

Summer 2019

PROGRAM EXPANSION

DAYBREAK AT THE LODGE - GRAND OPENING

The Day Away Program continues to be a vital program within the offerings of the Alzheimer Society of Windsor & Essex County.

We are very excited to share with you that our day program has expanded. A second adult day program opened on May 7, 2019, with the grand opening ribbon cutting ceremony held on July 4, 2019.

Named Daybreak at the Lodge, the new program is open three days/week, (Tuesdays, Wednesdays, and Thursdays) and is located within Huron Lodge at 1881 Cabana, Windsor, Ontario.

This ideal location provides greater access for South Windsor, LaSalle, and county residents.



Our Clients say it best

Bob says:
"Daybreak is about the people and the company we keep. I really like coming here."



Our Clients say it best

Loretta says:
"I really like it here. I look forward to coming."



You're Invited!

The World Alzheimer's Day Breakfast will inspire and encourage the community to come together to support those locally who are living with or caring for someone who has dementia.

September 21st, World Alzheimer's Day, begins an international campaign to raise awareness, and challenge the stigma that surrounds dementia.

It is only fitting that we use this day to honour and recognize those in our community who value and support our cause.

Each year the Alzheimer Society of Windsor & Essex County honours an individual, or organization, that has demonstrated an ongoing commitment to the Society, through the presentation of an annual award.

This year we will present the *Generosity of Spirit Award* to the Precious Memories volunteer group that has demonstrated philanthropic leadership in advancing our cause in Windsor and Essex County over the past five years.

Also, this year's breakfast will focus on Windsor & Essex County joining a global movement in building Dementia Friendly Communities.

Our guest speaker, Linda LeDuc, from the Alzheimer Society - Cornwall & District, will address the importance of this global movement and explain how Windsor & Essex County can become a dementia friendly community.

World Alzheimer's Day Breakfast

Friday, September 20, 2019, doors open at 8:30 a.m. at The Windsor Club. Tickets can be purchased on-line at AlzheimerWindsor.com, by calling 519-974-2220 ext. 225 or stopping by the Walkerville office.



FROM THE BOARD CHAIR AND CEO



Karen Hall Board Chair

It might be called the dog days of summer, but the ASWE board is already focused on some key goals that will take us not just through the end of the year, but well into the future.

There are lots of important things on the agenda, but here are some of the highlights for 2019-20:

- As our client base continues to grow, we've started actively exploring the possibility of moving to a larger building, either in partnership with like-minded organizations or in a stand-alone facility. At the same time, ASWE is considering launching more satellite day programs, like the successful Daybreak at the Lodge, which opened at Huron Lodge in May and is already at capacity.
- A new strategic plan is in development, and the goal is to create an easy-to-read plan that shares our core values, objectives, priorities and intended outcomes with people living in Windsor and Essex County.
- ASWE recently signed on with the new Windsor-Essex Ontario Health Team coalition, led by Hotel-Dieu Grace Hospital, and is proud to have a seat at the table as this patient-centred health-care model moves forward.

As always, providing innovative ways to serve our clients and caregivers is one of our principal objectives, and the board of ASWE looks forward to embarking on an exciting new year of service to the community.



Sally Bennett Olczak
CEO

The Alzheimer Society invites members of our community to attend our third annual World Alzheimer's Day Breakfast at the Windsor Club the morning of Friday, 20 September, 2019.

Highlights of the breakfast include acknowledgement of World Alzheimer's Day on the 21st of September each year, the presentation of the Alzheimer Society of Windsor and Essex County 2019 Generosity of Spirit Award to volunteer community members who have championed our cause, and the kick-off of the Society's Dementia Friendly Community project.

The event, held in a picturesque setting overlooking the Detroit River and skyline, brings our Alzheimer family together early in the autumn to celebrate our work together as we move into another season of service of loving care for our clients. We hope to see you there.



Canada has its *first-ever* national dementia strategy.

Alzheimer Society
ONTARIO

Find out more at alzheimer.ca/strategy

Mission

To alleviate the personal and social consequences of Alzheimer's disease and other dementias.

Role

The role of the Alzheimer Society of Windsor and Essex County is to collaborate with all levels of the organization and our local community in order to foster excellence in services, education and to support research.

Vision

A world without Alzheimer's disease and other dementias.

Board of Directors

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Chief Executive Officer

Mrs. Sally Bennett Olczak

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AlzheimerWindsor.com

ASWE is partially funded by:



Ontario

Local Health Integration
Network

Réseau local d'intégration
des services de santé

PODCASTING FOR MEMORIES

The Alzheimer Society of Windsor and Essex County officially opened the doors to its second adult day program, Daybreak at the Lodge. As part of this new location, we have created a 'mobile podcasting studio' to record client stories, conversations with dementia experts and community stakeholders.

WHAT IS A PODCAST?

A good starting point is to think of a podcast as **internet radio, on-demand**.

Each podcast typically has a website where show episodes can be listened to or downloaded for future listening.

A podcast is essentially 'a portable radio program'. The podcast episodes we create will be available on our website in the coming months. You will be able to listen to them on your phone, or a computer.

"We had this idea a couple months ago when we were opening up this new location," says Education and Support Coordinator Andy Berthiaume. "We said, 'how can we further listen to our clients?' They have so many stories."

We are excited for this new space and are looking forward to starting our very own podcast in the next few months. Stay tuned!



Andy Berthiaume and Greg McCullough

FACES OF CHANGE

A PHOTOGRAPHY JOURNEY – ANDY BERTHIAUME

Months ago, I pitched the idea for a photography series as part of our Matching Gift Campaign.

The series would document the many changes care partners experience when supporting a person with dementia.

In the back of my mind, I was worried that the idea wouldn't work.

First, I am an amateur photographer, with limited photography experience. Second, I predicted there would be a problem with access. Who would be willing to allow me into their homes to photograph intimate moments? Who would allow their photos to be posted on our social media channels?

I shouldn't have worried.

Six brave care partners allowed me access into their daily lives, and I think the results speak for themselves. This photography project gave me greater insight into the changes that a care partner and the person with dementia deal with on a daily basis. I saw resilience. I saw hope.

I am forever grateful to these families for allowing their stories to be told.



If you would like to view and read the captions for each photo, please visit our Facebook page, or drop by our Walkerville office at 2135 Richmond St.

GIVE US A CALL TO LEARN MORE ABOUT THESE INNOVATIVE PROGRAMS.

Minds in Motion
Staying Informed & Healthy!



Société Alzheimer Society
WINDSOR-ESSEX COUNTY

Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor-Essex
weCHC
Supporting the Wellbeing
Soutenant le bien-être

 **FINDING Your Way®**
For people with dementia,
every step counts.

Know the risks. Reduce the risks. Have a plan.

60% of people living with dementia will become lost at some point.

Finding Your Way® can help.
findingyourwayontario.ca



ASWE EVENT RECAP

IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S



The IG Wealth Management Walk for Alzheimer's took place in two communities this past spring: Seacliff Park on Saturday, May 25th in Leamington and the Ford Test Track, on Sunday, May 26th in Windsor.

BOTH WALKS RAISED A TOTAL OF \$31,878.00

All proceeds raised locally stay in our community to help support our programs and services.

Thank you to all those who participated and donated to the 2019 Walk for Alzheimer's.

We hope to see you next year at one of our two walk events.

A SPECIAL THANK YOU TO OUR SPONSORS.

IG Wealth Management
Ground Effects Ltd
Nina Larocque Photography & Design
Windsor Chapel
Windsor Chrysler
UNIFOR Local 195



CAREGIVER RX MATCHING GIFT CAMPAIGN



Matching Gift Campaign

It is with great excitement and pride that we thank all of our donors who doubled their donations by giving to the Caregiver RX Matching Gift Campaign this past spring.

For the third year, local business Ground Effects, Ltd. pledged a matching donation of \$50,000 to the Alzheimer Society of Windsor and Essex County, if generous donors could collectively raise the same amount from April 1, to May 31st, 2019.

WE DID IT!!

TOGETHER WE RAISED \$108,413.00.

Thanks to the many individuals, families, service clubs, corporate businesses and the labour community, our donations reached this a new milestone amount within a single campaign or event.

The Alzheimer Society has many exciting plans for our future needs and we will work tirelessly to be able to implement them for the betterment of our community.

This is why fundraising events and campaigns like the CaregiverRX Matching Gift Campaign are so important. They allow us to look at our community needs and have the resources to help implement those needs to better serve our clients.

We are so very grateful to Ground Effects, Ltd for their continued support to the Caregiver RX Matching Gift Campaign. Their support allows us to better serve our clients.



BE OUR SUPER HERO

Join our
League Against
Dementia

Save
Taxes

Completing essential legal documents such as your Powers of Attorney, your Will and leaving a legacy to the Alzheimer Society makes you our Super Hero.

Protect
Your Family
& Assets

Gain Peace
of Mind

FIND OUT HOW, VISIT:

WWW.ALZHEIMERWINDSOR.COM

OR CALL 519-974-2220 EXT. 225

Charitable Registration # 11878 5070 RR0001

Alzheimer Society

OVER 70% OF CANADIANS DO NOT HAVE SIGNED POWER OF ATTORNEY DOCUMENTS.

Alzheimer Society

50% OF CANADIANS DO NOT HAVE A WILL.

REQUEST A PLANNER AND GUIDE

MONUMENT OF MEMORIES

A NAME OF SOMEONE YOU LOVE, ON THE MONUMENT OF MEMORIES IS A ELEGANT WAY TO CELEBRATE LIFE.



Located in Windsor at Jackson Park and surrounded by magnificent gardens, seasonal flowers, and fountains, this beautiful granite monument stands as a tribute to members of our Alzheimer Society of Windsor and Essex County community.

For a \$150 charitable donation you can honour someone by inscribing a name on the monument, preserving his/her memory for generations to come.

Don't miss out on this unique gift giving opportunity for someone who has touched your life and help make an impact on the lives of individuals and families living with Alzheimer's disease and other related dementias.

Call Peggy Winch for more information, 519-974-2220 ext. 225.

Volunteer SPOTLIGHT

Christy Nielson is a volunteer in our Walkerville Adult Day Program and also helps with special events and setting up for our Board Meetings.



"I love volunteering with the Alzheimer Society because I have seen first-hand the good work that the organization is doing for individuals and families in our community. I'm proud to do my small part to support the Alzheimer Society's important mission and this is hands down the best volunteer experience I've ever had!"

Thanks Christy for all you do.



KINGSVILLE
Second Wednesday of each month.

WINDSOR
Last Wednesday of each month.

1:00 p.m. - 3:00 p.m.

**MEMORY CAFÉ
RECORD ATTENDANCE**

We are happy to announce that our attendance at the Windsor Memory Café at Ojibway Nature Centre has been seeing record attendance numbers!

On average, there are approximately 25-30 attendees, but in recent months, we have been welcoming 45-50 people per cafe!

This means our community is growing larger, and stronger.



WHAT IS MEMORY CAFÉ?

A Memory Café is a supportive, coffee shop environment for people with dementia and their care partners.

The Windsor Memory Café takes place on the last Wednesday of each month, from 1-3 pm, at the Ojibway Nature Centre.

The Kingsville Memory Café takes place on the second Wednesday of each month, from 1-3 pm at the Kingsville Community Centre.

Both cafés are open to the public, no registration is required.

We hope to see you there!



WE NEED YOUR OLD IPODS®!

ASWE IS HAPPY TO ANNOUNCE THAT WE HAVE RE-LAUNCHED OUR MUSIC FOR MEMORIES PROGRAM.

Clients are able to borrow iPods® with customized playlists for their listening pleasure.

According to the Alzheimer Society of Canada, music can be a powerful source of joy and comfort for people with dementia and for those around them. When words fail, music provides a way for the person with dementia to connect with others and engage with memories and emotions.

If you have an old iPod® to donate, please contact Andy Berthiaume, at 519-974-2220 ext. 244.

TEAM SPOTLIGHT

Carrie Toth is the Respite Program Supervisor for ASWE and has held this role since October 22, 2018.

Prior to coming to ASWE, Carrie worked in clinical research and long-term care, but the majority of her career has been as a supervisor in the community for home care.



Carrie finds her work very rewarding. She enjoys knowing that ASWE's Respite Program supports persons with Alzheimer's disease and dementia and their caregivers, and allows persons with Alzheimer's disease and dementia to stay in their homes.

Born and raised in this area, Carrie is married to her husband George, and has two daughters, Bianca and Diana, and a Schnoodle named Missie. Carrie has a serious Tim Horton's coffee addiction. To relax, Carrie enjoys painting.

Carrie's office is always open. She has brought new perspective and fresh energy to the Respite Program and in less than a year has made a positive impression on the ASWE Team.

TOGETHER WE CAN BUILD DEMENTIA FRIENDLY COMMUNITIES

More people are diagnosed with dementia every year and choose to live at home and in their community throughout their dementia journey.

Dementia Friendly Communities are gaining momentum across the globe.

People affected by dementia feel society fails to understand the condition they live with, its impact or how to interact with them. Often, people with dementia feel they need to withdraw from their community as the condition progresses.

A dementia friendly community is a place where people living with dementia are understood, respected and supported.

This may include signage that is clear and bright, turning down background music in stores, restaurants offering a more precise menu to someone with dementia.

In a dementia friendly community, people will be aware of and understand dementia, so that people with dementia can continue to live in the way they want to and in the community they choose.



To help create *Dementia Friendly Communities*, as an individual, you can become a Dementia Friend.

A Dementia Friend is someone who learns a little more about dementia and then turns that understanding into simple actions that can help people with dementia live well.

As a community, we all have a part to play in creating an environment where people with dementia feel active, engaged and valued.

People affected by dementia have the most important role in any dementia friendly community. By sharing their experiences and connecting with others, they ensure that communities keep the needs of people affected by dementia at the heart of everything they do.

What can you do to support people living with dementia in your community?

Caring for a family member with dementia?

GET THE
SINAI HEALTH SYSTEM
**DEMENTIA
ADVISOR
APP**

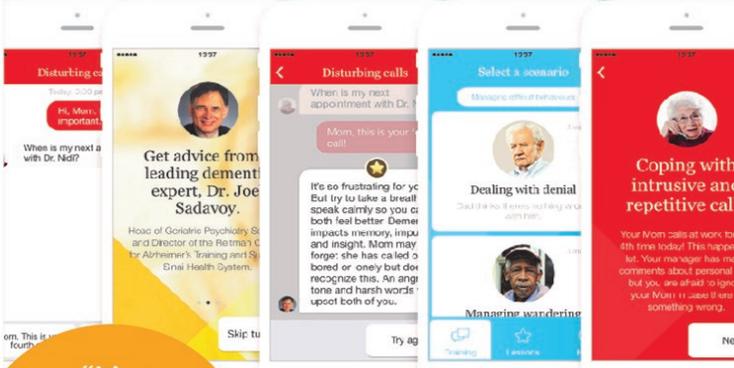


Dementia Advisor is a mobile app that helps family caregivers learn how to deal with difficult dementia behaviours, improve communication and gain problem-solving skills

DOWNLOAD FOR FREE




Caregivers learn how to cope with dementia through interactive role playing and chat-based dialogue, guided by expert coaching.



"It's a completely different way of learning that's really made for your phone"
- Teresa Manley

"The scenarios we've created for the app are based on years of clinical experience"
- Dr. Joel Sadavoy, Director of the Reitman Centre and Head of Geriatric Psychiatry at Mount Sinai Hospital.

Canada
Funded in part by the Government of Canada's Social Development Partnership Program - Children and Families component.



Sinai Health System
THE CYRIL & DOROTHY, JOEL & JILL REITMAN CENTRE FOR ALZHEIMER'S SUPPORT AND TRAINING

PLEASE SAVE THE DATE AND JOIN US AT ONE OF OUR

UPCOMING EVENTS

HOST ATTEND DONATE



Alzheimer Society
WINDSOR - ESSEX COUNTY

SUPPORT COFFEE BREAK IN YOUR COMMUNITY!

The 31st annual Coffee Break campaign begins September 2019 until November 30th.

Will you break for Coffee Break?

Coffee Break can be as unique as you want it to be! Last year we introduced Manis for Memories & Downward Dog for Dementia. How about taking a break with hot cocoa or a glass of vino? Include cheese and crackers and now you have a Coffee Break celebration!

What is your Coffee Break going to look like?

Call Angela today, to help organize your Coffee Break.
519-974-2220 ext. 237.

Windsor Essex Disc Golf, (WEDG), in partnership with the Tecumseh Corn Festival has chosen the Alzheimer Society of Windsor & Essex County to receive proceeds from the 2019 Inaugural Tecumseh Corn Festival Open.

This is the only disc golf tournament and the only disc golf course located within Windsor & Essex County.

Perfect event for anyone at any age and any skill level.

Saturday's charity tournament provides a scheduled day with two rounds of disc golf, lunch and prizes. \$35.00 per person.

Sunday's tournament provides a casual flex-start day geared to the more novice players and families who want to learn a new sport. \$20.00 per person

Members of Windsor Essex Disc Golf will be available to coach players, as well as to provide lessons.



FOR INFORMATION ON ANY OF OUR EVENTS, CALL THE ALZHEIMER SOCIETY AT 519-974-2220 OR VISIT OUR WEBSITE WWW.ALZHEIMERWINDSOR.COM

PRECIOUS MEMORIES LUNCHEON

Sunday, October 6, 2019.

Enjoy a lovely lunch at The Windsor Club while supporting a great cause.

BRIDGE TOURNAMENT

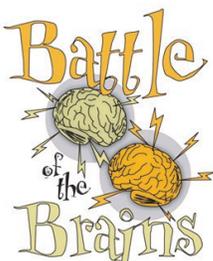
Sunday, October 6, 2019

Tecumseh United Church
1:00pm-6:00pm

EUCHRE TOURNAMENT

Tuesday, November 5, 2019.

No need to partner up with anyone, individual players will keep track of his/her game points to win prizes.



The largest live charity quiz fundraiser in North America is scheduled for Friday, January 24, 2020.

Tickets go on sale Tuesday, September 3rd, 2019.

\$400.00 for a table of eight.

This event has been sold out the past five years!



Reminder!

Get your tickets today for the World Alzheimer's Day Breakfast.

The Windsor Club.

Friday, September 20, 2019