

Bulletin Advisor

ALZHEIMER SOCIETY OF WINDSOR & ESSEX COUNTY NEWSLETTER

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Save The Date!



WHAT: Annual Client BBQ & Mortgage Retirement Celebration

WHEN: Wednesday, September 10, 2014

TIME: 5:00-7:30 pm

WHERE: Alzheimer Society of Windsor & Essex, 2135 Richmond St., Windsor

RSVP: by Wednesday, September 3, 2014
Rose Johnston, 519-974-2220 ext. 236
or email rjohnston@aswecare.com

ATTIRE: Country/Western

ADMISSION: If able, please bring a non-perishable food item for Hiatus House

From the Board Chair and CEO



Helen Biales
Chair, Board of Directors

We are honoured to serve our community as Board Chairperson and CEO for the Alzheimer Society of Windsor and Essex County.

We are pleased to report that, at our Annual General Meeting held in June, we welcomed two new members to our Board of Directors: Mr. Marty Beneteau, Editor-in-Chief of the Windsor Star; and Ms. Shelley Smith, Personal Supporter Worker and labour representative of Berkshire Care Centre. We thanked Ms. Pat Lewis, youthful retiree from the Corporation of the City of Windsor, for her years of faithful service with us as she departed the board.

At the Annual General Meeting the board presented our newly-refreshed strategic plan for the next 3-5 year window. Building upon our most recent five-year strategic plan for 2009-2014, the new plan continues to focus our energies on two key strategic directions:

- 1) Quality Services: Excellence in the delivery of programs and services; and,
- 2) Community Engagement, Advocacy and Education

The strategic enablers that will support these directions are:

- Organizational Culture, Effectiveness and Capacity; and,
- Financial Sustainability: Effective and efficient use of available resources

We wish to acknowledge the gracious support and valuable input provided by so many Alzheimer Society stakeholders who participated in the refresh of the strategic plan over the past year, namely; persons with dementia and their partners in care, community partners, volunteers, students, our Honourary Directors, Board and



Sally Bennett Olczak
CEO, Alzheimer Society of Windsor & Essex County

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committee members, and staff. A special note of thanks to Dr. Ted Vokes and Associates for leading this process.

Summertime will soon be complete and our caregiver support programs will re-start in the fall along with fundraisers being held for the Society. We look forward to your support as you are able.

All are welcome to our Wednesday, September 10th, 2014 Client and Family BBQ and Mortgage Retirement from 5:00-7:30 pm here at the Society. Food and fun will be available for all especially those dressed in their country and western best! Additionally, we will be holding a brief mortgage burning ceremony that evening to celebrate having paid off our mortgage earlier this year!

In closing, we also wish to take this opportunity to thank the Board members, the executive team, and the staff for their support and dedication to our shared goals and successes.

Thank you to the entire community of Windsor and Essex County for your continued support after 33 years. Your donations, volunteer time and care mean so much to us each and every day.

Education and Support Programs



Janice Laforest
First Link Coordinator

Each year on June 15th, World Elder Abuse Awareness Day is recognized around the world. Beginning in 2006, this day was set aside as an opportunity for individuals, organizations, communities and governments around the world to recognize the reality of abuse and neglect of older adults.

This year, the Alzheimer Society was honoured to be chosen by the Elder Abuse Resource Prevention Committee of Windsor/Essex to host a tree planting ceremony commemorating this special day. Nearly 100 people attended this event: our clients and their family members, our staff, community partners, and local dignitaries. We were treated to a musical presentation by some of the teen members of Theatre Ensemble, a local theatre organization, and it was a great opportunity to share awareness of this topic with our youth.

Elder Abuse is defined as any action or lack of action that causes harm to an older adult. Elder Abuse can happen anywhere and it occurs within all economic, social and cultural groups. Physical abuse may come to mind first, but there are other types to be aware of also: psychological/emotional abuse, sexual abuse, financial abuse, and neglect.

While all seniors are at risk for abuse, those that we are supporting with dementia are especially vulnerable as their diminished cognitive abilities may prevent them from recognizing the reality of what is happening to them or impede their ability to communicate it. We must be diligent in advocating on behalf of all seniors if a suspicion of Elder Abuse arises.

For information on Elder Abuse and how to recognize the signs, please visit www.citizen-advocacy.ca/elderindex.htm. If you suspect abuse and would like to speak with someone please contact Family Services Windsor/Essex at 519-966-5010.



L-R: Bruce Krauter, Chief, Windsor-Essex EMS; Patti Kelly, Windsor Police Victim Assistance Unit; Percy Hatfield, MPP, Windsor-Tecumseh; Bruce Montone, Chief, Windsor Fire & Rescue; Sally Bennett Olczak, CEO, Alzheimer Society of Windsor-Essex; Al Frederick, Chief, Windsor Police Service

Alzheimer Society of Windsor and Essex County

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

Client Care Programs



Kathleen Vendrasco
Manager of Client
Care Programs

Summer is finally upon us and seems to be passing much too soon. Summer calls to mind weekend getaways, picnics, BBQs, walks outdoors and time spent with family and friends by the pool, lake or beach.

Here at ASWE, we enjoy planning outdoor picnics for our Day Away clients while some of our Respite clients enjoy going for a walk or gardening with our Client Support Staff.

Though summer is generally a welcome season after the long winter, it also represents a potentially serious threat to individuals with dementia in the form of heat stress.

Symptoms of heat stress may include: headache, muscle weakness, nausea, vomiting, rapid heartbeat, dizziness, confusion. Exposure to extreme heat and humidity can increase stress, cause irritability, and impair concentration.

Fortunately there are several precautions

that can be taken to stay cool and safe during the heat.

Limit one's exposure to the sun - Attempt to stay indoors between 10 a.m. and 2 p.m. when the sun is strongest, and place outdoor furniture in shaded areas.

Make sure to drink plenty of fluids - Dehydration is a serious risk. Keep a cool glass of water or favorite non-alcoholic beverage within arm's reach and make sure he/she remembers to drink it.

Ensure sunscreen is applied prior to going outdoors and often. - Even if the sun is not out sunburn is still a risk.

**SPACES ARE AVAILABLE
IN THE
DAY AWAY PROGRAM!**

For more information, call
First Link at
(519) 974- 2220 ext. 231



Clients in our Day Away Program create a colourful mandala.

Dress him/her appropriately for hot weather - Use lightweight clothes and regularly feel the person's skin for temperature comfort.

Keep your living space cool - Air conditioning or fans will help keep the room temperature comfortable.

Avoid caffeine, alcohol and high-sugar drinks - Avoid anything that might cause dehydration.

Limit exercise to cooler times of the day.

In our Day Away and Respite programs, we ensure clients stay cool and refrain from outdoor activities if there is a heat advisory.

Fund Development and Community Engagement



Peggy Winch
Manager of Fund
Development and
Community
Engagement

Coffee Break 2014

This year's Coffee Break campaign will begin in September and continue through December. Our target is to mobilize 100 locations and raise \$30,000. So far, we have 86 locations confirmed.

Once again, Colonial Coffee is our coffee sponsor, and Biz X Magazine is the media sponsor. They will feature the top three Coffee Break fundraisers in a future issue of Biz X. The Chamber of Commerce of Windsor & Essex will also

feature the Chamber member that raises the most funds through Coffee Break, in its newsletter.

For details, contact Alexis Rodrigo at 519-974-2220 ext. 244 or arodrigo@aswecare.com.

Color Run 2014

Thank you to everyone who volunteered for Color Run on July 19, 2014. After providing over 300 volunteers, we're happy to receive a donation for our volunteer recruitment efforts.

Monthly Giving

Our Forget-Me-Not Partners Monthly Giving program has begun. It allows donors to give a monthly donation to the Society through credit card or debit from a chequing account. Monthly Giving helps us have a steady flow of resources for our programs and services. It's easier on the donors, because they can give small amounts that add up. Furthermore, once it's set up, donors no longer have to worry about it.

To find out more about monthly giving, contact me at 519-974-2220 ext. 225 or pwinch@aswecare.com

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Featured Employee

Community Support

We received \$9,200 from Gino Lamozzo, organizer of the Precious Memories dinner. Dr. Jennie Wells gave an informative presentation at the well-attended event.



L-R: Gino Lamozzo; Josephine Kereliuk; Sally Bennett Olczak, CEO; Carlo Abati; Maurizio Tiberia, Fund Development Manager

We also received a donation of \$3,000 from Seasons LaSalle, Lakeshore, and Amherstburg. They raised these funds through sales of their cookbook, *Seasoned with Love*.



ASWE CEO Sally Bennett Olczak receives a donation from representatives of Seasons Residences in LaSalle, Lakeshore, and Amherstburg. Presenting the cheque are three of the recipe contributors.



Rose Shields, PSW, has been an employee with ASWE since 2008. Rose has held the position of both Client Support Staff and Intake Coordinator.

Not only is Rose dedicated to her role at ASWE, she also participates on several of our committees including Health & Safety (co-chair) and Client BBQ (chair).

Rose recently completed a senior's fitness instructor course which adds to her skills and abilities in providing care for our Day Away clients.

Clients and their partners in care often comment on her positive energy and her bright smile that is ever present. We are grateful to have her as part of our team.

Thank you, Rose, for all that you do!

300 VOLUNTEERS WANTED!
World Alzheimer's Day Run
September 19, 20, & 21, 2014, Amherstburg
Call 519-974-2220 for details
"Great way for students to collect community hours!"

New Staff

Rose Johnston
Adult Day Program
Coordinator



Alexis Rodrigo
Community
Engagement Officer



Carrie Lee
Education & Support
Coordinator



Alzheimer Society
WINDSOR-ESSEX COUNTY

2135 Richmond St.
Windsor, ON N8Y 0A1