

First Link[®]



Premier lien^{MD}

Alzheimer Society
NEWFOUNDLAND &
LABRADOR

What is First Link?

Connects people with dementia and their caregivers to support and education that can help you better manage the disease.

How First Link Works

If you or a family member has dementia, you can connect with the Alzheimer Society of Newfoundland and Labrador.

Here's How:

- Call us today and ask about the benefits of First Link
- Talk to your physician or health care professional to share your contact information with the Alzheimer Society and we will contact you directly to determine how we can help you on your journey.

Learning Series

For people with dementia, their families & friends



How will First Link Help Me?

First Link offers information about dementia and links you to programs and services in your community to support you throughout your journey. We offer a free 16-week learning series that will help you become informed on coping strategies, community supports, legal and financial matters. These sessions are instrumental in helping equip you with ways to manage the symptoms and improve your quality of life.

Learning Series & Me

"Good resource & good information for everyday use"
~unknown

"Grateful for the opportunity to learn more about dementia"
~ unknown



Call us today – we can help!
576-0608



Danielle Moore
First Link Coordinator

Alzheimer Society - Programs and Services

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

Contact Us To Learn More





THANK YOU

for making your
coffee count.

Coffee Break 2015

This year over 470 organizations partnered with us to raise awareness and funds for Alzheimer's disease and other dementias through our annual Coffee Break campaign! Not all Coffee Break events have been held at this point, but so far we have raised over **\$40,000!** These funds will be used to provide help for today and hope for tomorrow to the **8,666** families in Newfoundland and Labrador affected by this disease.



Coffee Break is held in offices, schools, stores, churches, homes and other organizations across our province. The event is an opportunity to learn more about Alzheimer's disease, make a donation to the Society, and still get your daily coffee fix. This event is successful because of the many people who volunteer to help us prepare and deliver Coffee Break kits, host the event, and the many people who attend and donate. A special thanks to 590 VPCM who sponsored us to help us promote the event. Many people heard about the event and attended because of their coverage. Coffee Break events are held across our province from September to December.

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.

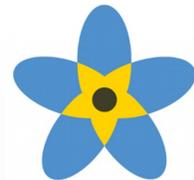
Also, if you are looking for a rewarding volunteer opportunity, contact us about becoming a family support group facilitator. As the number of individuals diagnosed in our province increases, the need for support increases. Be a champion and join our team to help the many families affected by Alzheimer's disease.

Suggestions for Family Members and Caregivers

Learning about the experiences of people living with Alzheimer's disease can be helpful to those who support them. The following are some suggestions from people with the disease from *Memory Problems?*, written by the Early Stage Support Groups in the North/Central Okanagan Region of the Alzheimer Society of B.C.

Words from your Loved One

- Please don't correct me. I know better—the information just isn't available to me at that moment.
- Remember, my feelings are intact and get hurt easily.
- I usually know when the wrong word comes out and I'm as surprised as you are.
- I need people to speak a little slower on the telephone.
- Try to ignore off-hand remarks that I wouldn't have made in the past. If you focus on it, it won't prevent it from happening again. It just makes me feel worse.
- I may say something that is real to me but may not be factual. I am not lying, even if the information is not correct. Don't argue; it won't solve anything.
- Sometimes I sense that you think I am faking these problems. What you don't see is my terrible confusion and my hurt knowing how you feel.
- I don't mean to frustrate you. I know you get impatient and tired of telling me things three times in a row. Please be patient.
- Ask me what I think or want. Don't assume that you know.
- Believe I still love you, even if I am having trouble showing it.



What's New!

Awareness Month	Dementia Friends	Western Support Groups
January is Alzheimer Awareness month and we are getting ready to spread the word about Alzheimer's disease and how you can help someone in your community. Watch our social media and website for news stories starting January 6th, 2016!	<p>A Dementia Friend is someone who learns a little bit more about what it's like to live with dementia and then turns that understanding into simple actions that can help people with dementia live well.</p> <p>Register and become a Dementia Friend! It is easy and means joining a growing movement of individuals and workplaces who are increasing awareness and creating positive change.</p>	<p>We have recently started up some Family Support Groups on the West Coast for those with loved ones in the long term care facilities in these areas or on the waitlist. Don't hesitate to call these numbers to find out how to get involved:</p> <p>Burgeo & Port aux Basques: (709) 695-4533 Corner Brook: (709) 637-3999 ext. 3513 Bay St. George: (709) 646-5800 ext. 7231</p>

Benefits of Donating & Volunteering!



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 perfect gift to remember someone's generous spirit or love for others. A dona-

tion 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

-STAFF MEMBERS-

Shirley Lucas
Executive Director

Jessica Lewis
Events Planner

Danielle Moore
First Link Coordinator

Hilary Moore
Administrative Assistant



-BOARD MEMBERS-

Roseanne Leonard
President

Craig Lundrigan
Vice-President

Mary Ann Snelgrove
Treasurer

John Trend
Secretary

-DIRECTORS-

Kelli O'Brien
Reuben Buckle
Kathy Hickman
Dr. Susan Mercer
Kevin O'Shea
Sylvia Alexander

Provincial Office
Alzheimer Society of Newfoundland and Labrador, Inc.
107-835 Topsail Road, Mount Pearl, NL, A1N 3J6
Tel: 1.709.576.0608 | Fax: 1.709.576.0798
Toll Free: 1.877.776.0608

www.facebook.com/asnl2

www.twitter.com/asnl2

www.alzheimer.ca/nl