

SAFE (Seniors Active in Falls Education)

SPECIAL POINTS OF INTEREST:

Announcing Annual General Meeting

Preparing for the Summer Heat

Let's Get Active

You can Borrow from our Library

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Candice from VON is the Fitness Instructor for "SAFE" at the Chatham Day Program twice each week.



Canadians over the age of 65 have fall-related injury rates 9 times higher than those less than 65.

In this age group, falls are responsible for:

- 95% of all hip fractures
- 85% of injury related hospitalizations
- 76% of all head injuries
- 40% of admissions to Long Term Care Homes

It is estimated that one in three persons over the age of 65 is likely to fall at least once each year. By 2031, it is projected that older adults will make up 24% of Canada's entire population and approximately \$4.4 billion will be spent on direct health care costs for fall-related injuries among this age population. Among older adults, injuries due to falls threaten independent living, autonomy, functional ability and health status.

Programs designed to help prevent these falls are very important. Exercise is one way that falls can be reduced. Inactivity, chronic disabilities such as diabetes, arthritis, abnormal blood pressure, dementia and changes associated with normal aging can lead to gait, balance disorders and loss of mobility. Regular physical activity and exercise will increase muscle strength, improve co-ordination and help to prevent falls.

The Chatham and Wallaceburg Day Programs are offering the "SAFE" (Seniors Active in Falls Education) program to clients registered in the Day Programs. It is a research and evidence based exercise and falls prevention program provided by VON Erie St. Clair and is funded by the ESC LHIN. "SAFE" is an exercise class facilitated by a certified senior fitness instructor, which is offered at no cost to participants. Upon caregiver consent, the limitations and abilities of the client will be assessed regularly by a certified instructor to ensure that we are working within the client's functional level. The instructor will also be well informed of each client's abilities or existing health conditions. Modifications have been made to the program to reduce the class time to 30 minutes and to slow down the issuing of instructions to better accommodate the needs of our clients.

The Exercise and Falls Prevention Program will include:

- Cardiovascular conditioning and strength training
- Muscle endurance, balance and power
- Stretching and relaxation
- An educational component which focuses on fall risk interventions

Fran Betts, District Coordinator, VON Erie St.Clair-Seniors Exercise and Fall Prevention Programs, oversees the delivery of this program. Training, research and program development for improved physical ability and healthy aging for older adults is provided by the Canadian Centre for Activity and Aging (CCAA) within the Faculty of Health Sciences at Western University.

With increasing evidence linking a physically active and mentally stimulating lifestyle to reducing the risk of developing dementia or slowing the progression of the disease, now is the time for everyone to become more active. Choose activities that are suitable and enjoyable. You can try seated exercises, tai chi, music and dance, swimming, walking, gardening and even housework. Whatever your stage of life, being fit and healthy matters. It is never too late to start.



Let's work together to raise money for the programs and services provided by the Alzheimer Society of Chatham-Kent!

You can help! The Alzheimer Society's national annual fundraiser, Coffee Break launches in September. All of the funds raised in Chatham-Kent remain right here to assist people in our region. You can participate in several different ways to help members of our community who live with Alzheimer's disease and related dementias.



You can have a big impact by organizing your own Coffee Break event. Hosting a coffee break is an easy and fun way to show your support for people affected by Alzheimer's in your community. Gather your friends or co-workers and plan a BBQ, yard sale, or afternoon tea and collect donations for our Society. It can be any type of an event that you would like to host and can be held on any date in September or into October.

Coffee Break - Take Part! September 25, 2014



Or, order a Coffee Break Kit and have it delivered to your door on September 25, 2014. You will receive a 12 cup package of Ready to Brew coffee with cups, sugar, creamer, stir sticks & napkins. Included is your choice of cookies, cakes, muffins, or tarts baked fresh from Maple City Bakery, Chatham. What an excellent treat for your office or morning coffee gathering.



Or, watch for our displays at local retailers throughout the month of September and purchase a coffee cup cut out to help us provide the services that are needed by the almost 2000 persons affected by Alzheimer's or a related dementia in the Chatham-Kent area. Check our web site for more information www.alzheimer.ca/chathamkent or call the office at 519-352-1043.

Société Alzheimer Society

CHATHAM - KENT

Announces its
28th Annual General Meeting

To be Held at 36 Memory Lane, Chatham, Ontario
Wednesday, September 17, 2014 at 5pm
Please call 519-352-1043 to confirm attendance by September 12, 2014
Light Dinner Provided - Everyone Welcome

Changes to the Licence Renewal Process in Ontario



Starting April 21, 2014, Ontario's Ministry of Transportation (MTO) has changed the driving licence renewal process for drivers 80 years and older to include cognitive screening. The tests are designed to identify a driver's ability to recognize objects on the road and react to situations. MTO worked with their Medical Advisory Committee to determine which screening tools could be used. The "clock draw" and "repeating letters" tests were chosen. Driver Improvement Counsellors who conduct the in-class portion and screening are instructed in how to score the screens. Other elements of the program include:

- A vision test
- Education session
- A review of the driving record

After drivers have completed all components of the Licence Renewal process, they may be asked to take a road test or submit medical information from their doctor. Ontario drivers over the age of 80 must renew their licences every two years as part of the Senior Licence Renewal Program. Changes to the program will mean a reduction from 3 hours to 90 minutes to complete the process.

What are the implications of this new testing?

People living with dementia want to remain independent for as long as they are able without posing risk to themselves and others. In the early stages of dementia, driving capacity related to cognition is usually intact; however, as the disease progresses ability to drive becomes impaired. Identifying driving risk in a timely way is important. Some of the cognitive changes caused by dementia affect judgement, reaction times, attention, perception, and planning abilities which are critical to driving.

Loss of one's licence at any age affects the ability to remain independent. For those

living with dementia, this loss is compounded by the many losses they experience. This can lead to further dependency, depression, isolation and may impact self-image.

While effective driver screening methods are needed, people with dementia who have lost their licence must be provided with opportunities to work through this loss and strategize about how to continue to remain independent despite no longer being able to drive a car. Counselling is available at the Alzheimer Society of Chatham-Kent at no cost.

It is also very important to ensure that this process correctly identifies at-risk drivers due to cognitive impairment. The MTO will be gathering data and monitoring this new process as it is rolled out. They will work with stakeholders like the Alzheimer Society to review information about the process as it is available and determine appropriate responses.

<http://www.ontario.ca/driving-and-roads/renew-g-drivers-licence-80-years-and-over>

Lending Library at Alzheimer Society of Chatham-Kent

The Alzheimer Society of Chatham-Kent has more than 160 books and DVD's in our lending library for those who are interested in learning more about Alzheimer's disease or related dementias. A family caregiver recently asked for some suggestions to plan activities that would be interesting for her husband. We were able to loan her a suitable book, [Failure-Free Activities for the Alzheimer's Patient](#). The collection of books at the Alzheimer Society of Chatham-Kent can assist many readers in finding information about their particular concern.

There are books available for children with titles such as [Grandpa has Changed](#) or [What's Wrong with Grandma?](#) There are books for a young child and others that are more complex for an older child. These will assist in explaining the physical, mental and emotional consequences of a family member with Alzheimer's disease.

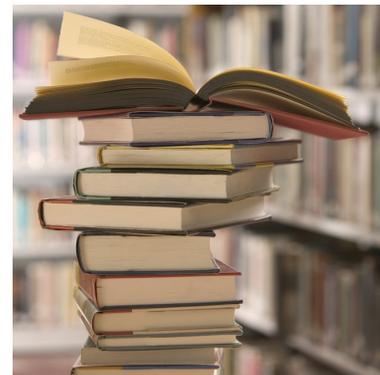
Many of the books contain information that is meant to help the family caregiver learn more about caring for people with Alzheimer's disease and related dementias. One that is highly recommended by our

staff is called [The 36-Hour Day](#). It provides practical guidance and clear information that a family needs. This book starts out by explaining about dementia and characteristic behavioural symptoms. It goes on to discuss changes arising in daily care, medical challenges, changes in mood, help for the caregiver and so on. Another book that was recently recommended by a family caregiver is called [Talking to Alzheimer's](#), providing simple ways to connect when you visit with a family member or friend. It focuses on the dignity of the person with Alzheimer's as well as on the continuing potential for mutually rich relationships

[Still Alice](#) has been highly praised by critics and every staff member who has read it. It was on the New York Times best seller list for over 40 weeks. Although the book is a work of fiction, the author, Lisa Genova, holds a Ph.D. in neuroscience from Harvard University and is able to convey highly accurate and useful information about Alzheimer's disease as well as a compelling story that will help the reader gain an understanding of the impact of this disease on the main character and

her family and colleagues.

There are DVD's which also provide useful information for families and for the person with Alzheimer's disease or related dementias. The resource lending library is available for general public use. Each book is signed out for a time period of 30 days. The borrower provides contact information and agrees to return the material in good condition. Please feel welcome to take advantage of this free service by dropping into the office and borrowing a book that will enhance your understanding of Alzheimer's disease or a related dementia.



Soci t  Alzheimer Society

CHATHAM - KENT

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Safety Tips for the Summer



Heat stroke is a medical emergency! Watch for symptoms of heat illness including:

Dizziness or fainting

Nausea or vomiting

Headache

Rapid breathing and heartbeat

Extreme thirst/ dry mouth/ sticky saliva

Decreased urination

Call 911 immediately if you are caring for someone who has a high body temperature and is either unconscious, confused or has stopped sweating.

It is important for everyone to take extra care in the extreme heat. Older adults in particular, can be susceptible to stress and illness from the heat. Because of the cognitive changes caused by dementia a person's judgement can be impacted and they might dress too warmly or may be afraid to open the house for adequate ventilation. They may no longer be able to evaluate consequences the way the rest of us do and this can lead to heat-related problems such as heat exhaustion and heat stroke.

Beat the heat by taking these minor precautions.

Stay cool: Some people don't perspire very much, even when it's humid. Stay out of the heat at the hottest times of the day and seek shade when you are outside. Block the sun by closing curtains or blinds. Stay in areas where there is plenty of air conditioning and air circulation. Visit a mall, library or grocery store where it is cool.

Drink plenty: Thirst declines with age, and older sweat glands don't produce as much sweat as they used to. Also, the sweat you

produce tends to contain more salt. Lack of salt in the body can cause sudden drops in blood pressure. Drink plenty of water or juice throughout the day, as often as every 15 to 20 minutes. Avoid alcohol and caffeinated drinks, which can make it more difficult for your body to adjust its temperature. Eat more fruits and vegetables as they have a high water content.

Apply cool cloths: A cool cloth applied to the face, neck and arms, as well as short baths and showers, are other good ways to beat the heat. Avoid heavy meals. Wear lightweight, light-coloured clothing. Wear a hat with a wide brim and sunglasses to protect skin and eyes from the sun's UV rays.

Plan regular visits to older adults: On very hot days a visitor may identify signs of heat illness that could be missed over the phone.

Check out www.extremeheat.ca, an online resource providing information, tools, and tips on protecting yourself from heat-related illnesses.

MISSION STATEMENT

To improve the quality of life of people affected by Alzheimer's disease or related dementias through superior programs and research.

Supported by:



Ontario

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