



How You Made A Difference



This year over 125 individuals participated in the **Walk for Memories** from 31 communities throughout the province! This event could not have been a success or have

The annual national **Coffee Break** event was held by the Alzheimer Society and 541 organizations across the province this Fall. At the end of October 75% of our fundraising goal had been realized and there were still events to be held! A big thank you to the organizations who participated, and raised much needed awareness and funds. Special recognition is given to Newfoundland Transshipment Ltd. for holding Coffee Break annually for over a decade! Although they only had 11 participants, collectively they raised over \$1,000 this year alone!

raised over **\$30,000** without the support of its volunteers and participants. Special thanks is extended to the Leonard family, who raised \$4,000, the largest amount raised per individual or team! We would also like to thank Stewart McKelvey for its generous donation of \$650, and the Newfoundland and Labrador Credit Union for donating \$500 through its Charitable Foundation Corporation!

The Society had a lot to be thankful for this Thanksgiving. We learned that we would be the lucky recipients of Hibernia Management Development Company Ltd's wonderful generosity! Its offshore workers chose the Alzheimer's Society as the beneficiary for its quarterly safety incentive program called STOP for Charity. Thank you so much to all the workers who submitted their safety cards! Your support is invaluable to the mission of our organization and congratulations on your safety practices.

The 14th annual **Herbert J. Powell Memorial Golf Tournament** in support of the Alzheimer Society was held on June 21, 2014 and was a huge success! Thank you to everyone who helped raise over \$20,800 this year! Congratulations and a special thanks to Bram Piercy, Atlantic Grocery Distributors and all who worked so hard to put off the fantastic tournament!

Again, thank you to the individual donors and organizations for your support of those affected by Alzheimer's disease and other dementia in our province. We could not provide the support and education to over 7,681 families without you!

Alzheimer Society - Programs and Services

- ◆ Information Kits
- ◆ Website
- ◆ Family Support Groups
- ◆ First Link Program
- ◆ Newsletter
- ◆ Care at Home Course
- ◆ Family Meetings
- ◆ Safely Home Program
- ◆ Educational Sessions
- ◆ Brochures

[Contact Us To Learn More](#)



First Link® Premier lien®



A diagnosis of dementia can send families into an unfamiliar and confusing network of medical care and social services, which can be overwhelming. Too often

families struggle to cope with these challenges alone and only reach out for help when a crisis happens, like an emergency room visit or caregiver burnout. First Link® is able to bridge the gap between the diagnosis and support. It is a one stop shop for helpful information including community resources, activity programs, education and life planning. First Link® enables families to learn about dementia so that they can plan and adjust their lives for their journey with the disease.

First Link® is able to provide these services through its referral program for physicians, health care professionals and community service providers. It al-

lows them to refer individuals affected by Alzheimer's disease or related dementias, their families and caregivers to the Alzheimer Society of Newfoundland and Labrador to receive help. The First Link® Coordinator is then able to follow up and offer information, support and services throughout the journey of the disease.

A key service provided through the First Link® program is the Learning Series. The Learning Series has progressive classes that walk participants through the various stages of the disease and are designed to help caregivers and family members with common issues. Each class builds upon the previous one to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems. The Learning Series is offered three times per year at the provincial office and the next one will start **February 4, 2015**. If you are interested, but can't attend in person, you can contact us to learn how to participate through Skype or through a conference call. Please note that **registration is required**.

Family Support Group

Alzheimer's disease and other forms of dementia can leave those with the disease, their family and their caregivers feeling isolated. However, it is important to know that you are not alone. The Alzheimer Society of Newfoundland and Labrador offers a family support group on the **third Thursday of each month at 7:00 p.m.** If you are unable to attend in person, contact our office to learn about other options available to you.

These groups are there for people who want to inform themselves with current information that will help improve quality of life with the disease. It's a safe environment where you can learn, laugh and help each other through mutual understanding.

Holiday Caregiving Tips

The holiday season can be an overwhelming time for a caregiver of a person with dementia. However, these tips can help you find balance so that you can enjoy it with your loved ones.

Consider How You Celebrate.

Keep in mind that you may not be able to do everything you have done in previous years. Try to pick and choose holiday traditions that mean the most to everyone and are the least disruptive for the person with dementia. Consider potluck meals, paper plates and napkins.

Think About Where You Celebrate

Try to think about how the person with dementia may respond to where they are. Dramatically changing the environment may cause the person to feel anxious and disoriented. If the person lives in a care facility and you plan to bring them home for the holidays, try to have some half-day trial runs in advance. If they react negatively to the change, consider having a holiday celebration with them at the care facility instead. Many facilities host holiday activities that families and friends can attend.

Reflect On When You Celebrate.

Consider holding smaller gatherings, shorter visits, and allowing more time between visits. Keep in mind that people with dementia often cope better earlier in the day, so try to plan accordingly. Even in the flurry of the holiday, try to stick to the person's daily routine. This may help calm and orient the person in the midst of all the changes. Take the lead. As the caregiver, you know what is likely to work best. You might have to explain to family and friends why some changes need to be made this holiday season. You may need to remind people what they should expect from the person with dementia and how to best interact with them. Remind them that the person may have trouble remembering names and faces, and suggest they introduce themselves.

Ask For Help

Try not to take on added holiday responsibilities. If the celebration is being held at your home, plan with family and friends to ensure that you have extra help. They could help by spending time with the person while you make preparations.

Encourage The Person To Participate

Focus on the person's remaining abilities. Give them tasks that allow them to contribute, such as setting the table, helping prepare food or decorate. If your gatherings involve a large group of people, a quiet room where the person can relax with one or two people at a time may help.

Reminisce Together

Sharing memories from the past can bring families together and make the holidays meaningful for everyone. Surround the person with things like photographs, decorations, seasonal music, foods and beverages that will trigger their five senses and help spark their long-term memory.

Keep Gifts Simple And Practical

When giving gifts to someone with dementia, consider both the symptoms they are experiencing and their personal safety. Some ideas include comfortable clothing, their favourite music or photo albums. Some people with early-stage dementia may appreciate gifts that help with memory loss, such as a calendar with important dates already written in. You could also prepare a list of gift ideas to help family and friends.

Take Care Of Yourself

The holidays are stressful for everyone, but especially for a caregiver. It's important to take care of yourself during the season to avoid burnout. Arrange for some time to relax or to do something for you.

Benefits of Donating



Have you been interested in donating or volunteering your time, but just haven't gotten around to it? Here are some great reasons to make a donation or to start volunteering today!

Donations Provide Tax Credits

The money that you donate can reduce the amount that you pay in taxes. When you donate, you can receive a tax credit of 15% for the first \$200 donated and above that amount you can receive a tax credit of 29%.

Giving Makes You Feel Happier

Giving your money or time to a not-for-profit organization can make you happier. You will feel better knowing that your actions are supporting the search for a cure and helping a family cope with Alzheimer's disease or another dementia. Knowing that you did something to help others can also give you a sense of purpose and a feeling of satisfaction.

It's A Gift That Keeps On Giving

Looking for a gift for someone who has been affected by Alzheimer's disease or other dementias? A monthly donation to the society in memory or in honour of a loved one may be the per-

fect gift to remember someone's generous spirit or love for others. A donation can be made for as little as five dollars a month!

Keeps You Informed

Are you interested in getting a different perspective on social issues or learning more about the society or the disease? Donating your money or time can help you learn more about what the Alzheimer Society does, where it stands on social issues and what challenges it is facing.

Connect With Others

Donating your money and/or time can be fun and a great way to socialize. You can hold a fundraiser, such as Coffee Break, for the Alzheimer Society and use it as a chance to catch up with friends and family who you haven't talked to in a while. Volunteering your time at the society can be a great way to meet new people, make new friends and get out and socialize.

Backstage

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