

January 2021

Alzheimer Society

SARNIA - LAMBTON

420 East St. N, Sarnia, ON N7T 6Y5 | 519-332-4444 | info@alzheimersarnia.ca



Celebrating January

Get Organized Month

International Creativity Month

Volunteer Blood Donor Month

First Foot Day
January 1

Trivia Day
January 4

Bobblehead Day
January 7

Make Your Dream Come True Day
January 13

Martin Luther King Jr. Day
January 18

Compliment Day
January 24

Kazoo Day
January 28

Sundance Film Festival
January 28–February 3

Inspire Your Heart with Art Day
January 31

Last year brought us many challenges, however we were able to adapt and move forward with our programs and services.

This meant that we had to get creative for our Holiday Gathering this year. The idea was brought forward of having multiple dinners so that we could accommodate our clients and still maintain a safe distance between them. We secured space at Grace United Church for multiple dates, and then spoke with Pauline Henderson, caterer for Lunches for Learning, and she agreed to cater our dinners over the multiple evenings. Now it was time for music. Can't have a Christmas dinner without music. We reached out to the wonderful world of Facebook, and within no time at all, we had a mom of the local youth singing group, Stage 6ix reach out to me. We chatted for a bit, and saw a video of them and loved their voices. They agreed to do all three dinners. Well that was that, the hard part done, now to send out the invites. We had such a great response from our clients to have the Christmas dinner, and the three nights were full in no time. We enjoyed a beautiful turkey dinner each night, and the magical voices of STAGE 6ix.

Even though we were socially distanced within our dinner gathering, we were still able to enjoy time spent together. We even had Santa join us in spreading some holiday cheer. Thank you to all involved in the planning and executing of these wonderful dinners. Everyone had such a great time.



The Alzheimer Society of Sarnia Lambton has been fortunate to be chosen as a recipient of an Emergency Community Support Fund (ECSF) grant. The Sarnia Community Foundation is one of the many groups charged with the task of facilitating grant distribution. Funds are available to qualifying non-profit organizations working with vulnerable populations impacted by the COVID-19 crisis. The Federal Government is looking to deploy the \$350 million Fund at the community level and has charged various groups like the Sarnia Community Foundation to flow the funding to qualified and deserving donators coast to coast.

The Alzheimer Society of Sarnia Lambton has worked diligently throughout the COVID-19 crisis to insure that our clients and care-partners have received the support that is needed during a pandemic. People living with dementia are isolated by the nature of the disease but the COVID-19 crisis has further exasperated the isolation and loneliness. We have continued to provide one-to-one services, both in clients' homes and virtually.

The funding we have received will afford us the ability to purchase technology that will allow us to run programs in person and virtually. We have committed to purchase videoconferencing technology; virtual programming sessions; laptops; headsets; database access; and, staffing for oversight. The funding will allow us to bring together those clients who are more comfortable participating at home with those attending our group programming in person. We will also be in a position to bring in more clients through our in-home respite workers who can take the technology out to clients and provide the assistance necessary for them to participate. All of this will greatly increase our clients' interactions in a group setting and help reduce the social isolation felt by our clients and care partners. While we have continued to provide support to clients by staff, they are missing the very important peer support and this technology will go a long way to address this gap.

The entire community benefits by us being able to slow the decline and progression of the disease through quality social interactions and supports, lightening the burden on care partners and ultimately a decrease in hospital visits which frees up hospital staff and beds for critical care situations. The Virtual Program Expansion for Group Activities is supported by the Government of Canada's Emergency Community Support Fund. We are grateful for the Government of Canada's proactive response to the crisis facing Canadians living with dementia.



VULNERABLE PERSONS REGISTRY

Do you know someone living with dementia? 3 out of 5 people living with dementia will go missing at some point, a frightening experience, and a dangerous one.



That's why the Alzheimer Society of Sarnia-Lambton is partnering with The Sarnia Police Services and OPP to provide an opportunity for individuals living with dementia to be registered as someone at risk of going missing. Critical information shared provides searchers with quick access to key information to assist in locating the individual and returning them home safely.

Registration is easy! Call Alzheimer Society Sarnia-Lambton at 519-332-4444 to learn how.

Let's all do our part to help individuals with dementia live safely in our community.



In honour of Alzheimer's Awareness Month, the Alzheimer Society will launch a 4-part short film series on January 7 that follows Alicia, a beautiful, vibrant mother and grandmother who lives with Alzheimer's, and her family, as they confront this disease head-on and share their story, struggle, and moments of connection.

"We are so thankful to Alicia and her family for sharing their important story. Their story helps represent the other 1.1 million Canadians who are currently affected by Alzheimer's and dementia and reminds us about the importance of support and the power of love."

"Our government is proud to support the work of the Alzheimer Society in helping people understand the challenges of living with dementia," says Raymond Cho, Minister for Seniors and Accessibility. "I encourage everyone to reach out and provide a connection for an older adult in their lives. Together we can reduce social isolation and keep the spirit of Alzheimer's Awareness Month going year-round."

To follow along and watch Alicia and her family's story this Alzheimer's Awareness Month, visit <https://bit.ly/alicia-story>.

**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.

Ploughs on Parade

In England, January 11 is Plough Monday, a holiday that marked the return to working in the fields after the Twelve Days of Christmas. As early as the 15th century, the holiday was celebrated by pulling a plough through the streets and requesting donations for “plough lights,” candles that were burned in the local church as a blessing for those tilling the fields. In some villages, funds were gathered for local churches that kept a “common” plough, one that could be lent out to locals who could not afford to own one. The parade of the plough through the village streets was full of merry pageantry. Several musicians, a man dressed up like a farm animal known as the “Fool,” and either a woman or a man dressed as a woman known as “the Bessie,” accompanied the plough on its rounds. In many instances, these paraders would perform the “Fool Plough Dance” in return for donations. The end of the day brought a meal of plough pudding, a savory boiled suet pudding containing meat and onions. Plough Monday is still celebrated each January at Maldon in Essex.

Topical Tuesdays with Christine

Tips on Caring for Someone Living with Dementia

January 5th 3pm – Care Partner Resolutions

January 12th 3pm – Advances in Activation

January 19th 3pm – Who are you caring for?

January 26th 3pm – Care Tips: Approach for Care

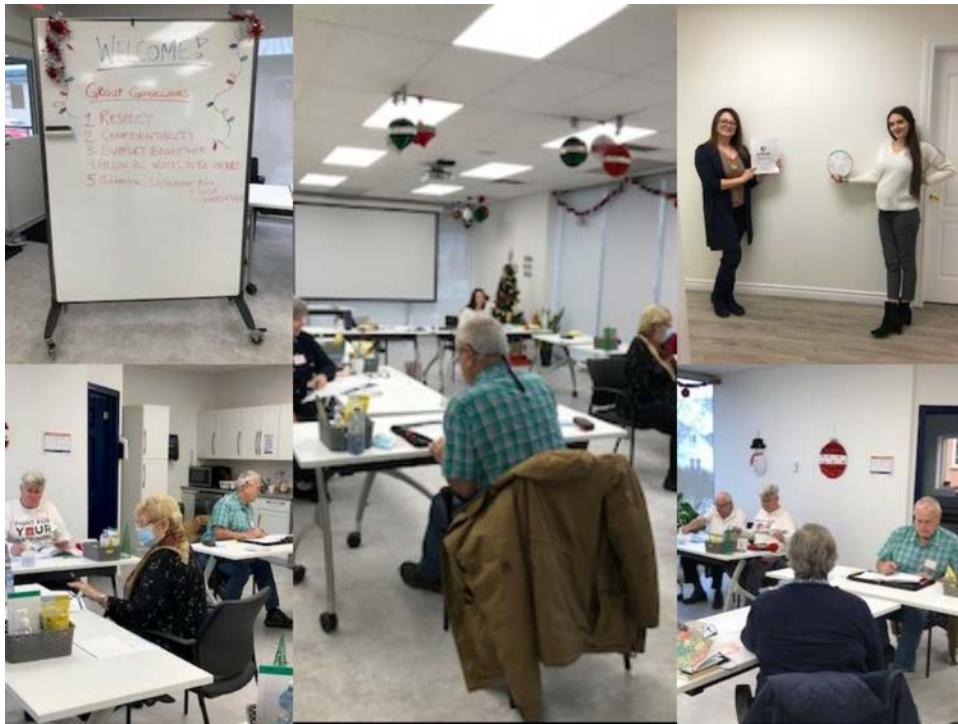
Bonus Wednesday

January 27th 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.

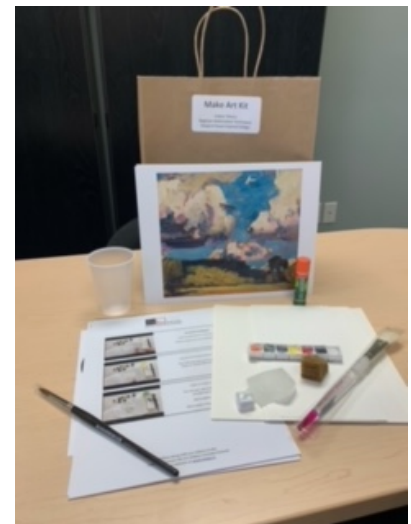
U-First for Care Partners

The U-First! For Care Partners education program supports Care Partners who are caring for someone experiencing behaviour changes caused by dementia. The goals of the program are to increase care partner confidence and skills so that they can better understand and respond to behaviour changes. This is in an effort to reduce behaviour changes using the U-First framework, Enhance our own well-being and the person we care for and Improve collaboration among all team members using a common approach. We look forward to hosting U-First for Care Partners in the near future. Please contact Celia or Anna for further information.



Inspirational Moments

Typically this program is offered at the Judith and Norman Art Gallery, however due to COVID-19 restrictions we haven't been able to attend the gallery. In October, we decided that we would bring 4 people into our Day Program space, and continue with the program virtually. Anna from the gallery put together art kits and over Zoom was able to bring the exhibits to us. The last couple of months we have met once a month, and have toured through the Zots exhibit, and then have completed a few activities with our watercolour paints. This program is made possible through the funds we receive from Jackpot City.





What are your New Year's Resolutions? ... to eat less, drink less, smoke less, stress less, lose weight, do more? Let me add to your list...; but in all seriousness, it is important to take care of the care partner. You must give to yourself too. Think about how you can best take care of yourself; and hopefully, these habits develop into natural steps to take care of yourself.

Be realistic...about the disease

- Don't try to maintain the impossible. Consider what can change.

Be realistic about yourself

- You can say "no." Saying yes to others should not lead to saying no to yourself, take time away, take a moment for yourself

Share & share the load

Be positive

- Coping statements- this is hard but I know I will get through it, I have accomplished so much vs. negative thoughts

Take care of yourself and accept help

- As your best friend what advice would you give yourself? Accept help from others.

Look for humour

"The expectation that we can be immersed in stress and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet." ~unknown

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 OFFICE CLOSED	2
					New Year's Day	
3	4 <u>Minds in Motion</u> 10am	5 <u>Minds in Motion</u> 10am Topical Tuesday – Care Partner Resolutions @ 3pm	6 <u>Inspirational Moments</u> 11am	7 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	8 <u>Armchair Travelogue</u> 11am	9
10	11 <u>Minds in Motion</u> 10am	12 <u>Minds in Motion</u> 10am Topical Tuesday – Advances in Activation @ 3pm	13	14 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	15	16
17	18 <u>Minds in Motion</u> 10am <small>Martin Luther King Day</small>	19 <u>Minds in Motion</u> 10am Topical Tuesday – Who are you caring for? @ 3pm	20 <u>Inspirational Moments</u> 11am	21 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	22 <u>Armchair Travelogue</u> 11am Movie Afternoon 1:30pm	23
24 <small>Activity Professionals Week</small>	25 <u>Minds in Motion</u> 10am	26 <u>Minds in Motion</u> 10am Topical Tuesday – Care Tips @ 3pm <small>Australia Day (observed)</small>	27 Bonus Wednesday- 7pm Understanding Dementia & FYW	28 <u>Minds in Motion</u> 10am <u>Musical Memories</u> 2pm	29	30
31	<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> <p><u>ALL IN PERSON SOCIAL PROGRAMS HAVE BEEN CANCELLED DUE TO COVID-19 LOCKDOWN.</u></p>					

Social Activities and Education

Minds in Motion: Every Monday, Tuesday & 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

Travel to different destinations around the world from the comfort of your own home. Enjoy some videos and stories of places like Denmark and India. **Meeting ID: 918 3860 1408**

Movie Afternoon – More information about the movie will be sent out at a later date after the movie has been chosen. The link for the movie is sent out the morning of, and registration is required prior to.

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 vbarnes@alzheimersarnia.ca for more information. 420 East St N, Sarnia, ON N7T 6Y5, 519-332-4444 Website: <https://alzheimer.ca/en/sarnialambton>