



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

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Please note that the views and opinions expressed in this newsletter are those of the Alzheimer Society of Sault Ste. Marie and Algoma District and do not necessarily reflect those of the North East LHIN or the Government of Ontario.

Supported by:



Greetings from the Alzheimer Society

Minds in Motion® Pilot Program

The Alzheimer Society of Sault Ste. Marie and Algoma District is pleased to announce the opportunity to bring the Minds in Motion® program to our chapter. We have received funding from the Alzheimer Society of Ontario, through The Ministry of Tourism, Culture and Sport. The program is to run from January 2015 thru March 2016.

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage signs of Alzheimer’s disease and other dementias and their care partners. The program is an eight-week program delivered once weekly for two hours that combines physical activity with mental stimulation, in a social environment. The program is delivered at municipal recreation centres or Older Adult Centres to help normalize the experience for participants and expose them to recreational opportunities.

It is modeled after the highly successful program developed and delivered in British Columbia and results indicate improved physical and mental health for both the person with dementia and their care partner.

We would like to welcome Debby Sorokopud, Minds in Motion coordinator who has been hired to deliver this program in our region.

Plans are underway for the program to be launched in January 2015.

For more information please contact the Alzheimer office at 705-942-2195

The Alzheimer Society’s 28th Annual General Meeting was held on June 18, 2014 at the Grand Gardens. As part of the business portion of the meeting we had the opportunity to pay tribute and thank our Treasurer, Glen Manchester, who was leaving the board after six years of dedicated service. We also saw the election of two new board members, Judith Gough and Deborah Burns. We wish our outgoing board member well as he moves on and look forward to working with our new members.

Alzheimer Society’s 14th Annual Education Conference

Mark your calendars for the Alzheimer Society’s annual education conference to be held on Friday March 27, 2015 at the Northern Grand Gardens. More information to come.

Please remember to visit our website
www.alzheimer.ca/algoma
for information about Alzheimer’s disease and the
Alzheimer Society,
as well as to access past editions of our newsletter.



Resource Centre Acquisitions

Education

Books

A Pocket Guide for the Alzheimer's Caregiver. Potts, D. C. M.D. & Woodward Potts, E. (2014). In this book two healthcare professionals team up to provide an action-oriented, proactive approach to caring for people with Alzheimer's disease. It contains practical, quickly accessed information and techniques for common issues.

Elizabeth is Missing. Healey, E. (2014). A sophisticated psychological mystery. One woman will stop at nothing to find her best friend who has dementia. A suspense novel that reminds us that we are all at the mercy of our memory.

While I Still Can. Phelps, R. & Leblanc, G. J. (2012). Written from the perspective of a person with Early Onset Alzheimer's disease. This book is an uncommon glimpse into the world of memory loss, while at the same time it tells the story of love, commitment, faith and courage in the face of this disease.

Stanger In My House. Winfield, B. (2014). A true story of Bill's journey with his wife of 58 years who was diagnosed with Alzheimer's disease. His experiences offer encouragement and direction to those who are going through a similar situation.

Brain Injury Survivor's Guide: Welcome to Our World. Jameson, L. (2007). Written for Brain Injury Victims and their families. An innovative strategy for memory improvement by a brain injury survivor.

Mind Storms: The Complete Guide for Families Living With Traumatic Brain Injury. Cassidy J. W. (2009). Dr. Cassidy walks through the different types of brain injury and how it affects memory, behaviour and social interaction.

Head Injury: The Facts. Gronwall, D. & Wrightson, P. & Waddell, P. (2002). For families in this situation from the injury itself, the stages the patient goes through to long term adjustments.

DVDs

Understanding Frontotemporal Dementias. (2014) A Teepa Snow presentation. Frontotemporal Dementias are particularly challenging for families and professional caregivers. Information, tips and techniques to help with the disease.

10 Signs & Symptoms of Lewy Body Dementia

Lewy body dementia (LBD) is the second most common type of dementia. The only other type of dementia that is more common is Alzheimer's disease (AD). Lewy bodies are abnormal deposits of a protein called alpha-synuclein in the brain. Learn how to spot LBD and which symptoms to expect.

Lewy body dementia's warning signs have three common presentations:

1. Some individuals will start out with a movement disorder leading to the diagnosis of Parkinson's disease and later develop dementia. This is diagnosed as Parkinson's disease dementia.
2. Another group of individuals will start out with a cognitive/memory disorder that may be mistaken for AD, but over time two or more distinctive features become apparent leading to the diagnosis of 'dementia with Lewy bodies' (DLB).
3. Lastly, a small group will first present with neuropsychiatric symptoms, which can include hallucinations, behavioral problems, and difficulty with complex mental activities, also leading to an initial diagnosis of DLB.

Regardless of the initial symptom, over time all three presentations of LBD will develop very similar cognitive, physical, sleep and behavioral features.

The most common symptoms of LBD include:

1. Impaired thinking, such as loss of executive function (planning, processing information), memory, or the ability to understand visual information.
2. Fluctuations in cognition, attention or alertness;
3. Problems with movement including tremors, stiffness, slowness and difficulty walking
4. Visual hallucinations (seeing things that are not present)
5. Sleep disorders, such as acting out one's dreams while asleep
6. Behavioral and mood symptoms, including depression, apathy, anxiety, agitation, delusions or paranoia
7. Changes in autonomic body functions, such as blood pressure control, temperature regulation, and bladder and bowel function.

Early and accurate diagnosis is tricky but vital, because LBD patients may react to certain medications differently than Alzheimer's or Parkinson's disease patients. A variety of drugs can worsen LBD symptoms. At the same time, early recognition, diagnosis and treatment of LBD can improve the patients' quality of life.

Alzheimer's and Dementia Weekly, Nov. 30, 2014.



Education and Support Calendar

Type of Group	Location	Dates	Time	Target Audience
First Link Learning Series - (Afternoon)	341 Trunk Rd. Sault Ste. Marie	Tuesday January 13, 2015 - Tuesday February 10, 2015	1:30-3:00 p.m.	Caregivers
Frontotemporal Disorders	341 Trunk Rd. Sault Ste. Marie	Wednesday January 7 Wednesday February 4	10:00 -11:30 am	Caregivers that have loved ones with Frontotemporal Disorders
Caregiver Support Group (Evening)	341 Trunk Rd. Sault Ste. Marie	2nd Monday of each month.	7:00-8:30 pm	Caregivers
Living Well with Memory Loss Support Group	341 Trunk Rd. Sault Ste. Marie	2nd Wednesday of each month.	2:00-3:30 pm	Persons with memory loss
First Link Learning Series Early Stage	Elliot Lake Hospital	Last Tuesday of each month	1:30-3:00 pm	Caregivers
First Link Learning Series Late Stage	99 Spine Rd. Elliot Lake	Every Thursday for the month of February	1:30-3:00 pm	Caregivers
Caregiver Support Group	99 Spine Rd. Elliot Lake	3rd Tuesday of each month	1:30-3:00 pm	Caregivers
Mild Memory Loss Support Group	99 Spine Rd. Elliot Lake	4th Wednesday of each month	1:30-3:00 pm	Persons with mild memory loss and caregivers
Validation Group	Elliot Lake Hospital	Each Thursday throughout 2015	10:00-11:00 am	Persons with memory loss
Caregiver Support Group	Calvary Gospel Church, 55 Queen St. Blind River	2nd Wednesday of each month	1:30-3:00 pm	Caregivers
Caregiver Support, Mild Memory Loss and First Link Groups	37 Broadway Ave. Wawa	Please call for dates and times	Please call for dates and times	Caregivers, persons with mild memory loss

An Open Letter from a Grateful Family

Dear Staff of Tunnel Lake:

There are many new stories of poor care received in nursing homes. Please know this was never part of our experience while my husband resided at the Maple View Extencicare. Over the past 7 months, our family watched as he slowly lost his hold on life and we cannot truly express how grateful we are for everything you did for us during his last days other than to say a simple thank you.

Someone once said, “Who doesn’t want to know that we notice and value them? And who might respond to us better when they feel that they matter? It probably cannot be overstated—“it matters” Your concern for him while in Tunnel Lake was demonstrated daily. We watched you taking such great care of him—the tenderness, the humour, the gentle hands and the kindness exhibited by all who tended to him and to me.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, and honest compliment or the smallest act of caring. He knew your concern for his well-being and he responded. We believe that up to the day he died he knew of the great care and respect he received from all of you.

He knew he mattered.



Day-to-Day Information

Family Support

Brainstorming Tips and Strategies

for Remembering Names

A common frustration for people living with memory loss is the difficulty remembering names. During a Living Well with Memory Loss support group meeting the participants collectively came up with the following tips and strategies that they have found helpful:

- Tell people ahead of time that you have memory problems and that you may not recognize them out in public.
- Set up a system with your partner ahead of time so that if you forget a name your partner can cue you.
- When meeting someone for the first time, repeat their name two or three times. Use that name during conversation.
- Associate something about the person with their name. For example, a physical attribute, same name as a song or the same name as someone you already know.
- At meetings ask to have name tags written in large, black printing.
- Ask “Do I know you” and then explain your difficulty remembering.
- State the following “You have an advantage over me. You know my name but I’ve forgotten yours”.
- Politely apologize for not remembering a name and then follow with “Who the heck am I talking to?”.

The Living Well with Memory Loss support group meets once per month for learning, support, fun and friendship. If you are interested in attending the meetings, call the Alzheimer Society for more information at 705-942-2195.

“The biggest enemy of memory is “What is his or her name?”

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

Recreation & Activation

Recreational Activities Reduce Behavioural

Symptoms in Dementia

Behavioural symptoms that accompany dementia are difficult, distressing and a major source of caregiver burden. Symptoms include aggression, wandering, and apathy and are more problematic during moderate stages of dementia. These behaviours account for poor health outcomes such as a decline in physical function and social isolation.

Effective recreational activities promote quality of life by providing an appropriate level of stimulation. Mental and physical activity is a basic human need, and people with dementia have a lowered rate of activity participation due to the lack of physical and cognitive ability to initiate engagement. Isolation and boredom that are a result of inactivity lead to many of the behavioural symptoms exhibited by people with dementia.

Activities may need to be modified to meet the individuals cognitive functioning and physical limitations. Activity adaption simplifies and breaks down into steps, eliminates or modifying steps that are too difficult. A simple example of how activities can be adapted is the game of Bingo. Most people are familiar with bingo and have played at some point in their lives. Cards can be made to include larger print, less numbers (1-20), all spaces must be covered to win. This approach clarifies the game and is easier for the person with dementia to determine independently whether he or she has won. It is relevant to keep the activity as close to the original as possible making changes only when necessary. Too much adaptation may result in the activity not being recognizable to the individual.

Foremost it is important to realize that not all activities are therapeutic and should meet the needs of the individual and specific to the needs for movement, stimulation, relaxation, enjoyment and socialization.

References

Buettner, Linda, Fick, Donna M, Kolanowski, Ann (January 2009), Recreation Activities to Reduce Behavioural Symptoms in Dementia. Retrieved November 6, 2014 from NIH Public Access Author Manuscript Website:

<http://ncbi.nlm.nih.gov/pmc/articles/PMC2780321>

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.



Fundraising & Volunteer News

Thank You to Supporters of the 11th Annual Ladies Night Out

Our Sincere thanks are extended to:

Major sponsors:

Northern Grand Gardens, 100.5 KISS FM and 104.3 Country for their support.

Without their generous support this event would not be a success.



H.R. LASH

Other sponsors: Candy Bouquet, Community First Credit Union, Curves, New North Greenhouses, HR Lash Ltd., Shaylan Spurway Photography, Jories Fine Clothing, and Prouse Motors

Our supporters: Ace Productions, Agawa Indian Crafts, Always Cleaner Maid Services, Art Gallery of Algoma, Avon-Wanda Naccarato, Casino Sault Ste. Marie, Cathy Biedermann (Arbonne) Centre Stage, Chornyj's Hadke, Collegiate Heights Retirement Residence, Ellen Hadath, Fashion Shop, Feelin' Fabulous!, Fashion First Ladies' Apparel, Feet First, Framing Gallery, Glassworks, Gordon Stone, Hallmark Store, Harmony Tea Room, Home Hardware Building Centre, Jackie McAndrew, Jade Wellness Studio, Jasmine, Karen McAndrew, Kevanna Fine Photography, Kim Caporossi, Kwik Kopy, Lia Sophia Jewellery, Mane Street Salon & Spa, North Star Travel & Tours, Patty Frost, Perry's Gun & Bow Shop, RAD Zone, RBC, Rexall – Trunk Rd., Second Hand World, Serendipity Scrubs 'n' Such, Shoppers Drug Mart- Second Line, Show Stoppers, Snips, Station Mall Drug Mart, Susan McLean Suzie Yoo Bridal Boutique, Sweet Greetings, Tamarack Health Food & Gifts, The Flower Shop, and The Totem Pole
Our thanks to our M.C.'s Shaylan Spurway and Ryan Byrne and our entertainer Timothy Murphy as Captain Jack Seagull.

Thank you to our ticket sellers Cameron Prouse, Jeremy VanHoek, Graeme Pateman, Derek Coccimiglio, Kevin Fratesi and Nathan Hanes.

And lastly thank you to all our volunteers and attendees who helped make this event a great success. We look forward to seeing you all next year.

Ladies' Night Out Raffle Winners

Congratulations to the following winners of the Ladies' Night Out Raffle:

Morgan Ley: 10k Yellow Gold Ladies Citrine Ring donated by Bennardo Jewellers

Marigje Cooper: Spa Package donated by Identity Salon and Day Spa

Shruti Ravi: Restaurant/Limo Package with gift certificates donated by Hollywood Limousine, Antico Ristorante, Arturo Ristorante Italiano, Aurora's Westside, Barsanti's Restaurant, Docks Riverfront Grill, Embers Grill and Smokehouse, Fresco European Grill, Gliss Resto Bar, , Solo Trattoria and The Iron Club.

Thank You to our Volunteers

Volunteer Appreciation Dinner

This evening was set aside to honour all of the dedicated volunteers who truly make a difference! Without the help of our dedicated volunteers we would not be able to provide the much needed support and services to people affected by Alzheimer's disease.

Prizes that were donated by local merchants were given away at the end of the evening. Thank you to Graham Clark the M.C. . Along with honouring all volunteers, a special tribute was paid to our Coffee Break Volunteers.

Our Years of Service Awards were presented to:

- 5 Years:** Sandra Dereski, Jane Miller, Marian Okmanas
- 10 Years:** Steve Banducci, Ray Blum, Mary Guzzo, Anna Hamilton, Octave Landry, Susan McLean, Carey Sauve
- 15 Years:** Anna Cartmill, Shirley Harry, Georgina Naccarato
- 20 Years:** Tom Christie
- 25 Years:** Kaireen Morrison

Ontario Volunteer Service Awards: 5 volunteers were honored at the Ontario Volunteer Service Awards held at the Delta Hotel on May 23rd, 2014.

Congratulations to:

- 5 Years:** Marian Okmanas
- 10 Years:** Susan McLean
- 15 Years:** Shirley Harry, Robert Bird Thompson
- 20 Years:** Tom Christie

Congratulations to all of our honourees



Fundraising and Volunteer News

Coffee Break

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.

Prouse Motors hosted a Show n Shine Car Show in September and all of the proceeds from the event were donated to the Alzheimer Society. Over \$8,000.00 was raised. A big thank you to Rob and Bev Prouse and their team!

Thank you to all of the supporters of this year's Coffee Break®! Over 400 host sites perked up and raised Alzheimer awareness and over \$62,000.00 in support of services that are provided free to people affected by Alzheimer's disease.

Thanks to everyone that took time out of their busy schedules to host a coffee break at home or at work or that attended a Coffee Break.

We would like to extend special thanks to the many dedicated volunteers whose help is greatly appreciated and to our ad sponsors: Sault Star, KPMG, Penny's Pets, and the Extencicare Nursing Homes, and to radio media sponsor 104.3 Country/KISS 100.5, The Sault Star and Moose FM in Elliot Lake.

Thank you to Tim Horton's for donating the Home Brewer that was won by Fiona Ortiz and thank you to St. Joseph Island Coffee Roasters for their generous donation of Coffee gift boxes.

Thank you to the following restaurants who served up Coffee Break specials: : Boots and Saddles Roadhouse, Uncle Gino's Café, and Mustang's Grill in Blind River, Bavarian Inn & Restaurant in Bruce Mines.

The Coffee Break® decals were sold at these community minded stores:

Bulk Barn, Dinelle's Country Market, Canadian Tire-Sault Ste. Marie and Elliot Lake, Food Basics- Pine Street, and Trunk Road, Lyle's No Frills in Elliot Lake, Pino's Get Fresh, Joe's No Frills and Subway .

Lyon's Project Ladies Night:

We were proud to partner with Lyons TIM-BR Mart for the Lyon's Project Ladies Night Event. Over 250 ladies attended and enjoyed vendor presentations, prizes and a presentation by Interior Designer Janice Lindsey. All donations received supported the local Alzheimer Society.

This was the 12th year that the Annual Golden Coffee Cup Award was presented to the host sites that gathered the most donations. Congratulations to the 2014 winners:

Care Facilities: Ontario Finish Resthome Association

Elementary School: Eastview Public School

Secondary School: Elliot Lake Secondary School

Post Secondary School: Sault College

Home Parties: Carol Thomas

Industrial/Construction: Essar Steel Algoma Inc.

Retail/Commercial: Prouse Chevrolet

Financial/Insurance: Northern Credit Union- McNabb

Churches/Association/Clubs: East Korah Maxwell

United Church

Government Offices: Great Lakes Forestry Centre

Community Agencies: North East Community Care

Access Centre

Decal Location: The Bulk Barn

Restaurants/Taverns/Coffee Shops: Ricardo's Big Slice Pizza

Memory Makers *for Alzheimer's*
Supporting Alzheimer Societies across Ontario

A First For Our Chapter

Thanks to Angela Romano for being the first event for the Sault Ste. Marie Chapter of the Alzheimer Society on the Memory Makers fund raising system.

In honour of her mother, Rosie who has Alzheimer's disease; Angela hosted a '40 & Fabulous' birthday party. In lieu of gifts she asked her guests to make a donation to the local Alzheimer Society. Angela raised over \$2,000.00 to support local programs and services.

For more information on the Memory Makers for Alzheimer's fundraising platform, please call our office to speak with Bea.



Upcoming Events

January is Alzheimer Awareness Month

January is Alzheimer Awareness Month and each year Alzheimer Societies across Canada rally together in a nationwide awareness blitz. The theme for this year's campaign is "The 72% ". The goal of the campaign is that we want to make woman 40+ aware of the fact that 72% of Canadians with Alzheimer's Disease are woman.

As part of January awareness month, the Sault Ste. Marie and Algoma Alzheimer Society conducts a number of awareness and fundraising activities. These include:

Proclamation of January as Alzheimer Awareness Month at Sault Ste. Marie Civic Centre and various Algoma municipalities. Thank you to all mayors/reeves and councillors for helping to increase awareness and reduce the stigma of Alzheimer's disease.

Awareness displays: Each year local public venues and retail establishments offer their spaces to the Alzheimer Society for awareness displays. We thank all venues for helping to raise public awareness of Alzheimer's disease.

Annual door-to-door campaign: Our hardy legion of volunteers will be out canvassing area streets for donations to support people with Alzheimer's. Please give us a call if you are interested in canvassing - we have many streets that are not canvassed each year, and if you would like to raise Alzheimer awareness as well as much needed funds to support the services that we provide please give Bea a call at 705-942-2195 to canvass your street or a street in your neighborhood in the month of January. Thank you to the volunteers who have already signed up. Kits are available for pick up at our office on January 5th, 2015. We have extended our hours until 5:30 pm that evening.

Walk for Memories: Join us and make a difference by attending the Walk for Memories on Sunday, January 25th at White Pines Secondary School in Sault Ste. Marie, or at the Elliot Lake Secondary School in Elliot Lake on Saturday, January 31st. Fun for the entire family! Teams are welcome to challenge other teams for the title of highest team pledge earner. T-shirts will be given to all participants raising \$100 or more. Don't forget that you can collect pledges online at www.walkformemories.ca. It's a fun and easy way of supporting the Alzheimer Society.

**WALK
FOR
MEMORIES**
Alzheimer Society



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Contact Information

Sault Ste. Marie Office

341 Trunk Rd., Sault Ste. Marie, ON P6A 3S9

Phone: 705-942-2195 Fax: 705-256-6777

East Algoma Satellite Office

99 Spine Rd., Elliot Lake, ON P5A 3S9

Phone: 705-848-8145 Fax: 705-848-9528

North Algoma Satellite Office

37 Broadway Ave., PO Box 587, Wawa, ON P0S 1K0

Phone: 705-856-0000 Fax: 705-856-1963

General Email:

info@alzheimeralgoma.org

Website:

www.alzheimer.ca/algoma

In order to help us defray rising postage costs, please consider joining our electronic mailing list. Options are to send an email to sharenbuchan@alzheimeralgoma.org or include your email address on your membership renewal form.

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 twice a year, notice of upcoming events and meetings, voting privileges at our Annual General Meeting, and a charitable tax receipt.

Name: _____

Address: _____

Email: _____

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-centered

Board of Directors

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Sandra Dereski, Past President
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Rene Mader, Director
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Christy Reid, First Link Coordinator, North Algoma
Carolyn Ross, First Link Coordinator, East Algoma
Vicky Roy, First Link Coordinator, SSM
Monica Ruzyski, Bookkeeper
Janice Seppala, Education Coordinator
Stacey Shiels, Recreation Therapist

