January is Alzheimer Awareness Month

2013 WALK FOR MEMORIES
Alzheimer Society

REGISTRATION IS NOW OPEN

Sunday January 27, 2013, 6 to 8 p.m.
Cambridge Centre Mall

Join us for our 2013 Walk for Memories, presented by Your Neighbourhood Credit Union, to honour and remember those who have been touched by Alzheimer’s disease and other dementias, to help raise funds to support families living with dementia and to have fun.

Enjoy live musical entertainment, refreshments and prizes. Get involved as an individual or sign up as a team with your friends, family, coworkers for our NEW TEAM CHALLENGE. This is one event you do not want to miss!

For further details or to register your team, contact Melissa at 519-650-1628 or admin@alzheimercambridge.on.ca. Online registration is available at www.walkformemories.ca.

Title Sponsor:

Media Sponsor:

The Language of Dementia:
Communication Management in Dementia Care

Featuring Dr. J. B. Orange
Associate Professor & Director,
School of Communication Sciences and Disorders,
Western University

Tuesday, January 15, 2013
2:00 to 3:30 p.m.
Langs Community Health Centre
1145 Concession Rd., Cambridge

Everyone welcome!
Call to register: 519-650-1628

Inside this issue:

<table>
<thead>
<tr>
<th>Awareness Month</th>
<th>1</th>
<th>Education Events</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greeting</td>
<td>2</td>
<td>Special Events</td>
<td>6</td>
</tr>
<tr>
<td>Living with Dementia</td>
<td>3</td>
<td>Support Services</td>
<td>7</td>
</tr>
<tr>
<td>Caring Community</td>
<td>4</td>
<td>Thanks for Your Support</td>
<td>8</td>
</tr>
</tbody>
</table>
Hello!

In case we haven’t met yet, I am the new Executive Director for the Alzheimer Societies of Cambridge and Kitchener-Waterloo. Over the past 3 months, it has been a pleasure to get to know the staff members who work at the Alzheimer Society of Cambridge. I have also had opportunities to connect with some of our members, volunteers and other community partners at events like our Coffee Break Kick-Off.

Through these interactions, I learned two important pieces of information. The first is that the people involved with the Alzheimer Society of Cambridge are a very loyal, resourceful and resilient bunch. The second is that Cambridge is a special city that takes pride in supporting its community.

These two pieces of information seem to go hand-in-hand. The Alzheimer Society of Cambridge has seen many changes over the past year. New staff members are working at the Society, leadership has changed and new programs and services are being offered.

Through these changes, the Alzheimer Society of Cambridge not only survived, but thrived. The community has stepped up and supported the organization with donations, sponsorships and volunteer hours. The staff members have worked hard to establish meaningful relationships with their clients and community partners. Our clients have remained patient with us during this transition and provided valuable insight and support to maintain our quality programs and services.

I have been told on many occasions that the culture in Cambridge is unique and so too is its local Alzheimer Society. As Executive Director, I will work to ensure that the Society continues to maintain its identity in a world that is increasingly becoming assimilated. We will build on the great assets that this community has to offer while continuing to be an asset to the community as well. Thank you for welcoming me into your community. I look forward to getting to know you better.

Jennifer Gillies, PhD
Executive Director

Thank You Volunteers!

December 5th is International Volunteer Day. The Alzheimer Society of Cambridge is very lucky to have many, wonderful volunteers who help us year round in all aspects of our work—from support to education to fundraising. Without their hard work and dedication, we would not be able to offer the programs and services through the Society. On behalf of our Society and families we serve, we would like to extend a HUGE thank you to all of our volunteers!

Please note that the Alzheimer Society of Cambridge will be closed from December 24 and will reopen on January 2, 2013. Happy Holidays!
The Importance of Being Proactive

A wife’s perspective

This article was received from “Anne”, a caregiver who wishes to remain anonymous. She is supporting her husband on the dementia journey and has graciously offered to share with our readers in the hope that her experience will relate to you and your story. If you want to share your story, please send your submission to education@alzheimercambridge.on.ca.

Although my family and I had suspected something was amiss with my husband for awhile. When we got the diagnosis, I was crushed and fearful. We are fortunate that my husband is in the early stages of Alzheimer's disease and I have used this time to be proactive in planning how to best live with the disease.

I encourage everyone to go to the doctor as soon as you suspect things are not as normal as they should be, so you can see if medication can help slow down the progression and also so that there is ample opportunity to involve the person in planning for the future.

After the diagnosis settled in, my first thought was to check our wills. Most of us, I’m sure, appoint the opposite spouse as our Power of Attorney. You need to carefully read how it is worded, in case an ailment befalls yourself and you need someone responsible to speak on your behalf. It is also a good time to have a conversation with your family member regarding advanced care planning. My husband's wishes are totally different than my wishes for myself, so never assume that you know your family member’s desires.

Another way that I have tried to be proactive is to be intentional in focusing on the positive. We have just started going on mini-vacations. We research bargains and go away for two nights and three days. I decided that we should spend the money and create MEMORIES, now, while we can. My husband enjoys the adventures, but is ready to come home by the third day. On the plus side, it benefits me too - no cooking, cleaning or making the bed. It is a nice respite.

My husband used to do the majority of the cooking as he had retired long before me. Now, he sometimes can't remember how to cook the meat. I've had to step in and learn. We use the barbeque 365 days a year, so we've developed a new habit of my starting the food and then setting the timer. His participation is to turn the meat over when the timer rings and then reset it. I've also asked him to be my teacher and teach me how to carve the meat (as I am clueless). He doesn't mind teaching me and I've stretched this also into small repairs around the house.

It is difficult to be pro-active. We'd all much rather hide under a rock and pretend this is not happening to us and our loved ones. But, the truth is, the sooner we deal with these issues, then the more time we have to enjoy our lives together.
Touch Quilt Project

The Alzheimer Society of Cambridge is pleased to announce the launch of a new and exciting project in our community – Touch Quilts!

Touch quilts are made up of fabrics with different textures and are handmade by volunteers in the community. Many people with dementia enjoy the feel and warmth of the quilts. They are fun to look at and talk about with visitors and show people living with dementia that they are cared about and thought of by others.

The first goal with this project is to give a quilt to every resident who is living in long-term care in Cambridge and North Dumfries. We would like to invite you to get involved to help achieve this goal!

Please consider sewing a quilt (or 2 or 3….). We will provide you, free of charge, a “Touch Quilt Kit” that contains precut squares and instructions for you to make a quilt. Kits can be picked up at the Alzheimer Society of Cambridge. Alternatively, you can use your own fabric. Instructions to make the quilt can be downloaded from the Alzheimer Society of Cambridge website or by contacting the office at 519-650-1628.

Helping hands needed! Volunteer today!

- Volunteer Companions: Visit a person with dementia (once per week).
- Office Assistants: Help with administrative tasks (on-call/weekly)
- Touch Quilt Ambassadors: drop off kits at local businesses (flexible)

Volunteering is a great way to get involved, gain or use existing skills and have FUN! Call today for more details  519-650-1628.

Celebrating Allies In Aging

Connecting Professional and Family Care Provider

The Allies in Aging Conference, a joint venture of the Alzheimer Societies of Cambridge, Guelph-Wellington and Kitchener-Waterloo was held on Thursday, October 18 and served 465 registrants.

Our sincere thanks to our generous presenting sponsor, Robertson Brown Health Services who made Allies in Aging possible....
EDUCATION EVENTS

First Link™ Learning Series

Join us for one of our a six-week learning series:

- **Family Learning Series:**
  *For family/friends of people living with dementia*
- **First Steps Learning Series:**
  *For people living with early stage dementia*

**Topics include: Dementia overview, coping and adapting strategies, wellness and more!**

These learning series are offered at the same time/location but in different rooms.

**Thursday, January 17 to February 21, 10:00 a.m. to 12:00 p.m.**

**Call to register: 519-650-1628**

Caring with Confidence

For staff and volunteers who work with people living with dementia

**February 12, 9 to 3:30 p.m.**

Langs Community Health Centre
Rm E105, 1145 Concession Rd., Cambridge

- Dementia Overview
- Communication Strategies
- Activities for Life Enrichment
- Responsive Behaviours
- Much more!

**Cost: $30 (includes lunch, workbook and certificate of participation)**

**Call to register 519-650-1628**
Coffee Break

A total of 46 Coffee Break hosts signed up to help us reach our goal of $18,000. To date, we have raised over $15,000 with a few Coffee Breaks still to take place. Thank you to all of our hosts and everyone who supported our campaign!

We would also like to extend a thank you to everyone who came out for our Coffee Break Kick-Off! We were honoured to have over 70 people join us, including Mayor Doug Craig, Councillor Karl Kiefer, Councillor Pam Wolf and Councillor Frank Monteiro from the City of Cambridge. Jim Burgin and Maggie Viveen, Chartwell Senior Star contestants, entertained the crowd with their musical talent. Coffee, cookies and doughnuts were supplied by local Tim Hortons store owners.

It’s not too late to sign up and host a Coffee Break! To register or for more information, please contact our Society at 519-650-1628 or admin@alzheimercambridge.on.ca

Finally, we would like to thank our sponsors:

Please consider becoming a monthly donor. You can make a difference!

| Name: ______________________________ | Organization: ____________________________ |
| Street: _____________________________ | City: ________________________________ |
| Province: __________________________ | Postal Code: ___________________________ |
| Phone Number: ______________________ | Email: ________________________________ |

**GIFT OPTIONS**

☐ I would like to donate $___________ monthly

☐ I would like to make a one-time donation of $___________

**PAYMENT OPTIONS**

☐ Cheque(s) enclosed - Please make cheques payable to Alzheimer Society of Cambridge

☐ Visa: Cardholder Name: _____________________ Signature: ____________________________

Credit Card #: _______________________________ Expiry Date: _____________________
Planning for the Holidays?

*Here are some tips to make the holidays enjoyable for everyone.*

- **Make preparations together.** You may find it meaningful to open holiday cards or wrap gifts together. Remember to concentrate on the process, rather than the result.

- **Tone down your decorations.** Blinking lights and large decorative displays can cause disorientation. Avoid lighted candles and other safety hazards, as well as decorations that could be mistaken for edible treats.

- **Host quiet, slow-paced gatherings.** Music, conversation and meal preparation all add to the noise and stimulation of an event. For a person who has Alzheimer’s disease, a calm quiet environment is best.

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**Financial Help**

There are a number of federal and provincial economic security policies to assist families living with dementia:

- Caregiver Tax Credit
- Infirm Dependant Deduction
- Personal Disability Credit
- Medical Expenses Credit
- Compassionate Care Benefits
- Home Safety Renovation Credit

For further information, contact Service Canada at 1-800-O-Canada (1-800-622-6232) or www.servicecanada.gc.ca
THANK YOU FOR YOUR SUPPORT

The Dunfield Cambridge establishes a new standard in Un-Retirement living with a variety of luxury apartment style suites. The Dunfield Cambridge appeals to a broad range of people offering a combination of independent living & assisted living suites & services personalized to meet & exceed your every expectation.

The Dunfield Cambridge is based on principles of enthusiastically enjoying life every day with a full range of fabulous in-house amenities & an extensive & varied activities program that encourage people to live to their full potential at any age. Our vision is to offer a flexible, "people first" environment in an elegantly appointed residence. Opening Spring 2013.

Call Nella 519-624-1212
www.dunfieldcambridge.com

Alzheimer Society Cambridge

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In Memoriam
We would like to express our sincere sympathy to those who have lost loved ones, and gratefully acknowledge donations made to the Alzheimer Society in their memory.

- Elizabeth Renner
- Debbie Shoemaker
- Ludwika Gajda
- Marilyn McLeod
- Zulmira Maximino
- Rose (Richards) Swance
- Blanche Whitehall
- Dennis Anthony Stephens
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