

In the LOOP

SPRING 2023

40 YEARS
*Société
Alzheimer
Society*
NOVA SCOTIA



#IGWalkforAlz

In this issue:

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- IG Wealth Management Walk for Alzheimer's
- Stay Safe from Scams

...and more!

SPRING 2023

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Family Caregiver Education Series

A six-week series for family members and care partners of people recently diagnosed with dementia.

Participants learn about the symptoms of dementia, treatment options, coping strategies, future planning issues, and available community resources.

Sessions in Bridgewater and Chester are beginning this May, and videos are always available on our YouTube channel.

To register for upcoming sessions,
call our Infoline at 1-800-611-6345

www.alzheimer.ca/ns/fces

Finding Your Path Forward

An event for people living with dementia and their care partners



Saturday, April 22, 2023
10:00 AM - 12:00 PM

Woodlawn Public Library
31 Eisener Blvd, Dartmouth

Livestream available*

*All are welcome to join online.
In-person seats are reserved for people living with dementia and a care partner.

Together we will learn about living well with dementia, maintaining brain health and connecting with community. Stories and strategies will be shared by those living with dementia.



Register today!

www.alzheimer.ca/ns/esf2023
or call 1-800-611-6345

Collecting demographic data

Jenna Farrell

Manager, Communications & Marketing

At the Alzheimer Society of Nova Scotia, we've made a commitment to **I.D.E.A. – Inclusion, Diversity, Equity and Belonging** – and ensuring we're here for ALL Nova Scotians on the dementia journey. To truly do that, we need to better understand who our clients are and the communities to which they belong.

We are excited to share with you that our Programs and Services team have started a direct approach to collecting demographic data from our clients. You may notice some new questions being asked by our InfoLine staff around race, ethnicity, gender identity, sexual orientation, health, well-being and more.



Demographic data is a building block in identifying and understanding health inequities and gaps in care, specifically in our service delivery.

Through this data collection, we will be able to better understand our clients' needs, and advance equity through the design and delivery of programs and services to meet the needs of diverse communities.

Understanding clients as a whole person is essential in being truly person-centred. People living with dementia and their care partners are people first and our approach to serving them must include the whole person. By understanding the whole person, we will be able to support our clients' needs in ways that are affirming and culturally relevant.

We understand that answering these questions can feel sensitive for some, and participation is voluntary – you can opt out of answering all or some at any time.

We hope that some may feel relieved that we are asking these questions, and that they feel supported in knowing we're gathering this information.

If you do choose to participate, you can rest assured that your information will be kept private and confidential. Every staff member at the Society signs a confidentiality agreement, and access to client files is limited to those that need the information for their specific role.

This is part of an Alzheimer Society Federation-wide project, with Societies from across the country participating. We're proud to have had our Manager of Client Services, Kaija Whittam, co-chair the Community of Practice that helped shape this initiative.

Collecting this data throughout the federation will help us better understand our clients not only in Nova Scotia, but across the country.

If you have questions or concerns about this initiative, please call us at 1-800-611-6345.

Questions about dementia?

We are here to help.



The province-wide InfoLine is a confidential service provided by a team of knowledgeable and caring staff.

InfoLine provides:

- Help navigating the dementia journey
- Ongoing individualized support
- Registration for Alzheimer Society of Nova Scotia programs
- Connection to community-based services
- Culturally diverse materials in multiple languages (print or online)
- Information about:
 - Any type of dementia
 - Maintaining brain health
 - Getting a diagnosis
 - Planning for the future
 - Maintaining independence
 - Tips and strategies for living well

InfoLine
1-800-611-6345

Soci  t   Alzheimer Society
NOVA SCOTIA

Staying safe from phone and online scams

Beth Bennett

Regional Coordinator, Education & Outreach, Antigonish, Guysborough & Pictou

Many of us are spending more time online than ever before. Logging on for online shopping, paying bills, and connecting with friends and family is part of our lifestyle. If we are spending so much time online, how can we ensure we're doing it safely?

Dawn Thomas, Seniors' Safety Coordinator for Digby and area Seniors' Safety Program has some answers for us. Dawn and the other Seniors' Safety Coordinators across the province work in partnership with the RCMP and local policing agencies to ensure seniors are safe at home for longer. One of the areas they focus on is online safety and fraud and scam prevention.

Scams come to us through phone, email, door to door, mail and social media. It is important that we become educated on which scams are out there, how to use the internet safely and take steps to protect our identity, especially for seniors and those who are living with dementia.

"Right now, one of the most popular scams in Nova Scotia is the iTunes and Google Play card scam," says Dawn. "You receive a call, and they say it's the bank and they want you to go out and buy some iTunes cards to help someone in need."

In reality, the cards are being sent to a scammer and not to someone in need. They request that you purchase gift cards instead of giving cash because they are harder to trace.

"The other popular scam right now is merchandise scams," says Dawn. "People claim to be selling cars, animals and rental properties and ask you to put down a deposit but there really isn't anything for sale."

This type of scam is common on Facebook Marketplace or Kijiji. Look out for brand new accounts, spelling errors and prices that may seem too good to be true. Always see the product in-person before purchasing.

"We also see extortion scams," says Dawn.

"You think it's the CRA calling, and they threaten that you haven't paid your taxes,

and they want your social insurance number and make threats to call the police."



Remember that the government agencies like the CRA (Canada Revenue Agency) are more likely to contact you via mail than over the phone. If you're unsure, hang up and call the agency directly.

While phone scams are very common, targeting people online is becoming more frequent.

All these scams can be frightening, and the scammers can be very persuasive. Ideally, if you get a call, text, or email, don't share numbers or personal information. Have someone help you do your research and call the company directly to see if they are who they say they are.

It's okay to use your devices or the internet in public, such as at the library, but it's important to be vigilant. Use a VPN (Virtual Private Network) when on public wifi, be careful of who may be able to see your screen, and make sure you lock your devices if you need to walk away from them.

"We talk a lot about what is safe to like and share," says Dawn. "It's important to know that your activity leaves a digital footprint. The internet is watching and assessing what they think you're going to click on and share."

The internet is a huge part of our lives and we shouldn't be afraid to use it, but should be aware of the risks.

"A good tip is to look at the lock icon in the corner of your search bar," says Dawn. "If the lock is open, it is not a safe site. If the lock is closed, you're good to give it a whirl."

Cyber safety and internet security is tricky even for those of us who are tech-savvy. When someone is less comfortable with technology, or their memory or judgment is impaired, it is important for caregivers to work with them to do things like online banking safely.

"We also talk about safe passwords and how often you should change them," says Dawn. "Passwords should be secure and include things like symbols, numbers, and capital letters."

With education and support from family, we can do our best to ensure everyone has a safe online experience. There are lots of resources to help you learn about internet security. Families should stay involved with what seniors are doing online and caregivers can work with those you support to help keep their identity safe.

For more information and tips, visit www.alzheimer.ca/online-safety.

IG Wealth Management Walk for Alzheimer's

Registration now open!



Join us on **Sunday May 28, 2023**, in-person for our annual IG Wealth Management Walk for Alzheimer's! This year marks the 40th anniversary of the Alzheimer Society of Nova Scotia. Join us as we honour 40 years of supporting Nova Scotians affected by dementia.



Scan me with
your phone's
camera!

Visit www.walkns.ca to sign up with your team, read about the event, check out fundraising tips, and more!

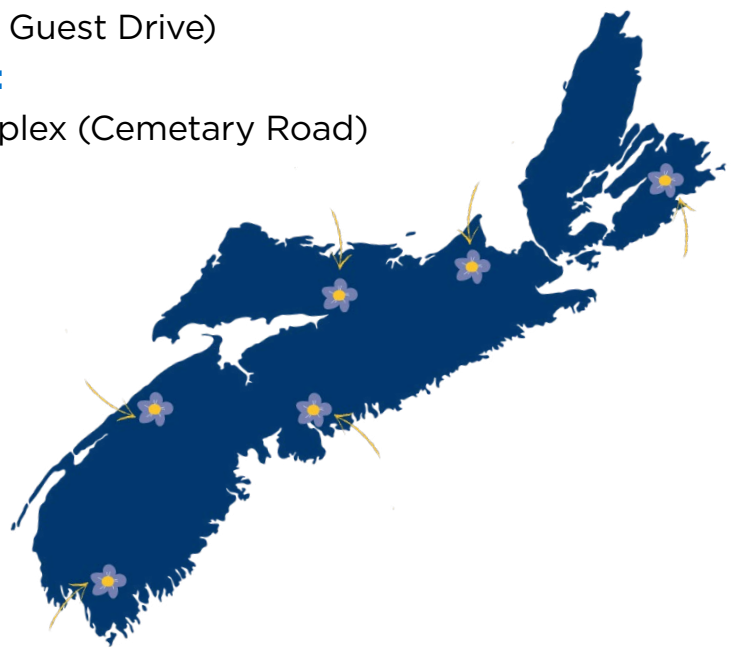
This year, the Walk will be happening in six regions across the province:

- **Annapolis Valley Region:**
Coldbrook at the Coldbrook and District Lions Club (1416 S Bishop Road)
- **Antigonish, Guysborough and Pictou Region:**
Havre Boucher at the Havre Boucher Community Centre (12401 Highway #4)
- **Cape Breton Region:**
North Sydney at Munro Park (64 Seaview Drive)
- **Central Region:**
Halifax at the Emera Oval (5775 Cogswell Street)
- **Cumberland, Colchester and East Hants Region:**
Bible Hill at Bible Hill Recreation Park (38 Guest Drive)
- **Digby, Yarmouth and Shelburne Region:**
Yarmouth at the Hebron Recreation Complex (Cemetary Road)

If you have any questions about the event or how to register, please reach out to us at alzheimer@asns.ca.

**If you can't attend the Walk in-person,
show your support by making a donation!**

**Walking together to shape the
future of dementia in Nova Scotia!**



Making day-to-day interactions more dementia friendly

Beth House

Lead, Dementia-Friendly Communities

Dementia Friendly Communities support, respect and include people living with dementia and their partners in care, in the places they live, work and play. It's a community that values contribution, opportunity, and choice.

It's YOUR Community!

Dementia friendly social interactions support people living with dementia by reducing anxiety, stigma and frustration. A dementia friendly community commits to learning and using communication skills to support day-to-day interactions. Communities that are respectful and responsive to the needs of people affected by dementia are valued and integral to building a dementia friendly society. It is our social responsibility to support all members of the community. Staying connected and engaged is a challenge for all of us, but particularly for people living with dementia. Ensuring the community is dementia friendly has become even more important.

**How can you make your day-to-day interactions more dementia friendly?
It's easy with these simple tips!**

Enhance your communication:

- Face the person and make eye contact if appropriate or put yourself at eye level.
- Listen and speak directly to the person living with dementia.
- Use short simple sentences and share one message at a time.



Offer Appropriate help:

- Approach from the front in a friendly and open manner.
- Get the person's attention and introduce yourself — move in their line of sight, then speak, then touch gently (if appropriate).
- Avoid making assumptions about what the person needs or is thinking.
- Ask if and how you can help.



Support the person's reality:

- Recognize how the person might be perceiving the situation.
- **Connect, don't correct.** Focus on how the person is feeling and what they need, rather than what is factually correct from your perspective.
- Don't ask the person to multitask. Allow the person to do one thing at a time, such as chat with you or make a payment, but not both at once.

Enhancing your communication on the phone:

A person living with dementia may have more difficulty communicating by phone because there are no visual cues to help them understand the conversation. Here are some additional tips to help enhance your communication when making calls:

- Find out when is the best time to call.
- Introduce yourself and mention why you're calling.
- Encourage the person to write the information down so they can remember after you hang up.
- Break conversation down into smaller pieces of information.



Incorporating these tips and others found on www.alzheimer.ca/dementiafriendlycanada can help contribute to a more supportive, inclusive and dementia friendly community.

An Artful Afternoon

Lesley MacLean

Coordinator, Communications & Marketing

Art helps us to connect with ourselves and others. It's an excellent form of self-expression that's known to positively impact our well-being, especially for those living with dementia.

Artful Afternoon is a dementia friendly program offered by the Alzheimer Society of Nova Scotia in partnership with the Art Gallery of Nova Scotia for people living with dementia and their care partners. Participants are encouraged to tap into their creativity and reflect with one another while creating their own works of art.

The sessions provide a stress-free environment where everyone involved can laugh, create and connect with one another. For many, art is completely new to them, while others find themselves reconnecting with something they've always loved to do. Participants take a sense of pride in their art regardless of their experience.



Participants don't have to be in-person to enjoy an Artful Afternoon. Sessions are offered virtually on Zoom for those who live across the province to enjoy – materials needed for the session are provided! Sessions are facilitated by Alzheimer Society of Nova Scotia staff and a professional artist from the Art Gallery. It includes a guided tour of the gallery which inspires the theme of the art session.



"Facilitating the program has been hugely influential for me personally," said Lux. "Not only has it deepened my relationship with my own creative practice, but I've been able to witness over and over again the immense power art making and appreciation play in our overall well-being, sense of autonomy and community connectedness."

The program has received glowing reviews from its participants.

"It's a fun activity to do with my parent. I think it's a good opportunity for him get out and do something different, social, and enjoyable. It gives us something to talk about as well and creates good memories for us."

If you enjoy art, but are hesitant about dipping your toes into the program, the Art Gallery of Nova Scotia offers recordings of the virtual tours on their website: www.artgalleryofnovascotia.ca/virtualtour.

To find out more and to register for Artful Afternoon, visit www.alzheimer.ca/ns/artfulafternoon or call our InfoLine at 1-800-611-6345.



40 Years of Impact

Dear Friend,

I'm Kevin Keefe and I am writing to you today as the first president of the board of the Alzheimer Society of Nova Scotia 40 years ago.

My mother lived with dementia in the 1970s. In those days there was no sure way to get a dementia diagnosis – most family doctors didn't understand the disease.

There were no Societies to turn to for information and support. We had to refer to encyclopedias to figure things out for ourselves.



MANY people still struggle with the barriers of a timely diagnosis, and they don't always know where to turn for information and support.

In 1982, following my own experience with my Mom, I showed up to a meeting regarding the need for Alzheimer support groups in Nova Scotia. There were fifty concerned citizens, each deep in their own experience living with, or supporting someone with, dementia. We had no idea where to start. But we knew things needed to change.

Because I had been through being a care partner to my own mother and was already on the other side of it, **I walked out of that meeting as the first President of the newly-formed Alzheimer Society of Nova Scotia which was officially incorporated on January 31, 1983.**

Forty years later, the Alzheimer Society of Nova Scotia has over 30 staff providing more than a dozen programs and services supporting thousands of people from all corners of the province and at every stage of the journey.

They are true leaders in this field - **and those services are needed now more than ever.**

There is still a huge amount of work to do. We need to reach more people with critical support programs. We need to ensure all Nova Scotians have the knowledge and tools to keep their brains healthy and reduce their risk of dementia. **And we need your help to do it.**

The team at the Alzheimer Society of Nova Scotia needs to raise over \$1.5 MILLION dollars a year to ensure these critical services continue. **Please give today to ensure our further progress.**

You can help shape the future of dementia support in Nova Scotia. Let's start to fund our next 40 years.

With all my thanks for your support over 40 years,

Sincerely,

Kevin Keefe

Kevin Keefe

Make a Donation

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.

I would like to support the Alzheimer Society of Nova Scotia with a **one time** gift of:

☐ \$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 us by phone or email.

PAYMENT INFORMATION:

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

OR

☐ Please charge my donation to my: ☐ Visa ☐ MasterCard ☐ AMEX

Cardholder name: _____

Card number: _____

Expiry: ____/____ CVC: _____

Cardholder signature: _____

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

Thank you! Please return to: **Alzheimer Society of Nova Scotia**
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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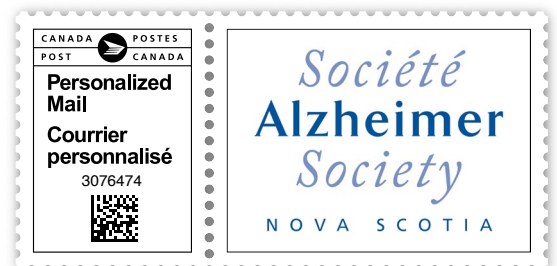


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Alzheimer Society of Nova Scotia
112-2719 Gladstone St, Halifax, Nova Scotia B3K 4W6
902-422-7961 or 1-800-611-6345 (toll free within NS)



RETURN POSTAGE GUARANTEED
PORT DE RETOUR GARANTI

No one should face dementia alone.

*Read how you make that possible in
our latest newsletter.*

