

THE JOURNEY

Alzheimer Society
DUFFERIN COUNTY

FALL ~ WINTER

2010

Thoughtful Donation! Thoughtful Hearts!

Three years of planning, creating, and working in their spare time, three young ladies held bake sales, garage sales, lemonade stands, made greeting cards to sell, and a host of other activities to raise funds for a cause close to their hearts.

Here in this photo, the three girls, Sheila Roberts, Sarah Ching, and Kaitlyn Roberts, presented a cheque for the \$500 they raised to the Alzheimer Society of Dufferin County in honour of their respective grandparents who had Alzheimer's disease.

Their wish was to support the Remember Me program helping children better understand their grandparents who may have dementia, and to the current "greatest need" the Friendly Visiting program. Our heartfelt appreciation for your superb efforts!



Elaine Griffin—Public Education Coordinator, Sheila Roberts, Sarah Ching, Kaitlyn Roberts, Laurie Turza—Executive Director. The girls raised \$500 over three years of fundraising events to help make a difference for others in need.

Heads Up for Healthier Brains

What everyone should know about brain health and Alzheimer's disease

The brain is one of your most vital organs, playing a role in every action and every thought, and just like the rest of your body it needs to be looked after. It's never too soon, or too late to make changes that will maintain or improve your brain health, changes that may also help reduce your risk of developing Alzheimer's disease. If you are living with Alzheimer's disease, taking care of your brain health may also improve your quality of life and even help slow the progression of the disease.



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Inserts:

Open House Invitation
Walk Brochure
Schedule of Events

25 Centennial Rd., Unit 1, Orangeville, ON L9W 1R1

Tel: 519-941-1221 FAX: 519-941-1730

Website: www.alzheimerdufferin.org

Email: info@alzheimerdufferin.org

NEW PROGRAM



An earlier diagnosis could make a world of difference in the life of someone with dementia. The Alzheimer Society of Dufferin County, in partnership with Alzheimer Society Peel, and funded by the Central West Local Health Integration Network, has officially launched the First Link™ program – a referral program that will link individuals diagnosed with Alzheimer’s disease or a related dementia to a community of learning, services and support. The primary goal of First Link™ is to reach people in the early stages of Alzheimer’s disease and related dementias, an action that may slow progression.

For the caregiver/client the benefits could include

- a) decreased feelings of isolation
- b) increased knowledge of health status /condition
- c) increased knowledge of disease progression to help anticipate change
- d) increased awareness of other community resources
- e) improvements in ability to cope/manage care giving responsibilities
- f) for the individual with dementia, improvements in ability to cope/manage changes in their lives as a result of the disease

The program is intended to improve the quality of life for individuals with the disease and their families. Once the *First Link* is made, one will notice:

- Fewer and less intense crises impacting your patients and families
- Individuals and families will be more knowledgeable and prepared with enhanced coping skills.

Board of Directors

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Sally Coleman
Carol Stubbs
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Executive Director

Elaine Griffin
Public Education

Susan Stewart
Family Support Worker

Brittany O’Leary
First Link Coordinator

Elaine Graham
Volunteer Coordinator

Diane Cohen
Office Administration

Our Vision

We envision a community in which
people with dementia lead full
and dignified lives,
their caregivers are supported,
and the community is educated.

Our Mission Statement

We are a caring community organization
committed to improving the quality of life for
individuals and caregivers who are or may
become affected by Alzheimer’s disease or
related dementias.

Alzheimer Society

DUFFERIN COUNTY

25 Centennial Road

Orangeville, ON L9W 1R1

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Website: www.alzheimerdufferin.org

Hours: 8:30 to 4:30 Monday to Friday

The Journey is published four times a year and is
distributed free to society members, patrons, sponsors, board
members and volunteers, and is also available to the general public.
We invite your comments on the newsletter.

Would you like to receive our newsletter by email to help us save on
printing and mailing costs?

Call or email us and we will add you to the list.

10 WAYS TO IMPROVE YOUR BRAIN HEALTH

1. **Love the crunch of croutons on your salad?** Try walnuts instead. Omega-3's in walnuts have been found to improve mood and calm inflammation that may lead to brain-cell death. They also replace lost melatonin, which is necessary for healthy brain functioning.
2. **Take your dog—or yourself—for a walk.** Walking for just 20 minutes a day can lower blood sugar. That helps stoke blood flow to the brain, so you think more clearly.
3. **Volunteer to answer questions at the library, arboretum, museum, or hospital.** Playing tour guide forces you to learn new facts and think on your feet, helping to form new neural pathways in your brain. What's more, interacting with others can ease stress that depletes memory.
4. **Leave your comfort zone.** Getting good at Sudoku? Time to move on. Brain teasers don't form new neural connections once you've mastered them. So try something that's opposite your natural skills: If you like numbers, learn to draw. If you love language, try logic puzzles.
5. **Get support for stressors.** You may love your ailing family member, but the chronic stress of facing the situation alone can shrink your brain's memory centre. Interacting with others activates many parts of the brain—and learning new ways of coping forms new neural connections.
6. **When you look around, really look.** Stare straight ahead, and now—without moving your eyes—see if you can make out what's at the periphery. Do this regularly and you'll stimulate the neural and spatial centers of the brain, which can atrophy as you age.
7. **Show, don't tell.** When you woke up this morning, how bright was the light in your room? What did the air smell like when you opened the window? How many colors could you discern in your garden? Notice and report these details to others to prompt cell growth in the visual, verbal and memory parts of the brain.
8. **Listen for details when a friend tells a story.** Heed changes in the person's tone and register small facts you might otherwise gloss over. Conjure a mental image of the story. By doing this, you activated multiple areas in the brain and encourage memory formation.
9. **Get some class. Live near a college?** Research shows that taking courses, even just auditing them, can stave off dementia at an early age. Don't go in for formal learning. Check out book reading, seminars and other educational events.
10. **Turn up the tunes.** TV may provide a lot of stimuli, but watching too much can dull brain transmission. Instead, spend an afternoon listening to your favorite music. Music can lower stress hormones that inhibit memory and increase feelings of well-being that improve focus.

By: Heather Boerner/ Source : AARP.org



Wondering about dates and times for our programs? Log onto our website and follow the link on the homepage for our online calendar. It is a real time calendar so you are assured that the events and programs listed are correct and up to date.

In Memoriam



We offer our sympathy to families in Dufferin County who have lost their loved ones.

We would like to express our thanks to family members and friends
who have made donations in their memory.



Our donors consider a gift to the Alzheimer Society the soundest investment they can make.

ACTIVITIES

SUPPORT GROUPS

Come and Join Us

If you decide to attend one of our support groups you will encounter others there who are walking the same path as a care giver for someone with Alzheimer's Disease or another form of dementia. You will also have the opportunity to share stories and a cup of coffee, offer support or receive it, and learn and expand your own capacity to deal with the twists and turns on this journey. There is often laughter and sometimes there are tears; whatever comes up is always appropriate. It is an informal and relaxed atmosphere, and very beneficial.

Parental Support Group for Adult Children of Parents with dementia meets: Third Wednesday of the Month
At: Our office in the Caregiver Centre at 25 Centennial Road, Unit 1, in Orangeville Time: 6:30 to 8:30pm.

Spousal Support Group for the partners of those with dementia meets: Third Thursday of the Month
At: Our office in the Caregiver Centre at 25 Centennial Road, Unit 1, in Orangeville Time: 10 am to 12 Noon

Shelburne Support Group for both parental & spousal combined meets: Second Wednesday of the Month
At: the Mel Lloyd Building, Entrance C, downstairs in the Early Years Board Room. Time: 10 am to 12 Noon

Please accept this open invitation to join us.

We look forward to meeting you...

For further information, please contact Susan Stewart,
Family Support, at 519-941-1221
or email at susanstewart@alzheimerdufferin.org

Making Connections

Upcoming dates are

December 4th - January 22nd

February 19th - March 26th

April 16th - May 14th

25 Centennial Road, Unit 1

If you would like to participate in any of our gatherings, or for more information, please contact us at 519-941-1221

OUR SERVICES

Education:

- Resource & referral centre
- Caregiver & Professional
- Training and development
- Staff & volunteer training for health-care organizations
- School Education Program

Support Services:

- Supportive counseling
- Support Groups
- Safely Home (Wandering Registry)
- Volunteer Companion Respite Program
- Making Connections Program
- Stress Reduction Programs

MEMBERS

Members are encouraged to Volunteer on our.....

Nominating Committee

Finance Committee

Fundraising Committee

If anyone is interested in learning more about serving on any one of these committees, please give us a call

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Find us on
Facebook

Add us to your **Facebook** friends list to view our profile and get updated information regarding events and programs happening in and around the community.

EDUCATION



Community Torchlight
TELECHECK
Dufferin



Osteoporosis Canada
Ostéoporose Canada



Brains Bones Phones

Brains, Bones & Phones... A fun interactive workshop tailored specifically for Adults 55 plus includes information on maintaining good Brain Health & Memory, Bone Health, Nutrition and Physical Activity and a program that offers daily phone calls to provide listening and support.

The Alzheimers Society of Dufferin County, Osteoporosis Canada /Ontario Osteoporosis Strategy and the Community Torchlight, Telecheck program have partnered to present this education session which includes a nutritious lunch. A special feature is a Tai Chi Demonstration.



We are working together to provide healthy living education to Seniors in their community. The organizations involved look at prevention as key, but also provide supports for those living with Chronic Diseases and other conditions.

EXTRA HANDS

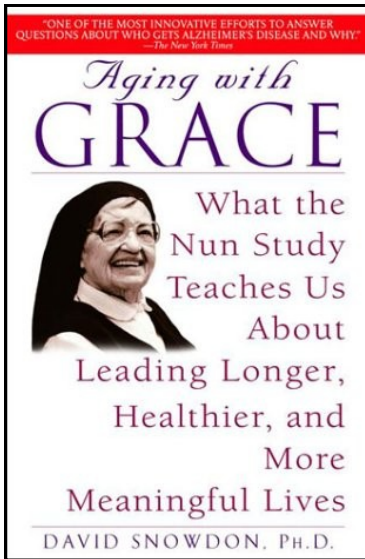
Meet Heather - our placement student!!!

I would like to introduce myself to everyone involved with this amazing agency. My name is Heather Verpaalen and I am a student from Sheridan College. I have just started my second year of the Social Service Worker Program. I will work alongside the staff members until April 2011. I am very eager to learn from everyone here who has dedicated themselves to helping individuals that are impacted by Alzheimer's and related dementias. My background is in the automotive industrial sector and I am now making a career change to create more enjoyment and satisfaction in my life while I help others in need. I am looking forward to meeting everyone over the course of my practicum placement. Thank you to everyone who has made me feel welcome to this wonderful Society and I am looking forward to help in any way possible.



Heather Verpaalen

BOOK REVIEW



Aging with Grace

by David Snowden. Ph.D.

Since 1986, the School Sisters of Notre Dame in Mankato, MN, have opened their lives, personal histories, and medical records in an extraordinary way, thereby offering researchers a unique view of Alzheimer's and aging. Snowden, a professor of neurology and director of the Nun Study at the Sanders-Brown Center on Aging at the University of Kentucky Medical Center, have studied this population of 678 Catholic sisters, some of whom have remained active and lucid all their lives while others have become demented. This is an ideal population to study, for it is carefully controlled: income is not a factor, all the subjects are nonsmokers, and all have similar access to diet, healthcare, and housing. Snowden writes with empathy and affection of these sisters, who also generously agreed to donate their brains for postmortem pathological studies. From this research, Snowden explains, it emerged that pathological changes did not always correlate with observable changes, that linguistic ability seems to protect against Alzheimer's, that prevention

of stroke and heart diseases can help avoid dementia, and that heredity, diet, and exercise also play a part. Blending personal histories with scientific fact, this inspirational and fascinating look at growing older is highly recommended. [Snowden's research was recently profiled in a cover story in Time magazine. Ed.] Jodith Janes, Cleveland Clinic Fdn. - *Jodith Janes, Cleveland Clinic Fdn.*

ASK DR. DANIEL

QUESTION: Dad has become aggressive. What can I do?

ANSWER: Aggressive behaviour is best understood as a responsive behaviour to an unmet need. There is meaning behind every angry outburst. This is often the only way your dad can attempt to communicate with you. Perhaps he is misperceiving his environment.



Dr. Geoff Daniel

It is important to remember that your father's aggression is not directly aimed at you but is part of his illness. It is common for people who have Alzheimer's disease to pass through a phase of misperceiving things or interactions as well as lacking their normal filter in their response (disinhibition). This often results in the person being angry and sometimes aggressive.

The way you respond to behaviour has an impact on the current and future responses of the person with dementia.

Although this phase will pass, it may help you to consider some of the things that may be triggering your father's anger. For example, he may not understand being forced to accept help to do things that he used to do on his own, such as bathing. Does he feel frustrated at his many losses? He may be unable to verbalize his frustration. Your father may be bewildered and frightened because he no longer has the ability to interpret his environment. Is he bored or does he have an excess of energy? Sometimes hunger, the need to pass urine or constipation can lead to a responsive behaviour. If the angry outbursts have only started recently, they may be due to an infection or pain. Once you have been able to identify some of the things that tend to make your father angry, you may be able to reduce the number of angry outbursts. Look for the reason behind the responsive behaviour. Are his physical needs met? Recognize the intellectual changes in memory, reasoning and problem solving ability. Validate his emotional losses. Empower him by promoting his strengths and abilities. Offer a supportive environment. Pick your battles wisely and use healthy doses of distraction. Contact your local Alzheimer Society to assist you in your journey with your Dad.

* Geoff Daniel, MD, FRCP, is a consulting geriatric psychiatrist in Dufferin County who works through the Trellis Community Mental Health Clinic and sometimes assists with education and information series through the Alzheimer Society of Dufferin County.

Do you have a question for Dr. Daniel?? Send it to us!!

RESEARCH UPDATE

VASCULAR HEALTH

Results from the Alzheimer's Disease Neuroimaging Initiative suggests that the link between vascular disease and cognitive impairment may be stronger than initially thought. Charles DeCarli, director of the UC Davis Alzheimer's Disease Centre explains: "this study shows that silent vascular disease is really common as we get older and it influences our thinking abilities. We're beginning to realize that vascular disease plays a major role in Alzheimer's disease — they go together." Participants from 50 research sites across Canada and the United States were included in the study. Results revealed that those participants with "white matter hyperintensities" showed significantly more cognitive decline with the passage of time compared to those without "white matter hyperintensities". The "white matter hyperintensities" appear on MRI scans and are caused by cardiovascular disease, hypertension, high cholesterol and atherosclerosis. These results support the importance of heart health in protecting a healthy brain.

AUTHOR: Unknown

SOURCE: Sci-Tech Trade Networks, November 11th 2010

NOTICE

The Minister of Health and Long-Term Care announced the launch of a completely refreshed website that will allow Ontarians to type in their city, street or postal code, and access health care options available to them locally.

The website aims to:

- Inform Ontarians about new health care options and learn how and where they can access health care in their communities
- Help Ontarians navigate the health care system
- Provide a new web resource for newcomers to Ontario that will help them get started using the health care system.

Go to www.ontario.ca/healthcareoptions to get health care options in your community. By typing in your city, street or postal code, you can find health care options nearby - Family Health Teams, nurse practitioner-led clinics, community health centres, walk-in clinics or emergency rooms - as well as tips on how to use these options to benefit you, your family or friends.

VOLUNTEER CORNER

Someone Needs You!!!! In Ontario alone there are 38,000 reasons to volunteer - that's the number of men and women who will be diagnosed with Alzheimer's disease this year. In Dufferin County an estimated 600 individuals have Alzheimer's disease or a related dementia. Then there are the thousands of husbands, wives, sons, daughters, grandchildren and friends who are also deeply affected. **Volunteers** are vital to the success of any non-profit organization and the Alzheimer Society is no exception.

If you have two hours a week to spare, please call about our **Volunteer** opportunities
519-941-1221.

"The ultimate expression of generosity is not in giving of what you have, but in giving of who you are". *You CAN make a difference!!*

EVENTS

Sunday January 30th, 2011

9:30 am - 12 Noon

The Orangeville Mall on First Street

2011
WALK
FOR
MEMORIES

Organize a Team for this Unforgettable Event

All proceeds support Programs & Services of the Alzheimer Society of Dufferin County.

Individuals & Teams Welcome! Local prizes for top individuals & top teams. To register and collect pledges, please visit online: www.walkformemories.ca



Many thanks to all our Coffee Break hosts this year who helped raise funds to support the growing services in Dufferin County – here are the Top 20 :

Giant Tiger, Shelburne	Royal Bank, Shelburne	Canpages,
Bulk Food Barn	Lord Dufferin Centre	Sobeys
Community Living Dufferin	DUCA Credit Union	Hyde Whipp Heating & Cooling
Georgian College	Randy Robinson	Scotiabank 97 First Street
Royal; Bank 489 Broadway	Carol Stubbs	Meridian Credit Union
Avalon Retirement Centre	Dufferin Oaks Home	Bethsaida Retirement Home
Royal Bank 136 Broadway	TD Canada Trust 89 Broadway	



From the staff of our society, we wish all our Volunteers, Members, and their families a wonderful holiday season.

Without the help and support of these dedicated people our society would not be what it is today.....

Thank You!!!



Alzheimer Society
DUFFERIN COUNTY