

In the Loop

Société
Alzheimer
Society
NOVA SCOTIA

SUMMER 2020

**PLANNING FOR THE FUTURE: LAWYER JESSICA LYLE TALKS ABOUT
SUBSTITUTE DECISION MAKERS**

**LOCAL BRIDGE CLUBS RAISE FUNDS FOR FAMILIES LIVING WITH
DEMENTIA**

SAVE THE DATE: ASNS PROVINCIAL DEMENTIA CONFERENCE



SUMMER 2020

CONTENTS

On the Cover

Page 4: Local Bridge Clubs Raise Funds for Families Living with Dementia

Page 5: Save the Date - ASNS Provincial Dementia Conference

Page 6-7: Planning for the Future

Features

Page 8-9: Virtual Programs Making a Difference for Sandra

Page 10: Better Hearing, Better Health

Page 13: Blackbaud Data Breach - Information We Want You to Know

Contributors

JOHN BRITTON CEO

SARAH LYON CFRE, Director, Philanthropy

CATHERINE SHEPHERD Coordinator, Education and Outreach, Cape Breton

BETH BENNET Coordinator, Education and Outreach, Guysborough, Antigonish & Pictou

In the Loop

Find the Alzheimer Society on your favourite social media platform:



FACEBOOK: facebook.com/alzheimerns



TWITTER: twitter.com/alzheimerns



INSTAGRAM: instagram.com/alzheimerns



YOUTUBE: youtube.com/alzheimerns

Alzheimer Society of Nova Scotia
112-2719 Gladstone Street, Halifax, Nova Scotia
B3K 4W6
902-422-7961 or 1-800-611-6345 (toll free within NS)

Local Bridge Clubs Raise Funds for Families Living with Dementia

Beth Bennet, Coordinator, Education and Outreach, Guysborough, Antigonish & Pictou



Ace to your face! Pick up two. Who had best trump? If you're a card player you know these sayings and maybe you pictured yourself sitting around the kitchen table having a game of crazy eights, 45's or crib. Cards have been a form of entertainment for centuries and a lot of fun can come out of one deck no matter what your age.

For Audrey MacGillivray, a deck of cards connects her to one of her favourite games, bridge. Audrey is the club manager at the New Glasgow Duplicate Bridge Club and playing bridge is what she loves to do. Since COVID-19, all in-person bridge games are postponed. Now, partners sign-in at home and join a table online.

Every year, on the longest day in June, the Canadian Bridge Federation holds their Day of Bridge fundraiser, benefitting local Alzheimer Societies across the country. This year the New Glasgow Duplicate Bridge Club teamed up with clubs in Truro and Antigonish and held their online fundraiser in the midst of a pandemic, because this cause is so important to them.

"Every one of us knows someone with Alzheimer's disease," says Audrey. "We've all been touched by it in one way or another which is why we chose to do the fundraiser."

Close to 46 participants from New Glasgow Duplicate Bridge Club, Antigonish Duplicate Bridge Club and the Truro Duplicate Bridge Club participated in games throughout the day.

In addition to raising important funds for families living with dementia, those playing bridge are also practicing ways to keep their minds active. "It's not the luck of the cards, bridge taxes your mind and memory," says Audrey. "Your mind is like a muscle, if you don't use it you lose it."

Audrey is right. Finding ways to challenge your mind is an important part of overall brain health. Another way to practice better brain health is to stay socially active and bridge certainly helps Audrey do that. "We have met the most wonderful people across the bridge table. It's a game of all social aspects and it's never boring."

A big thank you to the New Glasgow Duplicate Bridge Club and all other local clubs for raising important funds for families living with dementia.

ASNS Provincial Dementia Conference

ASNS Staff



We heard loud and clear from 2019 conference participants that they are keen to virtually connect with each other, discuss the latest trends and exchange best practices in dementia care.

Given its far reaching impact on our sector and the value of timely knowledge transfer, the 2020 conference will be focused on the intersection of dementia and COVID-19.

Thank you for your resilience, openness to this new format and commitment to staying current and evidence based. We look forward to facilitating meaningful discussion and delivering relevant content at our first ever virtual conference!

Save the date and stay tuned for registration and program details in September.

Planning for the Future

Catherine Shepherd, Education and Outreach, Cape Breton

Lawyer Jessica Lyle talks about substitute decision makers - *Originally published in the Cape Breton Post, July 2020*

Did you ever think that the word pandemic would become part of our daily life, or the way we interact with others would drastically change?

The last few months prove that no one can predict what the future holds, but that we should try to be prepared. A diagnosis of dementia is scary – plans previously envisioned become uncertain and contemplating possible future adjustments is overwhelming - for you and your family. Getting your affairs in order, then – before a diagnosis, or soon after - is critical.

Since we can't meet face to face, the Society has been inviting guests to, and hosting ourselves, online ZOOM public education. Past sessions, on a variety of topics, can be found on our YouTube channel called "AlzheimerNS." Included is a recent session on Planning for the Future, presented by Jessica Lyle from Touchstone Legal in Dartmouth. I encourage you to watch her whole session, but today, I highlight some key takeaways you should know about advanced planning. In addition to her presentation, I interviewed Jessica for this article.

"You need to talk and plan as soon as possible," starts Jessica, whose practices focuses in Estate Planning and Probate. "Independence is key, and with planning we are putting up safeguards to ensure that your decisions, what you want, takes place when you cannot decide or communicate for yourself. Your paperwork should be ideally reviewed every three, and at least every five, years."

"I always tell those who call me after a dementia diagnosis, to approach planning as protection. There are three substitute decisions makers to appoint when planning - to help you in life and in death. In your personal directive for your personal care decisions, you appoint a delegate. For your Power of Attorney to help with your financial decisions, you appoint an attorney (but that term does not mean a lawyer). For your estate, you will need an executor," says Jessica. "If you do not name these decision makers, then who fills those roles will be determined by legislation – and it may not be who you want." She noted that 'next of kin' is not a legally defined term in those roles; also, neither a marriage certificate nor living common law relationship guarantees your spouse the ability to be your advocate. "Rather, you must have proper paperwork in place if you want to successfully advocate for your loved one."

When I talk to people on the Alzheimer InfoLine about planning, people often ask if these three roles can and should be the same person. Jessica says some people don't have the luxury of many people to choose from, in which case the three roles may be vested in one person. If you have several people you trust in your life, though, "this can be a lot of work for one person, so if possible, consider dividing these roles amongst family and friends. But don't name multiple people in the same role – it is typically best to have one person named at a time, though with a direction to consult or be accountable to another trusted person."

Advanced planning may seem overwhelming for you, but it is no less so for your family or friends if the proper paperwork is not in place. Every province has different laws, so you should consult with a lawyer. “The benefit of seeing a lawyer,” says Jessica, who has practiced in this area for 20 years, “is receiving personalized advice. I first meet with clients for a few hours to learn more about them and to understand what drives their decisions, so I can ensure that is written clearly in the documents. I consider it my mission to share this information widely – it’s why I volunteer to speak at Alzheimer Society of Nova Scotia support groups and public education sessions, because I believe it is incredibly important that people, once they become adults, have these documents in place.”

Watch Jessica Lyle present on *Planning for the Future* on the Alzheimer Society of Nova Scotia YouTube channel: AlzheimerNS.

The 3 Substitute Decision Makers You Should Appoint

Executor

For your estate you will need to appoint an executor



Delegate

For your personal directive and personal care decisions you will need to appoint a delegate

Attorney

To help with financial decisions you will need to appoint an attorney



Alzheimer Society

NOVA SCOTIA

Virtual Programs Making a Difference for Sandra

Beth Bennet, Coordinator, Education and Outreach, Guysborough, Antigonish & Pictou



It's a beautiful Tuesday morning in Halifax. Sandra Britten is at home starting her morning routine to get ready for the day. After getting dressed, she takes her medications and sits down to read the newspaper. Soon she will be logging on to her computer to chat with a group of people she now calls friends. They are all living with dementia.

After Sandra was diagnosed with Lewy body dementia, she had questions about the disease and became connected to the Alzheimer Society of Nova Scotia. Over the past few years, she has been involved in many of the Society's programs and services including the latest program *Connection and Conversation*, a virtual meeting held every second Tuesday morning for persons living with dementia.

"You get to talk with others who have different types of dementia and who are at different stages in their journey," says Sandra. "We talk about what we've been doing since the last time we spoke and what has changed in our lives and how people are coping. We can laugh and cry together, but we laugh more than we cry," Sandra chuckles.

Connection and Conversation is moderated by two Alzheimer Society staff. Those in the group have taken part in other Alzheimer Society programs and moved into this pilot program. The purpose of the group is to provide a dementia-friendly virtual space for persons with dementia to connect with others in a safe and friendly environment while helping to reduce the impact of social isolation during COVID-19.

"I do feel that being involved in the program has helped with my self-care, especially during COVID-19, and it has helped me stay connected," says Sandra. "Another lady in the group and I have become very close. We're like sisters from different mothers."

Along with *Connection and Conversation*, Sandra has participated in virtual Artful Afternoon, pre-recorded art appreciation sessions led by an artist from the Art Gallery of Nova Scotia, and online presentations hosted by the Alzheimer Society. The presentations feature a variety of topics and guest speakers who provide information about Alzheimer's disease and other dementias. Anyone interested in learning more can pre-register for the presentations at no cost.

The Society's face-to-face programming remains on hold but the need for programs does not change. When asked if Sandra would recommend the virtual programs to others, she had this to say: "Absolutely, I talk to everyone about them. I don't have enough good things to say about the Alzheimer Society."

If you or someone you know have questions or could benefit from the virtual programming being offered by the Alzheimer Society of Nova Scotia, please call us at **1-800-611-6345** or visit **alzheimer.ca/ns**.

JOIN US ON THURSDAYS FOR ONLINE EDUCATION!

ALZEducate



- Various topics & presenters
- Information and conversations about Alzheimer's disease and other dementias
- Open to anyone at no cost, just register online!

Sessions are held via ZOOM every second Thursday from 1:30-2:30 p.m.

For more information visit alzheimer.ca/ns

Contributed by: Geriatric Medicine, Dalhousie University



Better hearing, better health

Hearing loss is more common than you think.

1 in 5

Canadians have some degree of hearing loss – that’s 8.2 million people.



90% of people aged **70 or older** have hearing loss.

Most people with hearing loss don’t know they have a problem.



RISKS OF HEARING LOSS

Hearing loss is associated with:

- depression
- anxiety
- social isolation
- cognitive decline
- injurious falls
- increased risk of hospitalization
- increased risk of death

Hearing loss may increase your risk of dementia.

COULD YOU HAVE AGE-RELATED HEARING LOSS?

If you answer **yes** to any of the following questions, **you might have age-related hearing loss.**

- Do you feel that people are mumbling?
- Do you often ask others to repeat what they’ve said?
- Do others complain the TV volume is too loud?
- Do you have trouble following a conversation in noisy surroundings, like a busy restaurant?
- Have you stopped hearing birds chirping?



QUICK FACTS

Age-related hearing loss **affects both ears.**

Hearing loss affects **higher-pitched sounds first.**

Age-related hearing loss is called **presbycusis.**



NEED A HEARING TEST?

Make an appointment with an audiologist, or contact **Hearing and Speech Nova Scotia (1-888-780-3330).**

Hearing tests done through Hearing and Speech Nova Scotia are free. If you have low income, you may qualify for the Dalhousie Hearing Aid Assistance Program – your audiologist can help you apply.



HELP YOUR HEARING, PROTECT YOUR FUTURE

Helping your hearing can help you protect your **physical and mental health** – and your memory. Talk to us about your hearing. We can help!



How to help

IF YOU HAVE HEARING AIDS TO DONATE, send them to your local Lions Club, or mail them to: School of Communication Sciences and Disorders, Sir Charles Tupper Medical Building, 5850 College Street, Room 2C01, Halifax NS B3H 4H7

Alzheimer InfoLine | 1-800-611-6345



We're here to help

The Alzheimer InfoLine is a confidential phone service provided by our team of knowledgeable and caring staff.

We provide information, support, and referral for persons with dementia, families, caregivers, and professionals.

Soci t  Alzheimer Society
NOVA SCOTIA



COFFEE  BREAK

MAKE YOUR COFFEE COUNT

Support the Alzheimer Society in your community!

FUNDRAISE TODAY

Donate your coffee money for the month of September and/or August to support the Alzheimer Society. Help us continue to answer your calls, providing virtual programming and supporting clients during these unusual and uncertain times. We need your support now more than ever. Contact Dawn Kehoe for more details dawn.kehoe@asns.ca.

Alzheimer Society
NOVA SCOTIA

Online Activities:

Virtual Artful Afternoon!

#OurConnectionsMatter

Our dementia friendly art program, Artful Afternoon is now available online! An artist from the Art Gallery of Nova Scotia will guide us through art projects created with common household materials. The sessions are pre-recorded and posted online so that you can participate at a time that works for you. Be sure to join us for some art therapy from the comfort of your home. For more information visit alzheimer.ca/en/ns/virtual-artful-afternoon.

Blackbaud Data Breach - Information We Want You to Know

Sarah Lyon, CFRE, Director, Philanthropy

Late in July the Alzheimer Society of Nova Scotia was notified by our database service provider, Blackbaud, that they had experienced a ransomware attack that affected a growing list of charitable and non-profit organizations around the world, including the Alzheimer Society of Nova Scotia.

Since this notification, we have been working with Blackbaud and have contacted the Office of the Nova Scotia Information and Privacy Commissioner.

The Alzheimer Society of Nova Scotia uses this database to manage donor, client, volunteer, and partnership information.

This cyberattack may have resulted in a breach of vulnerable information which may have included name, phone, email, address and/or other contact, demographic, or other confidential information you may have shared with us.

We have been advised by Blackbaud that the ransom was paid, copies obtained by the cybercriminals were destroyed, and that their internal and law enforcement investigations have found no evidence that any information was disclosed by the cybercriminals. Based on this information, our preliminary assessment is that there is a very low risk of harm to any individual materializing from this cyberattack.

Please note that:

- Financial data such as banking and credit card information were not impacted by this incident. **All such information is not retained in our database.**
- The Alzheimer Society of Nova Scotia does not have access to anyone's medical or health records.

More information is available on our website and we are committed to keeping you informed.

If you have any questions or concerns, please contact Sarah Lyon, Director of Philanthropy, sarah.lyon@asns.ca / 902-229-6093.



This is an unprecedented time in our history. The COVID-19 health crisis is far reaching and is having an undeniable impact on people across Nova Scotia.

17,000 people in Nova Scotia are living with dementia. Those with dementia are among the most vulnerable in our communities right now, and are at greater risk of more serious outcomes from COVID-19.

Many services and supports, such as respite and adult day programs for people with dementia and their caregivers are no longer available due to the pandemic. This is putting additional pressure on those living with dementia. In addition, the need for physical distancing and the restrictions for visiting care facilities can lead to stronger feelings of isolation.

Dementia doesn't stop being a life-changing disease in the middle of a global health crisis. The need for support, connection and understanding is increasing for families living with dementia due to COVID-19.

We need your help now to help us reach all those people living in loneliness and panic, who are cut off from their support systems. Donate now to help us make those vital connections.

We know that our connections to people living with dementia matter. That's why our priority in response to the pandemic is to ensure that people living with dementia and their family caregivers continue to receive the lifeline support through our toll free InfoLine. Our staff are working from home to continue supporting families across Nova Scotia who are faced with the everyday challenges of living with dementia.

We are also working together to implement creative solutions using technology to continue offering our support and education programs. It is our hope that these programs help families overcome the social isolation that we all are feeling.

We know that the increased number of connections we are making to families living with dementia are very important to keeping them safe and supported.

It is because of the generosity of donors that we can continue to help our clients and families during these uncertain times. But the reality is, we need help now more than ever. We need our donors' support to stay staffed and responsive.

Please make your donation today to ensure that supports are there for those who are the most vulnerable.

Thank you for your support. Stay safe and stay connected.

Sincerely,

A handwritten signature in black ink, appearing to read "John Britton", with a long horizontal flourish extending to the right.

John Britton, CEO

Alzheimer Society of Nova Scotia

P.S. If you need help we are here to support you. Please contact our toll free InfoLine at 1-800-611-6345. If you can help us support people with dementia and their families through this incredibly uncertain time, please make your donation today.

