

In the LOOP

SUMMER 2024

*Société
Alzheimer
Society*

NOVA SCOTIA



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- 2024 IG Wealth Management Walk for Alzheimer's
- Dementia and Driving

...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

Summer is finally here!

As I read through this issue of In the Loop, one word stands out to me the most – community. We're reflecting on such a community-driven spring here at the Society.

We're still feeling the glow of this year's INCREDIBLE IG Wealth Management Walk for Alzheimer's - and I don't just mean fundraising success! While we did surpass our fundraising goal together, even more important is that over 1,000 people came out and showed their support in communities right across the province. After a few difficult pandemic years, our Walks are back! Read more on page 8.

We just held our inaugural Dementia Friendly Communities Awards in Nova Scotia and received 46 nominations, all showcasing how people in our province are working to make our communities more dementia friendly. Find out who the recipients are on page 6!

I'm also in awe of the number of students and youth who are becoming involved with the Society. Young people are our future, and to see them so eager to learn not just about dementia, but how they can be advocates for change is inspiring. Read about this year's Student Research Award recipients on page 10, and some reflections from our practicum students on page 12.

As we wrap up this spring and look forward to our Nova Scotia summer, I hope you are able to take time to rest and recharge. While we'll be busy planning for a full fall schedule, our dedicated staff team will certainly be making time to also prioritize wellness. Looking after ourselves – and keeping our brains healthy – is important for all of us!

Thank you as always for staying 'In the Loop' on what is happening at the Society and supporting us as we provide help for today and hope for tomorrow to the thousands of Nova Scotians affected by dementia.



A blue ink handwritten signature of John Britton, consisting of stylized initials and a long horizontal flourish.

John Britton
CEO, Alzheimer Society of Nova Scotia



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

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- Save the Dates -

Community Week

September 22 - 28, 2024

Community Week is a week-long series of events held province-wide. These events aim to feature presentations from individuals living with dementia and their caregivers, sharing their experiences and local resources that are available to assist throughout their journey with dementia.

Learn more and find the date of the event in your community at alzheimer.ca/ns/communityweek



Introducing Our New Education and Engagement Coordinator for African Nova Scotian Communities



Andrew Howe joined the Society in February as our Education and Engagement Coordinator for African Nova Scotian Communities. Andrew was born and raised in East Preston, Nova Scotia.

He is responsible for the intentional outreach and engagement with African Nova Scotian communities across Nova Scotia on behalf of the Society. He connects with organizations working within the community to bring dementia education to African Nova Scotians, raising awareness of the resources available.

Over his first few months with us, Andrew has:

- Connected with the Nova Scotia Brotherhood to bring Dementia Resources to the 5th Annual Black Men's Health Conference
- Toured the province to attend the first series of Black Health and Wellness Clinics in the Preston Township, Kentville, Truro, and Sydney, organized by Nova Scotia Health and the Health Association of African Canadians (HAAC)
- Participated in two research focus groups to help share insight into the Dementia Journey from an African Nova Scotian perspective

Learn more about dementia and African Nova Scotians at www.alzheimer.ca/ns/ans. If you'd like to connect with Andrew directly, email him at andrew.howe@asns.ca.

Celebrating Our Inaugural Dementia Friendly Communities Award Recipients

We are proud to announce the first ever recipients of the Dementia Friendly Communities Nova Scotia Awards! These awards highlight the great work that is happening in our communities across Nova Scotia to create welcoming and inclusive places for people living with dementia and their partners in care.

Thank you to all of our finalists for the work you do in your communities, and thanks to everyone who made a nomination in 2024!

We encourage you to visit www.alzheimer.ca/ns/dfcawards to read all of our finalist bios and learn more about the amazing work they're doing to make their communities dementia friendly.



Dementia Friendly Voice

- Sandra Britten
- Faye Forbes
- Marilyn Taylor

Recognizes a person living with dementia who has been an integral part of a project aimed at improving the lives of people affected by dementia or has used their voice to raise awareness or to advocate.

Our Voice category is a three-way tie between these incredible women!



Dementia Friendly Ally - Veronica Marsman

Recognizes a person who has been an integral part of a project aimed at improving the lives of people affected by dementia or has used their voice to raise awareness or to advocate.

Finalists:

Anne Belliveau

Erin Morice

Leona Wilneff



Dementia Friendly Group - Nick Zamora and Luke Moffatt Town of Wolfville

Recognizes a group of two or more people who have improved the lives of people affected by dementia in their community.

Finalists:

Giselle Davis and Laura Sangster

The2fidgeteers - Cathy Dunbar and Beth McBrine

Paul Brothers and Eilish Bonang



Dementia Friendly Organization Northwood Adult Day Program

Recognizes a not-for-profit organization or for-profit business that has implemented a dementia friendly initiative that supports their clients and/or employees affected by dementia.

Finalists:

Antigonish Public Library

Art Gallery of Nova Scotia

Elderdog



Dementia and Driving

Shealene Barrett

Regional Coordinator of Education & Outreach, Cape Breton

**Originally published in the Cape Breton Post*

One of the things I've been asked the most from clients and the community in my first few months with the Alzheimer Society is for information about dementia and driving.

"On our Dementia Helpline, we are commonly asked about dementia and driving," says Mallory Perry, Client Services Team Lead at the Alzheimer Society of Nova Scotia. "People often wonder when it's time to stop driving. While we know that a diagnosis of dementia does not always mean that someone has to stop driving immediately, we know that eventually that day will come."

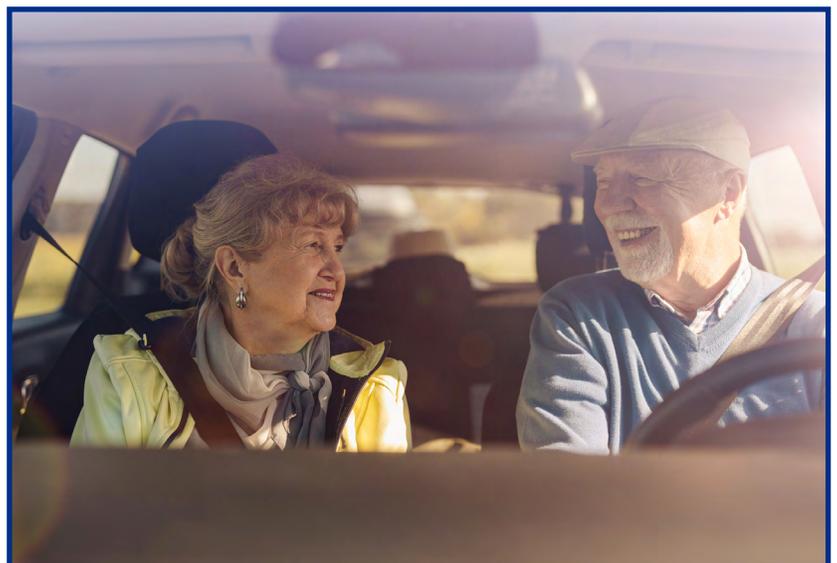
The decision to stop driving is personal and unique to each individual. As dementia progresses, it can affect abilities such as your level of concentration, judgment, orientation, perception and physical ability – all important and necessary skills for driving. When those changes come is different from person to person.

"It's recommended to start conversations early and to plan for a time when driving is no longer possible," says Mallory.

It's often hard for people to assess their own abilities in a neutral way. We recommend that you ask a trusted person to give you a truthful opinion on your driving abilities.

You can find a questionnaire to help guide this conversation in the Conversations About Dementia and Driving brochure at alzheimer.ca/driving. We always recommend that you speak with your doctor if you have one.

Another helpful resource is the Driving & Dementia Roadmap, a free online resource to support difficult decisions around driving. You can find it at drivinganddementia.ca.



The decision to stop driving can come with a lot of emotions and a feeling of a loss of independence. It also comes with some practical things to figure out – how will you get places?

It can be helpful to try out other forms of transportation before you need to stop driving to help make the transition smoother. While public transportation and taxi services aren't available everywhere here on the Island, there are options available to help. The Community Transportation Network catalogs community transportation options in Nova Scotia and provides a map of services so you can find what is available in your community at communitytransitns.ca!

I hope you find the resources here helpful in your potential journey with dementia and driving, whether you're living with dementia or supporting someone who is. If you need more one-on-one support, on this topic or others, call our Dementia Helpline toll-free at 1-800-611-6345.

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35th Annual Dementia Care Conference *Exploring Unseen Dimensions*

In Person or Online on

Tuesday, October 22, 2024

Early-Bird Registration Now Open for our 2024 Conference!

Join us at this year's Dementia Care Conference, where we'll illuminate the often unseen aspects of dementia care. Explore essential yet underrecognized elements including culturally-appropriate care, oral health, communication, and mobility throughout the dementia journey. We'll delve into palliative care and MAiD in the context of dementia, and feature a care partner's perspective through music.

Visit alzheimer.ca/ns/conference to register today and get access to early-bird rates and secure your spot at this inspiring and transformative event!

THANK YOU! 2024 IG Wealth Management Walk for Alzheimer's



Another incredible Walk season has come to a close. THANK YOU to everyone who joined us or supported this year's IG Wealth Management Walk for Alzheimer's!

On Sunday, May 26, we hosted 8 Walks across the province with over 1,000 Walkers who came together to raise \$270,000 and counting through donations and sponsorship! From Shelburne all the way to Sydney, we're truly amazed by the support we received this year.



Funds raised at the Walk directly support Nova Scotians affected by dementia through our programs and services. We couldn't do what we do without the support of our community!

Thank you for walking with us!





2024 Student Research Award Recipients

We're committed to supporting research in dementia, as well as acknowledging the work of people who have chosen to research in this field. As a means of honouring this commitment, we offer three awards to students pursuing dementia research in Nova Scotia. We're pleased to share the recipients of this year's Student Research Awards!



Abe Leventhal Undergraduate Student Research Award

Rachel Lewis

Rachel Lewis recently graduated from Dalhousie University with a BSc in Medical Sciences with Honours. Working and volunteering with long-term care residents living with dementia and a family connection led Rachel to pursue her passion for helping people with dementia through research. Her research, supervised by Dr Caitlin McArthur, examined the association between communication impairments and receipt of physiotherapy and occupational therapy in long-term care residents with dementia. Rachel has been accepted to Dalhousie Medical School, where she will begin training in September.

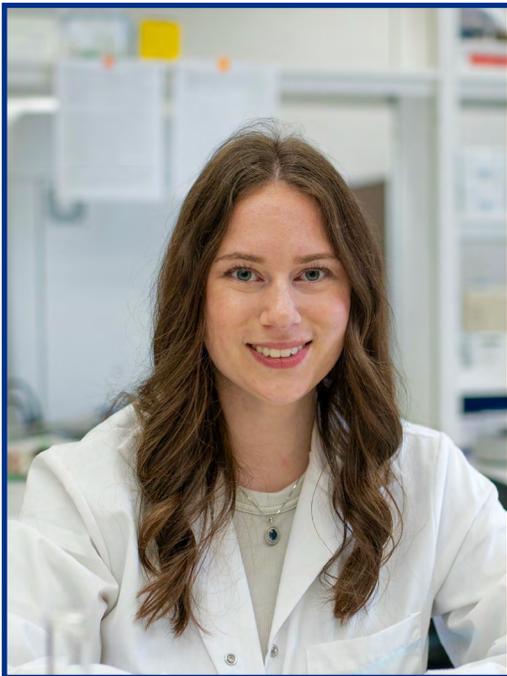
Alexandria Delaney recently graduated with



Abe Leventhal Trainee Award

Alexandria Delaney

a Master of Arts in Sociology from Acadia University. Her thesis, supervised by Dr Rebecca Casey, examined the needs of family and friend caregivers in Nova Scotia, including their access to financial, health, and social support. By gaining a deeper understanding of these dynamics, she aims to contribute to the development of policies and support services that will better address the needs of both caregivers and individuals living with dementia. In September, Alexandria will begin her PhD in Sociology at the University of Manitoba.



Phyllis Horton Graduate Student Research Award

Gabrielle Hanson

Gabrielle is a graduate student studying Medical Neuroscience at Dalhousie University. Supervised by Dr Sultan Darvesh, she is researching the underlying causes of sleep problems in neurodegenerative disorders such as Alzheimer's disease, Lewy Body dementia, and multiple sclerosis. Her research is driven by both a deep-seated passion and personal resolve. Both of her great grandparents lived with dementia, which instilled within her an unwavering commitment to understanding and addressing these conditions. Through her work, she is dedicated to making meaningful contributions to the field, with the ultimate goal of improving the quality of life for those affected by neurodegenerative disorders.

Bidding Farewell to Our Rising Stars



My name is Erin McKenzie and I am a Master of Social Work student at Dalhousie University. I have almost completed my first practicum placement here at the Alzheimer Society of Nova Scotia and it has been a wonderful experience!

I studied Health Science and Gerontology for my undergraduate degree at the University of Waterloo where I first sparked a passion for working with older adults. I've volunteered with people living with dementia in a long-term care home and I'm also involved in an ongoing research study on the lived experience of personal autonomy for people living with dementia. All of these experiences led me to seek out a practicum placement at the Society to further my understanding of dementia and my capacity to work with these individuals and their families in my future career as a social worker.

As part of my role, I worked on the Dementia Helpline and participated in several programs and events. I've had the pleasure of speaking with many people over the phone and in person through my work on the Dementia Helpline – spouses, adult children, neighbours, concerned friends who support someone who is experiencing dementia, or people experiencing cognitive changes themselves. It has been an incredibly rewarding experience to provide information, education, and support to people at all stages of the dementia journey. I was also fortunate to see the important role that communities play in supporting caregivers and those living with dementia. It is highly likely that we know someone affected by dementia in the communities we live and work in. Therefore, caring for each other looks like being empathetic and checking in with one another. You never know what invisible challenges people are going through in their daily lives!

I will certainly miss the Society as I continue my studies. The Society is an organization that fully lives out their mission and values. As a staff person, I felt consistently supported and encouraged by my colleagues. It was an honour to work alongside so many passionate and dedicated people who care deeply about this cause and I'm leaving inspired to take my learnings and make a difference wherever my career takes me.

Erin McKenzie
Master of Social Work Student

My heart has always had an extra soft spot for older adults, and no work could be more meaningful to me than supporting Nova Scotia's aging population alongside likeminded, compassionate people. That is the Alzheimer Society of Nova Scotia.

My relationship with the Society began during my work as a research assistant for a University of Waterloo-based research team. After meeting a few of the inspiring Society staff, I wanted to deepen my involvement with the organization, so I signed up to be a volunteer. At that time, I was in my first year of the University of Waterloo's Master of Public Health (MPH) program. A major component of the program is a practicum, which I saw as the perfect opportunity to apply my academic knowledge and professional experience in an organization that works to improve the quality of life for Nova Scotians affected by dementia.

I started my practicum with the Society in January 2024. The two projects I am leading aim to increase public knowledge about dementia through the development of virtual and physical educational resources. The two distinct projects include exploring how to offer dementia friendly education to first responders in Nova Scotia, and creating an interactive workbook to support Nova Scotians to reduce their risk of dementia. These projects have been an opportunity for me to apply and strengthen my research skills, including knowledge creation and translation, and public health program planning skills, including interdisciplinary collaboration and program design.

Working with the Society has been an aspiration of mine since I started the MPH program in 2022. After spending a few years working in research, I learned that my career aspirations fit better with knowledge mobilization. In other words, I love being able to see the (near) immediate impact of my work. The work the Society does has short and long-term impact, both of which I have seen every day.

Throughout my time working here, I have learned how genuinely the Society cares about their clients and staff. I am thankful to have worked in a welcoming, warm, and supportive environment. There is no doubt that Nova Scotians affected by dementia are in the best of hands with the Society!

Thank you for reading!

Lauren McLennan
Master of Public Health Student



Thank You to Our Board of Directors



Our entire team extends heartfelt gratitude to our Board of Directors for their unwavering support of the 2024 IG Wealth Management Walk for Alzheimer's. The Board's expert and experienced guidance ensures the organization's adherence to its policy, mission, vision, and long-term sustainability. However, their support goes far beyond these responsibilities and has been instrumental in making this year's Walk for Alzheimer's a remarkable success.

This year, the Board of Directors not only provided strategic oversight but also participated actively in the Walk, forming one of our top five fundraising teams and collectively raising an impressive \$10,505. Their commitment and dedication exemplify their leadership and passion for our cause.

A special thank you goes to Ian Bezanson, who collected an outstanding \$6,427 in donations for his community. Mark Inglis provided invaluable support for Sydney's event and offered crucial fundraising insights. Chris Trenaman led the top fundraising team with exceptional effort. Debra Boudreau's support from the Long Term Care facility and Kerrie Coady's volunteer work at our event in Truro were also pivotal to our success.





Lindsay Cross was the driving force behind the Halifax Paper Hearts fundraiser, introducing a special greeting card campaign aimed at supporting the society's critical work. All proceeds from the sale of these beautifully designed cards will be donated to the Society, aiding our mission. The cards, available online or at Halifax Paper Hearts' store at 6061 Willow Street in Halifax, offer a meaningful way to show someone you care while contributing to a vital cause.

The collective efforts of the Board of Directors have significantly contributed to the success of the IG Wealth Management Walk for Alzheimer's, helping to raise awareness and funds for Alzheimer's care, support and research. Thank you for your continued dedication and support!



Let's Keep the Momentum Going!



I hope you feel the same sense of accomplishment and pride that continues to wash over me after our recent IG Wealth Management Walk for Alzheimer's event. Friends like you made this year's walk an incredible day fuelled by hope, unity, and can-do community spirit.

We touched – and helped – a lot of people. People like my mom.

Seeing so many of my friends and neighbours walking alongside me filled my heart with gratitude and renewed determination. Then, seeing the photos and videos of walks across Nova Scotia light up my social

feeds reminded me of the incredible impact we can make when we come together for a common cause.

However, while we celebrate the success of this year's walk, we must also remember our mission is far from complete.

Yes, the funds we raised last month are already making a difference in the lives of Nova Scotians affected by dementia, but the need for support continues to grow.

Remember, current statistics suggest the number of people living with dementia in Nova Scotia is expected to DOUBLE by 2050 and, despite the incredible progress made with this year's walk, we're not ready.

That's why I'm humbly asking you to support my friends at the Alzheimer Society of Nova Scotia with a new gift of \$20, \$50, or even \$100 or more right now.

I've seen firsthand the difference community support can make. My mom, even in her most difficult moments, finds joy in a singalong or a shared smile. These moments are priceless, and with your help, more Nova Scotians can enjoy them.

Please, if you missed this year's walk, or if you have a little bit extra to spare today, chip in with a generous gift of whatever you can spare to help us share the gift of hope with more families like mine. Let's keep the momentum going!

Sincerely,

Tony Lantz

Tony Lantz



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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902-422-7961 or 1-800-611-6345 (toll free within NS)

