

September 2021

Alzheimer Society

SARNIA - LAMBTON

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



Celebrating September

Intergeneration Month

Hispanic Heritage Month

Sewing Month

World Beard Day

September 4

Labor Day

September 6

Wonderful Weirdos Day

September 9

Yom Kippur

September 15

(Begins at sundown)

International Country

Music Day

September 17

World Alzheimer's Day

September 21

One-Hit Wonder Day

September 25

Fall Foliage Week

September 26–October 2

Ancestor Appreciation Day

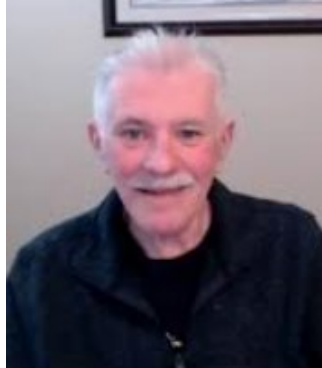
September 27



We would like to thank all of our It's 5 O'Clock Somewhere Dockside sponsors, attendees and volunteers. As direct result of your generous support, our 3rd Annual It's 5 O'Clock Somewhere was a huge success! We had 300 in attendance between our takeout and dine-in! Look for us to be back next year, bigger and better! The proceeds from this event will go a long way to serve our clients living with Alzheimer's and other dementias.



HERE ARE MY TIPS TO HELP YOU UNDERSTAND by Roger Marple (person living with dementia)



- There are thousands of people living in our communities with some form of dementia and regardless of their challenges, they are living well every day. Assuming someone with a form of dementia could hear or read your comments towards dementia, would that change how you talk about dementia? If your answer is yes, I see that as a good thing. Think about it.
- I have a philosophy in life. I make it a point to show my utmost respect to everyone I meet. All I ask is the same respect in return. Knock off the dementia jokes.
- Understand that if your life is in some way affected by dementia you experience stigma. The problem is with the person displaying this behaviour, not you. Let it roll off your shoulders. Hold your head high and live well with dementia.
- There are a thousand faces to dementia. Often, we visualize people with dementia in the later stages of the disease, sitting in a wheelchair, staring out a window. That's just one of many faces to this disease. Dementia does not discriminate and that includes age. When you meet someone with dementia, clear your mind of any preconceived perceptions you may have and see the person for who they are—in the here and now.
- If you're out and about and see someone experiencing confusion, whether it's in a grocery store or someone trying to figure out which bus stop to get off at, reach out and offer to help. And I can tell you for sure, anyone with dementia will truly be grateful for one thing—patience.

Alzheimer Society – September Newsletter (AVANIR)

The Bluewater Clinical Research Group is actively enrolling people with moderate-to-severe agitation associated with Alzheimer's dementia to participate in a new study.

The study will examine the effectiveness of the study drug AVP-786 for the potential treatment of agitation in participants with Alzheimer's dementia. AVP-786 may help to normalize the activity of certain neurotransmitters in the brain, possibly reducing the symptoms of agitation.

AVP-786 is being developed by Avanir Pharmaceuticals, Inc.



For more information, call Bluewater Clinical Research at 519-344-6612 or e-mail info@bwresearch.ca

HOW DO YOU ORGANIZE
A SPACE PARTY?



YOU PLANET.



COME AND JOIN US AT MINDS IN MOTION

**Tuesday, Sept. 21st to Nov. 23rd
10am –12pm.**

Grace United Church, 990 Cathcart Blvd,
Sarnia.

Cost is \$15/person (covers all sessions)

**Space is limited and registration is
required**

To register or for more information, please call
or email Vanessa at 519-332-4444 or
vbarnes@alzheimersarnia.ca

Topical Tuesday with Christine

**Tips on Caring for Someone Living with
Dementia**

September 7th 3pm – Things not to say

September 14th 3pm – First Link Care
Essentials – What to Expect

September 21st 3pm – Care Essentials Part
2 – Communicating Effectively

September 28th 3pm – Care Essentials part 3
– Responding to Behaviours

Bonus Wednesday

September 22nd 7pm – Understanding
Dementia and 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.

Oma's Applesauce



Jason has a very caring approach in caring for his mother who is living with vascular dementia and Alzheimer's disease. Everyone calls her Oma. She has had a number of falls, so Jason has found a gardening activity that is safe for Oma. Jason focuses on activities that follow Oma's routine, including setting up a grocery store, clothing boutique and aquarium at home, to visit when COVID caused these activities to stop. Coffee time and dinner dates were also created at home. Jason focused on activities that make Oma feel safe and useful.

Please click the link below to watch Oma's tea cup garden and enjoy all the other videos in Oma's Applesauce list.

<https://www.youtube.com/watch?v=dQeUt0ZdZkI>



Accidental Breakthrough

By many accounts, the Scottish physician Alexander Fleming was a rather careless and untidy lab technician. So when he left his laboratory for a two-week vacation to Scotland in 1928, perhaps it is unsurprising that upon his return he discovered that some of his petri dishes had been contaminated.



Fleming had been experimenting with influenza viruses and staphylococcus bacteria at St. Mary's Hospital in London. He was shocked to discover a "mould juice" growing on one staphylococcus plate. Even more surprising, after examining the

mold under a microscope, he found that it had prevented the growth of the dangerous bacteria. Quite accidentally, Fleming had discovered the world's first antibiotic: penicillin.

Fleming wrote, "When I woke up just after dawn on Sept. 28, 1928, I certainly didn't plan to revolutionize all medicine by discovering the world's first antibiotic, or bacteria killer. But I guess that was exactly what I did."

Yet by 1931, Fleming had ceased all study of penicillin. Luckily, two University of Oxford researchers, pathologist Howard Florey and biochemist Ernst Chain, continued his work. Unlike Fleming, Florey ran an impeccable and well-funded laboratory. The men knew that Fleming's *Penicillium notatum* strain could treat bacterial infections, but it could never be made in sufficient quantities to reliably treat those infections. Another serendipitous encounter would lead to the necessary breakthrough that made penicillin the world's foremost antibiotic.

Florey was in America trying to develop a method to mass-produce *Penicillium notatum* when a laboratory assistant named Mary Hunt arrived at the lab with a cantaloupe covered with a "pretty, golden mold." This was *Penicillium chrysogenum*, a strain that produced 200 times the amount of penicillin of Fleming's strain. At last, the antibiotic could be mass-produced. The discovery would win Fleming, Florey, and Chain the Nobel Prize.

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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2021

			1 <u>Minds in Motion</u> 10am	2 <u>Minds in Motion</u> 10am <u>Musical Memories</u> Jay Franco - 2pm	3	4
5	6 OFFICE CLOSED <small>Labor Day Rosh Hashanah Begins</small>	7 Topical Tuesday – 3pm Things not to say	8 <u>Minds in Motion</u> 10am	9 <u>Minds in Motion</u> 10am <u>Musical Memories</u> Arnie Shaw & Lisa Prest - 2pm	10 Armchair Travelogue - Brazil	11
12 <small>Grandparents Day</small>	13 <u>Minds in Motion</u> <u>with Yoga</u> 10am Music with Max & Wayne @ 6:30pm	14 Topical Tuesday – 3pm First Link Care Essentials – What to Expect	15 <u>Minds in Motion</u> 10am <small>Yom Kippur Begins</small>	16 <u>Minds in Motion</u> 10am <u>Musical Memories</u> <u>Michael Myers -</u> 2pm	17	18 <small>Oktoberfest Begins</small>
19	20 <u>Minds in Motion</u> <u>with Yoga</u> 10am Movie Matinee 1:30pm <small>Sukkot Begins</small>	21 <u>Minds in Motion</u> 10am – Grace United Topical Tuesday – 3pm Care Essentials Part 2 – Communicating Effectively	22 <u>Minds in Motion</u> 10am Bonus Wednesday – 7pm Understanding Dementia & FYW <small>Autumn Begins</small>	23 <u>Minds in Motion</u> 10am <u>Musical Memories</u> <u>Mari - 2pm</u>	24 Armchair Travelogue – Italy	25
26	27 <u>Minds in Motion</u> <u>with Yoga</u> 10am Music with Max & Wayne @ 6:30pm	28 <u>Minds in Motion</u> 10am – Grace United Topical Tuesday – 3pm Care Essentials 3 – Responding to Behaviours <small>Simchat Torah Begins</small>	29 <u>Minds in Motion</u> 10am	30 <u>Minds in Motion</u> 10am <u>Musical Memories</u> <u>Glenn & Max - 2pm</u>	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 2 nd page.	

Social Activities and Education

Minds in Motion:

Monday (Peterborough AS Facilitating) - 30min exercise followed by 30min Yoga Session **Meeting ID: 930 2784 0781**

Wednesday @ 10am (Peterborough AS Facilitating)

Tuesday Minds in Motion is in person only. REGISTRATION IS REQUIRED, NO DROP INS. Please call Vanessa to sign up.

Thursday @ 10am (ASSL Facilitating)

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**

Musical Memories: Thursday's @ 2pm

Come join us for an hour of song and entertainment provided by different performers weekly.

Meeting ID: 928 5833 9938 Passcode 036639

Movie Matinee Friday, September 20th @ 1:30pm – Paddington Bear

Synopsis: A young bear who can walk and talk travels to London from the jungles of Peru. There, he is adopted by the Brown family and goes through many adventures in the big city. Based on the book "A Bear Called Paddington" by Michael Bond.

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

Sit back and enjoy travelling around the world from the comfort of your own chair. **Meeting ID: 918 3860 1408**

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.



COME ON AND JOIN US AT MINDS IN MOTION!!!

Session dates are **Tuesday, Sept. 21st—Nov. 23rd, 2021**

from **10am-12pm**

Location: Grace United Church

990 Cathcart Blvd. Sarnia

Cost is \$15/person

Limited spots available. Please register by calling Vanessa at 519-332-4444 ext 234, or by emailing vbarnes@alzheimersarnia.ca

If you have any questions, please don't hesitate to reach out.

COVID-19 Protocols will be in place.

**Please see attached document for the Reopening procedures,
and program protocols.**

Topical Tuesdays with Christine: Tips on Caring for Someone Living with Dementia

September 7th 3pm- Things not to say

September 14th 3pm- First Link Care Essentials- What to expect

September 21st 3pm- Care Essentials part 2-Communicating Effectively

September 28th 3pm- Care Essentials part 3-Responding to Behaviours
(For the Care Essentials series, if you miss one session you are still welcome to come to others)

Bonus Wednesdays

September 22nd 7pm- Understanding Dementia & the Finding Your Way Program

Email Christine at cwright@alzheimersarnia.ca to received 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.

