

connections



A NEWSLETTER FROM THE ALZHEIMER SOCIETY OF DURHAM REGION

The Board of Directors and Staff invite you to attend the
Annual General Meeting & Volunteer Recognition

Monday June 21, 2004 6:30 p.m. – 9:00 p.m.
Oshawa Public Library, Main Branch 65 Bagot Street, Oshawa

FREE ADMISSION

Guest Speaker

Marilyn Truscott

a scientist who speaks about her experiences
since being diagnosed with Alzheimer Disease
and combating stigma associated with the disease

Thanks to Janssen-Ortho for their generous sponsorship

Please REGISTER in advance as seating is limited

Alzheimer Society of Durham Region
419 King St. W. Ste. 207 Oshawa, ON L1J 2K5
905-576-2567 or 1-888-301-1106
Fax: 905-576-2033



Living With Dementia Workshop

On July 29, 2004 the Alzheimer Society of Durham Region is offering Living With Dementia. This workshop is intended for people who have been recently diagnosed with Alzheimer Disease or a related dementia and their care partner. Information will be provided about the disease process, community resources and planning for the future.

More importantly, people will have the opportunity to meet and share with others who are dealing with a similar situation. The workshop runs from 9:00 am until 11:30 am and costs \$5.00. Space is limited so please call 905-576-2567 or 1-888-301-1106 to register.

Early Stage Support Group

Do you have Alzheimer Disease or a related dementia? Would you like to learn more about the disease in a relaxed environment? Would you like to meet others who have been diagnosed with dementia? The Alzheimer Society of Durham Region is offering a six-week Early Stage Support Group. This group will meet Tuesday mornings from 10:00 am to 11:30 am for six weeks starting September 7, 2004 until October 12, 2004 at the office in Oshawa. Topics covered include an overview of dementia, dealing with emotions, coping strategies and planning for the future. Please call 905-576-2567 or 1-888-301-1106 to register, as space is limited.



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Upcoming Education Events

FREE Public Information Night in Oshawa

As the population ages, statistics tell us that the number of people with Alzheimer Disease or related dementia in Durham Region will dramatically increase. If you want to learn more about Alzheimer Disease and related dementia, Alzheimer Society of Durham Region will be offering a Free Public Information Night at Oshawa Senior Citizen's Centre – John Street Branch 43 John Street West, Oshawa on Thursday, July 8, 2004 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. 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. There is a \$5 fee for resource materials.

Please choose **ONE** of the following dates:

Thursday, June 17, 2004 from 6:00-8:30pm

Alzheimer Society Boardroom

Thursday July 15, 2004 from 9:30 – 12:00

Alzheimer Society Boardroom

Wednesday, July 21, 2004 from 1:00 - 3:30pm

Wilmot Creek, Clarington

Thursday, August 19, 2004 from 6:00 – 8:30pm

Alzheimer Society Boardroom

Family Caregiver Education Series Summer Sessions

This four-part series of workshops are for family caregivers of persons with Alzheimer Disease or related dementia. Each workshop focuses on a specific area of challenge that caregivers face and provide information and support in order to help make informed decisions.

Caregivers may sign up for all four workshops or just the sessions they feel are most relevant to them. There is a \$5.00 fee per session for resource materials.

Legal Issues

Tuesday August 3, 2004 9:00 – 11:30am

Speaker: Lavinia Inbar, Durham Community Legal Office

Care at Home

Tuesday August 10, 2004 9:30 – 11:30am

Speakers: Kirstine Farmer, Cummunity Care Oshawa
Family Support, Alzheimer Durham Staff

Therapeutic Activities and Challenging Behaviours

Tuesday August 17, 2004 9:30 – 11:30am

Speaker: Susan Locke, Alzheimer Society Durham

Long Term Care Placement

Tuesday August 24, 2004 9:00 – 12:00am

Speakers: Karen Tatchell, Placement Services
Durham Access to Care
Satja Sukai, Social Worker,
Community Nursing Home Pickering

All sessions will be held at the Alzheimer Society of Durham Region Office 419 King Street West, Suite 207 (Oshawa Centre Office Tower)

For more information or to register, please call the office
905-576-2567 or 1-888-301-1106
Please call early, space is limited.

Professional Caregiver Education Workshop: Two Part Series

Are you a professional caregiver working in the community or at 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 front line caregiving staff about the issues that arise when providing care for persons with dementia. You will learn about the disease process, communication skills, managing challenging behaviours, supporting the family, therapeutic activities and enhancing remaining strengths. Certificates will be issued to those in attendance. All sessions will take place at Alzheimer Durham's office. There is a \$5.00 fee for resource materials. Please call 905-576-2567 or 1-888-301-1106 early to reserve a spot.

Session 1 - Overview of Alzheimer Disease, Communication and Challenging Behaviour

Wednesday July 28, 2004 from 1:00pm to 4:00pm **OR** Wednesday August 4, 2004 from 5:30pm – 8:30pm.

Session 2 - Therapeutic Activities, Working with Families, Enhancing Strengths

Wednesday September 8, 2004 5:30pm – 8:30pm **OR** Thursday September 9, 2004 1:00pm- 4:00pm

STRIKING A BALANCE CAREGIVER CONFERENCE

SATURDAY OCTOBER 23, 2004

8:30 A.M. – 3:30 P.M.



Presented by Alzheimer Society of Durham Region and
Community Care Durham

A DAY TO PROVIDE SUPPORT AND
EDUCATION TO ALL CAREGIVERS

Conference Schedule

8:30 - 9:00	Registration
9:00 - 10:00	Keynote Address "Stress is Funny Ha! Ha!" Tricia Hasenclever
10:00 - 11:00	Capacity and Consent: Judith Wahl
11:00 - 11:15	Break
11:15 - 12:15	Intimacy & Sexuality: Dr. David Myran
12:15 - 1:00	Lunch
1:00 - 2:00	Palliative Care: Dr. Nicole Devost
2:00 - 3:00	Driving: Lyn Gardiner

Whitby Mental Health Centre Auditorium
700 Gordon St. (south of Victoria) Whitby

REGISTRATION FEE \$25.00

Includes lunch and conference materials

**MARK YOUR CALENDERS
& REGISTER TODAY**

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

A Changing Melody Conference

People with Alzheimer Disease or a related dementia have the opportunity to learn from each other and experts in dementia care on November 6, 2004. This conference offers information about adapting and enhancing leisure activities, living with dementia, planning ahead and much more. The conference is being held in Toronto at the Fairmont Royal York from 9:30 am to 4:30 pm and is hosted by the Murray Alzheimer Research & Education Program, Alzheimer Canada, Alzheimer Ontario and the Dementia Advocacy and Support Network International. The cost for people with dementia and their partners in care is \$30 each and includes lunch.

Please call the office for more information or to receive a registration package 905-576-2567 or 1-888-301-1106.

NORTH DURHAM SERVICES

Alzheimer Society of Durham Region has responded to requests for a greater presence in North Durham as well as easier access to support and information on dementia care. In order to better meet the needs of families in North Durham, Alzheimer Society is now available in both Port Perry and Sunderland one half day every month. Individuals and families coping with Alzheimer Disease or related dementia can meet with Family Support staff at:

- Community Care Durham, Scugog office, 181 Perry St, **Port Perry**, on the 3rd Monday of each month from 9am-12 pm.
- Brock House in **Sunderland** on the 3rd Monday of each month from 1pm-4 pm.
- We offer a support group for family caregivers in **Uxbridge** on the last Tuesday of each month from 1:30-3:30 pm. at Trinity United Church.
- Personal appointments/home visits can be arranged by calling 905-576-2567 or 1-888-301-1106

Check Out our Portable Lending Library

Alzheimer Society also offers a portable lending library, which includes books, videos, and information that can be borrowed from the Community Care Durham offices in **Uxbridge, Port Perry and Cannington**.

Here are just a few of the wonderful resources that can be borrowed from the portable library:

- **The 36-hour day:** A comprehensive guide to the care of persons in the early to mid stages of Alzheimer Disease.
- **The Alzheimer Journey: Video Series**
Module 1: Early Stages, issues surrounding diagnosis and planning
Module 2: Middle Stages, communication, behaviours & personal care
Module 3: Later stages, caregiving options & when the end is near
Module 4: Link between the brain and behaviour
- **Alzheimer Disease: A Handbook for Care.** This booklet briefly discusses AD while outlining care for persons with the disease and their caregiver.
- **Caring for Norah:** A caregiver wrote this book explaining the challenging decisions he faced while caring for his wife.
- **Sensory Stimulation Idea Guide:** Collection of ideas to help find ways to enhance the senses of persons with Alzheimer Disease.

New Additions

- **Shared Experiences:** Suggestions for those with AD
- **Memory Problems?** Written by people with dementia for people with dementia
- **Just For You:** For people diagnosed with Alzheimer Disease

THANKS TO OUR VOLUNTEERS!

For the second year in a row our Annual General Meeting will feature a Volunteer Recognition program. We'll be handing out special awards and certificates of appreciation to many people who have helped Alzheimer Society of Durham Region over the past year by volunteering with special events, helping out in the office, helping with education displays or serving on our Board and Committees. The Volunteer Recognition and Annual General Meeting will be held Monday, June 21, 2004 at Oshawa Public Library Main Branch, 65 Bagot Street in downtown Oshawa, beginning at 6:30 p.m. As a non-profit organization, Alzheimer Society relies on the support of volunteers. We're very lucky to have such great volunteers and we say thanks to each and every one of you for all you do!

JOIN OUR VOLUNTEER TEAM!

Alzheimer Society of Durham Region has volunteer opportunities for people of all ages and skills. These include:

- Providing office support
- Helping at fundraising events
- Planning events
- Providing leadership on our Board and Committees
- Helping with public awareness displays and health fairs

CALLING ALL STUDENTS!

Students looking to fulfil their community hours for high school can volunteer for two to three hours a week after school to help out in the office with photocopying, reception, data entry on the computer and other office-related tasks. Give us a call at 905-576-2567 if you're interested in volunteering or complete the volunteer information form online at www.alzheimerdurham.com

DONATIONS VERY WELCOMED

As a registered charity Alzheimer Society of Durham has a variety of funding sources to help us operate our programs and services. The Ministry of Health and Long Term Care generously provides funding to our agency and we rely on revenue from fundraising events and donations from individuals, businesses and groups. Some special donations we've received this spring include:

- \$500 from the Bell Canada Employee Volunteer Program in recognition of the volunteer hours given to the agency by Anne-Marie Yaraskavitch, a Bell retiree;
- \$2,000 from the Dutch Canadian Club of Durham;
- \$500 from the Rotary Club of Oshawa Parkwood;
- \$110 from the London Life Charity Trust;
- \$446 from the Ontario Power Generation Employees' and Pensioners' Charities Trust;
- \$203 from a raffle held at Cedarcroft Place;
- \$310 from the "It's Your Life" Wellness Fair hosted by T & E Health Pros of Whitby; and
- \$400 from the BMO Fountain of Hope

We appreciate of all of the funding we receive as it allows us to help people affected by dementia, including Alzheimer Disease, through our education and support programs.

Did you Know?



- The U.S. National Library of Medicine has a new website that can answer your questions about genetics. Genetics Home Reference, offers a genetics refresher course that includes information about genes, hereditary diseases and the principles of gene mutation. You can type in a specific disease and you can learn how it is inherited, what the symptoms are and how it is treated. The information on GHR is targeted to the general public. It can be accessed at www.ghr.nlm.nih.gov/.

“Kacey Babies” selling like hotcakes!”

Those cute **“Kacey Babies”** fabric dolls hand-crafted by local health care worker Kim Calhoun are hot sellers. Thanks to Kim’s generosity \$5.00 from the sale of each doll is being donated to Alzheimer Society of Durham Region. And thanks to Kim’s sewing and decorating talents, over 60 dolls have been sold since Kim started a few months ago, netting Alzheimer Society more than \$300.00 so far.

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 (www.diversicare.ca). In addition to the **“Kacey Babies”** currently on sale, Kim will take special orders at 905-438-0343.

**“PERK UP” Your Day
September 21st**



Tuesday, September 21st is **Alzheimer Coffee Break Day** to raise money for Alzheimer Society of Durham Region. You are invited to host an Alzheimer Coffee Break by pouring coffee for your friends, co-workers, clients etc in return for a donation in support of Alzheimer Society education and support services. You can sweeten the pot by offering other refreshments such as home-baked goodies.

Coffee Breaks can be held Tuesday, September 21st, which is World Alzheimer Day or any other day in September that suits your schedule. We’d be happy to give you more information about Coffee Break. Give us a call at 905-576-2567.

**Congratulations
Selena & Justin**



We are happy to announce that Selena Skinner, Education Co-ordinator had a beautiful baby boy on May 3rd. Baby Navan arrived at 10:43pm weighing 8lb 9oz. All are doing well.

While Selena is on parental leave, please contact Sue Locke with any Education inquiries.

Special Canada Day Closing

Alzheimer Society of Durham Region will be closed July 1st to 4th inclusive.

Happy Canada Day



STAFF LISTING

Joan Skelton	Executive Director	Ext. 23
Linda Bredin	Administrative Assistant	Ext. 21

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

Susan Locke	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

Early Stage Support Group provides opportunity to open up about Alzheimer Disease

New challenges surface daily for Les Paddick, a Durham Region resident with Alzheimer Disease. With the help of his wife and caregiver Beth, Les remains active though his condition has progressed over the two-year period since being diagnosed with the disease.

With the introduction to Alzheimer Society of Durham Region's (ASDR) Early Stage Support Group (ESSG), Beth has noticed positive changes in her husband. "He's more comfortable with the disease," and the group members "light up when they see each other," said Beth.

Originally, there was no long-term schedule for the Early Stage Support Group, but after

the initial six-week program, participants asked to have the opportunity to continue meeting. The routine of the group has provided consistency, support and humour to maintain the group's safe environment. The agency continues to offer several six-week sessions each year.

"Every person is offered a chance to 'check in' and let others know how they are feeling," said group facilitator Ms. North. While the responses may be positive or negative, they share anecdotes about the changes they are experiencing. When Les is at ESSG, Beth meets with two other caregivers to discuss the stages and progress of their loved ones. The group goes to lectures

together and finds interest in the new medical developments of Alzheimer Disease.

Although there are many challenges that accompany caring for someone with Alzheimer Disease, Beth credits her patience to ASDR, "They have been a wonderful source of help" said Beth.

Besides the ESSG, Les is active with yard work, euchre games and the company of his two granddaughters, ages two and three. "They grow so fast," he explains of the frequent visitors. Framed photos of the girls and Les are scattered throughout the house as a reminder of the girls' adoration for their grandpa.

Feel Better and Care Better

If you are a caregiver of an individual with dementia, you have likely heard of the many benefits of taking care of yourself at the same time. Not only do you deserve to feel better, but in learning to preserve your own health you'll become more effective in taking care of your loved one. Certainly, taking 'time for you' and maintaining things in your life that have always brought you pleasure are a huge part of this, but in the next few paragraphs, we'll explore how you may be able to draw more positive experiences from caregiving itself.

The idea involves 'noticing' things as opposed to 'worrying' about them. Edythe-Anne Colangelo, a Brain Gym Consultant & Infant Development Coach, explains that the big difference between noticing things and worrying about things is the expectation and judgment we attach to them. For example, when we get hungry, we expect it and therefore attach no judgment to it. We simply notice and begin thinking about potential solutions to the problem. In this simple example, of course, that would be to make something to eat. When something unexpected occurs, however, a judgment enters the picture, leading us to identify it as a problem and we begin to worry. The freeze response in our brain stem switches on and the logic centres in the frontal lobes of the brain switch off. Consequently, our ability to attend to what we've observed is lessened. The worry can become all encompassing and little energy is left for use in the search for a solution. Ms. Colangelo goes on to say that in noticing things in our lives instead of worrying about them, we retain the power to address the problems as they arise. For example, instead of saying, "I'm worried about the headaches I've been having lately" - a statement attached to fear - we might say, "I notice that I'm having a lot of headaches lately", removing the worry and in-doing-so, taking back the power to deal with the issue rather than letting the issue deal with us.

The desired result of this approach is to give us a little bit of control over our feelings. If we are able to alter our thoughts, and consequently our body's response to those thoughts, we just might be able to make ourselves feel a little better about things.

Source: Information borrowed with permission from Edythe-Anne Colangelo, B.Ed., Certified Brain Gym Consultant & Instructor, Kew Beach Naturopathic Clinic, Toronto, 416-690-6168, email ea-colangelo@rogers.com

Why attend a support group or talk to a Family Support Staff person?

Sometimes life presents difficult challenges. It is well understood that entire families are affected by the commitment to caring for a family member with dementia. In 1994 the Canadian Study of Health and Aging, reported that on average, caregivers provide assistance to their family member with dementia between 3.20 hours to 8.06 hours per day depending on the person's level of cognitive functioning. Many caregivers report that some days it feels like a 36-hour day. A "caregiver career" can span several years, during which time the caregivers may cope with stressful events on a daily basis. If this stress is not managed properly it can place the caregivers health at risk.

The May 1, 2004 issue of the American Journal of Psychiatry published a recent study which demonstrated that a 6 session counseling and long term support program substantially eases the depression of people caring for a family member with dementia. The lead author of the study, Mary Mittelman, Dr. P.H., is quoted as saying "I explain it as a snowball effect, whereby the benefits that started in the counseling sessions led to changes that many families made in the way they interacted afterwards."

Support groups have become a widely used mode of intervention to help reduce stress. A Canadian geriatrician, Dr. Rejean Hebert, recently worked with a group of multidisciplinary researchers to record the development and evaluation of a support program for caregivers based on a stress management conceptual model. (Levesque, Gendron, Gendron, Vezina, Hebert, Ducharme, Lavine, Girouard, Voyer & Preville, 2003). According to their evaluations of the program, the frequency of difficult behaviour and the intensity of negative reactions of caregivers diminished significantly in caregivers who took part in the support group program. Caregivers who participated in the program reported improved coping strategies, greater understanding of dementia and the associated behaviours. Contact the Alzheimer Society for a support group schedule or to book a one-to-one visit.

Safely Home tm- Alzheimer Wandering Registry

Safely Home-Alzheimer Wandering Registry has a new updated look and name. The registry's purpose is to help return Canadians safely home after an occurrence of wandering. When a registrant goes missing, the caregiver calls the local police. Accessing the computer database, police find the pertinent information about the registrant to aid in facilitating a safe return home. This new program was recently launched and over the summer months the Family Support staff are presenting information sessions to explain how the Safely Home program works.

Mark your calendar if you are interested in attending an information session in your community.

Please call the Alzheimer Society of Durham office to RSVP:

Wed. May 26/04- Lakeview Manor-Beaverton Adult Day Program- 3:00pm

Friday June 18/04- Community Care Durham- Newcastle Adult Day Program- 2:30pm

Tuesday June 22/04- Hillsdale Estates Adult Day Program- 3:00pm

Wed. June 23/04- Oshawa Senior Citizens Centre-Northview Branch Adult Day Program-1pm

Wednesday, June 30/04-Community Care Durham- Pickering Adult Day Program- 2:30pm

Thursday, July 22/04- Lakeview Manor- Port Perry Adult Day Program- 2:00pm

Wed. July 28/04- Community Care Durham- Uxbridge Adult Day Program- 2:00pm

DURHAM REGION SUPPORT SERVICES

AJAX/PICKERING(WED) EVENINGS	AJAX/PICKERING(WED) MORNINGS	OSHAWA (WEDNESDAY)
<p align="center">July 28 August 25 September 22 Time: 6:30 p.m. 8:30 p.m. Community Care 1420 Bayly St. W., Unit 6 Pickering</p>	<p align="center">July 14 August 11 September 8 Time: 10:00 a.m. – 12:00 p.m. Life Centre Housing 1 Marsh Lane, 1st Flr. Lounge, Ajax</p>	<p align="center">July 7 & 21 August 4 & 18 September 1 & 15 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">July 20 August 17 September 8 Time: 6:00 p.m. – 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lecture Room A, Bowmanville</p>	<p align="center">July 27 August 31 September 28 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 – July 19, August 16, September 20

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

