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#### Supported by:



**Ontario**

North East Local Health  
Integration Network

*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.*

### The Sault Ste. Marie Alzheimer's Cafe

The idea of an Alzheimer's Café in Sault Ste. Marie was born when a local caregiver, brought an article into the Alzheimer Society about a Café that was started in Antigonish, Nova Scotia. With a lot of excitement we brought the idea to the Adult Day Program who were also very enthusiastic about the idea and agreed to host the café at their location. A partnership was immediately formed to bring this project from a newspaper article to reality in Sault Ste. Marie.

Now, two years later, the Alzheimer's Café continues to be a wonderful place where 30 – 40 people with dementia, their family and friends can come together in a safe, welcoming environment for the purpose of emotional support, information, social interaction, fun and entertainment. The Alzheimer's Café takes place every second month in the evening and it is a real café; there is food and refreshments available, you can listen to music, get some interesting information, talk about some of the challenges of the disease as well as the joys and remaining abilities of the person with dementia. You can always find a listening ear or you can remain anonymous if that is what you would like to do.

Research has shown that Alzheimer's Cafés facilitate social inclusion, prevent isolation and improve the social and emotional well-being of people with dementia, their families and friends. What we have also noticed is that we have great fun. There are new friendships formed and the informal peer support and encouragement is invaluable.

Please contact Vicky or Cathie at the Alzheimer Society (705-942-2195) if you are interested in more information about the café or if you are considering coming out to join us at our next café!

### Seniors License Renewal Program

MTO to screen for cognitive ability as part of changes to the **Senior License Renewal Program**.

When someone is diagnosed with dementia, one of the concerns that families and caregivers will face is whether the car keys should be handed over. Although the disease can be slow and progressive, there will come a day when you will need to have "the talk", but don't wait until you renew your license.

As of April 21, 2014, drivers 80 years and older who wish to renew their license will be asked to complete two new assignments to help screen for cognitive ability. The 90-minute Senior License Renewal Program also includes a vision test, education session and a review of a driving record. After drivers have completed all components of the License Renewal process, they may be asked to take a road test or submit medical information from their doctor.

To learn more about the issue of driving and dementia, Primary Care providers are invited to visit the AKE Resource Centre and learning module. Individuals and families should contact their local Alzheimer Society and can download the driving and dementia tip sheet



# Education and Support Calendar

Type of Group	Location	Dates	Time	Target Audience
First Link Learning Series (Evening)	341 Trunk Rd. Sault Ste. Marie	Sept 30, Oct 7, Oct 14, Oct 21, Oct 28	7:00 - 8:30 p.m.	Persons with dementia and their caregivers
Living Well with Memory Loss Learning Series	341 Trunk Rd. Sault Ste. Marie	Every 2nd Wednesday of the Month	2:00 – 3:30 p.m.	Persons who are concerned about their memories
Caregiver Support Group (Evening)	341 Trunk Rd. Sault Ste. Marie	Every 2nd Monday of the Month, Sept-June	7:00 - 8:30 p.m.	Caregivers
Caregiver Support Group for Long-term Care	341 Trunk Rd. Sault Ste. Marie	TBA	TBA	Caregivers whose loved ones are living in Long-term Care
Caregiver Support Group (Afternoon)	99 Spine Road Elliot Lake	Every 3 <sup>rd</sup> Tuesday of the month	1:30 - 3:00 p.m.	Caregivers
Learning Series Early Stage Dementia	99 Spine Road Elliot Lake	October 9, 16, 24, 30, 2014	1:30 - 3:00 p.m.	Caregivers
Learning Series Middle Stage Dementia	99 Spine Road Elliot Lake	November 6, 13, 20, 27, 2014	1:30 - 3:00 p.m.	Caregivers
Learning Series Late Stage Dementia	99 Spine Road Elliot Lake	February 5, 12, 19, 26, 2015	1:30 - 3:00 p.m.	Caregivers
Validation Group	99 Spine Road Elliot Lake	September 4, 11, 18, 25, 2014	1:30 - 3:00 p.m.	Person with Dementia
Mild Memory Loss Support Group	99 Spine Road Elliot Lake	Every 4 <sup>th</sup> Wednesday of the month	1:30 - 3:00 p.m.	Persons who are concerned about their memories
Caregiver Support Group	Calvary Gospel Church, 55 Queen Street Blind River	TBA	TBA	Caregivers
First Link Learning Series	37 Broadway Ave. Wawa	TBA	TBA	Caregivers
Caregiver Support Group	37 Broadway Ave. Wawa	Every 2 <sup>nd</sup> Tuesday of the month	1:30-3:00 p.m.	Caregivers
Memory Loss Support Group	37 Broadway Ave. Wawa	Every 2 <sup>nd</sup> Wednesday of the month	1:30-3:00 p.m.	Persons who are concerned about their memories

## Yes, You Can Take a Vacation

Being a caregiver or a person with Alzheimer's doesn't mean you have to give up life's pleasures. You can still enjoy travelling with someone with Alzheimer's disease, it simply requires some planning in advance. Safety should be the number one priority when travelling. Wandering and increased anxiety may become more likely because you are leaving the familiar routine and environment. People with Alzheimer's disease often have difficulty with new environments; the new people, the changes in their routine, and the noise and fatigue involved in travel. Therefore, it is better to travel in the early stages of the disease as the person with dementia is less likely to become disoriented, agitated or distressed than if he/she would in the later stages. To make sure you have a safe and enjoyable trip remember the following:

**Stick to the familiar:** Travel to known destinations that involve as few changes as possible in your/their routine. This will help them from getting stressed or anxious.

**Make your needs known:** If you will be staying in a hotel inform the staff ahead of time of your specific needs so they can be prepared to assist you. You may want to order room service until the person with dementia feels comfortable.

**Think about travel time:** Travel during the time of day that is best for the person with dementia, usually in the morning.

**Create a travel kit:** Pack copies of important documents such as current medications and dosages, travel itinerary, a recent picture of the person with dementia. Important documents should include emergency contact information, phone numbers, doctors contact information and a list of food and drug allergies.

**Have identification:** Have the person with dementia wear identification indicating that they have Alzheimer's, such as the Safely Home bracelet offered by Medic Alert Safely Home® Program.

Therefore, with some planning to guarantee safety and enjoyment for everyone, a trip with the person with dementia can be a great idea.

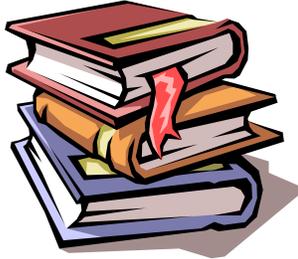


# Resource Centre Acquisitions

## Books

### **Connecting the Dots**

London, Judith L. PH.D (2009). If you have a loved one in the middle or late stages of Alzheimer's disease, you know how frustrating and difficult it can be to communicate.



But it's not impossible to maintain a real relationship with your friend or family member, even as his or her Alzheimer's advances. Learn how to "connect the dots" of scattered information offered by people with Alzheimer's so that loved ones can understand the depth of feeling still present in them.

**Support for Alzheimer's and Dementia Caregivers: The Unsung Heroes** London, Judith L. PH.D. (2013). Almost everyone knows someone who is dealing with the issue of dementia and how lonely it can be. In Alzheimer's itself, there are over 15 million unpaid caregivers, and millions more working in the field. The Unsung Heroes provides support and insight for relatives, friends and professionals as they face the challenges of coping with dementia. Dr. London offers comfort and sustenance by presenting stories that caregivers typically face, and how it impacts their lives.

**Surviving Alzheimer's.** Spencer Scott, Paula. (2013). Practical tips and soul-saving wisdom for caregivers. A first aid kit for stressed families. An exceptional handbook.

### **Strengthen Your Mind Volume One.**

Einberger, K & Sellick, J. (2010). Activities for people concerned about early memory loss. A collection of short, one-page worksheets will enhance brain functioning and sharpen memory skills.

**Senior Smart Puzzles Book 2.** McLean, L. (2014). A fun variety of picture puzzles illustrated with scenes from 1940's to 1950's. Adult oriented not childlike. Designed especially for seniors, ideal for stimulating thought, conversation, and memories.

## Books

### **Chicken Soup for the Soul. Living with**

**Alzheimer's & Other Dementias.** Newmark, A. & Timashenda Geiger, A. (2014).

101 Stories of caregiving, coping and compassion.

### **Mediterranean Diet Cookbook for Dummies.**

Raffetto, M. RD & Peterson, W. MS RD (2012).

Improve your health, lose weight, and prevent and fight disease. The Mediterranean Diet is endorsed by the Alzheimer Society.

### **Emotional Choice Caregivers Surviving Alzheimer's Disease.** Fowler Everett, A. (2005).

Ann guides caregivers through emotional choices and things they were never told about Alzheimer's.

## DVD's

### **Lewy Body Dementia— What Everyone Needs to Know.** (2013) A Teepa Snow

Presentation. Lewy Body Dementia (LBD), the second most prevalent form of dementia, is regularly misdiagnosed and particularly challenging for caregivers and patients alike. Knowing about LBD-Specific medication interactions is critical to best protect your loved one or patient, and solutions for behavioural challenges will help you increase mutual understanding..

### **You're Looking At Me Like I Live Here And I Don't.** (2012).

The first documentary filmed in an Alzheimer's Unit. In Danville, California, Lee Gorewitz wanders on a personal odyssey through her Alzheimer's & Dementia care unit. From the moment she wakes up, Lee is on a quest— for reminders of her past, and her identity. A total immersion into the fragmented day to day experience of dementia. Here is one extraordinary woman who will not let us forget her, even as she struggles to remember herself.



# Day-to-Day Information

## Family Support

### Don't Miss the Train!

*"Happiness is not a station you arrive at, but a manner of traveling."*

~ Mark Victor Hansen

Being a caregiver for a loved one that has Alzheimer's disease or a related dementia can add even more strain to our day: coping with the changes in the person with dementia, taking on new roles, learning more about dementia and its management, making and managing to get to appointments all while trying to maintain some kind of routine for your loved one. As we go about daily routine managing each new crisis as it arises we can find ourselves on auto-pilot focusing on the mundane rather than focusing on the good and positive things in our lives and enjoying each day to the fullest. Laughter can be a powerful tool for keeping joy and happiness in our lives.

Following are some tips to help us keep laughter in our lives:

We can start enjoying our chores. We can create an atmosphere that lifts our spirits while we work – put on some music, listen to a radio comedy show, light some scented candles, focus on the good exercise we're getting.

We can smile even if we're feeling blue – "we can fake it till we make it!" This is proven to work.

We can set time aside for comedy in our lives. Watch a funny movie, a sit-com, a stand up comedian or read a funny book. These can all lift our mood.

We can reminisce with family and friends about happy memories and funny stories. Make some popcorn and put on some old home movies or look through some old pictures.

We need to get adequate sleep, nutrition and fluids. Taking care of ourselves is not selfish.

We can try reframing – shifting our way of thinking allows us to look at a situation in a different way. "We're not lost, we're exploring a new neighborhood right now and then we'll find our way to the store."

We can be playful or act like a kid again. What did we do as children that we enjoyed so much? Have a picnic, visit a park, go swimming, go to a festival?

We can "pay it forward". Make someone's day! Send them a card in the mail, give them flowers, share some muffins you've baked, compliment them, or tell them that you value them.

Laugh out loud! Don't be shy. What feels better than a good, hearty belly laugh?

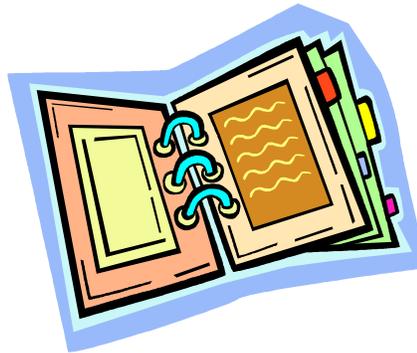
Meet new people. This keeps our lives interesting. New friends can bring new experiences, new interests and new memories. Keep up with old friends too.

Don't miss out! Take action today by looking for that humor attitude, cultivate and use your sense of humor regularly. Ensure that laughter, happiness and joy are a part of your travels each and every day.

## Recreation & Activation

### Individualizing Activities

Recreation therapy utilizes a wide range of interventions and techniques to improve the physical, cognitive, emotional, social and leisure needs of the person with dementia. A recreation therapist works with the client, their family members, and others significant to the improvement of their health conditions. Recreational activities should meet not only the interests of the individual but, also the person's specific needs for movement, stimulation, relaxation, and social experiences.



Retained awareness allows people with dementia the opportunity to share their perspectives and, in some ways, to help determine their own recreational activities. It is important to realize

that not all activities are suitable for everyone and that what one person may like another may not. When setting up activities for dementia patients, it is important to keep in mind their likes and dislikes and provide a stigma-free normalized recreational experience. What held their interest in younger years? What hobbies and talents did they spend time with? Find age-appropriate variations of child-level activities that speak to the individual person. Did the person enjoy golf or cooking? Was he or she an artist or a singer? Try to incorporate these interests when developing activities. Add environmental touches such as soft background music that the person might enjoy or sitting outside on a nice day while involved in an activity. With the warmer weather finally upon us, why not go for a walk in the neighbourhood or to the park to feed the ducks.

For more activity ideas visit [www.ehow.com](http://www.ehow.com) and search activity ideas for dementia clients.



# Fundraising and Volunteer News

## Walk for Memories

**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 \$41,000 was raised.

Many thanks to our sponsors:

**Provincial Sponsors:**

We Care, KPMG,

**Local Sponsors:**

**Titanium (SSM):** Agero

**Platinum (SSM):** Oldies 93

**Platinum (Elliot Lake):** 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, Hess Jewelers, Lock City Monuments, Mike Moore Construction Ltd., Mio's Furniture Fashions, North Star Travel & Tours, PUC Services Inc., 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.

**Gold (Elliot Lake):** C&R Home Improvement

**Bronze (Elliot Lake):** Cameco Corporation, Car-meuse Lime, Milltown Motors

Congratulations to the top pledge earners and teams:

**Individuals:** Lou Turco (SSM) - \$1580.0, and Karen Dichuk (Elliot Lake) - \$900.00

**Teams:** RBC (SSM) - \$5,440 (which includes a very generous donation from RBC foundation)

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 2014 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 extremely cold weather this past 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, Graham Clark  
**Algoma District:** Carolyn Grant



# Fundraising & Volunteer News

## Luxurious Ladies Raffle

Thank you to everyone that sold raffle tickets, and offered their high traffic locations for volunteers to sell tickets from.

### 1<sup>st</sup> Prize:

Ladies 10K Yellow Gold Citrine Ring provided by Bennardo Jewellers. **Total Prize Value: \$1,130.00**  
**Winner—Morgan Levy**

**2<sup>nd</sup> Prize:** Provided by Hollywood Limousine and the following participating restaurants:

- Embers Grill & Smokehouse
- Antico Ristorante
- Arturo's Ristorante Italiano
- Gliss Resto Bar
- Fresco European Grill
- Aurora's Westside
- The Iron Club
- Barsanti's Restaurant
- Docks Riverfront Grill
- Solo Trattoria

**Total Prize Value: \$1,086.32**

**Winner—Shruti Ravi**

### 3<sup>rd</sup> Prize:

Wellness Spa Package provided by Identity Salon & Spa. **Total Prize Value: \$500.00**

**Winner—Marigie Cooper**

## 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 60 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

Thank you to Tim Murphy who kept everyone laughing with his debut performance as Captain Seagull, and to Shaylan Spurway and Ryan Byrne who did an excellent job as M.C.'s for the evening and kept the event flowing. An extra special thank you to Ryan for donating his services with Ace Productions to do the sound for the evening, and to Trevor Fielder for his assistance with the decorating.



Grand Gardens provided a delicious dinner and the room looked wonderful. Thank you to our wonderful volunteers who assisted getting things ready.

We want to acknowledge the major sponsorship of the Grand Gardens North, and 100.5 KISS FM/104.3 Country, our Gold Sponsors—Candy Bouquet and H.R. Lash, our Pearl Sponsor — Prouse Motors, Curves, Shaylan Spurway Photography, Ace Productions and our Crystal Sponsors—Jories, Community First and New North Greenhouses.



Coffee Break has grown from a traditional Coffee Break to host locations adding their creative touches such a dress down days, corporate matching programs,

BBQ's, 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 in on Thursday, September 18th, but you can choose any day in September you wish. Once again the Coffee Break Trophy is up for grabs, 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

### Forget-Me-Not-Tea & Dessert—

Collegiate Heights Retirement Residence will be hosting the tea on September 11th, 2014 from 2:30 – 4:00 p.m.



# Volunteer Appreciation

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 volunteers, we would not be able to provide the much needed support and services to people affected by Alzheimer's disease. Thank you to MC Graham Clark, our guest speaker Carol Gunn and to local merchants who donated prizes for volunteers.

Congratulations to the following volunteers:

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

Ontario Volunteer Service Awards:

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

## Sponsor Profile: Titanium Sponsor of the 2014 Walk for Memories



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 is North America's leading provider of Roadside assistance and Claims Management.*



Find us at  
475 Pim Street or call  
705-946-8242  
[www.agero.com](http://www.agero.com)

# Alzheimer Society

SAULT STE. MARIE & ALGOMA DISTRICT

## Contact Information

### Sault Ste. Marie Office

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

### East Algoma Satellite Office

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

### North Algoma Satellite Office

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

General Email:

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

Website:

[www.alzheimer.ca/algoma](http://www.alzheimer.ca/algoma)

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 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

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