

June 2020

# Alzheimer Society

SARNIA - LAMBTON

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**Celebrating June**

**Foster a Pet Month**

**Great Outdoors Month**

**Soul Food Month**

**Yo-Yo Day**

*June 6*

**Play Catch Week**

*June 21-27*

**Father's Day**

*June 21*

**Sunglasses Day**

*June 27*



While we haven't been seeing you in person, the Alzheimer Society of Sarnia Lambton continues to support our clients through phone and email supports and Zoom activities.

*Connections are now more important than ever. You are not alone. Be safe and be well.*





## Fine Dining

**The way dementia influences a person's life is different for**

**each individual. Remember that this is also true for eating and drinking, and not everyone will experience the same changes, but here are a few tips to enhancing eating for someone living with dementia:**

Give food in a mug or another easy to hold item i.e. healthy foods in an ice cream cone.

Contrasting colour, potatoes or cauliflower may not be seen on a white plate and designs on plates can be mistaken for food. Brightly coloured food i.e. carrots & berries will be easier to manage.

Try to incorporate foods rich in anti-oxidants and other important components to brain health. Mediterranean diet or the "MIND" diet are recommended for persons with dementia

Is food ready to eat? ie. pre-cut, easy to manage and simple with no extra clutter

Offer finger foods throughout the day instead. Food may have to be ready to eat on the move for some people, and many small snacks may work better than a large meal. A large plate of food can be seen as overwhelming

Choose foods that help with added hydration i.e. melon & homemade healthy popsicles

Make the food seem delicious or use food that create welcoming scents to stimulate the appetite (keep in mind that the sense of smell can be diminished with dementia. Some people may only still taste sweet, so sweet fruits and vegetables or a little added honey may help.

Try to remove distractions since it can take more concentration to eat than before, so background noise, movement and even trying to hold a conversation may make the person lose their focus to eat.

Try to change your expectations- the goal is healthy eating and not to point out the peas went in their applesauce, or discourage the use of hands.

Keep in mind that leaving a nice meal in the fridge may lead to "out of sight, out of mind and out of mouth"

**It can be challenging to adapt to the new norm of care. Please contact us for further tips on assisting with dining.**

*It's ok if you fall apart  
sometimes. Tacos fall apart and  
we still love them.*



CREDIT: @FLUFFYGUY

## Life during lockdown: 'Colouring is keeping mum safe in her own home'



<https://www.alzheimers.org.uk/blog/coronavirus-colouring-dementia>

### Topical Tuesdays with Christine

Tips on Caring for Someone Living with Dementia

**June 2<sup>nd</sup> 3pm**-Care Tips: The Art of Distraction

**June 9<sup>th</sup> 3pm**-Overview on Dementia

**June 16<sup>th</sup> 3pm**- Care Tips: Successful Communication

**June 30<sup>th</sup> 3pm**-Learn About Dementias Other Than Alzheimer's Disease

Email Christine at [cwright@alzheimersarnia.ca](mailto:cwright@alzheimersarnia.ca) to receive information on how to attend.

If this time and date does not work for you, still email Christine and alternatives will be looked at. Individual or family educational sessions can also be booked.



[http://findingyourwayontario.ca/wp-content/uploads/2017/11/Finding\\_Your\\_Way\\_Living\\_Safely\\_with\\_Dementia\\_Resource\\_Guide\\_EN\\_Final.pdf](http://findingyourwayontario.ca/wp-content/uploads/2017/11/Finding_Your_Way_Living_Safely_with_Dementia_Resource_Guide_EN_Final.pdf)

The Alzheimer Society of Ontario's Finding Your Way® program, with involvement from people living with dementia, care partners and other key stakeholders, have developed this resource to provide tips and strategies on various safety-related topics to help people living with dementia live safely in their day-to-day lives.

Our short, free, user-friendly online course, "Living Safely in the Community" talks about how we can all help to keep people with dementia safe. Each of the four modules are only 15 minutes in length, and you can complete them at your own pace.

<http://findingyourwayontario.ca/online-learning/>



## SOCIAL ACTIVATION via ZOOM

**Social Hour:** Mondays at 10am

**Minds in Motion:** Tuesdays at 10:00am

**Inspirational Moments:** 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 11:00am

**Easy Moving:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays at 10am

**Get Your Groove On:** 2<sup>nd</sup> & 4<sup>th</sup> Thursdays at 10am

**Musical Memories:** Thursdays at 2 pm

**Armchair Travelogue:** 1<sup>st</sup> & 3<sup>rd</sup> Fridays at 11am

For more information please contact Vanessa at [vbarnes@alzheimersarnia.ca](mailto:vbarnes@alzheimersarnia.ca)

## Elvis Shocks the Nation

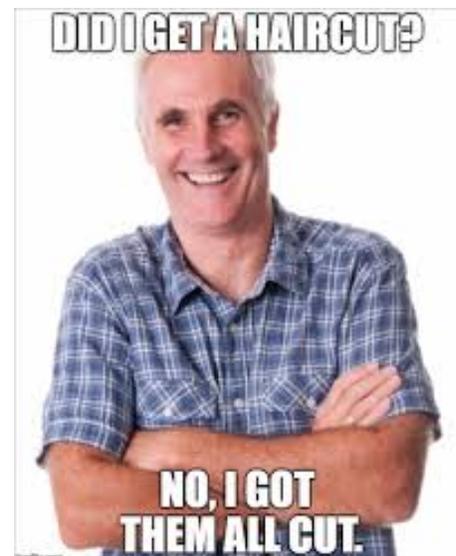


By 1956, Elvis Presley had already hit No. 1 on the music charts with "Heartbreak Hotel," and he was becoming a rock 'n' roll sensation, but nothing prepared the public for his live performance of "Hound Dog" on *The Milton Berle Show* on June 5, 1956. Elvis had already appeared on television several times, including on *The Milton Berle Show*. But in these appearances, Elvis was always filmed close-up or behind his guitar. On June 5, the 21-year-old Elvis was televised head to toe, swinging his hips in wild gyrations as he danced, earning the moniker "Elvis the Pelvis." The next day, critics across the country roundly criticized Elvis, calling him vulgar and untalented. Ed Sullivan declared Elvis would never appear on his show. None of this criticism stopped Elvis from becoming rock 'n' roll's first superstar. In the end, Elvis' critics had to eat their words.

### ALZHEIMER SOCIETY PRIVACY WAIVER!

Thank you for joining us via ZOOM. We are excited to be able to connect with our clients during these times of self-isolation and physical distancing. We know that staying connected is important. Please note that we are using ZOOM, an online technology that helps us connect with you securely. We believe that the privacy measures put in place by Zoom and precautions that we take (Waiting rooms and then locking the group after all have entered) will protect your privacy but we urge you to also take steps to protect your privacy such as a secure WIFI, and being aware of your surroundings. Also, since we are working from home, please be assured we have taken every measure to ensure your privacy is respected from others who are social distancing with us.

**Even though your jokes may be terrible, thank you to all the Dad's on Father's day.**



When does a joke become a Dad joke? -  
when it becomes apparent

## What I learned today.....

### Nailed It!

In preparation for the footloose and barefoot days of summer, June 1 is Nail Polish Day. While today's nail art is largely a reflection of personal style, when it originated nearly 5,000 years ago in Babylonia, nail polish was a marker of social status and class. Babylonian warriors ground *kohl*, a charcoal-like mineral, into a dark powder and used it to color their nails and lips before going into battle. The dark shade signified a high rank. Similarly, around 3000 BC, the Chinese used varying nail colors to signify differences in rank and dynasty. Rulers often wore bright colors like red, gold, or silver, while lower classes could be punished if they dared to wear colors deemed acceptable only to the ruling class. It wasn't until much later, in 19th-century Paris, when manicure parlors became fashionable and women regularly began to "get their nails done." In 1878, an American named Mary Cobb, after learning the art of the manicure in Paris, opened a shop in New York City, America's first nail salon called "Mrs. Pray's Manicure." Cobb would go on to open a series of salons, invent the emery board, and market an entire line of nail products. Cobb was truly the mother of the nail salon industry.

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