

Carswell Family Foundation gift opens new D.A.Y. program spots

Thanks to the Carswell Family Foundation, 10 more York Region families will have access to the Alzheimer Society of York Region's (AS York) D.A.Y. programs.

The Carswell Family Foundation, headed by Dr. Allan Carswell, whose wife Helen attends the Thornhill D.A.Y. program, announced the funding at October's Donor Appreciation event following a powerful caregiver story by client Bruce Rhodes.

"From personal involvement with my wife, Helen, I know the outstanding value of the D.A.Y. program to clients, caregivers and families if space can be made available."

In addition to opening 10 spots a year, Dr. Carswell said he hopes his gift will inspire others to make their own philanthropic donations. The transformative gift will see the Carswell Family Foundation match up to \$150,000 in new philanthropic gifts the first year, \$200,000 in the second year and \$250,000 in the third year.



Dr. Allan Carswell, left, and his son Don, make a surprise gift announcement at last year's Donor Appreciation event. With the Carswell Family Foundation's support, all donations made to AS York in the next three years will be matched.

This means for every new donation made to AS York, **the Carswell Family Foundation will match it dollar for dollar.** "Matching doubles the impact of the Carswell Family Foundation support as well as the contributions of all matching donors," Dr. Carswell said.

CEO Loren Freid said Dr. Carswell's generous gift will help to ensure more York Region residents receive services needed to live well and stay at home for as long as possible.

"This transformative gift ensures more York Region

families will be able to utilize AS York's respected D.A.Y. programs, providing services that help those living with dementia remain socially engaged while providing respite to their family members. In addition, the matching program means our generous donors will see their gifts go further and help more people."

Dr. Carswell said he also hopes his gift will enable AS York to secure long-term funding to maintain the new level of service at the D.A.Y. programs.

"The best thing that will happen with this gift is to provide more families with the opportunities to benefit from D.A.Y. programs," Dr. Carswell said.

Donate now and see your gift double in impact. [Donate at bit.ly/ASYorkDonate19](https://www.alzheimersocietyofyorkregion.ca/donate)

Inside this issue

- **Caregiver Story** - Page 2
- **New vans** - Page 4
- **Forget-Me-Not Breakfast** - Page 6
- **In Memory** - Page 9

Rekindling friendship through dementia

Newmarket residents Nancy Poupard and Jody Hub met as many young mothers do – their children were in the same class and the two women hit it off, becoming fast friends.

And like many friendships, theirs took a pause and they lost contact once they both returned to work and life got in the way.

But what is different about this friendship is how it was rekindled - through Alzheimer's.

Nancy and her husband George were born and raised in Windsor, arriving in York Region in 1974 when George came to help open and manage Upper Canada Mall.

“George is a Scorpio,” Nancy said with a laugh, explaining “he is very good in business. He is smart. There was no wishy-washiness” about him.

And while family was everything to George, he was never a sociable person, keeping to himself or with a small group of friends.

After a career in business, George retired in 2004 at the age of 58. Nancy said he was happy with his early retirement and enjoyed his time. George wanted Nancy, a buyer in the purchasing department at the York Catholic District School Board, to retire, which she did in 2008.

Jody and her husband, Steve, moved to Newmarket about 40 years ago from Virginia U.S. Steve worked for a company that was building Canada's



Photo by Lisa Day

Newmarket residents Jody Hub and Nancy Poupard say they are grateful to have each other. Their husbands, Steve and George, reside in Southlake Village.

Wonderland. Eventually he worked in insurance until 2010 when he lost his job “because he couldn't remember what he was doing,” Jody said. Jody, a Catholic elementary school teacher, was retiring.

Three months later, Steve was diagnosed with young-onset dementia. And through mutual friends, Nancy and Jody rekindled their friendship.

In hindsight, Jody said she recalls Steve complaining he couldn't remember things, but she would laugh it off and say she couldn't either. But then he asked her to help with the income taxes. “When he asked me to help him, I knew there was a problem. He couldn't hold any information. He was 60 at the time.”

Nancy and Jody continued to meet for coffee with Jody sharing Steve's diagnosis and the journey she was on. Then one day, Nancy told Jody she

was worried about George.

“All of a sudden, (George) couldn't make a decision,” Nancy said, sharing she noticed personality changes in George in 2011.

In 2014, George was diagnosed with what she suspects is vascular dementia. It was Jody who took Nancy to First Steps, a group that helps people newly diagnosed with dementia. Nancy said she remembers saying to everyone in the group: “I am not a caregiver. I am not going to do this.”

But if the journey teaches the pair anything, it's never say never.

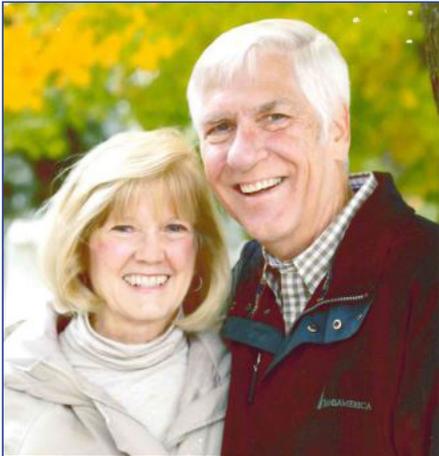
George liked to keep to himself, which made Nancy hesitate to put him into AS York's D.A.Y. program, a program that provides individualized care and programming to people living with dementia. Steve was “the exact opposite of George,” Jody said. Steve was outgoing and loved to talk and wanted to entertain everyone. He thought he was going to work, Jody said.

Jody took care of Steve at home for almost six years. By the end, he attended the D.A.Y. program six days a week.

The program offered Steve the social aspect as well as respite for Jody who was providing around the clock care. “I rave about the D.A.Y. program. It saved my life,” Jody said. “The D.A.Y. program also prepared

Story continues on next page

From left: Jody and Steve Hub, left, and George and Nancy Poupard.



Humour, support help friends through dementia journey

Continues from Page 2

Steve for long-term care. Steve was used to me being gone most of the day and being with other people.”

Steve, who is now in a wheelchair, is non-verbal and requires someone to feed him, is in Southlake Village, a long-term care facility in Newmarket.

“There is a smile, the odd word, but no recognition,” Jody said about her husband. “If I really think about it, it makes me really sad. It is so out of character for him to be so unresponsive.”

George began attending the D.A.Y. program in February 2017, although Nancy didn’t think he would enjoy it. When she picked him up, “he said ‘those are nice people.’ By March, he had gone downhill so fast.”

George eventually attended the D.A.Y. program six days a week. The D.A.Y. program “saved my life” Nancy said.

By August 2018, Nancy was on the crisis waitlist for long-term care, getting a spot two weeks later.

“The room across from Steve’s opened up and I said maybe they (Central LHIN) would put George there, thinking that would never happen” Jody said.

Nancy was offered a room at Southlake Village across the hall from Steve. The pair said they couldn’t believe their good fortune having their husbands in the same unit.

“I was so relieved,” said Nancy, who visits George regularly to make sure he is OK.

Jody also goes a couple of times a day. “I stop in the morning, put laundry away, brush his teeth and visit for a bit. Then Nancy and I feed (Steve and George) dinner and we all sit in George’s room and knit.”

George still knows Nancy and his children and recognizes Jody, telling Nancy, “There’s your friend.” George carries on a conversation, walks on his own and doesn’t seem to be agitated in any way, Nancy said.

“He follows me,” said Nancy, who said George will tell her she is going to fast. Jody

laughs. “Last night he told me I was going too slow.”

The pair share the same sense of humour and desire to do what is best for their spouses. And while each have other friends, it’s those who share a similar journey that they are closest to.

“I am closest to the people who are in the same boat because they get it,” Jody said.

Jody and Nancy are still attending AS York support groups, but said they may not for much longer as fellow participants who are just starting the journey may not want to hear their stories. “Now we need a group for people who are in a home (long-term care) because that is all together a different issue,” Nancy said.

For now, the pair are grateful they found each other again.

“Nancy and I leave (the home) together laughing and I am so grateful,” Jody said.

Nancy agreed. “I am so grateful for Jody. It’s good.”

**Newsletter stories
by Lisa Day**

New vans coming thanks to Ontario Trillium Foundation

The Alzheimer Society of York Region is getting new vans thanks to the Ontario Trillium Foundation (OTF).

The OTF announced Jan. 21 that AS York was awarded a capital grant to purchase new vans to transport clients from their homes to the Thornhill and Aurora D.A.Y. programs.

AS York will be purchasing vans from McAlpine Ford and will host a donor appreciation event in May. In addition, AS York will get two new couches and three stereos, one for each D.A.Y. program.



Catalino Mercurio works on his creation at a 2018 Artwell session.

Artwell Project

The Artwell Project – a partnership with McMichael Canadian Art Collection – is coming back to AS York for 2019 thanks to funding from the Employment and Social Development Canada’s New Horizons for Seniors Program.

The project pairs representatives from McMichael

and older adult volunteers with people living with dementia to create art projects with the goal of rekindling memories and reducing isolation. The program took place in the spring and fall last year to overwhelming success and will take place in the spring and fall 2019.

Aurora D.A.Y. program now open seven days a week

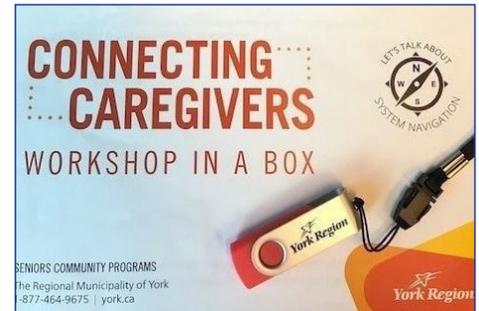
Thanks to the Central LHIN, the Aurora D.A.Y. program is now open seven days a week, making it the only community-based D.A.Y. program in York Region open seven days a week.

Coffee Break

Thank you to everyone who hosted an Alzheimer’s Coffee Break this year. Because of your support, we raised \$15,000.

Coffee Break kicked off Sept. 21, World Alzheimer’s Day, and ran until the new year. People were invited to host a Coffee Break at workplaces and schools, raising funds and awareness.

This year, the Aurora Seniors Centre hosted a Coffee Break where participants listened to music and took part in programming. Board member Simon Francis matched donations the Fuller Landau team made during week-long activities including its Spooky Halloween Chili Cook-Off, while Sunrise of Thornhill seniors baked for fellow residents. Thank you to everyone who helped #MakeYourCoffeeCount



Connecting Caregivers Workshop in a Box

York Region is helping connect caregivers with its Workshop in a Box.

In the past, the municipality hosted the Connecting Caregivers Workshop, which links groups with available services and supports as well as current research, best practices and practical assessment tools.

The Connecting Caregivers Workshop in a Box goes a step further by providing the tools people need to host their own workshops at community centres, places of worship and libraries across the region.

Connecting Caregivers Workshop in a Box offers a bag of goodies including tips sheets and handouts and a USB with four workshops/presentations on video.

Each presentation offers a speaker biography, description, learning objectives and sample discussion questions in order to facilitate conversation among participants.

For details or to order a kit, visit bit.ly/CaregiverBox or call 1-877-464-9675, ext. 73472.

Changing the stigma, one story at a time

Everyone has a story.

Thornhill's Reshmi Chetram took over her mom's Deveikha's dance studio after she was diagnosed with dementia. Aurora's Barbara Pavlou-Whitnall's retirement plans changed the moment her husband Roger was diagnosed. And Newmarket's Jane Kennedy has learned to roll with the punches throughout the journey she is going on with her mom.

What each of these people – and the many others who have done the same - agree is that by sharing their stories, they can help end the stigma associated with a diagnosis and raise awareness of the importance of AS York programs and services available to caregivers.

Are you willing to share your story?

Stories are used for newsletters, media releases and on social media to promote services, programs and to raise awareness.

Contact Lisa Day, communications and fund development coordinator, at AS York at lday@alzheimeryork.com or call 905-726-3477, ext. 229 if you want to share your story. Lisa will ask some questions, listen to your journey and create a story. You get to see the story before it's shared.

Our goal is to help change the stigma of a dementia diagnosis, one story at a time.

Thank you.

GivingTuesday

This year, AS York's GivingTuesday (Nov. 27) campaign raised money for the Music Project.

The Music Project provides MP3 players with customized playlists and over-the-ear headphones free-of-charge to those living with dementia.

Money came from various donors including Karen Chin, who hosted a presentation to her Capital One co-workers to discuss why AS York required the money. Employees then voted on the projects they wanted to fund. AS York received \$3,000.

Thank you, Karen, for helping raise awareness and showing your co-workers why it's important to give.



Third-party events

Dish Events

A giant thank you to Heather Di Santo of Dish Events who hosted an open house to launch her new event space with proceeds donated to AS York.

In addition to accepting donations, AS York was able to set up a booth and speak to attendees about dementia and the services we provide. Thank you, Heather.



Dr. Elizabeth Kelson, AS York's Jaime Cruz and Dr. Rona MacDonald at the Living Well Luncheon.

Living Well Luncheon

The Memory Lane Home Living Inc. hosted its Living Well Luncheon Jan. 25 in support of AS York. The event featured dementia experts, including Mary Beth Wighton who founded the Ontario Dementia Advisory Group (ODAG), and AS York's Jaime Cruz, who talked about living well on the dementia journey.

Golf2Remember

The annual Golf2Remember tournament, which raises money for AS York and the Alzheimer Society of Toronto, takes place Aug. 14 at the Silver Lakes Golf club.

The event includes lunch and dinner, 18 holes of golf, a golf cart, swag bag, silent auction and more.

Golf2Remember was created by Tara Morse, Betsy Sumner and Jane Simard in support of family and friends who have dementia. Last year's event raised \$22,000 for the two organizations.

Visit <https://www.facebook.com/golf2remember/> for details, which will be posted on Facebook as they are announced.

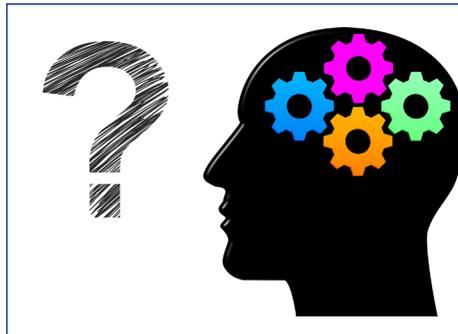
Caregiver wellness goal of the breakfast

Have you ever considered how much thought goes into holding a simple conversation? Vocabulary, grammar, hearing and seeing and history and relationship – how you speak to your child may be different than how you speak to your spouse or to family and friends.

Now throw in Alzheimer's and other dementias, diseases that affect your ability to communicate because the parts of the brain that helps you do so are damaged.

Simple conversations are no longer simple for people living with dementia (PLWD).

But people who attend the Alzheimer Society of York Region's (AS York) Forget-Me-Not Breakfast April 27 will learn "practical strategies on how to communicate with people living with dementia to optimize their well-being and to decrease caregiver stress," said Dr. J.B. Orange, professor in the school of communications and sciences and disorders



at Western University and the scientific director of the Canadian Centre for Activity and Aging at Western, and the keynote speaker at the annual event, which takes place at King's Riding Golf Course, 14700 Bathurst St. in King City.

"People don't understand communication in our every day lives and take for granted talking to someone (or) texting someone when there is challenges getting the message out."

During the breakfast, Dr. Orange said he will educate and teach participants practical strategies to help caregivers communicate with PLWD with the goal of "making lives

of family members better. (Because) what happens with the person living with dementia happens with the caregivers."

The strategies are also intended to ensure PLWD will be treated with dignity and respect.

By enhancing and learning new ways to communicate, caregivers learn how to speak so PLWD can not only understand and participate in conversation, decreasing feelings of isolation, but also aren't left feeling like they are being spoken down to.

Dr. Orange said his presentation is for "people who are eager to learn new information and to learn how to (communicate) in better ways than what they are doing now, to enhance their quality of life and well-being. The session is intended to open their eyes at novel ways to communicate or to reaffirm that what they are doing works."

Please see "Learn" on next page

Register for the IG Wealth Management Walk

Are you ready to walk to #makememoriesmatter ?

The annual IG Wealth Management Walk for Alzheimer's takes place Saturday, May 25 from 9 to 11:30 p.m. at The Briars Resort, 55 Hedge Rd. in Jackson's Point, with the second walk taking place Saturday, June 8 from 9 a.m. to noon at Richmond Green Sports Centre and Park, 1300 Elgin Mills Rd.



E. in Richmond Hill.

People are encouraged to register at www.walkforalzheimers.ca and walk individually or form a team.

Can't join us at either walk? Make a donation to one of our participating teams. All money raised in York Region stays in York Region, helping our families, friends and neighbours impacted by this disease. #WhoAreYouWalkingFor ?

Sponsorship opportunities are available. Contact Lauren O'Brien, events coordinator, 905-726-3477, ext. 244 to learn more.

Learn brain fitness tips to help cognitive decline

Continues from Page 7

Guest speaker Jill Hewlett said she is also hoping participants in the annual Forget-Me-Not Breakfast will begin to understand the importance of self-care in her session and learn take-away tools they can apply immediately.

“If you don’t use it, you lose it,” Hewlett said. “In this day and age, people are so busy and stressed. We all need strategies that help us shift back into balance and connection; especially caregivers who give so much and so freely to others. You see what happens if you don’t take care of yourself... Caregivers don’t want to follow the same path as those they are caring for. Aging isn’t an option. How we age is up to us.”

Hewlett said people need to give themselves permission to



Jill Hewlett is a guest speaker at the Forget-Me-Not Breakfast April 27.

care for themselves in order to continue to give to others.

During her interactive session, Hewlett said she will teach participants “Brain activation strategies that are quick, easy, and effective. It will help them increase their energy, be calmer, communicate more effectively, improve memory and invest in self-care.” Hewlett said the great thing about her Brain Fitness strategies is

they are transferable, meaning people can go home and teach their children or their aging parents ways to deal with their current issues and cognitive decline.

“When you are equipped with the knowledge and tools, and able to put the strategies to use right away, people become very excited. Knowledge is power and people become empowered and equipped to effectively participate in self-care, and in filling their own well.”

The Forget-Me-Not Breakfast goes from 8:30 a.m. to 12:30 p.m. with a Q&A following both presentations. Tickets are \$50. Visit bit.ly/ForgetMeNot19 to order. Sponsorship opportunities available. Contact Lauren O’Brien at lobrien@alzheimer-york.com or call 905-726-3477, ext. 244 for details.

Finding Your Way presentations help keep people safe

AS York hosted two Finding Your Way events earlier this year, which provided caregivers information to keep family members living with dementia safe. The events featured keynote speaker Ron Beleno, who spoke about using technology in care. There were also presentations from York Regional Police, MedicAlert Safely Home and more.

AS York also hosts Finding Your Way seminars in retirement homes and in the community to educate staff to help people live safely. Contact Jaime Cruz at 905-726-3477, ext. 234.



Clockwise from above, keynote speaker Ron Beleno shows a clip of his dad, Rey, who lived with Alzheimer’s. Beleno’s presentation was about using technology to keep people living with dementia safe. AS York staff were at the presentations, presenting as well as helping. Bussie Wood, York Regional Police senior safety officer, talked about fraud, scams and services the police provide for seniors. **Photos by Lisa Day.**



Honouring loved ones through donations

For 14 years, Linda Kaiser was the caregiver to her husband David, who was living with Alzheimer's disease. During that time, Linda retired early so she could help her husband continue to run his business. When he could no longer work five years later, he attended the Thornhill D.A.Y. program where he participated in the music program and other activities. David died in October 2018.

"It was my godsend," said Linda about the D.A.Y. program. "It was everything. It was a reprise of space and time," to get things that needed to be done, said Linda, who kept her husband home with her throughout his illness, something she is grateful for.

When David passed away, Linda asked people to donate to the organization she supports: The Alzheimer Society of York Region (AS York).

"Because they are my angels. Because they are wonderful. AS York is very special to me. I know Andrea (Ubell, director, program and client services) would only have been a cup of tea away. They are really, really good people."

Linda also attended various support groups, which she found helpful.

"It was so great, so supportive," said Linda of both the social workers who run the programs and the people who attended.

Linda met David in the mid-1960s and the two began their five-year courtship, which



Linda and David Kaiser. David, who lived with Alzheimer's, died in October. In celebration of her husband, Linda requested donations be made to AS York. People can make donations to AS York for birthdays, weddings and anniversaries. Donations will help York Region residents impacted by dementia.

led to marriage. The couple have two daughters and four grandchildren – two boys and two girls.

"We were married 46 years all told. We had an extremely good life."

In 1988, when their kids had grown up, Linda went back to work doing marketing for various McDonald's restaurants.

Ten years later, Linda realized something was wrong with her husband. She said David ran his own business and she noticed he didn't seem to be doing well on his own. She retired to help him. "In 2003, things really became bizarre," said Linda who shared cheques went missing and he would make strange business decisions.

In 2005, David was sent to a Toronto hospital where he underwent testing. After the testing, while sitting in a conference room, the doctor

came out and said "Well, he has Alzheimer's, here's a prescription'... We walked out totally in shock. We didn't know what Alzheimer's was. It was so crude. There was no empathy, no discussion, no bedside manner. That was my introduction to it."

So David went back to work and he continued working until 2010, when David saw a new doctor, who said he had to do a driver's test.

"He took his keys that day. David hit the wall. He couldn't work any more. That was his life. It was all he knew."

It was at that time Linda discovered AS York and the D.A.Y. program in Thornhill.

"They were there all the time for me. They are just really the best, the absolute best."

David went to the D.A.Y. program five days a week for eight years. Every day he would come home and would be asked how his day was and he said "enthusiastically, it was fine."

Linda said she is thankful that AS York was always just a phone call away. The Kaiser family will be purchasing a couch for the Thornhill D.A.Y. program, which will be called David's Couch.

To donate in memory of someone who has passed away or to celebrate a special occasion such as birthdays, weddings or anniversaries, visit <http://bit.ly/ASYorkDonate19>

In Memory

We pay tribute to the memory of those who have passed away who were remembered through donations made in their honour by family, friends and neighbours.

Mary Achtenberg	Virginia Ethel	Rose D'Alimonte	Mary Galati	Rev. J. Allan Kirk	Edith May Morse
Hannelore Adihetty	Buck-Patterson	Vincenza Dallan	Matteo Galati	Jeannine Kirkey	Elizabeth Murphy
Silvana Agostini	Patricia Bullock	Agnese D'Andrea	Antonio Gallo	Minnie Koropatwa	Robert Mutrie
Filomena Albanese	Agnes Bunger	Tonino Danese	Maddalena Gallo	Marty Kravitz	Domenic Narducci
Maria Alcamo	Joe Bunger	Ben Davies	Maureen Galloway	Shifre Krištalka	Tom Nash
Eva Allen	Bill Bunsmoor	Antonio	Idalina Galvao	Judy Kruse	Ted Newell
Murray Allin	Thelma Busch	De Benedictis	Giuseppe Gambino	Zdzislaw Kuchcicki	Franca Nicolaci
Assuntina Alonzi	Corradina Caccamo	Paolina DeFilippis	Lillian Garner	Rene Lafond	Magdalene Nicoletti
Anne Altilia	Raffaele Calabretta	Orazio De Fulviis	Sybil Garrick	Hans Larsen	Filippo Nigro
Concetta Ammendolia	Gwendoline Calver	Maria De Giorgis	Mel Gascoyne	Patricia Lawlor	Robert Niven
Ettore Amore	Giuseppe Calvo	Vincenzo De Giorgis	Paul Georgopoulos	Jennifer Lemon	Federico Nuosci
Frank Andrejas	Jane Cameron	James Delduco	Helen Gerrits	Gomes	Gerald O'Connell
Giuseppina Andriano	Francesco Campo	Silvia Delfatti	Jean Getz	Lorraine Lippett	Gerald O'Neil
Maria Andriano	Antonio Capone	Marianna Del Maestro	Emile Ghazala	Angelo Liut	Olga Orembo
Luigi Antolini	Gerardo Capone	Albert Demjen	George Giles	Paul Lofthouse	Filomena Paganin
Eleonora Anzivino	Lina Caracoglia	Maria de Oliveira	Ronald Gill	Giovanni Lombardi	Donald Page
Giulia Anzivino	Angelina Carbone	Gerald Dewey	Felice Gismondi	Sebastiana	Calogero Palermo
Pansy and Aquilla	Giuseppe Carianni	Antonio	Patrick Glynn	Lombardi	Angelina Pallotta
Archer	Fred Carrothers	Di Domenico	Christina Godber	Elvira Lourenco	Pietro Palma
Gaetano Arimini	Charles Cavalluzzo	Regina	Eileen Goodhand	Tecla Lucentini	Raffaella Palmieri
Weldon Astle	Federico Cestra	Di Giambattista	Maria Antonietta	Bill Luukko	Anna Palozzi
Karl Atkinson	Myrtle Chai	Thelma DiMarco	Greco	Luigi Macchione	Antonietta Palumbo
Louis Audet	Louise Chasin	Camillo Di Matteo	Mildred Green	Lyne MacPherson	Mafalda Panaro
Deanna Bagshaw	Basil Chow	Rose Di Stefano	Ruth Green	Joyce Madill	Giuseppe Papaluca
Fred Bailey	Vivienne Chow	Italina DiPersio	Isabel Griffin	Mariano Maduro	Jean Paravia
Geraldine Baker	Au Sau Chuen	Eda Donato	Robert Grossman	Ernesto Magliocco	Giacomo Pasut
Liberato Baldassare	Stella Cialone	Edith Donato	Vita Gruppuso	Carol Mahoney	Mary Paul
Patricia Ball	Luigi Ciardulli	Rose Donnelly	Domenica	Francesco Manchisi	Bruno Pellegrini
Catherine Barker	Domenica Cicci	Joseph Downey	Guglielmino	Onorino Manni	Franco Peluso
Donald Barker	Calogera Ciliberto	Ila Susan Duek	Iseo Guidolin	Marilyn Marchant	Alex Perlin
Mary Barnett	L. Ciliberto	Sellers	Lyman Hall	George Margie	Teresina Perri
Joan Barton	Joseph Cioffi	Domenica Durso	Madonna Halliday	Augusto Marques	Peter Peterson
Pauline Beattie	Gaetana Cipriano	Sarah Edwards	Mama Hamideh	Giovanna Marra	Dan Petrelli
Helen Bedard	Salvatore Cirinna	Marie-Sylvie	Helen Hamilton	Victor Marzinotto	Vanda Petrucci
George Begley	Carmela Codispoti	Margarette	Frances Harper	Maria Marzola	Mary Pike
Dorothy Beloff	John Coffey	Emmanuel	James Helesic	Marilyn Matheson	Vittoria Pileggi
Erminia Beltrame	Emile Cohen	Lorne Emmerson	Charmion Henderson	Rosa Mattosico	Margaret Pilkey
Filippa Belvedere	Dawn Coladipietro	Raffaele Esposito	Margaret Henderson	George Maxwell	Aguinaldo Pimentel
John Berger	Bridget Coleman	Isabella Evans	Ray Hogue	Rita McCann	Hilda Pinder
Sergio Bertato	Earl Collins	Harold Fairclough	Kenneth Holman	Phyllis McCullough	John Pipher
Virginia Bertucci	Giuseppe Colozza	Maria Falcone	Irmgard Hood	Eleanor McDougall	Angelo Pizzola
Emilia Biasi	Luigi Commisso	Anita Fantin	Isabelle Howie	Murray McEwan	Lorenzo Poce
Tjerk Bijmolt	Franca Conforti	Roger Farguson	Anna Huber	Norman McMullan	Germana Pontes
Neville Bishop	Elvira Consiglio	Elmer Farthing	Patricia Huestis	Barbara McNicol	Viviana Porco
Joe Bizzo	Carmelo Contardi	Antonio Fava	Marion Hunter	Celestino Meale	May Porteous
James Blackburn	Greg Corcoran	Edward Feldman	Eli Hussey	Girolamo Meleca	Agnes Powell
Barbara Blizzard	Giuseppina	Nazzarena	George Hussey	Margaret Melnichuk	Marcello Pozzebon
Ibi Bloch	Cosentino	Ferrante	Natale Laboni	Saletta Mendicino	Betty Proulx
Mary Bluestien	Sebastiano	Filippo Ferraro	Peter Leraci	Emma Micone	Cesira Provenzano
Fiorina Bongiovanni	Costa	Alessandro Fiacco	Bettyne Inglis	Margherita Mignardi	Diane Purdie
Pierina Bonini	Victorina Costa	Bruno Figliuzzi	Fedele Jannelli	Larry Milburn	Maria Quadrini
Jack Bornstein	Brian Cottingham	Marilyn Findlay	Olive Jerman	Christina Millar	Murray Quinn
Pauline Borsos	Kathleen Coulahan	Emilia Fiorini	James Johnston	Clara Miller	Jacqueline Raetzen
Maria Borzellino	James Coverdale	Gerhardt Fischer	Ruth Joshua	Pearl Miro	J.B. Rea
Joan Boucher	Isabella Cowan	Bobby Fish	Jesina Julien	Dalilla Molinari	Ida Reich
Doreen Bramley	Thelma Crawford	Harry Fish	David Kaiser	Margaret Moment	Kathie Reid
Robert Briggs	Donald Cruickshank	Maria Fortuna	Wes Karius	Maria Monardo	Ronald Revie
Elena Brion	Donato Cugini	Tony Foster	Mr. Katsura	Maria Moniz	Dorothy Reynolds
Douglas Brown	Nora Curran	Hugh Frampton	Pat Keeling	Anne Moorey	Jane Reynolds
Sam Bruzese	Patrick Cushing	Elzira Freitas	Mary King	Marisa Moreal	Ulterico Ricci
William Buck	Thresa Cuthill	Bruna Furlan	William Herbert	Pietro Morello	
	Dennis Cutting	Maria Galasso	Kinsley	Rosaria Morizio	

**Continues
on the Page 11**

In Appreciation

The Alzheimer Society of York Region gratefully acknowledges the following individuals, families, corporations, foundations and community groups who demonstrated their commitment through their generous gifts from April 1, 2018 to Jan. 31, 2019.

\$100,000 Plus

Carswell Family Foundation

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 Tony Lant
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 Memory and Company

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Regional Municipality of York Region
 The Leonard and Gabryela Osin Foundation
 United Way of Greater Toronto

\$25,000-\$49,999

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 Sunrise Senior Living of Thornhill
 Terra Brook Homes
 Lorne Udaskin
 Sheldon Wisner

\$1,000-\$4,999

BDO Canada LLP

\$500 to \$999

Anonymous
 Brett Ashton

“Wonderful staff, (who) provided care and support in a professional, yet loving manner. (The D.A.Y. program) enabled my mom to socialize and be safe during the day while I was at work. It’s wonderful to have multi-lingual staff as our primary (and only) language is Portuguese.”

~ Caregiver

Aurora Seniors Centre
 Briarlane Developments Inc. (Ballantry Homes)
 Tammy and Mario Bucci
 Joe Bumbaca
 Dilip Chetram
 Reshmi Chetram
 Club Link - The Country Club
 Nancy Coe
 Patricia Cromie
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 Epicure
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\$250-\$499

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 Ross Wallace
 Ronald Wardley
 Leslee Wills
 Michele Wilson
 John Winters
 Eric and Allanna Yates
 Aaron Zevy

“They (staff) were most kind and gentle with my husband during his time there and (he) looked forward to going each time. The volunteers are just great.”

~ Caregiver

“There’s an excellent team working at the Alzheimer society in Aurora. They are dedicated to keeping seniors, like my mom, who is not able to communicate in English, feel comfortable. She enjoys attending the program every day. Thank you.”

~ Caregiver

Our sincerest thank you to those who donated anonymously. We strive for accuracy in this list of donors, however, if your name is missing or incorrectly listed, please contact 905-726-3477. We value our donors’ privacy.

Honouring people who have passed away

From Page 9

Morris Rich
 Samia Rizek
 Giuseppe Rizzo
 Mary Ann Robinson
 Michelina Romano
 Igino Rossi
 Bernice Roth
 Linda Rotondo
 Mary Rowlin
 Rosina Ruffolo
 Aline Russell
 Lucia Russo
 Carmela Rustico
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Maria Salvagna
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 Esther Sarne
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 Charlie Seath
 Catherine Seedig
 Mario Sega
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 Shirley Sheriff
 Lillian Sherwin
 Charles Shortis
 Perno Domenico Silla
 Francesco Silvestri
 Francesco Silvestrone
 Franz Simitz
 Donald Simms

Donato Simone
 Jill Simpson
 Donald Sims
 Shirley Sinardo
 Francesca Sinopoli
 Dorothy Smith
 Edith Smith
 Iris Smith
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 Anna Socci
 Mavis Solomon
 Marilyn Sooknanan
 Carmela Spano
 Jim Spring
 W.D. Springer
 Betty Stickland
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 Bruno Timpano
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 Mabeth Toole
 Gerardo Travascio
 Giuseppe Troiano
 Clara Trotta
 Carl Tsafaroff
 Sophie Tyminski
 Joan Ure

Ben Urovitz
 Liliana Vacca
 Gerrit Van den Brink
 Harry Vanderveen
 Audrey Van Luven
 Martin Van Tol
 Carlo Vaniglia
 Angelo Velocci
 Nevio Venir
 Costantina Verre
 Maria Verrilli
 Maria Vespier
 Giovanni Vlassich
 Maria Volpe
 Baron Kai
 Von Maltzahn
 Ethel Walsh
 Sadie Walton
 Irmgard Warth

Russell Weir
 Bev Weisberg
 Joy White
 Gwen Wilcock
 Elaine Willison
 Dr. Fred Wine
 Norman Winkler
 Margaret Wisenberg
 Ruby Wiser
 Barbara Wood
 Frank Wood
 William Yen
 Agata Zaino
 Rose Zeidenberg
 Maria Zepplier
 Pietro Zito
 Vincenzo Zuccarini
 Anton Zufic

Minds in Motion now in York Region

Thanks to a grant from the Ontario Trillium Foundation, the Minds in Motion program is now in York Region.

The community-based social program incorporates physical activity and social and mental stimulation for people living with early to mid-stage dementia and their care partners. The program runs three-hours once a week for eight weeks. It costs \$20 per person for the session.

Current sessions include:

- March 19 at the Mount Albert Legion;
- April 3 at the Ice Palace in Keswick;
- May 9 in Temperance Hall in Sharon.

Sessions will continue until September.

Contact Jaime Cruz at jcruz@alzheimer-york.com or call 905-726-3477, ext. 234 for details and to register.

Vol. 6, Issue 1

First Link Memory Cafe offers a place of acceptance for people living with dementia

People diagnosed with young-onset Alzheimer's and related dementias and their caregivers as well as people who are concerned about memory loss are invited to participate in The First Link Memory Cafe.

Beginning in Europe, Memory Cafes now take place in the United States and Canada, including in York Region.

Cafes can be held in any place with a relaxed atmosphere where individuals can socialize, play games, listen to guest speakers and ask questions in a non-threatening environment.

Jonathon Macri, AS York's First Link coordinator, runs the cafe of which there are now two:

- The last Tuesday of the month at Mosaic Home Care Services & Community Resource Centre, The Shops on Steeles and Hwy. 404, lower level by the Centre Court, 2900 Steeles Ave. E., Suite 218 from 1 to 2:30 p.m. This is run in partnership



The Memory Cafe is a great place for people with memory loss to socialize with others.

between AS York and Mosaic Home Care.

- Third Thursday of the month at the Civic Centre Resource Library, Vaughan Public Library, 2191 Major Mackenzie Dr. W. from 1:30 to 3 p.m.

The cafe encourages friendships and acceptance and is a place to go to remain physically and mentally active.

For more information, email Jonathon Macri at info@alzheimer-york.com or call 905-726-3477, ext. 235.

You have the power to change lives

More than 15,000 York Region residents are living with dementia, with that number expected to more than double by 2031.

Your gift will help to provide program and services to reach as many people journeying through this disease as possible.

Here's how you can help:

- **Make a gift**
Donate by mail, phone or online. Visit bit.ly/ASYorkhelp
- **Volunteer**
Help us with events and more
- **Leave your legacy**
Continue your tradition of giving with a bequest in your will. Make sure you share your wishes with your loved ones.
- **Plan your own event**
Organize a fundraiser in support of AS York.
- **Give a gift of appreciated stock**
Transfer your stock to AS York.

Alzheimer Society YORK REGION

2-240 Edward St.,
Aurora, ON, L4G 3S9
Tel: 905-726-3477 or
1-888-414-5550
Fax: 905-726-1917

Charitable No.:
10670 5429 RR0001

Email: info@alzheimer-york.com

Other AS York locations:

- Thornhill (Markham) • Georgina
- Richmond Hill • Vaughan
- Whitchurch-Stouffville

Connecting people to resources

NEXT STEPS

Next Steps is an educational program and part of First Link, a program that connects people to AS York and its programs and services. Next Steps Education series is eight hours of learning over a four-week period.

Sessions are ongoing. Contact Stacey Mendonca at 905-726-3477 or email smedonca@alzheimer-york.com

FAMILY SUPPORT GROUPS

There are a number of family support groups taking place throughout York Region with the goal of providing information and support to people diagnosed with Alzheimer's and other dementias and their families.

Visit bit.ly/ASYSupport for more details including dates, times and locations.

Visit us online



@ASYork1



AlzheimerSocietyYork



AlzheimerYR



<http://alzheimer.ca/en>



bit.ly/ASYorkLinkedIn

Thank you to our generous funders

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Ontario

Central Local Health
Integration Network
Réseau local d'intégration des
services de santé du Centre



United Way
Greater Toronto



New
Horizons
for Seniors
Program

And supporters like you!