

Thanks for the memories



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More than \$24,500 was raised at Walks for Memories in Georgina and King City in May to support programs and services offered by the the Alzheimer Society of York Region. The Society benefitted from the participation of many families, donors and sponsors like Cobbs Fresh Bread, McDonald's, Metro, Michael-Angelo's, Starbucks, Home Watch Caregivers and Karen Johnston who provided refreshments. The service Nurse Next Door provided first aid. Ten Yoga and Deanna Palontonio warmed up the walkers. Music was supplied by Jayme Lynn Reed and Katie Fuentes in Georgina and Steve Porter from Southpaw Music in King City. The children enjoyed face painting, tattoos and a special visit from the York Regional Police, York Region Fire and Rescue Services. Bloomington Cove also hosted a combined walk and run in August at their Stouffville long-term care home.

Being part of the solution

By Sharon Cohen, MD, FRCPC

Alzheimer's disease is one of the most feared diseases of aging. Those of us who have witnessed the demise of a relative or friend with Alzheimer's disease will attest to the relentless erosion of personal autonomy that is the trademark of this disease. Equally familiar is the all-too-poignant

sense of helplessness of loved ones unable to alter the disease's downward trajectory.

On the surface it might appear that there is little to offer in terms of treatment for this difficult disease. We have no known cure and no proven prevention. Our current medications address symptoms only.

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You're invited! **Awareness Breakfast**

Sunday, September 22, 2013

8:45 a.m. - 11:00 a.m.

Keynote speaker:

Debbie Gilbert

Certified Professional Consultant on Aging

Topic:

My Mother's Filing Cabinet



My Mother's Filing Cabinet spans a daughter's 10-year care journey with her mother and the profound impact of Alzheimer's Disease on multiple generations. Through personal and professional stories, Debbie weaves medical, legal, financial and spiritual aspects of care to inspire and support those on their own journeys. Giving voice to her mother who became an unintentional master teacher, Debbie shares her own learning as a result of their intricate dance of body, mind and heart.

Featuring:

Marla Rosen, CPCA, Consultant



Topic:

In my role as a financial planner, what can I do for you?



Four Elms Retirement Residence
1500 Steeles Ave. West
Thornhill

Tickets \$20
Reserve at 905-895-1337 or www.alzheimer-york.com
Proceeds to support the Alzheimer Society of York Region.

Proud supporter

Bloomington Cove Walk/Run for Memories



www.stouffvilletoyota.ca

Being part of the solution

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They do not address the underlying process which causes brain cells to die.

Nonetheless, important advances have improved our understanding of Alzheimer's disease and are allowing for earlier and more accurate diagnosis. Two important brain proteins associated with brain injury in Alzheimer's disease (beta-amyloid and tau) can now be detected in the spinal fluid or on special brain scans. In fact, these proteins can be identified many years before symptoms arise, thus providing us with an important window for treatment prior to any disability.

A large number of compounds at various stages of development are being assessed for their potential to reduce injurious effects of amyloid and tau. Still other compounds, with completely different actions on the brain, are also being studied for their potential for treatment benefit. Importantly, each study program builds on results of previous ones and hence, all drugs, whether successful or not, yield valuable lessons which steer us on the course towards treatment breakthroughs.

Without clinical trials there will be no new drugs for Alzheimer's disease. These trials require a partnership between researchers and those affected by, or at risk for, the disease. Thousands of individuals worldwide have stepped forward to participate in such studies in the hope of helping themselves and others.

Sadly, Canadians are largely unaware of their ability to access cutting edge investigational treatments for Alzheimer's disease. Those who have found their way to Toronto Memory Program's clinical trial centre attest to the very positive experience that comes from participation in such research. Not only are patients and their families afforded access to promising drugs; they are also given regular access to a specialized team of medical professionals who have extensive knowledge about their condition and a keen interest in their well-being. Every patient and family affected by, or at risk for, Alzheimer's disease should be encouraged to join a treatment study that allows them to stand up for their health and fight back against their disease. In this way, we can all be part of the solution.

To find out whether there is a treatment study suitable for you, contact Toronto Memory Program at 416-386-9761 or email us at research@memorydisorders.ca.

Dr. Sharon Cohen is the Medical Director of Toronto Memory Program, Canada's largest clinical trial centre for Alzheimer's disease.



Dr. Sharon Cohen

Extendicare programs stimulate memories

In 2012, Extendicare (Canada) Inc. entered into a five-year partnership to support the Alzheimer Society of Canada. Through this partnership it supports and raises awareness for the Society's Culture Change Initiative. The overarching goal of this initiative is to improve the quality of care and the quality of life for Canadians living with Alzheimer's disease and other dementias in long-term care homes and their families. This goal aligns with Extendicare's commitment to provide residents with the highest quality of care, quality of life and level of safety. Extendicare looks forward to the coming years of partnership with the Alzheimer Society, already sees the inspiring effect the Society's work has on Alzheimer care in our homes across Canada.

Many Extendicare homes have undertaken new programs related to improving Alzheimer care for our residents. One such home is Maitland Manor, which recently completed a 12-week "iPod for Memories" program with the Alzheimer Society of Huron County. This program uses iPod technology to provide residents with a personalized music playlist, which the resident then listens to through headphones. These personalized playlists are meant to stimulate the memories of the resident and encourage them to engage.



Maitland Manor had three residents participate in the program, all of whom had a positive response to the program, but each in their own way. One resident was able to recall memories and reminisce with those around her, another responded with pure joy and was able to relax, the music helped the third resident by decreasing responsive behaviours. Amanda Beddow, program manager and the program lead, says "the key to success is personalizing the playlist and making sure the resident connects with the music!"

Extendicare Bayview has instituted a Brain Training program in their activity calendar which benefits all residents in the home. The program has been in place since August 2012 with hour long, group sessions held twice a month, by an external facilitator. During the sessions a variety of exercises are conducted that stimulate all parts of the brain, including: calculations, "spot the differences", and problem solving incidents, while integrating humour, philosophy and current events. Residents participating in the group cover a range of cognitive abilities; the dynamic of the group is one of: support, competitiveness, cooperation and camaraderie. According to Program Manager Pat Butcher, "residents look forward to the sessions and always speak fondly of the instructor and the group. It is a welcome and productive addition to the home's activity calendar."

With so many of the residents in Extendicare homes living with Alzheimer's disease and other dementias, supporting the Alzheimer Society and its initiatives is incredibly important. The work undertaken by the Alzheimer Society serves as a constant inspiration to Extendicare homes undertake when it comes to Alzheimer care.

Caregiver gives York Region staff Triple Platinum Award

I was confused, fearful, denying, not knowledgeable and in need of information. The doctor had just told my husband and me that my husband had early-stage Alzheimer's disease. When we left her office, I picked up some brochures from a display case which had the phone number of the Alzheimer Society of York Region. I called and told the person, sobbing quietly, that I did not know what to do since my husband was diagnosed. She calmly answered: "That is why we are here. We can help you." At that moment, I felt the suitcase on my back slip off and I started to breathe again. She explained: "We have social workers to help you. Shall I have someone call you in the next 24 hours?" My breathing began to regulate and I said, "Yes please." The social worker did call and we scheduled an appointment for the following week. The social worker assured me that there was help for both of us, and she continues to support me today. I cannot begin to thank the wonderful staff of the AS York Region. They are a gift that is beyond any amount imaginable. Their help includes D.A.Y. programs, education, emotional support, invaluable how to's, kindness and so much more. If there were medals awarded, they would receive **triple platinum.**

Sheila Mogul



When words fail, music speaks.



Thanks to a generous donation of \$35,000 from the Mayor of Richmond Hill's Charity Golf Tournament in June, the music therapy program has been extended another two years at the D.A.Y. Centres in York Region.

Music therapy helps improve the social behaviours and conversation skills often lost in people with Alzheimer's disease or other dementias. The music has a soothing and calming affect on clients, altering how noise is perceived or buffering them from overwhelming or extraneous noises in the environment. For clients who are non-verbal, music therapy allows them to be more engaged and vocal, characteristics initially thought to be silenced by the affects of dementia. Program workers observe dramatic changes in clients, such as more animated facial expressions, increased eye contact and more physical movement.

For the love of flowers

As a successful owner and florist for over 30 years, Linda Donaher of Linda's Floral Designs has a passion for flowers that is in her blood. Her family has owned flower shops from St. Thomas, Ont. to its current location, in Bradford, Ont.

Linda's association with the Alzheimer Society came a number of years ago when her mother-in-law, Marlene was diagnosed with Alzheimer's. It was a difficult diagnosis for the family to accept but they were determined to care for Marlene at home. When Marlene's dementia progressed and it was no longer safe for her to be left alone, Linda reached out to her close friend and neighbour, Margaret Wietzes. Margaret suggested Linda look to the Alzheimer Society where she was a volunteer. Linda was appreciative for the support from her long-time friend and the connection to the Alzheimer Society was born.



Linda Donaher (left) and Margaret Wietzes

Marlene attended the D.A.Y. Centre in Newmarket for approximately a year. Linda was so touched by how well her mother-in-law was cared for by staff and volunteers, that she felt inspired and compelled to give back.

"I am a big believer that when someone helps you, you have to give back", Linda said. For the past five years, Linda has donated fresh flowers on a weekly basis to the D.A.Y. Centre in Newmarket. With the help of her friend Margaret, the flowers are delivered to the D.A.Y. Centre every Thursday. The buckets of fresh flowers are transformed into vibrant, beautiful and fragrant bouquets.

Linda recently dropped by the D.A.Y. Centre for a visit with staff who endearingly call her the "flower lady."



Invite your friends, family or colleagues for a cup of java at your home, office, community centre or place of worship in return for a donation to the Alzheimer Society of York Region. Contact Elaine Ross at 905-895-1337 Ext. 22 for details.

Golf tournaments raise \$80,000 for AS York

An outstanding \$80,000 was raised by two golf tournaments this year, the Building Memories Golf Classic at the Pheasant Run Golf Club, Sharon, Ont. and the Caldwell Securities Ltd/Alzheimer Society of York Region Golf Classic held at the King's Riding Golf Club, King City, Ont. Thank you to all the fabulous volunteers, golfers, sponsors, prize donors and staff for making our golf season a great success.



Building Memories Golf Classic, May 29, 2013

A golf foursome, from left: AS York board members Shawn Turner, J. David McLennan and Craig Bates, along with CEO Loren Freid, share in the fun and festivities at Pheasant Run.



Caldwell Securities Ltd/Alzheimer Society of York Region Golf Classic, July 11, 2013

Allan Garber, chair of the Golf Classic, shares a hardy and collegial laugh with Thomas S. Caldwell, chair of Caldwell Securities Ltd, the title sponsor of the event.

THANK YOU FOR YOUR SUPPORT!

Frequently individuals and corporations approach us to raise money on behalf of the Alzheimer Society of York Region. We genuinely appreciate your interest in supporting the Alzheimer Society through what we call 'third-party events.' To learn more about hosting your own third-party event, please contact Event Coordinator Elaine Ross at 905-895-1337 or eross@alzheimeryork.com.

Family Support Groups

Provide information on caring for people with Alzheimer's disease and the related dementias. Contact 905-895-1337 (Newmarket) or 905-731-6611 (Thornhill) or toll free 1-888-414-5550.

Newmarket

1st Thursday of each month
January to December
7:00 - 8:30 p.m.
The D.A.Y. Centre
800 Davis Dr., Unit 6
Newmarket

Thornhill

3rd Wednesday of each month
January to December
7:00 - 8:30 p.m.
The D.A.Y. Centre
10 Harlech Crt., Unit 2
Thornhill

Stouffville

4th Tuesday of each month
September to June
7:00 - 8:30 p.m.
Parkview Home
123 Weldon Rd., Stouffville

Woodbridge/Vaughan

4th Thursday of each month
September to June
11:00 a.m. - 12:30 p.m.
English & Italian speaking
Alzheimer Society Office
8611 Weston Rd., Unit 35B
Vaughan

Markham

1st Wednesday of each month
September to June
1:30 - 3:00 p.m.
Woodhaven Long-Term Care
4th Floor, Wellness Room
380 Church St., Markham

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

Keswick

3rd Wednesday of each month
September to June
1:00 - 2:30 p.m.
Alzheimer Society Office
184 Simcoe Ave., Unit 4
905-476-5521

Maple

2nd Tuesday of each month
September to June
7:00 - 8:30 p.m.
Maple Health Centre
Alzheimer Resource Room
10424 Keele St., Maple
905-303-0133

First Link Memory Café

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

Meeting dates: Sept. 24, Oct. 22 and Nov. 26

1:00 p.m. - 2:30 p.m.

Mosiac Home Care Services & Community Resource Centre

The Shops on Steeles and 404 (Shopping Mall)

2900 Steeles Ave. East, Suite 218, Thornhill

To register, please call 905-597-7000, ext. 223.



Contact us!

info@alzheimeryork.com

Newmarket

Head Office
D.A.Y. Centre
Caregiver Support
Resource Library
800 Davis Drive, Unit # 6
Tel: 905-895-1337

Thornhill (Markham)

D.A.Y. Centre
Caregiver Support
10 Harlech Court, Unit # 2
Tel: 905-731-6611

Georgina

Caregiver Support
184 Simcoe Ave., Keswick
Tel: 905-476-5521

Whitchurch-Stouffville

D.A.Y. Centre
Caregiver Support
12184 Ninth Line
Tel: 905-640-0237

Richmond Hill

Caregiver Support
c/o CHATS
10132 Yonge St.
Tel: 905-508-2670

Woodbridge/Vaughan

Resource Library
Caregiver Support
8611 Weston Rd, Unit 35B
Tel: 905-850-5680

Next Steps for Families and Friends

This four part series offers family members and friends caring for individuals with Alzheimer's disease (or a related dementia) the following:

Session 1: What is Dementia?

Tuesday, September 3 6:30 p.m. – 8:30 p.m.

Session 2: Adapting to Brain Changes

How to connect the symptoms of the disease to the changes in the brain and methods to improve your own brain health.

Tuesday, September 10 6:30 p.m. – 8:30 p.m.

Session 3: Planning Ahead

Advanced care options to help plan for the future.

Tuesday, September 17 6:30 p.m. – 8:30 p.m.

Session 4: Building a Circle of Support

Identify possible stressors in your life and how to manage them effectively. In addition, we will offer resources for support and services to best suit your needs.

Tuesday, September 24 6:30 p.m. – 8:30 p.m.

Alzheimer Society of York Region
10 Harlech Court, Unit #2, Thornhill

To register, please contact Jonathon Macri at 905-850-5680, ext. 240 or email at jmacri@alzheimeryork.com

Early onset dementia support group

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

4th Tuesday of each month (group meets monthly)

1:00 - 2:30 p.m.

CHATS Day Program

10132 Yonge St., Richmond Hill

For more information, please contact Hemal Joshi at 905-731-6611 Ext. 50 or email hjoshi@alzheimeryork.com