



Alzheimer Society

GREY- BRUCE

Volume 65

Summer 2006

She Calls It Puppet Love

The Alzheimer Society of Grey-Bruce has worked with Puppeteer Jackie Ralph to create a short show focusing on the *10 Absolutes of Caregiving*.

Jackie first volunteered with the Society for the Manulife Walk for Memories in January and felt that she could do more by adding to the educational programming available for children through her puppets. Jackie used the Society's resource library to learn more about Alzheimer's disease and then focused the show around the *10 Absolutes*.



Puppeteer Jackie Ralph with her puppets, Grandma, Dad and Simone.

The puppets used are about three feet tall and include Grandma (who has Alzheimer's disease), her son (Dad) and granddaughter Simone. Some of the ideas Dad teaches Simone include:

- never argue, agree; and,
- never reason, instead divert.

The puppet show premiered at the Alzheimer Society of Grey-Bruce's recent volunteer appreciation event and received an enthusiastic response.

Jackie works with the Canadian Mental Health Association as a puppeteer with the Friends and Neighbours Club. In her work, she teaches children through puppetry about bullying and living with disabilities and will begin taking the "Let's Learn about Alzheimer's" show into classrooms this fall.

Many Chapters have long been involved in teaching children about Alzheimer's disease through the Ontario grade 4 program. Using puppets is yet another way of helping children learn about Alzheimer's

Our Chapter is also planning to take the program into long-term care and rest and retirement homes to help residents learn about interacting with persons who are living with dementia.

Working with the Southwest Local Health Integrated Network

The Grey Bruce Integrated Health Coalition (a group of Area Providers, including the Alzheimer Society Grey-Bruce) will be meeting in July at the request of the South West LHIN. They are holding sessions with each of the three area provider tables (Grey-Bruce, Huron-Perth and London area) as a first step in the community engagement process related to the draft Integrated Health Services Plan. The purpose of this meeting is: to share the content of the draft plan with health care leaders in Grey Bruce; seek input and advice regarding the content; and share the details of the upcoming community engagement activities that are being planned to further develop and shape the first Integrated Health Services Plan for our LHIN.

The community engagement meetings will be held throughout Grey-Bruce from July through September in several communities across our two counties. Please look for notice of these meetings in your community over the coming months and plan to attend. We want to ensure that the needs of persons with Alzheimer's disease and related disorders is front and centre in the planning process for the Southwest LHIN

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's disease and related disorders and to promote research.

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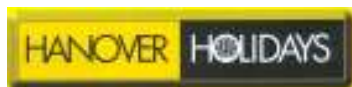
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OFFICE HOURS

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



At our recent Annual General Meeting we said thank you and goodbye to three board members. Irene Kain, Gail Norris and Barb Carriere have completed terms with our board and we thank them for their dedication and commitment to the Society.

Irene has agreed to continue on with our Planned Giving and Major Gift committee and we are pleased that she will share her retirement time with us!

We welcome Edward Barker, Lloyd Wilson and Dr. Susan Ilkov-Moor this year to our board of directors. We look forward to working with these new volunteers and thank them for making a commitment to support the work of the Alzheimer Society Grey-Bruce.

We also are really pleased to welcome Michelle Cameron as a summer student for ten weeks to help with organizing Coffee Break. We hope when Michelle contacts you that you'll sign up to host a Coffee Break in your community!

Over the past few months we held three events including two speakers and the live theatre production of "I'm Still Here." These events were organized to recognize the significance of 100 years of discovery as well as our local chapters 20 years of support. We hope you have found these speakers informative and that they have helped persons living with dementia and their caregivers to better understand the disease. We appreciate your feedback and would welcome comments on these or any of the programs and services we provide.

Comments from the audience:

"Thank you for bringing this wonderful speaker. We enjoyed **Dr. Diamond** and we all agreed that we could have listened to him for a long time. He was one of the most remarkable speakers I've ever heard! His topic was so engaging and so interesting. Thank you so much for doing what you do. We really appreciate it and just keep on doing what you're doing. Keep educating us and keep us up to date. Thank you."

Vicki Johnston- Southampton Day Away



Dr. Jack Diamond

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.

Safely Home™ News

Country Lane Long Term Care Home in Chatsworth, again this year, worked closely with the Alzheimer Society of Grey Bruce to enroll twelve new residents into the Safely Home™ Wandering Registry program. To mark the event a Come & Go Tea was held. Guests included representatives from the West Grey Police Services and the local O.P.P. detachment. Zoe Kessler provided lively entertainment involving a number of residents and guests in a Drumming Circle. Barbara Fox, Public Education Coordinator with the Alzheimer Society of Grey Bruce took pictures of residents who were newly enrolled in the Safely Home™ program.

Safely Home™ offers peace of mind to family members who worry about their loved ones with dementia who may get lost and be unable to tell their name or address. The possibility of injury or death is real. Concerned family members can complete a Safely Home™ application and submit it to the Alzheimer Society of Canada along with \$35.00.

Safely Home™ is a nationwide program designed by the Alzheimer Society of Canada in partnership with the RCMP to help save the lives of anyone who has the potential to go missing. Its purpose is to find those who are lost and assist in their safe return home. Even residents living in a locked unit can become lost on outings with family members. Registering with Safely Home™ soon after diagnosis ensures that this added protection is in place when needed.

For further information about the Safely Home™ Program and strategies to manage wandering behaviours please call

***Alzheimer Society of Grey-Bruce
519-376-7230, 1-800-265-9013, or***

log on to our web site:

www.alzheimergreybruce.com

It's Important to Keep Safely Home™ Information Up To Date

The Alzheimer Society of Grey Bruce is currently attempting to update the Safely Home™ Registry information for registrants living in Grey Bruce. It is vitally important that information is kept as up to date as possible. If you have a family member registered in the Safely Home™ program, we would ask you to give us a call to verify any change in your family member's status as well as any changes of phone numbers or addresses for contact persons.

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www.alzheimergreybruce.com

Thank you

Author MARIAN RITCHIE visited Southport



Marian Ritchie is the author of ***The Long Way Home, A Journey Through Alzheimer's***. Marian travelled to Grey-Bruce on June 20, 2006 to speak to listeners on the radio station "The Beach 98" as well as speak to a group at the Southampton hospital in the Day Away program space, kindly arranged with Home and Community Support Services.

When Marian's husband was first diagnosed, she began a long journey through Alzheimer's along with him. She wrote her book because she wanted to share their story with the rest of the world, in the hope that others, who are travelling even now on that same journey, may come to realize **they are not alone!** Her book is an honest, down-to-earth, readable account of that journey, and focuses on the human, rather than the medical or clinical aspects of the disease. Far from depressing, her book is rich with humorous anecdotes, which help to lighten the message, making it very easy—and enjoyable—to read. The book is available through our Resource library, and Marian has also arranged for a donation of ten books for caregivers. If you would like to have a copy of this book, please contact the office.

CAREGIVER'S CORNER

Caregiver Support Groups:

There are a few new and exciting changes at the Alzheimer Society of Grey-Bruce that could be of benefit to all caregivers.

The first meeting of the new caregiver support group in Thornbury was held in May. Our numbers are still small, but our intentions are mighty. There are also plans to initiate new caregiver support groups in Flesherton and Southampton. These meetings provide caregivers with an opportunity to meet together to share ideas, offer support and discuss concerns that arise in their caregiving experience.

Summer Schedule:

To assess the value of summer meetings, and to respond to some expressed need, the support and information sessions in Kincardine, Hanover and Thornbury are going to meet in July and August of this summer. In September, we will decide whether a summer meeting schedule should be offered to the support groups in other communities. We will let everyone know in the fall newsletter.

Early Stage Group:

In March, we facilitated a group in Owen Sound for persons diagnosed with Alzheimer's disease or a related disorder, and their caregivers. Each meeting we spent some time watching a video and discussing a particular aspect of the illness. We then broke into two small groups, allowing the caregivers to meet together, and the persons diagnosed with Alzheimer's disease or a related disorder to talk alone with a facilitator. A letter written by the members of the early stage group was sent to many of the newspapers in Grey-Bruce. At the end of the four sessions, it was decided that this group would continue meeting monthly. Anyone who may be interested in participating in this group is invited to call the office. Special thanks to the staff at Central Place, who offered us meeting space and wonderful baked snacks.

"Rewards of Caregiving":

One of the highlights of my experience as the facilitator of the support groups this year has been the compilation of ideas shared by group members into a combination of information on the "rewards of caregiving". Their perspectives are now included on the mailed handouts each month, and are presently being arranged as a display of certificates on the wall of the counselling office. All of these thoughts speak volumes about an aspect of the caregiving experience that is often neglected. This is a "work in progress", and while I hope that I have thanked each individual for their support in this project, I encourage everyone to share their ideas on the benefits of providing care. Simple thoughts, letters, verses or poems will be gladly welcomed, and incorporated into the project.

Information and Support Session Locations

<p>Topic September: "Dental Care For the Alzheimer Patient"</p> <p>Traditionally, the Information and Support Sessions in Grey-Bruce have not been held in the months of July and August. However, in order to assess community response, the support groups in Kincardine, Hanover and Thornbury will be offered on a trial basis this summer. Anyone from other groups or other communities is invited to join us. We will not prepare handouts on a specific topic of interest. Instead, we will focus on the specific issues presented by attendees.</p>	
<p>KINCARDINE 1:30 p.m. - 3:30 p.m. Trillium Court, 550 Phillip Place, Kincardine, 2nd Floor <i>July 13, August 10, & September 14</i></p>	
<p>WIARTON 9:30 a.m. - 11:30 a.m. Gateway Haven, Special Events Room, 671 Frank St., Warton <i>September 5</i></p>	
<p>OWEN SOUND 7:00 p.m. - 9:00 p.m. Kelso Villa, Chapel, 2nd floor 1475 2nd Ave. W., Owen Sound <i>September 6</i></p>	
<p>HANOVER 9:30 a.m. - 11:30 a.m. Grace United Church, Friendship Room, 2nd Floor <i>July 5, August 2, & September 6</i></p>	
<p>THORNBURY 1:30 a.m. - 3:30 p.m. L.E. Shore Memorial Library (Board Rm), 175 Bruce St. S., Thornbury <i>July 19, August 16, & September 20</i></p>	
<p>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.</p>	

Fund Development Update

by Bill Twaddle,
Community Development Coordinator

Spring is a time of new beginnings. We all look forward to the brilliant shades of green that reawaken the countryside, to the blazes of color as new flowers appear.

Spring holds a promise of renewal after a long and often dreary winter.

Spring holds another promise for the Alzheimer society of Grey-Bruce.

Spring is the beginning of the fundraising year for our Society, and although from a fundraising perspective it was not a dreary winter, we do look forward with anticipation to the annual events that further awareness of the work we do while raising the funds that are so essential to our ability to provide services.

Included in this newsletter is a page listing the names of those who supported by donating \$100 or more to the Alzheimer Society of Grey-Bruce during the 2005-06 fiscal year. We want to recognize the generosity of these donors and the importance of these gifts to our ability to provide information and support services.

Less than one-third of our annual budget comes from government and other outside sources. More than two-thirds comes through the generosity of the local community, through donations and through financial support of our various special event fund raising activities.

Without that support we could not provide the services that are so important to the individuals and families who have

turned to us.

Thank you to everyone who made 2005-06 our most successful fundraising year ever, and thank you in advance to all who will support us in 2006-07.

Our fundraising year begins with Tag Days across Grey and Bruce in May and June. Results are still coming in for this spring but indications are that we will match and perhaps exceed last year's results. Thank you to everyone who participated, either as a volunteer or as a donor. Your support really does help make a difference.



Throughout this summer we will be focused on the 11th annual Coffee Break program to be held this fall.

Coffee Break has grown wonderfully over the past 10 years and we are confident that with your support our 11th annual event will be the biggest and best ever. Coffee Break is officially Thursday Sept. 21, world Alzheimer Day. But a Coffee Break can happen anytime in the fall, at the convenience of the individual hosts.

Enclosed with this newsletter is a sign-up sheet which you can fill out and return if you are able to host a Coffee Break this year.

There are three approaches to Coffee Break.

Traditional Coffee Break: With a

traditional Coffee Break individuals, offices, businesses, social and service organizations, churches, schools, etc. invite friends and neighbours, co-workers, clients and customers, club members or passers-by to enjoy a few minutes of friendship and fellowship and the opportunity to support our work

Coffee Cup Cutouts: With Coffee Cup cutouts businesses sell a virtual cup of coffee for a \$1. These are paper Coffee Cup cutouts that the purchaser signs and the business then posts the cups prominently. These displays of the distinct and instantly recognizable cutouts are wonderful for creating increases awareness and they are a way for people to get involved quickly and easily.

Restaurant Donation Envelopes: With this program participating restaurants receive small donation envelopes that they make available to their customers (usually they are handed out with the bill at the end of the meal. Customers are invited to make a donation if they choose by placing it in the envelope provided and leaving it with the server or cashier. The Coffee Cup Cutout and the Donation Envelope Coffee Break programs run from Sept. 11 to Oct. 10.

If you would like to host a Coffee Break, please fill out and return the sign-up sheet included in this newsletter.

For more information contact the Alzheimer Society of Grey-Bruce at 519-376-7230 or 1-900-265-9013.

Giving a Gift - Tax Laws

Canadian tax law has recently changed to eliminate capital gains taxes when you donate stocks to a charitable organization. This can have important benefits to individuals facing capital gains taxes on their investments.

By making a charitable gift of stock, you get a tax receipt for the full current value of the equity, and you do not have to pay tax on the capital gain, or profit, since you first purchased the stock.

If you hold a stock that has appreciated in value over the years, you or your estate could be facing significant tax issues. If you were to sell the stock in order to make a charitable gift, you would still get a charitable tax receipt for the full amount, but the capital gain would be taxable.

By donating the stock you eliminate income taxes on the capital gain, without reducing the amount of your charitable tax receipt. This could have important tax benefits to you or to your estate.

To find out how the gift of an equity to the Alzheimer Society of Grey-Bruce will help people you know and care about, right in your own community, please contact us at 519-376-7230.

Before making a gift to any charitable organization we recommend that you consult your accountant and/or financial advisor.

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

Move For Memories

In the age where good time management is a must and multi tasking a reality in long term care, activation staff are challenged with providing excellent programming while raising funds for important associations like the Alzheimer Society.

For the last two years the Meaford Long Term Care Centre have taken part in the Walk for Memories by holding a Move for Memories event within their home. Partnering with restorative care and nursing staff the activation staff invited residents to “walk, bike, exercise, dance and wheel” to raise money for the Alzheimer Society of Grey and Bruce.

Individual residents’ sheets were put up for family and staff, volunteers and other residents to sponsor participants. Of course pictures of those in action added to the fun and promoted attention to the cause. The event ran for about a month and a good amount of money was raised so goals were met however we felt something was missing. “So simple and time efficient” was a thought from the activation staff.

“Not enough excitement and recognition” was the feeling we were left with.

Thanks to Karen Macleod-Veraeghe, Restorative Care Coordinator at Alexander Place in Waterdown, and the article she wrote for the Long Term Care magazine called “the Great European Adventure” our Move for Memories

fund raising event found that missing excitement. Once again our residents signed up for the Move for Memories but this time they would be trekking through our hometown of Meaford! We mapped out a route through town that twisted and turned, and eventually ended back home. Every 10 miles pictures of



Mary Haines and the Move For Memories route at Meaford Long Term Care Centre

familiar places were marked for the residents to look at and reminisce about. The race map and sponsor sheet were placed in a well-traveled location in our home for all to see. Markers with residents’ names on them all clustered at the start line waiting for the race to begin! Each exercise activity was awarded with a number of miles, for example 2 miles for additional walking other than daily routines; 3 points for taking part in exercise classes and the marker was moved along the route to indicate the residents progress.

The obvious benefits of this program were physical but the competition of the race, kept the residents’ interest at a high level. Many times they would come and report that they had walked the halls in the evening and eagerly waited to see their marker move pass another participant and ever closer to the

finish line. The residents embraced the event and sought out their own sponsors and watched proudly as another donation was added to their sponsor sheet. As each resident crossed the finish line their picture was taken and their name was sent to the great staff of the Alzheimer Society who took the time to make a congratulation call to them. The residents who received calls were so delighted and proud to have their efforts recognized. At the end of the race the residents all gathered at their

group exercise class and presented their contributions to Deborah Barker, Executive Director, of the Grey-Bruce Society. Residents were presented with prizes, from the society. When residents were asked if they would like to race again next year there was a resounding “YES”.

We encourage all long term care homes to develop their own fund raising adventure race. It’s an activation staff’s dream, “So simple and time efficient with lots of excitement and recognition”.

Volunteer Coordinator Update

by Susan Mogelin, Volunteer Coordinator



I recently attended the 20th Anniversary of Awards for Volunteers Service, hosted by the Ontario Government at O.S.C.V.I. in Owen Sound on June 22nd. As the representative for the Alzheimer Society Grey-Bruce it was indeed an honour to be part of the celebration. There were 359 volunteers recognized from Grey and Bruce Counties. All areas of community service were represented; including youth groups, hospital auxiliaries, agricultural societies, service clubs, art and cultural organizations. We were invited to put only six names

forward. Congratulations to

Donelda Stewart (20+ years)
Donalda Fisher,
Irene Kain

Jean Ramsay,
Dianne King,
Barb Carrier,

who all received recognition for over 5 years. We regret that we were not able to nominate more of our deserving volunteers.

It is indeed a pleasure to be an active Volunteer Coordinator in a region where the citizens believe in volunteering, understand its importance and contribute so much to the quality of life in the communities in which we live.

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 during the 2005-2006 fiscal year. These generous gifts make it possible for us to provide education and support to persons with Alzheimer's disease and related disorders, and to their families and caregivers.

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

Debbie Aiken	Fountain of Hope, Bank of Montreal	Interforest Ltd.	Ontario Trillium Foundation
Anonymous (1)	Orvil Giffin	John Joseph Place	Carl and Ann Opryszko
Chuck Beamer	Grey-Bruce Home Builders' and Trades' Association	Dianne King	Peninsula Pharmacy
Betty Burrowes	George Hamill	Lundbeck Canada Inc.	Sun Life Financial
John Landen, Central Place	Hanover Holiday Tours Limited	DanielMc Cormick	United Way of Greater Toronto
Kay Clarke	Peggy Hay	Meaford Long Term Care Centre	Mary Therese Zettler
Creative Career systems Inc.	Hydro One, Employee's & Pensioner's Charity Trust Fund	Medisystem Pharmacy Limited	Don Zettler
Estate of Myrtle Kenndy		Jason Miller, Miller Golf Design	
Fettes Tours & Travel		Ontario Com. Support Association	

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

Anonymous (7)	Barbara Gray	Joan McAsh	Royal Can. Legion, Chesley
Bank of Montreal	Marylou and Everett Hall	Inez McLean	Royal Can. Legion, Kincardine
Ruthe Barker	Jean Hansen	Campbell Millman	St. George's Anglican Church
Grace Carter	Hepworth/Sauble Beach Pastoral Charge	Neustadt & District Lions Club	St. Luke's Pine River A.C.W.
John Cole	Robert Hird	Gail Norris	Murray Stephenson
Country Lane LTC	Irene Kain	Ontario Power Generation Employees' & Pensioners' Charity Trust	The Village
David Chapman's Ice Cream Ltd.	Kemble and District Lions Club	Betty Porter	Victoria and Ian Thompson
Don Davis	Kemble U.C.W.	PPG Canada Inc.	Robert Thompson
Nancy Davis	Brian and Kathy Knechtel	Reids' Corners Women's Institute	John and Catherine Todd
Cliff Denny	Colleen Knowles	Royal Can. Legion Flesherton	William Twaddle
Division St. United Church	Knox Owen Sound U.C.W.	Royal Can. Legion -Kincardine	United Way of Greater Toronto
Ferndale, Lion's Head & Dist. Lions Club	Ruth Lovell	Royal Can. Legion Wiarton	Hans VanGennip
Gaviller & Company Chartered Acc.	Rex Luckhart	Royal Can. Legion Hanover	Jennifer and Harvey Yenssen
Grand Saugeen Chapter Heritage Club	Donna Maine		

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

"E" Crew	Elizabeth Gillies	Marion Mahood	Charlie, Morris and Ross Shaw
Corbett Agnew	John and Irene Good	George and Ursula Mallard	Helena Shedden
Ross Aiken	Douglas Grahman	Markdale Rotary Club	Doug & Barb Shular
Allenford Women's Institute	Great Lakes Elevator Co. Ltd.	Emily Marsden	M. A. Skomorowski
Anonymous (45)	Susan and Lloyd Greenwood	Lorna McCluskie	Southampton Care Centre
Judy Armstrong and Peter Leonard	Ernest and Marilyn Guy	Ross & Shirley McConnachie	Alice Spencer
Vince and Bernice Artuso	Hanover Rotary Club	Hector & Marg McCulloch	St. John's United Church of Canada
Wilma Beattie	Jan and Jack Hardy	Anna McGraw	Grand and Mary Stevens
Don Benedict	Ryan Hardy	Norm & Pat McKeen	Steve's No Frills
Beta Sigma Phi	Hatten Home Building Centre	Robert McKenzie	Amy Stewart
Alice Boyle	Warren and Bonnie Heaslip	Doreen Mead	Ralph Stobbe
Brucelea Haven	Dona Helwig	Piero Menicucci	Summit Place
Don Bumstead	Marlaine Henderson	Merry Kin Senior Citizens	Jeff and Mallori Symons
Gordon and Anne Cameron	Jim Henderson	Morris Granite & Marble Works	Tara United Church
Canadian Marketing Association	Elizabeth Hendrie	N or TRHS of the Checkerboard Hockey	Don and Donna Tedford
Central Westside United Church U.C.W.	James Henry	Old School House Seniors	The Barn Gang
Judy Chalmers	Fay Herman	Paisley Rotary Club	The Co-operators
John and Ruth Chapman	Hobart Food Equip. Group	Park Head Women's Institute	The Salvation Army RAC Ont. N.
Chesley Rotary Club	Holy Family Catholic Church	Joseph and Lois Patton	Divisional Headquarters
Church of Christ	Home and Community Support Services	Peninsula Ford Lincoln Social Committee	The Town of South Bruce Peninsula
Phil Clarke	Deanna Hopkins	Port Elgin and District Lions Club	Tiverton Park Manor
Jeff Cole and Kate Woolmer	Ethel Jackman	Bob Pringle	Ronald Todd
Community Living Walkerton and District	Ray and Linda Jacobs	Arthur Proctor	Town of Blue Mountain
Kate Cormier	John Johnson	Lanny and Christine Reid	Melanie Turcotte
Eleanor Currie	Keady U.C.W.	Don and Jackie Reid	United Steelworkers of America 7466
Pat Dobec	Kingsland & Architects Inc.	Tim and Nathalie Remillard	Hans VanGennip
Dusty Roads Ink Corp	Diane and Ken Kivell and Clarence Wark	William and Audrey Revie	Walinga Management
Don Eby	Knox Presbyterian Church	Ripley and District Lions Club	Walkerton Rotary Club
Elgin Lodge	Kula Spa	Ripley Huron Community School	David H. Walton-Ball
Energizer Canada	Latona Ladies Aid	Royal Can. Legion Auxiliary No. 340	Art and Joyce Weitendorf
ESRI Canada	Leeson Canalda	Royal Can. Legion Chatsworth	Doreen Widmeyer
Douglas Evans	Eva Leflar	Royal Can. Legion Dundalk	Paul and Mary Wiley
Anna Belle Fray	Charlie Lever	Royal Can. Legion Wiarton	Pam and Bill Wilson
Richard French	Lion's Head Chiropractic Clinic	Sarawak United Church	Lloyd & Judith Wilson
George Furness	Doug Long	Kathleen Saxton	Woodland Spring W.I.
Styn Furness	Rex Luckhart	Fred Schneider	
Fred Furness	Albert Lyons	Scotiabank	
Edna Gilbank	Bruce MacDonald	Harold and Doreen Scott	

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.

A Caregiving Journey (conclusion)

By Dorothy L. Dyer

Author's Note:

Mom has been in long term care for almost 9 years. She has good days and bad days. She celebrated her 90th birthday this past September with 8 family members attending. She was a bit overwhelmed but all smiles when people arrived. It was unfortunately a day when she could not communicate verbally and very emotional for her when we sang Happy Birthday, but overall a success and a relatively good day.

We took her 14 month old great granddaughter to visit in early April. Mom was thrilled to see her and though Lily was at first apprehensive they were soon smiling and jabbering back and forth in a language that only the two of them could understand. I realized how much alike they are in the care that they require and the way they interact.

I took down a picture of Lily from Mom's memory board and showed it to Mom, then held it up beside my granddaughter so Mom could make the connection. She was nodding her head and telling me something but it

was not comprehensible. I showed the picture to Lily and she was thrilled to see the baby not knowing that it was herself. Mom got quite a chuckle out of that.

When we were ready to leave Lily was waving and saying her usual baby talk bye bye, bye bye. Mom was able to raise her arm and wave and smile. Mom does not move much on her own at all anymore so I was quite surprised. When Lily and her mother left the room Mom tried in earnest to tell me something that I could not understand but she was all smiles and very animated. It was a good day!

This caregiving journey has been an eye opening experience and I have learned a lot of things the hard way. I now have more knowledge and understanding and am better prepared with my own personal situation than I ever would have been had I not been making this journey.

To all the caregivers who have joined me in this journey I would like to say. "Life is not always easy, but, it is what it is. Enjoy and cherish the moments!"

Dorothy

NOTE: I would like to express my sincere appreciation to Dorothy for sharing her caregiving experience in our newsletter over the past few years. A copy of her story is available by contacting the office. *Deborah Barker*

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!**