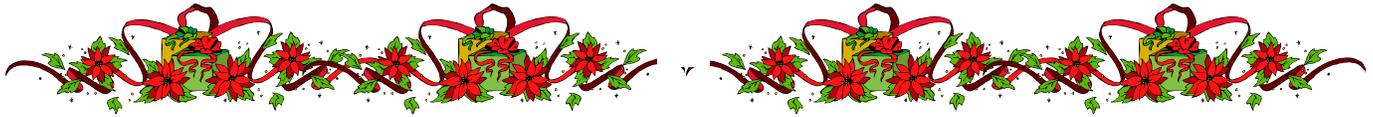


Staying Connected



A Newsletter from Alzheimer Society of Durham Region



Tips for Managing the Holidays by Jim Mann

With the holidays coming up, there are crowds, parties, and general sensory overload. The holidays can be an overwhelming time for everyone.

This is particularly true for someone with dementia.

Having a diagnosis of dementia means that things are not always going to work the way that you want. There may be times when you feel uncomfortable in a social situation. Realize that it's ok and a part of the disease. If you are feeling overwhelmed, don't be afraid to admit this to yourself and don't be afraid to take a time-out. For example, if you are at a party and feel uncomfortable, take a step back. If you need to go to a quiet room for a few minutes, or perhaps lie down, go ahead and do that.

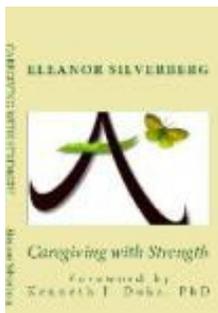
Here are some other strategies that you can use during the holidays or anytime when you feel stressed:

- Ask the person you are talking with to move with you to a less distracting space to continue the conversation.
- Feel free to leave a conversation if you feel uncomfortable.
- Go to a quiet place and close your eyes.
- Practice breathing.
- Share your feelings with others (communicating with family and close friends can help them to understand your point of view and the reasons for your actions).

This holiday season, if you are feeling overwhelmed, an important first step is to admit this to yourself. This will allow you to take proactive steps to handle the situation in the way that best suits your needs at that time.

Source: <http://bit.ly/1vpEIMZ>

Jim Mann is honorary editor of Insight (bulletin by Alzheimer British Columbia) and an active volunteer who advocates on behalf of and for people with dementia.



Caregiving with Strength Workshop with Eleanor Silverberg

Join us... **Saturday February 28, 2015**
9:30am – 12:30pm
ASDR Office (Oshawa Centre)

Helping families remain resilient! Facilitated by author & self-development coach Eleanor Silverberg. Cost **\$35** includes copy of her book 'Caregiving with Strength.' Please call Loretta or Brenda for details 905-576-2567.

***early bird fee \$30 until January 16, 2015**

iPod Project



Alzheimer Society of Durham Region (ASDR) is excited to announce the launch of an iPod Project and are currently looking for individuals living with dementia to be part of the first phase of the project. The iPod Project provides the means and opportunity for a person living with dementia to experience the benefits of listening to personalized music. For people with dementia, music has been shown to enhance mood, strengthen communication, improve feelings of wellness, and encourage connections with others.

To learn more about the iPod Project, how to participate or refer an individual to the project, contact ASDR at 905-576-2567, or e-mail your questions to ipod@alzheimerdurham.com

Minds in Motion



Pre-registration is required. No membership to centre required. Cost for 8-week session is \$40/couple.

Designed for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners, Minds in Motion incorporates physical activity and mental stimulation as a way of helping people live well with the disease, while encouraging care partners to take care of themselves as well.

Alzheimer Society of Durham Region's program **Starts Friday, January 16th 2015**. The social program runs for 8 consecutive weeks with the option of one morning or one afternoon session. Minds in Motion incorporates 45-60 minutes of exercise and 45-60 minutes of mentally stimulating activities for individuals with dementia and their care partner.

Friday Morning Session
OSCC – John Street Branch
43 John Street West
9:30am-11:30am

Friday Afternoon Session
Whitby Seniors' Activity Centre
801 Brock St S
1:30pm-3:30pm

For more information contact Robin: 905-576-2567 x26 or e-mail rjackson@alzheimerdurham.com

JOIN TODAY!

Renew or become an Alzheimer Society of Durham member today.

Please see enclosed membership form for additional info.

Stay in the Loop



For more information or to register for the programs and services below visit our website www.alzheimer.ca/durham or call 905-576-2567. All workshops will be delivered at the ASDR Office (419 King St. West, Oshawa, Oshawa Centre Mall, Executive Centre, Suite 207).

Living Well with Dementia Workshop	Caregiving with Strength Workshop	Next Steps Series For people with dementia and their caregivers
<p><i>Workshop for individuals newly diagnosed with a dementia and their care partners to help them understand their diagnosis. Topics include, what is dementia, memory loss, coping strategies, drugs & treatment, future planning, community resources and supports.</i></p> <p>Tues. February 17, 2015 1 – 3pm</p>	<p>Helping families remain resilient! <i>Facilitated by author & self-development coach Eleanor Silverberg.</i> <i>Cost \$35 incl. book (early bird fee \$30 until Jan, 16/15). Please call Loretta or Brenda for details.</i></p> <p>Sat. Feb. 28 9:30am – 12:30pm</p>	<p>Overview of Dementia Thurs. Jan 15, 9:30am–12:00noon</p> <p>Communication and Behaviour Thurs. Feb 19, 9:30am–12 noon</p> <p>Caregiver Stress Thurs. Mar 19, 9:30am-12:00 noon</p>



WALK FOR MEMORIES

TEAM CHALLENGE!

Sunday, January 25th 2015 join us at UOIT/Durham College Campus Wellness & Recreation Centre and lace up to walk for the special caregiver, family, friend or person living with dementia in your life. Registration starts at 11:00 am followed by the walk at 12:00 noon.

Visit www.walkformemories.ca to register your team for a chance to win great prizes, enjoy free entertainment and help those living with Alzheimer's disease or a related dementia in your community.

There is great demand for support for the 747,000 Canadians affected by this disease across Canada. With your registration and commitment to fundraising we hope to raise \$50,000 to support programs and services for those living with dementia, caregivers and care partners throughout the community.

If you've joined us in the past 13 years we hope to have you walk again this year! If you are registering for the first time, you've joined a great team of people striving to make a difference one step at a time! For more information contact 905-576-2567 or e-mail Jessica at jscheffee@alzheimerdurham.com

Are you ready to challenge your friends, family and co-workers and show your competitive spirit as you battle for top fundraiser?

1. Register your team at www.walkformemories.ca
2. Start collecting pledges
3. Set a team fundraising goal
4. CHALLENGE ACCEPTED!

Each individual that raises \$500 will be entered into a draw to win a pair of tickets to see the Toronto Maple Leafs play at the Air Canada Centre in Toronto!



Great Food, Good Company and Chocolate! Save the Date: Chocolate Lovers' Luncheon 2015

You are cordially invited to attend Alzheimer Society of Durham Region's Chocolate Lovers' Luncheon on **Sunday, May 3rd 2015 at the Ajax Convention Centre**. What is better than an afternoon filled with a delectable three course lunch, good company and endless amounts of chocolate? Your ticket supports Alzheimer Society of Durham Region and the 8,500 individuals living with Alzheimer's disease or a related dementia and their care partners in Durham Region.

For more information visit www.chocolateloverslunch.ca, contact 905-576-2567 or e-mail jscheffee@alzheimerdurham.com. Stay tuned for ticket sales and sponsorship opportunities.

Visit us on Twitter and Facebook to stay up-to-date on the latest news, research, community events, and education and workshop opportunities:



/alzheimer.durham



/AlzheimerDurham

ALZHEIMER SOCIETY OF DURHAM REGION SUPPORT SERVICES

AJAX-PICKERING <i>(4th Wednesday evening)</i>	EAST DURHAM <i>(2nd Tuesday evening)</i>	OSHAWA-WHITBY (Oshawa) <i>(1st Wednesday afternoon)</i>
December 17 January 28 February 25 Time: 6:30-8:30p.m. Orchard Villa Retirement Residence Victoria Harbour Lounge 1955 Valley Farm Road, Pickering	December 9 January 13 February 10 Time: 6:00 p.m. – 8:00 p.m. *NEW* Garnet B. Rickard Complex Community Care Unit 1 2240 Hwy 2, (King St. W), Bowmanville	December 3 January 7 February 4 Time: 1:00 p.m. – 3:00 p.m. Alzheimer Society of Durham Region Oshawa Centre Mall, Executive Ctr. 419 King Street W., Ste. 207, Oshawa
AJAX-PICKERING <i>(2nd Wednesday morning)</i>	NORTH DURHAM <i>(last Tuesday afternoon)</i>	MEN'S BREAKFAST <i>(3rd Wednesday morning)</i>
December 10 January 14 February 11 Time: 10:00 a.m. – 12:00 p.m. Pickering Village United Church 300 Church St. N., Ajax	No Meeting in December January 27 February 24 Time 1:30 p.m. – 3:30 p.m. Trinity United Church 20 First Ave., Uxbridge	December 17 January 21 February 18 Time: 9:00 a.m. – 10:30 a.m. Denny's Restaurant 75 Consumers Drive, Whitby

NORTH DURHAM SATELLITE 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.

EARLY ONSET SUPPORT GROUP

For those diagnosed with dementia **65 years and under** along with their care partner, to learn more about the diagnosis with others facing similar challenges. Please contact Michelle Pepin, Director of Family support for further details

EARLY STAGE SUPPORT GROUP

For those diagnosed with dementia along with their care partner, to learn more about the diagnosis with others facing similar challenges. Please contact Michelle Pepin, Director of Family support for further details

We are pleased to add a new caregiver support group for the residents of Wilmot Creek on the last Tuesday of the month. Please call Karen Morley for additional information.

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.

From all of us at
 Alzheimer Society of Durham Region
 We wish you a safe & happy holiday season.



Holiday Hours

Dec. 24 8:30-1:00pm
 Dec. 25&26 closed
 Dec. 31 8:30-1:00pm
 Jan. 1&2 closed

Alzheimer Society of Durham Region

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

Contact Us

Phone: 905-576-2567 Toll Free: 1-888-301-1106
 Fax: 906-576-2033
 Email: information@alzheimerdurham.com
 Web: www.alzheimer.ca/durham

Office Hours

Monday to Friday 8:30 a.m. – 4:30 p.m.

Please note that the Oshawa Centre Mall is currently under construction. Please park on the West side of the mall and enter through the BMO entrance. Follow the signs to the Executive Centre.

Alzheimer Society of Durham Region
 gratefully acknowledges funding from *its many*
 generous donors and

