

Alzheimer Society

THUNDER BAY

The Unforgettable Review

Fall 2013

Your leading source for Alzheimer's disease and dementia information and support since 1986



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12th Annual Rendezvous

...an Evening to Remember!

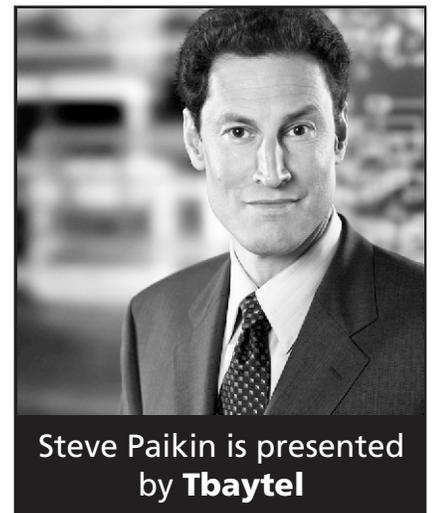
Thursday,
November 28

Victoria Inn
Embassy Ballroom
Symposium 5:30pm
Dinner 6:30pm

We invite you to join us for a **gourmet dinner** featuring special **guest speaker Steve Paikin** (host of TVO's *The Agenda*). With over 25 years in journalism, Steve tackles political and current affairs, giving intelligent analysis and creating thought-provoking debates.

Author of four books and producer of several TVO documentaries, Steve has also had the honour of moderating four election debates.

Steve promises to engage guests with his insightful reflections on current affairs and social issues. Guests can also join in for the **silent auction** and **balloon raffle** all in support of the Alzheimer Society!



Steve Paikin is presented by **Tbaytel**

Tickets on sale September 1, 2013!

Visit www.alzheimer.ca/thunderbay or call 345-9556

Tickets: \$75 each or \$550 for a table of 8
Reserved seating available for tables only

Visit us online: www.alzheimer.ca/thunderbay

Thank you for your donation which allows us to provide help and support to all those affected by this devastating disease

MISSION

The Alzheimer Society of Thunder Bay exists to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

We achieve this mission by:

- Promoting the rights and well-being of the person with Alzheimer's disease and their caregivers
- Supporting the delivery of programs for individuals affected by the disease
- Providing funds for research

VISION

A world without Alzheimer's disease achieved together.

BOARD OF DIRECTORS

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CONTACT INFORMATION

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Fax: (807) 345-1518
Email: info@alzheimerthunderbay.ca
Website: www.alzheimer.ca/thunderbay
Facebook: www.facebook.com/astbay
Hours: Mon. - Fri., 9:00 am - 4:30 pm
180 Park Avenue, Suite 310
Thunder Bay, ON P7B 6J4

New & Renewing Members

Eva Mekkonen

Jane Pilon

Eleanor Blair

Gail Richards

Gwen Bennett

Dan Slomke

Evelina Pan

Angus McLennon

Pat Harris

Sylvia Wright

Sharron Skunta

Aileen Black

Diane Thompson

Peter & Sandra Burkhardt

Bernice Preston

Sue Langer

Iris Czinkota

Grants

Northern Ontario Heritage
Fund Corporation

Ontario Trillium Foundation

Donations Made In Honour of...

Derm & Lil McCullough on
their 60th Anniversary

Liam O'Neil for his birthday



WELCOME NEW BOARD MEMBERS

Ted Davis, Treasurer
Jennifer Childs

Thank you **Bob Stewart** for your commitment to our cause during your term as Treasurer!

If you would like to commemorate a happy occasion please contact us at (807) 345-9556

**Community acknowledgments noted between March 1, 2013 and June 30, 2013. Memorial donations can be found on page 11. Donations are listed under the name of the person in whose memory the donation was made. We treat your personal information with respect. We do not rent, sell or trade our mailing lists. Information you provide will be used to provide tax receipts and keep you informed of events and opportunities. If you wish to be removed from our list, contact us by phone at (807)345-9556 and we will gladly accommodate your request.*

UPCOMING EVENTS

18th Annual Coffee Break® *Time to Make Your Coffee Count!*



The 18th Annual Coffee Break Campaign will be running from **September 1 - October 15, 2013**. During this nationwide campaign, individuals, businesses, and community groups will step up and make their coffee count by hosting Coffee Breaks in support of the Alzheimer Society of Thunder Bay.

Host a Coffee Break® in support of the Alzheimer Society of Thunder Bay. With your support we hope to raise \$25,000!

It's easy...pick the place, time and style of event you would like to host, register by contacting us, and invite your friends, family, neighbours and colleagues to your event. Hold your event in your home or office

for an hour, an afternoon, a full day, a week, or even a month! Collect donations while chatting over coffee and baked goods, playing board games, doing an outdoor activity, having a movie night, or perusing through jewellery or candle catalogues. Businesses can also sell coffee cup cutouts for \$2 each, organize dress down days, or set up an employee matching program.

Your event can be whatever you want for as long as you want so get those creative juices flowing! We'll provide you with a host kit which will have the materials you need to get started. Make sure to hold your event before October 15 with donations returned by October 31, 2013 to be eligible for the trophy and prize draw. **Host your Coffee Break and return your donations by September 20, 2013 for a chance to win the early bird prize.**



Can't host an event? Don't worry! There will be many events going on around the city. Check out our website for a complete listing. One to look forward to is Sharon Dawson's event being held from 6-9pm on Friday, September 27 at Marostica Hyundai (777 Central Ave). It will feature coffee, goodies and shopping from a variety of vendors all in support of the Alzheimer Society.

Visit alzheimer.ca/thunderbay or call LAURA at 345-9556 for more information and to register.



National Coffee Break® Day is September 19!



Thank you to our sponsors!



Moola Yoga for Memories

August 17 - September 7

Samantha Medendorp, who has been doing yoga for over six years, is hosting drop-in Moola yoga classes August 17 - September 7.

Participate by bringing a donation for the Alzheimer Society of Thunder Bay to the class(es) you choose to attend.

Classes will be held at Marina Park - Pier 2 with rain location being the World Dance Centre at 96 N. High Street, Room 400. Classes will be held Mondays, Wednesdays, Fridays and Saturdays from 9-10am and 1-2pm. Most sessions are for all levels with a couple for intermediate level.

For full details, visit our website or find "Moola Yoga for Memories" on Facebook.

SOCIETY HIGHLIGHTS & EVENTS

30 Days to Better Brain Health Challenge 2013

This year's 30 Days to Better Brain Health Challenge was a huge success! Over 200 participants of all ages, including teams of family, friends, colleagues, and classrooms, spent the month of June improving their brain health by completing tasks that encouraged challenging their brains, being socially active, making health lifestyle choices and protecting their heads. Thank you to everyone who participated!

If you missed out this year, be sure to watch for the challenge's return in June of 2014!

CONGRATULATIONS TO OUR WINNERS!

	General	Classroom
Weekly Prizes:	Hydro One Remotes Bright Lites Investors Group Team Dragon The A-Team	The Junior Dozen (JK) The Brain Train (Gr. 7/8) The Brain Train (Gr. 7/8)
Enthusiasm Prize:	The Brainy Bunch	Gr. 5 Super Mind Molders
Creativity Prize:	Noni's Smarty Plants	Brainy Bunch (Gr. 2/3)
Grand Prize:	Team A Plus	Turcotte's Mighty Eagles (Gr. 3)



Special thanks to our many generous prize sponsors!

The Bodymind Centre
The Book Shelf
Canada Games Complex
Canadian Cancer Society
Cineplex SilverCity
City of Thunder Bay - respect.
Canadian Lakehead Exhibition
EcoSuperior

The Growing Season Juice Collective
OLG Casino Thunder Bay
Pita Pit
The Game Shelf
Mario's Bowl
The Painted Turtle
R.O.N.S. Virtual World

Pizza Hut
Thunder Bay Art Gallery
Thunder Bay Border Cats
Thunder Bay Chill
Thunder Bay District Crime Stoppers
Thunder Bay Police Service
Thunder Bay Public Library

18th Annual Dementia Care Conference *Friday, October 11, 8:00am - 4:00pm*

With the rising tide of dementia, it is crucial for persons working in dementia care settings to better understand behaviour and implement consistent response strategies that provide support to the person while maintaining their dignity and well-being.

Titled, **Effective Communication for Persons with Dementia**, this day-long conference will discuss how effective communication is the key to optimizing care and personhood, touching on language and cognitive-communication profiles in common

types of dementia, and language and cognitive-communication strategies and interventions.



Keynote speaker, Dr. J.B. Orange, PhD, is a professor in and the Director of the School of Communication

Sciences and Disorder at Western University. He is an Associate Scientist with the Lawson Health Research Institute in the Aging, Rehabilitation & Geriatric Care Centre at St. Joseph's Health Care - Parkwood Hospital as well as Research Associate with the Canadian Centre for Activity and Aging at Western. His research has a special emphasis on discourse, conversation and communication of individuals with various forms of dementia and their family caregivers.

TO REGISTER: Visit our website or call PAM at 807-345-9556.

Take advantage of early bird rates before September 25!

Regular: \$85 Students/PSWs/Non-Professional Caregivers: \$40

MedicAlert® Safely Home®

"There is still no cure for Alzheimer's disease so safety is absolutely essential. It's one of the first things we discussed when my husband was diagnosed. This new program is an easy and subtle support which provides both of us reassurance. Every minute counts." says Julie Foley, whose husband Lowell has Alzheimer's disease.

The fact is people with dementia can become lost, often without warning, and have no idea how to get home. This can be a frightening experience for the lost person and for their families. For this reason, the Canadian MedicAlert Foundation and the Alzheimer Society of Canada have come together to launch the MedicAlert® Safely Home® program, designed to quickly identify those who are lost and assist in a safe return home.

MedicAlert Safely Home members select a MedicAlert ID to wear at all times. Through a unique 24/7

emergency hotline, inscribed on the ID, first responders are granted immediate access to that person's complete medical profile, as well as emergency contact information. When a member with Alzheimer's disease or another dementia is found — even if they're unable to answer basic personal questions like where they live — MedicAlert will provide critical information and immediately notify emergency contacts.

In addition to helping ensure that people with dementia can find their way safely home, the sophisticated MedicAlert database stores full medical information including what medications they are taking, information about allergies or conditions and a record of their medical history.

Registering for the MedicAlert Safely Home program also provides families and caregivers with invaluable peace of mind, knowing that those in their care are as safe as possible.

MedicAlert Safely Home membership is \$60 for one year and includes a free MedicAlert 'Blue' ID for first-time registrants that's exclusive to people living with dementia. As a registered charity, MedicAlert also offers alternative payment programs, such as prepaid options and for those who cannot afford a membership, a subsidy program. IDs are fully customizable to ensure that the information engraved is as relevant and informative as possible. There are over 100 styles of IDs to choose from including bracelets, necklaces, watches, sports bands and more.

For more information and to register, call 1-855-581-3794 or visit www.safelyhome.ca.



VOLUNTEERISM

2013 Volunteer Appreciation Luncheon



The Volunteer Appreciation Luncheon welcomed almost 50 of our dedicated volunteers at the Italian Cultural Centre on April 23, 2013. Cherie Kok, one of the Alzheimer Society's Ambassadors and primary caregiver for her mother who has dementia, spoke to what it has meant to her to have the support of the Alzheimer Society and how that support would not be possible without the generosity and commitment of all of our volunteers.

Thank you!

Thank you to the Victoria Inn Hotel & Convention Centre, The Keg Steakhouse & Bar and Cycle Path for contributing accommodations, meals and bike repair services, showing off our Thunder Bay hospitality.



Congratulations Bill Heibin on 5 years of extraordinary volunteer service!

Volunteer Profile - Erin Juurako



Erin got her start with the Alzheimer Society as a youth volunteer with the Intergenerational Art Program almost two years ago. Since then, she has continuously volunteered in the office, helping with reception and special projects. Passionate about the Alzheimer Society mission, Erin enjoys volunteering as *"a way to feel like you are part of a community."* She appreciates gaining new experience and knowledge through her work, and takes pride in seeing the difference a volunteer can make.

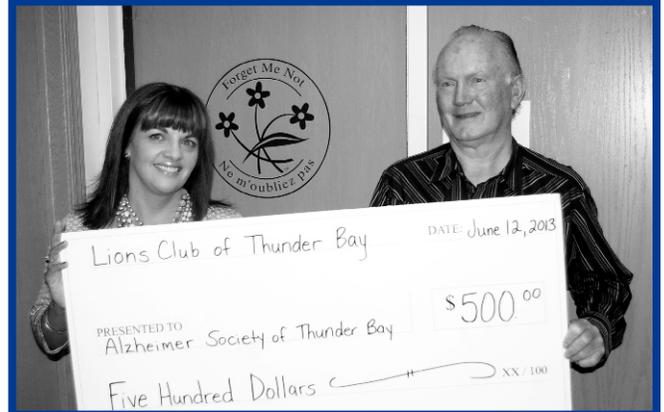
Erin enjoys spending time with her family, including big sister Carlee, who has also been a great mentor, encouraging Erin to get involved. She likes the outdoors, especially hiking. Erin recently graduated from the Honours Bachelor of Science in Biology program at Lakehead University and is excited by the opportunities that lay ahead.

"I would like to encourage youth to volunteer beyond obtaining their high school hours as it is a great way to shape your future and make a difference."

FACES IN FOCUS



Thank you to the Thunder Bay Chill for hosting Alzheimer Society Game Night and for all those in attendance who chose to support us. Although it was a rainy day, we had fun and managed to raise \$750!



Secretary Peter Storey of the Lions Club of Thunder Bay presented a cheque for \$500 to Alison Denton of the Society, bringing the group's grand total to \$4,600 since 2005. We appreciate your long-term support!



Young brothers, Soojeong and Soohyung Choe, stopped in Thunder Bay during their 5000km cross-Canada Alzheimer Bike Campaign to raise awareness and funds in memory of their grandfather.



Chartwell Select and Glacier Ridge held their Cooking for a Cause fundraiser in support of the Alzheimer Society. Raising over \$400, hot dogs, hamburgers, apple crisp and smiles were served up during lunch. Thank you!

The Alzheimer Society of Thunder Bay's Annual General Meeting was held on June 26.

Recognizing Bob Stewart for his term as Treasurer, the Board of Directors and staff presented him with a piggy bank so he can keep "focusing on the top line" as he moves forward.

New board members, Ted Davis, Treasurer and Jennifer Childs were welcomed during a reception.



SPOTLIGHT IN RESEARCH

Stigma and Experiences of People with Dementia in Acute Care Environments

By Shannon Ferguson

The Alzheimer Society would like to recognize our newest Research Grant recipient, Shannon Ferguson. Shannon is a Master of Health Sciences student at Lakehead University. Shannon provides a brief overview of what her research will explore...

I am currently working on my thesis research investigating the experiences of people living with dementia within the acute care hospital environment with particular examination in how stigma may play a role in influencing these experiences. In collaboration with the Alzheimer Society of Thunder Bay, I will be recruiting participants and conducting qualitative research including interviewing people with dementia and their care partners as their experiences and input are vital to contributing to a better understanding of their needs in the acute care environment.

Research in this area is necessary due to an increasing population of seniors, longer life expectancy and projected increase of chronic illness,

including Alzheimer's disease and other dementias. These factors combined with smaller families able to provide informal care, contributes to a rise of crisis situations and acute hospital care needed. Currently one quarter of hospital in-patients have dementia and caring for this population is becoming a very significant part in the provision of health care services. The purpose of this research is to develop a greater understanding of the lived experiences of people with dementia in an acute care environment and explore if, and how, stigma has shaped people's experiences. Dementia is commonly associated with fear and misunderstanding and the progressive nature of dementia attracts stigma. In the health care setting, stigma can result in stereotyping, prejudice and discrimination that negatively impacts health and is detrimental for a person with dementia suffering a critical illness.

This research will help to highlight areas for further education that address challenges of how people

with dementia are viewed and treated within the hospital environment. It will provide practical information related to policy change and development that informs, guides and supports people with dementia in navigating through their hospital experience in a way that is empowering and optimizes their health and recovery. This research is intended for action and change where the knowledge generated will be used toward reducing inequalities in care and improving the experience of people with dementia in the acute care environment. Ultimately, this will help to improve health outcomes by making recommendations to hospital health care teams as well as providing information with tips and strategies for people with dementia. This research will be shared through presentation and resources available at the Alzheimer Association.



Shannon Ferguson

Caregivers Needed for National Research

Dr. Alex Mihailidis of Intelligent Assistive Technology and Systems Lab (IATSL) from the Toronto Rehabilitation Institute and University of Toronto is asking for your help with a national survey.

Caring for a person living with Alzheimer's disease can be a challenging task. There are assistive technologies to help people with Alzheimer's disease and their caregivers; however, many of these are not very useful.

IATSL is looking to understand what the needs are of people with Alzheimer's disease and their caregivers and what would make technologies more useful to them.

You are being asked to share your experiences regarding your use of technology while caring for someone with Alzheimer's disease through a questionnaire. The questionnaire should take about 30 minutes to complete.

They are looking for people who: (1) provide at least 7 hours/week of unpaid care to a person with Alzheimer's disease, (2) are able to communicate, read and write fluently in English, and (3) are not a formally trained caregiver (e.g. registered nurse)

You can complete the questionnaire online at www.iatslsurvey.org or via mail, phone, or in person by calling Bing at (416) 597-3422 Ext. 7910 or 1-888-220-0280.

PROGRAM UPDATES

Intergenerational Art Program

Fall Session

For John, painting helped him commemorate finding true love during his work as a young man on the CP railway. For Gladys, painting reminded her of the pride she once had in her garden and the joy bright flowers gave her.

In the Alzheimer Society's Intergenerational Art Program, each painting symbolizes an important memory, mood, or a moment in time that is reflective of the artist, a person who is living with early stage memory loss.

The program, which has been offered for over ten years, is designed to stimulate creativity and foster compassion, awareness and community involvement while utilizing proven recreational therapies. It pairs persons living with early stage Alzheimer's disease or dementia and youth volunteers. The process is not only an avenue for expression, but also a chance for skill development, socialization and friendship.

Virginia Bell, M.S.W., has spent much time researching the value of art therapy for persons living with dementia. She shares the following observations in *Activity Programming for Persons with Dementia*¹: Creative art projects such as painting, drawing, designing, sculpting, and building provide multiple self-esteem building opportunities for persons with memory loss:

- The nonverbal language of art frees persons who have trouble with the complexity of language.
- Art provides those persons with an opportunity to have some control.
- Art experiences can help persons to feel competent and useful, and continue their lifelong desire for learning and growth.
- Art projects provide an avenue of socialization and a sense of belonging.



We Are Seeking...

12 Participants with Early Stage Alzheimer's disease or dementia
&

12 Youth Volunteers
(approx. 14-35 years old)

9:00 - 11:30 a.m.

Saturday, September 7, 14, 21 & 28
Dawson Court (523 Algoma St. N.)

Volunteer training will be provided on
Wednesday, September 4 from 7:00-9:00pm

Spots will be confirmed on a first come-
first served basis so register today!

Visit www.alzheimer.ca/thunderbay
or call Pam at 807-345-9556.

"I can vouch for the effectiveness of this program. For three years, my husband Bert participated and it was a wonderful experience without any stress. Bert thoroughly enjoyed the opportunity to socialize while creating art pieces for the Alzheimer Society."

- Jane Somerton

Proudly supported by: Presented in collaboration with:



Creations will be displayed at a gallery showing event in the late fall with some pieces available for silent auction. Artwork will also be featured in notecards that will be for sale. All proceeds will go to the Alzheimer Society.

Stay tuned for more information!

¹Alzheimer's Association. Activity Programming for Persons with Dementia: A Sourcebook. Alzheimer's Disease and Related Disorders Association, Inc., 1995.

CAREGIVERS

The Value of Journaling

By Katherine Poulin



In our group work with grieving people, Margie Uurainen and I give each participant a brand new journal on the first night of each session. That blank journal will be an important learning tool for these folks to express their thoughts, and serve as a memoir to explore important events from their pasts.

Journal writing can be a useful method to explore feelings during times of transition. Daily writing forms a foundation for self-reflection and personal growth while giving an outlet for the expression of emotions and an opportunity to explore the value and meaning of one's own lived experience.

Journaling is different from diary writing. A diary records the events of the day or the week while a journal is a deeper exploration of the inner self. A journal not only records significant experiences, but also includes your reaction to these events and what you may have learned about yourself as you process new information and experiences.

Here are some basic journal writing tips:

First, find a book and a pen that feel comfortable. It doesn't have to be fancy! Experiment till you find what works best for you but keep in mind that writing by hand is more personal than using a keyboard. It's good for your brain to hold your thoughts long enough to write them by hand.

Write at the same time every day. Some people keep their journal in the kitchen so they can write while they have their morning coffee. Some people write in bed

as the last thing they do that day.

Write when and where you will be free from interruptions. You need time and peacefulness to write what you need to write.

Write non-stop for about 20 minutes. Let the words flow without thinking too much. Don't worry about spelling or grammar; this exercise is only for you, no one else will read it. Some days you may have only a single line to write and that's okay too.

Some prompts to get you started: What did you learn about yourself today? What are you grateful for today? Is there something you would have liked to have said today but didn't get the opportunity? How are you feeling right now? What do you need right at this moment?

Enjoy your journaling as a creative process. Take a few minutes for yourself and get started!

15th Annual Caregiver Retreat

Saturday, October 5, 9:30 am - 4:30 pm



Treat yourself to a day of rest, relaxation and rejuvenation!

You deserve some you time. All caregivers associated with the Alzheimer Society are invited to attend a day of pampering at the **Victoria Inn**. Breakout activities this year include manicures, crafts, skin care and make-up application, hair styling/updos, gardening tips, reflexology, Therapeutic Touch™, massage therapy, digital photography tips, tarot card readings, belly dancing, swimming/sauna. **Special guests, Marion Agnew and Peng You will also be leading journaling and tai chi activities in the morning. Lunch is provided.**

Visit alzheimer.ca/thunderbay or call PAM at 345-9556 to register. Registration is \$35. Scheduled activities are assigned on a first come-first served basis so register early!

In Memory Of...

Grateful thanks for the donations received in memory of the following. Our deepest sympathy to the families who have lost a loved one.

Ruth Anness
 Ronald Baglien
 Ron Berlinquette
 Jerome Bond
 Bruna Bottos
 Doran Bryant
 Dino Burella
 Annette Campbell
 Foster Collings
 Orison Corcoran
 Ethel DeMayo
 Jack Douglas
 Violet Douglas
 Carl Elliott
 Marjorie Fallen
 Isabel Flank
 Wanda Franceschetti
 Marianna Frattoroli
 Anna Garofalo
 James Gill
 Robert Gooder
 Jack Gurney
 Laina Hadley
 Walter Harrison
 Walter Hayko
 Helen Hietanen
 Albert Hogan
 Evelyn Hutcheon
 Olga Janos
 Merl Jones
 Elsie Karavokeres
 Jean Kauzlarich
 Joseph Kennedy
 Mrs. King
 Rauni Lankinen
 Jack Luke

Mary Madge
 Lois Marion
 Frank Mayor
 Margaret McComb
 Lorraine McWilliam
 Richard Miller
 Gertrude Mueller
 Gary Naumann
 Gordon Poole
 Norah Rea
 Phyllis Shannon-Corrigan
 Peter Silvey
 Alma Smith
 Billy Edward Smith
 Patti Smith
 Bert Somerton
 Anna Steczyn
 Leo Sten
 Irene Sunohara
 Bill Suttie
 Heikki Suutari
 Alice Theriault
 Reg Tozer
 Givstina Trevisiol
 Kay Veley
 Dinah Waddell
 R. A. Walker
 Ross Walker
 Jim Wasylenki
 Siinto Wataja
 Alfred Wesgate
 Marjorie Whitehurst
 Betty Wright
 Maureen Wyseman
 Mr. Yeo

Noted donations received between March 1, 2013 and June 30, 2013. For each memorial donation received, bereaved families received an acknowledgment card. A letter of thanks and tax receipt were sent to the donors.

ATTENTION CLIENTS!

WE WANT TO HEAR FROM YOU!

We are providing an opportunity for you to give feedback on our programs and services. You can participate by completing our survey verbally or on paper, whichever is easiest for you.

Contact Jackie by SEPTEMBER 20, for more information and to participate:

807-345-9556 1-888-887-5140 (toll free)
jwesley@alzheimerthunderbay.ca



Supports the Alzheimer Society and you can too!

Contact our office to request your Central Car Wash charity card and/or vehicle sign. When you show it to their staff, **10% of your paid services will be donated back to the Alzheimer Society.**

Diner's Club Dates

September 24:
Naxos Grill & Bar
 610 Arthur Street W.
 5:30pm

October 29:
Swiss Chalet
 870 Fort William Road
 5:30pm

November 26: Prince
Arthur Hotel - Portside
 17 Cumberland Street N.
 5:30pm

December 10:
Diner's Choice!
 5:30pm

Forget-Me-Not Partners - Monthly Giving Program

Planning today offers hope for the future.

The Forget-Me-Not Partners program is a convenient and easy way to support the Alzheimer Society's programs, services and research that are needed by people with Alzheimer's disease and related dementia as well as their families. Your generous dependable monthly contribution will help us make long-term plans. *Once you become a Partner, you will receive a tax receipt by February 28th of each year.*

YES, I want to support the Alzheimer Society of Thunder Bay every month with a gift of:

\$10 \$15 \$20 \$25 I prefer to give \$ _____

I understand that my monthly gift will be processed on the 15th day of each month. _____ (initial here)
Note: You can alter the amount of your gift or end this service any time by contacting us at 807-345-9556.

Donor Name: _____ **Address:** _____ **Phone:** _____

Credit Card Automatic Debit Option

Please bill my: Visa Mastercard Amex

Card Number: _____

Expiry Date: _____ Telephone Number: _____

Name on card: _____

Signature: _____

Please mail to: Alzheimer Society of Thunder Bay, 180 Park Avenue, Suite 310, Thunder Bay, ON, P7B 6J4

Alzheimer Society of Thunder Bay
180 Park Avenue, Suite 310
Thunder Bay, ON P7B 6J4

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