



Newsletter

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Supported by:



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.

New Faces at the Alzheimer Society

The Alzheimer Society's 26th Annual General Meeting was held on June 14, 2012 at the Society's new office at 341 Trunk Rd. It provided an opportunity for us to thank the many individuals and businesses who made the move to our new location possible. As part of the business portion of the meeting, tribute was paid to the three Directors who were retiring or leaving the board: Susan Van Atte, Garr Smith, and Sylvia Westerman. We also saw the election of three new Directors: Rene Mader, Barry Sullivan, and David Baskcomb. We wish our three outgoing board members well as they move on, and extend a hearty welcome to the three who will be joining us.

In addition to three new Directors, we would also like to welcome two new staff members;



Hello my name is Heather Grant and I am so excited to be part of the Alzheimer Society as a Recreation Therapist. I graduated from Sault College in 2001 from the Community Gerontology/Working with the Aged program but I started volunteering in this field of work at an early age. My passion has always been working with older adults, and I love the reward of being part of making a difference in our community. I look forward to meeting each of you!



Hello my name is Wende Diemer and I am thrilled to join the Alzheimer Society as the Community Outreach Coordinator. I will be working in the areas of Recreation Therapy, public education, and fund development. I was born in Timmins and moved to Elliot Lake in the early 80s. I have been working in Recreational Therapy for the last nine years. I love to throw a good event and collect the much needed funds, and I am passionate about making a difference in my community.

Alzheimer Society's 11th Annual Education Conference

Our 2013 Alzheimer Education Conference will be held on Friday, March 8, 2013 at the Grand Gardens in Sault Ste. Marie. The theme this year is "Responsive Behaviours", and there will be a variety of presentations related to this theme. Cost to attend is \$55 (or \$65 after the early bird date). For more information, please contact the Alzheimer Society.

In Memory of John Keast...

This year we had the privilege of showing our new office space to our many clients and volunteers. Jean Hershey and her husband John Keast travelled the long journey through Alzheimer's disease together. Sadly John passed away June 24, 2011. Jean dropped in one day to see our office and in a discussion about our needs, she was quick to let us know that she would like to honour John's memory by helping us with our audio-visual requirements. We are very grateful to Jean for the acquisition of a beautiful 55 inch internet-ready television to be used for Support Groups and Education. Soo Video & TV Service donated their installation services. We are very grateful to the wonderful people who help us to serve our community.



Education and Support Calendar

Type of Group	Location	Dates	Time	Target Audience
First Link Learning Series	341 Trunk Rd. Sault Ste. Marie	Jan 8, 15, 22, 29, and Feb 5, 2013	1:30 – 3:00 p.m.	Persons with dementia and their caregivers
Making the Most of Your Memory Learning Series	341 Trunk Rd. Sault Ste. Marie	Oct 25, Nov 1, 8, 15, 22, 2012	1:30 – 3:00 p.m.	Persons who are concerned about their memories
Caregiver Support Group (Afternoon)	341 Trunk Rd. Sault Ste. Marie	Every 3 rd Wednesday of the month	1:30 - 3:00 p.m.	Caregivers
Caregiver Support Group (Evening)	341 Trunk Rd. Sault Ste. Marie	Every 2 nd Monday of the month	7:00 - 8:30 p.m.	Caregivers
Caregiver Support Group for Long-term Care	341 Trunk Rd. Sault Ste. Marie	Every 3 rd Tuesday of the month	11:00 a.m. - 12:00 noon	Caregivers whose loved ones are living in Long-term Care
Caregiver Support Group	100 Manitoba Rd. Elliot Lake	Every 2 nd Monday of the month	6:30 – 8:00 p.m.	Caregivers
Caregiver Support Group	100 Manitoba Road Elliot Lake	Every 3 rd Tuesday of the month	1:30 – 3:00 p.m.	Caregivers
Mild Memory Loss Support Group	100 Manitoba Road Elliot Lake	Every 4 th Thursday of the month	1:30 - 3:00 p.m.	Persons who are concerned about their memories
Caregiver Support Group	31 Colonization Road Blind River	Every 2 nd Wednesday of the month	1:30 – 3:00 p.m.	Caregivers
First Link Learning Series	37 Broadway Ave. Wawa	TBA	TBA	Caregivers
Caregiver Support Group	37 Broadway Ave. Wawa	Every 2 nd Tuesday of the month	1:30 - 3:00 p.m.	Caregivers
Memory Loss Support Group	37 Broadway Ave. Wawa	Every 2 nd Wednesday of the month	1:30 - 3:00 p.m.	Persons who are concerned about their memories
Caregiver Support Group	Cedar Grove, 101 Pine St. E., Chapleau	Every 1 st Monday of the month	7:00 - 9:00 p.m.	Caregivers

Feedback from our partners on the First Link® program:

Dr. Karen Booth has a family practice on St. Joseph Island and has been a regular referrer to the First Link program. We asked Dr. Booth to provide a statement on what she finds valuable about the program. Here is what she said:

- ◆ Excellent resource for physicians - extremely knowledgeable staff to review what services are available in our community
- ◆ Enhances patient care - prompt access to objective testing. Staff able to go to patient's home for testing and review.
- ◆ Excellent resources for patients and their families including workshops, books, online assistance, community services
- ◆ Excellent follow-up of patients as required once connected

This program has enhanced my ability to care for patients with dementia by not only expediting objective testing but also by providing the resources to patients and their families that is so difficult to provide in a busy office or emergency department setting. The access to the staff to review patient concerns and services available has simplified and improved care for my patients. Thank you!



Education & Research Update

iPods, Music, and Dementia?

It seems researchers are humming a new melody. An article posted on the cbc.ca website entitled, "iPod pilot helps seniors with dementia. Project uses personalized music to reactivate brains", states researchers are discovering the stimulating effect music has on the human brain and can be used to improve several neurological conditions including dementia.¹

The Institute for Music and Neurologic Function² and Music and Memory³, received a grant from the Atlantic Institute on Aging to conduct the Canadian pilots at three New Brunswick nursing homes.

One woman states that her mother, after a series of strokes, stopped talking for a whole year. After a week of listening to songs from her past, she started to use the occasional word. The times her mother would pull off the headset she discovered that those songs were love songs. She stated, "My dad's been gone for 26 years, and they met during the war, so all those songs would be reminiscent of that time".

The article states that the effects of the project vary. One patient no longer needs medication to calm her and another now sits and eats on his own instead of leaving the table several times during a meal.

My favourite is Ida Wolden, 91, who no longer has sleepless nights. Her pink iPod has earned her "cool points" with her great grandchildren.

Janice Seppala, Education Coordinator

¹Zafar, A. (2012, May 11). iPod pilot helps seniors with dementia. Project uses personalized music to reactivate brains. Retrieved from <http://www.cbc.ca/news/health/story/2012/05/11/nb-ipod-pilot-nursing-dementia.html>

²<http://musictherapy.imnf.org/>

³<http://www.musicandmemory.org/>

Resource Centre Acquisitions

Books

Dementia: The Journey Ahead - A Practical Guide for In-Home Caregivers. S. Scarff, A. Zultner. (2012). Offers practical advice and emotional support for caregivers from the patient's diagnosis through final departure.

Chicken Soup for the Caregiver's Soul. J. Canfield, M. V. Hansen. (2004). A collection of true inspirational stories to fill you with renewed hope, courage and strength.

The Emotional Survivor Guide for Caregivers. B. J. Jacobs. (2006). This book emphasizes the need for clear communication and mutual respect among family members.

Living With Mild Cognitive Impairment. N. Anderson, K. Murphy. (2012). A guide to maximizing brain health and reducing risk of dementia.

DVDs

Frontotemporal Degeneration: Tragic Loss, Abiding Hope. *The Association for Frontoemporal Degeneration.* (2011).

Last Will and Embezzlement. *Terra Nova Films, Inc.* (2012). Financial elder abuse can happen to anyone – even Mickey Rooney.

At the Breaking Point: Emotions and Ethics in Family Caregiving. *Terra Nova Films, Inc.* (2010).

20 Questions 100 Answers 6 Perspectives. *Brilliant Image Productions.* (2012). A compilation of honest answers about dementia from medical doctors, professional care partners, and families.

There is a Bridge. *Memory Bridge.* (2007). Portraits of people with Alzheimer's disease to change your view of Alzheimer's disease.

Creating Moments of Joy. *Enhanced Moments.* (2005). Ways to bring joy into the lives of people living with dementia every day.

The Art of Caregiving. *Pines Education Institute of S. W. Florida.* (2011). Effective approaches to activities of daily living and behaviours.

It's All in Your Approach. *Pines Education Institute of S. W. Florida.* (2011). Techniques to improve communication and mutual understanding.



Day-to-Day Information

Family Support

Caregiver Tips

There's a lot to do and think about when you are caring for someone with dementia, and sometimes it can all seem overwhelming. However, there are some small things that caregivers can do to make life a little easier for everyone.

- ◆ **Simplify things:** Remove clutter around the house. For example, leave only what's necessary on the kitchen counter and keep only the clothes for the current season in the closet.
- ◆ **Limit Choices:** Rather than having to choose from a myriad of options, it is sometimes easier for a person with dementia to choose from a smaller list of items. For example, instead of saying "What do you want for lunch?" you can ask "Would you like soup or a sandwich?"
- ◆ **Use a pill dispenser:** Use blister packs or dosettes to help keep medication organized.
- ◆ **Reduce background noise:** People with dementia are sometimes easily distracted by movement and noise taking place around them. When having a conversation, turn down the volume on the TV and radio. Reducing background noise when speaking to a person with dementia makes it easier for the person to focus on what you're saying.
- ◆ **Help communicate:** When the person with Alzheimer's disease has difficulty word-finding, allow them time to try, but be prepared to supply the word they are unable to recall.
- ◆ **Encourage social activity:** Maintaining social connections is essential for all of us. Spending time with family and friends is very important, however the person with dementia may also enjoy some of the events offered at a senior's center or they may benefit from participating in an adult day program. If the person prefers to stay at home you can encourage family and friends to visit, or you can look into friendly visiting programs or an in - home recreation program to help keep the person with dementia socially engaged while remaining comfortable in their familiar environment.

Reference: http://www.onmemory.ca/en/caring_for_someone/caregiver_tips/. Retrieved October 9, 2012

Recreation & Activation

The Montessori Approach to Dementia Care

Montessori Methods for dementia create an environment to meet the needs of each individual and by giving people activities to do, at their level of ability, allowing them to be engaged in life. Routines such as planning meals, cooking and doing laundry are part of our everyday life, but someone living with dementia may experience challenges with these activities. The assistance we can provide involves supporting memory loss and providing cueing, such as labelling cupboards with what's inside, laundry baskets with items that need to be folded, etc. We can incorporate these activities back into their daily routines and create roles to achieve a purposeful and meaningful environment for the person with dementia. For example, a person who enjoys people could be a greeter at breakfast, lunch or dinner.



The Montessori philosophy and vision is to enable individuals to be as independent as possible, to possess high self-esteem, and to have a meaningful place and make meaningful contributions to their community. A critical piece of the success for people with dementia requires that everything you need for the activity needs to be built into that activity (this includes word or picture cueing). Research has shown that the most difficult behaviours in dementia are those that arise because needs are left unmet. Using Montessori methods can help people with dementia lead healthy, meaningful lives.

Reference:
Using Montessori Methods to Treat People with Dementia. Retrieved August 22, 2012 from Human Kinetics. The information leader in Physical Activity & Health. Website: www.humankinetics.com/aaccresearch/aacc-research

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Fundraising and Volunteer News

Thank You Volunteers!

This year we hosted our Volunteer Appreciation evening at our new office.

This evening is set aside to honour all of the Alzheimer Society's dedicated volunteers who truly make a difference! Without the help of our volunteers, we would not be able to provide the much needed support and services to people affected by Alzheimer's disease. Thank you to MC Dale Kenney, and to local merchants who donated prizes for volunteers.

Along with honouring all volunteers, years of service awards were presented to volunteers who have reached 5, 10, and 15 years of dedicated volunteer service. Congratulations to the following volunteers:

5 Years: Brenda Carbone, Graham Clark, Ted Dodd, Eva Fiacconi, Ted Martin, Denise Miron, Lillian McDougall, Carolyn McLean, Gil Contant, Ann Corris, Elizabeth Larocque, Rick Thorold, Peggy Wilson

10 years: Beth Laderoute, John Lewis, Karen McAndrew, Mary Schiebel, Linda Sullivan, Mark Zorzit

15 years: Barb Forest, Marilyn Patterson, Janet Smith, Marg Vanderburg

Ontario Volunteer Service Awards: Six volunteers were honoured at the Ontario Volunteer Service Awards held at the Delta Hotel on May 14, 2012. Congratulations to:

5 Years: Brenda Carbone, Georgina Naccarato

10 Years: Beth Laderoute, Linda Sullivan

15 Years: Bea Fioramanti

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

Thank You to Supporters of the 9th Annual Ladies' Night Out

Our heartfelt thanks are extended to:

Major sponsors Comfort Suites and Identity Salon & Day Spa for their generous support.



Other sponsors: Candy Bouquet, Community First Credit Union, Curves, CupCakeZ, New North Greenhouses, HR Lash Ltd., Hollywood Limousine, Shaylan Spurway Photography, and Sears Cosmetics and Fragrances

Our supporters: Art Gallery of Algoma, Brian Tremblay Photography, Centre Stage, Collegiate Heights Retirement Residence, DNM Plumbing & Heating Ltd., Ellen Hadath, , Feelin' Fabulous!, Fashion First Ladies' Apparel, Fashion Shop, First Impression, Fragrance Garage, Fraser Kelly, Georgina Naccarato, Glassworks, Hallmark Store-Station Mall, Hannah Randell, Harmony Tea Room, Hollywood- Cambrian Mall, Home Hardware Building Centre, Ideal Concept in Gift Giving, Jasmine, Jories fine Clothing, Karen McAndrew, Kevanna Fine Photography, Kwik Kopy, Lia Sophia Jewellery, North Star Travel Plus, Partylite- Debbie Mancuso consultant, Patty Frost, Pennington's, RAW, RBC, Scotia McLeod, Shoppers Drug Mart-Second Line, Show Stoppers, Snips, Susan McLean, Suzie Yoo Bridal Boutique, The English Butler, The Flower Shop, The Totem Pole,

Our MC for the evening Mark Zorzit.

Our entertainment Larry Tschekalin.

Our tux models Jordan Gregorini, Jeremy VanHoek, Graeme Pateman, and Josh Scott.

And lastly thank you to all of the volunteers and attendees that helped make this event such a success.



Fundraising & Volunteer News

Coffee Break® - Another Successful Year!



Alzheimer Society

Thank you to all of the supporters of this year's Coffee Break®!

Over 340 host sites perked up and raised Alzheimer's awareness and over \$50,000 in

support of services that are provided free to people affected by Alzheimer's disease. Thanks to everyone who took time out of their busy schedules to host a Coffee Break at home or at work or who attended a 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.

We would like to extend special thanks to the many dedicated volunteers whose help is greatly appreciated, and to print sponsors Sault Star, KPMG, Penny's Pets, and Extendicare Tendercare, and to radio media sponsor Q-104/EZ Rock, and Moose FM in Elliot Lake.

Thank you to Tim Hortons for donating the Home Brewer that was won by Beth Laderoute .

The following restaurants served up their Coffee Break specials: Thank you to: Boots and Saddles Roadhouse, Service Grill, Joey's Twisted Italian Pub & Grill, Uncle Gino's Café, Vincenzo's, Viking Fish & Chips in Elliot Lake, and Mustang's Grill in Blind River.

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 Basic's—Pine Street and Trunk Road, Pita Pit, Lyle's No Frill's in Elliot Lake, Pennington's, Pino's Get Fresh, and Subway.



This was the eighth year that the Annual Golden Coffee Cup Award was presented to the host sites that gathered the most donations. Congratulations to the 2012 winners:



- Care Facility:** Golden Birches/Blind River DHC
- Elementary School:** Eastview Public School
- Secondary School:** Central Algoma Secondary
- Post Secondary School:** Algoma University
- Home Party:** Beth Laderoute
- Industrial/Construction:** Essar Steel Algoma Inc.
- Retail/Commercial:** The Sault Star
- Financial:** Northern Credit Union - McNabb St.
- Church/Association/Club:** East Korah Maxwell United Church
- Government Office:** Great Lakes Forestry Centre
- Community Agency:** North East Community Care Access Centre
- Decal Location:** The Bulk Barn
- Restaurant/Coffee Shop:** Camille's Island Café

Ladies' Night Out Raffle

The following people were the lucky winners of the Ladies' Night Out Raffle:

Kerry Esposti: Diamond & gold ring donated by Bennardo Jewellers

Aline Brisson: Spa package donated by Identity Salon & Day Spa.

Cathy Alisch: Restaurant package with gift certificates donated by Arturo Ristorante Italiano, A Thymely Manner, Docks Riverfront Grill, Embers Grill & Smokehouse, Fresco European Grill, Gliss Resto Bar, North 82, Panna Bar & Grill, Solo Trattoria

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.



News & Information

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 "See me, not my disease. Let's talk about dementia". The goal of the campaign is to address misinformation about the disease, shift attitudes, and make it easier to talk more openly and honestly about dementia.

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.

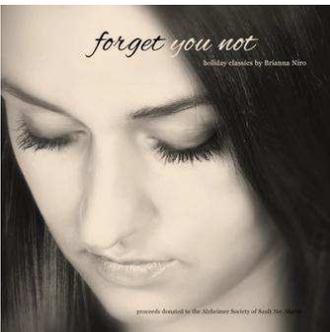
Annual door-to-door campaign: Our hardy legion of volunteers will be out canvassing area streets for donations to support people with dementia. Please give us a call if you are interested in canvassing - we have many streets that are in need of canvassers. Thank you to the volunteers who have already signed up. Kits are available for pick up at the beginning of January.

Walk for Memories: Join us and make a difference by attending the Walk for Memories on Sunday, January 27th at White Pines Secondary School in Sault Ste. Marie, or at the Elliot Lake Secondary School in Elliot Lake on Saturday, February 2. Fun for the entire family! Balloons, face painting, prizes, complimentary neck and shoulder massages, and refreshments. 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.

2013
WALK
FOR
MEMORIES
Alzheimer Society



Forget You Not Stocking Stuffers



Give a gift that will never be forgotten! For only \$10, you can purchase a CD of 10 Holiday Classics by local artist Brianna Niro. All proceeds will be donated to the local Alzheimer Society in memory of Brianna's beloved grandfather. The CD will be available in November just in time for Christmas.

Call the Alzheimer Society to order or visit participating locations: Independent Drug Marts, Arturo's, Laser Advantage, Savoy's Jewellers, TD Canada Trust - Bay Street, Seniors' Drop In Centre, Community First Credit Union - Trunk Road, Kwik Kopy, and St. Mary's College.

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 (c/o Huron Lodge)

100 Manitoba Rd., Elliot Lake, ON P5A 3T1
Phone: 705-848-8145 Fax: 705-848-1306

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

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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 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

Sandra Lamon, President
Dale Kenney, Past President
Graham Clark, Vice President
Glen Manchester, Treasurer
Chantelle Evans, Secretary
Susan McLean, Director
Gil Contant, Director
Nancy Komsa, Director
David Baskcomb, Director
Barry Sullivan, Director
Rene Mader, Director

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Tammy Bingley, Administrative Assistant
Carolyn Cybulski, Executive Director
Wende Diemer, Community Outreach Coordinator, East Algoma
Bea Fioramanti, Coordinator of Volunteers & Events
Heather Grant, Recreation Therapist
Helga Moore, Behaviour Support Facilitator
Cathie Randell, First Link Coordinator, SSM
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

