



Bulletin Advisor

Summer 2013

Alzheimer Society of Windsor & Essex County Newsletter

Edition 31

ALZHEIMER SOCIETY OF WINDSOR & ESSEX COUNTY

Mission Statement:

To alleviate the personal and social consequences of Alzheimer's disease and other dementias.

Role Statement:

The role of the Alzheimer Society of Windsor and Essex County is to collaborate with all levels of the organization and our local community in order to foster excellence in services, education and research.

Vision Statement:

A world without Alzheimer's disease and other dementias.

Alzheimer Society of Windsor and Essex County Board Members

OLCZAK BENNETT, Ms. Sally (CEO)
Alzheimer Society of Windsor & Essex County
BIALES, Ms. Helen (Vice Chair)
Retiree, Principal with the Windsor Separate School Board

BOYES, Mr. Paul (Treasurer)
Retiree, Chartered Accountant

FIELDS, Dr. Mitch (Director)
Professor, University of Windsor

FORTIER, Ms. Katha (Director)
Director of Health Care CAW National

FRANKLYN, Dr. Gaston (Chair)
Retiree, St. Clair College VP, Academic

LEWIS, Mrs. Pat (Director)
City of Windsor, Communications Coordinator

PRONGER, Mr. Ron (Past Chair)
Retiree, Essex County School Board, CEO

RENAUD, Mr. Bob (Director)
Retiree, Chrysler Canada and former Executive in Residence, Odette School of Business, University of Windsor

SLATER, Mr. Rob (Director)
Public Works Department, City of Windsor

SOULLIERE, Mr. Pat (Director)
President, Windsor Raceway and Casino

CALLING ALL VOLUNTEERS

The Alzheimer Society is fortunate to be selected as the charity of choice for two great up-coming community events,

BUT WE NEED YOUR HELP!

The Society is supporting these two events by providing volunteer support, please consider helping out.



Saturday, July 20th, 2013

The Color Run, Downtown Windsor.

The run is known as the happiest 5k run on the planet, it is a unique paint race that celebrates healthiness, happiness, individuality, and giving back to the community. 240 volunteers will be needed to check in runners, hand out water, parking, and the most unique task of throwing

powdered color at the racers as they pass by. *Even if you have registered for the run you are still able to volunteer before the start of the race by handing out race packets to all the excited runners.* DON'T MISS OUT ON THE FUN!!



Saturday, September 21st & Sunday, September 22nd, 2013.

World Alzheimer Day Run for Heroes, Amherstburg.

Throughout this weekend 500 volunteers will be needed for various tasks such as road closure, water stations and parking.

Go to our website at www.alzheimerwindsor.com to print your volunteer forms and visit www.runningflat.com to learn more about both runs.

Save the date!

Annual End of Summer Family Picnic & Barbeque
Date: Wednesday, September 11, 2013 from 5pm – 7pm
Theme is "Country and Western"
Please stay tuned for more information

Message from the Board Chair and CEO

We are honoured to serve our community as Board Chairperson and CEO for the Alzheimer Society of Windsor and Essex County. As The Rising Tide report from Alzheimer Society of Canada noted three years ago the number of persons with dementia is projected to double in the next 25 years – indeed it is a challenging time to serve our community and we remain optimistic that one day a cure will be found. To that end, we continue to forge positive and collaborative relationships with our community partners to ensure improved co-ordination of services for persons with dementia and their partners in care.

To address the current and anticipated future needs of our community we have several strategic undertakings currently in development:

- A board-led **5 year strategic plan** review will be launched in the autumn under the capable leadership of Dr. Mitch Fields and Ms. Helen Biales of our Board of Directors. Dr. Ted Vokes has been engaged to guide the process.

- A **5 year fund development plan** is being prepared that looks at various aspects of community giving to ASWE – personal and corporate donations and those from the labour community, special events fundraising, and, additionally, third party fundraising.

- The possibility of formation of a **Major Gifts Cabinet** to examine future goals for major gifts, planned giving and bequests is being discussed. Possibly an endowment could be formed with a view towards long-term expanded program needs for our community.

- The possibility of the a creation of **residential home specific for persons with dementia** using the community living model has been considered in the past year. This project will be re-evaluated with valued input from respected community partners over the next months.

We have been fortunate to acquire a student intern from the Master's Degree program, Department of Political Science at the University of Windsor to assist us in the preparation of a Business Plan for this initiative

- A **programs and services review** and evaluation is underway as part of our current operational strategic plan.

These will no doubt act as our guiding plans for the next 5 years as we move forward to continue to serve the community of Windsor and Essex County.

At this time we would like to thank our funder, the Erie St. Clair Local Health Integration Network (ESC LHIN) for their significant continued support, along with the thousands of members of our community who assist us annually in their on-going support in so many ways – for volunteering your time in our client programs, in the office, on the Board of Directors and various committees and at various client and fundraising events, and for giving generous donations that support our programs and services. Without the complementary financial support from our donors, we would not be able to effectively respond to the expanding needs of our community. We would also like to thank you for acting as ambassadors for ASWE – by reaching out to those who may be in need of our programs and services and encouraging them to contact us, you make the world a better place. Without your support since our inception in 1981 we would not be where we are today.

On behalf of the Board of Directors, volunteers, staff and our clients please accept our very best wishes for a safe and happy summertime.



Gaston Franklin
Board Chair
Board of Directors



Sally Bennett Olczak
CEO
ASWE

Education & Support Programs

Cognitive Training Programs - Use It or Lose It!

Forget apples - lifting weights and doing cardio can also keep the doctors away, according a new study by researchers at the University of British Columbia and Vancouver Coastal Health Research Institute.

The study, published in the online journal *PLOS ONE*, followed 86 women, aged 70- to 80-years-old, who were randomly assigned to participate in weight training classes, outdoor walking classes, or balance and toning classes (such as yoga and pilates) for six months. All participants have mild cognitive impairment, a well-recognized risk factor for Alzheimer's disease and dementia.

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Education & Support Programs

The researchers tabulated the total costs incurred by each participant in accessing a variety of health care resources.

"We found that those who participated in the cardio or weight training program incurred fewer health care resources - such as doctor visits and lab tests - compared to those in the balance and toning program," says Jennifer Davis, a postdoctoral fellow and lead author of the study.

The study is the latest in a series of studies that assess the efficacy of different types of training programs on cognitive performance in elderly patients. An earlier study, published in February in the *Journal of Aging Research*, showed aerobic and weight training also improved cognitive performance in study participants. Those on balance and toning programs did not.

"While balance and toning exercises are good elements of an overall health improvement program, you can't 'down-dog' your way to better brain health," says Teresa Liu-Ambrose, an Associate Professor in the UBC Faculty of Medicine and a member of the Brain Research Centre at UBC and VCH Research Institute. "The new study also shows that cardio and weight training are more cost-effective for the health care system."

Exercise benefits for the brain

The new studies build on previous research by Prof. Liu-Ambrose, Canada Research Chair in Physical Activity, Mobility, Cognitive Neuroscience and a member of the Centre for Hip Health & Mobility, where she found that once- or twice-weekly weight training may help minimize cognitive decline and impaired mobility in seniors.

Research method

The weight training classes included weighted exercises targeting different muscle groups for a whole-body workout. The aerobic training classes were an outdoor walking program targeted to participants' age-specific target heart rate. The balance and toning training classes were representative of exercise programs commonly available in the community such as Osteofit, yoga, or Tai Chi.

Source: www.medicalnewstoday.com



Rosemary Fiss, M.Ed. B.A. Sc
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Client & Volunteer Programs

The Alzheimer Society celebrated our volunteers during National Volunteer Week with a night out at the movies. This year's movie was the Life of Pi. Thank you all for coming, I hope everyone enjoyed themselves.



NATIONAL VOLUNTEER WEEK
APRIL 21-27, 2013
NationalVolunteerWeek.ca

Thank you and welcome to our newest volunteer team members.

Alicia Ferraro, Bill Reeves, Carolyn Gilbert, Colleen Lafontaine, Domine Rutayisire, Ian MacMillan, Jennifer Tomlinson, Jessica Fontaine, Kaitlyn Bertrand, Marko Gacesa, Melanie Gourdreau, Muriel Rothery, Natalie Jahn, Salomon Smeer, Sara Lawrence, Sonia Nanaya, Teresa Doron, Tom Noble

The Society is happy to support our local education programs by welcoming student placements and internships.

Mary Ellis – Loyalist College,
Activation Techniques in Gerontology
Heidi Lamb - University of Windsor,
Volunteer Internship Program
Bill Gerassimou – Centennial College,
Bridging to University, BScN
Nergiz Sinjari – University of Windsor,
Political Science, Masters

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COFFEE BREAK®



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Visit our website at:
www.alzheimerwindsor.com
for more information.

Day Away / In- Home Respite Programs

Gratitude

The spring has been showered some good luck on the Day Away program via some very generous donations! For example, most recently Caesar's Windsor donated a gift certificate which allowed for a Day Away outing, in which five of our clients spent the afternoon out on the town having fun and enjoying the Casino Buffet with each other!

The generosity of the community continues to help facilitate therapeutic activations and special activities within the program. These donations help us offer quality programming to those affected by dementia. Most recently as I sat with a client one morning, she said to me "– the people here are so good to me, I feel so lucky to be here, and I just love coming here...". In all honesty, the gratitude she expressed was as a result of all the exceptional expressions of giving and energy that goes into creating a warm, loving and stimulating environment like the Day Away program. Her words, but most importantly the warm expression, validated the impact that we strive to have on each and every person we serve.

Such stories are experienced by the Day Away team daily, and as we continue to be given the honour to serve the community, with trust and support, we will continue to strive to provide excellent care and evidence-based programs to enrich the lives of those we serve.

In- Home Respite

The In- Home Respite program continues to offer services seven days a week , 24 hours a day, excluding statutory holidays. Our dedicated Client Support Staff will come out to your home generally in 4 hour blocks and provide care for your loved one, while providing a much needed break for the primary caregiver.

Currently there are still spaces available in both the Day Away and In-Home Respite Program . If you or someone you know is interested in learning more about the Day Away program please contact the First Link © Coordinator at (519) 974- 2220 ext. 231.

Nadine Manroe, M.A.,RPN

Manager of Client & Volunteer Programs
519-974-2220 ext 229.



Staff Profile



Kathy Reid, Client Support Staff has been an employee with ASWE since 2009. Since 2009 Kathy has primarily provided care in the In- Home Respite program, while occasionally supporting the clients in the Day Away program as well. Kathy's gentle disposition endears her to her colleagues, and the genuine caring support of her clients allows for therapeutic relationships to form. Kathy often serves her clients for years at a time, and this speaks to her commitment and rapport with both the clients and their caregivers.

Kathy thank you for your dedication and commitment to the Alzheimer Society and those we serve!

Fund Development and Communications

BINGO BINGO BINGO! A great way to help raise funds for the Society and maybe win some extra spending money for yourself! Come enjoy the fun at Classic Bingo IV, 1385 Walker Road

Tuesday, July 2nd, 2013
10pm to 12am

Wednesday, July 3rd, 2013
12am to 2am

Saturday, August 17th, 2013
4pm to 6pm
6pm to 8pm
8pm to 10pm

Fundraising Events - Save the Dates

Color Run - Saturday, July 20th, 2013

Coffee Break - August - November 2013

World Alzheimer's Day Run -

Saturday, September 21st and

Sunday, September 22nd - 2013

A special thank-you to Season's Amherstburg for sponsoring the 2013 Alzheimer Society of Windsor and Essex County's AGM



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