

## 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  
Cambridge

**Guest Speaker:**

**Joy Greenleese "Lessons I learned as a Caregiver"**

Please join us in wishing Ike Veenstra, our Family Support Counsellor and Jennifer Ghent-Fuller, our Public Education Coordinator a happy retirement.

Please RSVP by Thursday, June 2nd, 2011 to:  
Alzheimer Society of Cambridge 519-650-1628

~Invitation~

### 16th Annual Coffee Break! "KICK-OFF EVENT"

Alzheimer Society  
of Cambridge Office  
Saturday, September 3, 2011  
10:00am - 1:00pm

**Coffee, Goodies, Entertainment**

For more information contact us at 519-650-1628

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# MESSAGE FROM THE EXECUTIVE DIRECTOR

## ~Staff Retirement News~

After many years of dedicated service both Jennifer Ghent– Fuller, our Public Education Co-ordinator and Ike Veenstra, our Family Support Counsellor have decided to retire on June 30th of this year.

During her eleven years of service, Jennifer had continuously found ways to identify and meet the needs of those we serve. Jennifer’s depth of knowledge, her writing and presentation skills are appreciated by all who receive dementia education. Above all, Jennifer is a caring and compassionate educator helping those persons we serve with her gentle and friendly manner.

Our Family Support Counsellor, Ike Veenstra has been with our Chapter for the past seven years. Ike’s special skills in conducting support groups and finding solutions to problems in difficult situations is a gift to our clients. Ike is a kind and empathic counsellor who even in a busy day welcomes folks who drop in for support.

It is with mixed feelings that we wish both Jennifer and Ike many years of happy and prosperous retirement. At our AGM on June 9th, 2011 at the Cambridge Chamber of Commerce, we will pay tribute to Jennifer and Ike, two wonderful caring women who have made a difference in the lives of persons we serve.

Carol Taylor  
Executive Director

## BOARD OF DIRECTORS 2010-2011

Nancy Kauffman-Lambert..... *President*  
Noella De Sousa..... *Past President*  
Michael Mann ..... *Vice President*  
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Brian Hummel..... *Director*  
Val Brooks ..... *Director*

## STAFF

Carol Taylor ..... *Executive Director*  
Cheryl Morgan ..... *Executive Assistant*  
Jennifer Ghent-Fuller ..... *Public Education*  
Ike Veenstra..... *Family Support*  
Jill Mercier..... *Volunteer Companion*  
Thayna Walter ..... *First Link*



**THANK - YOU!**

**To all of our wonderful  
volunteers at the  
Alzheimer Society  
of Cambridge.**

**You are making a difference!**

## ***A note about the ADI Conference by Jennifer Ghent-Fuller***

The Alzheimer Disease International Conference was held in Toronto on March 26-29, 2011. One of the themes repeated in many talks was an urge to seek a new paradigm in the treatment of people with dementia.

Christine Bryden (Boden), author of “Who Will I Be When I Die” and “Dancing with Dementia” gave a talk entitled “Perspective of a Person with Dementia 10 Years On.” Christine urged the audience to cast aside “the medical model that imprisons us”. She advocated for a dementia-friendly society in which there is social justice for those living with dementia. When policies and programs are evaluated, people with dementia should be involved. Christine quoted the slogan used in the Dementia Advocacy Support Network (DASN), a group founded by people with dementia - “Nothing about us without us”. She also referred to the new book “Broadening the Dementia Debate: Towards Social Citizenship” by Ruth Bartlett and Deborah O’Connor and stated that efforts must be placed into finding ways that people with dementia can manage the physical and cognitive effects of their disease and be empowered in self-care management.

Virginia Bell and David Troxel, authors of “The Best Friends Approach” expressed similar sentiments. They cited widespread support for the idea that we need to support human rights, dignity and maximum autonomy for people with dementia. Increasingly, dementia will be put into a human rights context. It is hoped that this will lead to opportunities for engagement, volunteering, exercise, and memory aides through technology as entitlements for those living with the chronic condition of cognitive decline.

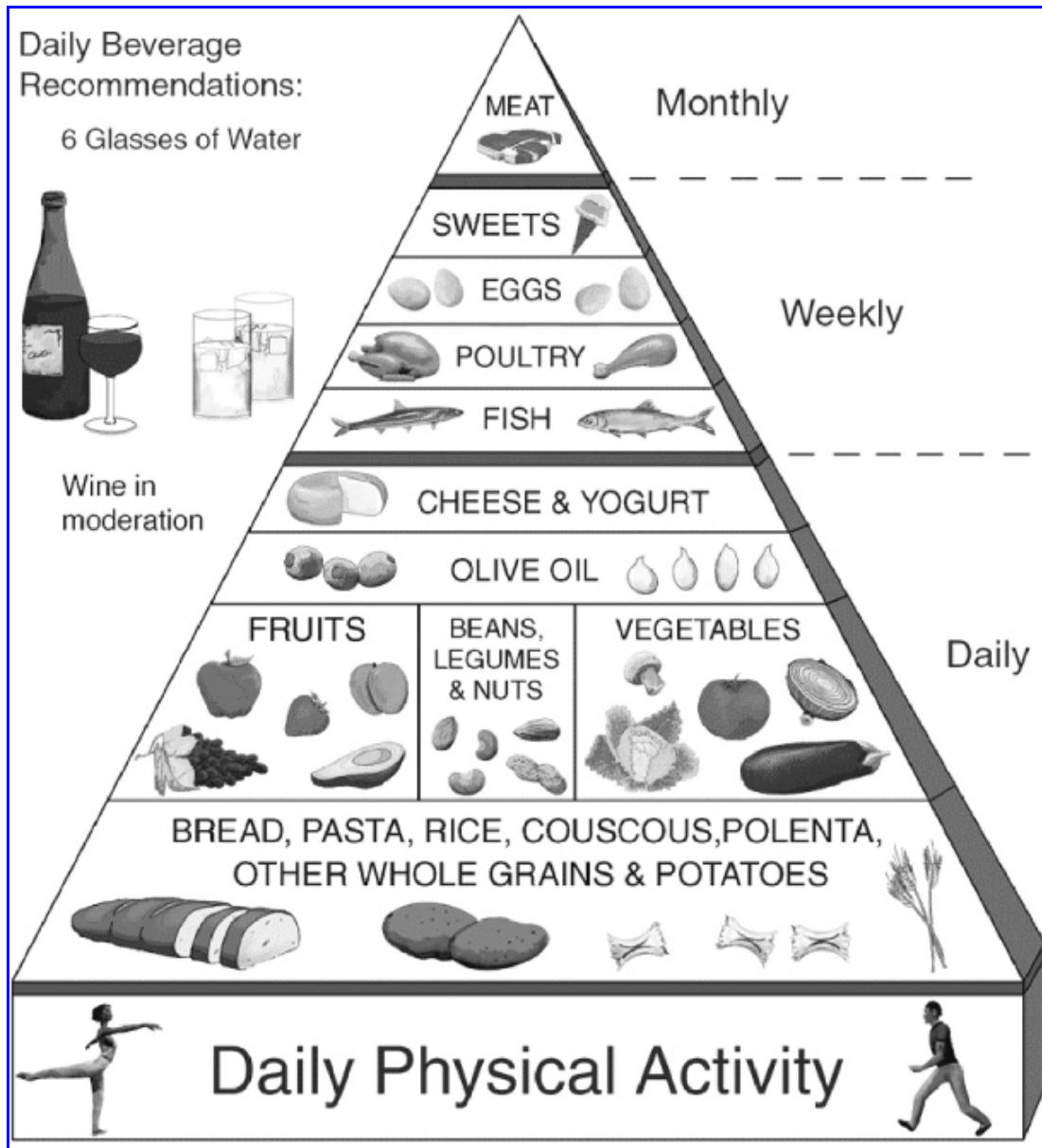
Richard Taylor, author of “Alzheimer’s from the Inside Out” has echoed similar sentiments in his internet blog. He decries all the funding being funneled solely into research for drug treatments. Richard makes a case for funding research into positive ways of living with the cognitive decline due to dementia and effective modes of support.

A related theme was the research on quality of life by Sube Banerjee. He suggested that using behaviour, ratings of cognitive levels, or functional levels as measures of the effectiveness of strategies or treatments (outcomes) does not serve the interests of people with dementia and their carers. He advocated instead, measuring the effectiveness of various treatments and approaches by measuring the experiences and values of people with dementia and outlined quality of life measurement tools which have been created and validated for people with dementia. Completed research has shown that people can experience a high quality of life, regardless of the severity of their disease. Services, systems and policies should be designed that truly meet the needs of people with dementia and their carers.



Christine Bryden addresses the Alzheimer Disease International Conference in Toronto, March 27, 2011

## Also at the ADI conference ....



“Higher adherence to the Mediterranean Diet is associated with a trend for reduced risk of developing Mild Cognitive Impairment and with reduced risk of Mild Cognitive Impairment conversion to Alzheimer’s Disease” (Scarmeas, N. et al, Arch. Neurol. 2009, 66(2): 216-225. Dr. Scarmeas presented these findings at a plenary session of the ADI conference on Monday, March 28, 2011.

## 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 September session.

#### **MEMORY LOSS**

##### Discussion Group

Join us for coffee, tea and companionship.

New session to begin in September

**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

### First Link Training Workshops at the Alzheimer Society of Cambridge

#### Four Part Learning Series:

1. **Understanding Dementia**
  2. **Managing Day to Day Life and Setting up Supports Part 1**
  3. **Managing Day to Day Life and Setting up Supports Part 2**
  4. **Communication and Interaction**
- 6 - 8 PM, Tuesdays, May 24, 31, June 7 and 14

### Presentations at the Cambridge Recreation 50+ Centres

G. Johnson Centre /  
Ted Wake Lounge  
31 Kribs St., Cambridge  
N3C 2L3  
To Register Please  
Call 519-654-9001

David Durward Centre  
62 Dickson St. Cambridge  
N1R 1T8  
Non-members \$2.00  
To register, please call Alix at  
519-740-4681 ext. 4634

Alan Reuter Centre  
507 King St., Cambridge  
N3H 3N4  
Non-members \$2.00  
To register, please call  
519-653-8822

#### The Other Dementias: What if it's not Alzheimer's disease?

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

## NEW IN THE LIBRARY

#### Books -

"Memory Books and Other Graphic Cuing Systems: Practical Communication and Memory Aids for Adults with Dementia" by Michelle S. Bourgeois

"Fit Minds Caregiver Handbook" by Nicole R. Scheidl

"Aging with Grace: What the Nun Study Teaches Us About Leading Longer, Healthier and More Meaningful Lives" by David Snowden

"Passages in Caregiving - Turning Chaos Into Confidence" by Gail Sheehy

"Montessori Methods for Dementia: Focusing on the Person and the Prepared Environment" by Gail Elliot

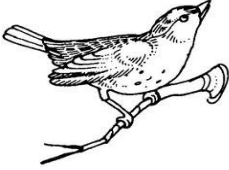
#### DVDs -

"At the Breaking Point: Emotions and Ethics in Family Caregiving"

"Grandpa Doesn't Know Me Anymore"

"Ambiguous Loss" with Pauline Boss

## UPCOMING EVENTS



### SUMMER SOCIAL A SPECIAL INVITATION



For all people living with a dementia  
and their care partners

When: The end of July, 2011

Where: Cambridge, Ontario

**For more information and registration  
call Ike at (519)650-1628**

This event is presented by the  
Alzheimer Society of Cambridge



### First Link

- First Link gets you connected early and will support you throughout your journey.
- The more you know about Alzheimer's Disease or a related dementia, the better you may be able to cope with your situation.
- You will be linked to community supports and services.

For more information call 1-866-317-6737 or  
[www.alzheimercambridge.on.ca](http://www.alzheimercambridge.on.ca)

# ~~ 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 for 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  
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519-624-4994  
1-800-265-2647

**Robert Walsh  
Helen Dobos  
Maxine Nelson-Birss**

**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.