NEWSLETTER

Société Alzheimer Society

PRINCE EDWARD ISLAND

Table of Contents

Research

Tips for Communicating P. 2
Creating Joy & Engagement through Fandom P. 5
Research Priorities P. 6
Dayan Goodenowe Lecture P. 6-7
Social on Your Mind P. 9
Oral Narratives P. 9

Advocacy

Provincial Dementia Strategy P. 8
Bil C-233 Celebration P. 9

Programs and Services

Brain Fitness Fun P. 3
First Link P. 3
Dementia Care Training P. 4
Support Groups P. 4
Book Re-Launch P. 5
Teepa Snow Coming P. 5
LGBT News P. 6

Fun-raising

Coffee Break P. 1
Door to Door P. 2
An Evening to Remember P. 2
Walk for Alzheimer's P. 8
DF LA Luncheon P. 8

World Alzheimer's Day — Coffee Break

September 21 is World Alzheimer Day! We are issuing a call for help from local individuals, organizations, or businesses to sign up as a Coffee Break host this fall.

Specifically, we are looking for "champions" to help out by hosting a Coffee Break. We even provide you with the coffee (donated by Melitta)!

A Coffee Break is a fundraiser for the Alzheimer Society. Typically, a business or organization will serve coffee for employees or customers in return for a donation. if you don't like coffee or cannot serve coffee you can do dress down days for donations, host a bake sale, or do a raffle or 50/50 draw. ***All funds raised stay on PEI!***

Call **902-628-2257** to get your kit, or **click here** to sign up online!

Tips for Communicating with Your Family When a Loved One is Diagnosed with Dementia:

Positive™ Approach to Care

1. Ask open ended questions.
2. Hold space for the other members of your family to deal with their emotions.
3. Acknowledge the difficulty of the situation.
4. Recognize when you need time out.
5. Be open to the ideas and opinions of other people.
6. Be the leader within your family.
7. Offer resources and support.
8. Remember that disagreements are natural.

Click here to read the full article!

COMMUNITY

Door to Door Campaign

Please consider giving your time to help us canvas during our Door to Door Campaign happening in October & January.

By supporting our Door-to-Door Campaign, you are contributing to important programs and services that help people in our province, as well as crucial research initiatives. **The Alzheimer Society of PEI needs your help** to make a difference in the lives of thousands of Islanders living with Alzheimer's disease or related dementias. **100% of the dollars raised stay on PEI**.

If you are willing to help out, please contact our office at **society@alzpei.ca** or **902-628-2257**.

An Evening to Remember

We are excited to announce an Evening to Remember Gala will be held in October!

Please stay tuned for more details!

We Need Volunteers!

Volunteers are the most important resource for our organization — your time and energy are essential to help us support people living with dementia and their families.

We would love to have your time and talents to help us create our vision of a world without Alzheimer's disease & other dementias.

Upcoming Opportunities:

- Door to Door Campaign
- Office Volunteers

Click here to apply!

Dementia Friendly Communities (DFC)— Brain Fitness Fun

The town of Montague minor grant, assisted with exploring dementia friendly opportunities, namely Brain Fitness Fun (BFF). DFC focuses on social inclusion and reducing the stigma toward individuals who have dementia. The Alzheimer Society offered the BFF program this spring with the goal of supporting BFF participants to present to Town Council in September. Mayor Collins, has shared his ongoing support!

Stay tuned as the BFF participants advocate! For more details email **society@alzpei.ca** or call **902-628-2257.**

First Link® Premier lien MD

First Link® is an innovative referral program designed to assist individuals diagnosed with Alzheimer's disease and other dementias, as well as their families and caregivers. First Link® provides support from the point of diagnosis and throughout the progression of the disease.

Support Groups

There are currently three Alzheimer Caregiver Support Groups running across PEI.

Charlottetown

Alzheimer Society of PEI

166 Fitzroy Street

1st and 3rd Wednesday of every month, 1:00pm

Montague

Perrin's Marina Villa

115 Sackville Street

3rd Wednesday of every month, 2:00pm

Summerside

Summerset Manor

15 Frank Mellish Street

3rd Thursday of every month, 2:00pm

First Link® Connects People To:

- A learning series offering information about diagnosis, day-to-day living, positive approaches to care, how to manage challenges and how to prepare for the future.
- Support groups and opportunities for one-to-one counselling.
- Additional community programs and services. Check our website calendar for presentation times or contact us at society@alzpei.ca .

Dementia Care Training (DCT) :

Thank you to everyone who attended and helped make DCT 101 a great success.

Part 2 of the Dementia Care Certificate Program (DCT-102) will take place in November (Day, time and location TBA.)

The Dementia Care Certificate Program is a comprehensive educational program offered by the Alzheimer Society of PEI for healthcare professionals, personal support workers, home care support workers and professional caregivers. DCT 102 develops hands-on skills as frontline professionals working with people living with dementia.

Note: only those who have completed DCT 101 may attend the 102 session.

Creating Joy and Engagement Through Fandom

By Dan Bulgarelli, PAC Speaker

Being a fan transcends all of those lines that would seek to divide us and bring us together. When you get together with fellow fans, or meet someone new who turns out to root for your team, one of the first questions is inevitably **"did you see the game?"**

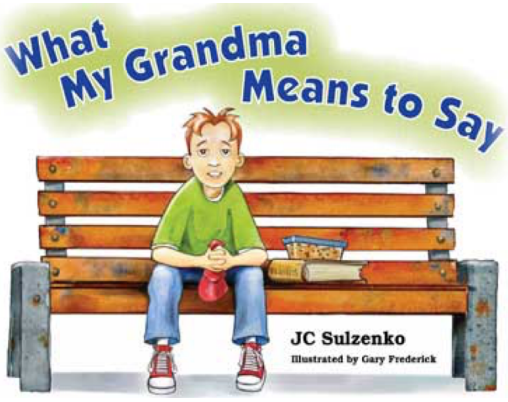
This question creates a topic both people can relate to, leads into many tangents, and soon a relationship is born.

Being a fan doesn't end when dementia sets in or progresses. I spoke with Peg Chabala about how she would use sports to engage her residents…

To read the full article, click here!

What Grandma Means to Say Re-Launch

The educational children's book "What My Grandma Means to Say" had a successful first year in PEI schools and will be celebrating a re-launch September 21 on World Alzheimer Day at the Lieutenant Governors Coffee Break at noon! To register for the coffee break please contact society@alzpei.ca



The book follows a boy and his journey to understanding his grandmother's experience living with Alzheimer's. This story is a great resource for elementary school aged children who may not understand Alzheimer's or other dementias.

Teepa Snow Coming…

Mark your calendars for January 2018! We are beginning to plan for our 6th annual January awareness conference. This conference will be a jam packed day with maybe, a very special guest… Stay tuned for more information!

Top Ten Research Priorities

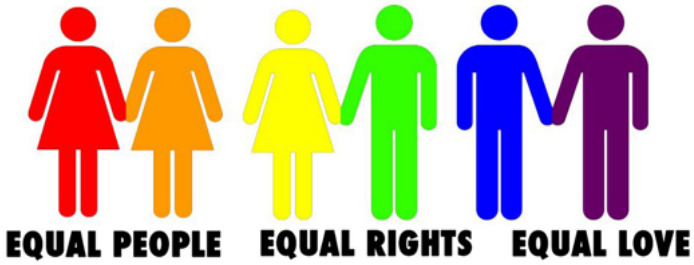
Over the course of the past year, we asked Canadians affected by dementia — either personally or through their work — for their unanswered questions about living with dementia, dementia prevention, treatment and diagnosis.

This study, also known as the Canadian Dementia Priority Setting Partnership, set out to identify the top 10 dementia research priorities…

To view the Top Ten Research Priorities, click here!

LGBT News

The Alzheimer Society of PEI has included an introductory LBGT presentation in DCT training. Our future goal is to explore a Diversity 101 Toolkit. The Diversity 101 Toolkit would be a comprehensive guide for a long term care facility, to understand and review knowledge on gender identity, sexual orientation, and gender expression. The overall goal is to increase



awareness, inclusion, and reduce discrimination.

Dr. Dayan Goodenowe NeuroConX Public Lecture: *by Donald Arsenault*

On Sunday, July 9th, Dr. Dayan Goodenowe from Prodome Sciences Inc. gave a public lecture at the request of the PEI BioAlliance in partnership with the Alzheimer Society of PEI. Dr. Goodenowe's primary research interest is in prevention-based medicine.

A large number of caregivers and professionals were in attendance. During this public lecture, he shared, "to cure a disease, we must detect it before it becomes a disease." Using dementia as an example, he elaborated on how you can modify your genetic predisposition to this and other disease(s). Our cells are enclosed by membranes and the composition of these membranes is changing over time. If you can modify the membrane composition, you can modify your genetic predisposition to disease.

THANK YOU!

To our summer students Grace Wedlake, Kennedy Laybolt, and Kari Kruse!

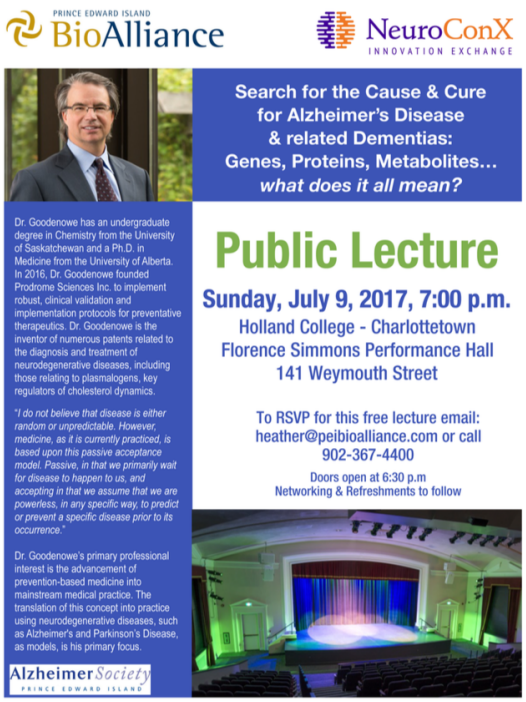
Grace has been invaluable on numerous projects, Kari has assisted our Dementia Educators, and Kennedy has assisted in planning and organizing events.

We will miss having you in the office but we wish you the best of luck as you continue to pursue your studies at UPEI!

You can find us on social media!

@AlzheimerPEI

According to Dr. Goodenowe, there are forms of prevention and treatment that "can't be put in a pill." These forms include diet, physical activity, social interaction, and holistic health. As an attendee at the lecture, I also shared my family's positive outcomes with a holistic health approach. My wife Denise, a Reiki master at Health Within Holistic Centre, has provided my 89-year-old father with close to 100 Reiki energy treatments during the past nine years. According to my 83-year-old mother, who is my father's primary caregiver, Denise's treatments always have a noticeable effect on her husband's energy and lucidity.



Because of her belief in Reiki, my mother, a retired school teacher, is supporting Reiki clinics that are held once a month at Health Within Holistic Centre in Charlottetown. These clinics provide an opportunity for caregivers in particular to learn about Reiki and get a first-hand experience of the benefits of Reiki (Hyperlink to the click here noted below) through a 15-minute session.

Another key message was the importance of caregiver education. The Alzheimer Society has many programs and services!

For more information on Reiki clinics, click here!

SAVE THE DATE!

Sunday June 3rd, 2018:
Walk for Alzheimer's

Friday June 22nd, 2018:
DF Leadership Award Luncheon

Good- Bye Provincial Dementia Strategy…

You took 2 years to build and 5 years to advocate with no final release! On October 26, 2016 we said good bye to hopes of any dementia strategy for PEI.

Hello ***Seniors Health and Wellness Strategy!*** Stay tuned

Thank You for Participating in the 2017 Walk for Alzheimer's

The Alzheimer Society of Prince Edward Island would like to extend a huge thank you to all of the participants and supporters who came out to our Walk for Alzheimer's event in Charlottetown and Summerside.

Not only does this event bring awareness to such a devastating disease, it also brings friends and families together to create a dementia-friendly community.

Thank you for Supporting the 16th Annual Dementia Friends Leadership Award Luncheon

This is one of our favourite events. It gives us an opportunity to recognize some amazing people who make such a difference to the work the Alzheimer Society of PEI is able to offer.

This year we were honoured to recognized Jacinta Stewart with the Ferne Stevenson Caregiver Award and Dr. Jackalina Van Kampen with the Dementia Friends Leadership Award.
Click here for the guardian article.

Weldon Boone and Andrews of PEI were also recognized for their volunteer work.

Bill C-233 Becomes Law!

On June 22, history was made as Bill C-233, An Act respecting a national strategy for Alzheimer's disease & other dementias, became law!

The Alzheimer Society of PEI and our federation partners have always recognized the need for a national dementia strategy which will enhance research efforts and ensure access to quality care and support so that Canadians with dementia can have the best quality of life. Now, for the first time, the federal government is legally committed to action on dementia and Canada will become the thirtieth country in the world with a national dementia strategy! Stay tuned for more details as the federal government moves forward with implementation.

Read the full report here.

Research

Social on Your Mind: What Social Media Does to Your Brain

You spend all day tweeting, liking, posting, and sharing, but what are these practices doing to your most important tool—your brain? The human brain has had to adapt to many changes throughout history as new technologies were introduced (the printing press, anyone?) and the acceleration of the Internet and social media has shown fascinating effects on the mind.

To continue reading, click here!

Meet Danielle Alcock at Western University

Alzheimer Society Research Program: Quality of Life Doctoral Award Recipient in Alzheimer's Disease and Dementia.

Click here for more information!