

Reflections

A LEGACY OF GIVING

Alzheimer Society

Celebrating Giving

Over the years, the Alzheimer's Society of Canada has made a number of cherished friends, who are committed, passionate and wonderfully dedicated to the work that we do. We are excited to celebrate one of our key donors, Mrs. Pauline Spatz from Sackville New Brunswick, who has contributed over \$500,000 to the Society since her first gift in 1997.

Pauline is a key donor and supporter of our Alzheimer Society Research Program, sponsoring the Dr. and Mrs. Albert Spatz Research Award, in memory of her dear husband Albert. This critically important award, has helped build important capacity in our research community across Canada.

At the AGM meeting in October, Pauline received special mention from our President Leslie Beck for her continued support to our organization over the years, which is unprecedented.

Pauline exemplifies the strength and rewards of legacy giving. We are grateful for Mrs. Spatz's unwavering support, and proud to have her as a member of our Circle of Hope. Over the years, she has become a member of the Alzheimer Society of Canada family, continually connecting with us to share her enthusiasm and joy in the progress we make each year. She has created a legacy that offers the best hope of finding a cure for Alzheimer's disease and other dementias.



Quality of Life Young Investigator Grant

Simona Maria Brambati, Université de Montréal

Project: Examining the difference in speech impairment between early Alzheimer's disease and other dementias

Memory problems and difficulty finding the right words for objects or pictures (aphasia) are usually associated with early Alzheimer's. But they can also represent signs of other dementias such as Primary Progressive Aphasia. Being able to understand and differentiate between the nature of language deficits and various anatomical features is a fundamental challenge in the research of Alzheimer's disease and other dementias.

Simona is responding to that challenge by setting up a research program that combines a set of experimental language measures and sophisticated imaging processes. She hopes that her research will be helpful in developing specific language rehabilitation programs and recommending communication strategies so that caregivers and family members can help improve social interactions.



The Alzheimer Society of Canada has called on the Federal Government to immediately establish a Canadian Alzheimer's disease and dementia partnership to lead and facilitate the development and implementation of a national strategy.

As a supporter of the Alzheimer Society, your voice is crucially important. Together, we have a tremendous opportunity to make change happen.

The New England Journal of Medicine reported that Alzheimer's disease is "the most expensive malady in the U.S., exceeding that for heart disease and cancer", and we know the same to be true in Canada. By 2031, less than 20 years from now, it is estimated that 1.4 million Canadians will be living with dementia.

As you know, dementia doesn't just affect the person diagnosed, but engulfs entire families. In 2011, family caregivers in Canada spent 444 million unpaid hours looking after someone with dementia. Unless we discover a cure or learn how to prevent or reverse this disease, our children and grandchildren will be paying for dementia for a very long time to come. I know that you, as legacy leaders, don't intend for this to be our future.

Recently I was invited by the Economic Club of Canada to speak about the need for a National Dementia Plan.

In the last issue of this newsletter, I told you that I have personally taken this on as one of my major goals to pursue as the CEO of the Alzheimer Society of Canada. It is one of the ways all Canadians can join together to develop the health and prosperity of our country for generations to come.

Many other countries, such as the U.S., U.K., Germany and Australia, already have national dementia strategies in place. A similar plan is urgently needed in Canada in order to build a partnership of dementia experts, researchers,

health care providers, government officials and Canadians impacted by the disease, all committed to implementing a coordinated, comprehensive plan. This plan would increase funding for research into all aspects of dementia; promote earlier diagnosis and intervention; strengthen the integration of primary, home and community care; enhance skills and training of the dementia workforce; and recognize the needs of caregivers and improving the supports they need.

The approach we're proposing has worked for other major health issues such as cancer; it can work for dementia and ensure that we get the best return on investment and available resources. Canada has a real opportunity to position itself as a world leader in dementia.

So far, our proposal has been favourably received by our allies in government, including a number of MPs. We also have the support of the Canadian Consortium on Neurodegeneration in Aging, which is comprised of more than 100 researchers who are blazing trails in dementia research today. A majority of Canadians agree with us, too: in a recent Nanos survey, 83% of Canadians reported they believe Canada needs a National Dementia Strategy.

We already have the support of dedicated patrons like **Circle of Hope** member Mrs. Pauline Spatz, whose inspiring story appears in this issue of *Reflections*. Mrs. Spatz, who generously supports the goals of the Alzheimer Society through research endowments, has vigorously added her voice to ours in the call for a National Dementia Plan.

I can't emphasize enough the importance of that legacy to the future health of our country. Working together, we can ensure a healthier, more productive future for our children and many future generations of Canadians.

I invite you to learn more about our National Dementia proposal.

Mimi Lowi-Young
CEO, Alzheimer Society of Canada



English youtube video link:
alzheimer.ca/callforstrategy2013

alzheimer.ca/dementiastategyspeech

We invite you to share your thoughts at
plangiving@alzheimer.ca

Planning for the Future

www.alzheimer.ca/planning

Legal and financial

If you have Alzheimer's disease or another form of dementia, it is important for you to be a part of the decision-making about your financial and legal affairs, while you are able to make decisions and sign legal papers. Making arrangements in the early stages means that that you are able to control your own future.

Talk to your family. And make sure your money matters will be in the hands of someone you trust. Arrange for a power of attorney authorizing someone to legally make decisions on your behalf once you are no longer able to. Talk to a lawyer about naming someone to look after your financial interests.

Pull together your legal and financial documents such as:

- Bank accounts
- Mortgages
- Insurance policies
- Pension plans, Registered Retirement Savings Plans (RRSPs)
- Investments
- Home/car ownership
- Will

Wills and other important documents

As soon as possible after being diagnosed with Alzheimer's disease or another dementia, make a list of the important documents that you will need to have in place. Reviewing the list with your family members will let you be involved in making decisions about these documents. And it will help your caregiver and family members be aware of your wishes.

The names of these documents vary from province to province, and territory to territory, but they include:

- A Will that states how your property should be divided after your death
- A document that names a substitute decision-maker who can make decisions about financial and legal matters on your behalf when you are no longer able to
- A document that names a substitute decision-maker for future health-care decisions
- A "living Will" or "advance directive" that describes your wishes for health-care and end-of-life care in the future; this can help your family make difficult decisions that may arise during the course of the disease when you are no longer able to make these decisions for yourself.

Contact a lawyer for specific information about the legal requirements in your province or territory. Or contact your closest Alzheimer Society for more information.

Also, gather the following legal and financial documents and information and let a trusted adviser and family member know where they are:

- Bank accounts
- Credit cards
- Loans and mortgages
- Insurance policies (life, auto, home, disability)
- Pension plans and RRSPs
- Investments
- Real estate, home, business, car ownership
- Prepaid funeral arrangements and/or cemetery plot

If you are unable to provide this information yourself, other sources for this information include:

- Personal paperwork (such as chequebooks, monthly bank statements or investment statements)
- Bank manager
- Lawyer
- Financial consultant
- Previous employers

The Power of Friendship



My mom, Norma passed away on May 4, 2013. She had dementia... more than likely Alzheimer's (her doctor claims that a definitive diagnosis can only be made with an autopsy). Anyhow, mom had the disease for at least 7 years. Her final years were spent at Carleton Lodge, a long-term care home in Ottawa. At the end, she was confined to a wheelchair and could only say "yes", "no", "ok", and "Panasonic".

As her daughter and only child living in the same city and her Power of Attorney, it was hard for me to figure out if she was aware of who I was or what I had been doing to keep her comfortable and still enjoying life in a way that she could.

A few days after mom's funeral, my girl friend Janet visits me. She gives me a beautiful bouquet of flowers and a card. She explains that both are not from her. This is a transcript of the card:

"My dearest Lynne, Just a note to thank you for all of your help during the last few years. We were always close – friends even, but during my illness we grew even closer. I know you bore the brunt of my daily care – not physical but emotional. You were always kind and attentive making sure I was comfortable. Thank you, thank you... I appreciated everything. Role reversal is a funny thing. As your mother, I was proud of you, my daughter. As I grew weaker, you grew stronger – strong enough for both of us. Remember my love for you is never ending and I will always be with you. Love, Mom. "

Janet visited mom on May 1st. I stepped out to get a tea and during that time, Janet spoke with mom and told her that she was going to write this note for later. Mom managed a weak "yes" to the plan.

I wish that all caregivers would have a friend like mine. Janet put into words what my mom could no longer tell me. It gave me great comfort.

Lynne
Norma's daughter, Janet's Friend,
Alzheimer Society Volunteer, and Donor

Circle of HOPE

The **Circle of Hope** community honours, recognizes and thanks donors who have made a provision for a future gift to the Alzheimer Society via their wills, gifts of life insurance, annuities, charitable trusts or endowment funds. Through the vision of these donors, we can invest in critical research for a cure and enhance the quality of life for people with dementia.

If you would like more information on joining the **Circle of Hope**, please let us know by returning the enclosed response card.

ALBERTA

Alison Jenner
Herbert & Laddie Martin
Lucella C. Ross
Al & Daisy Schoen
Elwyn Starr

BRITISH COLUMBIA

Anonymous 23
David & Joanna Aune
Gloria Back
Katherine Bier
J.D. Caughlin
Arlo Clark
Anicca de Trey
Earl DesLaurier
S.M. Devine
Toby Fouks
Bob & Dana Golden
Bob & Sue Hastings
Paula Jakeman
Jack & Nancy Jefferson
Anna Krause
Rosemary Lear
Jack & Judy Love
Gary Lyseng
Phyllis Marchment
Betty McGowan

Patricia Mitchell
Sakie Nariwa
Barbara Nightingale
Rose Pascal
Luce Prud'homme
Robert Rankin
Sandy Riley
Philip Seth
Gail Steiger
David & Nancy Street
Andy & Cheryl Szocs
Helen Wilson
Mark Zuberbuhler

MANITOBA

Cal & Ben Shell

NEW BRUNSWICK

Audrey Coleman
Mary Ruth Hawkins
Pauline Spatz
Wilma van der Torre

NEWFOUNDLAND & LABRADOR

Marlene Burton
Christopher English in memory
of Basil, Kathleen & Margaret
Victor Tucker

NOVA SCOTIA

Ellen Agger
Andrew Cornford-Matheson
James D. Grant
Fiona Kirkpatrick Parsons

ONTARIO

Brent Allen in honour
of Mary Bernice Allen
Anne-Marie Ambert
Wilhemina Bakkenes
M. Ballantyne
Deborah Barker
Sally Bennett Politidis
M. Blakely
R.N. Bose
Jean-Guy Bourgeois
Russ Buchanan
Jennifer Childs in memory
of Poppa Childs
Brian Collins
Les Dakens
Pauline de Champlain
Bettie-Jane de Jersey
Karen Del Degán
Alison Denton in memory
of Roland Sablick
Kathy Dewling

Les Ficzere in memory
of Roza Ficzere
Donald Hodges
Maria & Jack Hudolin
William Johnson
Kit Julian
Holger Kluge
Sandra G. Knight
Hanna & Ben Levy
Nancy MacArthur
Charles & Peggy MacDonald
Al & Marilyn MacLean
Lois Martin
Sage C. McRae in honour
of Betty McRae
Craig Mellish
Wilmer Minke in honour
of Shirley R. Minke
Vaughan Minor
Kim Morgan
Douglas & Joan Napier
Lillian B. Rae
Jeff Renaud
Helen Rotenberg in memory
of her sisters
Steve & Susan Rudin
Linda & Bill Saul

E. Savage
Ruth & David Smorodinski
Jean E. Sonnenfeld
Jean Spero
Ken Stead
Linda Stebbins
Laraine & Richard Tapak
Bill Twaddle
Ernest & Mavis Underwood
Rick Vader
Bep Vanderkooy
Jean Anne Verity
Jan Vicars
Heather E. Watt
Kathy Wright

QUEBEC

Cheryl Babcock
Jeanine Trudeau

SASKATCHEWAN

Gerald Naylen

Alzheimer Society of British Columbia

Attn: Ms. Leona Desharnais
Web: www.alzheimerbc.org
Charitable Registration # 11878 4891 RR0001

Alzheimer Society of Alberta and Northwest Territories

Attn: Mr. Bill Gaudette
Web: www.alzheimer.ab.ca
Charitable Registration # 12969 0343 RR0001

Alzheimer Society of Saskatchewan

Attn: Ms. Dianne Craig
Web: www.alzheimer.ca/sk
Charitable Registration # 12996 3617 RR0001

Alzheimer Society of Manitoba

Attn: Ms. Trudy Matthey
Web: www.alzheimer.mb.ca
Charitable Registration # 10670 5353 RR0001

Alzheimer Society of Ontario

Attn: Ms. Colleen Bradley
Web: www.alzheimer.ca/on
Charitable Registration # 11878 4842 RR0001

Federation of Quebec Alzheimer Societies

Attn: Mrs. Michéle Turnbull
Web: www.alzheimerquebec.ca
Charitable Registration # 89267 8863 RR0001

Alzheimer Society of New Brunswick

Attn: Ms. Chandra MacBean
Web: www.alzheimernb.ca
Charitable Registration # 89328 0263 RR0001

Alzheimer Society of Nova Scotia

Attn: Ms. Sarah Lyon
Web: www.alzheimer.ca/ns
Charitable Registration # 10670 5379 RR0001

Alzheimer Society of Prince Edward Island

Attn: Ms. Corrine Hendricken-Eldershaw
Web: www.alzheimer.ca/pei
Charitable Registration # 13879 1389 RR0001

Alzheimer Society of Newfoundland and Labrador

Attn: Ms. Shirley Lucas
Web: www.alzheimernl.org
Charitable Registration # 13207 1374 RR0001

For more information, please complete the enclosed response card or contact:

Alzheimer Society of Canada
Attention: Ms. Heidi Pentney
20 Eglinton Avenue West, 16th Floor
Toronto, ON M4R 1K8
Phone: 416-488-8772
Toll-free: 1-800-616-8816
Fax: 416-322-6656
E-mail: plangiving@alzheimer.ca
Website: www.alzheimer.ca
Charitable Registration # 11878 4925 RR0001



Alzheimer Society