

Alzheimer's Disease: An Overview

Alzheimer's disease is a progressive, degenerative brain disorder that destroys vital brain cells. As Alzheimer's disease affects each area of the brain, certain functions or abilities can be lost, often permanently. Less than twenty-five years from now, one in four Canadians will be older than 65. Dementia - of which Alzheimer's disease is the most common form - is the world's **leading cause of disability among the elderly**. This reality poses an epic threat to the economic and social stability of our near future. Even at present, Alzheimer's disease is already one of the most costly disorders plaguing our health care system, and is the principal reason for nursing home admission.



Is there anything more you would like to know? Any information we can give you?
 Want to find out about our programs?
 Want to volunteer, or host a Coffee Break?

If you would like to learn more about our programs, services, and activities, just fill out below and send to us, or give us a call. We would be thrilled to talk with you, or send you more information.

Name: _____

Address: _____

Phone: _____

Please send info on programs/services _____ volunteering _____

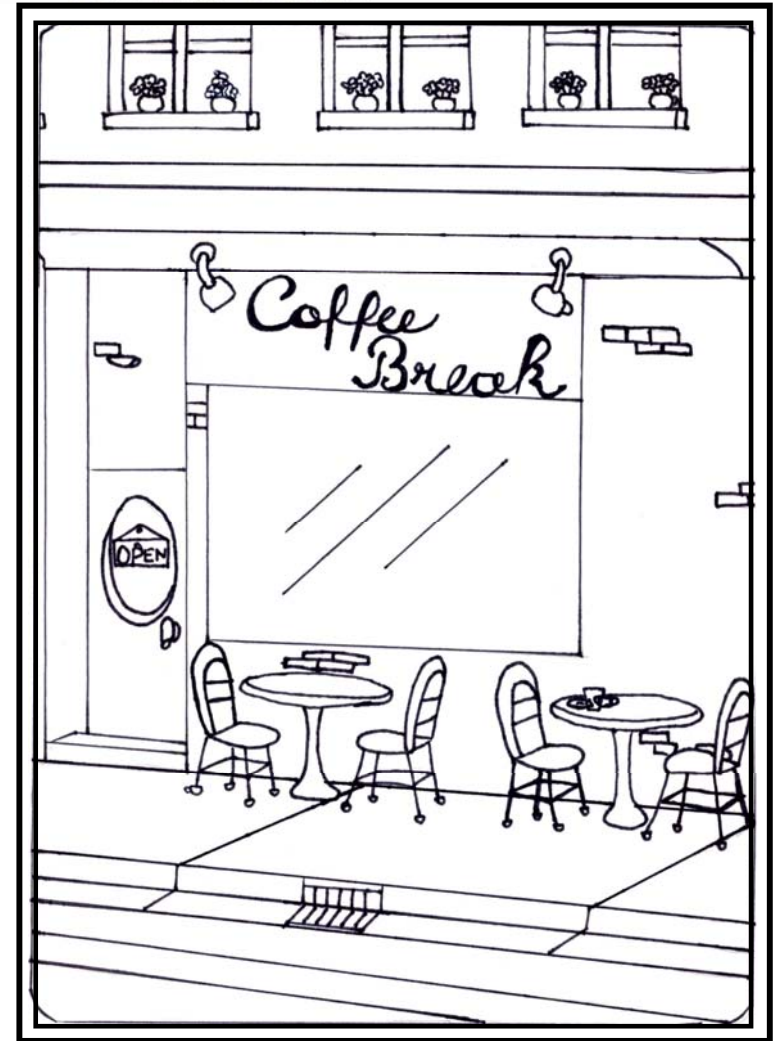
Fun Coffee Facts

- ☛ It takes 40 coffee beans to make one espresso
- ☛ A coffee tree lives between 60 and 70 years
- ☛ Coffee is the second most popular drink after water
- ☛ Black coffee with no sugar, cream, or milk contains no calories
- ☛ The first of October is the official coffee day in Japan

THE MORNING PERK

Alzheimer Society
 DUFFERIN COUNTY

September 2009



Drawing by: AMANDA VALENTANI

Count the Coffee Cups!

Hidden in the image below are TEN coffee cups. See if you can find them all. Once you are done you can mail in your puzzle and be entered in a draw for a Coffee Break Prize!

Name _____ Address _____

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Brew A Pot, Help A Lot: Coffee Break 2009

The Alzheimer's Society brings the 14th annual Coffee Break to Dufferin County. This nationwide fundraising event started in 1996 to help raise money and awareness of Alzheimer's disease. Though the fundraiser is a nationwide event all the proceeds raised in Dufferin County stay in Dufferin County to support the programs in our area. They money is put back into the community that raised it.

There are many ways to participate in the Alzheimer Coffee Break. Individuals in the community may host their own Coffee Break, inviting friends, family, neighbours and co-workers to help support the Alzheimer's Society by donating money for a cup of coffee that they would have anyway. Coffee breaks don't always have to serve coffee; they can be simple or extravagant, serving anything the host and guests would like.

Other ways of participating can be done through work or local participating businesses. Some offer donation boxes, and others selling paper coffee cups in support of the Alzheimer's Society.

September 17th turns a regular part of your daily routine into extraordinary act of kindness and selflessness.

To be part of Coffee Break 2009, please call the Alzheimer's Society of Dufferin County at (519) 941-1221. There is more information available from our website: www.alzheimercoffeebreak.ca.

Alzheimer Society of Dufferin County
25 Centennial Rd., Unit 1, Orangeville
(519) 941 - 1221

Services Menu

How your donations are being used to help.

Volunteer Companion For One Year- \$300.00

A trained volunteer will make in-home visits to a person with dementia, allowing their caregiver relief time. This provides the caregiver and person afflicted social interaction and support.

One "Remember Me" Session- \$100.00

This certificate program focuses on in-class education for children in grades 4 to 6. Through interactive exercises and handouts, children become aware of Alzheimer's & related dementias, learning how to communicate love and respect for those affected by the disease.

Making Connections, One Session- \$100.00

This once per month event allows caregivers and individuals with early stage dementia to join with others for stimulating activities, story sharing and learning to maintain healthy brains and lifestyles.

Two Hours Respite Care- \$50.00

The Alzheimer Society of Dufferin and District is working towards providing respite care. Respite allows caregivers time for themselves, whether it be to perform household duties, or enjoy a coffee break with a friend.

One Group Support Session- \$50.00

Our various support groups provide a comfortable environment for information sharing and support for caregivers and persons in early stages of Alzheimer's disease.

Two Reference Books- \$50.00

Our mission is to continue to maintain a current and updated library. Reference materials are important to help inform not only our workers, but our volunteers, families and caregivers.

This menu is just an example of the types of services the Alzheimer Society provides. Donations of all sizes are greatly appreciated and contribute to the success of our organization.

Thank You for your support!