

You're Invited

Alzheimer Society of Cambridge 19th Annual General Meeting Volunteer Appreciation

Thursday June 17th, 2010
6:00pm – 8:00pm
Cambridge Chamber of Commerce
750 Hespeler Road
Cambridge

**Guest Speaker:
Deputy Police Chief Michael Mann
"A Son's Story "**

Please join us in honoring Jennifer Ghent-Fuller, our Public Education Coordinator for her 10 years of dedicated service to our Chapter and the presentation of our "Volunteer Recognition Awards".

R.S.V.P. To Kimberly By June 10th, to the Alzheimer Society of Cambridge
At :519-650-1628 or email Kimberly@alzheimercambridge.on.ca

So your grandparent has dementia...

You may remember your grandparent before they developed dementia due to Alzheimer's disease or a related dementia. If so, you will have seen many changes take place. Dementia occurs when brain cells die off, and when they do, memories, abilities, perceptions and the person's understanding of the world is permanently altered.

If your grandparent lives with you, you will be experiencing the effects of dementia every day. Your parent has decided to care for their Mom or Dad to keep them with the family as long as possible.

Continued on Page 4

Inside this issue:

What's Happening	1
Executive Message	2
Support & Discussion	3
So Your Grandparent has...	4
Educational Events	5
Walk for Memories	6
Craft show	7
Your Support	8

MESSAGE FROM THE EXECUTIVE DIRECTOR

Research news: Rising Tide: The impact of Dementia on Canadian Society

The Rising Tide report was released in January 2010 by the Alzheimer Society of Canada and examines the increasing social and economic impact of dementia on Canadians. This study tells us that the number of Canadians living with dementia will double by 2038. The accumulative cost of dementia is projected to be \$872 billion, thus having a crippling effect on families, our health care system and our economy.

This report has generated much public and media attention. It is a glimpse of our future and suggests four interventions to lessen the burden of this disease. These interventions are:

- Increasing physical activity of those persons 65 years or older by 50%
- Program of healthy lifestyle and diet
- Caregiver skill development and support program
- A system navigator assigned to each newly diagnosed dementia patient

It is expected that interventions will reduce the number of people diagnosed with dementia, resulting in a reduction of the pressures on Caregivers, Community Support Services and Long Term Care Homes and Hospitals. This will produce significant savings in direct and indirect health care costs associated with dementia. For the full report, please contact the Alzheimer Society of Cambridge at 519- 650-1628.

Carol Taylor
Executive Director

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☆ **Come Check out the** ☆
☆ **NEW books** ☆
☆ **in the lending library !!** ☆
☆ We have been really busy getting new ☆
☆ material for the lending library we have ☆
☆ put about 30 new books and resource for ☆
☆ your enjoyment . ☆
☆ This newsletter I thought I would share 4 ☆
☆ of the most wonderfully written ☆
☆ children's Stories to help them cope with ☆
☆ the difficulties of having a Grandparent ☆
☆ with Alzheimer's Disease and the loss ☆
☆ they are ☆
☆ suffering ☆
☆ **Please come in to the office to** ☆
☆ **check out these great titles** ☆
☆ *Striped Shirts and Flowered Pants* ☆
☆ *Henry and Harriet* ☆
☆ *Beaver Tales* ☆
☆ *Always my Grandpa* ☆
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SUPPORT SERVICES

For supportive counselling and information contact: Ike Veenstra at
(519)650-1628 or ike@alzheimercambridge.on.ca

People living with dementia

First Steps

A five week education and support series for persons living with early memory loss and their partners in care.
New session starting soon.
Interview required.

Early Memory Loss Support/Discussion Group

Currently not in session.

Partners in Care

Spouses

Support /Discussion Groups
Caring at Home
2nd Wednesday of each month
1:30 - 3:00 pm
For those providing care at home and seeking mutual support and understanding.

Continued Caring
3rd Wednesday of each month
1:30 - 3:00 pm
For spouses whose loved one lives in a facility.

Adult Children

Support/Discussion Group
Caring for Parents
For those wishing to network with others who have similar concerns.

Living with Grief

2nd Tuesday of each month
1:30-3:00 pm
For people whose loved one with dementia has passed away.

So your grandparent has dementia

Continued from page 1

Your grandparent may have short-term memory loss. This means that they are unable to hang onto new information. What will you see? If one of your friends comes over, and then goes into a different room for awhile, your grandparent may forget that your friend is there and may be startled when they "suddenly" see a stranger in the house. What can you do to help your grandparent and yourself in this situation? Firstly, you can predict that it will happen. Call out as you enter their presence and say that you and a friend are coming in. Repeat introductions if necessary, and remain positive and friendly. Having a short-term memory loss means that your grandparent may forget where they've put things. Sometimes they feel that someone must have taken their things, just the way anyone else might think. However, it happens much more often with people with dementia. You may be accused. Please remember that your grandparent will not know they've hurt your feelings. Offer to help look, right then or promise to come back to help as soon as you can, and remember to act cheerful,

as you can, and remember to act cheerful even though you don't feel like it. Your friend may shy away from your grandparent if they have been upset in the past. They will get along better if, instead, your friend always says, for example, 'Hello! Mrs. Smith! My name is 'Ted' You might even arrange that your friend presents your grandparent with a small treat. People with dementia can often remember the patterns that events take, even if they don't remember the specific facts. If they often have a negative interaction with a person, their reaction may be negative as soon as they see that person. The opposite can also be true. If time after time they have fun with someone, their eyes will light up with pleasure whenever that person enters the room.

Your grandparent will also have long-term memory loss. They will lose track of the most recent events first. This means that they might remember their childhood very well, but not know where they are living now. They might forget your name, or how you are related. Remember,

they are not doing this on purpose. Having a long-term memory loss may mean that your grandparent expects you to act the way they did when they were your age. In your grandparent's generation, youngsters were often expected to do as they were told, without having any choice or opinion. Because of their long-term memory loss, and other changes in understanding, your grandparent may expect you to obey rules that your parents have not set. Always stay cheerful and repeat the same sentence each time you are faced with this situation. For example, you might say "George makes the rules around here", if your Dad's name is George. Then change the subject and continue to be upbeat. Getting angry and defensive will only make things worse.

Your grandparent is slowly forgetting everyone and everything they once knew. Help them and be kind. Never tease or scold. They are having a hard time going through each day. Show them love, compassion, caring and kindness.

EDUCATION

*Presented by Jennifer Ghent-Fuller, Public Education Coordinator
At the Alzheimer Society of Cambridge Office*

Changes to Expect:
An introductory overview of the changing world of the person with a dementia.

2 - 4 PM: April 13 (Tu), May 4 (Tu), June 9 (W) , July 22 (Th) , Aug 18 (W)

6 - 8 PM: Apr. 27 (Tu), May 19 (W), May 19 (W), June 23 (W) , July 27 (T)

2:00pm - 4:00pm	<i>First Link Training Workshops at the Alzheimer Society of Cambridge</i>
Tuesday, May 25th	Next Steps... All About Dementia - the different diseases that cause dementia; drugs, research
Tuesday, June 1st	Next Steps... The Impact of Changes in the Brain - promoting an understanding of the changes in functioning
Tuesday, June 8th	Next Steps... Communication and Interaction - the skills needed to decrease the stress caused by dementia
Wednesday June 9th *6:00 pm -8:00 pm*	Keeping Your Mind Sharp... - Decreasing your risk of developing dementia
Tuesday, June 15th	Care Essentials... Meeting the Stress of Care Giving - preventing deterioration of your own health
Tuesday, June 22nd	Care Essentials... Legal and Financial Issues - for families coping with a dementia
Tuesday, June 29th	Care Essentials... Delivering Personal Care - how to assist with dressing, bathing, food preparing and presentation, lifting without hurting yourself, toileting, incontinence
Tuesday, July 20th	Options for Care... Utilizing Community Services - driving assessment, respite services, care in the home and in the nursing home
Tuesday, August 17th	Care in the Later Stages... Advocacy, Presence and Staying Connected - aiming for contentment and comfort

Presentations at Cambridge Recreation 50+ Centres

Time	Title	Date	Place
10:00 - 11:30 AM	Delirium Awareness	April 6	Durward Centre - 519-740-4681/ 4360
		April 13	W.G.Johnson Centre - 519-740-4681/4467
		April 20	Allan Reuter Centre - 519-740-4681/4406
10:00 - 11:30 AM	Is it Alzheimer's or Normal Aging ?	May 4	Durward Centre - 519-740-4681/ 4360
		May 11	W.G.Johnson Centre - 519-740-4681/4467
		May 18	Allan Reuter Centre - 519-740-4681/4406

Community Events

Thank-You for Stepping up to the Challenge !!

On Sunday, January 31st, 2010, we held our 14th Annual Manulife Walk for Memories at Cambridge Centre Mall. Walkers enjoying great entertainment, refreshments and chance to meet one and other to share their stories. This year the event was such a huge success for our chapter! We raised an amazing \$38,000 to help the Alzheimer Society of Cambridge continue to support hundreds of local families whose lives have been affected by Alzheimer's Disease and Related Dementias. We would like to thank all of our Walkers, Sponsors, Volunteers and Supporters who helped us go the extra Mile. We are looking forward to seeing you in January 2011.

Thank-you to all our sponsors'



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Mark Your Calendars
For
Allies in Aging
Thursday, October 21, 2010

“Where Did You Get That?”

CRAFT SHOW

Date: Sunday, May 16, 2010
Time: 11am til 5pm
Cambridge Newfoundland Club
(1500 Dunbar Road)

Admission: \$2.00
proceeds going to the Alzheimer Society of Cambridge

Hosted by: CH Candle Making
Sponsored by: The Cambridge Alzheimer Society

Donation concession
stand with refreshments
and pizza will be set
up throughout the
event, live steel band
performing outside the
hall, over 30+ unique
vendors



~Your Support is Important to us~

Forget~Me~Not Candles



\$5.00 ea.

Available at Alzheimer Society of Cambridge

Candles by *CH Candle Making*

For more information call 519-650-1268

or

CH Candle Making at 519-240-1414

Proceeds to Alzheimer Society of Cambridge

*This newsletter is
generously supported by:* **L'EAU VIVANTE INC**

Bob Adams, CFP, MTS
Esther Houghland, PEng., MBA, CHFS

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MISSION STATEMENT

The Alzheimer Society of Cambridge is dedicated to supporting people with Alzheimer's Disease or related dementias and their Caregivers, by providing supportive counselling, information, education, public awareness, advocacy and promotion of research..

*Jane Sacco
Ralph Strickland
Isabel Sims
Alex Gnaedinger
Anita Cruickshank*

Lovingly honoured by Family and Friends
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IN MEMORIAM

We would like to express our sincere sympathy to those who have lost loved ones, and gratefully acknowledge donations made to the Society in their memory. These donations are used to support those who are coping with Alzheimer's disease or a related dementia. A very special *Thank You* to all of those who chose the Alzheimer Society of Cambridge.

We appreciate your thoughtfulness.