Phyllis Horton Bursary Awarded
Wallace to conduct Alzheimer’s disease prevention and treatment research

By Bethany Sampson, ASNS staff member

Each year, the Phyllis Horton Bursary is awarded to an outstanding individual who is pursuing research in Alzheimer’s disease or other dementias.

This year’s winner was Lindsay Wallace, who is studying at Dalhousie University. We caught up with her to see what drew her to the field of Alzheimer’s disease research.

ASNS: What initially drew you to the study of Alzheimer’s disease?
Lindsay: I have watched both friends and family members struggle with this disease either directly, or as a caregiver, and there is no question that the impact of Alzheimer’s disease is far-reaching. Very few clinically impactful advances have been made in the treatment of Alzheimer’s disease, despite being a prolific area of research. My interest stems from a desire to change the lives of those affected by this disease, as well as to scientifically uncover mechanisms through which this disease develops, in hopes that a novel conceptualization will stimulate innovative therapy advances.

ASNS: Can you explain your research in layman’s terms?
Lindsay: I plan to investigate how frailty may influence the development and progression of Alzheimer’s disease in order to find effective strategies for prevention and treatment. Many older adults are frail, meaning they have many interacting health problems and are vulnerable to poor health outcomes such as having a fall or entering a nursing home. People who get sporadic...
Contact us

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ARE YOU In The LOOP?

Coming up...

Month of September
Coffee Break®

September 5
Office closed for Labour Day

September 9
Evening to Remember

September 21
World Alzheimer Day

Month of October
Door to Door

October 10
Office closed for Thanksgiving

October 17 & 18
Provincial Conference - Office closed

November 11
Office closed for Remembrance Day

November 15
National Philanthropy Day

November 29
Giving Tuesday

Support groups are offered on various dates around the province.

For a full list of these dates, please visit our website.
Alzheimer’s disease are often older in age and frail. It is likely that age and frailty play a key role in the development of Alzheimer’s disease and my research aims to explore this. Specifically, I will investigate whether frailty mediates the relationship between both risk factors and biomarkers for Alzheimer’s disease and the clinical symptoms. This raises the possibility of treating frailty in order to reduce the risk of Alzheimer’s disease, a key public health goal.

**ASNS: What outcome do you hope to achieve upon completing your research?**

**Lindsay:** My sincere hope is that by integrating perspectives on Alzheimer’s disease (and dementia) we can improve understanding of the nature of the disease and its development; knowing this will allow researchers to select more appropriate treatment targets and facilitate improved treatment options. I hope that this will improve the quality of life of those living with Alzheimer’s disease, as well as prevent future cases.

**ASNS: What motivates you to stay in this field of research?**

**Lindsay:** Dementia research is endlessly fascinating from an academic perspective as there is so much to be discovered, but the real motivation comes from the hope that my research will one day be able to make a positive impact of the lives of people living with dementia and their families. Over time, this disease affects the body, mind, and family unit and I feel to make true progress in preventing and treating the disease, we need to be open-minded and willing to try different approaches to understand this illness.

**ASNS: How important are bursaries and grants when it comes to research?**

**Lindsay:** I am so grateful for the generosity and commitment to knowledge creation and education by the Alzheimer Society of Nova Scotia. As a student scholar I rely on the support of government and foundational funding and I would not be able to advance my education and research objectives without this support. This kind of support is vital in my pursuit of a research program that will eventually lead me to be an independent investigator. Please accept my sincere thanks.

Established in 1995, the Phyllis Horton Bursary is awarded annually by the Alzheimer Society of Nova Scotia to a graduate (Masters or PhD) student in Nova Scotia who is pursing research in Alzheimer’s disease or other dementias. The bursary was created in honor of Phyllis Horton, a founding member of ASNS. In 1980, Horton’s husband, Del, was diagnosed with Alzheimer’s disease. At the time, there was no local organization, so Horton helped found the Alzheimer Society of Nova Scotia, saying she “wanted to help other people deal with the same frustration [she] went through.”

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**27th Annual Provincial Conference**

**October 17 & 18, 2016**
**Holiday Inn Harbourview**
**Dartmouth, NS**

**Keep an Open Mind About Alzheimer’s**
Let’s Make a Difference on World Alzheimer Day

By Amanda Mueller, ASNS staff member

Dementia currently affects 564,000 Canadians and as the years pass, this number will only grow. Currently it is predicted that this number will reach 937,000 Canadians in 15 years.

That’s why September 21 is World Alzheimer Day.

This year, on World Alzheimer Day, we invite you to learn a little more about Alzheimer’s disease and other dementias and help improve the lives of over 17,000 Nova Scotians living with dementia.

Not sure how to do that? Here are some of our suggestions:

• Do you know the difference between Alzheimer’s disease and dementia? If not, learn! Visit www.alzheimer.ca/ns for a full explanation of the difference between Alzheimer’s disease and dementia as well as a list of the many other dementias.
• Learn the 10 warning signs. We share one warning sign per issue of In the Loop but you can see all ten by visiting www.tenwarningsigns.ca.
• Share Faye’s strategies for living well. She was kind enough to go on camera and help us create videos to help support YOU. These can be found on our YouTube channel at www.youtube.com/AlzheimerNS
• Become a Dementia Friend. A dementia friend is someone who learns a little bit more about what it’s like to live with dementia, and turns that understanding into simple actions that help people with dementia live well. You can do this at www.dementiafriends.ca
• Sign up to host a Coffee Break®. Support Nova Scotians by serving coffee in exchange for a donation. Host an event in your office, at home or in your community! Sign up at www.coffebreakns.ca.
• Make a donation to the Alzheimer Society at www.alzheimer.ca/ns or by calling 1-800-611-6345. Your donation will help provide Nova Scotians with education and much needed support all around the province.
• Sign up to donate your brain to the Maritime Brain Tissue Bank. To learn more about this process, read our blog post about it or visit www.braintissuebank.dal.ca.

Have any other ideas for ways you can make a difference on World Alzheimer’s Day? We’d love to hear about it. Visit us on Facebook or Twitter and use #WorldAlzheimerDay to share your ideas.

Let’s all mark September 21 on our calendars and help make a difference in the lives of people living with dementia!
In the Loop Summer 2016

First Link® with Nurse Laureen Morley

By Donna McLean, Staff member

Laureen Morley is passionate about working with elderly people. In fact, she has been the charge nurse at the Geriatric Ambulatory Care unit in Halifax for over 25 years! In addition to her administrative responsibilities, Laureen works with geriatricians and neurologists to assess patients with cognitive concerns. She provides patients with education and counselling, and connects them to healthcare and community services.

Laureen has been an active supporter of the Alzheimer Society of Nova Scotia’s First Link® program since it started in 2012. Not only is she a helpful ‘go to’ person for Society staff, but she also refers patients to the First Link program. Laureen is one of a team of specialist physicians and healthcare professionals involved with the Memory Disability Clinic, which last year made 68 per cent of the referrals received through the First Link program. “It’s encouraging to see how our relationship with the Alzheimer Society has developed over time,” says Laureen.

Laureen refers patients to the Alzheimer Society because the knowledgeable and caring staff can offer patients and families ongoing telephone support throughout their journey. “A diagnosis of dementia means people will experience changes over time and Alzheimer Society staff can provide education and support in a timely way as things change,” she says. “For example, as illness progresses and care needs increase, it is helpful to obtain information on available home supports.”

The First Link® program allows healthcare professionals such as Laureen to directly refer individuals living with dementia and their families to the Alzheimer Society of Nova Scotia. Then the Society makes the initial contact. Laureen says “First Link takes the onus off people such as the caregiver to make the call. I find otherwise they often get busy and don’t get around to contacting the Alzheimer Society.”

Laureen says patients and families are fortunate to have Alzheimer Society education programs and support groups available to them. In turn, the Alzheimer Society is fortunate to have such an experienced, passionate, and helpful healthcare professional working with us.

Healthcare and community service professionals in the Halifax region, Lunenburg and Queen’s Counties, and Industrial Cape Breton can now make First Link® direct referrals of their clients to the Alzheimer Society of Nova Scotia.

To learn more about First Link and to see the First Link video, go to our website at www.alzheimer.ca/ns.
Coffee and Conversation with Anne MacQuarrie

By Kara Gouthro-Murgatroyd, ASNS Staff Member

Staff member Kara recently sat down with Anne MacQuarrie, a woman living with dementia, and discussed some of the strategies that Anne has in place to help her with her day-to-day life. She was more than happy to share some of her tips and tricks. Read them below:

Things are changing; for instance if my routine is interrupted by something unexpected it affects my ability to process the information. This makes me anxious.

To help me to remember what I need to take with me when I leave my apartment I created a check list. I use a three by five index card taped above the lock on my door to remember my purse, day planner, notebook and keys.

I use a day planner and notebook. I put reminders in my planner, like doctors appointments and cross it out when it’s done. In my notebook I elaborate on details. I note what I want to talk about with my doctor (concerns and questions), then I give the notebook to my doctor so she can write down things she wants me to do in basic point form.

In my notebook I also include a list of my favourite restaurants, coffee shops, places I like to walk, and friends’ phone numbers.

If I plan to meet a friend for lunch I prepare my clothes the night before. I organize my closet so that I have different outfits; I have a dress and sweater on one hanger and if it’s casual I have a pair of pants and shirt. I take my clothes, put them on the bed and close the closet door. If the closet door is open there’s too much choice, it’s too overwhelming. I could literally be there all day trying to decide what to wear. It’s frustrating.

It’s very difficult for me to make a decision if there’s more than one or two choices. I can keep only one thing in my head. I need basic things in place to remain independent. In the last month too many little things have taken me off course. I have an awareness that these things are happening and I accept it. It is what it is.

I have a strong faith which helps me to approach my day. I may not be able to do it all, but that’s okay.
Looking for more strategies?

By Amanda Mueller, ASNS Staff Member

Everyone handles things differently, and like Anne MacQuarrie, have their own strategies.

Rev. Faye Forbes was also kind enough to share some of hers with us! They include:

- **Memory loss**: Writing everything down in her day planner
- **Disorientation of time**: Setting a timer to remind her to move on to something else when the time is up
- **Misplacing things**: Assigning everything in her house a home and ensuring things are put back there when finished using

To learn more of Faye’s day-to-day strategies, watch her videos on our YouTube channel. They can be found at [www.youtube.com/AlzheimerNS](http://www.youtube.com/AlzheimerNS), saved under the playlist *Meet Faye. She’s living with dementia.*

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You’re invited to

**Family and Friends Night**

**Monday, October 17, 2016**

**6:00 p.m. - 7:00 p.m.**
Light refreshments & visit a variety of information booths

**7:00 p.m. - 8:30 p.m.**
Panel presentation & questions

**Holiday Inn Harbourview, Dartmouth**

For more information about this *no cost* panel presentation, call 902-422-7961 or email alzheimer@asns.ca

In partnership with:

[Northwood](http://www.northwood.ca)
Saying Goodbye to the Alzheimer Duck Derby

The event won’t be happening but we still need your support

By Sarah Lyon, ASNS staff member

Nine years ago, Nova Scotians were asked to “adopt a duck” to support those living with dementia in our province.

"Adopt a duck? For the Alzheimer Society? Not for an animal related charity?"

Nope, it wasn’t real ducks we were asking to be adopted, but little, yellow, rubber ducks. Ten thousand of them in total. And adoptees didn’t get to take them home, they stayed in storage until once a year they were dumped into the Halifax Harbour. Corralled between oil booms, surrounded by fans and scuba divers (and the occasional seal), as a boat churned water beneath them, they raced to the finish line.

The first 10 ducks to cross that finish line took home prizes for their adopted families! But everyone who was at the event had fun by participating in the free Kids Zone, watching the race or participating in one of the exhibitor/vendor booths.

Why did we do this event? Because it helped raise money for the programs and services that those living with dementia come to the Society for. Being on the Halifax waterfront and having duck adoption papers out in communities across the province – thanks to our adoption sponsor Bank of Montreal – also helped raised awareness of the disease and Society.

The races continued to be successful because of prize sponsors like Steele Hyundai. The team at Steele Hyundai on Kempt Road in Halifax came back year after year with our grand prize – a new car – but also with adoption drives and bar-be-ques. For the second place duck, WestJet gave the gift of travel – anywhere...
they flew! And the third place prize was a shopping spree at Mic Mac Mall, so everyone would be outfitted for fall.

We also had tremendous support from corporations like Grant Thornton. Not only were they financial sponsors, but they too held adoption drives and gave staff the time to volunteer on the event committee and on the day of. Our location was supported by Waterfront Development, our event by Clearwater and Steven’s Group, and our corporate ducks were purchased and decorated by a couple of hundred organizations over the years.

And YOU, you the duck adopters who filled out forms by hand in banks, in malls, on dining room tables and online. YOU helped move all those ducks across the finish line. And in return, you helped many people with dementia, their families, and their friends. By adopting a duck, you were one of the generous Nova Scotians who helped us offer programs and supports.

After evaluations, discussions, and time to really think, the Alzheimer Society of Nova Scotia has made the very hard decision to no longer hold the Duck Derby. Not because we don’t need the funds to help those living with dementia – quite the opposite! The numbers of people asking for our help is growing. But there is a high cost associated with holding events and over the years, as the event grew, so did the cost.

We hope you understand why you won’t be asked to adopt a (rubber) duck this year. We also hope you will still support the work that is being done in our province to help our fellow Nova Scotians living with dementia, by donating in lieu of adopting. You can do that by calling us at 902-422-7961 /1-800-611-6345 or online at www.alzheimer.ca/ns.

Thank you for all your support.
In July, the Alzheimer Society helped celebrate Halifax Pride Week by participating in the 29th annual Pride Parade. ASNS staff members, and volunteers as young as seven, walked in the three kilometre parade, handing out stickers, rainbow pencils, lollipops and information bookmarks.

The rain held off and thousands of people flocked to Halifax to watch or participate in the parade as it weaved through Downtown.

The parade, which took place on July 23, was put on by the Halifax Pride Society, a not-for-profit organization, made of volunteers, that dedicates itself to planning the LGBTQ+ Pride Festival. This year’s Pride Festival theme was “This is why.” We asked around our office to see what pride means to the ASNS staff and why they choose to participate in the Pride Festival.

“This is why” we support Halifax Pride:

• To show support in our communities by being there for one another and accepting everyone. It’s about coming together and celebrating who we are!
• Acceptance. It’s about being proud of who you are, being with like-minded people and supporting the people you love.
• It’s a chance to embrace who you are, being wholeheartedly yourself and helping others embrace who they are!
• I love our city and its rainbow sidewalks because it shows acceptance.
• Everyone deserves to feel good in their own skin.
• FREEDOM.
• To participate in a welcoming celebration of inclusion.
• Inclusion, openness, and awareness of current and historic barriers LGBTQ+ persons experience when accessing services. As service providers, we need to try and not make assumptions, and create a safe place where people can be themselves without judgement while accessing information and resources. We need to continue to listen and learn in order to support our clients.
• Because it’s a celebration of what makes you YOU.
2017 will mark the parade’s 30th birthday, and we can’t wait to join in the celebrations!

ASNS volunteers with staff members Kaija Whittam and Bethany Sampson at the Pride Parade in Halifax on July 30.

ARTFUL AFTERNOON
For those with dementia and their partner in care

The Art Gallery of Nova Scotia and the Alzheimer Society of Nova Scotia have come together to offer a fun and creative program for people with dementia and their partner in care. Artful Afternoon provides new opportunities to connect with art.

One Sunday afternoon a month, participants are offered a hands-on studio art experience and interactive Gallery tour to view original artworks. The program is facilitated by an artist in addition to staff and volunteers. Ideas for each workshop are inspired by the Gallery’s Permanent Collection and special exhibitions.

The program provides:
- A relaxed and creative environment to spend time with those you may know and with others you will meet
- An opportunity to visit your provincial art gallery to view and talk about artworks
- An opportunity to experiment with a range of materials and art techniques to create art (no experience necessary)

No cost but registration is required - includes all three fall workshops. Call 902-422-7961 for information or to register.
Ten Signs of Dementia: Four of Ten

There are ten common signs of dementia. Experiencing disorientation of time and place is one of them.

This could mean that somewhere you go on a regular basis looks suddenly foreign to you or you lose track of time easier than you ever did before.

The important thing to keep in mind is just because you exhibit this sign, does not necessarily mean you have dementia!

If you have concerns, please call our confidential phone service at 1-800-611-6345 or talk to your doctor.

Read our next issues of In the Loop for the next sign or visit alzheimer.ca/ns to learn all ten.

Your Money at Work

What difference does your donation make?

With you donations, ASNS is able to offer the First Link® Program.

First Link® connects people with dementia and their families to support and education so they can better cope with the changes associated with the disease. A referral from your doctor or another healthcare professional is the first step. Physicians and other healthcare and community service providers can directly refer you to the Alzheimer Society of Nova Scotia. We provide ongoing contact with all those referred to us.

To see more ways your donations make a difference, please visit alzheimer.ca/en/ns/We-can-help.
Atlantic Canadians Trump Alzheimer’s

By Kathie Mcnab, Halifax Bridge Studio and Sarah Lyon, ASNS Staff member

What were you doing on the longest day of the year? It was June 20 in 2016 and bridge players across Atlantic Canada took part in the first annual Trump Alzheimer’s Contre, a full day of playing bridge to raise funds for their local Alzheimer Societies.

The day they choose this feat is significant; caregiving can seem like it entails some pretty long days. To raise money for caregiver supports, Bridge studios across the country played Bridge from dusk to dawn.

Thank you to all the bridge players who played on this day. Here are some stories from some of the clubs:

**The Bridge Studio – Halifax, NS**

Breakfast was served, cards were shuffled and 16 bridge players showed up (some of them in their finest pajama’s), around six thirty in the morning at the Bridge Studio. By 10:00 a.m. the crowd of players had swelled and now 14 tables were engaged in having fun and supporting the Trump Alzheimer’s sunrise to sunset bridge games.

After a lunch break, a dinner break and plenty of snacks, their last game ended around 9:10 p.m., just after sunset.

In total there were seven players who played all day – which equals 96 hands of cards and players raised nearly three thousand dollars during that time, for the programs and services the Alzheimer Society of Nova Scotia offers in our province.

The Bridge Studio – players, volunteers and owners, are wonderful supporters of the Society. Each year they not only play bridge all day, but they have supported our Duck Derby and are always a top team in our Walk for Alzheimer’s, raising over $7,000 for the event in 2016.

**The Truro Duplicate Club**

This club was on a mission to surpass their previous fundraising efforts to support the Alzheimer Society – and to have fun doing it! Several players from the town of New Glasgow joined them on this day to play bridge, eat some homemade goodies and participate in a silent auction.

One of the most popular items at the auction was from Bridge Club members Captain Barry and First Mate Ray. The offered a boat trip on the Bras D’or Lakes in Cape Breton!

By the end of the day, the Trump Alzheimer’s Committee claimed “Mission Accomplished!” raising $3,539 for the Alzheimer Society of Nova Scotia.
Help Wanted, Door to Door Canvassers Needed

We are currently seeking energetic and outgoing volunteer canvassers to join our Door to Door campaign this October. If you enjoy walking your neighbourhood and are not opposed to knocking on a few doors then this is an ideal position for you. As a volunteer canvasser, you ask for donations while raising awareness about the Alzheimer Society of Nova Scotia. The commitment is flexible according to your availability.

For more information, please contact Bethany Sampson at 1-800-611-6345 or bethany.sampson@asns.ca

Door to Door Canvassing Hits the Internet

If you feel shy knocking on doors, but you want to be part of the Door to Door campaign, consider becoming an e-canvasser. You can raise donations from the comfort of your home by directing your family, friends, colleagues and neighbours to your own personal online fundraising page. We will provide the tools you will need to set-up your page and fundraising tips to make your campaign a success. It is a safe, easy way to raise much needed funds for programs and services in your community.

St. John’s, Newfoundland
Another club that added a silent auction to their event as well as homemade goodies (very important to a long day of playing bridge).

Prince Edward Island
Islanders started a little earlier than anyone else in the country, with a 5:30 a.m. start that ended with a pizza party.

Halifax Bridge World also took part in the event in Halifax and raised $550.00! In total, in Atlantic Canada approximately $13,616.30 was raised to support local Alzheimer Societies.

And they had fun doing it.
People of ASNS

Mairin Hogan

What is your favourite part about volunteering at ASNS?
My favorite part about volunteering with ASNS is that it allows me to interact with my community in order to increase awareness of Alzheimer’s disease.

What would we find you doing in your free time?
In my free time I love to read, spend time with friends, watch horror movies and volunteer. I have been volunteering with Habitat for Humanity since 2014.

What is your dream vacation?
My dream vacation would be a European River Cruise. I would love to visit historical cities such as Amsterdam, Vienna and Budapest.

Louise Boudreau

Louise was the Receptionist and the Resource Assistant at the Alzheimer Society of Nova Scotia but has since moved on to a new opportunity

What is the most interesting or valuable thing you have learned while working at ASNS?
I have learned the value of volunteers. So many of us donate money to many organizations and that’s important, but volunteers coming in to the office or attending events, being able to have all those extra hands is so valuable to the Society.

What would we find you doing in your spare time?
Quilting, cooking and watching the Blue Jays (the sports team, not the bird!)

What are your favourite and least favourite vegetables?
I like most vegetables, my least favourite would be avocados and lima beans.

Aaron & Marianna Padolsky

We’re sending out a big thank you to Aaron and Marianna Padolsky, Alzheimer Society volunteers who facilitated the Alzheimer’s & Related Dementia Support Group in Antigonish for the past decade.

We greatly appreciate your dedication to helping families living with dementia. The Alzheimer Society wishes Aaron, Marianna and their pets all the best with their move to Vancouver Island!

The Alzheimer’s & Related Dementia Support Group meets the third Wednesday of each month at 5:30 p.m. in the Health Connections Room at the Antigonish Library. To learn more about the Alzheimer Society support groups, visit www.alzheimer.ca/ns or call 1-800-611-6345.
Host a Coffee Break®

Make your coffee count!

Serve coffee in exchange for a donation. Host an event in your office, at home or in your community!

We provide the coffee.

For more information, visit www.coffeefreakns.ca or contact Bethany at bethany.sampson@asns.ca or 902-422-7961 ext 245.

Alzheimer InfoLine

1-800-611-6345

We are here to help.

Information, support and referral for families, caregivers and professionals.

The Alzheimer InfoLine is a confidential phone service provided by a team of knowledgeable and caring staff.