

Alzheimer Society

HURON COUNTY

JANUARY 2022



Community Changes Everything

You are not alone. For people living with dementia, the Alzheimer Society is your first link to a community of caring, support, knowledge and people ready to help.



JOIN THE COMMUNITY
alzheimer.ca/firstlink

519-482-1482

1-800-561-5012



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A LOVE THAT GREW

Married for 54 years, Don and Maggie Clarke's Alzheimer journey

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A diagnosis of Dementia is not easy

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QUEST FOR KINDNESS

January Fundraiser Supports Vital Programs & Services for 250,000



FROM THE EXECUTIVE DIRECTOR

network, the stronger you become. We understand the importance of relationships and the power of community. The Society focuses on creating and building communities that are rich in information, experiences, and services - places for people to turn and tap into when they need to.

When people first come in contact with our Society, they open a door to help and hope. We offer counseling, information, social recreation and education to those affected by dementia and their care partners. By accessing our community of support services and programs, persons are empowered and enabled to continue to live a meaningful and independent life for as long as possible.

We know that:

- Support Changes Everything;
- Knowledge Changes Everything and,
- Community Changes Everything

Thank you for taking the time to read our annual insert. January is Alzheimer's Awareness Month and we have put this insert together to highlight and give you information on our programs and services. The Alzheimer Society of Huron County is your First Link to support, knowledge, and community services for those living with Alzheimer's disease and other dementias. We continue to offer a variety of programs and services. They may look a little different than before but we have grown tremendously and have added virtual programs to our basket of services. I want to encourage you to reach out for the help that is available.

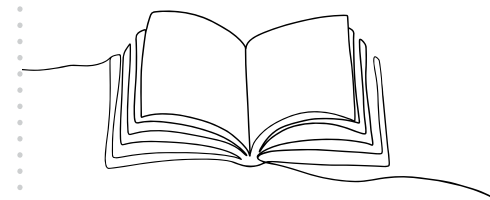
Within the pages of this insert you will learn about whom the Alzheimer Society of Huron County is, what programs and services we offer, and how we can help and support you through your journey. There is "strength in numbers", and when it comes to dementia, the Alzheimer Society believes the stronger your support

Our success is our community's success. With the ongoing support of our donors, partners, Board and volunteers we are ready to turn our challenges into opportunities.

In closing, the challenges we faced over the last two years have made us stronger, we have gained new knowledge, connections and increased our bandwidth in service delivery. It is my sincere hope that no one will walk the Alzheimer journey alone.

Respectfully Submitted,

Cathy Ritsema
Executive Director



FREE EDUCATION: Online Memory & Aging Program™ February 2022

What is her name? What did I come down here for? Where did I put....? The Alzheimer Society of Huron County has your back! We will be offering our Memory and Aging Program again this February on ZOOM. The Memory and Aging Program is designed for anyone experiencing normal age-related changes in memory or anyone interested in learning more about this topic.

The Memory and Aging Program describes what memory is, how it changes with age, and when to be concerned. Brain healthy lifestyle choices and practical memory strategies are reviewed and practiced, improving your ability to remember those everyday things – including those pesky names! Equally important, the Memory and Aging Program is enjoyable and seeks to build confidence in your own memory ability.

While this program usually has a workbook and materials fee, we are offering the online version for free this February. If you have ever wanted to take it – now is your chance! The February 2022 Online Memory and Aging Program™ consists of four weekly ZOOM sessions, on **Wednesdays, February 2, 9, 16, and 23 from 10:00 am – 12:00 noon.**

To register online go to the Education Hour tab on our website. For information about this or any other programs, please call the Alzheimer Society of Huron County: 519-482-1482 / 1-800-561-5012 or email: admin@alzheimerhuron.on.ca.

We look forward to seeing you!



Go to our website

www.alzheimer.ca/huroncounty

or call 519-482-1482 or 1-800-561-5012 for more information about the programs and services of the Alzheimer Society Huron County.

WALK FOR ALZHEIMER'S
Alzheimer Society
HURON COUNTY

www.walkforalzheimers.ca

SAVE THE DATE

**SATURDAY
MAY 28
2022**

Thank You!

This insert is made possible with the help of Signal-Star Publishing and the many advertisers who over the years have supported the cost of production and distribution. I also thank the Alzheimer Society of Canada – specifically Nathan Christie and the Communication staff - for their assistance and contribution. Thank you!

Alzheimer's Awareness Month January 2022

Alzheimer Society
HURON COUNTY



A LOVE THAT GREW

My husband I have been married for 54 years. We have faced many challenges in that time that have put our love to the test, but it was those challenges that allowed us to grow in love. When Don was diagnosed with dementia 10 years ago, it was another challenge that has grown a deeper and lasting love. That love has given us the strength to face the daily challenges of dementia.

My name is Maggie Clarke. I am 78 years old and I live in Fredericton, NB. My husband, Don, is living with dementia.

Don and I met in Toronto in March of 1967. My close friend, Gretta, received a call from a young man who said he was an encyclopedia salesperson. Gretta told him we weren't interested, but he thought he could come over to "practice" his sales pitch on us girls and bring along his roommates. One of them was Don.

After a month of dating, we both knew we had met the person we wanted to spend our lives with. It was love at first sight. We were married on Remembrance Day in 1967.

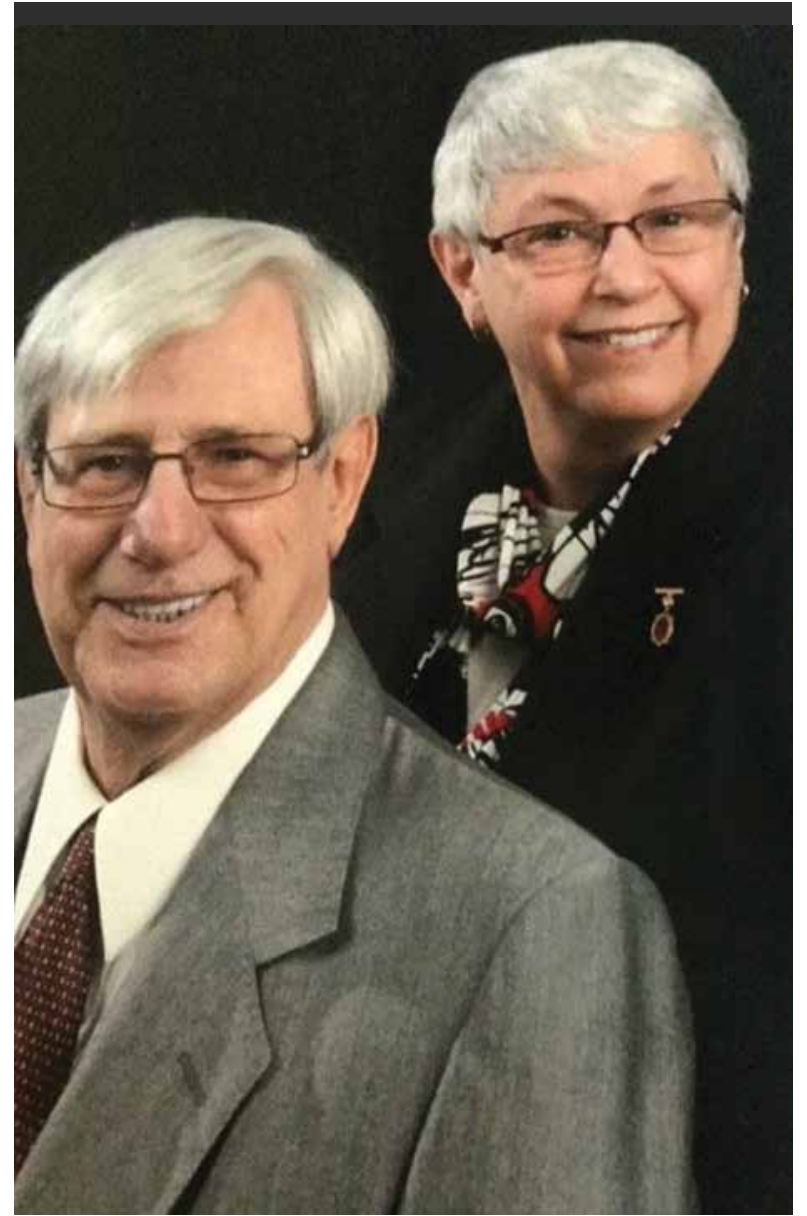
Before Don was diagnosed, he was a Branch Manager for Jamesbury Canada. His job took us all over the country, from Toronto, to Moncton, to Halifax, to Prince George. My career led me to work as an Executive Assistant in three different universities. In 1998, Don decided to start his own product flow sales company that brought us back to Fredericton and closer to our families.

When Don was diagnosed with dementia in 2011 at 67 years old, suddenly our retirement plans of travelling and connecting with family and friends came to a complete stop. Not knowing much about the disease, we took it one day at a time and tried not to

worry about what we would be facing down the road. We have had to adjust to many life changes during this phase of our lives together, but our love continues to grow as we adjust to this new life as a couple.

Although it has been a 10-year journey, Don is still able to care for his personal needs. He sleeps a lot, but when he's awake and up we enjoy each other's company. He enjoys watching TV and playing games on his laptop. During Don's last doctor's appointment, the Geriatrician indicated that not much has progressed in the past couple of years and told me that my loving care for him is [an important factor].

While the future is uncertain, and I'm not sure how Don's disease will continue to progress, our love is deeper now than it was when we walked down that aisle 54 years ago. I guess the true test has been this Alzheimer journey.



DEMENTIA 101

THURSDAY, JANUARY 13
1:30 OR 7:00 PM VIA ZOOM

A dementia diagnosis is live changing - but you don't have to deal with it alone. We have education and resources to help you keep living your best life - for yourself and the people you care about. This one-hour session is a starting point in understanding what dementia is, what to expect, and next steps in your journey.

REGISTER TODAY:

Education Hour at www.alzheimer.ca/huroncounty,
Email admin@alzheimerhuron.on.ca
or call us at 519-482-1482/1-800-561-5012.

Alzheimer Society
HURON COUNTY
Education changes everything.

REACHING OUT TO FIND A WAY

A diagnosis of dementia is not easy. Finding a community of support can make a big difference in the journey. We found our community through the Alzheimer Society



My name is Peggy and I'm from Lower Coverdale, NB. My husband, Eric, is 73 years old and is living with Lewy Body Dementia.

When my husband received his diagnosis, I was in total shock. I had noticed some changes in his behaviour, but never anticipated that Lewy Body Dementia could be the cause. I was in so much grief, I couldn't breathe. I needed help.

I decided to reach out to the Alzheimer Society. I was immediately given resources and learned about the services and programs they

offer. I decided to join the Caregiver Support Group, a monthly online meeting for family and friends of people living with dementia. When I joined the meeting, I joined a community of people who were also on the dementia journey. Even though we still had so many challenges to face, I found comfort in knowing I wasn't alone.

I also sought out resources, and found some really great ones. I used the Alzheimer Society and my doctor as resources, read some helpful books, and watched educational videos on YouTube. Personally, I really enjoyed Dr. Natalie Edmonds videos. Learning about Eric's dementia helped us to better understand the disease and to know what questions to ask.

If I could say anything to someone else caring for someone with dementia, I would tell them that there is help out there. Get in touch with the Alzheimer Society and other community services. Don't be afraid to ask for help. Having a good support system is so important. The dementia journey is made easier when others are walking alongside you.

The Alzheimer Society of Huron County is here to support your journey. If you or someone you care for is experiencing changes in their thinking or memory, give us a call. We can help direct you to the right avenue of support.

Contact us at 519-482-1482/1-800-561-5012 or email us at admin@alzheimerhuron.on.ca.



Support Changes Everything

There is "strength in numbers," and when it comes to dementia, the Alzheimer Society of Huron County believes the stronger your support network, the stronger you become. The progression of dementia brings with it new challenges. First Link® connects you to valuable supports and informative workshops to help you better understand and respond to each stage of the disease with practical tips and strategies. **Supporte Changes Everything.**

Individual support, support groups, education programs, the Tele-Care, Just For You Volunteer Companion Program, the In-Home Recreation Programs, Minds in Motion®, and other Social Recreation programs are all offered virtually, over the phone, and in-person following Huron Perth Public Health recommendations.

The Alzheimer Society of Huron County continues to accept and welcome new clients and volunteers. If you are in need of support or have questions about programs and services, please call 519-482-1482 or 1-800-561-5012.



SUPPORT and EDUCATION

First Link Learning Series

The First Link Learning Series is comprised of five courses, each building upon another to help you better understand dementia, coping strategies, planning, resources, and supports.

Taking Control of Our Lives

A self-management program for people living with dementia and their care partners.

One on One Support

Free, confidential support services to individuals, families, and friends coping with Alzheimer's disease and other dementias.

SUPPORT GROUPS

Support groups are offered for both persons living with dementia and their care partners. Groups provide an opportunity to discuss topics related to dementia with others who truly understand. Groups are available in Clinton, Exeter, Goderich, Grand Bend, Wingham, and online. New members always welcome.

PROGAMS

Memory and Aging Program™

Developed for those who are experiencing normal age-related changes in memory or who are interested in learning more about this topic.

Minds in Motion®

An 8 week community based social program incorporates physical activity and mental stimulation for people with Alzheimer's disease and other dementias and their care partners.

Learning the Ropes for Living with MCI®

A 12 hour program aimed at community dwelling older adults experiencing Mild Cognitive Impairment (MCI) and their close family member/friend.

FREE ONLINE WINTER 2022 EDUCATION SESSIONS

Get started addressing your concerns about dementia by improving your knowledge today. Every January we offer free education sessions to help you answer your most pressing questions. These online education opportunities are also commitment free – anyone can register for one – or all of them.

Register for the following programs on our **Education Hour** page on our website or at <https://bit.ly/3Fvvois>. You can also register by contacting the Alzheimer Society at 519-482-1482/1-800-561-5012 or admin@alzheimershuron.on.ca

**THURSDAY, JANUARY 13:
1:30 & 7:00 PM**

Dementia 101 presents a general overview of dementia, what to expect, and where to turn. It is a starting point – if you only attend one of our dementia education sessions, this is your best option.

**THURSDAY, JANUARY 20:
1:30 PM & 7:00 PM**

10 Warning Signs – Should I be Worried? Review early signs of dementia and discuss the difference between early signs of dementia vs. common age-related memory changes. The term Mild Cognitive Impairment is also reviewed.

**FRIDAY, JANUARY 21:
10:00 AM**

Caregiver Resources will help clarify where to turn and what resources are available in Huron County. Our First Link® Navigator will be there to answer your questions.

**THURSDAY, JANUARY 27:
1:30 PM & 7:00 PM**

Types of Dementia: What is the difference between Alzheimer's disease and Dementia? An introduction to the most common types of dementia including Alzheimer's disease, Vascular, Lewy Body, Frontal Temporal, and mixed dementias.

**THURSDAY, FEBRUARY 3:
1:30 PM & 7:00 PM**

Brain Changes – 8 As of Dementia. Explains common cognitive changes people with dementia experience. We will describe these changes as a shift in perception - a shift in the way many people with dementia see and navigate the world.

**THURSDAY, FEBRUARY 10:
1:30 PM & 7:00 PM**

Communication Tips: Looks at how communication changes due to dementia can affect day-to-day experiences – and offers some starting points to improve connections.



ALZHEIMER SOCIETY OF HURON COUNTY

DEMENTIA BASICS
FREE! LEARNING ONLINE!

THURSDAYS, 1:30 PM OR 7:00 PM

60 Minute Presentation with Q & A

January 20 10 Warning Signs

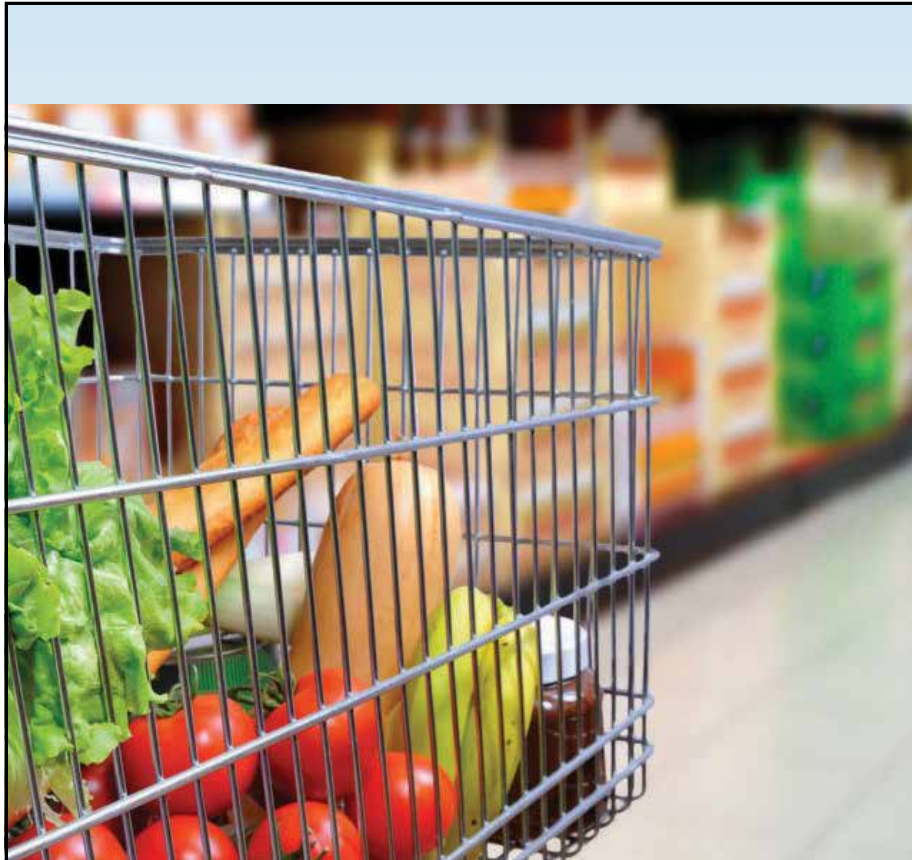
January 27 Types of Dementia

February 3 Understanding Brain Changes

February 10 Communication Tips

Register at Education Hour [here](#) or on our webpage or contact us at 519-482-1482/1-800-561-5012

Please reach out to us to access the help you need. Support, Knowledge, and Community changes everything.



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& MORE**

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- MEAT/SEAFOOD
- BAKERY
- PHARMACY
- BULK FOOD
- OPTICAL
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HWY. 8 GODERICH • 519-524-2229

Alzheimer Society



Are you a first responder working with people living with dementia?

Finding Your Way® provides communication tips and training opportunities.

Funding provided by: Ontario

Alzheimer Society
HURON COUNTY

Alzheimer's Awareness Month January 2022

Community Changes Everything



A diagnosis of dementia is lifechanging. Connecting with a community of support can make a big difference in navigating the uncertainty and unknowns. At the Alzheimer Society of Huron County, we strive to help our clients connect with others facing the same issues and offer support they can trust. Whether partnering with health agencies through our **Minds in Motion®** program, the Huron County Library's Community Reads program, or with local businesses and First Responders through our **Finding Your Way®** program - we aim to make our community a better place for people with dementia to live. **Community Changes Everything.**

Alzheimer Society HURON COUNTY Volunteer with us!



Just For You: Volunteer Companion, Tele-Care, and In-Home Recreation Programs

Commitment: 1/2 hour-3 hours per week or bi-weekly

Locations: Throughout Huron County, either virtually or in-person following Public Health Guidelines

Training Provided -
Next training on Zoom in February 2022

Duties include: visiting with a person with Alzheimer's disease and other dementias either in-person, virtually or over the phone, providing respite for caregiver, providing socialization and meaningful activities

Minds in Motion

Commitment: 2 hours a week for 8 weeks

Locations: Virtual or In-Person following Public Health Guidelines

Training Provided

Duties may include: assisting with exercises, assisting with social recreation activities, set-up/clean-up, assisting clients with activities



Special Events and Office Assistance

Commitment: Event Specific, Ranges from one hour to multiple times a year

Location: Clinton & throughout Huron County

Opportunities: Beef on a Bun, Golf Tournament, Quest for Kindness, Awareness Activities, IG Wealth Management Walk for Alzheimer's

Duties may include: Assisting with planning and organizing of events, assisting with set-up and clean-up of events, distributing posters in the community, collecting donations, delivering items, promoting awareness of the Society

Interested in volunteering? Contact us!

admin@alzheimerhuron.on.ca

519-482-1482

VISIT US AT ALZHEIMER.CA/HURONCOUNTY

Do you live with dementia or know someone who does?

You are not alone.

Alzheimer's Awareness Month January 2022

Alzheimer Society
HURON COUNTY



Photo by Dan Rolph

MINDS IN MOTION BRINGS BACK IN-PERSON PROGRAMMING

by Dan Rolph

A program which offers a place for those with dementia and their caregivers a fun and safe environment to exercise both their bodies and minds has returned to in-person programming.

Minds in Motion, which has been organized by the Alzheimer Society of Huron County for the last seven years, is moving back into local community centres in Exeter and Grand Bend to provide the eight-week program after being shifted to an online format due to the COVID-19 pandemic. Before the pandemic the program had upwards of 300 participants.

"We really pivoted quickly," said Alzheimer Society of Huron County executive director Cathy Ritsema. "We were one of the first community and sports services that actually started virtual programs."

"Virtual is an option, but face-to-face is the best," said Ritsema. "You can see how everybody loves it. The smiles on their faces are amazing."

She said the in-person program provides a rare opportunity for those living with dementia and their caretakers, spouses or children to connect with others facing similar circumstances, and Minds in Motion provides a networking opportunity for them to share their experiences with one another.

"Once dementia is diagnosed, most people feel that they're not always accepted in the world," said Ritsema. "This gives them a place to come as a couple still, and be a couple in a place where they can be who they want to be."

"They really become friends with each other. This becomes family ... Outside of here, we encourage them also to interact with each other, because we want to keep that socialization going. We know that if you keep yourself active and social, it also helps with the aging process."

Minds in Motion co-ordinator Brianne Maver-Turgeon said the quick shift into a virtual program was vital to ensure socialization continued in some form through lockdowns. She said Minds in Motion is the only program offered by the Alzheimer Society of Huron County where those with dementia and their care partner can attend together, allowing them to focus on something they're still able to do together.

"It's been a really good program," said Bill Burke, who recently started attending Minds in Motion with his wife Joyce. "It's been really beneficial for my wife. She really likes it. I think it's good for them. It's really beneficial for a lot of people."

Though in-person programming is returning, Ritsema said the Alzheimer Society intends to move forward with a hybrid model which also provides online programming since some of their clients have done well with a virtual Minds in Motion.

"For some people, it works really well," she said. "It is limited, but it was a success, so we truly thought we'd just do hybrid and keep it going, and we can help wherever you are in the county ... We've opened up a whole new world for those people."

For more information about Minds in Motion, email admin@alzheimershuron.on.ca or call 519-482-1482.

STILL ALICE – COMMUNITY READ

We are excited to introduce a new Awareness Month event – a Community Reads presented by the Goderich Branch - Huron County Library and the Alzheimer Society of Huron County

Still Alice, the 2007 novel written by Lisa Genova, is being revisited by the Goderich Library and the Alzheimer Society of Huron County. Still Alice was groundbreaking when it was written in 2007. Living with Alzheimer's disease was not a topic many fiction writers dared to go. Written in first person from the point of view of Alice, the book candidly describes the impact the disease is having on her brain. Initially, Alice is poignantly aware of her changing abilities in how she navigates her world, her career choices, and her relationships. As time goes on, the text of the book shows her world becoming smaller, more

selective, more manageable, heartfelt– and still, enduringly, Alice. Alzheimer's disease affects the whole family, and Still Alice realistically depicts a family grappling with emotion and loss. Sometimes they aspire to their best selves, sometimes their losses feel insurmountable.

We picked this story knowing that it is already a familiar one. If you read it fifteen years ago, or saw the movie adaptation in 2014, it may resonate with you differently if you read it again now. Your perspective may have changed as you, your family and friends are fifteen years older.

We will be gathering online at 7 pm on Wednesday, February 2nd. We will discuss the book as well as have a brief question and answer time with Jeanette Sears, the Public Education Coordinator at the Alzheimer Society. Please contact the Goderich Library to register.



Alzheimer's Awareness Community Read

Wednesday Feb. 2, 2022, 7 - 8 pm



Presented in partnership with:
Alzheimer Society
HURON COUNTY

Join the Huron County Library and the Alzheimer Society of Huron County for a special, one-night virtual book club to discuss *Still Alice* by Lisa Genova. Alzheimer Society staff will also be available to share information about the realities of living with Alzheimer's Disease and to answer questions.

Register online at www.HuronCounty.ca/Library

Book Club Sets of *Still Alice* are available for loan from the Huron County Library. Individual copies of *Still Alice* are also available in a variety of formats. Visit the online catalogue or your local branch for more information.



Huron County Library

77722B London Road South

R.R. #5

Clinton, Ontario N0M 1L0 | 519.482.5457

www.huroncounty.ca/library/

THE ALZHEIMER SOCIETY IS LIGHTING UP ONTARIO WITH KINDNESS IN NEW FUNDRAISING EVENT: QUEST FOR KINDNESS

January Fundraiser Supports Vital Programs & Services for 250,000 People Living with Dementia in Ontario

The Alzheimer Society is excited to announce their kindest event yet—the Quest for Kindness (www.jointhequest.ca). Starting January 1st, get ready to fundraise and fight the stigma surrounding Alzheimer's disease and other dementias by lighting up Ontario with kindness and making our communities a kinder place to live.

The Quest for Kindness is a month-long event (January 1 to 29) that challenges participants to make at least 30 kind-nections by completing a series of acts of kindness like baking cookies for someone, shovelling a neighbour's driveway, or even something as simple as paying someone a compliment. Designed for family, friends, and colleagues to spread kindness, create awareness, and raise \$1 million for crucial Alzheimer Society education, counselling, and social recreation programs, the Quest for Kindness highlights the importance of being kind to the community, to people living with dementia, and even to yourself. Throughout

the event, participants can watch their community light up with kindness using the online Kind-nections Map—a map of Ontario that will display all the acts of kindness that are being completed and the kind-nections that are being made in real time.

“When someone is living with dementia, they can feel disconnected from their community because of the stigma attached to the disease. We've seen these feelings heightened during the pandemic,” says Cathy Barrick, CEO, Alzheimer Society of Ontario. “By making kind-nections and lighting up Ontario, we strive to reconnect those living with dementia to their community and create an environment that is more accepting and welcoming to all!”

Participants can look forward to using the interactive website where they can check off all the kind-nections they make, as well as using #QuestForKindness to share their fundraising progress and promote their campaign.

Registration for the event is open. Every dollar raised from the Quest for Kindness will help ensure essential Alzheimer Society programs and services are available in every community across Ontario to everyone who needs assistance.

Alzheimer Disease in Canada by the Numbers

- Over 250,000 Ontarians are living with dementia. The number is expected to double in the next 20 years.
- Over 500,000 Canadians are currently living with dementia.
- 912,000 Canadians will be living with dementia in 2030.
- Dementia or Alzheimer's were listed on the death certificate of 42% of the women and 33% of men in COVID-involved deaths in Canada.
- Dementia or Alzheimer's were the most often cited medical conditions among COVID-involved deaths in Ontario (36%)
- 65% of those diagnosed with dementia over the age of 65 are women.

• 1 in 5 Canadians have experienced caring for someone living with dementia.

Stay tuned to Alzheimer Society Huron County's social media pages and website for the #CountdownToKindness

to see the latest contests, ways you can be kind during the event, and so much more!

For more information on the Quest for Kindness and to register, visit www.jointhequest.ca.

Discover our Quest for Kindness website January 1-29

JoinTheQuest.ca

Alzheimer Society
QUEST FOR KINDNESS

MAKE KIND-NECTIONS EVERYWHERE YOU GO! 😊

Thank You for your support Huron County!

The Alzheimer Society of Huron County relies on fundraised dollars to offer programs like iPods for Memories, Circle of Friends, the Just For You: Volunteer Companion and Tele-Care Programs, and Social Recreation Programs. The importance of these programs is demonstrated day in and day out by people impacted by dementia. Without the amazing support of the community, the Alzheimer Society would be unable to provide such valuable programs.

For information about upcoming Alzheimer Society events, the variety of volunteer opportunities available or to find out more about the programs and services that are available, please call 519-482-1482 or visit www.alzheimer.ca/huroncounty.

Donations are always appreciated, no matter the size, every dollar helps to make a difference in the lives of people affected by dementia in Huron County.