



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Fall/Winter 2011
Volume 24, Number 3

In This Issue:

Satellite Corner...P. 2

Education & Research
Update...P. 3

Family Support
Information...P. 4

Great Leisure &
Recreation Ideas...P. 5

Resource Centre
Acquisitions...P. 5

Fundraising &
Volunteer News...P. 6

January is Alzheimer
Awareness Month...P. 7

Contact Information...
P. 8

2012
**WALK
FOR
MEMORIES**

Join us at White Pines in
Sault Ste. Marie on January
22, and at Collins Hall in
Elliot Lake on January 28
See page 7 for details.

Supported by:



Please note that the views and
opinions expressed in this newsletter
are those of the Alzheimer Society
of Sault Ste. Marie and Algoma
District and do not necessarily
reflect those of the North East
LHIN or the Government of Ontario.

Message from the President & Executive Director

Dale Kenney, President
Carolyn Cybulski, Executive Director



We are excited to announce that our office in Sault Ste. Marie will be moving to a new location in the new year. Moving always brings mixed emotions, and it is no different in this case, as we have enjoyed a wonderfully homey office environment for the past 15 years.

Its central location and high visibility made it a great location for a growing office, and we thank our predecessors for choosing such an excellent space. However, the Alzheimer Society has grown considerably in the past 15 years, with almost double the number of staff and at least five times the number of families served, and unfortunately the space no longer allows us to adequately meet our clients' needs. Our new office, located at 341 Trunk Rd., will meet our requirements for accessibility, parking, and space, and we believe that people who come to our office for support and education will find it a comfortable and convenient location. The office is located at the corner of Trunk Rd. and Capp Ave., with the driveway off Capp Ave. The exact date of the move is not confirmed at this time, but it is projected to be some time around the end of February.



As we enter into the busy holiday season, we would like to extend our most heartfelt thanks to the many people who have used our services, volunteered their time, or donated much-needed funds. We hope that you have a restful and enjoyable holiday season.

10th Annual Education Conference - Mark Your Calendars

We are pleased to announce that the Annual Alzheimer Education Conference will be taking place on Friday, February 24, 2012 at the Grand Gardens on Dennis St. The theme of the conference is "Care for the Caregiver", and will feature expert presenter Jayne Harvey. Jayne has presented to audiences in Sault Ste. Marie many times in the past, and has always received high praise for her humorous, realistic, and compassionate approach to dementia care. Topics that Jayne will cover on February 24th include: Working Effectively with Clients/Residents and Their Families; and Dealing with Work-Related Stress and Compassion Fatigue. For more information about the conference, please call 705-942-2195.





Satellite Corner

East Algoma

By Carolyn Ross, First Link Coordinator,
& Crystal Hillier, Community Outreach Coordinator

Family Caregiver Support Groups:

- At Huron Lodge in Elliot Lake: Every 3rd Tuesday afternoon of the month from 1:30 - 3:00.
- At the Order of the Golden Wing in Blind River: Every 2nd Wednesday afternoon of the month from 1:30 - 3:00.

Support Groups For Persons with Dementia and their Care Partners:

- At Huron Lodge in Elliot Lake: Every 4th Friday afternoon of the month from 1:30—3:00.

First Link Learning Series: Please call to register (848-8145). All sessions will be held at 3 Washington Cres. in the Activity Room.

Revenue Canada Tax Clinic: January 26, 2012 1:30 - 3:00 at 1 Washington Crescent. For all seniors and family caregivers. Learn about medical and disability tax credits, applying for Involuntary Separation, Supplement and OAS benefits.

Recreation Therapy: We are now offering Recreation Therapy for individuals with dementia in Elliot Lake. Recreation Therapy is a program that helps to improve/optimize the quality of life for people with Alzheimer’s disease and related dementias. This program also provides respite care for the caregiver. For more information, call 705-848-8145.

Education: Looking to improve your “Brain Health”? To set up a free learning opportunity, or to learn about other topics offered, please call 705-848-8145.



Have a safe and happy holiday season!

North Algoma

By Christy Reid, First Link Coordinator

Smile Cookies:



Perry Kauk, Manager of Tim Hortons - Wawa and his staff present Christy Reid, with a BIG cheque for \$2,084. A

huge thank you to the staff at Tim Hortons for making the smile cookie campaign a success! This is an annual campaign with each local franchise deciding on the charity to benefit. A smile cookie sold for \$1, meaning that 2,084 cookies were decorated and baked by staff, bought and eaten during a one week period.

Open House: On September 28, 2011 we celebrated the move to our new location at 37 Broadway Avenue with an open house. Thanks to all who attended.

Coffee Break: A big thank you to everyone who helped make our Coffee Break fundraising event a success in Wawa. With 15 host sites we have raised \$2,984 to date. Thank you to volunteer Kaireen Morrison who helped get the coffee break kits delivered.

Volunteer Appeal: We are currently in need of volunteer canvassers to assist with the January door-to-door event. This event provides an opportunity to raise Alzheimer awareness as well as much-needed funds to support local services. Please contact Christy at 705-856-0000 if you are interested in canvassing in your neighbourhood.

Family Caregiver Support Groups: At The Lady Dunn Hospital in Wawa. Every 2nd Tuesday afternoon of the month from 1:30-3:30.



Education & Research Update

By Janice Seppala, Education Coordinator

Delirium May Cause Rapid Cognitive Decline in Alzheimer's Disease

Alzheimer's disease patients who develop delirium, a sudden state of severe confusion and disorientation, are significantly more likely to experience rapid cognitive decline than Alzheimer's patients who didn't experience delirium, according to research published in the May 5, 2009, print issue of *Neurology*, the medical journal of the American Academy of Neurology.

"Delirium is a potentially preventable condition," said study author Tamara G. Fong, MD, PhD, with Harvard Medical School in Boston, and a member of the American Academy of Neurology. "Hopefully future studies can determine whether preventing delirium may improve or delay memory problems in Alzheimer's disease patients."

For the study, researchers tested the memory, thinking, and concentration skills of 408 Alzheimer's disease patients at the beginning of the study and every six months for at least a year and a half. During that time, 72 of the study participants developed delirium.

The study found that the rate of cognitive decline was three times faster in Alzheimer's patients who had an episode of delirium compared to those who did not. "Our study suggests that over 12 months, Alzheimer's disease patients who become delirious experience the equivalent of an 18-month decline in thinking and memory skills compared to those who do not experience delirium," said Fong.

Among patients who developed delirium, the average decline on cognitive tests was 2.5 points per year at the beginning of the study, but after an episode of delirium there was further decline to an average of 4.9 points per year.

Delirium often follows a medical disturbance or complication, such as infection, medication side effects, or surgery. It is estimated that delirium

occurs in up to 89 percent of Alzheimer's disease patients during hospitalization. Fong says that delirium in elderly patients should be avoided for many other reasons. "For example, delirium greatly increases the risk of serious complications in hospitalized patients," she said. "Alzheimer's patients need to be monitored more closely for delirium, and prevention strategies could be used such as avoiding medications that have delirium as a potential side effect and treating patients as outpatients where possible to avoid hospitalization."

Source: PHYSorg.com July 29, 2010
www.physorg.com/news/60673300.html

Introducing Education Coordinator Janice Seppala



Hello my name is Janice Seppala and I am excited to join the Alzheimer Society of Sault Ste. Marie and Algoma District as Education Coordinator. I was born and raised in SSM and after working in the accounting field for several years decided to return to school and change careers. In April 2011, I graduated from the Social Service Worker Program at Sault College. My mother had Alzheimer's disease and on that journey I learned the value of knowledge. I look forward to meeting and speaking to all those interested in learning about Alzheimer's disease, dementia and maintaining a healthy brain.

Please remember to visit our website

www.alzheimeralgoma.org

for information about Alzheimer's disease and the Alzheimer Society,
as well as to access past editions of our newsletter.



Family Support Information

By Vicky Roy and Cathie Randell, First Link Coordinators

Alzheimer Café Kicks Off In Sault Ste. Marie

A Café Where Fun And Friendship Are the Most Important Items on the Menu

On World Alzheimer Day, September 21, 2011, the Alzheimer Society of Sault Ste. Marie & Algoma District in partnership with the Adult Day Program kicked off their first ever Alzheimer Café. Over 30 people gathered together at the Adult Day Program for an evening of fun, food and friendship. A second Café on November 9th was attended by over 30 people. This program is based on a model of support that is becoming increasingly widespread in Europe and making its way to Canada. Alzheimer Café's started in the Netherlands approximately fourteen years ago and are now so common that no one living in that country is said to be more than nine kilometres from one.

The idea of the café is to provide a fun and safe environment where people with dementia, their caregivers and members of the public can come together in a setting that feels like a regular café, to enjoy food, drink and the company of others. Our goal is to host a café once every two months. At each event there will be a short information session, but ultimately, socialization is the main focus.



Pat and Jim MacDonald take to the dance floor at the Alzheimer Café.

People with Alzheimer's disease and other forms of dementia often become housebound because of fear or embarrassment. Social interactions can be difficult for both the person with dementia and the caregiver. This can result in increased isolation which in turn can accelerate cognitive decline. The Alzheimer Café encourages people with dementia and their care partners to get out there, socialize, and in doing so, improve their quality of life.

Joyce McCrady and her husband Jack have attended both Alzheimer Cafés and Joyce has this to say about the events, "Our lady friends at the Day Away Program and at the Alzheimer Society have given new meaning to the word Café. At the first Café everyone had an excellent time and the second Café couldn't have been a better night out for anyone." Her husband Jack made the perfect statement about his personal feelings for the evening when he told his wife, "I enjoyed every single minute of this evening!"

For more information about the next Alzheimer Café, please contact Vicky or Cathie at the Alzheimer Society office at 705-942-2195.

Give in Celebration and In Memory

Don't know what to give to your loved one for Christmas? Why not make a donation to the Alzheimer Society in honour of that special person? You will truly be in the Christmas spirit knowing that you have made a difference in the lives of people affected by Alzheimer's disease by helping us to provide Help for Today and Hope for Tomorrow.



Planned Giving

If you would like to make a gift to the Alzheimer Society, either now or in your estate, please consult with your legal and financial advisors to ensure that you will receive all the tax benefits possible. A gift made through your will provides an enduring legacy that will help to ensure the provision of Alzheimer Society services now and into the future.

Continued thanks to Station Mall Drug Mart for the ongoing support through the sale of Nevada Break-Open Tickets.



Great Leisure & Recreation Ideas

By Stacey Shiels and Helga Moore, Recreation Therapists

Activities and Quality of Life

In defining your own Quality of Life, recreational activities play an important role. Each of us chooses activities based on our interests and abilities. When participating in recreation activities we tend to do things that bring pleasure, expand our knowledge, stimulate our curiosity and are relaxing. Recreation activities for people with Alzheimer's disease and other forms of dementia need to correspond to their interests and abilities also.

What is Activity? Activity is everything we do throughout the day. Activities for people with dementia do not need to come in a box or be store bought. Gardening, dishwashing, laundry, sorting through old photos, baking or cooking are all therapeutic activities that add value.

It is very important that activities are age and stage appropriate and beneficial physically, emotionally and cognitively. Activities should give a sense of purpose, stimulate senses, & cater to the individual.

A 2003 study by Alison Mahoney in Australia found that age and stage appropriate activities reduced agitation and increased positive emotions from dementia care facilities. The American Journal of Alzheimer Disease and Other Dementia reported the study concluded that "activities that have a sense of purpose, stimulate the senses, and cater to individual preference and capabilities" play a significant role in improving quality of life for people suffering from all forms of dementia.

The conclusion from 27 studies that took place between 1974 and 2005 identified that exercise generally had a positive effect on persons with dementia. Programs that were frequent (at least 3 times a week and preferably daily) that included walking reportedly had beneficial effects on mood and sleep and decreased disrupted behaviour significantly.

Reference: Activities : The Key to Quality of Life. Retrieved July 22, 2011 from Activities for People with Alzheimer's Disease and Dementia. website <http://www.best-alzheimers-products.com/activities.html>

Resource Centre Acquisitions

Books

The Art of Dementia Care. Kuhn, D., Verity, J. 2008. A practical guide intended for all who provide support, encouragement, and care for people with dementia. Using a relationship model of care, you will learn how you can make a positive difference in the lives of those with dementia.

DVDs

Inside Looking Out. Terra Nova Films, Inc. 2011. Several persons with early stage Alzheimer's talk openly about the impact of the disease on their lives, about their feelings, and about how they are coping. The video is both a learning tool and a tribute to the courage of its subjects.

Aerobics of the Mind: Mental Fitness for Older Adults. Terra Nova Films, Inc. 2010. This engaging mental fitness program puts to rest many common myths about aging and "senior moments". Older adults will be empowered with the knowledge that they can delay or prevent mental decline with simple activities that stimulate both parts of the brain, and encourage mental fitness and thinking skills.

Reminisce Through The Decades. The Memory Lane Company. 2007. Disc #1: An entertaining, hour-long documentary featuring personal stories, photos, and home movies contributed by *Reminisce* readers. Disc #2: A video scrapbook of 1,200 vintage images, plus 10 narrated slide shows. More than two hours of memory-provoking viewing time. Disc #3: Join 21 *Reminisce* readers as they reflect on the 1940s during more than three hours of on-screen conversation.

Please contact our office if you wish to take out any of the resources in our library.

No one should face dementia alone.

We're here to help.



Fundraising & Volunteer News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

Coffee Break® Yields Record Revenues!

Thank you to all of the supporters of this year's Coffee Break®! This year over 330 host sites participated and raised Alzheimer awareness and over \$54,000 in support of services that are provided free to people affected by Alzheimer's disease. Thanks to everyone who took time out of their busy schedules to host a Coffee Break at home or at work or who attended a 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.

We would like to extend special thanks to the many dedicated volunteers whose help is greatly appreciated, and to print sponsors Sault Star, KPMG, Penny's Pets, and Extencicare Tendercare, and to radio media sponsor Q-104/EZ Rock, and to our generous local coffee donor St. Joseph Island Coffee Roasters.

Thank you to Tim Hortons for donating the Home Brewer that was won by the Sault Star, and a big thank you to Tim Hortons in Wawa for supporting the local Society by generously donating proceeds from the Smile Cookies Program. An incredible \$2,084.00 was donated for local programs and services.

The following restaurants served up their Coffee Break specials: Thank you to: Boots and Saddles Roadhouse, Uncle Gino's Café, Vincenzo's, Viking Fish & Chips in Elliot Lake, and Mustang's Grill in Blind River.

Coffee Break decals were sold at these community minded stores: AdditionElle, Bulk Barn, Dinelle's Country Market, Canadian Tire (Sault Ste. Marie and Elliot Lake), Food Basics (Pine St.), Joe's No Frills, Pennington's, Pino's Get Fresh, Subway, and Foodland and Lyle's No Frills in Elliot Lake.

This was the eighth year that the Annual Golden Coffee Cup Award was presented to the host sites that gathered the most donations. Congratulations to the 2011 winners:



- Care Facilities:** Ontario Finnish Resthome Assn.
- Elementary Schools:** Eastview Public School
- Secondary Schools:** Elliot Lake Secondary School
- Home Parties:** Janice Seppala
- Industrial/Construction:** Essar Steel Algoma Inc.
- Retail/Commercial:** McDougall Energy Inc.
- Financial/Insurance:** Northern Credit Union - McNabb St.
- Churches/Association/Clubs:** East Korah Maxwell United Church
- Government Offices:** Great Lakes Forestry Ctr.
- Community Agencies:** North East Community Care Access Centre
- Decal Location:** The Bulk Barn
- Restaurants/Taverns/Coffee Shops:** Tim Hortons - Wawa



From left: Marcie Lidstone, Donna Gioia, and manager Debbie Kempny accept the Golden Coffee Cup award for Northern Credit Union's McNabb St. branch

Thank You Volunteers!

September was an incredibly busy month with Coffee Break activities and I would like to take this opportunity to thank everyone that helped out during this busy time. We could not do it without the support of our dedicated volunteers! A big thank you for your commitment to people affected by Alzheimer's disease.



January is Alzheimer Awareness Month

Awareness Month Activities

This Year's Awareness Message: January is Alzheimer Awareness Month and each year, Alzheimer Societies across Canada rally together in a nationwide awareness blitz. This year's theme will focus on the importance of early diagnosis. An early diagnosis allows people to get the right care, treatment and support they need, and better plan for their future needs.

If you are concerned for yourself or a family member, don't leave it to chance. Talk to your family doctor or visit your local Alzheimer Society. The earlier the diagnosis the sooner you can get help.

Other January awareness activities 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: Visit us at the following locations at various times throughout the month of January:

- Sault Ste. Marie: Civic Centre, Cambrian Mall, Seniors' Drop-In Centre, Bay St., Station Mall
- East Algoma and North Algoma communities: Watch for displays at locations around town.

Thank you to all for helping us raise awareness of Alzheimer's disease.

Essar Centre: See us at the Greyhound Game on Wednesday, January 4, 2012.

Annual door-to-door campaign: Our hardy legion of volunteers will be out canvassing area streets for donations to support people with dementia. Please give us a call if you are interested in canvassing - we have many streets that are in need of canvassers. Thank you to the volunteers who have already signed up. Kits are available for pick up beginning January 3rd.

Walk for Memories



Join us and make a difference by attending the Walk for Memories on Sunday, January 22nd at WHITE PINES Secondary School in Sault Ste.

Marie, or at the COLLINS HALL in Elliot Lake on Saturday, January 28th.

Fun for the entire family! Balloons, face painting, prizes, complimentary neck and shoulder massages, and refreshments. 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.

The Hunks of Y&R



The Society was extremely pleased to have been chosen to partner with Hollywood Events for the "Night Out with the Hunks" of the Young and the Restless, and with Algoma's

Water Tower Inn for "Brunch with the Hunks".

Attendees of both meet and greet events had the opportunity to mingle with soap stars Joshua Morrow (Nicholas Newman), Greg Rikaart (Kevin Fisher), and Christian LeBlanc (Michael Baldwin). A portion of the proceeds of both events was donated to the Alzheimer Society in support of local people affected by the disease.



Pictured above: Education Coordinator Janice Seppala (right) happily poses with one of the celebrities, Joshua Morrow.

Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Contact Information

Sault Ste. Marie Office (until February 29, 2012)
633 Albert St. E., Sault Ste. Marie, ON P6A 2K5
Phone: 705-942-2195 Fax: 705-256-6777

East Algoma Satellite Office (c/o Huron Lodge)
100 Manitoba Rd., Elliot Lake, ON P5A 3T1
Phone: 705-848-8145 Fax: 705-848-1306

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.alzheimeralgoma.org

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.

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 three times per year, notice of upcoming events and meetings, voting privileges at our Annual General Meeting, and a charitable tax receipt.

Name: _____

Address: _____

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-centred

Board of Directors

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First Link Coordinator, East Algoma
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Bea Fioramanti,
Coordinator of Volunteers & Events
Monica Ruzyski, Bookkeeper
Tammy Bingley, Administrative Assistant
Crystal Hillier, Community Outreach
Coordinator, East Algoma
Janice Seppala, Education Coordinator

