



In This Issue:

Education and Support
Calendar...P. 2

Resource Centre
Acquisitions...P. 3

Day-to-Day
Information...P. 4

Fundraising and
Volunteer News...
P. 5 & 6

Other Information...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.

Newsletter

Dementia Friends Canada

Dementia Friends Canada is a national awareness and public engagement initiative. The aim is to create a more aware and informed Canadian population to dispel myths and reduce stigma about dementia.

Health Canada is looking for your help in supporting a growing population of people with dementia.

Federal Health Minister Rona Ambrose says the number of Canadians with dementia will double in the coming years.

The Alzheimer Society of Sault Ste. Marie & Algoma District, alongside other provincial and local Alzheimer Societies across the country, are seeking one million Dementia Friends.

What is a Dementia Friend?

A Dementia Friend is someone who learns a little bit more about what it's like to live with dementia and then turns that understanding into simple actions that can help people with dementia live well.

Registering to become a Dementia Friend is easy and means joining a growing movement of individuals and workplaces who are increasing awareness and creating positive change.

To become a Dementia Friend, community members can visit the Dementia Friends website (dementiafriends.ca), watch a short video featuring veteran Canadian actor Eric Peterson (Corner Gas, Street Legal), register and commit to an action. The website features other resources and ways to "friendraise" through social media.

Three out of four Canadians know someone with dementia - a neighbour, a friend, a co-worker or a family member. Even if they don't know someone, they soon will. The number of Canadians with dementia is expected to double to 1.4 million in less than 20 years.

Age continues to be a primary risk factor for dementia. The causes of dementia are not fully known, effective treatments are lacking and there is still no cure. *Dementia Friends* kicked off in Edmonton on June 5 at a press conference held by Federal Health Minister Rona Ambrose and the Alzheimer Society.

To become a Dementia Friend, visit www.dementiafriends.ca or visit our local website at www.alzheimer.ca/algoma.

Mark your calendars for the Alzheimer Society's annual education conference to be held on **Thursday March 24, 2016** at the Northern Grand Gardens. As one of America's leading educators on dementia, **Teepa Snow's** philosophy is reflective of her education, work experience, available medical research, and first hand caregiving interactions. Working as a Registered Occupational Therapist for over 30 years her wealth of experience has led her to develop Positive Approach™ to Care techniques and training models that now are used by families and professionals working or living with dementia or other brain changes throughout the world. Teepa is an advocate for those living with dementia and has made it her personal mission to help families and professionals better understand how it feels to be living with dementia. **Look for more information about Registration in the Fall 2015. Space will be limited!**



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 Sept-June	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	TBA	1:30 - 3:00 p.m.	Caregivers
Learning Series Early State Dementia	99 Spine Road Elliot Lake	TBA	1:30 - 3:00 p.m.	Caregivers
Learning Series Middle State Dementia	99 Spine Road Elliot Lake	TBA	1:30 - 3:00 p.m.	Caregivers
Learning Series Late State Dementia	99 Spine Road Elliot Lake	TBA	1:30 - 3:00 p.m.	Caregivers
Mild Memory Loss Support Group	99 Spine Road Elliot Lake	TBA	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 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

Care for the Caregiver

Alzheimer’s robs so much from the person who has it and from those who love and care for him or her. Keeping journals is one small way of responding. Write down all the good things you want to remember – some may be funny, some painful, some totally new information to other members of the family. In a separate journal write about the problems, losses, challenges, the anger and the triumphs of the care giving journey. This may help maintain your perspective and sense of control. Families report that these journals become treasures later.

Go to support groups where others in the same boat have good ideas. Laugh. Get real breaks by actually getting away for a while. Think of your body as a machine and make a special effort to take care of it. It’s not unlike taking care of your car. How far would you get without gas or water in your car? Eat regular meals for the energy you need. Sleep to repair the wear and tear of the day. Exercise regularly – this is a great way to build strength and work off anger. Finally, learn to accept things that you cannot change. Learn how to triumph, even in small ways, despite what you can’t change. You won’t get far with a flat tire!



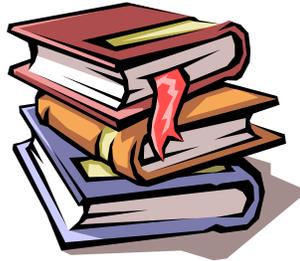
Resource Centre Acquisitions

Books

Relentless Goodbye: Grief and Love In The Shadow of Dementia

Horst Birkholder, G. (2012).

The author shares about caring for a spouse who is slowly slipping away to Lewy Body dementia. She reveals how she handles the constant challenges through humour, love, commitment and faith without glossing over the loss or pain.



Healing Your Grieving Heart When Someone You Care About Has Alzheimer's

Wolfelt, A. & Duvall, K. (2011).

This practical, compassionate guide will help you learn to acknowledge and express your grief even as you live each day with meaning and purpose. It also offers suggestions for spending time with the person who is ill.

Ambiguous Loss: Learning to Live with Unresolved Grief

Boss, P. (1999).

An original and humane account of the ravages of uncertainty faced when we lose a loved one through divorce, adoption, addiction, mental illness or Alzheimer's. Strategies suggested to help cushion the pain of those who cope with ambiguous loss.

The Long Hello

Borrie, C. (2015).

A personal story, from a nurse caring for her mother, reveals how care giving can provide, against the difficulties of illness and suffering, and opportunity for joy, and humour as well.

The Geography of Memory

Murray Walker, J. (2013).

An extraordinarily wise, witty and quietly wrenching tale of the author's mother's long passage into dementia, exploring parental love, profound grief, and the unexpected consolation of memory. A window into unexpected joy and humour as well.

Books

The Brains Way of Healing.

Doide, N. (2015).

This book is about the discovery that the human brain has its own unique way of healing, and that when it is understood, many brain problems thought to be incurable and irreversible can be improved or cured.

Alzheimer's: Reduce Your Risk and Revitalise.

Hatzikalminios, C. (2014). 107 Simple Solutions, Warning Signs, When to see your Doctor.

Dementia Caregiver Guide.

Snow, T. (2012) Teepa Snow's Positive Approach techniques for caregiving for Alzheimer's and other forms of Dementia.

DVD's

Memories in Song (2014)

Teepa Snow shares facts and insights about the journey of dementia and how to use music effectively to benefit a changing brain. CD of 16 songs and DVD

Alive Inside (2014)

Alive Inside is a joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of humanity.

Please remember to visit our website

www.alzheimer.ca/algoma

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



Day-to-Day Information

Family Support

Apathy in Dementia

Apathy

Apathy is a very common and significant challenge in persons with dementia. It is quite prevalent in Alzheimer's disease and even more prevalent in Frontotemporal dementia.

So, What is Apathy?

Apathy is a lack of interest, concern and motivation. It is a state of indifference. An apathetic individual has an absence of interest in or concern about emotional, social, spiritual, philosophical and/or physical life. Simply put, they won't be curious about the world around them.

Three Types of Apathy in Dementia

Affective Apathy: This type of apathy involves a lack of emotions, the appearance of indifference and the absence of empathy. The person may appear not to care about others or seem to have a lack of warmth.

Behavioural Apathy: Apathy in behaviours includes physical inactivity and tasks left uncompleted. The person may not be motivated to carry out activity nor engage with those around them. They may not initiate an activity like going for a walk, or making a cup of coffee and they may not do tasks such as housekeeping, cooking and laundry. Even though the person is physically able to do these tasks they may lack the "get up and go" to do them.

Cognitive Apathy: Cognitive apathy includes the lack of initiating speech and an absence of interest in what is occurring around them. The person might need prompting in conversation and may require another person to help them initiate an activity.

Is it Apathy or Depression?

Apathy and depression can present with similar symptoms like lack of motivation, social withdrawal and a decreased ability to initiate activities. So how do we tell them apart? Apathy can be distinguished from depression on the basis of dysphoria. Dysphoria occurs in depression and it is a feeling of non-wellness, a general mood of sadness, hopelessness or other mood disturbances. Generally, if a caregiver can activate a person with dementia to participate in activities one may have apathy. If a caregiver is unable to activate a person with dementia depression may be present.

How can we Help a Person that is Experiencing Apathy?

We can help a person with apathy, starting by providing a fairly quiet environment without competing background noise and then offering a single straightforward

activity.

Involve them in meaningful activities that are of interest to them. Start the activity along with them taking a few minutes to chat with the person. Social interaction combats loneliness and boredom. Music is another activity that can be stimulating for the brain and satisfy emotional needs. Research the person's favourite type of music and find songs they loved from the past and play these for them. These are a few keys to decreasing apathy and increasing the person's quality of life.

Although non-drug approaches are generally preferred, research has shown some benefit from acetylcholinesterase inhibitors like Aricept, Reminyl and Exelon for improving apathy in dementia.

Recreation & Activation

The Power of Music

Music is an extremely powerful thing that affects all of us with its motivation and inspiration. A certain song can bring us back to a special place in time, bringing with it memories and emotions. Alzheimer's disease and related dementia's can be a very scary thing to experience. It can make someone feel lost, anxious, confused and even angry. Music, when used as a therapy, can help ease those feelings. Trends emerging from research show that music exposure – whether through casual listening or more formalized music therapy – can help reduce the incidences of responsive behaviours and generally calm a person. In fact, studies have been done that suggest music can also help people with dementia retain new information, which is an extremely powerful thing.

Music can also help Alzheimer's patients remember such things as medication and mealtimes, which may help maintain their independence. Music helps individuals reconnect with the world and find something that resonates with them in a world that is confusing and strange. They may not be able to recall detailed events from the past but, music can stimulate their brain to help them remember emotions and memories from long ago. This applies not only to seniors with memory difficulties but many seniors who move into long-term or assisted care facilities who can feel lonely and frightened and music can have a positive impact on this as well. Because everyone can benefit from a bit more music in their lives!

(Seniors Care Canada Second Quarter 2014)

"Music, at its essence, is what gives us memories. And the longer a song has existed in our lives, the more memories we have of it" - Stevie Wonder



Fundraising and Volunteer News

Walk for Alzheimer's



WALK FOR ALZHEIMER'S MAKE MEMORIES MATTER™

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

Marie and Elliot Lake. Between the two walks, almost \$50,000 was raised. At January's walk we introduced the new branding for the national-walk.

'Walk for Alzheimer's Make Memories Matter'.

Many thanks to our sponsors:

Provincial Sponsors:

KPMG

Local Sponsors:

Titanium (SSM): Agero

Platinum (SSM): Oldies 93

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

Silver (SSM): The Athlete's Foot, KPMG, Allstate Insurance, Tulloch Engineering, The Country Way, Fairview Bus Lines Ltd.

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

Elliot Lake

Platinum (Elliot Lake): 94.1 Moose FM

Silver (Elliot Lake): C&R Home Improvement, ELNOS

Bronze (Elliot Lake): Cameco Corporation, Denison Environmental Services, Elliot Lake Funeral Chapel & Cremation Centre, Milltown Motors

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 2015 Walk for Alzheimer's



NORTHWOOD FUNERAL HOME
CREMATION & RECEPTION CENTRE

Brookfield



Great Lakes Power Transmission



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: Graham Clark

Algoma District: Anna Hamilton



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.

1st Prize:

Escape and Explore Travel Voucher, partially provided by North Star Travel and Tours

Total Prize Value \$4,000.00

Winner— Terri Chiarello

2nd Prize:

10K White Gold Ladies Genuine Amethyst Ring Provided by Bennardo Jewellers

Total Prize Value \$1,100.00

Winner- Linda Christianson

3rd Prize:

Dinner Extravaganza

Provided by the following participating restaurants:

- Embers Grill & Smokehouse
- Antico Ristorante
- Arturo's Ristorante Italiano
- Gliss Steak & Seafood
- Fresco European Grill
- Aurora's Westside
- The Iron Club
- View Restaurant + Bar
- Waterfront Legend
- Solo Trattoria
- North 82 Steak & Beverage Co.
- Giovanni's Italian Restaurant

Total Prize Value: \$594.85

Winner—Karen McAndrew

4th Prize:

Wellness Spa Package donated by Identity Salon & Day Spa & OC Hair & Body Care Co.

Spa Facial, Manicure, Pedicure, Hot Stone Massage, Mens' Barber cut, and OC Body and Bath Care.

Total Prize Value: \$561.61

Winner—Tania Baxter

Ladies' Night Out

A night of Dinner & Entertainment was held at Grand Gardens North on Thursday May 28.

Thank you to Booker D Stage Hypnotist who kept everyone laughing, and to Tessa Pino who did an excellent job as M.C. for the evening and kept the event flowing.

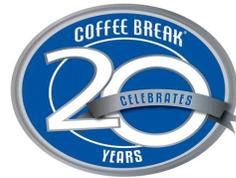
Grand Gardens provided a delicious dinner and the room looked wonderful. Thank you to our wonderful volunteers who assisted getting things ready.



We want to acknowledge the major sponsorship of the Grand Gardens North, and 100.5 KISS FM / 104.3 Country, and Sponsors H.R. Lash, Hollywood Limousine, McDougall Energy, Curves, Shaylan Spurway Photography, OC Hair and Body Care Co. Identity Salon & Spa, Park Grille, Jories, Community First, and New North Greenhouses,

Coffee Break® Celebrating it's 20th Year!

Last year over 400 Coffee Break® host locations made their Coffee Count and “brewed up” over \$70,000 which remain here to provide programs and services to local people affected by Alzheimer’s disease.



Coffee Break supporters continue to use creative idea's to “perk up” their events to keep the donations “pouring in”. 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.

The official Coffee Break day is on Thursday, September 17th, but you can choose any day or days that work for you. 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 materials, a 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



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 Jamie Wight and to local merchants who donated prizes for volunteers. Along with honouring all volunteers, tribute was paid to all of the Volunteer Visitors.

Years of service awards were presented to volunteers for their dedicated service. Congratulations to the following volunteers:

5 Years: Rose Marie Edgar, Ted Kobinski, Valerie Lepore, Robert McWilliam, Jodi Nastor

10 years: Maureen Brown, Susan Desrosiers, Paul Grisdale, Mary Rossiter

15 years: Vern Darby, Dutch VanDenzen

20 Years: Dennis Conlin

Sponsor Profile: Titanium Sponsor of the 2015 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



475 Pim Street • 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

Website:

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: _____

Email: _____

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

Susan McLean, President
Graham Clark, Past President
Barry Sullivan, Vice President
Helen Christenson, Treasurer
Jackie McAndrew, Secretary
Nancy Komsa, Director
David Baskcomb, Director
Rene Mader, Director
Judith Gough, Director
Deborah Burns, Director

Staff

Terry Caporossi, Executive Director
Monica Ruzyski, Bookkeeper
Sharen Buchan, Administrative Assistant
Bea Fioramanti, Resource Development Coordinator
Vicky Roy, First Link Coordinator, SSM
Cathie Randell, First Link Coordinator, SSM
Heather Grant, Recreation Therapist
Stacey Shiels, Recreation Therapist
Helga Moore, Behaviour Support Facilitator
Janice Seppala, Education Coordinator
Christy Reid, First Link Coordinator, North Algoma
Tanya Ekomiak, First Link Coordinator, East Algoma
Wende Diemer, Community Outreach Coordinator, East Algoma
Debby Sorokopud, Minds in Motion Coordinator

In order to help us defray rising postage costs, please consider joining our electronic mailing list. Options are to send an email to sharenbuchan@alzheimeralgoma.org or include your email address on your membership form.