

Soci t  Alzheimer Society

PRINCE EDWARD ISLAND

NEWSLETTER

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Social Media

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

Follow us on Twitter or like and follow our Facebook page to stay up to date!



Alzheimer Society of
Prince Edward Island



@AlzheimerPEI

Fundraising Coffee Break



Coffee Break is the Alzheimer Society's major nationwide annual fundraiser where friends, co-workers and customers gather in communities to raise funds for local Alzheimer Societies. Coffee Break takes place throughout September and October to recognize **World Alzheimer's Day on September 21st**.

Participants at these events make a donation in exchange for a cup of coffee. The money raised stays in PEI to help the Society provide programs and services to those living with dementia and their families.

Coffee Breaks can be hosted in small businesses, large corporations, health-care facilities, schools and private residences. For more information or if you are interested in hosting a coffee break, please [click here](#).



January Awareness Conference

Save the date!

To provide a safe and supportive environment, it is crucial to be knowledgeable on proper dementia care. The conference is an annual event designed to provide meaningful learning opportunities for caregivers, health professionals and the general public.

Our 7th Annual Alzheimer's Awareness Conference will be held on January 24, 2019.

Stay tuned for more details!

30th Anniversary

Join us in celebrating the Alzheimer Society of PEI's 30th anniversary in April 2019!

Stay tuned for more event details.



Fundraising Door to Door Campaign



The Alzheimer Society of PEI needs your help in making a difference in the lives of thousands of Islanders living with Alzheimer's disease or related dementias.

Please help us by giving a couple hours of your time to help canvass during our Door to Door Campaign happening this Fall & Winter. Islanders partake in our Door to Door Canvassing by going out individually or by going out as a group. i.e.. a class, sports team or with coworkers.

We would like to thank the groups that went canvassing for us last year!

The Holland College Hurricanes Football Team

The UPEI Woman's Basketball Team hosted a fundraiser

The Holland College Woman's Volleyball Team

The Holland College Cross Country Team

The Atlantic Police Academy Cadets

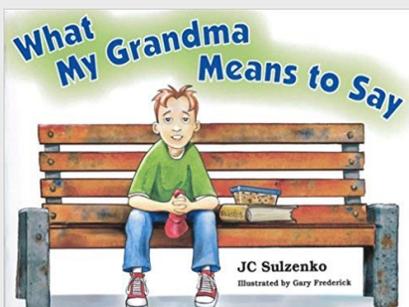
If you are interested in participating as a group or as an individual please contact Kate at community@alzpei.ca or by calling 902-370-3136.

What Grandma Means to Say

JC Sulzenko's "What Grandma Means to Say" was created to teach children about dementia and how to support someone living with the disease.

The Alzheimer Society of PEI is passionate in providing resources for all ages. "What Grandma Means to Say" is a resource for teachers to assist in introducing dementia to elementary-aged students.

The [Teaching Resource](#) is available in 37 Elementary English school libraries across the Island, reaching students from grades 4-6!



Education

Let's Talk Memory

On World Alzheimer's Day, September 21, 2018, Health PEI announced the launch of a new public awareness campaign titled "Let's Talk Memory", in partnership with the Alzheimer Society of PEI. This campaign was launched at Fanningbank during our annual Lieutenant Governor's Coffee Break in response to a key component of the Provincial Action Plan for Seniors, Near Seniors, and Caregivers released on May 24, 2018.



Pictured from left to right, Hon. Robert Mitchell, Minister of Health & Wellness, Corrine Hendricken Eldershaw, CEO of The Alzheimer Society of PEI, Lynn Murray, President of The Alzheimer Society of PEI and Hon. Antoinette Perry, Lieutenant Governor of PEI.

Let's Talk Memory is a local campaign, featuring social media, posters, stories about Islanders and educational components to increase awareness of the risk factors and early signs of dementia. We are inviting Islanders to think about their brain health, have conversations with loved ones, and better understand Alzheimer's disease.

"There's a real lack of education and we need to get the word out there to people," shared Lynn Loftus, as a person living with dementia. "I'm still me. I'm still here, I still like to laugh and I can still function."

To learn more about the Let's Talk Memory campaign launch, [click here](#). To view the full Provincial Action Plan for Seniors, Near Seniors, and Caregivers, [click here](#).

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
- Minds in Motion
- Friday Social
- Volunteer Companion Program



Education

The Friday Fun Group

Thanks to the generous funding from the Rotary Club of Charlottetown, we are pleased to offer a new innovative program known as the Friday Fun Group! The program will be offered to persons living with dementia and their care partners and is designed to be inclusive, adaptable and meaningful. The program was created to encourage persons living with dementia and their care partners to become socially and mentally engaged.

Staff, volunteers or guests will facilitate conversations, activities and interactive experiences for persons living with dementia and their care partners. Whether it is enjoying music together, laughing, or going on an outing, the activities will be adaptable to suit a wide variety of needs and abilities, to engage all participants.

Join us at our home located at 166 Fitzroy Street, Charlottetown on Friday, October 5th - December 7th, 10:00am-12:00pm and run until Friday, December 7th.

If you are interested in joining, please contact Sara at 902-370-3135 or education@alzpei.ca



Teepa Snow's Tips: Brain Fitness

In one of her recent newsletters, Teepa shared the importance of brain health and how healthy brains and healthy bodies can help reduce the risk of dementia. She stated that the chances of getting dementia vary depending on diet, exercise and inclusion.

Four tips to reduce your risk of dementia:

- exercise your body,
- exercise your brain,
- eat right
- find ways to make things more enjoyable



Teepa concluded in asking: What can you do today to fill your day with joy?

To watch Teepa Snow's video on Brain Fitness [click here](#).

Education

Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.

With growing evidence linking a socially, physically and mentally active lifestyle in helping to reduce the risk of dementia and slowing the progression of the disease, the Alzheimer Society of Prince Edward Island is delighted to offer Minds in Motion® to local residents in Montague and Cardigan this fall!

Minds in Motion® is a fun two-hour program that combines physical exercise with mentally stimulating brain games to keep your brain and body fit. All activities are suitable for people with early to mid-stage signs of Alzheimer's disease and other forms of dementia and their care partners.

Montague Minds in Motion® is running Thursday mornings from September 6th to October 25th at Jesus Christ Church of Latter Day Saints in Montague, 11:00am - 1:00pm.

Cardigan Minds in Motion® is running Thursday mornings from September 6th to October 25th at All Saints Catholic Church, 9:30am - 11:30am.

For more information on this program or to get involved, contact Sara at 902-370-3135 or education@alzpei.ca



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, 1:00pm

Summerside

Summerside Manor
15 Frank Mellish Street
3rd Thursday of every month, 2:00pm

Montague

Perrin's Marina Villa
115 Sackville Street
3rd Wednesday of every month, 2:00pm

For more information, contact our education coordinator at 902-370-3135 or education@alzpei.ca.

Education



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 caregivers. 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 day to day and how to prepare for the future.
- Support groups and opportunities for one-to-one counselling.
- Additional community programs and services.

Thank you to those who attended our First Link® Education sessions on August 14th.

Our next session will be held on at the Alzheimer Society office on Wednesday, November 28th from 1:00pm-3:00pm.

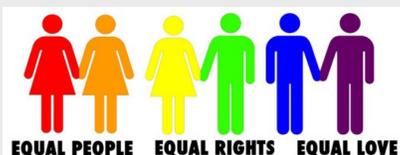
If you are interested, please call 902-370-3135 or email education@alzpei.ca.

Referrals can be made by physicians, health care professionals and community organizations. Family members, caregivers, and individuals with dementia can also self-refer at anytime.

To make a First Link referral, [click here](#).

Diversity 101

Thanks to the Government of Canada's New Horizons Grant, we have recently developed a new educational initiative called Diversity 101. The goal of Diversity 101 is to increase awareness, inclusion, and reduce discrimination.



An advisory group has developed curriculum. Positive feedback was received from pilot presentations completed at Garden Home and Andrews of Summerside. A toolkit was also created to help long term care facilities understand and review policies on gender identity, sexual orientation, and gender expression.

For additional information or to schedule a presentation, please contact Sara at 902-370-3135 or education@alzpei.ca

Education

Dementia Care Training

Did you know that we have a newly revised Dementia Care Training program for health care professionals?



DCT is a comprehensive education program that will provide and enhance your knowledge and awareness of dementia, increase your effective communication strategies, and practice hands-on skills for quality care for persons with dementia. Key program components include: U-First!®, Positive Approach® to Care, GEMS®, DementiAbility, Virtual Dementia Tour, LGBTQ+ guidelines and self-care.

Since its launch in June 2017, a total of 93* health care professionals have participated in our Dementia Care Training program, with an additional 44 completing the U-First!® stand-alone training program! That's 137 Health Care Professionals that attended from many sectors including long-term care, home care, community care, acute care, and group homes. We are grateful to have such a diverse group of professionals making a commitment to best practices in dementia care.

DCT102 will be held on November 13 & 14, 2018. Stay tuned for more dates for DCT101 in 2019.

For additional information and registration, please [click here](#).

* Teepa Snow Care Skills Training includes an additional 50 Health Care Professionals at a reach of 320 with the Awareness of Positive Approach to Care Tools.



Brain Boosters

Brain Booster #1

I have forests but no trees.

I have lakes but no water.

I have roads but no cars.

What Am I?

Brain Booster #2

Find four consecutive letters in the alphabet which can be rearranged to spell a common word.

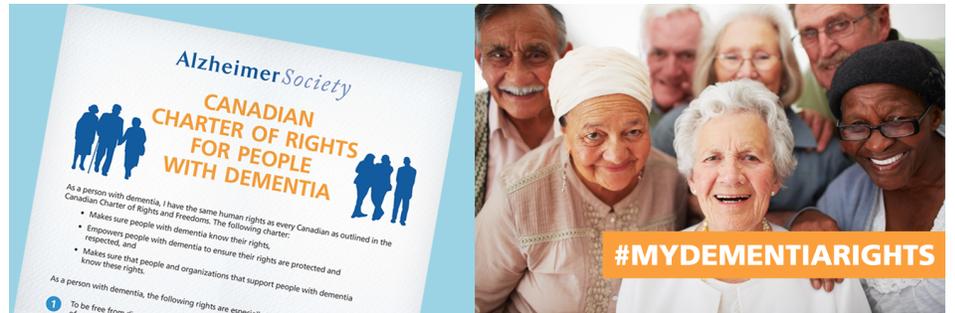
Brain Booster #3

Monday, six friends went camping. Tuesday, John, Jack and James cooked some hamburgers. Wednesday came and they ate the hamburgers. Thursday found them all sick. Which friend wasn't sick and why?



Research

Canadian Charter of Rights for Persons Living with Dementia



Canadians living with dementia are entitled to the same human rights as every other Canadian; however, stigma and discrimination are huge barriers for people with dementia and often contravene these rights. That is why we were pleased to launch the first-ever Canadian Charter of Rights for People with Dementia on September 5, 2018.

The Charter was created by our Advisory Group of people living with dementia representing provinces across the country. The Charter sets out seven rights designed to empower people living with dementia to self-advocate and challenge situations where they might experience stigma, are treated unfairly, discriminated against, or are denied access to appropriate care. Individuals and organizations whose work impacts people living with dementia can also use the Charter to ensure they receive the same high quality services offered to others.

To learn more about the Charter of Rights for Persons with Dementia, please [click here](#).

New Resources

Looking to expand your knowledge? Check out these new medication resources!

[Medications for Alzheimer's Disease: are they right for you?](#)

[Tips for Family Doctors: Talking About Medication Options](#)

[Tips for Pharmacists: Talking About Medication Options](#)

Thank you!

To our summer students Grace Wedlake, Allyson Ayles, and Kari Kruse, you have been invaluable on numerous projects!



Pictured from left to right, Kate, Allyson, Sara, Kari, Corrine, and Grace.

Research

National Dementia Conference

On May 14-15, 2018, the Government of Canada held a National Dementia Conference to provide an opportunity for key stakeholders from across Canada to provide valuable input. On August 31, 2018, an official report was released to highlight the discussions from this event.



Pictured in the top row on the right is Lynn Loftus.

The conference focused on challenges and opportunities surrounding three overarching themes: 1) care and support; 2) research and innovation; and 3) awareness raising, stigma reduction and public education.

Participants highlighted that the National Dementia Strategy should identify ways to utilize best practices, to enable quality of life and dignity for people living with dementia, at every stage of the condition. Principles must also be flexible enough to consider diversity factors including culture, ethnicity, language, gender differences, developmental disabilities, and the needs of rural and remote communities. All levels of government, dementia partners and key stakeholders need to work together to support the implementation and evaluation of this strategy.

To view the full report on the National Dementia Conference, please [click here](#).