



# Alzheimer Society

GREY- BRUCE

Volume 63

Winter 2005



January is Alzheimer Awareness Month. "Progress and Hope" is the theme of the two-year campaign that began in 2005 and carries on through 2006. This year we recognize 100 years since

Alzheimer Disease was identified and the 100 years of discovery since then. The numbers of persons affected by Alzheimer Disease and related disorders is staggering, but the advancements in care, support and treatment to delay the disease is hopeful. Research continues to find a cause and cure. Throughout the two counties, all through 2006 we will be posting awareness materials. Look for our 100 Years of Discovery materials at local pharmacies, doctor's offices,

libraries, etc. If you or your organization would like materials to post or a speaker for your group, please call the office to make arrangements. And join us this year at the Manulife Walk for Memories to help support those in your community affected by this disease. Please walk with us and create a legacy of Help and Hope

**Book your calendar now to hear Dr. Jack Diamond, Director of Research with the Alzheimer Society of Canada on Thursday May 11, 2006, 1:00 - 2:00 pm at the Owen Sound and Collegiate Vocational Institute. Dr. Diamond has an excellent ability to put complex research into lay terms. Look for further notice of this event in our Spring newsletter.**



## Would you like to win a Caribbean Cruise for Two?

You will have a chance with the Alzheimer Society of Grey-Bruce Walk for Memories 2006.



Our annual Walks take place Saturday, January 28, 2006 from 9 a.m. to noon at West Hill Secondary School in Owen Sound and James A. Magee School in Hanover.

The top pledge earner at each Walk will receive a fabulous vacation for two courtesy of Hanover Holiday Tours and will also have their name entered in a draw, along with other top pledge earners from approximately 44 other Walks across Ontario, for a 7-day Caribbean Cruise!

There are also many more great prizes. See the enclosed brochure for details.

### To register or for more information:

- Your 2006 Walk for Memories pledge sheet is included in this newsletter.
- Register or pledge online at [www.walkformemories.ca](http://www.walkformemories.ca)
- Call 376-7230 or 1-800-265-9013

### Collect your Incentive Prizes

**Raise \$100 - Walk for Memories t-shirt**

**Raise \$250 - Walk for Memories Coffee Mug**

**Raise \$500 - Collectible Teddy Bear**

**Raise \$1000 - MP3 Player**

**Raise \$2,500 - Digital Camera**

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



Phone: 519-376-7230  
1-800-265-9013  
Fax: 519-376-2428  
E-mail [alzheimer@bmts.com](mailto:alzheimer@bmts.com)  
[www.alzheimergreybruce.com](http://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.

### **BOARD OF DIRECTORS 2005 - 2006**

<b>President</b>	Donelda Stewart
<b>Vice-President</b>	Carolyn Yantzi
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### **DIRECTORS**

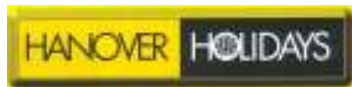
Chuck Beamer	Peggy Beghetto
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### **STAFF**

Executive Director	Deborah Barker
Education Coordinator	Barbara Fox
Counsellor	Larrilee Leckie
Community Development Coordinator	Bill Twaddle
Volunteer Coordinator	Susan Mogelin
Administrative Secretary	Linda Dakin

### **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*

Have you renewed your membership with the Alzheimer Society of Grey-Bruce? Now is the time to do that! You can help us provide a stronger voice to government to ensure appropriate services are available to those with Alzheimer Disease and related disorders throughout the disease process. Taking out a membership for the low fee of \$15.00 per year can help make that happen. As the health care system in Ontario is undergoing a major change, with the introduction of Local Health Integrated Networks, our local voice will become even more important.

If you use the services of the Alzheimer Society of Grey-Bruce you are not automatically a member of the Society. You must specifically join to become a member. We have included a membership brochure with this newsletter and would ask that you renew your membership, take out a membership for the first time, or invite a friend to join.

The benefits of membership with the Alzheimer Society Grey-Bruce include:

- Receiving our quarterly newsletter
- Notice of special meetings in areas such as public policy, education, family support, research and special events
- Voting rights at our Annual General Meeting & a tax receipt too!

Please renew your membership now and help us to recruit new members too! *On behalf of the board and staff I wish you all the best over the holiday season and throughout the coming year. We encourage you to become more involved with the Society to help our programs and services grow.*

## **Caregiver Support Counsellor Update**

By the time this newsletter goes to print, I will have been working in my new position with the Alzheimer Society of Grey-Bruce for two exciting and motivating months, filled with new opportunities to learn and grow. I have learned about the importance of 'advanced planning' and the 'Safely Home Registry'. I have read documents and care books and reviewed videos. I have facilitated the caregiver support groups in Kincardine and Hanover and aided the facilitators of the Owen Sound and Wiarton Groups. My client list grows almost daily as caregivers seek information, direction or support

In these two months, I have developed a deep and enduring respect for all of the caregivers who commit so much of their time and energy to making their loved one's world a warmer, happier and more secure place. You have taught me so much about communicating with and caring for people with Alzheimer disease, and I thank you.

While I continue to learn and meet the needs of our large community, I carry all of you in my heart. Please call if there is a concern. I would love to help.

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*by Larrilee Leckie*

## Volunteer Coordinator Update

by *Susan Mogelin,*  
*Volunteer Coordinator*

### Behind the Scenes in the Volunteer Department

Well, the Santa Claus Parade has come and gone, the snow is flying, and most of the planning is underway for this year's Forget Me Not Tree Campaign. Throughout the Grey and Bruce area, many communities are also planning their individual Forget-Me-Not Tree events. Planned by volunteers, and run by volunteers, these fund raising activities epitomize the very spirit of the season. We are pleased to welcome new Forget-Me-Not Tree Coordinators in Sauble Beach, Lion's Head, Hanover, Walkerton and Kincardine. Our circle of friends continues to grow as each new person becomes involved.

Many of you who receive this newsletter may be interested in learning about some of the other volunteer activity that goes on behind the scenes.

Assisting in the office we have a team of no less than twelve people who perform various tasks on a regular basis such as reception, library services, mailings, developing kits for fund raising events, keeping track of statistics, counting money and record keeping. These folks comprise the core of our volunteer team.

On the professional side our Board and committee

members, volunteer group leaders and community coordinators continue to fill their important roles. In addition, new positions have been created and filled as follows:

- Education Support Volunteer – Grade Four Programme Administrator
- Education Support Volunteer – Pharmacy Programme
- Alzheimer Awareness Month Volunteer
- Fund Development Administrative Assistant
- Community Liaison Volunteers

We are gifted in having three Co-Op students who are completing their requirements for school, two are from a local high school and our third is a Georgian College business student.

In the next six months we will be recruiting volunteers for the Walk for Memories in January, the Tag Day event in the spring, and expanding the Lunch and Learn programme to include the far reaching areas of Grey and Bruce counties. It is a busy place, and a wonderful organization to become involved with. All of our activities are heavily dependent upon the good will of volunteers. Please encourage those you know, your family and friends to contact the office at any time to ask about joining our cast of volunteers in order that we may continue to provide excellent programmes and services. Thank you! Season's Greetings to all!

### *Community Liaison Coordinators*

Effective this January we will have a total of eleven dedicated individuals who have agreed to become Community Liaison Volunteers. As ambassadors for the Alzheimer Society these folks provide a direct link to information and services provided by our local chapter of the Alzheimer Society in the Grey-Bruce area.

The search for a representative usually begins when we hold a "Lunch and Learn" in a community. We invite caregivers, volunteers and friends of the Alzheimer Society to attend this educational and informative information session. Please take a look at the list in the following chart. If you notice that your community is not represented, please contact Susan Mogelin, Volunteer

Coordinator so that we can talk about bringing this program to your area. Thank you!

#### Current Regional Community Liaison Volunteers

Chesley	Jennifer Soper	363-3195
Kincardine	Sybil Straker	396-5330
Hanover	Linda McCullogh	881-1942
Lion's Head	Pat Horner	793-3625
Mar	Valerie Martin	534-4315
Meaford/Thornbury/Clarksburg		
	Leo Girrard & Judith Barr	538-3035
	Betty Porter	538-2958
Point Clark	Jean Murray	395-0221
Port Elgin	Thelma Kennedy	389-2305
Warton	Peggy Beghetto	534-4146

If your interest is in becoming a Community Liaison Volunteer, contact Susan at 376-7230 or 1-800265-9013.

## RESEARCH PARTICIPATION OPPORTUNITIES:

### The “Eating Together” Study Examining Food and Mealtimes

Dr. Heather Keller, Dept. of Family Relations and Applied Nutrition at the University of Guelph, Dr. Sherry Dupuis, Director of MAREP at the University of Waterloo, and Dr. Lori Schindel Martin, School of Nursing at McMaster University and the Executive Director of the Ruth Sherman Centre for Research and Education at Shalom Village are conducting a study focused on examining mealtime experiences for persons with dementia and their primary family partners in care.

These researchers want to examine the experience and meaning of food and mealtimes for persons with dementia and their family care givers and learn how this impacts family relationships. They also hope to understand how the experiences and meanings of food and mealtimes change over time.

Research team members will travel to Grey Bruce and other parts of Ontario over the next three years to interview persons in early or mid stages of dementia

and their family care giver once a year for 2-3 years.

Ultimately they hope to identify the most challenging issues faced by families and the coping strategies used to address them. From this research resources and tools will be developed to help other families address food and mealtime related issues.

To be eligible to participate in this study the person with dementia must be 55 years of age or over; have a diagnosis of dementia of any type; be in early or mid stages of dementia; speak English; be able to sign the “Consent to Release Information” form; live in the community in their own home or with a relative; and be able to communicate verbally. Participating family members must be the primary family caregivers [spouses or adult children]; speak English; be a good source of information and articulate; and be interested in food issues and research.

Our Chapter is helping the research team in the recruitment of families for the project. Those interested in learning more about the study are encouraged to contact Deborah Barker or Barbara Fox at our office .

### International Research Project

Researchers at Parkwood Hospital and St. Joseph’s Health Care, London are looking for men and women aged 55 to 90 to participate in a study designed to speed the development of new treatments for Alzheimer Disease (AD).

The study is currently enrolling people who have been recently diagnosed with AD; people newly diagnosed with mild cognitive impairment; and people with no known memory complaints, or at least no more than the normal memory problems associated with advancing age. Selected participants will be assessed every 6 months for 2 to 3 years and will be reimbursed for incidental costs directly associated with participating in this research study.

Researchers hope to learn how to stop the progression of MCI and AD in future generations. The goal is to determine whether imaging of the brain (through MRI or PET scans) every six months can help predict and monitor the onset and progression of AD. The study will collect and test blood and, for some participants, cerebral spinal fluid to determine if biomarkers can predict and monitor the disease.

Nationwide, the study aims to recruit a total of 200 people with AD, 400 people with MCI, and 200 people with no known cognitive problems. They will be studied at over 60 medical centers across the U.S. and Canada.

Two of these sites are in London, Ontario. People with MCI and with no cognitive problems will be studied for 3 years, and people with AD for 2 years.

Researchers are looking for persons who:

- Are between 55 and 90 years of age (70 years and over for people with no memory problems)
- Are in good general health with no memory problems OR have a diagnosis of mild cognitive impairment (MCI) OR Alzheimer Disease
- Are fluent in English
- Are willing and able to undergo the test procedures
- Have a study partner – a friend or relative who can accompany the volunteer to all clinic visits or can answer questions over the phone

This research may help researchers learn how to stop the progression of MCI and AD in future generations, lead to new treatments or even a cure for AD.

Public Website: <http://www.loni.ucla.edu/ADNI/>

For more information, please contact:

Dr. Michael Borrie/Dr. Jennie Wells

Dr. Andrew Kertesz/Dr. Stephen Pasternak

Aging Brain & Memory Clinic/

Dept. of Cognitive Neurology & Alzheimer

Geriatric Clinical Trials Group

Research Centre (CNARC)

Parkwood Hospital St. Joseph’s Hospital

519-685-4292 x46600 , 519-646-6000 x64605

## WHAT TYPES OF SERVICES ARE PROVIDED FOR PERSONS IN THE EARLY STAGES?

**One-to One Support-** Our trained and professional staff respond to questions and concerns through telephone consultation, and office or home visits. This is a free, confidential service.

**Community Referral-** Our community referral service connects individuals with community health and social service agencies.

**NEW!!**

### **Early Stage and Caregiver Group**

The Alzheimer Society of Grey-Bruce will offer a support group for people in the early stage of dementia and their caregivers/families. **The next four week session will begin March 23.** The session format is flexible and offers participants the opportunity to discuss various topics of shared interest. The group provides a supportive environment to talk, listen and learn with others who are living with early stage dementia.

**Location: Central Place-855 3rd Ave. West Owen Sound - TIME -9:30-11:30**

#### **Session Dates:**

**Thursday March 23**

**Thursday April 6**

**Thursday April 20**

**Thursday May 4**

Pre-registration is necessary as space is limited. For more information contact the Larrilee Leckie or Barb Fox at 376-7230 or 1-800-265-9013

## REPORT FROM WORKSHOP

### **“AIN’T MISBEHAVIN”**

### **IMPROVING THE CARE CONNECTION THROUGH UNDERSTANDING BEHAVIOUR**

Over 115 people attended this successful dementia workshop hosted by the Grey-Bruce Geriatric Education Cooperative at St. Mary’s Hall in Owen Sound

The workshop was made possible through funding from the Grey-Bruce Dementia Network Education Project of the Ministry of Health and Long Term Care. It featured a terrific line-up of speakers on topics including participative learning with Julie Bessant Pelech, and Problem Based Learning: Applying the P.I.E.C.E.S. Framework, with Valerie Powell. Highlights of the workshop included team work to problem solve case studies, and a panel discussion for participants to ask burning questions. As one participant commented on their evaluation form, “This workshop made a difference in understanding dementia—Thank you!”

A big thank you goes to the Planning Committee, Deborah Barker, Trish Shouldice, Jacquie Donaldson, Joanne Cook, Trisha Campbell, Kerry Cragg, Donna Andrew

## Information and Support Session Locations

<p><b><u>Winter Information &amp; Support Session Topics</u></b></p> <p>January 100 years of research and discovery                  February The rewards of caregiving                  March Progression of Dementia</p>	<p>If you wish to have your name added to or removed from the mailing list for monthly reminders for Information &amp; Support Sessions Please contact the office.</p>
<p><b>KINCARDINE 1:30 p.m. - 3:30 p.m.</b>                  Trillium Court, 550 Phillip Place, Kincardine</p> <p><i>2<sup>nd</sup> Thursday of month</i> Larrilee Leckie - 376-7230</p>	<p><b>OWEN SOUND 7:00 p.m. - 9:00 p.m.</b>                  Kelso Villa, Chapel, 2nd floor                  1475 2nd Ave. W., Owen Sound</p> <p><i>1<sup>st</sup> Wednesday of month,</i> Donalda Fisher - 376-7230</p>
<p><b>WIARTON 9:30 a.m. - 11:30 a.m.</b>                  Gateway Haven Chapel, 671 Frank St., Wiarton</p> <p><i>1<sup>st</sup> Tuesday of month</i> Thelma Cunningham-376-7230</p>	<p><b>HANOVER 9:30 a.m. - 11:30 a.m.</b>                  Grace United Church, 310 12<sup>th</sup> St., Hanover</p> <p><i>1<sup>st</sup> Wednesday of month</i> Larrilee Leckie -376-7230</p>

## Fund Development Update

by Bill Twaddle,  
Community Development Coordinator

I recently attended a fund development conference for Alzheimer Society chapters from across Ontario, and I want to share a couple of important impressions with you.

The most important thing I took away from that conference was, once again, the recognition that the Alzheimer Society of Grey-Bruce is truly blessed by the generosity of the community we serve.

We are a smaller chapter, in terms of our population base, yet the success of our different awareness and fundraising activities is the envy of many larger chapters. Our financial success is very important, and I will talk more about that later. Just as impressive is the volunteer base that supports our activities, whether it is hosting a coffee break; helping with the Forget-Me-Not Trees across Grey-Bruce; collecting pledges or volunteering for the Walk for Memories, or taking part in our of our Tag Days.

Our successes are built on the hard work and dedication of our volunteers.

During our various discussions I made note of three comments that I felt particularly applied to Grey-Bruce:

*"We will raise money for the cause because people need our help."*

*"Growth is not an option – it is a necessity."*

*"Together we can do more."*

Any one of these comments would be an appropriate motto for the work we do together.

Our fundraising grows each year, because the need for the services and

support we provide is growing each year. Our volunteers and our donors recognize that and respond willingly and enthusiastically. For that we are truly grateful.



### Coffee Break

Coffee Break is an excellent example of the community support we receive. We are still putting together the final results for 2005 but we expect when all Coffee Breaks are reported, that more than 340 hosts will have raised \$37,000.

That's the most hosts ever in the 10 years that Coffee Break has been running, and the most money raised, as well. Last year 322 hosts raised \$34,000.

Coffee Break 2005 is the largest single awareness and fundraising event ever for the Alzheimer Society of Grey-Bruce. Our sincere thanks to everyone who participated.



### Forget-Me-Not Tree

Forget-Me-Not Tree campaigns are continuing in communities across Grey-Bruce and this year we are pleased to have trees in three communities where we have not had trees in recent years. Walkerton, Hanover and Kincardine have Forget-Me-Not Trees this year, joining Owen Sound, Meaford, Wiarton, Lions Head, Port Elgin, Paisley, Ripley, Chesley, Dundalk, and Sauble Beach.

Please look for an opportunity to support the Forget-Me-Not Tree in your community. You can also

support the Tree by contacting our office at 376-7230 (1-800-265-9013) or with an online donation by going to [www.alzheimergrey-bruce.com](http://www.alzheimergrey-bruce.com) and clicking on the Donate Now icon.

### Donation Drive

Towards the end of each year we write to our donors and supporters asking for a financial gift to support the information and support services we provide. Those letters are currently in the mail and we ask when you get yours that you consider how your gift will help people, right in your own community.

Currently only about 25 per cent of our budget comes from government and other outside sources. The rest comes from caring and committed individuals like you, who know how much their financial support means to the clients we serve.

Without your donations we could not "be there" for individuals and families dealing with Alzheimer Disease and related disorders. Please be generous.. Together we can make a real difference in the lives of people we all know and care about.



Walk For Memories is Saturday, January 28, 2006 at both James A. Magee School in

Hanover and at West Hill Secondary School in Owen Sound. Please join us for a morning of fun and family fellowship. For more information see the enclosed Walk brochure.

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.

## TIPS FOR TRAVEL

During the holiday season caregivers may be thinking of traveling with a loved one who has Alzheimer Disease or a related dementia. A short vacation might be just what is needed, but it will be best to plan ahead. Here are a few tips that may help make your holiday enjoyable for all

1. As the carer, be prepared to do everything for two. This can be taxing, so try and get plenty of rest before the trip.
2. Have the person with dementia wear an ID bracelet at all times. Also, in their wallet or purse, make sure you have the following Information: name, address and phone number of your holiday location.
3. If appropriate, notify the airlines that you are travelling with someone with dementia. They offer assistance and are most helpful.
4. Hold all important possessions such as passports, money, schedules, tickets, etc., yourself.
5. If necessary, ask for assistance from airline personnel when your family member needs to use the public washroom.
6. If possible, check your luggage all the way through to your final destination. Wheels on your luggage are a must. Alternatively, invest in a lightweight suitcase.
7. Take a minimum of clothing. As the saying goes, take more money and less clothing. But do remember to take along a change of clothes for both of you on the plane.
8. If you are in a hotel, lock the door to your room with the safety latch and place a chair in front of it. Consider a portable door alarm that goes off if disturbed.
9. Leave the bathroom light on all night.
10. Make sure you turn the shower on and adjust the water temperature. Unfamiliar knobs can be confusing to a person with dementia.
11. Keep your sense of humour and laugh at the funny things that happen along the way. This will ease the tension for everyone.
12. Allow plenty of time for everything.

## New to our Resource Centre

### **Books**

*Good Grief, I Have to Plan a Funeral*; ISBN 0-9697577-3-5; Judy Smith Ross; Valley Girls Publishing, Thornbury, Ont, 2004

This resource is a complete sensitive and practical guide to planning a funeral.

*Fast Facts-Dementia* ISBN 1-899541-78-0; Lawrence J. Whalley, John C.S. Breitner; Health Press Limited, Oxford, UK, 2002

Fast Facts – Dementia is aimed at the non-specialist health care professional to understand the basic causes of dementia, recognize it clinically,

appreciate the basic principles of investigation & management along with some basic information about care, treatments and prevention.

*Handbook of Dementia* ISBN 0-471-41982-6; edited by Peter A. Lichtenberg, PhD.; Daniel L. Murman, and Alan M. Mellow, M.D. PhD.; John Wiley & Sons, Inc., New Jersey, 2003

This interdisciplinary guide to diagnosing and treating dementia offers specialized knowledge of the psychological, neurological and psychiatric aspects of dementia, including aetiology and diagnosis, assessment

tools, behavioural and pharmacological treatments and comorbidities, and related multicultural issues.

*Successful Communication with Persons with Dementia* ISBN 0-7506-7383-4; Mary Jo Santo Pietro, Elizabeth Ostuni; Butterworth Heinemann, St. Louis, Missouri, 2003

This book contains a number of in-service outlines useful for the LTC setting, with real life examples and scripts from encounters to demonstrate how to apply concepts.

## 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.

<b>Hope For Tomorrow Society (\$500 plus in annual gifts)</b>	Creative Career Systems Inc.	Orvil Giffin	Grey Bruce Home Builders & Trades Assoc
<b>Forget-Me Not Society (\$200 to \$499 in annual gifts)</b>	John Cole	Colleen Knowles	Cecil Mayer
	RCLegion, #144 Chesley Branch	Robert Thompson	United Way of Greater Toronto
<b>Partners In Progress (\$100 to \$199 in annual gifts)</b>	Anonymous (2)	Kay Clarke	Energizer Canada
	Gaviller & Co. Chartered Accountants	Susan and Lloyd Greenwood	Hatten - Home Building Centre
	Paisley Rotary Club	Port Elgin & District Lion's Club	William & Audrey Revie
	M. A. Skomorowski	Hans VanGennip	Walinga Management
	Judith and Lloyd Wilson		Art and Joyce Weitendorf

*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.*

## 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*



### Donations in lieu of gifts



The holiday season is fast approaching and if gift buying is challenging may we suggest that a donation be made to the Alzheimer Society of Grey-Bruce. Your donation will enhance the lives of those affected by Alzheimer Disease and related disorders and their loved ones. Once your donation has been received, we can, if so desired, send a Christmas card to your loved one on your behalf from the Alzheimer Society Grey-Bruce. For your convenience Visa and MasterCard donations can be made by telephone or through our website at [www.alzheimergreybruce.com](http://www.alzheimergreybruce.com) by clicking on the Donate Now icon. Wishing you a merry and stress free holiday season!

### ***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.