

## 2 + 1 = 4



### In this issue

- New support group for early onset dementia page 5
- Dementia workshops for caregivers, page 6
- Kick up your heels at Magna hoedown, page 7

Frank Kelly describes his wife Linda as the ‘life of the party’ until she was diagnosed with frontotemporal dementia at age 53.

Some things just didn’t add up for Linda Kelly. The Aurora, ON resident was having difficulty with simple arithmetic like counting pills and measuring prescriptions. Linda was taking courses to upgrade her nursing qualifications and, fortunately, was supervised by an instructor. Otherwise the outcome could have been catastrophic.

That was the first sign Linda had frontotemporal dementia, degeneration of the frontal lobe of the brain responsible for motor function, problem solving, spontaneity, memory, language, and social and sexual behavior. The frontal lobes are considered the emotional control centre and home to our personality. At age 51, Linda’s were showing the symptoms of shutting down.

It must have been apparent to her instructor and employer because Linda was hired as an in-home companion rather than a full-fledged nurse. It was certainly apparent to her husband Frank.

“These were very, very frustrating times. It was just a constant battle between us. I thought we were having marital problems. Once she was diagnosed, I became a lot more understanding,” he recalls.

It took two years for Linda to finally succumb to her husband and son’s pleas to see a doctor at Baycrest. He confirmed their suspicions and referred the couple to the Alzheimer **“I think” page 5**



## An Unforgettable Lunch *with family and friends*

Sunday, September 9, 2012 at 1 p.m.

The Maids' Cottage  
223 Main St. South, Newmarket

Enjoy homemade soup and sandwiches, tea/coffee  
and the best butter tarts in the world.

\$40 per person. Includes tax receipt.

Reserve your table today! Call Janice 905-881-4742  
or email [janice.howard@rogers.com](mailto:janice.howard@rogers.com)

*In support of Alzheimer Society of York Region.*



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

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# The power of gentle, persuasive care

The Gentle Persuasive Approach (GPA) is an innovative new education curriculum for those involved in long-term care, specifically staff caring for adults with Alzheimer's disease and other forms of dementia. Extendicare (Canada) Inc. is looking for ways to improve the quality of life for residents and staff. Many of their homes across Ontario send staff members to GPA training.

The goal of the GPA curriculum is to educate staff at all levels on how to properly understand, approach, and respond to the behaviours residents exhibit that are associated with dementia. GPA techniques teach staff how to use a person-centered, compassionate, non-violent approach. It gives them the tools and knowledge necessary to feel confident in diffusing escalating care situations and allow them to meet the diverse needs of Extendicare residents who require dementia care.

Over the course of the full day, interactive and practical curriculum staff work through four different modules which help reframe any challenging resident behaviours as self-protective, defensive or responsive. GPA training shows staff that these behaviours are the result of an individual's unmet needs and encourages staff to assess what lies behind these behaviours and to work with residents to find a solution. The specific areas covered by GPA curriculum modules are: Introduction to GPA and Person Centered Care, Brain and Behaviour, Interpersonal Environment- Communication Strategies, and Gentle Persuasive techniques. Not only are Extendicare's staff knowledgeable on how best to approach challenging behaviours, but they also understand the reasons why they occur.



GPAs will soon be implemented at one of Extendicare's partnered homes, Tendercare Living Centre located in Scarborough. After completing the program these four coaches will lead five GPA sessions, which will train all staff members in the home. GPAs will teach staff how best to approach both residents and escalating care situations. Joanne Maxwell, Tendercare's Recreational Programs & Restorative Care Manager said "We are looking forward to learning more about GPA as we feel it will improve quality of life for our residents."

Extendicare Assist, a division of Extendicare (Canada) Inc. has also made Alzheimer's care one of their priorities. Extendicare Assist has recently entered into a five-year commitment in support of The Culture Change Initiative for The Alzheimer Society of Canada. The overarching goal of The Culture Change Initiative is to improve the quality of care and the quality of life of Canadians living with Alzheimer's disease and other dementias in long-term care homes and their families. This will be done in part by building on the Alzheimer Society's evidence-based research and creating opportunities for people living and working in long-term care to share tips and strategies for implementing a person centered approach to care.

*Extendicare Canada Inc. is proud to support The Alzheimer Society of York Region and the Alzheimer Society of Canada.*

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# Calling All Divas...



*Love to be pampered with spa treatments? ...  
Want to indulge in delicious food? ...  
Need a girls night out?*

**If you answered yes, then join us for Diva Day where you will enjoy fabulous massages and reflexology treatments, hair and acupuncture consultations and sampling of delicious wines, chocolates, teas, gourmet foods and so much more!**

**This awesome girls night out will also include a silent auction, raffles, door prizes and a swag bag for all guests!**

**When:** Thursday, October 11, 2012

**Where:** Madsen's Greenhouses, 160 Bayview Parkway, Newmarket, ON

**Time:** 6:30 pm - 10:00 pm

**Tickets:** \$50. early bird price until Sept. 21st

\$60. after Sept. 21st & at the door

**Tickets can be purchased online at: [www.alzheimer-york.com](http://www.alzheimer-york.com)**

**or by calling**

**905.895.1337 x29**

**Event organized by:**

**Elite Occasions and Successfully You to raise money for**

**Alzheimer Society**  
YORK REGION

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## “I think she knows who I am.” continued from page 1

Society of York Region. Social worker Andrea Ubell was assigned to their case.

“We are seeing more people diagnosed in the early years, people who are younger than 60, although it is still rare. That’s because we’re getting better at diagnosing and discerning the different dementias,” says Andrea.

After the diagnosis, Linda continued being active in the community by attending the Adult Day Program at Community & Home Assistance to Seniors (CHATS), just a 10-minute walk from the Kelly’s home. It was somewhere safe to spend her days while Frank worked. As the dementia progressed and Linda needed more supervision, she transferred to the D.A.Y. Program of the Alzheimer Society of York Region in Newmarket.

“She really liked the socialization and the activities, so much so that she even wanted to go on Saturdays and Sundays,” says Frank about the Newmarket program. “She’d get upset when I’d tell her the Centre wasn’t open on Sunday.”

Everyday presented a new challenge for Frank, and he sought advice and reassurance

from the Caregiver Support Groups run by AS York Region.

“They make you feel like you’re not alone. Everyone around the table has a chance to talk about their issues and ask questions. The answers made me feel better equipped to deal with my situation,” Frank says.

He benefited from simple pieces of advice like “if there is an argument, stop arguing because in 10 minutes they will forget what you were even arguing about.”

Today Frank is the veteran around the table and derives pleasure helping others with their problems. “It’s a way for me to give back.”

“Frank is really good at offering his experiences in a quiet, dignified way. He is our elder statesman, and people respect and listen to him.” says Andrea.

Now 60, Linda lives at River Glen Haven Nursing Home in Sutton, ON. For a wife who was once the life of the party, Frank says she doesn’t speak. “She can’t wave. She rarely changes expression. She stares at me and her eyes lock on me.

“I think she knows who I am.”

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## New support group for caregivers!

For caregivers of people with Alzheimer’s disease or a related dementia (Frontotemporal Dementia, Vascular Dementia, Lewy Body Dementia) who are under 65 years of age.

### Care of people with early onset dementia

4th Tuesday of each month 6:30 p.m. - 8:00 p.m.  
Thornhill D.A.Y. Centre, 10 Harlech Court, Unit 2

For more information, please contact Hemal Joshi at 905-731-6611, ext 50 or [hjoshi@alzheimeryork.com](mailto:hjoshi@alzheimeryork.com)

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# Family Support Groups

Provide information on caring for people with Alzheimer's disease and the related disorders. 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., 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.  
905-303-0133

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## Dementia workshops for family caregivers

Session 1:

### **Overview of Disease & Communication**

Tuesday, July 10, 2012, 7:00 - 9:00 p.m.

Session 2:

### **Behaviour & Management Techniques**

Tuesday, July 17, 2012, 7:00 - 9:00 p.m.

Session 3:

### **Supports & Resources**

Tuesday, July 24, 2012, 7:00 - 9:00 p.m.

### **Location**

D.A.Y. Centre  
Alzheimer Society of York Region  
800 Davis Drive, Unit 6, Newmarket, ON

To register, please contact Jonathon Macri at 905-850-5680 or email [jmacri@alzheimer-york.com](mailto:jmacri@alzheimer-york.com)

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# Kick up your heels at the Magna hoedown!



Dust off your boots. Put on your plaid shirt and cowboy hat because the 24th annual Magna Wild West Hoedown is back. The Alzheimer Society of York Region is thrilled to be one of the 20 local charities chosen to benefit from the Sept. 15 fundraising event.

What started as a backyard BBQ fundraiser at the Stronach family farm has evolved into York Region's largest annual community fundraiser, generating more than \$5 million over 23 years. Magna covers the entire cost of the event and 100 per cent of the proceeds go directly to charity. The proceeds of last year's Hoedown were used by AS York Region to build sensory gardens at the Thornhill D.A.Y. Centre.

Join the 350 volunteers and 3,500 country lovers!

Saturday, September 15  
Magna Corral  
337 Magna Drive  
5:00 p.m. to midnight rain or shine

Tickets \$70 each.

Texas-style BBQ, cash bar and Prospector's Raffle with prizes of \$75,000, \$15,000 or \$10,000.

Tickets sell out quickly! Buy your tickets online at [www.alzheimer-york.com](http://www.alzheimer-york.com) or contact Joanne Witt at 905-895-1337 Ext. 29 or [jwitt@alzheimer-york.com](mailto:jwitt@alzheimer-york.com). Ticket sellers are also needed.

## 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

### Vaughan

*Resource Library*

*Caregiver Support*

8611 Weston Rd,

Tel: 905-850-5680

## Dream Halloween

...an evening of philanthropy

Dream Halloween is a collaborative effort benefiting the Alzheimer Society of York Region, Big Brothers Big Sisters of York, Character Community Foundation of York Region, Doane House Hospice, Rose of Sharon Services for Young Mothers & the Women's Centre of York Region.

When: Thursday, October 25, 2012

Time: 6:30 pm - stroke of midnight

Where: The Manor Event Venue at  
Carrying Place Golf & Country Club,  
Kettleby, ON

Tickets: \$100 ea or \$175 a pair

Available online at:

[www.dreamhalloween.ca](http://www.dreamhalloween.ca)

or

by calling: 905.895.1337 x 29

...Costumes Encouraged

### Philanthropic Stars...

Chris Emanuel, Jacquie Hermans, James Burgess, Jennifer Ettinger,  
Nic Ahola, Robin Smith, Sandra Humfries, Tina Demjen

### This fabulous event will feature:

Gourmet dining ✦ Entertainment ✦ Live & Silent Auction ✦ Halloween Costume Competition

and the crowning of the Dream Philanthropist of 2012 !

**Did you know?** Alzheimer's is a disease of the brain. It erases memory, steals the ability to think, and makes simple, daily tasks such as eating or getting dressed impossible. It robs independence and eventually takes life.

Alzheimer's disease, the most common form of dementia, affects men and women of all races, religions and socio-economic backgrounds. It is not a normal part of aging and no one is immune.