

The Alzheimer Society of York Region

The Connection

A New D.A.Y. in Aurora Begins...

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We have moved our Newmarket head office and D.A.Y. program to Aurora, effective July 29. The move had been planned for more than a year, offering a multitude of benefits for our clients, families, staff and volunteers.

The new location at 240 Edward Street in Aurora is just off Yonge Street, south of Wellington Street. At the heart of York Region Transit, it will be convenient to clients, caregivers, staff, and volunteers.

At approximately 8,000 square feet of program and office space, the Aurora facility is 2 ½ times the space of our old location. Our new space enables us to upgrade, expand and diversify our programming, providing a superior environment for both client care and staff efficiency. It is an inviting facility able to provide comprehensive, innovative programs and person-centred care. The myriad of client benefits include:

- ◆ More space per participant
- ◆ Room for more participants
- ◆ More participant washrooms
- ◆ Space for walkers, aids and furnishings
- ◆ Additional program space
- ◆ A "comfy" room to mitigate stress and anxious behaviours
- ◆ A new Sensory Garden (planned)
- ◆ A more central and transit friendly York Region location
- ◆ Space for a Dementia Care Resource Library

Our neighbours in the building include CHATS (Community & Home Assistance to Seniors) and YSSN (York Support Services Network), both of which are compatible and like-minded community service *(continued on page 7)*

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A Year of Great Change



2014 is a transformative year for the Alzheimer Society of York Region (AS York). We implemented a new strategic plan that incorporates three key elements: reposition AS York from being a provider of quality services to a formally accredited and essential system resource to address dementia in the York Region, a new direction in philanthropy to educate and build our capacity for services at the community level right across the York Region and a move of our head office and main service hub from Newmarket to Aurora to better serve our clients, caregivers and partner agencies.

We are excited to embark on this year as we roll out the new initiatives that will take AS York to a superior level in services, research and guidance for those who live with Alzheimer's disease and other dementias in York Region. None of it would have been possible without the efforts, creativity and contributions of our staff, partners, clients, volunteers and donors. You have our heartfelt thanks as we look optimistically to the future.



Loren Freid
CEO

Kick off to Coffee Break®



With the summer months behind us, and cooler weather here, why not host a Coffee Break at your home or office? September marks the official kick off to Coffee Break®.

Coffee Break® is a nationwide annual fundraising event that raises money to support the work of Alzheimer Societies across Canada. Our goal is to raise \$30,000 to fund local programs and services for people with Alzheimer's disease and other dementias, their caregivers and their families.

"For many Canadians living with this devastating disease, the Alzheimer Society of York Region is their lifeline," says CEO Loren Freid. "We provide practical support, training and information in communities across Canada, while our programs make a tremendous difference in the lives of individuals and families living with dementia. We're encouraging Canadians to get involved and spread the word so we can help even more people with this disease."

No time to host a traditional Coffee Break? You can still help raise funds! Create an online Coffee Break personal fundraising page and while co-workers, friends, and family are enjoying a cup of coffee, they can support Alzheimer Society and make an online donation through your Coffee Break page. To find out more information, please visit our website at <http://www.alzheimer.ca/en/york/Get-involved/Be-a-fundraiser/Coffee%20Break> or contact Jacqui Locke, Development Coordinator at 905-726-3477, ext. 29.

The Quality Journey – The Path to Accreditation

Today, health care providers are facing an era of increased accountability due to mounting fiscal constraints and other pressures. This new accountability requires organizations to demonstrate the ability to manage quality, risk, safety, resource allocation/ utilization, and ethics in an *integrated and coordinated* way at the lowest possible cost. The accreditation process is an opportunity to continue and improve the integrated quality management journey.

Accreditation is an internationally recognized evaluation process used to assess and improve the quality, efficiency, and effectiveness of health care and community service organizations. Simply put, accreditation is based on the idea that meeting evidence-based standards will produce higher quality health care and social services in a safe environment. It is also a way to publically recognize that a community service organization has met national quality standards and make funders feel better about supporting programs and services.

This is an exciting time for our organization with plenty of change underway. We are committed to drive change and embed quality, client safety, and risk management into all of their programming and services. We recognize that accreditation is an ongoing organizational journey that will strengthen quality improvement efforts already underway. We are ready to meet the challenges that exist today and in the future, as well as throughout the accreditation process.

Development of a National Dementia Plan

EXCITING NEWS FROM THE FEDERAL GOVERNMENT...

The early stages of a National Dementia Plan was announced by Health Minister Rona Ambrose in early October. Health Minister Ambrose is committed to working with the provinces and territorial counterparts to build a framework for a national dementia plan. The goal is to have an integrated, collaborative and comprehensive plan to fight Alzheimer's disease and other dementias.

"At the end of the day, what we know is awareness is crucial, research is essential and both of those are happening...but also, care, the best care possible. And we know good research and good best practices then inform the best possible care. So that's where we'll start." said Health Minister Ambrose.

Mimi Lowi-Young, CEO of the Alzheimer Society of Canada called the announcement "excellent news."

Approximately, 750,000 Canadians suffer from dementia. By 2031, the number is expected to nearly double by 1.4 million. Dementia-related diseases cost the economy an estimated \$33 billion a year, a figure that is expected to soar to \$293 billion a year by 2040.

We look forward to see how this National Dementia Plan develops. Currently, Health Minister Ambrose announced \$31.5 million in funding for Alzheimer's research.

Dispelling the Myths of Alzheimer's disease

Over the years, many myths have evolved about what Alzheimer's disease is, who gets it and how it affects people who have it. These myths can add to the stigma attached to the disease and stand in the way of our ability to understand and help people with it. At the Alzheimer Society, we believe the sooner we dispel the myths, the better we'll be able to respond to the reality. Alzheimer's disease is a progressive, degenerative disease of the brain. It often occurs in people over 65, but can affect adults at an earlier age.

Myth 1 — Because someone in my family has Alzheimer's disease, I'm going to get it.

Reality: Although genetics play a role in the disease, fewer than 7% of cases are associated with genes that cause the early onset inherited familial form of the disease (FAD). The majority of the cases are of the late onset "sporadic Alzheimer's disease" form, in which genes do play a role. A person who has a parent or sibling who has had sporadic Alzheimer's disease has a very slightly increased risk of getting the disease.

Myth 2 — Alzheimer's disease is a disease that only affects older people.

Reality: While age is the most significant known risk factor for Alzheimer's disease, most people in fact do not develop the disease as they age. However, even with the sporadic form of the disease, people have on occasion been diagnosed with it in their 40s and 50s. What's most important to understand is that Alzheimer's disease is not a normal part of aging.

Myth 3 — There is a cure for Alzheimer's disease.

Reality: At present there is no cure for Alzheimer's disease, but there are medications and other approaches that, in the first few years, can often successfully help with some of the symptoms and improve quality of life. The good news is that researchers have made great strides and there are a number of drugs in clinical trials that act directly against the disease process.

Myth 4 — Memory loss means Alzheimer's disease.

Reality: Many people have trouble with their memory as they get older, but that in itself does not mean they have Alzheimer's disease. When memory loss affects day-to-day function, and especially when this is coupled with lack of judgment and reasoning, or changes in communication abilities, it's best to visit a doctor to determine the cause of the symptoms.

Myth 5 — Vitamins, supplements and memory boosters can prevent Alzheimer's disease.

Reality: Many studies have been done to test the effectiveness of products such as vitamins E, B and C, ginkgo biloba, folate and selenium in preventing Alzheimer's disease. The findings are mixed and inconclusive. However, research in this area is ongoing.

Myth 6 — If I'm diagnosed with Alzheimer's disease, my life is over.

Reality: Many people with the disease live meaningful active lives for quite a number of years. They have a sense of purpose and do not feel their lives are over. Research indicates that making healthy lifestyle choices can help to slow the progression of the disease. Earlier diagnosis and medications are helping. It is also important to have access to services and activities for people with the disease to optimize their quality of life.

Putting an end to the myths

At the Alzheimer Society of York Region, we would like to put an end to the myths surrounding Alzheimer's disease.

Get the Facts:

- Learn about the disease;
- Seek help;
- Treat people with the disease with respect.

To find out more information, please contact us at 905-726-3477 or visit our website at www.alzheimer-york.com.

A Love Story and the Man Who Gave Back



Phil Kommit

When Phil Kommit tells people the story of how he met his wife Belle, it sounds like a plot from a romantic love story. He was a nineteen year old U.S. Marine, stationed overseas in the South Pacific during WWII and a mutual friend told him about a Canadian girl and they became pen pals. They wrote to each other for four years and finally met in New York when he was discharged. Six weeks later they were married and living in Toronto to be close to her parents. This marriage lasted 66 years and produced 2 children, 5 granddaughters and 4 great grandchildren. Their relationship was a true love story; he adored her and she him.

Unfortunately, Belle was diagnosed with Alzheimer's disease. As the disease progressed and rendered Belle unable to care for herself; this gruff Marine learned to put on Belle's makeup so she could retain her dignity. After 12 grueling years the disease took away her memories and finally, her life.

Phil was always handy with his hands, making doll houses for his granddaughters and stained glass pieces for his home. So it seemed natural that after he moved into a retirement home he continued his woodworking even at the age of 92, going to Earl Bales Woodworking Shop every other day. He decided to make personalized wooden names and sell them at the retirement home to the residents for their grandchildren. The response was overwhelming and he donated all the proceeds, a total of \$200 to the Alzheimer Society of York Region, in a memorial fund in Belle's name that his family started. This project gave him the opportunity to combine his love of woodworking and a way to pay tribute to his beloved wife.

Alzheimer's disease took Belle's life but the love story between her and Phil continues on in him and their family.

(This story was submitted by Gale Garber, daughter of Phil and the late Belle Kommit)

Girl donates birthday money to AS York



(L-R) Program Worker Jaime Cruz, mother Vanessa Lithgow, daughter Jennifer Lithgow and Social Service Student Chantelle

Jennifer Lithgow celebrated her 12th birthday with her grandmother Ann Norwood in her heart. She presented the Alzheimer Society of York Region with a cheque for \$100 in honour and memory of her grandma. This is not the first time Jennifer has paid it forward with her birthday gifts.

Over the years other charities have benefited from her generosity and kindness. There is no doubt that her mom Vanessa, a science teacher encourages and teaches the meaning of philanthropy.

\$5,000 donation from Mayor Dawe of Aurora

Mayor Geoffrey Dawe of Aurora came by the office this past spring to present AS York with a cheque for \$5,000. The money came from the Mayor's Annual Golf Tournament. This generous donation will be used to help four families from Aurora attend the Day Centre for Alzheimer's in York Region (D.A.Y. Program) three days a week for an entire year.



Mayor Geoffrey Dawe with Loren Freid, CEO

Marjorie Logan's Legacy of Love

Since 2010, Marjorie Logan, through her daughters – Carol, Donna and Debbie, have demonstrated heartfelt generosity and compassion by donating a total of \$85,000 worth of stock to the Alzheimer Society. We are deeply grateful to Debbie, who is obviously following in her mother Marjorie Logan's footsteps. This is their story.

As a family living with Alzheimer's disease for more than thirteen years, we can tell you that one of the hardest and most heart-breaking things has been watching our spirited mother Marjorie change before our eyes.

An independent, devoted wife and mother who worked at CIBC for more than 20 years, Mom was passionate about swimming, canoeing, skating and the great outdoors. She was also passionate about giving back and tirelessly volunteered for the Girl Guides, Canadian Cancer Society, Heart and Stroke Foundation and her church. Mom shouldered the responsibility of caring for her elderly relatives as well--most of whom had Alzheimer's.

We have no recollection of Mom ever being idle...until now. This is where her journey with Alzheimer's has taken her. This cruel disease has stolen a lot from Mom—and from us, her family. But we know without question that she would want to help other families like ours.

This is why we became proud supporters of the Alzheimer Society of York Region. As the number of people diagnosed with Alzheimer's escalates, we understand the urgent need to fund research for a cure. However, we also understand the equally urgent need to fund support for caregivers.

By giving back in our Mother's honour, we are keeping her legacy of love and caring for others alive.



Marjorie Logan surrounded by her daughters (L-R) Carol Snider, Debbie Joan-nou and Donna Guertin

A New D.A.Y. in Aurora Begins (continued from page 1)



New D.A.Y. program interior

organizations. The proximity of our three organizations— together forming a community healthcare campus of care— offers greater convenience to our respective clients.

“Our move to Aurora is good news for the clients, staff, and volunteers of AS York,” says CEO Loren Freid. “With more space and superior amenities, our new location will better serve our participants, enable us to expand our programming, and operate more productively on the administrative side.”

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 25, 2014, January 27, February 24, March 31, April 28 and May 26, 2015

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



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

Early Onset Dementia Support Group

A support group for caregivers and family members of people who are younger than 65 and have been diagnosed with early onset dementia.

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 905-850-5680, ext. 24 or hjoshi@alzheimer-york.com.

Next Steps Education Series

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 is confidential. There are no fees for participating in these series. To register, please contact Jonathon Macri, Public Education Coordinator at 905-726-3477, ext. 35 or email at jmacri@alzheimer-york.com.

Session 1: What is Dementia?

Session 3: Planning Ahead

Parkview Village

12184 Ninth Line, Whitchurch-Stouffville

Dates: **Sept. 3, 10, 17 & 24, 2014**

Time: 1:30 – 3:30 p.m.

Session 2: Adapting to Brain Changes

Session 4: Building a Circle of Support

Alzheimer Society of York Region

2-240 Edward St., Aurora

Dates: **Oct. 1, 8, 15 & 22, 2014**

Time: 6:30 – 8:30 p.m.

Alzheimer Society of York Region

10 Harlech Court, Unit #2

Dates: **Nov. 11, 18, 25 & Dec. 2, 2014**

Time: 6:30 – 8:30 p.m.

Family Support Groups

Provide 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.

<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 September to June 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 September to June 7:00 – 8:30 p.m. Maple Health Centre Alzheimer Resource Room 10424 Keele St. 905-303-0133</p>
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Elaine Ross retires from AS York

Elaine Ross, Event Coordinator of the Alzheimer Society of York Region, has retired after seven years of dedicated service. Elaine has the special ability to connect with people and her positive attitude is contagious. Elaine’s positive attitude and energy were on display at some of AS York’s most important events including our annual golf tournament, Coffee Break, Walk for Memories and countless local fairs. Elaine has also served tirelessly in networking with other community organizations and associations on behalf of AS York. Along the way, we have come to recognize Elaine’s genuine and deep-seated concern for the well-being of others, particularly those living with Alzheimer’s disease and other dementias.

It has been a pleasure working with Elaine and she takes with her our deepest thanks for her many contributions, and all of our best wishes.

Volunteer Update

Our Volunteer Coordinator, Cathy Loitsch just completed the draft Volunteer Policy and Procedure manual. This manual outlines the official process from first contact with a potential new volunteer to their placement within AS York. The many areas that are in the manual include: the application process, interview process, orientation, training, placement and assessment. We hope to have this manual finalized by this November.

Volunteering provides many great new challenges, relationships, and rewarding experiences. Here are the top 5 reasons people volunteer:

- 5 - Volunteering strengthens your community
- 4 - You learn a lot
- 3 - You get a chance to give back
- 2 - Volunteering encourages civic responsibility
- 1 - You make a difference

If you are interested in volunteer opportunities, please contact Cathy Loitsch at cloitsch@alzheimer-york.com or 905-476-5521.

A Walk for Memories Wrap Up

i) Walk for Memories Georgina



L-R: Aileen Nixon, Councillor Ken Hackenbrook, MP Peter Van Loan, Jennifer Anderson, Mayor Robert Grossi, Chief Al Bush (ret.) and Susan Jagminas all take part in ribbon cutting ceremony to kick off the WFM Georgina.

Blue skies blanketed another successful WFM Georgina at the Briars Resort and Spa. A dedicated group of walkers culminated together to walk in support for a cure for Alzheimer's disease. With dignitaries such as Mayor Rob Grossi of Georgina, MP Peter Van Loan, Andrew Sibbald of the Briars Resort, Past Fire Chief Al Bush, Councillor Ken Hackenbrook and Jennifer Anderson of Rogers TV in attendance – each had a personal connection with this disease. We were fortunate to have great weather as participants enjoyed the scenic grounds opting for either a 3.5k or 5k walk. First time walker Gary Curran of York Region raised \$2,300 for the event and was presented with a prize generously donated by Sutton Home Hardware.

Thank you to all the wonderful and loyal participants, generous supporters, volunteers and staff who continue to make this event a success year after year. The WFM Georgina raised approximately \$9,500 for programs and services for the Georgina area.

ii) Walk for Memories Richmond Green



The ladies from Diversicare to cut the ribbon at the start of the walk

Another successful WFM event occurred as AS York kicked off the second walk of the year in June. We held the event at the very scenic and central location at Richmond Green Sports Centre & Park in Richmond Hill. With over 50 participants to walk the 5k winding grounds of Richmond Green, we raised over \$13,000. Special thanks to our wonderful sponsors: Richmond Hill Retirement Residence, Masters Insurance and our fabulous musicians, sax player, Dhruv Krishnan and duet Maya Sibbald and Stewart Locke. Many thanks to all the wonderful participants, volunteers, and staff who gave of their time to make this event another huge success. Please mark your calendar as plans are already underway to host our 2nd annual WFM Richmond Green for June 13, 2015.



Title Sponsor:



Caldwell Securities Ltd.
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Golf Challenge raises \$37,000

The Alzheimer Society of York Region Golf Challenge on July 30 was a huge success thanks to the tremendous support from our participants, wonderful sponsors, dedicated volunteers and staff. In total, \$37,000 net proceeds were raised to enhance programs and services in the community.

Special thanks to our title sponsor, Caldwell Securities Ltd. for all their support throughout the years, Morneau Shepell for a great breakfast, Parker, Garber & Chesney LLP for a wonderful lunch, and High Five Photography for beautifully capturing the day.

We are very grateful to our Co-Chairs Gale Garber and Marla Rosen for their leadership and dedication to make this golf tournament possible.

On behalf of the Alzheimer Society of York Region, thank you to the golf committee, sponsors, prize donors, participants, volunteers and staff for truly making this event special.

2-240 Edward St.
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

By supporting the Alzheimer Society of York Region, you enable us to expand our reach and help even more people touched by dementia. Here's how:

- Make a Gift** (Donate by mail, phone or online)
- Volunteer** (Volunteer to help us with events and much more)
- 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** (June 13, 2015)
- Give the Gift of Stocks**

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 ●Richmond Hill ●Vaughan

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