



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Spring 2013

Volume 26, 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.

Behavioural Support Team Fully Implemented

One year ago, the provincial government rolled out funding to the Local Health Integration Networks (LHINs) for the development of the Behavioural Supports Ontario (BSO) program. In the North East, the funding was distributed among a number of different agencies, leading to a true inter-agency, inter-disciplinary team. In addition to the BSO group in long-term care homes, there is also a part of the team that is devoted to behavioural issues among people living in the community. The three members of the community team in Algoma are Helga Moore, Behaviour Support Facilitator (Alzheimer Society), Sherry Garrett, Behaviour Support Clinician (Seniors' Mental Health, SAH), and Emily Piraino, Psychogeriatric Resource Consultant (North Bay Regional Health Centre). If you wish to make a referral to the program, please call 1-855-BSO-NE13.

Annual General Meeting & Volunteer Appreciation Dinner

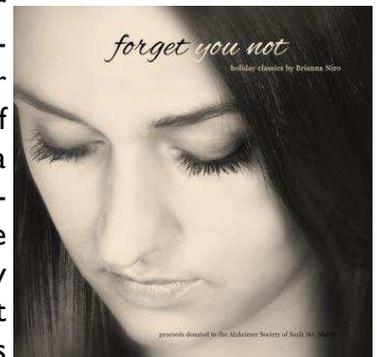
Members, volunteers, community partners, and the general public are invited to join us for our 27th Annual General Meeting and Volunteer Appreciation Dinner on June 12, 2013 at the Verdi Hall.

All members are encouraged to attend the Annual General Meeting, which will start at 5 p.m., in order to elect directors, hear reports, appoint the financial Auditor, and transact other business. The Volunteer Appreciation Dinner will begin at 6 p.m. Please RSVP to 942-2195 by June 5, 2013.

Nominations to the board of directors are currently being accepted. Please contact Carolyn Cybulski at 942-2195 or by email at carolyncybulski@alzheimeralgoma.org.

Forget You Not Holiday Classics CDs

Our most sincere thanks are extended to the Niro and Disano families for their monumentally successful campaign to raise money for people affected by Alzheimer's disease and other dementias in our community. Brianna Niro, a 19 year old university student, decided to cut a CD of holiday favourites in memory of her grandfather. Brianna states, "In 2009, my grandfather, Ronald Disano, a successful pharmacist and businessman, lost his courageous battle with Alzheimer's. Now, three years later, I have decided to honour a great man who gave so much, not only to me, but also to our community." It was truly a family effort, and thanks to their hard work and dedication to this cause, the project was successful in raising \$10,000. We are truly grateful to Brianna's family as well as to everyone who purchased the CD.





Education and Support Calendar

Type of Group	Location	Dates	Time	Target Audience
First Link Learning Series	341 Trunk Rd. Sault Ste. Marie	May 7, 14, 21, 28 and June 4, 2013	7:00 - 8:30 p.m.	Persons with dementia and their caregivers
Making the Most of Your Memory Learning Series	341 Trunk Rd. Sault Ste. Marie	April 4, 11, 18, 25, and May 2, 2013	1:30 – 3:00 p.m.	Persons who are concerned about their memories
Caregiver Support Group (Afternoon)	341 Trunk Rd. Sault Ste. Marie	Every 3 rd Wednesday of the month	1:30 - 3:00 p.m.	Caregivers
Caregiver Support Group (Evening)	341 Trunk Rd. Sault Ste. Marie	Every 2 nd Monday of the month	7:00 - 8:30 p.m.	Caregivers
Caregiver Support Group for Long-term Care	341 Trunk Rd. Sault Ste. Marie	Every 3 rd Tuesday of the month	11:00 a.m. - 12:00 noon	Caregivers whose loved ones are living in Long-term Care
Caregiver Support Group (Evening)	100 Manitoba Rd. Elliot Lake	Every 2 nd Monday of the month	6:30 – 8:00 p.m.	Caregivers
Caregiver Support Group (Afternoon)	100 Manitoba Road Elliot Lake	Every 3 rd Tuesday of the month	1:30 – 3:00 p.m.	Caregivers
Mild Memory Loss Support Group	100 Manitoba Road Elliot Lake	Every 4 th Thursday of the month	1:30 - 3:00 p.m.	Persons who are concerned about their memories
Caregiver Support Group	31 Colonization Road Blind River	Every 2 nd Wednesday of the month	1:30 – 3:00 p.m.	Caregivers
First Link Learning Series	37 Broadway Ave. Wawa	Sept. 3 and 17, Oct. 1, 15, and 29, 2013	1:30 - 3:00 p.m.	Caregivers
Caregiver Support Group	37 Broadway Ave. Wawa	Every 2 nd Tuesday of the month	1:30 - 3:00 p.m.	Caregivers
Memory Loss Support Group	37 Broadway Ave. Wawa	Every 2 nd Wednesday of the month	1:30 - 3:00 p.m.	Persons who are concerned about their memories
Caregiver Support Group	Cedar Grove, 101 Pine St. E., Chapleau	Every 1 st Monday of the month	7:00 - 9:00 p.m.	Caregivers



First Link[®] is an early intervention referral program that promotes a collaborative effort among primary care providers, the Alzheimer Society, and other health professionals to support persons with Alzheimer’s disease and related dementias. The goal of the program is to reach more people with dementia and their caregivers early in the disease process so that comprehensive and coordinated services can be provided throughout the course of the disease.

Once a physician or other health care provider makes a referral to the First Link Program, the patient is called and offered education and support. Once “the link” has been made patients and families will be **more knowledgeable and prepared** with enhanced coping skills and there will be **fewer and less intense crisis** situations. One of the education tools used in the program is a progressive learning series that provides participants with a comprehensive overview of dementia, coping strategies, resources and support systems as well as information on what to expect in the later stages of the disease. Participants have the opportunity to learn and share with others who are affected by Alzheimer’s disease or a related dementia.

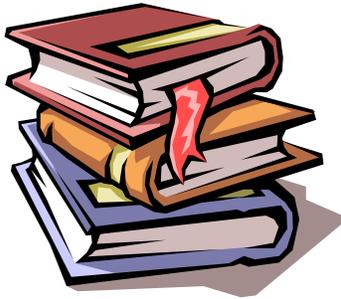
If you are interested in more information regarding the First Link Program or any other programs and services provided by the Alzheimer Society, please call 705-942-2195 or email info@alzheimeralgoma.org.



Resource Centre Acquisitions

Books

Thoughtful Dementia Care: Understanding the Dementia Experience. Ghent-Fuller, J. (2012). Canadian nurse and educator for the Alzheimer Society gives an easy to read and sensitive portrayal of the changing world of people with dementia due to ADRD, and those who care for them.



Your Brain A User's Guide 100 things you never knew. National Geographic Special Edition (2013). Special publication on the brain and how it works. 100 facts you never knew. Colourful easy reading to improve your brain health, challenge your mind and the latest discoveries.

Big Book of Alzheimer's Activities. Hernandez, J. (2007). Activities to provide entertainment and stimulate conversation.

The Brain that Changes Itself. Doidge, N. (2007). Using personal stories from the heart of the neuroplasticity revolution, Dr. Doidge explores the profound implications of the changing brain for understanding the mysteries of love, sexual attraction, taste, culture, and education.

The Memory Clinic. Chow, T. (2013). A comprehensive and ultimately reassuring work about the prevention and management of dementia. Even when there is a family history people at risk can do things to prevent its onset or progression.

Passages in Caregiving - Turning Chaos into Confidence. Sheehy, G. (2010). Gail Sheehy takes you by the hand and shows you that you will get through this, and you will do things right.

DVDs

He's Doing This to Spite Me (2007). An emotionally-charged DVD combines heart-rending documentary footage with revealing caregiver interviews.

Lick Salt – A Grandson's Tale. Filmmakers Library (2006). A vivid character study of a strong-minded lady in her declining years.

Alzheimer's: My Mom, Our Journey. The Nature of Things (2003). A documentary of a 47 year old with Early Onset Dementia, and the impact on the whole family.

The Sandwich Generation. Talking Eyes Media (2008). It is the story of love, family dynamics and the immeasurable sacrifice of those who are caught in the middle.

Amanda's Choice. CBC (2001). A look at a rare form of Alzheimer's - Early Onset. Amanda's mom is only 39 and has to be cared for. What is Amanda's fate, and should she be tested?

Pines Education Institute Teepa Snow series:

- **End of Life Care and Letting Go** (2012). How to connect with someone in late stage dementia, how to recognize and manage pain and how to help the care team grieve the loss and celebrate the person's life.
- **Filling the Day With Meaning** (2011). How to learn the difference between simple entertainment and engaging projects that stimulate brain activity.
- **Dental Care for People with Dementia** (2012). Techniques to handle challenging situations and provide the best dental care for a person with dementia
- **Improving Emergency Services for Dementia Patients** (2012). Best ways to handle challenging behaviours and issues related to abuse or neglect for law enforcement officers, fire fighters, EMTs, 911 Dispatchers and emergency room personnel.



Day-to-Day Information

Family Support

Plan Your Visit

Visiting a family member with dementia residing in a LTC facility may be a difficult or uncomfortable experience for some people. Planning your visit will help both you and your family member connect in a positive way.

Here are a few tips to help you plan your visit

- Be aware of your body language and your tone of voice. They can set the mood for your visit.
- Try reminiscing about past jobs, experiences, family.
- Look at family pictures.
- Read a book together.
- Plant a flower and watch it grow and bloom.

“All about me” is a booklet that is available from the Alzheimer Society that helps those supporting people with dementia know them better. It suggests topics of conversation and activities that make visits more enjoyable. Leave it in an obvious location so visitors will have an opportunity to learn about the person with dementia.

Stimulating the senses is another way to make visits a fun and rewarding experience:

Sight: bright colours / pictures / television / smile

Sound: conversations / music / taped messages

Touch: holding hands / a hug / touch quilt / rubbing cream on hands

Taste: variety of favorite foods - sweet / sour / warm / cold / spicy (be aware of choking hazard)

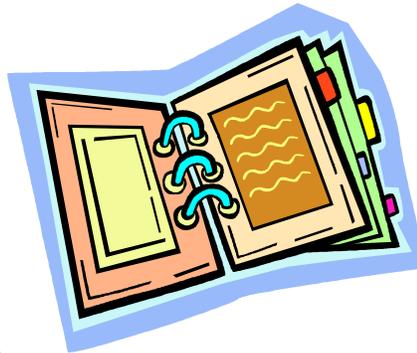
Smell: scented candles / peanut butter cookies / familiar smells from past jobs.

One question that is often asked: “How long should I stay and how often should I visit?” This depends on your family member and how well they are integrating into a LTC facility. Short and frequent visits are often better received than long ones. A general guideline is to visit often enough to maintain your relationship with your family member. Ultimately, the decision is yours.

Recreation & Activation

Activities Can Enhance Quality of Life

As Alzheimer's disease progresses, the client goes through very similar stages as a growing child, but in reverse. Intellectual as well as social abilities are slowly lost as the plaques and tangles spread through the brain. As the disease progresses, the person with Alzheimer's regains those pure qualities that make children see their world as a magical place; everything is new for children since they don't have much of a past. In the same way the world of the person with Alzheimer's can be full of freshness since he is losing his past to the disease. Without the past of his memories, without the future of his expectations, he is alive in the present. ¹



Even though activities don't necessarily slow the advancement of Alzheimer's, activities do enhance your loved one's quality of life. Projects that match a person's skill level give a sense of ownership and independence. When an activity is fully or partially completed, a feeling of success is gained. Stimulation by nurturing emotional connection and self-esteem are imperative. Custom activities are created to foster success. The goal is involvement and happiness rather than getting the correct answer. They may quickly forget it, but a visit will leave them with a lingering feeling of happiness. It may be difficult to see loved ones playing a child's game, but it is vital to remember that their reality is not the same as ours. We must come into their world with an open mind and heart.

(1) Best Alzheimer's Products: Making Life Better for people affected with Alzheimer's Disease Retrieved Feb 2012 Website: <http://www.best-alzheimers-products.com/alzheimers-store.html>

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Fundraising and Volunteer News

Walk for Memories

2013
**WALK
FOR
MEMORIES**
Alzheimer Society



Thanks to everyone who attended or supported this year's Walk for Memories in Sault Ste. Marie and Elliot Lake.

Between the two walks, over \$39,000 was raised.

Many thanks to our sponsors:

Provincial Sponsors:

We Care, KPMG, Zoomer Radio 96.3

Local Sponsors:

Titanium (SSM): Agero

Platinum (SSM): Oldies 93

Platinum (Elliot Lake): C&R Home Improvements, 94.1 Moose FM

Gold (SSM): Northwood Funeral Home, Great Lakes Power Transmission, Henderson Heating and Cooling, and Brookfield Renewable Energy Group

Silver (SSM): Penny's Pets, SK Group, The Athlete's Foot, KPMG, Allstate Insurance, Tulloch Engineering

Bronze (SSM): And Son Contracting, Avery Construction, Flakeboard Company Ltd., Hess Jewellers, Lock City Monuments, Mike Moore Construction Ltd., Mio's Furniture Fashions, North Star Travel & Tours, PUC Services Inc., Purvis Marine Ltd., Rector Machine Works Ltd., Royal Purple #155, Royal Tire Service Ltd., Sims Custom Countertops, Soo Mill Build All, Soo Video Sales & Service, The Country Way, The Medicine Shoppe- Great Northern Road, Vanmark Builders Ltd.

Bronze (Elliot Lake): Cameco Corporation, Elliot Lake Retirement Living, Milltown Motors

Congratulations to the top pledge earners and teams:

Individuals: Carol Gunn (SSM) - \$610.40, and Karen Dichuk (Elliot Lake) - \$600.00

Teams: RBC (SSM) - \$6,100 (which includes a very generous donation from RBC foundation), and Scotia Bank Girls (Elliot Lake) - \$741.60.

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

We are pleased to recognize the Titanium, Platinum and Gold Sponsors of the 2013 Walk for Memories:



NORTHWOOD FUNERAL HOME
CREMATION & RECEPTION CENTRE



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: Graham Clark, Klaas Oswald

Algoma District: Carolyn Grant



Fundraising & Volunteer News

Luxurious Ladies Raffle

Tickets are now available for the Luxurious Ladies Raffle. The draw will be held on Thursday, May 2nd at the Comfort Suites & Conference Centre. Tickets are \$5 each—get yours now to avoid disappointment!

1st Prize:

Ladies 14K yellow gold genuine Smokey Quartz Ring provided by Bennardo Jewellers. **Total Prize Value: \$1,463.35**

2nd Prize:

Wellness Spa Package provided by Identity Salon & Spa. **Total Prize Value: \$1,092.61**

3rd Prize:

Dinner Extravaganza including gift certificates from:
A Thymely Manner (\$75.00)
Embers Grill & Smokehouse (\$75.00)
Antico Ristorante (\$50.00)
Arturo's Ristorante Italiano (\$50.00)
Gliss Resto Bar (\$50.00)
Fresco European Grill (\$50.00)
Solo Trattoria (\$25.00)
North 82 (\$25.00)
Ubriaco's Italian Eatery (\$25.00)
Docks (\$20.00)

Total Prize Value: \$445.00

Volunteer Visitors Needed

- ⇒ Do you enjoy meeting people and socializing?
- ⇒ Do you have a desire to help people with Alzheimer's disease in our community?
- ⇒ Did you know that we have 50 people on the wait list for a Volunteer Visitor?

Please consider applying to become a Volunteer Visitor. Visitors provide support, activation, and friendly interaction to help improve the quality of life for people affected by Alzheimer's disease and related dementias. Your help is desperately needed, and you will be making a difference. Call Bea at 705-942-2195 for more information.

Ladies' Night Out

Mark Your Calendars!!

Join us for the 10th Annual Ladies' Night Out!

A night of Dinner & Entertainment awaits you at the Comfort Suites & Conference Centre on Thursday, May 2nd, with Jodi Nastor as M.C. Featured entertainment is Wendell Ferguson, seven-time winner of the CCMA Guitar Player of the Year, who has backed up Shania Twain, the Dixie Chicks and many other top musical acts. You'll have lots of laughs with Wendell and your favourite group of singing medical professionals...the Comedics. Yes, they're back, and funnier than ever!



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 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.

Alzheimer Education Conference

Thanks to our sponsors, Pfizer Canada and USWA #2724, the 12th annual Alzheimer Education Conference was a great success. Over 110 participants enjoyed connecting with their peers and learning from our knowledgeable speakers. We would like to extend our great appreciation to Dr. Mark Lachmann, Linda Sullivan, Dr. Amy Clements-Cortes, and Cathy Conway for sharing their expertise and inspiring us all to become better caregivers.





For Your Information

New Website

We are proud to announce the launch of our new website in January 2013. Our chapter is now part of the Alzheimer Society of Canada's national web portal which will provide many benefits for users. Not only will visitors have access to extensive and timely educational materials produced nationally, provincially, and locally, they will also be able to find all the local information they need about upcoming events, support groups, and learning series. You will find a large research section, news articles, brain booster exercises, and a host of other relevant information. We encourage you to take a tour of the site located at www.alzheimer.ca/algoma. We welcome any feedback you may have.



Sponsor Profile: Titanium Sponsor of the 2013 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

Website:

www.alzheimer.ca/algoma

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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 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

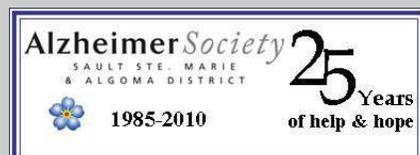
Respect
Compassion
Integrity
Accountability
Partnerships
Person-centred

Board of Directors

Sandra Lamon, President
Dale Kenney, Past President
Graham Clark, Vice President
Glen Manchester, Treasurer
Chantelle Evans, Secretary
Susan McLean, Director
Gil Contant, Director
Nancy Komsa, Director
David Baskcomb, Director
Barry Sullivan, Director
Rene Mader, Director

Staff

Sharen Buchan, Administrative Assistant
Carolyn Cybulski, Executive Director
Wende Diemer, Community Outreach Coordinator, East Algoma
Bea Fioramanti, Coordinator of Volunteers & Events
Heather Grant, Recreation Therapist
Helga Moore, Behaviour Support Facilitator
Cathie Randell, First Link Coordinator, SSM
Christy Reid, First Link Coordinator, North Algoma
Carolyn Ross, First Link Coordinator, East Algoma
Vicky Roy, First Link Coordinator, SSM
Monica Ruzyski, Bookkeeper
Janice Seppala, Education Coordinator
Stacey Shiels, Recreation Therapist





***This is the LAST year of the Blind River Dragon Boat races.
Who will be crowned the fastest team?***

On June 15th 2013, the Festivals Committee will be hosting the annual Dragon Boat Races on the Blind River. The year 2013 marks an important moment in the tradition of this festival. Entering into its 12th consecutive year, the Festivals Committee invites you to participate in the last Dragon Boat Festival. What team will be forever known as the fastest team in Blind River Dragon Boat history?

Dragon Boat Racing is a Chinese tradition that creates an excellent opportunity for friends, families and co-workers to have fun. A Dragon Boat team requires 20 paddlers and 1 drummer; a trained steersman is provided for all races. All teams must appoint a team captain who will act as liaison with the event organizers. The registration fee is \$1,000 per team.

Each year, the event participants collect pledges for a registered charitable organization. Since 2002, the Blind River Dragon Boat Races have raised over \$190,000 to benefit numerous charities in our area. The Festivals Committee would like to thank all donors and pledge seekers. All pledges raised this year will benefit **Alzheimer Society Sault Ste. Marie & Algoma District.**

Please find the team registration form on the reverse.

For further information, please contact the Blind River Festivals office at
(705) 356-2251 ext. 222.

*Join the fun and help a worthy cause by taking part in the
Blind River Dragon Boat Races on June 15th, 2013!*

Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Blind River Dragon Boat Races 2013

Team Registration Form

Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

A. Contact Information (Please Print)

Team Name: _____

Corporate Sponsor (if applicable): _____

Team Captain: _____

Team Captain Mailing Address: _____

Day Tel: _____ Evening Tel: _____

B. Entry Fee

Entry fee is \$1,000.00 per boat. Team members may pay the fee themselves or raise the funds through corporate sponsorship. No partial payments/deposits will be accepted. Entry fees are due by 4 p.m. on June 4th, 2013 at the Town Hall. Please make all cheques payable to **BLIND RIVER FESTIVALS**. *Please note that pledge monies are for the Alzheimer Society Sault Ste. Marie & Algoma District.* No entry fees will be refunded after June 6th, 2013. Should the event be cancelled due to extreme weather conditions of uncontrollable circumstances, No Refunds will be issued.

Mail this form with your payment to: **Blind River Festivals**
c/o Town of Blind River
11 Hudson Street
P.O. Box 640
Blind River, ON P0R 1B0

C. Information

Once the Festivals Office has received your team registration form and payment, an information package with pledge forms for **Alzheimer Society Sault Ste. Marie & Algoma District** will be sent to the appointed team captain. *It is the team captain's responsibility to ensure that all team members receive a pledge envelope.* For further details please call the **Blind River Festivals Office** at (705) 356-2251 Ext. 222 or send an E-mail to danielle.melmoth@blindriver.ca.