

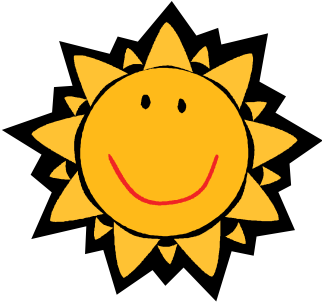


Alzheimer Society

GUELPH - WELLINGTON

CONNECTIONS

Summer 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

www.alzheimer.guelph.org
office@alzheimer.guelph.org

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Help Us Celebrate a Year of Achievement!

On Wednesday, June 24th, 2009, the Alzheimer Society of Guelph-Wellington will hold its Annual General Meeting and Volunteer Recognition event.



Everyone is invited!

This event is free, and will be held at the
Guelph Turfgrass Institute, 325 Victoria Rd. South, Guelph,
from 6:30 pm to 8:45 pm.

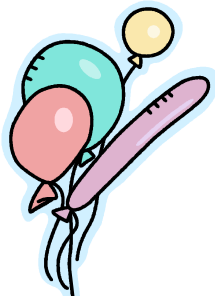
This is a wonderful opportunity to gather with board members, volunteers and staff to reflect on the accomplishments of the past year and to enjoy an evening out including refreshments, entertainment and a celebration of our volunteers.

During the evening you will also have the opportunity to obtain or renew your membership and elect our 2009-2010 Board of Directors. (You can also obtain or renew your membership immediately, by filling out the form on the back of this newsletter.)

Over the years, our membership numbers have fluctuated. Perhaps you have simply let your membership lapse or you have not considered the benefits that an expanded membership base would have for our organization.

*membership numbers demonstrate to funders, including government, that we have a committed group of individuals who support our work

*the greater the number of members our Chapter has, the increased impact we have at the provincial level of our Society



Membership is optional, but if you choose to become a member of the Alzheimer Society of Guelph-Wellington, you will receive:

- *an official tax receipt
- *voting privileges at our AGM

If you would like to attend our Annual General Meeting, kindly RSVP by calling our office at 519-836-7672.

The Alzheimer Society of Guelph-Wellington and the Geropsychiatry Community Education Program (Homewood, Trellis Mental Health and Developmental Services, St. Joseph's Health Centre)

Present an Educational Seminar in the **Caring for the Caregiver Series**

Nurturing Mind, Body and Soul Through Aroma Therapy

PRESENTER - Homewood Health Centre's Horticultural Therapist
Mitchell L. Hewson, HTM

Monday, June 29, 2009 - 2:00 to 4:00 pm

Victoria Park Seniors Centre, 150 Albert St. W., Fergus
Cost \$10.00 (includes refreshments and all supplies)

This presentation is particularly suited for those who wish to learn more about the therapeutic effects of essential oils for pain, stress and skin conditions. Learn how to nurture the mind, body, and soul through nature, healing plants, massage and a range of complementary/alternative therapies.

Topics Covered: *Psycho aromatherapy, Therapeutic effects of oils, Stress relief, Recipes, Contraindications, Mindfulness, Bibliotherapy*
Through special exercises, demonstrations, and therapeutic application, this presentation is infused with the voice of a humanist and naturalist.

Please register with the Alzheimer Society 519-836-7672. Please pay at the door. Cash or cheque made out to Homewood Health Centre.

Alzheimer Society of Guelph-Wellington Video

Hey – have you seen us on Youtube!?!?? We're excited to say that you can now view a terrific two-minute video featuring interviews with a few of our caring and dedicated volunteers.

The video was created in celebration of *National Volunteer Week* in April, thanks to a partnership of the Volunteer Centre of Guelph/Wellington and the City of Guelph's Film office.

The Alzheimer Society of Guelph Wellington was very fortunate to be directed, videoed and edited by talented local filmmaker Rob Langille of *Synn Studios*. Rob donated many hours and produced an engaging and professional profile for us. Thank you Rob!

Our video, and nine other videos produced by the Volunteer Centre, can be accessed from the Volunteer Centre website at:

<http://www.volunteerguelphwellington.on.ca/whatsnew.aspx>

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.



The Alzheimer Society of Guelph-Wellington
and
East Wellington Community Services
present:



A DEMENTIA INFORMATION DAY

DATE: Friday, June 19, 2009

TIME: 9:45 am to 3:15 pm

LOCATION: Centre 2000 – Wellington Room - 14 Boland Drive, Erin, Ontario

Topics will include:

- All About Dementia - overview, progression, treatments
- Communication Strategies – techniques to calm and support when words fail
- Care for the Caregivers – where to find supports – ideas for keeping balance in your life
- Heads up for Healthier Brains - what you need to know to reduce your risk of developing dementia

Morning coffee and lunch will be provided.

There is no charge for the day and handouts will be supplied.

Please join us and feel free to bring other family members or friends who may be interested.

Registration is requested.

Please call Sherri Plourde at 519-833-0087

Two New Educational Seminars!

Holiday Hints

Date: Tuesday, June 30th, 2009

Time: 1:00 pm

Location: Alzheimer Society of Guelph-Wellington office

This talk will suggest ideas to make eating out, travel and vacations, shopping, family dinners, gift giving, and major holiday celebrations a little easier.

Repetitive Questions

Date: Tuesday, July 7th, 2009

Time: 1:00 pm

Location: Alzheimer Society of Guelph-Wellington office

An overview of reasons and solutions based on Spaced Retrieval memory enhancement. Includes radio interview with Dr. Cameron Camp.

Please join us for these practical and useful seminars!

Registration requested by calling 519-836-7672.

September is Coffee Break Month!

September 17th, 2009 will mark the 14th annual *National Coffee Break™ Day*. Throughout September businesses, organizations and individuals will host Coffee Break™ events to raise money for the Alzheimer Society of Guelph-Wellington. Last year was extremely successful. With the hard work of all of our hosts, we raised over \$21,000!



We invite you to help us this year by participating in Coffee Break™ 2009. Hosting an event is simple! We provide you with a Host Kit, which includes promotional supplies, helpful hints and even coffee! Hosts simply set up a Coffee Break™ where friends, family and/or co-workers can enjoy a cup of coffee and make a donation, or donate a dollar for a “Buck-A-Cup” decal. Some hosts have become extremely creative in finding a Coffee Break™ event that works for them. New hosts have begun to host movie nights, card tournaments, barbecues or dress-down days at work. The possibilities for events are endless!

If location or time is an issue, or you just want the simplicity of collecting donations online, you can host a ‘virtual Coffee Break’ on www.alzheimer.ca. If you register your virtual Coffee Break for the Alzheimer Society of Guelph-Wellington, then all the donations you collect will go to our Chapter. Many hosts even do both a physical location and an online site so busy friends, family, clients and co-workers have the option to join them in the way that suits them best.

To hold a Coffee Break™ of your own, please contact us at 519-836-7672.

Update on Ascent for Alzheimer’s from Christina Pilgrim

On September 15, 2009, I will be climbing to the summit of Mount Kilimanjaro in memory of my grandmother who passed away in October 2008 after a 10 year struggle with Alzheimer’s disease. When I started this journey back in February, the goal of \$10,000 was set for me to raise for the Guelph-Wellington Alzheimer Society. Since the beginning of my campaign, I have received unbelievable support from the community!

On Saturday May 16th I hosted a variety show and silent auction fundraiser and was delighted by the support I received! All auction items, door prizes and raffle prizes were donated and food was generously discounted for the event. We had a sold-out show with performances by Bruce Herron as Elvis, Gary Herron, Nathan Feil and Robyn Dennett Gladstone performing country tributes. We also had dance performances by Jesse Herron and Voula’s Dance Academy. The show was a sold-out success and made \$3,400! As well as that event, media coverage and personal donations, and donations from local service clubs and businesses have helped me surpass that \$10,000 mark. There are still more than three months before I leave, so I will be increasing my goal in the upcoming months.

To continue to follow my progress and for updates on my fundraising campaign please visit my website www.myclimb.ca

Thank you for your continued support and kind encouragement!

Christina Pilgrim

'Hello' from the new Executive Director

My name is Paul Visschedyk and I'd like to introduce myself as the new Executive Director of the Alzheimer Society of Guelph-Wellington. It's wonderful to have this opportunity to say hello to everyone. I have been in the position of Executive Director for three months now, since replacing Joanne Bertrand, who had decided to retire. For your information, Joanne has not wasted any time in enjoying her well-deserved retirement in that she has already travelled to the idyllic countryside of England for a visit with relatives!

I first would like to say thank you to Joanne. Thank you for establishing the groundwork of the Alzheimer Society of Guelph-Wellington so that it operates effectively and ethically. Thank you for imprinting upon it the philosophy of true caring and support in our Community. And finally, thank you for the thoroughly enjoyable time you made to orient me into this new role. It was wonderful to get to know you.

I have come to see that Joanne has set the tenor of the Society for the past decade. A tenor that embodies altruistic service where needed, without cost or consideration. This environment has attracted like-minded people to both the Board and the Staff, who saw in this Society an opportunity to give back to the Community. To serve. Which is a high calling, indeed.

The challenge of continuing that legacy is one to which I aspire and will work diligently toward.

I want to take this opportunity to say thank you to the Board for their support in these early days. It is greatly appreciated. I would also like to say a very special thank you to Julie, Kit, Rachel, Robin, Thayna and Annette. They have unflinchingly and consistently helped me in many ways, to acclimatize myself to the ways of the Society, to keep me from turning left when I should turn right, and to have the patience of Job as I absorb the issues of the day. And all with great dollops of humour. You are all a daily pleasure to work with and I feel lucky to be able to do so.

Finally I would like to say thank you to all of the Volunteers who work with the Society in so many different ways. Those fine people who come from all walks of life to give something back to the Community. I always think of Volunteering as something that easily gives you more back – the more you give. Like the line in that song that said, '...for if loving is the answer, then who's the giving for?'

The world will continue to present our Society and Community with challenges. But our challenges will be met and overcome by this Society – this Community – with teamwork, caring, determination, sincerity and hope. I look forward to being part of that team.

Paul Visschedyk
Executive Director

THE ALZHEIMER'S PROJECT

During the month of May the HBO television networked has featured *The Alzheimer's Project*. This project includes a four-part documentary series, 15 short supplemental films, a robust website, and a nationwide community-based information and outreach campaign. The documentaries include;

- ✓ The Memory Loss Tapes
- ✓ Grandpa, Do You Know Who I Am?
- ✓ Momentum in Science (Parts 1 & 2)
- ✓ Caregivers

If you have access to the internet, you can view the website and stream the videos at <http://www.hbo.com/alzheimers/index.html>. We have ordered copies of the documentaries to add to the Alzheimer Society Library and expect them to arrive at the office in mid June.

I have an illness that causes memory loss and confusion.

Your understanding is appreciated.

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Your understanding is appreciated

My loved one has memory loss

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My companion has a cognitive impairment. Please speak clearly and include them in our conversation.

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Wallet Cards for Shopping and Eating Out

One of the most common requests made by people with Alzheimer's disease or a related dementia is that it would be most helpful if those around them would "SLOW DOWN". Over time, those close to them learn that this simple change can significantly improve the success of a conversation. When out in the community (at a restaurant, clothing store, insurance office) many families report that the conversation moves quickly and the service staff do not always include the person with ADRD in the conversation.

The first card could be carried by a person with a dementia, and given to sales personnel in order to ensure appropriate attention. The comfort of using this card was discussed in the Early Stage Support Groups. The consensus was very positive. The Early Stage group members felt they would use this card in many retail situations.

The next two cards are examples of cards that are now carried by caregivers who are affiliated with our society. We have heard several positive interactions that have taken place after providing the card to community members. Examples include restaurant staff patiently waiting while an individual decides what to order, or a hardware store employee who takes a bit of extra time in explaining the correct paint brush to purchase.

Please feel free to clip the examples from the newsletter or call the office at 519-836-7672 and ask for Julie or Kit to request our business card style.

Staying Connected

Social engagement and support help to reduce the impact that stressful life events, such as coping with the diagnosis of dementia, can have on well-being as we age. Know and appreciate how important family and friends are to your overall health and well-being. We can utilize our family and friends by working together and openly communicating needs and expectations. Being socially active is fun, it keeps you active, provides mental stimulation, maintains language skills, connects you with people with similar interests, and provides companionship and a sense of accomplishment.

~excerpt from "Enhancing Wellness: An inspirational guide for people like us with early-stage memory loss" p. 9. If you would like your own copy of this guide or others contact the Alzheimer Society (519-836-7672) or MAREP <http://www.marep.uwaterloo.ca/>.

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.

Are you planning a wedding this summer?

Are you looking for wedding favours that are unique, meaningful, and will always remind guests of your special day? Would you consider making a donation to the Alzheimer Society of Guelph-Wellington in honour of your guests, or asking that guests make donations in lieu of giving a wedding gift? By doing so you can honour a loved one, remember a family member, or celebrate your community.

You can decide how much you would like to donate. You can give a set amount or donate a few dollars per guest. Your donations would be tax-deductible. If your guests would like to give donations in lieu, they would also receive a tax receipt. We can create place cards to let your guests know about your gift. You can include the cards in your invitations or add them to the place settings at your reception.

We have packets of Forget-me-not seeds that you can give to your guests. They can grow the seeds in their gardens, providing them with a lovely reminder of your special day. Forget-Me-Nots are easy to grow. They will bloom in shady areas, and do not require a lot of attention. They prefer shade, but will do well in sun, too.

If you are interested in learning more about what the Alzheimer Society can provide for your big day, please call Rachel at 519-836-7672.

Thank You!

We at the Alzheimer Society of Guelph-Wellington would like to take this opportunity to sincerely thank all of our Supporters who so generously donated funds, and helped to raise or contribute money during our fundraising events, over the past year. The ASGW is partially funded by our Local Health Integration Network, however one half of our annual budget is comprised of money gratefully received through memberships, donations, fundraising events, sponsorships, memorials, bequests and grants. With our LHIN funding frozen for the next 2 years, it is these funds that we count on to improve our ability to serve the growing needs of our community. So, thank you to all who have helped in this regard.

www.videocaregiving.org - *A Visual Education Center for Family Caregivers*

Videocaregiving.org is a video-based Web site that includes all-original, documentary video material showing real people facing real challenges in real life scenarios. This visual education center for family caregivers is presented online by Chicago-based Terra Nova Films. The Web site is a FREE resource to in-home caregivers. The site features exclusive documentary-style videos, created by a team of award-winning film producers, which follow real life people as real life stories and issues unfold. The videos are the primary messenger on the site, but informative tips and educational text also is offered.

The mission of this site is to provide these caregivers tools to better understand and deal with their situation, and let them know that they are neither isolated nor alone in their struggle. The video-based site uses films and related essays to examine real life scenarios to connect caregivers. This footage is a lifeline for everyday caregivers.

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 Spring 2009 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:

James Craig Alexander, Francesca Auteri, Lorraine Beitz, Dennis Chappel, Robert John Day, Jack Dearing, Bert Desrosier, Oscar Albert Desrosiers, Mary Dodd, David Dow, Isobel Jean Elliott, Ralph Ferguson, Larry Ferneyhough, Mabel Flanagan, Monalene Ganesh, Beverley Ann Gavin, Douglas Gillies, Cicely A. Hall, Helen Harding, Anita Harris, Joseph Hoffele, Ralph Hosick, Marjorie Howchin, Donald Jackson, Christina Lennie, Mr. Lyons, Margaret MacPhail, Marvin McCoy, Jeanette Montgomery, Robert Newman, Lionel (Huck) O'Connell, Neil O'Sullivan, Margaret Porter, Alma Pratt, Mary Reeves, Irene Reeves, Stuart Robinson, Joan Sargeant, Ysobel Skelsey, Elizabeth Soper, Wilfred Till, Jim Timleck, Albert Ward, Rita Warren, and Leonard Woods.

We would also like to show our appreciation to those individuals who made donations in honour of the following:

Mr. & Mrs. Tranquillo Bolzon's 50th Anniversary, Earl Norkett, and Mirella Scapin's 65th Birthday.

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
Thayna Walter, First Link™ Coordinator (on leave)
Annette Bauman, First Link™ Coordinator

Board of Directors:

Jim Tye, President
Dr. Bill Goldsmith, Vice President
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, OR I am updating my membership today!

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