

connections



A NEWSLETTER FROM THE ALZHEIMER SOCIETY OF DURHAM REGION

Keeping Health in “Mind”

It seems that every time we read a newspaper or watch the news, we learn of yet another benefit of living a healthy lifestyle. As a result, more and more people are making healthier decisions so that they might look better, feel better and decrease their susceptibility to illness and disease. However, more recently there has been a fresh angle to some of the stories, as more attention is being paid to the effects that positive lifestyle choices may have on mental functioning. A great deal of current research is focusing on how exercise, good nutrition, and other lifestyle choices that have long been associated with heart health, could promote healthier brains as well.

The *Archives of Neurology* (January 2004, vol. 61, no. 1) recently published a study on the reduced risk of Alzheimer Disease in people over the age of 65 taking vitamin supplements. The findings suggest that antioxidant vitamins, specifically the combination of vitamin E and C supplements taken together in large doses (more than 400 IU and at least 500 mg respectively) may significantly reduce the risk of getting Alzheimer Disease. Though formal proof of a relationship between antioxidant vitamins and the risk of developing Alzheimer Disease can come only from further trials, the interest and optimism resulting from such findings is exciting.

Results from ongoing research worldwide seem to support this optimism. We have recently heard similar reports on the benefits healthy lifestyle choices such as cutting dietary fat, watching cholesterol levels, and exercising both body and brain. Once again, further studies are necessary but the results thus far suggest that one may lower their risk of developing Alzheimer Disease, or possibly delay its onset with their efforts to lead a healthier lifestyle.

Chocolate Lovers' Luncheon ***Satisfy Your Sweet Tooth!***

Sunday May 2, 2004

11:30 – 2:00

**Holiday Inn Oshawa
Guild Hall**

**Tickets \$50 before April 7th
\$60 after April 7th**



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Featuring delicious Chocolate Desserts, Lunch, Dan Carter of CHEX TV Durham (Emcee), Auctions, Raffles, Fashion show, Door prizes, & Entertainment

Treatable Memory Loss

There are many things that can affect our abilities to think and remember. Some of these conditions are treatable. If you notice a change in your abilities or you feel more confused it may be Alzheimer Disease, a related dementia or it may be one of the following:

1. Poor nutrition – eat meals with a full range of necessary nutrients.
2. Dehydration – drink non-sugary fluids throughout the day (and don't forget that caffeine beverages flush fluids out of the body).
3. Fluctuation in Blood Sugar – ask your physician to check if this has not been done.
4. Thyroid Deficiency – this can be remedied with medication so speak to your doctor.
5. Infection – any infection can cause memory loss (urinary tract or bladder infections are most common).
6. Medication Combinations – taking multiple pills every day can result in mix-ups or medication interactions. Be sure your doctor and pharmacist know what medications you are taking
7. Medication Toxicity – some medications accumulate in the blood and become toxic.
8. Depression – sometimes people lose interest in others and become confused when they get depressed. Antidepressants may help significantly.
9. Sensory Losses – loss of hearing or sight may interfere with orientation to time and place.
10. Lung Diseases – decreased lung capacity may mean insufficient oxygen for the brain. Memory loss may be completely resolved when the person receives oxygen treatments.
11. Cancer – tumours in the brain, liver or other organs can lead to memory loss.
12. Toxic House – furnaces sometimes malfunction and leave carbon monoxide in the air, producing confusion and sleepiness. Speak to a heating specialist to get more information about this.

Source: Alzheimer Association Orange County, USA website

Compassionate Care Leave

Compassionate Care Leave was introduced in the federal budget and implemented on January 4, 2004. An individual may apply for Compassionate Care Leave in order to care for their gravely ill or dying child, parent, or spouse for a period up to six weeks. This applies to situations where the individual has to be absent from work to provide support to a gravely ill family member with a significant risk of death within 26 weeks. Applicants must meet their eligibility requirements for Employment Insurance, have a doctor's note, and have gone through a two-week waiting period. While Compassionate Care Leave is restricted to immediate family members, it can be shared among these family members. Most employees are covered under provincial labour codes. The federal government will propose legislative changes to protect the jobs of permanent employees governed by Canada's Labour Code. In Ontario, the employees of companies that regularly employ a minimum of 50 employees are entitled to 10 days of emergency leave in a calendar year.

For more information visit web site-www.hrdc.gc.ca/ae-ei/pubs/compassionale_care.html

Source: The Bulletin, Alzheimer Society of Ontario, March 2003

Treatment Without Consent

Many Caregivers have questions about obtaining consent for treatment for their cognitively impaired family member. The law requires consent to treatment as outlined in the Health Care Consent Act, 1996, S.O. c.2. In Ontario, doctors must obtain informed consent for any treatment in cases that are not emergencies. By law, when a patient is deemed mentally incapable of making an informed decision, a substitute decision maker, usually the person who holds power of attorney, makes the decision on behalf of the patient. Education is important for caregivers, families and physicians in order to increase awareness and understanding surrounding the issue of obtaining consent for treatment.

The Advocacy Centre for the Elderly has stated in their recent newsletter that several families have made formal complaints to the College of Physicians and Surgeons of Ontario on the matter of nursing home and hospital physicians treating an incapable person with medications without obtaining consent. According to the Advocacy Centre, older adults, especially those with some degree of cognitive impairment, are treated with neuroleptics, sometimes without giving their consent to the drugs. In some cases these medications could have serious and long-lasting effects because of the elderly person's slowed metabolism.

According to lawyers representing the families who have made formal complaints, the families felt the physicians' disregard for the patient's right not to receive treatment without consent was harmful. The Advocacy Centre says the college that licenses and regulates doctors has responded to these cases with only light penalties, and providing reminders to the doctors of what the law requires.

The Advocacy Centre for the elderly hopes more families will come forth with complaints to the college. It is hoped that if more complaints are made on this issue, then the need for better education and understanding by both physicians and patients will be identified and acted on.

Sources: ACE Newsletter- Advocacy Centre for the Elderly, Vol 3, No. 8
Alzheimer's Research Exchange News Service, MAREP, October 2003

A Changing Melody

A learning and sharing forum for people with dementia and their care partners is being offered on November 6, 2004. The Murray Alzheimer Research and Education Program (MAREP), Alzheimer Society of Canada, Alzheimer Society of Ontario and the Dementia Advocacy and Support Network International are hosting this one-day event at The Fairmont Royal York Hotel in downtown Toronto. Participants will have the opportunity to learn about a number of dementia related issues. More information will be available in May. Please call ASDR at 905-576-2567 if you have any questions or would like a registration package when they become available.

PLEASE TAKE A MOMENT TO VISIT OUR NEW AND IMPROVED WEBSITE AT www.alzheimerdurham.com

Did you Know?



In Israel work is being done to train service dogs for people with dementia. Polly is the first dog in the world to be trained specifically to improve the quality of life for people diagnosed with dementia. Polly accompanies her master where he goes so she is aware of his habits and routines. If he becomes confused or disoriented he says "Home" and she will lead him back to his house. Israel 21c staff



In Memoriam

We would like to express our sincere sympathy to those who have lost loved ones, and gratefully acknowledge donations made to Alzheimer Society of Durham Region in their memory.

We appreciate your thoughtfulness

What's New in the Resource Centre

Our Resource Centre collection offers a variety of books and videos that are specific to issues related to Alzheimer Disease and dementia care. It is a good source for information, whether you are newly diagnosed and looking to understand the disease or a caregiver seeking practical solutions to caregiving issues.

At the Alzheimer Society of Durham Region we are continuously striving to acquire new resources to expand and enhance our lending library. Come and check out these exciting new additions!

The Person With Alzheimer's Disease: Pathways to Understanding the Experience

Phyllis Brady Harris, 2002, John Hopkins University Press

This book presents the day-to-day experience of living with dementia from the words of individuals themselves. Each chapter discusses a different aspect of having dementia, from the initial assessment and diagnosis through placement in a long-term care facility. The discussions convey the variable and personal nature of this experience. This book strives to help caregivers, clinicians and researchers understand the experience of dementia and promote better caregiving practices through the adoption of a person centred approach.

"This book is an essential reading for everyone providing care. It moves beyond negative stereotypes to explore the richness and complexity of personhood with dementia." ---Nancy L. Mace, co-author of *The 36-Hour Day*.

Hospice Care for Patients with Advanced Progressive Dementia

Ladislav Volicer and Ann Hurley, 1998, Springer Publishing Company Inc.

This book presents a humane person-centred approach to dementia care in the later stages of this fatal disease. It demonstrates how hospice care leads to improved quality of life for persons with terminal dementia and their families. Furthermore, it addresses many ethical dilemmas involved with the clinical problems encountered in the later stages of dementia.



Montessori-Based Activities for Persons with Dementia: Volume 1

Cameron J. Camp, 1999, Myers Research Institute, Menorah Park Centre for Senior Living

This manual uses Montessori-based activities as a rehabilitation approach to the treatment of dementia. It provides persons with dementia meaningful tasks to help improve or maintain skills needed to perform activities of daily living. These activities provide meaningful stimulation as well as guidance to complete tasks successfully.

The Forgetting: A Portrait of Alzheimer's

PBS Home Video, Hosted by David Hyde Pierce

This 120-minute video explores the impact of Alzheimer disease from a compassionate perspective while providing practical expert advice for coping. This documentary examines the life experiences of caregivers and persons living with this disease as well as its historical and biological foundations.

The Forgetting: Alzheimer's: Portrait of an Epidemic

David Shenk, 2003, Anchor Canada

"The Forgetting is a magnificent synthesis of history, science, politics, psychology, and profound human drama, the book explores the nature of a disease that attacks not merely memory but the very core of our human identity." --Publisher

This book provides touching portraits of people with this disease, their families, and their caregivers while examining scientific advancements and research in the search for a cure.

A Thousand Tomorrows: Intimacy, Sexuality, and Alzheimer's

Canadian Learning Company

This 30-minute video candidly discusses how Alzheimer Disease impacts the intimate and sexual aspects of the spousal relationship. Through interviews with several couples various perspectives and circumstances are explored. Issues such as changes in behaviour that affect intimacy and mismatch of sexual desires are discussed.

Walking With Dementia

'Walking With Dementia' is a concept that was developed by Christine Ross RN, Psychogeriatric Resource Consultant in collaboration with other PgRC's and long term care staff. Sometimes it is hard to understand why persons with dementia exhibit difficult behaviours and what might be the trigger that causes the challenging behaviour.

Walking With Dementia is an interactive workshop that is used as a training vehicle for long term care staff. A pre-test and post-test evaluation are administered. Staff are given several props to wear, including adapted eyewear, leg bands and ear pieces that distort sound and are given instructions on what their deficit may be. While the workshop participants are sent to a variety of stations where they are requested to perform activities of daily living, the leader of the workshop is secretly adapting their environment to frustrate their movements.

There are three general goals of the workshop. 1) To have staff examine their values toward residents with dementia. 2) To pattern some of the physical limitations a resident with dementia may have. 3) To understand the feelings of frustration and anger residents with dementia may experience.

The workshop has been met with resounding enthusiasm. Over 400 staff and students have been trained in the last ten months. Please contact Christine Ross at 905-668-5881 ext. 6527 if you would like additional information.

Upcoming Education Events

Family Caregiver Education Workshop: Spring Sessions

Alzheimer Society of Durham Region's Family Caregiver Education Workshops offers caregivers the opportunity to get their questions answered about dementia. 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. All sessions will be held at the Alzheimer Society of Durham Region office. There is a \$5.00 fee for resource materials.

Please choose ONE of the following dates:
Thursday, April 15, 2004 from 6:00pm to 8:30pm,
Thursday, May 20, 2004 from 9:30am to 12:00pm or
Thursday, June 17, 2004 from 6:00pm to 8:30pm.

Professional Caregiver Education Workshop: Spring Sessions


Are you a professional caregiver working in the community or in a health care facility looking to enhance your dementia specific skills? Alzheimer Society of Durham Region is offering a three-hour training program for professionals 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 May 2004. There is a \$5.00 fee for resource materials.

Please choose ONE of the following dates:

Wednesday, May 12, 2004 from 5:30pm to 8:30pm or
Thursday, May 13, 2004 from 1:00pm to 4:00pm.

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.

Did you Know? 

In Oregon, USA, patients of the Regent Court Alzheimer's and Dementia Care Community have developed a band called the Regent Court Kitchen Sink Band. The members all have Alzheimer Disease or a form of dementia. They have two or three gigs a month and are in high demand from other care centres and senior communities. The Regent Court Kitchen Sink Band has audiences laughing, clapping and dancing in the aisles.

Statesman Journal, Salem, Oregon March 2004

EVENTS AT-A-GLANCE		
April 15	Family Caregiver Education Workshop	ASDR 6:00 – 8:30pm
May 2	Chocolate Lovers' Luncheon	Holiday Inn 11:30 – 3:00pm
May 12	Professional Caregiver Education Workshop	ASDR 5:30 – 8:30pm
May 13	Professional Caregiver Education Workshop	ASDR 1:00 – 4:00pm
May 20	Family Caregiver Education Workshop	ASDR 9:30 – Noon



WALK RAISES \$30,000

Our successful Walk for Memories event held Sunday, January 4th at *Cullen Gardens and Miniature Village* in Whitby raised over **\$30,000**. Thanks to our walkers and their donors. A special thanks goes to RBC Royal Bank. Staff from various bank branches and offices throughout Durham Region who raised \$4,500 in pledges for our Walk this year. RBC Foundation generously matched their efforts with an additional \$4,500.

Thanks to our walkers

People of all ages enjoyed the scenic route at Cullen Gardens, with over 300 participants in our walk this year. The fleece scarves were a big hit!

Thanks to our volunteers

Thanks to the many volunteers who helped out with a variety of jobs including registration, serving refreshments, and supervising along the route. A special thanks goes to emcee Dan Carter, of Channel 12 CHEX TV Durham whose tireless support of Alzheimer Society of Durham Region is gratefully appreciated by us all!

Thanks to our sponsors

RBC Royal Bank
Sheridan Nurseries
Veridian
Austin Rehab
Coca Cola
Rapid Reproduction
CHEX TV Durham
2001 Audio Video
Oshawa Centre
Cedarcroft Place Retirement Residence
Cullen Gardens & Miniature Village

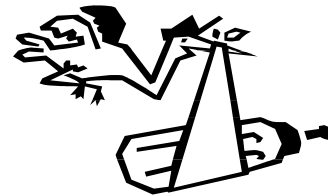
Walk for Memories 2005

Mark your calendar now for the afternoon of **Sunday, January 2, 2005** because you'll want to ring in the New Year at our Walk for Memories.



Walk for Memories Team "Forgetful but not Regretful"

A group of people with Alzheimer Disease joined with their families and friends to form a team for Walk for Memories. They called the team "Forgetful but not Regretful". There was a fabulous turnout and everyone had a great time. The team raised \$3,300 in total pledges. Congratulations to everyone on the team!



"Kasey Babies" have come to town.

The adorable "Kasey Babies" are fabric dolls hand-crafted by local health care worker Kim Calhoun. \$5.00 from the sale of each doll is donated to Alzheimer Society of Durham Region. The dolls are \$35.00 each and are available through the Alzheimer Society or White Cliffe Terrace Retirement Residence, 1460 Highway #2, Courtice, 905-579-0800. In addition to the "Kasey Babies" currently on sale, Kim will take special orders.

Thanks to Kim and White Cliffe Terrace for the support!

**Please plan to join us at our
 Annual General Meeting
 on
 Monday June 21st, 2004
 Please call the office for additional
 information**

**LEADERSHIP VOLUNTEERS
NEEDED!**

In preparation for our
Annual General Meeting
June 21st,

Alzheimer Society of Durham Region

is looking for people interested
in joining the agency's volunteer

Board of Directors

The Board of Directors governs the Society and
provides leadership in strategic planning and
program/service development


Time Commitment: 6 hours per month
(Board plus one Committee)

Board meetings:

Third Monday of the month
at 5:30 p.m., ASDR office

Contact Elizabeth Marchant-Reid
before April 16, 2004

at 905-623-8546 or
email at Elizabeth.m-r@sympatico.ca

Did you Know? 

The Long Island Alzheimer Foundation has sponsored a unique cruise for caregivers and people in the early stages of Alzheimer Disease and related dementia. This four-day cruise offers caregivers an opportunity to relax and participate in forums on dementia. The person with the disease will also have a wide range of activities in which to participate. The "Cruise to Remember" costs \$600-\$800 U.S. based on double occupancy. Ageless Designs Feb/04



SEEDS OF HOPE

"Forget-me-Nots" are a floral symbol of hope. We've enclosed a complimentary packet of "Forget-me-Not" seeds with your newsletter. Please plant them and as they bloom and grow, think of all the individuals with dementia, including Alzheimer Disease, who may be helped through your generosity.

Additional seed packets
can be purchased
through our office for
.50 each or
3 for \$1.00

STAFF LISTING

Joan Skelton	Executive Director	Ext. 23
Linda Bredin	Administrative Assistant	Ext. 21
Susan Locke	Dementia Network Coordinator	Ext. 25

FAMILY SUPPORT

Carolyn Douglas	Family Support Co-ordinator	Ext. 24
Jason Peddle	Family Support Worker	Ext. 31
Megan North	Family Support Worker	Ext. 26
Shayna Golding	Family Support/Education	Ext. 25

EDUCATION

Selena Skinner	Education Co-ordinator	Ext. 28
Shayna Golding	Education/Family Support	Ext. 25

PSYCHOGERIATRIC

Christine Ross	Psychogeriatric Consultant, 905-668-5881
Loretta Tanner	Psychogeriatric Consultant, 905-668-5881
Joan Honsberger	Psychogeriatric Consultant, 905-668-5881



COFFEE BREAK 2004
Will be held on
September 21, 2004

DURHAM REGION SUPPORT SERVICES

AJAX/PICKERING(WED) EVENINGS	AJAX/PICKERING(WED) MORNINGS	OSHAWA (WEDNESDAY)
<p align="center">April 28 May 26 June 28 Time: 6:30 p.m. - 8:30 p.m. Community Care 1420 Bayly St. W., Unit 6 Pickering</p>	<p align="center">April 14 May 12 June 9 Time: 10:00 a.m. - 12:00 p.m. Life Centre Housing 1 Marsh Lane, 1st Flr. Lounge, Ajax</p>	<p align="center">April 7, 21 May 5, 19 June 2, 16 Time: 1:00 p.m. - 3:00 p.m. Alzheimer Society Oshawa Centre 419 King St. W., Ste. 207</p>
EAST DURHAM (TUESDAY)	NORTH DURHAM (TUESDAY)	EARLY STAGE SUPPORTGROUP
<p align="center">April 20 May 18 June 15 Time: 6:00 p.m. - 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lecture Room A, Bowmanville</p>	<p align="center">April 27 May 25 June 29 Time 1:30 p.m. - 3:30 p.m. Trinity United Church 20 First Ave., Uxbridge</p>	<p align="center">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</p>

NORTH DURHAM DROP IN OFFICES - April 19, May 17, June 21

Port Perry-Community Care Scugog, 181 Perry St. **9am-12pm** **Sunderland**-Brock House, 82 River St. 1st fl. Lounge **1pm-4pm**

Alzheimer Society of Durham Region

Oshawa Centre (Executive Centre)
419 King Street West, Suite 207, Oshawa, ON L1J 2K5

To Contact Us,

Phone: 905-576-2567 Toll Free: 1-888-301-1106
 Fax: 906-576-2033
 Email: info@alzheimerdurham.com
 Web: www.alzheimerdurham.com

Office Hours,

Monday to Thursday 8-6 Friday 8-4

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.

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.



There are over 4,000 people with Alzheimer Disease or a related dementia in Durham Region. Your support helps us help them and their caregivers.

Enclosed is my \$10.00 Membership Fee

We do not share our member/donor list with any other agency or not-for-profit organization

New Member **Annual Renewal** **or Donation**

Total Amount Enclosed: \$ _____

Visa/Mastercard/AMEX # _____

Expiry Date: _____

Name: _____

Address: _____

Phone # _____ Email _____

I would like more information about:

- | | |
|--|---------------------------------------|
| <input type="checkbox"/> Alzheimer Disease | <input type="checkbox"/> Caregiving |
| <input type="checkbox"/> Related Dementia | <input type="checkbox"/> Fundraising |
| <input type="checkbox"/> Research | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Our Programs & Services | <input type="checkbox"/> Other |

connections is sponsored by

