

The Unforgettable Review

Spring 2013

Your leading source for Alzheimer's and dementia related information and support since 1986



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Remembering Doris Arnold

1929 ~ 2012



Doris was born in Forest Farm, Saskatchewan in 1929 but was a longtime resident of Thunder Bay. Doris and her husband John Arnold were both educators in our community. John was founding principal of Sir John A. McDonald School, and Doris taught at the old Central School and also at Forest Park in the Hard of Hearing class.

Doris was probably most known in Thunder Bay for teaching hundreds of people calligraphy in schools and in her home, as well as at the Quetico Centre two weekends per year, for over 25 years. Everyone attending her workshops at Quetico Centre became a "Quetico Quill" and she became known as Mama Quill. She then produced a number of calligraphied books by the Quetico Quills, including the yearly "Laugh a Little Calendar" up until 2011.

Doris became Patron of the Alzheimer Society of Thunder Bay in 2006, in memory of her husband who died of Alzheimer's disease in 1992. As Patron, Doris was passionate about reducing the stigma associated with Alzheimer's disease and other dementias.

The Alzheimer Society of Thunder Bay wishes to extend its sincere gratitude for the work that our dear friend and patron, Doris Arnold, did for and with us over the years. We appreciate the mark she left behind, and we are touched by the continuation of her legacy through the establishment of the John & Doris Arnold Memorial Fund.

We invite you, our readers, to honour the memory of Doris with the following story written by her daughter, Sharon Dawson.

By Sharon Dawson

After 30 years as a public school principal, my Dad retired in 1984. He and Mom were looking forward to travelling, spending more time at camp, and enjoying the grandkids. However, after Dad retired, Mom realized he was having more difficulty with his memory, speaking, and performing daily tasks. Later she realized some signs were apparent before his retirement, but those around him had kindly compensated so nothing went amiss.

Cont'd on Page 3

Thank you for your donation which allows us to provide help and support to all those affected by this devastating disease

MISSION

The Alzheimer Society of Thunder Bay exists to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research. We achieve this mission by:

- Promoting the rights and well-being of the person with Alzheimer's disease and their caregivers
- Supporting the delivery of programs for individuals affected by the disease
- Providing funds for research

VISION

A world without Alzheimer's disease achieved together.

PATRON

Doris Arnold, *In memory of John H. Arnold*

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CONTACT INFORMATION

Phone: (807) 345-9556
Toll Free: (888) 887-5140
Fax: (807) 345-1518
Email: info@alzheimerthunderbay.ca
Website: www.alzheimer.ca/thunderbay
Facebook: www.facebook.com/astbay
Hours: Mon. - Fri., 9:00 am - 4:30 pm
180 Park Avenue, Suite 310
Thunder Bay, ON P7B 6J4

New & Renewing Members

Carole Arnold
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Grants

Northern Ontario Heritage Fund Corporation
Ontario Trillium Foundation
Thunder Bay Community Foundation



If you would like to commemorate a happy occasion please contact us at (807) 345-9556

**Community acknowledgments noted between November 1st, 2012 and February 28, 2013. Memorial donations can be found on page 15. Donations are listed under the name of the person in whose memory the donation was made. We treat your personal information with respect. We do not rent, sell or trade our mailing lists. Information you provide will be used to provide tax receipts and keep you informed of events and opportunities. If you wish to be removed from our list, contact us by phone at (807)345-9556 and we will gladly accommodate your request.*

IN MEMORIAM

Remembering Doris Arnold (cont'd)

By Sharon Dawson



After a trip overseas where Dad had lost his wallet and was incapable of being alone, Mom decided to investigate further. She was told it was just depression and not to worry about normal lapses in memory. Mom was not convinced and after additional testing in London, Ontario, Dad received a diagnosis of Alzheimer's disease.

In 1987, a diagnosis of Alzheimer's disease was not only devastating but rare. There was little support and few medications were available. Mom became worried about the future. She was not prepared, however, for the reaction of some family and friends; some people stopped calling or no longer included them in social activities. Even some of our family members could not admit this awful disease was affecting one of their own. One sad story remained a focus for Mom's future volunteer work and support of the Alzheimer Society until she died. One day while walking in the mall, one of Dad's former colleagues turned his head and avoided them altogether rather than greeting them. This hurt Mom so deeply; she drew on this incident often when she spoke publicly about reducing the stigma associated with Alzheimer's disease and dementia.

Dad passed away in 1992. Mom continued to reach out to people who were diagnosed with, or caring for a spouse with, Alzheimer's disease. She would visit, offer support and hugs and always tried to eliminate the sting of the stigma associated with the disease. In 2006, Mom was excited to become Patron of the Alzheimer Society and used every opportunity to talk about and raise funds for the Society. She donated the sales of her handmade cards and held a fundraising "sing song, pot luck" as her Coffee Break, every year!

Mom passed away in December 2012, and in Memory of Mom and Dad, we established the "John and Doris Arnold Memorial Fund". The funds will be used to support awareness and education. It is a fitting tribute to two dedicated teachers. People can donate at any time. Perhaps your family has also felt the sting of stigma, or maybe you too have watched a loved one struggle, or perhaps you have been grateful for the information in the Society's newsletter, or maybe you are a grateful recipient of support. Our family is hopeful that you will consider choosing this fund in memory of someone, or "in honour" of a special individual or event.

We are all hoping for a tomorrow without Alzheimer's disease, but until then we need to provide some help for today.

SOCIETY HIGHLIGHTS & EVENTS

See Me, Not My Disease



According to a recent poll by Alzheimer's Disease International, 40% of people living with dementia reported that they had been avoided or treated differently after diagnosis. One in four respondents cited stigma as a reason to conceal their diagnosis.

That's why the Alzheimer Society launched its new campaign: **See me, not my disease**, which stresses that only by understanding the disease and talking more openly about it, can we face our own fears. Its goal is to address myths about the disease and shift attitudes, making it easier to talk about dementia.

Public health experts say that it has never been more important to deal with the stigma surrounding dementia. Today, 747,000 Canadians live with it, a number expected to double to 1.4 million in the next 20 years. In Northwestern Ontario, over 3,200 individuals have Alzheimer's disease or other dementia, and it is estimated that for every person with dementia, at least 12 more people are affected including family, friends and caregivers.

Anne Harrison is one of the growing numbers who understand what is at stake. Anne cares for her husband who has Alzheimer's disease.

"People aren't ashamed of cancer. So, why should we be ashamed of Alzheimer's disease?" she asks.

You can help by becoming a stigma buster: learn the facts, don't make assumptions, watch your language, treat people with dementia with respect and dignity, be a friend, and speak up!

Test your attitude toward dementia by taking the Alzheimer Society's online quiz at www.alzheimer.ca/letstalkaboutdementia. While there, learn more about the disease and how you can help to change the conversation.

Ambassadors in Action



Cherie Kok shares stories with NOSM's medical students about communicating with her mother who has dementia



Melanie Albanese (right) tells Shaw TV about what it's like to be a care partner with stepmother Marg Baxter, for her father Paul



Bill Heibein, who was diagnosed with Alzheimer's disease in 2000, raises the forget-me-not flag with the Mayor for Awareness Month

The Alzheimer Society of Thunder Bay continues to seek individuals and families to act as Ambassadors for Alzheimer's disease & other dementias as well as for the Society's services.

If you are interested in learning more about the Ambassador program and/or signing up, please contact: **ASHLEIGH QUARRELL, Public Awareness & Media Relations Coordinator** 807-345-9556 or awareness@alzheimerthunderbay.ca

SAVE THE DATES

15th Annual Caregiver Retreat
Saturday, October 5, 2013

18th Annual Dementia Care Conference
Friday, October 11, 2013
Featuring Keynote Speaker,
Dr. J.B. Orange, PhD

12th Annual Alzheimer Rendezvous
Thursday, November 28, 2013
Featuring Keynote Speaker,
The Agenda's Steve Paikin

More information to follow
in our next newsletter

Finding Your Way - For People With Dementia, Every Step Counts

The Ontario Government in partnership with the Alzheimer Society of Ontario recently launched a groundbreaking safety awareness program for people with dementia who may go missing. **Finding Your Way**, a new wandering prevention program funded by the Ontario Government, will help prevent people with dementia from "wandering" and going missing, and also help caregivers and other family members prepare for such incidents, if they occur.

Nearly 200,000 Ontarians have dementia and over 3,200 people living in Northwestern Ontario. Locally, these numbers represent an increase of more than 6 percent over the past four years. By 2020, nearly



250,000 seniors in Ontario (3,700 in Northwestern Ontario) will be living with some form of dementia. Statistics show that three out of five people with dementia go missing at some point, often without warning. There is greater risk of injury, even death, for those missing for more than 24 hours. Having a plan in place and knowing how to protect the individual is a must for caregivers.

The Finding Your Way safety kit contains information to help families

create personalized safety plans.

The kit includes:

- An identification kit with space for a recent photo and physical description that can be shared with police in an emergency
- At-home safety steps to help prevent missing incidents from occurring
- Steps to safeguard a person with dementia, such as using the Alzheimer Society of Canada's MedicAlert® Safely Home® program
- Tips on what to do when a person with dementia goes missing and when reuniting after a wandering incident
- The latest information on locating devices

Visit www.findingyourwayontario.ca or contact us at 807-345-9556

30 Days to Better Brain Health Challenge Returns!

Our incredibly popular challenge is back for another year!

It is never too soon, or too late to make the lifestyle changes necessary to help improve your brain health; changes that may also help to reduce your risk for Alzheimer's disease or other dementias. That's why the Alzheimer Society of Thunder Bay challenges you to participate in this year's 30 Days campaign to achieve better brain health.

The Better Brain Health Challenge is a team-based contest whereby participants receive weekly tasks to complete that work to: challenge their brains, be socially active, choose a healthy lifestyle and protect their head. Get 4 or more friends, family members, or colleagues together and have some fun while getting healthy. The proof will be in the photos you take...bonus points for creativity and enthusiasm. Prizes will be awarded each week with grand

prizes at the end of the 30 days.

We are also introducing a classroom-adapted version of the challenge this year. Teachers in local elementary schools have opportunity to participate with their students for a chance to earn special student prizes.

Registration deadline: May 31, 2013

Contest runs: June 3 – July 3, 2013
Classroom version: June 3 – June 26



SOCIETY TEAM UPDATES

Staff Updates



Welcome to Pam Gerrie!

Pam joined the Alzheimer Society team in October 2012 as the First Link Coordinator. Prior to joining us Pam worked as a Hairstylist, which she continues to do part-time. Pam completed her Hospital Ward Clerk Certification at Confederation College in 2010.

Pam has spent time volunteering at the Heart & Stroke Foundation, which sparked her interest in the "behind-the-scenes" of healthcare and the ability to help people in a different way. She appreciates her role of being the literal first link for clients of the Alzheimer Society, helping them to get the help and support that they need.

Outside of work, Pam enjoys spending time with her partner Wayne, especially watching him race his motorcycles. She also enjoys travelling to hot places, reading, walking, and playing with her dog Macy.



Welcome to Laura Suddaby!

Laura joined the Alzheimer Society team in January 2013 as the Administrative Assistant. She brought with her six years of experience working as an administrative assistant in the construction industry. She is excited by the opportunity to work for a non-profit organization as it offers a new challenge and is already extremely rewarding.

Laura graduated from Confederation College in 2004 from the Human Resources Administration program. She currently sits on the Heart & Stroke Foundation's Chapter Council, celebrating her 5-year anniversary in that role.

Laura enjoys spending time with Ryan, her husband of three years, and claims to have been bitten by the travel bug. They have been to many places, highlights being California and Las Vegas and next stop being Hawaii. Laura enjoys being outdoors, playing with her dog Baxter, and doing arts and crafts, especially jewellery-making and scrapbooking.

Volunteer Profile - Kim Palmer



Kim Palmer has been volunteering with the Alzheimer Society for two years. She began soon after moving to Thunder Bay as a way to get to know her new community and give back to it right from the start. She has worked in reception and assisted at health fairs and our annual Walk for Memories. She likes to help out wherever she can. Her favourite part about volunteering is getting to meet and spend time with everyone from our staff to our clients.

Kim enjoys sewing and creating new things, reading, playing with her three cats and two dogs, and doing any kind of puzzle (what she calls her "brain food"). She loves to spend time with her big family as well as to cook and bake for them. Kim is thrilled to become a grandmother for the first time very shortly.

"Agencies like the Alzheimer Society wouldn't be able to do half of the important work that they do without volunteers. I would definitely recommend to anybody and everybody to step up and make a difference!"

NOTICE OF ANNUAL GENERAL MEETING

When: Wednesday, June 26, 2013

Time: 5:30 - 7:30 p.m.

Where: Thunder Bay Art Gallery - 1080 Keewatin Street

**For more information, please call (807) 345-9556
or visit www.alzheimer.ca/thunderbay**

**Light refreshments
provided*

FACES IN FOCUS

Includes photos from Alzheimer Awareness Month, Dementia Education Week, our Public Forum and Open House, and our Ambassadors in Action.



Like us on Facebook and share your photos with us.
www.facebook.com/ASTBAY



SPOTLIGHT IN RESEARCH

Making a Difference: Exploring the Value of Volunteering in Palliative/End-of-Life Dementia Care

By Kristen Jones Bonofiglio & Kathy Kortés-Miller

Congratulations to Kristen Jones-Bonofiglio and Kathy Kortés-Miller, the recipients of our 2013 Local Research Grant! Here is their story as written by them...

Kristen is a Registered Nurse and a Faculty Member at the Lakehead University School of Nursing. Kathy is a Social Worker with many years of palliative care and end-of-life education experience. Both are currently enrolled in the PhD program at the Faculty of Education at Lakehead University and are research affiliates with the Centre for Research on Aging and Health (CERAH).

Their innovative research idea involved collaboration with local community partners including: Hospice Northwest, CERAH, the Centre for Health Care Ethics (CHCE), the Alzheimer Society of Thunder Bay, and the Lakehead University School of Nursing. Kristen and Kathy requested support to develop, implement, and evaluate an educational intervention for hospice volunteers to "psychologically try on" the opportunity to "make a difference" in palliative dementia care. The development of this intervention was made possible by gathering local experts as well as the use of high-fidelity simulation technology. The purpose of this research was to inform hospice

volunteers, through an educational initiative, about the potential value of a volunteer experience with palliative/end-of-life dementia care in long term care environments.

The study took place in the Nursing Simulation Lab at the university in February 2013. A total of six



Kathy (left) and Kristen (right) during their research study

Hospice Northwest volunteers took part in the activities in a six-hour workshop. It was an action packed day! To begin, the participants received an overview of dementia and education about enhancing communication provided by Sarah Pudney-Gillen (Public Education Coordinator for the Alzheimer Society). They then had hands-on experience with some of the physical, emotional, and psychological challenges faced by an elderly person who has dementia and chronic health issues. A real eye opener! In the

afternoon session, the participants had the opportunity to participate in a simulated experience companioning a resident at the end-of-life in the Simulation Lab at the School of Nursing (see picture). Nonna, our simulated long term care resident, kept the volunteers busy as they applied what they had learned in the morning session to a real-to-life hospice volunteering experience.

Preliminary responses from the participants were very positive. The final data collection will be completed in April. Data will be analyzed over the summer and a report will be made available to the Alzheimer Society of Thunder Bay, study participants, and community partners. The goal of this research is to build capacity for a strong volunteer component in long term care in Thunder Bay, with specialized training in palliative dementia care, with hopes of ultimately benefitting the residents and families who need these important services. The resulting educational resources and strategies created for this project will be provided to Hospice Northwest to further develop and explore.

Thank you Kristen and Kathy for your passion and hard work! We look forward to learning from your final report!

FUNDRAISING UPDATES

19th Annual Walk for Memories

Another successful year of walking for memories concluded at the end of February, having seen the main event take place on February 3, 2013.

Almost 300 participants enjoyed breakfast, a tai chi warm up, live entertainment from some fabulous buskers, exercise, and some great prizes.

A special guest joined the Walk this year. Crystal Ahtila came all the way from Alberta to participate in the Walk and surprise her dad, Mark Winters, who has Alzheimer's disease.

"I wanted to help my dad and make a difference. My dad is my hero! I am proud to be one of many who are here to raise money to conquer this disease [dementia] so no family has to watch their loved one fight it. I cherish every memory I have with my dad and I got to make some new ones today."

This year's Walk for Memories also welcomed other special guests including Mayor Keith Hobbs, MPP Bill Mauro, and Councillor Rebecca Johnson.

In addition to the main walk at Intercity Shopping Centre, walks were held at Dawson Court, St. Hilary's School in Red Rock, St. Edward's School in Nipigon, and St. Andrew's Presbyterian Church.

Thank you to our participants, volunteers, donors, and community supporters. Together we raised almost **\$50,000**

For more pictures, visit our Facebook page:

[facebook.com/astbay](https://www.facebook.com/astbay)



Crystal Ahtila & father Mark Winters with family & friends

Photos by Ron Jason, Lois Nuttall, Tyler Sklazeski & Lynn Strey

TOP INDIVIDUAL FUNDRAISER

Eva Jones

TOP FAMILY/FRIENDS TEAM FUNDRAISER

Mary's Memory Makers

TOP CORPORATE TEAM FUNDRAISER

Tom Jones Corporation

Special Thanks To...

MEDIA SPONSORS: Magic 99.9 & The Giant 105.3, The Chronicle Journal

MAJOR PRIZE SPONSORS: Caribou Restaurant + Wine Bar, Crock-N-Dial, Fresh Air Experience, Grand Portage Lodge & Casino, Hot Tub Express, The Keg Steakhouse & Bar, Victoria Inn Hotel & Conference Centre, West Jet

WALK FOR MEMORIES CHAMPIONS & COMMITTEE MEMBERS: Sherry Aldrich, Sandra Dewsberry, Bill Heibein, Jaclyn Henderson, Eva Jones, Lenora Rowsell, Carly Smith

Maintaining a Sense of Self

By Katherine Poulin



My mother-in-law has an uncanny knack for colour. I first noticed this about twenty years ago when we had finished decorating our living room and I'd said to her that one corner needed something but I didn't know what. A few days later she brought us a dried flower arrangement in the exact shades of green and burgundy that we'd used as a colour theme. I had tried to do this several times but had failed miserably with every attempt. She could look at a colour and retain that exact shade in her mind; over the years she gave us gifts of housewares that matched our dishes, linens or paint to perfection. Her own home was always very tastefully decorated and she has a passion for fashion that she has retained well into the years when Alzheimer's disease has ravaged her other abilities.

I feel that it is important to maintain that interest and to this day I talk about decorating and fashion when I visit her in her long term care home. When she was still able, I would bring her the new season's catalogue from Cold Water Creek and she would pore over the pictures with me and talk about the colours and style, cut and accessories. She would be transported for a few minutes into an activity that she loved.

She has other interests that still engage her even though she can no longer discuss them with me. For many years she was a gifted hostess who made delicious meals and served them to her guests at an elegant table, all while engaged in meaningful conversation; entertaining seemed absolutely effortless. When I visit, I talk to her about recipes and dinner planning and she makes eye contact and nods and adds comments that don't always make sense verbally but the tone and the intent of her words are unmistakable; she is interested.

Aside from fashion and her interest in entertaining, she has a strong sense of duty, a determined work ethic and a commitment to her community. Among the many volunteer positions she held over the years, she was one of the first trained volunteers for Hospice Northwest. At the time it was called Via Vitae, and when she volunteered there she would talk to me about the work and I could see the compassion she held for her clients there. Several years later I also volunteer there and she is still deeply interested in the unique work of the Hospice Northwest volunteer. So we talk about that too.

These were and are her interests. She is still that person. If she is having a bad day I take her somewhere quiet where we can talk. I'll say, "Let's go for coffee!" And she'll respond to that. I'll comb her hair for a while and this calms her. Then we talk about girl stuff, our common interests including fashion, recipes, our volunteer jobs... it doesn't really matter what as long as it is something neutral and linked in a meaningful way to who she *is*. If staff are present, I tell them what a good cook she *is*, or that she *is* a nurse, or

that she *has* beautiful clothes. I don't use the past tense because she is still that person.

Now that spring is on our doorstep we will be able to enjoy walks again. She loves the sunshine and being outdoors when it's warm.

Encouraging and maintaining interest and links to the life she once lived are important and it is crucial to her happiness that she retains her sense of self.

There are many ways to enrich the lives of those we love who are challenged by Alzheimer's disease and other dementias. Here are some great ideas for spring and summer:

- Walking
- Listening to music
- Reminiscing about fond memories
- Gardening
- Watching or participating in outdoor sports like golfing, tennis, basketball, etc.
- Having a picnic

Sometimes these activities need to be adjusted based on your loved one's capabilities, but you can still maintain the heart of them. For example, instead of planting an entire flower bed, plant one flower in a pot.

For more activity ideas and tips for a successful spring/summer outing, visit the following sites:

familycaregiverblog.com/?p=525

alz.org/co/in_my_community_summer_safety_tips.asp

homewatchcaregiverslakeshore.ca/those-with-alzheimers-can-still-have-summer-fun-with-the-grandchildren

In Memory Of...

Grateful thanks for the donations received in memory of the following. Our deepest sympathy to the families who have lost a loved one.

Kenneth Anderson
Doris Arnold
Norma Arnold
Rita Boudreau
Christine Brock
Judith Brown
Jeff Bulcock
Gordon Cameron
Art Chepil
Betty Chmelnychuk
Bill Donaldson
Jack Douglas
Carl Elliot
Dolores Epp
Wanda Franceschetti
Armando Fresco
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Audrey Moorhead
Ann Nicolson
Dennis O'Connor
Madeliene Onuliak
Mabel Perego-Bennett
Tony Phillips
Evelyn Pody
Mary Rasp
Alvin Rissenen
Kaarina Ruotsalainen
Dick Sainsbury
Mrs. Salvador
Barb Schan
Barry Scollie
Mary Skrepichuk
Ian Smith
Lillian Stirling
Barbara Sundell
Tauno Suni
Harry Swerhun
Stella Vail
Art Vandenberg
Barbara Waddell
Mary Wenzell
Shirley Young
Daniel Zanewycz
Winnifred Zazula

In Honour Of...

June Blough
Barbara Campbell &
Dennis Brault
Cheryl Gibb
Tere & Marie McDonald
Grace M. Ringham
Bob & Chrissy Semple
Albert Somerton
Margaret Stewart

Noted donations received between November 1, 2012 and February 28, 2013. For each memorial donation received, bereaved families received an acknowledgment card. A letter of thanks and tax receipt were sent to the donors.

Our Support Groups

Men's Breakfast Club

For men caring for someone with dementia, this group is held every 2nd and 4th Saturday of each month at the Alzheimer Society office from 10:00am - 12:00pm

Caring Hearts Women's Group

For women caring for someone with dementia, this group is held every 1st and 3rd Monday of each month at the Alzheimer Society office from 1:30pm - 3:00pm

Coffee Club

For people caring for someone with dementia, this group is held every 2nd and 4th Tuesday of each month at the Alzheimer Society office from 10:30am - 12:00pm

South Ward Group

For people caring for someone with dementia, this group is held every 3rd Wednesday of each month at the Thunder Bay Free Methodist Church (920 Sprague St) from 2:30pm - 4:00pm

Caring Across the North

Hosted over OTN, for caregivers who live outside of Thunder Bay, this group is held every 3rd Wednesday of each month at the OTN site in your community (call for details) from 4:00pm - 5:30pm

Diner's Club Dates

**May 28: Airlane Hotel -
River Rock Bar & Grill**
698 W. Arthur Street
5:30pm

**June 25: Prince Arthur
Hotel - Portside**
17 Cumberland Street N.
5:30pm

**July 30: Valhalla Inn -
Timber's Restaurant**
1 Valhalla Inn Road
5:30pm

**August 27: Kelsey's
Neighbourhood Bar & Grill**
805 Memorial Avenue
5:30pm

Forget-Me-Not Partners - Monthly Giving Program

Planning today offers hope for the future.

The Forget-Me-Not Partners program is a convenient and easy way to support the Alzheimer Society's programs, services and research that are needed by people with Alzheimer's disease and related dementia as well as their families. Your generous dependable monthly contribution will help us make long-term plans. *Once you become a Partner, you will receive a tax receipt by February 28th of each year.*

YES, I want to support the Alzheimer Society of Thunder Bay every month with a gift of:

\$10 \$15 \$20 \$25 I prefer to give \$ _____

I understand that my monthly gift will be processed on the 15th day of each month. _____ (initial here)
Note: You can alter the amount of your gift or end this service any time by contacting us at 807-345-9556.

Donor Name: _____ **Address:** _____ **Phone:** _____

Credit Card Automatic Debit Option

Please bill my: Visa Mastercard Amex

Card Number: _____

Expiry Date: _____ Telephone Number: _____

Name on card: _____

Signature: _____

Please mail to: Alzheimer Society of Thunder Bay, 180 Park Avenue, Suite 310, Thunder Bay, ON, P7B 6J4

Alzheimer Society of Thunder Bay
180 Park Avenue, Suite 310
Thunder Bay, ON P7B 6J4

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