

Alzheimer Society

O X F O R D

AUTUMN 2013

Memory Builders Capital Campaign and Building Addition Update

We are so excited to share with you the progress of our Capital Campaign to fund our new building addition - and even more excited to show you the progress of the construction project! As you can see from the pictures below, the addition is moving along very quickly - walls, windows and roof are in place and work is underway in the interior.



These pictures were taken during Weeks 2, 6 and 16, and show the amazing progress of the construction.

We have surpassed our Capital Campaign goal of \$350,000.00!!

We would like to thank all of those who donated to our *Memory Builders* Capital Campaign to ensure the much needed building addition could be completed. We are so very thankful for the generous support we have received for this project from our entire community.

Public Open House

Please stay tuned for details of our upcoming open house to celebrate the completion of our addition and retrofitted building.

Visit our website: www.alzheimer.ca/oxford for dates and times!

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**

We are so pleased to announce that we have surpassed our goal on the Capital Campaign! We want to thank all of the individuals, companies, and foundations who have made this incredible goal possible.

This past June, at our Annual General Meeting, we celebrated the successes of our fiscal year 2012/13, welcomed new board members and said goodbye to those who have completed their terms.

We would like to thank Doug Bryce, Lorna MacKenzie and Bill Shaw who have completed their terms on the Board of Directors. The contributions they have made to the Alzheimer Society of Oxford are very much appreciated. More information about our Board of Directors can be found on the next page.

We are very pleased and proud to report the results of the Client Satisfaction Survey which was completed by 36 agencies in LHIN 2 with a total of 3662 completed surveys received.

The survey results reported that in all programs, our satisfaction score was above the average of the 36 agencies participating in this survey. Within our Family Support Program, the satisfaction score was 95% compared to the average of 93.2%. Our Public Education Program received a 100% satisfaction score compared to the average of 93.8% and our Volunteer Companion Program also received a 100% client satisfaction score compared to the average of 97.9%. Many very appreciative and positive comments were made by our clients who completed the survey.

We have much to be thankful for at the Alzheimer Society of Oxford.

Sincerely,

Andrew Szasz
President



Shelley Green
Executive Director



Our Staff

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

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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

Elizabeth Barrie	John Hawley	Marie Keasey	Gail Osmond	Lindsay Van Asseldonk
Cleo Bond	Mary Hughes	Bev McDonald	Betty Schelhaas	Melanee Worth
Joanne Eddington				

Our Board of Directors

At our Annual General Meeting, held in June, our outgoing Board of Directors were thanked for all of their hard work over their terms and our incoming Board of Directors for 2013-14 was announced. All Board Members are volunteers and give a significant amount of time and expertise to the Society.

Welcome to the Board of Directors for 2013-14

Andrew Szasz, President

Kelly McIntyre-Muddle, Secretary

Kim Timleck

Glen Harrop, Past -President

Marie Keasey

Heather Wilson-Boast

Harvey Husk, Treasurer

James Morgan

Thank you to the Board of 2012-13:

(back) Andrew Szasz, Bill Shaw, Doug Bryce

(front) Kim Timleck, Kelly McIntyre-Muddle,

Harvey Husk and Glen Harrop

(absent) Lorna MacKenzie



Introducing New Board Members

Every issue we introduce you to some of our Board Members. Here we feature James Morgan and Heather Wilson-Boast, new members of the Board of Directors for 2013-2014. Welcome to the team!

James Morgan

I have been on the Board of Directors at the Society in the past and was always impressed by the work of the Society and the staff.

As well as being a previous Board Member, for the past 10 years I have been involved in various capacities including volunteering at the Walk for Memories and participating at the Annual Golf Tournament. I am happy to rejoin the Board.

In every day life, I am a lawyer at the law firm of Mandryk, Stewart and Morgan in Tillsonburg. I enjoy travelling, outdoor activities such as walking and biking and participating in other groups including church, Lions Club and others.

Heather Wilson-Boast



It is an honour and a privilege to join the Board of the Alzheimer Society of Oxford. Our family has been most fortunate to have support from the Society since 2005; first with my father and, subsequently, with my husband. Our journey has been greatly assisted by the knowledgeable, kind and caring staff.

I am particularly interested in wellness and the quality of life in an aging population. I hope my involvement with the Alzheimer Society will enhance my advocacy efforts. Statistical information and the media highlight the oncoming "grey tsunami". I believe the Society does a great deal to assist the quality of life for the individual with the diagnosis, the caregiver, and the family. I would like to work with others to assist in the development of policy and program delivery surrounding this increasingly complex issue.

After retiring from an exciting career in education, I now spend my time adoring our beautiful granddaughter and travelling with my husband, Charlie.

Words from our Dementia Champion

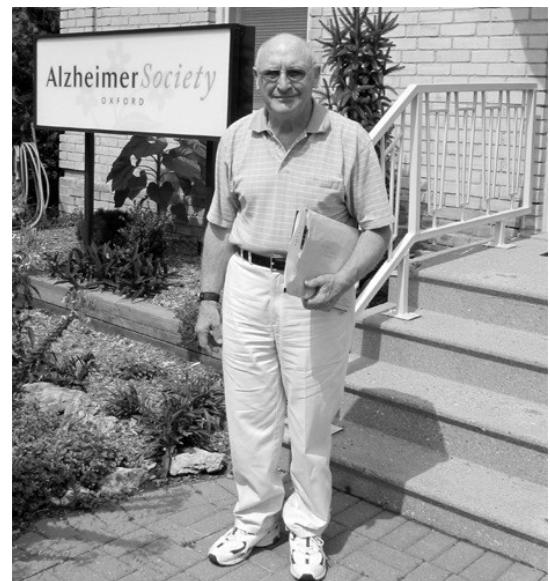
Al Burridge was diagnosed with Alzheimer's disease 2.5 years ago. Since his diagnosis, Al and his wife Mo have worked wholeheartedly to support the efforts of the Alzheimer Society of Oxford and to uphold and encourage those people diagnosed with dementia. Al has taken on the role of our "Dementia Champion" beginning with our provincial politicians, ensuring that they consider the rising dementia numbers. Here is what Al has to say about his role and living with Alzheimer's disease.

During the 2011 provincial election campaign, I represented the Alzheimer Society of Oxford as their 'Champion' asking all political party candidates who were running for office, "What is your political party proposing to do for the growing dementia population in this province?"

I have once again been asked to champion our position when the next provincial election is called. Being a person diagnosed with Alzheimer's disease, I am honoured to accept this challenge. I look forward to working with the Society to make their position known to the different parties so that the best results for those having dementia can be achieved.

It's not easy living with Alzheimer's disease, but to know that you are still able to help others in their fight and be able to contribute in ways that can help future results, is very empowering. The opportunity given to me during this campaign period gives me the chance to talk not only to politicians, but to others who may be living with dementia. This strengthens me considerably.

Alzheimer's disease does indeed take over your life. The initial period of advising family and friends of your condition is very hard. It is not only a strain on you yourself, but on your caregiver; in my case, my wife. However, if I do my part, along with the continuing support of the Society I know my wife and I will be able to meet all the challenges and hard times ahead.



Presenting **Dementia From Different Perspectives**

Dr. S. Amanullah

Geriatric Psychiatrist, Behavioural Supports Ontario Mobile Geriatric Mental Health Team
&

Dr. Pamela Thornton

Naturopath
&

Al Burridge
Dementia Champion

Emmanuel Reformed Church
170 Clarke St. N. Woodstock, ON

Thursday, October 3, 6:30 p.m. to 8:30 p.m.

Join us for refreshments featuring expressions of art by persons with dementia, their family & friends!
For further information, please call **519-421-2466**

The Urge to Walk Alone

Many people in the early and middle stages of dementia demonstrate behaviours that others may consider to be risky. A perfect example of this is walking.

Many people with dementia would state they know exactly where they are going and how to get there. For some individuals, this is true. For others, they may begin their walk only to discover that they are lost and disoriented, no longer recognizing familiar landmarks in their neighbourhood or recalling how to return home.

Caregivers can use these strategies and tips to try to reduce the urge to walk alone:

- Ensure all basic needs are met. Walking alone may occur when he is uncomfortable for some reason. (Eg. Hungry or thirsty)
- Assess physical activity levels. Has usual exercise been curtailed and she is missing the physical exertion she was used to? Can a partner be organized?
- Consider stimulation levels. Is there too much noise or too many people around so that the person with dementia feels the need to get away? Or is there a lack of stimulation so that he wants to seek more?
- Keep car keys or other reminders of outdoors (hats, coats) out of sight.
- Place locks higher up on the door, out of the usual sight line.
- Use a bell or an alarm which signals when the door is open.



It is important to understand that a diagnosis of dementia does not mean that a person should be prevented from walking. There are many advantages of walking that include better sleeping, improved bone health, greater interaction with the environment, even slowing down the progression of the disease. By diminishing risk factors as described above, the person with dementia will increase the likelihood of enjoying physical activity for a long time.

Submitted by Beth Haas, Behavioural Support Worker

Finding Your Way: Ontario takes action to protect people with dementia

A new initiative has been developed for the person with dementia, the person who supports someone with dementia and for members of the general community by the Government of Ontario together with the Alzheimer Society of Ontario .

This wandering prevention program will help keep people with dementia from walking alone and going missing and also help care partners and family members prepare for such incidents, if they occur.

The *Finding Your Way* safety kit includes:

- ID kit to be shared with police in case of emergency
- At-home safety steps to reduce the risk of missing incidents from occurring
- Steps to safeguard a person with dementia such as the MedicAlert® Safely Home® program
- Tips on what to do when a person with dementia goes missing and when reuniting after a wandering incident
- The latest information on locating devices



For more information, please visit
www.findingyourwayontario.ca

MedicAlert® Safely Home® Pricing Offer



Exclusive MedicAlert® ID FREE with MedicAlert® Safely Home® membership.

For \$60* clients receive 1-year of MedicAlert® protection plus a free MedicAlert® Stainless Steel 'Blue' ID.

Other products such as watches and wristbands are also available at an additional charge.

* \$60 includes applicable taxes and shipping and handling.

For further information, please visit
medicalert.ca/safelyhome

National Coffee Break® day is Thursday, September 19th!

Coffee Break® is a fun and easy event that fits your schedule! You pick the date, the place, the time and how much you want to do. Be creative and have a bake sale, silent auction or host coffee with friends, family, co-workers, church members, your social group or service club.



We supply the **Tim Hortons®** coffee, invitations, donation boxes and banners. Put on a pot of coffee (or any beverage of your choice), and enjoy each other's company. Guests are invited to make a donation to the Alzheimer Society of Oxford during your event.

Every host also receives a special thank you gift and a chance to win a wonderful package valued at \$150.00, generously donated by our local **Tim Hortons®** locations. All money raised in Oxford County will support the programs and services in our community!

No time to host a traditional Coffee Break® ... you can now set up a FREE on-line "Virtual" Coffee Break®! This is a great tool to reach friends and family who do not live close to you. The on-line feature can also be combined with a traditional Coffee Break®.

To obtain a Host Kit and register your Coffee Break®
or
to set up your FREE on-line "Virtual" Coffee Break®, please call:

Sandra Brown, Events Coordinator
(519) 421-2466 Ext. 224 or email sandra@alzheimer.oxford.on.ca

Locally Presented by:

MAKE YOUR COFFEE COUNT! HOST A COFFEE BREAK® THIS FALL

3rd Annual Tillsonburg Charity Duathlon 2013



Sunday September 29, 2013
VanNorman Memorial Park, Tillsonburg

Proceeds to the Alzheimer Society of Oxford

**Sprint Duathlon: 3 km Run,
17 km Bike, 3 km Run**

Everyone welcome - from beginners to elite

For more information, visit www.charityduathlon.ca or email tillsonburgcharityduathlon@hotmail.ca

	INFORMATION	OVERVIEW
SUPPORT GROUPS	<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>	Open to family members and friends, these groups provide an opportunity for people to receive support and education from others facing similar challenges.
JOURNEYING TOGETHER (Early Stage Programming)	<p>Support groups are currently being held in Tillsonburg and Woodstock.</p> <p>Please call Rhonda, Anita or Carolyn at 519-421-2466 for information on these groups.</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.
FIRST LINK® EDUCATION SERIES	<p>This four-week series is held on an as-needed basis.</p> <p>Please call Rhonda, 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 Beth 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

Learning About Memory Loss

Free Seminar—No Registration Required

For people who are worried about themselves or others.
Join us for an informal time of learning and discussion.

TILLSONBURG: Thursday, October 10, 7:00-9:00 p.m.

Harvest Retirement Community,
15 Harvest Ave.

WOODSTOCK: Tuesday, October 15, 6:30-8:30 p.m.

South Gate Centre,
191 Old Wellington St. S.

INGERSOLL: Thursday, October 24, 6:30-8:30 p.m.

Ingersoll Seniors' Activity Centre,
250 Ingersoll St. S.

For questions, contact Anita (ext. 227) or Carolyn (ext. 242) at 519-421-2466 or info@alzheimer.oxford.on.ca

SAVE the DATE

Our annual Walk for Memories is only FOUR months away!



- Tillsonburg: Saturday, January 18, 2014
- Ingersoll: Sunday, January 19, 2014
- Woodstock: Saturday, January 25, 2014

Won't You Join Our Circle of Hope?

When you name the Alzheimer Society of Oxford in your Will or make another kind of planned gift to the Society, you are invited to join the Circle of Hope.



Members of this special group of donors have at least one thing in common: a commitment to the future of the Alzheimer Society of Oxford.

Planned gifts include bequests, charitable gift annuities, charitable trusts, gifts of life insurance and retirement fund assets, endowment funds, and other gifts designed to serve the future needs of the Alzheimer Society.

Please call Shelley Green, Executive Director at 519-421-2466 for further details or to discuss becoming a Circle of Hope member.

Our appreciation goes to:

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

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

Ontario Trillium Foundation for their support of our building expansion.

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.

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

Westminster College Foundation for sponsoring, in part, our building addition.

Nethercott
Where Quality & Service Unite
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Since 1973

Ontario
Trillium
Foundation



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


Ontario
South West Local Health
Integration Network



Lee Tuan answers common questions submitted to the Society and provides helpful, health related information.

Lee is a registered pharmacist, certified personal trainer and certified nutrition and wellness specialist with over 10 years of experience educating people in numerous healthcare settings. He has held his pharmacist license in New York and Ontario, and is certified by the American Council on Exercise and Can-Fit-Pro. He is also the pharmacist/owner of All About Health Remedy's RX in Woodstock. If you have a question for Lee, please e-mail Beth Haas, our Behavioural Support Worker, at beth@alzheimer.oxford.on.ca.

Can Omega 3 Fatty Acids Prevent Alzheimer's Disease?

Omega 3 fatty acids are one of the few natural health products that have been heavily researched for numerous health conditions, including Alzheimer's disease and other dementias. Omega 3 fatty acids can be found in several dietary sources such as cold water fish, flaxseed, chia seed, kale and walnuts to name a few.

Omega 3 fatty acids are a kind of polyunsaturated fat consisting of 3 different kinds: ALA, found in some vegetable oils, nuts and seeds, and DHA and EPA, found only in animal tissue (mostly fish). Many studies have shown that omega 3 can significantly improve cognitive decline in elderly persons without dementia. The body, and especially the brain, need this dietary fat to enhance learning and memory function. However, there are mixed results as to whether increased omega 3 in individuals with dementia improves cognition. Some studies have demonstrated positive results, but some show no improvement.

In summary, the result favours a role for omega-3 fatty acids in slowing cognitive decline in elderly individuals *without* dementia, but not for the prevention or treatment of dementia. As a treatment option for dementia, we will have to wait for more and larger clinical studies to prove effectiveness. In the meantime, eat food that is high in omega 3s and take fish oil or omega 3 supplements which can help other health conditions such as heart disease and arthritis.

Please note that increased ingestion of some fish also means an increased risk of mercury, toxic to humans. Health Canada's website lists recommended safety levels. Additionally, if you are considering natural health products and you are also taking prescription medications, always advise your pharmacist. Note that some natural products can interact with prescription medications and potentially create unwanted side effects.



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Facebook



Follow us on
twitter

Like us on Facebook or follow us on Twitter to stay up to date with the latest events and news at the Alzheimer Society of Oxford.

www.facebook.com/alzoxford

www.twitter.com/alzoxford



Donation Update – For your convenience and as another way to help us save money, we can now email your receipts for donations made to the Alzheimer Society of Oxford.

All you have to do is include your email address with your donation!

23rd Annual Golf Tournament

It was a wet day of golf but the majority of our golfers played through and made this year's 23rd annual tournament a great success! Thank you to all the sponsors, golfers, volunteers and silent auction donors who contributed to the event. This year's total is an amazing \$12,300.00. Your support continues to humble us and our clients. Your generosity provides us with the opportunity to provide support and programs to those with Alzheimer's disease and other dementias, and their caregivers, throughout Oxford County.

During dinner, we welcomed Charlie Boast and Heather Wilson-Boast to share their story about their personal journey with Alzheimer's disease and with our Society. Thank you to Heather and Charlie for speaking to us and providing everyone with some insight into how Alzheimer's has affected them personally and how they are coping with the support of the Alzheimer Society of Oxford.

A big thank you to all that supported this event and in turn, supported people like Charlie and Heather!

Thank you to the following businesses and individuals for their support:

Major Sponsor

Caressant Care Nursing & Retirement Homes

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Stubbe's BrandSource Home
Furnishings
The Village of Oxford Gardens
The Wettlaufer Family



This year's *lowest* scoring team receiving their prizes from Sandra Brown, Events Coordinator. From left to right: Micheal Perry, Gord Klein, Sandra, Kevin McClure and Steve Morris from BDO.



Tricia Wilkins, winner of our grand prize draw, received a wine cooler filled with wine, donated by David Hilderley and the agents of Century 21. Presented by: Sandra Brown, Events Coordinator.

Twenty Years of Volunteering

This year, we celebrate volunteers who have given their time, knowledge and assistance to the Society for 20 years! We've asked these dedicated people why they volunteer with us and what motivates them.



Judi Restemeyer

It is a privilege to work, and volunteer with so many wonderful people. I too have been a family member of someone with dementia, so I understand how important it is to have support in trying times. The events we run are FUN and I get to connect with lots of people I've had the privilege to meet and work with, so it is a pleasure to offer a little bit of my time to Society events year after year.



Betty Schelhaas

My motivation comes from the fact that I have always known that I wanted to volunteer after retirement. Coming here on a regular basis and working for such nice people is a reward in itself. I have seen the Alzheimer Society of Oxford grow. Many individuals and families are now being supported and educated by wonderful, dedicated staff and willing volunteers. My youngest sibling is suffering from Alzheimer's disease and I know how important and helpful these services are for families.



Paul Green

I have been encouraged to help out because the Society has done so well and continues to get better every year. It is really nice to hear how people feel blessed to have such a great resource. To hear that the Oxford Chapter is one of the best in the country is something to be proud of. It is pretty easy for me to want to be a part of a winning team!



Henriette MacArthur

I have volunteered with the Society in many different ways. 20 years ago I was the first Volunteer Companion when that program started so it has always been close to my heart! I have very fond memories of the people I have helped care for. What stays with me is what they have taught me; some of the wisest things I have been told are from people that have Alzheimer's disease. I have certainly received more than I have ever given when volunteer visiting.

The Alzheimer Society of Oxford, our clients and staff, thank you for your years of service!



Remembering Dr. David Sage

The Alzheimer Society of Oxford lost a dear friend on March 30th of this year, when Dr. David Sage passed away after a courageous battle with cancer.

Dave had been a long-term volunteer of the Society, having served on our Board from 1990 to 2005, acting as Board President from 2001 to 2005. As well as his dedicated service on the Board, he was also involved in many other ways. Dave was a committed sponsor and golfer at our annual Golf Tournament. His smiling face greeted walkers at our Woodstock Walk for Memories' Money Table year after year, and his annual donation of toothbrushes and toothpastes to our Grab Bags was always a welcome addition.

Shelley Green, Executive Director, shares her feelings about Dave: "Having experienced a parent with Alzheimer's disease, Dave became a true friend to the Alzheimer Society of Oxford, a generous and wonderful supporter both with his time and his resources.

"Dave completely believed in the need for our services and our ability to make a difference in the lives of our clients and he dedicated himself to the whole Alzheimer Society of Oxford family - the donors, the volunteers, the participants of our events, our clients and our staff.

"Dave was a man of integrity who did not give of himself for recognition but to be of service to others - a man who was faithful, kind and generous to his patients, family, friends and community. Thank you, Dave, for all that you have contributed to our organization and our work. You will not be forgotten and your contributions to our work will live on."



Photo Gallery

The Alzheimer Society of Oxford runs support groups, social events and fundraisers all year long. Here are just a few photos that we want to share with you.



The Volunteer Companion picnic was held in July to celebrate our volunteers.

The Journeying Together Group visited McMillen's Iris Garden for a social event and enjoyed the beautiful flowers.



Two special volunteers, Milt Bruch and Jackie Wubben, have taken care of our gardens this summer.