



INFORM. KNOW. UNDERSTAND.

I had the unique opportunity to sit down with a long standing Board Member, Beverly McPherson, to speak with her about her experiences in the health care sector. Bev is a dedicated health care professional whose commitment to quality of life and care of others is admirable.

Can you tell us a little bit about yourself?

I have been a Registered Nurse for over 40 years. I completed my Bachelors degree, MBA at the Northland Open University and Registered Nurse training in England. After moving to Canada in 1968 I began working in Long Term Care. I then moved on to work at St. Joseph's Health Centre as a Unit Administrator and Coordinator of Resident Care at North York Nursing Home. From there I was asked to be the Administrator at the Mississauga Life Care Nursing Home where we successfully achieved three year Accreditation status. Then in April 2000 I joined the Quick Response Program and discharge planning team in the emergency department of Trillium Health Partners until now. I am a proud mother of 2, a grandmother of 13, and a great grandmother of 1 to an extended family. I have a loving husband and family who are very supportive which allows me to continue to be involved in our community and organizations such as Alzheimer Society Peel (ASP).

What has been your greatest lesson working in your field?

I feel that people are not properly informed about what services and programs are available in the health care system to support them in their medical journeys. They need more information to help them navigate through the current system. During my time at St. Joseph's I met a man who was very young and in palliative care. As the Unit Administrator, I visited him and spoke with him about ways to make his stay more comfortable and other care options. I taught him how to do various lifts and transfers, and he was able to gain strength through different exercises and was able to

walk out of the hospital. As a health care professional, we need to take a step back and look at the patient beyond the diagnosis, and look at the whole picture. We need to educate our patients and most importantly families about their options, and supports available to them in the community.

What do you think is the most important thing for someone to know about Alzheimer's and related dementias?

Knowledge. People need to be educated, understand the disease process, coping mechanisms for family and care-partners, treatment programs, and other resources that can support them through their journey.

If you could give caregivers any advice what would it be?

You need to know your person from both the medical and social level. Understand their physical, emotional, social and cultural perspectives. Know their routine and how they live day to day and try to keep things as similar as possible. Be a good listener. Support patients and families, and work together to provide the best care as possible. Seek support and resources available to them and ask questions when in doubt.

If you could give the person diagnosed with dementia any advice what would it be?

Make sure you and your family follow the recommendations that are suggested, and if not, adapt them so that they can work for you. Try to, at the best of your ability, communicate how you are feeling. Make sure that you understand that we are here

to help and that there are things that we need to do to keep you safe and maintain your quality of life. Tap into resources and try to accept help and services.

What continues to inspire or motivate you to do what you do, working at the hospital and for the Board of Directors at Alzheimer Society Peel?

I love what I do. At a very early age I was taught by my mom and dad to care for others. We always had our door open to whoever needed help when I was a child. My parents wanted me to be a doctor or a pharmacist, but I really enjoyed the nursing program in college. I love being able to help patients get better, or if they have a poor prognosis I want to make sure that their quality of life was maintained. I was fortunate to have the opportunity to arrange a fundraising concert for Trillium Health Partners, St. Joe's Health Centre, and Mississauga Life Care Nursing Home, allowing me to contribute to the hospitals and to their work. ASP does a great job in providing programs and services to those affected. I admire the dedication of their staff and how supportive all their teams are. Everyone is there for you, and you don't feel alone. This disease affects so many people in many different ways so it's important for me to stay involved. I support the community because it is such an important aspect in people's lives to feel they are contributing.

I would like to thank Bev for taking the time out of her busy schedule to speak with me and share her insight with our readership. ■

Brandi Deimling
Business Development Coordinator

UPCOMING *Fundraising* EVENTS

Port Credit

60 Briarwood Avenue
Mississauga, ON L5G 3N6

Head Office & Counselling
905-278-3667

Sam McCallion

157 Queen Street E.
Mississauga, ON, L5G 1N2

Day Program 905-278-2989

Meadowvale

1-6535 Millcreek Drive
Mississauga, ON L5N 2M2

Day Program 905-542-7424
Counselling 905-542-7415

Brampton / Evelyn's Place

150 East Drive
Brampton, ON L6T 1C1

Day Program 905-789-1306
Counselling 905-792-1319

Brunel

385 Brunel Road
Mississauga, ON L4Z 1Z5

Day Program,
Bathing Program
& Counselling
289-632-2273 (CARE)

Nora's House

905-232-6016

E-mail:

n.bhamra@alzheimerpeel.com

Website:

www.alzheimerpeel.com

Office hours: Mon - Fri

8:30 am - 4:30 pm

Charitable Reg #

132657396 RR0001

2015 FORGET-ME-NOT BEAR

"SANDY"



Sandy will be available at the end of October.
\$25 includes one of a kind, labelled outfit knitted
by caring volunteers.

For more information regarding bears,
please contact Sandie at 905.278.3667

MAD HATTER'S BALL



presented by Alzheimer Society Peel

January 29, 2016

New Location:
Lakeshore Convention Centre
806 Southdown Rd, Mississauga

For more information regarding events,
please contact Brandi Deimling at 905.278.3667 ext 214
b.deimling@alzheimerpeel.com



Your Legacy of Life

By Brandi Deimling, Personal & Estate Giving

Alzheimer Society Peel's presence in the community since its inception has had a tremendous impact on individuals whose lives are affected by the disease. We have always strived to be innovators and leaders in dementia care, and have been able to provide unique services for our community. We have developed music therapy programming, a bathing program, new drop in day program, a variety of support groups and respite care.

Personal & Estate Giving is a means in which you can support an organization that has made a significance difference in your life or the lives of others. It is a lasting gift that provides assistance for the future which facilitates growth and supports the continuing exceptional work of Alzheimer Society Peel. It does not have to impact your current financial situation, but allow you to contribute to our organization.

Future gifts can allow you to receive tax benefits for yourself and your family, have control on where your estate or money goes, and aid other families and their children to receive help and services through their journey with the disease. Alzheimer Society Peel is thankful for all bequests, large and small, that we receive. By informing us of your intended wishes we can plan for future services and programs; as well as acknowledge you in your lifetime and have you share in our successes.

Please do not hesitate to contact us for assistance or to answer any questions you may have. The ways to give are plentiful and through support we can certainly make your philanthropic wishes a reality.

Thank you for you continued support and faith in what we do.

For more information please contact:
Brandi Deimling
Personal & Estate Giving
905-278-3667 x214 | b.deimling@alzheimerpeel.com

Tips When Making A Will

- 1) Plan – you are never too young to make a Will
- 2) Consult with your financial and/or legal advisors
- 3) Appoint a guardian for younger children
- 4) Explain your end of life wishes and funeral arrangements
- 5) Choose an Executor you trust and will understand your desires
- 6) Leave a legacy - Remember Alzheimer Society Peel in your Will
- 7) Review your Will regularly
- 8) Talk about it with your family and your wishes
- 9) Keep your Will in a safe place



submitted by Christina Pacheco, ASP BSO Outreach Counsellor

Children and teens are often aware of other's emotions and tensions, and it is reassuring for them to understand what the problem is. It may be a relief to know that the person's behaviour is part of an illness, and it might be upsetting to them to find out later that something has been kept from them.

Signs That Children and Teens May Be Having Trouble Coping



Children and Teens may feel...

Sadness ⇨ at what is happening to someone they love

Fear or Anxiety ⇨ about what will happen to the person in the future

Irritation or Boredom ⇨ at hearing the same stories over and over again

Embarrassment ⇨ at being seen with the person with dementia

Upset ⇨ if the person with dementia gets angry for no reason

Confusion ⇨ about "role reversal"

Loss ⇨ that the person with dementia doesn't seem to be the same person as before

Anger or Rejection ⇨ if other family members seem to have less time for them

Hurt ⇨ if the person forgets who they are

Guilt ⇨ at feeling angry at the person

Involving Children and Teens with the Person with Dementia

Spend time with the person and showing them love is the most important thing they can do. Try to ensure that the time they spend with the person is enjoyable. Make sure that children/teens know that you appreciate their efforts. Help them to see how their involvement benefits the person. Take photographs of the child/teen with the person to remind them of the good times. Don't leave children/teens in charge of the person, unless you are confident that they are able to cope with any situation.

What You Can Do to Help

- ☑ *Be as honest as you can in talking about the illness. Use clear, simple explanations.*
- ☑ *Provide age appropriate information through pamphlets, books or the internet.*
- ☑ *Encourage your children or teens to do some research with you or on their own.*
- ☑ *Lessen fear of the future. Children and teens may be fearful that they or the other parent may develop dementia.*
- ☑ *Be patient. You may have to repeat your explanations.*
- ☑ *Answer all questions in a calm and non-judgemental manner.*
- ☑ *Keep the lines of communication open. Listen to their concerns.*
- ☑ *Be reassuring; offer comfort.*
- ☑ *Try to alleviate guilt.*
- ☑ *Do not saddle them with too much responsibility.*
- ☑ *Let children/teens know that their feelings are normal.*
- ☑ *Spend quality time together.*
- ☑ *Allow children/teens to spend time by themselves or with friends.*

Activities Children and Teens Can DO with the Person with Dementia

- **Play a simple game or word puzzle**
- **Make a scrapbook or a "memory box"**
- **Look at photographs**
- **Listen to music together**
- **Read stories or the newspaper**
- **Fold laundry, sweep the floor, clip coupons, or do simple chores**
- **Reminisce about the past**

1. Nightmares, sleeping difficulties, attention-seeking or disruptive behaviour, or unexplained aches and pains

- ✍ The child/teen may need more support. Make sure you give them plenty of time to talk things through.
- ✍ If you're worried, you may want to consider talking to their school counsellor, a therapist, or your GP.

2. School work is deteriorating Children/teens who are upset often find it harder to concentrate and school work may suffer

- ✍ If this is the case, have a word with your child's teacher so they are aware of the situation.
- ✍ Offer extra help with homework.

3. Appears totally unaffected

- ✍ If the child/teen seems uncharacteristically disinterested in the situation or unusually cheerful, they may be bottling things up, or putting on a brave face.
- ✍ Encourage them to talk about the situation and express their feelings.
- ✍ Share some of your feelings about what is happening.

4. Being sad and weepy

- ✍ Some children/teens respond by feeling very upset and may need a great deal of attention over a long period of time.
- ✍ Try giving them some time each day to talk things over.

5. Retreating from the situation

- ✍ Older children and teens may withdraw into themselves, spending extra time in their rooms or saying out more than usual.
- ✍ They may feel embarrassed talking about their feelings. They need to know that you love them and are willing to listen.
- ✍ Show that you are available to talk by spending time together.



Nora's House 10th Anniversary
September 2015 marks the 10 year anniversary of Nora's House Respite Care. It is with great pride that the staff of Nora's House look back at all the hard work and dedication they have put into the house and the many different guests/families that they have had the pleasure of working with over the past 10 years. It is the staff, guests and families that have made Nora's House into the home away from home that so many people depend on. For our 10th anniversary we would like to remember and honour those that have been and still are a large part of this special place through our outdoor mural fundraising efforts. If you are interested in



CONGRATULATIONS NORA'S HOUSE



supporting Nora's House you can purchase a wooden leaf with a dedication on it to be added to our mural in the backyard. Contributions made will help continue to build the exceptional care, programming and facilities used by over 500 families as they travel through their Alzheimer's disease/dementia journey. Please contact Brandi Deimling at 905-278-2667 x214 or at b.deimling@alzheimerpeel.com to enquire about purchasing a leaf. If you are interested in learning more about Nora's House or would like to come for a tour please contact Kristy Knox at 905-232-6016 or k.knox@alzheimerpeel.com.

Alzheimer Society
PEEL

Community Spotlight *article by Home Instead Senior Care, 2015 Forget-Me-Not Gala Champion Sponsor.*

Caring for the day to day needs of a love one, or to be that senior that is challenged by the compromises of getting older can be distressing. Colleen's sentiments echo the needs of the large demographic of adult children in Mississauga that have shouldered the responsibility of their parent's care, and to whom Home Instead has become a vehicle to a better quality of life.

The choice of Home Instead as your home care provider ensures that you or your loved one is in the hands of a competent and compassionate CAREGiver matched in every respect, addressing needs, skill set, language and those intangibles that make relationships and the experience a high priority. Amongst the many services that are offered are housekeeping, laundry, incidental transportation, assistance with personal care, but none more recognized than their world renowned Alzheimer/Dementia Care services.

In 2011 the Mississauga office was one of the first, in a pilot program, to implement CARES (Changing Aging Through Research and Education), a specialized method developed by a panel of experts including the Mayo Clinic, Dr. Amy D'Aprix and David Troxel, providing comprehensive solutions to managing these types of behaviors. Since then this office has provided direct support in the form of CAREGiver services, public education workshops and training of professionals in order to support the community. This year, their own Education Coordinator Jennifer Churchill, was honored by the Etobicoke Guardian as an Urban Hero for her work in the Community.

With a mission to be leaders in their community, Home Instead Senior Care has also been active in the sponsorship, support and advocacy of many senior care ventures. In 2014 Bill Winfield author of the book "Stanger in My House", [in his acknowledgments] thanked Greg Bechard, owner of Home Instead Senior Care Mississauga for his advice and early financial help with the book's production. Bills book, which is available by contacting the ASP, chronicles his first person account of caring for a spouse suffering from Alzheimer's disease. The book has been regarded, for capturing the nature of their journey, in a manner that is "inspirational, instructive, altruistic and insightful"; proceeds from sales of the book are directed back to the ASP. That same year, Greg released his own co-authored book, "What's Next? Navigating Later Life Transitions", a resource intended to help support individuals and families through transition and demystify the stages of care.

Over the last several years, Home Instead has taken many divergent paths, community outreach, public education, and philanthropy in order to support seniors and family caregivers. Family members and those close seniors are never forgotten; every month this office provides 20 free service hours to the Alzheimer's Society Peel, to benefit one such family member caring for a loved one with Alzheimer's disease. Additionally, Home Instead extends 500 service hours annually to the Dorothy Ley Hospice. Support also come in the form of public education workshops, on-line

"Trying to understand our mom's dementia and navigating through the health care system for the best care for both her health and happiness was difficult. We found Home Instead through one of several recommendations given to us from our local Alzheimer's Society Chapter.

It is clear that her caregivers are chosen with our mom's needs and personality in mind. She is so obviously cared for with safety, kindness and dignity by staff trained to understand the complex needs of persons with Dementia and or Alzheimer's Disease; any questions or concerns we've had have been addressed immediately.

It has given me peace of mind knowing that the capable and kind staff, in both the Home Instead Mississauga office and the amazing caregivers with my mom every day are truly there for my mom."

Colleen O., client's daughter

resources and "calls to action" like the Walk for Alzheimer's and support of Coffee Break.

In 2013, in yet another partnership with the Alzheimer Society Peel, Home Instead became one of three service providers involved with the Caregiver ReCharge Program, a new government-subsidized initiative targeting the temporary relief for primary caregivers who experience high levels of stress. Since then, Home Instead has provided respite for hundreds of spouses, sons, daughters and parents who struggle to find life balance.

Since March 2009, Home Instead has been able to support over 1000 families with varying needs and continues to be strong presence in the community. They are reliable and responsive, with care coordinators available 24/7 to meet the needs of the community and offer free, in-home care consultations to provide you with the knowledge and resources to manage your loved ones care. Their CAREGivers provide a variety of services intended to support the seniors in their homes, retirement communities, hospitals and long term care facilities and their "Build Trust, Take the Lead Share Your Heart" approach punctuates their philosophy - *To us it's personal!* For more information on Home Instead Senior Care Mississauga, please visit: www.homeinstead.com/Mississauga-on or call 905.276.2273.

Meet Our Sponsors

If you are interested in becoming an Alzheimer Society Peel sponsor, please contact:
Brandi Deimling 905-278-3667 ext 214 b.deimling@alzheimerpeel.com



Greg Devine of CCI presents a cheque for \$5000 that was raised in support of Nora's House at their spring golf tournament.

A Place For Mom Inc
www.aplaceformom.com/canada
(866) 344-8005

BDO Canada LLP
www.bdo.ca
(905) 270-7700

Counsel Portfolio Services
<http://www.counselservices.com/>

DiversiCare
www.diversicare.ca
(905) 821-1161

Fidelity Investments Canada ULC
<http://www.fidelity.ca/>

Home Instead Senior Care
www.homeinstead.ca
Mississauga (905) 698-0024
Etobicoke (416) 800-1846

iCare Home Health
www.icarehomehealth.ca
(905) 491-6941

Investment Planning Counsel
Greer Team
<http://www.lyngreer.ca/>
905-881-9060

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www.jdimi.com
(416) 259-4625

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(416) 913-0035

Nurse Next Door
www.nursenextdoor.com
Mississauga (905) 582-3742
Brampton (905) 488-2980

Milestones, Vega Blvd
(905) 828-9119

Southbrook
www.southbrook.on.ca
905.456.3334

Stronco Group of Companies
Mississauga
(905) 270-6767

THANK YOU FOR YOUR CONTINUED SUPPORT

Our annual Great Memories Golf Tournament raised \$34,000.

The 2015 Walk for Memories & Unforgettable Run raised over \$80,000.

The Shoppers Optimum Points™ Donation Program A Unique Way to Support our Cause!

By donating some (or all) of your Shoppers Optimum Points™ to our organization, you are making it possible for use to use your points at Shoppers Drug Mart® toward the purchase of products and supplies we need for our ongoing operational and fundraising activities.

To donate your Shoppers Optimum Points™, please visit:
www.shoppersdrugmart.ca/donate.



Matiya Patidar Sumaj of Canada generously donated \$726.00 to ASP after holding a very successful art fundraiser. We would like to thank the organization and their community for their kindness. The funds donated will be used to support our programs and services.



Chartwell Regency held a Classic Car Show and BBQ in July with proceeds from the event donated to ASP.



Help us grow our care

Alzheimer Society Peel accepts donations by cheque or credit card (VISA, MasterCard or American Express) in the following manner:

1. On-line: www.alzheimerpeel.com



2. Telephone: 905-278-3667
..... Fax: 905-278-3964

3. Mail: Alzheimer Society Peel
60 Briarwood Avenue
Mississauga, ON L5G3N6

(Please make cheques payable to Alzheimer Society Peel.
Please do not send cash in the mail)

4. E-mail n.bhamra@alzheimerpeel.com

Being a part of the Alzheimer Society Peel donor family allows you opportunities to partner with the Society to further grow our exceptional programs, and provide greater services to a growing number of individuals affected by Alzheimer's disease and related dementias.

Alzheimer Society Peel is fortunate to be a part of a greater Alzheimer Society network, which includes a Provincial (Alzheimer Society Ontario) and National (Alzheimer Society Canada) chapters. Many individuals are under the notion that by supporting these organizations, they are supporting Alzheimer Society Peel. Although all chapters believe in assisting those affected by the disease, donations made to any other organization will not arrive in our chapter.

By giving directly to Alzheimer Society Peel, you are entrusting that your donation will immediately aid current and future clients and families to receive services provided by the Society that you have experienced and trusted. We ask you to share your support with us and allow your donations to accompany those on this journey of Alzheimer's disease or related dementia.

Memorial
Tree of Memories
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