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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



Alzheimer Society of
Prince Edward Island



@AlzheimerPEI

Up & Coming!

Alzheimer Awareness Conference

Each January, we join our colleagues across the country in celebrating National Alzheimer Awareness Month. To help raise awareness, share our campaign message, and support the 2,570 Islanders living with dementia, we are excited to host our 7th Annual Alzheimer Awareness Conference on Thursday, January 24, 2019, 9:00am-3:00pm at the Murchison Centre in Charlottetown!

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

Join us to hear from:

- Person(s) living with dementia
- Care partners providing help for today
- Health care professionals
- Dementia Care Training graduates
- Researchers bringing hope

And more!

Pre-registration is required to attend. Seats will fill up quickly, so **don't delay - register today!** [Click here](#) to register.



Let's Talk Memory



In partnership with Health PEI, we have launched a new awareness campaign titled “Let’s Talk Memory”. Our goal is to increase awareness of the risk factors and warning signs of dementia. Efforts to expand this campaign will continue at our Alzheimer Awareness Conference and throughout 2019. Some key elements include stories about Islanders, social media, posters. Information packages will also be mailed out to schools, long-term care homes, doctors, nurse practitioners, hospitals, pharmacies, and other health centres.

To learn more about the Let’s Talk Memory campaign, [click here](#).

Advocacy

National Dementia Strategy

In June 2017, the Canadian government passed a law that directed the Minister of Health to develop a national dementia strategy. A Ministerial Advisory Board on Dementia continues to advise the Minister of Health on dementia care and the progress of the national dementia strategy. The strategy itself is expected to be delivered in winter 2019. **For more information on the National Dementia Strategy, please [click here](#).**

National Advisory Group of People Living with Dementia

Congratulations to Lynn Loftus who recently joined the Alzheimer Society of Canada Advisory Group of People Living with Dementia. “It’s important to talk about dementia. It’s a disease of my brain. I am an extrovert, living a happy life and I love laughter. I want to make a difference and be part of educating the public. I want to do this as long as I can,” says Lynn Loftus.



In September 2018, the Advisory Group created our first ever Canadian Charter of Rights for People 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. Upholding the charter will ensure that persons living with dementia know they have rights and reminds us to treat them with dignity and respect. It is also being used as a framework to inform the development of the national dementia strategy.

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

1,000km Memory Ride

Thank you to Jim Landry from Landscape PEI on his work with the 1,000km Memory Ride. The 1,000km Memory Ride was created and organized by Jim with all funds he raised on his journey biking overseas and planting trees was to support The Alzheimer Societies of PEI and New Brunswick.

The Alzheimer Society of PEI's portions of the funds raised will go towards running the programs and services that we offer, as well as to fund research for a cure.



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. Our Door to Door Campaign is happening now until the end of March. For every \$100.00 you raise you will be entered into an Air Canada draw for two flights of travel to any Air Canada scheduled destination within North America, including Hawaii, Mexico and the Caribbean. 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

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

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 took place throughout the month of September to recognize **World Alzheimer's Day on September 21st**. Participants at these events made donations in exchange for a cup of coffee.

Thank you for all who participated by donating or volunteering their time. For more information or if you are interested in hosting a coffee break, please [click here](#).



Major Gifts & Bequests

We are grateful for the major gifts that we have received recently. Including a donation from Lois Drummond from the MAW Charitable Trust. As well as a donation by William Pickering from Roy L Ramsay Family Trust.

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

Donations

Your donation today will help us 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 through the Alzheimer Society of PEI, either by mail, telephone, or online through CanadaHelps.org

Fundraising

Investors Group Wealth Management Walk for Alzheimer's

We are excited to be bringing back the Walk for Alzheimer's but as the newly names Investors Group Wealth Management Walk for Alzheimer's which will be on Prince Edward Island May 26th, 2019! Save the date!

The IG Wealth Management Walk for Alzheimer's is a national campaign with Walks happening all across the country. See below for other provincial walk dates:

British Columbia: May 5th, 2019

Alberta & Northwest Territories: Throughout June

Manitoba: End of May & throughout June

Saskatchewan: Throughout the year

Ontario: Throughout the year

Quebec: May 26th, 2019

Nova Scotia: Throughout May

New Brunswick: May 26th, 2019

Newfoundland & Labrador: May 26th, 2019



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 challenges 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 session on November 28.

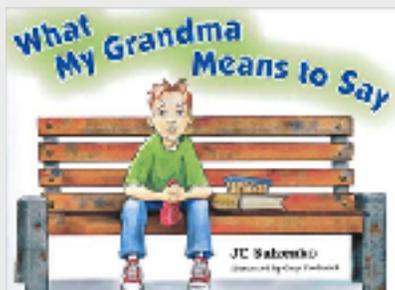
Our next session will be held on at the Alzheimer Society office on Thursday January 17, 2019 from 1:00pm-3:00pm. Tuesday, February 12, 2019 from 1:00pm-3:00pm. If you are interested, please call 902-370-3135 or email education@alzpei.ca.

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](#).

What My Grandma Means to Say

The Alzheimer Society of PEI continues our commitment to education in public schools with JC Sulzenko's "What My Grandma Means to Say".



The [Teaching Resource](#) was designed to teach children in grades 4-6 about dementia and how to support someone living with the disease. It is available in English Elementary school libraries across the Island!

Colouring Contest

This January, we are excited to launch a colouring contest as part of our Let's Talk Memory Campaign. Stay tuned for more details!



Education

Dementia Care Training

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



DCT is designed to increase knowledge and awareness of dementia, increase effective communication strategies, and apply hands-on skills encompassing U-First!®, Positive Approach® to Care, GEMS®, DementiAbility, Virtual Dementia Tour, LGBTQ+ guidelines and self-care.



Since its launch in June 2017, we have had the opportunity to work with a diverse group of participants from many sectors including long-term care, home care, community care, acute care, and group homes. Our next session of DCT101 will be held on May 7 & 8, 2019. The next session of DCT102 will be held on June 11 & 12, 2019. Registration coming soon. Stay tuned for more dates in 2019! For additional information, please [click here](#).



Friday Social



This fall, we were pleased to pilot a new Friday Social program for persons living with dementia and their care partners in Charlottetown. Participants enjoyed friendly conversation and meaningful activities such as art, games, and music.



We would like to thank the Rotary Club of Charlottetown



for their generous funding to make this program possible.

Education Minds in Motion[®]

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



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.

We would like to thank the Three Rivers Seniors Club in Cardigan and the Jesus Christ Church of Latter Day Saints in Montague for hosting our sessions this fall. All participants enjoyed the program and we had a lot of fun together!



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

Education Corner

Did you know that there are free educational opportunities available to you from the comfort of your own home? Check out these upcoming webinars!

Risk Reduction

On January 7, join Alzheimer's Disease International to learn more about why some researchers believe 30-50% of all Alzheimer's disease can be postponed, reduced or avoided. [Click here](#) to sign up today!

Psychosocial interventions

On January 14, join brainXchange to learn more about psychosocial interventions for people living with dementia in the past, present and future. [Click here](#) to sign up today!

Research

Framework on Palliative Care

While 75% of Canadians would prefer to be at home, research shows that only about 15% currently have access to palliative home care services. That's why the Government of Canada has committed targeted funding of \$6 billion over 10 years to provinces and territories to improve access to home and community care, including palliative care. On December 4, 2018, Health Canada released a new Framework on Palliative Care in Canada, which highlights current best practices across the country and suggests key areas for improvement. Alzheimer's disease is cited as one example where navigating the system is especially difficult because cognitive impairment gradually limits the ability to navigate independently. To view the full report, please [click here](#).



HEALTH CANADA

Canada

Meet our Researchers



Lillian Hung is a postdoctoral fellow in the Department of Gerontology at Simon Fraser University. She is currently conducting research on best practices to integrate technology as a mechanism for reassurance in acute care settings. In this project, family members are asked to record a short video message that assures the person living with dementia that they are safe and being helped. To learn more about Lillian and her research, please [click here](#).



Brain Boosters

Brain Booster #1

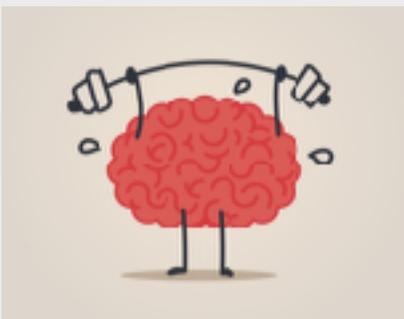
You are in a cabin and it is pitch black. You have one match, a newspaper, an oil lamp, candle, and a fire place. What do you light first?

Brain Booster #2

When you have me, you immediately feel like sharing me. But, if you do share me, you no longer have me. What am I?

Brain Booster #3

The number 8,549,176,320 is a unique number. What is so special about it?



Gifts for the Holidays

Who doesn't love receiving a gift over the holidays? Tearing into presents is not only a source of fun, but it can also be therapeutic for persons living with dementia. So don't let them be left out on the fun! Here are some tips to help you choose the perfect gift to give this holiday season:

1. Consider what stage of dementia your loved one may be in. While some gifts, such as CDs, may be suitable at any stage, other items may not be.
2. Consider your loved ones interests. Many hobbies and interests can be maintained well into the disease if proper supports are in place. For example, jigsaw puzzles, reading materials, crafts, or gardening, sports equipments, or entertainment.
3. Consider items to help with everyday tasks. For example, a large print clock with date and time, a picture phone, or a sensor nightlight.
4. Consider items to help remember things. For example a homemade calendar full of important dates, large whiteboards, labelled drawers or baskets, and framed photographs.
5. Consider items that stimulate the senses, especially in the middle to later stages. For example, scented lotions, fluffy sweaters in a favourite colour, fidget quilts, dolls, stuffed animals, or music.

For more gift ideas, please [click here](#).



Tips for the Holidays

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

1. Keep celebrations short. Consider bringing the person living with dementia only for the most meaningful part of the event.
2. Choose dementia-friendly places for events that are familiar and accessible.
3. Plan festivities on a day and time that suits the person living with dementia
4. Involve the person living with dementia in preparations, especially with tasks they can still do and enjoy, such as making cards or wrapping presents.
5. Engage in meaningful activities such as looking through old photographs or singing songs.

Happy Holidays! From the Alzheimer Society of PEI



Pictured Above (From Left to Right)

Sara MacLean, Education Coordinator, Corrine Hendricken-Eldershaw, CEO, 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.

