

The Voice

Help for Today.
Hope for Tomorrow...



Ontario action plan
for dementia



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Ten action steps by 2020 to prevent dementia, increase the quality of care for Ontario families facing dementia and manage healthcare spending:

For more information or for an in-depth report, please visit our website at:
www.alzhiemerniagara.ca

Solutions: Our ten-step plan

Brain health, early diagnosis and intervention

1. Launch a public education campaign to overcome stigma, foster supportive communities, facilitate early diagnosis and encourage brain healthy lifestyles

Caregiver support

2. Enable early diagnosis and intervention through accessible primary services integrated with community supports via First Link

3. Increase access to community, respite care and home support services that use best practices in dementia care

4. Introduce flexible workplace policies and income supports for family caregivers

Dementia workforce

5. Strengthen skills through more dementia-specific training across the health and social service sector

6. Increase accessibility to specialized geriatric services

Research

7. Invest in interdisciplinary research and accelerate findings into practice

8. Partner with private sector to foster innovation in areas such as housing and assistive technology

Champions for change

9. Establish dementia as a priority in Ontario government policies

10. Lead the charge in making dementia a national priority

As Ontario's population ages, hope lies in finding ways to lessen dementia's crippling effect on families, the healthcare system and the economy. Educating people about the value of a healthy lifestyle in preventing or delaying dementia is critical. Much work needs to be done on the health care and community support systems through which people will receive care and help. The influx of financial, legal and policy issues that dementia poses must be addressed. Investing now in better prevention, better care and better support will pay off later. Dementia planning isn't just good social policy. It makes economic sense. The time to act is now.

Mission Statement: The mission of the Alzheimer Society of Niagara Region is to improve the quality of life for people with Alzheimer's or related dementias and their caregivers.

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Support Groups

The Alzheimer Society of Niagara Region realizes that it is difficult for families to care for Alzheimer patients. Caregivers can often feel alone and isolated from friends, reluctant to ask for assistance and can experience stress that will affect their health. With this in mind, we provide many services and programs to help, including support groups.

Grimsby: Last Wednesday of each month at Grimsby Senior Centre, 18 Livingston Ave. starting at 1:30 pm

Niagara Falls: First Wednesday of each month at Eventide Home 5050 Jepson St. starting at 7:00 pm

St. Catharines: Third Wednesday of each month at the Alzheimer Society, 403 Ontario St. Unit #1 at 1:00 pm

Welland: First Tuesday of each month at Rapelje Lodge, 277 Plymouth Rd. starting at 1:30 pm

Fort Erie: First Wednesday of each month at Residence on Garrison, 373 Garrison Rd. Starting at 1:30 pm

Hot Off the Press...

We are excited to inform you about our newest program; the Activity Day Program for Persons with Early Stage Dementia. The program funded by the Ontario Trillium Foundation will provide an opportunity for persons with early stage dementia to engage in discussion and meaningful activities with their peers, stimulate their minds and focus on remaining strengths and abilities.



The Montessori Program

A new study was released early January called the Rising Tide. The study talks about the future of Alzheimer's disease and related dementias in the next 25 years and how being proactive can make positive changes in the future. The study can be found on our website.

Programs & Services...

When someone has just been diagnosed with Alzheimer's disease, the news may be upsetting for both the individual and those who care about him or her. Most likely you have been worried about the changes you have been seeing in the person and you may also be anxious about the future. However, an important first step has already been taken by getting a diagnosis.

There is support and resources to assist you through this difficult journey. Please contact the First Link Program at the Alzheimer Society of Niagara Region at 905-687-3914.

- Family Support Program
- Therapeutic Living Centre
- Caregiver Cafe
- Caregiver Education Series
- Crisis Management
- Training for Professionals
- Advocacy
- Volunteer Programs
- Virtual Dementia Tour
- Caregiver Support Groups
- Early Stage Support Groups
- Environmental Assessments
- Assistive Devices
- Lending Library
- Friendly Visiting
- Transportation Program
- Safely Home Program

What's Happening...

Spring 2010

Pilot Activity Day Program for Persons with Early Stage Dementia
More information to come...

June 2, 2010

The Peter Saracino Alzheimer Golf Classic
Peninsula Lakes Golf Club, Fonthill
12:30 pm Shotgun Start

June 9, 2010

11th Northland Pointe Walk for Memories
HH Knoll Park, Port Colborne
10:30 am – 1:00 pm

June 14, 2010

Third Party BBQ
Garrison Place in Fort Erie

June 15, 2010

Annual General Meeting
Linhaven Home for the Aged
6:30 pm

June 26

Golf for Memories
Emerald Pines Golf Club, Port Colborne
11:00 am Shotgun Start

Highlights...

The REBEL group enjoyed their annual Christmas dinner with entertainment by Brian.

It was a great time for everyone! There are still more outings to come throughout the year. Once again, thanks to our generous donors, Christmas dinners – Turkey and all the delicious trimmings were provided to many of our clients that needed some holiday cheer. *(Picture to the right.)*



The screening of the documentary **“Forgetful Not Forgotten”** was a great success! Over 100 people came to see the film and meet director Chris Wynn on January 21, 2010. Pictured to the right is Chris and the staff of the Alzheimer Society.



The Changing Melody Conference entitled “Reflecting on the Ripple Effect of Dementia” was held for the first time in Niagara on April 10, 2010. The conference was a learning and sharing forum for persons with early-stage dementia and their partners in care and had speakers that were either a caregiver or were themselves living with early-stage dementia. This unique conference was well received with over 150 attendees. On April 23, we had our volunteer Appreciation Night at Linhaven Home for the Aged. A wonderful dinner was provided for all the volunteers that assist both the Alzheimer Society of Niagara Region and the Alzheimer Society Niagara Foundation and later enjoyed the performance of “Larry Diamond” (Neil Diamond impersonator). It was just a small token of our appreciation for all of the wonderful work and support that is given from all of our volunteers. We truly are fortunate to have each of you and cannot thank you enough for all that you do.



STUDENT VOLUNTEERS



EDUCATION VOLUNTEERS



EDUCATION VOLUNTEERS



WALK FOR MEMORIES VOLUNTEERS



BONSPIEL VOLUNTEERS



PETER SARACINO ALZHEIMER GOLF CLASSIC VOLUNTEERS



OFFICE VOLUNTEERS



R.E.B.E.L. VOLUNTEERS



CAREGIVER CAFÉ VOLUNTEERS



SUPPORT GROUP VOLUNTEER

Welcome New Volunteers!

Friendly Visitors:

Grimaldo Ortiz, Silvia Fernandez, Tammy McIsaa

Alzheimer Society of Niagara Region Board:

Judy Willems

Alzheimer Society Niagara Foundation Board:

Anne Radojcic

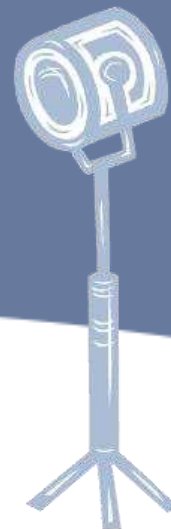
Data Entry:

Nancy LePoldevin, Brenda Haché

Caregiver Cafe:

Monica Restrepo

Volunteer Spotlight...



Volunteer Opportunities

We need you. Give your time and change a life. Become a volunteer today. We currently have a variety of volunteer positions available.

Caregiver Café Volunteers:

We are looking for volunteers who are willing to give 2 hours a month providing fitness instruction, craft and hobby instruction as well as any other stress reducing activities.

Education Volunteers:

We are in need of volunteers willing to assist in the Virtual Dementia Tour.

Office/Administration Volunteers:

There is always a need for volunteers willing to assist in answering the phones, photocopying, letter campaigns and data input.

Friendly Visitors:

There is an on-going need for friendly visiting volunteers to visit with individuals. A training session will be held this summer.

Event Committee Members:

If you are interested in planning, having fun and meeting new people, sitting on an event committee is for you. This is a 2-4 hours a month commitment for 3-4 months, depending on the event.

Help for Today.

Hope for Tomorrow...

Profile of a Volunteer...



Pat is a very valuable volunteer, who over the last 14 years has provided endless hours of service. She is willing to help out in any way and is always there when we need someone.

Some of the activities that Pat has been involved in over the years are:

- *Playing "Santa" delivering gifts*
- *Fundraising activities such as the curling event and coffee break*
- *Office support*
- *She has completed the friendly visitor training program*


Most recently, Pat has become a very active and valuable educational volunteer. If there is a Virtual Dementia Tour being held in Niagara region (or out of town), Pat will be there helping.

Thanks Pat, for all your hard work over the past 14 yrs. We look forward to many more.

Getting to Know PAT...

My name is Pat Hill. My favourite colour is baby blue. I've been a volunteer at the Alzheimer Society for 14 yrs. If I could change anything in the world it would be to make it a better place. I would make people have more compassion. I like to volunteer because it gives me a feeling of being needed and helpful. It gets me out of the house and using my brain. If I could offer everyone one piece of advice, it would be to be kinder to older people, you too will be there one day. Making a difference is an accomplishment. My hero was my mother. One word to describe me would be: **willing!**

Thank You Very Much Pat!



Brain Health The Alzheimer Society of Canada has listed a variety of ways that one can take charge of their brain health. Simple things such as being physically active, being socially active, choosing wisely, making healthier food choices, head protection and reducing stress can create a healthier brain.

Be Physically Active Research is showing that moderate physical activity promotes brain health. People who exercise regularly are less likely to develop heart disease, stroke and diabetes, which are all conditions that are associated with an increased risk of developing Alzheimer's disease. In addition to improving your general health, physical activity is also beneficial for your brain health. Even moderate physical activity promotes the circulation of blood to the brain, which nourishes the cells with nutrients and oxygen, and may even encourage the development of new cells.

- taken from www.alzheimercanada.ca

Strategies for Caregivers

As a caregiver, you'll find yourself constantly needing to adapt to new challenges and potentially stressful situations. Here are some tips designed to help you deal with your loved one's condition on a daily basis as well as focus on the more rewarding aspects of caring for someone.

Simplify Things

Cut down on clutter around the house. For example, leave only what's needed on the kitchen table and trim closets down to the clothes that will be worn in a season. To help with forgetfulness, leave notes for the individual.

Limit Choices

When offering options to a person with Alzheimer's disease, don't ask open-ended questions. For example, instead of saying "What do you want for lunch?" you can ask "Would you like soup or a salad for lunch?"

Use a Pill Dispenser

Place all pills in weekly dispenser or use blister packs or dosettes (pills that are packed in daily packets by a pharmacist). Remember to check daily that all the right pills have been taken.

Reduce Background Noise

When speaking to a person with Alzheimer's disease, ensure that there is as little background noise and activity as possible – it makes it easier for the person to focus on what you're saying.

Make It Easy to Use the Phone

Dealing with the telephone can be difficult for a person with Alzheimer's disease. Keep a list of important and frequently dialed numbers by the phone along with your name, phone number and address. If the person with Alzheimer's disease is uncomfortable answering the phone, tell them it's okay to let it ring, then arrange for a voice mail or an answering machine.

Encourage Social Activity

Encourage the person with Alzheimer's disease to continue seeing family and friends and maintain their routine outings. Help them stay active by getting a referral to a local respite or day program. The Alzheimer Society of Niagara Region can help you do this. Registering the person with the Safely Home® program can make it easier and safer for them to get out and be active. If social outings become difficult for them to manage themselves, take on the task of doing the scheduling. If they find it too challenging to leave the house, consider inviting close family or friends over for short visits.

Taken from <http://www.onmemory.ca/en/home/>

A new study called the “Rising Tide: The Impact of Dementia in Canada” has been published and was released in January 2010. The study describes how many people will have dementia in Canada over the next thirty years and the projected economic cost of these diseases if nothing new is done about it. The study also shows how change can be made and the actions that need to be taken in Canada and abroad to respond to this epidemic.

Why Canada Must Act:

By 2038, if nothing changes:

- 1,125,200 people will have dementia in Canada
– 2.8% of the Canadian population
- The cumulative economic burden will be \$872 billion
- Demand for long term care will increase 10-fold
- The rate of dementia incidence for 65+ is expected to increase to 250,000 new cases per year

What Can Be Done:

- Prevention – Increase physical activity
- Prevention – A program to delay dementia onset

What Has Been Done:

Australia, Norway, the Netherlands, France, Scotland and the United Kingdom have recently developed specific plans or frameworks for dealing with dementia. (These plans are largely directed at integration of health and social policies, more home-based programming, adapting care facilities to better meet the needs of residents with dementia, providing education programs for people with dementia, their families, health professionals and the public and investing in research.) In Canada, the response to the dementia epidemic through health and social policies is inconsistent. In the absence of a national policy or plan, each jurisdiction has found its own way to deal with the impact of dementia. Ontario, for example, just released the 10 by 20 Plan in March.

How We Can Make A Difference:

There are five components of a comprehensive National Dementia Strategy that ensure sustainable success:

1. Accelerated investment in all areas of dementia research
2. Clear recognition of the important role played by informal caregivers by providing information and education, supporting their roles as care partners and providing financial support
3. Increased recognition of the importance of prevention and early intervention of these diseases
4. Greater integration of care and increased use of accepted frameworks or “best practices” in chronic disease prevention and management, community support and community care coordination.
5. Strengthening Canada in dementia workforce by:
 - a. Increasing availability of specialists
 - b. Improving the diagnostic treatment capabilities of all frontline professionals
 - c. Making the best use of general and specialized resources through inter-professional collaboration
 - d. Supporting patient self management and caregiver participation in care coordination
 - e. Leveraging the capabilities of the volunteer sector through investment and training.

Visit www.alzheimerniagara.ca to read the full version of the report.

Thank You

*to all of you for participated
in our events...*

Bonspiel Raises Over \$20,000!

Top Pledged Team (tie):

Team: Don't Freeze Your Parts Off (\$1,435)

Skip: Richard Slater Mitch Slater

Adam Tremblay Mike Davey

Team: Rainville Weekend Warriors (\$1,435)

Skip: Al Zaluski Don Nichols

Mauro Nuccitelli Garth McQueen



Two Winning Teams



Top Pledged Individual:
Mike Davey \$1,225
Pictured with Christine Maloney



Marilyn Bodogh
& Team Dunn



Board Members
& Friends

Walk Raises Over \$46,000!

Top Pledged Team Winners:

\$8180 Board Walkers

\$4365 Pace Setters

\$2502 CAW Team

Top Pledged Individual Winners:

\$2385 Elco Drost, \$2055 Lynn McCleary, \$2035 Graham Wilson



SPECIAL OCCASION CELEBRATION PROGRAM

Shared Moments are Never Forgotten...

By making a donation to the Alzheimer Society Niagara Foundation in lieu of favours, bomboniere and gifts for your wedding or shower, you are helping to make each moment last a little bit longer. To learn more about the Special Occasion Celebration Program and programs and services that are offered at the Alzheimer Society, please visit www.alzheimerniagara.ca/Celebrate and Honour a Loved One.htm



The Third Party Program

To learn more about planning an event for the Alzheimer Society Niagara Foundation, please visit our website www.alzheimerniagara.ca to fill out a form or call (905) 684-3914.

***Plan your own MEMORABLE fundraising
event for the Alzheimer Society
Your Event Your Difference!***

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ALZHEIMER SOCIETY NIAGARA
FOUNDATION

The Honourary Chair for the 2010 Alzheimer Coffee Break are the Lioness Clubs in Niagara, led by the Grantham Lioness in St. Catharines. Last year the Grantham Lioness raised over \$5,000!!
Top 10 Coffee Breaks in 2009 were:

1. Seaway Marine Transport	\$24,351.25
2. Grantham Lioness	5,801.97
3. Robert Miller	3,885.00
4. Bulk Barn - Fairview Mall	1,828.00
5. Bulk Barn - Glendale Avenue	1,565.00
6. Niagara Regional Police Service	1,550.00
7. CYO Basketball	1,494.67
8. Bulk Barn - Fourth Avenue	1,279.00
9. Bulk Barn - Commisso's Market Plaza	1,272.00
10. Henderson's Pharmacy Limited	1,220.00

**WEDNESDAY,
 JUNE 2, 2010
 \$225 PER GOLFER**



**THE PETER SARACINO
 ALZHEIMER GOLF CLASSIC**

Sponsored by WHRL WERNALD MARIE KEEN LOFORSKI LLP

PENINSULA LAKES GOLF CLUB Call Gina: 905-687-6856 x 562

ALZHEIMER COFFEE BREAK



**NATIONAL COFFEE BREAK DAY
 THURSDAY, SEPTEMBER 16, 2010**

It's fun, social
 & easy to organ-
 ize at your office,
 school, church, or
 home!



We provide the
 kit, you provide
 the social envi-
 ronment. Order a
 kit today!

To register for a Coffee Break Kit, call
 905-687-6856 ext. 562 or

**For more information please visit
www.alzheimerniagara.ca**

The mission of the Foundation is to support the programs and services for the individuals with Alzheimer's disease and related dementias and their families residing in Niagara. Please consider being a monthly donor.

You can make a difference!

**Please make cheques payable to the Alzheimer Society Niagara Foundation and mail to
 #1-403 Ontario Street, St. Catharines, On L2N 1L5**

Name: _____

Organization: _____

Mailing Address: _____

Email: _____ Preferred Phone #: _____

City: _____ Province: _____ Postal Code: _____

GIFT & PAYMENT OPTIONS:

- I would like to donate \$ _____ monthly
- I would like to make a one-time donation of \$ _____

Help for Today. Hope for Tomorrow...

PLEASE CHECK ONE:

- VISA Cardholder Name: _____
- MASTERCARD Credit Card Number: _____ Expiry Date: _____
- AMERICAN EXPRESS