



## You are invited to 13th Annual Coffee Break 2008 'Kick-off'

Alzheimer Society of Cambridge Office

Saturday August 23, 2008  
10:00 am - 2:00 pm

940 King Street East  
Cambridge

~Coffee and Timbits ~

Entertainment provided by Traces Steel

### Coffee Break 2008



**September  
is  
Coffee Break month**

For information on how you can participate in one of our major fundraising events of the year see page 4.



Thursday, October 23,  
2008

Bingemans Park, Kitchener

For More information see  
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## MESSAGE FROM A VOLUNTEER

~ Pat Sullivan ~



After my retirement in 1995, I was encouraged by my wife, Evelyn, to join the Board of Directors of the Alzheimer

Society of Cambridge. As well as being the President of the Alzheimer Society of Cambridge, Evelyn also started the Alzheimer Day Program at Sunnyside Home in Kitchener. Our interest in this field was partly because my mother died with Alzheimer's Disease as did her sister.

### BOARD OF DIRECTORS 2008-2009

|                        |                |
|------------------------|----------------|
| Nancy Kauffman-Lambert | President      |
| Noella De Sousa        | Past President |
| Michael Mann           | Vice President |
| Larry Arndt            | Treasurer      |
| John Shannon           | Secretary      |
| Pat Sullivan           | Director       |
| Gail Russell           | Director       |
| Brian Hummel           | Director       |

### STAFF

|                       |                     |
|-----------------------|---------------------|
| Carol Taylor          | Executive Director  |
| Karen Gledhill        | Executive Assistant |
| Jennifer Ghent-Fuller | Public Education    |
| Ike Veenstra          | Family Support      |
| Jill Mercier          | Volunteer Companion |
| Amy Shuh              | Summer Student      |

I have been involved in the Alzheimer's movement ever since. This included a 3-year term on the Board of the Alzheimer Society of Ontario. Since I joined the Board in 1995, the Cambridge Chapter has grown rapidly. We have grown from one part-time Executive Director to now having three full time employees and two part-timers. We run many support groups for families and caregivers in order to give helpful suggestions and strategies to help people cope with this difficult disease.

Our programs and services offer the following:

- Public Education and Family Support
- Peer Support Groups
- Volunteer Companion Program
- One-to-one supportive Counselling
- Resource Library (such as books, videos and information packages)
- Safely Home Program

Continued on page 3



Do you shop at Zehrs? Do you save your tapes?  
We are collecting Zehrs tapes to help support our programs.



## MESSAGE FROM A VOLUNTEER

Continued from page 2

~ **Pat Sullivan** ~

Some of the indicators that could bring cause for concern in a family member are:

1. **Memory loss that affects day-to-day function.**
2. **Difficulty in performing familiar tasks.**
3. **Problems with language.**
4. **Disorientation with time and space.**
5. **Poor or decreased judgment.**
6. **Problems with abstract thinking.**
7. **Misplacing things.**
8. **Changes in mood and behavior.**
9. **Changes in personality.**
10. **Loss of initiative.**

**If you have an interest in getting information and support for your family please contact the following Alzheimer Society Chapters at:**

### **Cambridge**

**Telephone**            **519-650-1628**  
**E-mail**                    [alzcam@golden.net](mailto:alzcam@golden.net)

### **Kitchener-Waterloo**

**Telephone**            **519-742-1422**  
**E-mail**                    [askw@alzheimerkw.com](mailto:askw@alzheimerkw.com)

### **Guelph-Wellington**

**Telephone**            **519-836-7672**  
**E-mail**                    [office@alzheimer.guelph.org](mailto:office@alzheimer.guelph.org)

**Alzheimer Ontario**    [www.alzheimerontario .org](http://www.alzheimerontario.org)

**Alzheimer Canada**    [www.alzheimer.ca](http://www.alzheimer.ca)

**Anyone interested in devoting some time as a volunteer please contact the above. Your help will be very much appreciated.**

# Special Events

## 13<sup>TH</sup> ANNUAL COFFEE BREAK™ 2008

### Join your community and make your coffee count!

September 21st, 2008 is *National Coffee Break Day* when businesses, organizations and individuals host Coffee Break events to raise money for the Alzheimer Society of Cambridge.

Donations for every cup of coffee poured will support programs and services in Cambridge and North Dumfries.

This year we invite past supporters and welcome new hosts to help us surpass last year's total of \$22 000!

Throughout the month of September, you can invite friends, family and co-workers to enjoy a cup of coffee and make a donation to the Alzheimer Society of Cambridge. Hosts can also encourage guests to donate a dollar for a "Buck-A-Cup" decal.

We make hosting a Coffee Break™ easy by providing each host with a "Host Kit." Kits include posters, a donation box and samples of coffee and tea!

To participate, contact Karen or Amy at 519-650-1628, or e-mail: [coffeebreak@alzheimercambridge.on.ca](mailto:coffeebreak@alzheimercambridge.on.ca) for further information.

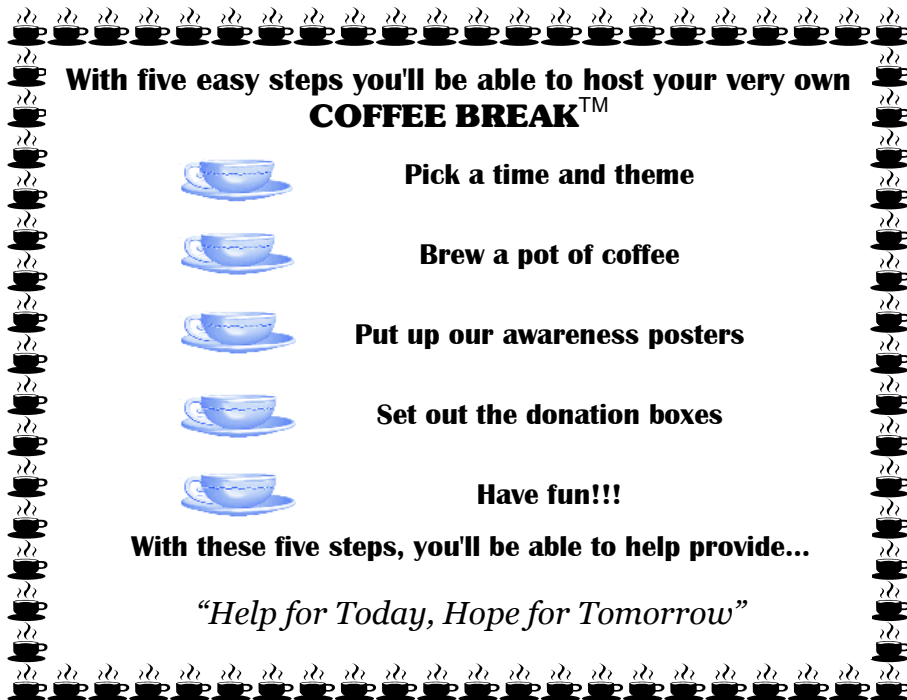
### Your company may be interested in:

- Becoming a Sponsor
- Holding a Coffee Break
- Offering "Buck-A-Cup" decals to employees and customers






### Other dedicated supporters:

- Churches
- Long Term Care Facilities
- Community Groups/Clubs
- Individuals and Families
- Donors/Virtual Hosts

All efforts are greatly appreciated!



**With five easy steps you'll be able to host your very own COFFEE BREAK™**

-  **Pick a time and theme**
-  **Brew a pot of coffee**
-  **Put up our awareness posters**
-  **Set out the donation boxes**
-  **Have fun!!!**

**With these five steps, you'll be able to help provide...**

*"Help for Today, Hope for Tomorrow"*



*We enjoy hosting our Coffee Break/Barbeque every year.*

*It is a opportunity to connect with family, friends and neighbours and involve them in a great cause.*

*We have been hosting this event in our backyard for the last 3 years and have raised over \$1600.*

*'Christine and Tyler'*

# Support & Discussion Groups



For Information please call Ike Veenstra at 519-650-1628 or  
ike@alzheimercambridge.on.ca

|   |   |   |
|---|---|---|
| <b>Spousal Caregivers Support Group</b>                             | 3rd Wednesday,<br>monthly<br>1:30 - 3:00 pm | For spousal caregivers seeking mutual support and understanding.  |
| <b>Spousal Caregivers Support Group</b>                             | 3rd Thursday,<br>monthly<br>1:30 - 3:00 pm  | For spousal caregivers seeking mutual support and understanding.  |
| <b>Early Memory Loss Education /Support Group<br/>Twice monthly</b> | Thursday<br>10:00-11:30 am                  | Welcoming people who have been diagnosed with dementia or mild cognitive impairment.                    |
| <b>Early Memory Loss Support Group A<br/>Twice monthly</b>          | Tuesday<br>10:00-11:30 am                   | For people living with dementia and who wish to meet others with the same concerns in a social setting. |
| <b>Early Memory Loss Support Group B<br/>Twice monthly</b>          | Wednesday<br>10:00-11:30 am                 | For people living with dementia and who wish to meet others with the same concerns in a social setting. |
| <b>Living with Grief</b>  | 2nd Tuesday,<br>monthly<br>1:30-3:00 pm     | For those who have lost a spouse to a dementia.   |

For family and individual supportive counselling please call the  
Alzheimer Society of Cambridge office  
519-650-1628



## Alzheimer Society of Cambridge Office

Do you like to knit? Would you like to socialize with other knitters?

Barb Michelson is interested in joining with other knitters for a social afternoon of knitting.

If you are interested please call Karen at the Alzheimer Society office @ 519-650-1628

## Up coming Events

### *Waterloo Wellington Dementia Network Launch* **‘Living Alone with Dementia’**

A FREE workshop for Caregivers and Professionals

- September 17, 2008
- 8:30 am - 4:00 pm
- St. George’s Hall, Waterloo, ON
- Lunch Provided

To Register Call: 519-823-2550 x 2735

**Panelists**

- Maria Boyles RN, MN, GNC (C)
- Saddle Haddad RN, GNC (C)
- Jane McKinnon Wilson MSc.H.B.
- Liz Nieson RN
- Dr. Jean Skillman M.D.

**Keynote Speaker :**

Dr. Lorna de Witt, RN, PhD

- Lorna has conducted qualitative research on the topic of aging and family life related to living alone in the community.

**Deadline for Registration**  
**September 10, 2008**

### *The Fifth A Changing Melody*

#### **Joining Forces: Building Supportive Dementia Communities**

- **Saturday November 15, 2008. 8:30 am - 3:00 pm**
- **Conference Centre, 89 Chestnut Street, Toronto, ON**
- **Cost Includes Lunch**

**For more information contact: The Murray Alzheimer Research and Education Program**

**Phone: 519-888-4567 ext 36880 or Web: [www.marep.waterloo.ca](http://www.marep.waterloo.ca)**

A Learning and Sharing Forum for Persons with Early stage Dementia and their Partners in Care.



### LEARN FOR MEMORIES

Join us on Wednesday evenings from 7-9 during the month of September  
We have a great line-up of speakers and topics for you:

~Tai Chi, Laughter Yoga, Professional Organizer, Feng Shui, Nutritionist, Naturopath, Belly Dancing, Making a Great First Impression, Car Show & Shine~

Cost: \$30.00 Per Evening OR \$100 for the series (4 evenings, 8 Sessions)

For more information: Website: [www.LearnForMemories.blogspot.com](http://www.LearnForMemories.blogspot.com)

Email: [learnformemories@gmail.com](mailto:learnformemories@gmail.com)

Phone: Donna Campbell ~ 519.716.2787

All proceeds to Alzheimer Society of Cambridge

# EDUCATION

~ Mark your calendar ~


**Call to Register**

W.G. Johnson Center - 519-654-9001

Alan Reuter Centre - 519-653-8822

David Durwood Centre - 519-740-4681 ext 4634 \* \$2.00 fee for non - members of Centre

|   |  |
|---|--|
| <p>September 9, 2008 — W.G. Johnson Center</p> <p>September 30, 2008 — Alan Reuter Centre</p> <p>October 28, 2008 — David Durwood Centre</p> <p>10:00—11:30</p> | <p><b>Understanding the Dementia Experience</b> - Reviews the challenging changes faced by a person who develops dementia due to Alzheimer's disease or a related disease.</p>   |
| <p>October 7, 2008 — W.G. Johnson Center</p> <p>November 4, 2008 — Alan Reuter Centre</p> <p>November 25, 2008 — David Durwood Centre</p> <p>10:00—11:30</p>    | <p><b>Is It Alzheimer's Disease or Normal Aging?</b> Compares the changes in memory and function that often occur in normal later life with the changes that occur when a person has Alzheimer's disease or a related disease.</p> |
| <p>September 23, 2008 — David Durwood Centre</p> <p>October 14, 2008 — Alan Reuter Centre</p> <p>November 18, 2008 — W.G. Johnson Center</p> <p>10:00—11:30</p> | <p><b>Keeping Your Mind Sharp: Heads Up! for a Healthier Brain!</b> A review of the environmental and life-style factors that are known in research to be associated with a lower incidence of dementia.</p>                       |



**Thursday, October 23rd, 2008**  
**Bingemans Park, Kitchener**

**Guest Speaker: Dr. Sandra Black, MD, FRCP©**

**Sessions Include: Responsive Behaviours**  
**Good Feeding Techniques**  
**Music Therapy**

**For registration information please see insert**

**Educational Talks to Your Organization, Workplace or Classroom**

A variety of topics available relating to dementia , caregiving and prevention

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**Family Education**

Appointment for family members to discuss dementia and caregiving in their unique context.

Jennifer Ghent-Fuller, Public Education Coordinator (519) 650-1628 [jennifer@alzheimercambridge.on](mailto:jennifer@alzheimercambridge.on).

## ~Your Support is Important to us~

### YES! I support the Alzheimer Society of Cambridge

- Renew my membership

Name: \_\_\_\_\_

Tel: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email \_\_\_\_\_

### I'm enclosing my membership:

- Individual - \$15/year  
 Senior/Student - \$10/year

### I'd like to make a donation:

- \$ \_\_\_\_\_  
 Cheque ( payable to the Alzheimer Society of Cambridge)  
 VISA: card # \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
exp: (m/y) \_\_\_/\_\_\_

### 4. Please return form to:

Alzheimer Society of Cambridge,  
940 King St. E., Cambridge, ON N3H 3P3

### Thank you for your support.

(Charitable #: 13248 6408 RR0001)

*This newsletter is  
generously supported  
by:*

**L'EAU VIVANTE INC**

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

### Independent Financial Planning

10 Landsdowne Rd. N.  
Cambridge, Ontario N1S 2S7  
Tel: (519) 620-0086 Fax: (519) 620-0349  
[info@leauvivante.ca](mailto:info@leauvivante.ca)

## 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.

*Robina Vaughn  
Edith Poll  
Patricia Kelly  
Margaret McKittrick*

Lovingly honoured by Family and Friends  
Lovingly honoured by Family and Friends  
Lovingly honoured by Family and Friends  
Lovingly honoured by Family and Friends

## 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.*