

Société Alzheimer Society

CHATHAM - KENT

NEWSLETTER

Winter 2015

Volume VI Issue 1

Mission Statement

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



Upcoming Learning Series Courses

Location :
St. Andrew's Residence
99 Park St.
Chatham, ON

Dates: March 6 & 13
9:30am—12pm

Next Steps For Caregivers

Topics Include:

*What is dementia
Brain & Behaviour
Drugs, treatment & research
Future Planning*

Dates: April 16 & 23
9am—11:30am

Care Essentials For Caregivers

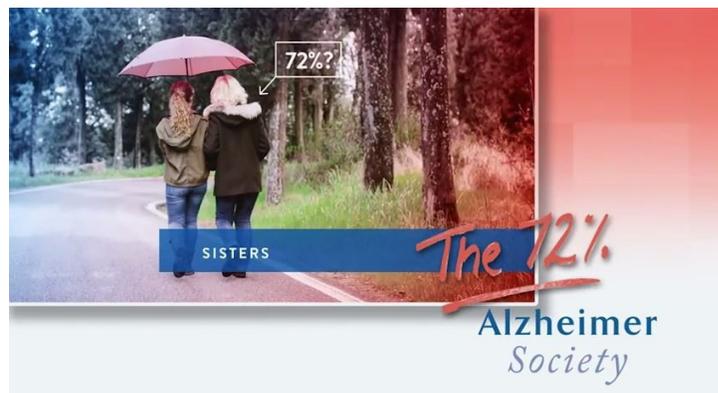
Topics Include:

*Progression of Dementia
Understanding Behaviour
Day to Day Care
Community Resources*

Please call 519-352-1043
to register

The 72%- Alzheimer's is a Women's Issue

Did you know that women represent 72% of Canadians living with Alzheimer's disease?



That's because women live longer than men and age is the biggest risk factor. Are you one of the 72%?

Do you know someone who is?

The impact on women is twofold. They also account for 70% of family caregivers.

Don't face this disease alone—we're here to help. The Alzheimer Society of Chatham-Kent provides support throughout the progression of the disease so you can live as well as possible.

We're asking Canadians to learn about the 10 warning signs and share them with their mothers, grandmothers, sisters, daughters and friends.

Help spread the word about the following signs:

1. Memory loss that affects day-to-day abilities
2. Difficulty performing familiar tasks
3. Problems with language
4. Disorientation of time and space
5. Impaired judgement
6. Problems with abstract thinking
7. Misplacing things
8. Changes in mood and behaviour
9. Changes in personality
10. Loss of initiative

Preparing for your doctor's visit

Have you noticed any of the above mentioned signs in yourself or someone you care about? Talk to your doctor. Early diagnosis allows you to get the help you need and plan for the future. Some of these symptoms can be similar to symptoms of other

conditions such as depression, thyroid or heart disease, drug interactions or infections.

The doctor will need honest answers about changes you've been experiencing or that you are noticing in someone

else. The following link will bring you to a tip sheet that will help you gather information for that first visit:

http://www.alzheimer.ca/~media/Files/national/Tip-sheets/tipsheet_Preparingforyourdoctor_e.pdf

2015
**WALK
FOR
MEMORIES**



**Saturday, March 7, 2015
Downtown Chatham
Centre**

100 King St. W. Chatham (inside)
9:30 am—12:00 noon
Live Entertainment by: **THE PUBCRAWLERS**

Come and tie a **yellow shoelace** around your finger and walk to honour and remember those with Alzheimer's disease or related dementias.

All money raised will remain in Chatham-Kent and will be used for programs and services.

**To obtain a pledge form please contact
519-352-1043 or visit:
www.walkformemories.ca**

To see a copy of the promotional poster please click on this link:
<http://www.alzheimer.ca/chathamkent/~media/Files/charters-on/chathamkent/WFM%202015%20FlyeNEW.pdf>

A Special thank you to our local sponsors:



- Alexander & Houle Funeral Home
- Copper Terrace LTCH
- Fairfield Park
- Hinnegan-Peseski Funeral Home
- Lar-nick Lawn & Snow Services
- Monarch Basics
- St. Andrew's Residence
- Screen Art International
- Sentry Fire Protection Services

The Kemp Family—Top 2014 Fundraising Team



Thank You for All of the Donations Received in 2014!

The Alzheimer Society of Chatham-Kent is very grateful for all of the donations received from many different sources. The donated funds help to provide assistance to even more people affected by Alzheimer's disease or related dementias and their caregivers. Special thanks to the families who designate the Alzheimer Society as their charity of choice when their loved one passes away.

Last year, funds were raised through muffin and cookie sales, barbeques, Coffee Break® events and family golf

days. Donations were received in lieu of Christmas, birthday and anniversary gifts and wedding favours. Many people participated in the annual Walk for Memories as a way to honour a family member. We were also honoured in the past year to receive funds bequeathed to us by several estates.

We are thankful for every dollar that we receive so that we may continue to provide the support services that improve the quality of life for persons with Alzheimer's disease or related dementias and their caregivers.

iPods for Memories

The Alzheimer Society of Chatham-Kent is introducing an exciting new personalized music program to individuals with Alzheimer's disease and related dementias. We plan to initiate the program with select clients in our two Day Program locations in Chatham and Wallaceburg. The program will provide the selected clients with headphones and a personalized iPod with a playlist of their musical favourites.

There is increasing evidence that the use of personalized music for individuals with Alzheimer's disease or related dementias can:

- Increase engagement and meaningful interactions
- Reduce anxiety, fear and distress
- Increase enjoyment and quality of life

If you have not already watched the following six-minute clip of ninety-four year old Henry from the documentary *Alive Inside*, we encourage you to do so. Henry, who lived with dementia for nearly a decade, barely said a word to anyone—until he was offered a personalized iPod at his nursing home through the US-based non-profit organization, *Music & Memory*.

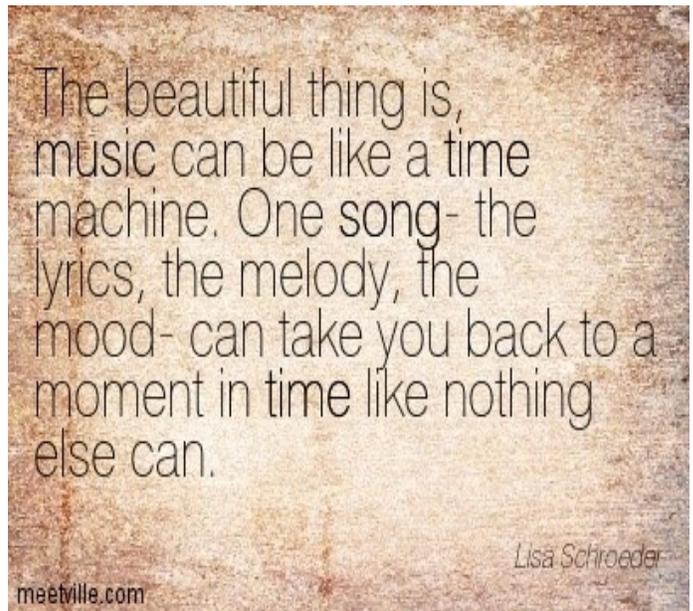
<https://www.youtube.com/watch?v=fyZQf0p73QM>

The inspiring documentary, *Alive Inside*, has recently been released and is available for viewing on Netflix. You can view the trailer for this documentary via the following link:

<https://www.youtube.com/watch?v=laB5Egej0TQ>

How You Can Help

We are hoping for your support to assist with starting this new program. We are currently seeking donations of new or gently used iPod Shuffles, CDs and/or iTunes gift cards. iPod Shuffles are the easiest to use and the most beneficial for this program. We are also requesting donations of CDs with music of any genre from the 1930s, 1940s, 1950s, 1960s and 1970s. We can make a difference in the lives of persons with Alzheimer's disease and related dementias. Please help us by asking your family and friends for donations of any of these items. Any support we receive is most appreciated.



THE LONG HELLO by Cathie Borrie

The Long Hello is a daughter's caregiver story and a book about the relationship between a mother and a daughter. Available in bookstores since January 2015, published by Simon & Schuster Canada, this book is sure to become a touchstone for many.

The book explores the rewards and challenges that the Canadian author, Cathie Borrie, experienced in caring for her mother, who was living with Alzheimer's disease. Cathie taped many of her conversations with her mother through the seven years of their dementia journey. She is able to demonstrate the joy and wonder that they experienced. Between the two, a poetic dialogue develops.

Cathie writes honestly about her frustration, her weariness, her loss and sadness but does not let that overwhelm all the humour and beauty of her relationship with her mother.

"I love listening to you talk."

"You love what?"

"Listening to you talk."

"Oh. I thought I heard you say, I love looking into your voice."

"I love that, too."

Cathie Borrie trained as a nurse in Vancouver and holds a Master of Public Health and a degree in law. She also studied creative writing and lives in North Vancouver.

All of the humour, the irrelevancies, the sadness and the love shine through and will aid in our understanding.

A National Dementia Plan

The Alzheimer Society of Canada has been urging all levels of government to support the creation of a Canadian Alzheimer's Disease and Dementia Partnership. This organization's mandate would be to lead, coordinate and facilitate a national partnership of researchers, health professionals, provincial governments, industry, people with dementia and their families, as well as Alzheimer Societies across Canada to help develop and implement an integrated, comprehensive national plan in Canada. Of the G7 countries, only the UK, France and the US have a national dementia plan.

In October, 2014 federal, provincial and territorial health ministers met in Banff, Alberta. Health Minister Rona Ambrose announced that she and her counterparts were at the early stages of an agreement on working together to forge a national dementia plan.

The plan would increase investment in research, improve

support for family caregivers, increase dementia training of health care providers and raise public understanding of the risks and warning signs of dementia and the importance of brain health.

Mimi Lowi-Young, head of the Alzheimer Society of Canada, called the Banff announcement "excellent news."

"It's a recognition that dementia and Alzheimer's, the number of people with it, the help they need, and the research we need to do is a serious crisis that we need to address collectively."

For a copy of the full media release from the Alzheimer Society of Canada please click on the following link:

http://www.alzheimer.ca/~media/Files/national/Media-releases/ASC_Release_10022014_NationalPlan_e.pdf

Cold Weather Tips

Staying warm and safe outdoors

In the winter, getting outside and active can be fun for everyone. But going outdoors with someone with dementia requires great care. He/she won't always dress appropriately for colder weather and slippery conditions. Perception problems may make it difficult for him/her to see ice on the sidewalk or he/she may believe snow to be a solid surface. To manage outdoor risks:

- Cover all exposed skin. Hats and scarves are particularly important.
- Dress in bright colours and add reflective material to clothing.
- Encourage him/her to take smaller steps and slow down.
- Make sure he/she wears non-skid boots.
- Buy boots that use Velcro instead of laces to make it easier for him/her to dress himself/herself.

Keeping warm inside the home

It is important to keep the house at a good temperature during the winter as a person with dementia may not know if he/she is warm or cold. Health problems such as diabetes, thyroid problems and arthritis, or certain medications may make it more difficult to stay warm. To help him/her keep warm:

- A temperature of 68 Fahrenheit or 20 Celsius is a good minimum.
- Encourage him/her to wear long johns under his/her pajamas with socks and slippers around the house.

The government of Ontario has programs to assist low-income families with the cost of heating during winter months. <http://www.lowincomeenergy.ca/energy-assistance/>

Other issues

People with dementia may feel increased anxiety, confusion, and even sleepiness due to the decreased sunlight in the winter months. To manage these issues:

- Encourage some physical activity each day.
- Install special bulbs that simulate sunlight.
- Open curtains during daylight hours.

The risks when people with dementia go missing are particularly high in the cold winter months. It can also happen without warning. He/she can get confused and disoriented even close to home. Contact your local Alzheimer Society for specific programs to help keep him/her safe.

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:

