

You are invited to attend:

**17th Annual General Meeting
Volunteer Appreciation Evening**

Thursday, June 12th, 2008

6: 00 pm—8:00pm

Cambridge Chamber of Commerce.

750 Hespeler Rd

Cambridge

This event will be a wonderful celebration of our past 17 years as an Alzheimer Chapter. During the evening, we will present “Volunteer Recognition Awards” in several categories to those persons and companies who have given most generously in support of our Chapter.

Speaker; Carol Taylor, Executive Director

Topic: Aging at Home Strategy—First Link Program

RSVP by June 5, 2008 to 519-650-1628

Join us in September
for
Coffee Break 2008
For information on how to
participate see pg 3



Thursday, October 23,
2008

Bingemans Park, Kitchener

For More information see
Page 7

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MESSAGE FROM THE EXECUTIVE DIRECTOR

Aging at Home— First Link Program

The Aging at Home Provincial Strategy supports seniors to live independently for as long as possible in a home of their choice. This strategy represents a \$700 million investment over 3 years, with \$37 million being allocated to our Waterloo Wellington Local Health Integrated Network. The Alzheimer Societies of Guelph Wellington, Kitchener-Waterloo and our Chapter applied for funding under this strategy and received support over 3 years of \$625,000 for a First Link Program.

The First Link program connects the person with dementia and their family to coordinated learning and support from the point of diagnosis and throughout the continuum of the disease. The program strengthens linkages between diagnosing physicians, diagnostic and treatment services, community service providers and the Alzheimer Society. We will soon hire a First Link Coordinator who will be responsible for all aspects of planning, implementing and delivering the First Link program. This program will take all our Chapters to a higher level of service delivery with increased Public Education and Family Support. We have an exciting future ahead working together as 3 Alzheimer Chapters to serve our communities.

Carol Taylor

Executive Director

BOARD OF DIRECTORS 2008-2009

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STAFF

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

SAVE THE DATES...

LEARN FOR MEMORIES

In honour of Barb and all of us touched by Alzheimer's Disease join us on Wednesday evenings during the month of September for a series of seminars with the proceeds going to the Alzheimer Society of Cambridge. Please contact Donna Campbell, event organizer at

519.716.2787

if you would like to offer your services in the following areas: Be a speaker, sponsor an evening, supply goodies for break, make a donation or help out in any way you can.

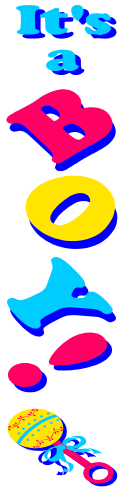
More information to come in the August newsletter.

COMING THIS FALL

PUBLIC TALK

FEATURING DR. JOHN YANG
GERIATRICIAN CMH

More information to come in the August newsletter.



Congratulations

to
Kimberly Roberts and Joe Melo
On the safe arrival
of
Daren Thomas Melo

Born: May 26, 2008

Weighing: 9 lbs. 7 oz.

Coffee Break 2008

Alzheimer Coffee Break™

September 2008

MAKE YOUR COFFEE COUNT

A cup of coffee can make a big difference to someone affected by Alzheimer's disease. During September, people in our community come together for coffee and to make a donation to the Alzheimer Society of Cambridge. Last year, over \$22,000 was raised locally for support and education programs in Cambridge and North Dumfries. Look for our Coffee Break posters and decal cups throughout participating restaurants, workplaces, homes, churches, and long-term care facilities...anywhere a pot is brewing. *Remember us – support Alzheimer Coffee Break 2008!*

Here is how you can get involved...

Host a Coffee Break!

You can host a Coffee Break any time in September – it can be as easy as putting a poster and donation box by the coffee pot in your office or as much fun as gathering people together for a special Coffee Break of coffee, tea and sweets. We provide suggestions and Hosts Kits; you provide the people.

Get Creative!

Think about how you can help. In past years, some retail partners and restaurants have invited their customers to “Round-Up” their bill, while others have hosted “Dress-Down/Up Days”. One group produced a cookbook. There are so many ways to help – *what's yours?*

Sponsor or Donate!



Sponsorship opportunities are available, including cash and/or in-kind support. For example, corporate partners may be interested in assisting with promotional efforts or providing supplies or recognition prizes for Coffee Break events and Hosts



Offer “Buck-a-Cups”!

Invite your guests and/or customers to “donate a buck for a cup” for a Coffee Break paper decal, on which they can write their name and proudly display their support for those with Alzheimer's disease. For our retail partners, it's as simple as scanning the UPC code on the reverse and collecting a loonie.

For more information on planning your Coffee Break with friends, family, neighbours and co-workers contact the Society: t: 519-650-1628 or email: alzcam@golden.net


 Join us at the
 Alzheimer Society of Cambridge Office
 Coffee Break 2008
 Kick-off
 Saturday August 23, 2008
 10:00 am - 2:00 pm
 940 King Street East
 Cambridge
 Entertainment provided by Traces Steeldrum Band


EDUCATION

Keeping Your Mind Sharp (Part 2)

By Jennifer Ghent-Fuller RN MScN GNC(C)

In addition to exercise, **healthy living** involves many other factors. Health maintenance is more challenging as we grow older. For most of us who were fortunate to take good health for granted in our younger years, now we discover that it takes effort to maintain our health and prevent deterioration. Preventing **hypertension, or high blood pressure**, is vital to preventing dementia. Hypertension can lead to the multiple small strokes that are the cause of vascular dementia. Untreated high blood pressure is a risk factor for developing Alzheimer's disease. So getting tested at least annually, exercising to prevent and control hypertension, and taking any medications prescribed will give you control over this risk.

Although one drink of **alcohol** (especially red wine) daily has been shown to have a beneficial effect on health, the key is moderation. Alcohol abuse may lead to a dementia called Korsakoff's syndrome.

Preventing diabetes by exercise and diet control, or keeping your **blood sugar within acceptable limits** if you already have diabetes, will also help prevent dementia by maintaining the health of your blood vessels. Keeping your diet low in saturated fats and eating the **unsaturated fats** instead (flaxseed and soybean oil, walnuts, sesame seeds, avocados, dark leafy green vegetables, salmon, mackerel, sardines, anchovies, tuna) will help manage your cholesterol.

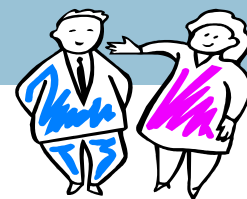
What is good for your heart is also good for your brain. By not exposing yourself to smoking, and by keeping your weight at an acceptable level, you are promoting the health of your brain.

Stress increases the production of a hormone called cortisol by the adrenal glands. This is designed to help us handle sudden extreme stressful situations. However, if we are under continued stress, prolonged high levels of cortisol are associated with more rapid aging of cognitive functions. Is there something stressful in your life that you can eliminate? If you cannot escape a stressful situation, your only recourse is to try to change your reaction to it. Will it get any better if you worry, or can you discipline yourself to turn off the worry when it starts and concentrate only on what you are doing at the time? Focus and concentration solely on what you are doing is being mindful. The opposite is being absent-minded, letting your worries control your thoughts while you do other things, which often results in errors or poor memory of what you have been doing. **Mindfulness** is available as a stress reduction technique. Your attitude can be powerful; remember, "changing the way you think about things, can change the things you think about".

There is some controversy around the use of **anti-inflammatories** in dementia prevention. Studies have shown that people who use anti-inflammatories, such as ibuprofen, have a decreased risk of developing dementia. However, such drugs can lead to gastric bleeding, as well as interact with other medications.

Continued on page 6

Support & Discussion Groups



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

For Information and Registration please call Ike Veenstra at 519-650-162
or ike@alzheimercambridge.on.ca

Individual support is also available.

Most visits are held at the Alzheimer Society office, however, home visits can be arranged.



Alzheimer Society of Cambridge Office

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

Join Barb Michelson and the Knitters Group
Monday, June 16, 2008 at 1 o'clock

Keeping Your Mind Sharp

Continued from page 4

Consult with your physician and pharmacist before taking a very low dose of an anti-inflammatory as a preventive measure.

People with high levels of the amino acid **homocystine** are more likely to have Alzheimer's disease and also more likely to have heart attacks. Homocystine is an essential protein involved in over 100 essential chemical metabolic reactions. Preventing homocystine levels from getting too high requires adequate intake of folic acid and vitamins B6 and B12. Folic acid is available in fruits, vegetables, grains, legumes, nuts and seeds.

Oxidation of tissues in the body, including the brain, leads to a higher rate of deterioration and aging. An example of oxidation is the browning of an apple that is cut and left exposed. The change is not reversible. Preventing oxidation of body tissues involves eating foods containing **anti-oxidants**, the carotenoids and flavenoids. Such foods are fruits and vegetables that are deeply coloured, for example, carrots, tomatoes, sweet peppers, sweet potatoes, spinach, red grapes. Dark chocolate, curry, tea, red wine and beer also contain antioxidants.

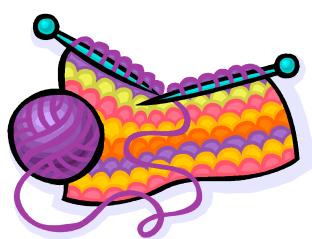
Enjoy life! Live well! ■



Thank to all our volunteers

A special thank you to our knitters who have knit over 100 bears and other items since mid March.

Also a thank you to the Bingo volunteers who helped make our April bingos a success.



Volunteers Needed: for Bingo

Monday evenings in July
10:00 pm - 1:00 am (approx)

If you are available please contact Karen 519-650-1628



Useful Web Site

The Strength for Caring website, is dedicated to helping caregivers. It includes a "caregiver manual" and addresses such issues as daily care, money and insurance, and health Issues. *(be aware that this is a US site, so any legal information will not be relevant)*

<http://www.strengthforcaring.com>



EDUCATION

~ Mark your calendar ~


Jennifer Ghent-Fuller, Public Education Coordinator Workshops for Family Members— Please Call to Register

1. The Basics —What is dementia? What treatments are available? What is it like to have dementia? How does it progress?	Wednesday July 16, 2008 6 pm—8 pm
2. Caregiving —Communication and interaction with a person who has dementia.	Wednesday July 23, 2008 6 pm—8 pm
3. System Interaction — Advance Care Planning: Legal and financial matters. Prolonging care at home and planning for the possibility of long-term care.	Wednesday August 6, 2008 6 pm—8 pm
4. The Later Stage —Solace and Advocacy.	Wednesday August 13, 2008 6 pm—8 pm

Individual Family Education

A private 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.ca



Thursday, October 23rd, 2008
Bingemans Park, Kitchener

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

Sessions Include: Responsive Behaviours
Good Feeding Techniques
Music Therapy

Detailed brochures will be mailed and emailed in early September.
To request a brochure, please call us at (519) 650-1628 or
email jennifer@alzheimercambridge.on.ca

Further information about this conference is available on-line at
[www.alzheimercambridge.on.ca/Allies in Aging](http://www.alzheimercambridge.on.ca/Allies%20in%20Aging)

Educational Talks to Your Organization, Workplace or Classroom

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

Please contact: Jennifer Ghent-Fuller, Public Education Coordinator (519) 650-1628
jennifer@alzheimercambridge.on.ca

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

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Cambridge, Ontario N1S 2S7
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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.

***Bert Brousse
Phyllis Fischer
Claire Rehor
Robert Gray***

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.