



STAYING CONNECTED

Alzheimer Society D U R H A M

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Latest News:

15th Annual "Walk for Memories" 2014

This is our largest fundraising event of the year. JOIN US! **Walk for Memories** honours and remembers those who have been touched by Alzheimer's disease. More than 8,500 people in Durham Region live with Alzheimer or a related dementia. **Register @ www.walkformemories.ca**



What is Shadowing ?

Shadowing is a behaviour typically observed in individuals with Alzheimer's disease in the middle and later stages of the disease.

The person attempts to keep their caregiver in sight at all times, literally following them around like a shadow.

Please keep in mind that this is usual and expected behaviour.

Feature Article:

Meet the Staff of Alzheimer Society Durham

The Alzheimer Society of Durham Region works with local and regional agencies to meet the needs of people with dementia. We also provide support and education programs for people with Alzheimer's disease and related dementia, their family and professional care partners. Meet some of the dedicated staff and front line workers who touch the lives of so many in our region.

**Visit us: www.alzheimer.ca/durham
www.facebook.com/alzheimer.durham**

2014
WALK
FOR
MEMORIES



WALK FOR MEMORIES

This annual indoor event attracts hundreds of people throughout Durham Region each year. It is our **15th Annual Walk for Memories** celebration. This event includes great entertainment, food & beverages, raffle prizes, 50/50 incentive prizes for the best walkers and teams. Children are welcome and will find it fun.

Our emcee will be Gary Bernarde from CKDO Radio. The walk is being held at UOIT/Durham College Wellness Centre in Oshawa. Last year we raised \$30,000 and our expectations are even greater this year.

Walk for Memories brings family, friends and colleagues together to honour someone special in their lives.

**Please join us on
Sunday, Jan. 19th**

UOIT/Durham College
2000 Simcoe St. N, Oshawa

12:30 pm— 3:30 pm

To register your team/self
visit:

walkformemories.ca

for more information and
pledge forms

Mark Your Calendar * January 19th 2014



Visit us:

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www.facebook.com/alzheimer.durham

STAYING CONNECTED WITH OUR CLIENTS: CAROL BROWNE'S STORY



Carol Browne's life forever changed when her doctor uttered the words, "You have Alzheimer's disease." It was December 2011, when Carol received the news. Prior to the official diagnosis, she and her husband, Mike, went from doctor to doctor for two years searching for answers. They were told by a local Neurologist that it was just depression and she should see a psychiatrist. The couple knew the problem wasn't depression but something deeper. And physically, the doctors couldn't find the source of Carol's concerns. Finally, an appointment with one of Toronto's leading doctors in Alzheimer's research confirmed what the couple never imagined they would hear. Browne's husband said "You go through a lot of Kleenex when there is change and transition in your life to that magnitude."



Carol was 54 years old when she was diagnosed. She was hardly the image of the stereotypical Alzheimer's patient and there was also no family history of the disease. Soon after the diagnosis, the couple experienced denial and doubt. They remember saying "This can't be right, the doctor must have made a mistake." Dr. Sandra Black, Neuroscience Program Director, at Sunnybrook Hospital diagnosed Carol and told her, "You have a few more years so enjoy yourself, enjoy life! Take as many holidays as you can."



Carol then left her successful career in banking where she rose through the ranks from teller to branch manager. Her husband retired and assumed the role of primary caregiver. Upon the doctor's advice, they began traveling more, several times a year to mostly sunny destinations. Once a month, for the past year, they attend an "Early Onset" group at the Alzheimer Society of Durham. They find comfort in learning about others in similar situations.

Their adult children are slowly adjusting to their mother's disease. Early onset Alzheimer's has become part of their family's vocabulary. Mike Browne admits there are challenges. He plans all the vacations, and handles finances, etc on Carol's behalf. Browne remains positive about his wife's condition, "We adapt. Life goes on. We take it one day at a time."

(A word from Alzheimer Society Durham) "We wish you many sunny adventures!"

Meet some of our staff members

Karen Morley



“What do you do?” Is a question Karen Morley hears almost every day from family members or caregivers struggling to cope with a loved one that has Alzheimer’s or dementia. Whether she is fielding calls or speaking one-on-one, Morley exudes warmth and displays a sympathetic approach in her role as **Caregiver-First Link Coordinator**. She joined the Alzheimer Society of Durham Region family four years ago. Her background working with seniors in care facilities spans two decades. This experience has given her powerful insight into the mindset of people in their golden years. Morley works closely with the spouses, adult children and even grandchildren of individuals diagnosed with Alzheimer’s disease or a related dementia. She hosts monthly support groups, makes church and hospital visits. “Family members are often looking for emotional support, someone to talk to and I have found that after an hour spent together, they feel better,” said Morley. Some of Morley’s clients are in their 70s, still holding down jobs and acting as primary caregivers. She also interacts with adult children and grandchildren who never expected to be tasked with caregiver responsibilities. Morley tells caregivers “You are not alone in this. There are supports available to you in Durham Region and I am just a phone call away.”

Linda Bredin



Linda Bredin is the smiling face you first encounter when you walk through the front door of the Alzheimer’s Society of Durham. As the **Administrative Assistant** for the past 15 years, she greets visitors handles inquires, and processes donations. She essentially keeps the place running smoothly. Dementia has had an impact in Bredin’s personal life; her mother-in-law lived with vascular dementia for five years . Bredin recalls her mother-in-law’s repetitive phone calls to the house and confusing conversations. The hardest part was when she forgot who her son was, Bredin said. It was hard to see the changes in her and the deterioration the disease caused. There were times when her mother-in-law would fall on the floor and lie helplessly there for the whole night. She was eventually placed in a long term care facility where she lived until age of 82.

Nicole McNall



Nicole McNall coordinates the planning, execution and fundraising of all special events. She began her career at the Alzheimer Society of Durham Region two years ago. Initially hired as a First Link Outreach Coordinator. She later became **Event Coordinator**. McNall says nurturing and building relationships with community partners is key to producing a successful event. Nicole organizes three major events each year, the largest being the *Walk for Memories*. Hundreds will be in attendance. Every detail; food, sponsorship, and live music, and registration has to be planned months in advance for this event to be a success. McNall acknowledges it’s an extremely competitive environment seeking donations and community support. She said “After an event, I feel relieved, happy, and motivated when we achieve our goals and the event is a success.”

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Upcoming Learning Series:

January is Alzheimer Awareness Month

Early diagnosis keeps your life from unravelling.

Find out more at www.earlydiagnosis.ca

Next Steps for Families and Friends

A Learning Series for Caregivers of people with Alzheimer Disease and related dementia.

The purpose of this series is to offer participants:

1. An overview of Alzheimer Disease and related dementia
2. An understanding of communication and responsive behaviour
3. Tips to manage caregiver stress positively

When: 6:00 pm to 8:30 pm

***Overview of Alzheimer Disease and Related Dementia** -Thursday Jan 16th

***Communication**

& Behaviour -Thursday Feb 20th

***Caregiver Stress** -Thursday Mar 20th

Register early by calling

905-576-2567

A suggested donation of \$5 per session is greatly appreciated.



Location:
Alzheimer Society
Durham Region
419 King Street,
Oshawa
Suite 207
Oshawa Centre
Executive Tower

Alzheimer Society

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Invites you to participate in an open dialogue
on early diagnosis in dementia:
“WHAT’S THE POINT?”

We invite you to attend a panel discussion highlighting the benefits of early diagnosis and intervention for dementia. Our panel features key health care professionals in Durham Region including **Dr. Don Doell, Memory Clinic**, Ontario Shores Centre for Mental Health Services and **Dr. Wei-Hsi Pang**, Family Physician and developer of Healthy Aging for Oshawa Clinic Geriatric Assessment and Intervention Network, Lakeridge Health.

Be part of the conversation!

Tuesday February 18, 2014

Time: 6:30 to 8:30

Free Admission!

Location:

Abilities Centre

(multipurpose room)

55 Gordon St. Whitby, ON

NE corner Victoria St. W. at Gordon St.



To reserve seats:

905-576-2567 or 1-888-301-1106

information@alzheimerdurham.com



“Remember Me”

New Annual Planned Giving Program

If you want to remember a special someone through an annual donation, let us know what that meaningful occasion/date is, and we will help you remember them on that day...year after year.

Contact us @ 905- 576-2567 or

email:

information@alzheimerdurham.com



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About Us

Alzheimer Society of Durham Region is a non-profit, charitable organization that was initially founded in 1979 by a group of family caregivers under the direction of Joy Mack. In 1986, it was incorporated and received charitable status. At that time funding for family support and educational programming was received from the Ministry of Health. That funding, now through the [Central East LHIN](#), continues to be a source of revenue for the Society, and is augmented by fundraising activities, donations and grants.

Contact Us

Alzheimer Society of Durham Region

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Oshawa, ON L1J 2K5

Tel: 905-576-2567 or 1-888-301-1106

Fax: 905-576-2033

Email: information@alzheimerdurham.com

Website: www.alzheimer.ca/durham

Charitable registration number

10670 5296 RR0001

Our STAFF

Interim Executive Director

Susan Rawlinson

Administrative Assistant

Linda Bredin

Family Support

Education Coordinator

Brenda Davie

First Link Coordinator

Robin Jackson

Caregiver

First Link Coordinator

Karen Morley

Director Family Support

Michelle Pepin

Director Public Education

Loretta Tanner

In Memoriam

*Consider expressing your sincere sympathy to those who have lost
a loved one, through a
memorial donation made to the society.*

Alzheimer Society

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Proclamation

WHEREAS the Alzheimer Society of Durham provides a valuable service to citizens of this community in the form of information, support and education at every stage of Alzheimer's disease and related dementias, thereby demonstrating good citizenship, contributing to and enriching the quality of life within this community; and,

WHEREAS Dementia is a tremendous and growing challenge to Canada's economic, social and health systems;

WHEREAS a 2013 Nanos survey reports that 74% of Canadians know someone with dementia or Alzheimer's disease, and,

WHEREAS City Council wishes to recognize such dedication and contribution, and is of the opinion that a specific period should be set apart and designated in recognition of this worthy service;

NOW THEREFORE let it be known that the Council of the Corporation of the City of Oshawa hereby proclaims

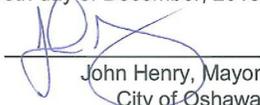
January 2014
as

'Alzheimer Awareness Month'

in the
City of Oshawa

AND FURTHER take notice and let it be known that the Council of the Corporation of the City of Oshawa hereby urges all citizens to recognize this event and fittingly join in its observance.

Dated at Oshawa this
16th day of December, 2013


John Henry, Mayor
City of Oshawa

