

Staying Connected



A Newsletter from Alzheimer Society of Durham Region

2013 Walk for Memories

Please join us on **Sunday January 20, 2013** from 12:30 – 3:00 for Alzheimer Durham's annual **Walk for Memories** to honour and remember those who have been touched by Alzheimer's disease.



You don't have to worry about the weather because our walk will be held indoors at UOIT Durham College Wellness Centre at 2000 Simcoe St. N., in Oshawa.

The day will include host Gary Bernarde from CKDO, entertainment, refreshments and prizes for the best walker and best team. We expect to have an awesome day that will bring family, friends and colleagues together to honour someone special in their lives.

Show the community that you care through one of the various levels of corporate sponsorship available for the largest Alzheimer's fundraising walk in Durham. All of the funds raised will be used for Education and Family Support services provided to residents in Durham Region. Last year we raised \$30,000 and with your help we can do even better at our next walk.

If you would like to sponsor or volunteer at our event, please contact Nicole McNall at 905-576-2567 or 1-888-301-1106.

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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



Wishing you a
Wonderful
Holiday Season
And a New Year of
Peace and Happiness

Music and Dementia

Over 20,000 YouTube viewers have been touched and inspired by a video of Henry Dryer, age 92 and living with dementia. Right before our eyes we see Henry transform from being slumped over in his wheelchair, barely speaking or moving to shuffling his feet, swaying his body and singing out loud in perfect sync with his favourite songs heard through earphones connected to an iPod.



Oliver Sacks the noted neurologist and author, writes that humans are uniquely able to produce and enjoy music. Not only is music one of the ways we bond with each other, it literally shapes our brain. Sacks thinks this is because musical activity involves many parts of the brain (emotional, motor and cognitive areas), even more than we use for language! Sacks has seen the power of music in his practice as a neurologist. He notes the right sort of music can literally unlock someone frozen by Parkinson's disease, so that they may be able to dance and sing, even though, in the absence of music, they may be unable to take a step or say a word.

Sacks writes that remarkably, people with Alzheimer's disease and related dementias can respond to music when nothing else reaches them. As we see with Henry, and numerous other instances, musical memory somehow survives the ravages of disease and music can often reawaken personal memories and associations that are otherwise lost.

At a recent Music Care conference in Toronto, Dr. Connie Tomaino, Executive Director of the Institute for Music



and Neurological Function in New York, spoke about the connection between music and memory. She noted that key experiences in our lives are paired with music thereby strengthening how memory is encoded. Thus familiar music can stimulate autobiographical memory. As many families have witnessed, predictable melodies and lyrics can stimulate word retrieval in loved ones with dementia. Music also has the potential as a mnemonic tool to stimulate learning (e.g., of phone numbers, names, addresses) which could be useful in early dementia. Tomaino's work illustrates the therapeutic effect of music, though she cautions that for someone with more advanced dementia the effect is not immediate, it takes time and repetition (sometimes as long as 15 minutes) to see a response.

Henry is one of seven patients profiled in the yet to be released documentary "Alive Inside". Filmmaker Michael Rossato-Bennett took on the documentary project to promote Music and Memory, a non-profit organization based in the U.S., that brings iPods with personalized music to people with dementia living in long term care homes. Dan Cohen, executive director of Music and Memory has observed that the personalized playlists, chosen by loved ones, make people light up. "They're more alert, more attentive, more cooperative, more engaged," he said. "Even if they can't recognize loved ones and they've stopped speaking, they hear music and they come alive." Cohen's charity accepts new and used iPods and distributes them to nursing homes. They are also sharing resources to help others implement the program. Visit the website: www.musicandmemory.org.

Drawing on the social aspects of singing, the Alzheimer's Society in the UK has introduced a program: Singing for the Brain for people with dementia and their care partners to come together

with volunteer singing and music practitioners.

This article just skims the surface to highlight some of the new initiatives with music. Certainly, skilled music therapists have been using music therapy to promote memory and a sense of self in the treatment of older adults with dementia for over 25 years. Researchers are still trying to understand the effects of music and how it can be harnessed therapeutically. It is exciting to see initiatives finding creative ways to build on preserved abilities and connect with people who are no longer able to express themselves with ease. A note of caution, any intervention can have potential harms and the response to music must be monitored, some people may react negatively to choice/volume of music, earphones. Please contact Alzheimer Society Durham for more information about music and dementia.

Sources/Resources:

Oliver Sacks, Wired for Sound, The Oprah Magazine December 2008
 Institute for Music and Neurologic Function
<http://musictherapy.imnf.org/>
 Room 217 Therapeutic music resources: <http://www.room217.ca/>
 Musical exercises for the mind. Journal of Dementia Care. May/June 2006.

Welcome to our
new website!

Learn more about the
changes we've made
to serve you better

Alzheimer Society Durham has a new website! Over time, Alzheimer Society chapters across Canada are adopting a uniform appearance and sharing the most up-to-date local, provincial, national and international information about Alzheimer's disease and related dementias. We hope you find it easy to locate the information you need, whether it's the latest research, support for caregivers, or ways to keep your brain healthy. We're happy to receive your feedback or ideas about the website. Visit the Video Library in the **Resources** section (see Quick Links at the bottom of the home page, or We Can Help section) of our new website to view the online video The Power of Music!

www.alzheimer.ca/durham



Thank you to Cora's Pickering



Thank you to Denny's Whitby

Coffee Break is still ongoing, so if you would still like to host your own Coffee Break please call 905-576-2567.

**Pickering Village
Courtyard
Country Fall Fair**



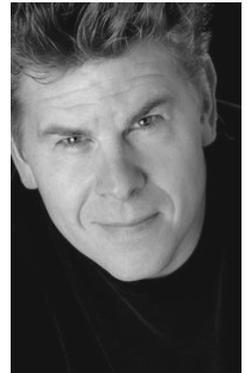
On September 22nd, 2012 the Pickering Village Courtyard merchants raised \$900.00 for Alzheimer Society of Durham Region at their Country Fall Fair.

A HUGE thank you goes to Chocolate Margaret, Michael Di Jacchio from Michael's Hair Studio and the rest of the merchants.

CROONING SENSATION DEAN HOLLIN CONCERT WAS A HUGE HIT!

A huge thank you to Dean Hollin for entertaining a full house with a memorable evening on September 10th 2012 at the St. Francis Centre in Ajax.

Thank you to all who attended this wonderful evening and for those of you that missed it, we are aiming to hold this concert annually.



You can check out Dean at:

<http://www.deanhollin.com/>



**A NIGHT TO REMEMBER
Halloween Party**

On October 29th 2012 Dayna George hosted an incredible Halloween Party. All \$1,430.00 raised was donated to Alzheimer Society of Durham Region.

Without supporters such as Dayna it would not be possible to offer the services we do.

CHOCOLATE LOVERS' LUNCHEON 2013

SUNDAY MAY 5TH 2013
Ajax Convention Centre



If you would like to attend or help organize this annual sold out event please call the office at 905-576-2567 or 1-888-301-1106



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 # _____

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

One of the biggest challenges faced by Care Partners is taking on that role as Master Advocate, organizer and scheduler of appointments and services. Here are a few tips and ideas to consider making that job less stressful and a little more manageable.

By National Family Caregivers Association

Whether calling government agencies, doctors' offices, disease specific service organizations, or insurance companies, more likely than not somewhere along the way you are going to have a frustrating experience. We all have stories about people who have been rude, people who don't seem to care, people who don't return phone calls, people who sound as if they come from Mars, people who sound like they want to help, but just don't have the answers you are looking for.

No magic solutions exist that will eliminate all the difficulties in finding information, making appointments, or getting past the menu of options that so often greet us on the telephone these days, but there are "tricks of the trade" that people who do telephone research on a regular basis and those that provide telephone support can teach us.

The Big 3

1. **Be prepared**—Avoid starting the process when you're rushed. Relax! Make sure you have a big pad of paper, a pen, a glass of water, and a reasonable amount of time.
2. **Don't give up**—You have the right to information and respectful service. Be persistent and patient. Realize that sometimes it will take ten calls to find out what you want. No one person or organization has all the answers.
3. **Try not to put people on the spot**—It makes them defensive. Rather try to enlist their support. Remember, you usually catch more flies with honey than with vinegar.



Before You Pick Up the Phone

1. **Review** written material first, if at all possible. Underline key points, or names and phone numbers of people and organizations you think you'll want to call.
2. **Make** a list of questions for each encounter. Write them down.
3. **Be clear** about what information you need. If you can't explain what you want, how can someone else tell you where to find it?
4. **Establish** a system for yourself: a check can mean you got through to the person, a minus can mean you are waiting for a call back, and a star can mean you actually resolved your problem.
5. **Create** a notebook or other organizer in which to record your information. Don't put it on little scraps of paper that can easily get lost. Try creating columns or headings at the top of the page: one for the name of the person, another for the name of the agency or company, another for the phone number, etc.
6. **"Psych"** yourself to make the calls. Do a little role-playing first if it will help calm your jitters and put you in the right mood.
7. **Make** calls when you're at your best. Are you a morning person? If so, make your calls then. Know when you're at your best and most alert.

Making Your Calls

Many ways exist to coax the person on the other end of the telephone line into helping you.

- **Be aware** of the pitch of your voice. Try to make it lower. A voice in a high register apparently can be disturbing to many people.
- **Be modest.** Tell the person on the other end of the line that you're an amateur, and that you hope they can give you some guidance. Enlist sympathy and thereby, help.
- **Establish a relationship.** If you're calling someone you think you'll need to call again, try to establish a relationship. Find out the person's name and some personal things if at all possible. Next time you call you can reference them and you'll truly have an ally.
- **Avoid yes or no questions.** They don't open people up. Read the next two questions: "Do you know where I can find accessible bus service?" With this wording, yes or no is the only answer. This following phrasing creates the possibility of dialogue "Where can I find information on accessible bus service in our town?" The point is to always leave people room for suggesting possibilities.
- **Be empathetic**—"I realize it is late in the day and you must be tired, but I really need your help."
- **Make the person** feel like your mentor. Complement helpfulness, even if you didn't quite get what you needed. The next time you call people will be more likely to go out of their way to help you.
- **Find out his/her schedule.** If the person you want isn't in, rather than just leaving a call back number, find out when he or she is expected.
- **Be polite,** but don't allow yourself to be brushed off. You have a right to information, especially from public agencies. If you've really tried to get help but are constantly meeting roadblocks, ask to speak to a supervisor.
- **Always get the name** of the person you are speaking to. It's helpful when you get conflicting information and you can say, "But so-and-so in the department of such-and-such said. Also knowing the person's name shows you really listened and puts you in control.

If at First You Don't Succeed...

Breaking through bureaucratic log jams can be daunting. Often there doesn't seem to be any rhyme or reason to the rules that have been established. When one approach doesn't work—try another.

Be creative. Turn an idea on its head and try looking at it from another direction.

Remember you don't have to find everything out yourself—divide and conquer is a time-honoured approach. Ask a friend, colleague, or relative to lend you a hand—especially in a time of crisis. You'll be giving those who want to help a straightforward task they can sink their teeth into.

Originally published by the National Family Caregivers Association (NFCA). Reprinted with permission.

ALZHEIMER SOCIETY OF DURHAM REGION SUPPORT SERVICES

<p style="text-align: center;">AJAX-PICKERING <i>(4th Wednesday evening)</i></p> <p style="text-align: center;">December 19 January 23 February 27 Time: 6:30 p.m. - 8:30 p.m. Orchard Villa Retirement Residence Victoria Harbour Lounge 1955 Valley Farm Road, Pickering</p>	<p style="text-align: center;">EAST DURHAM <i>(3rd Tuesday evening)</i></p> <p style="text-align: center;">December 11 January 15 February 19 Time: 6:00 p.m. – 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lambert Conference Rm., Bowmanville</p>	<p style="text-align: center;">OSHAWA-WHITBY (Oshawa location) <i>(1st Wednesday afternoon)</i></p> <p style="text-align: center;">December 5 January 2 February 6 Time: 1:00 p.m. – 3:00 p.m. Alzheimer Society of Durham Region Oshawa Centre Mall 419 King Street W., Ste. 207, Oshawa</p>
<p style="text-align: center;">AJAX-PICKERING <i>(2nd Wednesday morning)</i></p> <p style="text-align: center;">December 12 January 9 February 12 Time: 10:00 a.m. – 12:00 p.m. Pickering Village United Church 300 Church St. N., Ajax</p>	<p style="text-align: center;">NORTH DURHAM <i>(last Tuesday afternoon)</i></p> <p style="text-align: center;">December – call for date January 29 February 26 Time 1:30 p.m. – 3:30 p.m. Trinity United Church 20 First Ave., Uxbridge</p>	<p style="text-align: center;">***OSHAWA-WHITBY*** <i>(formerly in Whitby)</i></p> <p style="text-align: center;">Effective December 6 the Whitby group will be consolidated with the Oshawa support group . See above schedule for dates, times and location</p>
<p>NORTH DURHAM OUTREACH SUPPORT</p> <p>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.</p> <p>Also Offering Caring With Confidence Sessions Seasonally (four times per year) for Caregivers</p>		
<p>EARLY STAGE SUPPORT GROUP</p> <p>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.</p>		
<p>MEN’S BREAKFAST 3rd Wednesday of the month</p> <p>A social breakfast meeting for male caregivers at Denny’s Restaurant in Whitby from 9:00a.m. to 10:30a.m.</p>		

Alzheimer Society of Durham Region

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

To Contact Us

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 Fax: 906-576-2033
 Email: info@alzheimerdurham.com
 Web: www.alzheimer.ca/durham

Office Hours

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

Closed

Tuesday December 25 – Christmas Day
 Wednesday December 26 – Boxing Day
 Tuesday January 1 – New Years Day

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