

Messenger

Winter 2010: Issue 36

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2011 WALK FOR MEMORIES



Schlegel Senior Village

REGISTRATION IS NOW OPEN!

GO TO
WWW.WALKFORMEMORIES.CA
TO REGISTER AS A TEAM
OR INDIVIDUAL

The Power of a Team!

In 2010 Schlegel Seniors Villages, the support office for 7 Oakwood Retirement Communities and the Village of Winston Park challenged each Village to raise money for their local Alzheimer Society by participating in the 2010 Annual Walk / Skate for Memories. Staff, residents, family members and volunteers across Ontario participated and collectively raising \$20,558.74 for the Alzheimer Society.

And they are ready to do it all over again in 2011!

"Our residents and staff had a lot of fun throughout the friendly competition – it was wonderful to work together as a team and raise funds for the Alzheimer Society" said Barbara Sutcliffe, Assistant General Manager, Village of Winston Park. "Based on the incredible success from last year, we are in full swing with our plans for next year – watch out for the Village People of Winston Park!"



Village People of Winston Park

The Challenge has been issued!

For information on forming a team or general information on the Walk / Skate for Memories, contact the Alzheimer Society of Kitchener-Waterloo at specialevents@alzheimerkw.com or 519-742-1422.

CONGRATULATIONS TO OUR 2009/2010 ANNUAL AWARD WINNERS!

Beacon of Hope:

This award is given to individuals that represent hope and promise for those living the Alzheimer Journey. Recipients in the past have been champions of our cause (caregivers, volunteers, board members etc.) and those that carry on a message of hope to others.



Winners: Teresa Ruetz, Francie Smith

Debbie Adare presenting Teresa Ruetz with Beacon of Hope Award. Absent: Francie Smith

Community Partner:

This award recognizes partners in the community that have championed the work of the of the Society and have supported us in meaningful ways.

Winners: Trinity Village, Revera Inc



Graeme Rayner presenting Coreen Duke-Carroll from Revera and Laura Becotte from Trinity Village with Community Partner Award

Creativity and Innovation:

This award is presented to individuals, corporations and groups who dedicate their efforts to the work of the Alzheimer Society of Kitchener-Waterloo in a new way, demonstrating both creativity and innovation in practice.

WINNER: Columbia Forest Long Term Care And Our Place, The Ontario Early Years Centre, "Music And Movement" Program

Lisa Loiselle presenting Shalagh Cassidy from Columbia Forest LTC and Diana Browne from Ontario Early Years Centre



Founder's Award:

This award was created in recognition of our 25th anniversary and will honour individuals who have given their time to enhance the quality of life of those affected by dementia, and has contributed to the success of the organization over the past 25 years. Those eligible for the award include caregivers, volunteers and current or past members of ASKW.

Winner: Gwen Black



Kurt Wissent presenting Gwen Black with Founder's Award

Congratulations To Our 2009/2010 Nominees:

Emma Buckholtz , Dianne Davis, Trinity Village Adult Day Program

WINTER PROGRAMS AT THE ALZHEIMER SOCIETY



DINNER PLATES

Meet with other families who are living with Alzheimer's disease or related dementias over a monthly lunch.

Enjoy fun, food and fellowship at a local restaurant!

MEMORY FIT

Exercise your brain and gain practical strategies for living with memory loss!

8 weekly sessions



Please call for details

MAXIMIZING HOLIDAYS IN THE MIDST OF ALZHEIMER'S DISEASE

IN THE SPIRIT OF THE SEASON, BEST WISHES FOR A MERRY AND MEANINGFUL HOLIDAY.



- C**oordinate visits. Twelve visitors on Christmas Day between 11:00 am and 4:00 pm may overwhelm the individual with Alzheimer's disease. Scheduling visitors on several different days allows the individual to enjoy each small group and provides many happy moments as opposed to one large confusing "family visit".
- H**elp out of town family and friends by preparing them for their visit. Explain the need to introduce themselves at the beginning of the visit. Encourage visitors to choose conversations and questions that do not require short term memory. Help them focus on reminiscing and the sharing of happy stories from days gone by.
- R**esist guilt. Refuse to look back, to regret items undone and events not available, Yours is a new phase and a new challenge. You can meet it with grace and joy.
- I**nclude other people in your celebrations. Healthcare staff, other residents in long-term care, family members will benefit from your gestures of the season. Simple cards, a box of Christmas chocolates, or half a dozen mandarin oranges shared with a small group create a wonderful serendipity moment for you and your loved one. *Stretching outward feels good!*
- S**implify, simplify, simplify! When it comes to celebrations for the individual with Alzheimer's disease, less is definitely more
- T**ake time for private, quiet moments away from everyone. Draw new strength from mini moments of rest and renewal.
- M**aximize sensory pleasures. For the individual with Alzheimer's disease the gifts of :
- touch** (holding a hand, giving a hug)
 - taste** (a glass of creamy eggnog)
 - smell** (gingerbread men served on a warm plate)
 - sound** (carolers in the hallways connect with their good will)
 - sight** (sparkling trees outside the window)
- are priceless in value.
- A**rrange for gifts to be easily opened. Unwrapping is a difficult task for many persons with Alzheimer's disease. Gifts presented in brightly colored gift bags with one piece of tissue loosely placed on top makes for a far happier gift opening.
- S**avor small moments and enjoy all the unique pleasures of the season. Like never before experience the starlit night, the sweet children's faces, the lighted candles and the unexpected phone call.
- When memory fails, moments matter!**

Thanks

*to our sponsors and partners
for making Purse-suasion a special evening.*



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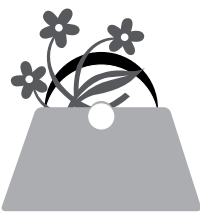
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**Master of Ceremonies
Sam Cook**
angel wing
entertainment

The Society wishes to thank the many people and companies who generously supported us with auction donations, in-kind contributions and services.

JUST IN TIME FOR CHRISTMAS!!

The Canada Post Heritage Club graciously donated this beautiful dollhouse handcrafted by one of its members. The Grand Saugeen Chapter generously offered to donate the proceeds from conducting a raffle of this one of a kind treasure.

Tickets are \$2 each or 3 for \$5.

Draw to be held December 20th at the Alzheimer Society of Kitchener-Waterloo.

Estimated value of dollhouse is \$875.

Chances of winning are excellent!

Surprise a special child in your life with this priceless gift this Christmas and help our cause. For a chance to win this lovely dollhouse please contact us at **519-742-1422**.



Raise Your Cup!



Thanks to you, our 2010 Coffee Break campaign was another amazing success!

Over \$20,000 was raised by generous and caring donors including schools, churches, businesses and individuals. Funds raised through our Coffee Break Campaign are used to directly support the services offered by the Alzheimer Society of Kitchener-Waterloo. These funds will allow us to continue to build the foundation to respond to the increased need for increased programs to help those affected by dementia.

We are extremely thankful for our returning and faithful supporters who contribute to the success of this important fundraiser! We look forward to welcoming new hosts in 2011 to join our winning team!

THANK YOU!

BEST FUNDRAISER WINNERS

Overall: Bulk Barn

Long Term Care or Retirement Home:
The Village of Winston Park

Church / School: Grace Lutheran

Most Unique & Fun Fundraiser: Sunnyside Home

Thank you again to everyone who contributed to the success of this year's event! We look forward to working with you all again in 2011!

*Special thanks to our sponsor
Premier Homecare Services.*



2011
**WALK
FOR
MEMORIES**

HELP US CHANGE THE FACE OF DEMENTIA

*The Walk / Skate for Memories is
the largest fundraising event for
the Alzheimer Society.*

Sunday, January 30, 2011

1 p.m. – 4 p.m.

Waterloo Memorial Complex, Father David Bauer Drive

Register at: www.walkformemories.ca

Exciting new prizes to be announced shortly!

Over this past year, we've seen a 30% rise in clients served. And all of our programs continue to be offered at no cost to our clients.

Every dollar you raise will help provide counseling, education and support in our community to people living with Alzheimer's disease and related dementias.

For more information go to www.alzheimerkw.com
or Email specialevents@alzheimerkw.com
or Phone **519-742-1422**



Congratulations and Thanks

to Kurt and Bobbi-Jo Wissent for donating \$600 in lieu of favours from their wedding.

HELP US CHANGE THE FACE OF DEMENTIA

Presenting January Public Forums

Dementia Update...The Value of Early Diagnosis, Treatment and Intervention

With

Dr. George Heckman MD MSc FRCPC

Schlegel Research Chair in Geriatric Medicine, Associate Professor, Department of Health Studies and Gerontology, University of Waterloo

Tuesday, January 18, 2011

Holiday Inn
30 Fairway Rd. S. Kitchener

7:00 – 8:30 pm

Exploring the Legal Issues Surrounding Dementia (Powers of Attorney, Consent, Liability and Driving)

With

Andrew Roth
Miller Thomson LLP

Tuesday, January 25, 2011

The Gathering Place, Trinity Village
272 Kingsway Dr., Kitchener

7:00 – 8:30 pm

No charge for these forums but pre-registration is necessary. Phone (519) 742-1422 to register.



Celebrating Allies In Aging

Connecting Professional and Family Care Provider

The Allies in Aging Conference, a joint venture of the Alzheimer Societies of Cambridge, Guelph and Kitchener Waterloo was held on Thurs. October 21 and served nearly 600 registrants.

*Our sincere thanks to our generous anchor
sponsor, Revera Inc. who made
Allies In Aging possible...*

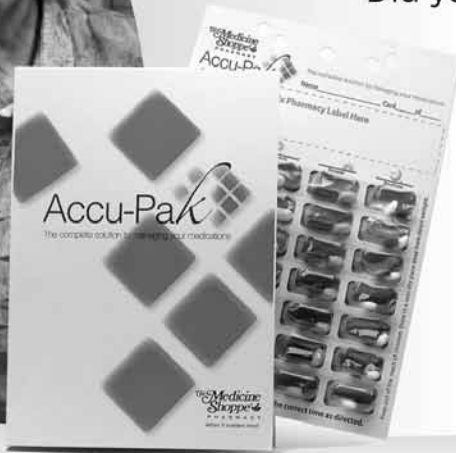


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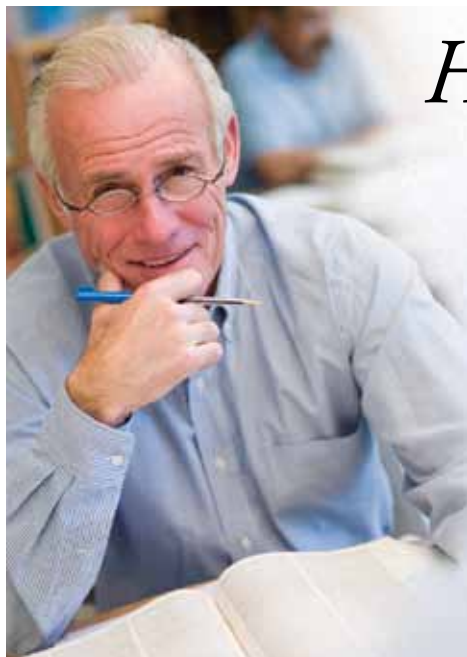
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Community Development Projects



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

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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.

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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.

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