

## Artist inspired by father's illness



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After not painting for four decades, King City artist Mary Morganelli was inspired by her father, Umberto Magri's struggle with Alzheimer's disease, to create this portrait 'Forget Not.' The painting depicts her father with his eyes downcast, as he is oblivious to what's happening around him. The egg atop his head represents the fragility of the Alzheimer patient, and the question mark and broken puzzle of a house reflect his confusion about where or who he is. He can't tell time anymore and the clouds are his brain.

Photo: Nick Iwanyshyn, York Region Media Group

## “I am an Alzheimer's survivor”

“One day I would love to hear someone say ‘I am an Alzheimer's survivor.’” That's what motivates Janet Iwaszczenko year after year to host a Walk for Memories at Bloomington Cove long-term care where she works.

The proceeds from the Bloomington Cove walk, up from \$6,000 the previous two years to \$36,000 in 2012, go towards finding a cure, and supporting people living with Alzheimer's and other dementias and their caregivers.

Janet attributes the six-fold increase in revenues to Kimberly Collins who volunteered to spearhead the fall event. Kimberly partnered with the Running Room and expanded the walk to include a 5-km run around Stouffville. More than 160 runners paid \$43 each to participate in the run compared with 22 walkers. Although rain and cold weather kept most of the registrants indoors on event day, the Alzheimer Society of York Region still benefited from the proceeds.



## Two great Golf Classics for one great cause!

Register today at [www.alzheimer-york.com](http://www.alzheimer-york.com)

### ***Caldwell Securities - Alzheimer Society of York Region Golf Classic***

**Thursday, July 11, 2013**

#### **King's Riding Golf Club**

14700 Bathurst St., King City

7:30 am Registration & Breakfast

8:30 am Shotgun Start

Early-bird deadline April 30

Individuals \$250 or \$300 after May 1

Teams of four \$1,000 or \$1,200 after May 1

Includes 18 holes, electric golf cart, breakfast,  
lunch, contests, silent auction, raffle, plus more!

### ***Building Memories Golf Classic***

**Wednesday, May 29, 2013**

#### **Pheasant Run Golf Club**

18033 Warden Ave., Sharon

10:30 am Registration & Lunch

12:00 noon Shotgun Start

6:00 pm Dinner

Early-bird deadline April 30

9 holes - individuals \$135 or \$160 after May 1

18 holes - individuals \$175 or \$200 after May 1

Teams of four \$700 or \$800 after May 1

Includes electric golf cart, lunch, dinner,  
contests, silent auction, raffle, plus more!

*Register by Feb 25 for your chance to win 2 tickets  
to the Toronto Maple Leafs vs New Jersey Devils  
game on March 4.*

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# People with dementia say they're treated differently

Imagine a close friend tells you that she has dementia. Would you avoid her for fear of being embarrassed by what she might say or do?

According to a recent poll by Alzheimer's Disease International, 40 per cent of people living with dementia reported that they had been avoided or treated differently after diagnosis. One in four respondents cited stigma as a reason to conceal their diagnosis.

Despite the rising numbers of Canadians living with dementia, and its most common form, Alzheimer's disease, these conditions are still widely misunderstood. That's why the Alzheimer Society has just launched a new campaign, with the slogan: **See me, not my disease.** **Let's talk about dementia** to encourage everyone to see the person beyond the disease.

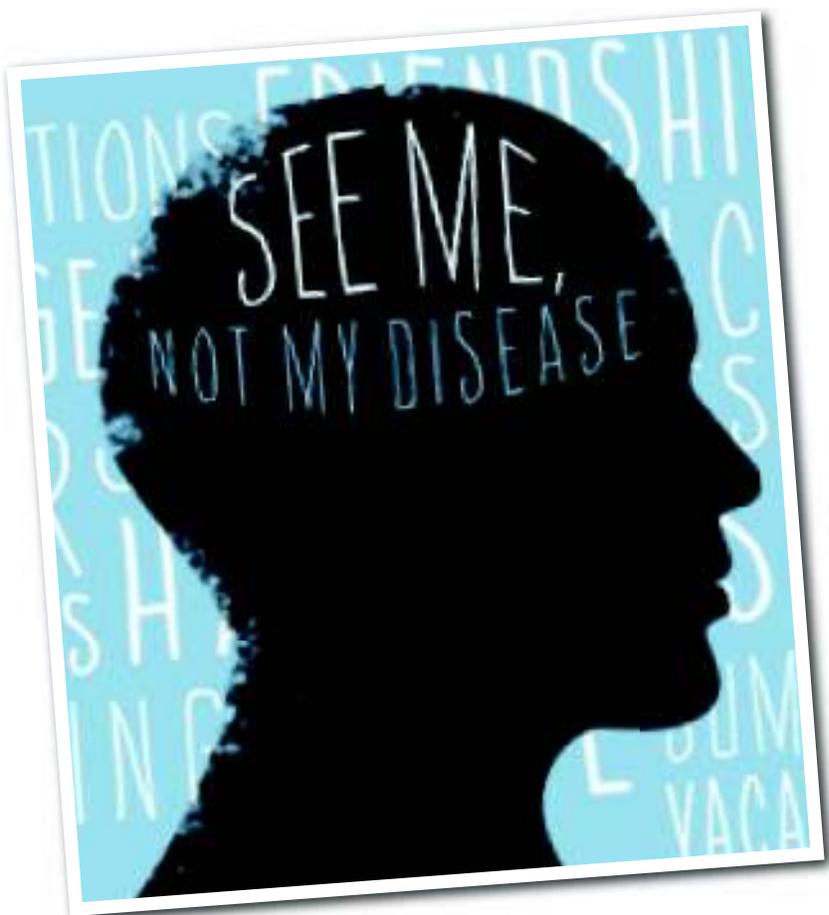
Public health experts say that it has never been more important to deal with the stigma surrounding dementia. An estimated 747,000 Canadians now live with dementia, a number expected to double to 1.4 million in the next 20 years as our population ages.

While dementia can occur in people as young as 40, the risk doubles every five years after age 65.

Alzheimer's disease is the most common form of dementia. The term dementia generally refers to a group of brain disorders that are progressive and degenerative - and eventually fatal. It interferes with a person's ability to remember, think and process information. The disease progresses differently in each person but will gradually make it increasingly difficult for a person to care for themselves and perform tasks or activities previously taken for granted.

Some forms of dementia can be treated, even reversed. These forms result from medical conditions such as an infection or the side-effects of medication.

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## Do you know the most common signs of dementia?

According to a 2011 Alzheimer Society poll, 50 per cent of Canadian baby boomers identified memory loss as the only sign of Alzheimer's disease, while a quarter couldn't name any sign. Changes in behaviour and personality can also indicate the beginnings of the disease.

Recognizing these signs are important for getting a diagnosis, support and treatment

1. Memory loss - forgetting recent events or difficulty retaining new information
2. Difficulty performing familiar tasks - preparing a meal or shopping
3. Language problems - finding the right words or using inappropriate words
4. Disorientation - getting lost on the way to work or being confused about the time of day
5. Poor or decreased judgment - neglecting personal hygiene or safety

6. Problems with abstract thinking - difficulty balancing a cheque book or not understanding what the numbers mean
7. Problems with abstract thinking - difficulty balancing a cheque book or not understanding what the numbers mean
8. Misplacing things - putting things in odd places like storing an iron in the fridge
9. Behavioural changes - sharp mood swings, from calm to tears to depression that are hard to explain
10. Personality changes - becoming unusually withdrawn, suspicious or anxious
11. Loss of initiative - withdrawing from friends and family, and losing interest in activities

If you're concerned about dementia for yourself or someone you care about, contact the Alzheimer Society of York Region for information about free counseling and the services to help you live well with dementia now and throughout its progression.

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## Dementia treated differently

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But most types, including Alzheimer's disease, are still incurable.

A diagnosis doesn't mean a person has to change their daily routine or stop working immediately. But diagnosis is essential for getting the right treatment and support which will help people live more fully longer and will allow families to plan for future needs.

The Alzheimer Society campaign stresses that only by understanding the disease and talking more openly about it, can we face our own fears. Dementia is more than the occasional 'senior moment' or misplacing keys. It's a progressive, degenerative brain disorder that affects everyone differently. But people with dementia are still people with unique abilities.

The Alzheimer Society is challenging Canadians to test their own attitudes in an online quiz. Visit [www.alzheimer.ca/letstalkaboutdementia](http://www.alzheimer.ca/letstalkaboutdementia) While there, learn more about the disease and how you can change the conversation.



Visit [www.alzheimer-york.com](http://www.alzheimer-york.com)

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# 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@alzheimer-york.com](mailto:eross@alzheimer-york.com).

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## Magna Wild West Hoedown

The Alzheimer Society of York Region was thrilled to be part of 2012's Wild West Hoedown hosted by Magna International Inc. and Neighbourhood Network. This memorable night featured performances from some of country music's top artists. The event also featured a Texas-style BBQ dinner, silent auction and the Prospector's Raffle. More than \$540,000 was raised to benefit 20 local charities, of which AS York received \$28,000.



## Dream Halloween

Guests dressed in costume for the inaugural Dream Halloween bash last October to benefit the Alzheimer Society of York Region and five other charities. Mayors from nearly every community in York Region came out en force to show their support to the event which raised \$60,000 and was split evenly among the charities. The friendly competition between eight philanthropic stars culminated at the end of the evening in Nic Ahola being crowned Dream Philanthropist of the 2012.



## Diva Day

The Alzheimer Society of York Region's first Diva Day was a huge success, raising over \$15,000 with 100 per cent of the revenue allocated to programs and services for clients, families and caregivers across York Region. Diva Day, held last fall, was a fabulous ladies' night out offering delicious food, relaxing spa treatments, tea, wine and chocolate sampling.

## Thank you Team Lavender

Southlake Academic  
Family Health Team

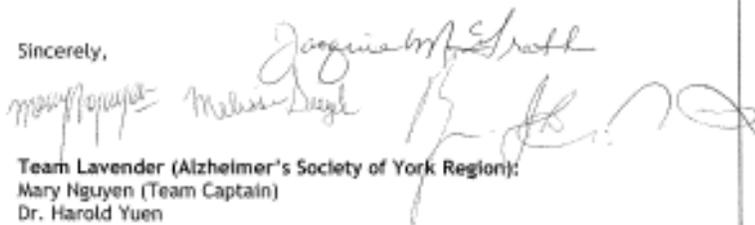
581 Davis Drive, Suite 201, Newmarket, Ontario, L3Y 2P6, 905-853-3103

Dear Alzheimer's Society of York Region,

Our Southlake Family Health Team has recently formed a Social Committee. One of our social events was to create teams and pick a charity to support. You will be happy to know our team decided to pick your charity to raise money for. Over the course of two months, teams were asked to participate for points and were asked to contribute money to certain events - all the money was accumulated into a "charity pot" - and at the end of two months, the team with the most points wins the charity pot for their charity. Our family health team was able to raise \$ 520.00 and you will be happy to know our team won!

We want to thank-you for allowing us to support your charity and we hope to continue to keep the momentum going to win the next "charity pot."

Sincerely,



**Team Lavender (Alzheimer's Society of York Region):**

Mary Nguyen (Team Captain)

Dr. Harold Yuen

Melissa Siegel

Jacquie McGrath

Dr. Joseph Lee

Dr. Nobuhiko Okubo



Lindsay Craven and Lauren Dynes of Aurora High School spearheaded a penny drive with the volleyball clubs Storm and Stingrays. Their goal was to raise \$200 in pennies and raise awareness for Alzheimer's disease and other dementias among their peers.

Storm Lightning U15 Boys team kicked off the penny drive by donating a 10-gallon water bottle full of pennies and \$28.08 already rolled in a bag. Storm Lightning's estimated 23,458 pennies helped push the total over the top. After hours of counting and rolling pennies, the volleyball players had raised \$600 for the Alzheimer Society of York Region.

Yah teams!



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.

## 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

### **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

## WIN a trip for 2 to the Praia D'El Rey Golf & Beach Resort, Portugal

Includes airfare and car rental.

Draw Wednesday February 27, 2013 at 7:00 p.m.

Mr Greek Mediterranean Bar and Grill  
17725 Yonge St., Newmarket L3Y 7C1

Get five extra chances to win this exciting prize trip by attending this event which includes:

Praia D'El Rey Golf & Beach Resort Vacation draw

Silent auction

Drink and food specials from Mr Greek

Prize Draw every 15 minutes

A \$10 donation directly to the Alzheimer Society of York Region secures your spot and five extra chances to win.

For more information please contact Dave Robinson at 905-251-4482.

2013  
**WALK  
FOR  
MEMORIES**  
Alzheimer Society



## Contact us!

info@alzheimer-york.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

### **Vaughan**

*Resource Library*

*Caregiver Support*

8611 Weston Rd, Unit 35B

Tel: 905-850-5680

The York Region **Walk for Memories** has been moved from winter to spring, and to two new locations ideal for walking outdoors. Sign up your friends and family, and help raise \$75,000 to support people living with Alzheimer's disease and other dementias.

### **Saturday, May 11, 2013**

The Briars Resort and Spa

55 Hedge Road, R.R. 1, Jackson's Point

Registration 9:15 a.m. – 10:00 a.m.

5 km walk and historic walking tour of The Briars - 10:00 am

Bring the whole family! No pets

### **Sunday May 26, 2013**

Seneca College, King Campus

Outdoor Education Centre

13990 Dufferin St., King City

Registration 9:15 am – 10:00 am

5 km walk – 10:00 a.m.

Bring the whole family. No pets.

The Walk for Memories is the largest fundraising event in Ontario dedicated to increasing awareness and raising funds for vital programs and services that support people living with Alzheimer's disease and other dementias.

Alzheimer Societies host Walk For Memories on various dates across the province. The York Region events will contribute significantly towards an overall provincial goal of \$2.5 million.

### **For more information**

Elaine Ross

eross@alzheimer-york.com

905-895-1337 Ext. 22