

# Alzheimer Society

SARNIA - LAMBTON

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## Celebrating April

**Habitat Awareness Month**

**Jazz Appreciation Month**

**Card and Letter Writing  
Month**

**April Fools' Day**  
*April 1*

**Easter**  
*April 4*

**Draw a Bird Day**  
*April 8*

**Ramadan Begins**  
*April 12*

**Scrabble Day**  
*April 13*

**National Volunteer Week**  
*April 18-24*

**Earth Day**  
*April 22*

**Kiss of Hope Day**  
*April 24*

**International Dance Day**  
*April 29*

## IG Wealth Management Walk For Alzheimer's



**Register today!**

Alzheimer's disease and other dementias affects **over 9,000 people in Sarnia-Lambton**. 3,000 of that number are people who have been diagnosed with dementia and the remaining 6,000 are care-partners and family members. For every one person diagnosed with dementia, 2 others are affected. For the month of May commit to walking 9,000 steps per day or walk 9,000 steps on Sunday, May 30th. Another option is to choose a destination and walk that number of steps as a team for the month of May!

We are encouraging our participants to walk, dance, run, rollerblade or do a yoga class all month long in May!

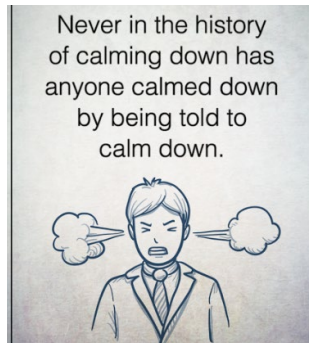
[Click here](#) for the Walk Your Way toolkit where you will find even more ideas on how to participate, promote and fundraise your way.

Be sure to tag the Alzheimer Society of Sarnia-Lambton on Facebook or Instagram if you post any walk-related videos or images on your social media accounts. We would love to see how are you are walking your way for those living with dementia in Sarnia-Lambton!

**Let's all answer the call to raise funds to help those living with dementia in our community! You are only limited by your imagination. Let's see how far we can go together.**

## Helping to create calm when someone is agitated

- Remove the threat
- Create space
- Get on her/his side
- Get at or below eye level
- Breathe in sync
- Calm your voice
- Relax your body
- Attend to her/his needs
- Be willing to go where he/she is



## Try to figure out the cause and remove the trigger

- What is the real issue/cause?
- Change in routine or other stressful change
- Changes in environment, such as travel, hospitalization, or other unknowns
- Changes in care arrangements
- Misperceived threats
- Fear and fatigue resulting from trying to make sense out of a confusing world

**Take a deep breath and learn for next time**

## National Volunteer Week April 18-24

We would like to extend a big **THANK YOU** to all of our volunteers. We know this past year has been an odd one and there hasn't been many opportunities to help us out with programs and fundraising, but know that we truly appreciate the time you have contributed to the Alzheimer's Society and look forward to when we can get together again and do more great things!!!!

## Busy work keeps the mind active



### Montessori methods in dementia care

"It's all about doing, not sitting and listening," Camp said. For example, instead of having a person color in a book, they could make and mail a get-well card for someone in the hospital. "It is the same motor activity, but the card has a purpose and promotes community and a meaningful social role,"

-Cameron Camp

If you would like to learn more about Montessori Methods and more activation tips, contact Christine at [cwright@alzheimersarnia.ca](mailto:cwright@alzheimersarnia.ca)

## Topical Tuesdays with Christine

### Tips on Caring for Someone Living with Dementia

April 6<sup>th</sup> 3pm – Another Brain Tour

April 13<sup>th</sup> 3pm – Tips for Personal Care & Everyday Activities

April 20<sup>th</sup> 3pm – Resources for Care

April 27<sup>rd</sup> 3pm – De-escalation Technique

### Bonus Wednesday

April 21<sup>st</sup> 7pm – Understanding Dementia & Finding Your Way program

Email Christine at [cwright@alzheimersarnia.ca](mailto:cwright@alzheimersarnia.ca) to receive information on how to attend. If this time and date does not work for you, still email Christine and alternatives will be looked at. Individual or family educational sessions can also be arranged.

## Living Alone

Living alone can be difficult for people living with dementia, but it can also provide increased independence and confidence. For people living with dementia that want to live alone, it is important to remain safe while doing so.



There are some safety steps that can be followed:

- Arrange for outside help with housekeeping, meal preparation and transportation. A local Alzheimer Society may be able to suggest some options.
- Have an occupational therapist assess the home to suggest ways in which areas or tasks could be made safer.
- Have a friend or family member visit or call once a day.
- Leave a set of keys with a trusted friend or neighbour.
- Consider appointing someone to assist with making important decisions; ensure details are documented on how financial, legal, and care wishes should be handled.
- Use labels, notes, and alarms as ongoing reminders of routine safety tasks. For example, place a sticky note near the “off” button on the stove to serve as a reminder to shut it off after being used.

**To learn more visit**

[www.findingyourwayontario.ca](http://www.findingyourwayontario.ca)



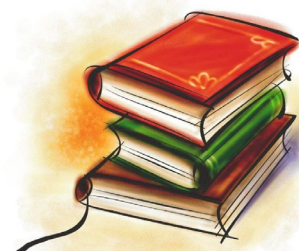
## Every Day Is Earth Day



On April 22, 1970, Senator Gaylord Nelson of Wisconsin was so concerned about the deteriorating natural landscape of the United States that he organized the first Earth Day, a day of teach-ins on college campuses to raise awareness of air and water pollution. America’s passionate response to Earth Day surprised Nelson. Millions of Americans, regardless of political affiliation, race, or creed, banded together to support protecting the environment. By the end of 1970, President Nixon had created the Environmental Protection Agency, and shortly thereafter Congress passed the Clean Air Act and Clean Water Act. It’s been over 50 years since that first Earth Day, and environmental action has never seemed more urgent. While it is up to major corporations to reduce their carbon footprints, individuals can still do their part by eating more plant-based foods, buying less, composting, and supporting local businesses.

## Sarnia Public Library

Books for people with dementia are housed in the Sarnia Library’s adult literacy collection. Books from this series measure 8 ½" x 11. They are about 20 pages each with large print, and every other page is blank. You can find these books in the library catalogue by searching "Carry on reading" or "dementiability" as keywords. The books can be signed out to people who have a Lambton County Library membership for three weeks at a time.



## What's Up, Doc?

On April 30, 1938, Warner Bros. released a new Looney Tunes cartoon featuring Porky Pig as a hapless hunter trying to unsuccessfully bag a humorously hyperactive rabbit named Happy. How could audiences know that this rabbit would evolve into Bugs Bunny, one of the most recognizable cartoon characters of all time?



The rabbit in *Porky's Hare Hunt* bore little resemblance to the Bugs Bunny we all know and love today. This white rabbit wore no gloves, lacked Bugs' recognizable voice, and did not eat a single carrot! Nevertheless, the rabbit was voiced by Mel Blanc, the future voice of Bugs Bunny, and the short was directed by Ben "Bugs" Hardaway, for whom Bugs Bunny was later named. It would be two years before Bugs made his official debut in *A Wild Hare*. When a redesigned rabbit was requested for the short, Bob Givens went to work and sketched a rabbit based on a Bugs Hardaway design labeled "Bugs's Bunny." The name stuck. When audiences got their first glimpse at the new and improved rabbit, the character stuck, too.

The Bugs Bunny featured in *A Wild Hare* already displayed many of the Bugs Bunny trademarks we have come to love. When staring down the barrel of Elmer Fudd's shotgun, Bugs first utters his catchphrase "What's up, Doc?" in a Brooklyn-esque accent. The phrase was added by the cartoon's director, Tex Avery, who had heard the expression a thousand times in his native Texas. Avery figured it a throwaway line and was more surprised than anybody when it left audiences rolling with laughter. As for Bugs' obsession with munching carrots, this was a habit "borrowed" from Clark Gable's character in the 1934 movie *It Happened One Night*. In one scene, Gable stands by a fence spouting advice to Claudette Colbert while chewing a carrot and talking with his mouth full. The scene was so famous at the time that audiences immediately got Bugs' imitation, and it earned the bunny instant panache. His popularity would endure for over 70 years and he would remain Warner Bros.' most popular and recognizable mascot.

## Contact Information

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# April 2021

To join in the activities through zoom, you can click on the activity and it will link you automatically connect you, or type in the Meeting ID number that is found in the program description on the 2<sup>nd</sup> page.

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			<p><u>Minds in Motion</u> 10am</p> <p><u>Musical Memories</u> 2pm</p> <p>All Fools' Day</p>	OFFICE CLOSED		
<p>Happy Easter</p> <p><i>I came that they may have life, and have it abundantly.</i></p> <p>Easter Sunday</p>	5	6	7	8	9	10
	<p><u>Minds in Motion</u> 10am</p>	<p><u>Minds in Motion</u> 10am</p> <p>Topical Tuesday – Another Brain Tour 3pm</p>	<p><u>Circle of Friends</u> 1:30pm with Kingston AS</p>	<p><u>Minds in Motion</u> 10am</p> <p><u>Musical Memories</u> 2pm</p>	<p><u>Armchair Travelogue - Norway</u></p>	
11	12	13	14	15	16	17
	<p><u>Minds in Motion</u> 10am</p> <p>Ramadan Begins</p>	<p><u>Minds in Motion</u> 10am</p> <p>Topical Tuesday – Tips for Personal Care &amp; Everyday Activities 3pm</p>	<p><u>Circle of Friends</u> 1:30pm with Kingston AS</p>	<p><u>Minds in Motion</u> 10am</p> <p><u>Musical Memories</u> 2pm</p>	<p>Movie Matinee @ 1:30pm "Florence Foster Jenkins"</p>	
18	19	20	21	22	23	24
	<p><u>Minds in Motion</u> 10am</p>	<p><u>Minds in Motion</u> 10am</p> <p>Topical Tuesday – Resources for Care 3pm</p>	<p><u>Inspirational Moments</u> 11am</p> <p><u>Circle of Friends</u> 1:30pm with Kingston AS</p> <p>Bonus Wednesday- 7pm Understanding Dementia &amp; FYW</p>	<p><u>Minds in Motion</u> 10am</p> <p><u>Musical Memories</u> 2pm</p> <p>Earth Day</p>	<p><u>Armchair Travelogue - Lost Treasures of Egypt</u></p>	
25	26	27	28	29	30	
	<p><u>Minds in Motion</u> 10am</p>	<p><u>Minds in Motion</u> 10am</p> <p>Topical Tuesday – De-escalation Technique 3pm</p>	<p><u>Circle of Friends</u> 1:30pm with Kingston AS</p>	<p><u>Minds in Motion</u> 10am</p> <p><u>Musical Memories</u> 2pm</p>	<p>Arbor Day</p>	

# Social Activities and Education

## Minds in Motion: Monday, Tuesday and Thursday @ 10am

We will be doing the exercise portion of our Minds in Motion each session as well as some Trivia - virtually. The exercise is a mix of cardio, stretch and balance and is 45min in length. **Meeting ID: 966 9366 0340**

## Inspirational Moments: 3<sup>rd</sup> Wednesday @ 11am

We will be taking tours of museums, galleries, and zoos from around the world. Galleries such as Van Gogh and the Museum of Modern Art in New York and the Toronto Zoo are just some of the places we have visited. **Meeting ID: 917 092 06935**

## Circle of Friends with Kingston AS: Wednesday's @ 1:30pm

This is a recreation group where we gather and have discussions and enjoy themed events and presentations. This activity is ran through the Kingston Alzheimer Society. **Meeting ID: 940 6174 2313 Passcode 737030**

## Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly. **Meeting ID: 928 5833 9938 Passcode 036639**

## Armchair Travelogue: 2<sup>nd</sup> & 4<sup>th</sup> Friday @ 11am

Sit back and enjoy travelling around the world from the comfort of your own chair. **Meeting ID: 918 3860 1408**

## Movie Matinee Friday, April 16<sup>th</sup> @ 1:30pm– Florence Foster Jenkins

In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet. **Please register before the 16<sup>th</sup> to receive the link.**

## Topical Tuesday with Christine: via Zoom web-conferencing (by computer or phone)

### Tips on Caring for Someone Living with Dementia

Email Christine at [cwright@alzheimersarnia.ca](mailto:cwright@alzheimersarnia.ca) to receive information and link on how to attend.

If this time and date does not work for you, still email Christine and alternatives will be looked at. Individual or family educational sessions can also be booked.

***We ask that you make sure when you participate virtually in exercise programs you take care to create a place that is clutter free and safe for you. Make sure you have proper footwear and the area is clear. Also, please only participate as much as your body feels comfortable – this is intended to be a program to gently move your body – so don't push yourself beyond what feels okay. If you'd rather not participate but want to just be here and watch, that is totally fine too!***

Email Vanessa at [vbarnes@alzheimersarnia.ca](mailto:vbarnes@alzheimersarnia.ca) for more information. 420 East St N, Sarnia, ON N7T 6Y5, 519-332-4444 Website: <https://alzheimer.ca/en/sarnialambton>

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