

# Messenger

Fall 2010: Issue 35

## IN THIS ISSUE

### 2 MARK YOUR CALENDAR

A Changing Melody Forum  
25th AGM & Awards  
Reception

### 3 FAMILY SUPPORT

A Personal Story

### 4 SPECIAL EVENTS

Purse-suaion & Coffee  
Break™

### 6 EDUCATION

Get Physical About Your Brain

## Supporting Individuals At The Beginning Of The Dementia Journey

*"I remember the day when Mary was diagnosed... We left the doctor's office and drove in stunned silence...to the Alzheimer Society office. There the staff surrounded us with their support and care. In the days that followed they led us to the right paths, helping us adjust to our new life,." recalls John, an ASKW client and family care provider.*

Early connection to the society provides knowledge, opportunities and hope. Programs at the beginning of the journey include:

### MEMORY FIT

When a person is diagnosed with Early Stage Dementia, how can they stay healthy? How can their family work with them? Memory Fit answers these questions and more. Persons with memory loss and their care partners attend Memory Fit for 8 weeks. The program focus is on living for today... enjoying life's moments.



Bob and Ena Arnot, Memory Fit Participants, Fall 2010.

#### Daytime Session

Tuesdays 1:30 pm to 3:00 pm  
Weekly...from  
September 7- October 26

#### Evening Session

Mondays 6 pm to 7:30 pm  
Weekly...from  
October 18-December 6

### BEGINNINGS GROUP

This monthly group helps individuals with early dementia connect with others on a similar journey, as they share experiences and discuss coping strategies. The group runs annually from September to May.

### FIRST STEPS EDUCATION SERIES

Designed for individuals in the early stage of Alzheimer's disease or a related dementia and their family member.

These four sessions are held Sept. 23, 30, Oct. 7 and 14 from 10:00 am-12:00 noon

**Session One:**  
What is  
Dementia?

**Session Two:**  
Adapting to  
Brain Changes

**Session Three:**  
Planning Ahead

**Session Four:**  
Building a Circle  
of Support

Registration for groups available - Phone 519-742-1422

*Join us in Celebrating*

**25 Years**  
**of Service in**  
**our Community**

**2009 Annual General Meeting  
& Awards Ceremony  
Reception**

Featuring special guest speaker Sherry Dupuis,  
Director of the Murray Alzheimer Research and  
Education Program (MAREP)

**Thurs., September 30, 2010**

Reception: 6:30 pm

Guest Speaker: 7:00 pm

Awards Ceremony: 7:45 pm

Annual General Meeting 8:15 pm

**Bingemans, Berkley Room**

425 Bingemans Centre Drive  
Kitchener, Ontario N2B 3X7

*Families and Friends are welcome.*

Kindly RSVP by September 15th to Jill Ross  
at Phone: **519-742-1422 ext 10**  
Email: [finance@alzheimerkw.com](mailto:finance@alzheimerkw.com)

## A Changing Melody

**March 26, 2011**

**"A Learning and Sharing Forum for  
Persons with Dementia and their  
Partners in Care"**



Murray Alzheimer Research and Education Program (MAREP), in partnership with the Alzheimer Society of Canada and Ontario, and the Dementia Advocacy and Support Network International will be hosting ***A Changing Melody Forum*** in conjunction with the 2011 Alzheimer's Disease International Conference.

**Saturday, March 26, 2011**

**10:00 am to 3:00 pm**

**Sheraton Centre, Toronto**

For more information, contact Lynelle at  
742-1422 x 12.

# My Take on Alzheimer's

*This article was received from our friend Fred. At age 92, Fred is supporting his wife on the dementia journey and has graciously offered to share with our readers in the hope that his experience will relate to you and your story. If you want to share your story, please send your submissions to [csider@alzheimerkw.com](mailto:csider@alzheimerkw.com)*

My wife and I have been married over 65 years and have had a wonderful life together. However, during the last five years or so our life has changed in that she is suffering from dementia. I had noticed that she was having difficulty with her short term memory, but knew of many of our friends who were having the same problem, and I suppose that I just put this down to old age as we were both in our mid-80's.

My wife often talked of suicide by jumping off the balcony or getting hit by a large truck. I was in shock, but always managed to calm her fears and get her on another subject. This is one advantage of dealing with a person who has a short term memory, in that one can change the subject as they have already forgotten what you were talking about.

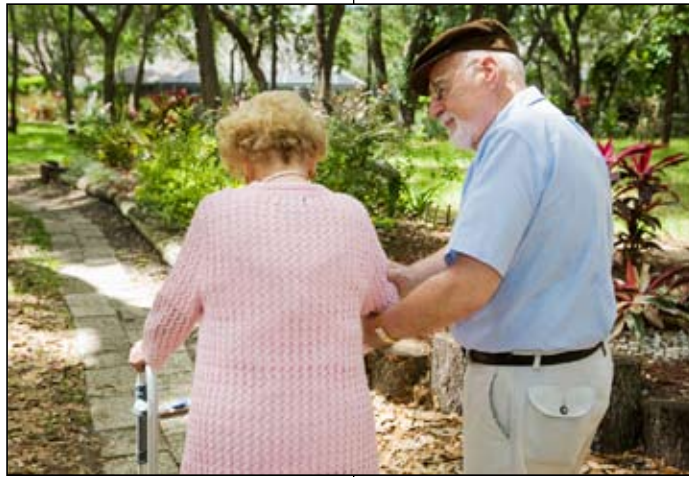
We moved from the condo in Toronto and had an apartment in Waterloo for a month. It had a small balcony with one chair and we were on the 5th floor. One day I found her on the balcony with one foot on the chair and getting ready to jump. I pulled her down and took her into the living where we had quite bad argument. I tried to explain to her what she was doing, and she always had a good sense of humour. However, I did not think this was a time for it, but the conversation went like this: I said, "If you don't stop doing this I am going to have a heart attack!" She replied, "That's just like you, taking the easy way out!" We had a good laugh and then ended that episode.

*(After a month in the apartment in Waterloo, Fred and his wife moved to a Senior's Community where additional supports enable them to remain together)*

I don't really think that Alzheimer's comes on people because they have a better brain than others or whether or not they have a better diet or standard of living. I believe it plays no favourites. My wife has as good a brain as anyone I know, that is borne by the things she has done in and with her life. She has held good jobs and has done work that would tax the mind of anyone. She has never been one to take unnecessary medication. She never bothered with vitamins or the wonder teas that so many

buy. She could knit the most intricate patterns and has done so. It always amazed me to see her knitting up a storm and watching TV.

She has been sleeping a lot, soundly at night and gets a few hours in the morning and afternoon. This I don't think is doing her any harm as she is very healthy for her age. Her walking has slowed considerably and she uses a walker going to and from the dining area. It is a problem to get her to change clothes as she seems somehow attached to certain items. I would sooner see her happy than make a fuss over what she wears. Maybe this is taking the easy way out, but that is how I see it, and we do get along very well.



We have our TV programs that we watch. Sometimes she gets confused with the program and the commercial. I think part of this is because there are so many and some run right into the program. We watch say Lawrence Welk on PBS, and being no commercials, she enjoys this very much. So, somewhere there is a connection.

When you look at older people and realize all the information that they have absorbed over a lifetime, it is no wonder that some

thoughts will be lost. Cognition has slowed down. Younger people are inclined to think that because older people have trouble understanding them, that it is a sign of failing memory. They say that those who play games such as Scrabble and crosswords have no guarantee that they won't get Alzheimer's. But I will cite my own case where I have always done crosswords and enjoyed playing Scrabble. I have also tried very hard to remember people's names. I also do a lot of work on the computer and find it a real challenge.

The Alzheimer Society of Kitchener-Waterloo thanks Fred for sharing his and his wife's experience with dementia. You may also find yourself in a similar situation as Fred in providing care for a family member. If so, know that you are not alone. The Alzheimer Society of Kitchener-Waterloo is here to walk the journey with you. The Alzheimer Society Kitchener-Waterloo supportive services include: supportive counselling, education, support group, care giver respite, Safely Home registry, and a Resource Library.

If you would like more information on Alzheimer's disease or a related dementia or wish to access any of our services, please call 519-742-1422.



**PURSE - SUASION**  
*Purses with Purpose*

**Live and Silent Auction with items from:**

Minds Eye Studio Art	Huggable Bums
Kirwin Group	Class Events Consulting
BIBA Boutique	Ginny Dybenko
Styles on Park	Edissi Fine Arts
RW & Co.	For The Love Of Cake
Shear Heaven	ZBV Consulting
Glamour Girls Inc.	Gemini Models
JBU Lifestyle	Tiuta
Ellie's Fashion & Gifts	Anna William
Truth	Studio Energi-Lululemon
Debbie Adare	Lug Canada Inc.
Lynn Haddrall	MAREP
Kathy Hirsch	Marnie Wharnsby
Mary Kay	Tyfoon-Baby Phat
Only My Designs	....and more

**Guided wine tastings**



**Gourmet food samples and specialty cocktails sponsored by**



**Shopping with:**

Boutique Favourita	Britkin	
FAB	Aloette	Fifth Avenue
Super Cute Stuff	Ophelie Hats	
Steeped Tea	....and more	

**Celebrity Purses from:**

Mrs. Lauren Harper  
Rt. Hon. Adrienne Clarkson  
Mayor Brenda Halloran  
Lisa Genoa, Author of Still Alice  
Mrs. Annette Braid



**Hollywood Glam Décor sponsored by**



HOLLYWOOD  
WEDDINGS



**MC and host  
Sam Cook**

angel wing  
entertainment

**OTHER SPONSORS**



For tickets and info email [specialevents@alzheimerkw.com](mailto:specialevents@alzheimerkw.com) or phone 519-742-1422  
Go to [www.pursesuasionaskw.com](http://www.pursesuasionaskw.com) for all the details.

# Support us in our 15th Annual Coffee Break® Campaign

To fund local programs and services



**Host a Virtual Alzheimer Coffee Break®, it's easy!**

All you need to do is register and set up a personal fundraising page hosted in our cyber café, you can include stories and photos of your own and then invite your friends, co-workers and family to make a donation in support of the Alzheimer Society.

Register at: [www.alzheimercoffeebreak.ca](http://www.alzheimercoffeebreak.ca)

Consider getting your whole workplace, community group or family involved to raise money for a great cause!



**Alzheimer Society**  
KITCHENER - WATERLOO

Sponsored By:



## University of Waterloo Scrabble Tournament Fundraiser



John Robertson from the Golden Triangle Scrabble Association in Cambridge responds to a challenge issued by one of the student teams at the University of Waterloo Scrabble Tournament Fundraiser ran by Darlene Paranaque and Helen Tang. They raised \$424 and exercised their brains at the same time!

### Our New Website ►

Here's a sneak peek at our new website which will be launched September 1st 2010



UPCOMING EVENT ....



**Allies In Aging Conference**

Thurs. October 21 in Kitchener

See enclosed brochure for registration details.

**FIRST LINK™ FAMILY LEARNING SERIES**

Join us for this education series that assists families along the journey of Alzheimer's disease or a related dementia.

**Module One: Next Steps for Families**

Sept., 15, 22, 29, 2010

5:30 to 7:00 am

or Nov., 3, 10, 17, 2010

9:30 to 11:30 am

Topics: Overview of dementia, brain changes, coping strategies and treatments

**Module Two: Care Essentials**

Oct 6, 13, 20, 27

9:30 – 11:30 am

or Nov., 3, 10, 17, 2010

9:30 to 11:30 am

Topics: Progression of dementia, communication, day-to-day care, understanding behaviours

**Module Three: Options for Care:**

Oct., 6, 2010

9:30 to 11:30 am

Topics: Care options, long-term care placement process, information on transitions, coping

**Module Four: Care in the Later Stages**

Nov., 3, 2010

9:30 to 11:30 am

Topics: providing care that promotes dignity, comfort at end of life, grief and loss

**Public Forum: Legal Essentials:**

With Andrew Roth, Miller Thomson LLP

Oct, 6, 2010

7:00 to 8:30 pm

Topics: Legal Issues and Dementia Care

**To register or for more information please contact a Dementia Support Counsellor 519-742-1422**

**Exercise And Memory... Getting Physical About Your Brain**



*Have you ever gone out for a walk to clear your head?*

*You know it works, but do you know why?*

Walking gets your heart to pump blood faster and carry oxygen and glucose, essential nutrients for keeping your brain in good working order, more efficiently to your brain. Walking also causes the release of neurotransmitters in the brain that improve mental performance and elevate mood.

Regular moderate exercise is not just for good brain maintenance; more and more studies are uncovering how it helps delay the onset or progression of Alzheimer's disease and other forms of dementia.

Just how **does exercise improve brain health?** According to Dr, Jack Diamond, Scientific Director, Alzheimer Society of Canada, increased blood flow to the brain results in increased neurons. Why is that good? Simply put, your brain has the capacity of generating new brain cells. This process is called "neurogenesis" and affects mostly the hippocampus of the brain, the region responsible for learning and memory. A well-fuelled brain also helps reduce inflammation that makes brain cells 'sick' and eventually die, which could lead to dementia.

Better yet, says Dr. Diamond, exercise also helps increase growth factors in the brain. These growth factors are chemicals that expand the brain's network of neurons. These networks or communications pathways help the brain process and retain information and transmit important messages back and forth. The stronger the connections, the better your brain will function as you age.

But don't limit yourself to physical exercise, advises Dr. Diamond. **It's the combination of increased blood flow through exercise and increased neural activity through problem-solving and learning new tasks that pushes your brain to grow and retain new brain cells.** Whether it's playing bridge, reading, or learning a musical instrument, exposing your brain to new experiences or stimuli ensures a constant reserve of brain cells that can help the brain cope or compensate for memory decline or damage as a result of aging or dementia.

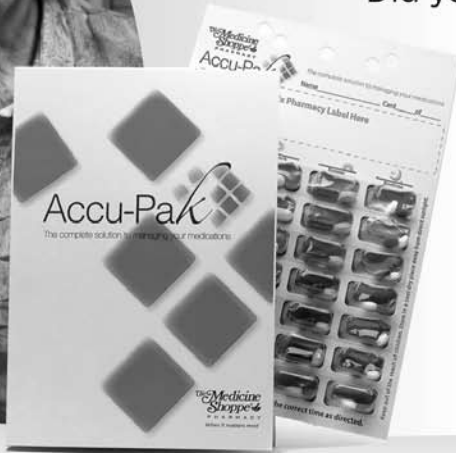
Source: Got Exercise on the Brain?  
www.alzheimerontario.org

**No matter how many or how few pills you take,  
keeping your prescription schedule  
can be a difficult thing.**

- Did you miss a dose?
- Did you take it already?

With Medicine Shoppe's exclusive Accu-Pak, all your prescriptions will be organized and simple to take.

These custom prescriptions cards are prepared by your Medicine Shoppe Pharmacist with each dose of your medication clearly marked for time and date.



**The Medicine Shoppe**  
PHARMACY

For more information or to schedule a medication review call **519-571-7050**  
or visit us at **296 Highland Road East • Kitchener, ON**

Pharmacy hours: Monday - Friday 9 a.m.-6 p.m. | Saturday 9 a.m.-1 p.m.

*Home Health Care*

*Better care  
for a better life*



**Home care designed  
especially for you**

- Nursing
- Personal Care
- Home Support
- Companionship
- Funding Investigations
- Free Assessments
- Nurse Supervised Staff
- 24 Hour/7 Day Service

In the Kitchener Waterloo area, please call  
**519.749.8716**



www.bayshore.ca

**Bayshore**  
Home Health

**Premier Homecare Services**  
*Waterloo/Kitchener/Cambridge/Guelph*

*Independently Owned & Operated*

- *Alzheimer & Dementia Care*
- *Personal Care*
- *Respite Care*
- *Homemaking*
- *Overnight Care*
- *& Much More*



**PREMIER  
HOMECARE  
SERVICES**

*home sweet homecare*

Call to arrange for your **FREE** Assessment!

**519.884.1181**

**www.PremierHomecareServices.com**

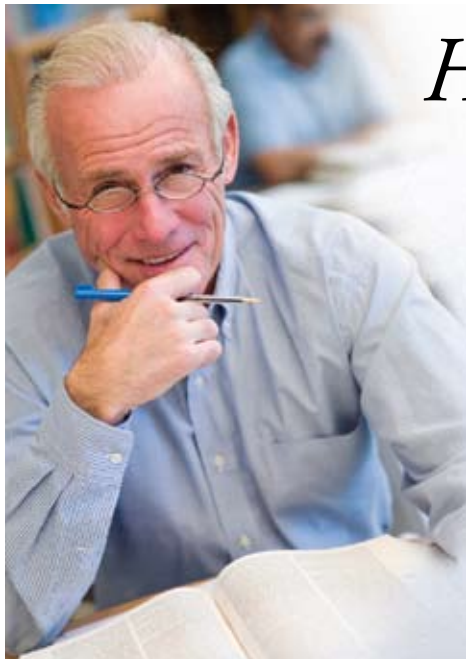
# Help for Today

## EDUCATION:

Speakers Bureau  
Resource & Referral Centre  
Caregiver & Professional Training

## SUPPORT SERVICES:

First Link™  
Supportive Counselling  
Connections (Supportive Groups)  
Safely Home (Wandering Registry)  
Volunteer Companion Respite Program  
Community Development Projects



Alzheimer Society of  
Kitchener-Waterloo  
wishes to acknowledge  
the generous support of

**M&T**  
PRINTING GROUP



**revera**  
Retirement

in the printing of this newsletter



## In Memoriam

We would like to express our sincere sympathy to those who have lost loved ones, and we gratefully acknowledge donations made to the Society in their memory. Your generosity helps our Chapter continue to provide education and support in our community to people with Alzheimer's disease and related dementias, and their partner in care.

### SENIORS FOR SENIORS™

SENIORS FOR SENIORS™ offers the services of junior seniors to assist senior seniors as companions, homemakers, live in & overnight companions, home cleaners, handypersons & drivers.

For a free brochure outlining our rates & services in Kitchener, Waterloo, Cambridge and Stratford call 519-585-0845  
Guelph call 519-836-3893  
[www.srs4srs.org](http://www.srs4srs.org)

***“Proud to Support  
Your Search for  
a Cure!”***

**Trust Your Home to Experienced Hands.**

**Experienced Agent...**

**Outstanding Results.**



**Dave Roach, Broker**  
RE/MAX Twin City Realty Inc. Brokerage  
83 Erb Street West Waterloo N2L 6C2  
519-885-0200  
[dave@KitchenerWaterlooRealEstate.com](mailto:dave@KitchenerWaterlooRealEstate.com)  
[www.KitchenerWaterlooRealEstate.com](http://www.KitchenerWaterlooRealEstate.com)



# Messenger

is a quarterly newsletter published by the Alzheimer Society of Kitchener-Waterloo. It provides practical information, tips and news about Alzheimer's disease and related dementia. While the opinions expressed in this newsletter are gathered from reliable sources, we cannot guarantee their accuracy.

## CONTACT INFORMATION

831 Frederick Street  
Kitchener, ON N2B 2B4  
(519) 742-1422  
Web: [www.alzheimerkw.com](http://www.alzheimerkw.com)  
Email: [askw@alzheimerkw.com](mailto:askw@alzheimerkw.com)

## ASKW STAFF

**Executive Director**

Julie Wheeler

**Financial/Office Coordinator**

Jill Ross

**Development Coordinator**

Debra McGonegal

**Events & Volunteer Coordinator**

Christalee Park

**Dementia Support Counselors**

Lynelle Drudge Jill Mercier

Cara Dowhaniuk

**Public Education Coordinator**

Charlotte Sider

**First Link™ Coordinator**

Thayna Walter

## BOARD OF DIRECTORS

**President**

Brian Inglis

**Vice-President**

Kurt Wissent

**Secretary**

Debbie Adare

**Treasurer**

Iuliana Constantin

**Directors**

Maggie Hodge

Kurt Wissent

Dave Roach

Cathy Harrington

Pamela Krauss

Scott Hebert

Graeme Rayner

Carolyn Dix

Christine Taylor