

## YOU'RE INVITED!

### Alzheimer Society of Cambridge 20<sup>th</sup> Annual General Meeting & Volunteer Appreciation

Thursday June 9th, 2011  
6:00 - 8:00 pm  
Cambridge Chamber of Commerce  
750 Hespeler Road

**Guest Speaker:**  
**Joy Greenleese**  
"Lessons I learned as a Caregiver"

R.S.V.P. by June 2nd, to the Alzheimer Society of Cambridge - 519-650-1628

### Ribbon Cutting 2011 Walk For Memories.

For more Walk photos  
see page 7.

Left to right is  
Eva Earle, Ken Earle and  
Ike Veenstra.



### Inside this issue:

AGM - You are Invited	1
Executive Message	2
Caregiving guidelines	3-4
Support Services	5
Education Services	6
Walk For Memories	7
Your Support	8

# MESSAGE FROM THE EXECUTIVE DIRECTOR

~Welcome Spring~

Six years of association with the Alzheimer Society of Cambridge has ignited my passion for supporting those courageous individuals diagnosed with dementia and their equally strong and vibrant families and friends. As such, it is a pleasure to expand my role and provide interim leadership to both societies of the Region of Waterloo.

January provided many opportunities to expand awareness and increase support for Dementia services. We graciously thank all our sponsors and the local media for their amazing support and promotion of our Walk for Memories and the Public Information Evening. Together we are making a huge difference.

I am encouraged by a recent LHIN newsletter article, entitled "Celebrating the Success" in which Hellen Jarman, nurse practitioner at St. Mary's Geriatric Clinic shared, "I can't think of another program that has such an impact on quality of life for the patient and efficient use of resources in the health system. When patients are informed about dementia and accessing supports we see less medication, decreased emergency visits, decreased length of hospital stays and reduced caregiver burden."

Many thanks again for your support on behalf of those persons affected by dementia.

Carol Taylor  
Executive Director

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Thayna Walter .....	<i>First Link</i>
Dale Gallen .....	<i>Social Services Student</i>

**How You Can Help....**

- \*Donate your Zehrs receipts
- \*Become a Volunteer Companion
- \*Show your support by becoming a member or by renewing your membership

**Thank-You!**

## **General Principles of Caregiving** by Jennifer Ghent-Fuller

On many occasions one sees a long list of “do’s and don’ts”. Taken individually, they are often helpful, but difficult to remember and to apply in changing circumstances. It might be helpful to look for general themes which can be used as guidelines, rather than specific directives for individual circumstances.

A general theme for a person with dementia is **losing independence because of changes in brain function**. As the memories, skills and the ability to adapt slip away over the years as a result of the advancing dementia, the person becomes less able to function independently. The mirror image of this theme is for the caregiver to **support the person practically and emotionally as they experience changes in their mind, their abilities and their understanding**.

Ideally, the transfer of “things I can no longer do” into the realm of “things I need you to do for me” would be smooth and harmonious, however that is not usually the case. It is emotionally painful to give up one’s functions and independence. It is also emotionally painful to watch the person with dementia as they struggle to maintain their independent action as they perform the functions of their daily life in ways that may leave them at risk for harm. How then, does one overcome this emotional and practical divide?

For the caregiver, the picture is one of both complexity and simplicity. On the one hand, building an understanding of the support needs of the person with dementia requires that the caregiver delve into the complexity of the needs, abilities and viewpoints of the person with dementia, while at the same time creating a situation of simplicity within which the person with dementia can function.

The complexity of the needs for support is built on many building blocks. The first building block is an understanding of the effects of the loss of short-term and the retrograde loss of long-term memories while maintaining emotional, immediate and procedural memories.

The second building block is an understanding of the types of needs that any person might have. These are often organized under the acronym “PIECES” to take a “needs snapshot” of a person at any particular time. The PIECES acronym stands for physical, intellectual, emotional, capability, environmental, and social needs.

The third building block involves the waning ability of the person with dementia to pay attention to multiple aspects of a situation simultaneously.

The fourth building block involves the decreased ability of the person with dementia to form a logical understanding of the situation.

The fifth building block involves the diminishing ability of the person with dementia to use language, both expressive and receptive.

One situation that a caregiver will often encounter is that of a person with dementia becoming an unsafe driver. **Physically**, the person with dementia may be quite capable of getting the car out and driving it down the street. **Intellectually**, changes with the dementia may mean that the person can no longer pay attention both to what is in front of them and what is behind them simultaneously. Other intellectual changes may mean that the person is no longer capable of distinguishing whether they are in the right or the left lane and this impacts

## General Principles of Caregiving cont'd

their ability to turn safely. **Emotionally**, the person may become very upset if they feel that they are lost, or that they missed their turn. In terms of **capability**, the person with dementia may have lost their ability to reliably find their way in some neighbourhoods with which they are less familiar. **Environmentally**, the person with dementia may be unable to process the information of a rapidly changing street situation. **Socially**, the person with dementia expects that they will be treated as a fully capable and respected adult.

So, presume that you have a caregiver who has analyzed this complexity of information and decided that their family member is unsafe to drive. How does the caregiver translate this situation into one with simplicity that supports the person practically and emotionally? Practical support may translate into providing transportation on a regular basis. Emotional support is tougher. Lacking the capacity to logically conclude that they should no longer be driving, the person with dementia nonetheless needs to be supported through the transition of discontinuing driving without being humiliated or emotionally traumatized. Since they lack the capacity to logically conclude that they should no longer be driving, attempts to get them look at and understand the situation logically will lead to frustration on both sides.

Changing the procedure does have potential for a smooth transition to discontinuation of driving. For the caregiver to repeatedly ask if it can be their turn to drive, creates a situation of simplicity, in which the person with dementia only needs to understand that the other person has a need to practice driving, without any “extra” information to deal with. This change in procedure may allow a gentler transition to

driving discontinuation while the person forms a new procedural memory that when they go out in the car they are not the driver. Finding ways to limit the severe risks that a driver with dementia can pose to themselves and others, without causing emotional trauma is very challenging.

Another example could be an elderly man who needs to help his wife bathe, because of her dementia. He handles the complexity of the situation, knowing that she prefers a tub bath to a shower, understanding that she does not remember when she last bathed and understanding that she gets annoyed when she is told it is time for a bath. He sets up a situation where he has covered the mirrors in the bathroom and filled the tub. He calls her to come into the bathroom with him. The dog is waiting for them. They chat about how the dog used to bathe her puppies as he gently helps her disrobe and climb into the tub. He does exactly the same thing every week as she finds comfort in the simplicity of a repeated procedure with as little negotiation as possible.

These types of situations are extremely difficult for both the caregiver and the person with dementia. Deciding the best course of action by firstly looking at each element of the complexity of the situation, and then plotting a course which will have the simplicity required by the person with dementia, while they are surrounded with love, reassurance and respect is a positive course of action for caregivers.

## SUPPORT SERVICES

For information, supportive counselling and discussion group registration contact Ike Veenstra at (519) 650-1628 or [ike@alzheimercambridge.on.ca](mailto:ike@alzheimercambridge.on.ca)

### People Living with Dementia

Are you living with early memory loss? Join us!

#### **FIRST STEPS**

is a FREE 5 week course designed just for you and your partner in care. Call now for information and registration.

#### **MEMORY LOSS**

##### Discussion Group

Join us for coffee, tea and companionship.

New session to begin in April

Call now to register

### Partners in Care

#### Spouses

Support /Discussion Groups

#### **Caring at Home**

2nd Wednesday of each month  
1:30 - 3:00 pm

For people providing care at home and seeking mutual support and understanding.

#### **Continued Caring**

3rd Wednesday of each month  
1:30 - 3:00 pm

For people whose spouse lives in a facility.

#### Adult Children

Support/Discussion Group

#### **Caring for Parents**

3rd Tuesday of each month

For family members wishing to network with others who have similar concerns.

#### **Past Partners in Care**

#### **Living with Grief**

For people whose loved one with dementia has passed away.

# EDUCATION

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

<b>First Link Training Workshops at the Alzheimer Society of Cambridge</b>		
<b>Four Part Learning Series:</b>		
<ol style="list-style-type: none"> <li>1. Understanding Dementia</li> <li>2. Managing Day to Day Life and Setting up Supports Part 1</li> <li>3. Managing Day to Day Life and Setting up Supports Part 2</li> <li>4. Communication and Interaction</li> </ol>		
<p>6 - 8 PM, Tuesdays, April 26, May 3, 10 and 17 6 - 8 PM, Tuesdays, May 24, 31, June 7 and 14</p>		
<p><b>Placement Issues - Coping with having a family member in Long Term Care</b> 6 - 8 PM, Tuesday April 5, 2011</p>		
<p><b>Care in the Later Stages... Advocacy, Presence and Staying Connected</b> 6 - 8 PM, Tuesday April 12, 2011</p>		
<p><b>Caring for Yourself while Giving Care to Another</b> 6 - 8 PM, Tuesday April 19, 2011</p>		
<b>Presentations at Cambridge Recreation 50+ Centres</b>		
<p><u>W.G. Johnson Centre / Ted Wake Lounge</u> 31 Kribs St., Cambridge N3C 2L3 To Register Please Call 519-654-9001</p>	<p><u>David Durward Centre</u> 62 Dickson St. Cambridge N1R 1T8 Non-members \$2.00 To register, please call Alix at 519-740-4681 ext. 4634</p>	<p><u>Alan Reuter Centre</u> 507 King St., Cambridge N3H 3N4 Non-members \$2.00 To register, please call 519-653-8822</p>
<p><b>“I’m Still Here” - A research-based video drama on living with dementia. Video followed by discussion.</b></p> <p style="text-align: center;">W.G. Johnson Centre Thursday, April 14 , 2011, 1:00 PM - 2:30 PM Allan Reuter Centre Thursday, April 21, 2011, 10:00 AM to 11:30 PM David Durward Centre Thursday, April 28, 2011, 1:00 PM - 2:30 PM</p>		
<p><b>The Other Dementias: What if it’s not Alzheimer’s Disease?</b></p> <p style="text-align: center;">W.G. Johnson Centre Thursday, May 12 , 2011, 1:00 PM - 2:30 PM Allan Reuter Centre Thursday, June 2 , 2011 1:00PM - 2:30 PM David Durward Centre Thursday, June 9, 2011, 1:00 PM - 2:30 PM</p>		

# WALK FOR MEMORIES

Thank You To Our Walkers!



## Thank You to our sponsors!



Blackshop Restaurant  
 Cambridge Butterfly Conservatory  
 CIBC  
 Golden Years Nursing Home  
 Graham Mathew  
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## Thank You Everyone!

On Sunday, January 30, 2011, we held our 15<sup>th</sup> Annual Walk For Memories at the Cambridge Centre Mall. Thank you to our Walkers, Sponsors, Volunteers and Supporters! You raised over **\$40,000** 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. Thank You! We look forward to seeing you in January 2012.



Maddison Durocher, Summer and James Choquette helping at the Walk for Memories



Nancy Kauffman-Lambert, Greg Durocher, Noella de Sousa, and Carol Taylor  
 January 30, 2011

# ~~ 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 519-240-1414  
or 519-650-1628

Proceeds to: Alzheimer Society of Cambridge

Please show your support of the Cambridge Alzheimer Society... become a Member or renew your Membership with us.

## 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..

This newsletter generously made possible by:

**Dynamex**  
**EXPEDITE**

Dynamex Expedite  
131 Sheldon Dr Unit 22  
Cambridge ON  
N1R 6S2  
519-624-4994  
1-800-265-2647

**Matthias Poos**  
**Annie Barley**  
**Dorothy Astridge**

*Lovingly honoured by family & 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 Alzheimer 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.