

Soci t  Alzheimer Society

CHATHAM - KENT

VOLUME 11, ISSUE 11

SPRING 2011

SPECIAL POINTS OF INTEREST:

- Debit & Credit Card
- Facebook
- Dementia Journey
- Reducing Your Risk

INSIDE THIS ISSUE:

- 10 Warning Signs 1
- WFM - Thank You 2
- Dementia Journey 2
- AGM 3
- Mountain of Memories Dinner 4

HOT ISSUE - 10 Warning Signs

Alzheimer's disease is a progressive, degenerative disease of the brain. Symptoms include loss of memory, difficulty with day-to-day tasks, and changes in mood and behaviour. People may think these symptoms are part of normal aging but they aren't. If you notice any of these symptoms or changes in abilities or behaviour, it is important to see a doctor. The changes may be due to other conditions such as depression, drug interactions or an infection. If the diagnosis is Alzheimer's disease or related dementia, it is best to get an early diagnosis in order to receive the proper treatment, information and support.

To help you know what warning signs to look for, the Alzheimer Society has developed the following list:

10 Warning Signs:

Memory loss that affects day-to-day abilities.

It's normal to occasionally forget appointments, colleagues' names or a friend's phone number and remember them later. A person with Alzheimer's disease may forget things more often or have difficulty recalling information that has recently been learned.

Difficulty performing familiar tasks.

Busy people can be so distracted from time to time that they may forget to serve part of a meal and only remember later. A person with Alzheimer's disease may have trouble completing tasks that have been familiar to them all their lives, such as meal preparation or playing a game.



Problems with Language.

Everyone has trouble finding the right word sometimes, but a person with Alzheimer's disease may forget simple words or substitute words, making sentences difficult to understand.

Disorientation in time and space.

It's normal to forget the day of the week or your destination—for a moment. But a person with Alzheimer's disease can become lost on their own street, not knowing how they got there or how to get home.

Poor or decreased judgment.

From time to time, people can make questionable decisions

such as putting off seeing a doctor when they have an infection. A person with Alzheimer's disease may have poor or decreased judgment, for example not recognizing a medical problem that needs attention or wearing heavy clothing on a hot day.

Problems with abstract thinking.

From time to time, people may have difficulty with tasks that require abstract thinking, such as balancing a cheque book. Someone with Alzheimer's disease may have significant difficulties with such tasks, for example not understanding what numbers are and how they are used.

Misplacing things.

Anyone can temporarily misplace a wallet or keys. A person with Alzheimer's disease may put things in inappropriate places: an iron in the freezer or a wristwatch in the sugar bowl.

Changes in mood and behaviour.

Everyone becomes sad or moody from time to time. Someone with Alzheimer's disease can exhibit varied mood swings—from calm to tears to anger—for no apparent reason.

Continued on Page 3.....

The Alzheimer Society of Chatham-Kent can now accept the following for payments, donations, etc.:



2011 WALK FOR MEMORIES

On Saturday, January 22, 2011 we held our 15th Annual Walk for Memories.

We saw a growth in participation numbers as well as money raised! This year with your support we raised just over \$6,500.00. This money will remain in Chatham-Kent to support the programs and services that the Alzheimer Society of Chatham-Kent offers.

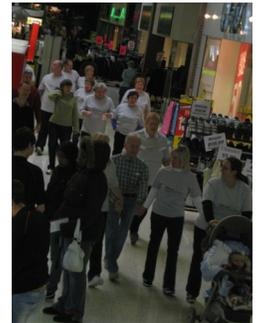
Special thanks to the Downtown Chatham Centre for their ongoing support and to George Brooks of CKSY who graciously lent his voice as our M.C.

THANK YOU!

We also could not do it without the support of our local sponsors:



Residence on the Thames
Shopper's Home Health



The Dementia Journey - May 13, 2011

In partnership with the Sarnia and Windsor Alzheimer Society Chapters, The Dementia Journey will take place on May 13, 2011 at Club Lentinas (Chatham).

The Dementia Journey is an educational forum for professionals and families. This year's key note speaker is Jayne Harvey of FCS International.

Topics:

Dancing with Dementia

- Defining the uniqueness of disease, experience & vulnerability.
- Symptoms & related care strategies.
- Foundation for effective behavioural care.

- Reading behavioural cues.
- Environmental and care requirements.
- Utilizing effective communication.

Valuable Visits

- Explore prior relationship of resident and family member.
- Define a successful visit.
- Explore the premise of "Hope".
- Set goals consistent with plan for visits.
- Strengthen care planning.

To register or for more information, contact 519-352-1043 or visit our website:
www.alzheimerchathamkent.ca



The Alzheimer Society of Chatham-Kent has hopped on board the Social Media train and joined Facebook!

Facebook is another way the Alzheimer Society of Chatham-Kent can connect with caregivers and professionals alike.

Updates and Events can be viewed **without** being a member of Facebook.

If you are a member of Facebook, you will receive automatic updates by clicking the "Like" button.



10 Warning Signs

...continued from Page 1

Changes in personality.

People's personalities can change in subtle ways over time. A person with Alzheimer's disease may experience more striking personality changes and can become confused, suspicious or withdrawn. Changes may also include apathy, fearfulness or acting out of character.

Loss of initiative.

At times, it's normal to tire of housework, business activities or social obligations, but most people regain their initiative. A person with Alzheimer's disease may become very passive, apathetic and require cues and prompting to become involved.

(Alzheimer's disease 10 Warning Signs, Alzheimer Society of Canada)

How To Reduce Your Risk

Take action for a Healthier Brain.

Here are things that you can do to maintain or improve your brain health:

Challenge Your Brain.

Keep your brain active every day. Try something new or change the way you usually do a task. Play games to challenge your mind. Pursue a new interest, learn a new language or take up a musical instrument.

Be Socially Active.

Staying connected socially helps you stay connected mentally. So pick up the phone, get together with friends and family. The more engaged you are the better. Join a club or hobby group or take a class.

Choose a Healthy Lifestyle.

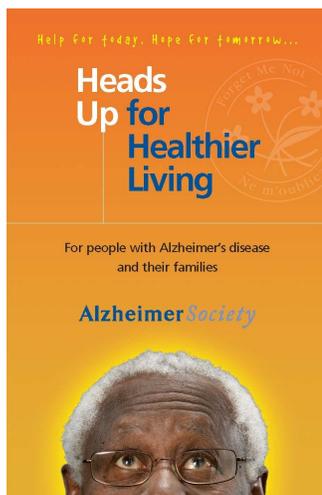
A healthy lifestyle is as important to brain health as it is to your body. Diabetes, hypertension, high cholesterol and obesity are all risk factors for Alzheimer's disease. Make healthy food choices, be active, reduce stress, and see your doctor regularly.

Protect Your Head.

Brain injuries, especially repeated concussions, are risk factors for the later development of Alzheimer's disease. Wear an approved helmet when engaging in sporting activities. Drive safely and wear a seatbelt. Protect against concussions by using safety features like handrails to avoid falls.

(Heads Up for Healthier Brains, Alzheimer Society of Canada)

For more information visit www.alzheimer.ca or contact 519-352-1043.



Annual General Meeting

Friday, June 17, 2011

Club Lentinas
250 National Rd., Chatham

5:00 p.m. - 5:45p.m.

There is no cost to attend.

To register, please contact the Alzheimer Society of Chatham-Kent.
519-352-1043 or
email: info@alzheimerchathamkent.ca



The Alzheimer Society of Chatham-Kent had the wonderful opportunity to send a few staff members to the 26th International Conference of Alzheimer's Disease International held in Toronto (March 2011).

Updates will be provided in the next newsletter.

Staff Changes at the ASCK

The Alzheimer Society of Chatham-Kent welcomes Rachel Hanuszak as Administrative Assistant. She brings with her a diploma from St. Clair College in the Office Administration Executive Program.



Administrative Assistant,
Rachel Hanuszak

Aimee Meriano will now be scheduling our Respite Program as the number of clients using this service has increased substantially. Aimee will maintain her role as Events Coordinator.

Société Alzheimer Society

CHATHAM - KENT

BOARD OF DIRECTORS

JoAn Dale, PRESIDENT
Ed Gibson, VICE PRESIDENT
Brenda Regnier, SECRETARY

DIRECTORS

Mary Jane Comiskey
Kirk Early
Tricia Khan
Michele Rice
Sue Thomas
Joyce Vidler

STAFF

Mary Ellen Parker,
CEO

Christina Stergiou,
Social Worker/Support Services Manager

Lina DeMattia,
Day Program Manager

Jana Murphy,
Education Manager

Esterina Cataldo,
Finance Coordinator

Aimee Meriano,
Administrative/Events Coordinator

Rachel Hanuszak,
Administrative Assistant

Jillian Heard,
Social Worker

Tara Seney,
First Link® Coordinator

Brandon Ball,
Chatham Day Program/Volunteer
Coordinator

Louise Crow,
Chatham Day Program Assistant

Tara Seney,
Wallaceburg Day Program Coordinator

Pam Wilson,
Wallaceburg Day Program Assistant

Deborah Gammage,
Day Program Support Staff

Robert VanDevelde,
Day Program Support Staff

IN-HOME RESPITE CARE WORKERS

Cyndy Benn
Jolanda Chevalier
Kim Chenier
Cecile Fox
Nina Malcolm

Tammy Murphy-
Lodewegen
Cindy Naylor
Nancy Packham
Pat Spears

Mountain of Memories Fundraising Dinner

Supporting Linda Liotti's Climb of Mount Kilimanjaro for Alzheimer's Disease.



Friday, June 17th, 2011

Club Lentinas - 250 National Road - Chatham

6 pm Cocktails / 7 pm Dinner

Cash Bar Silent Auction 50/50 Draw

Tickets : \$50.00 ea. (\$25 tax receipt will be provided)

Special Guest Speaker



Jennie L. Wells B.Sc., M.D., FRCPC, FACP
Internist-Geriatrician, Assoc. Prof. of Medicine,
UWO Medical Care Coordinator,
St. Joseph's Health Care Parkwood
Hospital, Aging Brain and Memory Clinic

Purchase your tickets today!

Société Alzheimer Society

CHATHAM - KENT

36 Memory Lane, Chatham

519.352.1043

Linda Liotti
519.351.1064

MISSION STATEMENT

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



36 Memory Lane
Chatham, ON N7L 5M8

Phone: 519.352.1043

Fax: 519.352.3680

E-mail: info@alzheimerschathamkent.ca

Supported by:



Ontario

Erie St. Clair Local Health
Integration Network