

NEWSLETTER

Soci t  Alzheimer Society

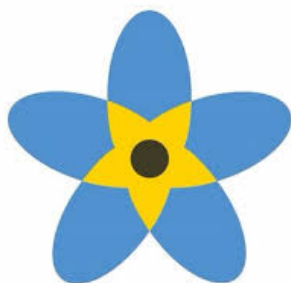
PRINCE EDWARD ISLAND

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Nominate

Know an amazing Leader or Caregiver who is deserving of an award? To Nominate, [Click here.](#)



Fundraising

Volunteer Appreciation & Open House

Thank you to our amazing volunteers who do so much for our Society and for the Islanders who are living the journey of Alzheimer’s or related dementias. If you currently volunteer with us or would like to start volunteering with our Society, please join us for our Volunteer Appreciation Open House!

Volunteer Appreciation Open House



Saturday April 21st, 2018

1:00pm at The Alzheimer Society of PEI

Walk for Alzheimer’s

On the last Sunday of May, join families, friends and coworkers to make memories matter in Charlottetown & Summerside! With our aging population, the number of Islanders with dementia is growing. By participating in PEI’s Walk for Alzheimer’s, you are helping to ensure that those families receive education and support through our programs.

Register & fundraise at www.walkpei.ca or request a kit 1-902-370-3136 or community@alzpei.ca.



Thank you!

Thank you to our Walk for Alzheimer's sponsors:



Door to Door

Each year we are fortunate to have the wonderful help of the Summerside Atlantic Police Academy to canvass their Summerside area.

This year was no different! we would like to extend a big thank you to Inspector Wayne Rudderham and his Cadets for doing such a wonderful job.



We also continue to invest in research into the cause and cure for Alzheimer's disease and other dementias. Each year we aim to make the next Walk for Alzheimer's bigger and better! This year we made some location and date changes so please take note before joining us at our Walk for Alzheimer's this year.

Charlottetown Walk for Alzheimer's

Date: Sunday, May 27, 2018

Location: Victoria Park Pavillion, Charlottetown, PE

Time:

12:00pm Registration & Check-in

12:30pm: Opening Ceremonies & Warm up

1:00pm: Walk for Alzheimer's start time!

Summerside Walk for Alzheimer's

Date: Sunday, May 27, 2018

Location: Credit Union Place in Summerside

Time:

12:00pm Registration & Check-in

12:30pm: Opening Ceremonies & Warm up

1:00pm: Walk for Alzheimer's start time!

Register & fundraise at www.walkpei.ca or you can request a fundraising kit by contacting us at 1-902-370-3136 or by email at community@alzpei.ca.



WALK FOR ALZHEIMER'S
MAKE MEMORIES MATTER™

SUNDAY MAY 27

register & fundraise at walkpei.ca



Friday Group

We were pleased to receive funding from the Rotary Club of Charlottetown to aid us in the development of our new Friday Group social program.



The Friday Group is an innovative program that offers people with dementia and their caregivers a way to stay socially and mentally engaged, have fun and make new friends.

Persons with dementia and their caregivers will try new activities and re-discover old activities they may have previously enjoyed. We are hoping to launch this program in the fall of 2018. Stay tuned for more details!

Education

Minds in Motion

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.

Would you like to see Minds in Motion in your area? **We are actively seeking volunteers and community partners to host upcoming sessions.** 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



Meaningful Visits

Here are ten tips to help make the most of your time together:

1. Find out the best time of day to visit
2. Call the person with dementia by their first name.
3. Turn off background noise
4. Encourage the person with dementia to decide how you spend your time together.
5. Play a game or work on a project together
6. Do not be afraid of quiet time. Try having a relaxing visit with a movie.
7. Go outside for some fresh air and exercise.
8. Use photographs, videos, letters, and phone calls to include others in the visit
9. If permitted, bring along a pet.
10. Acknowledge their feelings and reassure them they are safe, loved and cared for.

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 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.

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.](#)**

Thank you to those who attended our Dementia 101 presentation at the Alzheimer Society office on January 16. Our next First Link® Caregiver Education sessions; 1. The Mount May 22nd, pre-registration is required. 2. June 14 from 9:30am - 12:00pm. **If you are interested, please call 902-370-3135 or email education@alzpei.ca.**

LGBTQ+ News

The Alzheimer Society of PEI has introduced an introductory LGBTQ+ presentation in our DCT program. With the help of the Government of Canada's New Horizons Grant, we will now be exploring creating a Diversity 101 Toolkit.

The Diversity 101 Toolkit will be a comprehensive guide for long term care facilities to understand and review knowledge on gender identity, sexual orientation, and gender expression. Educational presentations will also be completed at the facilities.



The overall goal is to increase awareness, inclusion, and reduce discrimination. The project will first be launched in three facilities, including Andrews of Summerside.

Education Dementia Care Training

Do you want to learn a positive approach to dementia care?

Do you want to create an inclusive and engaging environment for all?

Do you want to experience what it might feel like to have dementia?

Do you want to learn U-First!® Principles?

Do you want to decrease violence in the workplace?



Check out our newly revised Dementia Care Training program! The Dementia Care Certificate Program is a comprehensive educational program offered by the Alzheimer Society of PEI for healthcare professionals. DCT consists of two programs: DCT101 and DCT102. Each 12-hour course 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 components include: U-First!®, Positive Approach® to Care, GEMS®, DementiAbility, Virtual Dementia Tour, LGBTQ+ guidelines and self-care.

Upcoming sessions of DCT101 include May 1 & 2 and Sept 10 & 11. Dates for DCT102 include June 6 & 7 and November 13 & 14, 2018. For additional information and registration, please [click here](#).



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

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

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



Education

Alzheimer's Awareness Conference

The 6th Annual Alzheimer's Awareness Conference was held in Charlottetown on January 22-23, 2018. This year, we were thrilled to welcome renowned dementia care educator and advocate for people living with dementia, Teepa Snow.



On Monday, January 22, Teepa was able to share her expertise on personality traits, hygiene, nutrition, and hospital care, with over 150 conference attendees.

That evening, a special presentation on Making Moments of Joy was also held for over 100 caregivers.

On Tuesday, January 23, an extraordinary Care Skills Awareness Training was offered to an additional 50 health care professionals. Together, we were able to learn hands-on Positive Approach® to Care techniques to incorporate into all areas of caregiving.

We would like to extend a special thank you to everyone who helped make this year's event a success! We also cannot thank our volunteers and



generous sponsors enough for their support. To view more photos from the event, [click here](#). Our 7th Annual Alzheimer's Awareness Conference will be held in January 2019. Stay tuned for more details!

Brain Boosters

Brain Booster #1

A man was outside taking a walk, when it started to rain. The man didn't have an umbrella and he wasn't wearing a hat. His clothes got soaked, yet not a single hair on his head got wet. How could this happen?

Brain Booster #2

I may be difficult to trace, but impossible to erase

Without me there's no light to shed
Unsolvable problems instead

I may be difficult to take
But I will never bend or break

The heart of every equation I'm
discovery's foundation

What am I?

Education

Police Cadets

On February 23, 2018, a Dementia 101 presentation was completed for 59 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, inappropriate behaviour and search and rescue. Cadets were equipped with communication essentials to help them in their work.

As a sign of their appreciation, 34 of the Police Cadets participated in a door-to-door blitz throughout the City of Summerside on March 11, 2018, from 1:00pm - 3:30pm.

Over just a few hours, the Cadets helped us raise nearly \$4000! We are so grateful for this annual partnership!



Seniors Health & Wellness Strategy

In the summer of 2017, the Province committed to developing the Seniors Health and Wellness Strategy under the direction of Dr. Michael Corman, Principal Advisor of Senior's Health. This strategy is still being developed to improve services to seniors and meet the health care needs of Islanders in the future. It is expected to be released in the spring of 2018. Stay tuned for more details!

[What is the Seniors Health & Wellness Strategy?](#)

[Health PEI Wellness Strategy Foundational Document](#)

Mental Health

Here's 5 things you should know about dementia, mental illness and mental health.

- 1) Dementia caregivers experience higher rates of depression than all other caregivers
- 2) Almost half of long-term care residents experience depression
- 3) Dementia and mental illness share many common symptoms, but they can't always be diagnosed and treated in the same way.
- 4) People with dementia can have good mental health
- 5) People with dementia and people with mental illness both face stigma

If you or someone you know is experiencing depression related to dementia, contact us for counselling, support and education, [click here](#).

Research Alzheimer Society Research Program

The Alzheimer Society Research Program (ASRP) is a collaborative initiative of the provincial Alzheimer Societies, the Alzheimer Society of Canada, partners and valuable donors who commit to supporting research. To date, ASRP has funded over \$53 million in grants and awards since it began in 1989.

In 2017, Dr. Matthew Parsons received the New Investigator Grant through the Alzheimer Society Research Program (ASRP). The overarching aim of his research is to gain a better understanding of why cellular communication becomes less efficient in Alzheimer's disease, with the ultimate goal of identifying novel therapeutic targets that may prevent this synaptic dysfunction and subsequent cell death.

Matthew's passion for Alzheimer's research is fuelled by a personal connection to the disease through family members.

To learn more about Matthew and his research, [click here](#).



Dementia Strategy

On June 22, 2017, Canada committed to develop a National Dementia Strategy.



On March 20, 2018, the Alzheimer Society of PEI was delighted to participate in a provincial consultation held in Saint John, NB, in partnership with the Alzheimer Society of New Brunswick. The results of these consultations will be submitted to the Public Health Agency of Canada to help guide the development and implementation of Canada's National Dementia Strategy. A total of 14 Islanders living with dementia were represented.



For more information on the National Dementia Strategy, [click here](#).

Research

Federal Research Investments

On February 19, 2018, Brain Canada and the Government of Canada joined forces to announce a \$10.17 million grant to establish the Canadian Open Neuroscience Platform (CONP). The CONP is a partnership of 15 universities that will facilitate the circulation of data to support research on advance treatments for Canadians suffering from neurological conditions, including dementia. Access to this data could potentially lead to faster breakthroughs to prevent, diagnose and treat neurological conditions.

For more information on this exciting initiative, [click here](#).



On February 27, 2018, it was announced that the 2018 Federal Government announced a significant increase in grants for science, health and humanities research. The 2018 budget will be committing \$925 million over the next five years to research granting councils. This will lead to a 25% increase in fundamental research by the year 2021.

For more information on this funding, [click here](#).