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## "Driving and Dementia"

An Educational Forum for Professionals and Families



**October 20, 2011**  
**6:30 p.m. – 8:30 p.m.**  
**(Doors open at 6:00 p.m.)**

**Active Lifestyles Centre**  
**20 Merritt Ave.**  
**Chatham, Ontario**

### Panel of Speakers include:

**Dr. Jennie L. Wells**  
**DriveABLE Program**  
**Chatham-Kent Police Services**

**Cost: \$5.00 (light refreshments provided)**  
**For more information or to register,**  
**please contact (519) 352-1043**



Chatham-Kent  
Dementia  
Network

Société Alzheimer Society  
CHATHAM - KENT

### MISSION STATEMENT

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

### Supported by:



Ontario  
Erie St. Clair Local Health  
Integration Network



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### SPECIAL POINTS OF INTEREST:

- Coffee Break
- Upcoming Events
- Book Review

## Getting The Most From A Visit To Your Doctor



Good communication between the doctor, the person with dementia and their caregiver is very crucial. It is important that the person with dementia and their caregiver form a positive, long-term relationship with their doctor. Overtime, as the needs of the person with dementia and their care provider change, regular visits to the doctor will help in getting the best care possible.

When a visit is short, it may be difficult to think of all the things you want to ask or to take in complicated medical information. Here are some ideas that could make your next visit to the doctor easier:

### Preparing for your visit:

- Choose a time of day when you will be well rested and at ease for your visit.
- Take along a list of the prescribed and over the counter medications that the person is taking.
- Note any personal and family medical history that may be important.
- Make a list of symptoms, when they began and whether they have changed over time. Note the things that make the symptoms better or worse.
- Ask a family member or friend to go with you for emotional support.
- Decide the three most important questions you want to ask the doctor.
- Consider asking for a longer appointment if you have many urgent matters to discuss.
- Ask your most important questions early in the visit. The doctor will let you know if all of your questions can be answered or if there is a need for follow-up.
- Give the doctor specific examples of things that concern you. For example: "My spouse got lost on his/her way home from the store last week."
- Answer the doctor's questions honestly and to the best of your ability.
- Take notes to help you remember what is said.
- Ask the doctor to explain tests that may be planned.
- Ask the doctor to explain all the treatment options

available, both those involving medication and those related to providing day to day care.

- Repeat what you think the doctor said in your own words. This lets you check your understanding of the information provided.
- Schedule your next visit before leaving the doctor's office.

### When you get home:

- Review the notes from the visit on your own.
- Keep a journal. Write down things that you are learning, further questions for the doctor and changes you are observing in the person with memory loss. If the person is taking medications, record any reactions. Take this journal to each doctor visit.
- Consider talking to family and friends about health care decisions you are making.
- Request a second opinion if it would make you feel more comfortable.

*Getting the Most from a Visit to Your Doctor*, The Alzheimer Society of Manitoba, September 2006.

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## Book Review - The 36-Hour Day

### The 36 - Hour Day. A Family Guide to Caring for People with Alzheimer Disease, Other Dementias, and Memory Loss in Later Life

Nancy L. Mace, M.A.

Peter V. Rabins, M.D.,

M.P.H.

Cooks have cookbooks, truck drivers have maps, priests and ministers have the bible. What do individuals affected by Alzheimer's disease or related dementias have? The 36-Hour Day.

The 36-Hour Day is a great book for anyone to read, whether you know someone with dementia or not. It is very informative and helps you understand what the person with dementia is going through as well as their caretakers, family, and friends. The book has many helpful insights as well as background information about dementia to help the reader fully understand what is happening to your family member as well as what can happen during the illness.

The book is designed to help family members, caregivers, and friends know what adjustments they may have to make to their lives. As well as giving real life examples of how to deal with behavioural symptoms and all of the changes that they may face along the way.

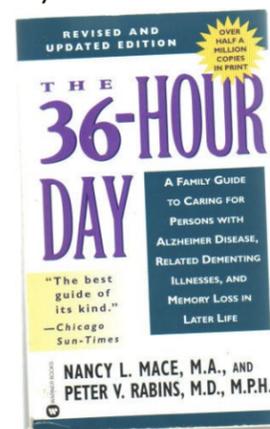
The 36-Hour Day talks about every topic that you would like to know about. It is not a book that you have to read chapter to chapter, you can skip around to the topics that apply to you.

The book talks about dementia, what medical professional you should work with to get help and information, as well as why the people with dementia do what they do. They discuss the problems you may have with independent living, daily care, medical issues that may arise as well as other living arrangement options. They also talk about the many symptoms, whether they are characteristic or not, as well as the symptoms that appear as one thing but may be another, like mood swings. They let you know about special arrangements that you should make in case something happens to you, and the financial and legal issues you may face. They let you know about brain disorders, the cause of dementia, and the research that is out there and what to watch for, like phony cures. They also have a few chapters just for the caregivers. They are about getting outside help and where to find it, how being a caregiver affects you, you and the person with dementia as a family and how the caregiver should take care of themselves. It is important that the caregiver not get stressed out or feel that they are alone because this may affect the person with dementia.

The 36-Hour Day is a great starting point to educate you and to help you begin to understand what will happen to someone with this illness and how it will

affect your life. They also answer the many questions you may have along the way. All of the suggestions that are offered in the book are from clinical experiences and the experiences that family members of people with dementia have shared with the writers. Along with suggestions they have examples throughout the book that are in a different text that help you understand how to use the many techniques offered. They also discuss the many different alternatives in caretaking, medication, etc. along with the pros and cons of each to help you in the decision making process.

The 36-Hour Day certainly meets expectations. It is truly a remarkable book that is very easy to read and follow. This book helps the reader understand what is happening now and get a feel for what may happen in the future. This is truly a five star book that everyone should read.



## 2nd Annual Scholarship Writing Program



This Scholarship Writing Program for 14 -19 year old students involves a written essay about Alzheimer's disease or related dementias.

The objective of this education program is to increase awareness of Alzheimer's disease or related dementias, provide

scholarship money to assist those pursuing a college or university education, as well as to encourage students to consider a career in gerontology.

Deadline for submissions is December 2, 2011.

For more information please contact the office at (519) 352-1043 or visit our website: [www.alzheimerchathamkent.ca](http://www.alzheimerchathamkent.ca)

## Doctor Visits

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### Ask Questions:

If you don't understand something, ask questions until you do. Don't be afraid to speak up and to share your point of view.

### Assessment:

At each visit, your doctor will evaluate or assess the patient's progress. You can help by keeping track of changes in the patient's condition and reporting them to the doctor. Whether you are the patient or the caregiver, keeping a list of questions, concerns, changes in routine, etc. may be helpful. Review the following questions before your next visit and write down the answers.

- Have you noticed changes in the patient's health, memory, or mood?
- When did you first notice the change?
- How often does it happen? When does it happen?

*Partnering With Your Doctor: A Guide for Persons with Memory Problems and Their Care Partners.*

Alzheimer Association, 2003

### Support Services:

For continued caregiver and client support the Alzheimer Society of Chatham-Kent can help. Services that are provided are:

- First Link<sup>®</sup> involves working together to link individuals and families affected by Alzheimer's disease or a related dementia to a community of learning, services, and support.
- Counselling by a Registered Social Worker.
- Cognitive Testing.
- Support Groups to share experiences and learn new coping strategies.
- Day Programs.
- In-Home Respite Care Program.
- Education Programs designed to raise public awareness and to assist those involved in caregiving.

For more information, please contact the office at (519) 352-1043.

## Upcoming Sessions

- **October 5** (10am - 2pm) - Park St. Place - Information Display
- **October 11** (10am - 2pm) - Sears - Information Display
- **October 12** (4:30pm - 6:30pm) - Presentation on Alzheimer's disease by Dr. Jane Rylett - Active Lifestyles Centre (Pre-register)
- **October 18** (9am - 11am) - Merlin Senior Citizen Friendship Club - Information Display
- **October 19, 26, November 2** (10am - 12noon) - Ridgetown & Area Adult Activity Centre - Reducing the Risk of Dementia Series (Pre-Register)
- **October 20** (6:30 - 8:30pm) - Driving & Dementia Forum - Active Lifestyles Centre (Pre-Register)
- **November 9** (9am - 12noon) - Ridgetown & Area Adult Activity Centre - Information Display
- **November 17** (9 - 11am) - Bothwell Seniors Centre - Information Display
- **November 18** (11:30am - 2pm) - "Forgetful Not Forgotten" Movie Luncheon - Wallaceburg Museum Von Ayres Cultural Centre (Pre-register)

For the sessions requiring a registration, please contact the office at (519) 352-1043.

## Coffee Break<sup>®</sup> - Take Part! September 15, 2011

Take a break on Thursday, September 15, 2011 and have a coffee kit delivered to your door to help support the Alzheimer Society of Chatham-Kent.

Coffee Break<sup>®</sup> is the Alzheimer Society's nationwide fundraising event where friends, neighbours, co-workers and customers gather in communities across Canada to raise funds for local Alzheimer Societies.

With events such as Coffee Break<sup>®</sup>, we are able to bring awareness about the disease and promote prevention, early diagnosis, and the importance of support services for persons with Alzheimer's disease or related dementias and their caregiver.

Please see the order form included in this newsletter!



2012  
Alzheimer Society  
**WALK  
FOR  
MEMORIES**

**Save the Date -  
Saturday, January 28, 2012  
Downtown Chatham Centre**