

Société Alzheimer Society

CHATHAM - KENT

NEWSLETTER

Summer 2015

Volume VI Issue 2

Mission Statement

To improve the quality of life of people affected by Alzheimer's disease or related dementias through superior programs and research.



Upcoming Learning Series Course

Options for Care

Topics Include:

Where to turn when care needs are increasing.
Long Term Care - how the system works.
Coping with changes.

Location :

To be determined -
Please call for details.

**Dates: October 1st &
October 8th
9:30am—12:00pm**

**Please call 519-352-1043
to register**

Dementia Friends Canada is here – join the movement!

Almost every Canadian knows someone living with dementia. People with dementia often feel excluded or treated differently and are more likely to become socially isolated. Stereotypes or misinformation can intimidate friends and family. 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. The program focuses on individuals and workplaces, providing the opportunity for people from all walks of life to sign up as a Dementia Friend

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.

Help shine light on dementia and support people in your community by becoming a Dementia Friend.
www.dementiafriends.ca



Good News!

During a recent yard sale these boys decided to sell cupcakes to bring awareness about Alzheimer's disease and to raise money to donate. They were proud to present us with \$150 and we were so pleased to see young people volunteering for us.

Pictured are: (Left) Zachary Bowes, (middle) Tyler Holmes, (right) Brody Holmes



Coffee Break® - Take Part!



Taking a break? Make it a Coffee Break®

Hosting a Coffee Break® can be as simple as brewing a pot of coffee at home or at work and inviting friends, family, or colleagues to enjoy a cup. It's a fun, social event that is easy to do and can take place anytime, anywhere!

By hosting a Coffee Break® you help us raise much-needed funds to continue to help those living with Alzheimer's disease or related dementias right here in Chatham-Kent.
Don't delay, sign up to host a Coffee Break® - call the office 519-352-1043.

Special thanks to the following hosts:

Tilbury Manor recreation department and their Family Council is hosting a Coffee Break® on Friday, September 11 from 10am to 1pm.

At Meadow Park, they will be baking "Cookies for Memories". Orders can be picked up from October 5th to 7th.

Other hosts are still firming up their plans and will be posted on our web site.

Order a Coffee Break Kit and have it delivered to your door on September 24, 2015.

You will receive a 12 cup package of Ready to Brew coffee with cups, sugar, creamer, stir sticks & napkins. Included is your choice of cookies, cakes, muffins, or tarts baked fresh from Maple City Bakery, Chatham. What an excellent treat for your office or morning coffee gathering.

Or, watch for our displays at local retailers throughout the month of September and purchase a coffee cup "Cut Out" to help us provide the services that are needed by the almost 2000 persons affected by Alzheimer's or a related dementia in the Chatham-Kent area.

Visit the Bulk Barn from September 4 - 21 to make a donation.

Stop at any branch of RBC in Chatham-Kent or at Park's Blueberries to purchase a Forget Me Not Flower pin to wear.

Check our web site for more information www.alzheimer.ca/chathamkent or call the office at 519-352-1043.

More Good News!



On Saturday, August 1, 2015 the band Tom Foolry held a reunion at the Florence Community Centre. They asked those in attendance to make a donation to the Alzheimer Society of Chatham-Kent or Chatham-Kent Hospice.

Members of the band are:
Dan Maure, Mark Lampman, Steve Orr, Ian Wilmore, Jon Neutons and Michael Neutons.

In this photo Mary Ellen Parker, CEO is receiving the donations of \$725 from band members Dan Maure and Mark Lampman.

We are grateful to the band members and to all of the donors for recognizing the need in Chatham-Kent.



iPods for Memories

Music and memory are deeply linked. In particular, music that has significant personal meaning enables persons with Alzheimer's disease and related dementias to reconnect to the world through music-triggered memories. Mounting evidence suggests that personalized music calms anxiety, triggers lost memories and stimulates communication.

Donate an iPod

The Alzheimer Society of Chatham-Kent is graciously accepting donations of new or gently used iPods and iTunes gift cards for our *iPods for Memories* program.

Organize an iPod Drive

Would you like to organize an iPod drive at your school, workplace or community group? If so, we would love to hear from you!

For further information, please contact Corinne Cazabon, Social Worker, at the Alzheimer Society of Chatham-Kent at (519)352-1043 or ccazabon@alzheimerschathamkent.ca

Bereavement Support

If you have experienced the death of a loved one, you may be finding it difficult to adjust to the vast changes happening in your life. The loss of someone who had Alzheimer's disease or a related dementia can be a different journey for caregivers who may have already been grieving before the person passed on. Bereavement is the time we spend adjusting to loss, and everyone grieves in their own way and in their own time. Short-term bereavement support is available for caregivers who are grieving the recent loss of a loved one. A social worker will meet with the caregiver for support and provide information about longer-term supports available in the community. Please call 519-352-1043 for more information.

Thank You! Thank You!

Walkers, supporters and staff from the Alzheimer Society of Chatham-Kent came together on March 7, 2015 to celebrate and remember those affected by Alzheimer Disease and related dementias. This was our most successful Walk ever! Over \$12,000 was raised in total to support local programs and services.

2015
**WALK
FOR
MEMORIES**



The top team was the Kemp Family who raised \$1731. Top individual fund raiser was Joyce Vidler who raised \$1650. There were 17 local sponsors who donated \$3100. There were 8 teams and over 50 participants who collected donations from 430 individuals. Our Society was so pleased by the outpouring of support.

This is a photo of the team from RBC. Each member of the team found sponsors and in addition, the corporate RBC contributed \$1000 as a Team Action Grant. When we all work together great things can happen!

Welcome to These New Employees



It is with great pleasure that we announce the addition of a new **Social Worker** to our Staff. Through the support of the ESC LHIN, **Cheryl Vanderveen**, BSW, began her work here on August 24, 2014. Cheryl brings with her great experience through working at Alzheimer Outreach Services of McCormick Home in London. Cheryl is very excited to be working for us.

We are looking forward to having Cheryl assist us in further meeting the needs of those affected by dementia and as the need increases every year.



The Alzheimer Society of Chatham-Kent is pleased to announce that **Krista Schneider** has accepted the position of **ESC BSO Regional Coordinator**. Krista brings with her a Bachelors in Sociology as well as a 3-year Diploma from the Toronto Art Therapy Institute. She has been working in the mental health environment for over ten years most recently at the Addiction Services of Thames Valley. She also provided art therapy through the Alzheimer Society of Elgin-St. Thomas and Elgin County Long-Term Care Facilities.

Krista is passionate about creating change in how we support those experiencing dementia and their caregivers and looks forward to being an integral part of the BSO team.

Development of an Ontario Dementia Strategy

The Alzheimer Society of Ontario is advocating for the development of an Ontario Dementia Strategy with direct input from people with dementia and care partners. Meeting with local MPP's, they have discussed dementia's impact in their communities and reinforced the idea that people can live well with dementia with proper community support.

Roundtable sessions are being planned across the province starting in early September to begin the discussion on dementia care in Ontario across the continuum. Working groups will be established that will work on specific topics related to the strategy. The working groups proposed are:

- o Healthy brain/risk reduction
- o Early diagnosis
- o Middle stage dementia
- o Late stage dementia
- o Research

You can be involved!

To support the development of an Ontario Dementia Strategy, the Alzheimer Society of Ontario is looking to connect with people who have direct experience with dementia. Do you have a diagnosis of dementia or provide care to someone with a diagnosis of dementia? If so and you would you like to be involved in shaping government policy in this area, please email speakout@alzheimeront.org. Involvement can be tailored to your ability and time available.

Soci t  Alzheimer Society
CHATHAM-KENT

36 Memory Lane
Chatham, ON N7L 5M8

Phone: 519.352.1043

Fax: 519.352.3680

info@alzheimerchathamkent.ca
www.alzheimer.ca/chathamkent

Supported by:

