



Alzheimer Society

GREY- BRUCE

Volume 67

Winter 2006

Walk for Memories Saturday, January 27, 2007



Mark January 27, 2007 on your calendar so you can be sure to be part of the biggest, most successful Walk for Memories ever.

The Alzheimer Society of Grey-Bruce will be holding our Walks for Memories in Owen Sound and Hanover again this year, and based on all the comments we heard after the 2006 Walks we expect a record number of walkers to participate.

In fact we did a survey of a random sampling of those who walked last year, and the overwhelming response was that participants had such a good time that they planned to be back this year, and they planned to bring a friend.

The Owen Sound Walk will again be at West Hill Secondary School and the Hanover walk is moving to a new location this year, the Hanover Legion. Both walks begin at 9 a.m. on Saturday, January 27. Check the brochure included with this newsletter for details on the prizes this year.

If you have attended a Walk in the past you know how much fun it is, and how rewarding it is to participate. Please join us again this year and please bring at least one new walker.

If you have never attended a Walk for Memories make 2007 the year you decide to change that. The Walk for Memories is a morning of family fun and

fellowship all in support of the Alzheimer Society of Grey-Bruce.

The money you raise in pledges goes to provide information, education and support services to persons with Alzheimer's disease and related disorders, and to their families and caregivers. You will be making a real difference in the lives of people we know and care about, right here in our own community.

We have fantastic prizes for those who raise the most pledges, and door prize draws for everyone who takes part.

As well we have silent auctions for great items at both walks, including a special silent auction item at the Owen Sound walk.

Canavac Systems Incorporated, an Owen Sound manufacturer of central vacuum cleaners, has donated a central vacuum, including 30-foot hose and power head accessory package, and Schank's Vacuums in Owen Sound has donated a \$100 gift certificate towards installation. This package has a retail value of approximately \$1,000.

This is a great opportunity to get a fantastic deal on a quality central vacuum system. Don't miss it.

For more information on the Walks for Memories please call our office at 519-376-7230 or 1-800-265-9013. You can also register and collect pledges online. Visit www.walkformemories.ca and follow the easy step-by-step instructions.

January is Alzheimer Awareness Month

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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OFFICE HOURS

Mon. – Fri., 9:00 a.m. – 4:00 p.m.



THANK YOU TO

HANOVER HOLIDAY TOURS LTD.,
CORPORATE SPONSOR FOR THE
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BRUCE, FOR KINDLY DONATING
THE PRINTING SERVICES FOR THIS
NEWSLETTER.

Executive Director

By Deborah Barker



PROVIDING TWENTY YEARS OF
SUPPORT TO GREY-BRUCE

We recently said goodbye to board member Carolyn Yantzi, who is leaving after 20 years of volunteer work with our chapter.

Many thanks for your hard work and dedication to our chapter and best of luck as you move on to new adventures in Northern Ontario! And we are pleased to welcome Pamela Leeb from Clarksburg to our board. Pam is eager to learn more about the Society and will begin with a tour of the Centre for Research in Neurodegenerative Diseases in Toronto in late November.

Staff and board members had the opportunity to attend the Alzheimer Society of Canada National Conference in early November. This was once again a most wonderful opportunity to hear about progress in research as well as new program and service ideas from across the country. We know that the numbers of persons living with dementia is growing and Dr. Judes Poirier informed us that there is one new case of Alzheimer's disease every seven seconds. The number of centenarians is doubling every nine years and 50% of persons over 100 will have Alzheimer's disease.

Researchers know that there is interplay between genetics and the environment to cause the symptoms of the disease, but Dr. Poirier also stated that "we have really been underestimating the role of obesity and cholesterol in Alzheimer's disease. If we can delay the onset of Alzheimer's disease by 5 years, the prevalence of the disease will decrease by 50% in 30 years."

January is Alzheimer Awareness month in Canada and this year we will focus on healthier brains. I encourage all of our members to really reflect on the information being promoted this year and take action to maintain or improve your brain health. Choose a healthy lifestyle, be more socially active, challenge your brain and protect your head. It will be good for you!

Coffee Break Success Story!

Audrey Helwig hosted her 6th Coffee Break and raised \$1,126.07, bringing her total raised to \$4,309.65.



Thanks to Audrey and all her guests!

(PICTURE: Audrey Helwig & Helen Schmidt)



Picture credit to Lori Gillespie and The Hanover Post.

SPEAKING OUT

There is currently no effective means of prevention or cure for Alzheimer's disease. Canadians are becoming affected at an alarming rate as Baby Boomers age.

The recent National Alzheimer's Conference in Toronto highlighted the latest in dementia research and care. As research around the globe progresses in search of viable treatments, the Murray Alzheimer Research and Education Program (MAREP) at the University of Waterloo, Ontario is focusing attention on building partnerships with those who are living with dementia in order to find the most effective ways to provide support.

Dr. Sherry Dupuis, Director of MAREP, along with Brenda Hounam, Elaine Smith and Scott Millar, shared the results of their work at the National Conference. Brenda, Elaine and Scott are currently living with a diagnosis of Alzheimer's disease or a related dementia.

In the presentation Brenda shared how important it has been for her to meet and talk with others who are also living with the disease. Alone and isolated, she felt powerless but in the company of others who, like herself, have been identified as having a form of dementia she was empowered to take action. Brenda and many others like her are striving to make the experience of living with dementia as rich and satisfying as possible for themselves and for others.

Dementias can rob a person of many abilities necessary for coping with everyday life. Unfortunately, well meaning family and friends may actually rob the person further by failing to appreciate their remaining abilities.

Those living in the early stages remain capable in many aspects. Support that does not prematurely deprive the person of their independence can help them continue to participate actively in life for a considerable length of

It has taken 100 years since the discovery of Alzheimer's disease for those living with this disease to speak out. Now they are telling us what we need to do so that they can continue to live satisfying and productive lives.

time.

There is a lot of life to be lived for those with dementia. Being surrounded by encouragement and appropriate support can make a big difference.

Only Brenda and those like her can really share with us the "lived" experience of dementia. They can tell us about their needs, capabilities, desires, preferences, the challenges they face, what works and what doesn't.

Brenda, and others with dementia have a deep desire to be enabled to continue to exercise control over their own lives, to have opportunities to continue to contribute and make a difference, to feel useful, and to accomplish all that they still can.

They recognize the significant

contribution that they can make in replacing the stigma associated with dementia and giving it a new image. They are putting a new face to dementia.

People with dementia want, need and can achieve a sense of purpose, pride, and accomplishment if appropriate support is available. Evidence of this is the recently published "By Us for Us" guide containing practical tips for those living with early stage memory loss. The Guide was developed by those living with dementia using their ability and determination with the support of MAREP to make a difference. (Copies are available from our office).

They have caught our attention with their resolve to set things straight. Programs and

policies will now need to reflect this new reality in order to better meet their needs and the needs of their family members.

Now that those with dementia have found their voice and we are prepared to listen to the lived experience of dementia it is hoped that those concerned with memory problems will seek diagnosis sooner, that physicians will identify earlier those who could benefit from current treatments and support, and most especially that those with early stage dementia will take the initiative to contact their local Alzheimer Chapter and ask them how you can get involved and help.

(by Barbara Fox, Public Education Coordinator)

First Link Coming to Grey-Bruce!

We are thrilled to report that we have been successful in obtaining a two year grant to pilot the First Link program in our area. In partnership with the Huron and Perth chapters we will be one of 3 new pilot sites in the province. First Link connects the person with dementia and their family to coordinated learning and support from the point of

diagnosis and throughout the disease. The program strengthens linkages between diagnosing physicians, diagnostic and treatment services, community service providers and the Alzheimer Society. We hope to have the program staff in place early in the New Year and are confident that with the wonderful support we have already received from our community partners that this program will make a difference for those newly diagnosed with dementia.

Owen Sound Support Group location change with added library hours

Beginning in January the Owen Sound Support group will change meeting locations and will now meet at our office on the first Wednesday of each month. As an added service we will open the office one hour before the meeting

so that you can come in and look through our Resource library. Our volunteer Librarian, Penny Danard will be available to assist with signing out any books or videos you may wish to take home with you .

Caregiver's Corner

Information and Support Session Locations



December
January
February
March

Topics

C.R.A.F.T. Care
Memory Problems from the Inside Out
Safely Home
Driving & Memory Loss

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. <i>Beginning January 2007, Owen Sound Alzheimer Office.</i>
HANOVER	9:30 a.m. - 11:30 a.m.	Grace United Church, Friendship Room, 2nd Floor 1st Wednesday of each month
THORNBURY	1:30 a.m. - 3:30 p.m.	L.E. Shore Memorial Library (Board Rm), 175 Bruce St. S., 3rd Wednesday
MARKDALE	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

Fund Development Update

by *Bill Twaddle,*
Community Development Coordinator

HELP MAKE OUR DONATION DRIVE A SUCCESS

Once a year the Alzheimer Society of Grey-Bruce sends a letter to those who supported us financially in the previous year, asking for a financial contribution. This once-a-year appeal is very important to our ability to continue providing information, education and support to persons with Alzheimer Disease and

related disorders, and to their families and caregivers. Please respond generously.

This year, everyone who pledges a monthly donation of a minimum of \$8.50 per month for 12 months will receive a Forget-Me-Not magnetic ribbon for their car or their fridge.

If you are a regular contributor to the Alzheimer Society of Grey-Bruce please know that on behalf of the individuals and families we serve we are truly grateful.

Trivia Question

Answer: 26,666.

What is the question? The question is, how many cups of coffee could you buy for \$43,000. The answer, at \$1.50 per cup, is 26,666.

That's a lot of coffee!

More important, \$43,000 represents a significant amount of awareness, information, education and support services for individuals with Alzheimer's disease and related disorders, and for their families and caregiver.

And \$43,000 is the amount of money raised in our annual Grey-

Bruce Alzheimer Coffee Break this fall.

Results are still coming in, but in any event Coffee Break 2006 has been the most successful in the 11-year history of the fundraising event.

What a wonderfully generous and supportive community we live in!

We are up more than 13 per cent from the \$38,000 raised in 2005.

We had more hosts than ever (more than 400) signed up! Why is it important that our fundraising success continues to grow each year? Because the need for our services across Grey-Bruce

continues to grow as well.

If you hosted or contributed to a Coffee Break, please know that your support helps make a difference in the lives of people we all know and care about, right here in our own community. On behalf of the individuals and families we serve, we are truly grateful.

And please mark September 21, 2007 in your calendar. That is the official date for Coffee Break next year.



If you have never hosted a Coffee Break, please think about it for 2007.



Forget-Me-Not Tree

Fundraising is an ongoing activity for the Alzheimer Society of Grey-Bruce. And for good reason. Less than one third of our total funding comes from government and other outside sources. The rest, more than two thirds, comes from the generous support of the Grey-Bruce community.

Fortunately the community is very supportive, but the

need for our services continues to grow, and we must continue to fundraise to meet that growing need.

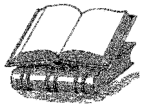
We are now actively working on both the Forget-Me-Not Tree campaign and the Walk for Memories.

The Forget-Me-Not Tree campaign is going on in a record 15 communities across Grey-Bruce this year!

Watch for our volunteers in your community for your opportunity to support the Forget-Me-Not Tree, or you can contribute directly through our office.

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.



New in Our Library

"I'm Still Here" DVD is Here!

This is a research based play performed live by the Ryerson Act II Studio players in Owen Sound's Roxy Theatre, June 28th 2006. This drama that depicts the experience of those who are living with dementia is now available in DVD format.

The DVD may be borrowed from the Resource Library to be presented to your organization, class, church group etc. or you may ask for a facilitator from the Alzheimer Society to offer the play along with a facilitated discussion.

To reserve a copy or arrange a facilitated event please call 519-376-7230.

A Changing Melody DVD Now Available
For those who missed the 2005 "A Changing Melody" forum for early stage dementia the DVD is available in the Alzheimer Society of Grey Bruce lending library. An excellent resource for family members, volunteers and formal caregivers.

Managing and Accommodating Responsive Behaviours in Dementia Care

A Resource Guide and DVD

This resource guide has been developed to ensure that all staff in Long Term Care have access to reliable, practical and easy to use information regarding challenging behaviours in dementia care.

Produced by the Murray Alzheimer Research and Education Program and the Psychogeriatric Resource Consultants of Southern Ontario.

Volunteer Coordinator Update by Susan Mogelin, Volunteer Coordinator

R_x Staying Healthy – a New Perspective on Volunteerism

We have noticed that our volunteers who work with us on a regular basis generally appear to be happy and healthy and rarely cancel their commitment because they are not feeling well.

An Ontario study on the health benefits of volunteering reveals that it not only improves self-esteem and combats social isolation, but it also reduces the impact of stress on the body, lowering blood pressure and even bolstering the immune system. And volunteering was also linked to lower mortality rates among the elderly.

For older Canadians, volunteering appears to give new meaning to life, reducing anxiety and depression and increasing life

satisfaction, according to Dr. Mark J. Yaffe at McGill University.

Volunteering doesn't just produce health benefits for the elderly. According to Harvard cardiologist Herbert Benson, the health benefits of doing good things for others are similar to those experienced by anyone who practices yoga, spirituality and meditation, namely a slowing down of heart rate and a decrease in blood pressure.

Adults of working age volunteer for many different reasons. Many wish to build their networking skills, obtain experience for future employment opportunities, and others feel satisfied in giving back to their community for personal reasons. Many individuals volunteer to keep active and to make new friends and to keep busy in their personal lives. No matter what the motivational reasons are, the health benefits are the same.

The students that we have worked with report that they have an increased level of confidence and self esteem in interacting with people and feel better equipped to deal with future employment or academic pursuits, "Volunteering may produce a 'win-win' situation," says Dr. Yaffe. "Society benefits and the person volunteering may personally benefit. What a perfect prescription for health promotion and maintenance."

We invite you to take a healthy break. Volunteer for the 'health of it'. Take advantage of the prescription that we are offering you. Two hours of your time to assist with our seasonal events may actually impact your overall health and well being. (This prescription may be renewed for an unlimited amount of time, it is painless and you will likely enjoy the side benefits!)

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 July 1 and September 30, 2006.

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

Allenford Women's Institute
Gamsby & Mannerow Ltd.

Marguerite Pufahl
Royal Can. Legion Hepworth, #586

Carolyn Yantzi

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

Anonymous (1)
Tony Martin, Bothwell Real Estate
Ted Horton QC
Kemble & District Lions Club

Peter Little
Joan McAsh
Meaford Golf & Country Club
Meaford Long Term Care Centre

PPG Canada Inc.
Royal Canadian Legion Owen Sound
Royal Canadian. Legion Chesley

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

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Anonymous (10)
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Owen Sound Vault Works
Paisley Rotary Club
Jane Reynolds
Royal Canadian Legion Chatsworth
Royal Canadian Legion Lucknow
Royal Canadian Legion Wiarton
Senior Mens Golf League
South Bruce Grey Health Centre, Food Service
The Fyre Place and Patio Shop
Thomas Norris Transit
Hans VanGennip
Linda and Mark Waugh

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.

Mediterranean Diet May Aid In Preventing Alzheimer's

CHICAGO - A so-called Mediterranean diet centered on fruits, vegetables, olive oil and a paucity of red meat and dairy products may lower the risk of Alzheimer's disease, for reasons that are unclear. The finding from Columbia University Medical Center in New York was based on a look at 1,984 adults with an average age of about 76, of whom 194 already had the debilitating brain disease and 1,790 did not. What they ate during the preceding 12 months was analyzed for how well it matched the Mediterranean

diet. After taking into account other possible risk factors for the disease, such as age and how fat or thin the test subjects were, researchers found that those in the top third in terms of how their diets matched the Mediterranean model had 68% lower odds of having Alzheimer's disease than those in the bottom one-third. Those in the middle third had 53% lower odds. The study, published in the Archives of Neurology, said there is growing evidence that the Mediterranean diet cuts the risk of stroke, heart disease and diabetes, suggesting that vascular factors may contribute to the chances of developing Alzheimer's. © National Post 2006

Our Treasurer explains a Win-Win Situation

Edward Barker CA

DONATION OF SECURITIES

There are excellent tax advantages that make donating stock more beneficial than donating cash. On May 2, 2006 the Conservative government eliminated capital gains tax on donations of publicly listed securities to charities, effective immediately. You may recall that in 1997 the federal government reduced capital gains tax on donations of stock by 50 per cent on a five-year trial basis. The result was a three-fold increase in gifts of publicly traded securities to charities -- from \$69.1 million to \$200.3 million between 1997 and 2000. In fact, the percentage of stock donations jumped from 1.6% to 3.9% of all donations. In 2001,

the government made the capital gains reduction permanent. Under the new rules, both the Donor and the charity are even better off. To prove this, let's look at an example.

FACTS

Jane Stanley bought \$5,000 in shares in the "XYZ Corporation" 10 years ago. Those shares have gained \$10,000 in value and are now worth \$15,000.

SELLS SHARES, DONATES NET PROCEEDS

If she sold the shares she would pay capital gains tax on 50% of what she made i.e., \$5,000 (assuming she is in the top tax rate bracket (46.4%) this would amount to \$2,320 in tax). Alzheimer Society would receive \$12,680 (i.e. \$15,000 - 2,320) and give Ms. Stanley a tax receipt for same which would save her \$5,885 in tax. Overall, the Society receives

\$12,680 and Ms. Stanley's net tax benefit would be \$3,565 (\$5,885 - 2,320).

DONATES SHARES DIRECTLY

If Jane decided to donate the shares to the Alzheimer Society, the taxable capital gains inclusion rate decreases to 0% (not the 50% when they are sold for cash). Now the taxes she owes are reduced to \$0. In addition, she will also receive a charitable donation tax receipt for the full \$15,000. This receipt offsets \$6,962 of tax owing on her other income. Overall, the Society receives the full \$15,000 and Ms. Stanley's net tax benefit would be \$6,962 (\$6,962 - 0).

If you would like to discuss making donations of securities to the Alzheimer Society Grey-Bruce please contact our office for further information.

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




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(519)376-7230 ... 1-800-265-9013 ... FAX 376-2428
Grey-Bruce

Name _____ Phone Number _____
Address _____
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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!