Annual Coffee Break® Fundraising Campaign

What is Coffee Break®?
- Coffee Break is an annual nationwide fundraiser in support of local Alzheimer Societies across Canada
- Coffee Break started with individuals, organizations and businesses providing coffee in exchange for a donation to support their local Alzheimer Society
- Today, Coffee Break events take on many different forms, including dress-drown days, game nights, garage and bake sales, and other fun and social events
- Coffee Break begins in September, but events can be held until December

What can YOU do?
- Register as a Coffee Break host (form enclosed in this newsletter)
- Choose an event that works for you
- Promote and host your event
- Arrange for return of funds

We will help you by providing:
- Tim Hortons coffee (if needed)
- Coin boxes and tax receipt sheets
- Promotional materials
- Guest speakers (if requested)

We are available at any time to answer your questions and provide support!

To register as a Coffee Break® Host, contact Melissa at 519-650-1628 or admin@alzheimercambridge.on.ca.

Thursday, September 19th, 2013

COFFEE BREAK®
KICK-OFF
10:00 a.m. - 12:00 p.m.
Langs Community Health Centre, room E106
1145 Concession Road, Cambridge

Featuring... Senior Star Contestants
Local finalists from Canada’s talent competition for people 65+

Thank you to our Kick-Off sponsors:

For Info/To RVSP: 519-650-1628

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Building for the Future

One of the hallmark signs of summer is the abundance of construction work on our city roads. While we often commiserate with each other about the hassles of construction, we sometimes lose focus on its benefits. At the Alzheimer Society of Cambridge, we too have been under construction all summer, not physically, but in regard to redesigning our organizational structure, operations, and roles. As we anticipate amalgamating with the Alzheimer Societies of Kitchener-Waterloo and Guelph-Wellington, we are forcing ourselves to think more strategically than ever before. Much like the impact of road construction, we staff have been forced to slow down, proceed with caution, take some detours, and in some cases, plan a new route. Throughout this process, we have had to get a little messy and it has not always been easy. We have scrutinized over and deconstructed every activity, event, and program we offer. We have then worked hard to put the pieces back together in a way that will increase efficiencies, reduce unnecessary tasks, and enhance service provision. We know that you will benefit from the smooth road ahead that we have worked diligently and collaboratively to establish. We hope that you share our excitement for the positive possibilities of amalgamation as a way to better serve the people in our communities.

ASK THE ED: We recently received the results of our Annual Client Satisfaction Survey (see page 3). Aside from providing feedback to our Society, these surveys are also an opportunity for individuals to ask questions.

Q: Why do you not offer ongoing private counselling for me as a care partner? I take every opportunity to attend support groups and they are very helpful (I wouldn’t miss a meeting), and I have met with a Dementia Support Counsellor. However, as my husband changes, so do my emotions, and I’m at the point now where I feel I need private, regular counseling. My local association has shared with me a website of counsellors. I would find it helpful to be directed to a skilled counsellor, ready to assist me as a care partner.

A: The Alzheimer Society of Cambridge currently offers private counselling, but it is not at the same level of intensity that is available in a counselling agency or from a therapist. Counselling agencies and individual therapists are able to offer private counselling sessions on a weekly basis based on intensive training in a variety of different types of therapy. This type of counselling is called therapeutic counselling. It is an intense process because the goal is to help people create fundamental change in their ways of thinking and feeling about their lives.

The types of private counselling offered by the Society are psychoeducational counselling and supportive counselling. Psychoeducational counselling focuses on decreasing stress by giving people information about conditions they are experiencing. This counselling takes the form of providing information to care partners to help them understand the reasons people with dementia engage in certain behaviors, and therefore reduce the care partner’s stress. Psychoeducational counselling also focuses on helping people to develop frameworks for making decisions, such as helping identify the various issues to consider when making decisions regarding long term care.

Supportive counselling, on the other hand, involves focusing on the emotions that individuals are experiencing and giving them strategies for dealing with those emotions on a short-term basis. For example, the Alzheimer Society helps care partners to identify activities they can complete to help them feel relaxed so that they are not completely overwhelmed with stress over the illness experienced by the person with dementia.

You might have been referred to resources outside of the Alzheimer Society if the staff member thought your counselling needs could be better met by a different type of counselling service. We encourage anyone who is interested in counselling to connect with us so we can develop a personalized plan to best support your needs. We are always just a phone call away.
We would like to thank those who took the time to complete our Annual Client Satisfaction Survey. The results we received from the survey were overwhelmingly positive. We have summarized the responses from a few of the key questions below.

**Overall, how satisfied are you with the services provided by the Alzheimer Society?**

95% Very Satisfied

**As a result of participating in the services provided by the Alzheimer Society:**

- I have better coping strategies for dealing with dementia and symptoms related to dementia.
  
  41% AGREE
  50% STRONGLY AGREE

- I am more confident in my ability to take care of myself.
  
  41% AGREE
  41% STRONGLY AGREE

- I am more confident in my ability to take care of my relative (or friend) living with dementia.
  
  39% AGREE
  56% STRONGLY AGREE

Studies have shown that when caregivers receive education and support related to dementia care, they were able to delay placing a person with dementia into a long-term care home.

59% of survey respondents indicated that they thought this would be true in their case. The rest of the survey respondents were not sure or did not answer the question.

100% of survey respondents did not have to wait long to receive services from the Alzheimer Society of Cambridge.
Care Partner Social

On Monday, June 17, the Alzheimer Society of Cambridge was delighted to host the Second Annual Care Partner Social at the Cambridge Butterfly Conservatory. The event was held in partnership with the Alzheimer Society of Kitchener-Waterloo and graciously sponsored by Chartwell.

Care partners for both Societies enjoyed a delicious buffet brunch, prepared by the Butterfly Conservatory's Chef, Derek Hines. Guests were engaged by two guest speakers, Carol Prentice and Danielle Hughes. Carol is a registered social worker, certified yoga instructor, and author, who spoke to guests about Helping the Helper: Understanding Caregiver Burnout. Attendees were challenged to consider their own experience as a caregiver and identify areas of struggle and their own potential for burnout. Carol was able to speak to the importance of the individual experience and participants expressed feelings of validation for the care they do and the array of feelings accompanying their journeys.

As a perfect complement to Carol’s presentation, Danielle, a RRT and Holistic Health Practitioner from Let It Heal Cambridge shared exercises throughout the morning. Danielle showed guests ways to sneak relaxation and self-care into their day with a presentation called Relaxation: 10 Minutes to a New You. Care partners can attest to the fact that self-care is often not made a priority, even though it is essential to their well-being. These exercises gave participants simple ideas to incorporate self-care into their lives.

Guests left with a gift bag full of goodies donated by Let it Heal Cambridge and Chartwell, and the book Creating Moments of Joy by Jolene Brackey. Following the event, guests were invited to take a relaxing stroll through the Butterfly Sanctuary.

A huge thank you to the following Chartwell properties: Queen’s Square Terrace, Bankside Terrace, Terrace on the Square, and Westmount Retirement Residence.

Without their generous support this event would not have been possible. Thank you also to The Cambridge Butterfly Conservatory, Carol Prentice, Danielle Hughes, Let It Heal Cambridge, Mike Wolf from Retire-At-Home Services and of course to all our care partners, for your amazing spirit and strength.

More information, including PowerPoint slides and materials from this day, can be found at www.alzheimer.ca/cambridge

Allies in Aging Conference

Thursday, October 17, 2013
Bingemans Centre, Kitchener.

See enclosed brochure for details.
AGM REPORT

Our Annual General Meeting took place on Wednesday, June 19th, 2013 at the Cambridge Chamber of Commerce. Cathy Conway from the Alzheimer Society of Ontario was our guest speaker, introducing the Finding Your Way program. She discussed the importance of creating a plan to ensure the safety of individuals living with dementia, and gave practical tips and resources tailored to persons with dementia, their care partners, and community members. We also said goodbye to two long-time members of our Board of Directors - Noella De Sousa, and Dave Lukezich. We thank them for their dedication to our Society. A portion of the evening was also dedicated to recognizing some of our wonderful volunteers. The following awards were presented:

President's Award: Annie Huynh
Coffee Break® Award: Evelyn Gordon
Community Partner Award: Galt Little Theatre
Business Partner Award: Queen’s Square Terrace, and The Dunfield
Walk for Memories – Top Team: The Motley Lot
Walk for Memories – Top walker: Helen Warren

Coffee Break® Top Hosts/Fundraisers
Overall: Stirling Heights Long Term Care
Church: Central Presbyterian Church
Senior Living: Fairview Mennonite Home
Other: Mary Lou Enright, Connie Foran, and Bev Vergados

STAFF UPDATES

Thayna Walter returns from maternity leave as the First Link® Coordinator. We would also like to welcome Angela Yenssen as Professional Practice Lead. Angela’s role is to streamline the support and education services at the Alzheimer Societies in preparation for the amalgamation of the Cambridge, Kitchener-Waterloo, and Guelph-Wellington Alzheimer Societies. Gina Brohman is now the Volunteer Companion Program Coordinator for the Alzheimer Societies of Cambridge, Guelph-Wellington, and Kitchener-Waterloo.
Did you Know…
The Alzheimer Society of Cambridge is committed to increasing public awareness and decreasing the stigma associated with Alzheimer’s disease and other dementias. Our Public Education Coordinator is available to provide education to your community group, retirement home, family council, community centre or workplace. Presentations can be tailored to the individual needs and interests of your group.

Contact Janine Wilson for more information at 519-650-1628 or education@alzheimercambridge.on.ca
Volunteer Companion Program: Consider Volunteering!

The Alzheimer Society’s Volunteer Companion Program (VCP) is a great opportunity for individuals looking for a volunteer experience that can impact the lives of persons living with dementia. VCP volunteers make a direct and lasting difference in the lives of their companion that can be seen each and every time they volunteer.

People with a diagnosis of dementia have a lot of living to do, and they enjoy many of the things they have always enjoyed. However, they face many challenges that can make these activities difficult. Volunteer Companions will understand these challenges, and will visit weekly to share social and recreational activities with a person with dementia. They will be paired with somebody who has similar interests or a similar personality, and will engage in activities they both find enjoyable. Some of the activities that companions do with their matches include (but are not limited to):

- Going for walks
- Playing games such as cards
- Listening to music or dancing
- Baking
- Gardening
- Golfing, curling
- Going for walks
- Playing games such as cards
- Listening to music or dancing
- Baking
- Gardening
- Golfing, curling

While the Volunteer Companion and their match are enjoying one-on-one time together, the care partner for the person with dementia will have an opportunity to do the things that they need to do - be it shopping, going to an appointment, or taking free time for themselves. It can be very stressful caring for someone with dementia, and as a companion, you can provide much needed support to a care partner. **Consider becoming a Volunteer Companion, and make a difference today!**

If you are interested:
- You must be 18 years or older
- You must provide your own transportation
- We ask for approximately 2 hours per week for a commitment of 9 months (this is flexible based on Society needs)

Training/Skills/Experience:
- Volunteers will go through a screening process that includes an interview and a police check
- Training is a requirement, and is provided at no cost by the Society
- No experience with people with dementia is required (but it is an asset)

*For further information, please contact Gina Brohman, Volunteer Companion Program Coordinator.*

Email: gbrohman@alzheimerkw.com  Phone: 226-755-3808

SUPPORT GROUPS

For information, individual supportive counselling and group registration, contact Claire Brown at (519) 650-1628 or support@alzheimercambridge.on.ca.

We will work with you to create a personalized plan to best support your needs. Here are some of the support groups that we offer:

**Care at Home:** *For spouses providing care at home.*

**Continued Caring:** *For people whose spouse lives in a long-term care home.*

**Caring for Parents:** *For adult children supporting parent(s) with the disease.*

**Early Memory Loss:** *For people recently diagnosed with Alzheimer’s disease or other dementias.*
In Memoriam: We would like to express our sincere sympathy to those who have lost loved ones, and gratefully acknowledge donations made to the Alzheimer Society in their memory. These donations are used to support those who are living with Alzheimer’s disease and other dementias. A very special “Thank You” to all of those who chose the Alzheimer Society of Cambridge. We appreciate the thoughtfulness of the following donors:

John Armour  
Edith Baldrey  
Alan D. Barron  
Mai Britten  
Donald M. Buie  
Jack Davis  
Nina Demarte  
Filomena Escobar  
Maureen Follitt  
Antonietta Fratarcangeli  
Lois Gilmar  
Joyce Gray  
Thomas Herning  
Tony Horvath  
Jean Eleanor Howison  
Mr. Kitchen  
Peggy Marr  
Gina Musca  
Frank Newton  
Marjorie Parker  
Ruth Radke  
Audrey Rahn  
Marie Schnare  
Elemyn Elvina Shirley  
Brian St. Clair  
Harry Stager  
Mabel Isabel Stewart  
Joan Sykes  
Jozef Tomaszewski  
Marian Whyte

The Sunnyside Community Alzheimer Program is now open full time in Cambridge. It offers a variety of programs and services to meet the needs of persons with Alzheimer’s disease and other forms of dementia.

- Led by a qualified team of health care professionals
- Stimulating and safe environment offering music therapy, arts and crafts, exercise programs, baking and community outings
- Assistance is available for those who require support with meals, personal care and medication

Location: 150 Main Street, Cambridge  
Hours of Operation: Monday - Friday, 9 a.m. - 2:30 p.m.  
Rate: $15/day (transportation may be available)

Consider the environment…  
Please contact us if you wish to receive your newsletter by email.

admin@alzheimercambridge.on.ca  
Subject: Email Subscription