Briggs Personality Type Practitioner, a licensed Relationship Model™ of Governance Consultant and a certified Prosci Change Management Practitioner. Patti's desire to serve on the Board is fuelled not only by her passion for excellence in governance, but also by her mother's recent diagnosis of Alzheimer disease. Patti will be the Alzheimer Society of Saskatchewan's representative on the national board.

Richard Jankowski has over 30 years of experience in all aspects of commercial and industrial construction management, asset management and human resource administration. Richard is the President of Granite Developments Inc., as well as Managing Director & VP, Operations at Avison Young Commercial Real Estate (Sask) Inc., the Saskatchewan office of Avison Young Canada. Richard is a recognized business leader with significant experience in marketing, facility design, regulatory compliance, negotiating agreements and contracts, establishing industry standards for employee development and health and safety, and leading committees and participating on a variety of task forces. Richard believes in honesty, hard work, integrity, creativity, process improvement and customer service. He has built on his values and work experience with post-secondary development at UBC (Project Management), University of Calgary and Richard Ivey School of Business (Business Operations), Seattle, WA (Industrial Facility Management), Boston, MA (Business Process Re-engineering) and various other programs related to leadership, executive management, quality control and risk management. Richard is the chairperson for the 2010 Alzheimer Society Fall Gala and was the co-chair of the 2009 Fall Gala.

Dr. David Cruise Malloy, Ph.D. is a full professor in the Faculty of Kinesiology & Health Studies at the University of Regina. He is a graduate of the Universities of Western Ontario and Ottawa. Over the past decade, Dr. Malloy has received more than \$4.5 million in funding from Social Science and Humanities Research Council of Canada and the Canadian Institutes for Health Research to support his ongoing research exploring the impact of culture and religion on healthcare ethics and personhood. He is the principal investigator of the International Healthcare Ethics Team at the University of Regina, and the Foreign Director for the International Institute for Bio-ethic Research of Shandong Province, China. He has co-authored 53 refereed articles, 4 texts, and over 80 conference presentations, technical reports, and other non-refereed contributions. Currently Dr. Malloy is the Director of the Office of Research Services and the Associate Vice President – Research with a Health and International portfolio. His research has focused on seniors with dementia from an international perspective. Being a member of the Board will allow David to expand his awareness of the issues that are foremost in the Saskatchewan context. While he hopes to bring some expertise to the Board, David expects to learn a great deal from this commitment.

James Baldwin is the Vice President of US Equities for Greystone Managed Investments, one of the largest independent institutional money managers in Canada. Greystone is a team-based organization with a strong commitment to community. James works closely with his partners on the US Equity team to evaluate broad economic trends and fundamental company research. James has a strong understanding of financial statements, and an appreciation for the importance of good governance and sound strategic planning. Through his uncle's struggle with Alzheimer's disease, James became aware of the challenges individuals and families affected by this disease face. The importance of the Society in raising awareness, funding research and providing information to the community are the major reasons he joined the board. James graduated from Queen's University with a Bachelor of Commerce focusing on Accounting and Finance. He has also attained his Chartered Financial Analyst designation.

Continuing their service on the board are: Sandy Weekley, President; Diane Lemon, Vice-President; Lynn Wrishko, Secretary; Cathy Hinker; Tim Huber; Janice Hurd; and Lee Durdin. We extend our deep gratitude to members of the board who completed their terms this year. Edie Laidlaw was our representative on the Alzheimer Society of Canada board. Ruth Lea, Anita Schmitz and Karen Fuchs were all capable and welcome members of the board. The Society also thanks and congratulates Dr. Darrell Mousseau who served as Vice- President before stepping down to submit an application for the Saskatchewan Research Chair in Alzheimer's Disease and Related Dementia, an award he accepted this April.

On behalf of the Board, we invite our members and supporters to partake in the many opportunities to get involved with the Society this fall. In this newsletter, you will find numerous opportunities to learn more about Alzheimer's disease and related dementia, and to help support the important work of the Alzheimer Society of Saskatchewan by volunteering, attending a fundraising event or simply making a donation. Together, we will stop this life thief!

Sandy Weekley, President and Joanne Bracken, CEO



Understanding Diversity in Dementia Care

*Alzheimer Society Provincial Conference for
professional caregivers of people with
Alzheimer's disease and related dementia*

TUESDAY, SEPTEMBER 28th and WEDNESDAY, SEPTEMBER 29th, 2010

DELTA HOTEL (1919 Saskatchewan Drive)

REGINA, SASKATCHEWAN

MONDAY SEPTEMBER 27th, 2010

Spotlight on Research

Conference participants are invited to attend a free pre-conference event highlighting current research into Alzheimer's disease and related dementias being conducted in Saskatchewan.

TUESDAY SEPTEMBER 28th, 2010

Keynote – Dr. J.B. Orange

Enhancing Personhood via Communication Strategies for Individuals with Alzheimer's Disease and Their Caregivers

Concurrent Sessions 1

1A – *Instead of what I can't do, it's what I can do* – Dr. Rebecca Genoe, Ph.D.

1B – *Dementia and Driving* – Leann Nixon, R.N.

Remembering... My experience with my mother, Mabel Pratt – Mrs. Gale Ohochinsky

Rising Tide: The Impact of Dementia on Canadian Society – Joanne Bracken

WEDNESDAY SEPTEMBER 29th, 2010

Keynote – Dr. Jean Boodhoo

The Prevention of Alzheimer's Disease and Related Dementias

Let's Talk Powers of Attorney – Ronald J. Kruzeniski

Concurrent Sessions 2

2A – *You Can Teach an Old Dog New Tricks: Gentle Persuasive Approaches* – Deb Lesyk

2B – *Physical Activity for Restorative Care in Older Adults with Dementia* –
Dr. Shanthi Johnson, Ph.D. and Jonathan Harris

Motivational Speaker Jayne Clendening – *Laughter – Just for the Health of It*

For more information or to register for the conference, please visit www.alzheimer.sk.ca or call us at 949-4141 in Regina or toll free 1-800-263-3367.



Fall Learning Series

Next Steps

For people with Alzheimer's disease or a related dementia and their care partner

Friday, September 17 & 24 and October 8 & 15

1:00 p.m. – 3:00 p.m.

Nutana Park Mennonite Church, 1701 Ruth Street E., Saskatoon

Call Jennifer Schoeck at (306)683-0141 or 1-800-263-3367

or e-mail: firstlinknorth@alzheimersk.ca for more information or to register.

Tuesday, October 5, 12, 19 & 26

1:30 – 3:30 p.m.

Alzheimer Society of Saskatchewan office

301-2550-12th Avenue, Regina

Call Trina Hodgson at (306)949-4141 or 1-800-263-3367

or e-mail: firstlinksouth@alzheimersk.ca for more information or to register.

Next Steps for Families

For families and friends affected by Alzheimer's disease or a related dementia

Wednesday, October 6, 13, 20 & 27 (via Telehealth)

7:00 – 9:00 p.m.

Regina Wascana Auditorium (call 949-4141 to register)

Saskatoon Parkridge Centre Classroom (call 683-0141 to register)

Also presented in select communities via Telehealth. Register by calling your local Telehealth Coordinator, or Trina Hodgson at 1-800-263-3367

or e-mail: firstlinksouth@alzheimersk.ca for more information.

Saturday, November 27

9:00 a.m. – 4:00 p.m.

Alzheimer Society of Saskatchewan office

301-2550-12th Avenue, Regina

Call Trina Hodgson at (306)949-4141 or 1-800-263-3367

or e-mail: firstlinksouth@alzheimersk.ca for more information or to register.

Saturday, November 27

9:30 a.m. – 4:30 p.m.

Luther Senior Centre

1800 Alexandria Avenue, Saskatoon

Call Jennifer Schoeck at (306)683-0141 or 1-800-263-3367

or e-mail: firstlinknorth@alzheimersk.ca for more information or to register.

Options for Care

For care partners of those in the later stages of the disease who may need more care

Saturday, November 6

9:00 a.m. – 3:00 p.m.

Alzheimer Society of Saskatchewan office

301-2550-12th Avenue, Regina

Call Trina Hodgson at 949-4141 or 1-800-263-3367

or e-mail: firstlinksouth@alzheimersk.ca for more information or to register.

STAFFING NEWS

Alice Germann has joined the Society's Saskatoon office as Public Education Coordinator while Kim Nicholls is on maternity leave. Alice graduated from the Recreation and Leisure Management program at SIAST and worked for Luther Care Communities at the Palisades long-term care facility arranging activities and care plans for residents.

Can You Help?

Volunteers needed for the 2010 Door to Door Campaign

Canvassers are needed for the October 15 to 21 Door to Door campaigns in Regina, Moose Jaw and Swift Current. Sign up by calling 1-877-651-0260 by September 24.

To volunteer for the Saskatoon campaign which runs from November 1 to 7, call 651-0260 by October 15.



Heads Up for Healthier Brains

Learn how to keep your mind sharp and age with a healthy brain

Guest Speaker Guy Pilch takes a holistic, mind-body-spirit approach to brain health. He will help you develop a personal mental fitness program that fits your lifestyle, and give you the tools to achieve your goals easily and at your own pace.

Yorkton

7:00 PM

Wednesday, Oct. 13

St. Mary's Cultural Centre

Prince Albert

7:00 PM

Thursday, Oct. 14

Exhibition Hall

Admission is free, but donations to the Alzheimer Society of Saskatchewan are appreciated.

Register online at www.alzheimer.sk.ca
or call **1-877-949-4141**
or email headsup@alzheimer.sk.ca

Presented by: Supported by: Media Sponsors:



DAILY HERALD

YORKTON



Alzheimer Society of Saskatchewan 12th Annual Fall Gala

*A Night to
Remember...*



Thursday, October 21, 2010

Casino Regina Show Lounge

Lively, high energy entertainment from award winning Saskatchewan country music artist **Codie Prevost** and his band

Live and Silent Auction

Tickets – \$150 each

Sponsorship opportunities still available. Call **Kristina Gebhard** at 306-949-4141 or 1-800-263-3367 for more information

Presented by:



Alzheimer Society Research Program Funding Recipients

University of Saskatchewan doctoral candidate **Jocelyn Poock** has accepted an Alzheimer Society Research Program Doctoral Award worth just over \$20,000. Jocelyn's research will examine the effect of the dual task of "walking while talking" on the gait of people with Alzheimer's disease and compare it with the gait of healthy older adults to determine the role of higher brain functions in clinical gait assessments.

Sébastien Hébert, who studies at the Université Laval in Quebec City is the recipient of a \$180,000 Alzheimer Society of Saskatchewan Young Investigator grant. His project is entitled "Importance of microRNA target site polymorphisms in Alzheimer's disease."

Another Université Laval researcher, **Carl Julien**, is the recipient of a \$90,000 Alzheimer Society of

Saskatchewan Post-Doctoral Fellowship Award to study the "Effect of type 2 diabetes on the in vivo pathogenesis of tau."

The Alzheimer Society Research Program is a collaborative initiative of the Alzheimer Society federation to help launch the careers of outstanding young researchers and fund the work of established researchers.

HEALTHY BRAIN TIP

*Presented by
Fries Tallman Lumber*

Why Shopping Local is Good for Your Brain

If you are someone regularly purchases food from local sources, you already know the benefits of shopping local, but did you know about the hidden benefits for brain health that a trip to the local farmer's market could provide?

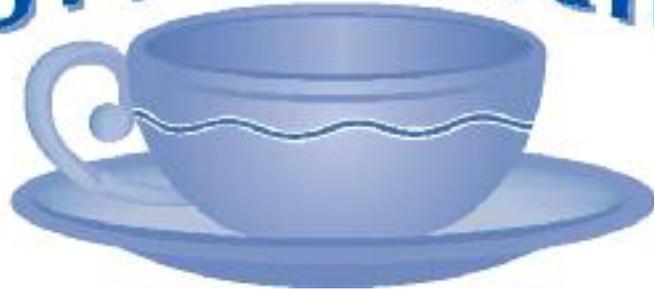
Our brains are a complex organ and because of this, they require at least 20 percent of the nutrients and oxygen our blood carries. A great way we can nourish our brains while nourishing our communities is by obtaining food from local farmers and gardens. When visiting any local market, keep an eye out for brain friendly foods that are highly nutritious and taste great. Choose brightly coloured fruits and vegetables that are full of antioxidants.

Another benefit of visiting the local market is the physical exercise you experience when walking through the booths and visiting each vendor. To make your trip to the market more physically active, ride your bicycle or park your car a few blocks away and walk to the booths.

Maintaining a socially active lifestyle is another important factor for brain health and you can fulfill the need for socialization while visiting a public market. Make a point of speaking to vendors about their produce and ask them for recipes and ideas about how to prepare your haul.

Not only will you be helping local growers, you will be nurturing your brain.

COFFEE BREAK®



MAKE YOUR COFFEE COUNT

Each day thousands of Canadians take a moment to enjoy a cup of coffee.

This September, join the Annual Nationwide Alzheimer Coffee Break® and make your coffee count.

Host or attend a coffee break in your community to raise awareness and funds that will help us discover how to prevent Alzheimer's disease, cure it, and improve the lives of those who are forced to live with it.

Alzheimer's disease and other dementias are everyone's concern. You can make a difference.

To find out more about hosting a Coffee Break, please call Pam at 1-877-651-0260.

Alzheimer Society of Saskatchewan Public Coffee Breaks will be held on:

Saturday, September 11

8:00 a.m. to 2:00 p.m.

Farmer's Market (corner of Avenue B and 19th Street)

Saskatoon

Thursday, September 16

10:00 a.m. to 2:00 p.m.

Frederick W. Hill Mall (1800 block Scarth Street)

Regina

Yes! I want to make change happen in Saskatchewan

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

Charitable Registration
#12996 3617 RR0001

A tax receipt will be sent to you for any donation over \$10. Monthly donors will receive one receipt for the total amount of monthly gifts at the end of the taxation year.

Name _____ Province _____ Postal Code _____

Address _____ Telephone _____

City _____ E-mail _____

I would like to be a monthly donor or I would like to donate \$ _____
Amount \$ _____

I have enclosed a cheque marked VOID I have enclosed a cheque
or charge my:

VISA MasterCard Card # _____

Signature _____ Expiry Date _____

Thank you.

MISSION STATEMENT

"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."

If someone you know requires help, if you would like further information about our organization or if you would like to make a donation, please contact the Alzheimer Society of Saskatchewan.

To keep current with Alzheimer Society news and programs visit the "What's New" section of our website at

www.alzheimer.sk.ca



PROVINCIAL OFFICE

301-2550-12th Avenue
Regina SK S4P 3X1
Phone: 306-949-4141
Toll-free: 1-800-263-3367
Fax: 306-949-3069
Email: info@alzheimer.sk.ca

SASKATOON OFFICE

(call for office hours)
Oliver Lodge
1405 Faulkner Crescent
Saskatoon SK S7L 3R5
Phone: 306-683-6322
Fax: 306-683-6391
Email: saskatoon@alzheimer.sk.ca

Prairie View is published by the Alzheimer Society of Saskatchewan. *The material in this publication is provided as a matter of interest. It should not be used as a substitute for professional assistance and does not necessarily reflect the views of the Society or its members. If you would like to receive Prairie View and are not already on our mailing list, please contact us.*