

## Meet Our Sponsors

If you are interested in becoming an Alzheimer Society Peel sponsor, please contact: Brandi Diemling 905-278-3667 ext 214 [b.diemling@alzheimersocietypeel.com](mailto:b.diemling@alzheimersocietypeel.com)

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Alzheimer Society  
PEEL

## Newsletter

Fall 2017

### Events:

Past:



Upcoming:

**NOVEMBER 17 - 2017**  
LAKESHORE CONVENTION CENTRE 806 SOUTHDOWN ROAD



### Source Office Furniture Donation:



### You Can Help!

**By Mail!** Feel free to mail in a personal cheque or join our membership! We also accept credit card payments as a one-time or on-going initiative.

For more information on donating contact Brandi Deimling, Business Development  
905-278-3667 x 214 | [b.deimling@alzheimersocietypeel.com](mailto:b.deimling@alzheimersocietypeel.com)

If you, or someone that you represent, has a disability and needs accessible services, information in an alternate format, or any other accommodations, please contact Danielle Farrell at 905-792-1319 Ext. 710. We will work with you to make the appropriate arrangements.



## Paul Corbeil President, Board of Directors



*It's an honour to be writing this column as the Society's incoming President. It's also my privilege to continue the legacy of the former Board Chairs and Directors, and to collaborate with the professional team of dedicated staff and Directors.*

### Inspired by Dementia Champions.

Autumn is my favourite season of the year. With the gorgeous harvest colours, fall foliage and comforting seasonal traditions like warm apple pie, hearty soup, pumpkin spice, and of course, who can resist the relaxing sounds of crackling logs in the fireplace on a crisp evening.

As the days get shorter and the warm colours fade to grey, it's important to find inspiration to brighten our days. Fortunately, I don't have to look very far to be inspired. I have met countless amazing people throughout my 5 years on the Board of Directors. They are enthusiastic champions for the cause, incredibly generous donors, dedicated volunteers, talented professionals, devoted caregivers and gifted students. I am inspired by Dementia's Champions; I'm inspired by you!

Alzheimer's is a disease that touches all of us in some way. People are affected by this disease; Not just the person who is diagnosed. Families and communities get dementia. While it affects all of us, including families, friends and neighbours, it's also what unites us. The passion and commitment to the Alzheimer Society vision to provide *Help for Today and Hope for Tomorrow* is a power that unites volunteers, caregivers, community partners and staff. It's a shared passion and commitment that resonates with millions of people around the globe.

Recently, the provincial and federal government's demonstrated that they are united with us, by each introducing a provincial and national dementia strategy bringing Canada in line with many other countries around the world who have made dementia a priority and commits both levels of government to action.<sup>1</sup>

September is World Alzheimer's Month, which is another reason why Fall is my favourite season. Launched in 2012, the international campaign raises awareness and challenges the stigma that surrounds dementia culminates with World Alzheimer's Day on September 21.

On September 21 and everyday this Fall, let's be inspired together, because together is the only way forward.

**"When you look at a person, any person, remember that everyone has a story. Everyone has gone through something that has changed them." ~ Anonymous**

<sup>1</sup> Canada's National Dementia Strategy (June 2017), Alzheimer Society Canada. Source: <http://www.alzheimer.ca/en/Get-involved/Advocacy/National-dementia-strategy>

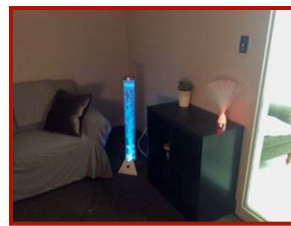


## New Snoezelen Rooms at our Day Programs

By Brandi Deimling, Business Development Coordinator

Over the last year, our day program staff identified a need for developing Snoezelen Rooms to further enhance our members' experiences and diversify programming. In honour of his wife Joyce who suffers with Alzheimer's, Michael Manfredi and his family made a large donation to the Society in support of the creation of these rooms at each of our locations. The Snoezelen Rooms will be used as a multi-sensory environment as a form of therapy for those exhibiting responsive behaviours. With this donation it has allowed the Society to purchase items and tactile activities to create a soothing, stimulating and safe environment; initiating a sense of calming and connection for our members reducing the feelings of anxiety, depression, and other responsive behaviours. These rooms have become very popular with our members, and have been expanded to also be small group activity rooms.

On behalf of the Society and our members we would like to extend a heartfelt thank you to the Manfredi family for their generosity and support.



## Volunteering is Sharing your Gift

By Rosalyn Adolph, Volunteer & Events Coordinator

Should I volunteer? Many individuals may ask themselves this at some point in their life. They would like to help out in the community, gain knowledge or develop skills that can be added to their resume. For Eugenio Isabella, winner of the 2017 Ann Wait Volunteer of the Year Award, volunteering for Alzheimer Society Peel is about sharing his passion.

Eugenio started volunteering his time and talents at the Meadowvale Day Program ten years ago, sharing his gift of music and song and he hasn't stopped. Eugene plays his accordion to the delight of the persons with Alzheimer's and dementia in the program. "He is a crowd pleaser and encourages dancing and singing while he plays—even going as far as playing music from other languages; the Beer Barrel Polka for Polish members, etc" says Jascinta Simpson, the Meadowvale Day Program Coordinator. Eugene, one of various Alzheimer Society Peel volunteers nominated by staff members, was chosen as the recipient of the 2017 award. The Ann Wait Volunteer Award, named after a long-time volunteer, is awarded each year to a volunteer who shows tremendous dedication and passion for the role they serve within the Society. For one person to touch the lives of so many with his musical talents (including more from various other volunteering roles in the community), and help bring memories of joy through song and dance, it makes one wonder, what are you doing to make an impact on the lives of others?

Do you have a special talent that could make an impact at Alzheimer Society Peel? From woodworking, painting, instrumental, technological... we could use more volunteers! Check out our website or contact [r.adolph@alzheimerpeel.com](mailto:r.adolph@alzheimerpeel.com) for details on how to get started.



## Introducing Our Last Steps™ Program

The Alzheimer Society Peel has a variety of educational and supportive programs, including many generalized disease informational programs like **Getting Started**, which introduces families to the disease symptoms, community services, and coping strategies. Understanding the disease at the beginning of the journey is a valuable way of understanding the first steps in how to connect to the Alzheimer Society. The programs we offer helps you and the person living with dementia find hope in connecting to others in this journey. These programs at the beginning of the disease progression often can circumvent crises, caregiver burnout and high stress when things change in the person living with dementia. Plans can be put into place when the person is stable and then as things change those plans can be accessed or changed based on the situation. This was the premise behind the development of our **Last Steps™** program. Often our caregivers and persons living with dementia are with us for many years using many of our services. At some point though, the person living with dementia may need greater care than we can provide and a change is warranted. This can be a discharge from the adult day programs, a transition to a retirement home or placement into long term care. This can be a time of great stress, confusion and emotional upheaval for families.

**Last Steps™** can help prepare for the changes and transitions in the later part of the disease process. Specifically, **Last Step™** is a seminar, offered as a three part series, covers the last stage and end stages of the disease process. It is both educational, but also a forum to share and receive support for those families that have been in this disease process for many years.



Some of the topics covered over the three weeks are the common symptoms seen and experienced in the later part of the disease process. For example, though Alzheimer's disease and related dementias are often associated with short term memory loss, planning and decision making difficulties, in the later stages the symptoms become more complex and indiscriminate. For example, a person in the later stages of the disease may lose more and more of their ability to speak, comprehend, and understand vocabulary. Mobility becomes a source of frustration as the person has less control over their own bodies and falls become a daily risk. Swallowing, incontinence and eating can also be impacted. Having the understanding of these symptoms and how to cope with them as a caregiver will help mitigate some of the frustration, but also help you become more aware of what other supports are needed to keep the person safe and at home for as long as possible. This may mean installing grab bars, extra railings or purchasing a walker or wheel chair. **Last Steps™** will also help in understanding what the caregiving role looks like in the later stages and end stages of the disease and how to cope with the significant care needs at this stage. Caregiving may look less like being the chauffeur, cook and maid, and more like nurse and constant supervisor. Vigilance to prevent falls, dispensing of all medication, feeding, and changing clothes and personal care products can be a 24/7 job and understanding what kind of help is available at this time is imperative to prevent caregiver burnout.

**Last Steps™** is also about understanding the decision making process. Alzheimer's disease and related dementias is a vastly different disease than any other chronic illness in that it removes the person living with dementia's ability to make their own care decisions. Therefore the caregiver, substitute decision maker, spouse, adult child and Powers of Attorney often have the extra added burden of taking on this very emotional and difficult task. What care to provide when and how; what are the decisions to be made and what are the consequences of those decisions often play a large, and daily role in the late and end stages of the disease. Often, guilt is a huge factor in making a decision on behalf of another. **Last Steps™**, offered in the spring and the fall at the Alzheimer Society Peel can help you better understand what this part in the disease process looks like and how best to cope with these many challenges.