



Alzheimer Society

GREY- BRUCE

Volume 61

June 2005

Coffee break is coming!
Help us set a World Record.
See page 7 for details



**The Alzheimer Society of Grey-Bruce
CFOS radio broadcast
has been rescheduled to
July 21, 2005 at 9:00 a.m.**

Listen to the Open Line show from 9:00 a.m. to 10:00 a.m. to hear, Dr. Allan MacDougall, Dr. Chris Brymer, Barbara Fox and Deborah Barker speak about assessment services in Grey and Bruce and the work of the Alzheimer Society of Grey-Bruce. This program is being sponsored by Lundbeck Canada Inc.

Blue Alzheimer Wrist Bands

We will soon receive a supply of blue wrist bands to show your support of those living with Alzheimer Disease and related disorders. The wrist bands read "Unforgettable" and also have a single forget-me-not imprint. These bands will be for sale through the office at a cost of \$3.00 each.

Membership Survey

Thanks to all who completed our membership survey. We are currently tallying the results and will summarize these in our September newsletter.

**Volunteer
Appreciation**

Many thanks to all who attended our Volunteer Appreciation Event. With 85 volunteers coming out to Harrison Park we had a wonderful evening of fellowship and entertainment. Special thanks to Floyd Zubrig and Doug Brown for entertaining all with their beautiful songs written about persons with Alzheimer Disease. These touching tributes to persons living with dementia helped reinforce the importance of supporting those affected by the disease. And special thanks as well to Sterling MacNay for introducing all to his music therapy methods as well as entertaining us with lively tunes!

Alzheimer Society of Grey-Bruce
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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.

BOARD OF DIRECTORS 2003 - 2004

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Education Coordinator Barbara Fox
Community Development
Coordinator Bill Twaddle
Admin. Secretary Linda Dakin
Volunteer Coordinator Susan Mogelin

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

Our board said goodbye to Colleen Knowles, President of the Alzheimer Society of Grey-Bruce at our June annual general meeting. Colleen was on the board for five years and on the executive for the past three years. Her willingness to step in as President in February was a great help to the Society and was much appreciated. Filling board member positions has at times been a challenge for many organizations. This was not the case this year for our chapter as we had a great response to our request for volunteers! We are pleased to welcome four new individuals to our board of directors, Peggy Beghetto, and Thelma Cunningham, both from the Warton area, Pat Dobec from Southampton and Jennifer Hume-Larose from Port Elgin. We look forward to the support from these interested volunteers over the coming years.

This month the board and staff spent a full day at a strategic planning meeting. The results from the day have provided our chapter with a clear plan for the next 3-5 years, with action plans for the next year set. If any of our members are interested in the details of this planning document please contact me. We are providing all our members with a copy of our annual report along with this newsletter distribution. Extra copies are available in the office.

Grey-Bruce Dementia Network Update

The Grey-Bruce Dementia Network is a partnership of individuals and agencies working with persons living with dementia. The Network was successful in obtaining project funds in the amount of \$12,600 through funds available from the Alzheimer Strategy. We are currently tallying results of a pre-test survey of front line staff working with persons with dementia to understand their learning interests and needs. This survey is being completed on-line through a program called Survey Monkey. We are also receiving a great response to a survey of physicians regarding their education interests. On July 20, 2005 the Dementia Network will be hosting a full day Forum for over twenty-five health care decision makers to review these survey results and to begin development of a Geriatric Education Cooperative. The project will also work to present an educational event before the end of the year.

WELCOME !

We are excited to welcome **Susan Mogelin** to our team! Susan will be working with us as Volunteer Coordinator on a two year project funded through the Trillium Foundation. See Susan's introduction in this newsletter.

We also welcome **Rachel Loopstra**, our summer student funded through HRSDC. Rachel will be working on our Coffee Break event throughout the summer.

A Caregiving Journey

Chapter 13 continued

By Dorothy L. Dyer

There are other things to think about as well. Often in all the facilities bathing is done weekly with assistance from staff. If weekly bathing is not a normal routine for your loved one ask if accommodation can be made for a different schedule. Food and eating are one of life's pleasures. Are adequate and pleasing meals and snacks provided. Can menu adjustments be made? Is tea and coffee readily available? Can you go and have tea, coffee or a meal with your loved one? Check out the dining room. Is there assigned seating? Can changes be made if table companions are not compatible? My mother was used to eating on her own and adjusting to the dining room experience was difficult for her. In the long run this was a good experience because it gave her some social contact that was lacking in her life but the adjustment was definitely not easy!

Socializing is an important aspect of life at any time but even more so when people become older. Isolation and loneliness can lead to severe depression and a losing of a person's will to live. Check out the social calendar at any lodge, retirement home or long term care facility that you are considering. Many places have a recreation director on staff and regular planned activities and excursions. Some have no social programs of any kind in place. Before making a final decision, put yourself in your loved one's shoes. What kind of impact would living in this environment have on you? Would it be depressing? Would it be pleasant and uplifting? Take into account all your loved one's interests and capabilities and choose wisely.

Always ask about personalizing the new location. The adjustment in moving to a new home will probably be easier if familiar possessions and furnishings are moved along with the person. Check out the amount of space available for personal belongings and work with your loved one to decide what will comfortably and safely fit in their new space. Some people are at a place in life where they are happy to get rid of what they refer to as clutter. Others will want to take as many mementos and personal things as possible. I found from my own experience that trying to convince someone that there won't be enough room for everything they want to take is futile. Giving the person a chance to see for themselves what will or will not fit is a little more work but less stressful in the long run. If your loved one does decide that something is excessive or unnecessary just calmly take it home with you. Even if you are tempted to say "I told you so" don't do it!

As you can see there is a lot of work involved and a lot of questions to be asked before the important decision about placement can be made. If and when you need help contact

your local Community Care Access Centre. That is what they are there for. They can give you a complete list of things to look for and tell you what questions to ask. They can provide a listing of all facilities that are available in your area. Let them help you! Caregivers need all the help they can get.

You may know someone who has a relative living in a lodge, retirement home or long term care facility. Talk to them. First hand knowledge and experience is valuable but, when you go for a prearrange tour a facility will undoubtedly be putting their best foot forward. Someone who is dealing with a place on a day to day basis can tell you if this is an accurate representation of what you can regularly expect. If the caregiver you are talking to has had a bad experience find out how they handled it and what the final outcome was.

Once a problem is brought to the attention of the individual in charge, a thorough investigation should take place and a satisfactory solution should be forthcoming.

If complaints are promptly and courteously resolved, there should be no cause for concern.

“Before making a final decision, put yourself in your loved one's shoes.”

If on the other hand, a caregiver is frustrated and unhappy with a facility for a valid reason, you should exercise caution in choosing that facility. Do some further investigation and see if this is an isolated incident. Never choose a placement situation if you have any doubts. Listen to your intuition.

If you do make a choice that turns out to be unwise, you still have the option of moving your relative to a more suitable location. People with dementia do not always adjust well to change. It sometimes causes increased confusion and anxiety. I did in fact have to make a decision to move my mother. In our case we moved her from a large long term care facility to a small, twenty bed private hospital. My sister works at the new facility and this helped make mom's adjustment easier. Even though mom is now a two hour drive away from me and I miss seeing her as regularly, knowing that she is safe, happy and well cared for is very comforting. Life is also a lot less stressful for both of us.

Once a decision on the proper placement facility has been made, give yourself a pat on the back. You have accomplished a difficult task. You are a strong, capable person. It would be very nice if all the rest would now just fall neatly into place. Don't hold your breath! It probably won't! But that is okay because you are a strong, capable person and you can deal with whatever comes your way.

Next month look for Chapter 14.

ADDRESSING “DRESSING”

Physical appearance is important to everyone’s sense of self-esteem. The simple act of putting on clothing can be frustrating for your loved one with Alzheimer Disease or related disorders.

Reasons why the person with dementia may have problems dressing include the following:

1. Does the person have problems with balance or with motor skills that are needed to fasten buttons or close zippers?
2. Does the person remember how to dress?
3. Does the person recognize his or her own clothes?
4. Do lack of privacy, a cold room, poor lighting, or loud noises trouble the person?
5. Are you pressuring the person to get dressed too quickly?
6. Are you giving the person clear instructions?

Once you have answered these questions, you’ll be better able to help the person get dressed.

Recognize the importance of clothing and self-esteem

- Keep in mind that getting dressed and looking presentable are critical to a person’s sense of well being and self-esteem.

Make it easy for the person to make clothing selections

- Lay out proper clothes for the person, including appropriate selections for warm and cool weather.
- If appropriate, give the person an opportunity to choose favourite outfits or colours.
- If the person insists on wearing the same clothes every day, try to wash these clothes often or get duplicates of favourite outfits. You may need to temporarily distract the individual as you remove clothing for cleaning.
- You may want to remove excess clothing from the closet. Seeing many clothes can be overwhelming and upsetting to the person.

Choose clothing that is practical

- Select fabrics that are lightweight and flexible and feel soft and comfortable on the person’s skin.
- In general choose clothing that is durable, washable and flame retardant.

Consider experimenting with various types of fasteners

- Velcro can be used as a substitute for buttons, snaps and hooks.
- Try large ring or loop handled zippers
- Many caregivers turn to jogging suits that are washable, comfortable and have few fasteners.

Pay attention to the feet

- To give the person’s feet adequate support; encourage wearing regular shoes instead of slippers.
- Slip on styles are always easy to put on and remove
- Sneakers or shoes with crepe soles can help to prevent falls.

Prepare for dressing

- Give easy to understand instructions and simple clothing selections so the person can dress him/herself for as long as possible.
- Lay out clothes in the order the person will put them on and then assist them through each step of the dressing process.

Dress for ease and convenience

- Choose comfortable and loose fitting clothing that is easy to put on and remove.
- Many caregivers find that cardigans or tops that fasten in front are more comfortable and easier to work with than pullovers.
- To avoid tripping and falling, make sure that clothing length is appropriate.

Adjust to the problems of incontinence

- If incontinence is a problem for the person, make sure that clothing is easy to remove and care for.
- Although some caregiver purchase protective pads, you might also want to add an extra layer of protection to regular clothing by lining the backs of skirts or pants with terry cloth material.

Helping the person with Alzheimer Disease with his/her grooming and dressing will allow him/her to maintain a sense of dignity and positive self-esteem. It's important to remember to let the person perform daily dressing routines for as long as possible. Focus on what the person can do and not on what they can't. Be patient!!!

DRIVING MISS DAISY: Senior Drivers

A person's health status greatly affects their driving competency. As people age the likelihood of having a medical condition that affects the ability to drive safely increases. Yet age alone is not the culprit. However, age in combination with a medical condition makes some seniors higher risk drivers. According to Dr. Bonnie Dobbs of the University of Alberta older drivers with medical conditions, especially those with cognitive impairments are responsible for the majority of crashes among senior drivers.

Driving is a complex activity. It requires quick reactions, keen attention and good judgment. It also takes an understanding of the rules of the road; the ability to find a destination; as well as adequate eyesight and hearing. Medical conditions, and the drugs that treat them, can be responsible for impairing these vital abilities.

Having to give up driving represents a major loss. For seniors living in rural areas like Grey-Bruce, where alternate forms of transportation are not readily available, driving represents freedom, independence and mobility.

There are many things seniors can do to safeguard their health in order to maintain driving competence such as regular medical checkups including hearing and vision and following prescribed treatments.

Port Elgin senior, Eric Eastwood recently attended a local seniors' driving workshop presented by the Alzheimer Society of Grey-Bruce. There he learned about many issues that put senior drivers at risk. Eastwood, faced with the prospect of taking his driving test in a year

or two, is getting ready by reviewing copies of "The Official Driver's Handbook" and "Road Worthy". Both are published by the Ministry of Transportation and are available through Publications Ontario. Eastwood went on to say "When you put these resources together with the seniors' driving workshop it's a great help to folks like me."

Despite all that seniors can do to safeguard their driving privileges there are certain medical conditions, like Alzheimer Disease or other forms of dementia that, unfortunately will affect many. These conditions are irreversible and progressive. While such a diagnosis does not automatically mean that a person is incapable of driving it does mean that driving privileges will eventually need to be given up.

Those who are able to make the decision for themselves to give up driving actually retain a greater sense of control over their lives. Unfortunately many try to hold onto their driving privileges even after several fender benders. Family and friends often wonder what they can do when a loved one is no longer safe to drive.

The Alzheimer Society of Grey-Bruce is offering workshops like the one Eric Eastwood attended. It's called "Myths & Facts About Senior Drivers" and can be brought to any community group on request. If you would like to have this presentation in your area, please contact Barbara Fox, Public Education Coordinator, to arrange dates and times.

A Busy Start!

Susan Mogelin, Volunteer Coordinator

Thank you for the wonderful welcome to the Alzheimer Society!

Since my start three short weeks ago, I've attended a Board Meeting, participated in the Long Term Strategic Planning Workshop, executed the Volunteer Appreciation plans and have even spent some time collecting for a tag day! It has been an active introduction to what I hope will be an effective and productive two year Trillium Grant position.

My background working with volunteers, non profit associations and in business has taught me that there is nothing more rewarding than working with a commit-

ted team. To that end, I will be calling on Community Coordinators and other front line volunteers to learn about what works for you and to ask for your suggestions and ideas as to how we can make our volunteer base grow. I look forward to getting to know you!

Yours in volunteering,

"Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed it is the only thing that ever has."

Margaret Mead

New Volunteer Position Opportunities!

As awareness of the Alzheimer Society in our community grows, so does our need for volunteers to work in new and exciting capacities. Contact us to find out how you can become part of our new Volunteer Services Department!

New position descriptions will include:

- Education Aide
- Fund Development Assistant

- Planned Giving Assistant
- Awareness Month Volunteer
- Web Site Assistant and
- Volunteer Coordinator Assistant

Please pass the word: If you have someone in mind who would be a perfect fit, please share this newsletter with them and encourage them to contact us directly. Thank You!

Contact: Susan Mogelin, Volunteer Coordinator,
Email: susanmogelin@bmts.com

Information and Support Session Locations

Information and Support Sessions are cancelled during July and August.

Please call the office if you require any information or support.

<p style="text-align: center;">TOPICS</p> <p>Staff are currently developing a new schedule of topics for the coming year and these will be posted in our September newsletter.</p>	<p style="text-align: center;">OWEN SOUND</p> <p style="text-align: center;">Kelso Villa, Chapel, 2nd floor 1475 2nd Ave. W., Owen Sound</p>
<p style="text-align: center;">KINCARDINE</p> <p style="text-align: center;">Trillium Court, 550 Phillip Place, Kincardine 1:30 p.m. - 3:30 p.m. 2nd Thursday of month Barbara Fox – 376-7230</p>	<p>1st Wednesday of month, Donalda Fisher – 376-7230 7 p.m. - 9:00 p.m. 2nd Tuesday of month, Barbara Fox— 376-7230 1:15 p.m.</p>
<p style="text-align: center;">WIARTON</p> <p style="text-align: center;">Gateway Haven Chapel, 671 Frank St., Warton 9:30 a.m. - 11:30 a.m. 1st Tuesday of month Thelma Cunningham 376-7230</p>	<p style="text-align: center;">HANOVER</p> <p style="text-align: center;">Grace United Church, 310 12th St., Hanover 9:30 a.m. - 11:30 a.m. 1st Wednesday of month Barbara Fox – 376-7230</p>

Fund Development Update

by Bill Twaddle,
Community Development Coordinator



Coffee Break - Your Chance to Earn a Place in the Guinness Book of World Re- cords!

Here's your chance to share a little bit of world fame, and at the same

time help increase both awareness and financial resources for the Alzheimer Society of Grey-Bruce.

This year is the 10th anniversary of the Alzheimer Coffee Break and to celebrate Alzheimer Societies across Canada are going to join forces and hold "The World's Biggest Coffee Break" in an attempt to earn an entry in the famous Guinness book.

Details on just how this will happen aren't final yet, but it will involve Coffee Break hosts keeping track of the number of participants they have at their Coffee Break, and of course that's something most Coffee Break hosts like to do, anyway.

Want to Help? All you have to do is hold a 10th Anniversary Coffee Break. If you have held a Coffee Break in the past you know how easy and rewarding it can be.

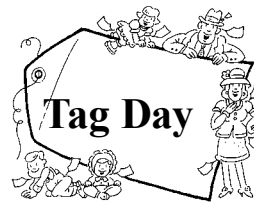
If you have never held a Coffee Break here is your opportunity to get involved in a very important event.

Coffee Break is just what the name implies. It can be as simple or as elaborate as you like, from simply putting a donation box and Alzheimer information in front of the coffee maker at work, planning a wine and cheese party or even a potluck dinner.

Many Coffee Break hosts hold their event in the work-

place, and try to make it special by offering baked goods (some even have a bake sale) to their co-workers and their customers or clients.

Others hold Coffee Breaks after church on a Sunday, or as part of a social or service club gathering. Coffee Breaks are held in schools, offices, factories, stores and private homes. You can hold a Coffee Break just about anywhere you can have a cup of coffee.



Once again the annual Tag Days across Grey-Bruce have been a wonderful success. Once again the volunteers who take part in Tag Days have done a tremendous job of spreading awareness

and raising money, and once again, the communities have been very supportive.

At his writing we still have a couple of tag days to be held, but it appears that once again we will succeed in raising more than \$10,000. More than 75 per cent of our annual budget comes from donations and the Tag Day donations are very important to our ability to provide information and support to persons with Alzheimer disease and related disorders, and to their families and caregivers. We could not do it without the support of hundreds of dedicated volunteers. Thank You.



***We need you to host a Coffee Break
and help us be part of the World Record attempt.
Please fill out and return the registration form
enclosed with this newsletter.***

***Help us make this 10th Anniversary Coffee Break the
most successful ever.***

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

Many people want to support the Alzheimer Society of Grey-Bruce because they believe in the important work we do. Sometimes, however, circumstances prevent people from being as generous as they would like. There are ways that you can help the Alzheimer Society of Grey-Bruce, without affecting your current financial situation. One of those ways is by making a provision in your will for part of your estate to be directed to the Alzheimer Society of Grey-Bruce.

If it is important to you that your gift remain to be used locally, then is it important to direct your bequest to the Alzheimer Society of Grey-Bruce. In this way you will continue to help people you know and care about, on into the future.

A bequest to the Alzheimer Society of Grey-Bruce is a way for you to leave a legacy of service and support right in your own community. It will help ensure that we will continue to be able to support the families who depend on us. If you have already included us in your will, please let us know so that we can say thank you, and so that we can make sure your Planned Gift is going to be used and recognized in the way you intend.

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.

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



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

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 NEW MEMBERSHIP

Enclosed is my membership renewal

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

