

# Soci t  Alzheimer Society

PRINCE EDWARD ISLAND

Help for Today. Hope for Tomorrow...

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

## Making a Difference on PEI

### DEMENTIA, WHAT IS IT?

Have you ever found yourself in the cereal aisle of the grocery store and amazed at all of the different varieties available. Well, dementia is similar in that way.

Although Alzheimer’s disease accounts for over 60% of dementia diagnosis in Canada today, other common dementias include :

- Vascular dementia
- Frontotemporal dementia
- Mixed dementia
- Lewy-body dementia
- Creutzfeldt-Jakob disease



Form more information on the various types of dementias visit our [website](http://www.alzheimer.ca/en/pei/About-dementia/Dementias) (www.alzheimer.ca/en/pei/About-dementia/Dementias)

### WHO IS AFFECTED BY ALZHEIMER’S

- Approximately 500,000 Canadians
- 2,300 Islanders
- Most people are over the age of 65
- 21% are under 65
- The majority of the diagnosis on PEI are women =64%
- Research indicated that for every 1 individual diagnosed, between 4-6 people are directly affected by this diagnosis (spouse, children, siblings, grandchildren, caregiver, etc.)

By 2038, 1.1 million Canadians will have dementia, one every 2 minutes!



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Thanks PEI  
for your  
amazing  
Support!

**FLOWER BUDS**



Thanksgiving Flowers  
Campaign!



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



*“I was surprised by the generosity of the people for a great cause.”*

see page 5 for more

**JOIN US TO  
REMEMBER**

Take the time to remember those who have and continue to serve our country and fight for our freedom

**November 11**

**11:00AM**

Legions across PEI and the country will be honouring our soldiers past & present.



FIRST LINK CAREGIVER EDUCATION SERIES



**Mark your calendar!**

Our next First Link Caregiver Education Series will take place on Mondays in November/December at 11:00 am.

For more information or to register, please contact Natalie at 902-370-3135 or by email at [firstlink@alzpei.ca](mailto:firstlink@alzpei.ca).

- November 5 — Module #1
- November 19—Module #2
- November 26—Module #3
- December 3 — Module #4



*Our Day Respite Clients recently enjoyed a fishing trip to Ben's Lake*

## FISHING FOR MEMORIES

One of the most extraordinary things about Alzheimer's disease is that memories are lost in reverse order; memories formed recently are often more fleeting than those in earlier years. For this very reason, reminiscing can be a comforting and therapeutic experience for both the individual living the journey of dementia, as well as their caregivers, family, and close friends.

Reminiscent therapy invites the individual with Alzheimer's disease to exercise their long-term memory by encouraging them to share positive recollections from their earlier years. In doing this, one can improve mood, encourage verbalization, and raise self-esteem.



For Bill MacAulay, reminiscing about his younger days brings up a variety of emotions. "When I was 20 years old I left for Korea. I spent 16 months away from home, but it seemed like an eternity. I trained in Fort Louis, Washington but had to adapt quickly when I got to Korea. Everything happened so fast, and some days you want to forget about. There was a lot to miss about being on PEI, especially the homemade meals." Bill continues to treasure his mementos and photos from his past and utilizes them to generate memories from his days in Korea.

Today Bill prefers to reminisce about his days fishing on the Cardigan River. "I think I've fished in every hole in rural PEI", says Bill. A recent trip to Ben's Lake solidified Bill's fishing skills, for within minutes Bill has caught two fish.

### Tips:

- Use old photo albums, mementos, and music to generate conversation.
- Replicate smells associated with important events.
- Take a drive to important locations.
- Keep the atmosphere relaxed.
- Encourage children and grandchildren to participate in reminiscence therapy as listeners.
- Ask closed ended questions if verbal communication is difficult for the individual.
- Be respectful of time. Allow enough time for the individual to respond to your question.

## MEET OUR STAFF

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## CAREGIVER CORNER

Wondering how you can help someone caring for a loved one with Alzheimer's

- **Take time to listen**

Let the person know you are available to listen when they feel overwhelmed and need to talk to someone

- **Do little things- they mean a lot**

If you're on your way out to do an errand, call & see if the caregiver needs anything

- **Give the caregiver a break**

Offer to visit with the person with the disease. Encourage the caregiver to spend time on a favorite hobby, run some errands or spend time alone

- **Provide a change of scenery**

Suggest an outing to the park or a visit to your home. Whenever possible, include the person with Alzheimer's disease in the outing. Choose an activity that everyone will enjoy.

- **Keep in touch**

Maintain contact- a phone call, card, email or a visit means a great deal. The disease has an impact on all family members -spouses, children, sibling. Be attentive to their needs too.

- **Become informed**

Learn about Alzheimer's disease and know how it affects the person & the family. Contact our office or visit our website for lots of information:

[www.alzheimers.ca/pei](http://www.alzheimers.ca/pei)

- **Stay the course**

It is a long journey for caregivers. Any support you can provide along the way will be appreciated.

## WE LOVE OUR VOLUNTEERS

We recognize how special volunteers are to our organization and love sharing their successes and stories. So in each newsletter we will be recognizing a few of our amazing volunteers. Each month on our Facebook page we will be recognizing our Volunteer of the month

**October's Volunteer of the month is**  
Edith Cooke of Springfield West

**We asked Edith why she volunteer's with our annual Door-to-Door campaign each October.**

*"My husband had dementia that ended in long-term care and I spent many hours, every day by his side to do things with him, and I've seen firsthand the effects of the disease. I attended the support group in Bloomfield and was surprised to find out how many other people are also affected by this disease in their daily lives."*

**Then we asked Edith if she found it hard to get out an Canvass.**

*"No, I just went out and did it!"*

This amazing woman has already had knee surgeries and on receiving her canvasser kit –just went out and did it! Thank you so much for the donations of \$167 collected to help families on PEI affected by Alzheimer & other dementias. As a bonus for raising \$100 in donations, she now has a chance to win a trip for 2 via Air Canada anywhere in North America....good luck Edith!

We love hearing from our volunteers, if you would like to share your story with us or know someone who should be recognized, please let us know by email to [society@alzpei.ca](mailto:society@alzpei.ca) or by phone 628-2257

## CHALLENGE YOUR MIND

### Take action to challenge your brain

- 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.
- For some great ways to take action on brain health, visit our [BrainBooster<sup>®</sup>](#) pages.



## OCTOBER IS DOOR-TO-DOOR MONTH

The Alzheimer Society has their upcoming Door-to-Door campaign throughout the month of October and there are many doors to knock on. With your help we can get more doors opened. Canvassers are needed tip to tip across Prince Edward Island, with a specific need in the Charlottetown and surrounding areas.

Islanders are very generous in their volunteer time and we are humbly grateful for their support each year, states Corrine Hendricken-Eldershaw, CEO Alzheimer Society of PEI. Together we can take away the stigma of this terminal illness and provide First Link support from the time of diagnosis.

We know, Volunteers make a world of difference to our organization, just ask Police Cadet Andrew Samaha. (see below)



*Special thanks to Bulk Barn & this year's sponsors of our Coffee Break*

## KNOCKING ON DOORS FOR ALZHEIMER'S BRINGS A PLEASANT SURPRISE

Andrew Samaha had no idea when Corrine Hendricken-Eldershaw, CEO of the Alzheimer Society of Prince Edward Island, walked into his classroom on Tuesday August 21, that she was there to present him with two tickets to fly anywhere in North America.

In March, he walked the streets in the Summerside area to canvass for the Society.

He collected over \$700.00 in donations and said he was surprised at the generosity of the people for a great cause. He also said that they could count on his support in the future. The young cadet graduated in September and was waiting for his post in the Maritimes before planning his trip.

October is the Alzheimer Society's Door to Door campaign and there are many doors to knock on. With your help we can get those doors open!

For every \$100 collected, canvassers' names are entered in the draw compliments of Air Canada.



Contact us at [events@alzpei.ca](mailto:events@alzpei.ca) or call 370-3136.

### **Pictured Left to Right:**

Corrine Hendricken-Eldershaw, CEO Alzheimer Society of PEI; Andrew Samaha, Justice Institute of Canada Police Cadet; and Inspector Phil Strachon, Atlantic Police Academy, Summerside, PEI





## RECIPIES FOR BRAIN HEALTH

Boost your brain by choosing healthy foods.

Healthy food choices not only improve your general health, they are also beneficial to brain health.

See our Make Healthy Food Choices and try a BrainBooster recipe today.  
[www.alzheimer.ca/pei](http://www.alzheimer.ca/pei)



Recipes provided courtesy of Burnbrae Farms Ltd.

Check out our website for daily Brain Booting puzzles

### IN OUR NEXT ISSUE

Watch our December Newsletter for more information on our

#### January Awareness Events

We are awaiting confirmation on welcoming Dr. Rockwood & Dr. Darvish to take part in our 2013 events...

#### Cod and Potato Cakes

*An East Coast tradition (although typically made with salt cod), these fresh patties are a tasty addition to your weeknight supper repertoire. Serve with steamed mixed veggies or salad for a nutritious supper.*

**Prep Time:** 20 minutes

**Makes:** 6 patties

##### Ingredients

1 1/4 cups	fine whole-wheat breadcrumbs, divided	300 mL
1 cup	<b>Egg Creations™ Original</b> , well shaken and divided	250 mL
2 tsp	dry mustard powder	10 mL
1 tsp	lemon zest	5 mL
2	cloves garlic, minced	2
3/4 tsp	salt	4 mL
1/2 tsp	pepper	2 mL
1 lb	boneless cod fillets, cubed	500 g
1 cup	cooked, peeled and fork-mashed potato	250 mL
1	green onions, finely chopped	2
1/4 cup	reb celery, finely chopped	1
2 tbsp	finely chopped fresh parsley leaves	50 mL
	canola oil	30 mL

##### Directions

**Stir** 1/4 cup (50 mL) each of the breadcrumbs and egg together until combined; stir in the mustard powder, lemon zest, garlic, salt and pepper. Pulse the cod in the bowl of a food processor fitted with a metal blade until uniformly chopped. Add the cod, potatoes, green onions, celery and parsley to the egg mixture; mix gently until combined.

**Divide** the mixture into 6 equal portions and form into 3/4-inch (2 cm) thick patties. Place the remaining egg and breadcrumbs in separate shallow dishes; dip each patty in the egg and then coat in the breadcrumbs. (Discard any leftover egg and breadcrumbs.)

**Heat** the oil in a large, non-stick skillet set over medium-high heat. Place the patties in the skillet and cook for 3 to 4 minutes per side or until golden and fish is cooked.

##### Tips

For smaller households, patties can also be frozen after assembling. Remove from the freezer the day before and cook the cold, raw patties, adding up to 1 minute longer per side.

Serve fish cakes with a tartar sauce or make a leaner condiment by stirring 1 cup (250 mL) plain yogurt with 1 tsp (5 mL) finely grated lemon zest and 1/4 tsp (1 mL) dried dill weed.

##### Nutritional Information per Serving (1 patty)

Calories: 219 | Fat: 6 g | Saturated Fat: 1 g | Carbohydrates: 20 g | Fibre: 2 g | Protein: 19 g | Sodium: 520 mg



*Support Groups meet monthly*

## **Mutual Support: Sharing Your Experience**

At the Alzheimer Society, we believe that whether you are a person with dementia, a caregiver, a family member or a health-care provider, talking about your experiences and hearing about others in similar situations can be positive and rewarding when trying to understand the diagnosis of Alzheimer's disease or a related dementia.

For Peter Peterson this couldn't be truer. Peter has welcomed the mutual support that he has received from the fine folks at the Summerside Support Group.

*I have found that there are multiple benefits from attending/participating in the monthly meetings. The comfort of talking about what is happening with your loved one and yourself with others that are experiencing or have experienced the same or similar situations is extremely beneficial for me. Learning how others have handled different situations is also very helpful. These are but two of the many benefits that I have experienced from attending these meetings. I would strongly advise anyone that has a loved one that is suffering from any form of dementia to participate in these meetings."*

Giselle MacKinnon has also recognized the need to be with others who understand what the journey of caring for someone with dementia is like, so much so that she has volunteered her time to facilitate the Summerside Support Group.

*My first real experience with dementia was when my mother was diagnosed with it in July 2008. I offered to help with the Support Group because I can see the need that people have to be with others experiencing the same sort of thing. It is important to learn from one another on how to cope with the changes that come about in everyday life due to dementia and that it's okay to care for yourself as the caregiver. The journey you take with your loved one will be much better if you do."*

The Alzheimer Society places a significant value on mutual support. The Support Groups operating in various communities across PEI provide an opportunity to learn more about Alzheimer's disease and other dementias, discuss difficult issues, and share strategies for coping.

### **MONTHLY SUPPORT GROUPS**

There are now 5 Caregiver Support Groups running on Prince Edward Island from tip to tip:

**Tignish  
1st Monday  
Tignish Seniors Home  
1:00 pm**

**Summerside  
3rd Thursday  
Summerset Manor  
Chapel  
2:00pm**

**Charlottetown  
3rd Wednesday  
166 Fitzroy Street  
2:00 pm**

**Montague  
3rd Wednesday  
Perrin's Marina Villa  
2:00 pm**

**Souris  
1st Wednesday  
Colville Manor  
2:00 pm**

For more information regarding the Caregiver Support Group in your area, contact

Natalie Rix MacNeill  
at [education@alzpei.ca](mailto:education@alzpei.ca)  
1-866-628-2257

## FORGET-ME-NOT



Yesterday  
I knew your face.  
'Forgive me today,'  
It's become misplaced.

A moment ago,  
I could tie my shoes;  
I can't seem to now,  
-that's up to you.

A week ago  
I could sing that song  
But I can't now  
-the words are gone.

I knew this house,  
I knew this place,  
But now it's just an  
Empty place.

As time goes by  
I've lost a lot  
But please remember  
Forget me not.

*~Donna Howard Misita*



**First Link®** is an innovative referral program designed to assist individuals diagnosed with Alzheimer's disease and other dementias, as well as their families and caregivers. First Link® provides support from the point of diagnosis and throughout the progression of the disease.

**We need your help!** Our goal is to partner with physicians and other health professionals, to create a support system for individuals affected by dementia.



### **The First Link® program contains five essential elements:**

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

**Formal Referrals** as soon as a diagnosis is made or at any other time in the progression of the disease.

**Proactive outreach** to individuals and families.

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

**Planned follow up** at 3 months, 6 months, 9 months, etc. . . to ensure families are being supported.

### **First Link® Connects People To:**

A learning series offering information about diagnosis, day-to-day living, positive approaches to care, how to manage challenges and how to prepare for the future.

Support groups and opportunities for one-to-one counselling.

Additional community programs and services.

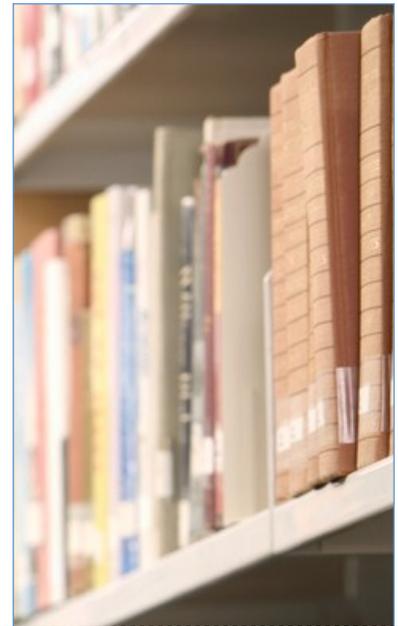
**Continued on next page...**

## MAKING THE CONNECTION

### Why First Link® matters:

The diagnosis of dementia can be frightening, plunging families into a confusing network of medical care and social services. People may not know what to do or who to call. Too often families struggle to cope with the challenges alone, waiting until crisis, an emergency room visit, or caregiver burnout before seeking help.

First Link® bridges the gap between diagnosis and support. It offers a single point of entry to appropriate health-care information and referral to other services available locally, such as medications, respite programs, education, and life planning. Families learn about, plan for, and adjust to the journey of de-



*Want to keep up-to-date on upcoming events & latest information visit our website or get social with us on Facebook & Twitter!*

## HEALTH CARE PROFESSIONALS

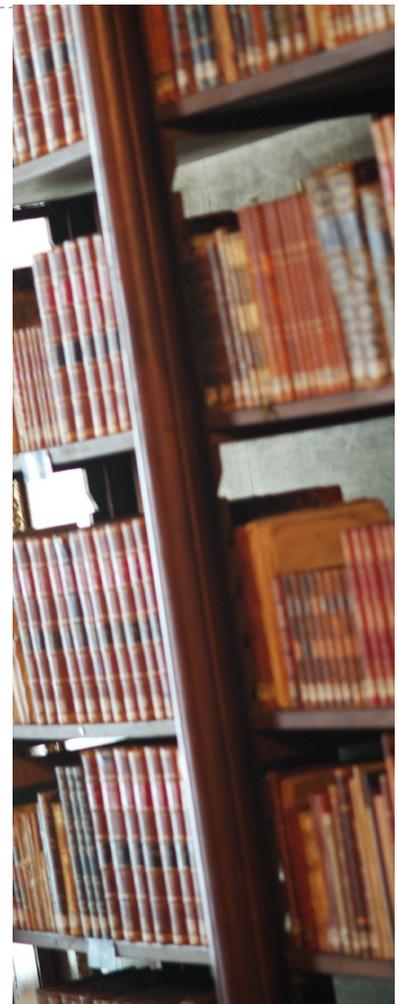
### Making a referral is simple:

As soon as the diagnosis is made, the health-care professional asks the individual with dementia and his or her family for permission to refer them to the First Link® Program. Once consent is given, the health-care professional completes a referral form and sends it to the First Link® Coordinator at the Alzheimer Society of PEI.

Within four weeks, the First Link® coordinator will call the individual with dementia or the primary caregiver to provide information, assess needs, and connect them directly to information and support services within their own community. Individuals can also call a First Link coordinator directly.

We invite your support in serving Islanders living the journey of dementia.

To become a referring partner to the First Link® Program **call Natalie Rix-MacNeill at 370-3135 or email: [firstlink@alzpei.ca](mailto:firstlink@alzpei.ca).**



## WHAT IS YOUR GOOD NEWS?

We love hearing your story and receiving your photos.

Have something you would like to have recognized in our newsletter and/or our Facebook page?

Email:  
society@alzpei.ca

## MAKING HAPPY MEMORIES

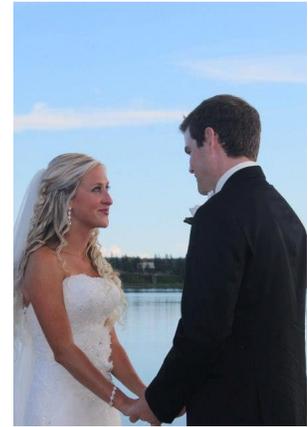
Ashley & Tyler Kenny of Stratford, were married on August 17, 2012.

In lieu of favours they wanted to make a donation to the Alzheimer Society of Prince Edward Island.

The couple tells us *“Thank you for providing us with informative pamphlets and extra goodies for our guests. They really enjoyed them and our decision to donate.”*

**Thank You** for your \$200 donation and we were honoured that you chose the Society to be part of your special day!

**We wish you many happy years of wedding bliss**



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's 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.

**Contact Us**  
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www.alzheimer.ca/pei  
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Education/FirstLink  
902-370-3135  
Events 902-370-3136  
Fax: 902-368-2715  
Charitable Registration  
#1387 91389 RR0001



Société Alzheimer Society  
PRINCE EDWARD ISLAND



*Your Gift can make Alzheimer Disease a memory and provide hope for the future*

I would like information on the following:

- |  |  |
|--|--|
| <input type="checkbox"/> Alzheimer Society of Prince Edward Island Programs & Services | <input type="checkbox"/> Gifts of Life Insurance |
| <input type="checkbox"/> Wills and Bequests  | <input type="checkbox"/> Gift Annuities          |
| <input type="checkbox"/> Gifts of Securities   | <input type="checkbox"/> Trusts                  |
- I have provided for a bequest or other future gift to the Alzheimer Society of Prince Edward Island and I would like more information on joining the Circle of Hope
- I would be interested in attending Financial Planning or Planned Giving Seminars

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Best time to call: \_\_\_\_\_  
E-mail: \_\_\_\_\_

- I would like an Alzheimer Society staff member to call me about Planned Giving opportunities

## We are getting more Social

Find us on   
[www.facebook.com/AlzheimerPEI](http://www.facebook.com/AlzheimerPEI)

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[www/twitter.com/AlzheimerPEI](http://www/twitter.com/AlzheimerPEI)