

Staying Connected



A Newsletter from Alzheimer Society of Durham Region

CEO TO CLIMB KILIMANJARO TO RAISE ALZHEIMER AWARENESS

On January 9th 2012, I will begin my journey to the summit of Mount Kilimanjaro to raise funds for Alzheimer Society of Durham Region during Alzheimer awareness month. Mount Kilimanjaro is located in Tanzania and is the highest mountain in Africa at 19,341 feet above sea level. I'm proud to have the honour of joining more than 130 Canadians who have climbed mountains in the fight against Alzheimer's disease.



Currently there are close to 8,500 people living with Alzheimer's disease or a related dementia in Durham Region. The mission of Alzheimer Society of Durham Region is to improve the quality of life of people with Alzheimer's disease or related dementias and their care partners.

My goal is to increase awareness and raise \$30,000 which will help to support research into the cause, treatment and cure of this devastating disease. As well as ensure quality programs and services are available across Durham Region to those living with dementia and their care partners.

Your support in helping achieve this goal would be greatly appreciated. For more information on my Mount Kilimanjaro Climb, please feel free to contact me.

Thank you, Chris Braney, CEO

To make a donation on our website, go to www.alzheimerdurham.com.

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Coffee Break Event

Saturday
September 10th

8:00am until 11:00am

Join our local celebrities at
Denny's Family Restaurant
in Whitby for
Coffee Break Kick Off

See page 4 for details



Forget Me Not Outdoor Walk

Presented by

First Leaside
Group of Companies

Sunday October 16th 2011
1:00pm — 3:00pm
Wooden Sticks Golf
40 Elgin Park Drive, Uxbridge

See page 5 for details

Arts and Creativity: Back doors to communication

When traditional approaches to communication and engagement with people with dementia fail, it is time to look for other approaches. Enhancing positive emotions, stimulating the senses, and harnessing arts and creativity have all emerged as successful ways to connect with people with dementia. Geriatrician, G. Allen Power explains that there are reserves in the brains of people with dementia—untapped areas that can sometimes be opened with the right approach. While traditional conversation encounters the same blocked passages, these alternative paths likely find their way through connections with other parts of the brain—those that deal with music, art, emotion, or sensory stimulation.

In 1995, painter Hilda Goldblatt Gorenstein — whose nom d’art was “Hilgos” — was placed in a Chicago-area nursing home because of steadily worsening dementia. Lawrence Lazarus, then a Chicago psychiatrist specializing in treating the elderly, remembers that she was withdrawn and sometimes agitated. She had stopped painting several years earlier.

But one day her daughter, Berna Huebner, asked her mother if she’d like to paint again. Gorenstein responded in a surprising way. “I remember better when I paint,” she said.

Huebner quickly told Lazarus, who suggested that she contact the School of the Art Institute of Chicago (which Gorenstein had attended in the 1920s) to hire art students to work with the elderly artist. This was a somewhat unorthodox thought; although art therapists had for years worked with people with dementia, using artists without training in therapy, not to mention very young ones, was something else.

The first student in the project was Jenny Sheppard, who worked for some weeks trying to lure Gorenstein back into painting. But the elderly woman stayed withdrawn and silent, and nursing-home officials, who were dubious about having art students working in the facility at all, were not encouraging. One reportedly told Sheppard: “You’re wasting your time. The lights are either on or they are off, and with Hilda, they are definitely off.”

Yet, in time, Gorenstein did pick up a brush and complete her first painting in a decade — wavy, brightly coloured lines and the intriguing words “The Hidden Hour.” But then she stopped painting again. Sheppard persisted, but after several months, the young student was ready to give up. As Sheppard was leaving one day, Gorenstein, out of the blue, beckoned to her with her notably long fingers and said: “I’ve never had something like this, you know, so let’s just keep it this way.”

On Sheppard’s next visit, Gorenstein resumed painting. And over the next three and a half years, Gorenstein would create hundreds of watercolors. Many had strong representational aspects, especially those with the nautical themes she had long specialized in. But others were deeply abstract and sometimes mysterious — lines and circles in bright colors. Lazarus and the art students reported Gorenstein tended to be much calmer and more focused when working on her painting with the students. She would even interrupt long silences with banter and advice, such as, “The first thing you think of is the first thing you use.” Sometimes the students would have to put a brush in her hand to get her going. At other times, once they had set up her paints and brushes, she would start by herself.

Huebner was overjoyed to see her mother’s improvement and began to educate herself about Alzheimer’s and its treatment. In 1998, after some months of rapid decline, Hilda Goldblatt Gorenstein died at almost 94, ending her very-late-in-life artistic re-flowering.

After her mother’s death, Huebner created a nonprofit organization, the Hilgos Foundation (hilgos.org), to promote the arts among people with Alzheimer’s. Huebner has drawn on the growing recognition by neurologists and other experts that, as Dr. Robert Stern of the Boston University School of Medicine stated, “participating in art, including music, can stimulate emotions that engage parts of the brain that are less damaged in the earlier stages of the disease.” A colleague of Stern’s at Boston University, Dr. Robert Green,



expanded on the notion: "It's fascinating to see how art can let you access the hidden talents of people with Alzheimer's disease. There's a lot more going on with these patients than you'd expect. Art projects might stimulate people, help them experience the world more fully and give them pleasure."

Doctors interviewed by Whitcomb said that improved drugs to combat Alzheimer's might be some years away, but meanwhile, the arts, both participatory and more passive (such as visiting museums and listening to music), can play a role in maintaining a higher quality of life for people with dementia. A number of experts referred to heightened "sense memory" or "body memory" when trying to describe what happens to some people with dementia when they work on art.

While expanding her mission to include public education about Alzheimer's disease, Huebner got to know French film director Eric Ellena who had been looking for new documentary ideas. Thus was born "I Remember Better When I Paint." The movie, made in 2008 and 2009, was co-directed by Ellena and Huebner. Using Gorenstein's story as the impetus, the film dramatizes the challenges presented by the Alzheimer's epidemic and medical, psychological, sociological and art-based approaches to dealing with it. It's a mix of personal stories and science, crisply narrated by then-93-year-old movie star Olivia de Havilland (of *Gone with the Wind* fame). The film includes an emotional interview with Yasmin Aga Khan, movie star Rita Hayworth's daughter; Hayworth developed early-onset Alzheimer's and also painted.

Using scenes of Gorenstein and other elderly people, the film is a quietly moving and sometimes drollly funny exploration not only of Alzheimer's treatment, but also of the very nature of human consciousness and memory. Lazarus says that as good as art therapies may be, they will not work for every person with dementia. Families need to educate professional caregivers about the personal histories of their family members. While society awaits more neurological research and better pharmaceutical approaches to Alzheimer's, the arts can help

alleviate some of Alzheimer's most challenging symptoms, help maintain patients' dignity and sense of worth and bring meaning to them, their families and friends. As Samuel Gandy, associate director of the Mount Sinai Medical Center Alzheimer's Research Center in New York, puts it: "Alzheimer's typically hits memory areas of the brain early, while sparing areas responsible for creativity. Art and music are perfect modalities for stimulating these creativity areas."

Sources: G. A. Power (2010) *Dementia Beyond Drugs*; R. Whitcomb, *Art and Alzheimer's: Another way of remembering*, Miller-McCune.com, December 21, 2010.



In recognition of World Alzheimer's Day, Alzheimer Durham will be presenting 2 screenings of "I Remember Better When I Paint":

Tuesday, September 27th 6:30-8pm, in partnership with Hillsdale Estates Adult Day Program, at Hillsdale Estates auditorium. Registration requested.

Tuesday, October 4th 6:30-8pm at Shobrook Gardens Uxbridge. Registration requested.

Call 905-576-2567 or 1-888-301-1106 for more information.

To learn more about using music and the expressive arts with people with dementia:
The Society for the Arts in Dementia Care
<http://www.cecd-society.org/>
Room 217 Foundation
<http://www.room217.ca/music-care-blog/>
Alzheimer's Poetry Project
<http://www.alzpoetry.co>



A simple cup of coffee can make a difference.

It's that time of year again! We're gearing up for Coffee Break[®] 2011 and hope you will make your coffee count for people affected by Alzheimer's and other dementias in our community. The funds you raise support your local Alzheimer Society to deliver front line programs and services that help those living with and caring for people with dementia. Host a bake sale, or organize a tea and cupcake party! No break is too big or too small. Be creative and have fun! Call 905-576-2567 for a Hosting Package.

Mark your calendar

Saturday September 10th 2011

8:00 am until 11:00 am

Join our local celebrities at Denny's Family Restaurant in Whitby for *Coffee Break Kick Off* as they pour you a coffee in exchange for a small donation. (Denny's is donating the coffee)

Thursday September 15th 2011

8:00 am until 7:00 pm

Stop by the Oshawa Shopping Centre and meet our staff for a cup of coffee. Located in front of Old Navy.

Coffee Cup Cut Out sold at:

Health Rite Pharmacy
75 Bayly St. W. Ajax
September 1-30

Bulk Barns
All of Durham Region
September 7-22
Call for a location near you!
(905) 576-2567



Banana Bread

- Prep Time: 15 Minutes
- Cook Time: 60-65 Minutes

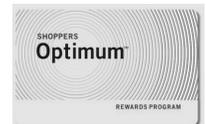
Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup butter
- 3/4 cup brown sugar
- 2 eggs, beaten
- 2 1/3 cups mashed overripe bananas

Directions

Preheat oven to 350 degrees F
Lightly grease and flour a 9x5 inch loaf pan.
In a large bowl, combine flour, baking soda and salt.
In a separate bowl, cream together butter and brown sugar.
Stir in eggs and mashed bananas until well blended.
Stir banana mixture into flour mixture; stir just to moisten.
Pour batter into prepared loaf pan.
Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

Shoppers Optimum Points™ Donation Program **A Unique Way To Support our Cause!**



We have a great opportunity for you to support the Alzheimer Society of Durham Region made available by Shoppers Drug Mart through the Shoppers Optimum Program™. By donating some (or all) of your Shoppers Optimum Points™ to our organization, you are enabling us to use your points at Shoppers Drug Mart™ toward the purchase of products and supplies we need for our ongoing fundraising activities. To donate your Shoppers Optimum Points™, please go online to: www.shoppersdrugmart.ca/donate. If you are not presently a Shoppers Optimum Member™, next time you are in a Shoppers Drug Mart ask for a card, which will be issued to you right on the spot at no cost. With your support, this initiative has the potential for us to "optimize" our funding dollars through this unique program.



Forget Me Not Outdoor Walk

Presented by



Sunday October 16th 2011

1:00pm—3:00pm

Wooden Sticks Golf

40 Elgin Park Drive, Uxbridge, Ontario

Entertainment

Dan Pollard RETURNING EMCEE

Violinists Conrad Kipping & Mary Bartram

Bagpiper Jason Stewart

Raffle and Silent Auction

Light Refreshments will be served

*Accessible trail is available for
wheelchairs and strollers*

Top Fundraiser Prize

*2010/2011 Toronto Maple Leaf Team Autographed
Hockey Stick with Certified Authentic Certificate
plus Incentive Prizes!*

LOTS OF FUN FOR THE KIDS

Meet Belly Button the Clown

Every child will get a treat bag that comes
with a Scavenger Hunt Game

Collect pledges individually or as part of a team!

For pledge forms & registration

**CALL 1-888-301-1106 or 905-576-2567
or visit us at www.alzheimerdurham.com**



HomeWell Senior Care

Thank you for your in kind donation
at Chocolate Lovers' Luncheon.

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facebook

Search for- Alzheimer Durham

January 9th 2012

CEO to Climb Mount Kilimanjaro
for

Alzheimer Society
DURHAM



For sponsorship or donation information
call

905- 576- 2567

email

cbraney@alzheimerdurham.com

visit

www.alzheimerdurham.com

Third party event

EMC is holding a Charity Golf Tournament
at Wooden Sticks Golf Club on
Wednesday September 7, 2011

With proceeds going to the
Alzheimer Society of Durham Region

for more information
contact EMC directly at
(905) 433-1333

Late-Life Remarriage and Dementia Caregiving

What is family? What constitutes a family? How has family life changed over the decades? Family structures have become more diverse over the past decades and include an increase in single parent families, an increase in cohabitation, and an increase in divorce and stepfamily formation (Silverstein and Giarrusso, 2010). We know that all families are not identical and family issues and dynamics can become quite complex. Consider this complexity in the context of caring for a person with dementia and the issues become even more complex.



The average length of the current remarriages in the studies was 12.5 years, with remarriages ranging from 6-29 years in length.

One subgroup that has been largely ignored by dementia care researchers are couples in a late-life remarriage. These couples are in a second marriage, or later remarriage, formed after children from prior marriages or unions were adults.

Research into social support and caregiving has shown that wives generally report receiving less caregiving assistance than husband caregivers. When it comes to remarriage, adult children express lower levels of perceived obligation or responsibility toward stepparents compared to biological parents. This may be related to the fact that stepfamilies often lack clear definitions or behaviour expectations regarding family roles. In addition, remarried couples may face hostility or non-approval from friends and family. (Sherman and Boss, 2007)

Researcher Carey Sherman has worked on 2 small studies regarding the issues faced by late-life remarried spousal caregivers. The nine volunteers in each study were all women with husbands who were diagnosed with dementia. Most wives reported that their husband's level of dependence was moderate.

Because of late life remarriage, spouses do not share the developmental history of each others families. One wife states: *"We had different ways of being a family. He does not have the background on my children and I don't have the background on his"* (Sherman and Boss, 2007, p 253). Most of the spouses in the study expressed that adult children did not support the remarriage. Evidence of this ranged from subtle hurtful comments to unwelcoming behaviour.

In the spousal caregiving role, the wives felt responsible for keeping their husband's family up-to-date in his health status, yet they felt dismayed at the lack of caregiving involvement by their husband's adult children. *"Nobody – not his sisters, not his child, has called the Alzheimer's Association...I think they see it as my role. My problem, you know? They are a close family but this is something they do not want to get close to"* (Sherman and Boss, 2007, p. 256). In addition, most of the women reported that their caregiving decisions were frequently challenged by the stepfamily. *"You question yourself and others question you - more than they would"*

if you had been the wife from day one. It seems you are scrutinized more" (Sherman and Boss, 2007, p. 258).

On a positive note, for some wives, the interaction with their husband's family regarding his illness increased communication and in some cases improved relationships with stepchildren. In some cases, the changes the husband experienced due to the progression of dementia made it easier for some adult children to get closer to their father.

When one spouse has a diagnosis of Alzheimer's disease or related dementia, it is inevitable that most spouse caregivers will come to assume the couple's day-to-day financial decisions and management of assets. Intergenerational conflict over financial and inheritance decisions serve to add to caregiver stress, which can impact the caregiver's ability to provide optimal care. The wives that were part of the study, felt that financial activities were closely monitored by the adult stepchildren, and that the stepchildren viewed their spouse status as less valid. Wives felt challenged regarding the allocation of money, even when this money was directed towards the care of their husband. Changes to wills and inheritance, even when made to offset caregiving costs, created anger and resentment from adult children. In some cases, husbands requested to keep changes in inheritance a secret until after his death, which the wives anticipated would create further family conflicts.

"Remarried caregivers reported feeling diminished and upset about being challenged by adult stepchildren regarding financial and inheritance decisions. Caregivers felt these incidents severely damaged a sense of trust in several cases and left them feeling embattled in their role

as wife and caregiver, which added to their sense of strain and burden" (Sherman and Bauer, 2008, p.498)

It is clear that late-life remarriage in the context of dementia caregiving creates unique challenges for spousal caregivers. "As increasing numbers of late-life remarried or repartnered couples confront debilitating illness and care decisions, more research is needed to understand how families with diverse and complex histories negotiate the provision of financial and personal care" (Sherman and Bauer, 2008, p. 502)

References:

1. Silverstein, Meril and Giarrusso, Rosann. (2010). Aging and Family Life: A decade in Review. *Journal of Marriage and Family*, 72:1039-1058.
2. Sherman, Carey Wexler, and Bauer, Jean W. (2008). Financial conflicts facing late-life remarried Alzheimer disease caregivers. *Family Relations*, 57: 492-503.
3. Sherman, Carey Wexler, and Boss, Pauline. (2007). Spousal dementia caregiving in the context of late-life remarriage. *Dementia*, Vol. 6: 245-270.

Bill's Corner

Bill is a person living with Alzheimer's disease. He is sharing excerpts from his personal journals to increase awareness of the disease and its impact.

One of the things that really bothers me is when somebody talks or yells at me to correct something I have done or am going to do. My brain and thoughts break down, and I cannot think or remember anything.

When I make a mistake or do something wrong or forget something, I get very angry with myself. I swear at myself. I would like to hit something or break something. I never do this. I am very easy going and just let it go. I have never liked to fight, argue, hurt anybody. I went from grade 1 to grade 13 and never hurt anybody with fowl words or fighting. I played football; I never liked to hurt anybody. ~ Bill

ALZHEIMER SOCIETY OF DURHAM REGION SUPPORT SERVICES

AJAX-PICKERING <i>(4th Wednesday evening)</i>	EAST DURHAM <i>(3rd Tuesday evening)</i>	OSHAWA-WHITBY (Oshawa location) <i>(1st Wednesday afternoon)</i>
Sept. 28 Oct. 26 Nov. 23 Time: 6:30-8:30p.m. Orchard Villa Retirement Residence Victoria Harbour Lounge 1955 Valley Farm Road , Pickering	Sept. 20 Oct. 18 Nov. 15 Time: 6:00 p.m. – 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lambert Conference Rm., Bowmanville	Sept. 7 Oct. 5 Nov. 2 Time: 1:00 p.m. – 3:00 p.m. Alzheimer Society of Durham Region Oshawa Centre Mall 419 King Street W., Ste. 207, Oshawa
AJAX-PICKERING <i>(2nd Wednesday morning)</i>	NORTH DURHAM <i>(last Tuesday afternoon)</i>	OSHAWA-WHITBY (Whitby location) <i>(3rd Wednesday afternoon)</i>
Sept. 14 Oct. 12 Nov. 9 Time: 10:00 a.m. – 12:00 p.m. Pickering Village United Church 300 Church St. N., Ajax	Sept. 27 Oct. 25 Nov. 29 Time 1:30 p.m. – 3:30 p.m. Trinity United Church 20 First Ave., Uxbridge	Sept. 21 Oct. 19 Nov. 16 Time: 1:00 p.m. – 3:00 p.m. St. Andrews Presbyterian Church 209 Cochrane Street, Whitby

NORTH DURHAM SATELLITE OFFICES – September 19, October 17, November 21

Port Perry – West Shore Village, 293 Perry Street, Port Perry 9:00a.m. – 12:00p.m. ****Booked appointments preferred****
Beaverton – Lakeview Manor, 133 Main Street West, Beaverton 1:00p.m. – 4:00p.m. ****Booked appointments preferred****

EARLY STAGE SUPPORT GROUP

For person with early stage Alzheimer’s disease or related dementia and their care partners.
 Offered at scheduled times throughout the year. Call the Society for more information.

MEN’S BREAKFAST

3rd Wednesday of the month

A social breakfast meeting for male caregivers at Denny’s Restaurant in Whitby from 9:00a.m. to 10:30a.m.

Alzheimer Society of Durham Region

Oshawa Centre (Executive Centre)
 419 King Street West, Suite 207
 Oshawa, ON L1J 2K5

To Contact Us

Phone: 905-576-2567 Toll Free: 1-888-301-1106
 Fax: 906-576-2033
 Email: info@alzheimerdurham.com
 Web: www.alzheimerdurham.com

Office Hours

Monday to Thursday 8:00 a.m. - 5:00 p.m.
 Friday 8:00 a.m. – 4:00 p.m.

Closed

Monday September 1st

Alzheimer Society of Durham Region
*gratefully acknowledges funding from the
 Central East Local Health Integration Network
 and our donors
 who show their generosity in so many ways.*

Our Vision

To be a leader in the Alzheimer movement
 and recognized by our community as an
 essential provider of dementia-related
 services and supports.

Our Mission

Alzheimer Society of Durham Region’s
 mission is to improve the quality of life of
 people with Alzheimer’s disease or a related
 dementia and their care partners.

*The printing of “Staying Connected”
 is generously sponsored in part by*



Thank you for your support