

3rd ANNUAL STRIKING A BALANCE SCHEDULED FOR OCTOBER 25TH

On October 25, 2003, Alzheimer Society of Durham Region and Community Care of Durham Region will host the annual caregiver conference—*Striking A Balance*. *Striking a Balance* provides relevant and timely information that will assist family and professional caregivers. The conference appeals to not only to caregivers of people with dementia, but also those with other chronic illnesses such as Parkinson Disease, Arthritis, AIDS or Multiple Sclerosis.

Among this year's workshops are *Parenting Your Parents: A Journey of Discovery*, by Bart Mindszenty. Mindszenty's workshop will look at the challenges that arise when someone is unexpectedly placed in the role of caregiver. Among those challenges are the stresses that a strained healthcare system can have on caregivers.

Dr. Gillian Gilchrist, MD will present *End of Life Care—Strategies and Tips for Coping*. Dr. Gilchrist is a former Medical Director of Palliative Care Services at Oshawa General Hospital. She will share her expertise in end-of-life care, covering topics such as pain and symptom management and coping.

Diane Bauer of Oshawa Funeral Services will present *Grief is Not the Enemy*, which will examine the poorly understood area of grief, explore the diversity of grief and suggest ways to help the bereaved.

Re-creating Recreation for You and Your Loved One is a workshop that will help caregivers and their family member or clients find practical activities in the area of leisure therapy that meet their mental, emotional, social and spiritual needs. The workshop is presented by Jennifer Rusaw, Program Manager with Durham Region Community Care's Adult Day Program.

We are also pleased to have Carole Edwards be our keynote speaker. Her presentation, *Survival or Thrival: What's It Going to Be?*, will explore the distinct differences between surviving and thriving in these fast-paced times.

You can register for *Striking A Balance* by calling the Society. Registration is \$20.00 before October 3rd, \$25 thereafter. The fee includes lunch and a resource package that will be given to all registrants. See the *Striking A Balance* insert for more information.

VOLUNTEER FOR WALK FOR MEMORIES

Plans are already underway for the 2004 Walk for Memories. This year the Society will be forming a working committee to share responsibility for organizing the walk, scheduled for Sunday January 4, 2003 at Cullen Gardens and Miniature Village.

Volunteers are needed to help with walker recruitment, entertainment and logistics. The commitment is approximately 10 hours a month from September thru to January. Walk for Memories is a well-established event that will be marking its fifth year in Durham Region. The Walk raises much-needed funds for local programs and services as well as Alzheimer research. Show your support by calling Leonie Smith at 905-576-2567 to learn more about how you can help.

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VOLUNTEER RECOGNITION

The commitment, hard work and dedication of our volunteers helps Alzheimer Society of Durham Region fulfill our mission to improve the quality of life of people with Alzheimer Disease or related dementia and their families.

As part of our Annual General Meeting on June 16th, ASDR honoured close to 40 volunteers with certificates of appreciation and awards.

Congratulations to our 2002-2003 award recipients:

- Forget-me-Not Award:
Nancy Desousa
- Alzheimer Ambassador Award:
Barry Neil
- Founders Award:
Hazel Spellen
- Youth Service Award:
Eric Williams
- Community Partner Award:
Veridian Corporation

A special thanks to all of our volunteers for sharing the journey!

SLATE FOR 2003/2004 BOARD OF DIRECTORS

At our AGM, Alzheimer Society of Durham Region elected its Board of Directors for 2002-2003. Retired from the Board is John Zarand.

Our 2002-2003 Board of Directors

- | | |
|-----------------------|-------------------------|
| <i>President</i> | Elizabeth Marchant-Reid |
| <i>Vice-President</i> | Bill Newman |
| <i>Secretary-</i> | Elaine Stevenson |
| <i>Treasurer</i> | |
| <i>Past-President</i> | Alastair Dickie |
| <i>Directors</i> | Paula Beebe |
| | Susan Haines |
| | Bob Kochan |
| | Barry Neil |
| | George Oudyk |
| | Diana Smith |
| | Irene Snoddon |
| | Mike Yakamovich |



COFFEE BREAK CAMPAIGN EXPANDS TO RETAILERS

This year, participating in Coffee Break is easier than ever with the *Donate A Buck Buy A Cup* campaign. You can purchase paper decals of the Coffee Break logo for a dollar at retailers across the region. You can find a full list of Coffee Break participants on the website at www.alzheimerdurham.com/CoffeeBreak. Among the retailers participating are two Wal-Mart locations in Uxbridge and Oshawa, at Taunton Road. Several Canadian Tires are also participating.

This year we will once again launch our Coffee Break campaign with a Celebrity Coffee Break, featuring Dan Carter of CHEX TV Durham, Dale Goldhawk of Rogers Television the Oshawa Generals and more. You can participate by joining our celebrity guests at Denny's Restaurant in Whitby from 8:30 a.m. - 11:30 a.m. on Saturday September 13th.

You can also join the Society's staff and volunteers at the Coffee Break event in the Oshawa Centre on September 18th, National Coffee Break Day. Coffee and other refreshments will be served in exchange for a donation.

EVENTS AT A GLANCE

September 13	Celebrity Coffee Break	8:30 - 11:30	Denny's Whitby
September 18	Alzheimer Coffee Break Day	10:00 - 9:00	Oshawa Centre
September 18, October 23, November 20	Family Caregiver Education Workshop	9:30 - 12:00	Alzheimer Society
September 29	Alzheimer Public Information Night	6:30 - 8:30	Whitby Seniors' Activity Centre
October 25	Striking A Balance Conference	9:00 - 3:30	Whitby Mental Health Centre
October 29	Family Caregiver Education Workshop	6:00 - 8:30	Alzheimer Society

See a full listing of all Alzheimer Society events at www.alzheimerdurham.com

CULLEN GARDENS DEDICATES ALZHEIMER MEMORY POND

On Saturday August 30, 2003, the Alzheimer Society Memorial Pond was dedicated at Cullen Gardens and Miniature Village, in Whitby. The Alzheimer Memory Pond is a public tribute to people with Alzheimer Disease and related dementia. Throughout the year, as people deposit coins in the pond, donations will be made to Alzheimer Society of Durham Region. The money will benefit local support programs for the more than 4,000 people living with dementia in Durham Region.

As part of the dedication, Whitby Deputy Mayor Joe Drumm, Sue Cullen-Green, president of Cullen Gardens and Elizabeth Marchant-Reid, President of ASDR participated in the dedication ceremony.

The dedication was only one of many special events to celebrate Alzheimer Day at Cullen Gardens. Gardening expert, Mark Cullen of CFRB's *The Mark Cullen Gardening Show* broadcasted live from Cullen Gardens. A portion of admission sales were donated to the Alzheimer Society and there were draws for gift certificates to Sheridan Nurseries and a seasonal pass to Cullen Gardens. Alzheimer Society staff was also on hand at the Society's information display.

Cullen Gardens has been a generous supporter of the Society and its mission. It is the host site of our Walk for Memories event, scheduled for January 4, 2003 and participates in many of the Society's other fundraiser events. Cullen Gardens' ongoing commitment to the Society was recognized in 2001 with the Society's Community Partner Award.



Sue Cullen-Green, President of Cullen Gardens;
Joe Drumm, Deputy Mayor for Whitby; and
Elizabeth Marchant -Reid of the
Board of Directors



Mark Cullen of the Mark Cullen Garden Show
with ASDR Executive Director, Joan Skelton



The newly dedicated Alzheimer Memory Pond.
Coin donations can be made to the Society.

A COMFORTABLE ENVIRONMENT FOSTERS GOOD COMMUNICATION



When we think of communication, we immediately think of language and verbalizing our thoughts. Other key aspects of communication include body language, facial expressions, tone of voice and temperament. It is important to remember that emotions, comfort and desires, can be communicated in the absence of words. This is true when communicating with an individual with dementia because they may need to rely on their remaining abilities - these alternate forms of communication - to express themselves. The following are some tips on how we, as caregivers, can alter our approach to communication to make our time together more comfortable and enjoyable.

- It is important to always consider the emotional environment that you are contributing to. Persons with dementia are sensitive to the moods of others. Consequently, if they are having a tough time remembering or understanding the theme of a conversation, the expressions on your face and tone of your voice will act as constant reminders that you are either comfortable or troubled. Attempt calm and cheerful interactions.
- The pace of the exchange is also important. Present your ideas briefly and allow your loved one time. Silence doesn't necessarily need to be filled. A smile or other non-verbal cue may communicate that you are comfortable with any gaps in conversation. This will afford you time to observe facial expressions and other clues as to his/her comfort level.
- A person with dementia needs to be creative in how they express their ideas, and it is important that we be creative in how we observe and listen. Try to listen for themes. Word finding is a very common challenge for those with dementia and if we take each word literally, we may miss the idea that is being expressed.

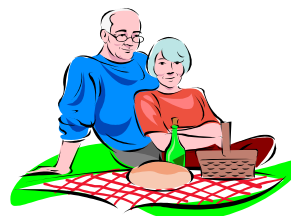
- What if the person is asking about people or events that took place either in the distant past or never at all? It can be very difficult seeing our loved ones struggle with reality like this. Keep in mind, that though our hearts may be in the right place, it will unlikely be beneficial to correct or confront them as this will likely irritate them or make them feel frightened about their own failing abilities. Very often you will find that agreeing with an individual, using distraction or responding to their feelings instead can help a difficult subject pass faster and allow them to feel they are successfully participating in a conversation.
- At the risk of confusing things it is important to remember to be careful not to discard your loved one's feelings in attempts to put a positive spin on everything. When he/she is feeling sad, it is important that you let them know they are not wrong to feel down and that it's OK to have a bad day. If he/she makes statements like "I feel like I'm losing my mind" it would be inappropriate to respond by saying "Oh, it's not so bad" or "Don't say things like that". Validating statements such as "I can tell that you are very upset" will let them know that their feelings count and that someone will listen to them.

These tips can help you optimize communication with your loved one. Use them to supplement the strategies you already know are successful!

NEW FAMILY SUPPORT STAFF-SHAYNA GOLDING

Alzheimer Society of Durham Region is pleased to welcome Shayna Golding to our staff. Shayna is a graduate of Trent University where she acquired a Bachelor of Science Honours Degree in Psychology. She will be available Wednesday and Friday in Family Support and Thursday in Public Education.

MALE CAREGIVING



Each person providing care for a person with dementia faces challenges unique to his or her personal situation. As a result, many people have trouble identifying with

the “common” caregiving experience. One such group is male caregivers.

Generally, male caregivers adapt differently to the caregiving role. In addition to adjusting to the altered relationship between themselves and the person with dementia, male caregivers are often required to assume domestic roles that are traditionally associated with the female of the household. Tasks such as cooking, doing laundry as well as helping someone with bathing and toileting can be a very unfamiliar and new. Men often do not have the same level of experience with such tasks as women.

Men also experience social isolation differently. Not only have they ‘lost’ their main source of friendship and companionship, but in many cases, their wives were the main link to their social world and friends.

Possibly the biggest difference between men and women coping with caregiving is that men are less likely to seek help. Older men in particular are uncomfortable dealing with social service agencies and have been brought up with a strong sense of self-reliance.

There are a number of valuable services available for those male caregivers who do seek help. Education sessions and/or information available through the Alzheimer Society can help men learn caregiving techniques that can lighten the load. Male caregiver groups, such as The Men’s Breakfast Club in Durham Region, offers the chance to speak with other men in similar situations while providing much needed socialization. Call the office for more information on the above services.

FALL EARLY STAGE SUPPORT GROUP

Alzheimer Society of Durham Region is offering a six week Early Stage Support Group. This group is intended for people who are in the early stages of Alzheimer Disease or a related dementia. This group will be one and a half hours and will cover topics such as the disease and disease process, dealing with feelings and community resources. The group will be located at our office in the Oshawa Centre.

When the group is completed, members will be offered the opportunity to join an ongoing Early Stage Support Group. This ongoing Early Stage Support group meets twice a month and allows participants the opportunity to discuss the issues

around the diagnosis of Alzheimer Disease or a related dementia.

If you are interested in attending the six week Early Stage Support Group please contact our office for more information. Registration is mandatory and there is a maximum of eight spaces available so call early to ensure a space.

CAREGIVING: A TWO-WAY STREET

Historically when we think of the caregiving relationship people tend to see the person with the disease as the recipient of help and the care provider as the one who gives the help. However, this is not the case. The person with dementia can do many things that aids the care provider. Here are some things to assist everyone involved:

- Keep a current list of medications and contact information for doctors on hand and give it to anyone who may need the information.
- Ensure that important documents such as Powers of Attorney are up to date and people are aware of the location of the original forms and review and update your Will if necessary.
- Ensure the person named in your Continuing Power of Attorney for Finance is informed of all bank accounts, safety deposit boxes and any other financial issues. If appropriate, inform the bank of your diagnosis and find out what paperwork they may require.
- Ensure your home is well lit and free from clutter. Enlist the help of family and friends to deal with problem areas
- Let people know about your care needs and how they can best meet your needs. You are the expert about yourself.
- Communication is key to ensuring that everyone involved understands your needs, goals and wishes.

As the notion of the passive care recipient diminishes, more people with Alzheimer Disease or a related dementia are taking an active role in the care they receive.

NORTH DURHAM SATELLITE OFFICE

On the 3rd Monday of each month, Family Support staff are available at our satellite offices in Port Perry and Sunderland. You can either book an appointment or drop by. See the back page for times and locations.

ENHANCING CARE PROGRAM: ASSESSING QUALITY CARE IN LONG- TERM CARE FACILITIES

Alzheimer Society of Canada and the Canadian Association of Community Care have developed a program to enhance the quality of care of those individuals with Alzheimer Disease in long-term care facilities.

The Enhancing Care Program is an assessment process that assists staff in long-term care facilities in identifying how their facility is meeting the *Guidelines for Care*. Members of a multidisciplinary team review each *Guideline* and determine areas of strength and areas in need of improvement. In those areas where the team feel they do well, new and creative ways of providing quality care are shared with others in their organization to enhance expertise. In those areas requiring improvement, the assessment process assists the team in developing specific goals to enhance care.

Enhancing Care builds on the Alzheimer Society of Canada's booklet, *Guidelines for Care*, which identifies eleven issues all caregivers face when caring for someone with Alzheimer Disease or a related dementia. The *Guidelines* ensure that people with the disease receive the specialized care that reflects the unique nature of living with a progressively degenerative dementia.

This initial assessment phase of the program is facilitated by the Public Education Coordinator at the Alzheimer Society of Durham and may take up to 12 hours to complete. This on-going process also allows the team to review their decisions at a later date, to ensure that improvements have been made. The Alzheimer Society will then continue to be an ongoing resource to the facility.

In an effort to help facilities complete the Enhancing Care Program, opportunities to receive reimbursement for expenses are available from Ontario Community Support Association. This funding has been extended to Spring 2004.

Facilities interested in obtaining more information about the Enhancing Care Program are invited to contact Selena Skinner, Public Education Coordinator at 905-576-2567 ext. 28.

WHAT'S NEW IN THE RESOURCE CENTRE

The Moral Challenge of Alzheimer Disease: Ethical Issues from diagnosis to Dying, Second Edition by Stephen G. Post

In this text, Stephen Post updates his highly praised account of the major ethical issues relating to dementia care. With chapters organized to follow the progression from mild to severe and then terminal stages of dementia, the author discusses topics including the experience of dementia, family caregiving, genetic testing for Alzheimer Disease, cognitive-enhancing drugs, end-of-life issues, spirituality, quality of life and much more. This text also offers readers a summary of practical solutions useful to both family caregivers and professionals.

SENIORS HEALTH CARE RESOURCES

A Guide to Programs and Services for Seniors in Ontario

This guide developed by the Ontario Seniors' Secretariat of the Ministry of Citizenship provides a general introduction to programs and services for seniors in Ontario, as well as telephone, e-mail and Internet sources for further information about specific programs or services. Information about accessing government, care facilities, finances, transportation, legal matters, end-of life issues, and many other issues are included in this resource. This guide is available at: www.gov.on.ca/citizenship/seniors or by calling 1-888-910-1999. You can also visit us at the Resource Centre to obtain a copy of this guide.

Another useful resource tool for seniors living in Ontario is available on-line. Information about health, advance care planning, programs & services, drug benefits, and safety along with much more can be found at: www.gov.on.ca/MBS/english/myontraioweb/seniorshealth.html.

Other sites of interest include the Kenneth G. Murray Alzheimer Research and education Program (MAREP), which can be found at: www.alzheimersresearchexchange.ca. This website integrates and communicates research findings while developing practical applications for research results.

Visit us online at
www.alzheimerdurham.com



UPCOMING EDUCATION EVENTS

FREE PUBLIC INFORMATION NIGHTS IN WHITBY AND BOWMANVILLE

As the population ages, statistics tell us the number of people with Alzheimer Disease or related dementia in Durham Region will dramatically increase. You may be worried about your risk for developing this disease. Or maybe you're a professional or family caregiver who wants to learn more. Alzheimer Society of Durham Region will be offering a Free Public Information Night at Whitby Seniors' Activity Centre at 801 Brock Street South on Monday, September 29, 2003 from 6:30pm to 8:30pm. Another session will take place at Clarington Public Library, Bowmanville Branch at 163 Church Street on Thursday, November 27, 2003 from 6:30pm to 8:30pm. For more information, or to register, contact the office at 905-576-2567 or 1-888-301-1106.

FAMILY CAREGIVER EDUCATION WORKSHOP: FALL SESSIONS

Alzheimer Society of Durham Region's Family Caregiver Education Workshops offers caregivers the opportunity to get their questions answered about dementia. Limited to twelve participants, the workshop is designed for new family caregivers of people with Alzheimer Disease or a related dementia. Participants will have an opportunity to learn more about the disease and community supports available, and tour the resource centre. All sessions will be held at the Alzheimer Society of Durham Region office. Please choose ONE of the following dates: Thursday, September 18, 2003 from 9:30am to 12:00pm, Thursday, October 23, 2003 from 9:30am to 12:00pm, Wednesday, October 29, 2003


from 6:00pm to 8:30pm or Thursday, November 20, 2003 from 9:30am to 12:00pm. There is a \$5.00 fee for resource materials. Refreshments sponsored by Central Park Lodges.

PROFESSIONAL CAREGIVER EDUCATION WORKSHOP: FALL SESSIONS

Are you a professional caregiver working in the community or a health care facility looking to enhance your dementia specific skills? Alzheimer Society of Durham Region is now offering a three-hour training program for professionals. This workshop has been developed to further educate Personal Support Workers and Health Care Aids around the issues that arise when providing care for persons with dementia. Participants will have the opportunity to learn about the disease process, communication skills, managing challenging behaviours, and supporting the family. Certificates of participation will be issued to those in attendance. Two sessions will be held at the Alzheimer Society of Durham Region in November 2003. Please choose ONE of the following dates: Wednesday, November 6, 2003 from 5:30pm to 8:30pm or Thursday, November 6, 2003 from 1:00pm to 4:00pm. There is a \$5.00 fee for resource materials. For more information or to register, please call the office at 905-576-2567 or 1-888-301-1106. Please call early to reserve a spot, as space is limited.

**Save \$5.00 on registration for Striking A
Balance if you register before
October 3, 2003.**

Register by phone by calling 905-576-2567.

I wish to: make a donation of  \$ _____
 renew my membership become a member (\$10.00 per year)

Name: _____ Address: _____
City: _____ Prov: _____ Postal Code: _____
Telephone: _____

Please bill my credit card: (circle one) VISA --- MC --- AMEX
No. _____ Expiry: _____ Signature: _____

Please detach and mail or fax this form to the address on the back page

DURHAM REGION SUPPORT SERVICES

AJAX (WED) EVENINGS	AJAX (WED) MORNINGS	OSHAWA (WEDNESDAY)
September 24 October 22 November 26 Time: 6:30 p.m. - 8:30 p.m. Community Care Adult Day Program 1420 Bayly St. W., Unit 6 *NEW TIME & LOCATION*	September 10 October 8 November 12 Time: 10:00 a.m. - 12:00 p.m. Life Centre Housing 1 Marsh Lane, 1 st Flr. Lounge, Ajax	September 3, 17 October 1, 15 November 5, 19 Time: 1:00 p.m. - 3:00 p.m. Alzheimer Society Oshawa Centre 419 King St. W., Ste. 207
EAST DURHAM (TUESDAY)	NORTH DURHAM (TUESDAY)	EARLY STAGE SUPPORT GROUP
September 16 October 14 November 18 Time: 6:00 p.m. - 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lecture Rm B. Bowmanville	September 30 October 28 November 25 Time 1:30 p.m. - 3:30 p.m. Trinity United Church 20 First St., Uxbridge	For those in the early stages of Alzheimer Disease or a related dementia Offered at scheduled times throughout the year. Call the Society for more information.

Hours

Monday - Thursday
8:00 a.m. - 6:00 p.m.
Friday
8:00 a.m. - 4:00 p.m.

North Durham Drop In
Sept 15/Oct 20/Nov 17

9:00 a.m. - 12:00 p.m.
Scugog Community Care
175 North St., Port Perry

1:00 p.m. - 4:00 p.m.
Brock House Retirement
Residence (1st Flr. Lounge)
82 River St., Sunderland

Connections is sponsored by



*We at Alzheimer Society of Durham
Region gratefully acknowledge
funding from the Ministry of Health
and Long Term Care and our
donors who show their generosity
in so many ways.*

STAFF LISTING

Joan Skelton	Executive Director, Ext. 23
Linda Bredin	Administrative Assistant, Ext. 21
Leonie Smith	Resource Development Co-ordinator, Ext. 22
Carolyn Douglas	Family Support Co-ordinator, Ext. 24
Jason Peddle	Family Support Worker, Ext. 31
Shayna Golding	Family Support/Public Education, Ext. 25
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Christine Ross	Psychogeriatric Consultant, 905-668-5881
Loretta Tanner	Psychogeriatric Consultant, 905-668-5881
Joan Honsberger	Psychogeriatric Consultant, 905-668-5881
Selena Skinner	Public Education Co-ordinator, Ext. 28

**ALZHEIMER SOCIETY OF DURHAM REGION
OSHAWA CENTRE (EXECUTIVE CENTRE)**

419 King St. W., Suite 207
Oshawa, ON L1J 2K5

Phone: 905-576-2567 or 1-888-301-1106

Web: www.alzheimerdurham.com

Our Vision

To be a leader among our partners in the Alzheimer Movement, recognized by our community as a fundamental provider of services and support to the people we serve.

Our Mission

Alzheimer Society of Durham Region's mission is to improve the quality of life of people with Alzheimer Disease or a related dementia and their caregivers.