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## Changes and Meaningful Activities

With dementia come many changes. These changes can sometimes affect activities that are very meaningful to you. Meaningful activities can provide benefits such as physical and mental stimulation, socialization, increased self-esteem, and a sense of purpose.

Some examples of a meaningful activity may be:

- **Playing golf**
- **Hiking**
- **Painting**
- **Knitting**
- **Gardening**
- **Walking your dog**

You may not be able to do your special activity in the same way that you used to. However, there are some strategies that may help you with these challenges along your journey.

Some ideas to consider are:

- **Give yourself lots of time** before, during, and after your activity
- **Be honest** each day with yourself and others about your physical and emotional health
- **Bring a friend** – a friend can be your motivator and helper
- **Don’t judge yourself** – accept all that you have achieved today

A member of the Early-Stage Wellness program said, “I do a lot of things people without dementia can’t do.” This inspires the member as they adapt some of their own most meaningful activities.

Source: Hounam, B., et al. (2011). *By Us For Us. Living and celebrating life through leisure.* Waterloo, ON: Murray Alzheimer Research and Education Program University of Waterloo.

## **Summer Lovin'**

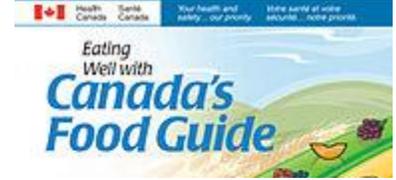
Older adults are more prone to the effects of heat. Older adults are also at greater risk of dehydration. Follow these tips, which will help you stay cool and feeling good all summer long:

- 1. Drink fluids** – Dehydration often causes a person to become confused. To prevent this, drink non-caffeinated and non-alcoholic beverages. Water is a great option to help satisfy your thirst!
- 2. Plan ahead** – Don't go outside during peak heat hours (10 am- 2pm). Plan your outdoor activities for early morning or the evening.
- 3. Don't rush** – Remember to take breaks in shady areas. This will help your body cool off when spending time outdoors.
- 4. Indoor exercise** – Join a gym or consider 'mall walking.' These will provide you with activities that are in air conditioned buildings.
- 5. Medic Alert ®** - Speak to your loved ones about getting a Medic Alert ® Safely Home® bracelet. This will help you get home if you have trouble finding your way during a sunny day stroll.
- 6. Sun Protection** – Always wear a hat, sunglasses, and sunscreen when outside. Consider a spray-on sunscreen for quick and easy application.

Sources: Canadian Red Cross. *Heat-Related Emergencies: Staying and Hydrated in Canadian Summers*. Retrieved from <http://www.redcross.ca> Alzheimer's Association. *Summer Safety Tips*.(2007). Retrieved from [http://www.alz.org/co/in\\_my\\_community\\_13328.asp](http://www.alz.org/co/in_my_community_13328.asp)



# Bon Appetit!



## Canada's Food Guide Recommendations:

If you are over 50 years of age, these servings apply to you.

The recommendations tell you how much of each food group to eat each day.

- **Fruits Vegetables:** 7 Servings
- **Grain Products:** 6-7 Servings
- **Milk and Alternatives:** 3 Servings
- **Meat and Alternatives:** 2-3 Servings

## Tip: What's a Serving Size?

A **serving size** is the amount of food recommended to eat daily. Here are some examples of **1 Serving**:

- 1 piece of fruit (Ex./ 1 apple)
- 1 slice of bread or ½ bagel
- 1 cup (250 mL) of milk
- 2 eggs

## An Example of an Easy, Wholesome Breakfast

1. Microwave 1 cup of quick-cooking oatmeal.
2. Add 1 tablespoon of wheat bran.
3. Add 1 tablespoon of dried raisins.
4. Sprinkle with cinnamon.
5. Serve with 1 glass of milk and 1 small glass of 100% fruit juice.



Source: Health Canada. (2011). *Eating Well With Canada's Food Guide*. Retrieved from <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

## **Communicating With Others:** **Important Things to Say to Your Care Partner:**

- **‘I will be open about my experiences’**  
Do not avoid telling your loved one how you feel, even if you think it will protect them. Be honest with your loved ones right from the beginning.
- **‘I can become frustrated too’**  
Tell your loved one that if you ever frustrate them, it is not your intention. Listen and be patient with each other. Don't let the small things bother you.
- **‘I am still an adult’**  
Tell your loved one to not do everything for you. What do you want? What do you need? Ask your loved one to give you choices.

**Source:** Hounam, B., et al. (2007). By Us For Us. *Enhancing Communication*. Waterloo, ON: Murray Alzheimer Research and Education Program University of Waterloo.

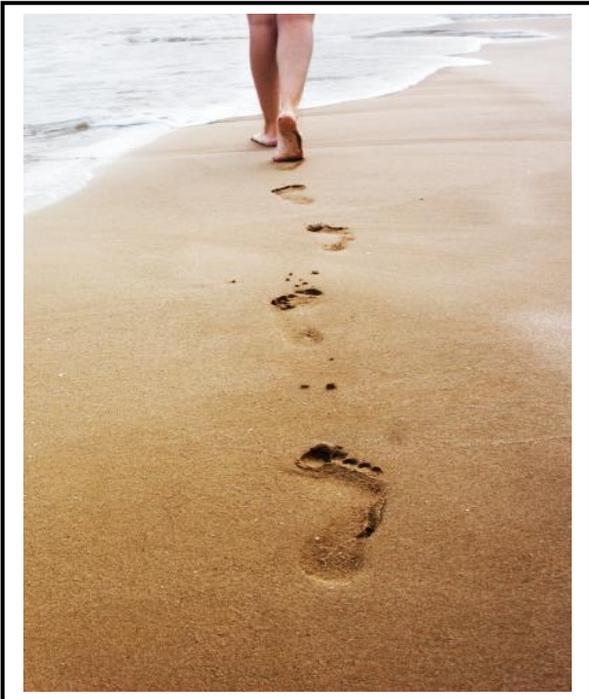


## **Important Things to Say to Others:**

- **‘Speak directly to me’** It may hurt when others speak to your family and ignore you. Tell others that you are still able to make valid decisions.
- **‘You can ask questions if you do not understand’** Encourage others to be direct with you. Tell others you can try to clarify if they do not understand.
- **‘I can suggest strategies that will help us stay in touch’** Suggest strategies that work for you everyday. For example, if you plan to meet a friend next week, ask them to write you a reminder note and leave it where you know you will find it.



## Some Pep to Your Step



There are many aspects to your health besides the typical physical and mental. One aspect of your health is the emotional. Your emotional health especially helps you through the days when things seem like too much.

A soothing strategy for some people is to read and reflect on quotes. These quotes can give you new perspectives and inspirations. When you find a quote you like, write it down and stick it on the fridge or on your mirror. This way you leave yourself a nice message that you can see all throughout the day.

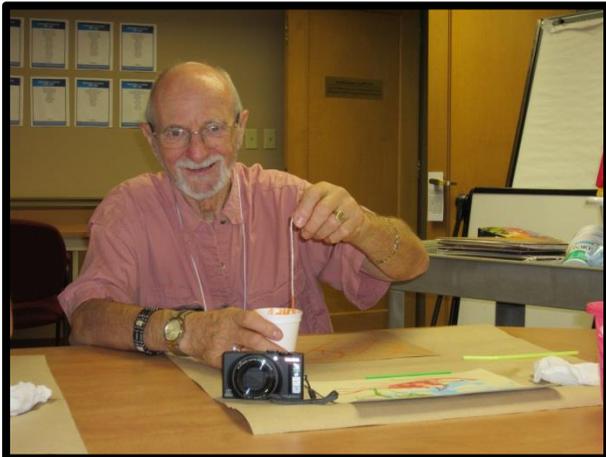
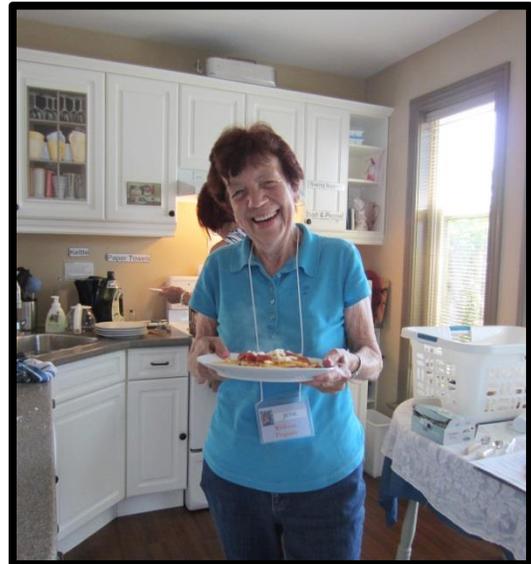
### **Here are some examples of quotes with good messages:**

- **“The real voyage of discovery consists not in seeking new lands but seeing with new eyes.”**  
- Chinese proverb
- **“Start where you are. Use what you have. Do what you can.”**  
- Arthur Ashe
- **“And in the end, it’s not the years in your life that count. It’s the life in your years.”**  
- Abraham Lincoln
- **“There’s only one corner of the universe you can be certain of improving, and that’s your own self.”**  
- Anonymous

## This is Also the Face of Dementia:

We proudly share these pictures showing some of our clients from the Wellness Program. At this program, they try new activities such as abstract art, drum circles, and relaxation exercises.

We encourage you to try new activities yourself. This can be anything from card making to a group exercise class. Do something that interests YOU!



## ASNR News and Events:

### **Coffee Club**

We invite you to drop in  
for Coffee Club

**When:** Every 2<sup>nd</sup> and 4<sup>th</sup>  
Thursday of each month

**Where:** Alzheimer Society office  
#1 – 403 Ontario St., St. Catharines

**Time:** 1:30 p.m. – 2:30 p.m.

**For more information, please call  
our office at 905-687-3914 or visit  
our website at  
[www.alzheimerniagara.ca](http://www.alzheimerniagara.ca)**



**Coffee Break®** is a national fundraiser for the Alzheimer Society. Funds raised by these events help fund programs and services of the Alzheimer Society of Niagara Region. We encourage you to join us for some coffee, goodies, and raffle at:

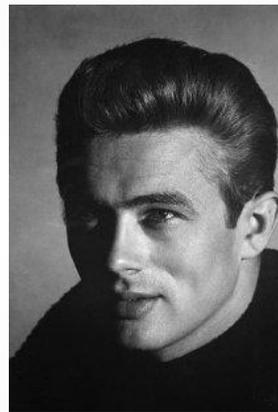
**Where:** Grantham Lioness Club  
732 Niagara Street  
St. Catharines, ON

**When:** September 19, 2013

**Time:** 8:00 a.m. - 11:00 a.m.

### Working that Noggin!

Look at a face, identify the name, then do it again in a few minutes. According to the work of Dr. Loewenstein, this helps your mind gain good habits for memory. See if you can name the following actors/actresses. But do not write their names down! Try and recall the names again in 10 minutes, then 15 minutes, then 20 minutes.



**Sources:** Pulley, T. (2011). Classic Stars: The New Class (1950s and 60s Stars). *IMDb*. Retrieved from:  
<http://www.imdb.com/list/AXatNND7op8/>

Acevedo, A. and Loewenstein, D. (2007). Nonpharmacological Cognitive Interventions in Aging and Dementia. *Journal of Geriatric Psychiatry and Neurology*, 20(4), 243.

**Answers:** a) Paul Newman b) Julie Andrews c) James Dean d) Debbie Reynolds



My name is Patricia Malinski and I am a Health Sciences student from Brock University. When putting together this newsletter, I wanted it to be filled with tips that will help you to enjoy the summer days and beyond. I encourage you to read 'Summer Lovin' on page 2 for some tips that will keep you cool and safe this summer.

During the past several weeks, I have been working as the summer student at the Alzheimer Society of Niagara Region. What has touched me the most has been how both clients and staff come together; whether it is with family, friends, and/or the other staff of the Society. When you come together like this, you are taking charge and not letting dementia call all the shots. For showing others, including me, how to thrive and not simply survive, I thank you all.

Lastly, I would like to thank all who contributed to this newsletter including: Cynthia Krawczuk (graphic design), Gina Bendo, Carolyn Dowd, Dawn Tuckwell, and Sarah Putman (assistant editors). I wish everyone reading this has a safe and lovely summer.

- Patricia Malinski, Guest Editor

## Contact & Feedback

What I liked: \_\_\_\_\_

What I didn't like: \_\_\_\_\_

Things I would like to see in the next issue: \_\_\_\_\_

How I would like to contribute: \_\_\_\_\_

My question: \_\_\_\_\_

Other comments: \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

## How to reach us

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