

In the LOOP

SPRING 2024

Société
Alzheimer
Society

NOVA SCOTIA



In this issue:

- The Many Faces of Dementia in Canada
- 2024 IG Wealth Management Walk for Alzheimer's
- Lived Experience Committee Opportunities

...and more!

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**Questions about
dementia?
We are here to help.**

**Our province-wide Dementia
Helpline is a confidential
service provided by our team of
knowledgeable and caring staff.**

**Dementia Helpline
1-800-611-6345**

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Message from John Britton, CEO

A happy spring 2024 to our friends, supporters, clients, donors, volunteers, and partners!

As I read through this latest issue, it strikes me just how much is happening in the world of dementia and how that world continues to shift and evolve.

For example, the second volume of the Landmark Study was released earlier this year, and it describes the changing face of dementia in Canada. It projects the demographics of people living with dementia, and how support needs to change as a result. You can read more on page six.

Our January awareness event focused on Hype vs. Hope; it was our first time covering such sensitive topics in a direct way and the incredible attendance both at the Halifax Central Library AND virtually, showed us that these topics matter to Nova Scotians, and we all have a role to play in leading conversations. Read more on page 14 (and watch the session online if you missed it!).

The landscape is changing, and here at the Society, we are changing with it to ensure we continue to meet the needs of the thousands of affected Nova Scotians today, and in the future.

You can help, too! Spring brings our annual IG Wealth Management Walk for Alzheimer's, and you can help make 2024 our biggest year yet by signing up a team and fundraising. See page eight.

And spring brings renewal – so we invite you to 'renew' your membership to the Society (or start your membership!). Becoming a member gives you a voice in the work we do, keeps you 'In the Loop', and it's the easiest way to support our essential work.

Thank you, as always, for helping us to provide help for today... and hope for tomorrow.

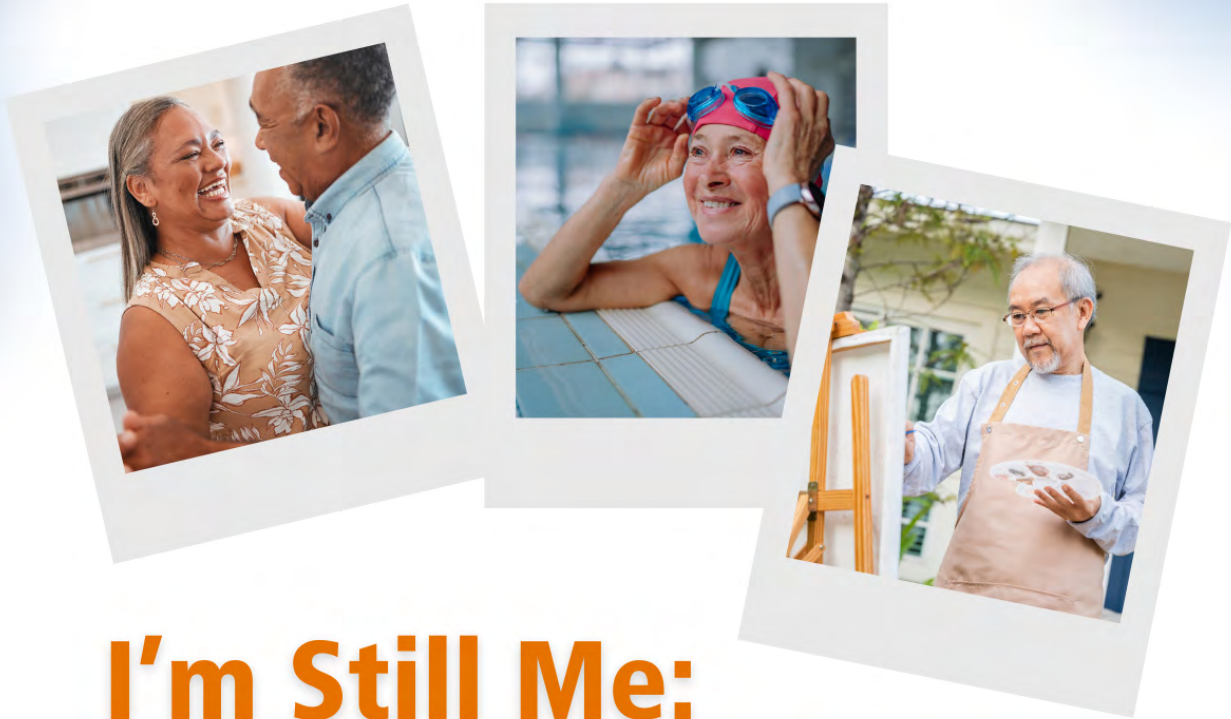


A handwritten signature in blue ink, appearing to read 'John Britton'.

John Britton
CEO, Alzheimer Society of Nova Scotia



We would love to hear your feedback! Send us an email at alzheimer@asns.ca.



I'm Still Me: *Living Beyond Labels*

An event for people living with dementia and their care partners.

Early Stage Forum 2024
Saturday, April 13
from 10:30 AM - 12:00 PM

Light refreshments will be available from 12:00 - 1:00 PM for those attending in person.

Canadian Red Cross Building
133 Troop Ave, Dartmouth
Including a Virtual Livestream

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

Join us to hear about tools to overcome stigma and what others are doing to live well with dementia.

Register today at alzheimer.ca/ns/imstillme

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2024 Annual General Meeting

Wednesday, June 26, 2024
6:00 PM at the Halifax Tower Hotel
Light refreshments will be provided

We will reflect on the past year at the Society and talk about plans for the future, including a sneak peek at our operational plan for 2024-2027.

Our AGM is open to everyone, but only members in good standing can vote.

The following awards will also be presented at this year's AGM:

Student Research Awards:

- One graduate- or postdoctoral-level Phyllis Horton Student Research Award valued at \$5,000
- Two undergraduate-level Abe Leventhal Student Research Awards valued at \$1,500 each

Dementia Friendly Communities Awards:

- Dementia Friendly Voice
- Dementia Friendly Ally
- Dementia Friendly Group
- Dementia Friendly Organization

Volunteer Service Awards:

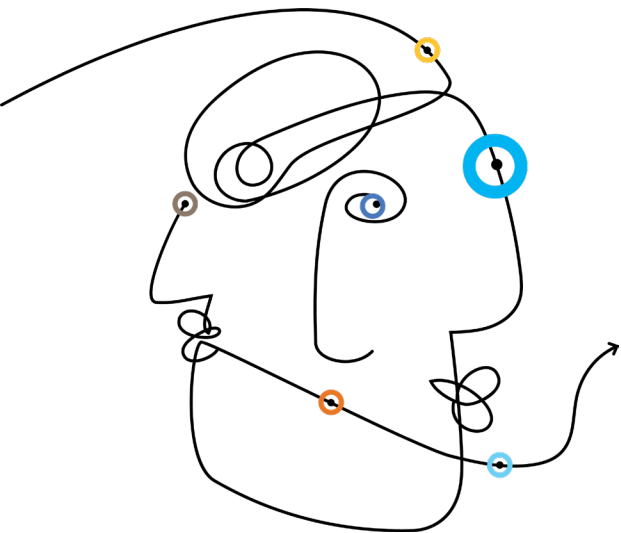
- Recognizing years of dedicated service

Please RSVP in advance by registering
at alzheimer.ca/ns/agm2024

The Many Faces of Dementia in Canada

In January, the Alzheimer Society of Canada released a new report, *The Landmark Study: The Many Faces of Dementia in Canada*. This is the second of three volumes of the study which details the demographic, social and economic impact of dementia in Canada. Volume three is expected to be released later this year.

This is one of the first Canadian studies that projects the demographics of people living with dementia. The study seeks to better understand the many faces of dementia and find equitable solutions for future dementia challenges, so that no one is left behind. We're pleased to have had our board member, Dr. Melissa Andrew, engaged as an expert reviewer.



This report is divided into four main categories:

- Dementia and Indigenous Peoples
- Ethnic and Racial Diversity of People Affected by Dementia
- Sex and Gender Differences in Dementia
- Young Onset Dementia: Distinct Challenges

In Nova Scotia, the number of people living with dementia with Asian, Indigenous and African ancestry will disproportionately increase over the next 30 years – approximately 700%, 200% and 100% respectively, compared to 87% in the general population.

This study brings an intersectional lens to the experience of people affected by dementia. It demonstrates how healthcare inequities are shaping the demographics of people with dementia.

Culturally appropriate and safe care is key to addressing the health inequities and barriers that currently exist. It's essential that inclusion, diversity, equity and accessibility are an integral part of the approach to dementia risk reduction, care, and support.

The key message of the report is that there are factors unique to each individual that directly affect the incidence, prevalence, risk, presentation and experience of dementia. These nuances must be considered across all aspects of healthcare and support interventions, with a specific commitment to increasing equitable access to support.

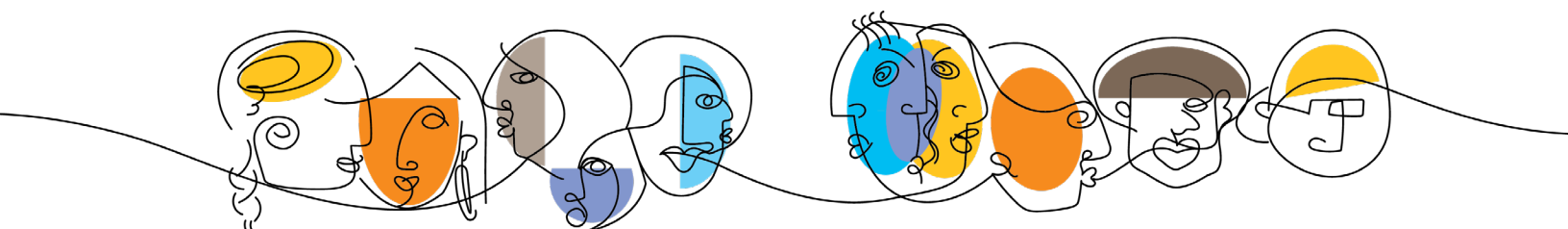
For our part at the Alzheimer Society of Nova Scotia, we remain committed to the expansion of our work as it relates to inclusion, diversity, equity, and accessibility (I.D.E.A.).

Over the past several years we have:

- Created a new full time staff position to work directly with African Nova Scotians to engage the communities and provide culturally relevant services.
- Developed culturally relevant materials for the African Nova Scotian community.
- 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.
- Started collecting demographic data from our clients to better serve them.
- 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.
- Developed culturally relevant materials about dementia for Indigenous communities.
- Invited to the Atlantic First Nations Skills Sessions to provide materials and connect with Indigenous healthcare workers.
- Celebrated Pride by participating in events throughout Nova Scotia.

We welcome the evidence-based data and recommendations contained in this report. We are ready to champion these recommendations in our work with these communities, government, researchers, and healthcare partners.

Additionally, we will continue to expand our commitments and investments in this area by considering the evolving needs in our programs, services and operations. We remain committed to ensuring that ALL Nova Scotians affected by dementia feel supported and a sense of belonging in our work at the Society.



The 2024 IG Wealth Management Walk for Alzheimer's

Registration now open!

It's time to get your walking shoes ready! The IG Wealth Management Walk for Alzheimer's is happening on **Sunday, May 26**, across the province. Join us as we walk together in support of the thousands of Nova Scotians affected by dementia.

You can register as a team or individual, or make a donation in support of the cause.



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, we're hosting EIGHT Walks across the province:

- **Digby, Yarmouth and Shelburne Region:**

Shelburne at Guild Hall (11 Maiden Lane)

- **Southshore Region:**

Bridgewater at the Flourish Centre (678 Lahave Street)

- **Annapolis Valley Region:**

Wolfville at Acadia's Raymond Field (550 Main Street)

- **Central Region:**

Halifax at the Emera Oval (5775 Cogswell Street)

- **Cumberland, Colchester and East Hants Region:**

Truro at Civic Square (740 Prince Street)

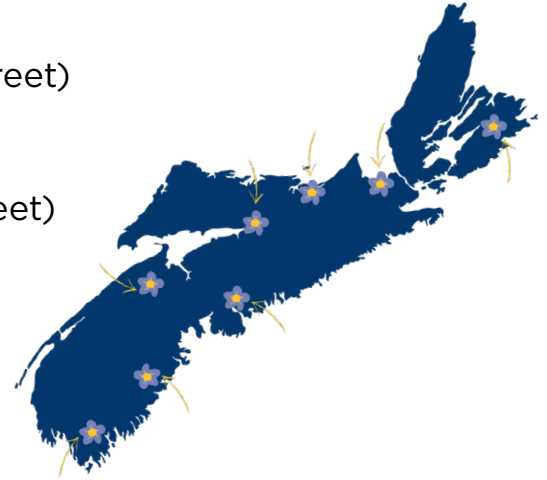
- **Antigonish, Guysborough and Pictou Region:**

Havre Boucher at the Havre Boucher Community Centre (12401 Highway #4)

Trenton at Trenton Park (119 Park Road)

- **Cape Breton Region:**

Sydney at Open Hearth Park (190 Ferry Street)



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!**

**Let's walk together to
champion dementia
friendly communities!**



Caregiver Education Series Provides an Opportunity to Learn and Connect

Our Caregiver Education Series (formally Family Caregiver Education Series) is a program for care partners of people recently diagnosed with dementia. It provides an opportunity to learn more about dementia and connect with other participants who are on a similar journey.

Peggy Conrad recently took the Caregiver Education Series as a care partner for her husband. She shared that she appreciated learning more about her husband's condition in language that anyone can understand, and that she continues to pull out the resources shared and refer to them when needed.

"I got so much out of it it's hard to pinpoint the best," says Peggy.



Peggy and her husband Eric Conrad

While the practical education was appreciated, Peggy really benefitted from connecting with the other participants and the facilitators.

"It's knowing that there's other people out there that are going through the same journey as I am," says Peggy. "Knowing that there's someone to call any time for information and support."

Margot McDade also recently took the program as a care partner for her husband. She similarly appreciated the ongoing support, connection and sharing of practical information.

Though Margot's husband has been living with dementia for a number of years and she has become an experienced caregiver, she learned a lot from the program.

"My husband has been in long term care for five years, so it's not new to me, but I was still looking for answers," says Margot. "The light bulb went on for me, when you get the facts in front of you along with anecdotal information."

The program runs once per week for six weeks, with a different topic covered in each session.

"The timing was perfect," says Margot. "Not too long or too short."

Sessions include an overview of dementia, future planning, day to day living, care for the caregiver, understanding dementia behaviour and responding to changing care needs.

The Caregiver Education Series is offered regularly both online and in-person. To see upcoming dates, visit alzheimer.ca/ns/ces or call us at 1-800-611-6345.

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Caregiver Education Series

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

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

Registration is required.
Please call 1-800-611-6345

www.alzheimer.ca/ns/ces

Thank You For Your Patience Cards

Sometimes people living with dementia just need a little more time to complete a task or a thought. That's where the "Thank you for your patience" cards come in handy.

How do I use these cards?

A person living with dementia or a companion can show the card to a grocery store cashier, a bank teller, a bus driver, etc. to discreetly ask for a little extra time and patience. Often the time it takes to read the card is all the person needs.

Thank you for your patience.

My companion has a condition that causes memory loss and confusion.

Your understanding is appreciated.



Where can I get these cards?

Call or email the Alzheimer Society Nova Scotia (1-800-611-6345 or alzheimer@asns.ca) and we'll gladly mail some out to you or set some aside for you to drop in and pick up. You can also print them from our website at alzheimer.ca/ns/cards.

Thank you for your patience.

I have a memory condition and may need a few extra moments.

Your understanding is appreciated.



How should I respond when presented with one of these cards?

If you are shown one of these cards, simply slow down and give the person some extra time. Use simpler sentences and share one message at a time; allowing time for the person to answer. Show empathy and kindness, avoid correcting or arguing.

Why does this make a difference?

Dementia friendly interactions like these support people living with dementia by reducing anxiety, stigma, and frustration. Along with adapting physical spaces, it's an important part of building dementia friendly communities.

What is a Dementia Friendly Community?

Dementia Friendly Communities are places that 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. Creating these communities takes an effort from everyone to learn about and promote dementia friendly principles in our neighbourhoods, workplaces and beyond.

**Learn more about Dementia Friendly Communities
in Nova Scotia at alzheimer.ca/ns/dfc.**



Annual Dementia Care Conference

Dear Dementia Sector - Mark your calendars!

We look forward to hosting you either in-person or online
at our hybrid 35th Annual Dementia Care Conference on:

Tuesday, October 22, 2024

Stay tuned for program details and registration.

Research Corner

Hype vs. Hope in Dementia Research

Which research developments are promising and which ones require more evidence? On January 31, our research advisory committee helped us understand the evidence behind trending topics like biomarker testing, pharmaceuticals, and dementia villages. Our experts then shared promising research from fighting stigma to collaborative care models to risk reduction. Watch the recording here: youtube.com/AlzheimerNS.

Projects Underway

Cape Breton University - In-Community Interventions to Support People Living with Dementia and Those at Risk

CBU is developing dementia risk reduction programs in Cape Breton for people at risk or living with dementia and their caregivers. ASNS has supported this project by fostering connections and providing education. So far, participants in Whitney Pier and Judique are enjoying risk reduction education, social connection, and activities.

University of Waterloo - Cultural Adaptations of Multispecialty Interprofessional Memory Clinics

ASNS has supported this project as researchers explore the needs of Nova Scotians with memory problems and their family members who are Indigenous, African Nova Scotian, or Acadian/Francophone. Focus groups and surveys are underway - we look forward to the results!

Research News

Health Canada decision on new drug to treat Alzheimer's disease – lecanemab

At the time of writing, we are awaiting news of whether lecanemab will be approved as the first disease-modifying drug for Alzheimer's in Canada. Approved in the US in July, lecanemab's makers hope it can slow down some symptoms of early-stage Alzheimer's. If approved, further processes will determine who pays for lecanemab, who will prescribe it, and who is eligible to take it. We anticipate mixed reactions if lecanemab is approved – from excitement about a new treatment option to concerns around eligibility, access, and lecanemab's safety and effectiveness. ASNS is here to support clients in accessing evidence-based information for all dementia-related topics.

Join our Advisory Committees of Lived Experience

We're inviting people with dementia and care partners from across Nova Scotia to join our Advisory Committees of People with Lived Experience. These new committees will ensure that the voices of those experiencing dementia are included in all aspects of our organization, from strategic direction to program planning. This will ensure we are informed by a range of perspectives including those from diverse and equity deserving communities.



There will be two committees – one for people living with dementia and one for care partners.

Members of the committees will provide expertise by sharing insights based on their lived experience to support the strategic vision and mission of the Society. Objectives may include identifying priorities for the Dementia Friendly Communities initiative, actions to reduce stigma, and other resources for advocacy initiatives. The Committees will meet virtually, four times a year with the first meetings in May 2024.

Some committee members may require extra support in order to take part; we would be happy to discuss ways in which we can help.

In addition to the Committees of Lived Experience, there are other opportunities to share your voice and expertise, such as participating in:

- One-on-one meetings with the Manager of Advocacy
- Occasional small group meetings
- Bi-annual town hall meetings
- Projects depending on your interests, skills, and time

Interested? Please contact Rosanne Burke, Manager of Advocacy, to learn more about the Committees and other opportunities to get involved.

Rosanne.burke@asns.ca or (782) 446-3215

Become a Society Member!

Do you want to have a say in the strategic direction and operations of the Alzheimer Society of Nova Scotia? Become a member today.

As a member of the Society, you will feel a sense of pride in supporting people living with dementia across Nova Scotia. You will be first in the know on things happening at the Society, be able to vote at our Annual General Meeting and more.

Society members receive:

- An invitation to and voting rights at our Annual General Meeting
- A copy of our annual report by mail
- A bi-annual update via personal letter from our CEO
- Notice of our events and career postings
- A membership certificate (by request)
- Right of first refusal to an invitation to our annual reception with the Lieutenant Governor at Government House

"Many of the residents and families of Tideview Terrace are living with a dementia diagnosis that brings them to our doorstep. Our membership with the Society has benefitted us all with support, annual training, fundraising and connection with the larger dementia community."

- **Debra Boudreau, CEO, Tideview Terrace**
Corporate member

"I believe it's important to be a member of ASNS to support the Society in all the work they do. They provide invaluable support to those on the dementia journey as well as those caring for people with dementia."

- **Rob Pulling, member**



Membership has an annual fee of \$25 for individuals and \$100 for corporate.

To become a member today visit alzheimer.ca/ns/membership to fill in the membership form digitally, scan the QR code, fill in the membership form on the next page of this newsletter and return by mail, or call us at 1-800-611-6345.

Membership Form

You can also apply to become a member at www.alzheimer.ca/ns/membership or by filling out the form below.

☐ **Yes!** I want to become a member of the Alzheimer Society of Nova Scotia. I want to have my voice heard in 2024-2025 and beyond!

Name: _____

Company Name (if applicable): _____

Full mailing address: _____

Phone: _____ Email: _____

Membership Category:

☐ Individual - \$25

☐ Corporate - \$100*

*Where an organization has more than one branch/location, corporate memberships will need to be purchased for each branch/location.

PAYMENT INFORMATION:

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

OR

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

Cardholder name: _____

Card number: _____

Expiry: ____/____ CVC: _____

Cardholder signature: _____

Thank you! Please return to: **Alzheimer Society of Nova Scotia**
112-2719 Gladstone St.
Halifax, Nova Scotia, B3K 4W6

I Came for the Science and Stayed for the People

When the Alzheimer Society of Nova Scotia approached me to share why I support their cause, I jumped at the opportunity.

Hello, I'm Dr. Sultan Darvesh, a behavioural neurologist, neuroscientist, and Director of the Maritime Brain Tissue Bank, and I'm proud to also be a donor to the Society.

My journey with the Alzheimer Society began over 30 years ago when Dr. Ken Rockwood and I advocated for a brain bank in Nova Scotia to aid dementia research. The Alzheimer Society of Nova Scotia joined us and our partnership has continued ever since.

In my clinical practice as a neurologist, whenever I diagnose someone with dementia my first step is to refer them to the Society's First Link® program for support. It's a crucial resource, ensuring no one feels alone on their journey.

Dementia is a significant healthcare challenge, and projections show diagnoses in Nova Scotia will nearly double over the next 30 years. The work of the Society is vital now more than ever.

So why do I donate? Because the Society genuinely cares. They're dedicated to supporting anyone in Nova Scotia who needs them.

But they can't do it alone. I encourage you to join me in supporting their work by making a donation today.

Thank you for considering this request on behalf of all Nova Scotians facing dementia.

Sincerely,

Dr. Sultan Darvesh

MD, PhD, FRCPC, FCAHS, MCIC



Make a Donation

You can also make your secure donation at www.alzheimer.ca/ns/donate or by filling out the form below.

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 Society 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

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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)

