Tips for travelling with someone who has Dementia

We all enjoy a change of scenery and a break from routines. However, as Alzheimer’s disease or other dementias progress, changes in abilities can make it difficult to get away. Careful planning will help you manage the changes in surroundings and routines. Here are some tips to make the trip easier:

**Have a plan**
- Include the person with dementia in your planning. Give her a copy of the trip itinerary for her reference.
- If you are planning to visit friends and family, tell them about the changes since your last visit.
- Learn as much as you can about the place you’ll be visiting, so you can anticipate what you’ll need.
- Think ahead about activities that may need to be adjusted.
- Consider a holiday package, where everything is organized for you.

**Register the person with the Alzheimer Society’s MedicAlert Safety Home.** Members receive an engraved identification bracelet, which allows police and emergency responders to quickly identify a person who gets separated.

**Simplify**
- Aim for as few changes in routine as you reasonably can.
- Try to get a direct flight. If you’re travelling by car for a long distance, consider extending the time to get there and driving shorter distances each day.

**Ask for help**
- If possible, have an additional person travel with you to help.
- Make sure that your travel agent is aware of any special needs.
- Inform the airline that you are travelling with a person with dementia. You may want to request early boarding, a wheelchair, transportation upon arrival, help getting on and off the plane or with stowing carry-on baggage.
- Request seating near washrooms.

If you are staying at a hotel, let the staff know about your needs and explain some of the possible difficulties you think you might encounter.
The North East LHIN created the Healthy Change Champion award in 2012 to recognize the outstanding work that is being done across the region by our providers to transform the health care system so that it becomes more integrated, easier to access, and delivers quality care when Northerners need it. Your team of talented professionals is the recipient of this year’s NELHIN Healthy Change Champion Award. Two of our very own are among those, Krista Green & Stephanie Bolduc.

Communications at Georgian College in Barrie, Ontario. Michael’s expertise in the field of event planning and marketing communications will be vital for our organizations fundraising initiatives. He will be the brains and legs behind Mud Factor, Duck Race and Coffee Break this year.

The Alzheimer Society of Timmins—Porcupine District is pleased to announce that Tracy Koskamp—Bergeron has been appointed to a new role as Program Administrator. Tracy has been a vital part of this organization already for almost a year in the role of Public Education Coordinator. We are sure that she will excel in this role and lead our organization into the months and years to come. Tracy originally applied to this organization to become the First Link® Coordinator but excelled in the role of Public Education. She became well known with our patrons and has become the face of the organization in the public eye. She is the brains and legs behind the first “Ride for Memories Show’n’Shine” being held at Hollinger Park on August 16th, 2014.

With all of these talents and her ambitious personality it would be an understatement to say that she has a vision and a genuine care for this organization and the people it supports. We wish her the best of luck in her new role.

The new Program Administrator

The Alzheimer Society of Timmins—Porcupine District is pleased to welcome our new Community Development & Awareness Coordinator Michael Joseph.

Michael is originally from the area, growing up in Iroquois Falls and received his education in the field of Advertising & Marketing Communications at Georgian College in Barrie, Ontario.

We wish Michael all the best in his new role!

To contact Michael please
E-mail via:
awareness@alzheimertimmins.org
Mud Factor

Mud Factor is a fundraiser hosted by the Alzheimer Society of Timmins—Porcupine District and sponsored by GoldCorp, De Beers, Le Loup FM, & Rehab Plus. It is definitely not the average race. Runners of all athletic abilities are encouraged to participate. There will be a number of obstacles along the 5km trail testing the participants strength and determination. The race is not competitive, it is a day to push yourself to new limits and focus on camaraderie.

Participants may register individually or in teams of up to ten people. Prizes will be awarded to teams donated by various community partners.

Volunteers are essential to the operation. We are looking for volunteers to assist in the event.

Dirty Date: Saturday, July 19th, 2014.
Start Time is 9am and ends at 4pm.
Cost: $40.00/participant
Where: Porcupine Ski Runners Club

Ride for Memories Show’n’Shine

Are you a biker? Come out for a day with fellow riders, show off your bike and raise awareness for Alzheimer Disease and Related Dementias. A minimum pledge or donation of $40.00.

Ride Registration from 10-1 PM Show ‘n’ Shine from 10 AM to 2:30 PM Ride at 3 PM

Prizes to be awarded after the Ride ~ Prizes for top 3 fundraisers & favorite bike

Everyone welcome! Bring the family to learn about riding or to sponsor a rider in honour of a loved one. Event is being held at Hollinger Park August 16th.

For more information, to pre-register and pick up a pledge form contact Tracy Koskamp-Bergeron:
705-268-4554

Highlights from Timiskaming

Support Groups:
- Kirkland Lake Teck-Pioneer Residence first Tuesday of the month 1:00pm-3:00pm.
- Timiskaming Shores Northdale Manor second and third Tuesday of the month 6:30pm-8:30pm.

Irene Chitaroni—Public Education Coordinator would like to thank all the seniors, caregivers, and community partners for making the Kirkland Lake Spring Fling held on June 11th a huge success. A special thank you to the Kirkland Lake Rising Stars for their entertaining skits filled with humour and powerful messages. She recently completed a First Link® Learning Series in Kirkland Lake and attended a three day workshop June 16th, 17th & 18th at the Alzheimer Society of Huron & Perth Counties who presented the Teepa Show, an advocate for those living with dementia and helping families and professionals better understand how it feels to be living with these challenges.

Irene’s contact information:
T: 705-647-2379
E: Irene@alzheimertimmins.org

You have to be actively involved with a person living with Alzheimer’s in everything they do.
- Bob DeMarco

Come out and ride!
Life is filled with changes. Some are thrilling and some overwhelming. Change can come in many forms, some positive and some that challenge us. I am excited to embark on my new journey as the Program Administrator for the Alzheimer Society-Timmins-Porcupine District. The next few months will be filled with changes for us as an organization. We will be moving forward with positive energy; with the plan to ensure that we are known as an organization that has a high quality of service, regardless of whatever growing pains we are experiencing on the inside. It is important to note that the needs of the clients are a priority for us as a team.

We have a busy summer coming up with many different activities; hopefully something for everyone! We have the Mud Factor July 19th - come out and challenge yourself - you CAN do it! I am excited to announce our first ever Ride for Memories coming to the Hollinger Park August 16th! A full day of music, motorcycles and prizes including a ride to Val Gagne and back! Also in August, we have our annual Duck Race in conjunction with the Great Canadian Kayak Festival - tickets are $5.00 each with a first prize value of $2000! You can also catch us at the Urban Park every Friday all summer! More details for all of our fundraising events are listed inside the newsletter. Stop by and say 'Hello'! Looking forward to a fun filled summer and I hope to see you out there! Feel free to come find us this summer and introduce yourself! Let's see how we can work together!

From the Desk of the Program Administrator

Bill 21 Passed! What does that mean?

Bill 21—the Amendment to the Employment Standards Act, Leaves to Help Families—now provides job-protected leaves of absence of up to 8 weeks annually to caregivers so they can focus their attention on what matters most; being there, offering care and support to a family member with a serious medical condition.

As a founding member of the Ontario Caregiver Coalition, the Alzheimer Society of Ontario has been working for the past two and a half years to push the Bill along. We know that family members (spouses and adult children and in-laws) provide most of the care for the 200,000 Ontario seniors with dementia. They play a critical role as part of the care giving team and today, they can breathe a sigh of relief as an important step has been taken by this province to recognize the work they do and the contributions they make.


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Tracy Koskamp—Bergeron and her pup.

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Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
- Helen Keller
Brain Blast for Healthier Brains

Joke of the day:
Why are ghosts such bad liars?
Because you can see right through them.

Sudoku #101 (Easy)

ACROSS
1. Stair
5. Small fatty European fish
10. Skittles
14. A flexible pipe
15. Small African antelope
16. Modify
17. By mouth
18. Rejuvenate
20. Domestic fowl
22. Instructor
23. Utilize
24. Beach
25. Wrist (Scottish)
32. Fertile area in a desert
33. City in France
34. Animal doctor
37. Desiccated
38. Rope fiber
39. Workbench attachment
40. New Zealand parrot
41. Allowed
42. French for "Queen"
43. Profanities
45. Blackthorn fruits
49. Gorilla
50. Control and direct
53. Green gem
57. Incriminating
59. Diva’s solo
60. Sweet gritty-textured fruit
61. Tag
62. A noble gas
63. Being
64. Hard wood
65. Went under

DOWN
1. Store
2. Lawn mower brand
3. Brother of Jacob
4. Transparent
5. Reddish brown
6. Quarry
7. 18-wheeler
8. Assist in crime
9. Prong
10. Ailment
11. Potato state
12. Fertilizer ingredient
13. Cubic meter
19. Relieves
21. Sounds of disapproval
25. Saturate
26. Rabbit
27. Largest continent
28. Long stories
29. Introductory
30. Give a speech
31. Zero
34. 8 in Roman numerals
35. Feudal worker
36. TTT
38. Bro or sis
39. Former soldiers
41. Fails to win
42. Fully developed
44. To wit
45. Appearance
46. Shoestrings
47. Killer whales
48. Habituate
51. An exchange involving money
52. Knife
53. Not odd
54. District
55. King of the jungle
56. Mousy
58. Nigerian tribesman
The Alzheimer Society of Timmins—Porcupine District

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Annual General Meeting

It’s been a great year! Our efforts are not going unnoticed and our reach is growing tremendously. We have seen a rise in donations and an increase in community involvement with the chapter.

This year The Alzheimer Society of Timmins—Porcupine District would like to take the time to recognize the hard work and dedication of volunteers and community members without their efforts this Chapter would not be successful.

The event is prepared with the intent to show our acknowledgement of the fantastic work volunteers and community members have done over the years.

This year the AGM will be held at the Porcupine Ski Runners Club on June 25th, 2014 at 6pm. Dr. Julie Auger will be speaking about “Driving and Dementia”. Everyone in the community is welcome.

Dr Julie Auger completed her education in Ottawa and then Residency through the North Eastern Ontario Family Medicine Program after which she returned to Ottawa to complete a year of fellowship in the care for the elderly. She is currently the Director of Rehabilitation, Continuing Care interim Long-term Care Programs at the Timmins & District Hospital. She is also the Medical Director of the Golden Manor Long-term Care Facility. She focused her practice in the Care for the Elderly and belongs to the Long-term Care Medical Directors Association of Canada and the Ontario Long-term Care Physician’s Association. She was the recipient of the Ontario Long-term Physician of the Year 2013. She is also a board member for the Ontario Long-term Care Physicians.

First and foremost she is a wife and proud mother of Justin a 2023 NHL draft hopeful and Mathieu a 2028 Olympic hopeful in wrestling (if the IOC reinstates wrestling as an Olympic sport).