



NEWSLETTER

Société Alzheimer Society

PRINCE EDWARD ISLAND

Table of Contents

- Alzheimer Awareness - Page 2
- Minds in Motion - Page 3
- Dementia Friends - Page 3
- First Link - Page 4
- Book Relaunch - Page 4
- Dementia Care Training - Page 5
- Door to Door - Page 6
- Support Groups - Page 6
- SingFest - Page 7
- Young Onset Dementia - Page 8
- Holidays - Page 9

Warm Welcome

We'd like to introduce our Dementia Education Coordinator, Sara MacLean! Sara has a Gerontology diploma, Degree in Family Science. As well as previous experience and additional training in Gentle Persuasion and Montessori's DementiAbility.



Fundraising



On November 3rd, 2017 at Gingerwood, the home of Danny and Martie Murphy in Stanhope, The 12th Annual Evening to Remember Gala included a dinner followed by performances from Natalie MacMaster, Donnell Leahy and family. This is the biggest fundraiser for the Alzheimer Society of PEI!

Thank you to all who purchased tickets and assisted in volunteering behind the scenes to create an unforgettable Evening to Remember. Next year's Gala date will be confirmed soon but our hope is late September or early October of 2018, Stay tuned!



Platinum Sponsor
Gordon
FOOD SERVICE

Gold Sponsor
Summerside
CHRYSLER DODGE JEEP RAM

Silver Sponsor
MACPHERSON | ROCHE | SMITH
Chartered Professional Accountants & Management Advisors

Bronze Sponsors
WESTJET
COX & PALMER
The difference is a great relationship.
QUANTEX SOLUTIONS
MASTER PACKAGING INC.
PARKDALE LIONS CLUB SHERWOOD
KKP
maritimebus.com
RIDE it. SHIP it. bus it.

Conference Sessions

This year we are pleased to offer three unique education sessions as part of our 6th Annual Awareness Conference!

Health Education Session

Learn about best practices in bathing, dining, acute care and personality traits.
Monday, January 22, 2018
8:30am - 4:00pm
Murchison Centre
Cost: \$50/person

Family Caregiver Session

“Making Moments of Joy”
Monday, January 22, 2018
6:00pm - 8:00pm
St. Pius X Church
Cost: FREE

Care Skills Awareness

Advanced training for health care professionals
Tuesday, January 23, 2018
8:30am - 4:00pm
Stratford Town Hall
Cost: \$150/person

Pre-registration is required to attend any or all of our sessions. For more information or **to register, please [click here](#).**

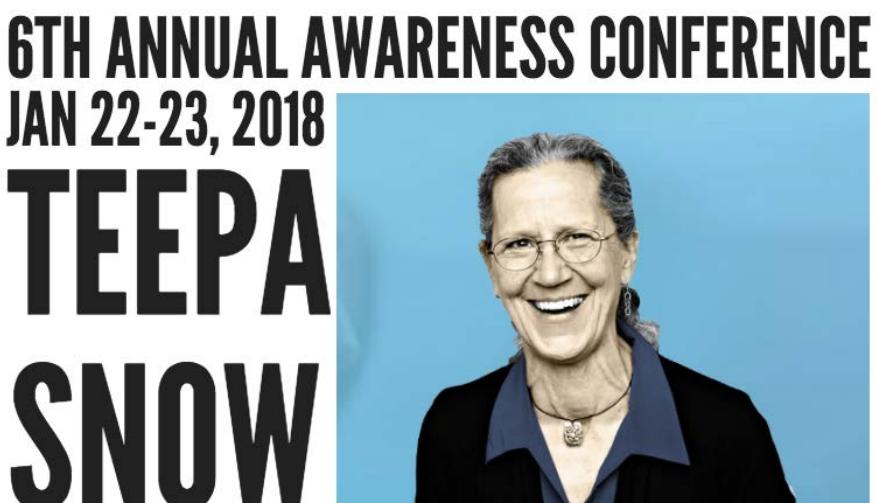
Alzheimer Awareness Month

Each January, we join our colleagues across the country in celebrating Alzheimer Awareness Month. To help raise awareness, share our campaign message, and support the 2,537 Islanders living with dementia, the Alzheimer Society is hosting our 6th Annual Alzheimer Awareness Conference!

The Alzheimer Awareness Conference is an annual event designed to provide meaningful learning opportunities for caregivers, health professionals and the general public.

This year, we are excited to welcome Teepa Snow, renowned dementia care educator and advocate for people living with dementia. Teepa will lead conference attendees through enlightening, witty and in-depth discussions of best practices in dementia care. She teaches that: “Life with dementia can be lived fully.” To see a sample of Teepa’s teaching [click here](#).

Teepa’s philosophy fits in perfectly with the theme of this year’s national awareness campaign **#Ilivewithdementia**. We will be fighting the stigma and challenging Canadians to rethink what it means to live with dementia by sharing personal stories of individuals with dementia and their caregivers throughout the month of January.



Dementia Friendly Communities (DFC) - Brain Fitness Fun



In November, Alzheimer Society staff and past Brain Fitness Fun (BFF) program participants made a presentation to Montague Town Council.

Last year, the Town of Montague minor grant was successful in building a great interest base for our Brain Fitness Fun (BFF) program.

This year, we have requested a major grant to make Montague a Dementia Friendly Community (DFC). DFC focuses on social inclusion and reducing the stigma toward individuals who have dementia in the local community.

Stay tuned as the BFF participants continue to advocate!

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! Our Minds in Motion programs help affirm our research base to support existing Brain Fitness Fun programs.

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.

Our Cornwall program is currently being offered in partnership with West River United Church on Wednesday mornings October 25 - December 13.

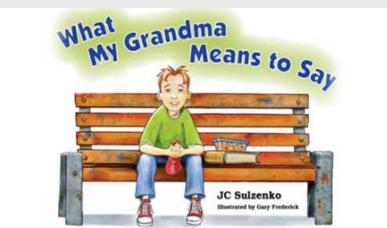
Would you like to see Minds in Motion in your area? **We are actively seeking volunteers and community partners to host upcoming sessions in Spring 2018.** Volunteer responsibilities may include program set-up, preparing refreshments, facilitating brain games and encouraging program participants.

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



What Grandma Means to Say

The educational children's book "What My Grandma Means to Say" had a successful re-launch September 21 on World Alzheimer Day at the Lieutenant Governors Coffee Break. This resource is now available in all English school libraries across PEI. Additional copies are also available on loan from the Alzheimer Society office, located at 166 Fitzroy Street in Charlottetown. You can stop by to pick up a copy.



The book follows a boy and his journey to understanding his grandmother's experience living with Alzheimer's. This story is a great resource for elementary school aged children who may not understand Alzheimer's or other dementias.

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

Thanks to everyone who has attended our recent education sessions. Our next First Link Education session will be held on Tuesday, January 16, 2018 from 10:00am-12:00pm.

For more information or if you are interested, email Sara at education@alzpei.ca

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



New Family Caregiver Benefit

On Dec 3, the Government of Canada announced a new Family Caregiver Benefit for Adults. This benefit will allow caregivers to take up to 15 weeks off work to support an adult family member who is critically ill or injured.

To access the new benefit, you must have a medical certificate stating there has been a significant change in health, their life is at risk and the loved one requires care or support from a family member.

See the full overview [here](#).

CaregiverAwards

Canada Cares is now accepting nominations for The 2018 National Caregivers of the Year. For more information or to nominate a deserving family or professional caregiver, [click here](#).

Dementia Care Training



Thank you to everyone who attended our DCT 101 & DCT 102 programs in September. It has been a great success.

The Dementia Care Certificate Program is a comprehensive educational program offered by the Alzheimer Society of PEI for healthcare professionals, personal support workers, home care support workers and professional caregivers. U-FIRST principles and Positive Approach to Care techniques are incorporated into this training program to provide hands-on skills for frontline professionals working with people living with dementia.

Our next session of training will take place in the early Spring of 2018. For more information, [click here](#). To be added to an interest list for our next Dementia Care Training, email Sara at education@alzpei.ca

Support Groups

There are currently three Alzheimer Caregiver Support Groups running across PEI.

Charlottetown

Alzheimer Society of PEI
166 Fitzroy Street
1st and 3rd Wednesday of every month, 1:00pm

Summerside

Summerset 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

This October, the Montague Support Group celebrated their 10 year anniversary! To read the full article in the Eastern Graphic, [click here](#).

Fundraising Door to Door Campaign



Please help us by giving a couple hours of your time to help us canvas during our Door to Door Campaign happening throughout this fall and in January. For every \$100.00 you raise you will be entered into an **Air Canada Draw** for two flights for travel to any Air Canada scheduled destination in North America, including Hawaii, Mexico and the Caribbean.

This campaign is instrumental for the over 2,500 Islanders diagnosed with Alzheimer's disease or a related dementia.

Every five minutes, a Canadian is diagnosed with dementia and that number is expected to rise to a new case every two minutes by 2038. While these numbers are scary, they contribute to the motivation for the Alzheimer Society to raise much needed funds.

By supporting our Door-to-Door Campaign, you are contributing to important programs and services that help people in our province, as well as crucial research initiatives. The Alzheimer Society of PEI needs your help to make a difference in the lives of thousands of Islanders living with Alzheimer's disease or related dementias. 100% of the dollars raised stays on PEI.

If you are willing to help us with canvassing for a couple hours in your area, email Kate at community@alzpei.ca

If someone does not knock on your door and you would like to make a contribution, [click here](#).



Expanding for the Future



Congratulations to the Dr. John Gillis Memorial Lodge on their recent expansion! Caregivers, such as Sheila MacDonald, can attest to the exceptional care they provide for individuals with dementia at every step of their journey. There was a beautiful article in the Eastern Graphic. If you would like a copy of this article contact, community@alzpei.ca.

Current Events & Education

If you would like to keep up-to-date with us on a regular basis “like” our page on Facebook & “follow” us on Twitter @alzheimerPEI

RESEARCH



We were so delighted to celebrate the Singing Voice on Thursday, October 19th Presented by The School of Performance Arts (SoPa) and Florence Simmons Performance Hall.

This concert featured singers from all over PEI performing everything from pop to classical to chant music. Throughout the concert, audiences heard from various community organizations about the benefits of singing together.

SingFest PEI is an annual event, coinciding with World Singing Day, aimed at promoting the act of singing together. SingFest events bridge the gap between the performer and the audience to bring back the joy of singing to everyone. By singing together, we can strengthen our community, and improve our physical and mental health.

To view our CEO’s message that she shared during SingFest, [click here](#) and for more information, email singfestpei@gmail.com.



In June 2017, Canada committed to a National Dementia Strategy. The Alzheimer Society and its federation partners have been working collaboratively with government, stakeholders and those impacted by dementia to actually create and implement a comprehensive strategy. Some key areas that it focuses on include research, prevention, and living well with dementia. The goal is for all Canadians living with dementia, their caregivers and their families to have access to quality care across the country. For more information, [click here](#).

PEI Seniors Health & Wellness Strategy

A multidisciplinary team is actively meeting to develop goals and create a plan to meet the needs of Island seniors. The strategy is expected to be completed by the spring. Stay tuned for more details!

RESEARCH

Young Onset Dementia

Young onset dementia is defined as dementia this is diagnosed before the age of 65 years. In Canada today, it is estimated that there are over 16,000 Canadians living with young onset dementia. Individuals living with young onset dementia face many unique challenges. Recently, the Alzheimer Society of Canada created a Gap Analysis report to identify gaps in our current support system and strategize ways to better serve those affected by young onset dementia and their loved ones.

Through an extensive literature review, surveys and focus groups, a number of recommendations became evident. Health care professionals, caregivers, and individuals living with young onset dementia all agree more resources need to be created for those with young onset dementia.

Information needs to be readily available in Canada on a number of topics such as progression, treatment, legal issues, community supports, family relations, and planning for the future. They need separate support groups, social activities, chat lines, and web based learning opportunities. As many living with young onset dementia having children or youth living with them, family-oriented interventions and parenting resources could also be helpful.

Moving forward, we hope to work closely with the population living with young onset dementia to act on these recommendations and improve the system for everyone.

To read the full report on young onset dementia, [click here](#).



Dementia & The Holidays

Here are tips to make holidays and events less stressful and more enjoyable for everyone:

1. Keep celebrations short. Consider bringing the person with dementia for the most meaningful part of the event.
2. Choose familiar places for events
3. Plan festivities on a day and time that suits the person with dementia.
4. Involve the person with dementia in preparations, especially with tasks they can still do or enjoy, making cards or wrapping gifts.
5. Do things that have meaning such as looking at old photographs or singing songs.

For more information on holidays and dementia, [click here](#).

December 2017



From
The
Alzheimer
Society of
PEI



Pictured Above (From Left to Right)
Corrine Hendricken-Eldershaw, CEO, Sara MacLean,
Education Coordinator, Kate Shreenan, Administrative &
Events Coordinator.

On behalf of The Alzheimer Society of PEI's Board of Directors and Staff we would like to wish you a wonderful Holiday Season.