

Staying Connected



A Newsletter from Alzheimer Society of Durham Region

A MESSAGE FROM CEO CHRIS BRANEY

As I make final preparations for my Mount Kilimanjaro climb to raise awareness in Durham Region during Alzheimer Awareness month this January I'm reminded about the importance of giving back to our community.

My Daughter asked me the other evening why was Ebenezer Scrooge so unhappy? If you haven't read Dickens's "A Christmas Carol," probably you could not guess the answer.

Unfortunately most of us believe that happiness comes through getting. If only I can get a new house, car, job, promotion, or relationship, I will be happy. But Ebenezer Scrooge was unhappy not because of a failure to get but to give, and this, I submit, is the most important message of Christmas and the holidays.

I had to become a parent before I discovered the principle for myself. As a child the chief joy in life, especially at Christmas time, was getting. I still remember the happiness I felt receiving my first new guitar, and what male child of the 1970s will forget his first Big Jim Sports Camper? I also remember how quickly the new wore off of these gifts. And I remember my parents' dismay when, two days after Christmas, my sister and I were more interested in building a fort from discarded boxes than playing with the expensive toys they had housed.

Similarly, as a parent I saw my own kids lose interest in their share of new toys. But it was worth it. Words simply cannot describe the joy I received watching my little girls open gifts on Christmas morning, a ritual that often began before 6:00 a.m. when I finally gave in to incessant and insistent little voices at my bedside informing me that Santa Claus had indeed arrived.

But I don't need to illustrate the principle further; you have your own memories. By midlife all of us should know that our best joys come through giving. And yet we forget; don't we?

Christmas is a good time of year to remind ourselves of the truth. The most important message of Christmas is that of joyous giving. It's the message of our seasonal classics like "A Christmas Carol" and "It's A Wonderful Life." And, more importantly, it's the message of that first Christmas.

On behalf of our staff team at Alzheimer Society Durham I wish you all the best at Christmas and over the holidays. Cheers! Chris Braney

In This Issue

Education

Special Events

Family Support

Support Group Listing

Meeting dates
How to contact us



**Thank you to the
Rotary Club of
Oshawa Parkwood
For sponsoring the
Mount Kilimanjaro climb**

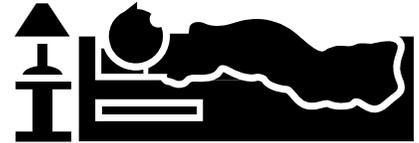
2012
**WALK
FOR
MEMORIES**
Alzheimer Society



Sunday January 29, 2012
12:30pm — 3:00pm
UOIT Durham College

See page 5 for details

The Importance of Sleep



Winter is a season when we value a good night's sleep! Unfortunately many people with dementia also experience sleep disorders that can be distressing both for them and their caregivers. The article below is one of the resources found on a new research based website for family caregivers from the University of Alberta.

Getting a good night's sleep for people with 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 a 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 a dementia, help with getting a good night's sleep 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?

"Sorting out the answers to these questions was like doing a jigsaw puzzle," said Brown, "with lots of little pieces of information available for this rather large problem but the pieces had never been put together." Given that the number of people living with some form of dementia is rapidly growing and sleep problems are very common for them, Brown felt it was important to look at this area more closely.

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.

Poor sleep can cause problems with learning, memory and depression

Not only will people with dementia and poor sleep habits 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 specialists 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.

Research has found that people who take drugs to help them sleep are more likely to fall because they can be groggy during the day. Also, when they do sleep it is not high quality and they do not feel well-rested in the morning. “This can also limit their ability to remember and learn new things,” said Brown.

After carefully evaluating 29 good quality research studies, Brown and her team were surprised with the final results. “The research we found is mostly about bright light strategies to help with sleep, but there is very little written about modifying the environment to help with this problem,” she said. Although the evidence is good for using bright light strategies, this approach is not always feasible and modifying the environment is pretty low tech and inexpensive, she said.

Good sleep hygiene, activity and bright light exposure can help

What are some of these practical and affordable approaches? Brown says that the evidence is good to try some of these ideas to help sleep if you have a dementia:

- Have a bedtime routine. This may be going to bed and waking up at the same time every day, listening to the same piece of music each night, and having the same light snack.
- Have a nice place to sleep. Ideally this would be a quiet and dark bedroom and with a minimal number of ready-lights (red, blinking LED lights on your TV, radio, alarm clock, etc.).

- Have activity during the day. Keeping busy and socializing will help you sleep at night, but limit your activity after dinner.
- Have bright light exposure during the day. It is best to be around natural day light. If this isn't possible, then you may find that using a bright-light box can help.

Poor sleep for people with dementia can start a vicious, downward cycle, said Brown. Breaking this cycle and helping people with dementia to sleep a bit better can improve their quality of life. “Sleep affects thinking, behaviour, as well as physical, cognitive and emotional function.” The evidence is still evolving, but so far it provides support that there are many easy options to help people with dementia get a good night's sleep, she said.

For more information on what you can do to sleep better if you have dementia, visit www.sleep-dementia.resources.ualberta.ca

Source: Fern Swedlove, Lay article, Feb. 2011, Sleep and Dementia website. Reprinted with permission.





**A huge thank you goes out to all who helped raise \$12,000
at the Forget Me Not Walk in Uxbridge,
Presented by First Leaside Group of Companies**

Special thank you to our sponsors and prize donors

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**The Ladies from the
 Blank Page Book Club
 for baking all the
 goodies for the bake
 sale table!**

Thank you to all those that attended
The Wine Tasting Fundraiser
\$3,700.00 was raised for the Mount Kilimanjaro climb
A special Thank you goes out to
Kemp Stewart & Ben Simmons
from Hillier Creek Estates Winery



January 9th 2012
CEO Chris Braney Climbs Kilimanjaro
for *Alzheimer Society*
DURHAM



For sponsorship or donation information
Call: 905-576-2567
Email: cbraney@alzheimerdurham.com
Visit: www.alzheimerdurham.com



Sunday May 6th 2012
Chocolate Lovers' Luncheon
Emcee
Pete Walker from KX96 FM
Ticket \$50.00/pp

Gourmet Lunch, Cash Bar
Scrumptious Chocolate Dessert Buffet
Auctions, Raffles & Door Prizes
Entertainment by
The comedy duo
Neil Crone (Little Mosque on the Prairie) &
Kevin Frank

Call today to reserve your tickets
905- 576-2567 or 1-888-301-1106

Third Party Events

Thank you EMC for
donating \$2,000 from your
Charity Golf Tournament
which was held on
September 7, 2011



Thank you to RBC
Oshawa for donating
\$500 towards the
Mt. Kili Climb.



2012
**WALK
FOR
MEMORIES**
Alzheimer Society



Sunday January 29th, 2012
Durham College (UOIT) Wellness Centre
2000 Simcoe St. N, Oshawa
12:30pm -3:00pm
Pre-registration available at
www.walkformemories.ca
905- 576-2567

Top Prizes

Individual– A pair of white gold earring (\$300 value)
Team - \$25 gift certificate to the
Oshawa Shopping Centre (max. 10 people)

Emcee- Gary Bernarde (CKDO Radio)
Entertainment, Raffle and Light Refreshments

*For information on sponsorship, prize donation or
volunteering contact Franca at*
francagiuga@alzheimerdurham.com



If you spare a few hours to help us out
in the office or at events ,
please call 905-576-2567.



Taking Care of Yourself This Holiday Season



The activity and festivities of the holiday season pose special challenges for families coping with dementia. The hurried pace can be trying at times for just about anyone, but for someone coping with dementia, the change in routine can be especially disruptive. That's why it's important to take steps at holiday time to minimize disruptions and simplify the celebration. A few steps can help to assure that anyone with dementia, and those who care for and love them, can have a safe and joyous holiday season.

- Simplify. The change in routine of the holiday season can be disconcerting and upsetting. A tree with blinking lights and loud singing, music, or a football game on the TV can be disorienting for someone with memory loss and confusion. Rethink your holiday traditions, and simplify. Pick and choose those traditions that are most important to you. Simplify the decorations, and avoid flashy lights and raucous noise. Remember that you can't do it all and focus on what you enjoy.

- Engage the person with dementia - but keep things at their usual pace. Someone with dementia might enjoy simple holiday tasks, such as decorating cookies or putting ornaments on the tree. Or, singing holiday songs and reading a beloved scripture or story at home may be a meaningful alternative to visiting a place of worship. Do not, however, force the person with dementia to participate if they resist. Stick to the same daily routine and

schedule as much as possible.

- If a loved one with dementia lives in a nursing home or assisted-living facility, test the waters by bringing him or her home for a short visit beforehand. For many with dementia, being removed from familiar surroundings can be disorienting and upsetting. Even being around family members a person doesn't see often can make someone with dementia anxious or fearful. If a home visit seems too stressful, arrange for visits by small groups to the nursing home to minimize confusion and upset.

- Apprise family members and relatives who are coming from out of town about the status of a parent, sibling or loved one with dementia ahead of time. That way, everyone will be better prepared during family gatherings.

- Delegate. Let family members and friends help with the chores, like writing cards, baking or shopping for gifts. Let others watch a loved one while you take in a show or other holiday event.

Trust your instincts and get plenty of rest

Caregivers know best what their loved ones with dementia are capable of doing and what agitates and upsets them. Resist pressure to celebrate the way others may expect you to. You can't control the progress of dementia or protect your loved one from all distress. But by planning and setting firm boundaries, you can avoid needless holiday stress and enjoy the warmth of the season.

Source: <http://www.mayoclinic.com/health/alzheimers/HQ00213>



A Dream in Your Heart

Keep a dream in your heart
And you'll never grow old.
Let the wonder of childhood
Enrich and enfold.
Let the spirit of Christmas
Refresh and renew,
And the promise of New Year
Be hopeful for you

Remember the rainbow
When storm clouds appear,
And seek the first star
When the evening is near.
Though years are relentless
Just let them unfold,
Keep a dream in your heart --
And you'll never be old!

By Iris Hesselden

BILL'S CORNER

I pulled a real dandy before supper tonight.

Our smoke detector for our apartment went off before supper. I did not make a move. It's quite loud. Something on the stove activated the alarm. I did not smell smoke, fumes or realize the alarm was sounding. I did not make a move. My wife fanned the alarm with a towel till it quit. I should have jumped out of my chair and asked questions: "what's wrong". My wife fanned the alarm and silenced the alarm and I just sat in my chair not realizing what was going on. My brain did not react to this situation. For sure I know I have a serious Alzheimer problem now!

My angel, my wife, was quick thinking and fast. She opened our sliding outside door. She sure does a great job of looking after me, with a lot of love in her kind way to help me. This is not the first time that I have done some foolish things and she has helped me.

I sometimes say the wrong things at the wrong time; she explains my problems to other people. ~ Bill

Bill has early stage Alzheimer's Disease

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>
Dec. 28 Jan. 25 Feb. 22 Time: 6:30-8:30p.m. Orchard Villa Retirement Residence Victoria Harbour Lounge 1955 Valley Farm Road , Pickering	Dec. 13 Jan. 17 Feb. 21 Time: 6:00 p.m. – 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lambert Conference Rm., Bowmanville	Dec. 7 Jan. 4 Feb. 1 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>
Dec. 14 Jan. 11 Feb. 8 Time: 10:00 a.m. – 12:00 p.m. Pickering Village United Church 300 Church St. N., Ajax	Dec. 20 Jan. 31 Feb. 28 Time 1:30 p.m. – 3:30 p.m. Trinity United Church 20 First Ave., Uxbridge	Dec. 21 Jan. 18 Feb. 15 Time: 1:00 p.m. – 3:00 p.m. St. Andrews Presbyterian Church 209 Cochrane Street, Whitby

NORTH DURHAM SATELLITE OFFICES – December 12, January 16, February 13

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.

Holiday Hours

Closed Monday December 27
Closed Tuesday December 28
Closed Monday January 2



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

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Central East Local Health Integration Network and our donors
who show their generosity in so many ways.