



Alzheimer Society

GREY- BRUCE

Volume 62

Fall 2005

Membership Survey Results

Thank you to the 36 members (27% response rate) who completed our membership survey. It is important for our chapter to understand our member's needs and interests and we appreciate that you took the time to respond.

Highlights of the Membership Survey Results:

- The majority of responding members are those who have had a person in their family diagnosed with Alzheimer Disease or a related dementia.
- Most were interested in becoming a member of the Alzheimer Society of Grey-Bruce to support the Society's programs and services.
- Programs most frequently used included the Information and Support Sessions, education, workshops and training events, resource library and Safely Home-Alzheimer Wandering Registry.

- Members were not well aware of our work in individual care plan consultations, advanced care planning and the Geriatric Outreach Service
- Only half of the respondents were aware that less than 25% of our budget comes from government funding
- **Comments regarding meeting your needs included:** "The resource material is helpful and the monthly groups, "I like the good speakers you have", "You answered questions when we had them, gave us information to read and guided us to support groups"
- **Suggestions for programs and services you would like to see our chapter offer included:** Evening workshops, booklets on specific topics, more caregiver support, volunteer visitors
- The Membership Committee of the board of directors will review and consider these results and comments. Should you wish to review the complete survey results, please contact the office and a copy can be mailed to you.

"Ain't Misbehavin': Improving the Care Connection by Understanding Behaviour"

Practical help for front-line workers to improve care in the hospital, home and Long-Term Care home

****Julie Bessant Pelech, Consulting Gerontologist
*Valerie Powell, Psychogeriatric Resource Consultant***

***Wednesday October 26, 2005 St. Mary's Hall, 554 15th St. East, Owen Sound 8:30 -4:30
(Lunch included)***

Early bird rate - \$10 After October 14 - \$15

***The Grey-Bruce Geriatric Education Co-operative
is supporting this practical education***

(with an Education and Training Initiative grant from the Alzheimer Strategy)

For further information and to register contact :
Alzheimer Society of Grey-Bruce, 376-7230 or 1-800-265-9013 (registration brochure enclosed with this newsletter)

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 alzheimer@bmts.com
www.alzheimergreybruce.com

MISSION STATEMENT

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

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OFFICE HOURS

Mon. – Fri., 9:00 a.m. – 4:00 p.m.



THANK YOU TO

HANOVER HOLIDAY TOURS LTD.,
CORPORATE SPONSOR FOR THE
ALZHEIMER SOCIETY OF GREY-
BRUCE, FOR KINDLY DONATING
THE PRINTING SERVICES FOR THIS
NEWSLETTER.

Executive Director

By Deborah Barker

We have great news! The Ministry of Health has announced new funding for our chapter to hire a part-time caregiver support counsellor. We have been waiting four years for this news and look forward to providing this much needed new service to the community. We welcome Larrilee Leckie to our team. Larrilee will be working three days each week and will provide counselling both in the office as well as in the community through home visits and support groups. As well she will provide information, education and training that will assist caregivers to provide care and emotional support to persons with Alzheimer Disease and related disorders.

The Board of Directors completed a full day of Strategic Planning in June and have now developed a three to five year plan. The board identified strengths, weaknesses, opportunities and threats to the Society vision and developed action plans for the next six to nine months. This Strategic Plan will be front and centre at all board meetings to ensure that the work and visioning exercise is followed through.

On September 21, 2005 the Owen Sound Sun Times ran a four page insert highlighting our programs and services. We appreciate the support of the eighteen businesses who sponsored this section. We do have extra copies of this report in our office and would encourage anyone to call for extra copies. It is great to have these excellent awareness opportunities with our local media.

The next several months are the busiest season for our chapter. Requests for speakers and education and training increase significantly and our fund development activities are in full gear. At this time we rely heavily on our volunteers to help with providing services. I would like to thank all those who have stepped up to give of their time and efforts. You truly do make a difference.

Fall / Winter 2005 Presentation Topics

Once again this fall the Alzheimer Society of Grey-Bruce is offering to provide presentations at no cost to the sponsoring agency on the following topics.

- ▶ **Advance Care Planning, Substitute Decision Making & Advocacy**
 - ▶ **Ways To Make Visiting More Enjoyable**
 - ▶ **Myths & Facts about Senior Drivers**
- ▶ **Safely Home™ Alzheimer Wandering Registry**
 - ▶ **Brain Health – How to Maintain It**

To arrange one or more of the above presentations for your staff, clients and/or their family members simply call the Alzheimer Society office at 376-7230 or 1-800-265-9013

A Caregiving Journey

Chapter 15

By Dorothy L. Dyer

One big challenge for us was the actual move from mom’s apartment to her new home in a retirement lodge. Moving is a simple question of packing, transporting and unpacking. Doesn’t sound very complicated does it? For us however, it was not an easy thing to do. Deciding what to take was a challenge. Mom was in hospital at this point and for health reasons, unable to be with us to make these decisions. It is extremely difficult to look at a person’s life and accumulated treasures and attach a significance or importance to them. We wanted mom’s new home to have a sense of familiarity for her. We thought having some of her more meaningful mementos on hand would be comforting. We had to work with space limitations. Our aim was to have mom arrive to new surroundings that were welcoming, inviting and friendly. Each family member present had their own

ideas of what would be important to mom. We all had valid reasons for our suggestions so, it was hard to make a choice.

What to take was just one consideration. What to do with the things we were not taking was another. None of us had room to store a whole apartment’s worth of furniture. Selling everything out from under mom just seemed cruel. We knew that moving to a lodge

“We wanted mom’s new home to have a sense of familiarity for her.”

was going to be a difficult adjustment for mom. We were not prepared at that time to count it as a final decision. It was a difficult adjustment for us as well. What if she was miserable? What if she couldn’t adjust? What if she refused to stay there? She would not be in a locked environment. When she got feeling better she might just

leave! Were we strong enough to take the necessary steps to ensure that she remain in her new safe environment? Were we making the right decisions? These were some of the feelings, emotions and questions that we had to wrestle with. I would like to be able to tell you that knowing we were doing what was recommended by the experts and what was in our mother’s best interest, made these decisions easier, but it didn’t. In the end we packed and stored as much of her small stuff as we could. We farmed out her bigger pieces of furniture to different households for storage. Eventually when we could deal with it we had a yard sale and all the extras are now making someone else happy. Many of the larger furnishings have found permanent homes with family members and mom sometimes recognizes them and is comforted to see them.

Next month look for the final chapter of Dorothy Dyer’s journal.

Information and Support Session Locations

<p><u>Fall Information & Support Session Topics</u></p> <p>October Dementia Specific Safety Issues November Living Alone vs. Placement December Coping with Christmas</p>	<p>If you wish to have your name added to the mailing list for monthly reminders for Information & Support Sessions contact the office.</p>
<p>KINCARDINE Trillium Court, 550 Phillip Place, Kincardine 1:30 p.m. - 3:30 p.m. 2nd Thursday of month Barbara Fox – 376-7230</p>	<p>OWEN SOUND Kelso Villa, Chapel, 2nd floor 1475 2nd Ave. W., Owen Sound 1st Wednesday of month, Donalda Fisher – 376-7230 7 p.m. - 9:00 p.m.</p>
<p>WIARTON Gateway Haven Chapel, 671 Frank St., Warton 9:30 a.m. - 11:30 a.m. 1st Tuesday of month Barbara Fox - 376-7230</p>	<p>HANOVER Grace United Church, 310 12th St., Hanover 9:30 a.m. - 11:30 a.m. 1st Wednesday of month Barbara Fox – 376-7230</p>

New to our Resource Centre



Books

Speaking Our Minds; ISBN 0-7167-4010-9; Lisa Snyder LCSW; W.H. Freeman and Co., New York, 2000
This book offers a unique perspective on the experience of living with Alzheimer Disease from the view point of seven persons who have the disease.

Making the Brain Body Connection; ISBN 0-9681066-3-3; Sharon Promislow; Kinetic Publishing Corporation, Vancouver, 2003

This book is a practical guide to releasing mental, physical and emotional blocks to success through the use of simple exercises developed for educational kinesiology to help student achieve optimum potential.

Agitation in Patients With Dementia; ISBN 0-88048-843-3; Edited by Donald P. Hay, MD, David T. Klein, Psy.D., Linda K. Hay, RN, PhD, George T. Grossberg, MD & John S. Kennedy, MD FRCPC.; American Psychiatric Publishing, Inc., Washington, DC, 2003

This resource for clinicians offers practical direction on assessing and managing agitation in patients with dementia. It discusses identifying and diagnosing the multiple types of agitation in dementia, identifying and treating the underlying medical aetiologies and recommending treatment and management techniques.

The Person with Alzheimer Disease; ISBN 0-8018-6877-7; Edited by Phyllis Braudy Harris, PhD.; The John Hopkins University Press, Baltimore, London, 2002

This book describes in depth the subjective experience of living with progressive memory loss grounded in qualitative research and case studies. It highlights the active and able manner in which people live with demen-

tia in their day to day lives.

The Dementias – Diagnosis, Treatment and Research Third Edition; ISBN 1-58562-043-2; Edited by Myron F. Weiner, MD, Anne M. Lipton, MD, PhD; American Psychiatric Publishing, Inc., Washington, DC, 2003

This third edition provides a thorough discussion of the current diagnosis, treatment and research related to dementia. This is a valuable resource book for clinicians and researchers alike.

Alzheimer Activities; ISBN 1-878812-88-2; Virginia Bell, David Troxel, Tonya Cox, Robin Hamilton; Health Professions Press, Baltimore, MD, 2004

The Best Friends™ approach to dementia care provides the philosophical foundation for this new resource that offers a number of formal and informal activity ideas useful with dementia clients in homes, day programs, or long term care settings.

Videos

Choice and Challenge

This video and supportive printed material is a training tool for professionals and non professionals caring for patients with dementia who display aggressive behaviours. Canadian Learning Company. (Running time 22 minutes)

AAA: The Older & Wiser Driver

This is a practical upbeat and positive video for senior drivers on how to compensate for changes that come with age in order to continue driving safely. American Automobile Association. (Running time 30 minutes)

Grief Loss and Older Adults

In a classroom setting a group of health care workers participate in a sensitivity exercise that helps them

appreciate the grief and loss experienced by older adults. Canadian Learning Company (Running time 20 minutes)

Living With Grief: Alzheimer Disease

This video features excerpts from a 2.5 hour television program. It takes a broad look at the medical issues, programs and services, grief and mourning, the challenges to hospice and public policy implications related to dementia care. Hospice Foundation of America (Running time 1 hour and 9 minutes)

Therapeutic Reminiscence

In a classroom setting a group of health care workers participate in a discussion that demonstrates the therapeutic value of reminiscence that stimulates the various senses and connects the person with resource states. Terra Nova Films (Running time 19 minutes)

Breaking the Silence: Giving Voice to Persons Living with Dementia

This video portrays the faces and realities of living with dementia as it listens to the voices of those in the early stages who tell their unique stories. Murray Alzheimer Research and Education Program (Running time 38 minutes)

DVD's

The Notebook

Full length feature based on the novel by Nicholas Sparks. (Running time approximately 2 hours)

I Have Alzheimer Disease

Produced by the Alzheimer Society of Belleville-Hastings-Quinte this DVD features seven individuals living with dementia and their family caregivers. Their candour and courage are both inspiring and informative. (Running time 22 minutes)

When A Friend Shows Signs of Alzheimer Disease

Tom Black and Adam Dunn, not their real names, have belonged to their local service club for over twenty years. They and their wives often socialize together. Adam recently started missing meetings and when he does attend he becomes argumentative. This is not like Adam. His wife Betty is also concerned because his forgetfulness is getting worse. Tom recently read an article on Alzheimer Disease and recognizes that Adam has some early warning signs of forgetfulness, mood swings and word finding difficulty. Not understanding the disease or how to help his friend, Tom called the Alzheimer Society for advice.

Staying involved allows Tom and his wife Julie to encourage Adam and Betty to seek early diagnosis and treatment and the support of the Alzheimer Society. In Grey Bruce approximately 2500 to 3000 individuals are diagnosed with Alzheimer Disease or a related dementia. In Canada it is estimated that 65% of individuals with Alzheimer Disease are undiagnosed and therefore remain untreated.

Having Alzheimer Disease or a related dementia has been compared to journeying by train to an unknown destination. As the journey progresses the scenery becomes strange and unfamiliar. It's unnerving and the person wants to get back to the comfort of familiar sur-

roundings but can't.

Individuals in the early stages of Alzheimer Disease have told researchers what is helpful to them. They need to be viewed in an optimistic not a fatalistic light; to be listened to with understanding not sympathy; and to have their remaining abilities recognized. They appreciate others speaking about them in respectful terms avoiding labels such as "victim", or "demented".

The important thing for friends like Tom and Julie and spouses like Betty to understand is that Adam's outlook will be largely influenced by how they relate to him. He needs to be nurtured by their positive attitude and uplifted by their sense of humor and their hope. They can learn about Alzheimer Disease and how to accommodate Adam's memory loss. They can also use the communication strategies they've learned from the Alzheimer Society and not take it personally when Adam becomes moody or argumentative. As the disease progresses they can find out more about how to cope with changes in behaviour that often accompany Alzheimer Disease and ways to modify the environment to help Adam remain as independent as possible. Tom and Julie also recognize that it's not easy for Betty as a caregiver. She too will need their loving friendship to see the journey through to its end. The Blacks continue to visit and socialize with Adam and Betty, modifying activities but still enjoying each others company as much as possible.

Recognition of Financial Support

The Alzheimer Society of Grey-Bruce would like to recognize the following individuals, businesses and organizations for their financial support. These generous gifts make it possible for us to provide education and support to persons with Alzheimer Disease and related disorders, and to their families and caregivers.

Hope For Tomorrow Society (\$500 plus in annual gifts)

Fountain of Hope, Bank of Montreal
Hydro One, Employ's Pensioner's Charity Trust Fund

Forget-Me Not Society (\$200 to \$499 in annual gifts)

Ont. Power Generation Employee's & Pensioners' Charity Trust
RCL Kincardine, #183 John & Catherine Todd
William Twaddle

Partners In Progress (\$100 to \$199 in annual gifts)

Corbett Agnew	Anonymous
Vince and Bernice Artuso	Home & Community Support Services
Jeff Cole and Kate Woolmer	Bruce MacDonald
George & Ursula Mallard	Piero Menicucci
N or' THS of the Checkerboard Hockey Club	
Betty Porter	Tim and Nathalie Remillard
Royal Can. Legion Ladies Auxiliary (No. 340)	
Jeff and Mallori Symons	The Co-Operators

We regret that we were unable to obtain permission from some of our donors in order to include their names here. If your gift has not been acknowledged please contact us so that we can do so at the next opportunity

Getting a diagnosis of Alzheimer Disease represents a life changing challenge for the person and their family. However, most will admit that it's not the end of the world as long as they have the loving support of family and friends. This September local information and support sessions are starting up in Owen Sound, Hanover and Kincardine. See Page__ for times and locations for each session. The Alzheimer Society now has Community Liaison Volunteer in several communities to provide a direct link to support services and educational information. In Kincardine call Sybil Straker at 396-5330; in Lion's Head call Pat Horner at 793-3625; in Mar call Valerie Martin at 534-4315; in Point Clark call Jean Murray at 395-0221 and in Wiarton call Peggy Beghetto at 534-4146. The Alzheimer Society is looking for individuals to serve as Community Liaison Volunteers in other communities throughout Grey-Bruce. Anyone interested in participating in this worthwhile work can call the Alzheimer Society office in Owen Sound.

Fund Development Update

by *Bill Twaddle*,
Community Development Coordinator



Our 10th Annual Alzheimer Coffee Break is gearing up to be another wonderful success, thanks to hundreds of Coffee Break hosts across Grey-Bruce. In 2004, our most Successful Coffee Break ever, 322 hosts raised \$34,000 to

help us continue to provide education and support to individuals and families across Grey-Bruce.

Already this year we have more hosts than in 2004 and the number continues to grow. We are confident that Coffee Break 2005 will be another banner event in Grey-Bruce.

Please consider hosting a Coffee Break (it is not too late). Coffee Break is officially Sept. 21, World Alzheimer Day, but hosts are free to choose a convenient

day any time in September or into October. If you cannot host a Coffee Break you can still support us by visiting a Coffee Break in your community or by making a donation through our office.

You can even contribute online through Visa or MasterCard. Visit our website www.alzheimergrey-bruce.com and click on the Donate Now icon. Follow the instructions and when you get to the option of sending us a note, please tell us your gift is for Coffee Break.

Thank you to everyone who is making our Coffee Break 2005 another great success, as a host or supporter. You truly are making a difference right in your own community.

Two more important special awareness and fundraising events are coming up this fall and winter.



Forget-Me-Not Our annual Forget-Me-Not Tree campaign takes place in November and December in communities across Grey-Bruce

When you help us light our special Forget-Me-Not Trees with blue bulbs you show support and respect for all the individuals and families who have been touched by Alzheimer disease or a related disorder. At a time when people come together to renew the bonds of family and friendship, to relive memories of holiday seasons past and create new memories for the generations to come, it seems appropriate to honour those who no longer have those precious memories to treasure.

People are asked to show their support by symbolically buying a bulb on a tree for \$5. During the Forget-Me-Not Tree campaign Alzheimer Society Volunteers will be out in various locations accepting donations and providing income tax receipts.

If you wish to support the Forget-Me-Not Tree you can call our office at 519-376-7230 or 1-800-265-9013 to donate by Visa or MasterCard, or you can visit our website www.alzheimergreybruce.com and make an online donation by clicking on the Donate Now icon at the bot-

tom of the home page. Follow the instructions and please click on the "send a message" option to tell us your gift is for the Forget-Me-Not Tree.

Our **Walks for Memories**, which will take place Saturday, January 28, 2006, are indoor pledged walk-a-thons.

This year the Walks have a provincial sponsor, Manulife Insurance, and in addition to the great prizes offered to our walkers, the top pledge earner at each Walk in the province will have a chance to win a seven-day Caribbean Cruise.

Pledge forms will be available later this fall, and as well you will be able to register online as a walker, or make a pledge online. Watch our website www.alzheimergreybruce.com for details and the link that will take you to the Walk For Memories website. Alzheimer Society of Grey-Bruce special events are wonderful opportunities to show that you support our work. They are also wonderful volunteer opportunities. For more information or to volunteer please call our office at 519-376-7230 or 1-800-265-9013.

Volunteer Coordinator Update

by Susan Mogelin,
Volunteer Coordinator

A Team Approach! Become a 'Scout' for the Fund Raising Team!

No special skills required, just the desire to help us recruit folks who can give us a few hours of their precious time. As a friend of the Alzheimer Society, we would ask that you read the following position description and promote among your

friends, family and fellow group members. Ask them to volunteer to help us with our seasonal fund raising events. Requirements are few – actually the commitment could be as simple as filling one three hour shift to collect donations for the Forget-Me-Not- campaign this winter.

These folks will be welcomed by Susan Mogelin, the Volunteer Coor-

dinator who will contact them directly to suggest an event that best suits the new team member. It is that simple! Together we can all work toward building our team of volunteers that is so essential to providing continued programs and services to the area residents of Grey and Bruce counties.

VOLUNTEER POSITION DESCRIPTION Fund Raising Team Member

Fund Raising Team Members have a very challenging, and rewarding role to fill for the Alzheimer Society. Team Members can choose to work on any of our local seasonal fund raising events: Forget-Me-Not Tree (Winter), Tag Day (Spring) and Coffee Break (Fall). If you live in Hanover or Owen Sound areas, consider helping with the annual Walk for Memories!

The main responsibilities Include: having your name added to the list of volunteers who may be called upon to fill a two or three hour shift for the event, being available to work on at least one event per year talking to friends and family to ask them to join in on the fun and, if required, distributing kits and materials for campaigns.

Benefits: A feeling of accomplishment, smiles, and friendship are offered to all who participate in our fund raising, and educational functions. Less than 25 percent of the local Alzheimer Society budget comes from gov-

ernment sources. The remaining 75 percent comes from donations raised through the efforts of those who work on these main fund raising events. Volunteers will have the satisfaction in knowing that whatever work is accomplished, they will have helped the Alzheimer Society of Grey-Bruce to provide education or direct service to individuals and families who have been touched by Alzheimer Disease or related disorders.

Requirements: The only requirement is that the volunteer be interested in helping and enjoy working on behalf of the Alzheimer Society.

Time commitment: Team members will be asked to assist with seasonal events as described above. If the volunteer is not able to assist with one event their name will be kept and they will be asked to help with a later event.

Training: Team members would be trained on the job for the event that they will be assisting with.

For information please contact: Susan Mogelin, Volunteer Coordinator, susanmogelin@bmts.com

Lunch & Learn Sessions are part of the orientation programme for Society volunteers. Anyone who is interested in volunteering is welcome to register for these informative and educational gatherings.

Lunch & Learn Sessions for Community Volunteers

Kincardine	September 26	12 noon – 1:30 PM
Warton	October 4	12 Noon – 1:30 PM
Port Elgin	November 7	12 Noon – 1:30 PM
Call the office for information and to register		

The Ontario Trillium Foundation, an agency of the Ministry of Citizenship and Culture, receives annually \$100 million of government funding generated through Ontario's charity casino initiative.

A Changing Melody

For Persons with Early Stage Dementia
and their Partners in Care

When: Saturday November 12, 2005

Where: 89 Chestnut Street, Toronto
(transportation available)

Time: 9:00 a.m.– 5:30 p.m.

This forum, focused on the theme “**Taking Control of our Lives**” will provide an opportunity for persons with early-stage dementia and their partners in care to come together and learn from one another, as well as

from experts in dementia care.

Participants will learn about how to live with dementia, becoming strong self-advocates and actively improve quality of life through lifestyle choices and approaches.

Registration Fees:

\$30.00 (GST included) for person living with dementia
\$30.00 (GST included) for partners in care

Hanover Holiday Tours, the Alzheimer Society Grey-Bruce Corporate sponsor, has generously agreed to donate a van and driver for the day for this event. The van will leave from the Alzheimer Society of Grey-Bruce office in Owen Sound at 6:30 am. For more information about this Forum, and to book your travel, please call 376-7230 or 1-800-265-9013.

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



Have you included the Alzheimer Society of Grey-Bruce in your will?

If you would like to make a gift the Alzheimer Society of Grey-Bruce, either now or in your estate, please consult with your legal and financial advisors to ensure that you will receive all the tax benefits possible. We are also available to consult with you about how a gift may be directed or recognized. For more information please call us at 519-376-4956 or at 1-800-265-9013.

Alzheimer Society
Grey-Bruce

753 2nd Ave. E., Owen Sound, ON, N4K 2G9
(519)376-7230 ... 1-800-265-9013 ... FAX 376-2428

Name _____ Phone Number _____

Address _____

City _____ Postal Code _____ TOTAL AMOUNT _____

Yearly membership fee: \$15

Enclosed is my membership renewal

Enclosed is my NEW MEMBERSHIP

Enclose is my donation to the Society \$ _____

If you have renewed for 2005, please pass this information on.. Thank You!

Charitable registration number: 11878 4982 RR0001



**Support
your local
chapter,
become a
MEMBER
today!**