

connections



A NEWSLETTER FROM THE ALZHEIMER SOCIETY OF DURHAM REGION

SEASON'S GREETINGS

WALK FOR MEMORIES-SUNDAY JANUARY 4TH

Our fifth annual Walk for Memories is just weeks away! There are big changes ahead for Walk for Memories, scheduled for Sunday January 4, 2004. Walk for Memories has a new time and for the first time ever, you can collect donations online!

An Afternoon Walk

Walk for Memories has been moved to the afternoon so that walkers can see Cullen Gardens and Miniature Village's Festival of Lights at its best. Registration begins at 1:30. The walk will begin at 3:00 p.m. There will be refreshments and entertainment after the walk.

Collect Pledges Online

On December 1st, the Society will launch a new site to collect online donations for Walk for Memories. This highly secure site is hosted by Alzheimer Society of Ontario, but you can access it through www.alzheimerdurham.com's Walk for Memories page. To collect online pledges, you will have to register on the site. Once you register, it's just a few easy steps to creating your own web page on the site that allows you and your sponsors to check your progress. You can even use the site to send e-mail to family, friends, and colleagues inviting them to make a secure credit card donation online or even to register themselves.

All of the great features that make the walk so special are still in place. As a walker you will enjoy the beautiful path of Cullen Gardens featuring its famed miniature village and a seasonal-themed winter garden. On the path you can enjoy games and a marshmallow roast. And to keep you warm during your walk, you can stop at our Chocolate Shack for hot chocolate.

Also new this year, is the Walk for Memories scarf—our gift to you for your support. Any walker who raises the minimum pledge of \$15 for individuals and \$40 for families (maximum of two adults per family group) will receive the scarf. All proceeds will benefit Alzheimer research and community services for the more than 4,000 people living with Alzheimer Disease and related dementia in Durham Region and their caregivers. End your holiday season on a high note. Show your support by signing up for Walk for Memories. For more information, call us at 905-576-2567 or via e-mail at give@alzheimerdurham.com.

AT RISK DRIVER PROGRAM PROTECTS DRIVERS WITH DEMENTIA

We are very pleased to announce a New Program ! *The At Risk Driver Program*—a partnership between the Alzheimer Society of Durham Region and Durham Regional Police Services. The approaching decades will bring the largest ever cohort of older drivers to our roads and highways. It is estimated that by 2020 traffic collisions will rise from the ninth to the third leading cause of death.¹

Unfortunately as people age the incidence of Alzheimer Disease and related dementia increases. Durham Region has one of the fastest growing rates of Alzheimer Disease in Ontario.² There are currently over 4,200 people in Durham Region diagnosed with a form of dementia such as Alzheimer Disease. By 2027 it is estimated that this disease will affect more than 12,000 people in Durham Region.³

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TICKETS NOW AVAILABLE FOR ALZHEIMER SOCIETY'S REEL MEMORIES GALA

Get ready for your moment on the red carpet! Alzheimer Society of Durham Region's gala, *Reel Memories—A Celebration of Life in the Movies*, is scheduled for Saturday January 31, 2004. Reel Memories will take you back to a time when Hollywood defined elegance and style. This black tie event features dinner, dancing, entertainment, plus live and silent auctions. The gala dinner and dance will be held at the Holiday Inn's Guild Hall. Tickets are now available for \$125.00.

The gala dinner is complemented by a dance with a repertoire of live music taken from the best of Hollywood's classic and contemporary films. The live and silent auctions feature dozens of items generously donated by businesses in our community. The program is sure to be lively with Dan Carter of CHEX TV Durham as emcee.

Funds raised will benefit Alzheimer research and the Society's local programs in support of the more than 4,000 people living with Alzheimer Disease and related dementia. For ticket or sponsorship information, contact Alzheimer Society of Durham Region at 905-576-2567 or 1-888-301-1106.

VOLUNTEER FOR CHOCOLATE LOVERS' LUNCHEON

On Sunday May 2, 2004, Alzheimer Society of Durham Region will host its 13th annual Chocolate Lovers' Luncheon at the Holiday Inn's Guild Hall. This annual luncheon raises much needed funds for the Society's programs.

We are now looking for volunteers to join a working committee organizing the luncheon. The bulk of the committee's work centres around finding gifts for the silent and live auction and donors of chocolate desserts. In most cases, volunteers would simply be confirming a gift from a donor who has given for several years.

The committee is also responsible for creating and finding materials for a gift bag that each guest will be given.

There will be 4 - 5 meetings, from January to May of one hour each at the Society's main office. To volunteer, contact Leonie Smith, Resource Development Coordinator.

EVENTS AT-A-GLANCE		
Dec 11	Family Caregiver Education Workshop	ASDR 9:30 - 12:00
Jan. 4	Walk for Memories	Cullen Gardens 1:30 - 5:00
January 15	Family Caregiver Education Workshop	ASDR 9:30 - 12:00
January 21	Family Caregiver Education Workshop	ASDR 6:00 - 8:30
January 22	Lecture: How Dementias Distinguish Themselves	Whitby Mental Health Centre 9:30 - 11:30
January 31	Reel Memories Gala	Holiday Inn 5:30 - 12:00
February 11	Professional Caregiver Education Workshop	ASDR 5:30 - 8:30
February 12	Professional Caregiver Education Workshop	ASDR 1:00 - 4:00

CULLEN GARDEN'S ALZHEIMER DAY

On August 30, 2003, Cullen Gardens and Miniature Village hosted their first Alzheimer Day. This one day event raised \$1,500 for local programs. Thank you to all at Cullen Gardens for their generous support.



Sunday January 4, 2004
1:30 - 5:00

Cullen Gardens and Miniature Village

Sponsored by:



Celebrity Chair, Dan Carter, CHEX TV
Community Chair, Carol Browne, RBC Financial Group

FORMING A WALK FOR MEMORIES TEAM

One of the best ways to build excitement around Walk for Memories is by building a team. And with the addition of online pledging, building and finding support for the team is even easier.

So how do you form a Walk for Memories team? First, decide what kind of team you would like to form. You can form a family, corporate or school team. Teams can also decide to walk just for fun or as a memorial team or tribute team for someone with Alzheimer Disease.

Then register as a team. Registering as a Walk for Memories Team just takes a few easy steps. To register as a team, you simply need to submit a Commitment Form and Team Roster by December 19, 2003. Call our office to request a team package or download it off the Society's website.

Don't forget to register your team online so that the team or its individual members can e-vite their friends, family and colleagues to make a credit card donation on the Society's secure Walk for Memories site.

Begin soliciting participants. Approach your family, friends and colleagues to join you at this year's walk by joining your Walk for Memories Team.



Set a team fundraising goal! The Team Captain and individual members can decide on a fundraising goal. Can your team members raise \$50, \$100 or \$200 each?

Rally your team members together and decide on an aggressive, yet reasonable fundraising goal.

Keep in touch with your team

Captains need to find out the best way to stay in contact with team members. A weekly e-mail newsletter, phone tree, or other unique method of communication will help you tell your team about all the exciting happenings with Walk for Memories.

Reach out to other organizations and community leaders. For example, challenge a competitor to register a Walk for Memories team.

Offer incentives to your team member (i.e. top individual on your team wins a gift certificate or a day off)

Create a team banner, poster or flag to carry on event day

Promote the walk on your bulletin boards, newsletter, intranet and website.

Send an invitation via your company's intranet or internal newsletter to all employees to join your Walk for Memories team. For family teams, send invitation to all of your friends and family.

Hold a team meeting/rally before the event
Challenge your team members (Department v. Department; Location v. Location)

Establish a meeting time and location for your team the day of the event.

Here are some of the teams who will be joining us in 2004!

Team Dupont:

For the first time, Dupont Canada will be forming a team from two of its locations in Durham Region.

Team Old Navy

Old Navy in the Oshawa Centre will be joining Walk for Memories as a team

Team RBC Financial Group

For the fourth year, RBC Financial Group will be forming a Walk for Memories team. They are also a volunteer group for our registration and donation collection at the walk

Early Stage Support Group:

Here's one to inspire. Our early stage support group -consisting of people in the early stages of Alzheimer Disease and related dementia will walk as a team to raise awareness of Alzheimer Disease and related dementia.

**Register for Walk for Memories
Online!**

www.alzheimerdurham.com

At Risk Driver Program...continued (from Page. 1)



People who have been diagnosed with Alzheimer Disease will reach a point in their illness when they will no longer be able to drive safely. Although the person's licence may be suspended, some will continue to drive. This causes great risk to the person, any passengers and the general community. It has been found that drivers with cognitive impairment are over seven times more likely to be involved in an at fault crash.⁴

The *At Risk Driver Program* is intended to reach such drivers. Family members will contact Alzheimer Society of Durham Region to complete the registration form. There is no cost and the confidential information provided will assist the police in providing appropriate service to the cognitively impaired person and their care partners. Contact names and numbers are provided to help to ensure that the person is returned home safely.

Contact Family Support Staff at our office for more information.

1. Harvard School of Public Health / Time Magazine, November 1999
2. Hopkins, R and Hopkins, J, *Dementia Projections for the Counties, Regional Municipalities and Districts of Ontario*, January 2002.
3. IBID
4. National Highway Transportation Safety Administration, 1998

WHEN SHOULD I STOP DRIVING?

Immediately after diagnosis, the responsible driver will:

1. Have a trusted licenced driver (friend or family member) drive with them **at least** once a month. Find out what this person notices and if they feel safe.
2. Frequently study the latest version of the driver's handbook and have someone question them on it.
3. Take the 55 Alive course (offered at most senior centres, driving evaluation centres or contact the Ministry of Transportation for more information)
4. go for a driver evaluation if no longer able to safely complete 1, 2 and 3.

Indications that you may no longer be safe:

- You begin to feel nervous or unsafe in usually familiar driving situations

- People start to refuse to drive with you and/or express concern over your driving
- You sometimes get lost when driving alone in usually familiar areas
- You break the law and /or receive traffic tickets
- You are involved in a traffic accident
- There are changes in the way you physically operate the vehicle
- People frequently honk or yell at you
- You no longer remember the rules of the road

When you stop driving, what now?

1. Cash in on favours from family and friends
2. Start an account with a taxi company
3. Have someone drive your car for you
4. Use public transit
5. Take Handi Transit

One of the difficulties of giving up your driver's licence is losing a valid form of picture identification. You may want to make sure you have another source available such as the picture Health Card.

-Lin Gardner, Driving Evaluator. Reprinted and revised with permission.

SAFELY HOME ALZHEIMER WANDERING REGISTRY



During the past year the Alzheimer Society of Canada in collaboration with the Alzheimer Society of Ontario has redesigned the *Safely Home - Alzheimer Wandering Registry*. The registry has been enhanced to provide a better service with new information for health professionals and new training for police. Recent changes include a name change for the program, *Safely Home- Alzheimer Wandering Registry*. This is a nationwide program designed to help find a person with Alzheimer Disease or related dementia who is lost and assist in their safe return home. An identity number and bracelet are provided to help facilitate the wandering individual's safe return.

We would like to reassure existing registrants that they remain enrolled in the new program.

If you would like more information, or to register with this program please contact the Alzheimer Society of Durham Region.

T'WAS THE FORTNIGHT BEFORE CHRISTMAS
A tribute to caregivers by Ron Moroney

T'was the fortnight before Christmas and all
 through the house
 Not a creature was stirring-not even a mouse.
 But in the main lobby, barb indulged in her jobby
 Of looking after us all.
 With décor and lights and delicate bites
 For the kids and all the others we'll meet
 With good reason, celebrating this season
 And enjoy all the company there.
 The kids will enjoy, the occasional toy,
 Their faces all filled with delight.
 They'll remember (with Santa in sight)
 His presence is always a gift, but its
 Mostly his presents that will give the big lift.
 We will enjoy it all down in the main hall
 And be thankful for this joyful season
 We will thank 'barb' for it all .
 Happy Christmas every one and all

Reprinted with permission

ALZHEIMER PRAYER

- A Please remember, I am human; loving care is what I need
- L A Language barrier is nil if you speak slowly and clearly; what is on my mind to say doesn't always come to my tongue easily
- Z My tolerance is Zero if I am rushed. You only confuse me more when you treat me like a child
- H My Heart is not suffering with any disease - Don't talk down, you only degrade me
- E My Eyes see very clearly. Your patience is what you can express
- I I don't choose to have this condition and may resist your assistance; please have leniency
- M Sometimes my Mind doesn't understand the concept of age, time, or correctness. Tolerance could be your specialty
- E Every person is on an individual level with different needs; please take the time to understand mine
- R Reality is not my "forte"; just now be patient and try to relate to me when I sound or seem disoriented
- S This is not a chosen lifestyle by my family or me. So please, try to have compassion, Sincerity, and Sensibility,
 For I am human

Adapted from Sheila Hashka
 Burnaby, B.C.
 August, 1995

HINTS FOR THE HOLIDAYS



- Adjust expectations and recognize this holiday will be different from previous years
- Hold the festivities at a new location, where new memories can be created
- Focus on remaining strengths and set realistic guidelines for everyone
- Request that families and friends always call ahead and arrange a convenient time to visit
- Minimize excessive noise and create a quiet place for the person to go if necessary.

Alzheimer Society
 DURHAM

Invites you to an Information Session


HOW DEMENTIAS DISTINGUISH THEMSELVES
 Presented by Dr. Ron Keren

9:30 a.m. - 11:30 a.m.
 Thursday January 22, 2004

Whitby Mental Health Centre Auditorium
 700 Gordon St.

Admission is Free
 Register by calling 905-576-2567 or
 1-888-301-1106

Sponsored by


JANSSEN-ORTHO

UNDERSTANDING RELATED DEMENTIAS

WHAT IS DEMENTIA?

Dementia is a syndrome consisting of symptoms that include loss of memory, judgment and reasoning, and changes in mood and behaviour. These symptoms may affect a person's functioning in a variety of contexts. Dementia is a group of symptoms, which may accompany certain diseases or physical conditions. The cause and rate of progression of each dementia varies. The most common form of dementia is Alzheimer Disease. Others include Vascular Dementia, Pick's Disease, Creutzfeldt-Jakob Disease and Lewy Body Disease.

ALZHEIMER DISEASE is the most common form of dementia, accounting for 64% of all dementias in Canada. Alzheimer Disease is a progressive degenerative condition where the onset is often subtle. Symptoms of Alzheimer Disease include; gradual memory loss, difficulty performing familiar tasks, disorientation to time and place, problems with language, poor judgment, behaviour and personality change, problems with abstract thinking and loss of initiative. The rate of progression of Alzheimer Disease as well as other dementia varies from case to case. The life span of a person with Alzheimer Disease typically ranges anywhere from 3 to 20 years. There is no single test that can ascertain if a person has Alzheimer Disease except examining brain tissue during autopsy. However, it is important to obtain a diagnosis, as doctors making this diagnosis are accurate 80 to 90 per cent of the time.

VASCULAR DEMENTIA (MULTI INFARCT DEMENTIA) (VaD) is the result of a single or multiple strokes. A stroke is the main area of damaged brain caused by loss of blood flow. Strokes can be large or small and can have a cumulative effect. VaD usually has sudden onset immediately following a stroke. Strokes may alter the person's ability to walk, cause weakness in an arm or a leg, slurred speech or emotional outbursts. VaD may follow a stepwise progression, where function can deteriorate again. The cognitive symptoms may vary affecting some areas of the brain more or less than others (e.g. language, vision, or memory). VaD is not reversible or curable, but recognition of an underlying condition (e.g. high blood pressure) often leads to a specific treatment that may modify the progression of the disorder.

PICK'S DISEASE (FRONTAL OR FRONTAL LOBE DEMENTIA) is a progressive dementia that affects the frontal and temporal lobes of the brain. In some cases, brain cells in these areas can shrink or die. In other conditions, brain cells in these areas get larger, containing round, silver "Pick's bodies". In both situations, this change affects the person's functioning. Early symptoms often affect either behaviour and/or speech (language). A person with Pick's Disease often remains oriented to time and have preserved memory in the early stages. In the later stages of the disease, general symptoms of dementia arise. There is no known cure for Pick's Disease and the progression cannot be slowed down.

CREUTZFELDT-JAKOB DISEASE (CJD) is a form of progressive dementia identified by abnormal brain cells that have a spongy appearance. Numerous tiny holes where brain cells have died. CJD is a rare and fatal brain disorder. CJD usually has rapid onset and decline. Early symptoms include lapses in memory; mood swings, similar to depression; lack of interest and social withdrawal. The person may become unsteady on his/her feet. Later symptoms may include blurred vision, sudden jerking movements and rigidity in the limbs. The person may experience slurred speech and have difficulty swallowing. Eventually, movement and speech are lost. Both men and women can be affected by the disease. The usual age of onset is 45-75 years. Currently, there is no way to slow the progression of the disease.

LEWY-BODY DEMENTIA is a form of progressive dementia identified by abnormal structures in brain cells called "Lewy bodies." These are distributed in various areas of the brain. Lewy Body Dementia can occur by itself, or together with Alzheimer or Parkinson's Disease. Lewy Body Dementia is similar to Alzheimer Disease in that there is progressive loss of memory, language, reasoning and other higher mental functions. The person may have difficulty finding the right word and sustaining a train of thought. An individual may also experience depression and anxiety. The progression of the disease is usually more rapid. Hallucinations (seeing or hearing things which are not real) are common and can be worse during times of increased confusion. Some features of Lewy Body Dementia can resemble Parkinson's Disease. These include stiffness of muscles, tremors, stooped posture and slow shuffling movements.



**UPCOMING EDUCATION
EVENTS**

**FREE PUBLIC INFORMATION
NIGHT IN PICKERING**

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 in partnership with Pickering Public Library will be offering a Free Public Information Night at Pickering Public Library, Central Branch at One The Esplanade on Monday, March 8, 2004 from 6:30pm to 8:30pm. For more information, or to register, contact the Pickering Public Library at 905-831-6265 ext. 6243.

**FAMILY CAREGIVER EDUCATION WORKSHOP:
WINTER 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 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. Please choose ONE of the following dates: Thursday, December 11, 2003 from 9:30am to 12:00pm, Thursday, January 15, 2004 from 9:30am to 12:00pm, Wednesday, January 21, 2004 from 6:00pm to 8:30am, Thursday, February 19, 2004 from 9:30am to 12:00pm or Thursday, March 18, 2004 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**

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 February 2004. Please choose ONE of the following dates: Wednesday, February 11, 2004 from 5:30pm to 8:30pm or Thursday, February 12, 2004 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.

JANUARY IS ALZHEIMER AWARENESS MONTH

Join us during our Awareness Month Activities

Walk for Memories

January 4, 2004 at Cullen Garden's and Miniature Village

How Dementias Distinguish Themselves

January 22, 2004 at Whitby Mental Health Centre

Reel Memories Gala

Saturday January 31, 2004 at Holiday Inn, (Guild Hall)

PLEASE DETACH AND RETURN



I wish to make a donation of \$_____ Renew my membership (\$10.00) become a member (\$10.00)

Name: _____ Address: _____

City: _____ Prov: _____ Postal Code: _____ Phone: _____

Please bill my credit card:

Visa Mastercard American Express _____ Expiry: ____/____

DURHAM REGION SUPPORT SERVICES

AJAX (WED) EVENINGS	AJAX (WED) MORNINGS	OSHAWA (WEDNESDAY)
December 17 January 28 February 25 Time: 6:30 p.m. - 8:30 p.m. 1420 Bayly St. W., Unit 6 Pickering	December 10 January 14 February 11 Time: 10:00 a.m. - 12:00 p.m. Life Centre Housing 1 Marsh Lane, 1 st Flr. Lounge, Ajax	December 3, 17 January 7, 21 February 4, 18 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
December 16 January 20 February 17 Time: 6:00 p.m. - 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lecture Rm B. Bowmanville	December 16 January 19 February 16 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
*December 15/
 January 19/February 16*

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

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Web: www.alzheimerdurham.com

E-mail: info@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.