

Golfing for His Grandfathers

By Sarah Lyon, ASNS Staff

Sam Kimball 18, received his first set of golf clubs at the age of three, and he hasn't put them down since. Sam plays about five times a week, works at the Osprey Golf Course, and shares a passion for the game with his whole family, including both of his grandfathers.

Sam lost his paternal grandfather to dementia in January and his maternal grandfather is living with the disease. Having dementia in his family and his love of golf led to Sam earning a trip to Ontario and to secure a \$4,500 grant for the Alzheimer Society of Nova Scotia.

This spring Sam wrote an essay about how dementia has affected his family and his passion for golf, submitting it to the David Hearn Foundation's KIA Grant contest. David Hearn is a Canadian pro golfer with a passion for supporting those on the dementia journey.

Sam, from LaHave, NS, was one of two young Canadian golfers who won not only the grant for the Alzheimer Society, but also a trip to Ontario to meet David Hearn and play in his annual charity classic game. I asked Sam some questions to learn why a young Nova Scotian applied for this grant and about his journey with dementia.

Why do you play golf?

I play golf for many reasons. I get to spend time outside and it allows me to be physically active. Golf also involves a lot of strategy and thinking which I enjoy. I have also been able to meet many great people and lifelong friends through golf. The main reason I play golf is because of the challenge faced with each new round, because each day is different and you can constantly improve.

What made you apply for the grant?

I felt I was uniquely qualified because of my passion for golf as well as my family's history with Alzheimer's. I knew it was a great opportunity to donate the funds to the Alzheimer Society of NS.



David Hearn and Sam Kimball

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There isn't much I felt I could do to help my grandfathers with the disease but this grant may possibly help other families.

What was it like to play in the Charity Classic?

It was a wonderful day. I had a great time playing golf with Brooke, the other grant winner. It was a beautiful golf course and all the other golfers were very nice and quick to congratulate me on my achievements. It was awesome to meet David Hearn, he was very generous with his time.

Did you tell your grandfather about your win?

My grandmother told him about it and he was very proud and excited. He congratulated me and when I get home I'll tell him all about it.

Why do you think that it is important that grandchildren like yourself raise awareness about dementia? *My brothers and cousins and I have firsthand experiences and we understand the severity of the disease. Alzheimer's affects more than just the patient, it has an impact on the entire family. The more grandchildren that become involved, can have a positive impact through spreading awareness and aid in finding a cure for the disease.*

Contact us

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Cheryl MacKay
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Cumberland-Colchester

Heather Maddison
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ARE YOU In The LOOP?

Coming up...

September

Coffee Break®

September 21

World Alzheimer Day

October

Door to Door Campaign

October 22-23

29th Provincial Conference, Dartmouth

October 22

Family & Friends Night, Dartmouth

November 27

Giving Tuesday

If you have any questions about the upcoming events, please contact our office at 1-800-611-6345.

Support groups are offered on various dates around the province.

Training for facility staff launching with a contest

U-First! in Nova Scotia



“U-First! training has been very successful in other provinces and we are excited to be offering it here in Nova Scotia. As part of our 35 year anniversary of serving Nova Scotians, we have decided to launch U-First!, in a big way - by delivering four workshops in each of the health zones, and waiving the \$75.00/per person fee!” Linda Bird, Director of Programs and Services, Alzheimer Society of Nova Scotia

U-First! is a six-hour workshop on dementia care designed for unregulated health care providers who are involved in supporting persons with Alzheimer’s disease or other dementias. The Alzheimer Society has partnered with the provincial Challenging Behaviour Consultants to deliver the program across Nova Scotia.

U-First! training aims at improving one-on-one interactions between staff members and people living with dementia. “Throughout the day people living with dementia are in contact with lots of staff and each staff has the opportunity to make life better for the person living with dementia. U-First! helps support all staff, so they share the same understanding of dementia and work collaboratively to create safe, person centered spaces where people with dementia live,” explains Bird.

What are the key elements of U-First!?

The U-First! program helps staff:

- Understand behaviour changes in a person with dementia
- Flag possible changes seen in the person
- Interact with skill and understanding
- Reflect and report the behavior
- Support the person with dementia and the family caregiver
- Learn how to involve the Team in caring for the person with dementia

All long term care and home support agencies are eligible for U-First! training. Participants who

complete the training leave with tools to use in the workplace. A provincial database will be kept with the names of those who have completed the training and a certificate will be presented to the participant for their records.

To book your U-First! training for employees, call Heather Murdock at the ASNS, 902-422-7961 ext. 243.

WANT TO WIN A UFIRST! TRAINING?

If your organization/agency is interested in being considered for one of the four free training sessions you need to ensure that you have the following:

- Classroom space for the workshop
- Guarantee 12 staff members are available to take the six hour workshop; you can include staff from other agencies—both unregulated and regulated staff are welcome and can benefit from taking the program.

The names of the organizations that meet the above criteria will be sorted by zone and a random draw will select the winners from the 4 zones.

1. Submit a request with the above data and your organization’s contact information by September 7, 2018.
2. Are able to schedule the workshop for a date in September 2018 –preferably the last 2 weeks.

Submit your organization today to Heather at ASNS 902-422-7961 ext. 243 / heather.murdock@asns.ca

2017-18 Gratitude Report Excerpt

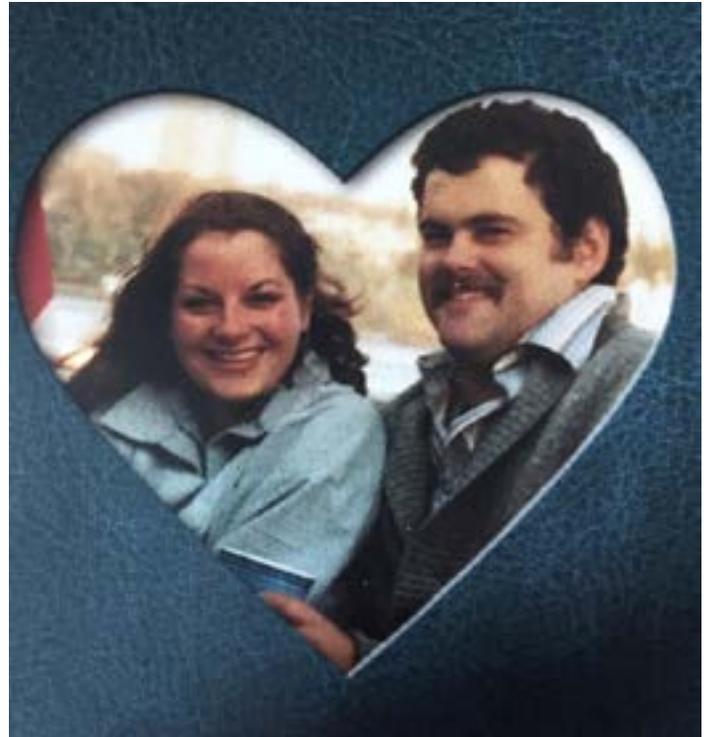
Colina & David

An excerpt from Emily, their daughter

I'm so proud of my dad and I'm amazed every day at what he has been able to do. The care he provides for my mom is remarkable.

You never think about or prepare for this - we never expected anything like this. And my brothers and I find strength and confidence in knowing that when my dad has questions or needs support, the Society is always there for him. There is no better feeling than knowing that the Society understands this disease and can give him what he needs to support mom.

Everyone there is so empathetic, so compassionate, so kind. Even just the other day we ran into Linda, one of the staff, here in town and the way she interacted with mom was incredible. She looked directly in her eyes, wrapped her up tight in her arms in a huge hug, and asked yes or no questions so mom could respond and engage. Everyone at the Society just understands, and Mom just lights up after her interactions with them.



Read the whole story at:
www.asnsannualreport.com / or request a
copy 1-800-611-6345



World Alzheimer's Month

World Alzheimer's Month is the international campaign every September to raise awareness and challenge the stigma that surrounds dementia. The campaign was launched in 2012: World Alzheimer's Day is on 21 September each year.

2 out of every 3 people globally believe there is little or no understanding of dementia in their countries.

The impact of World Alzheimer's Month is growing, but the stigmatisation and misinformation that surrounds dementia remains a global problem, that requires global action.

Share your story this month on Facebook, a blog, with your local politicians, and let's reduce the stigma.

Partner and Unite!

Workplace Giving supports Nova Scotians

By Sarah Lyon, ASNS staff member

Each fall students return to school, cottages start to get shuttered, and workplace giving campaigns start in offices across our province.

Perhaps your office has one? It could be a United Way campaign or HealthPartners. These campaigns help facilitate giving by asking you to choose a charity and agree to have a donation taken from your paycheck.

Here in Nova Scotia, workplace giving donors help keep programming and other supports available to those on the dementia journey. Programming in communities is important for both those with the disease and their partners in care.

This fall, you can be a part of helping Nova Scotians with dementia through workplace giving!

United Way campaign

Although the Alzheimer Society of Nova Scotia is **not** funded by the United Way, you can still choose to directly donate through a UW Campaign. If your company participates in a

United Way campaign, here is how you can donate:

1. Write in the Alzheimer Society of Nova Scotia
2. Provide the following charitable number:
10670 5379 RR0001

HealthPartners campaign

Much like the United Way, HealthPartners does workplace giving for the top 16 health charities in Canada. If your company participates in a HealthPartners campaign, you can choose the Alzheimer Society directly.

Employee Giving Fund

Many companies opt to use a third-party giving fund, where an employee's donations are sent bi-weekly and at the end of a fiscal quarter, and directed to the employee's charity of choice.

Not sure if your workplace does payroll deductions? Ask your Human Resource representative today. In some cases, workplaces actually match or make a donation themselves on behalf of employees with a passion for philanthropy. Together, we can partner to ensure Nova Scotians have Help for Today. *Hope for*

31 Seeking Community Champions!

Do you enjoy walking through your community and talking with your neighbours, all while having a positive impact?

Join our door to door fundraising campaign.

We provide everything you need for a successful outing including training, materials, and your own personal fundraising page.

For more information contact Mark Sharkey
902-422-7961 extention 241
mark.sharkey@asns.ca

There are valuable resources available

By Catherine Shepherd, ASNS staff member - originally posted in the Cape Breton Post

For families living with dementia, knowing what services are available for help in the community is important. Depending on where you are in the journey, there are different services you can use, Continuing Care (Department of Health & Wellness) being an important one.

We have a Continuing Care team right in Sydney. "Continuing Care programs and services support Nova Scotians to remain living well in a place that they call home," says Michele Higdon, Director of Continuing Care for the Eastern Zone. "Our clients will often be able to remain in their home for longer periods of time with home care services wrapped around what family and other support networks can provide."

Ensuring the comfort and security of the person with dementia and their caregiver while living at home takes some advanced planning. Alzheimer's disease and other dementia are progressive—meaning the symptoms a person experiences will change over time. Many people mistakenly think that a call to Continuing Care means a talk about placement in a long term care facility. Working in my role as Education Coordinator, I know that this is not true. The reality is, they offer many programs and services that can help during the different stages of the disease. Accessing these supports as early as possible helps families work together to remain healthy and active while living with dementia.

Continuing Care provides: home support, nursing services, respite services, the Community Bed Loan Program, and long-term care facility placement, just to name a few. All of the programs have eligibility criteria and some of the services require a fee, so it is important to talk with your assigned care coordinator to see what fits with

your needs. As the disease progresses more, different services can be put in place to help support the person with dementia and families.

I always do my best to provide the Continuing Care number to families in our programs and education sessions, so they know they're not alone, there are supports in our community that can help. They are a valuable resource here to help. When you need services, call Continuing Care at 1-800-225-7225, and they will make an appointment with you to discuss your needs. You can also visit their website at www.nshealth.ca/continuing-care.

Alzheimer's disease or another dementia is a complex disease and no one organization or family, can do it all. Working together in partnership and accessing the right services at the right time, helps to make this journey easier for all.

Catherine Shepherd is the Education Coordinator for the Alzheimer Society of Nova Scotia in Cape Breton. She lives in North Sydney and happily spends her day providing resources and support for people on the dementia journey. To reach the Society, call toll-free 1-800-611-6345 or email alzheimer@asns.ca.

Support is Available

Are you looking for more information on dementia?

Do you know a caregiver who could benefit from attending a Family Caregiver Education Series?

For more information on the programs and services that are available for families please call the Alzheimer Society at **1-800-611-6345**.

Thank you Cape Breton Post for featuring an article from Catherine each month, to help inform and support those with dementia.

29th Provincial Conference CHAMPIONING CHANGE IN DEMENTIA CARE

OCTOBER 22ND & 23RD, 2018 DARTMOUTH, NOVA SCOTIA

Registration materials available at
alzheimer.ca/ns or by calling 1-800-611-6345



TO REGISTER

Online
www.alzheimer.ca/ns
Mail
Provincial Conference ASNS
112 – 2719 Gladstone Street
Halifax, NS B3K 4W6
Fax
Complete form to
902-422-7971



101 Wyse Road, Dartmouth, NS

FAMILY & FRIENDS NIGHT

“LIVING WITH CHANGE”
Monday, October 22, 2018
6–7 p.m.
Light refreshments & displays
7–8:30 p.m.
Presentation and Questions
DoubleTree by Hilton,
Dartmouth
For more information:
1-800-611-6345

GOAL:

The conference will provide health care providers, educators and families supporting individuals living with dementia, the latest information on research, treatment and best practices that contribute to the quality of life of people living with dementia.

COST:

Please see the conference registration form at www.alzheimer.ca/ns. Registration and payments can also be made online at www.alzheimer.ca/ns

PARKING:

Parking is free for conference participants on the bridge side of the hotel and behind the hotel.

CANCELLATION POLICY:

Full refund, minus a \$20 administration fee will be given for cancellations received in writing via fax or email by October 15, 2018. No refunds will be given for cancellations received after the deadline. If you reserve a seat without payment and do not attend the conference, you will be invoiced.

HOTEL RESERVATIONS:

As special Alzheimer Society conference group rate of \$134.00 for 1 King or 2 Double Beds, including parking is available until September 21, 2018. Make your reservation by:

1. Telephone hotel direct 902-463-1100
2. Email, reservations@doubletreehalifaxdartmouth.com, name Alzheimer Society of Nova Scotia to get the discount rate
3. Online at <http://doubletree.hilton.com/en/dt/groups/personalized/YVHZHDDT-ASO-20181021/index.jhtml>

DAY ONE

CONFERENCE SNAPSHOT
Monday, October 22nd, 2018

- 7:30–8:45 Registration
- 8:45–9:00 Welcoming Remarks
Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia
- 09:00–9:30 How We Are Living With the Changes
Marilyn Taylor, Sandra Britten, first person voice
- 9:30–10:30 Latest Research Seeking to Improve Quality of Life and Care
Dr. Janice Keefe, Centre on Aging, Mount Saint Vincent University
- 10:30–10:50 Nutrition Break
- 10:50–12:00 A. Three Shorts—Bed Entrapment Pilot Project; Dementia Care in Hospital; Dementia and Linguistic Loss
Concurrent sessions
1. Cherie Clarke PT—Professional Practice Leader & Lorna O’Grady OT—Manager of Resident Care, Harbour View Site; 2. Elaine Moody, PhD, RN, CFNSchool of Nursing and Occupational Therapy, Dalhousie University; 3. Sabrina Jouniaux-Romano – Social worker, Réseau Santé Nouvelle-Écosse
- B. Palliative Approach to Caring for Dementia
Dr. Stephanie Connidis, Medical Director at Hospice Halifax
- C. Engaging People with Dementia—Two Northwood Initiatives—Kaye’s Place & Hitech with Heart
Josie Ryan, Executive Director Long Term Care; Janice Chalmers RN, MSc Dementia Studies; Gail Giffin, Manager, Resident Programs and Services, Northwood Homecare
- 12:00–1:00 Lunch
- 1:00–2:00 Legal Issues Surrounding Dementia
Jessica Lyle, TEP Sealy Cornish Coulthard
- 2:00–2:40 Dr. Google and Dementia
Sarah Krieger-Frost RN MN Community Mental Health Nurse (NSHA), Lynda Culey PT MSc Challenging Behaviour Resource Consultant (NSHA)
- 2:40–3:00 Nutrition Break
- 3:00–4:00 Rediscovering Personhood Through the Arts
Dr. Elizabeth Brennan, Ms. Susan Walsh, MEd (counselling), & Ms. Olivia Rossong, visual artist, dancer Arts Health Antigonish

DAY TWO

CONFERENCE SNAPSHOT
Tuesday, October 23rd, 2018

- 8:45 Tuesday Only Registrations
- 8:45–9:00 Welcome
Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia
- 09:00–9:30 A Family Perspective
Brenda Allen, MBA, Daughter & caregiver of mother with Alzheimer’s disease
- 9:30–10:30 Addictions and Dementia
Brent Layboldt RN, Mental Health and Addictions, Wellness Clinic—Fishermans Memorial Hospital
- 10:30–10:50 Nutrition Break
- 10:50–11:50 Fit your Brain with Physical Activity
Dr. Said Mekary, Assistant Professor & Director, Acadia Active Aging School of Kinesiology, Acadia University
- 11:50–12:00 U-First! in Nova Scotia
Linda Bird, Director of Programs and Services, Alzheimer Society of Nova Scotia
- 12:00–12:45 Lunch* note 45 minutes
- 12:45 – 1:45 Innovations to Reduce Responsive Behaviour in Advanced Stages of Dementia—Rosecrest Experience
Cindy Marble RN Director of Care, Laurie Parsons BScN Resident Care Services Supervisor, Janet Lussier RN Resident Care Services Supervisor, Ashley Schaffner CCA, Rosecrest Communities
- 1:45–2:15 Do Not Define Me By My Dementia
Brittney Amiraault, Director of Recreation Services/Dementia Care Unit Lead at Villa Acadienne
- 2:15–2:45 Living In The Moment
Andrea Ritchie, Irondale Ensemble Project
- 2:45–2:55 Closing Remarks
Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia



Register for a Family Caregiver Education Series

Halifax

Where: Alzheimer Society of Nova Scotia office, 112-2719 Gladstone St. Halifax.
When: Thursdays, 6:30-8:30 p.m.
Dates: September 13, 20, 27, October 4, 11, 18
To Register: Call Heather at 422-7961, ext. 243 or email heather.murdock@asns.ca

East Preston – for community members of East Preston, North Preston, Cherrybrook and Lake Loon.

Where: East Preston Family Resource Center, 1900 Hwy 7, Suite 501, East Preston.
When: Wednesdays, 10:00-11:30 a.m.
Dates: October 3, 10, 17, 24
To Register: call the Resource Center at 902 462-7266 or email info@eastprestondaycare.ca

Bedford

Where: Bedford/Sackville Community Health Team, 1658 Bedford Highway (Bedford Place Mall) When: Wednesdays, 1:00-3:00 p.m.
Dates: October 31, November 7, 14, 21, 28, and December 5.
To Register: Call Heather at 422-7961, ext. 243 or email heather.murdock@asns.ca

Chester

Where: Our Health Centre, 3769 Highway 3, Chester
When: Tuesdays, 1:30-3:30 p.m.
Dates: September 4, 11, 18, 26, and October 2, 9
To Register: Call Cheryl at 902-523-1614 or email cheryl.mackay@asns.ca

Bridgewater

Location: South Shore Regional Hospital, 90 Glen Alan Drive, Bridgewater
Time: Wednesdays, 6:30-8:30 p.m.
Dates: September 5, 12, 19, 26, and October 3, 10
To Register: Call Cheryl at 902-523-1614 or email cheryl.mackay@asns.ca



Thank you
to all those who ran the
Blue Nose
supporting
Nova Scotians
facing the realities of
dementia



Running Captain Mark Gillis with team member Hilary Windsor and they're still smiling after the finish line!

CHAMPIONING CHANGE IN DEMENTIA CARE

By ASNS staff

While you may be enjoying trips to the beach and summer barbecues, the calendar in Linda Bird's office at the Alzheimer Society is flipped to October, with the 22 and 23 circled in red. Those two days are when 300 health care professionals from a variety of facilities and organizations will convene in Dartmouth for the Alzheimer Society provincial conference.

"It's never too early to start planning to attend the annual Alzheimer Society Provincial Conference," says Bird. "This year's theme is Championing Change in Dementia Care so you won't want to miss it."

We are constantly being reminded through the media that the population in Nova Scotia is growing older, and we know the biggest risk factor to developing dementia is age. The reality is that there is and will continue to be, more people living with dementia. The majority of those with dementia in Canada are living at home.

"Because people are living at home longer, the population entering long term care have more complex care needs. So the question is: have the ways we have been delivering care and support continued to keep pace with the changing needs of individuals with dementia no matter where they are living?" asks Bird, the Director of Programs and Services at the Alzheimer Society of Nova Scotia.

That question is one that the speakers at the conference will address. Presentations will focus on new information, innovations, perspectives, and practices that can help all of us better understand dementia related issues, and hopefully motivate us to champion change. The agenda for the two days has something new for everyone, whether this is your first conference or you are one of the devoted attendees.



"I can testify, in my 14 years of planning this conference, I always come away with more information, more contacts I can reach out to and collaborate with, and some practical things I can put into practice the very next day," says Bird.

Review the conference snapshot in this issue and register today before you miss the early bird deadline pricing.

Living with Change

At every Alzheimer Provincial Conference, the Monday night offers another opportunity to learn. The Family & Friends Night is open to all at no-cost thanks to our sponsor, Northwood.

This year, two Nova Scotian women will be featured in a short video sharing their experience of living with dementia. This will be an inspiring presentation that will generate lots of discussion, so there will be panel to help answer questions.

The evening program starts at 6:00 p.m. with refreshments and displays, and the presentation is from 7:00 p.m. to 8:30 p.m. All are welcome! Please share and help spread the word!



A Wonderful Walk Through Evergreen's Gardens

By ASNS Staff

The Gardens of Evergreen Home for Special Care in Kentville, are renowned as the place to go for photos on your remarkable day. On graduation day, wedding day, or any occasion, the red brick pathways and lush gardens provide a stunning backdrop for friends and family to capture those special moments.

This year on June 27, the garden hosted an amazing Walk for Alzheimer's. The Evergreen community brought together family, friends, local businesses and neighbours to make memories matter.



Resident Sharon Martin highlighted why she was so proud to help to ensure the Walk was successful. "My mom suffered from Alzheimer's and passed away from it, so this fundraiser is very dear to my heart."

The Walk through the gardens can brighten any day, especially a warm and sunny early summer day. But this June walk was not just for feeling the warm sun on our faces and smelling the early summer flowers; the red brick pathway was lined with notes to honour those favorite times. Each note of remembrance was placed on a handmade forget me not.

From everyday joys: "I liked watching my son throw lots of basketballs at the hoop I put in our yard for him!" wrote S. Keddy. L. Costley recalled, "I remember spending time fixing old cars."

To the exceptional experiences: "My best memories were about travel. My wife won a trip to Jamaica." said H. Brown's flower. "I remember when my family and friends celebrated my

birthday at the beach with a bonfire and corn boil," wrote M. Dykens.

At the end of the Walk for Alzheimer's walk, the band was ready to entertain with all the classic songs while all the walkers refreshed themselves with a BBQ and treats sponsored by so many local businesses.

"I'm doing this for my Nanny who had Alzheimer's," said Ferne Welton who was extremely grateful that the event was taking place. "We got a lot of people, a lot of money and I want to

do it all over again!"

Thank you to everyone in the Evergreen Community for Walking for Alzheimer's and Making Memories Matter!





Alzheimer InfoLine

1-800-611-6345

We are here to help.

Information, support and referral for families, caregivers and professionals.

The Alzheimer InfoLine is a confidential phone service provided by a team of knowledgeable and caring staff.

Soci t  Alzheimer Society

NOVA SCOTIA

Make your Coffee Count Host a Coffee Break[®]

Serve coffee in exchange for a goodwill donation and support Nova Scotians facing the realities of dementia.



For more information or to register:

www.alzheimer.ca/ns or

Mark at mark.sharkey@asns.ca, 902-422-7962, ext. 241

Raising flags, lighting up buildings and drinking coffee for World Alzheimer's Day

By ASNS staff

Every year September marks World Alzheimer Month, an international campaign challenging the stigma and misinformation surrounding dementia that remains a global problem. But, we can take actions to change this.

On September 21, The City of Halifax and Mayor Mike Savage are taking action by raising the Alzheimer Society flag in front of City Hall and proclaiming World Alzheimer's Day.

Following the flag raising, there will be a Coffee Break® inside City Hall, serving refreshments and treats in exchange for a donation to support those living with dementia in Nova Scotia.

Coffee Break is one of the many things we will do together to recognize World Alzheimer's Month as we gather in offices, churches, and homes with friends, co-workers, congregations, or community groups to raise funds for education, information, and support.

McInnes Cooper has hosted a Coffee Break for two decades running, serving coffee with a dementia information session. Sharon Fraser has organized many of them.

"One of the biggest things that comes to mind about our team hosting the Alzheimer Society Coffee Breaks over the years is the generosity and support we have here at McInnes Cooper. We have many fundraising events for various charities throughout the year and September is a particularly busy time and still people come and give their support," says Fraser.

Andrea Hewitt, the Collective Social Responsibility Coordinator at McInnes Cooper adds, "Dementia research, diagnosis, treatment and family support – is one that has traditionally received support from our members because of its common relevance. Not unlike any other community in Nova Scotia, many of our members care for aging family members for whom

dementia is a prevalent reality. As a result, our members are grateful for the opportunity to give to the Alzheimer Society, and we are grateful for the opportunity to equip them with practical resources. So thanks for being our community partner over the past two decades!"

A Coffee Break can be as grand or as intimate as you like. The Super Seniors of Tiverton bring the whole community together each year on amazing Long Island for a day of sandwiches and games. In Sydney, Gordon MacNeil and friends take over the Mayflower Mall and offer a coffee and cake to everyone passing by, although many people head in just because they know Gordon will be there. Of course there are so many more, all generous actions to support Nova Scotian facing the realities of dementia.

Each year with our collective action we improve the public information available and help more people live well with dementia.

Again this year we extend a very big thank you to the Nova Scotia in-kind coffee sponsor, Maritime Coffee Service, providers of a great coffee experience, with great people.



YOU'RE INVITED

You are invited to Halifax Grande Parade at 10:00 a.m. September 21 for the official flag raising ceremony.

After, join us inside for a Coffee Break. Thank you for the accommodations to Mayor Savage and the wonderful team at City Hall.

Call Mark at ASNS to learn more 902-422-7961

Registration Now Open for Artful Afternoon

By ASNS staff

The Art Gallery of Nova Scotia has long been a welcoming place for tourists, artists and art lovers. From the colourful house of Maud Lewis, to the dark and stormy seas of life in Atlantic Canada painted with dollops of oil paints, the art gallery is a naturally calm place that inspires creativity.

Never more so then when the Artful Afternoon program is happening.

Artful Afternoon is an art appreciation program offered by the Alzheimer Society and the Art Gallery of Nova Scotia. This program is offered one Sunday afternoon a month, for individuals living with dementia and a family member or friend. Participants are offered an interactive gallery tour, followed by a studio art experience where they have the opportunity to create their own artwork under the guidance of an experienced artist. Have no artistic experience? No problem! To take part in this program, participants are not required to be artists.

The four sessions over four months introduce participants to a wide variety of exciting artistic styles, materials, and techniques. But the program provides much more than that for the participants. "As a program facilitator,



Artwork created during Artful Afternoon

an especially rewarding aspect of this group is witnessing relationships blossom between participants whom prior to this program did not know each other," says Mallory Perry, ASNS Client Services Coordinator. "The smiling faces and hearing the laughter as they explore the world of creativity and art is a real joy."

Registration is now open for the fall session of Artful Afternoon in Halifax. There are no fees charged, however, registration is required. If you are not able to commit to the four sessions, a guided tour is also available.

To register for this program or a guided gallery tour, call the Alzheimer Society of Nova Scotia at 902-422-7961 ext. 224.



Cumberland-Colchester Update

Heather Maddison has joined the Alzheimer Society of Nova Scotia as the Coordinator of Education and Outreach in the Cumberland-Colchester area.

With experience in psychiatric care, acute care and long term care, Heather has worked in long term care for 25 years. She gained extensive experience working with dementia clients; from working the floor providing personal care to being the charge nurse on an Alzheimer/Dementia Unit.

Please contact her at 902-694-7775 / heather.maddison@asns.ca.

A Legacy in the Making

By Marni Tuttle, CFRE

Alexa McDonough is not afraid to buck tradition and carve her own path. Most of us know her for her ground-breaking roles as the federal and provincial leader of the New Democrat Party.

And she's about to do it again.

Alexa has agreed to be featured in the Alzheimer Society of Nova Scotia's first legacy giving advertisements. Not everyone is willing to talk about their will or their plans. But Alexa shared with us her intention to leave a gift in her will to the Alzheimer Society of Nova Scotia.

Her legacy is a story four generations in the making.

Alexa experienced what so many families have – the sandwich generation. She was parenting her sons – Justin and Travis – while her parents were on their dementia journey. Because of her experience, she became a valuable leader with the Alzheimer Society of Nova Scotia's board of governors.

Her family has been involved with the Society for many years. Justin started volunteering with the Alzheimer Society with the door-to-door campaign as a teenager, eventually serving as board president. But it's at the Halifax Walk for Alzheimer's that the McDonough family contribution is most public. Alexa, Justin and Travis bring their whole family out to walk. If you regularly attend the Halifax walk, you probably saw Alexa's grandkids participating before they could take their first steps. Now the adults have to up their pace to keep up with the kids.



Justin, Alexa & Travis McDonough

Travis, Alexa and Justin's public support of the walk continues to encourage others to participate. She hopes the advertisements will encourage others to participate in legacy giving. Alexa's choice to make a gift in her will – and share that decision with you – is your invitation to join her in making a bequest. It's easy to leave a gift in your will and a unique way to make a difference to those living with dementia in Nova Scotia.

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Because of Alexa's past role on the board, she knows the importance of donations that stay in our province for programs and services that help those who need the Alzheimer Society of Nova Scotia. Alexa trusts that current and future volunteers will make good decisions, motivated by our motto of providing help for today and hope for tomorrow. And, as she was quick to point out, if she doesn't feel that way in the future, her gift is revocable.

Like Alexa, by choosing to make a gift in your will, you are providing critical financial support to benefit future generations. You can also feel good knowing your gift will have an enormous impact on your community today and tomorrow.

Leaving a gift in your will may be one of the most fulfilling decisions you will ever make, and it's easier than you think.

Since the founding of the Society in 1983, over 150 people have made a gift in their will to the Alzheimer Society of Nova Scotia. Because of their bequests, people living with dementia in Nova Scotia over the past thirty years have had the information, education and support they needed on their dementia journey.

Watch for the ads featuring Alexa and her family starting this fall. And consider joining her in making a gift in your will. Clip out the coupon below and mail it to us today to learn more.



Help Ensure Hope for Tomorrow

To speak privately about legacy giving, call **Marni Tuttle at 902-422-7961 anytime** for confidential answers to your questions about your legacy giving. She is here to help you in any way. Or, complete this form and send it back to Marni in the envelope provided.

I want to learn more about creating a lasting impact through:

A legacy gift in my will

I've already included Alzheimer Society of Nova Scotia in my will

Please contact me at:

Name: _____

Phone Number: _____

Email: _____

