



Contents

1. Upcoming Events: Timmins
2. Upcoming Events: Timmins (Cont.)
 - 2.1. Registration Form: Judith Wahl
3. Upcoming Events: Timiskaming
 - 3.1. Tales from Timiskaming
4. New Faces: Stephanie Dalcourt
5. Fantastic but Forgetful
7. By Us for Us Guides: Triggers
9. Annual General Meeting

Upcoming Events: Timmins

Bon Jovi Forever

The 'Bon Jovi Forever' concert will take place May 28th at Timmins Inn and Suites; tickets are selling out quickly! Concert-only tickets cost \$25, while \$50 nets you both dinner (an Italian-style buffet) and the concert. Tickets can be purchased at Timmins Inn and Suites or at the Alzheimer Society.



Agenda

Dinner: 7:00 p.m. - 8:00 p.m.

'Bald Monkey': 8:15 p.m. - 9:15 p.m.

'Bon Jovi Forever': 9:30 p.m. - 1:00 a.m.

Duck Race

The Alzheimer Society is hosting its Annual Duck Race on Sunday, August 28 at the Mattagami River Boat Launch. This year's event promises to be bigger and better, with the number of ducks increased to 5000! The prizes have increased as well, with 1st winning \$2,500, 2nd winning \$1,500, and 3rd winning \$500. There's even a mystery prize (valued at \$500) for the final duck collected. Tickets can be purchased at the Alzheimer Society or at various locations around the city.



Upcoming Events: Timmins (Continued...)

An Evening with Judith Wahl & Judith Wahl: A True Perspective

An Evening with Judith Wahl

Take this opportunity to come out and learn about your future and your rights as a senior living in Ontario. Topics will range from: Power of Attorneys, Long-Term Care Admissions and Elder Abuse. This event is open to the public, is free of charge, and requires no pre-registration.

Time: May 25th, 2011, 6:30 p.m. - 8:30 p.m.

Location: Golden Manor Auditorium, 481 Melrose, Timmins ON

Cost: FREE or a small charitable donation.

For more information please contact Stephanie Welsh @ 705-268-4554

Judith Wahl: A True Perspective

A full-day seminar covering struggles and challenges facing today's seniors. Topics include "To Report or Not to Report" and "Consent and Capacity". There will also be a panel discussion. To register, please complete and return the attached form.

Time: May 26th, 2011, 9:00 a.m. - 3:00 p.m.

Location: Timmins Inn and Suites

Cost: \$30 per person.

Events will start at 8:30am. Lunch, snacks, and refreshments will be included.

Registration Deadline: May 24th, 2011

Registration Form - Judith Wahl: A True Perspective

(Please fax completed form to the following number: 705-360-4492)

Cheques are to be made out to the Alzheimer Society of Timmins-Porcupine District, 670 Airport Rd, Unit 206, Timmins, ON P4P 1J2

Name:	Email:
Agency:	Phone Number:
Dietary Needs:	

Please contact Stephanie Welsh at 705-268-4554 (stephanie@alheimertimmins.org) or Lisa Russell at 705-267-3272 (lrussell@timminsfht.ca) in regards to any questions or concerns.



Upcoming Events: Timiskaming

**Join us for Spring Fling in 3 locations this year!
*Information, Education and Entertainment***

Tuesday, June 14, 2011: 10:00 a.m. - 4:00 p.m.
Royal Canadian Legion Br 87 – Kirkland Lake, ON

Wednesday, June 15, 2011: 10:00 a.m. - 4:00 p.m.
Holy Trinity Catholic Church, 6th Ave. - Englehart, ON

Thursday, June 16, 2011: 10:00 a.m. - 4:00 p.m.
Riverside Place-Timiskaming Shores

Seniors: \$6.00 - Service Providers: \$10.00

Lunch is provided, however Pre-Registration is required.

For tickets call 705-672-2254 (Ext. 219)

Tales from Timiskaming

Submitted by Irene Chitaroni

We have a new location for our office! The Alzheimer Society Temiskaming office is now located at 367 Sutherland Way, Haileybury Ontario P0J 1K0, phone number 705-672-2254 ext 219. We would like to take the opportunity to thank the Board of Directors from Timiskaming Home Support and the generous donations made by the Earlton Lions Club and the Charlton-Englehart Lions Club that made this all possible. I would like to thank the staff at Timiskaming Home Support for the warm welcome that we received. It is a pleasure to partner with such a caring group of people.

We will continue to offer our monthly support meetings and First Link Learning Series in the Braeside Room at Northdale Manor in New Liskeard and the Family Room at Teck Pioneer Residence in Kirkland Lake.

For more information on the Alzheimer Society, our caregiver support groups and our learning series or how we can help you or someone you know please contact Irene at 705-672-2254 (Ext. 219) or by e-mail at irene@alzheimerstimmings.org



New Faces: Stephanie Dalcourt



My name is Stephanie Dalcourt and I am extremely excited and grateful to have been given the opportunity of joining the Alzheimer Society of the Timmins-Porcupine District as the new Community Development and Awareness Coordinator for the Temiskaming Shores area.

I graduated from Nipissing University with a degree in Social Welfare and Social Development and I have assisted other organizations, including the Canadian Mental Health Association of Sudbury, the Juvenile Diabetes Research Foundation, and the Learning Disability Association of Sudbury, in organizing and implementing events to help them raise awareness and funds. I believe,

through my education and experience, I will be a strong asset to the Alzheimer Society organization.

Initially, I was not completely aware of the devastating affects of Alzheimer's disease and its vast progression, but, already, I have learned enough to realize that I am ambitious and passionate about raising awareness and funds for the Alzheimer Society in order to help them fulfill their vision and goals. I look forward to being a contributing member to the Alzheimer Society team.

Presently, I am looking for volunteers to help sell tickets and to help prepare for up-coming events. This summer there will be a golf tournament along with a BBQ and raffle on Saturday, July 2nd at the Haileybury Golf Club. There will also be a Fishing Tournament, which will be fun for people of all ages, including children, on Saturday, August 6th on Lake Temiskaming. For more details on these events or any other information please contact me at 705-672-2254 (Ext. 219) or you can e-mail me at stephanied@alheimertimmins.org. Our new office is located at 367 Sutherland Way, P0J 1K0, in Haileybury.

Thank you for your support, Stephanie Dalcourt.



Fantastic but Forgetful

Lizzie Loreto, a local grade 6 student, wrote this essay about her grandfather and his struggles with Alzheimer's disease. Lizzie's experience illustrates that Alzheimer's disease impacts family members of all ages, and emphasizes the importance of Alzheimer's education. Educating children on this disease promotes understanding, improves interaction with affected family members, and provides a new perspective.

Have you ever heard of Alzheimers disease? Do you know anyone who has it? Well listen carefully, my grandfather, Nonno, has a case of Alzheimers. Alzheimers is a disease where a part of your brain doesn't function right and you forget some things. A very bad case too. My Nonno is a great guy. He does not let anything stop him from doing any activities. He is just like a normal guy except he forgets things. My Nonna helps him with all the troubles that he is having. She thinks it will help if she yells at him but then it just makes it very loud at their house.

My Nonno has gray hair and is 5 feet 7 inches tall. He is a person that is never down and always has a big smile on his face. Nothing stops him from being happy, not even forgetting things. He is in a great mood everyday and always wants to do something with my Nonna. He loves the outdoors and loves going golfing with my Zio Danny and my Dad. He is a great man to talk to and hang around with. I love him and so does everybody else.

About ten years ago was when they found that something was wrong. They found that he did not seem to remember some little things. Then about three years ago they diagnosed him with Alzheimers. When I found out about this it was a very tragic moment.

Now my Nonna is the one who takes care of him and makes sure is alright everyday. He is a very courageous man with great humour which is a good thing. He did not lose his personality so he is still a great person. He laughs when he forgets something.



Fantastic but Forgetful (Continued...)

Now my Nonna is the one who takes care of him and makes sure is alright everyday. HE is a very courageous man with great humour which is a good thing. He did not lose his personality so he is still a great person. He laughs when he forgets something.

My Nonno had his license taken away just for his safety. He still knows how to drive but it is better if he didn't just in case he forgets what a stop sign is or things like that. He forgets that little things like "what time it is" or "what day it is" and other stuff that involves his day such as if he has eaten. Even when he walks around the lake my Nonna doesn't want him to go ahead of her because he is always asking, "Where are we?" If I was not around everyday then he would probably forget my name also.

My Nonna is trying the best she can by getting everybody to remind him of the stuff that he doesn't remember anymore. It is not a disease that you can die from. Even if you do die from it, it is very rare.

Me and my family are very involved in this situation. We didn't want this to happen but we couldn't stop it. God makes everybody different and everything happens for a reason. If God didn't do that then we would all be the same and not very unique. My grandfather is definitely a very unique person and that is what makes him special.

My Nonno is a great guy. Just because he has Alzheimers does not mean that he is a bad guy or that people have to stay away from him. His disease does not bug him at all. Everyone is trying to help him out. He will use all the help he can get to remember even more than he remembers now. Everybody loves him and so do I. I just hope he doesn't forget who I am.

Lizzie Loreto

Grade 6





By Us for Us Guides - Triggers

The following is an excerpt from the 'By Us for Us' guides produced by the Murray Alzheimer Research and Education Program. Composed by persons with dementia and/or their care partners, these guides provide honest advice and useful information. Six of these guides currently exist, covering a variety of topics.

Triggers . . . are the episodes where we have our buttons pushed and our emotions are triggered in a 'knee jerk' reaction. They are those things that cause us to become agitated and experience increased stress. Or, they are those situations that cause us to have MORE difficulty thinking and perceiving, when in the past we may not have been bothered or affected in the same way. Previous to our diagnosis of Alzheimer's disease or a related dementia, we were able to control our emotions in different types of settings. But now, we quite often react before we have a chance to think about it. As if that is not enough of a challenge, new triggers often emerge as the disease progresses.

Understanding our triggers and the causes of them can be very difficult but is so important if we hope to be able to reduce the incidence of them or learn how to respond to them more effectively when they happen. First though, you have to acknowledge that triggers do happen and reach beyond the embarrassment in order to ask for help in identifying what your individual triggers are. Once you have become agitated, it is difficult to process your thoughts on what has caused you to become upset, but trusted family and friends can assist you with this. When a trigger occurs, write down everything that occurred, as sometimes you may not be readily able to identify what may have caused the reaction. Reflection, when your head is clearer, will bring some clarity.

Accepting that this is part of the process and identifying your individual triggers are important, as these steps allow you to improve your own personal control capabilities and help your partners in care better understand your experience with memory loss and better support you through the process . . .

Dealing with triggers is also a great time to draw on your sense of humour. Laughing at a situation first puts you in command and makes those around you feel more relaxed. Understanding and accepting what happens empowers you to take control of your life.

Quick tips for managing triggers:

What can you do to help gain back control after you become agitated?

- Practice deep breathing. This is very important to do, especially if you are not physically active, because it allows oxygen to go to your brain.
- Enter a quiet place with subdued lighting, or close your eyes.
- Meditate.
- Listen to soothing/calming or favourite music depending on your mood and personality.
- Participate in something that will distract you.
- Try to step back, and take a breath of fresh air and calm down. (Count to 10!)
- Share your feelings with others.
- We also ask that others help us in minimizing triggers and agitations. This can be done by listening to us about what we need and by providing gentle assistance.



Triggers (Continued...): Social Situations

Social Situation: Crowds and loud noise

Many public areas, such as restaurants or shopping malls, are filled with large crowds, lots of noise, including loud music, and there are multiple conversations happening at once, which is very overbearing for us. Family outings can also be tiring and frustrating because of the noise and crowds.

Personal Solutions:

- Remove yourself from crowds when triggered.
- Go to malls, restaurants, and other public places at less busy times.
- Ask the establishment to turn down the music volume.
- Ask those you meet to move to a quieter spot for a conversation.

What others can do:

- It's nice to feel included, but allow me to leave when I start to get agitated. You can run me home then return to the party. That lets me feel I have enjoyed it, too.
- Keep it as quiet and calm as possible and give me space.
- Remind me to use earplugs.
- Search out quiet spaces I might escape to if needed.

Social Situation: Being rushed and not included in plans

Many of us do not like sudden plans or when we are not given enough time to get ready. We do not like to feel pressured or when people rush us and say "get on with it" when we are completing a task.

Personal Solutions:

- Prepare a calendar or daily schedule to keep track of events. Plan ahead.
- Give yourself plenty of time to get ready.

What others can do:

- Allow me enough time to prepare.
- Involve me in decision making and keep me tuned in if we are going out or doing something.
- Take my schedule into account when making plans.
- Make sure all events are added to my calendar and remind me of them on the day of the event.
- Be patient and allow me to complete a task at my own pace.

Social Situation: Being tested, quizzed, or pushed for answers

People test, quiz, or push us for answers. They may think that this is helpful in making us think, but it is not.

What others can do:

- Remind me who you are; don't keep me guessing.
- Don't quiz me or test me unnecessarily.
- If you do ask a question, give me time to think and respond.
- When talking with me, give me as much information as possible in the conversation.
- I will let you know if I don't know something or can't remember something.

For more information, call the Alzheimer Society of Timmins-Porcupine or visit the MAREP website:

705-268-4554 - www.marep.uwaterloo.ca/products/bufu.html



Alzheimer Society of Timmins-Porcupine Annual General Meeting

Time: Thursday, June 9th, 2011, 6:30 p.m.

Location: Golden Manor Auditorium

Featuring guest speaker Dr. St. Martin.

Topic: Northern Ontario Practical Approaches to Alzheimer's Care.

Refreshments will be provided.



Who We Are

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- Sandra Gagnon, Executive Director
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- Graham Lee, Public Education Coordinator (Cochrane District)
- Alexandra Benson, Community Development & Awareness Coordinator
- Irene Chitaroni, Public Education Coordinator (Temiskaming)
- Stephanie Dalcourt, Community Development & Awareness Coordinator
- Francine Savard, Bookkeeper

Send comments/suggestions to graham@alheimertimmins.org

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