



# Alzheimer Society

YORK REGION



## THE CONNECTION SUMMER 2011

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## WILD WILD WEST HOEDOWN

### 2011 HOEDOWN KICK-OFF PRESS CONFERENCE

The Hoedown started out as a backyard BBQ fundraiser at the Stronach family farm and has become York Region's largest annual community fundraiser, generating proceeds of more than \$4 million for local community groups during its 23-year history. The 2011 Hoedown will take place on Saturday, September 10 on the Magna campus in Aurora under the largest tent in the country. The event will run from 5:00 p.m. to midnight and features a Texas-style BBQ dinner, live entertainment and a Prospector's Raffle. Tickets are available all throughout York Region so for more information as well as a complete list of the 20 charities and community groups taking part, please visit [www.hoedown.ca](http://www.hoedown.ca)



- Snap July

Joanne & Lynn, Alzheimer Society of York Region

### Points of interest:

- 26th Annual General Meeting Recap
- 2011 Caldwell Securities Ltd./AS York Region Golf Classic

### Our Mission:

To alleviate the personal and social consequences of Alzheimer's disease and related dementias and to promote research.

This newsletter is based on the assumption that it does not render professional advice. Information and opinions contained are gathered from sources felt to be reliable, but their accuracy and/or their correct interpretation cannot be guaranteed. You are welcome to submit stories and article ideas to: [toconnor@alzheimer-york.com](mailto:toconnor@alzheimer-york.com)

AS York was thrilled to find out in June that we were chosen by Magna International and the Hoedown Committee to be a recipient of funds raised by the 2011 Hoedown coming up on Saturday September 10<sup>th</sup>!

With the funds we will receive from the event, AS York will be creating a beautiful Sensory Garden at our Thornhill D.A.Y. Centre. Horticultural Therapy improves the social, physical and emotional well being of individuals with Alzheimer's disease and other related dementias. Sensory stimuli associated with gardens and gardening has been used to provoke memories. This beautiful space will include a walking path, raised flower beds, sensory plants, bushes and flowers to stimulate the senses.

AS York is selling Hoedown raffle tickets and each one gives you a chance to win \$50,000, \$15,000, \$10,000 and \$5,000 CASH!! Tickets are only \$20 for 3 or \$100 for a book of 15 and 100% of the money from the raffle and event tickets goes directly to the charities! So head over to our website to buy your tickets or call/email Joanne Witt at 905-895-1337 x29 or [jwitt@alzheimer-york.com](mailto:jwitt@alzheimer-york.com) to get yours before they're all sold out!!

# SEVEN HEALTH RISKS THAT COULD LEAD TO ALZHEIMER'S

July 19, 2011

ANDRÉ PICARD,

PUBLIC HEALTH REPORTER— From Wednesday's Globe and Mail

*New research indicates tackling these health issues—including smoking, obesity and physical inactivity—could decrease the number of dementia cases worldwide*

Half of Alzheimer's cases worldwide can be traced to seven common risk factors, a new study shows. The findings also suggest that by tackling those underlying issues – which range from lack of education to obesity – the rising tide of dementia could be slowed considerably.

"We are assuming that when you change the risk factor, then you change the risk," said Deborah Barnes, an associate professor of psychiatry at the University of California, San Francisco, and lead author of the study. "What we need to do now is figure out whether that assumption is correct." Worldwide, an estimated 33.6 million people are living with Alzheimer's and related dementias, including more than 500,000 in Canada. There are more than six million new cases diagnosed each year, including 110,000 in Canada.

The research, published online Tuesday in the medical journal *Lancet Neurology*, is a systematic review of earlier studies examining risk factors for Alzheimer's disease. Dr. Barnes and her colleagues used mathematical modelling to estimate the global impact of the modifiable risk factors. They calculated that 17.2 million of the current cases may have been prevented.

The seven risk factors, in descending order of magnitude, were identified as:

\* **Low education:** "Use it or lose it" is an important credo in Alzheimer's prevention. Schooling is key because stimulating the brain builds neural networks and the more education a person has the more likely they are to engage in stimulating brain activity. Yet, worldwide, 40 per cent of the population has a primary school education or less. The researchers estimated that low education was associated with 19.1 per cent of Alzheimer's cases, or 6.4 million cases globally.

\* **Smoking:** Among other things, smoking weakens blood vessels and it affects blood flow to the brain. But almost one-third of adults in the world still smoke. The research estimates 13.9 per cent of Alzheimer's cases are linked to smoking.

\* **Physical inactivity:** Studies show that people who are physically active have better cognitive abilities and are less likely to develop dementia. Worldwide about one in six people are inactive. The new study found that 12.7 per cent of Alzheimer's cases were likely due to inactivity.

\* **Depression:** People who suffer from depression have more than double the risk of developing dementia. About one in seven people in the world will suffer from serious depression. Researchers calculated that about 10.6 per cent of Alzheimer's cases could be traced to depression. Continued on page 7...

## MAKE YOUR COFFEE COUNT!



### Host A Coffee Break **BENEFITING THE ALZHEIMER SOCIETY OF YORK REGION!**

Coffee Break is one of the Alzheimer Society's major annual fundraisers where friends, co-workers and clients gather in communities across Canada to raise funds for local Alzheimer Societies. Participants at these events make a donation in exchange for a cup of coffee.

Hosting a coffee break is easy. You organize an event—large or small—and simply collect donations for every cup poured. You can hold a break in your office, at home, at your church, in a local mall or anywhere you can set up a stand and serve coffee and we will supply you with brochures, coffee cup cut outs to sign, a coin box if you wish and of course the coffee. You can offer tea and juice as well as coffee and add cookies or pastries to increase the donations. If you prefer, you can celebrate by hosting a barbeque, potluck, wine and cheese or anything that you wish. Just ask everyone who joins you to make a donation and "Sign a Cup".

When you host an Alzheimer Coffee Break, your support helps to improve the quality of life for people diagnosed with Alzheimer's disease and related dementias by providing education to family and professional caregivers, creating a high profile of service in the community, developing programs of respite for caregivers and promoting research into the cause and cure of the disease. Alzheimer's disease knows no boundaries and this event provides an excellent opportunity for everyone to feel part of a Canada wide and in fact world wide activity as we recognize the devastating affect this disease has on individuals and their loved ones. This program has been gaining momentum but we want to expand it even more in York Region.

**If you can help us by either hosting one of the events or to sponsor,  
please contact Elaine Ross**

**800 Davis Drive, Unit 6, Newmarket, ON L3Y 2R5.**

**Phone: 905 895-1337 Fax: 905-895-1736. E-Mail: [eross@alzheimer-york.com](mailto:eross@alzheimer-york.com)**

The money generated from Alzheimer Coffee Break provides opportunities to enhance programs and services for those coping with this devastating disease.

Charitable Registration #10670 5429 RROOO1

## 26TH AS YORK AGM RECAP



**Pictured: Dr. Jack Diamond—Scientific Director of the Alzheimer Society of Canada**

The Alzheimer Society of York Region is pleased to have held its 26th Annual General Meeting on Tuesday, June 21st, 2011 at Parkplace Manor, located at 15055 Yonge Street in Aurora.

We were honoured to feature Keynote Speaker: Dr. Jack Diamond, Scientific Director of the Alzheimer Society of Canada. Dr. Diamond gave a very informative presentation on “**Alzheimer’s disease: what’s going on up there, and what are we doing about it?**”. The purpose of this presentation provided people who are not scientists or clinicians with easy to understand information on Alzheimer’s disease, including risk factors, how researchers decide the most promising ways to search for new treatments and where we stand in the search for a cure.

Copies of the AS York's 2010-2011 Annual Report are available on our website or please call (905) 895-1337 to order a copy.

## SENIORS HAVE UNIQUE NEEDS WHEN IT COMES TO INCOME

Seniors have unique needs when it comes to income and cash flow. Without the promise of a steady paycheque, many seniors must rely on the savings they have accumulated through the years to provide the cash they need to pay bills and enjoy the lifestyle they desire. That is why it is so critical for seniors to structure their investments to provide the highest cash flow at the lowest possible risk.

Retired people face three considerations when investing: life expectancy, inflation and interest rates. The typical retiree leaving the workforce at age 65 can expect to live another 19 years, according to 2007 Centers for Disease Control and Prevention data quoted in the "Senior Journal." This means that retirement income needs to last many years. Meanwhile, inflation during retirement negatively affects the value of future investment returns, and low interest rates stall wealth accumulation. Thus the best investments for retired people provide safety and income as well as some capital appreciation.

All investments have risk, even "safe" ones. You are exposed to three types of risk with safe investments; the potential to lose principal, loss of purchasing power due to inflation and the risk that comes with illiquidity, which can occur when safe investments contain surrender charges or maturity dates that are a long way off. There are many different types of investments that seniors can use as part of a diversified portfolio. Making sure you understand the risk of each investment and how comfortable you are with risk is the first step in creating a solid investment plan. Let's look at some investments that provide an income stream. Remember that when creating an investment strategy you must look at your income needs as well as the amount of risk you are comfortable with. Risk tolerance is personal and needs to be addressed.

Here is a list of investments that might work well for seniors who are looking for stable income flow.

- Annuities
- Guaranteed investments funds (GIF)
- Bonds
- Investment Property
- Dividend paying investments
- Safe investments ie: cash, GIC's

When creating a balanced portfolio of fixed income, equities, real estate or cash please consider the tax consequences of the different investments. Income is fully taxable at your highest marginal tax rate. You don't want to lose part or all of your old age security benefit (OAS) The key to avoiding OAS and Age Credit *clawbacks* is to keep your taxable income to the absolute minimum required to meet your needs – using strategies like these:

**Pension income splitting:** You can allocate up to 50% of 'eligible pension income' – including payments from a Registered Pension Plan (RPP) at any age and Registered Retirement Income (RRIF) payments at/after age 65 – to your lower earning spouse, which usually reduces your family's overall tax bill and *clawbacks*.

**Other income-splitting strategies:** You can gift or loan assets to your spouse for investment purposes, contribute to a spousal RRSP (if your spouse is under age 71), and/or change who pays for daily living expenses and who invests.

**Withdraw the minimum for your RRIF:** RRIF withdrawals are fully taxable, so consider withdrawing only the minimum each year. If you have a younger spouse, base your withdrawals on their age – this will produce a smaller minimum withdrawal.

**Invest in TFSAs:** Contributions to Tax-Free Savings Accounts generate tax-free investment income. As well, payments from a TFSA are not taxable, so do not result in *clawbacks*

**Seek non-registered investments that offer preferential tax treatment:** Only 50% of the capital gains generated by equity investments are taxable income, which may result in less of your income being subject to *clawbacks*. Another strategy to consider is *tax-advantaged* or *switch* funds, which allow you to buy and sell investments without paying any taxes on capital gains until you leave the fund structure. This allows you to defer tax payments to a year when your income is lower.

With the right strategies you can pay less tax, avoid *clawbacks* and preserve your wealth. But talk them over with your professional advisor to be sure you are following all of the often difficult tax rules and doing what's best for you.

**Alzheimer Society**  
YORK REGION

**Newmarket**

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D.A.Y. Centre  
Caregiver Support

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Fax: (905) 731-7663

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Satellite Office  
Caregiver Support

184 Simcoe Avenue, Unit 4  
Keswick, ON L4P 2H6  
Tel: (905) 476-5521  
Fax: (905) 476-0875

**Whitchurch—Stouffville**

D.A.Y. Centre  
Caregiver Support

c/o Parkview Village  
12184 9<sup>TH</sup> Line  
Stouffville, ON L4A 3N6  
Tel: (905) 640-0237  
Fax: (905) 640-6064

**Richmond Hill**

Caregiver Support

c/o CHATS Balance of Care  
10132 Yonge Street  
Richmond Hill, ON L4C 1T6  
Tel: (905) 508-2670  
Fax: (905) 508-9543

**Vaughan**

Education/Resource Centre  
Caregiver Support

8611 Weston Road, Unit 35B  
Vaughan, ON L4L 9P1  
Tel: (905) 850-5680  
Fax: (905) 850-9606

**Caldwell Securities Ltd**  
**Alzheimer Society of York Region**



**Golf Classic**

**BENEFITING THE  
ALZHEIMER SOCIETY OF YORK REGION!**

**TEE OFF AT COPPER CREEK GOLF CLUB  
ON THURSDAY, AUGUST 18<sup>h</sup>, 2011**

To register or sponsor online please go to [www.alzheimer-york.com](http://www.alzheimer-york.com)  
or to register by phone, please contact

**Lynn Conforti**

**Alzheimer Society of York Region**

**800 Davis Drive, Unit 6**

**Newmarket, ON L3Y 2R5**

**Phone: 905 895-1337**

**Fax: 905-895-1736**

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## SEVEN HEALTH RISKS...CONT'D FROM PG.2

\* **High blood pressure:** About one in nine people in the world have hypertension in middle age. The study estimated that poorly-controlled blood pressure accounts for 5.1 per cent of Alzheimer's cases.

\* **Diabetes:** Research shows patients with type 2 diabetes have a significantly higher risk of developing Alzheimer's. Globally, almost seven per cent of adults have diabetes. The research team found it could be responsible for about 2.4 per cent of Alzheimer's cases.

\* **Obesity:** Women and men who are obese at middle age have an increased risk of dementia later in life. Worldwide about 3.5 per cent of the population is both obese and middle-aged. The study found that obesity is associated with about two per cent of Alzheimer's cases.

The findings were also presented Tuesday at the Alzheimer's Association International Conference in Paris. Dr. Barnes said if these risk factors were eliminated entirely it is not realistic to think these risk factors could be eliminated entirely, but even small reductions could have a significant impact.

The researcher estimated that reducing the seven key risk factors by 10 per cent would translate to 1.1 million fewer cases of Alzheimer's, while a 25 per cent reduction would translate into 3 million fewer cases a year.

"It gives us a little bit of hope about things we could do now about the epidemic that is coming our way," Dr. Barnes said. She said that is particularly true given the lack of progress in developing effective treatments for Alzheimer's and other forms of dementia.

Currently, the number of people living with dementia is doubling every 20 years and, without significant advances in prevention, the number is expected to reach 115 million in 2050.

### \*FAMILY SUPPORT GROUP SCHEDULES\*

Provide information on coping and caring for people with Alzheimer's disease and the related diseases.

\*Please Note: Groups run from September to June\*  
(Except Thornhill & Markham)

#### NEWMARKET

1st Thursday each month  
7:00-8:30 pm  
The D.A.Y. Centre  
800 Davis Drive., Unit 6,  
Newmarket

#### THORNHILL

3rd Wednesday each month  
7:00-8:30 pm  
The D.A.Y. Centre  
10 Harlech Court., Unit 2,  
Thornhill

#### MARKHAM

1st Wednesday each month  
1:30-3:00 pm  
The Woodhaven  
Celebration Room  
380 Church Street, Markham

#### STOUFFVILLE

4th Tuesday each month  
7:00-8:30 pm  
Parkview Home  
123 Weldon Road, Stouffville

#### KESWICK

3rd Wednesday each month  
1:00-2:30 pm  
Alzheimer Society Office  
184 Simcoe Avenue, Unit 4,  
Keswick

#### MAPLE

2nd Tuesday each month  
7:00-8:30 pm  
Maple Health Centre  
10424 Keele Street, Maple

**Newmarket Office**

*Executive Director*  
Loren Freid

*Manager, Finance & Administration*  
Janice Clarke

*Manager of Fund Development*  
Lynn Conforti, CFRE

*Fundraising Coordinator*  
Joanne Witt

*Events Coordinator*  
Elaine Ross

*Administrative Assistant*  
Jan Frampton

*Social Workers*  
Polly Choi MSW, RSW  
Linda Hayward MSW, RSW

*Day Centre Manager*  
Mary Squires

*Senior Day Centre Worker*  
Laura Letassey

*Day Centre Workers*  
Maurice Del Fabro

Lisa Iesse  
May Yeun  
Dora Zdanko

*Driver*  
Patrick Kwan

**Thornhill (Markham) Office**

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Claudette Bravo

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*Social Workers*  
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*Senior Day Centre Worker*  
Kala Matheendran

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Jennifer Golding  
Ron Gorlick  
Alice Kong  
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Patrick Zamora

**Vaughan Office**

*Community Liaison Coordinator*  
Anne Carriere

*Public Education Coordinator*  
Trevor O'Connor, BA

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Diana Evangelista BSW, RSW

**Richmond Hill Office**

*Social Worker*  
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Nadia Gennaro BSW, RSW

**Whitchurch—Stouffville Office**

*Social Workers*  
Elaine Cheung MSW, RSW

*Senior Day Centre Worker*  
Franca Contardo

**Georgina Office**

*Volunteer Coordinator, Administrative and Public Engagement Assistant*  
Cathy Loitsch

*Social Worker*  
Tara Arthurs MSW, RSW

# Help Wanted

## AS York Region Needs Volunteers For Upcoming Events

Volunteers are exceptional members of our community. They share their knowledge, experience and time in order to make a difference in our society. We believe that our volunteers feel so strongly towards our cause that their enthusiasm will encourage them to carry out our message. Every member of the volunteer team plays an important role in fulfilling our mission to alleviate the personal consequences of Alzheimer's disease and related dementias and to promote research. Becoming part of our team will give you the opportunity to:

- **Support a cause you truly believe in.**
- **Apply your current skills and gain some new ones.**
- **Meet new people, make new friends and develop professional contacts.**
- **Feel the personal satisfaction of helping others.**
- **Make a difference in your own community.**

We are urgently looking for volunteers for the following areas:

- **Administrative Support**
- **Walk For Memories/Coffee Break**
- **Media Support**
- **D.A.Y. Centre Program**
- **Golf Committee**
- **3rd Party Events/Special Events**

Please contact **Cathy Loitsch**, Volunteer Coordinator at **905-476-5521** or [cloitsch@alzheimer-york.com](mailto:cloitsch@alzheimer-york.com) for more details.

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