

The Journey

Spring - Summer

2011



In This Issue:

- Pg. 2.....Walking Club
- Pg.3.....Forget-Me-Not
Coasters
- Pg. 4.....Support Sessions
and Services
- Pg.5.....Educate yourself:
Compassion Fatigue
- Pg. 5.....Save the Date: AGM
- Pg. 6.....Book Review:
Still Alice
- Pg. 6.....Ask Dr.
Daniel
- Pg. 7.....Research Updates
- Pg. 7..... Volunteer
Corner
- Pg. 8.....Events

Inserts

-Education Sessions
 -List of Services



Alzheimer Society DUFFERIN COUNTY



Swingin' England: The Shelburne cast of *Shout!* are out in support of their upcoming show, which also graciously supports the Alzheimer Society of Dufferin County

Shout! A Mod Musical!

LP Productions Inc., a new theatre production company in Dufferin has chosen to link up with the Alzheimer Society of Dufferin County. Our chapter will benefit from each production the company puts on with \$1 from each ticket sold being donated to support our local programs and services.

The company's very first production, the smash hit from New York, is coming to Dufferin County! *Shout! A Mod Musical* is a local production put on by LP Stage Productions Inc. at the Grace Tipling Hall in Shelburne on May 5th to the 8th. Come out and relive the hoppin' soundtrack to

the 60's and 70's. The yellow, blue, green, red and orange girls will all be there to sing and dance their way through their toe tapping repertoire from Petula Clark to Dusty Springfield and many more.

From every ticket sold, one dollar will be donated to our cause. We could not be happier to work with this amazing group of performers, and LP productions, and we hope you can all make it out to what is sure to be an amazing time.

For tickets call:
(519) 925- 2600



Get Your Walking Shoes On!

Everyone knows that starting up a walking routine has many benefits for both the body and mind. Walking helps you lose weight and keep it off, reduce risk of cancer, heart disease, stroke and diabetes. It can boost your brainpower, improve your mood and relieve stress! Best of all, its so easy to get started. Here at the Alzheimer Society of Dufferin County, we are starting a “Walking Club” and would love for you to join us!

We invite all persons living with the illness, caregivers, volunteers, and anyone else who feels the urge to get their walk on with our group! We will strive to motivate each other to improve our quality of life through exercise, while providing caregiver relief and a means of symptom management for sufferers. This new program focuses on support and friendship while achieving your personal health goals in an encouraging and “at your own pace” environment. To learn more about our “Walking Club” please call Elaine Graham, Volunteer Coordinator at 519-941-1221.



Board of Directors

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Directors

Staff

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Elaine Griffin
Public Education

Susan Stewart
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Brittany O’Leary
First Link Coordinator

Elaine Graham
Volunteer Coordinator

Diane Cohen/Hilda Forsythe
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.

Alzheimer Society
DUFFERIN COUNTY

25 Centennial Road
Orangeville, ON L9W 1R1
Tel: 519-941-1221 Fax: 519-941-1730
Website: www.alzheimerdufferin.org

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.

The Journey

is published four times a year and is distributed free to society members, patrons, sponsors, and the general public.

Any comments on the newsletter are always welcome.

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



Forget-Me-Not Coaster Campaign

Whether your favourite brew is a strong coffee or a cup of tea, every morning can be made a little brighter by purchasing our new Forget-Me-Not Coasters. These beautiful blue cloth coasters were hand-made by local quilters and generously donated to our chapter to help raise funds for our programs. We greatly appreciate their willingness to devote their time and effort to our cause, and we would now like to introduce these wonderful coasters to you!

The Forget-Me-Not coasters will make a lovely addition to any morning ritual. They will remind you on a daily basis the help that you have given to improving the quality of life for people affected by dementia in Dufferin County and area.

By purchasing a set of coasters you give hope to individuals living with Alzheimer's disease, their caregivers, and families. The meaning that this coaster can bring to your lives and others' is overwhelming, and we thank you in advance for supporting us in this campaign.

A set of four coasters is our gift to you with your 20\$ donation to our chapter for this campaign. We encourage everyone who wants to have this limited edition set, to send in your cheque to

Alzheimer Society Dufferin
25 Centennial Rd, Unit 1,
Orangeville ON L9W 1R1
or give us a call at 519-941-1221.



This unique "forget-me-not" flowers fabric was donated and brought in from British Columbia. Pieces were cut, kits were prepared, and volunteers from families affected by dementia along with quilters and other friends of the Alzheimer Society picked them up. With skill and a whole lot of love, they sewed them into these beautiful coasters

Now, we have a limited number of them to offer as a thank you for your special \$20 donation, We hope you will love these as a meaningful gift for yourself or for someone special.



Wondering about dates and times for our programs?

Log onto our website and follow the link on the homepage for our online calendar so you can be sure that you keep up to date on all of our events and programs!

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.





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 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, relaxed, and very beneficial atmosphere.

<u>Information and Support Sessions</u>		
<u>Parental Support Group:</u> For adult children of parents with dementia needs.	6:30pm-8:30pm 3rd Wednesday of Every Month	Our office in the Caregiver Centre at 25 Centennial Road, Unit 1, Orangeville
<u>Spousal Support Group:</u> For the partners of those with dementia needs.	10:00am-2:00pm 4th Thursday of Every Month	Our office in the Caregiver Centre at 25 Centennial Road, Unit 1, in Orangeville
<u>Shelburne Support Group:</u> for both parental and spousal combined needs.	10:00am-12:00pm 2nd Wednesday of Every Month	Mel Lloyd Building, Entrance C, downstairs in the Early Years Board Room.

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 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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Making Connections

Upcoming dates are

May 14

June 18

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



Find us on
Facebook

We've Joined Facebook!

You can find us by typing in "Alzheimer Society of Dufferin County" into the search bar on your Facebook page, or by clicking the link on our website Homepage.

By "liking" our page you can stay up to date on all current events here at the Society!

See you Online!



EDUCATION



Compassion Fatigue: is characterized by deep emotional and physical exhaustion and by a shift in a professional's sense of hope and optimism about the future and the value of their work. It has been called "a disorder that affects those who do their work well" (Figley 1995)

Elaine Griffin recently completed an intensive "Train the Trainer" workshop under the tutelage of Françoise Mathieu. Françoise is one of the leaders in compassion fatigue and vicarious trauma education in Canada. Since 2001, Françoise has given hundreds of seminars on compassion fatigue and vicarious trauma across the country to thousands of helping professionals in the fields of health care, trauma services, law enforcement, education and addiction treatment.

She is the author of The Compassion Fatigue Workbook and The Compassion Fatigue Train the Trainer Workbook.

Compassion fatigue is a normal consequence of working in the helping field. The best strategy to address compassion fatigue is to develop excellent self care strategies, as well as an early warning system that lets the helper know that they are moving into the caution zone of compassion fatigue.

Elaine is now offering workshops in Dufferin County on this important topic.

Topics covered will include:

- Understanding compassion fatigue, vicarious trauma and burnout
- Evaluating Self Care
- Identifying Triggers
- Developing a personalized plan for identifying and treating compassion fatigue. Each workshop is an opportunity to learn about self care and a fun opportunity for you to relax and renew

These workshops will be of special interest to:

- Family Caregivers and Volunteers
- Professionals in the fields of mental health, health care, education, emergency services, corrections and law enforcement.

SAVE THE DATE!!!

You are invited to:

Annual General Meeting

Where: The Orangeville Agricultural Centre
 When: Wednesday June 22nd at 6:00 pm
 Why: Help us celebrate our successes over the last year in expanding our programs and learn what we are planning for the year ahead and for the future!

RSVP: To register call 519-941-1221

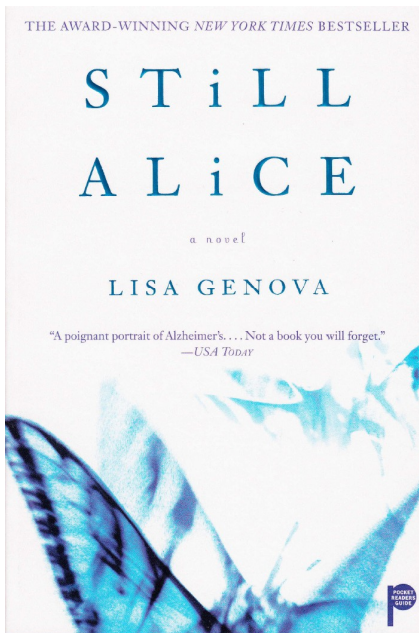
ADI 2011—More research updates

The 26th annual international conference of Alzheimer's Disease International in Toronto brought together professionals in dementia care, medical professionals, researchers, family caregivers, people living with dementia and national Alzheimer's associations. At the event, delegates were able to watch a new TV Show –ADI2011 TV.

Link to the internet to see these briefs from the conference at: <http://www.adi2011.org/default.aspx?pageid=TV>



BOOK REVIEW



title: Still Alice

Author: Lisa Genova

Lisa Genova is a first-time novelist, who holds PhD in neuroscience from Harvard University, and is an online columnist for the National Alzheimer's Association.

Summary: Alice Howland is proud of life she worked so hard to build. At fifty years old, she's a cognitive psychology professor at Harvard and a world-renowned expert in linguistics with a successful husband and three grown children. When she becomes increasingly disoriented and forgetful, a tragic diagnosis changes her life—and her relationship with her family and the world—forever.

Review: This is a great book told from the point of view of the sufferer rather than a family member or caregiver. I was so completely engrossed in the story I felt like I was going through everything right alongside Alice. If you ever wondered what it was like to have Alzheimer's- what it really feels like to be the person with the disease- to understand the fear, confusion, panic, and dread- read this book. Genova is able to realistically take the reader through the progression of the disease and the changes it brings on for both Alice and her family.

Later in the book, when her symptoms are more severe, when she's lost so much, I cried. I pretty much cried through the last third of the book- not horrible sobbing but a constant river of tears. This is a devastating disease that takes everything away. Everything-and at breakneck speed. But I never felt manipulated by Still Alice. It is by no means a sappy tearjerker. It's just very tragic, compelling, and real, but hopeful too.

I loved Still Alice and can't recommend it highly enough. It offers such insight and would make a wonderful gift for anyone touched by this devastating, incurable disease in some way. It speaks volumes about love and compassion. It would be especially good for book clubs because there is so much to discuss. I read it for my own book club and can't wait to talk about it.

Reviewed By: Lisa M.
From: Wordpress.com

Excerpt:

"Okay, Alice, can you spell the word water backwards for me?" he asked. She would have found this question trivial and even insulting six months ago, but today, it was a serious question to be tackled with serious effort. She felt only marginally worried and humiliated by this, not nearly as worried and humiliated as she would've felt six months ago. More and more, she was experiencing a growing distance from her self-awareness. Her sense of Alice-what she knew and understood, what she liked and disliked, how she felt and perceived-was also like a soap bubble, ever higher in the sky and more difficult to identify, with nothing but the thinnest lipid membrane protecting it from popping into thinner air." p. 242

ASK DR. DANIEL

QUESTION: I am turning 65 this year and looking forward to my retirement. Recently, I have read some articles about Baby Boomers being ready for Alzheimer's disease. Should I be concerned?

ANSWER: Most people think of Alzheimer's as a disease that touches only elderly people; however, Alzheimer's can affect people as young as 40. The thought of developing it yourself is probably a very frightening one.

Currently there are over 500,000 Canadians living with Alzheimer's disease or related dementias and this number is growing at an alarming pace. Alzheimer's disease may become a reality for the first wave of Baby Boomers - those born between 1946 and 1964. After the age of 65 the risk of developing a debilitating brain disease doubles every five years. Since early detection of dementia can result in potential symptomatic treatment options, it's vitally important to become informed. Baby Boomers need to take charge of their health and be aware of which early symptoms should be reported to the family doctor. Contact your local Alzheimer Society for a list of the early warning signs. Many times, worry can be relieved if the doctor finds that the issues being experienced are connected with normal aging and normal functioning rather than being due to a dementia. Experts believe the majority of Dementias occur as a result of complex interactions. Age, heredity and family history are factors we cannot change. Research is now looking at risk factors we may be able to influence through lifestyle and management of health conditions.

Head trauma: Serious head injury may increase future risk of Alzheimer's. Protect your brain by buckling your seat belt, wearing your helmet when participating in sports, and "fall-proofing" your home.

Heart-Brain Health: The risk of developing Alzheimer's or vascular dementia appears to be increased by many conditions that damage the heart or blood vessels such as high blood pressure, heart disease, stroke, diabetes and high cholesterol. Preventative measures include a balanced diet, regular physical and mental exercise including social and challenging activities can reduce the risk, reducing stress: practice relaxation and stress reduction techniques, avoid smoking and excessive alcohol consumption and keep blood pressure, cholesterol, blood sugar and weight within healthy ranges.



RESEARCH UPDATES

No Substitute for Exercise

There is no substitute for exercise when it comes to preventing premature aging, a McMaster University study says. Study lead Mark Tarnopolsky, of the Michael G. DeGroot School of Medicine, says "we have clearly shown that there is no substitute for the 'real thing' of exercise when it comes to protection from aging".

The study found that premature aging in nearly every organ of the body was completely prevented in mice that ran on a treadmill three times a week for five months.

The study mice were genetically engineered to age faster. At the end of the study the disadvantaged mice that had been exercised looked as young as healthy mice while their sedentary siblings were balding, graying, physically inactive, socially isolated, and less fertile.

Tarnopolsky hopes this research will motivate children and adults to adopt a healthier lifestyle and prompt government agencies to promote exercise in sport.

Source: http://fhs.mcmaster.ca/main/news/News2011_exersize_and_agin_study.html.

More Reasons to Walk

Researchers from the University of Pittsburgh analyzed the relationship between walking and brain structure in 426 people including 299 cognitively healthy adults; 83 people with mild cognitive impairment (MCI); and 44 people with Alzheimer's Disease.

The researchers kept track of how far each study participant walked every week. After 10 years, all participants underwent specific kind of MRI (brain imaging) exam that measures brain volume.

When they entered the study in 1989-1990 participants were asked how many city blocks they walked in an average week, whether for exercise, chores, or any other reason.

Follow up questionnaires every three years showed that the number of blocks walked remained steady over time.

In addition participants were given the mini-mental state exam (MMSE), a brief test of cognitive thinking skills, at various times throughout the study. The MMSE is used to help doctors make a diagnosis of MCI or Alzheimer's.

As shown by MRI, brain volume

was preserved in healthy adults who walked at least 72 city blocks, or 6 miles per week. MMSE scores showed walking six miles per week was associated with a 50% decline in Alzheimer's risk over 13 years.

Walking more than 72 blocks per week offered no additional benefit. People with MCI or Alzheimer's needed to walk at least 58 city blocks or approximately 5 miles per week to maintain brain volume and slow cognitive decline.

Over ten years, scores on the 30 point MMSE dropped by an average of 5 points in those diagnosed participants who were sedentary compared with one point in those who walked five miles per week.

The findings show that greater amounts of physical activity are associated with greater brain volume and may help to prevent early onset of MCI or Alzheimer's or slow the rate of decline in persons who already have these memory disorders.

Summarized from the Alzheimer's Disease Cooperative Study (ADCS) Monthly Newsletter.

VOLUNTEER CORNER



Hats for Haiti

One afternoon a month here in our offices, knitters/crocheters will unite and make hats for children in Haiti orphanages.

If you would like to join this newly formed group, date and time to be decided, please call Elaine Graham, volunteer coordinator 941-1221.

Be part of this wonderful worthwhile cause, meet new friends and make a difference in a child's life.

Support Group Facilitators

Individuals who have experienced Alzheimer's disease or related dementia in their family or who have professional experience in this field to lead support groups that offer community resource information, education, emotional support and coping skills to caregivers.

Volunteers will be provided with facilitator training.

"You may not have saved a lot of money in your life, but if you have saved a lot of heartaches for other folks, you are indeed a very rich person!!" Thank you for being part of our wonderful team of volunteers, providing a service for which there is no measure!!

Events

Walk for Memories 2011

We would like to express our gratitude to all the members of "Orma's Loves," who were the top fundraising team at this year's Walk for Memories. They were able to raise \$1761 for our chapter, for the services and programs which change the lives of many living with Alzheimer's disease and related dementias throughout Dufferin County.

In addition to Orma's Loves, much appreciation goes out to the other teams - the Flaming Flappers, Grandma's Girls, Avalon Angels, the Forget-Me-Nots, Gales Get Going, Greenwood Girls, The Ds, Art's Girls, and RBC's Banking on Memories, as well as all the individuals and families who helped raise over \$15,000! The funds raised at these events are necessary to continue meeting the increasing demands for these vital services.



Thanks to the sponsors and donors who helped make the Walk for Memories this year a terrific event for everyone involved:

Royal Bank of Canada

The Millcroft Inn

Robin's Catering

Starbucks

Boston Pizza

Roto-Mill Inc.

Juke Box Jimmy

Parties Plus

Sobeys

Orangeville Mall

Ice River Springs



Brew A Pot, Help A Lot!

Making a difference in your community can be easy. Brewing a cup of coffee for friends, family, neighbours, or customers in return for a donation is all it takes to help the **Alzheimer Society** provide important services for families across **Dufferin County**.

Yes! We would like to participate in the Alzheimer Society's **16th Annual Coffee Break ! (September)**

Fax to 519-941-1730

Or mail to:
Alzheimer Society Dufferin
25 Centennial Drive, #1
Orangeville, ON
L9W 1R1

Alzheimer Society
DUFFERIN COUNTY

Name _____

Address _____

Phone or email _____

Date host kit needed _____