

GOING THE EXTRA MILE...



On Sunday, January 27, 2008, we held our 12th Annual Manulife Walk for Memories at Cambridge Centre Mall. Walkers and others showed their support to our local chapter while enjoying refreshments and great entertainment. This Year the event was such a huge success for our chapter! We raised an amazing \$37,000 to help the Alzheimer Society of Cambridge continue to support those 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 2009.



Carol and Norm Kitchen Cutting the Ribbon at the Start of the walk.



Nancy, Dian and Noella.



Top walker Val Brooks, Carol Taylor and Nancy Kauffman-Lambert.

Thank-you to all our sponsors'

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Effective March 1st, 2008
The Alzheimer Society of
Cambridge Office hours
will be Monday to Friday
from 8:30 am—4:30 pm.

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MESSAGE FROM THE EXECUTIVE DIRECTOR

A Special Invitation to our 17th Annual General Meeting

Please mark your calendars and join us for our

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 promises to 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 to be announced.

Please visit our web-site closer to the date for further details. www.alzheimercambridge.on.ca

R.S.V.P. to our Office by Friday, May 30th, 2008 by calling 650-1628 if you can attend.

Carol Taylor
Executive Director

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Staff News~

Kimberly Roberts, our Executive Assistant at our Chapter is leaving next week on maternity leave for 1 year. Kimberly is the friendly voice on the phone, she provides overall administrative support to staff, coordinates our annual Coffee Break and Walk for Memories Events and manages our Volunteer Program with great efficiency, calm and good humour.

We would like to welcome Karen Gledhill, Kimberly’s replacement to our Chapter. Karen has worked for the Alzheimer Society of Kitchener-Waterloo in a similar role and we are delighted to have her join our staff team. We wish Kimberly much happiness in her time away as a new Mom and look forward to her joining us again in a year from now.
Carol Taylor
Executive Director

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.

A CHANGING MELODY FORUM

November 17, 2007 was a day many of us looked forward to with great anticipation. Early that chilly Saturday morning seven of us gathered at the Alzheimer Society of Cambridge office, eagerly awaiting the arrival of the small bus, which was to transport us to Toronto. The bus arrived promptly at 7:30 am, already half full of fellow participants from the Kitchener-Waterloo Alzheimer Society. We, people living with Alzheimer's disease or a related dementia, our spouses and other family members hoped to have a great day at the forum. We were not disappointed.

After an uneventful and safe trip, we arrived at the 89 Chestnut Conference Centre, downtown Toronto. Registration was quick. Soon we settled at a large table in the conference room. We served ourselves coffee and treats, which we consumed at our leisure. The atmosphere was festive.

Dr. Sherry Dupuis, director of the Murray Alzheimer Research and Education Program (MAREP) welcomed us.

Gail Robinet (Burford) launched the two new "By Us For US Guides", *Enhancing Communication* and *Managing Triggers*. These guides are written BY people living with dementia FOR people with dementia.

Elaine Smith (Paris) and Ken Hancock were moderators for the day. David Knight (Guelph) gave the keynote address, "Dealing with Alzheimer's Dementia: One Step at a Time." The story of David's journey, from losing his professorship at the University of Guelph upon diagnosis to his current life, was poignant, yet uplifting and full of hope. The day continued with more food and networking. More presentations came in the form of lectures, a panel discussion, an interactive workshop and musical interludes. Oh, the wonderful music...

Don W. and Don C. each had brought a project for the accomplishment display table. A copy of Don W.'s writing "Alzheimer's disease from my perspective" was neatly displayed in an attractive frame. A copy of this article was available for other participants of the forum. Don. C. showed an interesting exhibit of his making model airplanes. This is Don's current hobby.

We all received a spiral bound book in which all the lectures and other new information is printed. It gives us an opportunity to reread all we learned.

At the end Jacqui C. was fortunate to come home with a door prize. We piled back in the bus and had an uneventful return to Cambridge. An inspiring day indeed! We thank ASC, ASO and MAREP for financial travel assistance.



Useful Web Site

Interested in news regarding Alzheimer's disease and related dementia? Log on to the Ageless Design Network and read the

"Alzheimer's Daily News" .

<http://www.agelessdesign.com/>

Keeping Your Mind Sharp (Part 1)

By Jennifer Ghent-Fuller RN MScN GNC(C)

There are many elements of life style which we know are associated with a decreased incidence of dementia. No-one can claim that these life practices will prevent dementia, because we do not have that scientific evidence as yet. However, because of the statistical association of decreased incidence, there is the hope that some or all of these practices may eventually be proven to prevent or possibly postpone the development of dementia.

It is important to make the connection between good health and good brain health. The concept of 'taking care of our brain', in the memory of this author, was associated only with the adage "eat fish, it's good for your brain". As it happens, that is true. However, we are working to increase awareness of the other healthy practices that we know about now.

Staying mentally active is vital for brain health. It does not matter what age you are or what grade level you achieved in school, you can add capacity to your brain. When you learn new things and challenge yourself mentally, your brain develops new brain cells, increases the number of connections between existing brain cells and increases the blood supply to your brain. Challenging your brain involves using it to do things that require mental effort. These may include puzzles, such as crosswords or sudoku. However, learning a lan-

guage, taking a course, learning how to play a musical instrument, using your left hand instead of your right for daily tasks, creative writing (such as a family tree with stories), studying gardening, learning a new craft, learning a new dance, or any number of new activities will serve the purpose. When you are doing these new activities, you are actively engaging your brain and your brain is interacting with your muscles and your senses to form new memories and skills.

Staying socially active is also important for good brain health. In research, it has been found that people who are socially isolated have a higher incidence of dementia. Staying active socially means that you are practicing conversational skills, going out to participate in activities together with others, or perhaps traveling to places you have never visited. Volunteering as a friendly visitor or in a school or in a community program can put you in a position of making new acquaintances, and interacting in an upbeat manner that brings joy to your life. Adult recreation centres provide many organized programs, which may be helpful if you are new to the area or have experienced the loss of your friends or close family.

Protecting your head is relevant as a history of head injury is associated with an increased risk of dementia. Whenever you are engaged in

physically active fast-paced pursuits, such as riding a bike, a helmet is necessary. Prevent falls by having adequate lighting in hallways, keeping floors and stairs clear of clutter, wipe up spills immediately (or throw a towel over water on the floor). When you are going downstairs or walking on uneven ground, concentrate on your movement. As we age, turning quickly may lead to falls; so, if you need to, turn with many small steps, rather than pivoting quickly on the ball of your foot. Wear sturdy, supportive shoes, rather than high-heels and shoes with no strap or no enclosure around the heel.

A healthy body promotes a healthy brain, so **healthy living** is also important. Physical exercise has been found to correlate with a greatly decreased risk for dementia. In animal studies, physical exercise has been shown to promote the growth of new stem cells in the brain. Physical exercise will also help decrease the risk from other factors known to be associated with the development of dementia, such as high blood pressure and excess weight. Moderate exercise, such as a 20 minute walk, three times a week is the norm for getting started. Remember, if you have not been active for some time, your muscles and tendons are weak, so start off slowly and gradually build the strength, flexibility and elasticity of your muscles and tendons to avoid injury. *(continued next issue)*

Support & Discussion Groups



Schedule

For information and registration please call Ike Veenstra at 519-650-1628
or email: ike@alzheimercambridge.on.ca

Living with Grief	2nd Tuesday, monthly 1:30-3:00 pm Elaine I. Seeley	For widows and widowers who have lost a spouse to a dementia.
Spousal Caregivers Support Group	3rd Wednesday, monthly 1:30 - 3:00 pm	For spousal caregivers seeking mutual support and understanding.
Spousal Caregivers Support Group	3rd Thursday, monthly 1:30 - 3:00 pm	For spousal caregivers seeking mutual support and understanding.
Early Memory Loss Education /Support Group Twice monthly	Thursday 10:00-11:30 am Please call to register	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 Please call to register	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 Please call to register	For people living with dementia and who wish to meet others with the same concerns in a social setting.

Individual support is available. Please contact Ike Veenstra.
Most visits are held at the Alzheimer Society office,
however, home visits can be arranged.

COMMUNITY FOCUS

“Thank You to the Amigas”

On Friday, January 25th, 2008 a group of wonderful ladies in Cambridge called the “Amigas” held an annual dinner event at the Portuguese Club as they have done for several years now to support local Charities. This year the event was held to benefit the Alzheimer Society of Cambridge. The evening was a huge success, attended by over 500 persons and our Past President had the privilege of speaking on behalf of our Chapter. We are grateful for their gift of proceeds of \$7,000. to support research, and local services for those persons affected by Alzheimer’s Disease and their Caregivers in Cambridge. We would like to thank all the wonderful ladies who worked to make the dinner so very successful and to say that you have made a huge contribution to us and to our Community.

The Alzheimer Society of Cambridge MEMORY WALK HONOUR ROLL

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.*

*Major Albert Milley
Larry Carruthers
Mary Henderson*

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

EDUCATION—Upcoming Public Talks

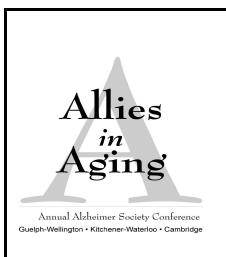
Jennifer Ghent-Fuller, Public Education Coordinator

<p><u>W.G. Johnson Centre / Ted Wake Lounge,</u></p> <p>31 Kribs St., Cambridge N3C 2L3 LUNCH & LEARN—\$6.00 To Register Please Call 519-654-9001</p>	<p><u>David Durward Centre,</u></p> <p>62 Dickson St., Cambridge N1R 1T8 Non-members \$2.00 To register, please call Caralee at 519-740-4681, ext. 4634</p>	<p><u>Alan Reuter Centre</u></p> <p>507 King St., Cambridge N3H 3N4 Non-members \$2.00 To register, please call 519-653-8822</p>
<p><i>Understanding the Dementia Experience</i> - Reviews the challenging changes faced by a person who develops dementia due to Alzheimer's disease or a related disease.</p> <p>April 2, 10-11:30 AM; David Durward Centre / April 22, 12:15—1:30 PM; W.G. Johnson Centre</p>		
<p><i>Is It Alzheimer's Disease or Normal Aging?</i> 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>April 30, 10- 11:30 AM; David Durward Centre/June 17, 12:15-1:30 PM; W.G. Johnson Centre</p>		
<p><i>Keeping Your Mind Sharp: Heads Up! for a Healthier Brain!</i> A review of the environmental and life-style factors that are known in research to be associated with a lower incidence of dementia.</p> <p>April 10, 9:30-11:00 AM; Alan Reuter Centre/May 27, 12:15-1:30 PM; W.G. Johnson Centre</p> <p style="text-align: center;">June 4, 10:00-11:30 AM David Durward Centre</p>		
<p>Individual Family Education Please contact Jennifer Ghent-Fuller, Public Education Coordinator (519) 650-1628 jennifer@alzheimercambridge.on.ca</p>	<p>Typical length of appointment is 1.5 to 2 hours</p>	<p>A private appointment for family members to discuss dementia and caregiving in their unique context.</p>

~ Mark your calendar ~ Annual Allies in Aging Conference!

Also !!

**Responsive Behaviours
Good Feeding Techniques
Music Therapy
and the very moving play,
"I'm Still Here!"**



Who should attend?

Caregivers, family and friends of persons with dementia, physicians, RNs, RPNs, PSWs, Case Managers, home support workers, volunteers, students, and individuals in the early stages of Alzheimer's Disease or a related dementia.

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

Thursday, October 18th, 2007

Bingemans Park, Kitchener

We are thrilled to present: **Dr. Sandra Black, MD, FRCP(C)**
as the featured speaker. Dr. Black is the Director, Neurosciences Research Program, Sunnybrook Research Institute and world-renowned dementia expert.
Dr. Black will concentrate her talk on vascular dementia.

*This newsletter is
generously supported by:*

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Membership/Donation Form

YES! I want to support the work of the Alzheimer Society of Cambridge

(Charitable #: 13248 6408 RR0001) Become a new member Renew my membership

Name: _____

Tel: _____

Mailing Address: _____

Postal Code: _____ Email _____

*The Alzheimer Society of Cambridge respects your privacy; we do not sell, share or trade personal information, and contact you only with your permission. Please check here if you **do not** wish to receive further news from the Alzheimer Society of Cambridge. Thank you.*

1. I'm enclosing my membership:

- Individual - \$15 / year
- Senior/Student - \$10 / year
- Family - \$25 / year
- Community (group, business, residence, etc.) - \$40

2. I'd like to make a donation:

- \$20
- \$50
- \$100
- Other \$ _____

A charitable tax receipt will be issued for memberships and donations of \$10 or more.

3. I'm making payment in the following manner:

- Cheque (made payable to the Alzheimer Society of Cambridge)
- New! VISA: card # _____ / _____ / _____ / _____ exp: (m/y) ____ / ____

4. Please return your completed membership & donation form to:

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

Donations can also be made by:

calling the Society at 519-650-1628 (VISA), or on line through our web site
(www.alzheimercambridge.on.ca) at the secure donation
portal CanadaHelps.org, which will issue you an electronic receipt for your gift.