

October 2020

Alzheimer Society

S A R N I A - L A M B T O N

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Celebrating October

Country Music Month

**Global Diversity
Awareness Month**

Emotional Wellness Month

World Smile Day
October 2

World Teachers Day
October 5

Thanksgiving Day
October 12

Character Counts Week
October 18–24

International Chefs Day
October 20

International Artist Day
October 25

Halloween
October 31

October Is a Hoot

In October, the black of night is deep and dark. Chill winds blow away the veil of clouds shrouding the crescent moon so that it casts faint shadows in the forest. A deep hoot echoes, sending a shiver down your spine. October is considered Owl Month for good reason. This is the time of year that many great horned owls are active. They begin to set up territory and look for a mate. Hooting, screeching, and other vocalizations are integral to these rituals. For this reason, October is sometimes called the hooting season.

For millennia, humankind has shared myths that depict owls as emissaries of doom, death, and evil magic. The ancient Greeks and Romans believed that witches could transform themselves into owls. The Hopis of North America believe that burrowing owls, which nest and roost underground, are associated with Maasaw, the god of the dead and the night. During the Gaelic festival of Samhain, which takes place on the night of October 31, the barrier between the living and the dead thins so that the spirits of deceased relatives can find their way home. Owls, it was believed, could snatch those wandering souls and eat them. Is it any wonder then that owls, with their midnight hooting and hunting on silent wings, are associated with Halloween? As creatures of the night, they are the perfect symbols for a festival that reveres all things spooky.

Not all cultures have feared the owl. The Greek goddess Athena, fed up with the trickster crow, adopted the owl as her companion animal thanks to its perceived wisdom and seriousness. Some Australian aboriginal groups believe that owls are the sacred spirits of women and are revered. In Afghanistan, it is said that the owl brought humans the gifts of flint and iron, tools to make fire. In return, humans gave owls their feathers. Owls are unique amongst birds. Their unusual characteristics—nocturnal nature, hooting calls, large eyes, and their uncanny ability to rotate their necks—all have captured our imaginations and, in many ways, let our fears get the better of us. Thankfully, most cultures have learned to share these myths while preserving the species, ensuring the survival of these magnificent animals for generations to come.



The Alzheimer Society of Sarnia Lambton is fortunate to be the recipient of funding from the James and Patricia Bullock Family Foundation. Jim generously pledged the funding after his wife Patricia passed away from Alzheimer's. The Foundation's commitment was providing \$50,000 to create the Day Program space, and a further \$20,000 per year for 5 years which will fund the increased cost of maintaining the expansion. This funding allowed us to complete a major

renovation to create a wonderful space in which to operate our Day Program. We are certain that our clients will enjoy spending time in this amazing and most importantly functional area. This renovation could not have happened without the additional financial support provided to us by the Erie St. Clair LHIN, which permitted us to utilize \$30,000 of our annual LHIN funding and a one-time \$100,000 grant to make our operating space more open, user friendly, functional and more suitable to the counselling services that we provide.

The Day Program will initially operate one day per week and we hope to increase the frequency as funding becomes available. The target date to begin providing access to the Day Program is mid-October, however, this is subject to change due potential COVID-19 restrictions arising. We will host an Open House to introduce our clients, care partners, caregivers and the community to the Day Program when it is safe to hold gatherings of this type. The generosity and vision of the James and Patricia Bullock Family Foundation has left a lasting legacy in which those in the Sarnia Lambton Community who are living with Alzheimer's and other dementias will certainly benefit for many years to come.



Virtual Tours of the Oil Museum of Canada

We understand that some of our visitors may not yet be ready to come back to the museum, so we are bringing the museum experience to you! Take a virtual tour of the [museum gallery](#) or explore the [grounds and our historic outbuildings](#). The tours have audio narration and many interactive features that can be found through the Oil Museum of Canada's website www.oilmuseum.ca.

Educational Programs

We understand that some people have taken on the brave new world of online learning. The museum has developed virtual education programs and while these programs may have been created with classrooms in mind but they are equally accessible to people of all ages and knowledge levels. Check out our new online education programs and enhance your experience with our interactive slides, videos, and activities.

Programs are available in English and we will soon be adding a French version. New programs and activities will be added throughout the year as they become available. Check out our website at www.oilmuseum.ca

October 8 - World Face Your Fears Day

- For some, holding an 8ft snake on #WorldFaceYourFearsDay would be doing just that. What fears will you face today?



Victorian girls loved to try their hand at fortune telling at this spooky time of year. The most popular tool to use was the humble apple.

Here's a Victorian apple "spell" to try yourself. Eat an apple in front of a mirror and if the spirits are amenable, you will be able to see the reflection of the gentleman you will one day marry "peeping over your shoulder." Now that's creepy!

I wonder if Nellie Booth (daughter of an International Driller) did this to discover her beloved?





What to do when reuniting after a missing incident

The persons living with dementia may be anxious or confused when found.

You can help by:

- bringing warm clothing or any other items that may bring comfort to the persons. This may include someone that calms them or the family pet.
- approach calmly and you do not need to tell them what they did wrong.
- make sure they can see you approaching
- you do not need to return them back as soon as you find them. All that is important is that they are safe, you may continue to walk with them until they are able to return.
- make them know you are happy to see them not just that you were worried.
- talk about familiar things to encourage them to return home
- if they were trying to get to a certain destination, can you go there or visit soon?
- reassure them, and you may have to explain who and where you are
- Make sure precautions are taken for the future- does the house need to be modified?, is more care needed at night?, register them as a risk to go missing with the local police, MedicAlert: Safely Home bracelet purchased, and talk with the Alzheimer Society about safety planning



Topical Tuesdays with Christine

Tips on Caring for Someone Living with Dementia

October 13th 3pm – Brain and Behaviour

October 20th 3pm – Care Planning

October 27th 3pm – Common Behaviours

Bonus Wednesday

October 21st 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.

QUICK TIPS FOR CARE

STOP- Think about what you are about to do and consider the best way to do it.

PLAN AND EXPLAIN- Who you are (if needed); what you want to do; why.

SMILE- The person who takes their cue from you will mirror your relaxed and positive body language and tone of voice.

GO SLOW- You have a lot to do and you are in a hurry but the person isn't. How would you feel if someone came into your bedroom, pulled back your blankets and started pulling you out of bed without even giving you time to wake up properly?

GIVE THEM SPACE- Any activity that involves invasion of personal space increases the risk of a physical reaction. Every time you provide care for a person you are invading their space. You may also need to **GO AWAY** sometimes

CALL THE ALZHEIMER SOCIETY TO HELP WITH FUTURE CARE PLANNING

The Magic Words are

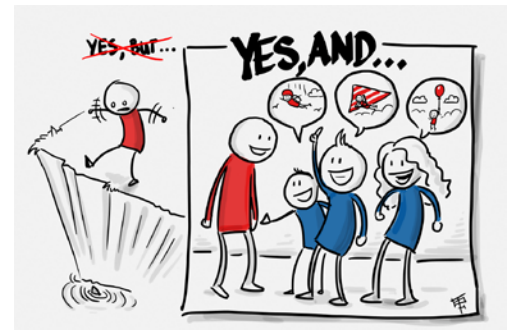


Improv comedians have used the “Yes, and...” technique as the foundation of their craft for years. Two improve comedians discovered that this same technique worked really well with their family member living with dementia.

In brief, “Yes, and...” asks comedians to always say “yes, and...” rather than “no, actually...” When you say “no” the conversation ends. So if a comedian enters the stage and their fellow comedian says, “Look!, the rooster finally laid an egg!” If they say, “That doesn’t makes sense, only chickens can lay eggs” the conversation ends. But if they say, “Wow! That is one talented rooster, let’s enter him in the upcoming fair?” the conversation continues.

How to say “Yes, and...”

Responding this way meets people where they are. This is always helpful in dementia care. It’s not about lying. It’s about something positive – saying yes. What does this look like in communicating with those with dementia? Saying yes instead acknowledges their thoughts and feelings and in turn helps the person feel calm and reduces behaviours.



Here is an example:

Person living with dementia (PLWD): “I want to go see my sister right now!”

Poor response: “You know it is much too late to go see her, we are seeing her on Saturday anyway, so you can wait until then.”

Yes Response: “Yes, seeing your sister is a great idea!, when we go to visit on Saturday do you think we should bring that great photo you have of the two of you? (Then share the photo).

The second sentence is full of positives and validation of what they said. The first response is likely to lead to the PLWD feeling out of control and not respected.

Give “Yes, and...” a try.

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