

Bulletin Advisor

ALZHEIMER SOCIETY OF WINDSOR & ESSEX COUNTY NEWSLETTER

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Mark Your Calendar!

Coffee Break Campaign



2015 marks the 20th year of Coffee Break!

In this annual campaign, individuals, groups, organizations, and companies host a fundraising Coffee Break for the Alzheimer Society.

In return for a donation to the Society, the host provides coffee or coffee cup cut-outs. In 2014, Coffee Break raised over \$30,000 for Alzheimer Society programs and services in Windsor and Essex.

WHEN: September 1, 2015 - November 30, 2015

TIME: Varies per Coffee Break host

WHERE: Various locations in Windsor and Essex County

REGISTRATION: To become a Coffee Break host, call Peggy at 519-974-2220 extension 225.

Run for Heroes Half Marathon



Organized by RunningFlat Events for the benefit of ASWE

WHEN: Sunday, September 20, 2015

TIME: Race start time varies

WHERE: Libro Credit Union Centre, Amherstburg

RSVP: Register online at runningflat.com

ADMISSION: Registration fees vary per race event

Caboto Charity Pasta Dinner

WHEN: Wednesday, October 7, 2015

TIME: 4:30 pm - 7:30 pm

WHERE: Caboto Club, 2175 Parent Avenue, Windsor

COST: Adult (13-60) - \$9 Senior (>60) - \$8
 Child (5-12) - \$6 Take Out - \$10

Dinner includes pasta, salad, buns, coffee, and tea.

Community Support

Tributes for
Charity
raised
\$2,200



\$5,000 raised
from the
Precious
Memories
dinner

From the Board Chair and CEO



Helen Biales
Chair, Board of
Directors



Sally Bennett
Olczak
CEO

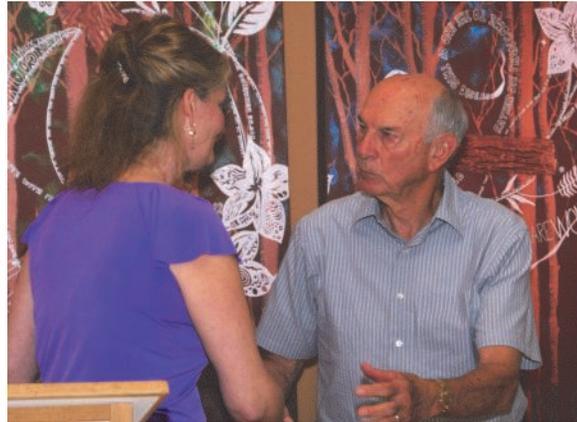
At the Annual General Meeting of the Alzheimer Society of Windsor and Essex County held on June 16th, 2015, we welcomed three new board members: Ms. Claire Bebbington, lawyer at McTague Law Firm; Ms. Karen Hall, recently retired writer from the Windsor Star; and, Ms. Eve Sigfrid, Chief Financial Officer (CFO) at Motor City Credit Union.

We look forward to working with our three new board members.

We also thanked our retiring board members, Mr. Ron Pronger and Mr. Paul Boyes, for their service to the Alzheimer Society. Mr. Pronger is a former chair of the Board and was part of the fund-raising team that raised funds to pay in full for our beautiful home in Walkerville.

Dr. Gaston Franklyn, our past Board Chairperson, has been selected to serve on an ASiO (Alzheimer Society in Ontario) Governance Steering committee that is looking at how the organization can improve its governance role and structure. We are pleased that Dr. Franklyn will be able to provide his expertise to this committee.

The Board and staff members of the Alzheimer Society appreciate your ongoing support through financial donations and volunteering to assist with our many programs for those affected by dementia in Windsor and Essex County. Hopefully in the near future, through all our efforts, a cure will be found for this debilitating disease.



Retiring board member, Ron Pronger



MPP Taras Natyshak and ASWE volunteer, Tom Noble, on Queen's Park Day

The Alzheimer Society of Windsor and Essex County is funded by the Erie St. Clair Local Health Integration Network (ESC LHIN).

Mission

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

Role

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 to support research.

Vision

A world without Alzheimer's disease and other dementias.

Board of Directors

Ms. Helen Biales, Chair
Mr. Pat Soulliere, Vice Chair
Dr. Gaston Franklyn, Past Chair
Mr. Arvind Arya, Treasurer
Mr. Rob Slater, Secretary
Ms. Claire Bebbington, Director
Mr. Marty Beneteau, Director
Mr. Vincenzo Calandra, Director
Dr. Mitch Fields, Director
Ms. Karen Hall, Director
Mrs. Patricia McMahon, Director
Ms. Eve Sigfrid, Director

Chief Executive Officer

Mrs. Sally Bennett Olczak

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Connect with Us!



Education and Support Programs

A Changing Melody



Rosemary Fiss
Manager of Education
and Support Programs

On April 25, 2015, the Alzheimer Society of Windsor-Essex hosted 60 attendees at our first *A Changing Melody* conference.

A Changing Melody is a conference planned by and for persons with dementia, first developed by the Murray Alzheimer Research Education Program at the University of Waterloo.

The name of the conference was chosen by a member of their first planning committee. "Although life was certainly changing, he, and others like him, could continue to live meaningful lives. Although the music continues, the melody changes as persons with dementia learn to adjust to living with the illness."

Keynote speakers at our local A Changing Melody included Mrs. Maisie Jackson and Dr. Corina Velehorsch. Maisie spoke of her own journey with Alzheimer's disease, and how she has approached her diagnosis with courage and hope.

"Sometimes I can't believe it," she said. "I am actually making a difference in other people's lives! Helping and mentoring, being part of committees working with the provincial

government, which is paving the way to make things better for the next generation."

When participants were asked how they experience hope, they replied:

- Laughing in our support groups
- Seeing the good in everyone around us
- Hearing people's stories and sharing our own
- Being grateful for each day



Maisie Jackson at "A Changing Melody" conference. Photo by Dax Melmer/The Windsor Star

Jay Rankin of *The Windsor Star* covered the conference. He reported, saying, "The Alzheimer Society helped give Maisie Jackson her life back."

It was a wonderful day of learning together, leaving all who attended with a sense that there *is* hope in each new day!

Client Care Programs

Summer Fun: Sun Safety Tips*



Kathleen Vendrasco
Manager of Client Care
Programs

Our Day Away clients have enjoyed the warm weather with a trip to the peace fountain and walks to Willistead Park. Many of our respite clients enjoy sitting out on their patio or taking their dog for a walk alongside one of our team members during a respite visit.

Below are some tips to enjoy the summer weather, while staying safe:

1. **Stay hydrated. Drink 6-8 glasses of water a day.** Increase fluid intake for those in our care, especially when outdoors or participating in physical activities.
2. **Wear the right clothing.** The best summertime clothing for seniors is lightweight and made of breathable fabric, loose, and light-coloured clothing. Long sleeves protect the skin from the sun.
3. **Apply sunscreen early and often.** Sunscreen should be applied 20 minutes before going out, and reapplied every two hours once outdoors. Use sunscreen with protection against both UVA and UVB rays and an SPF of 15 or more.
4. **Stay indoors at the hottest times of day.** Stay indoors in the middle of the day, when the sun is at its peak. Use fans or

air conditioning indoors to keep air circulating.

5. **Wear eye protection.** Wrap-around sunglasses that protect from both UVA and UVB rays are the best.
6. **Check medications.** Some medications can cause increased sensitivity to the sun. Talk with your doctor or pharmacist about your concerns.
7. **Know the signs of hypothermia and heat stroke.** Get medical attention if you or someone you know is experiencing symptoms of hypothermia or heat stroke, such as:
 - Body temperature greater than 104 degrees
 - Change in behaviour, confused, agitated, or grouchy
 - Dry, flushed skin
 - Nausea and vomiting
 - Headache
 - Heavy breathing or rapid pulse
 - Not sweating, even if it's hot
 - Fainting



At the peace fountain

Remember these tips and be safe while enjoying the benefits of the sun!

*With contributions from Cynthia Reed, Adult Day Program Coordinator, and Lauryn Fraser, Summer Student.

Fund Development and Community Engagement

Etch Their Memories in Stone



Peggy Winch
Manager of Fund
Development and
Community
Engagement

Did you know you can celebrate your life, or the life of a loved one, by having a name etched on the Alzheimer Society's Monument of Memories in Jackson Park?

An engraving makes a unique gift for birthdays, weddings, anniversaries, or new additions to the family.

It's also a lovely way to remember a loved one who has passed on.



Monument of Memories

Corporate packages are available as well.

The cost to engrave one name is \$150, and it is considered a tax deductible donation.

Money raised from Monument of Memories stay in Windsor-Essex to support programs and services by the Alzheimer Society.

Engravings are done yearly every October, so order your engraving early.

For details, or to order an engraving, contact Peggy at 519-974-2220 extension 225.

First-Ever Walk for Alzheimer's

The first Walk for Alzheimer's in Windsor-Essex took place on May 31st at the Ford Test Track.

Despite the weather, many of our supporters came out to do the five-kilometer walk or run.



Walk for Alzheimer's 2015, Ford Test Track

The top fundraising teams were:

Bernie's Bunch - \$640

Nonnas Bee's - \$200

PFB - \$150

The top individual fundraisers were:

Joanne Cooper - \$775

Faith Mills - \$475

Natalie Gray - \$245

Kudos to you all!

And a special thanks to W.R.A.C.E., Caesars Windsor, iAid, WFCU, AM800, and TV Cogeco, for supporting the Walk.

Walk for Alzheimer's will now occur every year around springtime.



**WALK FOR
ALZHEIMER'S
MAKE MEMORIES
MATTER™**

Featured Employee



Rose Russell has been an Education & Support Coordinator at the Alzheimer Society of Windsor and Essex County since August 2012.

Before joining ASWE, Rose worked as a Registered Nurse and primary school teacher. She

recently received her Gerontological Nursing Certification.

She combines her love of teaching and her skills and knowledge as a nurse to her role as an Education & Support Coordinator.

Rose is most well-known with her team and clients for her cookie baking! If you find yourself in one of her Learning Series classes, you'll have the pleasure of the treats she brings!

New Staff



Heather Gagnon
Client Support Staff