

November 2020

Alzheimer Society

SARNIA - LAMBTON

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Celebrating November

Aviation History Month

Native American Heritage Month

Polar Bear Week

November 1-7

Cliché Day

November 3

Remembrance Day

November 11

Rock Your Mocs Day

November 15

International Men's Day

November 19

Square Dancing Day

November 29



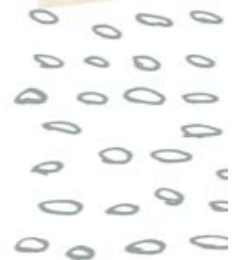
OPENING OF OUR DAY PROGRAM

Tuesday, October 20th marked the reopening of our Day Program and the first day in our new space! We are thankful to the Bullock Family Foundation and to the LHIN for providing us the funding necessary to make this a reality for our clients. Special thanks to Melanie Bouck, our CEO who spent countless hours attending to every detail to insure a wonderful experience for our clients and to Ileana Rivas our Support Services Coordinator who pulled the programming together while adhering to COVID-19 safety protocols. The first day was a great success and our clients will benefit from this wonderful space for many years to come!!



*welcome to
our new day
program space!*

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The Writing Life

Many writers believe that stories are alive inside all of us, just waiting for the moment to come alive when the pen is finally put to paper. November is both Novel Writing Month and Memoir Writing Month, providing inspiration for writers to develop a fantastical fiction or share personal histories.



All peoples and cultures tell stories. It has been said that storytelling is an essential part of human nature and society.

We use stories to establish social mores, preserve history, teach life lessons, explain the inexplicable, and entertain. The act of writing transposes oral stories into lasting works of art. This is a powerful act, one that defies even death, for written stories may last for centuries and even millennia after their creators are forgotten.

November 1 is Author's Day, a perfect day for self-reflection. What do you want to write? Is there a story inside you that you've been meaning to share? If you don't believe that you have a story worth sharing, think again. What is your fondest childhood memory? What moment most impacted your life? Remember, it is also human nature to find losses more powerful than gains. In many ways, sad stories about bad decisions or grave mistakes are just as compelling as those with happy endings. The writing process begins with a thought. The next step is to jot those thoughts down as notes. Only after you've amassed a wild jumble of ideas can you begin to organize them into the cohesive form of a memoir or novel. The human brain loves patterns. Organizing your thoughts into a beginning, middle, and end—creating a pattern—will help you create order out of ambiguity and could feel incredibly rewarding.

Most importantly, keep writing! November 15 is I Love to Write Day, a good reminder halfway through the month, in case you've forgotten. Even if you never publish the book you are writing, research has shown that writing is a valuable tool for personal growth and healing. When you write, you nurture yourself, and that's worth more than the most expensive book contract.

Topical Tuesdays with Christine

Tips on Caring for Someone Living with Dementia

November 3rd 3pm – Playing your Part: Interaction Tips

November 10th 3pm – Reminiscence Therapy

November 17th 3pm – Brain and Behaviour 2

November 24th 3pm – Care Tips: Approach for Care

Bonus Wednesday

November 18th 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 booked.

SHIP CAM – PORT HURON MICHIGAN

For those of you who are interested in watching ships go down the St. Clair River, here is a link for a live stream from Port Huron Michigan.

<https://m.youtube.com/watch?v=EtpGWHOnotU>



Take a Trip Through Memory



As we remember during the month of November, it is important to remember that Reminiscence can be therapeutic for

persons living with dementia. Taking a trip is very difficult right now, so take a trip down “Memory Lane”.

‘Reminiscence’ means sharing life experiences, memories and stories from the past. Typically, a person with dementia is more able to recall things from many years ago than recent memories, so reminiscence draws on this strength. So many of our conversations and interactions rely on short-term memory.

Reminiscence can give people with dementia a sense of competence and confidence through using a skill they still have.

Reminiscence is a way of reviewing past events that is usually a very positive and rewarding activity. Even if the person with dementia cannot participate verbally it can still give them pleasure to be involved in reflections on their past. It can also be a means of distraction if the person becomes upset. While reviewing past events can provide a sense of peace and happiness, it can also stir up painful and sad memories. It is important to be sensitive to the person’s reactions if this happens. If their distress seems overwhelming then it is better to use another form of distraction to reduce anxiety. Try to focus on memories that are positive and meaningful to the person and share with anyone else on the care team. Tapping into a person’s history can help build rapport when needing to provide care as well as a distraction technique.



Can you help someone that is lost?

Know the signs

The person may be:

- Inappropriately dressed for the weather
- Standing still looking around for a long period of time
- pacing
- looking confused or disoriented
- Repeating the same question or statement within a short period of time

To learn more about the risk for persons with dementia going missing, visit:

findingyourwayontario.ca

The Alzheimer Society can assist you with our local police registry. A registry day will be happening in November contact us for more details.

Create a memory/story box/book



Bringing items together that can be used as conversation starters and a reminiscence activity can be helpful. You can reach for the memory box, photo album or rummage

container and use it as a therapeutic activity. Grandchildren or other family members can help make this as a gift for the person living with dementia.

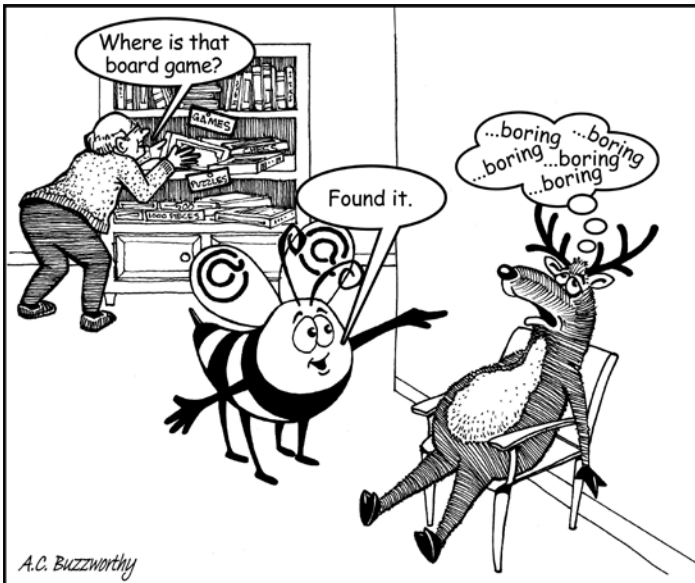
“Memories are special moments that tell our story”

No is the Word of the Day



When caring for someone living with dementia you may hear the word no more than you would like. Most of the time, this may mean you need to re-approach since maybe the person doesn't understand, feels overwhelmed, or may feel they are being bossed around. You

may also need to understand no is their answer or give them a little break and then re-approach. The word no may seem negative, but it may also be your "magic word". It is okay for you, as the care provider, to say no to others. You may feel you cannot take on anymore. You do not need to explain why you said, "no" if the answer no is best for you in the moment. No can be said in a polite way with your best interest at heart.



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