

# Soci t  Alzheimer Society

CHATHAM - KENT

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## Mountain of Memories Fundraising Dinner

Supporting Linda Liotti's Climb of Mount Kilimanjaro for Alzheimer's Disease. All Proceeds to the Alzheimer Society.

*It's not too late to get tickets! Call today!*

**Friday, June 17th, 2011**

Club Lentinas - 250 National Road - Chatham

**6 pm Cocktails / 7 pm Dinner**

Cash Bar      Silent Auction      50/50 Draw

Tickets : \$50.00 ea. (\$25 tax receipt will be provided)

### Special Guest Speaker



**Jennie L. Wells B.Sc., M.D., FRCPC, FACP**  
Internist-Geriatrician, Assoc. Prof. of Medicine,  
UWO Medical Care Coordinator,  
St. Joseph's Health Care Parkwood  
Hospital, Aging Brain and Memory Clinic

**Purchase your tickets today!**

Soci t  Alzheimer Society  
CHATHAM - KENT

**36 Memory Lane, Chatham**

**519.352.1043**

**Linda Liotti**  
**519.351.1064**

### MISSION STATEMENT

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



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### Supported by:



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VOLUME 11, ISSUE 111

SUMMER 2011

## HOT ISSUE - Sleep & Dementia



Almost 300 years ago, Benjamin Franklin wrote the popular proverb

"early to bed, early to rise makes a man healthy, wealthy, and wise". What can this catchy expression teach us about having a good night's sleep if you have dementia? Turns out, quite a bit.

People with dementia often do not sleep well. But this doesn't have to be the case. "For individuals living with dementia, help with getting a good night's sleep routine may be as simple as having a bedtime routine, keeping busy and having some bright light during the day," said Dr. Cary Brown, the lead researcher of a recently launched website on sleep and dementia.

Brown and her team of researchers at the University of Alberta's Department of Occupational Therapy came to this conclusion after carefully reading dozens of studies on this topic. The researchers had one question to answer: how can we help people living with dementia get a better sleep without relying on pills?

If someone with dementia has

poor sleep, chances are that their caregiver is also getting short changed with their own rest. Evidence shows that this scenario is the most common reason for people needing to move to an institution, said Brown.

Not only will people with dementia and poor sleep possibly have to leave their homes, but the research has shown that they may also have other problems from not sleeping such as learning challenges, poor memory, depression and aggressive outbursts. And taking a pill is not necessarily such a good idea, said Brown. "Sleep specialist only recommend that people take hypnotics for a very short term, such as a couple of weeks, as they have a lot of side effects," she said. ([Getting a good night's sleep for people with dementia](#), Freelance Editor & Writer, February 2011).

### Establishing Good Sleep Habits

Identifying and correcting poor sleep habits can help improve cognitive and physical functioning, well-being and quality of life.

Sleep Habits Include:

- Having a fixed bedtime and an awakening time that are the same everyday.

- Having certain activities that are always associated to going to bed (ie. a certain piece of music, having a light snack of the same 'bedtime' food each night) all help recognize that it is time for sleep.

- Avoiding naps during the day.
- Avoiding caffeine 4-6 hours before bedtime.
- Being active in the daytime, but not right before bed.

Tips to create a good bedroom setting:

- Set the overnight temperature a bit cool and keep the room well ventilated.
- Block out all distracting noise (running a fan helps create neutral background sound to block out disturbing noise).
- Make sure the bedroom is as dark as possible - no TV, hallway light, or streetlights coming through the window.

### Increased Daytime Activity

Physical activities with a purpose and socializing with others help improve daytime alertness. Being alert and active in the daytime promotes better sleep at night.

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### SPECIAL POINTS OF INTEREST:

- Mountain of Memories Event
- In-Home Respite
- Coffee Break
- Montessori Training

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## Montessori Methods for Dementia Care

In November of 2010, Jana Murphy, Education Manager and Lina DeMattia, Day Program Manager, attended Montessori Training, provided by Gail Elliot through McMaster University. The training involved two days of exploring the New Culture of Dementia Care.

Maria Montessori was the first woman in Italy to become a physician and she explored activities for children that were both educational and therapeutic. She educated many children that others thought were unreachable.

In 1986, Dr. Cameron Camp came upon this method of teaching when his own children were being taught at a Montessori school. Dr. Camp discovered that the philosophy of Maria Montessori could be adapted and used by those who were affected by Alzheimer's

disease. Gail Elliott worked with Dr. Camp's discovery and after ten years of study and practice, Gail Elliot has begun to teach others about the Montessori Methods for Dementia Care.

There are many exciting aspects of Montessori Methods for Dementia Care. More specifically are the abilities that remain in procedural memory and the horizontal and vertical pathways of learning. Procedural memories are the skills, habits and classical conditioning that we have had throughout our life. These skills can be called upon even into the later stages of dementia. We have always considered that someone with dementia was not able to increase their level or function, the horizontal perspective. However, taking advantage of spared capacity by placing emphasis on procedural memory (forms of learning and

memory that are relatively unconscious, automatic and effortless) and environmental cueing (to support declarative memory), vertical learning can occur.

In June 2011, we were fortunate to educate Day Program and In-Home Respite Care staff on the implementation of Montessori Methods so that they can be used in both programs. Each staff member was provided with a Montessori bag of activities. The idea is to engage our clients in meaningful activities and increase or maintain function as long as possible.

Montessori Methods for Dementia Care is a welcomed addition to our programs as it relates to the individual and provides person-centered care.



Friday, June 24th  
Movie Luncheon

**Forgetful not Forgotten**

Von Ayres  
Cultural Centre  
(above Museum)

11:30am- 2:00pm  
505 King St., Wallaceburg

No cost to attend.  
Lunch included.

Please call to register  
(519) 352-1043



## In-Home Respite Care

The Alzheimer Society of Chatham-Kent offers In-Home Respite Care which helps individuals with Alzheimer's disease or related dementias.

### What is In-Home Respite Care?

A non-emergency support program that is tailored to meet individual needs.

Professional In-Home Respite Care Workers provide individualized care to persons with Alzheimer's disease or related dementias.

The support includes social activities, such as baking or gardening, as well as meal preparation, outings using public transportation, and personal care, including bathing and toileting.

Available 24 hours a day, 7 days a week. Fee for service.

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



## Coffee Break® - Save the Date 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® 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®, 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.

Order forms will be available soon!



Alzheimer's Disease International

## The Changing Face of Dementia

The Alzheimer's Disease International Annual Conference was held in Toronto in the Spring of 2011. We were fortunate to be able to send a few staff members. Here are a few highlights from the Conference from Lina DeMattia, Day Program Manager.

Many engaging speakers took guests on a journey of what dementia looks like today; the resources that are available and the research and hope for a brighter future.

Topics included research by Dr. Francesca Mangialasche, a

Geriatrician from the Institute of Gerontology and Geriatrics at Perugia University (Italy) as well as the Aging-Research Centre, in Karolinska Institute (Stockholm, Sweden).

Dr. Mangialasche's research surrounds Oxidative/Nitrosative Stress and Antioxidants in Dementia and Alzheimer's disease. This research surrounds the prevention of AB aggression and promoting AB clearance. What this means is the removal of plaques and a decrease in the progression of dementia.

Many individuals who attended the conference were also those who were affected by Alzheimer's disease. Each commented on the fact that they would like to partner with others in terms of their care. The language would change from caregiver to care partner. Also, they would like to be included in developing the programs that they are involved in. They would like to be asked questions and as programs evolve make recommendations about what would be effective. This reinforces the aspects of person-centered care and personhood.