



Alzheimer Society

GREY- BRUCE

Volume 66

2007 Alaska Cruise

Fall 2006

The Alzheimer Society of Grey-Bruce, Grey Bruce CruiseShipCenters, and Holland America Cruise Lines have formed an exciting partnership to offer a "Cruise for the Memories" Alaska Cruise in June of 2007.

This seven-day roundtrip cruise from Vancouver is an "Alzheimer-friendly" cruise that will be suitable for families who wish to travel with someone in the early stages of Alzheimer's disease or a related disorder.

It is also intended for anyone who would like to take an exciting vacation and at the same time support the Alzheimer Society of Grey-Bruce financially. Holland America will make a \$50 U.S. donation to the society for each cabin booked and a charitable tax receipt will be issued to those taking this cruise.

The cruise will be aboard the Zuiderdam, leaving Vancouver on June 16 and returning June 23.

The idea for the cruise grew out of a trip that a local family took recently with their father, who was in the early stages of Alzheimer's disease.

"We wanted to have a memorable trip with Dad," said the daughter. "We cruised to Alaska, taking photos and making wonderful memories that we could relive with Dad as the disease progressed."

At the suggestion of this family The Alzheimer Society of Grey-Bruce is working with Holland America and CruiseShipCenters to provide other families with the same opportunity.

The cruise will be suitable for families wishing to travel with someone in the early stages of dementia. Staff and crew on board the Zuiderdam will be aware of their passengers and will be prepared to help families with special needs.

Deborah Barker, executive director of the Alzheimer Society of Grey-Bruce, said the local

chapter became involved with this cruise because it was a way to provide an opportunity for families to come together with a loved one in a positive and supportive way.

"We see this as a real opportunity for those facing the uncertainties and stress of a loved one's illness to focus on a happy time and loving and joyful memories as a family," she said.

While this cruise is suitable for those travelling with a family member with Alzheimer's disease or a related disorder, it is not limited. Anyone who wants a memorable vacation and chooses to book through the Alzheimer Society of Grey-Bruce and Grey Bruce CruiseShipCenters will receive the charitable tax receipt for \$50 U.S. per cabin.

The Zuiderdam offers all the amenities you expect on a modern cruise ship, including special programs for children and teens. (Please note, valid passports will be required for all passengers.)

The cruise follows the inside passage and visits Juneau, Skagway, and Ketchikan Alaska as well as cruising Glacier Bay National Park and the Tracy Arm and Sawyer Glaciers.

A combination cruise and land tour package is an available option. Prices start at \$1,296 per person for the seven-day cruise (airfare is extra).

Holland America offers health and cancellation insurance with no exclusions for pre-existing conditions.

For more information or to book your Making Memories Cruise, please contact The Alzheimer Society of Grey-Bruce at 519-376-7230 or 1-800-265-9013 or GreyBruce CruiseShipCenters - Sandy at 519-371-8773

shoulgrave@cruisehipcenters.com or Dawn at 519-924-3655 dmorris@cruiseshipcenters.com, or visit www.sandyhoulgrave.cruisehipcenters.ca

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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.

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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

The Southwest Local Health Integrated Health Network is one of 14 organizations that have been created across the province to meet the increasing demands on the health care system. Over the past several months representatives of the LHIN have been meeting with both health care providers as well as community members to seek input into the development of the Integrated Health Services Plan (IHSP). Our LHIN has identified 4 Integration Priorities:

1. Strengthening and Improving Primary Care
2. Preventing and Managing Chronic Illness
3. Building Linkages Across the Continuum for Seniors plus Adults with Complex Needs
4. Accessing the Right Services, in the Right Place, at the Right Time.

The Alzheimer Society Grey-Bruce has been providing input into the development of the IHSP through participation at the Northern Area Providers Table as well as by attending the Southwest LHIN Forum held in London this spring. We are working to ensure that the health care needs of persons with dementia are considered in the final IHSP.



PROVIDING TWENTY YEARS OF
SUPPORT TO GREY-BRUCE



Alzheimer Society Forget Me Not Magnetic Ribbons

You can show support and understanding for individuals and families affected by Alzheimer's disease and related disorders by displaying a new magnetic ribbon on your car. The Forget Me Not magnetic ribbons promote awareness of Alzheimer's disease and of the information and support services offered by the Alzheimer Society of Grey-Bruce. The magnets are weather-

resistant, reusable, and can be displayed on any magnetic surface.

They separate into two magnets, a ribbon approximately 7 cm x 15 cm (3 x 6 inches) and a smaller Forget Me Not fridge magnet.

The magnets are available at the Alzheimer Society of Grey-Bruce office at 753 2nd Ave. E. in Owen Sound or can be ordered by telephone by calling 519-376-7230 or 1-800-265-9013.

Display an Alzheimer Society Forget Me Not magnetic ribbon and show you support the thousands of individuals and families affected.

“Building Strong Infrastructures in Long Term Care to Respond to Challenging Behaviours”

Urgent need for safer workplace

In Ontario, the majority of health care employees caring for the elderly are in their 40's and 50's and are among the most frequently injured group of employees. In Ontario, the health care sector has the highest rate of lost time injuries due to workplace violence and client aggression compared to the other provincial sectors. Long Term Care Homes have the highest rate of lost time injuries from acts of violence and client aggression compared to other community and health care workplaces.

In Long Term Care Homes, where the majority of residents have some form of dementia, the appropriate term for acts of violence is 'responsive behaviors' and/or 'aggression' as there is no willful

intent to commit the act and cause harm. Residents are merely responding to a stimulus or an unmet need such as pain, hunger, constipation, urinary tract infection etc.

With our aging population, predicted increase in the prevalence of dementia, and no cure in sight, clearly this physical aggression cannot continue unchecked. The high cost to society in monetary and human terms has been the impetus behind the development of a partnership between the Ontario Safety Association for Community and Healthcare (OSACH) and the Continuing Gerontological Education Co-operative (CGEC). Together these organizations are working toward making dementia care workplaces safer for both clients and workers.

Requirement to Prevent Violence

From a legal perspective in Ontario, the responsibility for preventing violence and acts of aggression in the workplace is placed squarely on the shoulders of employers, supervisors and workers. Health care organizations must ensure that they are meeting the requirements of health and safety legislation and other regulations, codes and standards. This includes having a Workplace Violence Prevention program and a Preventing Client Aggression program.

The high rates of injuries among health care staff call for a major change in practice in the Board Room as well as at the bedside. Currently in Ontario, Long Term Care Homes have an opportunity to participate in educational workshops to help meet this challenge.

Gentle Persuasive Approach © (GPA) Curriculum

The GPA curriculum was developed through a research grant from the Regional Geriatric Program and authored by Continuing Gerontological Education Cooperative (CGEC) members Lori Schindel Martin, Maureen Montemuro, Marge Dempsey, and Ruth Crane.

Recent research in the area of care approaches has provided new insights into the actions of people with dementia. GPA incorporates innovative strategies to offer workers safer and more effective ways to provide care. The onus is on healthcare organizations to ensure that workers acquire best practice skills and knowledge and apply them consistently in their

workplace. GPA is designed to help organizations achieve this goal.

GPA was developed as an adjunct to other educational initiatives that were part of Ontario's Alzheimer Strategy. They teach that an individual's unique personal history should be seen by staff as having a direct application to the interpretation of and response to the individual's behaviour. It incorporates point-of-care and person-centered strategies into client care to assist staff to respond respectfully, effectively and safely to catastrophic verbal and physical expressions of needs.

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The curriculum is delivered by certified GPA Coaches in a full day workshop. Through a partnership with the Alzheimer Society Grey-Bruce, Grey Bruce Health Services and the Community Care Access Centre, in Grey Bruce five GPA coaches, Trish Shouldice, Debbie Weppler-Wardrop, Elaine Palmer, Hazel Sands and Barbara Fox are currently providing training in local Long Term Care Homes. Each Home plans to train at least 60% of their front line staff in all departments. Workshops are limited to 12 participants. Three or four workshops may be necessary to train 60% of the front line staff in each Home. This represents a significant commitment from all involved.

Everyone wins

In the effort to reduce the number of healthcare employee injuries violence prevention in Long Term Care Homes must be a win-win situation. At the end of the day, workers need to feel safe as they provide confident, respectful and skilled care. Clients need to feel cared for, nurtured and respected by skilled care providers. Organizations need to meet their mandate to prevent violence and see the number of worker injuries reduced. Everyone wins.

Caregiver's Corner

Information and Support Session Locations



Topics

**October
November
December
January**

**Advocacy Revised
Holiday Preparations
C.R.A.F.T. Care
Memory Problems**

KINCARDINE	1:30 p.m. - 3:30 p.m.	Trillium Court, 550 Phillip Place, Kincardine, 2nd Floor <i>2nd Thursday of each month</i>
WIARTON	9:30 a.m. - 11:30 a.m.	Gateway Haven , Special Events Room, 671 Frank St., Warton 1st Tuesday
OWEN SOUND	7:00 p.m. - 9:00 p.m.	Kelso Villa, Chapel, 2nd floor 1475 2nd Ave. W., Owen Sound 1st Wednesday of each month
HANOVER	9:30 a.m. - 11:30 a.m.	Grace United Church, Friendship Room, 2nd Floor 1st Wednesday of each month
THORNBURY/Meaford	1:30 a.m. - 3:30 p.m.	L.E. Shore Memorial Library (Board Rm), 175 Bruce St. S., 3rd Wednesday
MARKDALE/FLESHERTON	1:30 a.m. - 3:30 p.m.	Markdale Public Libraray (Board Room), 75 Walker St. 1st Thursday
SOUTHAMPTON	1:30 a.m. - 3:30 p.m.	Southampton United Church (downstairs), 18 Victoria St. S.C 2nd Wednesday
If you wish to have your name added to or removed from the mailing list for monthly reminders for Information & Support Sessions please contact the office.		

Fund Development Update

by Bill Twaddle,
Community Development Coordinator

In the last issue of this newsletter we announced the creation of the Leave a Legacy Endowment fund in partnership with the Community Foundation Grey Bruce.

We are pleased to be able to tell you that our initial investment in this fund has been doubled thanks to the wonderful support of 26 individuals and businesses through our Score with The Woodsmen event this summer. Sponsors pledged \$3 for every goal the Van Dolder Home Team Woodsmen senior lacrosse team scored at home this season. We raised almost \$5,000 for the endowment fund as a result.

Thank you to the following for their support:

560 CFOS

Adasha Homes

Allen-Hastings Limited

Aspin Kemp & Associates

Tony Martin, Bothwell Real Estate
Caframo Ltd.

Doug Cameron, Owen Sound

Mazda, Subaru, Hyundai

Conestoga-Rovers & Associates
Don Scott, Cuesta Planning
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Edward P. Horton – Horton and
Horton Law Firm
D. M. Johnston Financial Services
Rob Dutton – Kia of Owen Sound
John Kirby
Peter Little, RBC Dominion Securities
McArthur Tire
Harold Sutherland Construction
The Sun Times
Thomas Norris Transit
Carolyn Yantzi

Thank you also to Bruce-Grey-Owen Sound MP Larry Miller for his support of our full-page advertisement in the Woodsmen's program.

We are grateful to the Woodsmen for allowing us to be part of their 2006 season and we look forward to our partnership with them again in 2007.

The Leave a Legacy endowment fund is an important part of a financially sustainable future for the Alzheimer Society of Grey-Bruce. It is a way for donors to make a financial contribution that will continue to work on into the future. Money invested in the fund is preserved. A portion of the income earned by the investment will also be put back into the fund so that the principle will continue to grow.

If you would like to make a gift to the endowment fund, or to the Alzheimer Society of Grey-Bruce general fund, please contact us.

We would like to work with you and your legal and financial advisors to ensure that your gift is made in the way that is to your best advantage for tax purposes.

If you have already made provision in your will for a gift to the Alzheimer Society of Grey-Bruce please let us know so that we can ensure it is used and recognized according to your wishes.

Chickens and Eggs!

We all know about the "chicken and the egg" argument – which came first?

Here at the Alzheimer Society of Grey-Bruce, we have our own version of the age-old question: Is it fundraising and awareness, or is it awareness and fundraising? We've never really settled which comes first, but we do know that both are equally important, and, like the song says: "You can't have one without the other."

Do you think you are seeing and hearing more about the Alzheimer

Society? If so, you are right. We are very grateful for the wonderful support we receive from the local media. Awareness of Alzheimer's disease and related disorders, of the services we provide, and of the financial need, all go hand in hand. This fiscal year we're off to a wonderful start with our annual Tag Days raising more than \$13,000, up \$3,000 over the previous year. Our spring mail campaign is also drawing a wonderful response, and we are grateful for your support. We're putting the finishing touches on what prom-

ises to be another very successful Coffee Break program. The early response has been very gratifying. Thanks to Linda Myles-Gallinger of the Investors Group in Owen Sound for her support as our media sponsor this year.

We next turn our attention to the Forget-Me-Not Tree campaign in late fall, and to the Walk for Memories in January. Your support for these events, financially and as a volunteer, is so important to our success. On behalf of the individuals and families we support we are truly grateful.

New in Our Library

“Oral Health: Tips for Caregivers Assisting Individuals with Alzheimer’s Disease”

CD-R containing 61 slides that can be used as the basis of an in-service presentation. This resource also contains dental care plans for the early, middle

and late stages of dementia.

This unique resource has been created and distributed by Ellen Duncan Ross, Halton Region Health Department of Dental Health 905-825-6000
Toll free: 1-866-4-HALTON (1-866-442-5866)
www.halton.caellen.ross@halton.ca

“In one study, even with a diagnosis of “irreversible” dementia, “tuning up” medical conditions results in approximately 35% of patients improving in cognitive and functional abilities.”

(Larsen E. Arch Int Med 1986;146:1912-1917)

Volunteer Coordinator Update

by Susan Mogelin, Volunteer Coordinator

Nineteen Communities – One Focus

Along with busy summertime activities and personal commitments many of our Community Liaison Volunteers assisted throughout the latter part of the summer with blanketing Grey and Bruce communities with Alzheimer Society brochures to pharmacies, public meeting places, Doctor's offices and health care facilities.

The main focus of this initiative was to involve pharmacies in the distribution of information to individuals who have recently been diagnosed with early stage Alzheimer's Disease and to make our literature available to caregivers seeking help or information. Having a volunteer deliver the literature directly into the pharmacies has made this programme very successful. Our presence is being felt and the message is being delivered that we have a strong focus in all parts of the region. We wish to thank these volunteers for their continued support and assistance.

To get an idea of where each volunteer is serving, take a look at the expanded list of Community Liaison Coordinators. We now have representation from Tobermory in the north to Maxwell in the south east and to Ripley in the south west!

Current Regional Community Liaison Volunteers @ October 1, 2006

Chatsworth	June Foster
Chesley	Jennifer Soper
Clarksburg	Leo Girard
Dundalk	Jean French
Durham	Wanda Goodyear
Kincardine	Dennise Miller & Eva Wilken
Hanover/Walkerton	Linda McCulloch
Lion's Head	Pat Horner
Markdale	Beth Kennedy
Mar	Valerie Martin
Markdale	Beth Kennedy
Maxwell	Gretha Holmes
Meaford	Betty Porter
Owen Sound	Gloria Smith
Paisley	Merle MacKay
Port Elgin	Thelma Kennedy
Ripley	Audrey MacDonald
Thornbury	Judith Barr
Tobermory	Nora Dean
Walkerton/Hanover	Carolyn Cooke
Warton	Peggy Beghetto

Donate your Shoppers Optimum Points. Go to www.shoppersdrugmart.ca

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.

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 allow us to provide education and support to persons with Alzheimer's disease and related disorders, and to their families and caregivers. The following donated between April 1 and June 30, 2006.

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

Hanover Holiday Tours Limited
Paramed Home Health Care

Johnson & Johnson

The Ontario Trillium Foundation

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

John Cole
Cuesta Planning Consultants
Don Eby
Elmwood Chamber of Commerce
Hepworth/Sauble Beach
Pastoral Charge(The United Church of Canada)
Knights of Columbus Ladies Auxiliary

Port Elgin & District Lions Club
Royal Can. Legion Durham, #308
David & Sandra Walton-Ball
Carolyn Yantzi
Southampton Nursing Home Resident Council
Adasha Homes, 429639 Ontario Ltd.
D.M. Johnston Financial Services

McArthur Tire Service Inc.
G.M.Diemert, Architect Inc.
BMO Fountain of Hope ,
Employees' Foundation
Trillium Mutual Insurance Company

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

Anonymous (7)
Catholic Women's League, Walkerton
Marvin Christensen
Energizer Canada
Ted & Anne Finlay-Stewart
Formosa Lions Club
Edna Gilbank
Harold Sutherland Construction
Elizabeth Hendrie

Emanuel Lisanti and family
John and Marjorie Macdonald
Campbell Millman
Muxlow Pharmacy Ltd. (Guardian Drug Store)
Gloria Plantt
Warton and District Lion's Club
Stephen Wilkinson
John Zovak

Alz. Soc. of Perth County
Royal Can. Legion Port Elgin, #340
Division of Zehrmart Inc., Zehrs Markets
Ont.Power Generation, Employees' & Pensioners" Charity Trust

We regret that we were not able 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.

Donate your HBC Rewards Points. Go to www.hbrewards.com

We have joined the HBC Rewards Community Program which means that we are now able to accept donations of HBC Rewards points from donors who shop at Zellers, The Bay or Home Outfitters.

Donated points will allow us to buy various supplies we need for the office, and this will free up money for our programs, and other services.

If you have HBC Reward points that you would like to share with us, the process is easy— just go to www.hbrewards.com and click on the “Donate to a community group” option. You will be given a search option. Enter **Alzheimer Society Grey-Bruce**, or our public ID number **2832543**.

From there follow the step-by-step directions (you will need your HBC rewards card number to proceed.)

You can even link your card directly to our account and each time you shop and use your Rewards Card the points are automatically transferred to our account.

The HBC Rewards Community Program is the second such program we have joined. You can also donate Shoppers Drug Mart Optimum Card points. Simply visit www.shoppersdrugmart.ca , click on the “donate points” option and follow the steps outlined. Thank you!

A Changing Melody

The Murray Alzheimer Research and Education Program (MAREP) has partnered for a *third* year with the Alzheimer Society of Canada, the Alzheimer Society of Ontario and the Dementia Advocacy Support Network International to host *A Changing Melody*: A learning and sharing forum for persons with early-stage dementia and their partners in care.

The forum will be held November 5, 2006 at the Westin Harbour Castle in Toronto, and will run in conjunction with the 28th Alzheimer Society of Canada National Conference November 6th to 8th.

A Changing Melody will provide a positive environment for persons with early stage dementia and their partners in care to learn from one another, as well as dementia care experts, about how to actively improve their quality of life. This year's theme is "Fight to Win.". The day will be a blend of guest speakers, panel discussions, question and answer periods and networking sessions. Brenda Hounam and Elaine Smith, two remarkable women with dementia will share their insights and coping

strategies, as well as provide advice on how to fight together to win.

Other topics include:

- empowering people with knowledge
- enhancing abilities through meaningful activities rising above misconceptions.

The cost to attend is \$50 for persons with dementia or partners in care, \$155 for health professionals and \$75 for professionals accompanying persons with dementia. A travel subsidy is available to assist with transportation, accommodation and registration costs.

The Alzheimer Society Grey-Bruce may be able to assist with travel arrangements Please call the office for details. Full program details and registration forms will be available by contacting MAREP, or at www.marep.uwaterloo.ca. Online registration is also available on the MAREP website. For more information about *A Changing Melody*, contact Lisa Loiselle at 519-888-4567, Ext. 5040.

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




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

Name _____ Phone Number _____
 Address _____
 City _____ Postal Code _____ TOTAL AMOUNT _____

Yearly membership fee: \$15 Enclosed is my NEW MEMBERSHIP
 Enclosed is my membership renewal Enclose is my donation to the Society \$ _____

If you have renewed for 2006, please pass this information on.. Thank You!
 Charitable registration number: 11878 4982 RR0001



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