

# NEWSLETTER

## Table of Contents

Walk for Alzheimer's P. 1-2

First Link P. 3

Volunteer Companion P. 4

Awareness Conference P. 5-6

Dementia Care Training P. 7-8

IGWalk Winners! P. 9

Police Cadets P. 9

Advocacy P. 10

Research P. 11-12

## Social Media

Want to keep up to date with what's going on at the Alzheimer Society?

Follow us on Twitter or like and follow our Facebook page.



[Alzheimer Society of Prince Edward Island](#)



[@AlzheimerPEI](#)

## Events

### IG Wealth Management Walk for Alzheimer's

As we collectively learn how to deal with the challenges of coronavirus (COVID-19), one thing holds true, the Alzheimer Society remains committed to supporting Canadians living with Alzheimer's disease and other forms of dementia and the family members who care for them. And we are taking every precaution to protect their health and safety.

This year, we had an opportunity to connect our communities in new and creative ways as we continued with our most important fundraising event of the year, the 2020 IG Wealth Management Walk for Alzheimer's.



## Did You Know...

The Alzheimer Society:

- Leads not-for-profit health organizations in helping Canadians affected by Alzheimer's or a related dementia.



- Provides support, information, and education to people with Alzheimer's disease, caregivers, families, physicians, and healthcare providers.
- Provides major funding for Alzheimer's research and research training in Canada.
- Provides services in every province across Canada
- Provides services in over 140 local communities.
- Offers the [Medic Alert Safely Home®](#) program that helps find a person with Alzheimer's disease who is lost and assists in a safe return home.

## Events

### We introduced WALK ONLINE! And Walk-in-Place!

We were excited about taking our Walks online, virtually or Walk-in-Place so we could continue to offer the vital programs and services needed for people living with dementia and their families in our communities. We challenged our walkers to be as creative as possible and of course to have fun - and they did!

### IG Wealth Management Walk for Alzheimer's - THANK YOU!!!

We want to extend a huge THANK YOU to all our participants, donors and sponsors who worked to make this year's IG Wealth Management Walk for Alzheimer's such a success especially under such unique circumstances like Covid-19.



Social Media was flooded with pictures and videos that you uploaded, showing your support for people living with dementia, their families and Alzheimer Society PEI. To see the pictures and videos [click here](#).

We hosted a Facebook live event that was held on May 31, 2020 at 1:00 pm. People from across Canada joined in on the fun!

## Volunteers Needed

[Volunteers](#) are the most important resource for our organization - your time and energy are essential to help us support people living with dementia and their families.

We would love to have your time and talents to help us create our vision of a world without Alzheimer's disease & other dementias.



## Upcoming Opportunities:

- Door to Door Canvassing
- Office Volunteers
- Event Volunteers
- Brain Fitness Fun
- Volunteer Companion Program

Please register [on line](#)

## Education



### First Link

First Link® is an innovative referral program designed to assist individuals diagnosed with Alzheimer's disease and other dementias, as well as their families and care partners. First Link® provides support from the point of diagnosis and throughout the progression of the disease.

### First Link® Connects People to:

- A learning series offering information about diagnosis, day-to-day living, positive approaches to care, how to manage changes and how to prepare for the future.
- Support groups and opportunities for one-to-one counselling.
- Additional community programs and services.



## Major Gifts & Bequests

We are grateful for the major gifts and bequests that we have received.

We encourage you to consider a bequest or a family trust.

Click [here](#) to learn more.

## Donations

Your donation today will help bring services and support to people with dementia and their caregivers across the Island. It helps us fund research into the causes and a cure for Alzheimer's disease and other dementias.

You can donate directly by calling (902) 628-2257, by emailing [society@alzpei.ca](mailto:society@alzpei.ca) or online through [CanadaHelps.org](http://CanadaHelps.org)



## Education Volunteer Companion Program

Our Volunteer Companion Program received \$25,000 from New Horizons to expand! The volunteer companion program is a one-on-one visiting program designed to enhance the quality of life for families and individuals affected by Alzheimer disease and related dementia.

Volunteer companions are matched with a person living with dementia to provide weekly visits that promote meaningful activity and social interaction. These visits also provide the care partner an opportunity to receive respite and keep their loved one at home longer. The Alzheimer Society provides support and assistance throughout all aspects of the program.

A Special thank you to New Horizons for their support with this initiative!

**If you or someone you know is interested in becoming a volunteer companion, please contact Laura at 902-628-2257 or [society@alzpei.ca](mailto:society@alzpei.ca) for more information.**

## **We are in this together!**

If you need help picking up essential supplies while self-isolating there is a toll free number you can call for food, medication and pet supplies delivery. Islanders helping Islanders! 1-833-533-9333

For the most reliable and up-to-date provincial information and resources on COVID-19:

- [Government of Prince Edward Island](#) – COVID-19 Alerts and Updates.
- [Public Health Agency of Canada.](#)
- [Canadian Chamber of Commerce Pandemic Preparedness](#)

## **Education**

### **Alzheimer Awareness Conference**

Our 8th Annual Alzheimer's Awareness Conference was held in Charlottetown on January 23, 2020.



This year, over 200 attendees joined us to learn from many wonderful presenters including:

- Lynn Loftus, person living with dementia
- Chris Watts, City of Charlottetown Police
- Georgetown School grades 4-6, What My Grandma Means to Say
- Dr. Martha Carmichael, Geriatrician
- Caregiver Panelists: Wendy Chappell, Michael Le Grow and Mary Quigley

## Support Groups

There are currently three Alzheimer Caregiver Support Groups running across PEI. All are welcome to attend.

### CHARLOTTETOWN

Alzheimer Society of PEI

166 Fitzroy Street

1st and 3rd Wednesday of every month, 1:00 pm

### SUMMERSIDE

Summerside Manor

15 Frank Mellish Street

3rd Thursday of every month, 2:00 pm

### MONTAGUE

Perrin's Marina Vila

115 Sackville Street

3rd Wednesday of every month, 2:00 pm



For more information, contact Laura at 902-370-3135 or [firstlink@alzpei.ca](mailto:firstlink@alzpei.ca).

## Education

• Dr. John Flood, Author of Then & Now

• Health Care Panelists: Jennifer Wood, NP, Joan Coffin,



RSW and Jocelyn Bradley-Doiron, Director of Care PEI Atlantic Baptist.

We would like to extend a special thank you to everyone who helped make this year's event a success. We cannot thank our volunteers and generous sponsors enough for their support.

If you missed out on this year's event, you can check it out on Eastlink's PodiumTV On Demand.

eastlink  
community

(((podium tv)))

## U-First! for Care Partners is coming to PEI!



U-First is an innovative and unique education program that helps to develop common knowledge, language, and approach to caring for people with behaviour changes due to dementia or other cognitive changes. This 6-hour program for care partners (family and friends) is designed to:

- Increase understanding of responsive behaviour and ways to respond.
- Reduce responsive behaviours utilizing the U-First framework.
- Enhance well-being of both care partner and those experience behaviour changes.

Stay tuned to hear more about this exciting opportunity.

## Education Dementia Care Training

Did you know we have an evidence-based Dementia Care Training program for health care professionals?

**DCT101** is designed to increase knowledge and awareness of dementia, increase effective communication strategies, and provide a framework for understanding responsive behaviours.

**DCT102** provides an opportunity to apply hands-on skills to caregiving tasks and case consultations.

This program encompasses best practice methodologies including: U-First! ®; Positive Approach® to Care; GEMS®; Virtual Dementia Tour; LGBTQ+ guidelines; and self-care.

We've had the opportunity to work with a diverse group of professionals from many sectors including long- term care, home care, community care, acute care, and group homes.

Registration coming soon, [click here](#) to learn more.



## Welcome back Teepa!

Teepa Snow, an occupational therapist with forty years of clinical practice experience, is one of the world's leading educators on dementia and the care that accompanies it. In 2005, she founded Positive Approach® to Care (PAC), a company that provides dementia care training, services, and products around the world.

Did you know that our very own Corrine Hendricken-Eldershaw and Laura Mac William are certified trainers in Positive Approach® to Care (PAC) and that it is embedded into our Dementia Care Training program?!

We're excited to announce that Teepa Snow is coming to PEI in June 2021. Please stay tuned to further details. [Learn more about Positive Approach® to Care \(PAC\) by clicking here.](#)

## Education

We had the pleasure of facilitating DCT 101 to staff from Summerset Manor and Wedgewood Manor in Summerside.

The group was so enthusiastic about learning and participating in the training session - it was heart warming.

Thank you for the work you do day in and day out. We are



so grateful for all the compassion and care you provide!

**Dates of future 101 and 102 sessions will be announced at a later date. Stay tuned.**

#IGWalkForAlz

Watch our Facebook Live

[Click Here](#)



And the Winners Are! 🎉  
#IGWalkForAlz

INSTAGRAM

And the Winners Are!!

Bob Likely

Pizza Party

Michelle Thompson

Spa Day

Rosewood Residence

Cake Party

*Behind every person  
with Alzheimer's disease  
and other dementias,  
there are people  
dedicated to helping.*

*Humbly Thank you*

## Education Police Cadets

On February 11, 2020, a Dementia 101 presentation was completed for 32 Police Cadets at the Atlantic Police Academy. During this presentation, cadets learned the basics of dementia and the potential implications for driving, shoplifting, domestic violence, responsive behaviour and search and rescue. Cadets were equipped with communication essentials to help them in their work.

As a sign of their appreciation, the Police Cadets



continue to participate in a door-to-door blitz throughout the City of Summerside. COVID 19 impacted our Blitz for 2020. We thank you for your continual support for Alzheimer's!

## Visit our YouTube Channel



COVID-19 has impacted our ability to participate in face-to-face education, but we understand the value of education at the Alzheimer Society PEI. We've recently updated our recorded 4 module FL Education Sessions and uploaded them to our Youtube Channel. You can watch each module in the comfort of your own home.

If you want to learn more about dementia, changes in communication and how to communicate more effectively, understanding responsive behaviours, supports in the community, and future planning to consider, visit our [Youtube channel](#).

## Advocacy

### National Canada's Dementia Strategy

On June 17, 2019, the Government of Canada released the country's first-ever national dementia strategy: *A Dementia Strategy for Canada: Together We Aspire*.

The strategy was put in place to address the overwhelming scale, impact and cost of dementia in Canada.

There objectives are within prevention of dementia, advance therapies and find a cure, improve the quality of life of people living with dementia and caregivers.

Three Areas of Focus included:

1. [First Link Training](#) - so that Islanders can continue to receive support and services provided by the Alzheimer Society.
2. [Dementia Care Training](#) – so that Islanders, and others who have family members in care, receive the right care at the right time. We were calling for increased dementia education in areas such as longterm care, acute care, home care and community settings.
3. [National Dementia Strategy](#) (June 17, 2019) – so that Islanders know the scale, impact and cost of dementia is being addressed through 3 key areas: Preventing dementia, Advancing therapies and finding a cure, and Improving the quality of life of people living with dementia and caregivers.

Click [here](#) to learn more about Canada's National Dementia Strategy.

## TIPS FOR THE PUBLIC

We encourage everyone to check in on their care partners in your community and social circles. Ask if they need help and offer to run errands. Simple gestures such as this can make a big difference for individuals and families facing dementia, who already experience higher levels of social isolation and loneliness at the best of times. It's important that we all be there for them during this difficult period.



For more information about COVID-19 consult these reputable sources:

- [Public Health Agency of Canada: COVID-19](#)
- [Health PEI](#)

## Research



### Neurodyn

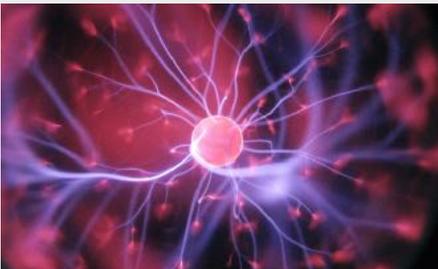
Former Neurodyn company joined with Alpha Cognition Inc and have a new chemical entity to treat Alzheimer Disease.

*April 30th, 2020* - Alpha Cognition Inc. (ACI) [formerly Neurodyn Cognition] today announced that in a pre-Investigational New Drug (Pre-IND) meeting, the U.S. Food and Drug Administration (USFDA) agreed upon a clinical and regulatory pathway for the approval of Alpha-1062, a patented new chemical entity, to treat Alzheimer's disease. The FDA has suggested that a single pivotal trial, scheduled for mid 2021, may be sufficient to obtain marketing approval. ACI also met with Japan's Pharmaceutical and Medical Devices Agency (PMDA) earlier this year, who also agreed to consider a similar pathway for approval in Japan.

**[Read full release here.](#)**

## Biogen Research Participation

Have you ever considered participating in research?



Clinical research uses human volunteers to study the effects of an exposure (i.e. drug or behaviour) on a health outcome.

The knowledge gained through clinical research can help prevent, diagnose, or treat Alzheimer's disease and related dementias.

[Guide to Participating in Research.](#)

[Read more about Biogen's participation information here.](#)

## Research Biogen

On October 22, 2019, Alzheimer Society of PEI joined our federation of Alzheimer Societies to welcome the news that Biogen and Eisai will seek regulatory approval from the U.S. FDA for the drug aducanumab.

Aducanumab is a monoclonal antibody, that attaches to specific proteins in order to disable them. The **drug** clears a key protein in **Alzheimer's** disease — beta amyloid — that accumulates in plaques in patients' brains. Aducanumab is given as an intravenous infusion once a month.

As of recent, Biogen's drug Aducanumab remains in Phase 3 and is now recruiting participants with Early Alzheimer's Disease.

**[Read more here.](#)**



## Social Distancing Yes, Social Isolation No!



ONTARIO  
NEURODEGENERATIVE  
DISEASE RESEARCH  
INITIATIVE

The Ontario Neurodegenerative Disease Research initiative wrote an article on the importance of socially distancing but not socially isolating. While trying to maintain a safe distance from others during this time is important, we cannot forget about those who are the most vulnerable, including people living with dementia. [Click here](#) to read the full article.

## Dementia Friends Leadership Luncheon

This year, we will not be hosting the dementia friends luncheon due to COVID-19. [Nomination Forms here](#). See you in 2021!

# CORONAVIRUS (COVID-19) TIPS FOR PEOPLE WITH DEMENTIA

### **Have a plan for what you will do if you become unwell.**

Make a list of important phone numbers that you can reference if you get sick. Make sure that this information is prominently displayed somewhere and easy for you to find in the event that you become ill. Include the phone numbers for the Government of PEI contact lines. [Click](#)

**Ensure you have adequate supplies.** Make sure you have enough household supplies and medications on hand for two weeks in case you can't get to the store or pharmacy. There is no need to stockpile supplies or medications—a two-week supply is sufficient.

**Practice social distancing, but not social isolation.** Leverage technology to keep in touch with family and friends, whether it be by phone, email, video call or social media.

**As much as possible, try to maintain your routine.** Remain active, physically and mentally.

**Have a plan for visitors.** If you receive in-home support services, such as personal care, cleaning or meal delivery, have hand sanitizer available for everyone to use before and after the visit.

**Reach out for support.** If you have questions or need support, [contact us](#). We're here to help.

## CONTACT US

For further information regarding the contents of this newsletter or any further information about the Alzheimer Society of Prince Edward Island [society@alzpei.ca](mailto:society@alzpei.ca)

Phone : (902) 628-2257  
Toll free: 1-866-628-2257  
Fax: (902) 368-2715  
Location: 166 Fitzroy Street, Charlottetown, PE, C1A 1S1

## Social Media

Want to keep up to date with what's going on at the Alzheimer Society?

**Follow us on Twitter or like and follow our Facebook page.**



[Alzheimer Society of Prince Edward Island](#)



[@AlzheimerPEI](#)

# CORONAVIRUS (COVID-19) TIPS FOR CAREGIVERS

**Expand your circle of care.** Ask family members, friends or neighbours if they can step in if you are unable to continue caring for the person due to illness or quarantine.

**Document instructions for care.** Provide detailed information for the person coming in to provide care to. Our [All about me](#) booklet is a great tool for recording this information.

**Ensure the person has adequate supplies.** Make sure there are enough household supplies and medications on hand for two weeks. There is no need to stockpile supplies or medications—a two-week supply is sufficient.

**Leverage technology.** Technology can help mitigate feelings of isolation and help everyone stay connected despite social distancing protocols. [Contact us](#) if you need help introducing new technologies.

**Maintain a routine.** Changes in routine can cause confusion and stress for people with dementia, so it's important to try and maintain their regular routine as much as possible.

**Have a plan for visitors.** Have hand sanitizer available for everyone to use before and after the visit. Don't forget to disinfect touched surfaces.

**Take care of yourself.** Your health is important, too. Do not ignore it. [Contact us](#) if you have questions or need support. We're here to help.