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# Bulletin Advisor

ALZHEIMER SOCIETY OF WINDSOR & ESSEX COUNTY NEWSLETTER

## Mark Your Calendar!

### Annual Client and Family Holiday Party



**WHEN:** Saturday, December 6, 2014

**TIME:** 1:00 pm - 3:00 pm

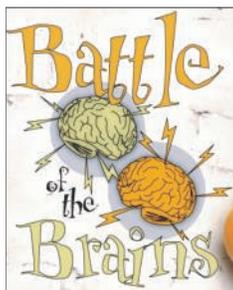
**WHERE:** Alzheimer Society of Windsor and Essex County, 2135 Richmond St., Windsor

**RSVP:** Rose Shields at 519-974-2220 ext. 227 by Friday, November 28, 2014

**ATTIRE:** Red and white

**ADMISSION:** Donation of one non-perishable item for the Downtown Mission

### Battle of the Brains



**WHEN:** Friday, January 23, 2015

**TIME:** 6:15 pm

**WHERE:** Ciociaro Club, 3745 N. Talbot Road, Oldcastle, ON

**ADMISSION:** \$35 per person or \$240 for a team of 8

*Buffet dinner included*

**TICKETS:** 519-972-2220 ext. 225, 519-737-6153, or 519-971-5482

Register as an individual to be placed on a team, or register as a team with a maximum of 8 members.

*Proceeds go to the Alzheimer Society of Windsor and Essex County.*

## Featured Employee



Sultan Bulto is employed full time in our Day Away program as a Client Support Staff.

Sultan is always willing to assist others, both co-workers and clients. His warm, gentle demeanor has a positive effect on our clients in Day Away.

Sultan has a true passion in caring for others and it shows in the care he provides for our clients. We are grateful to have Sultan as part of our Day Away team!

## Community Support



Running Flat raised over \$24,000 for the Society through the Color Run and World Alzheimer's Day Run. L-R: Chris Uszinsky; Peggy Winch, ASWE



The ECADA/ Robert Knudsen Golf Tournament raised \$5000 for ASWE. L-R: Kelly Platt; Peggy Winch, ASWE; Ryan Eagen

## From the Board Chair and CEO



Helen Biales  
Chair, Board of Directors



Sally Bennett Olczak  
CEO

As leaders within the Alzheimer Society, the CEO, Chair, and Board members may attend the Alzheimer Society of Ontario (ASO) Leadership Forum in Toronto twice yearly. It's an opportunity to interact with the ASO Board and staff as well as other Alzheimer Societies in Ontario. The agenda includes an update on the trends in serving and caring for people with dementia. Even

though we share ideas throughout the year, it's interesting to learn about best practices used to provide services in other communities. "Best practices" is defined as providing good service in a cost-efficient manner. Recently, we were fortunate to have a presenter from Holland on how they developed dementia-friendly housing for persons with dementia. This was followed by a presentation by Lorraine LeBlanc, Sudbury CEO, on her visit to Belgium to Dementia-Friendly Communities. These ideas are being studied to see how we can implement them in Ontario.

Our focus at ASWE continues to be on advocacy, education, direct care for persons with dementia, and fundraising to support our programs. Advocacy is very important. We need to engage the local community and lobby the politicians to pass legislation that guarantees services to our clients.

Education is part of that advocacy. People need to learn about the disease and the effects it has on the person with dementia as well as their partners in care. This assists the politicians in understanding why we need certain legislation.

Fundraising provides needed money to care for our clients. Government funding through the Erie St. Clair Local Health Integration Network (ESC LHIN) does not cover the full cost of running our programs – we offset these costs by approximately one-third through fundraising. As more people are diagnosed with Alzheimer's disease and other dementias, there will be a greater need for programs and services to serve and support persons with dementia and their partners in care. Money is also needed for research into this devastating disease. The sooner we find a cure, the better for our society.

We are fortunate in Windsor-Essex to have the continued support of our community for the past 33 years. We are ever grateful for the work of our volunteers. As well, we appreciate the financial support we receive from the community. Please consider us in your holiday giving plan during the final weeks of 2014.

On behalf of the Board of Directors, volunteers, staff and our clients we wish everyone a Happy Holiday!

### 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. Paul Boyes, Treasurer  
Mr. Rob Slater, Secretary  
Mr. Arvind Arya, Director  
Mr. Marty Beneteau, Director  
Mr. Vincenzo Calandra, Director  
Dr. Mitch Fields, Director  
Mrs. Patricia McMahon, Director  
Mr. Ron Pronger, Director  
Ms. Shelley Smith, Director*

### Chief Executive Officer

*Mrs. Sally Bennett Olczak*

### Address

2135 Richmond St.  
Windsor, ON N8Y 0A1

### Telephone

519-974-2220

### Fax

519-974-9727

### Website

AlzheimerWindsor.com

## New Staff



Danielle Ramsten  
Community  
Engagement Officer



Cynthia Reed  
Adult Day Program  
Coordinator



Peggy Winch  
Manager of Fund  
Development and  
Community Engagement  
(new position)



## Client Care Programs



Kathleen Vendrasco  
Manager of Client Care  
Programs

We kicked off the end of the summer with our annual Client and Family BBQ. Keeping with our country and western theme, we enjoyed a meal prepared by Smoke & Spice Southern BBQ. We also enjoyed an evening of dancing to songs by Johnny Cash and Patsy Cline performed by Joe Perry and the Wellness

Gang. Thank you to all of our staff, clients, and care partners who made the evening an absolute delight.

Now that fall is in full force we strive to spend time outdoors in our Day Away Program. An outing to a pumpkin patch or a fall walk around Willistead Manor allows our clients to get outdoors while the weather is still permitting. Fall brings the opportunity for Thanksgiving get-togethers with friends and families. We celebrated Thanksgiving with a traditional Thanksgiving meal prepared in house by our client support staff. Both staff and clients enjoyed the delicious lunch as well as the pumpkin pie.

With all the wonderful things fall brings, cold and flu season has arrived. At ASWE, we take precautions to lower the risk of our staff, clients, and their care partners contracting colds and flus. We have an alcohol-based hand sanitizer at our front entrance and in many other areas of the building. We encourage visitors to use it prior to entering and upon leaving. We have information on hand hygiene and cough etiquette in our staff room.



Day Away clients take a walk in Willistead Park on a beautiful day.

Image by Bambi Sangster

We also held our annual flu clinic for staff and clients, free of charge, at the Alzheimer Society office.

We request any clients exhibiting flu like symptoms such as fever, cough, or chills be kept home from day program to prevent the transmission of the flu to others. If you or a loved one experiences any of those symptoms, please see your family physician.

We wish all of you a happy and healthy fall season!

## Fund Development and Community Engagement

### Forget-Me-Not Partners Monthly Giving Program



Peggy Winch  
Manager of Fund  
Development and  
Community  
Engagement

We're now set up to accept Forget-Me-Not Partners — donors who've set up automatic monthly giving to the Alzheimer Society.

It's a convenient way to support us. Monthly giving lets you break down your gift into 12 equal payments throughout the year, without having to think about it every month. You can authorize the Society to either debit the amount monthly from your bank

account, or charge your credit card. You'll receive your tax receipt by February 28th of each year. If your circumstances change, drop us a note and we can quickly adjust your gift.

Monthly giving also benefits the Society, because it gives us a regular and predictable source of income. It allows us to plan long-term projects. This means stability and security in program planning.



A monthly donation of \$10 may seem like a small amount, but it adds up to help those affected by Alzheimer's disease. For example:

- \$10 a month provides a training session for professional caregivers of people with Alzheimer's disease
- \$35 monthly provides education and training resources for caregivers
- \$100 a month sends 70 families information about Alzheimer's care, research, medication, and services in their community

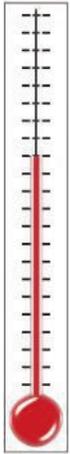
If you, or someone you know, is interested in becoming a Forget-Me-Not Partner, please contact me at 519-974-2220 ext. 225.

### Coffee Break - Home Stretch!

We're now in the home stretch of our Coffee Break campaign. To date, we have 111 hosts and have collected \$19,982 — 67% of our goal for 2014.

We're still waiting for 75 more Coffee Break hosts to complete their campaigns and/or send us the proceeds from their Coffee Break events.

## Here's our current Coffee Break leader board:



- Bulk Barn (five stores) - \$6,101
  - CenterLine (Windsor) Ltd - \$5,294
  - Seasons Amherstburg - \$1,400
  - Ministry of the Attorney General - \$1,028
  - Westminster United Church - \$615
  - Banwell Gardens Care Centre - \$600
  - Kensington Court Retirement Home - \$507
  - Chartwell Oak Park Terrace - \$462
  - Breathe Pilates & Fitness - \$400
  - Iler Lodge Long Term Care Centre - \$325
  - Erie Shores Rehabilitation - \$321
- Who will be featured in Biz X Magazine as the top 3 Coffee Break fundraisers? Watch our Winter 2015 Bulletin to find out!

It's not too late to host an Alzheimer Coffee Break in your workplace, group, or home. Contact Alexis Rodrigo at 519-974-2220 ext. 244 to sign up.

## Have Artisan Coffee Delivered To Your Door And Raise Funds For ASWE!



Shop for artisan coffee at [Cuppakindness.com](http://Cuppakindness.com) and choose the Alzheimer Society of Windsor and Essex County as your charity — and 10% of your purchase will be donated to us.

Many of their coffees are certified fair trade, certified organic, and certified Café Femenino.

Order today at:

[AlzheimerWindsor.com/cuppakindness](http://AlzheimerWindsor.com/cuppakindness)

## Education and Support Programs

### Finding Your Way

Did you know that 3 out of 5 people with dementia will go missing at some point? If not found within 24 hours, half of them will have a serious injury or die.



Rosemary Fiss  
Manager of Education and Support Programs

That's why the Alzheimer Society of Windsor and Essex County, in partnership with the Alzheimer Society of Ontario and Ontario Seniors' Secretariat, is promoting the groundbreaking Finding Your Way™ program, a multicultural safety awareness initiative for people living with dementia who go missing or become lost.

### Why Do People With Dementia Go Missing?

#### Loss of memory:

- due to short term memory loss a person may set out to run an errand and then forget where they were going and why
- they may go out looking for a family member because they forgot where their family member said they were going

#### Changed environment

- the person may feel anxious or nervous in a new environment and leave it in search of something familiar

#### Searching for the past

- as people become more confused, they may go looking for someone, or something, relating to their past
- this can be a house or place once lived in, or a person from their past, who may even be deceased

#### Excess energy

- people with dementia may find it harder, as the disease progresses, to concentrate on tasks and may walk away from an activity, and keep walking, to have something to do

### Confusing night and day

- people with dementia may suffer from insomnia, or wake in the early hours and become disorientated
- they may think it is daytime, during night time, and decide to go for a walk

### A job to perform

- people with dementia may believe they have a task to do (e.g., go to work, pick up children) even if that has not been their role for years or decades

### Discomfort or pain

- Walking may ease physical discomfort (a medical check-up is important)

### Dreams

- An inability to differentiate dreams from reality may cause the person to go into action as they thought dream was real



All the potential reasons for someone with dementia to go missing are related to changes that are occurring in the brain.

One in 10 Ontarians over 65 has dementia.

Dementia doesn't discriminate, affecting men and women of all races, religions and socio-economic backgrounds. There is little awareness of missing incidents in our communities and many people do not know where to seek help. Available in English, French, Cantonese, Italian, Mandarin, Portuguese, Punjabi and Spanish, Finding Your Way™ now helps prevent people living with dementia from "wandering" and going missing, and helps care partners and other family members prepare for such incidents, if they occur.

Please visit [FindingYourWayOntario.ca](http://FindingYourWayOntario.ca) to learn more.

# Help Make Life Better For People Living With Dementia

\* PLEASE POST THIS ON YOUR FRIDGE AS A REMINDER \*

## Walk For A World Without Alzheimer's Disease

2015  
**WALK FOR MEMORIES**  
Alzheimer Society



Saturday, January 31, 2015  
Devonshire Mall (Indoors)

Registration 9:30 am • Walk 10:00 am

Your walk will help raise awareness and funds for Alzheimer education, support, and services.

### Early Bird Special!

Register by Friday, December 19, 2014, and get a chance to win a brand-new bike and helmet!

Register at:  
[AlzheimerWindsor.com/wfm](http://AlzheimerWindsor.com/wfm)

Presented by

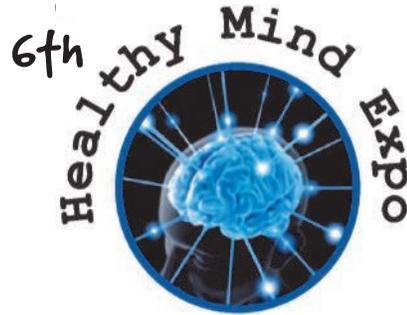


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Amherstburg • Belle River • LaSalle

Supported in Ontario by



## Get Alzheimer Savvy!



Saturday, January 31, 2015  
Devonshire Mall

Exhibits 9:30 am - 6:00 pm

- Know the warning signs of Alzheimer's disease and other dementias, and take steps to reduce your risk
- Discover products and services for older adults
- Take the **Dementia Challenge** and experience first-hand what it's like to have dementia

Pres

Call 519-974-2220 ext 244 or visit  
[AlzheimerWindsor.com](http://AlzheimerWindsor.com)



Dementia Challenge sponsored by



Also supported by



*To us, it's personal™*

