

February 2021

Alzheimer Society

SARNIA - LAMBTON

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Celebrating February

Black History Month

Bird Feeding Month

Mend a Broken Heart Month

Women's Heart Week

February 1–7

Groundhog Day

February 2

Canadian Maple Syrup Day

February 6

**Chinese New Year:
Year of the Ox**

February 12

Valentine's Day

February 14

Mardi Gras

February 16

Justice for Animals Week

February 21–27

International Toast Day

February 25

Floral Design Day

February 28

Venice Unmasked

Venice is often called Italy's "City of Love," and for good reason. There may be nothing more romantic than a meandering gondola ride through the city's famous canals, especially if the gondolier serenades you with Italian love songs. It is no coincidence that history's most notorious lover, Casanova, called Venice home. Casanova was born in an era when Venice was a European Las Vegas, famous for its gambling houses, beautiful women, and its annual *Carnival*, the Venetian version of Mardi Gras that has been celebrated since the year 1162. This year's Carnival, running from January 30 through February 16, is made all the more special because it coincides with Valentine's Day.

Venice's Carnival is thought to have started in 1162 with the military victory of the Venetian Republic over Ulrico di Treven, a powerful ally of the Holy Roman Emperor Frederick I who attempted to strip Venice of its independence. After Ulrico di Treven's defeat, Venetians gathered in San Marco Square for dancing and rejoicing. This informal celebration continued for centuries until it was made an official holiday during the Renaissance. It was also during this era that Venetian mask-makers were elevated to a special standing in Venetian society, enjoying preferential laws and their own artistic guild.

By the 18th century, masks were a way of life for Venetians, and laws permitted mask-wearing for six months of the year. Some historians believe that masks were a response to Venice's strict class hierarchy. Ordinary people and aristocrats alike wore masks to hide their true identities. So disguised, people could anonymously engage in Venice's many popular but ill-reputed pastimes such as gambling. Is it any wonder that Venetian mask-makers held such power in society? In time, masks were outlawed. It was only in 1979 that Venetian artisans revived the tradition of mask-making. Since then, masks and costumes have become lavish and sumptuous works of art, and opulent masquerade balls are now the most sought-after invitations during Venice's fabulous and romantic Carnival.



Valentine's Day is a good time to share the story of Melvyn and Doris.

This is how the story went according to CBS news: Police found Melvyn two blocks from their home, unable to tell officers where he lives. However, he wasn't confused as to where he was going: he was buying his wife Doris flowers for Mother's Day, as he had every year since she had given birth to their first child. Officers radioed dispatch to say they would take the elderly man straight home - but Melvyn was having none of that.

'He was pretty adamant that he wasn't going home until he got those flowers,' Officer Grigsby said. 'That's what he wanted. He wanted flowers for his wife, because tomorrow was Mother's Day.' So the officers decided to help Melvyn achieve his goal, secretly stopping in at a local supermarket and helping him select a bouquet of beautiful cream-colored roses. 'We had to get those flowers,' Grigsby says. 'We had to get them. I didn't have a choice.' The kind officers' even surreptitiously slipped the cashier some extra bills when Melvyn couldn't cover the tab.

A frantic Doris was relieved when she saw her husband of 60 years walking up their front stairs in the company of the police officers, but her relief turned to joy when he presented her with the carefully selected bouquet. 'As he came up those steps, and I saw those roses and the smile on his face, I just broke inside,' Doris told CBS. 'I just said, "Thank you, thank you." Because I saw his heart.' 'It's special, because even though the mind doesn't remember everything, the heart remembers.'



The Alzheimer Society encourages anyone caring for someone with dementia at home to learn more about the *Finding Your Way* program, and to about our local Vulnerable Person Police Registry.

<p>Know the signs, identify someone who is lost:</p> <ul style="list-style-type: none">• Inappropriately dressed for weather• Standing and staring• Pacing• Looking confused or disoriented• Repeating question or phrase <p>Let's all do our part to help individuals with dementia live safely in our community.</p>	<p>Finding Your Way.</p> <p><small>FINDING Your Way® For people with dementia, every step counts.</small></p> <p>Alzheimer Society SARNIA-LAWTON</p> <p>REGISTER NOW</p>
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www.findingyourwayontario.ca



Possibility, the pandemic and Pearl

Living well with dementia in the time of COVID-19



Kim's mother, Pearl, lives with Alzheimer's disease and vascular dementia, and currently resides in a retirement home in Prince Albert, Saskatchewan. Despite the many challenges brought on by the pandemic, Kim and her mother have found ways to live well with dementia.

See their story here

<https://alzheimer.ca/en/whats-happening/news/possibility-pandemic-pearl-living-well-dementia-time-covid-19>



Striking Gold

On February 10, 1942, Glenn Miller and His Orchestra received a unique trophy from his record label, RCA Victor. As congratulations for selling 1.2 million copies of the song “Chattanooga Choo Choo,” a feat no other artist had yet to achieve, Miller was gifted the first gold record on a live radio broadcast. The record wasn’t solid gold, but rather a vinyl record sprayed with gold, but soon other record labels began to follow suit, taking it upon themselves to award their musicians with gold records. Today the issuance of gold records is left to the Recording Industry Association of America (RIAA). The RIAA awarded Perry Como the first official Gold Record for “Catch a Falling Star” in 1958 after it sold 500,000 copies. The RIAA also has a Platinum Record for one million copies, a Multi-Platinum for two million, and a Diamond for 10 million copies sold. A visit to Chattanooga’s former rail station, which has been transformed into a landmark hotel where train cars serve as rooms, reminds visitors of Glenn Miller’s extraordinary honor all those years ago.

Topical Tuesdays with Christine

Tips on Caring for Someone Living with Dementia

February 2nd 3pm – Emotions and Brain Change

February 9th 3pm – Dining and Dementia

February 16th 7pm – Dr. J.B. Orange - Communication

February 23rd 3pm – Healthy Brain: Reducing Your Risk of Dementia

Bonus Wednesday

February 24th 7pm – Understanding Dementia & Finding Your Way program

Email Christine at 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.



Love your partner for who they are now

Valentine's Day: It's a special holiday many of us spend recognizing and appreciating our significant others.

However, if you are caring for a loved one living with dementia, this day might also be a reminder of how your relationship may have changed. As a care partner, you may feel that you are not getting equal care back some days. Dementia affects people in many different ways, but for some people they lose the insight on how others feel. On the other hand, others living with dementia may worry about the partner's wellbeing to the point of becoming anxious. Some people never cared about Valentine's Day and some would be saddened to know they are not recognizing the day. Despite the many complications that can come with the progression of dementia, there are still ways you can stay connected with your loved one, and appreciate your love for them, both past and present.

This Valentine's Day make sure to:

Love yourself. It may seem odd to put this first, but it is really important that care partners look after themselves. Caring and loving someone with dementia can be tough and you need to top up your own well of wellbeing. Don't ever forget you're doing the best you can with a new situation. Give yourself permission to do what you need to do for you. If you feel you need to skip Valentine's Day this year, do so, and you can still eat the chocolate too. Or celebrate Family Day this month instead.

Remember that your loved one can remember emotions even after they forget the actual event that caused those emotions. Your words and actions matter! So telling your husband, wife, mother, father, uncle, aunt, friend that you love them. This may still be heard and felt.

Have fun, whenever you can! You and your loved one can still have fun, it's probably going to just look a bit different. Maybe fun is playing some favourite music, sharing a fond memory, going for a walk, or sharing a joke. Some of the activities may seem childish, but all that matters is they are fun. Even if you feel your loved one won't take part, it still is good for you and good for them to be around someone enjoying themselves.

A Crackerjack Idea



Sugar-coated popcorn and peanuts were a common snack at the end of the 19th century, but in 1896 Fritz and Louis

Rueckheim created a formula that prevented the mix of popcorn and peanuts from sticking together. One customer who sampled this idea found it so wonderful that he exclaimed, "That's a crackerjack!" The *Cracker Jack* name was born. It wasn't until February 19, 1913, that Cracker Jack placed the first of their famous prizes inside a box. These were small prizes such as metal tops, tiny joke books, paper dolls, and even miniature furniture. When Cracker Jack began offering prizes in a set or series, sales soared; people wanted to collect entire sets. Perhaps the most famous prizes of all were the baseball cards of 1914. Today, a complete set of 144 cards is worth tens of thousands of dollars.

**The Alzheimer Society of Sarnia Lambton is
excited to
welcome back Dr. J.B. Orange**

to present on



**“Enhancing Your Communication with Persons
Living with Dementia: Strategies for Family
Members and other Care Providers”**

**This one-time event will be held over Zoom
web-conferencing on Feb 16th at 7:00pm
This event will not be recorded**

**Please email Christine at
cwright@alzheimersarnia.ca
to register**

Dr. J.B. Orange is a Professor in the School of Communication Sciences and Disorders at Western University at London Canada, and an Associate Scientist with Lawson Health Research Institute at London Canada. He also is the Scientific Director of the Canadian Centre for Activity and Aging at Western.

Dr. Orange’s peer-reviewed publications and funded research address language and cognitive-communication disorders of adults and older adults. His research has a special emphasis on discourse, conversation and communication of individuals with various forms of dementia.

Several of Dr. Orange’s current research studies include investigations of communication among persons with dementia and their family caregiver from culturally and linguistically diverse (CALD) groups, and the effectiveness of communication enhancement education and training program for family caregivers of persons living with dementia.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <u>Minds in Motion</u> 10am	2 <u>Minds in Motion</u> 10am & 2pm Topical Tuesday – Emotions & Brain Changes @ 3pm <small>Groundhog Day</small>	3 <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm	4 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	5	6
7	8 <u>Minds in Motion</u> 10am	9 <u>Minds in Motion</u> 10am & 2pm Topical Tuesday – Dining & Dementia @ 3pm	10 <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm	11 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	12 <u>Armchair Travelogue – A Symphonic Journey</u> 11am <small>Chinese New Year (Year of the Ox)</small>	13
14  Valentine's Day	15 FAMILY DAY OFFICE CLOSED 	16 <u>Minds in Motion</u> 10am & 2pm Topical Tuesday – Dr. J.B. Orange - Communication @ 7pm <small>Mardi Gras</small>	17 <u>Inspirational Moments</u> 11am <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm	18 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	19 Movie Matinee @ 1:30pm Homeward Bound – The Incredible Journey	20
21	22 <u>Minds in Motion</u> 10am	23 <u>Minds in Motion</u> 10am & 2pm Topical Tuesday – Healthy Brain @ 3pm	24 <u>Circle of Friends</u> 1:30pm with Kingston AS <u>Minds in Motion</u> 3pm Bonus Wednesday- 7pm Understanding Dementia & FYW	25 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm <small>Purim Begins</small>	26 <u>Armchair Travelogue - Venice</u> 11am	27
28	<h1>February 2021</h1>  <p>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 2nd page.</p>					

Social Activities and Education

Minds in Motion: Monday @ 10am, Tuesday @ 10am & 2pm, Wednesday @ 3pm, 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: 3rd 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**

Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly. **Meeting ID: 636 463 918**

Armchair Travelogue: 2nd & 4th Friday @ 11am

2nd Friday: Just as travel broadens one's perspectives, so can music. In this hour-long concert special, Rick teams up with the Cascade Symphony Orchestra on a musical tour that begins in the US, then touches down in seven different European countries.

4th Friday: Venice, more than any other European city, has an endlessly seductive charm. For centuries, it was nicknamed La Serenissima, "The Most Serenely Beautiful One" — and for good reason. After sorting through the monuments of Venice's powerful past, we'll cruise the Grand Canal and be dazzled by masterpieces of the Venetian Renaissance. Along the way we'll feast on Venetian treats, get a splash of modern art, and then glide on a gondola through this city of elegant decay.

Meeting ID: 918 3860 1408

Movie Matinee Friday, February 19th @ 1:30pm— We will be watching Homeward Bound – The Incredible Journey. Three pets are left behind while their owners go on a holiday. Thinking they have been abandoned, the pets embark on a journey to California to be reunited with them. **Please register before the 19th 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 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 ybarnes@alzheimersarnia.ca for more information. 420 East St N, Sarnia, ON N7T 6Y5, 519-332-4444 Website: <https://alzheimer.ca/en/sarnialambton>