

Société Alzheimer Society

CHATHAM - KENT

NEWSLETTER

Spring 2016

Volume VII 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.



A Special Thank you to Alexander & Houle Funeral Home

The clients and staff of the Alzheimer Society are extremely grateful for the use of the Community Room at the Alexander and Houle Funeral Home which Dan & Anne Houle kindly donate for our meetings. Learning Series courses and GPA training sessions are held in this fully accessible, and comfortable room. Thank you very much!

Announcing Two New Support Groups



Support and Wellbeing Groups offer caregivers affected by Alzheimer's disease or related dementias the opportunity to share experiences and to learn new coping strategies. They offer a safe place for caregivers, family and friends to meet and develop a mutual support system with the guidance of a specially trained Social Worker. The Alzheimer Society of Chatham-Kent is very thankful to Hudson Manor and Blenheim Community Village for hosting these monthly groups!

Blenheim

Blenheim Community Village:
10 Mary Ave. Blenheim

3RD THURSDAY OF EACH MONTH
2:00PM – 3:30PM

Start Date – MAY 19TH

Tilbury

Hudson Manor:
36 Lawson St., Tilbury

1ST WEDNESDAY OF EACH MONTH
2:00PM – 3:30PM

Start Date – MAY 4TH

The Alzheimer Society of Chatham-Kent is extremely excited to announce that, in order to better serve the entire Chatham-Kent community, we are expanding our Caregiver Support and Wellbeing Groups! These groups are open to all caregivers affected by Alzheimer's disease or related dementias.

Starting **Wednesday, May 4th** we will be holding a support group at Hudson Manor in Tilbury on the first Wednesday of each month from 2:00 until 3:30pm.

Starting **Thursday, May 19th** we will be holding a support group at Blenheim Community Village on the third Thursday of each month from 2:00 until 3:30pm.

A Great Big Thank You to Bulk Barn



Each year the Bulk Barn stores across Canada participate in our September celebration of World Alzheimer's Day by asking their customers to make small donations to their local Alzheimer Society. This year, in all of their stores they raised \$369,600 benefiting Alzheimer Society programs and services in many Canadian communities.

Right here in Chatham, store owner Rob Knight and his staff and customers show enormous support for our programs each year. This past September, they donated over \$3500 which will be used right here in Chatham-Kent to assist families affected by Alzheimer's disease or related dementias. We are grateful for such a wonderful community partner.



It Takes a TEAM to Support Someone with Alzheimer's Disease.

PLEASE REGISTER TODAY!

Saturday May 14th, 2016

9:30 am – NOON

**Downtown Chatham Centre
(outside Sears Entrance)
100 King St. W., Chatham**

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.walkforalzheimers.ca

A special thank you to our local sponsors:

Gold Sponsors



Silver Sponsors

- Alexander & Houle Funeral Home
- Fairfield Park
- Francis Place
- Hinnegan-Peseski Funeral Home
- Hudson Manor
- Lar-nick Lawn & Snow Services
- Maple City Retirement Residence
- McKinlay Funeral Homes
- Riverview Gardens
- St. Andrew's Residence
- Sentry Fire Protection Services
- Tatro Group

Enthusiastic Fund Raiser

Pictured in the middle at the right is William McKerral joined by Tara Seney, Cheryl Vanderveen, Corinne Eastcott and Mary Ellen Parker from the Alzheimer Society of Chatham-Kent. William is a student at St. Vincent Elementary School. His Grade 8 class was required to complete a Kingdom Assignment. Each student was given \$25 to use this money and their talents to make the world a better place. William decided to use his funds for the supplies to hold a Coffee Break[®] event at his church on March 18, 2016. He raised \$325 with the help of his family who contributed the baking. William wanted to raise money for the Alzheimer Society of Chatham-Kent in memory of his grandfather who recently passed away. Thank you William for your support.



Learning the Ropes™ for Living with MCI



Learning the Ropes™ for Living with Mild Cognitive Impairment (MCI) is a program focused on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support. It is aimed at older adults and their close family members/friends who are

living in the community, and are experiencing mild cognitive impairment. This impairment refers to cognitive decline, commonly involving memory that is greater than expected for age, but does not markedly reduce independence in carrying out daily activities.

Mild cognitive impairment represents risk of future dementia. The overarching goal of Learning the Ropes is to influence this risk by delaying or perhaps even preventing dementia.

For the first time this program will be presented in Chatham-Kent in a partnership between the Alzheimer Society of Chatham-Kent and the Thamesview Family Health Team located at 465 Grand Ave W in Chatham. Learning the Ropes includes 6 weekly sessions and 2 follow-up sessions held one month and three months after. Each session is 2 hours in length and will be offered for the first time in the early fall.

Topics to be discussed include:

- What is mild cognitive impairment and how does it differ from normal aging and dementia?

- Practical in-session and take home exercises aimed at improving everyday remembering, such as names, appointments, location of items, and things to do.
- How stress, diet and leisure activities influence memory ability.
- Discovering approaches for effectively living with a relative experiencing MCI.

Possible outcomes include:

- Improved knowledge and use of practical memory strategies in program participants.
- MCI participants report improved functional memory and increased confidence in coping with their memory decline.
- Family members report reduced worry and improved ability to deal with problems arising from living with a relative who has MCI.

Please note that a brief cognitive assessment will be conducted to determine whether Learning the Ropes is right for you. There is a \$30.00 program fee. Family members attend for free.

For more information and to indicate your interest in attending, please contact the Alzheimer Society of Chatham-Kent (519-352-1043).

This program was developed at Baycrest, an academic centre fully affiliated with the University of Toronto. Baycrest's leading practice consists of providing theoretically grounded evidence-based behavioural interventions across the spectrum of cognitive ability in seniors.

Memory Makers Pasta Lunch held at Residence on the Thames



On January 29, 2016 the staff and residents at Residence on the Thames held a Memory Makers Pasta Lunch. They raised \$905 to support the work of the Alzheimer Society of Chatham-Kent!

Pictured here are Ian Murray, Executive Director, Residence on the Thames, Inez Smith, resident, and Tara Seney, Public Education Manager/First Link Coordinator, Alzheimer Society of Chatham-Kent.



Comfort Cuffs

We need your help to knit or crochet comfort cuffs for individuals with Alzheimer’s disease and related dementias in Chatham-Kent.

A **Comfort Cuff** is a knitted or crocheted hand muff (cylinders that keeps hands warm) for people with dementia. The cuff is made using soft, chunky or novelty yarn textures and different colours of yarn. Items such as beads, buttons and ribbons are then attached inside and outside. The concept behind the comfort cuff is that people with dementia like to have something to keep their hands occupied. The cuff provides a source of visual, tactile and sensory stimulation at the same time as keeping hands snug and warm.

The hand muffs are a wonderful project for new and experienced knitters/crocheters alike. Please contact the Alzheimer Society of Chatham-Kent for the pattern which is also available on the web site: <http://www.alzheimer.ca/chathamkent/~media/Files/chapters-on/chathamkent/Comfort%20Cuffs.pdf>

Completed comfort cuffs can be dropped off between 8:30am and 4:30pm weekdays to:

Alzheimer Society of Chatham-Kent
36 Memory Lane Chatham, ON
N7L 5M8
519-352-1043

Be Ready for an Emergency Department Visit

Whether it is a planned admission or an unexpected emergency visit, the unfamiliar noises and activities of a hospital can be especially upsetting for a person living with dementia. Advanced preparation is the key to making a trip to the emergency department less stressful.

Be ready for an Emergency Department Visit is a series of checklists and forms for a person with dementia to fill out with a family member, friend, or caregiver in advance of an unexpected trip to the hospital. The information provided on these forms will help you communicate the person’s needs, making it possible for hospital staff to provide more personalized care.

Keep the information up to date. There should be personal information, a list of emergency contacts, a list of medications, and information about the medical wishes of the person with dementia including advanced care plans.

Keep copies handy in a wallet or purse. Give a copy to each contact person. Put one copy in the ready-to-go bag.

A ready-to-go bag is always packed with a change of clothing, snacks and activities for the person with dementia and the caregiver who will accompany them to the hospital. If the bag is always ready, in an emergency it can go with you in the ambulance. Keep it where it is easy to see.

A checklist and all of the necessary forms are available to download from www.alzheimer.ca under “Living with Dementia” or by calling the Alzheimer Society of Chatham-Kent.

This resource is a joint publication between the Alzheimer Society of Canada and the Older Adult Hospital Readiness Research Program Team, University of Alberta.

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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:

