



Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Newsletter

Summer 2011
Volume 24, Number 2

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

Upcoming Events...P. 7

Contact Information...
P. 8

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

The Alzheimer Society's 24th Annual General Meeting took place on June 15, 2011. We bid fond farewells to retiring board members Eric McCooye and Anna Cartmill, both of whom have completed two 3-year terms, and welcomed three new members: Nancy Komsa, Sylvia Westerman, and Susan McLean. We look forward to working with the new and returning board members as we continue to move forward with our planning objectives for the coming year.

We also used the occasion of the Annual General Meeting to present the 2011 Founders' Award. The Founders' Award is intended to recognize health care providers who demonstrate excellence in dementia care and in doing so, have made an impact on improving the quality of life for persons with dementia. This year's winner was Dr. David Margetts, who was nominated by St. Joseph's Manor in Elliot Lake.

Pictured (L-R): Carolyn Cybulski (Executive Director, Alzheimer Society) Dr. David Margetts, Susan Clayton (Administrator of St. Joseph's Manor), Mike Hukezalie (CEO of St. Joseph's Hospital)



The evening also provided an opportunity to recognize the volunteers who so willingly give of their time and expertise to benefit those affected by Alzheimer's disease. Length-of-service awards were presented to those who have been volunteering for the Society for 5, 10, and 15 years, and we also paid special tribute to the volunteers who assist with door-to-door canvassing.

A particular highlight of the evening was the key-note address by Dr. Jane Rylett (pictured at right), who is an award-winning scientist from the Robarts Research Institute in London Ontario. Dr. Rylett spoke about the progress that has been made in the understanding of Alzheimer's disease and its treatment over the years, and helped the audience to recognize that there is indeed "...Hope for Tomorrow."



The Alzheimer Society has seen a tremendous growth in service in the first three months of the new fiscal year, and we remain committed to assisting families affected by dementia through our various programs.

We wish you all a lovely summer.



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.

- Early Dementia Group: Starts Thursday Sept. 22nd for 5 weekly sessions 1:30—3:00. Topics are: What is Dementia, Brain and Behaviour, Communication, Stress, and Community Resources.
- Care in Later Stages: Starts Thursday, Nov. 3rd for 4 weekly sessions 1:30—3:00. Topics are: What to Expect, Coping with a Loved One in Long-term Care, Self Care, and Tough Issues.

Recreation Therapy: Please note that we now offer in-home Recreation Therapy for persons with dementia. To make a referral to the program, please contact Crystal Hillier at 705-849-6685.

Education for Care Providers, Groups, and the General Public: We offer presentations on a broad range of dementia-related topics and would be pleased to discuss your educational needs with you. Please contact Crystal Hillier at 705-849-6685.

No one should face dementia alone.
We're here to help.

North Algoma

By Christy Reid, First Link Coordinator



Please welcome Christy Reid, First Link Coordinator for North Algoma. Christy lives in Wawa with her husband and two sons, and is a recent graduate of the practical nursing program at Sault College. Christy worked at Weyerhaeuser Wawa OSB

for 10 years, and volunteers for the Canadian Cancer Society and the Canadian Red Cross. Christy states, "I would welcome any advice or learning opportunities you would like to pass along".

Please note that the Wawa office has moved. We are now located at 37 Broadway Ave (at the back of the H&R Block office). Please drop in to say hello!

Upcoming Events:

- **Family Caregiver Support Groups:** At The Lady Dunn Hospital in Wawa. Every 2nd Tuesday afternoon of the month from 1:30-3:30.
- **First Link Learning Series:** Beginning in October 2011. Please call to register (705 856 0000). The Learning Series is an educational opportunity for caregivers of persons with dementia.
- **Clinic Day:** September 7th 8:30-4:30 at the Wawa Family Health Team office. On site education, support and community referrals and cognitive assessments are available to scheduled clients. The target clientele is persons worried about their memory without diagnosis, person's diagnosed with Alzheimer's disease or a related dementia and their family caregivers.
- **Open House:** September 28th 11:00–1:00. Come out and see our new office location at 37 Broadway Avenue (entrance located at the back of the building).



Education & Research Update

By Cathie Randell, First Link Coordinator - Health Promotion

Eye, Ear, and Tooth Care May Lower Risk of Dementia

A recent study published in the July 13, 2011, online issue of [Neurology](#)[®], the medical journal of the [American Academy of Neurology](#) indicates that improving and maintaining health factors not typically associated with dementia may lower a person's risk for developing dementia. The health factors examined in this study included vision, hearing and denture fit.

According to study author Kenneth Rockwood, MD., of Dalhousie University in Halifax, Nova Scotia, the study suggests that rather than just paying attention to already known risk factors for dementia, such as diabetes or heart disease, keeping up with your general health may help reduce the risk for dementia.

The study included 7,239 people free of dementia ages 65 and older from the Canadian Study of Health and Aging. They were evaluated for Alzheimer's disease and other types of dementia after five years and again after 10 year. Participants in the study were asked questions about 19 health problems not previously reported to predict dementia. Problems included arthritis, trouble hearing or seeing, denture fit, chest or skin problems, stomach or bladder troubles, sinus issues, broken bones and feet or ankle conditions, among others.

After 10 years, 2,915 of the participants had died, 883 were cognitively healthy, 416 had Alzheimer's disease, 191 had other types of dementia, 677 had cognitive problems but no dementia, and the cognitive status of 1,023 people was not clear.

The study determined that each health problem increased a person's odds of developing dementia by 3.2 percent compared to people without such health problems. Older adults without health problems at baseline had an 18 percent chance of developing dementia in 10 years, while such risk increased to 30 percent and 40 percent in those

who had 8 and 12 health problems, respectively.

Jean François Dartigues, MD, PhD, with the National Institute of Health and Medical Research (INSERM) in Paris, France, states, "More research needs to be done to confirm that these non-traditional health problems may indeed be linked to an increased risk of dementia, but if confirmed, the consequences of these findings could be significant and could lead to the development of preventive or curative strategies for Alzheimer's disease."

Volunteer Visitors Needed

With more people affected by Alzheimer's disease each year, the Alzheimer Society is in need of volunteers that are interested in visiting with some one affected by the disease. We currently have a lengthy waiting list of clients waiting for a volunteer to help improve their quality of life.

Volunteers provide a friendly relaxed visit while developing a friendship and allowing the caregiver a break from care giving.

Training and ongoing support is provided, and volunteers are matched with a client with similar interests. We ask that volunteers commit to a weekly visit of approximately one hour.

Volunteer Visitors truly make a difference in the lives of people affected by Alzheimer's disease by helping to maintain physical, cognitive, emotional, and social functioning.

If you are interested in becoming a Volunteer Visitor, please contact the Alzheimer Society at 705-942-2195 or info@alzheimergoma.org.

Please remember to visit our website
www.alzheimergoma.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, First Link Coordinator

Dealing with Guilt

People who care for someone with dementia often talk about feeling guilty, even when others reassure them that they are doing the best they can. Here are some examples of common things that can trigger guilt in caregivers:

Other caregivers seem to manage better than you do. Remember that it's alright to make mistakes – no one can get it right all the time. There is no such thing as the 'perfect caregiver', and it's important not to be too hard on yourself. Are you setting realistic limits to what you can achieve? If not, can you reduce any of the demands you make on yourself, or seek out and ask for more help?

How you treated the person before they were diagnosed. Many caregivers feel bad about how they behaved towards the person when the person experienced changes but were not yet diagnosed with dementia. You may have reacted with irritation or criticism. Try to remember that everyone gets frustrated with their partner or family member from time to time. Also, remind yourself that you simply didn't know the person had dementia and you couldn't have foreseen what the future held.

You sometimes get angry or irritated. If you feel angry and frustrated, you might occasionally have angry outbursts towards the person with dementia. Many caregivers find it hard to forgive themselves in this situation. Try to remember that caregiving can be very stressful, and anger or frustration is natural in this situation. Look for ways of expressing your irritation away from the person by finding the space or time to have a good cry, punch a cushion, talking to a friend or through some other outlet. If you can identify the particular situations or times of day when you are more likely to become irritated (for example, at the end of a long day), you may be able to develop strategies to defuse the tension or to get extra support.

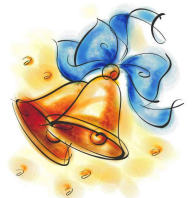
You sometimes want time for yourself. You may feel guilty about having time to yourself. If you still enjoy doing things that you used to share with the person you are caring for, you may feel that you are being disloyal. Everyone needs to recharge their batteries now and again, and it's very important for caregivers to enjoy some time away from their caring role. Many caregivers find that giving themselves some time apart, and doing things that make them feel happy and positive, makes them more able to fulfill their caring role. This can actually improve their relationship with the person with dementia.

You've decided that the person needs to move into a long term care home. Caregivers often feel that moving the person into a long term care home is the 'ultimate betrayal'. You may have previously promised the person that you would always look after them at home and now feel forced to break that promise. Remember that any promises were probably made in a completely different situation, when neither of you had any idea of all the strains and stresses that lie ahead. The move to long term care home does not mean you are giving up your caregiving role – it is just a different way of caring. Your involvement is still very important. Some caregivers feel that long term care helps them to have a better relationship with the person, as their time together can be more special, less stressful, and more like it used to be before the constant worry about day to day care needs and practicalities.

Adapted from the Alzheimer Society of UK fact sheet

Give in Celebration and In Memory

If you are interested in celebrating your special occasion while supporting the Alzheimer Society of Sault Ste. Marie and Algoma District, please give us a call and we can make your next birthday, anniversary, retirement, or any other special occasion more meaningful by knowing that you have helped improve the lives of people and their families that are affected by Alzheimer's disease.





Great Leisure & Recreation Ideas

By Stacey Shiels and Helga Moore, Recreation Therapists

Games and Fun Beneficial in Prevention of Dementia



The combination of physical activity and mental activity is beneficial in preventing Alzheimer's disease and related dementias, according to a study by Dr. Joe Verghese at the Albert Einstein College of Medicine in

collaboration with Syracuse University who found that playing board games was associated with reduced risk of dementia. Playing games and doing puzzles were shown in this study to promote mental stimulation that dramatically kept memory function, language function, attention span and spatial ability performing at a higher level. This study showed that people who did these activities more often had 47 percent less risk of developing Alzheimer's disease than those who did not. In another study more than 700 people in Chicago IL who had an average age of 80, participated in early cognitive testing for 5 years. This study found that cognitively active participants were 2.6 times less likely to develop dementia and Alzheimer's disease than a cognitively inactive participant. While there is no cure for Alzheimer's disease and related dementia, stimulation plays a significant roll in slowing down the progress of these diseases and maximizes an individual ability to function.

Some fun and brain stimulating games are checkers, scrabble, yahtzee, monopoly, puzzles, and card games such as cribbage, and Uno. Everyone benefits from games and brain stimulating activities so schedule a game night and invite family and friends over for some FUN!!



References: 1. American Academy of Neurology (2007, June 28). Frequent Brain Stimulation in Old Age Reduced Risk of Alzheimer's Disease. 2. Timothy (Aug 2007) Play board games, have fun and prevent Alzheimer's..Retrieved July 22, 2011 from <http://gamenightcorner.com/2007/08/29/play-board-games-have-fun-and-prevent-alzheimers>.

Resource Centre Acquisitions

Books

- **Courage to Care: A Caregivers Guide Through Each Stage of Alzheimer's.** Perrent J. 2001. This book offers information, practical suggestions, and encouragement specific to each of the three stages of the disease. It is as much about taking care of yourself as taking care of the person with Alzheimer's disease.
- **The Long Way Home: A Journey Through Alzheimer's.** Ritchie, M. 2005. A poignant and penetrating account of the author's journey through Alzheimer's as she cared for her husband. This book focuses on the human aspects of the disease rather than the medical ones and is an honest and accessible work.
- **Dementia Beyond Drugs. Changing the Culture of Care.** Power, G.A., 2010. This book shows plainly and eloquently why we must change the way care is provided to our elders and how it can be accomplished. This eye-opening book reveals what it takes to effect real culture change within residential care settings while reducing the use of unnecessary psychotropic drugs.
- **When a Family Member Has Dementia: Steps to Becoming a Resilient Caregiver.** McCurry, S. & Terry, L. 2006. This book offers caregivers a set of practical and flexible tools to enable them become more resilient in the face of difficulty and change. McCurry teaches caregivers how to take advantage of their own creativity and inner resources to develop strategies.

DVDs

- **Through Our Eyes. The Scottish Dementia Working Group.** Alzheimer Scotland. 2010. This movie features seven members of the Scottish Dementia Working Group and it enables viewers to see what it's like to live life with dementia from the perspective of people living with dementia.



Fundraising & Volunteer News

By Bea Fioramanti, Coordinator of Volunteers & Special Events

Thank You Volunteers!

The Volunteer Appreciation Event was held in conjunction with the Annual General Meeting on June 15, 2011 at the Verdi Hall. This evening is set aside to honour all of the Alzheimer Society's 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 Dale Kenney the MC, Thomas Walls Students who provided the entertaining dinner music, and to Dr. Jane Rylett our speaker.

Congratulations to the following volunteers who were recognized for reaching major milestones in their years of service:

15 years: Garr Smith, Mary Smith, Jim Furkey, Dave Muncaster, Gayle Zufelt, Bill Zufelt, Willa Leclair

10 years: Sue Bond, Nona Dawson, Ron Dawson, Joyce Gagnon, Bob Oliver, Kathleen Stoker, Leona Stoker

5 years: Elizabeth Iles, Sharon Rainbird, Leona Stephen, Barry Sullivan, Susan Van Atte, Rosanne Vance, Pat Vaughan

Ladies' Night Out

We are pleased to recognize the diamond and gold sponsors of the 2011 Ladies' Night Out:



H.R. LASH LTD



Ladies' Night Out Continued

Thank you to all supporters of the 8th annual Ladies' Night Out. Over 400 women enjoyed an evening out with dinner, prizes, and great entertainment provided by the Comedics.

Thanks To:

Major sponsors Comfort Suites and Mane Street Salon and Spa, without whose generous support this event would not be such a success.

Sponsors: Candy Bouquet, Brian Tremblay, Community First Credit Union, Curves, New North Greenhouses, Zenone's, HR Lash Ltd., and Sears Cosmetics and Fragrances

Supporters: Art Gallery of Algoma, Beauty Tips, Centre Stage, Cindy Murphy, Collegiate Heights Retirement Residence, DNM Plumbing & Heating Ltd., Ellen Hadath, Emma's Fashions, Feelin' Fabulous, Fashion First Ladies' Apparel, Fashion Shop, Ferrero, First Impression, Fragrance Garage, Georgina Naccarato, Gene Turgeon, Glassworks, Hallmark Store- Station Mall, Harmony Tea Room, Home Hardware Building Centre, Ideal Concept in Gift Giving, Jasmine, Jerri Pearce, Karen McAndrew, Kevanna Fine Photography, Lia Sophia Jewellery, Lindor/Dorlene, Panache, RBC, Rexall- Second Line, Scotia McLeod, Shoppers Drug Mart- Second Line, Show Stoppers, Sugar & Spice Bulk Foods, Susan McLean Suzie Yoo Briday Boutique, The Ball Florist, The English Butler, The Flower Shop, The Totem Pole, Vicky Bellefeuille

Emcee: Terri Chiarello,

Entertainment: The Comedics.

Tux Models: Jordan Gregorini, Frank and Gene Chiarello, Zoltan Virag, and Bill Montague

And Lastly: Thank you to all of the volunteers and supporters who helped make this event such a success.

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



Upcoming Events



Alzheimer Society

IT'S BACK!

Last year over 300 Coffee Break® host locations made their Coffee Count and “brewed up” over \$49,000 which remained here to provide services to local people affected by Alzheimer’s disease. Our chapter of the Alzheimer Society has seen large increases in the number of families we have helped in the last several years, and we are very grateful for the support we receive from our community.

Coffee Break host locations continue to use creative ideas to “perk up” their events to keep the donations “pouring in”. There are many different variations to the traditional Coffee Break: dress down days, corporate matching programs, BBQs, adding other beverages, hosting a luncheon or breakfast, themed coffee breaks, bake sales, etc. The idea is to have fun while raising money to make a difference in the lives of people affected by Alzheimer’s disease.

Coffee Break day is on Thursday, September 15th, but you can choose any day in September if it is more convenient for you. Once again the Coffee Break Trophy is up for grabs and to be eligible your Coffee Break needs to be held anytime in the month of September.

Coffee Breaks can be held Anywhere! Anytime! To get you started we will deliver a Coffee Break kit to you with some promotional material, donation box, a package of coffee for your first pot of coffee, and information on how to host a Coffee Break.

If you would like to add meaning to your “daily grind” and are interested in hosting a Coffee Break please call the office at 705-942-2195.



Dessert and Coffee Combo

Please support participating restaurants that will be offering a unique special with a portion of the price being donated to the Alzheimer Society. Just look for our Coffee Break posters and tent cards.

Coffee Break Decals

Please visit the following locations that will be selling our Coffee Cup Decals in support of the Alzheimer Society in the month of September: Additionelle, Bulk Barn, Canadian Tire in SSM and Elliot Lake, Dinelle’s Country Market in Echo Bay, Food Basic’s- Pine Street, Pennington’s, Pino’s Get Fresh Foods, Subway, Lyle’s No Frills and Foodland in Elliot Lake

Forget-Me-Not Tea and Dessert

Join us at Collegiate Heights Retirement Residence on September 8th for the Forget- Me-Not Tea and Dessert from 2:30-4pm. Volunteers will be serving up Coffee, Tea and goodies. Admission is by donation at the door.

Luxurious Ladies Raffle

Thank you to the very generous donors of the prizes:

Bennardo Jewellers: 14K 2 tone ring

Mane Street Salon & Spa: Spa Package

and the following businesses who contributed to the restaurant package:

- Arturo Ristorante Italiano
- A Thymely Manner
- Fresco European Grill
- Gliss Resto Bar
- Gran Festa Italian Ristorante
- Panna Bar & Grill
- Solo Trattoria

Congratulations to Raffle Winners:

Diamond Ring - Elsie McPherson

Spa Day - Jean Taylor

Restaurant Certificates - Trevor Laforrest

Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

Contact Information

Sault Ste. Marie Office

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

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

