

Staying Connected



A Newsletter from Alzheimer Society of Durham Region

2012 ANNUAL GENERAL MEETING

Monday June 11th 2012

6:30 – 8:30

Oshawa & District Shrine Club
1626 Simcoe Street North Oshawa

EVERYONE HAS A MOUNTAIN TO CLIMB

Featuring Chris Braney-CEO
Alzheimer Society of Durham Region

Join us for an informative and exciting evening where Chris will share his story about climbing Mount Kilimanjaro, a life changing experience. Chris raised \$23,000 for Alzheimer Society of Durham to help support programs and services across Durham Region for those living with dementia and their Caregivers.

Light Refreshments will be served

Limited Seating please RSVP 905-576-2567 or 1-888-301-1106

In This Issue

Education

Special Events

Family Support

Support Group Listing

Meeting dates
How to contact us

Thank you to all the donors and sponsors who have supported us throughout the year.

Your generosity will help us support residents of Durham Region through their Alzheimer journey

Coming soon!

See page 5 for details

Using Montessori Methods to Treat People with Dementia



Research has shown that responsive behaviours in dementia often arise because needs are left unmet. Using Montessori methods can help people with the disease lead happier, more productive lives, says Gail Elliot of the Gilbrea Centre for Studies in Aging at McMaster University.

The Montessori method originated in the early 1900s as an approach to educating children based on the research and observations of Italian physician and educator Maria Montessori. The method arose from Montessori's observation that children, when given the freedom to play in an environment equipped with appropriate materials, could direct their own learning activities.

The Montessori method had been used for decades to teach children, when, in the 1980s, researchers at the Myers Research Institute in Ohio, led by Cameron J. Camp, PhD, discovered that some of the same techniques could be used with people with dementia. Today, caregivers across the globe employ the Montessori method to work with people with dementia.

Dr. Montessori's philosophy and mission was to enable individuals to be as independent as possible, to have a meaningful place in their community, to possess high self-esteem, and to have the chance to make meaningful contributions to their community.

This philosophy guided the development of the principles that Dr. Montessori subsequently created. The principles provide a framework for programming. They focus on such things as creating an environment that supports the needs of the child, where they learn at their own level of ability, and placing emphasis on successful outcomes. These same principles have been adapted for dementia.

One of the major differences between kids and people with dementia is that people with dementia are experiencing memory decline, which is opposite to the child who is building memory. Patterned sequencing in the reverse order that a child learns is central to determining level of ability in dementia (meaning that memories are lost in the opposite direction – most recent memories lost first). Moreover, it is important to understand the type of memory that is spared in dementia (procedural memory) and then recognize that the memory that is most impaired (declarative memory) must be supported. This knowledge of memory is central to understanding how activities, roles, and routines can be developed in a supportive environment.

Dr. Montessori said that everything you need for an activity is built into that activity. For those with dementia, this principle that states that "everything that will be needed is included in the activity" is a critical piece of the success that is experienced with this type of programming. When the principles are taken into account, all the items needed for the activity are provided (including word or picture cueing to support the memory loss in dementia). In other words, when the person isn't capable of "remembering" important information, the cues are available in his/her environment.

For example, if you want to create a game in which the individual sorts items (such as folding and sorting green and red towels), you would put one red towel in front of the person and one green towel beside it. This provides the cue to help the person remember where each folded towel will be placed. The colours of the towels to be sorted provide sensory stimulation and cognitive stimulation, as he/she has to think about where each towel is to be placed. Also, an activity such as this supports activities of daily living, as physical function is involved and the activity helps to maintain arm and hand use and coordination.

The most important message is that people with dementia are still people—there is a person behind the dementia. Many people believed Dr. Montessori would never be able to help the “difficult” children to whom she was assigned. Similarly, nihilistic attitudes suggest we cannot help those with dementia. People have been proven wrong on both counts. People with dementia need an environment that places the information they need into the environment (such as directional signs, information about when loved ones will visit, templates that provide directions to help them complete an activity and reminders about things they need to do). When you take this supportive environment into consideration, and create a world where they have roles, routines, and activities that are created at their level of ability and suited to their needs and interests, you find a normal person who wants to be engaged in life. Always remember that a person with dementia is a person with a past, a present, and a future. The challenge is to create a purposeful, meaningful world where the person with dementia can enjoy each day with dignity and hope for a better tomorrow.

Reducing Boredom

Daily roles and routines are part of our lives from the time we are born. When someone enters into the world of dementia this begins to disappear, with the exception of mealtime and bedtime routines. Think about how many things we must accomplish daily (planning meals, shopping for meals, cooking, doing laundry, and making plans for tomorrow). All of this disappears when someone is diagnosed with dementia, not because it needs to disappear, but because we think they can no longer do many of the simple tasks that were once part of their daily routines. We can put these things back into their world, but we need to support the memory loss by providing cueing (e.g., labels on drawers that lists items inside, placemats with the template indicating where items should be placed so they can set the table, laundry baskets with items that need to be folded, etc.)

You can also create roles, based on a person’s interests and abilities. For example, someone who loves people could be the breakfast greeter, another person could be the lunch greeter, and someone else could be the dinner greeter. Someone who enjoys religious practices could visit those who want to listen to religious verse, and that, in turn, provides a regular visitor to those people. This “visitor” role would be supported by providing large-print materials that can be easily seen and read. The “volunteer visitor” would learn what to do (staff would teach them), then they would be taken to those who are on their “visitation list.” The more they do this, the better they will get at it. The roles, routines, and activities are limited only by one’s imagination. A first step is to ask, “What activities fill my day? How can I put these things back into the lives of people with dementia?”

Throughout Durham Region staff at some of our long term care homes and community support organizations have been implementing Montessori based methods into their programming with great success. Recently, under the Central East BSO project, we were fortunate that the 2-day Montessori methods for dementia training was offered in 7 locations across the Central East LHIN to allow more staff to learn about these approaches. For families wishing to bring this approach into their visiting, Myers Research Institute created a wonderful book: *A Different Visit—Activities for Caregivers and their Loved Ones with Memory Impairments*, which can be borrowed from the Alzheimer Society Durham resource library or purchased online. We also carry a selection of the Reading Roundtable books.

Adapted from online article: <http://www.humankinetics.com/aaccresearch/aacc-research/using-montessori-methods-to-treat-people-with-dementia-excerpt>

For more information:

Gilbrea Centre for Studies in Aging <http://www.aging.mcmaster.ca/>

Myers Research Institute <http://www.myersresearch.org/home.html>

Central East Behavioural Supports Ontario Project http://www.centraleastlhin.on.ca/report_display.aspx?id=21366



Chocolate Lovers' Luncheon 2012

Thank-you to our Corporate Sponsors!



Sincere Appreciation to:

- Ajax Convention Centre staff and Chef Ernst Bucheler
- All of our hard working volunteers who helped to make the day run smoothly. We appreciate your continued support.
- Dan Carter, our emcee Channel 12 CHEX TV Durham. The day wouldn't be the same without you!
- Neil Crone & Kevin Frank for their hilarious improv and comedic performance
- Bruce Gorrie Jazz Trio for their beautiful music that filled the room
- Via Rail and Novotel Tours for their generous weekend get-a-way to Montreal
- Orchard Villa Pickering and their generous donation
- Abbeylawn Manor for making all the delicious chocolate mice
- Keith Jackson AKA "WILLY WONKA!" Thanks for his great spirit and enthusiasm!
- Oshawa Centre Holdings for purchasing 5 tickets to give away as gifts
- Our wonderful committee, Deanna Hollister, Susan St. John, Linda Bredin, Chris Braney, Robin Jackson and Nicole McNall



Our Prize and Raffle Donors for Chocolate Lovers Luncheon

Abbeylawn Manor, Advanced Office Equipment, Ajax Home Hardware, OLG Ajax Slots, Bellagio Jewellers, Build a Bear, Class Act Dinner & Theatre, Classic Flowers, CN Tower Tours, Cooking Class-Ryan Flick, Court at Booklin, Deer Creek, Dolls by Diana, Eldorado Golf Course, Enchanting Images Day Spa, Friends of ASDR, Marilyn Caldwell, Health-Rite Pharmacy, Hillier Creek Estates, Hinterland Wine Co., Jason Boyle, Lindt, Lovell Drugs, Mariposa Cruises, Marnwood Lifecare, Metro Whitby, No More Cooking, Orchard Villa, Oshawa Jewellers, Quilts Etc, Reeds Florists, Rekker's Garden Centre, Second City, Sewing Essentials, Shoppers Drug Mart Whitby and Bowmanville, Spa Sedona, The pearl Spa, Toronto Blue Jays, Fitness Bootcamp Canada, Oshawa Car Wash, Diana King, Toronto Maple Leafs, Town of Whitby, Urban Oasis, Van Belle Florists, ASDR Board of Directors, John Moore, Al Dente, Bella Notte, Burbs Bistro & Bar, Caffè Demetres, East Side Mario's, Hot Rocks, Jack Astors, Mongolian Grill, Nice Bistro, Pickles & Olives, The Brock House, The Keg, The Lake Grill Restaurant, Waterfront Bistro, Boston Pizza, Chartwell Wynfield RR, Hotners Greenhouses, Sheridan Nursery, Via Rail, Novotel Tours, Roy & Sue Vanderkwaak, Durham Regional Police Services, Huff Estates – Jason Sharp, The Regional Municipality of Durham, Betty Irving, Alex McGregor Drugs Ltd., Margaret Atkinson, Virginia Campbell, James Insurance Broker Ltd. Stanley's Fish & Chips & Oshawa Centre Holdings.



Our annual Coffee Break event will be held in September, please call the office for details 905-576-2567 or 1-888-301-1106.

WHISKY JOHN'S

BAR AND GRILL

Whiskey John's Fundraiser!

Thank you to Whiskey John's, and all who helped raise **\$1,650** for Alzheimer Durham. The event took place March 30th at Whiskey John's in Oshawa. It was in support of ASDR but **in loving memory of Mrs. Sarah Raucamp and Mrs. Lucia Carvalho**. A special thanks to all the sponsors and donors: SAIL, Mega Tan, P.J's Restaurant, Captain George's, Jewellery by Saunders, Oshawa Generals, Thermos, Lonestar, Fred Gillespie, Jewellery by Paula Coverly, Colleen Boyd, Nirmala Allen, Q107 Swag and Sarah Crossman.

COMING SOON.....



.....**Forget Me Not Walk 2012**

Join us **Sunday October 21st** for our 6th Annual Durham Forget Me Not Walk. This year's pledge-based fall walk will be held once again at Wooden Sticks and Countryside Preserve in Uxbridge. Please call the ASDR office at 905-576-2567 or 1-888-301-1106 for walk information and corporate sponsorship opportunities.

Coconut Oil and Alzheimer's Disease

'Is coconut oil good if you have dementia? Should I be taking it?'

Over the last few months, more and more people have been inquisitive about the positive benefits of taking coconut oil. Many are convinced it is effective in the fight against the losses associated with Alzheimer's disease, specifically memory loss. Why does coconut oil seem to be such an exciting finding?

Caprylic acid, a by-product of coconut oil, breaks down when ingested into ketone bodies. Advocates of coconut oil state that these ketone bodies offer another source of energy to brain cells that are damaged by Alzheimer's disease. Research already has demonstrated that the brain affected by Alzheimer's is unable to properly use glucose, the natural sugar and source of energy needed for a healthy brain. Brain scan images can show reduced levels of glucose in areas affected by dementia.

Many social media sites demonstrate 'amazing' findings from individuals' daily use of coconut oil and describe seeing less confusion, an increase in short term memory loss and a gain in lost functioning ability. What makes academic researchers wary is the fact that so few studies have been carried out using coconut oil and those that have been completed have only used rat subjects.

One Thai study (Radenahmad et al) seems to indicate that there may be a positive correlation between young coconut juice and the prevention and treatment of Alzheimer's disease in postmenopausal women. However, another study, conducted in Canada, indicated that a diet rich in Omega-3 versus another diet using coconut oil was far more effective in diminishing memory loss. (Examples of dietary items rich in Omega-3 include fish such as salmon, herring, trout, also walnuts, and flax seeds.)

Once again, both of these studies were conducted with rats meaning that there have been no human clinical trials to date and as a result, no scientific evidence that has been proven to help.



Another concern is that of the high saturated fat content of coconut oil. Saturated fats can raise unhealthy LDL cholesterol levels, decrease healthy HDL cholesterol levels and increase your risk of heart disease and stroke. Although coconuts are a natural food source, they are still very high in saturated fats.

As always, it is advisable to consult with a family physician about any alternative

therapies to confirm whether this is suitable for you. Be mindful that other remedies can potentially change how prescription drugs work in your body.

Therefore, informing your doctor and pharmacist about alternative treatments you may be using and being aware of any medication side-effects will keep you healthy.

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Alzheimer Society of Oxford, April 2012

BECOME A MEMBER TODAY

There are over 8,500 people with Alzheimer Disease or a related dementia in Durham Region. Join us in providing help for today...hope for tomorrow for people with ADRD and their care partners

Enclosed is my \$10.00 Membership Fee – You will receive our quarterly newsletter and invitations to special events throughout the year.

We do not share our member/donor list with any other agency or not-for-profit organization

New Member **Annual Renewal** **or Donation**

Total Amount Enclosed: \$ _____

Visa/Mastercard/AMEX # _____

Expiry Date: _____ Cash Cheque

Name: _____

Address: _____

Phone # _____ Email _____

I would like more information about:

- Alzheimer's disease
- Caregiving
- Related Dementia
- Fundraising
- Research
- Volunteering
- Our Programs & Services
- Other

ALZHEIMER SOCIETY OF DURHAM REGION SUPPORT SERVICES

AJAX-PICKERING <i>(4th Wednesday evening)</i>	EAST DURHAM <i>(3rd Tuesday evening)</i>	OSHAWA-WHITBY (Oshawa location) <i>(1st Wednesday afternoon)</i>
June 27 July 25 August 22 Time: 6:30-8:30p.m. Orchard Villa Retirement Residence Victoria Harbour Lounge 1955 Valley Farm Road, Pickering	June 19 July 17 August 21 Time: 6:00 p.m. – 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lambert Conference Rm., Bowmanville	June 6 July 4 August 1 Time: 1:00 p.m. – 3:00 p.m. Alzheimer Society of Durham Region Oshawa Centre Mall 419 King Street W., Ste. 207, Oshawa
AJAX-PICKERING <i>(2nd Wednesday morning)</i>	NORTH DURHAM <i>(last Tuesday afternoon)</i>	OSHAWA-WHITBY (Whitby location) <i>(3rd Wednesday afternoon)</i>
June 13 ** July 4 –date change ** August 8 Time: 10:00 a.m. – 12:00 p.m. Pickering Village United Church 300 Church St. N., Ajax	June 26 July 31 August 28 Time 1:30 p.m. – 3:30 p.m. Trinity United Church 20 First Ave., Uxbridge	June 20 July 18 August 15 Time: 1:00 p.m. – 3:00 p.m. New Location *Village of Taunton Mills* 3800 Brock St. North, Whitby

NORTH DURHAM OUTREACH SUPPORT

Offering one-to-one support for persons with dementia and their care partners in Port Perry, Beaverton and Cannington.
Please call us for more information or to book an appointment.

Also Offering Caring With Confidence Sessions Seasonally (four times per year) for Caregivers

EARLY STAGE SUPPORT GROUP

For person with early stage Alzheimer's disease or related dementia and their care partners.
Offered at scheduled times throughout the year. Call the Society for more information.

MEN'S BREAKFAST 3rd Wednesday of the month

A social breakfast meeting for male caregivers at Denny's Restaurant in Whitby from 9:00a.m. to 10:30a.m.

Alzheimer Society of Durham Region

Oshawa Centre (Executive Centre)
419 King Street West, Suite 207
Oshawa, ON L1J 2K5

To Contact Us

Phone: 905-576-2567 Toll Free: 1-888-301-1106
 Fax: 906-576-2033
 Email: info@alzheimerdurham.com
 Web: www.alzheimerdurham.com

Office Hours

Monday to Thursday 8:00 a.m. - 5:00 p.m.
Friday 8:00 a.m. – 4:00 p.m.

Closed

Monday July 2 – Canada Day
Monday August 6 – Civic Holiday

*Alzheimer Society of Durham Region
gratefully acknowledges funding from the
Central East Local Health Integration Network and our donors
who show their generosity in so many ways.*

Our Vision

To be a leader in the Alzheimer movement and recognized by our community as an essential provider of dementia-related services and supports.

Our Mission

Alzheimer Society of Durham Region's mission is to improve the quality of life of people with Alzheimer's disease or a related dementia and their care partners.

The printing of "Staying Connected" is generously sponsored in part by



Thank you for your support