

Soci t  Alzheimer Society

CHATHAM - KENT

SPECIAL POINTS OF INTEREST:

- **First Link® Program**
- **Facebook**
- **Scholarship Program**
- **January is Alzheimer Awareness Month**

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VOLUME 11, ISSUE 1

WINTER 2011

HOT ISSUE - Holiday Considerations



The Holiday Season often involves family gatherings and sometimes that involves travelling.

Planning is critical but remaining open and flexible is just as important for a successful holiday.

FIT FOR TRAVEL?

First, ask your family doctor for advice. Are there any medical reasons why you should not travel? And then ask yourself—is the person in your care at an early enough stage to cope with the stresses of travelling without becoming disoriented, agitated or distressed?

PLANNING YOUR TRIP

Consider your family's needs and the travel capacity of the person with dementia. Anticipate changes in schedules or delays and have contingency plans in place. Above all, be aware of the usual routines of the person with dementia and what makes him or her feel comfortable or agitated.

Be mindful of these other tips:

- Allow for plenty of time to

get to your destination.

- Schedule extra bathroom stops.
- Leave an itinerary of your travel plans with one or more family members.
- Ensure the person with dementia is wearing a Safely Home® ID bracelet. (*Please see Page 3 for further information regarding Safely Home®*).
- Bring favourite or familiar items and activities so the person with dementia feels comfortable and reassured.
- Don't leave home without your cell phone.
- Maintain a sense of humour and cherish your time together.

(*Caregiver tips: Travelling with dementia*, Alzheimer Society of Ontario, 2010).

Tips to help keep the person with dementia involved and less prone to anxiety or frustration:

- Keep gatherings small. Crowds or large gatherings provide overstimulation for the person with dementia.
- Where possible, bring guests to your home verses bringing the person with dementia to unfamiliar surroundings.

- Have some familiar activities

planned, such as puzzles to enjoy in quiet times. Family photo albums are also useful to stimulate conversation.

- Familiar Christmas songs can provide reassurance for the person with dementia and opportunities for reminiscence.
- Modify tasks so that the person with dementia can participate in holiday traditions and reassure them that their help is valued. For example, your loved one may no longer be able to prepare an entire holiday meal, but they may be able to peel vegetables or help to wash the dishes.
- Consider safety when decorating for the holidays. For example, look for tripping hazards.

CAREGIVER NEEDS

The Holiday Season, although a festive period, can often times feel stressful and overwhelming for caregivers. The following tips may be helpful to address caregiver needs:

- Applaud your ongoing support of your loved one. Your loved one appreciates it, even if they are unable to tell you so.

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2011 WALK FOR MEMORIES

We are gearing up for our 15th Annual Walk for Memories to be held on Saturday, January 22, 2011, inside at the Downtown Chatham Centre (8:30 am—11:30 am).

Take this opportunity to get together with family and friends, remember loved ones lost and hope for a future with a cure.

Pledge forms will be available soon, however if you would like to get started today, you may also register online (www.walkformemories.ca) to start collecting pledges!

Fundraising for the Walk is an easy and fun way for you to help people in Chatham-Kent

Saturday, January 22, 2011

who are diagnosed with Alzheimer's disease or related dementias.

Monies raised from this Walk remain in Chatham-Kent to help provide counselling, education, programs and services to people affected by Alzheimer's disease or related dementias.

Please call the Alzheimer Society office at 519-352-1043 for further information or how you can become involved.

Come and tie a yellow shoelace around your finger to honour and remember those with Alzheimer's disease or related dementias.



Thank you to our sponsors:



Residence on the Thames

January is Alzheimer Awareness Month

January is Alzheimer Awareness Month in Canada.

Last January, the Alzheimer Society of Canada released its *Rising Tide* report, a wake-up call to all Canadians about the increasing prevalence and financial impact of dementia.

The Economic Burden of dementia doubles every decade, increasing from \$15 billion in 2008 to a startling \$153 billion in 2038. To view the report, please contact the Alzheimer Society office at 519-352-1043 for a copy or visit www.alzheimer.ca.

Age remains the single biggest risk factor for Alzheimer's disease or a related dementia. By 2011, the first wave of baby boomers turns 65. Recently the Alzheimer Society conducted a survey of boomers to find out how much they know about the disease. The results from the survey will be released on January 4, 2011. (*Alzheimer Society of Canada, 2010*).



Facebook

The Alzheimer Society of Chatham-Kent has hopped on board the Social Media Marketing train and joined Facebook!

Facebook is another way the Alzheimer Society of Chatham-Kent can connect with caregivers and professionals alike.

Updates and Events can be viewed **without** being a member of Facebook.

If you are a member of Facebook, you will receive automatic updates by clicking the "Like" button.



Find us on
Facebook

Holiday Considerations

...continued from Page 1

- Ensure you set aside some time for yourself. Perhaps take a nap, read a good novel, or curl up with a cup of hot chocolate or coffee.
- Set realistic goals. Do not overwhelm yourself with “shoulds” and “musts” - modifications to Holiday traditions are often required.
- Accept the support of your friends and family. Consider allowing them to take on some tasks of the holiday season, such as hosting a holiday meal.
- Allow yourself to feel a wide variety of emotions including anger, sadness, and joy. This is normal.
- Attend an Alzheimer Society Support Group or call for individual support at 519-352-1043.



Erie St. Clair LHIN Funds First Link® Program

The Alzheimer Society of Chatham-Kent is thrilled to announce our success with the Aging At Home Strategy Funding from Erie St. Clair Local Health Integration Network (LHIN). This new funding supports our First Link® Program which has allowed us to hire our First Link® Coordinator, Tara Seney, and additional Social Worker, Jillian Heard.

WHAT IS FIRST LINK®?

First Link® is a partnership program between the Alzheimer Society of Chatham-Kent, physicians, and allied health care professionals to provide direct referrals that link individuals diagnosed with Alzheimer’s disease or related dementias to a community of learning, services, and support.

First Link® is designed to provide access to comprehensive

services by reaching out to those affected by Alzheimer’s disease or related dementias as early as possible in the disease process and throughout the continuum of the disease.

First Link® offers information, Alzheimer Society of Chatham-Kent support services, referrals to community support agencies and a progressive Learning Series.

Evidence indicates that those provided with counselling and support services early in the continuum of the disease and continue receiving support on an ongoing basis are better equipped for the changes that occur with the progression of Alzheimer’s disease or related dementias.

For more information contact the Alzheimer Society at 519-352-1043.

Safely Home®



People with Alzheimer’s disease or related dementias sometimes lose the ability to recognize familiar places, to communicate or to remember their own names or addresses. They may leave home, become confused or get lost. This can be dangerous for people with dementia and worrisome for caregivers. But there is help.

Safely Home® is a nationwide program designed to help find the person who is lost and assist in a safe return home.

Developed by the Alzheimer Society of Canada in partnership with the Royal Canadian Mounted Police, a registry stores vital information confidentially on a police database. This information can be accessed by police anywhere in Canada or the United States by obtaining the identification number off of the ID bracelet of the individual who has been registered in the program and who has become lost.

For more information please contact the Alzheimer Society office at 519-352-1043 or visit www.safelyhome.ca.

The ASCK Welcomes New Employees

With the First Link® funding from the Erie St. Clair LHIN, the Alzheimer Society of Chatham-Kent welcomes:



First Link® Coordinator
Tara Seney



Social Worker
Jillian Heard

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CHATHAM - KENT

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IN-HOME RESPITE CARE WORKERS

Kim Chenier
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Nina Malcolm
Cindy Montgomery
Tammy Murphy-Lodewegen
Cindy Naylor
Nancy Packham
Pat Spears

1st Annual Scholarship Program

Congratulations to the recipients of the 1st Annual Alzheimer Society of Chatham-Kent Scholarship Program.

The winning essays that were selected were based on originality, use of language, education and awareness.

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.

14 - 16 age category



Devin Emery
\$500



Taylor Hitchcock
\$200

17 -19 age category



Morgan Litschko
\$500



Shannon Jackson
\$200

MISSION STATEMENT

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

Supported by:



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Chatham, ON N7L 5M8
Phone: 519.352.1043
Fax: 519.352.3680

E-mail: info@alzheimenchathamkent.ca

2011
Walk
FOR
MEMORIES

Saturday, January 22, 2011

Downtown Chatham Centre

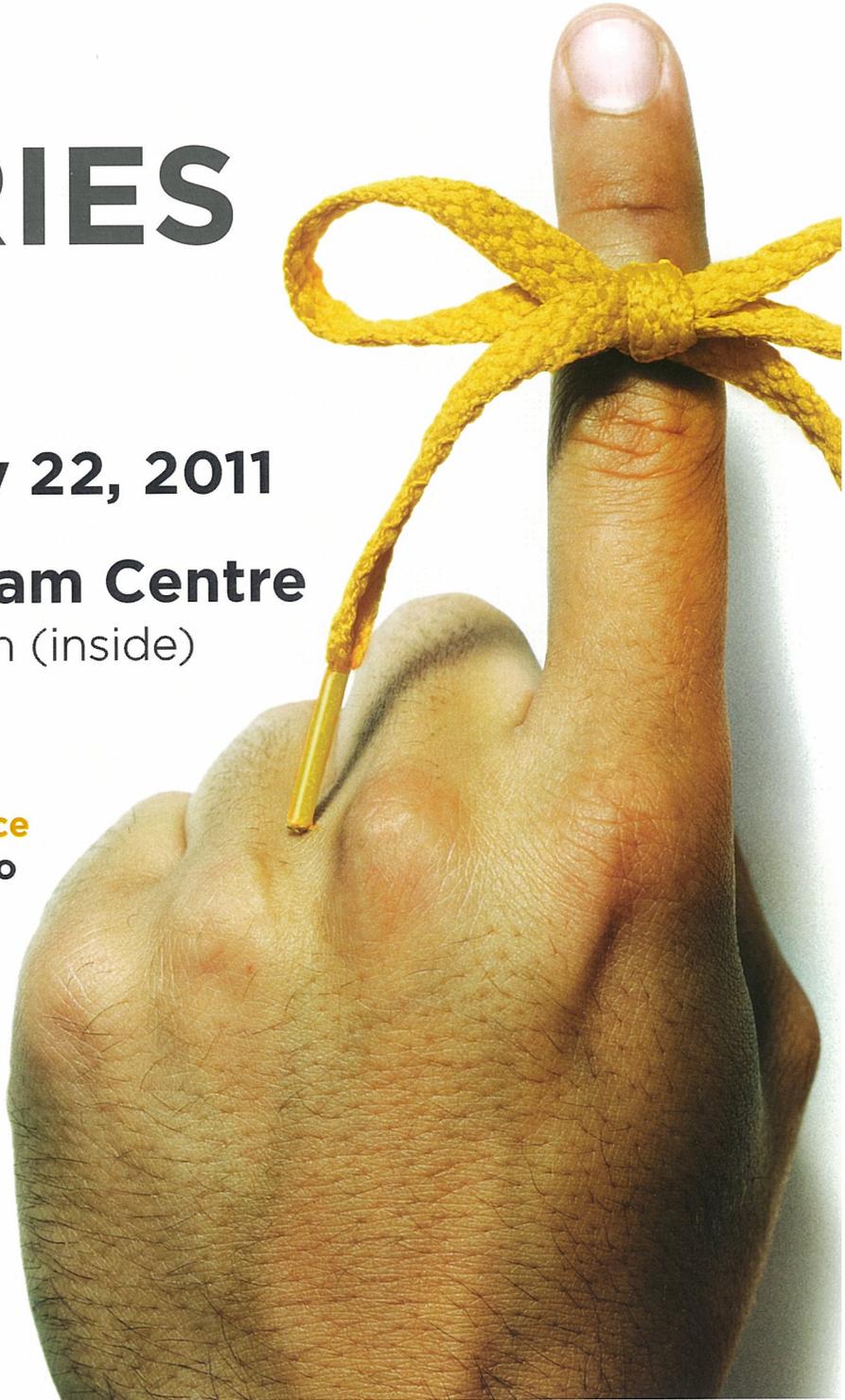
100 King St. W. Chatham (inside)

8:30 am – 11:30 am

Come and tie a **yellow shoelace** around your finger and walk to honour and remember those with Alzheimer's disease or related dementias.

Monies raised will remain in Chatham-Kent.

To obtain a pledge form please contact 519-352-1043 or visit: www.walkformemories.ca



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