

Alzheimer Society

OXFORD

WINTER 2012

ALZHEIMER SOCIETY OF OXFORD PREPARES FOR A VERY EXCITING YEAR AHEAD!

We are so excited to share with you our plans for the coming year!

The need for the programs and services of the Alzheimer Society of Oxford is growing dramatically, and we must grow with it! Are you aware that:

- in the first quarter of 2012/13, the Alzheimer Society of Oxford had 94 new referrals? This represents an increase of almost 250% over last year's first quarter!
- by 2021 seniors will make up over 40% of the population of Oxford County? This is more than double the Canadian average.
- the number of people who have dementia in Oxford County is expected to increase by over 27% between 2012 and 2028?

Many of you have followed our organization's ongoing struggle to solve our space constraints over the past few years. The space issue has become such that we are currently leasing space off site, in which five staff and our office volunteers are located. However, this is only an interim solution, which will end when our new **building addition** is completed in the Fall of 2013!

We are thrilled to announce that our *Memory Builders* Building Campaign is now in full swing. Its goal is to urgently fund the rapidly growing need for services for individuals and families affected by Alzheimer's disease or other dementias in Oxford County.

Even more exciting is the news that a tremendous lead gift, in the amount of \$112,900.00, has been received from the Ontario Trillium Foundation! We are so very thankful to the OTF for this grant, which is a huge boost to our fundraising efforts.

With great appreciation we are also excited to announce that Dennis and Joan Vollmershausen have



generously given our *Memory Builders* campaign a gift of \$50,000.00! We could not be more thankful for the dedication and care Dennis and Joan have shown our organization and our clients over many years.

We are also very grateful to a number of other donors to this project: Spina & Loewith Inc., for providing leased office space at a much reduced rate until our building addition is completed; Derek Jukema, djDesigns, for donating his architectural services for this project, and Sean Panjer, SPH Engineering Inc., for providing engineering services at a much reduced rate. (Continued on the next page.)

Rendering of the Alzheimer Society of Oxford by djDesigns.

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



Alzheimer Society of Oxford
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Woodstock, ON N4S 1K6
Tel: 519-421-2466
Fax: 519-421-3098
info@alzheimersocietyofoxford.on.ca
www.alzheimersocietyofoxford.ca
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.

**FOR YOUR
INFORMATION**

To date, the Campaign has raised 65% of the total goal of \$350,000, through greatly appreciated grants from Westminster College Foundation, the OTF, as well as funds provided by the Southwest Local Health Integration Network, and the Vollmershausens.

This is tremendous news, but we really need the help of our community in order to reach our goal!

Our Capital Campaign Committee members are already hard at work – we are very thankful to four of our board members who are a part of this committee: Glen Harrop, Doug Bryce, Andrew Szasz and Bill Shaw, as well as to Mike Bragg for demonstrating his support in accepting the position of Campaign Chair.



Rendering of the Alzheimer Society of Oxford by djDesigns.

Our organization has, over the years, enjoyed very generous support from our community, and we believe that Oxford County will once again stand behind this urgent need. By giving generously to this campaign, the community is helping to ensure that no one in Oxford County will have to walk the difficult journey of dementia alone in the years ahead!

Further information on how you can get involved and make a difference in the lives of those affected by dementia in your community will be coming to you by mail in the next few weeks. We sincerely hope you will join us by becoming a *Memory Builder*!

Century 21 Golden Gala

The Alzheimer Society of Oxford is a recipient of this prestigious Gala!

MARCH 2, 2013 at the Oxford Auditorium

We are very excited to announce that once again revenues from the 2013 Century 21 Golden Gala are to be shared equally with the Alzheimer Society of Oxford, VON Sakura House and Easter Seals.

Support the Alzheimer Society of Oxford and have an enchanting evening of delicious food, great live music, and dancing!

Tickets available to purchase at our office.

***Before December 15 tickets = \$110 each
Regular price = \$125 each***



www.goldengala.ca

Four Ways to Help with Decision-Making

It is often assumed that people with dementia cannot make decisions. But this is not true. New research shows people with dementia can make decisions about their care and daily activities. It's just a matter of using the right caregiving strategies.

Here's what these are:

1. Independent decisions about everyday activities, such as choosing what to wear, can be facilitated by:
 - keeping the person's clothes tidily organized
 - labeling drawers and closets, and
 - eliminating non-clothing from these.

2. Making choices is easier for someone with dementia if caregivers:
 - ask them to choose from no more than 3 things
 - speak concretely ("Would you like milk or tea?" rather than "What would you like to drink?")
 - use props, like pictures, to ensure available choices are understood
 - allow plenty of time for pondering such choices

3. Asking promotes decision-making.

Instead of just taking the person to the bathroom for a shower, it's best to say something like, "Mrs. Lane, it's Thursday today. You normally have a shower on Thursdays. Can I help you?" This will prompt her to make a decision, giving her control over what she prefers to do.

4. Good knowledge of the person's life history is also important.

At times, confusion can make it difficult for someone with dementia to make decisions. Information about past habits, preferences, interest, attitudes and beliefs can help caregivers make decision son their behalf.

These strategies have been identified by a team of researchers within a study involving 30 elders with moderate dementia living in care homes or other settings.

Why is decision-making important?

Dr. Kai Smebye, of Ostfold University College, Norway, who led the study, says decision-making is important for several reasons. It is key to providing effective, compassionate person-centred care. It promotes dignity, by making the person feel still important despite the dementia. And, since decision-making requires mental effort, it provides opportunities for practicing remaining cognitive skills.

And there is more. "Excluding persons from taking part in decisions can result in depression, frustration and anger,' says Smebye. This aggravates the symptoms of the dementia, "rendering the person even more debilitated."

Source: Article used with permission from the Alzheimer's Care Guide, November-December 2012



Note that the Alzheimer Society of Oxford has resources which would assist you in decision-making while supporting the person with dementia. Check out the Alzheimer Society of Canada's Information Sheets on Communication; Personal Support, available at our office free of charge.

Reducing the Risk of Dementia

Getting older? Wondering if your brain exercises are enough?

Join us for a **FREE 3 week** series covering a variety of topics including:

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

WOODSTOCK

Woodstock and Area Community
Health Centre
35 Metcalf St.

Wednesday
Jan. 16, 23, 30
6:30-8:30pm

Registration necessary. Group size
limited.

Please call 519-421-2466 to register.

INGERSOLL

Ingersoll Seniors Centre
250 Ingersoll St. S.

Thursday
Jan. 17, 24, 31
1:30-3:30pm

Registration necessary. Group size
limited.

Please call 519-485-2269 to register.

Results of the 2nd Annual Tillsonburg Charity Duathlon

On Sunday, Sept. 30th, VanNorman Memorial Park in Tillsonburg was filled with an enthusiastic crowd eager to participate in the 2nd Annual Tillsonburg Charity Duathlon. The second year of this event, organized by George Papadakos, experienced an increase in numbers of participants, and a huge increase in revenues. Close to \$6,600 was presented to the Alzheimer Society of Oxford – almost triple last year's \$2,300!



Thank you so much to George for all his hard work organizing and running this unique event, to all the individuals who participated and collected pledges, to all the volunteers who were there to help at the Duathlon, and to the local sponsors.

George Papadakos, Event Organizer, presents Shelley Green, Executive Director, with a cheque for the proceeds of the Duathlon.

	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>	<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>
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>	<p>Support and education programs for persons in the early-stage of Alzheimer's disease or other dementias, Mild Cognitive Impairment or who have significant symptoms, and their family members or friends.</p>
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><u>First Steps</u></p> <ul style="list-style-type: none"> • What is Dementia? • Adapting to Brain Changes • Communication/Planning Ahead • Building a Circle of Support/ Dealing with Emotions
	<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><u>Next Steps</u></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><u>Care Essentials</u></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><u>Care Options</u></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

The following story is about a local man, Ed, who was misdiagnosed as having Alzheimer's disease and his wife, Marilyn, a strong advocate on his behalf. After further medical investigation, it was determined that Ed had a condition that is reversible. He is now expected to make a full recovery. Congratulations! While this outcome is rare, we believe there are two take away messages from this personal story:

- 1) As noted previously in this newsletter, **early and accurate diagnosis is of great importance**. There are many other conditions which have similar symptoms such as those seen in the early stages of dementia: fatigue/sleep disorders, depression, infections, hormone disorders, nutritional deficiencies, alcohol use, brain tumors, stress, pain and medications. These conditions can be treated and the symptoms reversed.
- 2) It is also important for family members to advocate on behalf of the person with dementia. You know what is normal and what is not for your family member. **If the diagnosis or treatment doesn't 'fit', keep asking questions and looking for answers.**

Thank you Marilyn and Ed for sharing your story with our readers.

When in doubt...

In April 2011, my husband, Ed, was diagnosed with Alzheimer's disease. We determined that we would do our best to cope and lead a reasonably normal life. The Community Care Access Centre was very helpful with information, suggestions, and support as we were fumbling for answers. Over the next year, we had some very rough periods, but then some that seemed to be better. I found this confusing because I understood that people with Alzheimer's disease do not recover - once they have lost an ability, it is gone. Whenever I would mention this to Ed's doctor, he assured me that he could not detect any signs of improvement in Ed's condition.

Not to be deterred, I asked for a second assessment by a nurse from the Geriatric Resource Team at CCAC. That is when things changed. In June 2012, she determined that there definitely was some improvement, and arranged for Ed to see a specialist in London. Before we could see the specialist, Ed had to have emergency surgery and have a pacemaker put in. That was in July, and all through August, I kept noticing that he was going downhill very quickly. He had headaches, had trouble with his balance, and was forgetting far more words than ever. Once again I was told not to worry that he was just recuperating and also dealing with Alzheimer's disease.

Finally, on September 12, we went to see the specialist, and he immediately recognized something was wrong by comparing the June assessment with his own. He arranged for a CT scan in Woodstock. It still did not go smoothly, as we were advised that Ed had already had too much radiation and this was not a good idea. I dug in my heels and we had the CT on September 21, at 3 p.m. Twenty-two minutes later, there was a message from the specialist that Ed needed to go to London University Hospital immediately. He had a bilateral subdural hematoma the next day, and was hospitalized for two weeks. Since then it has been amazing! Based on Ed's progress, his neurosurgeon expects a complete recovery within the next eighteen months. Even Ed's family doctor is amazed at the improvement.

We feel so blessed that there is light at the end of our tunnel, but I can't help but wonder how many other people are misdiagnosed? Even one is too many, but we are not perfect. Based on my experience, I recommend being observant and keeping a diary of anything that is unusual. This will give you specifics to talk to the medical staff about. Next, if you have any questions or doubts I encourage you to do whatever is necessary to get the answers you need. What if I hadn't persisted? This story would have had a completely different outcome.



Lee Tuan, formerly on the Board of Directors of the Alzheimer Society of Oxford, has agreed to answer common questions submitted to the Society and provide other 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 Education Coordinator, at beth@alzheimer.oxford.on.ca.

What role does Vitamin B play in promoting brain health?

Many questions are frequently asked about specific vitamins and natural supplements that can potentially slow down the progression and reduce the risk of dementia. The one most frequently asked about is vitamin B12.

Vitamin B12 is a vitamin found in meats, fish, milk and some fortified cereals. B12 deficiency is a common condition for an elderly population, most likely due to the reduced intake of B12 rich foods. Although some earlier studies show mixed results, a few recent studies have shown that B12 may protect against brain shrinkage and reduce the risk of Alzheimer's disease. A high dose of vitamin B12 can lower levels of homocysteine, an amino acid found in blood plasma.

A high concentration of homocysteine in the blood

has been linked to heart disease and some negative impact to the brain, such as from a stroke. It can also increase the risk of a diagnosis of Alzheimer's disease.

B vitamins, such as folic acid, B6 and B12, can be used to reduce homocysteine levels in the blood and therefore lower the risk factors of many health conditions.

Many scientists believe more studies should be conducted before we can confirm vitamin B12 as a treatment option. Maintaining a sufficient amount of healthy food intake for you or your family members should still be a priority to minimize any vitamin deficiency. Before starting any vitamin supplement, check with your physician or your pharmacist first. Some natural supplements can negatively interact with medications, so fill your prescriptions with a pharmacist who's also familiar with natural supplements if you decide to add vitamins to your regimen.



Please help us to reduce costs! If you would like to receive the newsletter by email, please email your address to us at info@alzheimer.oxford.on.ca.

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.**

THANK YOU

Our appreciation goes to:

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

Ontario Trillium Foundation for their support of our building expansion.

Oxford Irrigation for their sponsorship of our sprinkler system, including ongoing maintenance.

QCS Systems Inc. for their sponsorship of the development and maintenance of our website.

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

The Cowan Foundation for their financial support of our Journeying Together Program.

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

Westminster College Foundation for sponsoring the new roof, exterior painting and other upgrades to our building.



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



In Memoriam



Our sincere sympathy to those who have lost family members. We gratefully acknowledge donations made to the Society in their memory. These kind remembrances support the programs and services of the Alzheimer Society of Oxford as well as help to contribute toward continuing research into the cause and cure of this disease. Thank you to all who choose the Alzheimer Society of Oxford as the charity of choice in memory of a family member.

Membership: Yes, I'd like to be a friend to the Alzheimer Society of Oxford.

- Individual \$25
- Senior/Student \$20
- Participate in Regular Monthly Giving Program
- \$ _____ X 12 months = \$ _____/Year
- \$ _____ Donation
- I would like to volunteer
- New/Renew Membership
- Receive my newsletter by email
- No mailings please
- No mailings except for newsletter
- I have made a bequest/planned gift
- I would like information on how to make a planned gift

I enclose Cheque Cash VISA
 in the amount of \$ _____
 VISA Card # _____
 Expiry Date _____
 Signature _____

Name _____
 Address _____
 City/Town _____
 PC _____ Telephone _____
 Email _____

Please make cheque or money order payable to:

Alzheimer Society of Oxford

and mail to

575 Peel Street Woodstock ON N4S 1K6

Members receive a tax receipt, our newsletter published three times yearly, voting privileges at our Annual General Meeting, and our sincere appreciation for your donation, which is used by our local chapter.

Have you considered including the Alzheimer Society of Oxford in your will? If you would like to make a gift to the Alzheimer Society of Oxford, either now or in your estate, please consult with your **legal** and **financial** advisor to ensure that you will receive all the **tax benefits** possible. We are also available to consult with you about how a gift may be directed or recognized.

We are thrilled to be able to announce the plans of our addition for the spring of 2013, the launch of our capital campaign "*Memory Builders*" and the generous grant from the Ontario Trillium Foundation. The financial support that has already been received for our addition is extremely encouraging and we are very appreciative.

More information will be sent to you in the coming weeks regarding our capital campaign and we ask that you consider becoming a Memory Builder along with both of us. Now is the time to accommodate our needs for programming and services today and to grow to accommodate the increasing demands of the future.

Our capital campaign committee has been preparing for the work that we will begin soon in speaking with many individuals and businesses in our county to ask if they will join forces with us in helping to achieve our goal of \$350,000.00.

We will have an update on our campaign progress in our next newsletter and look forward to sharing with you how our community has recognized our need and responded to our request for support.

We have had some staff changes over the past several months and want to recognize and thank our staff who have gone on to other opportunities. Kevin Barrie and Leanne Turner, thank you for your service to the Alzheimer Society of Oxford and for your commitment and dedication to our organization and our clients. We miss you and wish the best for you.

Yvonne Snyder has been promoted to our Manager of Programs and Services position and Beth Haas has been promoted to our newly funded position of Enhanced Family Support Worker. We hope to have great news to share in our next newsletter about our Education Coordinator and Family Support Worker positions that have been left without a staff person as a result of our internal promotions of Yvonne and Beth. Congratulations to you both!

January is Alzheimer Awareness Month and is our annual indoor Walk For Memories in Tillsonburg, Ingersoll and Woodstock. Last year Walks raised \$107,000.00 and we are hoping and working towards passing that tremendous accomplishment of our volunteers, walkers, supporters and staff this year. Please read more about our Walks in this newsletter and join us for this very fun and meaningful fundraiser.

We thank each of you for your support. We have grown and succeeded as an organization because of our community and their willingness to volunteer, give and support the work we do for those living with Alzheimer's disease or other dementias and their family members and friends.

Wishing you all a blessed holiday season. Good wishes for a wonderful year ahead!
Sincerely,



Glen Harrop
President



Shelley Green
Executive Director

FOR YOUR INFORMATION

Introducing our Board of Directors

Over the next few newsletters, we will be focusing on members of the Alzheimer Society of Oxford's Board of Directors. In this issue, Glen Harrop, President of the Board, and Lorna MacKenzie, Past President of the Board are highlighted.



Glen Harrop

Like many volunteers, I had family affected by Alzheimer's and it only made sense to me to give back where I felt it would be of most benefit to others, including the Society. So here I am, involved for over 12 years, volunteering with the Volunteer Companion Program for 5 years and currently into my second term on the Board of Directors. Spare time includes more volunteering, enjoying some travel and filling in at home where needed, others might just call it retirement.



Lorna MacKenzie

My first involvement with the Alzheimer Society of Oxford occurred when my father developed dementia. My sister and I attended a series of sessions for family members of people with Alzheimer's disease and we found the information and advice very helpful. Later, when there was an opening on the Board I felt that this would be a way for me to help with the work of the Society. This is my fourth year as a Board member. I have also enjoyed helping with the Just for the Summer program in the elementary schools. I am retired from my job as an elementary school teacher and principal. I enjoy reading, attending theatre and travelling.

Our Staff

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

Carolyn Andrassy, Family Support Worker (Part-time)
carolyn@alzheimer.oxford.on.ca

Sandra Brown, Events Coordinator (Part-time)
sandra@alzheimer.oxford.on.ca

Rhonda Crouse, Journeyming Together Program Lead
& Family Support Worker (Part-time)
rhonda@alzheimer.oxford.on.ca

Anita Dahl, Family Support Worker
anita@alzheimer.oxford.on.ca

Dana Fallowfield, Volunteer Companion Program
Coordinator
dana@alzheimer.oxford.on.ca

Beth Haas, Education Coordinator (Part-time)
beth@alzheimer.oxford.on.ca

Cathy Hill, Receptionist
cathy@alzheimer.oxford.on.ca

Judi Restemeyer, Family Support Worker
jrestemeyer@alzheimer.oxford.on.ca

Yvonne Snyder, Manager of Programs and Services
yvonne@alzheimer.oxford.on.ca

Jan Vicars, Community Development
Coordinator (Part-time)
jan@alzheimer.oxford.on.ca

Karen Walton, Manager of Finance &
Administration
karen@alzheimer.oxford.on.ca

Our Board of Directors

Glen Harrop, President
Andrew Szasz, Vice-President
Lorna MacKenzie, Past President
Harvey Husk, Treasurer
Kelly McIntyre-Muddle, Secretary
Doug Bryce
Bill Shaw
Kim Timleck

Our Office Volunteers

Kevin Barrie	Mary Hughes	Bev McDonald	Betty Schelhaas
Joanne Eddington	Marie Keasey	Gail Osmond	Lindsay Van Asseldonk

THERE ARE MANY WAYS TO DONATE...

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 Society.

Oxford County is Amazing!



Our wonderful hosts and Donate A Buck locations have helped us reach our goal of **\$33,000.00** this fall! Thank you to everyone who participated. With a few more Coffee Breaks to be held in December and January, our goal will be surpassed!

Our programs and services can only be made possible through the generous support of our incredible giving community. In the first quarter of 2012/13 we saw a 250% increase in new referrals. That is 94 new people accessing our services over 37.5 new referrals in the first quarter of 2011/12. Now more than ever we are seeing the increased needs for our services.

Thank you to all *Tim Hortons*® locations of Oxford County for their ongoing sponsorship: offering packs of *Tim Hortons*® coffee and gift cards for our host kits, and four Bunn Home Coffee Brewers used in our draws. Our top cashier, with the most paper coffee cup decals sold in Oxford County, is **Kacie McCutchen** from Bulk Barn having sold **368** coffee cup decals during the **Bulk Barn** Donate a Buck promotion from Sept. 7-21. Along with Kacie, the following three hosts' names were drawn and have won the *Tim Hortons*® Bunn Home Coffee Brewer prize packs: Dr. Sonia Palleck's office, Pat Medai and Russ Buchanan. Congratulations to all our winners!

We would also like to acknowledge and thank Leslie Farrell and her wonderful staff at the Norwich Avenue *Tim Hortons*® location, for providing the supplies for our Annual Coffee Break® Drive Thru. To the staff at Heart FM, our sincere thanks for allowing us to use their parking lot as the location of this year's Drive Thru. To all the drivers and people walking by that stopped in on September 20th to say hello, make a donation and support our annual Coffee Break® day, thank you for your generosity!

A HUGE thank you to all our Coffee Break Hosts and Donate a Buck locations. This year we created the Alzheimer Café as a thank you to all hosts that raised \$350.00 or more. The hosts listed below are all members of the Alzheimer Café and were invited to join us for a luncheon in November. Thank you to Charlie Boast and Heather Wilson-Boast for sharing your journey with Alzheimer's with us!

Coffee Break® proceeds \$2,000+

Dr. Sonia Palleck's office, Woodstock
Joan and Dennis Vollmershausen, Woodstock

Coffee Break® proceeds \$500 to \$999

Rhonda Hall-Couch, RWF Bron, Woodstock
Val Harrop, BNG Group, Tillsonburg
Lynn Griffin, Ingersoll Paper Box
Bernice Marsland, Braemar Women's Institute
Karen Walton, Christ Church, Huntingford
Auriel Clements, St. James Anglican, Ingersoll
Irene Hansford, Reynolds Creek Church, Putnam

Coffee Break® proceeds \$1,000+

Woodstock Bulk Barn, Jim Cameron & staff
Kim and Doreen Fairhurst, Tillsonburg
John Poole, Woodstock
Sherry and Wally Matheson, Embro

Coffee Break proceeds \$350 to \$499

Bev McDonald & Jane Green, Oxford Baptist Church
Jan Vicars, Thamesford
Carol Symons, Woodstock
Woodstock Foodland, Chris Chapman & staff
Pat Medai, Tillsonburg
Mary Stevenson, Catholic Women's League, Ingersoll
Shelley Green, Woodstock



One of our first two Annual Alzheimer Café luncheons.



Val Harrop's Coffee Break at Bossy, Nagy Group in Tillsonburg.

Coffee Break® in Oxford County is
Proudly sponsored by

Tim Hortons

Thank you to our national sponsor:



Thank you to our
in-kind sponsor:



2013
**WALK
 FOR
 MEMORIES**
 Alzheimer Society



Join the fun at our INDOOR walks!

*Come join the music and games, win prizes or enjoy a mini-massage!
 There is something for the entire family!*

All proceeds help the Alzheimer Society of Oxford to assist individuals and their caregivers on their journey with Alzheimer's disease or other dementias.

Pledges can be collected in person or on-line. To create your own personal or team giving page and tell your family and friends that you are fundraising for the Alzheimer Society of Oxford and why you are walking, go to: www.alzheimer.ca/oxford and click on the direct link to the Walk that you would like to participate in. Track your fundraising goal, post photos, add whatever you like to make your personal giving page **uniquely yours!**

Do you need help in setting up your giving page? Call us! 519-421-2466

- Pledge Sheets Available at:**
- Alzheimer Society of Oxford, 575 Peel St., Woodstock
 - Shoppers Drug Mart in Woodstock and Tillsonburg
 - Your Neighbourhood Credit Union, Woodstock
 - Pharmasave, Ingersoll

Group Challenge: Open to all groups; families, friends, co-workers. Lots of incentive prizes! For more information or to register a team contact: Sandra Brown, Events Coordinator, sandra@alzheimer.oxford.on.ca



Brian's Girls team at the 2012 Ingersoll Walk for Memories.



Shelley Green with Myrtle Jouffret, top fundraiser for the 2012 Woodstock Walk.



The Lights of Hope ceremony.

Take part in a community near you:

Tillsonburg	Lions Auditorium	Saturday, January 19, 2013	9 a.m. - 11 a.m.
Ingersoll	CAW Hall	Sunday, January 20, 2013	2 p.m. - 3:30 p.m.
Woodstock	Oxford Auditorium	Saturday, January 26, 2013	2 p.m. - 4 p.m.

