

The Alzheimer Society of York Region

The Connection

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Carswell Family Foundation makes historic gift of \$600,000 to Alzheimer Society of York Region

The 22,000 people living with dementia in York Region today are about to have more access to urgently-needed programs and facilities, thanks to a historic donation from a local family. In our role as a recognized leader in dementia care, Alzheimer Society of York Region served 2,100 families in 2014 - a 60% increase from 1,300 families in 2008. With York Region projected to experience the fastest growth of families with Alzheimer’s disease in Canada, these numbers will dramatically escalate in the next decade. And given the limitations on projected government funding, Alzheimer Society of York Region will need a major infusion of private-sector and community funding in the years ahead to fund new quality services to help families dealing with dementia in a broader-based capacity.



Dr. Carswell presenting cheque to CEO, Loren Freid

In a dramatic response to this need, noted local philanthropist Dr. Allan Carswell and the Carswell Family Foundation have made an extraordinarily generous gift of \$600,000. Dr. Carswell is a local resident and long-time supporter of the Alzheimer Society’s work. His family have benefited from programs at the Alzheimer Society of York Region for several years. Their precedent-setting gift will enable more families to benefit from our acclaimed D.A.Y. Program, as well as supporting the staff and physical services that we provide at AS York. Dr. Carswell is issuing a challenge to match his gift of \$600,000, effectively doubling his donation’s impact. He views us as his extended family and so has also stepped forward to lend his personal leadership by helping to Chair this exciting endeavour.

Dr. Carswell, Professor Emeritus of Physics at York University, founded Optech in 1974. Optech is a world leader in the development and manufacture of advanced survey instruments for airborne, mobile and terrestrial mapping. He led the company from its inception and was co-investigator on the Phoenix Mars Mission, launched in 2007. He assumed the role of Chair of the Board in 2000. Dr. Carswell is a Fellow of the Royal Society of Canada and the Canadian Aeronautics and Space Institute. He was awarded the Order of Canada in 2005.

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Carswell Family Foundation makes historic gift (from page 1)

The Carswell Family Foundation gift will provide immediate help to people with dementia by enabling us to expand our capacity to serve even more families through our acclaimed D.A.Y. Program (a structured, individualized recreational social day care for persons with dementia in York Region. An integral aspect of the program is ongoing caregiver support). The gift will provide a spark to ignite more and greater levels of public support in the near future, and create a lasting legacy for people affected by dementia. The Alzheimer Society of York Region is exceptionally grateful for the continued and thoughtful generosity of Dr. Carswell and the Carswell Family Foundation. To make your donation in support of Allan Carswell's match, see page 12 or visit us at www.alzheimer-york.com.

Friends are good for your brain

You know that eating well and getting exercise are good for your body and brain. But did you know that spending time with friends and family is also good for your brain, especially among seniors? Research shows:

- Loneliness in seniors has been linked to a higher risk of dementia
- Contributing to group discussions or group theatre going slowed down the progression of Alzheimer's disease
- Looking after a grandchild one day a week could help to protect against dementia



How does being social help your brain?

- It relieves stress
- Interacting with other people encourages thinking, feeling, analyzing, reasoning and intuition. These activities help develop connections between brain cells.
- It reduces loneliness, which has been linked to depression
- Laughter may ensue! Laughter is one of the most economical and easy way to relieve stress, expand blood vessels, nourish cells with nutrients and oxygen, and encourage new cells and connections.

It is important to make socializing a priority.

Here are some ideas to get you started:

- Make the most of daily opportunities to start a conversation whether at work, the grocery store or with your next door neighbour
- Make your community a better place and help your brain by volunteering
- Take a trip to a new place, even if it is only a few hours away
- Take an adult education class
- Connect with friends and family on the phone or by email
- Organize a group outing to the park. Combining exercise with socializing enhances its benefits
- Host a dinner party and invite your friends

The possibilities are endless. The main thing is to have fun!

My Journey from Sharer to Carer

By: Allan I. Carswell



Allan and Helen Carswell

Helen and I are both in our 82nd year and feel very fortunate that we have shared such an exciting and fulfilling life together, a life brimming with an array of wonderful memories. We started as “high school sweethearts” and have been dating for 64 years and married for 59. For

memory that Helen exhibited from time to time in the late 1990s. In the beginning these were quite minimal and really had no influence on any of our activities. In general, this early decision to delay any action is a very common response to the onset of dementia since the signs are slow to develop and can vary widely depending on the personalities, and the broad range of environmental and family situations involved. As this stage advances it too frequently develops into a full blown “denial” – a very serious problem since early diagnosis of dementia and remedial action is very important.

After numerous tests, Helen’s results showed significant cognitive impairment. It was clearly a life-changing event for both of us since it triggered our first clear recognition and acceptance of the fact that we were both at the beginning of what would be a long term and very challenging journey. We were confronted with the requirement to develop a plan for our future that incorporated the realization that ***Helen has Alzheimer’s disease, an incurable and terminal disease.***

over 15 years now, I have been a “caregiver” for Helen as her memories and abilities are steadily eroded by her increasing Alzheimer limitations. We are still living at home and enjoying a full life together although Helen, no longer able to talk, walk or do anything for herself now, requires 24/7 care.

In hindsight, it is evident that developing this plan was no quick fix. Rather, it extended over years while we learned to come to grips with our very distressing situation and expand our knowledge and understanding of how to cope with dementia. Fortunately, Helen and I had always been closely col-

laborating “sharers” in confronting the vagaries of life. In addition, we had been active entrepreneurs, with extensive experience in founding and developing a growing high-tech international company. As a result, we were familiar with the need to confront unknown situations, and exercise initiative by planning, organizing, and accepting risks. I like to feel that these capabilities along with a very positive mindset have been of great assistance to us both over the years. I know that they have been for me and I feel that they have been very important for Helen through her declining years.

Since Alzheimer’s disease is such a slowly developing affliction, I find that the title “caregiver” does not really provide an accurate description of my activities during these many years. Looking back, I realize that my relationship with Helen has been a continually evolving interaction as we encountered together an array of new and unexpected situations and challenges. Since our marriage, Helen and I have shared all of our family, social and business responsibilities as a loving, congenial and collaborative team of equal “Sharers”. Throughout our Alzheimer years, our sharing has been transformed to the role of “Carer” as Helen’s capabilities have steadily diminished. Thus, I would more appropriately classify my situation during these years as a transition from a “Sharer” to a “Carer”.

***A sobering consideration:
There are only four kinds of people in
the world –
Those who have been caregivers,
Those who are currently caregivers,
Those who will be caregivers,
And those who will need caregivers.
- Allan Carswell***

laborating “sharers” in confronting the vagaries of life. In addition, we had been active entrepreneurs, with extensive experience in founding and developing a growing high-tech international company. As a result, we were familiar with the need to confront unknown situations, and exercise initiative by planning, organizing, and accepting risks. I like to feel that these capabilities along with a very positive mindset have been of great assistance to us both over

the years. I know that they have been for me and I feel that they have been very important for Helen through her declining years.

Although Helen could still walk for short distances, she was getting increasingly unsteady on her feet and in January of 2011, I purchased a wheelchair for her. (continued on page 5)

My first indications of change were the occasional lapses of

Risk assessment and disease prevention in Alzheimer's disease

By: Dr. Sharon Cohen



Dr. Sharon Cohen, MD, FRCPC
Toronto Memory Program

Preventing disease rather than waiting until symptoms arise or become disabling is the time-honoured approach taken for many illnesses as evidenced, for example, by the use of mammography for breast cancer detection and colonoscopy for colon cancer detection. Regrettably, the concept of prevention has been ignored far too long for Alzheimer's disease (AD) where a combination of factors including social stigma and lack of awareness, have been obstacles to early detection and intervention.

Nonetheless, the concept of AD has been expanded in recent years to include risk states rather than focusing only on individuals who have already lost the ability to function independently. Furthermore, this concept of risk states lies at the heart of several landmark prevention and treatment studies currently underway for those at risk or in the earliest detectable stages of AD.

Many of us who have seen AD close up are eager to embrace prevention opportunities. But how does one know whether one is at risk? The answer comes in part from a better appreciation of key risk factors and how they are assessed. Some of these are easily determined while others require special tests and new technology.

Age as a risk factor

Age remains the most significant risk factor for AD. While AD can occur in individuals under age 65, the age-related risk rises steadily after that age. 10% of 65 year olds have AD, however, this number climbs to 35% - 50% for those at age 85. The fact that AD usually occurs late in life provides an important opportunity to implement a brain healthy lifestyle (including mental and physical exercise) well in advance of these risk years. In addition, those over age 65 who are cognitively well and wish to be proactive about their brain health, now have the opportunity to join a study to determine whether a medicine under

development can prevent seniors from developing AD.

Mild Cognitive Impairment as a risk factor

Individuals with Mild Cognitive Impairment (MCI) are often younger than 65 and have experienced a decline in memory to a greater degree than expected for their age but not so great as to impact daily activities. While these individuals function well, MCI is not a benign state. Individuals with MCI progress to AD at a rate of about 15% per year. Within 4 years, more than half will develop AD.

Most of us notice changes in our short-term memory as we age, however, it generally takes a careful assessment in a memory clinic to determine whether the change is greater than expected for age. For those diagnosed with MCI, preventing progression to AD is an important goal. Fortunately, there are a number of medicines under development which may reduce the risk of progression from MCI to AD.

Family history as a risk factor

The genes that we inherit from our parents can be thought of as comprising two separate categories where AD risk is concerned. Firstly, there are abnormal genes or gene mutations that directly cause AD; secondly, there are gene variations that influence our chance of developing AD without being enough in themselves to cause AD. An example of the former is a presenilin mutation. An example of the latter is APO E4. Gene mutations and risk conferring genes can be determined through blood tests. However, these must be ordered by a physician familiar with the implications of genetic testing and who provides adequate information for a patient to decide whether to go ahead with the test.

Gene mutations directly causing AD are rare and account for a small proportion of all individuals with AD. Nonetheless, these mutations lead to a devastating situation in which multiple members of a family are affected and each of the offspring of an affected parent has a 50% chance of inheriting the AD causing gene. Symptoms tend to arise at a younger age, sometimes as early as 35. Until recently, individuals with such family histories were excluded from AD treatment studies. Fortunately, there are now several important prevention studies available for those with a family history of an AD gene mutation.

(continued on page 6)

My Journey from Sharer to Carer

(from page 3)

This was a great help on our visits to the shopping mall and to get some exercise she would time-share the task of pushing the chair with riding in it. This wheelchair became our constant companion whenever we had to cover any amount of walking distance. As a result of this change in Helen's mode of transportation, we had to have ramp access to our house installed.

Since 2012, I have been extremely fortunate in assembling a wonderful home support team for Helen including my immediate family members who are always available. Helen was approved to attend the Alzheimer Society of York Region D.A.Y. program for several hours, four days a week. We both benefit so greatly from this support; Helen from the care she receives from the amazing team there, headed by Darlene Matte, and me from the much appreciated flexibility in my schedule. I know that I am well supported to continue looking after Helen at home.

For the last three years, I have been serving in the palliative care stage with Helen. In spite of her limitations, Helen is a great joy to be with. Although she does not speak, we still communicate through her facial expressions and from these, especially her wonderful smile I know that she is still sharing life with me. I know that my love for Helen is greater than ever, enhanced by the fact that she now needs love more than ever.

How has this new lifestyle affected me? In many ways! I miss most of all the lively conversations that I "shared" for so many

years with Helen as my enthusiastic and creative team mate. These in depth discussions were generally focused on our forward looking plans for exciting initiatives, adventures and travels, even during our Alzheimer years. I am now developing a new set of priorities and activities separate from those in my role as a "carer" and to do this on my own is rather challenging after 64 years as part of an inseparable team with Helen. With so many great memories to draw upon, I find it important now to avoid dwelling on the past. I have to focus on developing new plans with new goals for the future. A high priority for me is continuing our mission to "pay it forward" by lending my support to the organizations and the group of dedicated and caring people who have provided so much to us both.

"I began attending the monthly caregiver meetings run at the Alzheimer D.A.Y. centre by Andrea Ubell. These I find to be a great resource of information and moral support and I strongly recommend them to all caregivers."

The Carswells have been regular, loyal supporters of the Alzheimer Society. Recently, after considerable consultation and in recognition of our growing needs, **Allan made an extraordinary donation of \$600,000.** He has established his gift as a dollar for dollar match, challenging others to give generously as well.

His gift is having immediate impact by enabling us to open our doors to even more families to attend the D.A.Y. Program. Allan's gift is also enabling us to be better prepared to support the growing number of people who will be diagnosed with dementia in the years to come. We are inspired by and grateful to the Carswells for their faith and commitment to AS York.

AS York receives the Accreditation Primer Award



The Alzheimer Society of York Region (AS York) has been accredited under the Primer program awarded by Accreditation Canada for an organization's commitment to Quality, Safety and Excellence. The accreditation site survey occurred between September 9 and 11, 2015.

The Alzheimer Society of York Region met all 82 criteria within eight dimensions (such as "population focus," "safety," "worklife," "client-centred services," "continuity of services" and "appropriateness") under the Primer program, representing a perfect score and a 100% achievement.

We appreciate the encouragement and advice given to us by the site surveyors. We will act on their recommendations and continue to strive for further improvement as we prepare for Qmentum, the next stage of our accreditation journey.

Risk assessment and disease prevention in Alzheimer's disease

(from page 4)

For the more common type of AD (known as sporadic AD), where gene variations confer greater or lesser risk of developing AD, family history is still important. The risk of developing AD approximately doubles if you have a close family member (parent or sibling) with AD. This should give one cause to think about early detection as well as whether participation in a prevention study might be worthwhile. Obtaining a cognitive baseline may be also hold value.

Amyloid Plaque as a risk factor

An abnormal protein called beta-amyloid builds up in the brain in AD. Of great interest is the fact that this protein starts building up 10 years or more before an individual develops symptoms. Until recently, there was no available means of detecting amyloid plaque in the living brain. That changed dramatically with the advent of PET amyloid scans which actually take pictures of the abnormal protein. These scans are now approved for use by neurologists in the United States and in Europe. In Canada, this is available to research participants only. However, many of the AD prevention and treatment studies offer amyloid scanning as one their entry procedures.

In summary, individuals with one or more of the following have some degree of risk for AD and should consider assessment, prevention or treatment opportunities:

- Age greater than 65
- Mild cognitive impairment
- Family history of AD (one or multiple family members)
- Amyloid plaque on PET brain scan

To find out more about your risk for AD and about prevention studies, contact: Toronto Memory Program at 416-386-9606 or email research@torontomemoryprogram.ca.



Golf 2 Remember raises \$10,000 for Alzheimer's



A big round of applause to the *Golf 2 Remember* Committee who raised \$10,000 this year to be shared equally between the Alzheimer Society of Toronto and the Alzheimer Society of York Region. It was held at the beautiful Silver Lakes Golf and Country Club in East Gwillimbury. Special thanks to committee organizers Betsy Sumner, Tara Morse and Jane Simard for all their hard work. To date, this annual tournament has raised a total of \$32,000 for the Alzheimer Society. Mark your calendar for next year's tournament on August 17, 2016.

First Link® memory café

The First Link memory café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment. It is a time and place where people can interact, laugh, cry, find support, share concerns and celebrate without feeling embarrassed or misunderstood. Our First Link Memory Café at Mosaic Home Health encourages friendship and acceptance. There is no charge to attend this event.

The next series of dates are:

November 24, December 22, 2015, January 26, February 23, March 29, April 26, May 31, 2016

Time: 1:00 p.m. – 2:30 p.m.

Location: Mosaic Home Care Services & Community Resource Centre
The Shops on Steeles and 404 (Shopping Mall)
2900 Steeles Ave. East, Suite 218
Thornhill, ON L3T 4X1



There will be no session during the summer months.

To register, please call 905-597-7000, ext. 223 to reserve your spot.

Early onset dementia support groups

Do you have a loved one who is younger than 65 and has been diagnosed with early onset dementia? Come attend these free support groups designed to help caregivers better understand the disease.

2nd Tuesday of each month

(Group runs monthly)

1:00 – 2:30 p.m.

CHATS Day program

10132 Yonge St.

Richmond Hill

For more information, please contact Hemal Joshi at 647-808-7296 or hjoshi@alzheimer-york.com.

Next Steps education series

Are you interested in learning more about the impact of dementia? Next Steps, a new education program and part of First Link® offers an eight hour learning series spread over four weeks designed to create a more interactive learning experience for family members and friends caring for individuals with Alzheimer's disease or other dementias. Topics covered during this education series will include: an overview of dementia, memory loss, changes to the brain and resulting behaviours, coping strategies, treatments, research, future planning (legal and financial), and community resources and support systems. Those attending these sessions will have an opportunity to share their experiences of caring for a loved one with dementia with others in the group. All information shared during these sessions are confidential. There are no fees to participate in these series.

Session 1: What is Dementia?

Session 2: Adapting to Brain Changes

Session 3: Planning Ahead

Session 4: Building a Circle of Support

Session 1-4 November 10, 17, 24 and December 1 at our Thornhill location at 2-10 Harlech Court from 6:30 p.m. to 8:30 p.m.

If you are interested in more information, please contact Stacey Mendonca, Public Education Coordinator at 905-726-3477, ext. 234 or email at smendonca@alzheimer-york.com.

Family support groups

Family support groups provide you information on caring for people with Alzheimer's disease and other dementias. Contact 905-726-3477 (Aurora) or 905-731-6611 (Thornhill) or toll free at 1-888-414-5550. The support groups are free and all information shared during these sessions is confidential.

<p>Aurora 1st Thursday of each month January to December 7:00 – 8:30 p.m. The D.A.Y. Centre 2-240 Edward St.</p>	<p>Thornhill 3rd Wednesday of each month January to December 7:00 – 8:30 p.m. The D.A.Y. Centre 10 Harlech Court, Unit 2</p>
<p>Markham 1st Wednesday of each month September to June 1:30 p.m. – 3:00 p.m. Markham Public Library 6031 Highway 7</p>	<p>Stouffville 4th Tuesday of each month September to June 7:00 – 8:30 p.m. Parkview Home 123 Weldon Road</p>

The following groups are offered in partnership with the Municipality of York Health Services Long Term Care & Seniors Branch.

<p>Keswick 3rd Wednesday of each month January to December 1:00 – 2:30 p.m. Alzheimer Society of York Region 184 Simcoe Ave, Unit 4 905-476-5521</p>	<p>Maple 2nd Tuesday of each month January to December 7:00 – 8:30 p.m. Maple Health Centre Alzheimer Resource Room 10424 Keele St. 905-303-0133</p>
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Frontotemporal dementia (FTD) support groups

Do you want to have a family member diagnosed with frontotemporal dementia? Come attend our family support groups to learn more about this disease. There is no cost to attend.

4th Tuesday of each month
(Group runs monthly)
10:30 a.m. to noon
Alzheimer Society of York Region
2-240 Edward St.
Aurora, ON

For more information, please contact Hemal Joshi at 647-808-7296 or hjoshi@alzheimer-york.com.

Walk for Alzheimer's raises \$60,000!

Over 250 supporters across York Region made memories matter at the annual Walk for Alzheimer's on June 6th at The Briars Resort and Spa in Jackson's Point and June 13th at Richmond Green Sports Centre and Park in Richmond Hill respectively. With over \$60,000 raised, it was a huge success!

Our top fundraiser at The Briars was Alison Jackson, team captain of Queensville Antiques who raised over \$2,634. Alison decided to put together the team as a way to give back and honour the memory of her grandparents. "I have been so fortunate this past year to grow my business and to celebrate my success that I wanted to use this platform to raise awareness and funds towards a disease that is so completely devastating to all those it affects, and touches the lives of so many of us – Alzheimer's disease. Both of my truly wonderful grandparents on my father's side suffered from this horrible disease. My dearest grandfather Mel, passed away 13 years ago and my very sweet and loving grandmother Edith, passed away this past April."



Alison Jackson, top fundraiser at The Briars with \$2,634



Team Ralfi, top fundraiser at Richmond Green with \$2,575

Thank you to all our sponsors, walk planning committee, volunteers and participants for making this the most successful year in walk history! With the generous contribution from Dr. Allan Carswell and the Carswell Family Foundation, the funds raised will be matched. These funds raised will be used to provide necessary programs, services and education to improve the quality of life for those living with Alzheimer's disease and other dementias.

We are busy planning our next walk and we forward to seeing everyone back next June. Please stay tuned and visit our website www.alzheimer-york.com for our 2016 Walk for Alzheimer's dates and details, including how you can volunteer.

Thank you to all our Sponsors!

Walk Champions:	Chartwell Retirement Residences, Morneau Shepell, Delmanor Elgin Mills
Supporting Sponsor:	SKDS Research Inc.
Media Sponsor:	105.9 The Region
T-shirt Sponsor:	Extendicare
Memory Garden Sponsors:	Masters Insurance Financial, Richmond Hill Retirement Residence
Kilometre Sponsors:	The Cantor Team, Revera Retirement Living
Venue Sponsor:	First Aid Sponsor, Nurse Next Door Home Care Services, The Briars
Walk Sponsors:	Bill Giannos Photography, Heart of the Bear, Innovative Spine and Wellness, LOL Photo Booth and Starbucks

Host a Coffee Break® in your community

There is nothing like a community bake sale to rally your neighbours around a cause! Whether you bring it to your place of worship, music recital, library or elsewhere, hosting a coffee break for AS York will help us in our community. Special thanks to Bulk Barn and Freshco for their continued support. For more information, contact Emily Delaney, Events Coordinator at 905-726-3477, ext 244 or online at: <http://www.alzheimer.ca/en/york/Get-involved/Be-a-fundraiser/Coffee%20Break>

Physical activity and Alzheimer's disease



Why be active?

There are lots of benefits for physical activity. Regular physical activity is associated with a reduced risk of developing Alzheimer's disease, maintains independence and improves the quality of life with the disease. With regular physical activity, it improves your lungs, heart and bone health. Physical activity is also fun and gives you more energy.

Getting Started

If you are already active, the goal is to continue. However, you should discuss your plans to become more active with a health professional if:

- You have a medical condition such as heart disease or diabetes
- You tend to lose your balance when being active
- You have a bone or joint problem (e.g. a problem with your back or hips)

It is not too late to start. Begin with what is comfortable to you. Then add a few minutes or additional activities when you feel ready.

What kinds of physical activity should I do?

Move more every day. For example:

- Get up and move about every 2 hours. Try deep breathing and lifting your arms over your head.
- Use the stairs
- Enjoy active hobbies (e.g. bird watching, attend a social group)
- Move to music
- Engage in light housework (e.g. doing dishes or laundry)
- Play with your grandchildren

Enjoy aerobic activity.

Aim for 150 minutes (2.5 hours) per week in bouts of 10 minutes or more of moderate activities which make you breathe harder and sweat a little. Aerobic activities are continuous, whole body activities such as:

- brisk walking, pole walking
- snowshoeing
- hiking
- cycling on a stationary bike
- swimming
- cross-country skiing
- skating

For more information about staying active, please visit our website at:

<http://www.alzheimer.ca/en/york/Living-with-dementia/Day-to-day-living/Staying-active>

Leaving a legacy of thanks

It's a great season for being thankful. Thankful for the work you've done throughout the years, the family you've raised, the life you've built and your contributions to your community. But have you thought about the legacy that you will leave behind, when all is said and done? Just as you've supported the Alzheimer Society of York Region up to now, you can continue to support our work in the future - through a bequest from your estate.

Leaving a bequest is a simple, yet thoughtful way to demonstrate your compassion for those affected by these terrible diseases - and to express your gratitude to AS York.

You can simply instruct your lawyer to include a bequest to the Alzheimer Society of York Region when you make or update your will. We can even provide you with sample language. Bequests are flexible, there are no out-of-pocket expenses, and a charitable will bequest helps reduce your future estate taxes.*

Your decision will help us offer our important, and highly respected programs for people with dementia and their caregivers. As well, your bequest is a lasting memorial for you, your family or anyone you may wish to honor. By this simple but important gesture, you will sustain your commitment to helping us be there for families just like yours. Families who will be thankful that the Alzheimer's Society of York is there to walk beside them in their journey through dementia - because of you.

Simply contact us at 905-726-3477 or visit us online www.alzheimer-york.com for more information.

We'll be proud to include your name in our 'Circle of Hope' which honours others like you who've advised us of their intended bequest.

*AS York recommends that you seek professional advice to ensure your financial goals are considered, your tax situation reviewed and your planned gift is tailored to your circumstances.

In Appreciation

The Alzheimer Society of York Region is deeply grateful to the following families, corporations, foundations and community groups who showed their commitment to our work through their generous financial support. This represents donors who contributed \$500 or more to us from April 1 to September 30, 2015.

FOUNDERS \$500,000+

The Carswell Family Foundation

PARTNERS \$5,000+

Glinski-Oomen, Margaret
Spring, James

FRIENDS \$2,500+

Colliers Macaulay Nicolls Inc.
Donors via United Way Designations

ASSOCIATES \$1,000+

Cartwright, Ian
Constantia Retirement Residence
Filyer, Wendy
Salman, Zahid

\$500+

Alphabroder Canada
Ariganello, Daniela
Bisanti, Melissa
Hinds, Russell and Joan
McCormick, Ann
Raw Designs Inc.
Smith, Connie
Wong, Vivian
United Way Toronto & York Region

IN MEMORY DONATIONS

Brenda Sydal Welch Robson
by: Correia, Susan
Garron, Myron and Berna

THIRD PARTY EVENTS

Aurora Retirement Centre
St. Elizabeth Catholic High School

CIRCLE OF HOPE

Estate of Bill Bryson

WALK FUNDRAISERS \$500+

Beer, Mary Anna
Cawkell, Sam
Curran, Gary
Faassen, David
Gizzie, Maria
Hubbert, Caitlyn
Hubbert, Joan
Jackson, Alison
Lamond, Bronwyn
McAdam, Judy
Mercurio, Leilani
Spitz, Gilda
Ubell, Andrea
Warszawski, Matthew

About us

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Aurora, ON
L4G 3S9

Phone: 905-726-3477
Fax: 905-726-1917
email: info@alzheimer-york.com

Charitable Registration #:
10670 5429 RR0001

The Alzheimer Society of York Region is a leader in actively supporting individuals and families coping with Alzheimer's disease and other dementias since 1985. Our history of delivering quality dementia specific day program services, an enriched social work program and education opportunities within the Region of York is well respected. We have a proven record of working collaboratively and in partnership with different agencies within the Region of York to service the needs of families and individuals living with Alzheimer's disease and other dementias.

Mission Statement

The Alzheimer Society of York Region's mission is to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

How you can help — double the impact of your gift!

By supporting the Alzheimer Society of York Region, you enable us to expand our reach and help even more people touched by dementia. With the Carswell Family Fund match, your gift will have double the impact!

- Make a Gift** (Donate by mail, phone or online)
- Leave a Legacy** (Continue your tradition of giving with a bequest in your will)
- Plan your own Event** (Organize a fundraising event to support the Society)
- Join our annual Walk for Alzheimer's**
- Give the Gift of Stock**

For more information, please call 905-726-3477

Alzheimer Society
YORK REGION

2-240 Edward St, Aurora, ON L4G 3S9

Tel: 905-726-3477 Fax: 905-726-1917 Email: info@alzheimer-york.com

●Thornhill (Markham) ●Georgina ●Whitchurch-Stouffville ●Vaughan

Funding Partners:

