



Alzheimer Society

GUELPH - WELLINGTON

CONNECTIONS

Spring 2009



Office Hours:

Monday to Friday
8:30 a.m. to 4:00 p.m.

Wednesday
8:30 a.m. to 6:00 p.m.

111 Macdonell Street
Guelph, ON N1H 2Z7
519-836-7672

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On Saturday January 31st, 2009, the Alzheimer Society of Guelph-Wellington held our 13th annual Manulife Walk for Memories, at the Old Quebec Street Shoppes & Office Suites. We were warmed up with exercises led by Sandy Ferguson-Escott to help remove the chill from being outside. Walkers were entertained by live music provided by Ralph Carter. Again this year we had a wonderful crew of Ashley Escott and friends doing face-painting. Refreshments provided by Outreach Services at St. Joseph's Health Centre and West End Bakery were served to help keep the walkers energized.

This year we also held our 4th annual Manulife Walk for Memories in Mount Forest! This time the Walk was relocated indoors to the Mount Forest & District Sports Complex, which made for a much better turnout!

This year there were 147 participants at both our walks, raising over **\$34,000!** This was the best turnout we have had, and the most money we have ever raised! Thanks to all those who volunteered at the Walk and helped organize this fundraising event! The proceeds from this event will go to the local programs and services offered by the Alzheimer Society of Guelph-Wellington. We hope you'll join us next year for our 2010 Manulife Walk for Memories!

Provincial Sponsor:



Regional Sponsors:



Local Sponsors:



Location Sponsors:



Resource Library Update:

Staying in to avoid the weather can be a very sensible thing to do on some of these wintry days. If you are staying in a little more and need some excellent reading or viewing material from our Resource Library, take a look at what is new on the shelves now. (There is no charge to borrow any of our resource items.)

Hospitalization Happens - a guide to helping someone with memory loss during their hospital stay.

Alzheimer's from the Inside Out - written by the keynote speaker at this years Changing Melodies Forum.

Creating Moments of Joy - practical and realistic ideas.

Alzheimer Society CAREGIVER EDUCATION SERIES

An education series designed to assist you as you travel along the journey of Alzheimer's disease or a related dementia with your loved one.

***Next Steps for Families* 1:00 – 3:00pm**

SESSION 1: Tuesday, March 17, 2009
All About Dementia: Understanding the Brain, Drugs, Treatment & Research

SESSION 2: Tuesday, March 24, 2009
Legal and Financial Matters: Advance Care Planning

SESSION 3: Tuesday, March 31, 2009
Caregiver Coping Strategies: Ideas for around the house & Community Resources

***Care Essentials* 1:00 – 3:00pm**

SESSION 1: Tuesday, May 12, 2009
What to Expect: Brain and Behaviour & the Progression of Dementia

SESSION 2: Tuesday May 19, 2009
Surviving Day to Day: Personal Care & Communication Strategies & Respite Options

SESSION 3: Tuesday, May 26, 2009
Understanding Behaviour, U-First!: The detective work in dementia

***Options for Care* 1:00 – 3:00pm**

Tuesday, June 9, 2009
Moving your loved One into Long-term Care: Suggestions for before, during & after

***Later Stages: Quality of Life at the End of Life for Persons with Dementia* 1:00 – 3:00pm**

SESSION 1: Tuesday, June 16, 2009
What to Expect: The Natural Course of the Disease

SESSION 2: Tuesday, June 23, 2009
The Face of Caring: Providing Comfort , Giving Pleasure & Looking after Yourself

Registration is required. To register please call 519-836-7672

**All sessions to be held at Guelph Office
111 Macdonell St., Guelph, ON**

Do you have old calendars at home with beautiful pictures on them that you can't bear to get rid of? If so, you can drop them off at our office!

We use all different kinds of pictures and artwork from old calendars to create special projects for volunteers and clients.

An individual that we have helped requested that we share this thought with our readers:

"The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not healing, not curing, and face with us the reality of our own powerlessness, that is a friend who cares."

Henri Nouwen
Dutch Christian writer 1932-1996
Source: www.thinkexist.com

Do you shop at Zehrs or No Frills?

We are collecting Zehrs and No Frills receipts to help support our programs!

Please drop off your receipts at our office at 111 MacDonell St., downtown Guelph., or bring them to the next education session that you are planning on attending.

We would like to thank all of the businesses in Guelph and Wellington County that donated items to our Walk for Memories!

The Sanctuary Day Spa
 Jonathan Gilfillan
 Alcan Cable
 Fergus Brewhouse & Inn
 The Breadalbane Inn
 Ron Wilkin Jewelers Ltd.
 The Goofie Newfie
 Cut & Design - Hair & Aesthetics
 Haws Doors & Hardware
 Wellington Meats
 Cathy Collins Hair Dressing
 Premium Sportswear
 Saugeen Valley Nursing Centre
 East Side Mario's
 Pizza Delight
 Village Bakery
 Plume's Colour Your World
 Shoppers Drug Mart
 Foodland, Mount Forest
 Mount Forest Confederate
 Curves Fitness
 Wings of Paradise
 Casey's Bar and Grill
 Downtown Guelph Business Association
 Stone Road Mall
 Canadian Tire
 Coriander
 Bob & Wendy Pauw
 Guelph Storm
 Sheelagh Greek
 Lorie O'Neill
 Arbonne International (Anita Bremner)
 Betty Hogg
 River Run Centre
 Grand River Raceway
 ...And Venus Smiled
 Golden Rule
 Kool FM
 The Fox & Fiddle
 Delta Guelph Hotel & Conference Centre
 Shoppers Drug Mart, Fergus
 Coty



Alzheimer Society of Guelph-Wellington and St. Joseph's Health Centre Outreach Programs present:

2009 FAMILY CAREGIVER INFORMATION SERIES

TIME: 7:00 PM to 8:30 PM

WHERE: St. Joseph's Health Centre - 100 Westmount Rd., Guelph, Out'n About Program Room, Outreach Department

WEDNESDAY, April 8, 2009 - STRATEGIES TO SUPPORT CONVERSATION IN PEOPLE LIVING WITH APHASIA

This session's aim is to highlight proven strategies and techniques (Supported Conversation for Adults with Aphasia (SCATM)) to help caregivers communicate with people who have language problems.

- Antonella DiRenzo Samson, Speech-Language Pathologist, St. Joseph's Health Centre

WEDNESDAY, April 15, 2009 - PROBLEM-SOLVING STRATEGIES FOR BEHAVIOURS

Come and gain an understanding of why behaviours occur and discuss possible interventions and strategies.

- Christina Pilgrim, BAsC, and Matilda Cuturic, BAsC, Outreach Day Programs

WEDNESDAY, April 22, 2009 - THE ROAD LESS TRAVELED: CARING FOR YOU, CARING FOR ME

Bring your experiences to this interactive session as we explore various practical strategies for managing the care of ourselves in the midst of caring for others.

- Susie Gregg, Trellis Mental Health and Developmental Services

WEDNESDAY, April 29, 2009 - WALK WITH ME – FAMILY MEMBER PANEL

Issues such as: Long-term care placement, guilt issues, role changes, family dynamics, etc. will be discussed by family members who are living the dementia journey.

NOTE: If you would like to have your family member attend the day program while you attend the session, please register specifically for this option. If there are insufficient numbers, the day program will not be available. Registration at the day program must be arranged in advance of the session.

Registration is requested. Please call: 519-836-7672 (We sincerely thank St. Joseph's Health Centre for arranging complimentary parking.)

Local Woman Will Climb *Mount Kilimanjaro* for ASGW

Christina Pilgrim is a 27-year old woman who works in Fergus at a satellite location of the St. Joseph's Health Centre *Day Out* program that provides recreation therapy for people with Alzheimer's, Parkinson's, brain injuries and survivors of stroke.

She heard about the Alzheimer Society of British Columbia's **Ascent for Alzheimer's** four years ago. This event is now in its 11th year and Christina has been accepted as one of only two Ontario residents who will join the team that is planning to make the journey to Africa in September to climb Mount Kilimanjaro – the highest mountain in Africa.

Each member of the team makes a commitment to raise a minimum of **\$10,000** to help support the Alzheimer Society. Christina has arranged that every penny of the money she receives in donations will support the Alzheimer Society of Guelph-Wellington. Like the other climbers, she will personally cover her own expenses for the trip – approximately \$6,500. She says that she wants to do this because she appreciates what the Alzheimer Society does for individuals and families in our community affected by the disease. She is already at 32% of her goal and is hopeful that by the end of May, she will reach the 50% mark.

Christina is dedicating her climb to the memory of her grandmother who had Alzheimer's disease and passed away last October.

We would like to express our deepest admiration for and gratitude to Christina and wish her success in her efforts. Anyone who would like to learn more about the Ascent for Alzheimer's can visit www.alzheimerbc.org/ascent.php. To make a donation towards helping Christina achieve her goal, you can visit her personal website - www.myclimb.ca or go to our provincial website – <http://alzheimerontario.org> - and click on "Ascent for Alzheimer's".

We will update you in our summer newsletter to tell you about her progress and, of course, will follow her climb in September.

Introducing First Link™

The Alzheimer Societies of Cambridge, Guelph-Wellington and Kitchener-Waterloo are pleased to introduce our new First Link™ Program. Funded by the Local Health Integration Network as part of the Provincial Aging at Home Strategy, this is a referral program to link individuals diagnosed with Alzheimer's disease or a related dementia (ADRD) to a community of learning, services and support.

The program connects individuals with dementia and their families to early support services and provides assistance throughout the continuum of care. Many families may know about the Alzheimer Society and its services, but it is often difficult to make that first call. First Link™ removes that barrier by ensuring individuals and families are referred directly to the Society. The family physician or specialist providing the initial diagnosis of ADRD refers the individual and family to the Alzheimer Society First Link™ Coordinator, who in turn guides the family to the community services available for their unique needs.

Some benefits of First Link include; an increase in effective utilization of community resources, including those of the Alzheimer Society, the reduction of caregiving crisis situations, a strengthening of the link between diagnosing family physicians, the Alzheimer Society and community service providers and the raising of community education and awareness.

We are delighted to welcome Thayna Walter, First Link™ Coordinator for the Alzheimer Societies of Cambridge, Guelph-Wellington and Kitchener-Waterloo to her new position. Thayna may be reached by calling 519-742-1422 Ext. 18 or emailing her at twalter@alzheimerkw.com.

A Note About "Safely Home"

The "Safely Home Alzheimer Wandering Registry" has been updated recently. Now it is possible to register an individual online, at www.safelyhome.ca.

If you require assistance with the website, please contact the Alzheimer Society of Canada at 1-800-616-8816.

The **Lewy Body Dementia Association's** new and improved website is www.lbda.org. If you have been using their old website (www.lewybodydementia.org), please be aware that it will no longer work.

‘Thank You’ for the Wonderful Experience

As I plan to retire in just a couple of weeks, I realize how fortunate I have been to spend the last nine years of my working career in this organization. I have come to know so many wonderful volunteers, members, donors, staff and health care providers in the community who are absolutely passionate and committed to making the lives of those affected by Alzheimer’s disease or a related dementia better. It has made these past years both memorable and very, very rewarding.

It’s too difficult to say ‘goodbye’ so I’ll simply promise to keep in touch and to visit in the future. One of the things for which I am most grateful is that the Alzheimer Society of Guelph-Wellington is a *caring* culture as demonstrated by the genuine warmth and humanity of the people who give of their time, their talents or their monetary resources.

I have had the privilege of working with many board members whom I admire and respect for their dedication – some of them for 8 of the 9 years I have held the position of Executive Director. Similarly, some of the volunteers I met in 2000 when I arrived continue to devote their time and efforts to helping and caring for others. It’s truly heartwarming.

No one could ever ask for better staff. Over the years, there has been very little staff turnover and when new staff has arrived, they have immediately adapted to the supportive team environment that is so critical to our ability to serve others well.

The fact that I can leave at this point in time with our programs operating so well and our financial position quite stable is entirely due to the remarkable efforts and generosity of spirit of others – I thank each and every one of you.

I trust that you will all welcome my successor in the Executive Director role – Paul Visschedyk – who will join the Society effective February 17th. I offer him and the Society my best wishes for the future.

Joanne Bertrand
Executive Director

A Note From Our New Placement Student!

My name is Martin Vaughan Morris and I am a mature student enrolled in the Gerontology program at the University of Guelph. I have been employed in health-related services here in Guelph since 1983. During that time my awareness of community needs, especially in regards to the needs of the frail elderly, has become more and more acute. The office here at the Alzheimer Society is a busy place and I look forward to being a productive member of the team and to becoming yet more acutely aware of community standards.

I was employed in 1983 at the Guelph Services for Persons with Disabilities (GSPD) apartment project on Speedvale Avenue and was in attendance at the official opening by His Worship Norm Jary. GSPD flourished in the following years with two thriving projects on Neeve Street and on Willow Road. The project on Speedvale Avenue was closed some years ago.

For the past 10 years I have been employed as an RPN at Saint Joseph's Health Centre on Westmount Road where there have been many changes as well. As a beside nurse working in long term care, it has been gratifying to witness all the innovations in health care delivery that have improved the quality of life for our residents. SJHC is a well equipped facility and is probably at the forefront of long term care in this regard. We live in challenging times and it is energizing to imagine the best use of such community resources as we move ahead in the 21st century.

Best wishes from M.V.Morris.



(Left) Ashley Escott is busy painting a masterpiece at the Walk in Guelph.

(Below) Carla Bonnema and Betty Lou Roxburgh display a banner designed by the team from Saugeen Valley Nursing Centre!



(Left) Art's Girls Team in Mount Forest: Lindsay Palmateer, Nancy Palmateer, Debbie Alexander, Betty-Anne Duguid, Peggy Morrison and Earl Scarrow.



(Above) The Rita Buck Team shows off their Team Spirit!

Winners of the Walk Incentive Prizes:

\$250 Level: Beth Taylor, Bob Pauw, Linda Graham, Simon Klapwyk, Ted Mahy, Carol Kentner, Sandy Wheeler, Andrew Thompson, Maralee Hughes, Joan Arthur, Dorothy Cook, Amanda Pillwein, Dave & Dorothy Short, Muriel Morrison, Peggy Morrison, Betty Anne Duguid, Sharon Snider

\$500 Level: Emma-Lee Peller, Katie Goldsmith, Brenda Buck, Sandy Ferguson-Escott, Paul Hughes, Cory Waechter, Sue Fitzgerald, Morris & Ruth Freeman, Carla Bonnema

\$1000 Level: Joanne O'Meara, Adam & Paisley Boland, Jen & Emerson Boland, Petronella Rynsoever, Kay Ayres

\$2500 Level: Gregg Allan, Jim Tye

Grand Prize: Gregg Allan

Most money raised by a team in Guelph: Team Boland
Most money raised by a team in Mount Forest: Saugeen Valley Memory Joggers

Best team theme in Guelph: The Rita Buck Team
Best team theme in Mount Forest: Art's Girls

Most money raised by a walker under the age of 16: Emma-Lee Peller



(Above) The Boland Family (Jen, Adam, Emerson, and Paisley) leads the way!

Early Stage Dementia Support Groups

Are you, or a family member, in the early stages of Alzheimer's disease or a related dementia? For you, the Alzheimer Society of Guelph-Wellington offers daytime Early Stage Support Groups. These gatherings provide a safe and respectful forum for persons with dementia to share information and receive support from others who are sharing the experience. One member commented that the biggest benefit for her is being “free to talk about dementia when in other social settings it is not welcomed.”

Finding out that you have Alzheimer's disease may bring many emotions -- fear, relief, anxiety, disbelief. Learning what you can about dementia and how it progresses may help you adjust to the changes that you are experiencing. The changes are due to the disease; the changes are not your fault. A new member of our Tuesday afternoon group, comments that for him “the whole process is new and it’s useful to understand the panic I sometimes feel and the skills and ideas that can help in coping.”

The goal of Early Stage Support Groups is to help you understand what is happening to you and how you can make life easier for yourself and for your family and friends. As one member expressed it, “seeking help through support groups was the best decision I ever made.”

If you would like to discuss group suitability and benefits of membership, please call Kit Papoff, Early Stage Support Group Facilitator, 519-836-7672. Following your discussion with Kit, a decision is made whether to try a group for one or two sessions. These groups are provided free of charge to those who attend, with funding support from the United Way of Guelph and Wellington.

If you are caring for an individual with Alzheimer’s disease or a related dementia and feel you would benefit from additional support please contact Julie Mitchell, Family Support Coordinator to discuss the options available through the Alzheimer Society of Guelph-Wellington. From 1:1 Supportive Counselling to Caregiver Support Groups, we are here to help.

Community Research Opportunities For Caregivers and Individuals with ADRD:

The Murray Alzheimer Research and Education Program (MAREP) is looking for individuals who have been diagnosed with Alzheimer’s disease or a related dementia (ADRD) and/or caregivers of individuals with ADRD to participate in a focus group exploring issues of grief and loss following diagnosis. MAREP plans to compile the information gathered and create a new *By Us For Us* guide that will validate the feelings of loss that many experience following the diagnosis and also provide suggestions as to where to find help and how to cope.

Anyone interested in participating in a focus group on March 16th can contact Lisa Loiselle, at 519-888-4567 ex. 35040 or loiselle@uwaterloo.ca.

Taking an older adult with dementia to an emergency room can have barriers associated with the visit. Undergraduate student Kayla Belanger is conducting an undergraduate thesis investigating what barriers exist and possible solutions. If you would like to share your experiences in a focus group, please contact Kayla Belanger at 519-994-3732 or kbelange@uoguelph.ca. Your participation may help to improve the ER experience.

University of Guelph Research Ethics Board clearance (Ref # 08NV005).

WOULD YOU LIKE TO RECEIVE THIS NEWSLETTER BY E-MAIL?

If you are currently receiving a hard copy of this newsletter and would like to receive future editions of *Connections* by e-mail, please let us know by contacting us at office@alzheimer.guelph.org, or by telephone at **519-836-7672**. If you select this method, **we would also like your permission to email information to you about upcoming special meetings, education events and support programs, and fundraising events.**

Please be assured that we will not share your e-mail address or contact information with any other organization. This option will help to reduce our Chapter’s printing and mailing costs which will translate to more dollars for programs and services! We will, however, gladly continue to mail the newsletter to you if that is your preference.

IN MEMORIAM

Since the publication of the Winter 2008 edition of **CONNECTIONS**, families in Guelph and Wellington County have lost loved ones. Our sympathy is expressed to the many family members and friends and our thanks is extended to those who made donations in the memory of:

Lorraine Bettz, Marie Patricia Bray, Bette Broomhead, Dennis Chappell, Al Crow, Helen Easterbrook, Isabel Elliott, Donald Fenner, Dorothy G. Galway, Monalene Ganesh, Helen Hall, Mrs. Halway, Lily Higgins, Marjorie Howchin, Mr. Howe, Milton Clayton Jones, Mary Margaret Kennedy, Kwang Rim Ko, Cpt. David Lamb, Mary Macerollo, Jean McMurray, Mrs. McNaughton, Bryce Morrison, Marjorie Reed, Margaret Robinson, Harold Scott, Elizabeth Soper, Gladys Sunnucks, George Taylor, Janet Tempest, Margaret Thatcher, Bertram Turner, Peggy Wells

Donations were also made in honour of: Peggy & Eric Almond, William Caverly, John & Donna Rawbone.

This newsletter is based on the assumption that it does not render professional advice. Information and opinions contained herein are gathered from sources thought to be reliable but their accuracy and/or correct interpretation cannot be guaranteed.

Alzheimer Society
GUELPH - WELLINGTON

Help for today. Hope for tomorrow.



Staff:

Paul Visschedyk, Executive Director
Julie Mitchell, Family Support Coordinator
Robin Smart, Education Coordinator
Kit Papoff, Coordinator: Volunteer Companions and Early Stage Support Groups
Rachel Lemme, Office Manager/Fundraising Coordinator
Kailey O'Neill, Placement Student
Martin Morris, Placement Student
Thayna Walter, First Link™ Coordinator

Board of Directors:

Jim Tye, President
Dr. Bill Goldsmith, Vice President
Julie Snyder, Treasurer
Jon Johnson, Secretary
Monica Bell, Director
Maralee Hughes, Director
Dorina Tieppo, Director
Cathy Cook, Director

Yes! I want to become a member of the Alzheimer Society of Guelph-Wellington and receive: ▪ An official tax receipt ▪ Voting privileges at our annual meeting

Check one:

Individual \$15.00 Senior/Student \$10.00
 Organization \$20.00

Name: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Telephone: _____ Email: _____

(Please make cheques payable to the Alzheimer Society of Guelph-Wellington)

OR I would just like to make a donation at this time:

Amount: \$ _____

(Please do not send cash through the mail.)

You can also donate to us at
www.CanadaHelps.org