

Alzheimer Society of Cambridge 16th Annual Walk For Memories

Sunday, January 29th, 2012
6:00 pm - 8:00 pm
Cambridge Centre Mall

Register : www.walkformemories.ca
For information call (519) 650-1628

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WE ARE MOVING!

To better serve our community

Thursday December 8th, 2011



**Langs Community Health
Centre**
**1145 Concession Road
Cambridge, Ontario**

Inside this issue:

What's Happening	1
Executive Message	2
Support & Discussion	3
Staying Socially Active	4
We Need Your Help!	5
Thank You—Coffee Break	6
Educational Events	7
Your Support	8

EXECUTIVE MESSAGE

~Season's Greetings~

As an Alzheimer Chapter, we are honoured to have the opportunity to continue to provide help and hope to our community today and in the years to come to those persons affected by Dementia. We are grateful to the dedicated members of our staff team, our Board of Directors, our volunteers, our supporters and our partners. We have had many changes at our Chapter during this past year. We welcomed Claire Brown as our new Family Support Counsellor in June 2011. Claire is a social worker with experience in Long term Care and is doing a wonderful job in her new role at our Chapter. Chelsea Greczi is our new Public Education Coordinator since June as well. Chelsea comes to us from the Oxford Chapter where she worked in Family Support and is also doing a wonderful job in her new role. There are more changes ahead as we move to Langs in December to better serve our clients and as I embrace retirement in February 2012 after serving seven rewarding years as Executive Director.

On behalf of the Board of Directors and staff of the Alzheimer Society of Cambridge, I would like to wish everyone a Happy Holiday Season.

Our Office will close on Friday December 23rd 2011 for the Christmas Holidays and reopen on Monday January 2nd, 2012.

~Have a safe and Happy Holiday~

Carol Taylor
Executive Director

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Chelsea Greczi.....*Public Education*
Claire Brown.....*Family Support*
Jill Mercier.....*Volunteer Companion*
Thayna Walter.....*First Link*

Support Services

For information, supportive counselling and discussion group registration contact Claire Brown at (519) 650-1628 or support@alzheimercambridge.on.

People Living with Dementia

Are you living with early memory loss?
Join us!

First Steps

is a FREE 4 week course designed just for you and your partner in care.

Call now for Winter sessions.

Early Memory Loss

Discussion Group

Join us for coffee, tea and companionship.

Call to register

Partners in Care

Spouses

Support /Discussion Groups

Caring at Home

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

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.

Living with Grief

For people whose loved one with dementia has passed way.

The Importance of Staying Socially Active

By Chelsea Greczi

Have you ever considered getting together with family and friends as something that can increase the health of your brain? Well, it's true! Research shows that social interaction has a protective effect against Alzheimer's disease. What this means is that by staying socially active, you can reduce your risk of developing Alzheimer's disease. If you are living with Alzheimer's disease or a related dementia, staying socially active is especially important for the health of your brain and can also provide you with the support and encouragement that you need.

Research shows that people who are socially active have a lower rate of dementia than people who are socially isolated. When you are at home alone watching TV, your brain is not as active as when you are out with friends, processing what they are saying, thinking about what you are going to say back, and actively participating in conversation. Often as people age they lose family and friends, but it is important to remember that everyone else is in the same situation. Including meaningful social activities in your day is very important.

What can you do?

- Stay connected with family and friends
- Pick up the phone and chat
- Get together with your neighbours
- Enjoy events with family and friends
- Stay active in the workforce or volunteer
- Join a club or hobby group
- Take a class
- Connect with your local 50+ centre
- Take someone to lunch
- Accept invitations
- Consider joining a support group
- Host or attend a party

For more ideas on how to stay socially active, refer to the *Cambridge Activities Guide* (included quarterly in the Cambridge Times), download a copy from www.cambridge.ca, or pick up a copy from one of the following City facilities:

- Allan Reuter Centre
- City of Cambridge Libraries & Galleries
- Cambridge Centre for the Arts
- Cambridge Farmers' Market
- Community Services Department
- David Durward Centre
- John Dolson Centre
- WG Johnson Centre/GE Ted Wake Lounge

This holiday season, get together with family and friends, call up those who you have lost touch with, reminisce about what you used to do together, and think of new things you can do. Remember that the fun things in life such as gatherings, getting together over a meal, playing games and joining clubs are also very good ways to keep your brain healthy!



Works Cited:

- Heads Up for Healthier Brains / Alzheimer Society of Canada 2009
- Living and Celebrating Life Through Leisure / BUFU/MAREP 2011
- Chengxuan Qiu, Weili Xu and Laura Fratiglioni. (2010). Journal of Alzheimer's Disease 20 (689-697). Vascular and Psychosocial Factors in Alzheimer's Disease: Epidemiological Evidence Toward Intervention.

Upcoming Events

The Genetics of Alzheimer's Disease: Facts and Fiction

Tuesday, January 24th, 2012 from 7:00pm—8:30pm

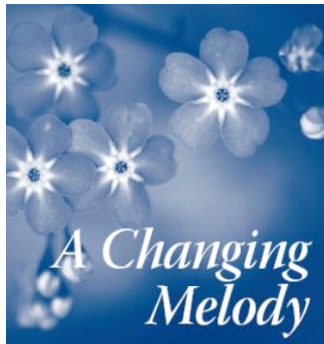
Join us for a public forum featuring **Allison Sluyters**
Genetic Counsellor, London Health Sciences Centre

Learn about the role of genetics in Alzheimer's disease, who is at risk for the genetic link of the disease, the pros and cons of genetic testing, how the testing is done, and its impact.

Holiday Inn Kitchener

30 Fairway Road South (at Highway 8), Kitchener

Free to attend but pre-registration is required. Please call (519) 650-1628



Join us at A Changing Melody!

We are excited to announce that we are offering **free** transportation to A Changing Melody in St. Catharines. A Changing Melody is a learning and sharing day for persons with early-stage dementia and their family members and friends.

Join us for this exciting day on **Saturday, April 21st, 2012!**
Please note that there is limited space. Registration fees apply.
Contact us for more information and to reserve your space!

Save the Date!



The 14TH Annual Allies in Aging Conference

Thursday, October 18th, 2012

Stay tuned for more information!

How you can help !

16th Annual Coffee Break

During September, we held our 16th Annual Coffee Break supported by 50 hosts and participants in Cambridge and North Dumfries and we raised over **\$20,000!** Thank you to everyone who hosted, volunteered and donated to our event. We are proud of our new connections with churches, businesses and individuals, so we can continue to provide

“Help for today hope for tomorrow”

Congratulations to our 2011 Coffee Break winners

Church ~	Knox Preston Presbyterian Church
Long Term ~	Stirling Heights Long Term Care Facility
Business ~	Pioneer Barbeque
BAC ~	Bulk Barn

Are you looking for an opportunity to give back to your community, help families affected by dementia—and HAVE FUN?!

The Alzheimer Society of Cambridge is looking for committed and enthusiastic volunteers to help with an exciting new program called Memory Fit!

Memory Fit is a wellness program for people diagnosed with a dementia and their friends/family. It will allow participants to engage in recreational activities, increase awareness and knowledge about living with a dementia, and receive mutual support from one another.

As a volunteer, you will have the opportunity to engage directly with the group members and gain new skills and experiences.

Please contact Claire Brown if you are interested in learning more about this exciting opportunity. Call (519) 650-1628 or e-mail support@alzheimercambridge.on.ca.



Education

Presented by Chelsea Greczi, Public Education Coordinator

First Link™ Learning Series

First Steps

**For people living with early-stage dementia and a family member or friend.*

Includes an overview of dementia, brain changes, coping strategies and treatments.

Next Steps

**For family members and friends of people living with early-stage dementia.*

Includes an overview of dementia, brain changes, coping strategies and treatments

Care Essentials

**For family members and friends of people in the middle stage of dementia.*

Includes the progression of dementia, communication, day-to-day care, and understanding behaviours.

Options for Care

**For family members and friends of people with dementia who are considering long-term care options.*

Includes care options, placement process, transition, and coping.

Care in the Later Stages

**For family members and friends of people in the late stage of dementia.*

Includes providing care that promotes dignity and comfort at end of life, and dealing with grief and loss.

***Contact us for more information, dates, and to register.**

Presentations at Cambridge Recreation 50+ Centres

<p style="text-align: center;"><u>W.G. Johnson Centre</u> <u>Ted Wake Lounge</u> 31 Kribs St., Cambridge N3C 2L3 To register please call (519) 654-9001</p>	<p style="text-align: center;"><u>David Durward Centre</u> 62 Dickson St. Cambridge N1R 1T8 Non-members \$2.00 To register please call (519) 740-4681 ext. 4634</p>	<p style="text-align: center;"><u>Allan Reuter Centre</u> 507 King St., Cambridge N3H 3N4 Non-members \$2.00 To register, please call (519) 653-8822</p>
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Keeping Your Mind Sharp - Learn how you can reduce your risk of developing Alzheimer's disease by making simple lifestyle changes!

Allan Reuter Centre— Thursday, February 16th, 2012 from 1- 2 PM

W.G. Johnson Centre—Thursday, March 8th, 2012 from 1-2 PM

David Durward Centre—Thursday, March 28th, 2012 from 1-2 PM

"I Have Alzheimer Disease" - A must see film about the experience of living with Alzheimer's disease. Discussion to follow.

David Durward Centre—Thursday, February 23rd, 2012 from 1-2 PM

~~ Your Support is Important to Us ~~

Please show your support for the Alzheimer Society of Cambridge. Become a member or renew your membership with us. Membership dues are an important source of revenue for us and enable us to continue to meet the needs of those in Cambridge and North Dumfries affected by Alzheimer's Disease and related dementia.

Thank you to our newsletter sponsors.
This newsletter generously made possible by:

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MISSION STATEMENT

The Alzheimer Society of Cambridge is dedicated to supporting people with Alzheimer's Disease and related dementias and their caregivers, by providing supportive counselling, information, education, public awareness, advocacy and promotion of research.

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***Lovingly honored
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.