

**Tax tips**

**Your dementia-friendly tax credit guide**

The dreaded Tax Season is upon us in Ontario, and if you're a caregiver you may be wondering what caregiver tax credits you may be eligible for. With the help of Glenn Hayter of Hayter and Associates Inc., Certified Management Accountant, we've created a three-part guide to help you navigate tax credits for caregivers, and how they might apply to you and your family. **Get tax-savvy. Start here>**

<http://alzheimersocietyblog.ca/caregiver-tax-guide-tax-credit-tax-deduction>

**Dementia Friendly Community**

**Make your community dementia friendly**

Dementia Friendly Communities training will help you better understand the everyday experiences of people with dementia. Help build dementia friendly communities.

**Get started >**

<http://www.alzheimer.ca/en/on/We-can-help/Dementia-Friendly-Communities-Ontario/Building-Dementia-Friendly-Communities>



**Congratulation to Alliance Coin & Banknote in Almonte for becoming a Dementia Friendly Business**

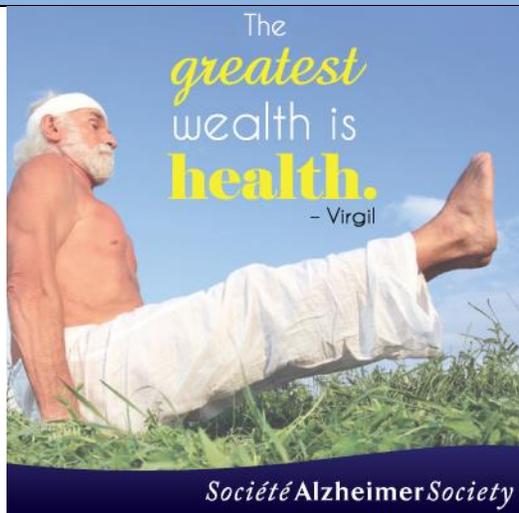
**Can meditation slow down cognitive decline?**

**Can meditation slow down cognitive decline?**

Alzheimer Society Research Program grant recipients Drs. Carol Hudon and Sonia Goulet want to know if mindfulness meditation can relieve stress associated with memory lapses in early stage Alzheimer's and if it might actually slow down cognitive decline.

**Read on>**

<http://alzheimersocietyblog.ca/can-meditation-slow-cognitive-decline-neuropsychologist-dr-carol-hudon-psychologist-dr-sonia-goulet-aim-find>



## Traumatic brain injury – “Protect Your Head”

### Protect your head!

More than a million Canadians live with a brain injury. You may know that traumatic brain injuries can affect the overall cognitive functioning of a person, but did you know that past head traumas appear to increase the risk of developing Alzheimer’s disease? Protect your head. **Here’s how>**

<http://www.alzheimer.ca/en/on/About-dementia/Brain-health/Protect-your-head>



## CELEBRATING VALENTINE’S DAY for ADP



# Alzheimer Society

LANARK LEEDS GRENVILLE

## GIVE YOUR MIND AND BODY A BOOST!

Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners.



*"Both my Mom and Dad are transformed when they are at this simply yet effective program. Minds in Motion gives them a place to not only engage in physical activity but also develop a supportive social network with others in the group." Patrick T, Care partner*

## Minds in Motion®

This program is funded through a grant from



## ARE YOU LIVING WITH A DIAGNOSIS, OR CARING FOR SOMEONE WITH EARLY TO MID-STAGE DEMENTIA?

Give a physical and mental boost with the Minds in Motion® program hosted by the Alzheimer Society Lanark Leeds Grenville.

- This is a two hour per week program that runs for 8 consecutive weeks.
- The program combines 45-60 minutes of physical activity led by a trained Fitness Instructor followed by a 45-60 minute cognitive stimulation activity facilitated by Alzheimer Society staff and volunteers.

### NEXT SESSION:

FRIDAYS, APRIL 6-MAY 25, 2018  
10:00AM-12:00PM

REGISTER BY: MAR. 23<sup>RD</sup>

CONTACT: GERALYNNE SMITH

PHONE: 1-866-576-8556

EMAIL: [gsmith@alzllg.ca](mailto:gsmith@alzllg.ca)



**Woof Woof - We welcome Jackson to our "Wake Up Wednesday" program in Brockville ! Jackson (nicknamed Jack) is an eight year old border collie and a trained St. John Ambulance therapy dog. He performed several tricks and was a hit with the group. We are so happy that Jack will be visiting us once a month with his owner Barb Creech.**

# Upcoming Events



**Join thousands of Canadians who want to see a world without Alzheimer's disease.**



Walk for Alzheimer's is Canada's biggest fundraiser for Alzheimer's disease and other dementias.

Monies raised support programs and services in your community that improve the quality of life for people living with dementia and their families, and support other activities like education and public awareness.

When you walk, you make memories matter. You send a message of hope to Canadians currently living with dementia, and thousands more who care for them. When you fundraise, you promise them that help will always be available.

Join our Walk today for fun, fitness and raising much-needed funds and awareness.

# Alzheimer Society

L A N A R K L E E D S G R E N V I L L E

## Communication & Safety in Dementia Care

**Brockville Convention Centre - 7829 Kent Blvd**

**April 25th, 2018 9:00am—3:30pm**

**Networking from 8:30am—9:00am**

**Transportation Available for Lanark County Participants**

**Dr. J.B. Orange, PhD. Professor - Western University**

*Enhancing Communication Strategies*

**Mr. Ron Beleno - Experienced Caregiver**

*Technology & Strategies for Aging Safely at Home*

**Mary Campbell & Robin Hull - Alzheimer Society LLG**

*Finding Your Way*

**Sergeant Jeff Arnold - OPP**

*Search & Rescue*

**Advance Registration Only: Deadline April 6th, 2018**

Payment due upon registration. Fee includes lunch.

Caregivers, Students and General Public: \$25

Health Care Professionals: \$35

TO REGISTER: [alz@alzllg.ca](mailto:alz@alzllg.ca) Toll Free 1-866-576-8556



## Right Where You Left Me!

One of the hardest things people living with dementia and their caregivers have to cope with, is the disappearance of family and friends from their lives after there has been a diagnosis of dementia. Unfortunately I frequently hear from people that this 'disappearance' felt worse than the diagnosis did at the start and placement into long term care later on. What is happening here?

Now this certainly doesn't apply to all situations, and thank goodness for that. It however does apply to an alarming number. Thank you to the families and friends who never went anywhere, who grabbed the bull by the horns and got the job done, making the best of a trying situation as a team. This article speaks to those who have decided it's easier to look the other way or to not look at all, "it's too hard to see my friend, father, mother this way". "They wouldn't want me around anyway, it's too embarrassing". Yes that's right, "too embarrassing" Friends, not good enough!

Let's break a minute from this theme and consider another angle. I hear all the time that people don't want to be a bother to their children and friends, as they have busy lives and families of their own. This mindset is across the board when we consider a senior population that has a higher rate of dementia. We also need to consider people with dementia may no longer have the ability to make phone calls, know when they last spoke with friends and loved ones or be able to coordinate visits and quality time. In these moments people living with dementia just run with the mindset that they don't want to be a bother, what's more accurate however is they don't know how to reach out. At this point they must lean on family and friends to reach out. Not out of convenience, but out of necessity. Folks with dementia need lives that are engaged and stimulated. They require visits from family or phone calls just to check in! This is an issue that people living with dementia cannot resolve on their own.

Being connected and valued by others is certainly part of being human (living with dementia or not). This idea of social belonging has been around for a long time as seen in Maslow's hierarchy of needs. Abraham Maslow was an American psychologist who created a theory of psychological health. There are five levels to this hierarchy and social belonging finds its place right in the middle - friendship, intimacy, trust, acceptance, receiving and giving affection and love. It should be pointed out that deficiencies within this level such as neglect, shunning and isolation can affect a person's ability to form and maintain significant relationships.

As you can see, social belonging is an essential component of quality of life for all of us, however in the dementia world it's even bigger! Dr. Maria Carney a geriatrician at Northwell Health in New York states: "more and more elderly people are becoming isolated and as a result unhealthy. This becomes a cycle – isolation, loneliness, depression, illness" Not a very good outcome for people living with dementia as more and more of our senior population are. The lack of interaction and social correspondence is devastating!

Developers of the Best Friends Approach to Dementia Care, Virginia Bell and David Troxel have co-authored an Alzheimer's Bill of Rights. This Bill of Rights lists twelve points and three of them directly relate to the topic at hand. It states: Every person diagnosed with Alzheimer's disease or another dementia deserves:

- The right to experience meaningful engagement throughout the day.
- The right to have welcomed physical contact, including hugging, caressing, and handholding.
- The right to be part of a local, global, or online community.

Lastly friends I would like you to check out a few links below. The first one will take you to a short video by a gentleman living with Alzheimer's, Alan Beamer. The video is titled 'Drop In on Friends with Alzheimer's'. It has a powerful message and it has gone viral, with over a million views. <https://www.youtube.com/watch?v=ZnNJAUeUyXI> the second link shows the support and impact Alan's video has made on other people living with dementia. He is not alone! <https://www.youtube.com/watch?v=h6NSOpafR4>

[If you have been moved by this or perhaps you feel I'm speaking to you, what can be done? The majority of people who struggle with this question simply need some guidance, a little education.](#) The Alzheimer Society of Lanark Leeds Grenville can help with ways to connect! We can help you gain an understanding and explain the benefits for you and those living with dementia. You certainly are not alone, you have an opportunity to get involved. Please don't look back in the future and wish you did. Seek out your family and friends, they are right where you left them!

Sean McFadden, Education & Support Coordinator

## “Tie One On” for Alzheimer’s



By purchasing a tie you are

Creating Awareness

Reducing Stigma

Supporting families in your community diagnosed with Dementia

January is Awareness month and this year you can show your support  
by wearing your Forget Me Not tie throughout the month

Order yours today by calling Bobbi-Jo at  
866-576-8556 or Email [bwhite@alzllg.ca](mailto:bwhite@alzllg.ca)

Only  
\$25.00

Join the fight against Alzheimer’s and help reduce stigma and “Tie One On” for Alzheimer’s this January. By purchasing a Forget-Me-Not Tie you are helping reduce stigma, bring awareness to this disease and showing your support for those diagnosed.

**Ties are being sold at:**

Perth Day Program Site, 115 Christie Lake Road  
Brockville Alzheimer Society Main Office, 42 Garden St.  
Ground Waves in Perth

# Alzheimer Society

LANARK LEEDS GRENVILLE

## WORDS OF WISDOM

### MONTHLY LEARNING SERIES

AT THE WEDGEWOOD RETIREMENT RESORT  
15 MARKET STREET EAST, BROCKVILLE – THEATRE ROOM

2<sup>ND</sup> WEDNESDAY OF EACH MONTH FROM 10-11:30 AM

WEDNESDAY, MARCH 14, 2018

Everyone welcome. No registration required.  
Refreshments.

March Topic: Wills, Power of Attorney, Disability Tax Credit,  
Caregiver Benefit, Medical Travel Expenses

Guest Speakers: Robert Hammond of  
Hammond-Osborne Barristers and Solicitors

Jim Williamson, Volunteer Centre of St.  
Lawrence-Rideau



42 Garden Street, Brockville, ON K6V 2C3  
TEL: 613-343-7392 FAX: 613-343-3186  
TOLL FREE: 1-866-376-6536

## Thank You for Your Support



The Gananoque Lake Charity Radar Run was held on February 17 and raised \$900 for the Alzheimer Society Lanark Leeds Grenville. Thank you to all the volunteers and participants that made this happen. A special thanks to Jeff Griffen for hosting the event.

## PROGRAMS & SERVICES

**Please contact us if you are looking for support, information, Adult Day Program/Weekend Respite or interested in attending a Fundraising Event.  
1-866-576-8556**

### Head Office

**42 Garden St. Brockville ON. K6V 2C3  
1-866-576-8556  
www.alzheimer.ca/llg  
alz@llg.ca**

### Satellite Offices

**Almonte - 453 Ottawa St. Appointment Only. 8:30am to 4:00pm  
Smiths Falls - 2 Gould St. (Elmsley St. Entrance at back of building). Open Monday 8:30am to 4:00pm  
Perth- 115 Christie Lake Road. Open Monday - Thursday 8:30am to 4:00pm, Friday 8:30am to 3:00pm  
Kemptville - 215 Sander St. (Kemptville Senior Home Support) 1st Friday of the month. 9:00am to 4:00pm  
Prescott - 623 King St. W. (Walker House), 4th Monday of the month. 9:00am to 4:00pm  
Elgin - 10 Perth St. (Guthrie House), 3rd Friday of the month. 9:00am to 4:00pm  
Gananoque - 25 Mill St. 1st Wednesday of the month. 9:30am to 12:30pm  
Landsdowne - 1012 Prince St. 1st Wednesday of the month. 1:00pm to 4:00pm**

## STAFF

Louise Noble – Executive Director  
Bobbi-Jo White – Fund Development Coordinator  
Jane Baker – Administrative Assistant  
Melinda Coleman – Client Service Manager  
Geraldynne Smith – Education & Support Coordinator  
Robin Hull – Education & Support Coordinator  
Sean McFadden – Education & Support Coordinator  
Mary Campbell – Education & Support Coordinator  
Cathrine Maskell – Education & Support Coordinator

Tania McGlade – ADP Team Leader  
Jessica Rainville – ADP Team Leader  
Leisha Currier – Weekend Respite Team Leader  
Wanda Labelle – Program Assistant  
Anita Topping – Program Assistant  
Marg Sproule – Program Assistant  
Marg Campbell – Program Assistant  
Tim McDonald – Program Assistant  
Megan Scott – Program Assistant  
Laurie King – Program Assistant

