

# connections



A NEWSLETTER FROM THE ALZHEIMER SOCIETY OF DURHAM REGION



Opening  
Day  
January  
31<sup>st</sup>!



## **New! The Reel Memories Gala Premieres January 31, 2004**

Get ready for your moment on the red carpet for Alzheimer Society of Durham Region's first gala event: *Reel Memories—A Celebration of Life in the Movies*. Reel Memories will close off next January's Alzheimer Awareness Month and is scheduled for January 31<sup>st</sup>, 2004. The gala dinner and dance will be held at the Holiday Inn's Guild Hall.

Reel Memories will feature a delicious dinner, live entertainment, silent and live auctions with the glamour and style reminiscent of Hollywood in its heyday. Tickets will be available in the fall for \$125.00. To include your name on the mailing list, contact the Society. Sponsorships are available at the Producer (\$5,000), Director (\$2,500), and Cast and Crew (\$1,250) levels. The Gala Committee is also looking for volunteers to help organize the gala. To learn more about the volunteer and sponsorship opportunities, contact the Society.

## **Staying In Touch When You Can't Visit**

When you can't be there with your loved one while they are in quarantine or you are on vacation, there are other ways to stay in touch. It is often the little things that mean the most to the residents in long-term care facilities. Here are some suggestions of how you and your family can be there without being there in person.

- Send a tape with all of the family saying something to the resident.
- Send a goodie bag of treats so that the resident can have one a day and make them like a fortune cookie saying something calming and loving in them.
- Have every family member write a post card and send one a day.
- Write on a notebook of stick-its so that the resident can read one a day.
- Send in a large envelope of individual letters that the staff can give one a day to the resident.
- Make a calendar with pockets and a little note in each pocket so the resident can count down to when you can visit.
- If it is a special occasion people could congregate outside of a ground floor window and talk by phone to the resident.
- Send a box of special trinkets like current photos and things the resident would enjoy.
- Make a video of the family and mail it to the long-term care facility for the staff to play for the resident. Be sure to include something calming.
- Have flowers delivered to the long-term care facility.
- Make out a fax in large print and send care of the long term care facility requesting that they give the fax to the resident.
- Send e-mail messages to the resident via the long-term care facility.

Getting the whole family involved will make being creative fun for the family and provide support to residents living in long-term care facilities.

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## DONOR PROFILE: Holy Redeemer CS Hosts Pennies for Your Thoughts



For Alzheimer Awareness Month, the students of Holy Redeemer Catholic School, in Pickering held their second annual Pennies for Your Thoughts coin drive. Last year, more than \$100 was raised during the month long drive. But their 2002 donation was a drop in the bucket compared to this year's effort. In total, the school raised more than \$840 in support of the Society.

How did they do it? Beginning in their fall newsletter, students, parents and teachers were encouraged to save their pennies for January's coin drive. To encourage some friendly competition, a chart was set up in the main hall where students could monitor how well their class was doing. By the end of January, more than 84,000 pennies were collected and rolled by a group of student volunteers.

To celebrate their success, the Society participated in an assembly where each class was presented with a certificate of appreciation by the school's principal. An educational presentation was also a part of the assembly. More than 30 per cent of the students raised their hands indicating that they know someone with Alzheimer Disease. Their amazing accomplishment drew media attention and the school was featured on Rogers Television and in the Ajax/Pickering News Advertiser.

You too can host a similar event on behalf of the Society. To learn more about how you can support the Society through third-party events such as Pennies for Your Thoughts, contact Leonie Smith, Resource Development Co-ordinator.

## Coffee Break Scheduled for September 18



September 18<sup>th</sup> is National Coffee Break day. Can you host a Coffee Break at your home, workplace, business or school? Hosts are provided with a kit that includes posters, a donation box, and other

promotional materials. Coffee is also available, courtesy of Maxwell House.

Back again are the Coffee Break cut outs that can be used in the new promotion Buy a Cup, Donate a Buck. These cups can be used to encourage donors to donate a dollar. The cups can be posted on a wall to show the progress you and your colleagues or customers make.

Coffee Break is a grassroots initiative in its eight year. All the money raised stays locally and is used to fund our family support and education programs. For more information, contact Leonie Smith.

### Events at A Glance

May 31	Coffeehouse Night at St. Gregory's
June 2	Family Caregiver Education Workshop (North Durham)
June 6	Alzheimer Public Information Night
June 16	Annual General Meeting
June 19	Family Caregiver Education Workshop
July 3	Professional Caregiver Education Workshop
July 23	Family Caregiver Education Workshop (Evening)
July 31	Family Caregiver Education Workshop
August 21	Family Caregiver Education Workshop

## Annual General Meeting

Alzheimer Society of Durham Region invites all to attend its

### Annual General Meeting & Volunteer Recognition Event

Monday June 16, 2003

6:30 p.m. - 9:00 p.m.

Oshawa Public Library, Main Branch  
65 Bagot St.

**FREE ADMISSION**

Guest Speaker

Dr. Wendy Meschino, MD, FRCPC, FCCMG

***When the Family History is Positive: Genetic Counselling and Testing for Alzheimer Disease***

Reserve your space. Call the Society at 905-576-2567.

Sponsored by Janssen-Ortho

## Chocolate Lovers Luncheon a Sweet Success!

The 2003 Chocolate Lovers' Luncheon was our most successful one to date with more than **\$18,000** raised, in support education and Family Support Services—that's up by \$2,500 from 2002. Held this year at the Holiday Inn's Guild Hall, Chocolate Lovers Luncheon featured a silent auction with 70 items, a live auction and raffle and door prizes. Emcees Dan Carter of CHEX TV's First Take and Centre Stage and Diana Smith, a Board Director with the Society kept the afternoon fun and interactive.

Chocolate Lovers' Luncheon featured ladies and menswear fashions from Audrey Janes and Britches. The clothes were modeled by volunteers and several members of the Board of Directors. The highlight was the live auction, which featured in part, a helicopter ride and an original hand painted porcelain doll. The live auction also featured a beautifully handmade Forget-Me-Not quilt by caregiver Nora Hanlan. The quilt featuring Forget Me Nots and Alzheimer Society colours raised \$1,000. As has been the case in the 12 year history of Chocolate Lovers' Luncheon, guests enjoyed dozens of chocolate desserts donated by businesses throughout Durham Region.

**Thank you to the Chocolate Lovers' Luncheon committee for their invaluable work in preparing this year's event:**

Pam Lawton, Chair

Cathy Pollard

Diana Smith

Lin Sweet

Linda Bredin

Leonie Smith

Joan Skelton

Bob Kochan, Bill Newman, Scott Johnson, Mike Yakamovich  
& Alastair Dickie modeled men's fashions from Britches

Dan Carter, Emcee with his mother, Isabelle Carter.

**The Chocolate Lovers' Luncheon Committee would like to thank our generous sponsors**



Jet Moulding  
Compounds Inc



**Thank you to our Emcees Dan Carter of CHEX TV Durham and Diana Smith of ASDR Board of Directors**

&

**THANK YOU TO OUR GUESTS!**



*The 2004 Chocolate Lovers' Luncheon has been scheduled for Sunday May 2, 2004. To add your name to the mailing list, contact Leonie Smith at the Society.*

## ASC Annual Conference

On April 10-12, 2003, two Alzheimer Society staff and a Board member attended Alzheimer Society of Canada's national conference. This national conference brings together national and international experts on Alzheimer Disease and related dementia. The following article is a summary of seminars they attended with new information on Memantine, a new drug treatment, Risk Factors, Stem Cell Research, National Research Strategy and early stage information.

### Memantine

This new Alzheimer drug treatment is not yet available in Canada. Currently used in Germany, it has shown promise as an effective treatment in the later stages of Alzheimer Disease. The drug has not yet been approved for use in Canada.

### Risk Factors

The seminar on risk factors examined unmodifiable and modifiable risk factors. The presence of these factors may indicate the likelihood of developing Alzheimer Disease.

Unmodifiable risk factors include **age**, since Alzheimer Disease is most prevalent for those over the age of 65. **Gender** is another unmodifiable risk factor since the women have a higher rate of Alzheimer Disease, due in part to their longer life span. **Apo E4 alleles** is not a gene, but a bio marker that indicates a higher risk for onset at an early age.

Modifiable risk factors are those that can be altered by changes in lifestyle.

Modifiable Risk Factor	
Coffee	Consumption shows potential to decrease risk.
NSAIDs (Ibuprofen, Advil)	Use shows potential to decrease risk. Increase risk for gastrointestinal bleeding and ulcers.
Hormone Replacement Therapy	After 10 years of use, reduces the risk for Alzheimer Disease. Increased risk of heart attack, stroke and some cancers.
Statins (cholesterol-inhibiting drugs)	Evidence of statins as a protective factor is not overwhelming.
Wine/Alcohol	Moderate consumption is shown to be somewhat protective.
Vitamin E, Folic Acid, Omega 3 Fatty Acids	Promising effects in reducing risk, but not conclusive.
Physical Activity	Though not conclusive, improved physical health is encouraged.
Mental Activity	Postpones onset of symptoms.


### Stem Cell Research

Stem cell research has been one of the most promising developments in the scientific community. These cells have the potential to regenerate new cells and tissue, free from disease. As such, they have the potential to effectively treat a range of diseases that involve cell and tissue death or injury, including Alzheimer Disease.

Despite its promise, stem cell research is still in its infancy and has been controversial since the cells used are embryonic cells, resulting in hotly debated ethical, legal and political issues. Recently, the same cell generation potential has been shown using skin cells. In labs, researchers have been using skin cells to generate fat cells, muscle cells, neurons and glia. Though this may be an answer to the ethical issues surrounding embryonic cells as a source, neuroprotection, a natural process in which cells recognize and destroy foreign cells, has also hampered the development of stem cells as a treatment source.

With neuroprotection, once foreign cells are introduced into the brain, the neurons die. Researchers must identify the trigger for cell death before they can hope to introduce healthy cells into the brain for neurogenesis, or the introduction of new brain cells, free of disease or injury.

### A National Research Strategy



Alzheimer Society of Canada, the Institute of Aging, NeuroScience Canada, and Canadian Institutes of Health Research and a growing number of organizations have joined forces to develop a national research strategy for cognitive impairment on aging. This new coalition will facilitate a better understanding of the factors that improve the health and quality of life for people with Alzheimer Disease and related dementia and their caregivers. The coalition's goal is to increase research capacity, improve research infrastructure and increase training programs to retain Canadian researchers and attract researchers from abroad.

### Alzheimer Research Exchange Website

The Murray Alzheimer Research and Education Program has launched a website where current research can be reviewed and submitted. You can find the site at [www.alzheimersresearchexchange.com](http://www.alzheimersresearchexchange.com).

## Merry Maids of Uxbridge Golf Tournament

You can enjoy another round of golf and support the Alzheimer Society by participating in a fundraising tournament being held September 13<sup>th</sup> at the Foxbridge Golf Course in Uxbridge. Registration deadline is August 29. Call 905-852-7743 for more information.

## Changing Melody: A Conference for People with Dementia

August 15 - 16, 2003, The Murray Alzheimer Research and Education Program will be hosting a conference for people with dementia and their partners in care. The conference is entitled A Changing Melody. This two-day, interactive conference was developed by people with dementia. It is being held at the University of Waterloo's Ron Eydt Village Conference Centre. For more information, contact the Society's Family Support Services.

## New North Durham Satellite Office

Family Support Services has expanded its North Durham Satellite service to the Scugog area. The satellite office offers one-on-one support for individuals concerned about their memory loss or friends, family members caring for someone with dementia. Beginning June 16<sup>th</sup>, the office will be open the third Monday of each month from 9:00 a.m. - 12:00 p.m. Visit the office in Scugog Community Care at 175 North Street in Port Perry.

The satellite office at Brock House Retirement Home is open the third Monday of each month from 1:00 p.m. - 4:00 p.m.

## New Information Line for Retirement Home Complaints



The Ontario Residential Care Association now operates a toll-free telephone hotline. Funded by the Ontario Ministry of Citizenship, the Complaints Response and Information Service provides the

information needed to make choices and help resolve problems quickly and effectively.

This service helps consumers deal with questions or complaints about all retirement homes in Ontario, even if they are not members of the association. Trained staff is available as a resource for owners/operators of retirement homes who wish to discuss issues concerning their operations or find ways to improve relationships with their residents. The number is **1-800-361-7254**.

Call to discuss:

- Finding a retirement home that's right for you
- Referrals to community and government agencies
- Concerns about the food served-quality, nutrition and/or special diets
- Cleanliness of the building
- Monitoring and delivery of medication
- Security and safety concerns
- Staff's attitude and behaviour toward residents

Source: ORCA website: <http://www.orca-homes.com/>

## Coping Strategies from the Early Stage Support Group



*Alzheimer Society of Durham Region has offered several early stage support groups for persons with dementia. The group members have come up with the following list of very*

*helpful strategies and tips for coping day-to-day:*

- Put the television on a station that displays the time.
- Listen to the radio for the time and date.
- Retrace your steps and look for triggers.
- Keep important things in one place.
- Write notes to yourself.
- Focus on one thing at a time.
- Slow down.
- Do things at your own pace.
- Plan ahead.
- Ask for help and tell people exactly how they can help you.
- Find tools that make things easier.
- Call ahead to confirm dates and times.
- Cut out things that cause too much pressure.
- Tell people what you need.
- Maintain a positive outlook.
- Accept that things are changing.
- Let others do things.
- Take care of yourself. (see chiropractor, take a bath, relax etc.)
- Establish a routine and keep to it.
- Use repetition.
- Play games (e.g. card games.)
- Use the newspaper for dates and days of the week.
- Stay active (e.g. walking, housework.)
- Pet "therapy"
- When you lose your train of thought, change the subject.
- Keep your brain active (e.g. crosswords, computers)
- Go through the alphabet to trigger a word or name.
- Change or modify the task to make it easier.

## What's On alzheimerdurham.com

**Volunteer Form:** Fill out an application to volunteer for one of our upcoming events such as the Gala or Walk for Memories.

**Events Calendar:** This quarterly calendar has been updated with dates for education events, support groups and fundraisers from the Society.

## Alzheimer Disease, Risk Factors and Genetics

While research into Alzheimer Disease has progressed significantly over the past several years, the cause or causes for Alzheimer Disease remain unknown. However, in a search for answers, scientists continue to look for factors that appear to have some effect on the development of the disease. These are "risk factors", whose presence is associated with an increased chance that the disease will develop.

### What is a risk factor?

A risk factor may be a characteristic or an exposure to something that is linked to the development of a disease. Risk factors for Alzheimer Disease can be genetic and non-genetic. Non-genetic risk factors for Alzheimer Disease currently being investigated include age, education, gender, and head injury. It is important to remember that risk factors are not necessarily causes for Alzheimer Disease and that no single study can verify a link between a disease and a specific factor. Repeated investigations are necessary before a link can be established.

### What about a "genetic" risk factor?

A "genetic" risk factor is a risk factor that is connected to a gene. You may inherit a risk factor gene for Alzheimer Disease from your parents just like the genes for hair or eye colour. This gene is not faulty but it may put you at a greater risk of developing the disease. Repeated studies indicate that individuals with a parent or sibling with Alzheimer Disease have a greater chance of developing the disease than those with no family history.

When sufficient genetic and non-genetic factors are present your risk of developing Alzheimer Disease may be higher than in a person without those risk factors. Higher risk does not mean that a person will develop the disease; it means that they will have a greater chance of developing the disease than someone without these risk factors.

Researchers have also found that genetics can play another role in the cause of Alzheimer Disease.

### Dominant inheritance of a gene mutation

A genetic mutation is a changed and faulty gene. This genetic mutation is passed on from parent to child in a dominant pattern. This means that if a parent has one of the rare mutations for Alzheimer Disease each child has a 50% chance of inheriting the mutation. A son or daughter who inherits the genetic mutation will develop Familial Alzheimer Disease with almost 100% certainty.

### Familial Alzheimer Disease

Familial Alzheimer Disease is a term used to describe the rare form of Alzheimer Disease that has a specific genetic cause and accounts for about 5% to 10% of all cases. This form of the disease comes from a specific genetic mutation and is known to be entirely inherited. Familial Alzheimer Disease has a clear cause and effect relationship. Inheriting the specific genetic mutation causes the disease to appear.

Familial Alzheimer Disease does not occur in families where there is no family member with the specific mutation. Individuals with Familial Alzheimer Disease tend to have symptoms of the disease at an early age, usually younger than 60 or 50 years of age. A positive family history is determined when two or more relatives experience the disease over two generations. However, the presence of more than one family member with Alzheimer Disease does not necessarily indicate that your family has Familial Alzheimer Disease.

### What about genetic testing?

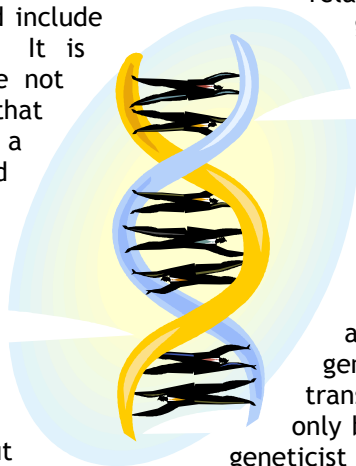
If you have a concern about Familial Alzheimer Disease in your family, talk with your family doctor about a referral to a genetics clinic. An experienced clinical geneticist can confirm that the disease is transmitted through your family. This can only be done through a medical assessment. A geneticist can also offer predictive testing, a blood test that can determine if an unaffected family member has one of the specific genetic mutations that causes Familial Alzheimer Disease. Genetic clinics also provide genetic counselling where individuals can explore the implications of genetic testing.

To learn more about the genetics of Alzheimer Disease, please join us for our Annual General Meeting & Volunteer Recognition where our guest speaker will be Dr. Wendy Meschino who will be presenting *When the Family History is Positive: Genetic Counselling and Testing for Alzheimer Disease*.

The Alzheimer Society also has a wealth of resources available on this and many other topics. Contact the office for more information or visit [www.alzheimer.ca](http://www.alzheimer.ca).

#### Sources:

The Genetics of Alzheimer Disease. On the Horizon, June 2002  
 The Genetics of Alzheimer Disease: Part 2. On the Horizon, October 2002  
 Risk Factors in Alzheimer Disease. Alzheimer Society of Canada Fact Sheet, July 1999  
 Alzheimer Disease and Heredity. Alzheimer Society of Canada Fact Sheet, January 2001



## UPCOMING EDUCATION EVENTS

### FREE Public Information Night in Uxbridge

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 Uxbridge Public Library, 9 Toronto Street South on Thursday, June 5, 2003 from 6:30pm to 8:30pm. Space is limited, so register early! Contact the office at 905-576-2567 or 1-888-301-1106.

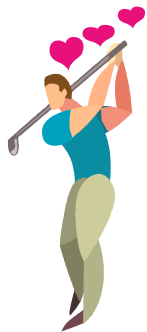


### Family Caregiver Education Workshop: Summer Sessions

Alzheimer Society of Durham Region's Family Caregiver Education Workshops will continue to take place over the summer months. Limited to twelve participants, the workshop is designed for new family caregivers of people with Alzheimer Disease and related dementia. Participants will have an opportunity to learn more about the disease and community supports available, and tour the resource centre. Four sessions will be held this summer at the Alzheimer Society of Durham Region office. Please choose ONE of the following dates: Thursday, June 19, 2003 from 9:30am to 12:00pm. Wednesday, July 23, 2003 from 6:00pm to 8:30pm, Thursday, July 31, 2003 from 9:30am to 12:00pm or Thursday, August 21, 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: Summer Session

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. The next session will be held on Thursday, July 3, 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.



### Golf Lovers' Tee-Off for Memories

Dan Carter of CHEX TV Durham and Bill Newman of RBC Financial Group invite you to the 2003 Golf Lover's Tee-off For Memories—a day to satisfy any golf lover and to salute Alzheimer Society of Durham Region. The Golf Lovers' event is set for July 21<sup>st</sup> at Deer Creek Golf Club.

To participate, golfers must raise \$400. They have the option of raising it through pledges. This entitles golfers to play 36 holes of golf on both courses at Deer Creek, all meals will be provided and the day will end with a full course dinner and prize presentation to the top fundraisers for the day. Golf awards will also be presented. To receive your registration package, contact Leonie Smith at the Society.

**Alzheimer Society**  
DURHAM

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*

<b>AJAX (WED) EVENINGS</b>	<b>AJAX (WED) MORNINGS</b>	<b>OSHAWA (WEDNESDAY)</b>
<p align="center">June 25 July 23 August 27 Time: 7:30 p.m. - 9:30 p.m. Community Care Adult Day Program 487 Westney Rd. S. Units 19 &amp; 20, Ajax</p>	<p align="center">June 11 July 9 August 13 Time: 10:00 a.m. - 12:00 p.m. Life Centre Housing 1 Marsh Lane, 1<sup>st</sup> Flr. Lounge, Ajax</p>	<p align="center">June 4, 18 July 2, 16 August 6, 20 Time: 1:00 p.m. - 3:00 p.m. Alzheimer Society Oshawa Centre 419 King St. W., Ste. 207</p>
<b>EAST DURHAM (TUESDAY)</b>	<b>NORTH DURHAM (TUESDAY)</b>	<b>EARLY STAGE SUPPORT GROUP</b>
<p align="center">June 17 July 15 August 19 Time: 6:00 p.m. - 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lecture Rm B. Bowmanville</p>	<p align="center">June 24 July 29 August 26 Time 1:30 p.m. - 3:30 p.m. Trinity United Church 20 First St., Uxbridge</p>	<p align="center">For those in the early stages of Alzheimer Disease or a related dementia</p> <p align="center">Offered at scheduled times throughout the year. Call the Society for more information.</p>

**Hours**

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

**North Durham Drop In**  
*June 16/July 21/ August 18*

*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 (1<sup>st</sup> 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
Megan North	Family Support Worker, Ext. 26
Christine Ross	Psychogeriatric Consultant, 905-668-5881
Loretta Tanner	Psychogeriatric Consultant, 905-668-5881
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**ALZHEIMER SOCIETY OF DURHAM REGION  
OSHAWA CENTRE (EXECUTIVE CENTRE)**

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**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.