



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Spring 2011
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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.

Message from the President & Executive Director

Dale Kenney, President

Carolyn Cybulski, Executive Director

The theme for the 2011 Alzheimer Awareness Month was “Alzheimer’s disease...it’s more than you think”. The awareness campaign, which was launched in January, highlighted the fact that although the first wave of baby boomers turns 65 this year, an on-line survey revealed an alarming knowledge gap about Alzheimer’s disease. For example, the survey results showed that an astonishing 23% of boomers could not name any of the early signs of Alzheimer’s disease, even though their risk doubles every five years after age 65. Therefore our efforts in January and throughout the year will continue to be focused on increasing awareness of the signs of Alzheimer’s disease, as noted by the tag line: “Memory loss is not the only sign. Learn the other nine.” If you or your group would like information on the warning signs of Alzheimer’s disease, or any other topic related to healthy brains or dementia care, please contact us.

The Alzheimer Society’s 10th annual Alzheimer Education Conference was held on February 11, 2011, with 115 registered participants. All speakers dealt with the theme “The Behavioural Symptoms of Dementia: Responsive Behaviours and Creative Responses” from their unique perspectives, leading to fascinating presentations and dialogue. Our appreciation is extended to the presenters and participants, as well as to sponsors Pfizer Canada Inc. and USWA #2724 for helping us make this day happen.

Introducing Ruth Galinis, Education Coordinator

I was born, raised and presently reside in Sault Ste. Marie. My work and volunteer experience throughout the years has been varied - from assisting people with career, training and employment opportunities to assisting not for profit organizations and communities in the District of Algoma (including Métis, Aboriginal organizations and First Nations) in community, organizational or project specific initiatives.



Working or volunteering in recreation, culture, citizenship, labour, legal, multicultural and educational sectors provided me with the opportunity to work with a diverse group of people and organizations: seniors, youth, people with disabilities and other cultures.

I look forward to expanding my knowledge and horizon working as an education coordinator with the Alzheimer Society of Sault Ste. Marie & Algoma.

Please remember to visit our website

www.alzheimeralgoma.org

for information about Alzheimer’s disease and the Alzheimer Society,
as well as to access past editions of our newsletter.



Satellite Corner

By Carolyn Ross, First Link Coordinator, East Algoma

Family Caregiver Support Groups:

- At Huron Lodge in Elliot Lake: Every 3rd Tuesday afternoon of the month from 1:30 - 3:00.
- At the Order of the Golden Wing in Blind River: Every 2nd Wednesday afternoon of the month from 1:30 - 3:00.

Guest speakers for the winter sessions were Tom McGibbon from Canada Revenue Agency and Shana Duplin from the Red Cross Home Maintenance Program. Guest speakers are also planned for upcoming sessions.

First Link Learning Series: Please call to register (848-8145). The Learning Series is a five-session educational opportunity for family caregivers of people with dementia.

- Afternoon group begins March 10th—every Thursday in March 1:30 - 3:00.
- Evening group begins March 23rd—on Wednesdays from 6:30 - 8:00 p.m.
- Blind River evening group begins on April 5th—on Tuesday evenings 6 - 8 p.m.

Blind River Health Fair: April 9th from 10 a.m. until 4 p.m. at the Community Centre. Information for caregivers and people with dementia. Book a presentation for your group on “How to Keep Your Brain Healthy”.

Family Caregiver Forum: It was nice to see so many people out to hear Dr. Chau and Judy talk about “Dementia, Delirium, and Depression”. Jane spoke about the Day Program and how important it is for people with dementia to stay socially active and involved as much as possible. Thank you to everyone who attended. Please watch for the 5th Annual Family Caregiver Forum in 2012.

Introducing Crystal Hillier, Community Outreach Coordinator



We are pleased to announce that Crystal Hillier has been hired as the Community Outreach Coordinator in East Algoma. This is a new position which will encompass recreation therapy, public education, and fund development. Please join us in welcoming Crystal to the Alzheimer Society.

No one should face dementia alone.

We're here to help.

SAVE THE DATE - June 15, 2011 Annual General Meeting & Volunteer Appreciation Dinner

Members, volunteers, community partners, and the general public are invited to join us for our 25th Annual General Meeting which will be combined with the Volunteer Appreciation Dinner on June 15 at the Verdi Hall.

The business portion of the meeting will take place at 5:00 p.m., and all members are encouraged to attend in order to elect directors, hear reports, appoint the financial Auditor, and transact other business. The meeting will be followed by dinner. Featured speaker is Dr. Jane Rylett, who is an Alzheimer's disease researcher at the University of Western Ontario. We will also be using this occasion to award the 2nd annual Founders' Award. Cost to attend is \$15. Please RSVP to 942-2195.



L-R: Dr. James Chau; Judy Gillingham, Nurse Practitioner, Elliot Lake Family Health Team; Jane Carlsson-Mann, Recreation Therapist, Huron Lodge



Education & Research Update

By Cathie Randell, First Link Coordinator - Health Promotion

Research Advances from the International Conference on Alzheimer's Disease - July 2010

By Dr. Jack Diamond, Scientific Director, Alzheimer Society of Canada

In the last edition of our newsletter, we gave you Part I of Dr. Jack Diamond's comments related to research advances reported at the 2010 International Conference on Alzheimer's Disease (ICAD). Part II of this series deals with the subject of proposed new criteria for early diagnosis of Alzheimer's disease.

Perhaps the most newsworthy and media-reported issue of the entire conference was the announcement of a proposed new set of criteria for the diagnosis, and particularly the early diagnosis, of Alzheimer's disease (more than 400 of the presentations actually addressed this issue directly or indirectly). The identification of Alzheimer's disease biomarkers is a very active area of research. Biomarkers are objectively measured characteristics, usually chemical, e.g. concentrations of a protein of interest, or physical, e.g. the sizes of nerve cells in the brain, that allow one to follow the progress of the disease or the effects of treatment.

We now know that Alzheimer's disease actually begins decades before symptoms are noticeable. Numerous reports testify to the occurrence of plaques and tangles in people, both old and younger adults, who do not have a dementia. Many (but not all) of these people are destined to develop the full-blown Alzheimer's disease eventually. A general assumption is that the presence in their brains of plaques and tangles is a likely – but not certain - indicator that they probably do indeed already have the disease, but in its earliest stages – before symptoms are evident. And at this stage, we don't have a single, generally accepted way to conclusively identify the disease. Hence the proposal to use a battery of biomarkers, such as the levels of 2 proteins in the cerebrospinal fluid, PET imaging to assess beta amyloid in the brain and to evaluate glucose utilization by the brain, and MRI scans to reveal the extent and the localization of brain shrinkage, a prominent feature of Alzheimer's disease.

Some of the concerns expressed about using these new biomarker-based criteria to diagnose Alzheimer's disease include: collection of cerebrospinal fluid requires a spinal tap which is an invasive procedure not without risk; determination of who will pay for the proposed tests which are fairly expensive; unavailability of PET imaging for general use; and finally – none of these biomarkers are 100% accurate in the diagnosis of Alzheimer's disease, even for people with symptoms. How much could they be trusted in the diagnosis of Alzheimer's disease in those without symptoms?

In the end it may be that the proposed new diagnostic criteria will be most useful in selecting which among people diagnosed with MCI (Mild Cognitive Impairment) are those most likely to proceed to the full-blown Alzheimer's disease. This would indeed be a valuable step forward.

In any event it is encouraging that the problems intrinsic to the accurate diagnosis of Alzheimer's disease are being tackled so resolutely. Misdiagnosis is not uncommon, and raises huge problems for both the patient and the clinician. A group of prominent Canadian Alzheimer clinicians is currently being organized by Dr. Serge Gauthier, the Chair of the Research Policy Committee of the Alzheimer Society of Canada, to study the implications for Canadians of these new proposals for the early diagnosis of Alzheimer's disease.

Alzheimer Society Scholarship



Each year the Alzheimer Society awards a scholarship of \$600 to a Sault College student which is intended to promote study within the fields of health and human services, with a special emphasis on care of persons with dementia. We would like to extend our congratulations to the winner of the 2011 award, Natallie West, who is enrolled in the Collaborative Baccalaureate Nursing Program.



Family Support Information

By Allison Kantovaara, Social Service Worker Student, Sault College

A Musical Moment to Remember

Music can change a person's mood at the push of a button or strum of a string, or by playing some musical keys. Music can trigger a thought that was once had, a place that was once visited, a feeling that was once felt. Music has the ability to capture a moment in time and when that song, melody or composition is heard, that moment feels like it could be real again. Today I witnessed that moment.

A person with dementia may have difficulty remembering certain thoughts, places and feelings. Often times it is challenging for them to recognize names, and familiar faces. Being a co-op student from Sault College in the Social Service Worker program I have an opportunity to work once a week with older adults that have dementia. I didn't know a lot about the disease prior to my starting my second semester, but so far I have learned and experienced many things. There is one experience in particular that I will never forget. Once weekly I visit a woman who seems to be in the moderate stage of the disease process. She struggles with certain activities but has a strong, determined personality. In many of our past visits she was reluctant to try new activities and seemed quite set in her ways. Each week I'd offer different activities to try and she did try some. Each week I also proposed the idea of listening to music, but each visit she declined this.

Today however, was the day she said yes to music. There was a CD of instrumentals that was in the CD player. I played it for her and as soon as I sat down with her it was as if she was out at a party, or listening to the band live. She began humming, singing, and started dancing in her chair. The first thing I noticed was that she was singing the words from memory along with the instrumental CD. One song in particular triggered a certain feeling; she stopped what she was doing, closed her eyes, took a deep breath and told me "I love this". I could almost feel that moment with her. As she sat there she closed her eyes and a smile lit up her face, I could see she was reminiscing, remembering a beautiful memory

from her past. A song changed her for that moment, and made her feel something that she hadn't felt in a while. It was wonderful for her to relive that moment, that feeling, that past experience. It was also wonderful for me to be a part of that.

I strongly believe after this experience, that if at all possible, all those with the disease should experience the joy that music can bring. Even if that feeling is sadness, happiness, love, or laughter, it is a valid feeling for them. Music is truly a gift when you assist a person with dementia to experience such a beautiful moment. So I say push that button, strum a string, or play those keys!

Resource Centre Acquisitions



DVDs

Is This the Right Time? The Nursing Home Decision? Terra Nova Films (2010) This is a follow-up DVD to *More Than a Thousand Tomorrows* (the story of Betty and Everett Jordan's struggle with Alzheimer's disease). In this DVD, several of the children participate in a facilitated discussion of how that decision was made and how the communication regarding the decision might have been better handled. Their frank and honest questions and answers shed light on the importance of keeping the lines of family communication around this emotional and difficult decision.

More Than Words: A New Culture of Care and Communication with Persons Who Have Dementia. Terra Nova Films (2011) This DVD is a follow up to *Choice and Challenge: Caring for Aggressive Older Adults Across Levels of Care*. This DVD demonstrates through real interactions how person-centered care and knowledge of the resident can reduce dementia-related episodes, such as sundowning, aggressive-protective reactions when bathing, and wanting to leave.



Great Leisure & Recreation Ideas

By Stacey Shiels and Helga Moore, Recreation Therapists

The Benefits of Art Therapy



Art Therapy is a powerful tool for people with Alzheimer's disease to express their feelings, decrease loneliness and isolation and calm restlessness. Although people with Alzheimer's disease gradually lose the ability to express themselves through words, parts of the brain that develop colours and composition can still be used. Art Therapy is beneficial for all stages of Alzheimer's disease.

Art Therapy is a language of communication that creates opportunities for positive, successful and pleasurable social interaction. While Alzheimer's disease decreases and eventually diminishes cognition and function, art therapy assists with increased independence and self direction, stimulates imagination, and fosters memories.

Art Therapy is a healthy method for people with Alzheimer's disease to let go of negative emotions and connect in a non verbal way. Emphasizing abilities that can be developed rather than focusing on those that are lost will improve concentration and confidence. Relaxation, improved moods, and decreased disruptive behaviours are also potential benefits.

Ways to incorporate Art Therapy fundamentals into your routine:

- Make an art project part of your regular routine. Do not worry about the final result; the goal is for the person with Alzheimer's to enjoy the activity. Crayons and colouring books for adults work well and sculpting clay is also an excellent option. If painting, watercolours are a good choice.
- Create friendships by enrolling your loved one in an art class with other people who have Alzheimer's, or attending an art class together.
- Make a scrapbook. This is an activity that you can do together with your loved one. It is excellent for reminiscing and stimulating a sense of closeness and happiness.

- Go to a museum or gallery. Observing art is a valuable activity as it gives your loved one the opportunity to share an activity with you as well as get out of the house and be a part of the community.

The most important thing to remember is to encourage the person with Alzheimer's. There is no right or wrong. They must know that whatever they are doing will be appreciated and respected.

References:

1. Sourby, Charles A. (2006) Art Therapy for Alzheimer's disease and dementia. Retrieved March 1, 2011 from Recreation Therapy website <http://www.recreationtherapy.com/articles/artisticdementia.ppt>
2. Iliades, Chris (2009) Easing Alzheimer's Symptoms with Art Therapy. Retrieved March 1, 2011 from Alzheimer's and Art Therapy – Alzheimer's Disease Centre Website <http://www.everydayhealth.com/alzheimers/alzheimers-art-therapy.aspx>

Introducing Helga Moore, Recreation Therapist



Hello my name is Helga Moore and I am thrilled to be part of the Alzheimer Society of Sault Ste Marie and Algoma District as a Recreation Therapist. I was born and raised in Romania and I moved to Canada in 1999 to better my life.

I graduated from Sault College with the OTA/ PTA diploma in 2008. During this time I discovered my passion working with individuals affected with Alzheimer's disease and related dementias.

My previous employment was at the Great Northern Nursing Home conducting recreational therapy and I also worked as a Physiotherapist Assistant.

I have been working at the Alzheimer Society for almost two months now and I am pleased that I can make a difference in our community. I am looking forward to meeting you all!



Fundraising & Volunteer News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

Thank You Volunteers!

We would like to thank all of our volunteers and supporters for their dedication during a very busy January Awareness Month. You truly make a Difference! Without the help of our volunteers the Alzheimer Society would not be able to provide important services such as recreation therapy, family support and education to people affected by Alzheimer's disease.

Walk for Memories

WOW!! Thanks to everyone that attended or supported this year's Walk for Memories in Sault Ste. Marie and Elliot Lake. Over \$36,000 was raised in Sault Ste. Marie and \$12,000 was raised in Elliot Lake. Participants enjoyed walking as well as entertainment, refreshments, and plenty of prizes!



At left, Kristan Grasley (L) & Devann Grasley (R) enjoy their beautifully painted faces at the SSM Walk.

Many thanks to our Sponsors:

Provincial Sponsor: Manulife

Local Sponsors (Sault Ste. Marie):

Platinum: Oldies 93

Gold: Northwood Funeral Home, Great Lakes Power, Henderson Metal Fabricating Co. Ltd., and Brookfield Renewable Power

Silver: Penny's Pets, Lamon's Printing, MR Wright & Associates Co. Ltd., The Athlete's Foot, KPMG

Bronze: Allstate Insurance Agency, And Son Contracting, Avery Construction, Castle Realty Ltd., Hess Jewellers, Lock City Monuments, Mike Moore & Sons Construction Ltd., Mio's Furniture Fashions, North Star Travel Plus, PUC Services Inc., Rector Machine Works Ltd., Royal Purple #155, Royal Tire Service Ltd., Soo Mill Build All, Soo Video Sales & Service, The Country Way, The Medicine Shoppe- Great Northern Road, We Care Home Health Services

Local Sponsors (Elliot Lake):

Platinum: 94.1 Moose FM

Gold: C&R Home Improvements Ltd.

Bronze: Cameco Corporation, Elliot Lake Retirement Living, Elliot Lake Funeral Chapel and Cremation Centre Ltd.

Congratulations to the top pledge earners:

Sault Ste. Marie: Caroline Dukes who raised an incredible \$1,700, and to the top pledge earning team RBC that raised \$5,966 which included the very generous donation from RBC Foundation.

Elliot Lake: Sally Ranger who raised \$1,555, and to the top team OC Scrap Bookers who raised an incredible \$3,120. Also thanks to the Elliot Lake Scotia Bank for their very generous match.

Special thanks to the volunteers, participants, and donors of prizes, refreshments, entertainment, and services, and also to the staff of White Pines Secondary School and Collins Hall for all of their support.



Bea Fioramanti, Coordinator of Volunteers & Special Events (L), presents a plaque of appreciation to Stephanie Bifano at Cross Country Automotive for their generous sponsorship of \$3,000.

Door-to-Door Campaign

We want to extend our sincere gratitude to all of our door-to-door volunteers that braved the elements and canvassed in the month of January. Your dedication is truly appreciated. Thank you also to the many businesses and service clubs for their support.

Congratulations to our Top Canvassers:

SSM: Anthony DeLuco and Dave Muncaster

Algoma District: John Shannon

Student: Jared Discher



Upcoming Events

Ladies' Night Out

A night of Dinner & Entertainment will be held at the Comfort Suites & Conference Centre on Thursday, May 12th. Dinner at 6 pm with entertainment to follow. Terri Chiarello will be M.C.

Entertainment by: The Comedics: This wacky group of doctors and associates specialize in keeping their audience "in stitches".

Purses with Purpose and "Purse-onality": Wear your favourite purse with lots of bling, as we "purse-suade" you to bid on some fun and fabulous purses!

There will also be lots of prizes, a silent auction, and the draw for the Luxurious Ladies Raffle.

Advance Ticket Sales Only. Tickets are \$40 each and include dinner & entertainment. Dinner consists of: Bread, Mixed Green Salad, Roast Potatoes, Roast Potatoes, Maple Glazed Carrots, Dessert, Coffee or Tea.

Tickets will be available on April 1st. They sell out fast so don't be disappointed—reserve your table soon!

We would like to acknowledge the major sponsorship of the **Comfort Suites & Conference Centre, Mane Street Salon and Spa**, as well as confirmed sponsors to date:

- Curves
- New North Greenhouses
- Community First Credit Union
- Brian Tremblay Photography
- Candy Bouquet
- Zenone's
- HR Lash Ltd
- Sears Cosmetics and Fragrances

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

Luxurious Ladies Raffle

Tickets are \$5 each and are available now. Draw will take place at 9:00 p.m. on Thursday, May 12th at the Comfort Suites & Conference Centre (during Ladies' Night Out).

1st Prize: Ladies 14K white & yellow gold two tone right hand ring
Provided by **Bennardo Jewellers**
Total Prize Value: **\$954.85**

2nd Prize: Ultimate Day of Wellness Spa Package
Provided by **Mane Street Salon & Spa**
Total Prize Value: **\$361.60**

3rd Prize: Dinner Extravaganza—A Gift Certificate from each of these participating locations:
Gran Festa Italian Ristorante (150.00)
Gliss Resto Bar (\$75.00)
A Thymely Manner (50.00)
Arturo's Ristorante Italiano (50.00)
Solo Trattoria (30.00)
Fresco European Grill (25.00)
Panna Bar & Grill (20.00)
Total Prize Value: **\$400.00**

We are pleased to recognize the Platinum and Gold Sponsors of the 2011 Walk for Memories:



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Contact Information

Sault Ste. Marie Office

633 Albert St. E., Sault Ste. Marie, ON P6A 2K5
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

Phone: 705-856-2335 ext. 106

*Please note that the North Algoma office is changing locations. Messages can be left at the above number until the new office is established.

General Email:

info@alzheimeralgoma.org

Website:

www.alzheimeralgoma.org

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.

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 three times 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

Dale Kenney, President
Susan Van Atte, Past President
Sandra Lamon, Vice President
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