

March 2021

Alzheimer Society

SARNIA - LAMBTON

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Celebrating March

**Irish American Heritage
Month**

Women's History Month

Optimism Month

Peace Corps Day
March 2

Courageous Follower Day
March 4

International Women's Day
March 8

Mothering Sunday
March 14

St. Patrick's Day
March 17

World Poetry Day
March 21

National Physicians Week
March 25–March 31

Passover
March 27–April 4

**International Laundry
Folding Day**
March 30

Celebrate Brain Awareness Week!

From March 15-21, celebrate Brain Awareness Week by keeping your brain healthy and active! The brain is one of your most vital organs and just like the rest of your body, it needs lots of care. That's why we've put together some ways you can keep your brain healthy:

1. **Challenge your brain** by trying something new, completing crossword puzzles, pursuing new hobbies like knitting, or changing the way you do a task, like brushing your hair with your less dominant hand.
2. **Stay connected and be socially active** by calling or video chatting your friends and family.
3. **Choose a healthier lifestyle** by eating well, reducing stress, **EXERCISING**, and practising self-care.



When people living with dementia refuse help

When a person with dementia is unwilling to do something that we want them to do, this may be described as 'refusal' or 'resistance' by those providing care, but it is human nature.

As with other areas of a person's behaviour that we may find challenging or difficult, we need to try to find out what the person is telling us through their refusal – in other words, the reason why they are refusing. And rather than expecting the person with dementia to follow our agenda, we should be focusing on how we can co-operate with their wishes.

Reasons why they may refuse:

- don't understand what they are being asked to do
- "No!" is the easiest answer
- depression
- don't like the choice you made for them
- feel out of control, being bossed around, or treated like a child
- The changes in the brain make the activity difficult for them. Something you find easy may seem like a mountain to them.
- You are standing above them so they have to look up, and then your request will make them uncomfortable.
- There is also many individual reasons and routines that lead to why people will refuse



*May your troubles be less
and your blessings be more
And nothing but happiness
come through your door*

See your interactions as a relationship

The more you know their likes, dislikes, routine and personal history the more you can adapt care that works for them. i.e. He refuses to get out of bed for you but will get up to help the dog, or she will change her clothes in the bathroom, but not in the living room.

To help:

- give clear explanations and repeat as necessary
- do not ask for too much at one time
- ensure a pace with which the person feels comfortable and safe, not hurried or rushed
- ensure you are respecting their dignity as much as possible.

Remember when communicating your intentions do not matter as much as how they feel. You may find yourself saying, "I was only trying to help!" This will take more work and creativity on your part to approach in a new way. You will not be perfect in your approach, but this is the moment when your intentions do matter.

**When you are frustrated
with me because of
the things I cannot do,**

**just imagine how
frustrated I must be
because I'm not able to.**

Empower Women Impacted by Dementia this International Women's Day

Women are disproportionately impacted by dementia—those living with dementia and care partners alike. In fact, 72% of Canadians living with Alzheimer's disease are women and in general, women are more likely to become the primary care partner to someone living with dementia.

On March 8, empower the women in your life who are living with dementia, the women who are caring for someone living with dementia, and women everywhere, by reaching out and letting them know you are there for them.

St. Patrick's Day Sins



The very first St. Patrick's Day parade was held in Boston in 1737, and it seems as if we've been wearing green and eating corned beef and cabbage on March 17 ever since. But some of the most beloved St. Patrick's Day traditions are not traditional at all. For example, the Irish don't eat corned beef. It was Irish Americans who began eating beef in the 19th century. In Ireland, Irish bacon or lamb stew is the dish of choice on the holiday. Long before green was the color of the Emerald Isle, St. Patrick was associated with the color blue. As the political divide grew between Britain and Ireland, the Irish adopted the color green as a symbol of independence. Perhaps most shocking of all, St. Patrick's real name wasn't Patrick at all, but Maewyn Succat. Nor was he from Ireland but born in Britain under the rule of the Romans. Was St. Maewyn Italian?

Finding Your Way: A Practical Guide

This brochure gives guidelines on how to spot someone who could be missing or confused because of Alzheimer's disease or another form of dementia. It also tells you what you can do to help.

<http://findingyourwayontario.ca/wp-content/uploads/2016/03/FYW-A-Practical-Guide-English-Jul2016.pdf>

To learn more about Living Safely with Dementia in the Community. Join Christine by Zoom Web-conferencing on March 30th at 7pm. Email cwright@alzheimersarnia.ca to be added to the education mailing list.



Topical Tuesdays with Christine

Tips on Caring for Someone Living with Dementia

March 2nd 3pm – Creating Calm and Connecting

March 9th 3pm – Coping with Change

March 16th 3pm – Dementia Friendly Environments

March 23rd 3pm – The “Keeping it Simple” Approach

March 30th – 7pm – Living Safely with Dementia in the Community

Bonus Wednesday

March 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.

Tips to Make Healthy Food Choices this Nutrition Month

March is Nutrition Month, and we want you to boost your brain by making healthy food choices that will not only improve your general health but will benefit your brain! While there are no special food requirements for people living with dementia, incorporating a well-balanced and nutritious diet is extremely beneficial for your body. Here are a few ways you can follow a healthy diet!

- 1. Incorporate the colours of the rainbow into your meals** by reaching for blue and purple fruits and vegetables that are packed with antioxidants like blackberries, purple cabbage, and plums, or go green with fruits and veggies like broccoli, avocados, and pears that are good for your brain and benefit your bones!
- 2. Make your healthy meals extra flavourful** by adding a variety of herbs, spices, nuts, and olives to your recipes. Don't be afraid to get creative!
- 3. Develop healthy eating patterns** by planning meals in advance. There are many meal planning apps and websites you can utilize to help your process, or simply use a sheet of paper!

For more tips on following a healthy diet this Nutrition Month, please click [here](#).

If you have met one person with dementia, you have met one person with dementia. Every individual has a unique history and personality, which shapes the way they are affected by the disease. Seeing the person as an individual with unique qualities allows us to carefully shape and match our care efforts to meet the person's needs.



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