



Alzheimer Society

GREY- BRUCE

Volume 71

Winter 2007



Please mark this important date on your calendar:

Saturday, January 26, 2008

That's the date of the 2008 Walk for Memories, and we are pleased to announce that we are expanding to a third Walk this year. In addition to Walks in **Owen Sound** and **Hanover** we will also be adding a Walk in **Saugeen Shores**.

Please plan to join us at one of these locations as a

walker or as a volunteer.

Walk for Memories is one of our most important annual awareness and fundraising events. Your support is essential so that we can continue to provide information, education and support services to persons with Alzheimer's disease and related disorders, and to their families and caregivers.

Enclosed in this newsletter is a pledge sheet for the 2008 Walk, outlining all the great prizes available.

If you cannot use the pledge sheet, **please pass it along to someone who can**. You can also register online as a walker, or make a pledge by credit card.

Visit www.walkformemories.ca



Thank you for your support.



Forget-Me-Not Tree Campaign

Forget-Me-Not-Tree Coordinator, Judith Barr showing banner and outside blue lights placed at the Big Apple in Meaford.



The Alzheimer Society of Grey-Bruce is reaching out to our community through the holiday season Forget-Me-Not-Tree campaign to raise awareness and to accept. Throughout the region, volunteers have appeared at decorated tables in grocery stores, arenas, banks and at community events. Our appreciation goes out to the many community coordinators who organize these activities and to the generous volunteers who donate their time and energy on our behalf. By supporting this campaign, residents are helping people we all know and care about right

here in the region, people who can no longer recall happy memories of the holiday season, and of their families.

The 2007 Campaign includes the following communities: Chesley, Dundalk, Hanover, Lion's Head, Kincardine, Meaford, Markdale, Owen Sound, Paisley, Port Elgin, Ripley, and Wiarton.

Judith Barr said, *"In Meaford, we called this an education day, with donations happily accepted. The new brochures were presented to people coming into the store, and we asked them to come over and see the other information pieces. (We gave out huge numbers of the Heads Up for Healthier Brains brochure to get the conversation/donation rolling). When they came, they usually donated.....and they told us their stories. For me, the day was a rollercoaster ride of emotions. I felt honoured to be an Alzheimer Society volunteer who could lend an ear, a hug, a laugh, a referral and words of consolation. There were so many stories and queries. It was a day of education for us and for all the wonderful 55+ Friendship Club volunteers who helped."*

Alzheimer Society of Grey-Bruce
753 2nd Ave. East
Owen Sound, Ontario
N4K 2G9



Phone: 519-376-7230
1-800-265-9013
Fax: 519-376-2428
E-mail

info@alzheimergreybruce.com

www.alzheimergreybruce.com

BOARD OF DIRECTORS 2007-2008

President Judy Chalmers

Vice-President Lloyd Wilson

Secretary Peggy Beghetto

Treasurer Edward Barker

DIRECTORS

Chuck Beamer Pat Dobec

Thelma Cunningham Donelda Stewart

Pamela Leeb Jennifer Hume-Larose

Art Proctor

STAFF

Executive Director Deborah Barker

Education Coordinator Barbara Fox

Counsellor Larrilee Leckie

First Link Coordinator Trish Harris

Tousignant

Safely Home Coordinator

Glenda Clarke

Community Development

Coordinator Bill Tw

Volunteer Coordinator Susan I

Administrative Secretary Linda I



OFFICE HOURS

Mon. – Fri., 9:00 a.m. – 4:00 p.m.

MISSION STATEMENT

The Alzheimer Society of Grey-Bruce exists to alleviate the personal and social consequences of Alzheimer's disease and related disorders and to promote research.

Executive Director

By Deborah Barker

Over the fall the board of directors and staff have completed two days of Strategic Planning. We have developed a practical vision statement and values statements. Through this process a three year plan has been developed to address measurable accomplishments and action elements and related these to the Alzheimer Societies in Ontario Strategic Directions. As well, a new three year business plan has been written to guide the organization. This work as well will be tied in with the chapter Peer Review Quality Standards results from June 2007. The final documentation from these two days is being prepared and will be available for your review on request. We are confident that our work over the past months will provide clear direction for our chapter and result in improved service for persons with dementia and their caregivers.

On behalf of the board and staff we wish you all the best for the holiday season and for a wonderful year in 2008.

P.S. Please join us at our Open House on Friday, January 11, 2008, 1:00 to 4:00 p.m.



First Link Learning Series

A key element of our First Link Program is the series of progressive education courses. The First Link learning series covers every step of the Alzheimer journey and are progressive, building upon each other to give families a complete overview of dementia. The learning series provide families with information on every stage of this disease, skills and resources. Learning series topics include:

- **Next Steps** (designed for the individual with the disease)
Alzheimer's disease overview
Brain & behaviour
Legal & financial matters
Drug treatments & research
Coping strategies
Community resources
- **Next Steps for families** covers the same topics as listed above

but is intended for the caregiver and their family.

- **Care Essentials**
What to Expect
Day to day care
Understanding behaviour
Community resources
- **Options for Care**
When care needs are increasing
Long term care – how the system works
Coping with change
- **Care in later stages**
What to expect
Pain & distress
Providing comfort and giving pleasure

These 5 different learning series will be held throughout Grey and Bruce counties at varying times and location.

If you are interested in receiving more information about the First Link program or the learning series associated with it, please feel free to contact Trish Harris, Alzheimer Society office.

Complimentary Advance Care Planning DVD

The University of Toronto's Ian Anderson Continuing Education Program in End of Life Care has developed an excellent new Advance Care Planning DVD. It provides an introductory look at some of the basic concepts involved in Advance Care Planning. The DVD features three brief dramatizations of cases involving Advance Care Planning and narratives explaining life support, palliative care and other related concepts.

The first scenario involves a 37-year-old man admitted to intensive care with a life threatening head injury. It illustrates the role of the Substitute Decision Maker and how difficult it can be for that person to make decisions when Advance Care Planning has not been done. This scenario points to

the fact that you don't have to be old to have these issues arise. One can benefit from engaging in Advance Care Planning regardless of age or health status.

Scenario #2 portrays a woman with early Alzheimer's disease who is still capable to appoint a Substitute Decision Maker and

illustrates that completing a Power of Attorney is not enough. The person has to make sure her Substitute Decision Maker understands her wishes and the reasoning behind those wishes.

The third and final scenario involves a man with incurable cancer and explains the common concepts of palliative care. Life support is discussed earlier in the DVD. Here the alternative option of palliative care is explained to address some of the myths around end of life care.

There are a limited number of copies of this excellent Advance Care Planning resource that are currently available. For a

complimentary copy of the DVD please contact Barbara Fox at the Alzheimer Society of Grey Bruce 519-376-7230, 1-800-265-9013 or bfox@alzheimergreybruce.com. Barbara is also available to facilitate discussions and provide presentations to groups on this topic.

For a complimentary copy of the DVD please contact Barbara Fox at the Alzheimer Society of Grey Bruce 519-376-7230, 1-800-265-9013 or bfox@alzheimergreybruce.com

determine her wishes related to various health care decisions that might have to be made in the future. She seeks legal counsel and consults her doctor about future possible treatments in order to help her give direction to her daughter who will act as her Substitute Decision Maker when she is no longer capable. It



Volunteers Welcome!

Let us help you design your own volunteer experience. Opportunities range from a two hour shift a few times a year to choices that will fit with your busy time table.

Contact:

Susan Mogelin, Volunteer Coordinator
519-376-7230 or 1-800-265-9013 or
smogelin@alzheimergreybruce.com

Quote from Caregiver:

"Thanks for your research, input and your support. I'm so fortunate to have connected with the Alzheimer's Society and wonder if you really know in your hearts what a comfort your education, direction and support are to all."



Donate your Shoppers Optimum Points.

Go to www.shoppersdrugmart.ca

A Message for the New Year

I attended my first Alzheimer's Society support group in the fall of 2005. I had no idea what to expect but I knew what I was looking for. I wanted the guidance of professionals as well as shared experiences and ideas of other caregivers, family and friends who are also sharing the journey through dementia with a loved one.

As I continue both the journey and the group, I am constantly in awe of the support, compassion, education and expertise that the group experiences gift me. Sometimes I wonder where I would be without all of these new friends and imagine myself lost on a dimly lit road not knowing what to do or where to turn.

I've learned that dementia comes with many different names and that each person is effected in their own

unique way. The same is true with its effect on the caregivers, family and friends too. Be it Alzheimer's, Picks, Vascular Dementia, Parkinson's, Huntington's, Creutzfeldt-Jakob, Lewy Body dementia or any other form, we are together in the struggle to learn, offer support and give our best to each other, our loves and ourselves.

I sincerely extend my deep gratitude to the Alzheimer Society for the shared research, input and compassionate support given to all that reach out to them. As caregivers we're fortunate to have the Society holding our hands through the good and the tough days and decisions. As the New Year approaches and the season of celebration draws nigh, I hope you truly know in your hearts what a comfort your education, direction and support are to all and the remarkable ripple effect it has on those that we care for. With thanks always,

Dennise Miller,
Kincardine

NEW BROCHURE Look for the new brochure available for Awareness month outlining Treatment Options for people with Alzheimer's disease and their families. This brochure outlines medication and complementary and alternative health care options, speaks about clinical trials and the importance of consulting with your health care professional. There's also a section on where to go for additional information and resources. For copies of this new brochure please call our office.



INFORMATION AND SUPPORT SESSION LOCATIONS

WIARTON	9:30 – 11:30 a.m. <i>1st Tuesday of every month</i>	Gateway Haven, Special Events Room, 671 Frank Street, Wiarnton
HANOVER	1:30 – 3:30 p.m. <i>1st Wednesday of every month</i>	Grace United Church, Friendship Room, upstairs 310 12 th Street, Hanover
OWEN SOUND	7:00 – 9:00 p.m. <i>1st Wednesday of every month</i> (6:00 – 7:00 p.m Resource Centre open)	Alzheimer Society of Grey-Bruce 753 2 nd Ave., E, Owen Sound
MARKDALE	1:30 – 3:30 p.m. <i>1st Thursday of every month</i>	Markdale Public Library, Board Room 75 Walker Street, Markdale
SOUTHAMPTON	1:30 – 3:30 p.m. <i>2nd Wednesday of every month</i>	Southampton United Church, downstairs 18 Victoria St., S., Southampton
KINCARDINE	1:30 – 3:30 p.m. <i>2nd Thursday of every month</i>	Trillium Court, Christina Mastin Room 550 Phillip Place
THORNBURY	1:30 – 3:30 p.m. <i>3rd Wednesday of every month</i>	L. E. Shore Memorial Library, Board Room 183 Bruce Street S., Thornbury

RESEARCH UPDATE

Signaling Proteins

In a study published in *Nature Medicine*, a team of researchers identified 18 cell-signaling proteins in the blood plasma that could predict with 90% accuracy whether an individual will develop Alzheimer's disease. The study was released Sunday, October 14, 2007. Here's Dr. Jack Diamond's, Scientific Director, Alzheimer Society of Canada, response to this latest research:

"The authors of this brief report compared blood plasma from 'normal' people (i.e., without symptoms) with that taken from people with early Alzheimer's disease, or with Mild Cognitive Impairment (MCI).

The researchers focused on 120 known proteins found in blood plasma that act as chemical 'messengers,' carrying important information between blood cells, brain cells and cells in the immune

system. They found that the levels of 18 of these proteins were abnormal in people with early Alzheimer's disease, as well as in people who later went on to develop Alzheimer's disease. It is not clear how many of the last group could have been in the early stages of MCI, given the different criteria used by different clinics to make a diagnosis. In any event, the correlation was not 100 per cent, which would have meant that ALL those with abnormal levels of the 18 proteins would have gone on to develop the full blown disease, but was approximately 90 to 91 per cent. This percentage is similar to the percentage of people diagnosed by conventional memory and cognitive testing as having Alzheimer's disease, who later had the diagnosis confirmed by more sophisticated techniques, including post-mortem examination of the brain. The 90 to 91 percentage is also similar to that of conventionally diagnosed MCI people who will progress to Alzheimer's disease. So the new report does not

unambiguously answer the question: do these new tests constitute a significant advance to the early diagnosing of Alzheimer's disease? Certainly they could prove a useful addition to the present diagnostic protocols, but as described, they hardly represent an approach that GPs and even hospital clinicians would readily wish to apply. If the increase in the accuracy of diagnosis offered by these new blood tests over that achieved by conventional memory and cognitive testing (plus brain imaging) turns out with further research to be huge, well, that would make them seriously worth considering moving into our present hospital practices, though it would be quite impractical for them to be used by GPs.

What we must remember, however, is that advances like these, biochemical changes discovered in tissues outside the brain, almost always add to our understanding of what exactly is going on in Alzheimer's disease, and in that sense are always of great potential interest."

Safely Home

Update The first component of our **Safely Home**™ Project was a tremendous success. Over 80 people from hospitals, day away programs, rest and retirement homes, Community Living organizations, long-term care facilities and local police participated in our **SEARCH is an Emergency** training sessions.

Don Webster, Provincial Search & Rescue Coordinator with the OPP Search and Rescue Team facilitated the workshop with assistance from Glenda Clarke, the Safely Home

Project Coordinator.

Sergeant Webster emphasized with the participants that "pre-planning is an integral part of the search and rescue effort and will only enhance the success of the search".

The participation of all of the police departments across Grey and Bruce Counties contributed to the success of the training. If a search is needed, it is a team effort involving the police and the caregivers. The training workshops provided an opportunity for people who don't interact on a regular basis to think together about how they can be as efficient as possible if an

emergency arose.

Other **Safely Home**™ initiatives the Alzheimer Society of Grey Bruce will be offering with funding through the Government of Canada's Search and Rescue New Initiatives Fund are:

- Working with health care organizations after they have received the SEARCH is an Emergency training to implement pre-planning processes in their facilities;
- Raising awareness of the Safely Home Wandering Registry, ensuring that as many people as possible are registered.

Fund Development Update

by *Bill Twaddle*,
Community Development Coordinator

As 2007 draws to a close we want to take this opportunity to extend our very sincere thanks to all who have supported the Alzheimer Society of Grey-Bruce this past year.

Our various awareness and fundraising events have been very successful, due entirely to the wonderful generosity of our donors and volunteers.



Final results from Coffee Break 2007 are still coming in but we expect it will be one of the most successful ever, raising close to \$45,000 to help provide information, education and support services across Grey-Bruce.



The Forget-Me-Not Tree campaign is also wrapping up and once again we have had a tremendous response from communities across Grey-Bruce.

The awareness from these events is also very important to our work. The selfless volunteers who

give countless hours to help with these events not only contribute to our fundraising success, they also help us reach out to those who are dealing with Alzheimer's disease and related disorders.

The need keeps growing. Your support helps us meet that growing need.



Looking ahead to 2008, the first event of the New Year will be the Walk for Memories on January 26. Please find your pledge sheet enclosed with this newsletter.

If you want to support the Alzheimer Society of Grey-Bruce as a donor, or as a volunteer, please contact our office at 519-376-7230 or 1-800-265-9013.

With your support we will be able to continue helping people we all know and care about right here in the Grey-Bruce community.

Donate Your Bell Canada (BCE Inc.) Shares... Provide Help for Today and Help for Tomorrow



The proposed sale of Bell Canada (BCE Inc) to the Ontario Teachers' Pension Plan and two private equity firms made headlines nationwide this summer.

If you are currently a Bell Canada shareholder, a 50% capital gain could be triggered on your Bell stock when the proposed sale concludes. And the older the shares, the greater the tax liability. For many individuals, determining the original cost base of Bell shares may present an accounting challenge. However, if you donate Bell shares to the Alzheimer Society, you will receive preferential tax treatment – by

avoiding the capital gains and related cost base calculations, and by receiving a tax receipt for the full donation amount.

As of the 2006 federal budget, donations of publicly traded securities to registered charities are totally tax free of capital gains taxes. With the measure being so new, some taxpayers are still not familiar with this attractive option. For example, if you sell Bell stock for \$41 per share that had an original cost of \$6, you would realize a \$35 gain and be forced to pay \$7.70 per share on a maximum tax rate of 22 per cent.

Donating the Bell shares would wipe out your tax liability and instead generate a tax credit for the \$41. This tax advantage applies to shares in any publicly listed company.

If you've been considering a gift to the Alzheimer Society, the change

in tax policy offers you another way to support our mission by helping those with the disease and their caregivers and funding promising research. Your gift will have a direct and lasting impact. We understand this is a decision that needs careful consideration. If you are planning a significant donation, we encourage you to check with your personal advisor to ensure you are using a gifting strategy that is best for your financial circumstance. For more information about making a charitable gift of stock, please call our office at 519-376-7230 or 1-800-265-9013.

Reprinted with permission, Reflections 2007, Alzheimer Society of Canada

Gifts to the Alzheimer society of Grey-Bruce are used here in the local community to help individuals and families we all know and care about.



Plan Now For A Speaker

Here are just a few of the topics we offer...

- “I’m Still Here” DVD (client/family perspective)
- Heads Up for Healthier Brains
- Volunteers Working with Dementia Clients
- Advance Care Planning / Power’s of Attorney
- Elder Abuse / Client’s Rights
- Montessori Activities for People with Dementia
- Memory Boxes / Memory Books
- Communicating Effectively with People with Dementia
- Visiting in Long Term Care
- U-FIRST! (for staff, students, volunteers, family members)
- Alzheimer’s disease & Related Dementias: An Overview
- Brain and Behaviour & How to Respond
- 3 D’s: Dementia, Depression, Delirium
- Wandering: Search Is An Emergency! / Safely Home

What is your educational interest or need?

...Indicate below and FAX to 519-376-2428 or contact:

Barbara Fox, Public Education Coordinator
Alzheimer Society of Grey Bruce
barbarafox@bmts.com; 519-376-7230 Ext. 28

Contact person: _____

E-mail address: _____ Phone number: _____

Organization: _____

Topic(s) of choice: _____

January is Alzheimer Awareness Month

Awareness Month Activities

- **Alzheimer Society Open House**
January 11, 2008 from 1-4 p.m.
Meet our staff, tour our office, review our new educational information, and have some goodies!
- **Walk for Memories**
Saturday, January 26, 2008
Locations: Owen Sound, Hanover, Saugeen Shores
- **Open Line – CFOS radio 9-10 a.m.**
Monday, February 11, 2008
Dr. Michael Borrie, Professor, Chair, Division of Geriatric Medicine
FACULTY OF MEDICINE AND DENTISTRY at the University of Western Ontario, and Trish Harris, our First Link Coordinator. They will be speaking about the First Link Pilot project we are involved in designed to help persons in the early stages and newly diagnosed with Alzheimer's disease or a related dementia and their caregivers.
- **Watch for displays in your local library**

Making the Commitment to Better Brain Health

For many Canadians, eating healthier foods, committing to an exercise program and reducing stress are three common goals for the start of every New Year.



This January, as we recognize Alzheimer Awareness Month and the kick off of the 2008 **Heads Up! For Healthier Brains!** campaign, the Alzheimer Society is encouraging Canadian families to keep to their resolutions by challenging people of all ages to *make the commitment* to better brain health. "Even with the best intentions, we all know how difficult it can be to keep on track with our resolutions. Starting this January, the Alzheimer Society is providing both support and motivation to people by offering a variety of on-line incentives," says Scott Dudgeon, CEO of the Alzheimer Society of

Canada (ASC). "These include everything from the launch of 'Brain Booster', our new brain gym, to a contest in conjunction with Homemakers magazine that will encourage people to make their commitment to better brain health, and draws for chances to win some great prizes." Making the commitment is easy, and can include things like eating brain healthy food, staying socially connected, adopting an exercise program, protecting against concussions, and challenging your mind. "Research is showing that by improving your brain health, you can help to reduce your risk of developing Alzheimer's disease," says Dr. Jack Diamond, scientific director for the ASC.

Starting Jan. 2, people are encouraged to visit www.alzheimer.ca to learn more, as well as sign up with their individual commitments. The website will also feature stories from other Canadians, highlighting their triumphs and challenges as they implement their own healthy brain pledges.

In Memoriam



We offer our sympathy to families in Grey-Bruce who have lost their loved ones. We would like to express our thanks to family members and friends who have made donations in their memory