



# Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

## Newsletter

Spring 2012

Volume 25, Number 1

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#### 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 have now fully moved into our new office located at 341 Trunk Rd., and we invite you to come in for a tour if you have not already done so. The new office meets 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. Our heartfelt thanks are extended to the many people who supported our move through the donation of time and expertise, money, or goods. First and foremost we would like to thank Garr Smith, Alzheimer Society board member and Engineering Technologist with M.R. Wright and Associates. Garr's expertise and guidance with regard to the renovations and move made it a painless process and ensured that we were able to continue to provide service throughout the transition. We would also like to thank the following individuals and businesses for their invaluable support: M.R. Wright & Associates, Tenaris Algoma Tubes, David Ellis Architects, Unique Lucidia, DC Communications, Paul Hebert Jr., Phil Hemy, Vince Hemy, Dan Moody, Kelley Moody, and Murray Ruzyski. Please know how much your assistance and support is appreciated.

### Annual General Meeting & Open House

Members, volunteers, community partners, and the general public are invited to join us for our 26th Annual General Meeting which will be combined with an Open House on June 14, 2012 at our new office located at 341 Trunk Rd.

Please join us at 12:00 noon for a light lunch and tour of the office, and stay for the business meeting. All members are encouraged to attend the Annual General Meeting in order to elect directors, hear reports, appoint the financial Auditor, and transact other business. There is no cost to attend. Please RSVP to 942-2195 by June 8, 2012.

### Alzheimer Society's 11<sup>th</sup> Annual Education Conference

Thanks to everyone who attended the Alzheimer Education Conference on February 24, 2012. Approximately 90 health care providers, family caregivers, and members of the public were present to hear speaker Jayne Harvey discuss topics related to staff interactions with clients and their families as well as the issue of compassion fatigue. Many thanks to sponsors USWA Local 2724 and Pfizer Canada Inc. for helping to make this day happen.



# Satellite Corner

## East Algoma

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

### Information and Discussion Groups:

1. Every 3<sup>rd</sup> Tuesday of the month from 1:30 – 3:00 at Huron Lodge
2. Every 2<sup>nd</sup> Monday of the month from 6:30 – 8:00 p.m. at Huron Lodge
3. Every 2<sup>nd</sup> Wednesday of the month from 1:30 – 3:00 in Blind River at the Order of the Golden Wing – 31 Colonization Street
4. People with dementia and their care partners - every 4<sup>th</sup> Friday of the month from 1:30 – 3:00 at Huron Lodge

**Learning Series:** 5 sessions will be held at 3 Washington Crescent. Please call Carolyn at 705-848-8145.

**Family Caregiver Forum:** The 5th annual forum was held on March 6, 2012. Topics included Sleep and Insomnia, Emotions, and Medication and Precautions. Thanks to our speakers (pictured below) for providing excellent information.



From left to right Dr James Chau, Carolyn Ross (Alzheimer Society First Link Coordinator), Crystal Hillier (Alzheimer Society Outreach Coordinator), Susan Jenkinson RN, Patricia Kiernan Pharmacist.

**Sponsor Profile: Titanium Sponsor of the 2012 Walk for Memories:** Thanks to all who attended our Walk on January 28, 2012 (see page 6 for more details). C&R Home Improvements was a Titanium Sponsor and has been supporting the Alzheimer Society since 2009. The company started in 1992 and provides home improvement services such as windows, doors, garages, and new constructions. We thank them for their ongoing support.



## North Algoma

By Christy Reid, First Link Coordinator

### January Door to Door Campaign:

Wawa had six volunteers take part in this year's door-to-door campaign, and they raised a total of \$2,196! A great big THANK YOU goes out to the volunteers, businesses, organizations and donors for making the campaign a success. Please contact Christy at 705-856-0000 if you are interested in volunteering for next year.

### Family Caregiver Information and Discussion Group:

Every 2<sup>nd</sup> Tuesday of the month 1:30—3:30 p.m. at the Alzheimer Society office at 37 Broadway Ave.

### Memory Loss Information and Discussion Group:

Every 2<sup>nd</sup> Wednesday of the month 1:30—3:30 p.m. at the Alzheimer Society office at 37 Broadway Ave.

### Are you concerned about your memory?

The Alzheimer Society can provide a number of services to help you. We can conduct cognitive screening to aid your primary health care practitioner in making a diagnosis, and we can link you to coordinated learning, services, and support. We provide a variety of education and support programs, so please call 856-0000 or drop by our office at 37 Broadway. Office hours are Tuesday and Wednesday 8:30 a.m. to 4:30 p.m.

### Education Sessions:

We offer workshops, training, and public presentations on a wide variety of dementia-related topics, including: ways to keep your brain healthy, warning signs of dementia, communication strategies, caregiver coping strategies, etc. Please call Christy at 856-0000 for further information.

**No one should face dementia alone.**

***We're here to help.***



# Education & Research Update

By Janice Seppala, Education Coordinator

## The Importance of Early Diagnosis

When someone you care about starts to be affected by Alzheimer's disease, you probably won't notice real obvious signs all at once, as the small memory lapses appear gradually and eventually grow more serious. The person may start to forget the names of familiar people or places, or the location of everyday objects and even the words to express something they want to say.

Early diagnosis is important for several reasons:

- It is possible that the dementia is caused by another disease or condition that is treatable, and that treatment can be started right away.
- If the person does have Alzheimer's disease they can start to make decisions and make plans for the future while they are still capable of doing so.
- Medications that may treat the symptoms of the disease work best when taken in the early stages.

Family and friends familiar with the person's habits can help primary care practitioners by detecting and reporting changes in behaviour, mood, memory or thinking. The person with Alzheimer's disease cannot assess changes in their abilities over time because of the nature of the disease.

It is difficult to see someone you care about struggling or feeling uncomfortable and that is why we are often reluctant to believe there is a problem. Doctor's visits are put off because there may be a lack of knowledge of Alzheimer's disease and we think that the signs are just from aging. Some put off the visits because they are afraid that it will be Alzheimer's disease. Others are just overwhelmed with grief, loss and what the future holds for their relationship.

Early diagnosis can lead to improved quality of life. Please call or visit our office to learn more about warning signs, treatments, and our First Link® program.

## Resource Centre Acquisitions

### Books

**The 36-Hour Day 5<sup>th</sup> Edition – A Family Guide to Caring for People Who Have Alzheimer Disease, and Memory Loss.** Mace, N., Rabins, P. (2011) This book is the definitive guide for people caring for someone with dementia. The new and updated edition of this best-selling book features thoroughly revised information on the causes of dementia, managing the early stages of dementia, the prevention of dementia, and many other topics.

**100 Simple Things You Can Do To Prevent Alzheimer's And Age-Related Memory Loss.** Carper, J. (2012). After the author discovered that she has the major susceptibility gene for Alzheimer's, her research on the disease led her to discover 100 surprisingly simple scientifically tested ways to reduce the odds of Alzheimer's, memory decline, and other forms of dementia.

### DVDs

**What Every Caregiver Needs to Know About Alzheimer's Disease.** Terra Nova Films, Inc. 2011. For professional and family caregivers, a training package that provides an informative explanation of how Alzheimer's affects the brain and the changes that take place as a result.

**Facing Alzheimer's: Conversations With Caregivers.** Terra Nova Films, Inc. 2011. An in-depth look at the impact that caring for a loved one with Alzheimer's can have on a caregiver and other family members and their lifestyles.

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

Please remember to visit our website  
[www.alzheimeralgoma.org](http://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

## Coping Well

What is the first thing you do when your oxygen mask descends while you are in an airplane? We all know that first; you must put your own oxygen mask on before you can help others. You must help yourself first, so that you actually are able to help others!

When caring for a loved one with dementia the same rule applies. It is imperative that you care for yourself first so you are able to provide the care your loved one so needs.

When caring for yourself you need to consider caring for your whole self. You need to care for your physical, emotional and spiritual needs. When meeting your needs it may require thought and deliberate choices on your part, particularly when there are too many competing demands on you. The following tips may be helpful:

When planning your day, a part of your day should be set aside just for you, to do things for yourself, whether it is reading, a warm bath, a walk, an outing or whatever it is you like to do.

Spirituality means different things to different people. It may include faith or what provides a sense of personal meaning in life. Take time each day to nurture your spiritual self.

Determine who the positive people in your life are, both personal friends and professionals. Build your support network around them and be specific with your requests when engaging their help.

Make it a priority in your life to spend social time with others. Make a concentrated effort to accept invitations from family and friends and extend invitations to them when possible.

Learn to pace yourself. You cannot do everything in one day.

Refuse to participate in negative self talk.

Be determined to make the best of the situation you are in. This will empower you and move you towards more positive thoughts and experiences.

Identify what you can and cannot change. Remember that you cannot control other people. You can only control yourself and your response to your situation.

Recognize when your emotions are controlling you rather than you controlling them. When negative emotions start to take over, learn from this. This is your signal that something has to change. Examine your situation take the appropriate action to change whatever is causing this to happen. If you are not able to determine what or how to change seek help from family, friends or professionals.

Recognize when something is not working. This is not a failure. Being able to step back and being open to trying a new or different approach is both positive and proactive.

Attend to your health needs. Get exercise, get proper rest and nutrition, attend your medical appointments and use stress reduction techniques.

Remember that it is not selfish to care for yourself. It's a very important part of caring for another person. It's up to you to put your oxygen mask on first!

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## Thank You Volunteers!

We would like to thank all of the dedicated volunteers and supporters for their assistance during a very busy January Awareness Month. Without the help of our volunteers the Alzheimer Society would not be able to provide important services for people affected by Alzheimer's disease.



We will be hosting a Volunteer Appreciation Open House, on **Thursday, April 19, 2012 at our new office location at 341 Trunk Rd.** This evening of companionship and celebration will begin at 7pm followed by Volunteer Service and Recognition awards and light refreshments.



# Great Leisure & Recreation Ideas

By Stacey Shiels and Helga Moore, Recreation Therapists

## Benefits of Pet Therapy

Pet Therapy offers emotional, cognitive and social benefits. Studies show that pet therapy is a proven, practical way to relieve depression and calm anxieties. Pet therapy can also enhance the patient's connection to his or her world, especially those who lived life as animal lovers. Dogs are the most commonly; however cats and rabbits are also used.



Depression and anxiety often go hand and hand with Alzheimer's and dementia and are also emotions that many caregivers battle. Pet therapy can lighten the mood for a patient and settle restlessness. Stroking and comforting an animal also gives the person a feeling of giving back and self worth.

Spending time with an animal may bring back memories of times in their life spent with their own animals. The tactile feeling of the soft fur or innate nature of petting a dog can be powerful triggers.

In addition to stimulating a social response, people with dementia may benefit from the presence of therapy animals because of:

- Reduced Agitation - Agitation behaviors are reduced in presence of an animal
- Physical Activity – depending on mobility, they may be able to groom the animal, toss a ball or go for a short walk
- Pleasure – enjoyment of the presence of a dog and its human companion as well as tricks therapy dogs can do.

Pet Therapy animals can contribute to an enhanced fullness of life for a person with Alzheimer's disease or dementia. Check with your local veterinaries, St. John Ambulance or Animal Assisted therapy groups for available pet therapy animals.

References: Tom (2010). Pet Therapy for Alzheimer's and Dementia Care at Home. Website – <http://in-lawsuite/pet-therapy-for-alzheimers-and-dementia-care-at-home/>; Vann, Madeline (2010). How Animal Therapy Helps Dementia Patients. Retrieved November 21,2011 from [everydayhealth.com](http://everydayhealth.com) Website – [www.everydayhealth.com/azheimers/how-animal-therapy-helps-dementia-patients](http://www.everydayhealth.com/azheimers/how-animal-therapy-helps-dementia-patients); Hall, Eric J (2008) Pet Therapy for Alzheimer's Patients. Retrieved November 21,2011 from [www.healthcentreal.com](http://www.healthcentreal.com)

## Luxurious Ladies' Raffle

Draw date is on Thursday, May 24<sup>th</sup> at the Comfort Suites & Conference Centre. Tickets are \$5 each and are available now!

1<sup>st</sup> Prize: Ladies 14K yellow gold right hand diamond ring provided by Bennardo Jewellers

**Total Prize Value \$1,525.50**

2<sup>nd</sup> Prize: Spa Package provided by Identity Salon & Day Spa

**Total Prize Value \$352.55**

3<sup>rd</sup> Prize: Dinner Extravaganza—a Gift Certificate from each of these participating locations:

- A Thymely Manner (75.00)
- Arturo's Ristorante Italiano (50.00)
- Gliss Resto Bar (\$50.00)
- Solo Trattoria (30.00)
- Docks Riverfront Grill (25.00)
- Fresco European Grill (25.00)
- North 82 (25.00)
- Panna Bar & Grill (25.00)
- Embers Grill & Smokehouse (20.00)

**Total Prize Value \$325.00**

Please support the services provided to those with Alzheimer's disease in our community by purchasing a ticket today! Call 942-2195 for more information.

## Making the Most of Your Memory

Please join us for this 5 week learning series which includes topics such as Helpful Memory Strategies, Communication, and Boosting Your Brain Power. The program will take place every Monday afternoon from April 16 to May 14 at the Alzheimer Society office. Call 705-942-2195 to register.

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



# Fundraising & Volunteer News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

## Walk for Memories



Thanks to everyone who attended or supported the Walk for Memories in Sault Ste. Marie and Elliot Lake. Between the two walks over \$42,000 was raised.

Participants enjoyed an afternoon of walking, entertainment, refreshments, and plenty of prizes!

Many thanks to our:

Provincial Sponsors: The Edwards Family Charitable Foundation, Home Instead Senior Care, and Chartwell Senior Housing Reit.

Local Sponsors Sault Ste. Marie:

**Titanium** - Agero (see profile on next page)

**Platinum** - Oldies 93

**Gold** - Northwood Funeral Home, Great Lakes Power, Henderson Metal Fabricating Co. Ltd., and Brookfield Renewable Power

**Silver** - Penny's Pets, Lamon's Printing, The Athlete's Foot, KPMG

**Bronze** - Allstate Insurance Agency, And Son Contracting, Avery Construction, Flakeboard Company Ltd., Hess Jewellers, Lock City Monuments, Mike Moore & Sons Construction Ltd., Mio's Furniture Fashions, North Star Travel Plus, PUC Services Inc., Rector Machine Works Ltd., Royal Purple #155, Royal Tire Service Ltd., Sims Custom Countertops, Soo Mill Build All, The Country Way, The Medicine Shoppe- Great Northern Road, Vanmark Builders Ltd.

Local Sponsors Elliot Lake:

**Titanium** - C&R Home Improvements

**Platinum** - 94.1 Moose FM

**Silver** - Elliot Lake Funeral Chapel & Cremation Centre

**Bronze** - Brown & Fabris Associates, Cameco Corporation, Elliot Lake Retirement Living

Special thanks to the volunteers, participants, donors of prizes and refreshments, entertainment, services, and the staff of White Pines Secondary School and the Collins Hall for all of their support.

Congratulations to the top pledge earners and supporters:

**Sault Ste. Marie:** Lou Turco who raised \$1,150, and to the top pledge earning team RBC that raised \$5,608 which included the very generous donation from the RBC Foundation.

**Elliot Lake:** Sally Ranger who raised \$1,115, and to the top team the Aelick Family who raised an incredible \$2,345, and to the Elliot Lake Scotia Bank for their very generous match.

We are pleased to recognize the Titanium, Platinum and Gold Sponsors of the 2012 Walk for Memories:



## Annual Door-to-Door Campaign

We want to extend our sincere gratitude to all of our door to door volunteers that braved the elements and canvassed door to door in the month of January. Your dedication is truly appreciated. Thank you also to the many businesses and service clubs for their support.

Congratulations to our Top Canvassers:

**Sault Ste. Marie:**

Anthony DeLuco and Graham Clark

**Algoma District:** Beth Laderoute

**Student:** Jared Discher



## Ladies' Night Out—Mark Your Calendars!



Join us for the 9<sup>th</sup> Annual Ladies' Night Out! A night of Dinner & Entertainment will be held at the Comfort Suites & Conference Centre on Thursday, May 24<sup>th</sup>. Mark Zorzit will be M.C., and Larry Tschekalin, award-winning Elvis tribute artist, will shake rattle and roll his

way through the evening! Many items will be up for bid in the silent auction so come and check out our "Purses with Purse-onality" and "Scarves to Surround You".

Dinner consists of bread, mixed green salad, roast potatoes, roast chicken, baby glazed carrots, dessert, coffee or tea.

Advance tickets are \$45 and will be available on April 1st. Tickets go fast so don't be disappointed—reserve your table soon! We would like to acknowledge the the major sponsorship of the Comfort Suites & Conference Centre, Identity Salon & Day Spa as well as confirmed sponsors to date: Candy Bouquet , Cup CakeZ, Curves, Community First, Hollywood Limousine, HR Lash, New North Greenhouses, Sears Cosmetics and Fragrances, and Shaylan Spurway Photography.

## Sponsor Profile: Titanium Sponsor of the 2012 Walk for Memories



**SUPPORTING OUR  
COMMUNITY**

Agero employees participated in The Alzheimer **Walk for Memories** and are proud to support The Alzheimer Society of Sault Ste. Marie and Algoma District.

*Agero looks forward to continued support of charitable organizations in our community.*



*Agero is North America's leading roadside assistance and connected vehicle services provider.*

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# 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 (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](mailto:info@alzheimeralgoma.org)

Website:

[www.alzheimeralgoma.org](http://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

Dale Kenney, President  
Susan Van Atte, Past President  
Sandra Lamon, Vice President  
Glen Manchester, Treasurer  
Chantelle Evans, Secretary  
Susan McLean, Director  
Garr Smith, Director  
Gil Contant, Director  
Graham Clark, Director  
Nancy Komsa, Director  
Sylvia Westerman, Director

## Staff

Carolyn Cybulski, Executive Director  
Vicky Roy, First Link Coordinator, SSM  
Cathie Randell, First Link Coordinator, SSM  
Carolyn Ross,  
First Link Coordinator, East Algoma  
Christy Reid,  
First Link Coordinator, North Algoma  
Stacey Shiels, Recreation Therapist  
Helga Moore, Recreation Therapist  
Bea Fioramanti,  
Coordinator of Volunteers & Events  
Monica Ruzyski, Bookkeeper  
Tammy Bingley, Administrative Assistant  
Crystal Hillier, Community Outreach  
Coordinator, East Algoma  
Janice Seppala, Education Coordinator

