

Alzheimer Society

OXFORD

WINTER 2013

New to Oxford County - The Intergenerational Choir Project

In October, the Intergenerational Choir project began at St. Mary's Catholic High School, in conjunction with the Alzheimer Society of Oxford. The project teams high school students with people with dementia and their family members or friends.

The project provides a safe and secure choral and social structure for the eight week program allowing participants to express themselves through music. The choir also educates younger generations about dementia with training from the Alzheimer Society of Oxford. Regardless of musical backgrounds, the choir gives singing opportunities to all.

After Carmen Holbrough, an Oxford County resident, sang with a similar choir in London, Ontario, he and his wife Noreen decided that this opportunity should be available in their community, and went about beginning the project at home.

St. Mary's Catholic High School in Woodstock has been fully supportive, with their principal, worship leader, music teacher and other staff joining the choir. Alzheimer Society staff has provided education and support to the participants throughout the project.

Music has been used as a healing force for centuries. We are so happy to have the Intergenerational Choir Project in Oxford County to provide opportunities for improving quality of life, building understanding of dementia and uniting generations for one common goal.

The project will conclude with a concert celebration in December. Because of the early success, a second session of the project is scheduled to begin in 2014.

You're invited... Oxford County's Intergenerational Concert

Wednesday, December 4th
4:30 p.m.

St. Mary's Catholic High School,
Woodstock

Showcasing the accomplishments of the choir. A free will donation will be collected with proceeds supporting the Alzheimer Society of Oxford and St. Mary's Catholic High School.



Join the 2nd session of the Oxford County Intergenerational Choir

The next eight week choir begins on March 5th, 2014.

To take part or for more information, contact: Rhonda Crouse, Family Support Worker, 519-421-2466 ext. 243 or email rhonda@alzheimer.oxford.on.ca.

Alzheimer Society of Oxford
575 Peel Street
Woodstock, ON N4S 1K6
Tel: 519-421-2466
Fax: 519-421-3098
info@alzheimer.oxford.on.ca
www.alzheimer.ca/oxford
M - F: 9:00 a.m. - 4:30 p.m.

OUR MISSION To improve the quality of life for people and their caregivers living with Alzheimer's disease or related dementias.

OUR VISION Every client has access to high quality services throughout the continuum of the disease.

YOUR RIGHT TO PRIVACY The Alzheimer Society of Oxford respects your right to privacy. All information shared with our office is kept confidential. At no time is your personal information sold, shared, disclosed, or traded to a third party without your permission.

**PRESIDENT &
EXECUTIVE DIRECTOR'S
REPORT**

A message from our President & Executive Director



Andrew Szasz
President

Our organization has a great deal to be thankful for during this holiday season and as we look forward to a new year! Our community has given generously to our *"Memory Builders"* Capital Campaign and we are very proud to report that not only did we reach our goal of \$350,000.00 but we surpassed it! Our building addition and the retrofitting of our existing building is nearing completion and we look forward to having our community and donors visit us during our Open House and Reception on May 28th, 2014.



Shelley Green
Executive Director

In this holiday season of giving, we recognize the gift of our supportive community. Oxford County is known as a generous county and we see first hand the difference it makes when the residents of the county stand behind our work in financial and volunteer resources. We are who we are today, in large part, because of people, companies and foundations who believe in the need of our clients and believe in the work we are doing to make a difference in our client's lives. Thank you Oxford County for your incredible gift!

Our Board of Directors is looking forward to developing a Strategic Plan for the next three years. Identifying the needs and developing a plan to address them is a priority of our Board in the coming months. We know the need for our services is continually growing as our population ages. We have a great challenge ahead of us and we believe Oxford County will continue to stand behind us in our effort to meet these needs.

2014 is the year we will celebrate our 25th Anniversary. We will be looking back at our growth, at the tremendous successes we have experienced, at the thousands of individuals who have given of their time and resources to impact positively our goals and our work. We will celebrate with our community what can be accomplished when people get behind a need and commit to making positive change.

We would like to wish you all a very Merry Christmas and a wonderful holiday season.

Our Staff

Shelley Green, Executive Director
shelley@alzheimer.oxford.on.ca

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Elizabeth Barrie, First Link[®] Outreach Worker (Part-time)
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Administration
karen@alzheimer.oxford.on.ca

Our Board of Directors

Andrew Szasz, President
Glen Harrop, Past-President
Harvey Husk, Treasurer
Kelly McIntyre-Muddle, Secretary
Marie Keasey
James Morgan
Kim Timleck
Heather Wilson-Boast

Our Office Volunteers

Cleo Bond John Hawley
Joanne Eddington Karen Hunt

Marie Keasey
Bev McDonald

Gail Osmond Lindsay Van Asseldonk
Betty Schelhaas Melanee Worth

Enjoying the holiday season

The holiday season is a time of celebration, family gatherings, gift giving and special meals. For many of us, it can also be a time of stress, worry and exhaustion as we try to keep up with expectations while maintaining the necessities of normal life.

When adding Alzheimer's disease and other dementias to the mix, this time of year can become even more stressful. But by simplifying and ensuring that you are prepared, you can help to make the holidays more enjoyable for everyone.

Simplify

- Decide what parts of Christmas traditions are important to you and what you can cut back on or cut out. Enjoy time with friends and family without the pressure of an extravagant meal or gathering.
- Reduce the length of your social outings to avoid both yourself and the person with dementia from becoming overtired.
- Keep decorations minimal. Avoid blinking lights as they can be disorienting. Also avoid potentially dangerous items such as candles and decorations that look like food.



Preparation

- Routines are important to a person with dementia. Keep daily routines as normal as possible during the holidays. This will help her enjoy the season with you.
- Involve the person with dementia in your holiday preparations. Depending on what he is able to do, ask him to help decorate the tree, place the bows on presents as you wrap them, assist with baking or fold the napkins as you set the dinner table.
- Limit the number of guests as large groups can be overwhelming to some people with dementia.
- Help prepare the person with dementia for a gathering by showing pictures of the guests and discussing what will occur at the event.
- Familiarize guests beforehand by telling them of any changes in the person with dementia such as trouble remembering names or becoming tired more easily. Ask for patience and understanding.

Ideas of what to do this holiday season



- Music can be enjoyed by everyone in all stages of the disease. Sing some of the old Christmas Carols together or play a CD and sit quietly to listen.
- Consider what the person with dementia used to do to celebrate the holidays. If she liked baking, consider baking together having her measure the flour or stir the ingredients.
- Wrap gifts together. Depending on abilities, help him wrap the gift, place a bow on the top or place the gift in a pretty bag.
- Christmas cards are a part of tradition. Perhaps she can write a short message, sign her name or stuff the cards in the envelopes after you have written the message.
- Decorate the house. He may want to help to decorate the tree or decide which decorations to use.

We, at the Alzheimer Society of Oxford, wish you the best of holiday seasons.

CHAMPIONING FOR DEMENTIA

Words from our Dementia Champion

Al Burridge was diagnosed with Alzheimer's disease 2.5 years ago. Since his diagnosis, Al and his wife Mo have worked wholeheartedly to support the efforts of the Alzheimer Society of Oxford and to uphold and encourage people diagnosed with dementia. Al has taken on the role of our "Dementia Champion" and writes regularly for our newsletters to share his perspective on living with dementia.

Although Fall just didn't seem to want to end this year, Winter has finally arrived. It is time to put away the golf clubs, sort out our winter clothes, get the games out of the cupboard and be ready for the long, cold days ahead. However, during the winter months it is so important to remain active, both in your body and mind.

I exercise my body by walking. I can't cross country ski anymore, but I can get out for a walk. The parks and trails are just as beautiful during the winter months. Even in icy weather, I can join other residents in our apartment building walking the hallways or attend one of the exercise classes available around the city.

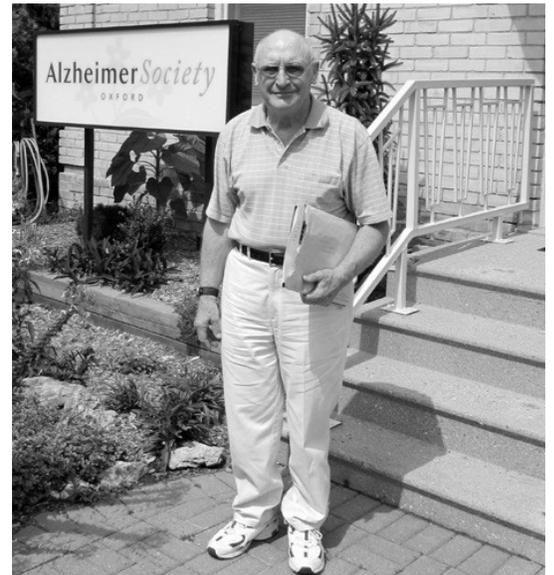
My wife and I play games to keep our minds active. She wins most of these, so she says, but she keeps the score, so who really knows? We usually have a jigsaw puzzle on the go, and this is the time of year that we bring our photo albums up to date.

Along with the necessary errands, our outings also include, theatre visits, restaurant lunches, coffee with friends, Bible study groups and visiting our children.

The dedicated people at the Alzheimer Society also change their programs to suit the season, and these times offer not only education, but fun and fellowship with others who are fighting this disease.

So although the season has changed, my life remains busy and active, as can yours with just a little adjustment from our summer habits.

A safe and healthy winter season to you all.



Please help us reduce costs!

If you would like to receive this newsletter by email, please send your email address to:
info@alzheimer.oxford.on.ca

Zehrs' Save-A-Tape Plan



Did you know that saving your grocery tapes from Zehrs can benefit the Society?

A **BIG Thank You** goes out to everyone who has donated their Zehrs grocery tapes so far! Our volunteer, Bev McDonald, diligently assembled all of the donated tapes for submission to Zehrs Woodstock; a total of \$259,048.88.

This combined effort resulted in a donation of \$575.66 from Zehrs Woodstock. Thank you!

Please keep sending in those grocery tapes. Every little bit helps.

We are on Social Media!

“Like” us on Facebook or follow us on Twitter to receive updates of the latest news and events at the Alzheimer Society of Oxford.

www.facebook.com/alzoxford



www.twitter.com/alzoxford



We also post regular news stories on our website! Visit often to see the latest updates.

www.alzheimer.ca/oxford

Holiday Hours:

Please note that our office will close on **December 24th, 2013 at 3:00 p.m.** and will reopen on **January 2nd, 2014 at 9:00 a.m.**

If you need assistance during the time we are closed, please call **Telehealth Ontario** toll free **1-866-797-0000** or **Canadian Mental Health Association** **519-539-8342** or toll free **1-877-339-8342**

“Memory Builders” Campaign Update

Our new addition is now SO close to completion! The project is moving along very well. In order to ensure that all details are completed, we are planning our Grand Opening Celebration for Wednesday, May 28th, 2014. More details will be printed in our next newsletter.

Our staff, who have been located off-site for many months, have now moved back into our new space. It is such a joy to have our entire team together in one location again!

The retrofitting of our original building is now underway, as well as the landscaping around the entire building. It is hoped that all will be completed by the end of this year.

We are excited to announce that our “Memory Builders” campaign has now reached 107% of our goal, bringing the total to \$376,000.00!

A generous corporate donation of \$30,000.00 from Toyota Motor Manufacturing Canada has put us well over the top!

This project would not have been possible without the very generous support of our entire community.

Thank you!



	INFORMATION	OVERVIEW
JOURNEYING TOGETHER (Early Stage)	<p>Support groups are currently being held in Tillsonburg and Woodstock.</p> <p>Please call Anita or Carolyn at 519-421-2466 for information on these groups.</p>	<p>Support and education programs for persons in the early stage of Alzheimer's disease and other dementias, Mild Cognitive Impairment or who have significant symptoms, and their family members or friends.</p>
SUPPORT GROUPS (Mid to Late Stage)	<p>Monthly support groups are currently meeting in Ingersoll, Tillsonburg and Woodstock. Tillsonburg and Woodstock have both day and evening support groups, and Ingersoll has a day group.</p> <p>Please call Judi at 519-421-2466 for more information on how you may join a support group in your area.</p>	<p>Open to family members and friends, these groups provide an opportunity for people to receive support and education from others facing similar challenges.</p>
FIRST LINK[®] EDUCATION SERIES	<p>This four-week series is held on an as-needed basis.</p> <p>Please call Anita or Carolyn at 519-421-2466 for more information.</p>	<p>First Steps</p> <ul style="list-style-type: none"> • What is Dementia? • Treatments/Adapting to Brain Changes • Communication/Planning Ahead • Building a Circle of Support
	<p>This four-week series is held on an as-needed basis.</p> <p>Please call Beth at 519-421-2466 for more information.</p>	<p>Next Steps</p> <ul style="list-style-type: none"> • Memory Loss • Changes to the Brain • Coping Strategies • Future Planning • Legal and Financial Matters
	<p>This four-week series is held on an as-needed basis.</p> <p>Please call Judi at 519-421-2466 for more information.</p>	<p>Care Essentials</p> <ul style="list-style-type: none"> • Progression of Dementia • Problem-Solving Strategies • Communication Approaches • Day to Day Care • Community Resources
	<p>This three-week series is held on an as-needed basis.</p> <p>Please call Beth at 519-421-2466 for more information.</p>	<p>Care Options</p> <ul style="list-style-type: none"> • Overview of Changes • Dealing with Caregiver Stress • Options for Long Term Care • Moving to Long Term Care • Long Term Care Team

Tillsonburg's 3rd Annual Charity Duathlon a Success!

Van Norman Memorial Park was the scene of the 3rd Annual Charity Duathlon on the morning of September 29th.

A total of 73 participants ran 3km, biked 17km and ran another 3km to finish the course on a bright, sunny day; a perfect day for the duathlon.

Organizer, George Papadakos, was able to participate in the event himself thanks to his excellent organization and a large group of volunteers!

\$3,685.00 was raised in total for the Alzheimer Society of Oxford.

Thank you so much to George Papadakos, the sponsoring businesses, the many volunteers and to the participants who all helped make this event another great success!



The race begins!



Christine & Andrew Brown from Dorchester were delighted to finish the race successfully. This was their first time participating in a Duathlon!

Brain Teasers

Can you solve these Rebus Picture puzzles?

BAD wolf

Hint: fairy tale character

T
P world R
I

Hint: dream vacation

NA NA

Hint: seafood

Answers Left to Right: Big Bad Wolf, Round the World Trip, Tuna

We're thankful for our Volunteer Companions

Volunteer Companions provide respite for family caregivers in our community. To celebrate all of the time, energy and passion that these volunteers give, we had a Thanksgiving dinner with those who could join us.

The evening included a delicious meal, slide show, gift exchange game, musical entertainment and a door prize. Thank you to Gunn's Hill Artisan Cheese for donating the door prize and to Colin Crouse for supplying the music during the event.

If you are interested in the Volunteer Companion Program, please contact Dana Fallowfield by calling 519-421-2466 ext. 225 or email dana@alzheimer.oxford.on.ca.



Volunteer Companion Volunteers at our Annual Thanksgiving Dinner.



Staff member, Dana Fallowfield and Volunteer Companion, Gail Osmond at the event.

Our appreciation goes to:

Nethercott Press Inc. for their support and help with all our printing needs.

Emmanuel Reformed Church and **North Broadway Baptist Church** for the use of their space for our many groups and events.

Micacchi Warnick & Company for sponsoring, in part, the auditing of our financial statements.

We thank the following businesses and foundations who have made substantial donations to our building project.

Ontario Trillium Foundation

Westminster College Foundation

Toyota Motor Manufacturing Canada

dj Designs

Spina & Loewith Inc.

Timberland

The Walter J. Blackburn Foundation

Ingersoll Paper Box

Wilkins Construction Inc.

SPH Engineering Inc.

Southwest Local Health Integration Network for their ongoing financial support of our Volunteer Companion Program, Education and Support Programs as well as our building addition.

Nethercott
More Quality. More Service. More.
Since 1973
Press
Inc.

Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario

The Ontario Trillium Foundation is an agency of the Government of Ontario.

 **Ontario**
South West Local Health
Integration Network

Thank you Oxford County, for making your coffee count!

We are so grateful to have had 104 Coffee Breaks hosted in Oxford County with more still to come! To be involved in this fundraiser, hosts invite guests, serve coffee or another beverage and during an enjoyable social time, ask their guests to make a donation to the Alzheimer Society of Oxford. Some events were held in homes, others at businesses or social clubs.



Residents of our community also supported us at the Donate a Buck locations where customers of retail businesses were asked if they would like to donate a dollar and sign their name to a coffee cup picture that was displayed at the store. Thank you to all of the retail shops that participated!



Our volunteers Henry Duncan, Gail Tucker and Matt McComb, serve coffee and educate the public at Woodstock's Summer Street Fest 2013.

At Woodstock's Summer Street Fest 2013, this past August, we hosted a booth with games and information to promote Coffee Break[®] and raise awareness of Alzheimer's disease and other dementias. Thank you to Elaine Seabrook and the staff at the Huron Street Tim Hortons[®] for providing coffee and supplies at this event.

Our current total to date is \$26,450.00 and with 23 more Coffee Breaks still to occur, we see our goal of \$35,000.00 in sight!

A huge thank you to all who have hosted an event, have one planned, or donated at a retail store. If you would still like to get involved and host an event, it's not too late! Please call Sandra at 519-421-2466 ext. 224 for more information.

Still to come for Coffee Break[®]:

- Our Alzheimer Café luncheon will be held at the beginning of December to celebrate the hosts who raised \$350.00 or more at their Coffee Break[®]. Stay tuned to Facebook for photos.
- On December 2nd we will announce the cashier who sold the most Coffee Break[®] cut-outs at the Donate a Buck locations. The winner will receive a Tim Hortons[®] Home Bunn brewer prize pack.
- Also on December 2nd we will draw from all Coffee Break hosts for three Tim Hortons[®] Bunn Home brewer prize packs. Names of winners will be posted on our website and on Facebook.



Eileen Blatnicki, manager of the Woodstock Bulk Barn, serves coffee and cake to a customer.

Thank you to all our Coffee Break Sponsors:

Presented by:

Tim Hortons

Franchises of Oxford

National in-kind
sponsor



National
sponsors

bulk barn



REDUCING THE RISK OF DEMENTIA

Are you wondering if there is anything you can do to reduce the risk of dementia?

Come to a **FREE 3 week** series covering a variety of topics including:

- Brain Exercises
- Physical Activity
- Healthy Eating
- Managing Stress

Alexandra Hospital

29 Noxon St., Ingersoll

Tuesday, February 11th, 2014

Wednesday, February 19th, 2014

Tuesday, February 25th, 2014

6:30 - 8:30 p.m.

Please call Robyn Fox - Education Assistant at
519-421-2466 ext. 237 to register.

Limited Seating - Pre-registration necessary

Dementia in Ontario

Nearly 200,000 Ontario seniors are living with dementia; by 2020, a quarter of a million people will be affected.

Caregivers to people with dementia provide 100 million hours of care each year.

The Alzheimer Society of Oxford works to improve the quality of life for people with Alzheimer's disease and other dementias and their family and friends.

You can help to make it possible for us to continue supporting our community

Donate Online



Use the Donate Now button on our website.

Donate in Memory



Of someone or in honour of a special event or occasion.

Celebrate and Give



Donate to our society in lieu of wedding favours, etc.

Plan Your Own



Host a sports tournament, tea party, yard sale etc., with proceeds going to our organization.

Alzheimer Society of Oxford is a Recipient of the Golden Gala!

March 1, 2014 at the Oxford Auditorium, Woodstock

We are very excited to announce that revenues from the 2014 Century 21 Golden Gala are to be shared equally with the Alzheimer Society of Oxford, Alexandra Hospital Ingersoll HUGO Project and Easter Seals.



Enjoy an enchanting evening of dining and dancing, while supporting the Alzheimer Society of Oxford and two other worthy local charities.

Tickets are available to purchase at our office:

Early Bird (*Before December 15*) - \$110 each
After December 15 - \$125 each



Taking Care of Caregivers: More After-Hours Support for Dementia Caregivers

"Caring for someone with dementia is a 24-hour a day job"

The Alzheimer Society of Ontario and the Ontario Dementia Network are working with Telehealth Ontario to help family caregivers prevent crises when regular services are closed. Funded by the Ministry of Health and Long-Term Care, Telehealth Ontario resources have been reviewed and strengthened specifically to support family caregivers of persons with dementia. These services will help to provide better care to people with dementia being cared for in their home by caregivers. Telehealth Ontario will connect people from across the province with specifically trained nurses to offer dementia support, advice and referrals 24-hours a day, seven days a week.

Access to after-hours services for dementia caregivers is available by dialing Telehealth Ontario toll free at 1-866-797-0000 after regular business hours, and during weekends and statutory holidays.

Taking Care of Caregivers
More after-hours support for
dementia caregivers

Telehealth
1-866-797-0000





Join the fun at our INDOOR Walk for Memories

Enjoy music, free food and games, win prizes, and receive a complimentary mini-massage. There are activities for the whole family.

By participating in the Walks, you are helping to increase awareness of Alzheimer's disease and other dementias within our community. The funds you raise will remain locally to support individuals with Alzheimer's disease and other dementias and their caregivers throughout their difficult journey.

Online Pledges

Online fundraising is quick and easy and allows you to reach friends and family who are at a distance. Visit: www.walkformemories.ca At the top of the page, click on "Find a Walk," scroll down to the Alzheimer Society of Oxford listings and select your local walk to register yourself or your team! Online fundraising and paper pledge sheets can be combined to help you reach your fundraising goal!

Pledge Sheets

Pledge sheets can be picked up at the following locations:

Tillsonburg: Shoppers Drug Mart and the Easy 101/Country 1073 offices

Ingersoll: Pharmasave

Woodstock: Alzheimer Society office, Heart FM, Oxford Gardens and Shopper's Drug Mart (east and west end locations)

Group Challenge

Open to all groups including families, friends and co-workers with a minimum number of 2 participants per team. Lots of incentive prizes!

For more information, for assistance setting up your online giving page or to register a team, contact: Sandra Brown, Events Coordinator sandra@alzheimer.oxford.on.ca 519-421-2466 ext. 224



2013 Top Woodstock Fundraising Team - The Geerlinks Family with a total of \$4,530!



Shelley Green, Executive Director, with Morgan Bilger - top fundraiser from Tillsonburg 10 years in a row with over \$18,000 raised in that time.



Enjoying a free mini-massage break at the Ingersoll Walk for Memories in 2013.

Take part in a community near you:

Tillsonburg	Lions Auditorium	Saturday, January 18th	9 a.m.-11:00 a.m.
Ingersoll	C.A.W. Hall	Sunday, January 19th	2 p.m.-3:30 p.m.
Woodstock	Oxford Auditorium	Saturday, January 25th	2 p.m.-4:00 p.m.

