



# Alzheimer Society

PRINCE EDWARD ISLAND

Volume 1, Issue 2 | September 2011

## 2011 Provincial Election: How will your candidate support Islanders affected by Alzheimer Disease and other types of dementia?

Visit [www.alzpei.ca](http://www.alzpei.ca) and click this link to find out...

Election  
2011

## Caregiver Speaks Out

**Dawna Gillis** lives in Summerside, PEI. She is caregiver to her mother Eileen who is living with mixed dementia (Alzheimer's and vascular dementia). This is her story.



“Hearing the words ‘mixed dementia’ I understood the implications, because my uncle Ernie, my great aunt, my grandmother, and my great grandmother all had it. Now my mother was diagnosed with both Alzheimer’s and vascular dementia; she was being robbed of the life she enjoyed so much. My mother was being taken from me, and I wasn’t prepared for how quickly her dementia would progress. I had already read up on dementia but nothing I read on the Internet or in brochures prepared me for the emotional and physical stresses of being a caregiver. I think that with improved education and more support from experts in dementia I could have cared for my mother better. Even though some services were available, I didn’t know of them, and was so consumed with caring for her I couldn’t reach out to access them.” First Link will help caregivers on this journey.

It's in your hands...



...be a Champion for Dementia

PEI Election

October 3rd  
2011

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# Memories of our 2011 Walk for Memories!

Below: Special thanks to our friends at Andrews of Charlottetown



Above & below: Friends and families braved the cold rain to show their support!



Above: Dr. Janice Keefe and Councillor Jim Steele lace up to Walk in Summerside



Right & below: Amazing volunteers! Volunteers are the heart of our organization, we are so grateful to you all!



WALK FOR MEMORIES  
2011 RESEARCH SUPPORT EDUCATION HOPE  
AWARENESS



*Special Thanks: This First Link pilot is made possible with 30% funding from the Government of PEI*

## PEI First Link® Program Launch Fall 2011

### **The First Link® Program**

First Link® is program designed to assist individuals living with Alzheimer disease and related dementias (ADRD), their family members, and caregivers to be connected with learning, services, and support as early as possible in the disease process. In partnership with physicians and other diagnosing professionals, referral to services can occur at the time of diagnosis or before. The First Link® program contains five essential elements:

**Partnerships** with physicians, health professionals and community organizations.

**Formal Referral** as soon as a diagnosis is made or at any other time in the dementia journey.

**Proactive outreach** to individuals and families.

**Information and connection** to Alzheimer Society of PEI programs and services, and referrals to other community and health care services.

**Planned follow up** at 3 months, 6 months, etc.



**"People need help being prepared and educated, and need more support early in the illness. "**

**- Marcella Cormier, Caregiver**

### **Educational Sessions**

**The Alzheimer Society offers educational sessions on various topics to businesses and organizations upon request. If you are interested in participating or arranging a session near you, please contact us.**

## *Safely Home*

**The Alzheimer Society of Prince Edward Island offers a Safely Home program for those who may wander from their home. For more information, contact us today!**



We are now on Facebook!  
Come join our group  
"Alzheimer Society of PEI"

follow us on  
**twitter**

# Upcoming Events

## Canvass for the Cause! You'll go Places with Us!

The Alzheimer Society of PEI is searching for volunteers to canvass during our Annual Door to Door Campaign. This year, canvassers have a chance to win two Economy Class return tickets for travel to any Air Canada scheduled destination in North America, including Hawaii, Mexico and the Caribbean! Please contact us for more information.



AIR CANADA  GOFAR

Special thanks to Air Canada for sponsoring our contest!

It's in your hands...



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## MAKE YOUR COFFEE COUNT

Coffee Break<sup>®</sup> is the Alzheimer Society's largest nationwide fundraising event. Since launching in 1996, it has raised more than \$13 million. Funds remain in local provinces and communities. The Alzheimer Society thanks Bulk Barn and Kent Building Supplies for their generous support and Mother Parkers for their in-kind contribution.

No Break is too small! For more information, or to register your Coffee Break, contact the Alzheimer Society of PEI at (902) 628-2257, toll-free at 1-866-628-2257 or by email at [society@alzpei.ca](mailto:society@alzpei.ca).



Alzheimers'  
A Night To  
Remember

at  
Dalway by the Sea

October 8th  
With Special Guests  
Michael Burgess &  
The Singing Strings

September 21 is World Alzheimer Day and we will be celebrating at Government House with Lieutenant Governor of PEI, Honourable H. Frank Lewis.

## Healthy Brain

The human brain, sometimes called the "3 pound universe within," 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. By making healthy lifestyle choices now, you may be able to reduce your risk of developing Alzheimer's disease and improve your brain's ability to sustain long-term health. Research is showing that by using your

brain, you increase its networks of connections. A brain-healthy lifestyle also emphasizes the importance of overcoming routine and monotony in our daily lives. By approaching daily routines in new ways, you engage new or little used mental pathways. Since the evidence suggests that mental stimulation enhances brain activity and may help maintain brain health throughout life, it is important to put your brain to work.

Challenging your brain doesn't have to be difficult, It can be as simple as dialing the phone with your less dominant hand or as complex as learning a new language. Remember, the goal is to give your brain a new experience and a workout each and every day.

Source: [www.alzheimer.ca](http://www.alzheimer.ca)



## Take Action to Challenge Your Brain

8			4		6			7
						4		
	1					6	5	
5		9		3		7	8	
				7				
	4	8		2		1		3
	5	2					9	
		1						
3			9		2			5

- Play games to challenge your mind – chess, word and number puzzles, jigsaws, crosswords and memory games.
- Pursue a new interest such as learning to play a musical instrument, taking a course or going to the theatre.
- Break your routine – take a different route to the store or change the order of your morning routine.
- Involve one or more of your senses in a novel way - write your name with your opposite hand or count out coin change by using your sense of touch.
- Read a book – discuss it with a friend.
- Pursue cultural activities like going to plays, museums, concerts, galleries.
- Keep up hobbies such as sewing, carpentry or take up a new hobby.
- Cross train your brain – try a variety of mental challenges.

Your donation helps support research, advocacy, education, and programs.

The Alzheimer Society is committed to enhancing the quality of life of those people affected by Alzheimer Disease and other dementias.

We invite you to use this clipping to show your support by making a donation or volunteering your time. You may also use it to request information.

- Yes, I would like to help with a tax deductible contribution of \$
- Amount Enclosed       Please Invoice       Please charge my Credit

Receipt to: \_\_\_\_\_

Address: \_\_\_\_\_

Credit Card # : \_\_\_\_\_ Expiry: \_\_\_\_\_

Signature: \_\_\_\_\_

- I am interested in volunteering. Please send me more information!

Address: \_\_\_\_\_

- I would like to learn more about Alzheimer's Disease. Please send me an information package.

Address: \_\_\_\_\_

Help for Today. Hope for Tomorrow... ®

*Thanksgiving Flowers for Alzheimer's*



No time to pick up flowers for Thanksgiving? No problem! Have flowers delivered to your workplace free of charge. Let that special someone know you're thinking of them or treat yourself to a beautiful floral arrangement while helping support Islanders living with Alzheimer's disease.



### Alzheimer Society of PEI Board of Directors 2011-2012

Back (from left): Dr. Paul Price; Dr. Lamont Sweet; Jim Lee; Murray Stevenson, Treasurer  
 Middle : Corrine Hendricken-Eldershaw, CEO; Linda Boyle, Elva Myers, Secretary  
 Front: Dr. Jackalina Van Kampen, President; Lynn Loftus, Past-President  
 Missing from Photo: Jeff Leard; Steve MacDonald, J.G. "Jerry" McKenna, S/Sgt

**BOUQUET \$10.00**  
**CENTERPIECE \$30.00**  
 THIS YEAR FLOWERS WILL BE PROVIDED BY FLOWER BUDS!

[www.flowerbudspei.com](http://www.flowerbudspei.com)

Call 628-2257 for more details

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