Minds in Motion® Pilot Program

The Alzheimer Society of Sault Ste. Marie and Algoma District is pleased to announce the opportunity to bring the Minds in Motion® program to our chapter. We have received funding from the Alzheimer Society of Ontario, through The Ministry of Tourism, Culture and Sport. The program is to run from January 2015 thru March 2016.

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage signs of Alzheimer’s disease and other dementias and their care partners. The program is an eight-week program delivered once weekly for two hours that combines physical activity with mental stimulation, in a social environment. The program is delivered at municipal recreation centres or Older Adult Centres to help normalize the experience for participants and expose them to recreational opportunities.

It is modeled after the highly successful program developed and delivered in British Columbia and results indicate improved physical and mental health for both the person with dementia and their care partner.

We would like to welcome Debby Sorokopud, Minds in Motion coordinator who has been hired to deliver this program in our region.

Plans are underway for the program to be launched in January 2015.

For more information please contact the Alzheimer office at 705-942-2195

The Alzheimer Society’s 28th Annual General Meeting was held on June 18, 2014 at the Grand Gardens. As part of the business portion of the meeting we had the opportunity to pay tribute and thank our Treasurer, Glen Manchester, who was leaving the board after six years of dedicated service. We also saw the election of two new board members, Judith Gough and Deborah Burns. We wish our outgoing board member well as he moves on and look forward to working with our new members.
Books

**A Pocket Guide for the Alzheimer’s Caregiver.** Potts, D. C. M.D. & Woodward Potts, E. (2014). In this book two healthcare professionals team up to provide an action-oriented, proactive approach to caring for people with Alzheimer’s disease. It contains practical, quickly accessed information and techniques for common issues.

**Elizabeth is Missing.** Healey, E. (2014). A sophisticated psychological mystery. One woman will stop at nothing to find her best friend who has dementia. A suspense novel that reminds us that we are all at the mercy of our memory.

**While I Still Can.** Phelps, R. & Leblanc, G. J. (2012). Written from the perspective of a person with Early Onset Alzheimer’s disease. This book is an uncommon glimpse into the world of memory loss, while at the same time it tells the story of love, commitment, faith and courage in the face of this disease.

**Stanger In My House.** Winfield, B. (2014). A true story of Bill's journey with his wife of 58 years who was diagnosed with Alzheimer’s disease. His experiences offer encouragement and direction to those who are going through a similar situation.


**Head Injury: The Facts.** Gronwall, D. & Wrightson, P. & Waddel, P. (2002). For families in this situation from the injury itself, the stages the patient goes through to long term adjustments.

**10 Signs & Symptoms of Lewy Body Dementia**

Lewy body dementia (LBD) is the second most common type of dementia. The only other type of dementia that is more common is Alzheimer’s disease (AD). Lewy bodies are abnormal deposits of a protein called alpha-synuclein in the brain. Learn how to spot LBD and which symptoms to expect.

Lewy body dementia’s warning signs have three common presentations:

1. Some individuals will start out with a movement disorder leading to the diagnosis of Parkinson’s disease and later develop dementia. This is diagnosed as Parkinson’s disease dementia.
2. Another group of individuals will start out with a cognitive/memory disorder that may be mistaken for AD, but over time two or more distinctive features become apparent leading to the diagnosis of ‘dementia with Lewy bodies’ (DLB).
3. Lastly, a small group will first present with neuropsychiatric symptoms, which can include hallucinations, behavioral problems, and difficulty with complex mental activities, also leading to an initial diagnosis of DLB.

Regardless of the initial symptom, over time all three presentations of LBD will develop very similar cognitive, physical, sleep and behavioral features.

**The most common symptoms of LBD include:**

1. Impaired thinking, such as loss of executive function (planning, processing information), memory, or the ability to understand visual information.
2. Fluctuations in cognition, attention or alertness;
3. Problems with movement including tremors, stiffness, slowness and difficulty walking
4. Visual hallucinations (seeing things that are not present)
5. Sleep disorders, such as acting out one’s dreams while asleep
6. Behavioral and mood symptoms, including depression, apathy, anxiety, agitation, delusions or paranoia
7. Changes in autonomic body functions, such as blood pressure control, temperature regulation, and bladder and bowel function.

Early and accurate diagnosis is tricky but vital, because LBD patients may react to certain medications differently than Alzheimer’s or Parkinson’s disease patients. A variety of drugs can worsen LBD symptoms. At the same time, early recognition, diagnosis and treatment of LBD can improve the patients’ quality of life.

*Alzheimer’s and Dementia Weekly, Nov. 30, 2014.*

**DVDs**

**Understanding Frontotemporal Dementias.** (2014) A Teepa Snow presentation. Frontotemporal Dementias are particularly challenging for families and professional caregivers. Information, tips and techniques to help with the disease.
## Education and Support Calendar

<table>
<thead>
<tr>
<th>Type of Group</th>
<th>Location</th>
<th>Dates</th>
<th>Time</th>
<th>Target Audience</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Link Learning Series - (Afternoon)</td>
<td>341 Trunk Rd. Sault Ste. Marie</td>
<td>Tuesday January 13, 2015 - Tuesday February 10, 2015</td>
<td>1:30-3:00 p.m.</td>
<td>Caregivers</td>
</tr>
<tr>
<td>Frontotemporal Disorders</td>
<td>341 Trunk Rd. Sault Ste. Marie</td>
<td>Wednesday January 7 - Wednesday February 4</td>
<td>10:00-11:30 am</td>
<td>Caregivers that have loved ones with Frontotemporal Disorders</td>
</tr>
<tr>
<td>Caregiver Support Group (Evening)</td>
<td>341 Trunk Rd. Sault Ste. Marie</td>
<td>2nd Monday of each month</td>
<td>7:00-8:30 pm</td>
<td>Caregivers</td>
</tr>
<tr>
<td>Living Well with Memory Loss Support Group</td>
<td>341 Trunk Rd. Sault Ste. Marie</td>
<td>2nd Wednesday of each month</td>
<td>2:00-3:30 pm</td>
<td>Persons with memory loss</td>
</tr>
<tr>
<td>First Link Learning Series Early Stage</td>
<td>Elliot Lake Hospital</td>
<td>Last Tuesday of each month</td>
<td>1:30-3:00 pm</td>
<td>Caregivers</td>
</tr>
<tr>
<td>First Link Learning Series Late Stage</td>
<td>99 Spine Rd. Elliot Lake</td>
<td>Every Thursday for the month of February</td>
<td>1:30-3:00 pm</td>
<td>Caregivers</td>
</tr>
<tr>
<td>Caregiver Support Group</td>
<td>99 Spine Rd. Elliot Lake</td>
<td>3rd Tuesday of each month</td>
<td>1:30-3:00 pm</td>
<td>Caregivers</td>
</tr>
<tr>
<td>Mild Memory Loss Support Group</td>
<td>99 Spine Rd. Elliot Lake</td>
<td>4th Wednesday of each month</td>
<td>1:30-3:00 pm</td>
<td>Persons with mild memory loss and caregivers</td>
</tr>
<tr>
<td>Validation Group</td>
<td>Elliot Lake Hospital</td>
<td>Each Thursday throughout 2015</td>
<td>10:00-11:00 am</td>
<td>Persons with memory loss</td>
</tr>
<tr>
<td>Caregiver Support Group</td>
<td>Calvary Gospel Church, 55 Queen St. Blind River</td>
<td>2nd Wednesday of each month</td>
<td>1:30-3:00 pm</td>
<td>Caregivers</td>
</tr>
<tr>
<td>Caregiver Support, Mild Memory Loss and First Link Groups</td>
<td>37 Broadway Ave. Wawa</td>
<td>Please call for dates and times</td>
<td>Please call for dates and times</td>
<td>Caregivers, persons with mild memory loss</td>
</tr>
</tbody>
</table>

## An Open Letter from a Grateful Family

Dear Staff of Tunnel Lake:

There are many new stories of poor care received in nursing homes. Please know this was never part of our experience while my husband resided at the Maple View Extendicare. Over the past 7 months, our family watched as he slowly lost his hold on life and we cannot truly express how grateful we are for everything you did for us during his last days other than to say a simple thank you.

Someone once said, “Who doesn’t want to know that we notice and value them? And who might respond to us better when they feel that they matter? It probably cannot be overstated—“it matters’’ Your concern for him while in Tunnel Lake was demonstrated daily. We watched you taking such great care of him—the tenderness, the humour, the gentle hands and the kindness exhibited by all who tended to him and to me.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, and honest compliment or the smallest act of caring. He knew your concern for his well-being and he responded. We believe that up to the day he died he knew of the great care and respect he received from all of you.

He knew he mattered.
Day-to-Day Information

Family Support
Brainstorming Tips and Strategies for Remembering Names

A common frustration for people living with memory loss is the difficulty remembering names. During a Living Well with Memory Loss support group meeting the participants collectively came up with the following tips and strategies that they have found helpful:

- Tell people ahead of time that you have memory problems and that you may not recognize them out in public.
- Set up a system with your partner ahead of time so that if you forget a name your partner can cue you.
- When meeting someone for the first time, repeat their name two or three times. Use that name during conversation.
- Associate something about the person with their name. For example, a physical attribute, same name as a song or the same name as someone you already know.
- At meetings ask to have name tags written in large, black printing.
- Ask “Do I know you” and then explain your difficulty remembering.
- State the following “You have an advantage over me. You know my name but I’ve forgotten yours”.
- Politely apologize for not remembering a name and then follow with “Who the heck am I talking to?”.

The Living Well with Memory Loss support group meets once per month for learning, support, fun and friendship. If you are interested in attending the meetings, call the Alzheimer Society for more information at 705-942-2195.

“The biggest enemy of memory is “What is his or her name?”

Recreation & Activation
Recreational Activities Reduce Behavioural Symptoms in Dementia

Behavioural symptoms that accompany dementia are difficult, distressing and a major source of caregiver burden. Symptoms include aggression, wandering, and apathy and are more problematic during moderate stages of dementia. These behaviours account for poor health outcomes such as a decline in physical function and social isolation.

Effective recreational activities promote quality of life by providing an appropriate level of stimulation. Mental and physical activity is a basic human need, and people with dementia have a lowered rate of activity participation due to the lack of physical and cognitive ability to initiate engagement. Isolation and boredom that are a result of inactivity lead to many of the behavioural symptoms exhibited by people with dementia.

Activities may need to be modified to meet the individuals cognitive functioning and physical limitations. Activity adaption simplifies and breaks down into steps, eliminates or modifying steps that are too difficult. A simple example of how activities can be adapted is the game of Bingo. Most people are familiar with bingo and have played at some point in their lives. Cards can be made to include larger print, less numbers (1–20), all spaces must be covered to win. This approach clarifies the game and is easier for the person with dementia to determine independently whether he or she has won. It is relevant to keep the activity as close to the original as possible making changes only when necessary. Too much adaptation may result in the activity not being recognizable to the individual.

Foremost it is important to realize that not all activities are therapeutic and should meet the needs of the individual and specific to the needs for movement, stimulation, relaxation, enjoyment and socialization.

References
Buettner, Linda, Fick, Donna M, Kolanowski, Ann (January 2009), Recreation Activities to Reduce Behavioural Symptoms in Dementia. Retrieved November 6, 2014 from NIH Public Access Author Manuscript Website:

http://ncbi.nlm.nih.gov/pmc/articles/PMC2780321

This newsletter is based on the assumption that it does not render professional advice. Information and opinions contained herein are gathered from sources thought to be reliable, but their accuracy and/or correct interpretation cannot be guaranteed.

Continued thanks to
Station Mall Drug Mart
for the ongoing support
through the sale of
Nevada Break-Open Tickets.
Thank You to Supporters of the 11th Annual Ladies Night Out

Our Sincere thanks are extended to:

Major sponsors:
Northern Grand Gardens, 100.5 KISS FM and 104.3 Country for their support.
Without their generous support this event would not be a success.

Other sponsors: Candy Bouquet, Community First Credit Union, Curves, New North Greenhouses, HR Lash Ltd., Shaylan Spurway Photography, Jories Fine Clothing, and Prouse Motors


Our thanks to our M.C.’s Shaylan Spurway and Ryan Byrne and our entertainer Timothy Murphy as Captain Jack Seagull.

Thank you to our ticket sellers Cameron Prouse, Jeremy VanHoek, Graeme Pateman, Derek Coccimiglio, Kevin Fratesi and Nathan Hanes.

And lastly thank you to all our volunteers and attendees who helped make this event a great success. We look forward to seeing you all next year.

Ladies’ Night Out Raffle Winners

Congratulations to the following winners of the Ladies’ Night Out Raffle:

Morgan Ley: 10k Yellow Gold Ladies Citrine Ring donated by Bennardo Jewellers

Marigje Cooper: Spa Package donated by Identity Salon and Day Spa


Thank You to our Volunteers

Volunteer Appreciation Dinner

This evening was set aside to honour all of the dedicated volunteers who truly make a difference! Without the help of our dedicated volunteers we would not be able to provide the much needed support and services to people affected by Alzheimer’s disease.

Prizes that were donated by local merchants were given away at the end of the evening. Thank you to Graham Clark the M.C.

Along with honouring all volunteers, a special tribute was paid to our Coffee Break Volunteers.

Our Years of Service Awards were presented to:

5 Years: Sandra Dereski, Jane Miller, Marian Okmanas
10 Years: Steve Banducci, Ray Blum, Mary Guzzo, Anna Hamilton, Octave Landry, Susan McLean, Carey Sauve
15 Years: Anna Cartmill, Shirley Harry, Georgina Naccarato
20 Years: Tom Christie
25 Years: Kaireen Morrison

Ontario Volunteer Service Awards: 5 volunteers were honored at the Ontario Volunteer Service Awards held at the Delta Hotel on May 23rd, 2014.

Congratulations to:

5 Years: Marian Okmanas
10 Years: Susan McLean
15 Years: Shirley Harry, Robert Bird Thompson
20 Years: Tom Christie

Congratulations to all of our honourees
Coffee Break

Coffee Break kicked off to a great start in the lobby of Rome’s Independent Grocer, and Collegiate Heights Retirement Residence once again generously hosted the annual Forget-Me-Not Tea.

Prouse Motors hosted a Show n Shine Car Show in September and all of the proceeds from the event were donated to the Alzheimer Society. Over $8,000.00 was raised. A big thank you to Rob and Bev Prouse and their team!

Thank you to all of the supporters of this year’s Coffee Break®. Over 400 host sites perked up and raised Alzheimer awareness and over $62,000.00 in support of services that are provided free to people affected by Alzheimer’s disease.

Thanks to everyone that took time out of their busy schedules to host a coffee break at home or at work or that attended a Coffee Break.

We would like to extend special thanks to the many dedicated volunteers whose help is greatly appreciated and to our ad sponsors: Sault Star, KPMG, Penny’s Pets, and the Extendicare Nursing Homes, and to radio media sponsor 104.3 Country/KISS 100.5, The Sault Star and Moose FM in Elliot Lake.

Thank you to Tim Horton’s for donating the Home Brewer that was won by Fiona Ortiz and thank you to St. Joseph Island Coffee Roasters for their generous donation of Coffee gift boxes.

Thank you to the following restaurants who served up Coffee Break specials: Boots and Saddles Roadhouse, Uncle Gino’s Café, and Mustang’s Grill in Blind River, Bavarian Inn & Restaurant in Bruce Mines.

The Coffee Break® decals were sold at these community minded stores:

Bulk Barn, Dinelle’s Country Market, Canadian Tire-Sault Ste. Marie and Elliot Lake, Food Basics- Pine Street, and Trunk Road, Lyle’s No Frills in Elliot Lake, Pino’s Get Fresh, Joe’s No Frills and Subway.

Lyons Project Ladies Night:

We were proud to partner with Lyons TIM-BR Mart for the Lyons Project Ladies Night Event. Over 250 ladies attended and enjoyed vendor presentations, prizes and a presentation by Interior Designer Janice Lindsey. All donations received supported the local Alzheimer Society.

This was the 12th year that the Annual Golden Coffee Cup Award was presented to the host sites that gathered the most donations. Congratulations to the 2014 winners:

Care Facilities: Ontario Finish Resthome Association
Elementary School: Eastview Public School
Secondary School: Elliot Lake Secondary School
Post Secondary School: Sault College
Home Parties: Carol Thomas
Industrial/Construction: Essar Steel Algoma Inc.
Retail/Commercial: Prouse Chevrolet
Financial/Insurance: Northern Credit Union– McNabb
Churches/Association/Clubs: East Korah Maxwell United Church
Government Offices: Great Lakes Forestry Centre
Community Agencies: North East Community Care Access Centre
Decal Location: The Bulk Barn
Restaurants/Taverns/Coffee Shops: Ricardo’s Big Slice Pizza

Memory Makers for Alzheimer’s
Supporting Alzheimer Societies across Ontario

A First For Our Chapter

Thanks to Angela Romano for being the first event for the Sault Ste. Marie Chapter of the Alzheimer Society on the Memory Makers fund raising system.

In honour of her mother, Rosie who has Alzheimer’s disease; Angela hosted a ‘40 & Fabulous’ birthday party. In lieu of gifts she asked her guests to make a donation to the local Alzheimer Society. Angela raised over $2,000.00 to support local programs and services.

For more information on the Memory Makers for Alzheimer’s fundraising platform, please call our office to speak with Bea.
January is Alzheimer Awareness Month

January is Alzheimer Awareness Month and each year Alzheimer Societies across Canada rally together in a nationwide awareness blitz. The theme for this year’s campaign is “The 72%”. The goal of the campaign is that we want to make woman 40+ aware of the fact that 72% of Canadians with Alzheimer’s Disease are woman.

As part of January awareness month, the Sault Ste. Marie and Algoma Alzheimer Society conducts a number of awareness and fundraising activities. These include:

**Proclamation** of January as Alzheimer Awareness Month at Sault Ste. Marie Civic Centre and various Algoma municipalities. Thank you to all mayors/reeves and councillors for helping to increase awareness and reduce the stigma of Alzheimer’s disease.

**Awareness displays**: Each year local public venues and retail establishments offer their spaces to the Alzheimer Society for awareness displays. We thank all venues for helping to raise public awareness of Alzheimer's disease.

**Annual door-to-door campaign**: Our hardy legion of volunteers will be out canvassing area streets for donations to support people with Alzheimer’s. Please give us a call if you are interested in canvassing - we have many streets that are not canvassed each year, and if you would like to raise Alzheimer awareness as well as much needed funds to support the services that we provide please give Bea a call at 705-942-2195 to canvass your street or a street in your neighborhood in the month of January. Thank you to the volunteers who have already signed up. Kits are available for pick up at our office on January 5th, 2015. We have extended our hours until 5:30 pm that evening.

**Walk for Memories**: Join us and make a difference by attending the Walk for Memories on Sunday, January 25th at White Pines Secondary School in Sault Ste. Marie, or at the Elliot Lake Secondary School in Elliot Lake on Saturday, January 31st. Fun for the entire family! Teams are welcome to challenge other teams for the title of highest team pledge earner. T-shirts will be given to all participants raising $100 or more. Don’t forget that you can collect pledges online at **www.walkformemories.ca**. It’s a fun and easy way of supporting the Alzheimer Society.
Alzheimer Society
Sault Ste. Marie & Algoma District

Contact Information

Sault Ste. Marie Office
341 Trunk Rd., Sault Ste. Marie, ON  P6A 3S9
Phone: 705-942-2195     Fax:  705-256-6777

East Algoma Satellite Office
99 Spine Rd., Elliot Lake, ON   P5A 3S9
Phone:  705-848-8145     Fax:  705-848-9528

North Algoma Satellite Office
37 Broadway Ave., PO Box 587, Wawa, ON   P0S 1K0
Phone:  705-856-0000     Fax:  705-856-1963

General Email: info@alzheimeralgoma.org     Website:  www.alzheimer.ca/algoma

In order to help us defray rising postage costs, please consider joining our electronic mailing list. Options are to send an email to sharenbuchan@alzheimeralgoma.org or include your email address on your membership renewal form.

Support Through Membership
Please show your support for the work of the Alzheimer Society of Sault Ste. Marie and Algoma District. To become a member or make a donation, please complete, detach, and return to our office with payment.

☐ Membership:  ☐ Individual $15  ☐ Seniors/Students $10  ☐ Donation: ____________

As a Member, you will receive our newsletter published twice a year, notice of upcoming events and meetings, voting privileges at our Annual General Meeting, and a charitable tax receipt.

Name: __________________________________________
Address: _______________________________________
___________________________________________
___________________________________________

Email: ____________________________

Thank you for your support!

Our Mission
To improve the quality of life for persons affected by Alzheimer’s disease and related dementias in Algoma District, and to provide support for their caregivers.

Our Values
Respect
Compassion
Integrity
Accountability
Partnerships
Person-centered

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Sandra Dereski, Past President
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Christy Reid, First Link Coordinator, North Algoma
Carolyn Ross, First Link Coordinator, East Algoma
Vicky Roy, First Link Coordinator, SSM
Monica Ruzycki, Bookkeeper
Janice Seppala, Education Coordinator
Stacey Shiels, Recreation Therapist

1985-2010 25 Years of help & hope