

The Alzheimer Society of York Region

The Connection

Grateful Families Giving Back

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Diane Styrmo, CSPWC, TWS

Diane Styrmo is an accomplished artist who produced a wealth of beautiful work over the course of her life. While she was attending the D.A.Y. Program at AS York she contributed a number of her paintings which hang in the offices of the Aurora location, bringing joy to the many visitors we receive. When Diane was placed in long term care, her husband Peter decided to donate the rest of her collection to AS York, in appreciation for the care she had received here. The generosity of that gift, which is currently being appraised, is an example of how many of our families are choosing to demonstrate their gratitude to us, in different ways.

The Callaghan family for example, asked that a gift of \$5,000 from the law firm Borden Ladner Gervais LLP in honour of Frank Callaghan, be directed to AS York's resource centre. The gift, in memory of his brother Mark

Callaghan, a former client, enabled us to provide the dozens of families who use the center with a full range of resources, including print, audio and video. The resource centre is also used for community training and staff professional development. The Callaghan family, who visited the centre in November, were delighted with the space and especially with the impact it has on so many people.

Wayne Smith was grateful for the care that AS York provided he and his wife Valerie Ann at Stouffville and Newmarket D.A.Y. Programs, while they were dealing with the rapid decline of her health. In appreciation, he made a donation this year through a generous gift of stock. Wayne has also attended an AS York staff development day where he personally shared his story and thanked the staff.



From l to r: Frank Callaghan, wife Bev, daughter Lisa (front row), daughter Sarah, Chris Skubel, Catherine and son Ryan

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Families Giving Back

(from page 1)

Wayne was happy to recommend this easy method of making a donation. "One of the most effective but overlooked methods of charitable giving is a gift of property other than cash. For example, by donating shares to AS York you will be able to make a more meaningful contribution which gives immediate benefits to the donor. At the same time you are also financially assisting the challenging and ongoing work of this organization. As tax time nears, ask your adviser about this and other methods of charitable giving for taxation year 2016."

A gift of stock enables the donor to avoid paying federal tax, and to preserve their cash flow by making the donation of securities instead. The process involves signing a transfer order form which is then simply sent from their broker to ours. The donor then receives a tax receipt for the value of the stock when it is received at AS York.

When Bill Bryson passed away in May of 2015, his gratitude for the help we had given him and his late wife Roz many years ago, lived on. Mr. Bryson left a bequest of \$25,000 to AS York in his estate. His son, Ralph said "I know my father is smiling as his praise for all your support was dear to his heart". Leaving a bequest to AS York

is an easy and wonderful way to leave a legacy of hope for all the families we will help in the future.

"I know my father is smiling as his praise for all your support was dear to his heart".

-Ralph Bryson

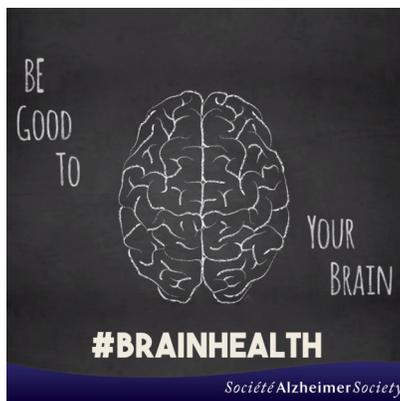
Allan Carswell's leadership gift of \$600,000 is yet another gesture of appreciation. Allan has shared his story of how his wife Helen's dementia changed their lives [see Fall 2015 issue of Connections]. And his gift will match every new and increased donation to AS

York – inspiring others to express their thanks with a donation wherever possible. Allan's gift has generated over \$150,000 in new and increased donations in 2015 alone. And as the match continues, so do the gifts we receive, from families and others.

As these stories illustrate, there are many opportunities to express gratitude for the ways that AS York touches families in our community.

For more information about how you can make a gift that helps us help families today and in the future, reach us at www.alzheimer-york.com or call Allanna at 905-726-3477, ext. 222 or ayates@alzheimer-york.com.

March is #Brain Health Month



March is #BrainHealth month. Celebrate by being good to your brain. Challenge your brain! We believe the saying "you can't teach an old dog new tricks" is WRONG! It's never too late to try something new or start a new hobby.

The human brain is one of your most vital organs. It plays a role in every action and every thought, and just like the rest of your body, it needs to be looked after.

Can Alzheimer's disease be prevented? There are no guarantees, but healthy lifestyle choices will help keep your brain as healthy as possible as you age.

To find more information, please visit our website at:

<http://www.alzheimer.ca/en/york/About-dementia/Brain-health>

Upcoming Walk for Alzheimer's



Dates to Remember:

June 4

The Briars Resort and Spa, Jacksons Point

June 11

*Richmond Green Sports Centre and Park,
Richmond Hill*

With your support, the Walk for Alzheimer's will remain the Alzheimer Society's biggest annual community fundraising event. The Walks help fund local programs and services that improve the quality of life for individuals living with dementia and their caregivers.

Mark your calendars as our 5 km Walks are planned for **June 4** at The Briars Resort & Spa at Jacksons Point and **June 11** at Richmond Green Sports Centre and Park in Richmond Hill. We are well underway with plans to make our 12th annual walk even bigger and better than the year before. You and your team will enjoy a day of fun and fitness and your fundraising efforts will continue to make a difference to people in our community who are challenged by living with dementia. Please visit our website at www.alzheimer-york.com for more information.

Together, we will make memories matter.

To register your team or be a part of our Walk Committee, please contact Emily Delaney at edelaney@alzheimer-york.com or 905-726-3477, ext. 244.

Awareness Breakfast

Please join us at our 19th annual Awareness Breakfast with special keynote speaker, Dr. Joel Sadavoy. Dr. Sadavoy trained in medicine and psychiatry at the University of Toronto where he has spent his entire academic and professional career. He is currently the professor of psychiatry and a full member in the Institute of Medical Sciences in the School of Graduate Studies, at the University of Toronto.

Helping Families Manage Dementia at Home: The Reitman Centre Approach

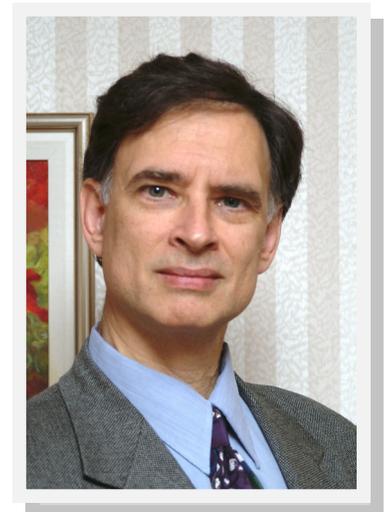
April 2, 2016
9—11 a.m.

Oakview Terrace
13256 Leslie St.
Richmond Hill, ON
(between Bloomington Road and Stouffville Sideroad)

\$25 per person

Register online: <https://richmondhill.snapd.com/#/events/view/919344> or
call 905-726-3477 or 1-888-414-5550

Seating is limited so please register no later than March 24, 2016



Dr. Joel Sadavoy MD, FRCP (c),
Founder Geriatric Psychiatry, FCPA
(distinguished)

First Link® Memory Café

The First Link memory café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment. It is a time and place where people can interact, laugh, cry, find support, share concerns and celebrate without feeling embarrassed or misunderstood. Our First Link Memory Café at Mosaic Home Health encourages friendship and acceptance. There is no charge to attend this event. To register, please contact Mala at 905-597-7000, ext. 223 to reserve your spot. There will be no sessions during the summer months.

The next series of dates are:

March 29, April 26, May 31, 2016

Time: 1:00 p.m. – 2:30 p.m.

Location: Mosaic Home Care Services & Community Resource Centre
The Shops on Steeles and 404 (Shopping Mall)
2900 Steeles Ave. East, Suite 218 Thornhill, ON



Early Onset Dementia Support Groups

A support group for caregivers and family members of people who are younger than 65 and have been diagnosed with early onset dementia.

2nd Tuesday of each month

(Group runs monthly)

1:00 – 2:30 p.m.

CHATS Day program

10132 Yonge St.

Richmond Hill

Next Steps Education Series

Next Steps, a new education program and part of First Link® offers an eight hour learning series spread over four weeks, designed to create a more interactive learning experience for family members and friends caring for individuals with Alzheimer's disease or other dementias. Topics covered will include: an overview of dementia, memory loss, changes to the brain and resulting behaviours, coping strategies, treatments, research, future planning (legal and financial), and community resources and support systems. Those attending these sessions will have an opportunity to share their experiences of caring for a loved one with dementia with others in the group. All information shared during these sessions is confidential. There are no fees to participate in these series. To register, please contact Stacey Mendonca, Public Education Coordinator at 905-726-3477, ext. 234 or email smendonca@alzheimer-york.com.

Session 1: What is Dementia?

Session 3: Planning Ahead

Alzheimer Society of York Region

2-10 Harlech Court, Thornhill

Dates: **April 5, 12, 19, 26, 2016**

Time: 6:30—8:30 p.m.

Session 2: Adapting to Brain Changes

Session 4: Building a Circle of Support

Alzheimer Society of York Region

2-240 Edward St., Aurora

Dates: **May 10, 17, 24, 31, 2016**

Time: 6:30 p.m.—8:30 p.m.

Family Support Groups

Family support groups provide information on caring for people with Alzheimer's disease and other dementias. Contact 905-726-3477 (Aurora) or 905-731-6611 (Thornhill) or toll free at 1-888-414-5550.

<p>Aurora 1st Thursday of each month January to December 7:00 – 8:30 p.m. The D.A.Y. Centre 2-240 Edward St.</p>	<p>Thornhill 3rd Wednesday of each month January to December 7:00 – 8:30 p.m. The D.A.Y. Centre 10 Harlech Court, Unit 2</p>
<p>Markham 1st Wednesday of each month September to June 1:30 p.m. — 3:00 p.m. Markham Public Library, Room A 6031 Highway 7</p>	<p>Stouffville 4th Tuesday of each month September to June 7:00 – 8:30 p.m. Parkview Home 123 Weldon Road</p>

The following groups are offered in partnership with the Municipality of York Health Services Long Term Care & Seniors Branch.

<p>Keswick 3rd Wednesday of each month September to June 1:00 – 2:30 p.m. Alzheimer Society of York Region 184 Simcoe Ave, Unit 4 905-476-5521</p>	<p>Maple 2nd Tuesday of each month September to June 7:00 – 8:30 p.m. Maple Health Centre Alzheimer Resource Room 10424 Keele St. 905-303-0133</p>
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Volunteer Appreciation Tea Party



Volunteers contribute time, generosity and talents to AS York. To thank all our volunteers, we invite you to a **Volunteer Appreciation Tea Party** in celebration of National Volunteer Week from April 10th to 16th.

Date: Tuesday, April 12, 2016

Location: Revera Retirement Living : The Renoir, 270 Doak Lane, Newmarket, ON

Time: 2—4 p.m.

All registered volunteers are welcome to attend. Please RSVP by April 1st to Emily Delaney, Events Coordinator at 905-726-3477, ext. 244 or edelaney@alzheimer-york.com for more information.

Thank you Revera Retirement Living for sponsoring this event.

In Appreciation

The Alzheimer Society of York Region is deeply grateful to the following families, corporations, foundations and community groups who showed their commitment to our work through their generous financial support. This represents donors who contributed \$250 or more to us from April 1, 2015 to February 23, 2016.

Founders \$500,000+

- The Carswell Family Foundation

CEO Circle \$50,000+

- The Ontario Trillium Foundation

Leaders Circle \$20,000+

- Regional Municipality of York
- The Estate of Bill Bryson

Partners \$5,000+

- Smith, Wayne R.
- Spring, James
- The Leonard and Gabryela Osin Foundation
- Uniglobe Collacutt Travel Ltd.
- United Way Toronto & York Region

Friends \$2,500+

- Colliers Macaulay Nicolls Inc.
- Morneau Shepell Ltd.
- Wright, Debbie

Associates \$1,000+

- Carey, Gail
- Cartwright, Ian
- Constantia Retirement Home
- Extencicare Canada Inc.
- Filyer, Wendy
- Glinski-Oomen, Margaret
- Kingsway Arms Aurora
- Masters Insurance Ltd.
- McLennan, David & Brenda
- Richmond Hill Retirement
- Salman, Zahid
- Schinagl, Albert
- Scotiabank
- Scott, Gale
- SKDS Research
- St. Elizabeth Catholic High School
- Trial Management Group Inc.
- Turkstra Lumber Company Ltd.
- The Wei Foundation

\$500+

- 407 ETR
- Aphabroder Canada
- Aurora Retirement Centre
- Ariganello, Daniela
- Barton Retirement Residence
- Benson, Richard & Holly
- Bisanti, Melissa
- Blackman, Walter
- Browning, Derek & Pamela
- Cantor, Sean
- Edwards, Joan
- Elginwood Long Term Care
- Ginsler, Eleanor
- Goodlet, Tiffany
- Hinds, Joan
- MacGregor, Duncan & Susan
- McCormick, Ann
- North York Knights of Columbus
- Pipe All Plumbing & Heating Ltd.
- Raw Design Inc.
- Revera Retirement Living
- Rotary Club of Newmarket
- Shier, Carm
- Shnier, Paul
- Smith, Connie
- Towers, Susan
- Ubell, Andrea
- United Church
- Vanspall, Len
- Wong, Vivian

\$250+

- Aecon
- Alexander Muir Retirement Residence
- Bain, Linda
- Bannister, Sandra
- Chalk, Alfred
- Chartwell Rouge Valley Retirement Residence
- Chartwell Valley Vista
- DeFrancesco, Laura
- Ferguson, Allan & Marilyn
- Fezzuoglio, Alessia
- Gelberg, Lawrence
- Ginsler, Mindy
- Harding, Carol
- Keeling, David
- LaPalme, Linda
- Love, Sean & Sandra
- Mackenzie Place
- Magee, Ann
- Malcolm, Mary
- Tosca, Mark
- O'Brien, Terence
- Park Place Manor
- Parkview Village
- Pefferlaw Lion's Bingo
- Quaglieri, Mary
- Royal Canadian Legion—Branch 356
- Royal Canadian Legion 356-Ladies Auxiliary
- Roxborough Retirement Residence
- Rhodes, Bruce
- Styrm, Victor
- Sunrise Senior Living of Richmond Hill
- Travell, Warren
- Wilson Niblett Motors
- York Towne Supplies Ltd.

(cont'd on page 7)

In Appreciation

(from page 6)

Memoriam Donations

Donors

- Bradley Homes
- Canadian Tire Corporation
- Clarke, Michael
- Correia, Susan
- DiPrato, Camillo
- Edwards-Warner, Arlene
- Garron, Myron & Berna
- Geniole, Sharon
- Highland Farms Inc.
- Houghton, Elizabeth
- Hunt, Dave
- Italform Ltd.—Marco Cirone
- Janco Steel Ltd.
- Keeling, David
- Leung, Ada
- Littleford, Alan
- Liu, Sue
- McQuillin, Roy
- Perlus, Jon
- Pincente, Gino
- Rollo, Lynne
- Yorke Towne Supplies Ltd.

In Memory of

Theresa McGuigan
 Arthur Arai
 Muriel Clarke
 Brenda Robson
 Iole Venditti
 Mildred Edwards
 Brenda Robson
 Sandy Crawford
 Nikolas Tzimas
 Patricia MacDonald
 Maureen Pamela Mary Hunt
 Carmela Volpini
 Nancy Chertow
 Pat Keeling
 Fat Leung
 Robert Littleford
 Rosa Leto
 Charlie Seath
 Josie Barczynski
 Caterina Michela
 Rose Luftspring
 Michele Carpignawo

A Lasting Tribute

It's never easy when someone close to you dies. When a loved one passes away, families will often suggest that a donation in memory of their loved one be made to a charity of their choice. This gesture is often in lieu of flowers, and provides a more lasting tribute to the individual. Memorial gifts are a way of passing the torch forward so that the loss of someone special helps to benefit others in the community, especially those families who will struggle with Alzheimer's disease or dementia in the years ahead.

To honour a deceased friend or family member, simply complete an In Memoriam card found in most funeral homes and send it to the Alzheimer Society of York Region - or make your donation online. The donor receives a thank you note and a charitable tax receipt. An acknowledgement note will be sent to the family and they will have the benefit of knowing that their loss is helping others. For more information, visit our website:

<http://www.alzheimer.ca/en/york/Get-involved/Donate>

Coffee Break Update: Making every drop count!



Emily at AS York accepting a \$500 cheque from Azhar Saleem, Board Director from The Rotary Club of Newmarket

Together with your help, **\$23,000** was raised for Coffee Break® in 2015. The support we received from the community has been tremendous. Special thanks to our corporate sponsors, Bulk Barn and FreshCo who combined, helped raise over \$15,000 at their store locations.

“We appreciate everyone’s efforts who hosted, volunteered and participated in making Coffee Break® another huge success”, said Emily Delaney, Events Coordinator.

The much needed funds will be used to provide the necessary services and support to those with Alzheimer’s disease and other dementias in York Region.

2-240 Edward St.
Aurora, ON
L4G 3S9

Phone: 905-726-3477
Fax: 905-726-1917
email: info@alzheimer-york.com

Charitable Registration #:
10670 5429 RR0001

The Alzheimer Society of York Region is a leader in actively supporting individuals and families coping with Alzheimer's disease and other dementias since 1985. Our history of delivering quality dementia specific day program services, an enriched social work program and education opportunities within the Region of York is well respected. We have a proven record of working collaboratively and in partnership with different agencies within the Region of York to service the needs of families and individuals living with Alzheimer's disease and other dementias.

Mission Statement

The Alzheimer Society of York Region's mission is to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

How you can help

By supporting the Alzheimer Society of York Region, you enable us to expand our reach and help even more people touched by dementia. Here's how:

- Make a Gift** (Donate by mail, phone or online)
- Volunteer** (Volunteer to help us with events and much more)
- Leave a Legacy** (Continue your tradition of giving with a bequest in your will)
- Plan your own Event** (Organize a fundraising event to support the Society)
- Join our annual Walk for Alzheimer's** (June 4, 2016 in Jacksons Point and June 11, 2016 in Richmond Hill)
- Give the Gift of Stock**

Alzheimer Society
YORK REGION

2-240 Edward St, Aurora, ON L4G 3S9

Tel: 905-726-3477 Fax: 905-726-1917 Email: info@alzheimer-york.com

●Thornhill (Markham) ●Georgina ●Whitchurch-Stouffville ●Vaughan

Funding provided by:

Ontario
Trillium Foundation



Fondation Trillium
de l'Ontario
An agency of the Government of Ontario.
Un organisme du gouvernement de l'Ontario.

York Region



United Way
Toronto & York Region



Ontario
Central Local Health
Integration Network

