



Meet Teresa Gavin, Alzheimer Society Peel's Chief Financial Officer



Teresa Gavin, CFO

I began my involvement with the Alzheimer Society Peel nearly 20 years ago. Maureen Davis contacted Deeth & Co. to provide some back up for the accounting department which consisted of one person. At that time I was involved 1 day a month and at year end I provided assistance with the audit.

In 2010 Chris Rawn-Kane approached me requesting more of my services on a regular basis as the accounting department required additional help. The budget in 2010 was increasing and was approximately 2.5 million and the services were expanding. First Link was just in the implementation stages and 4.5 new employee positions made available, bringing the staff to roughly 80 full time and part time employees. We agreed that I would join Alzheimer Society Peel staff on a part time basis for up to 14 hours a week.

As the organization grew so did my hours and my involvement. In 2015 I was hired as a full time employee as the Chief Financial Officer. The 2016 budget is nearing the 10 million mark and our team at the Society is now over 130 employees. Since 2010 the Society has signed two MSAA agreements with Mississauga Halton and the Central West LHIN. The expanded services from 2010 includes funding for the Behavioural Supports Ontario Program, Caregiver Recharge and the Society opening a new day program Evelyn's Place in Brampton. In 2015 The Provincial Government recognized the need to increase the PSW wages in Ontario. The Society was part of this initiative and the front line staff received a well deserved wage increase.

The additional service that I would like to see in the future includes funding for a new Nora's house. Nora's House currently services 8 clients in the Region of Peel. As you can see there is a great need for new respite initiatives in the Region. Hopefully we will see this



happen sooner than later especially with the new fundraising initiatives that have been started by our fundraising team. The fundraising team trialed the concept of crowd funding in 2016 which raised approximately \$3800 for new appliances for the Brampton Day Centre which was just shy of their initial goal.

I have been part of the Accreditation process for the Society both in 2013 and 2016. In both years the Society received 3 Year Accreditation status which is the highest designation. This status just affirms the commitment of our staff in providing the upmost in services to our clients and caregivers. The Society continues to improve processes on a daily basis and we are getting ready for the next Accreditation in 2019.

Not only am I the Chief Financial Officer for the Society, I am also one of the many dedicated volunteers. You will find me volunteering at the Walk and the Run, Bowlathon and the Golf Tournament. I also volunteer preparing personal tax returns for some of the Society's clients and caregivers that require my assistance. I would personally like to thank all of the staff that continue to volunteer their time at the Society events, their support is greatly appreciated.

It is a pleasure working with such an amazing dedicated team at the Society, and I'm looking forward to the future of Alzheimer Society Peel.



Port Credit

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Mississauga, ON L5G 3N6

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Mississauga, ON, L5G 1N2

Day Program 905-278-2989

Meadowvale

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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

UPCOMING *Fundraising* EVENTS

APRIL 8, 2017
ASP FANBOWL

Get your teams together for another great time at our annual bowlathon fundraiser!!

To register your team, contact Rosalyn at r.adolph@alzheimerpeel.com



JUNE 10, 2017
WALK FOR ALZHEIMER'S
UNFORGETTABLE 5K RUN

Join us at the beautiful Lakefront Promenade Park in Mississauga. Watch our website for more information about online registration - *coming soon*. Or visit www.events.runningroom.com

Watch our website for the latest updates

For more information regarding events, please contact Rosalyn Adolph: r.adolph@alzheimerpeel.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 appropriate arrangements

Recharge—Reunite—Relate—Rejuvenate

ASP Staff Education Day

On November 8, 2016, the Alzheimer Society Peel (ASP) staff attended their annual staff education day. This education day, with the exception of our respite house, has all sites close for one day so that staff can get together in one place for training, camaraderie, and hopefully some laughs.

After the committee deliberated over a whirlwind of ideas and topics, the day came together in the form of a travel themed day that saw attendees exploring a fabulous series of tour stops based on Richard St. John workshop, The 8 Traits Successful People Have in Common: 8 To Be Great*. These traits include Passion, Work, Focus, Push, Ideas, Improve, Serve, and Persist.

From passports to baggage claims and group “excursions”, key organization related topics were paired with the above 8 traits and presented by our own excellent ASP presenters as well as special guests from the Matheis Financial Team.

The organization wide event spanned 7 ½ hours and provided program sharing opportunities, professional caregiver strategies, information about benefits and retirement, personal stories, insights and ideas, educational prospects, service acknowledgments, tales of overcoming obstacles, and self-care.

Finally, after a jammed packed day of information, the group was guided through a sample meditation as a reminder that we all need to reset, refuel, and refocus regularly in order to do what we do.

ASP’s Senior Management team are very committed to ensuring that all staff have this learning day, and face to face time with co-workers that they might not otherwise ever meet. It is also strongly supported as Senior Management truly believe that the families and members we serve are better off because the staff are better off for having taken part in such an event.

Besides the bonding experience and the reminder of organizational plans and goals, staff feedback is also an essential part of the day. Evaluations are collected and the comments are used by the event committee and management for future education days as well as organizational planning. The committee has already started to work on next year’s Education Day.

Joining everyone in the same room at the same time provides an understanding that this is organization has many minds that think alike, many hands that do good work, and many hearts that beat as if they were one.

Evaluation Comments

“Great Theme! Loved the Great 8 idea helped think about being a better leader & worker.”

“Great way of presenting information! Very interactive & creative.”

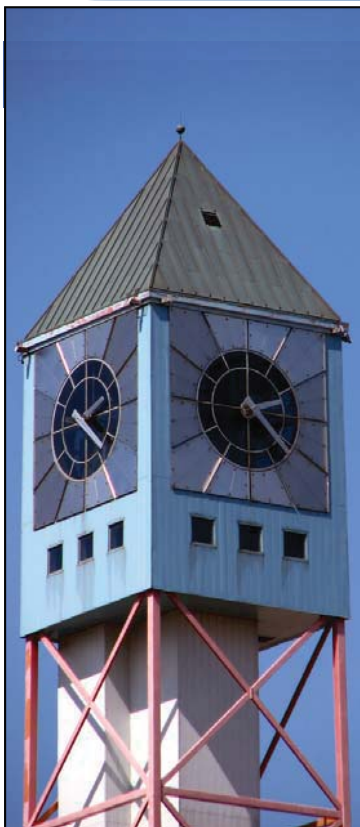
“It was a lot of fun. I learned about the different types of traits and am excited to try them”

“Very good – lots of work – nice to hear the work of our fellow staff”

“Fun day. Enjoyed seeing ASP staff presenting and sharing”

“It was a great day! Great info and things to work towards”

“Great job good topics & info”



Mississauga City Hall clock tower

Mississauga City Hall Clock Tower to be Lit Up in Support of Alzheimer's

Mississauga, ON- January is Alzheimer's Awareness Month and in support of the 2017 campaign, #InItForAlz, City Hall in Mississauga has lit up their featured clock tower in blue on January 31st, 2017. This year's awareness campaign was designed to bring awareness to the fact Alzheimer's disease and other related dementias impacts every Canadian and is becoming a growing concern for our communities.

The clock tower lights changed to blue starting at 8pm and could be viewed at Celebration Square and the surrounding areas of City Hall.

More than 42,000 individuals in the Region of Peel have been affected by this disease and have sought out services at the Alzheimer Society Peel. The Chapter promotes public and professional awareness of Alzheimer's disease and related dementias and offers a variety of programs and services. Alzheimer Society Peel works with all service providers to ensure that optimum health and social services are provided for the family and persons with Alzheimer's disease and related dementias in the Region of Peel.

For more information contact: Brandi Deimling: b.deimling@alzheimerpeel.com

First Steps education—planning—safety—understanding—community supports

Happy New Year Everyone!

I wanted to share with you all a support group we offer at the Alzheimer Society of Peel called, "First Steps". This group is designed for the person with the symptoms of dementia and their care partners. Our experience shows that the earlier people begin to understand and learn what dementia is, the more supported they will feel throughout their journey. This four week learning series is designed as an education piece as well as an opportunity for open dialogue as we share and learn about the experiencing of living with dementia. It is also an opportunity to connect with others in a similar situation and understand others perspectives.

In the first week, we discuss what dementia is and the experience of learning the diagnosis. Week two, we focus on the brain and the symptoms you may be experiencing with these changes. We look at strategies for adapting to these changes as well ideas to maintain optimal brain health. Week three, we invite discussion around recognizing where there is potential for risk in our day-to-day living. We focus on respectful dialogue that allows for planning ahead promoting success. Lastly, in week four, we discuss building a circle of care by exploring other community supports as well as determining what resources would be most valuable.

This unique and special series runs four times a year; twice in the spring, and twice in the fall. Should you have any questions or are interested in this group, please do not hesitate to reach out.

All the best for 2017

Rachele Valentino, First Link Support Counsellor

If you are a caregiver connected to ASP, you have heard it many times... “You need to take care of yourself first” “Beware of caregiver burnout” “If something happens to you, how will you continue to take care of your loved one?” This message is so important, but there is also another angle to this whole self-care thing, something that we don’t always say, but as equally important. The question we need to ask is; “How can we be sure to guard against losing myself in this caregiving journey?”

It is a roller coaster, for many of us years long, it takes sacrifice, it takes dedication, it takes up so much of our time and energy, but we can’t let it take away who we are as a person. Our loved one wouldn’t want us to.

It’s with this in mind that each fall we organize our annual caregiver retreat. A full day of “me” time for our caregivers.

The day consists of a mix of education and activity. The difference is that for once the education isn’t about the disease. We don’t focus on brain changes, communication tips or understanding and coping with behaviours. We don’t discuss the importance of planning ahead. Instead we take the time to focus on the caregivers themselves. We cover topics like; How I can incorporate exercise into my days that are already too busy?, How can I develop resiliency from this experience?, Balancing nutrition and lifestyle habits for my wellbeing. This allows our caregivers to focus on themselves and set a plan in place to make these changes in their lives.

At the retreat participants are given the opportunity to enjoy activities such as music, art, exercise and meditation. This day isn’t so much about telling you what you should be doing for yourself as it’s about allowing you the opportunity to do it. We even provide free care for the person with the symptoms for the day if they are not able to be left alone. So often we know that we should take the time for ourselves but squeezing it in seems almost impossible. Our goal is to make this seemingly impossibility a reality for one day. To allow people the opportunity to relax and rejuvenate, which will hopefully motivate participants to continue to create opportunities to care for themselves throughout their journey.

Thanks to our wonderful sponsors we are able to provide a lovely breakfast and lunch as well as snacks throughout the day, each participant goes home with a gift bag and some lucky winners are given door prizes. The breaks and meals allow the time to connect with others on the same journey, to share your experiences or sometimes to just chat about something other than caregiving.

The feedback speaks for itself. Last year one participant mentioned to one of our Counsellors that she felt the retreat day “saved her life.” Another thanked us for providing a “needed, enjoyable and caring place” Still another “I was very lucky to be treated to such a kind and thoughtful day!”

Our annual caregiver retreat day is another example of how we provide “Hope for Today, and Help for tomorrow” We are already looking forward to planning next year’s event!



Caregiver Retreat



Activities and Dementia

By Sanya Batos, Community Relations Manager at Southbrook Retirement Community



Keeping occupied and stimulated can improve the quality of life for people living with dementia. As dementia develops it will have an impact on a person's ability to carry out everyday tasks. The most challenging task for a caregiver is to develop daily routines and activities that are interesting, meaningful, and do-able and valued by people living with dementia. Activities can be fun and can encourage independence, social inclusion, communication or expression of feelings. Activities should be individualized and customized for each participant. The most beneficial activities are simple, everyday tasks such as activities at home (setting the table for a meal, folding clothes, sweeping the floor or making the bed.) Such activities can help a senior with dementia feel connected to normal life and can maximize choice and control.



Some activities offer an emotional connection with other people. For example conversation is a simple, meaningful activity with many benefits for a senior with dementia and the people caring for them. The connection and involvement through social interaction is important.



Exercise is beneficial for physical and mental health, and can improve the quality of life for people at all stages of dementia. Exercise activities such as gardening, walking, and swimming could be beneficial and enjoyable.



Mental stimulation such as doing crosswords or puzzles, or playing cards and board games are enjoyable and keep the mind active.



Music can be enjoyable even when other abilities are severely affected. It is proven that music can improve someone's mood, behaviour and wellbeing.

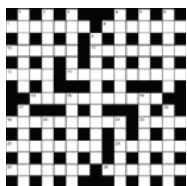
Activities in the local community can include participation in churches, community centres, community groups, alumni associations, community events and any other opportunity to increase social interaction and prevent social isolation or loneliness. These activities often create a sense of togetherness and belonging.

As a person's dementia progresses, it affects their concentration and motivation. Activities can be simplified so they are still manageable and stimulating, without too many challenges or choices. Ideally, families and communities should work together to successfully create options and programs that will enrich the lives of people living with dementia.



Research shows that it is common for individuals living with dementia to remember the past, often reverting back in time. Long-term memories have more clarity and may be a source of joy, pride and sense of self. Activities focusing on reminiscence can help improve mood and wellbeing.

Not feeling needed or valuable is one of the most damaging effects of dementia. Individuals living with dementia need to be needed. Caregivers should create this sense of purpose so they feel needed and valued while they are contributing to the community.



Making the decision to move into a residential care facility may be very difficult even when living at home is no longer an option. Retirement residences bridge the gap between living independently and living in Long Term Care Homes. In Retirement residences, we customize programs to include an approach to care for our residents living with dementia by bringing a philosophy of sense of purpose to residents' lives and by finding opportunities to engage residents in the activities that are most familiar to them. We understand that each person has a different background and is familiar with different tasks. Our goal is for each one of them to have opportunities to participate in meaningful activities and tasks every day. Employees are trained to nurture relationships with residents and with their family members. By learning as much as we can about the person and their history, we can tailor activities and programs to the uniqueness of the individual. The goal of creating meaningful moments and meaningful days is an ongoing commitment to ensure people living with dementia remain active and engaged for continued quality of life.



Alzheimer Peel Retweeted
HomeInsteadWestGTA @HISC_WestGTA · 20h
 Thank you so much to the best volunteer #elves ever! You helped make the #BASTAS wrapping party in @citymississauga a BIG success. @AlzPeel

The Tweetest Thing...



ASP's Brandi Deimling is seen here graciously accepting a \$10,000 cheque from Paul Hobson and Associate of HB Insurance, The Co-operators Group.

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@alzheimerpeel.com

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Special thank you to all our Forget Me Not Gala supporters. With your help ASP raised over \$31,000 this year.

Cruise for Memories

Cruise aboard Allure of the Seas®
 \$50 per stateroom will be donated to the Alzheimer Society of Peel

contact: Christine Boon • 905-855-7712 • cboon@cruiseshipcenters.com

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*Prices are per person, based on double occupancy, for cruise only on select sailing and select stateroom categories. Prices are in CAD & \$150 in taxes, fees & port charges are additional. Subject to availability. For new reservations only. Itineraries and prices are subject to change without notice.

STAY TUNED...
GET YOUR COSTUMES READY!
 FRIENDS? FAMILY? COLLEAGUES? GET YOUR TEAM TOGETHER AND RESERVE A LANE BEFORE THEY ARE GONE. MAX 8 PER LANE.
 TEAMS MUST RAISE A MINIMUM OF \$500 IN PLEDGES.
 PIZZA, PRIZES, FUN TIMES!

CONTACT RADOLPH@ALZHEIMERPEEL.COM





You Can Help!

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. 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 dementias.



By Mail! Feel free to mail in a personal cheque or join our membership! Cheques can be made out to "Alzheimer Society Peel". We also accept credit card payments as a one-time or on-going initiative.



On-Line! If you would like to assist us from the comfort of your desk, feel free to donate through our Amazon.ca Wish List, or through our Canada Helps page. Links to each site can be found on our Donate Page on our website.



Events! Join us at our Forget Me Not Gala, Walk For Alzheimer's & Unforgettable Run, Great Memories Golf Classic, Coffee Break or our Bowl-a-thon! Come as a guest or participant, or join us a sponsor!



Include Us In Your Will! 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.



For more information contact Brandi Deimling, Business Development
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