In the LOOP

SUMMER 2022

Société Alzheimer Society
NOVA SCOTIA

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SUMMER 2022

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Navigating Dementia
Today and Tomorrow

ASNS Provincial Conference: October 25, 2022

DoubleTree by Hilton, Dartmouth, NS

8:30 AM - 4:00 PM

Register for these events and learn more at www.alzheimer.ca/ns/conference

Navigating Dementia: **Engaging with your Community**

Monday, October 24

6:30 PM – 8:30 PM

Doors open at 6:00 p.m. to browse exhibitor booths
Presentation starts at 7:00 p.m.
DoubleTree by Hilton, Dartmouth

A free panel presentation for the general public, people living with dementia, and their care partners - all are welcome!

Société **Alzheimer** *Society*
NOVA SCOTIA

Lighting our Future Path: Strategic Intentions 2022-2027

In September 2021, we began the process of developing our new strategic plan. A series of consults across all health zones, with diverse communities, and with input from key stakeholders have highlighted the following strategic intentions which were launched at our Annual General Meeting in June 2022.

To read the full document, visit **www.alzheimer.ca/ns/stratplan**

What we're here to do:

Change the conversation about dementia: Improve public awareness about brain health, promote risk reduction, spark dynamic public discourse, and reduce stigma by encouraging people to take concrete action to make their communities dementia friendly.

Enhance the quality of life of people affected by dementia: Ensure Nova Scotians can receive a timely diagnosis, culturally appropriate support and are connected to our First Link® services. Help those living with dementia, and their care partners, have the skills and resources to live as well as possible at all stages of their journey.

Create communities of practice: Foster a collaborative impact approach to educating staff and volunteers in healthcare settings, municipalities, businesses and public services so they have the skills to include and support ALL Nova Scotians living with dementia.

Influence policy related to dementia: Collaborative and supportive advocacy with healthcare, municipal and provincial partners, leveraging the voices of those with lived experience to ensure focus on solutions to issues that matter most to them.

Shape the future for people affected by dementia: Support provincial and national research exploring causes, therapies and cures, quality of life and care improvements. Promote knowledge translation and uptake of innovation in the community and healthcare.

ADVOCACY. Through collaboration & community engagement we will...

- Partner with and amplify the voices of people affected by dementia to identify and escalate key advocacy issues.
- Work with government, healthcare, and sector partners to advance the Nova Scotia Dementia Strategy and support the development of person-centred and dementia-friendly policies, processes and legislation.
- Partner with Alzheimer Societies across Canada to focus on pan-Canadian dementia issues.

REDUCE RISK & STIGMA. Through targeted public awareness & engagement we will…

- Provide relevant, timely and evidence-based public education that promotes the understanding of brain health and risk reduction strategies.
- Empower Nova Scotians to take a proactive role in their understanding and adoption of risk reduction strategies.
- Address stigma through dynamic public discourse about dementia.
- Leverage the *Charter of Rights & Freedoms for People Living with Dementia* to ensure those affected live in communities where they are welcomed, supported, valued and included.

ENHANCE QUALITY OF LIFE. Through a person-centred & culturally aware lens, we will…

- Use data-driven evaluation to make evidence-based improvements to our programs and services.
- Ensure sustainable and effective supports for every stage of the dementia journey, from diagnosis to end-of-life.
- Provide appropriate and accessible services for people affected by dementia, no matter where they are in Nova Scotia.
- Build the capacity, knowledge, and resilience of healthcare providers, sector partners and care partners.
- Build support to create and promote inclusive, dementia-friendly communities.

ADVANCE RESEARCH. Through support of local & nationwide research, we will…

- Ensure the voices of those with lived experience are included and drive the research process.
- Contribute to the next generation of researchers through local bursaries and the national Alzheimer Society Research Program.
- Partner as knowledge users to advance dementia research in Nova Scotia.
- Facilitate public understanding of the types and impacts of dementia research.
- Allocate resources to ensure advancement of research and knowledge translation.

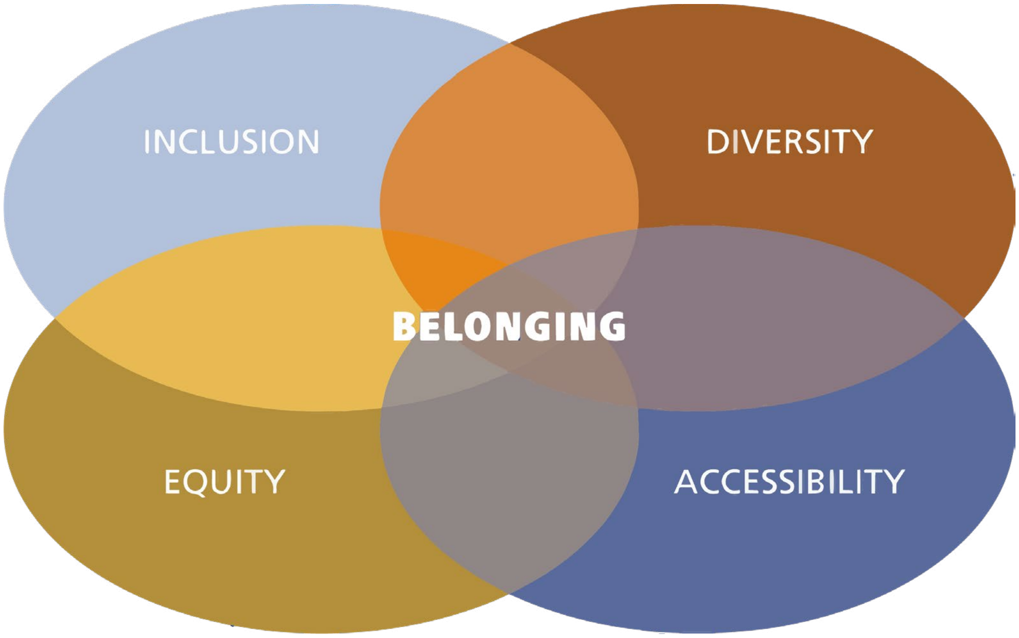
The I.D.E.A. of Belonging

Kirstie Creighton
Manager, Program Development

In the spring of 2021, we shared a statement of intention on Equity, Diversity and Inclusion at the Alzheimer Society of Nova Scotia. At the heart of that statement was the understanding that dementia does NOT discriminate. The Society must ensure that we're here to support ALL Nova Scotians on the dementia journey and that each person who engages with us feels a sense of belonging with the Society. Our 2021 statement shared our beliefs, and our commitments in moving that work forward.

We're pleased to provide an update as we move forward. We've changed the way we speak about diversity and inclusion, and now use a new acronym: I.D.E.A – Inclusion, Diversity, Equity and Accessibility. The I.D.E.A. of Belonging.

At the Alzheimer Society of Nova Scotia, we believe everyone affected by dementia has the right to live their life the way they want to live it, whether they're living with the diagnosis or supporting someone who is. Core to that belief is that everyone has the right to be the person they are; to live without fear or prejudice regardless of race, age, gender, sexual orientation, faith and belief, or a disability, like dementia. Everyone should have the opportunity to contribute to society in the way that feels right for them. We all have the right to live in a world which demonstrates respect, values diversity and works towards true inclusion for all.



We're happy to share with you some of the key things we've done over the past year to move the I.D.E.A. of Belonging forward:

- Our provincial conference focused on diversity in dementia care with the theme vSupporting Dementia in all its Diversity.
- Welcomed Chelsea Slawter-Wright to work directly with African Nova Scotian to engage the communities and provide culturally specific services.
- Held education sessions for the Arabic community through community partners ISANS and Veith House.
- Invested in ongoing I.D.E.A. training for our staff team.
- Became a CCDI Employer Partner and integrated I.D.E.A. into HR processes.
- Implemented a policy of including Indigenous land acknowledgements in all of our events and presentations.

We cannot do this work alone. We look forward to continued collaboration and new partnerships as we remain accountable to our commitments in this work.

Forget Me Not Monthly 50/50 JACKPOT

asnsraffle.ca

Société Alzheimer Society NOVA SCOTIA

Good luck!

Pride in All We Do

Lesley MacLean
Coordinator, Communications & Marketing

What does Pride mean to you?

Pride means something different to each person. Pride can mean living as your truest, fullest self. It could mean a protest. Maybe pride is wearing what makes you feel comfortable, or it could be as simple as the way you cut your hair.

At ASNS, pride means advocating for our LGBTQ2S+ Nova Scotians and families living with dementia. Not only are these individuals on their dementia journey, but they may face discrimination and harassment just for being who they are.

Halifax Pride was our first time immersing ourselves back into the public since the beginning of the pandemic. Our staff came together to spend a Friday afternoon creating signs and posters for the parade. On Saturday morning, we congregated in the lineup full of music and colour. Together, we decorated our coworker's car that drove alongside us filled with snacks and water to keep us fueled.

*Photos by Iain Beairsto

With support from our amazing volunteers and community partners, we took to the streets with over 100 organizations to march in the parade. Our small but mighty team had an incredible time connecting with the people who lined the streets of downtown Halifax on one of the hottest days of the year.

Pride was not always a celebration. It began on the one year anniversary of the June 1969 Stonewall Riots in New York City. The uprising was led by trans woman and activist Marsha P. Johnson. Without her and the many people who fought and continue to fight for LGBTQ2S+ rights, we wouldn't be where we are today.

We will continue advocating for those living with dementia, their care partners, and the LGBTQ2S+ community in Nova Scotia. We have pride in our work, our staff, in our clients, their families, our programming and in our communities across the province.


Société Alzheimer Society
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WE SUPPORT OUR LGBTQ2 ELDERS


AMOUR


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WE SUPPORT OUR LGBTQ2 ELDERS
AMOUR


TEAM


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Meaningful Engagement During Summer Months

Sandra Hubbard-LeBlanc
Regional Coordinator, Education & Outreach, Tri-County

"Summertime, And the Livin' is Easy…"

Composer George Gershwin must have loved summer. And why not? Sunshine, flowers, birds, barbeques, berries, family coming home – there is so much to appreciate and enjoy.

When you're a care partner or a person living with dementia, summertime can also be a time of added stressors, where fitting in other plans can throw a curveball into our routines. Whether we welcome visitors from near and far, or go out to a community barbeque, it's important to keep in mind that everyone can still have an enjoyable time. By doing some pre-planning, you will be able to have meaningful and memorable summertime activities. Here are a few suggestions:

- Just like you, a person living with dementia may have a better time of day in which to receive company or to go out. Try fitting in activities around these times to better enjoy whatever activity you've planned.
- When company is visiting, turn off any background noise to make the visit peaceful and less confusing.
- Keep in mind that quiet time during a visit can be very meaningful. Not all communication is verbal. Sometimes holding hands is worth a million words. Sitting outside in nature just watching bees on flowers, birds flying, listening to water lapping on the shore, can nourish everyone.
- Remember to meet the person with dementia where they are. For example, focus on connection rather than correction if they think someone who has passed away long ago is coming to pick them up. Re-direct them by asking questions like, "I remember Aunt Millie. She always had a great sense of humour, didn't she?"
- If you're visiting someone in long term care, include others in the visit who may live far away by bringing photos, letters or even a video call.
- Remember that sometimes a 10-minute visit is all it takes to help someone feel better in their day. It doesn't have to be a long process to be meaningful.

If you're still feeling stressed about it all, don't hesitate to reach out to our InfoLine staff (1-800-611-6345) who can offer support and information to help you get through the rougher patches. Also helpful is joining one of our many virtual monthly Caregiver Support Groups where others offer support and ideas. ASNS offers a virtual Family Caregiver Education Series where you can learn more about dementia. People living with dementia can enjoy ASNS programs such as Artful Afternoon, Coffee & Conversation and Connections Hub. Call our InfoLine for more information about our programs.

Wishing you an enjoyable summertime!

Information and Support for Young-onset Dementia

Originally published in the Cape Breton Post

Catherine Shepherd
Regional Coordinator, Cape Breton
Provincial Lead, First Link® Outreach

When you think about dementia, you likely imagine an elderly person. While age is the biggest risk factor, younger adults can also develop dementia. When symptoms start before the age of 65, it’s known as young-onset dementia.

The symptoms of young-onset dementia will present in similar ways, but the experiences of people with young-onset, and their friends and family, can be vastly different. Young children, work and increased stigma are just some of the things that can make this experience different.

There hasn’t always been a lot of information available about young-onset. We knew that was a gap that needed to be filled.

Recently, the Alzheimer Society of Canada launched the Canadian knowledge hub for young-onset dementia **(www.alzheimer.ca/youngonset)**. It draws on the experiences and insights of people living with young-onset, their families and researchers to provide information specific to young-onset dementia in Canada.

“We’re so glad to have this resource available to our clients and the public,” says Sacha Nadeau, Director of Programs & Services at the Alzheimer Society of Nova Scotia. “This meets an emerging demand for timely and specific information about young-onset dementia.”

The knowledge hub includes information and articles on topics such as getting a diagnosis, how to approach work, support for children of parents with young-onset and more. You’ll also find free downloads and videos where people from across the country share their experiences living with young-onset dementia.

As fantastic and useful as having this central source of information is, folks with young-onset need more than just information. They also need support and programs that are specific to their unique circumstances.

This is why we’ve started a support group for caregivers of people with young-onset dementia right here in Nova Scotia.

“It’s wonderful to see the group connect,” says Sandra Hubbard-LeBlanc, Regional Coordinator with the Alzheimer Society of Nova Scotia and facilitator for the support group. “It is so helpful when caregivers share their experiences of what they are going through.”

We heard from our clients impacted by young-onset dementia that they didn’t necessarily feel like they fit in to the other caregiver support groups because their experience was so different.

“It’s a unique opportunity to share with others who are experiencing the questions and emotions which accompany the diagnosis,” says Ann Sheree Reynolds, a participant in the group. “Our group is helping to support one another as we navigate uncharted waters, find hope for the future, and sometimes humour for today.”

The group is currently meeting monthly online via Zoom and is open to people from across the province. If you’re interested in more information about joining the group or want to speak with someone about our other services, call us at **1-800-611-6345** or email **alzheimer@asns.ca**.

Young-Onset Dementia

Visit the new webpage for information on young-onset dementia at alzheimer.ca/youngonset

Includes information on getting a diagnosis, how to approach work, support for children of parents with young onset and more.

Find free downloads and videos where people from across the country share their experiences living with young onset dementia.

Call us at 1-800-611-6345 if you have any questions or want to talk.

Société Alzheimer Society
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Host Your Own Fundraiser

All year long, our supporters from across the province take on the rewarding role of hosting fundraisers on behalf of the Society. Summer and into the early fall is the perfect time for you to join them!

It's super easy for you to take your unique idea and turn it into a fundraising success while supporting Nova Scotians on the dementia journey. If you don't have an idea in mind, we have some for you! These are just a few things you can do this summer to raise funds for the Society:

- The weather is ideal to invite everyone over for a BBQ with a $5 donation for dinner
- It's a great time to purge and have a yard sale! Add a lemonade stand for the kids
- Host a tournament (golf, tennis, baseball) and donate the entrance fees
- Offer to do your neighbour's yard work (mowing, weeding, cleaning) in exchange for a donation to the Society
- Friends going away over the summer? Offer to pet sit in exchange for a donation
- Hold a bake sale for your office or community group
- Getting married this fall? Consider making a donation to the Society in lieu of favours
- Go to www.justgiving.com and start your own online fundraiser on behalf of the Society (if you have questions, call us at 1-800-611-6345)

We can provide you with materials with information on the Society and about dementia to help promote your event.

If you're interested in holding your own fundraiser, visit www.alzheimer.ca/ns/fundraise to get a registration form and get started. You can contact us any time for support at 1-800-611-6345 or alzheimer@asns.ca.

Bedford Place Mall donated the proceeds from their annual Easter Bunny photos.

Kathy Bethune sold home made cakes to her friends and coworkers.

Sterling Fruit Farms sold sculpted pumpkins at their market this past fall.

Do you want to support the Society but are not interested in hosting a fundraiser or event? You can make a donation at any time! Use the reply form below, or donate online at www.alzheimer.ca/ns/donate.

Name: ____

Full mailing address: ____

____

Yes! You can count on me to help ensure that caregivers, family members, and those living with dementia get the support they need.

☐ $20 ☐ $50 ☐ $100 ☐ $ ________

OR

I would like to support the Alzheimer Society of Nova Scotia with a monthly gift of:

☐ $10 ☐ $20 ☐ $50 ☐ $ ________

You can stop your monthly gift at anytime by contacting Alzheimer Society of Nova Scotia by phone or email.

PAYMENT INFORMATION:

☐ Please charge my donation to my:

☐ Visa ☐ MasterCard ☐ AMEX

Cardholder name: __________________________

Card number: ____________________________

Expiry: ___/___ CVC: _____

Cardholder signature: ________________________

OR

☐ I have enclosed a cheque payable to the Alzheimer Soceity of Nova Scotia

☐ I prefer to receive my official tax receipt by email to help reduce administrative costs. My email address is: ____

Thank you! Please return to 112-2719 Gladstone St, Halifax, Nova Scotia B3K 4W6. You can also make your secure donation at **www.alzheimer.ca/ns/donate.**

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Alzheimer Society of Nova Scotia
112-2719 Gladstone St, Halifax, Nova Scotia B3K 4W6
902-422-7961 or 1-800-611-6345 (toll free within NS)

No one should face dementia alone.

Read how you make that possible in our latest newsletter.

Forget Me Not
Ne m'oubliez pas