

Société Alzheimer Society

CHATHAM - KENT

NEWSLETTER

Fall 2015

Volume VI Issue 3

Mission Statement

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



Christmas Holidays Hours

The Office and Day Programs will be **closed** on the following days only:

Friday, Dec. 25

Friday, Jan 1

The Staff and Board of Directors wish everyone a safe and Happy Holiday.



Become a Dementia Friend and Enter to **WIN**
a 7-night vacation for two
in Punta Cana, Dominican Republic

Donated by
Vision
VOYAGES | TRAVEL

Show your care...
at work and in your community!

What is a Dementia Friend?

A Dementia Friend is someone who learns a little bit more about what it's like to live with dementia and then turns that understanding into simple actions that can help people with dementia live well. Registering to become a Dementia Friend is easy and means joining a growing movement of individuals and workplaces who are increasing awareness and creating positive change.

Help shine light on dementia and support people in your community by becoming a Dementia Friend. www.dementiafriends.ca

Until December 31, 2015, becoming a Dementia Friend has the added bonus of a chance to be entered in a draw for a sunny vacation. Everyone who signs up online in the next month is entered in the contest with a random draw on January 15, 2016. There is a limit of one entry per person during the contest. Full contest rules are available when you enter. This contest is sponsored by the Alzheimer Society of Canada.

Canada Shows its Age

For the first time in history, Canada now contains more seniors than children. According to Statistics Canada, as of July 1, 2015 16% of Canadians were 14 or younger while 16.1% were 65 or older.

The impact is more symbolic than anything but

numbers such as these should help policy-makers focus on the needs of aging Canadians. In particular, skyrocketing rates of Alzheimer's and other forms of dementia are a key problem for governments to confront. The health care system

must be adjusted to this new demographic reality. Now more than ever, Canada needs a Dementia Strategy.

For further information see: www.alzheimer.ca (You will find several articles "in the news").

Coffee Break[®] Success!

Thanks to the generosity of the people of Chatham-Kent, we had another very successful **Coffee Break[®]**.



To the left, Lydia Swant and Joanne Jones were busy baking cookies on October 5 for their "Cookies for Memories" event at Meadow Park Long Term Care Home.

Our special thanks to these participants who supported our Coffee Break Campaign to raise funds for those affected by Dementia in Chatham-Kent:

They baked many dozen cookies and raised \$350.



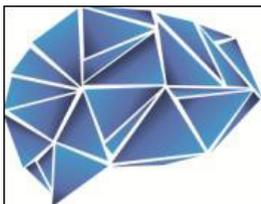
**Blenheim United Church
CCAC
Dean and Barb's No Frills, Chatham
Libro Financial Group, Blenheim
Parks Blueberries, Bothwell
Royal Bank, all Chatham-Kent Branches**

An extra special thanks to:

**Bulk Barn, Chatham
Chatham Moose Lodge
Maple City Bakery
Meadow Park
Residence on the Thames
Royal Canadian Legion, Wallaceburg & Tilbury
Tilbury Lioness Club
Tilbury Manor
Ursuline Sisters at Villa Angela**



And another successful supporter!!
Tilbury Manor raised \$325 at their Coffee Break[®]. Pictured here, Jan Menard from the Tilbury Manor and Marie Humphrey from the Alzheimer Society.



**WALK FOR
ALZHEIMER'S
MAKE MEMORIES
MATTER™**

"The Walk for Memories[®] will now become the **Walk for Alzheimer's Make Memories Matter™**. The Walk will be held in the Spring of 2016 – stay tuned for more information!"

Upcoming Learning Series Course

Care Essentials

Topics Include:

The progression of dementia.

Understanding behaviour.

Day to day care

Community resources and a personal story.

Location :

Alexander & Houle Funeral Home Community Room - 245 Wellington St W, Chatham

**Dates: December 3rd & December 10th
9:30am—12:00pm**

Please call 519-352-1043 to register.

Memory Quilts Donated by the Chatham-Kent Quilt Guild

Members of the Chatham-Kent Quilt Guild donated these beautiful Memory Quilts to the Day Programs; one for Chatham and the other for Wallaceburg. These are called Memory Quilts because each block in the quilt is made from a different fabric, chosen because it is a reminder of something that would be of interest to our clients. A particular fabric might trigger a special memory or start a conversation about a hobby or past event. Included are travel scenes, autumn leaves, Canadian wild life, favourite foods, cars, nursery rhymes, farm life, music notes, vegetables and flowers from the garden. Our day program staff were excited to receive such beautiful works of art and our clients couldn't stop talking about all of the images and textures.



Pictured at left and above are Jana Murphy, Day Programs Manager and Louise Crow, Chatham Day Program Assistant holding the quilts. Dianne Blonde Pinkerton (centre) from the Chatham-Kent Quilt Guild crafted the quilts from start to finish.

Dianne still has many of these fabrics left and she will consider making another of these Memory Quilts if there is a special need.

On behalf of the clients and staff, we would like to thank the Chatham-Kent Quilt Guild and especially Dianne for thinking of us and for this kind donation.

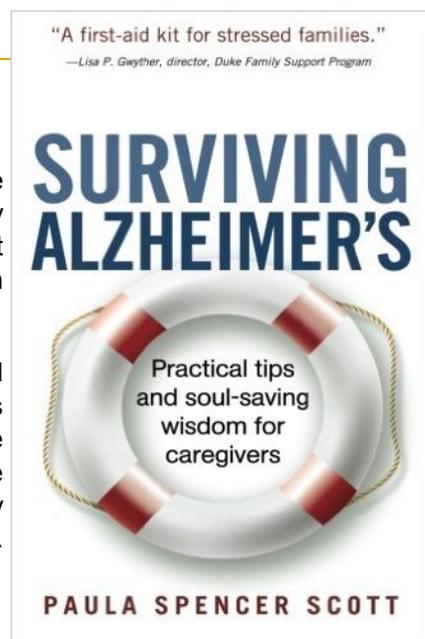
Recommended Reading

“Surviving Alzheimer’s: Practical tips and soul-saving wisdom for caregivers” by Paula Spencer Scott is written especially for caregivers to provide useful techniques and strategies for caring for a person with dementia. It is a non-clinical easy read that is well organized so that topics of interest can be found quickly. It contains some of the best, most current thinking on how to enhance quality of life and safety while minimizing stress on everyone involved.

This book has insights from a team of top dementia-care experts as well as stories and ideas from real families. This book can be seen as a valuable tool that provides significant information and assists caregivers

to meet the challenges that may arise throughout their journey with dementia.

If you are interested in borrowing this book, it is available at the office of the Alzheimer Society of Chatham-Kent. 519-352-1043



Heroes in the Home

The Alzheimer Society of Chatham-Kent is pleased to announce that one of our caregivers, Jane Labute, has received a **Heroes in the Home** award from the Erie St. Clair CCAC on November 12th in a ceremony at Aristo's Banquet Room. Jane was nominated by Michelle Janisse, Support Services Manager/Social Worker with the Alzheimer Society of Chatham-Kent who described Jane this way:

*“Jane exemplifies what a **Hero in the Home** really is. She has been the primary caregiver for her mother for approximately 5 years. Throughout her caregiving*

journey, Jane has shown incredible love, empathy and compassion towards her mother. It's hard to keep track of the countless hours of unpaid caregiving she has provided and she's been there without question or hesitation.”



Jane Labute, family caregiver, at the CCAC Awards Ceremony on November 12.

Wrap up the year by giving back!

Dementia is one of the fastest rising health concerns of our generation. In less than 20 years, we'll see a doubling of the number of people with dementia, not only in Canada, but worldwide. A financial gift from you will help us provide the support and level of care that every person with dementia deserves. Your gift will impact people living with dementia and their caregivers right here in Chatham-Kent.

The number of people in the Erie St. Clair LHIN (Chatham-Kent, Sarnia-Lambton, Windsor-Essex) over the age of 65 living with dementia, now stands at 11,230 and is expected to increase to 12,700 by 2020. With the support of donations, we are able to promote awareness about the disease, support those diagnosed through the journey of the disease and offer programs such as in-home respite and Day Programs.

At the Alzheimer Society of Chatham-Kent, the number of client referrals we

have received year-to-date through the medical community and CCAC has increased by 82% compared to two years ago. Your support would help to provide counselling, testing, education, respite care and Day Program opportunities for more of these new clients.

Don't delay. Get your gift in by December 31st to receive a tax-deductible receipt that can be applied to your 2015 tax return. Please send a cheque in the mail, visit us in person with a cheque, cash, debit or credit card or call the office to make a donation using your credit card. On-line donations are also possible through our web site.

On behalf of the Alzheimer Society of Chatham-Kent staff, volunteers and those we serve, we thank you and wish you a beautiful Holiday Season.

Soci t  Alzheimer Society
CHATHAM-KENT

36 Memory Lane
Chatham, ON N7L 5M8

Phone: 519.352.1043
Fax: 519.352.3680
info@alzheimerchathamkent.ca
www.alzheimer.ca/chathamkent

Supported by:

