



SEASONS GREETINGS



January is Alzheimer Awareness Month...and The Story is Changing

No one knows why or when Alzheimer Disease will strike. But when it does, the effects are felt by those with the disease, and everyone around them.

Alzheimer Disease is a progressive, degenerative disease that destroys vital brain cells. A person's ability to think, remember, speak and even perform simple tasks will be affected.

However, the Story *is* Changing for people with Alzheimer Disease and for their caregivers.

Alzheimer Society is a nationwide network of "help and hope", working to provide support and fund research nationally, provincially and through more than 140 local offices across the country. When the first meeting was held in 1978 with 45 people attending, it was the first of its kind in the world. Canadians have been at the forefront in organizing the fight against Alzheimer Disease ever since.

Alzheimer Society of Durham Region was formed in 1979 by a group of family caregivers who saw a need for improved services for people affected by Alzheimer Disease and related dementia. It is their vision, which has guided our organization over its 25-year history to its position today as a leader in the Alzheimer movement in Durham Region. We are currently working with over 700 clients in family support and providing education and awareness on various aspects of dementia to thousands of people annually with our staff of eight and an annual operating budget of over half a million dollars.

Dementia not only affects the individual but also everyone who is providing care.

Much of Alzheimer Society's efforts are directed at helping caregivers and family members through information and support. Over the course of a year, Alzheimer Society of Durham holds more than 150 support groups for caregivers and works one-to-one with hundreds of family members.

In response to an increasing number of individuals in the early stages of dementia coming to our agency for support we launched Early Stage Support Groups in Durham in 2002. Our initial six-session group proved so popular and helpful that the people who attended asked to continue meeting on an ongoing basis. They now get together twice a month, and we continue the six-session group three times a year. There are over 10 regular attendees at the ongoing Early Stage Support Group.

Alzheimer Society offers over 120 education and training sessions a year to the general public and health care professionals through our Public Education program and over 2,000 hours of education and support to staff of long term care facilities and Ministry of Health funded community agencies in Durham through the Psychogeriatric Resource Consultants program.

Although tremendous advancements have been made in the treatment of Alzheimer Disease in recent years, the cause and cure remain unknown. Currently, an estimated 4,400 people in Durham Region over the age of 65 have Alzheimer Disease or a related dementia. As the population ages, that number will increase dramatically.

As the major provider of research funds in the country, Alzheimer Society of Canada, Alzheimer Ontario, other provincial organizations and local chapters like ours will continue to seek better treatments and a cure. In the meantime, Alzheimer Society will provide people with the disease, their families and their caregivers withHelp for Today...and Hope for Tomorrow.

Adapted from Alzheimer Canada

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Alzheimer Society of Durham...The Early Years

It was my great pleasure to have been associated with the early development of Alzheimer Society of Durham. In marking the 25th anniversary of the Society, I would like to pay special tribute to the late Joy Mack and the small group of men and women volunteers who established the organization so many years ago. They were an extraordinary group worth of the highest praise as they undertook their work with dedication, determination and steadfastness.

As primary caregivers, this group struggled daily with the challenges of caring for a loved one in a vacuum of community information and support. They also understood better than others, the need to recognize and preserve the dignity and rights of those with Alzheimer Disease. They found strength in supporting one another.

Today, the Society has made much progress in advocating on behalf of individuals with Alzheimer Disease and their families through public awareness initiatives, increased caregiver support and information services. In addition, the Society's commitment to funding research to find a cause and cure is a tribute to the founding members hope that future generations would be Alzheimer Disease free. Help for Today, Hope for Tomorrow, is the past, present and the future.

By Audrey MacLean, Executive Director 1988 to 1997

THANKS FOR THE GREAT START AUDREY!



Stir up your social life with M M M M M

Need a perfect gift for a special woman in your life for Christmas, a Birthday, Anniversary or Valentine's Day?

Why not a ticket or two to Alzheimer Society of Durham Region's M M M M M Evening?

This "ladies only" fundraising event, featuring martinis, manicures, makeup, massages and memories, will be held Tuesday, February 8, 2005 from 6:30 p.m. to 10 p.m. at d'elegant el Stavros restaurant in Oshawa. For \$50.00 per ticket, a guest can enjoy one manicure, neck/shoulder massage or makeup session; a complimentary martini; hors d'oeuvres; relaxation-themed raffles; prizes; entertainment and fun!

Professional estheticians from Mary Kay Cosmetics, the Massage Therapy Clinic, Enchanted Hands Spa, Clarington Rehab and Felice's Body Toning and Tanning are volunteering their expertise.

Proceeds help make Alzheimer Durham the knowledgeable, empathetic and dependable organization that has been serving Durham Region for 25 years. Call 905-576-2567 to order your ticket today.

**HAPPY ANNIVERSARY
ALZHEIMER SOCIETY
OF
DURHAM REGION**



Caring Support to Durham Residents
For the Past 25 Years!

Start the New Year off on the right foot!

Walk for Memories

Sunday January 2, 2005
Cullen Gardens and
Miniature Village, Whitby

Registration – 1:30 p.m. Walk – 3:00 p.m.
Emcee Dan Carter, Channel 12 CHEX TV Durham

Call us at 905-576-2567 or 1-888-301-1106
to find out more or
Register and Donate ONLINE at
www.alzheimerdurham.com

Thanks for Our Sponsors



RAISE BIG – WIN BIG!

Collect the most pledges and win!

Top Individual

Two Toronto Raptors tickets

Courtesy of our friends at The Mackie Group

Top Team

Catered lasagna lunch for 8 people

Courtesy of our friends at Dee's Catering

UPCOMING EDUCATION EVENTS

Living With Dementia

A supportive information session for those who have been diagnosed with dementia and their care partners. This session will be run by our education and family support staff and will include an overview of dementia and give an opportunity to meet others who are experiencing the same life challenges.

This session will be held **Wednesday January 12 from 9:30 – 11:30am** at the Alzheimer Society of Durham Region office, Oshawa Centre, Office Tower, Suite 207. To register, please call 905-576-2567.

**FREE Public Information Night in Whitby
Tuesday March 29, 2005 6:30 – 8:30pm**

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 Whitby Seniors Centre will be offering a Free Public Information Night at the Whitby Seniors Centre at 801 Brock Street S. Whitby. Please register by calling **Alzheimer Society** at 905-576-2567.

**Public Lecture – Alzheimer Awareness Month
January 2005**

In celebration of Alzheimer Awareness Month, a public lecture has been organized on **Thursday January 20, 2005 from 9:30 – 11:30am at Oshawa Public Library**. The lecture will be titled **Who Makes Decisions If I Am Not Capable To Make Them?** The speaker will be Elaine Atchison, Senior Program Coordinator for the Capacity Assessment office in Toronto.

Elaine will speak about

- The tests for capacity to decide about treatment and placement in Long Term Care under the *Health Care Consent Act*.
- Power of Attorney documents and capacity for managing property and personal care decisions under the *Substitute Decisions Act, 1992*.
- Accessing and releasing information under the *Personal Health Information Protection Act*

This lecture is free of charge, however we do require registration. Please register by calling the Alzheimer Society of Durham Region at 905-576-2567. Please note: there is a small parking fee at the Oshawa Public Library.

**Movie "Iris"
Screens at Oshawa Library**

As part of Alzheimer Awareness Month, Oshawa Public Library will feature a screening of the film **"Iris"** on Wednesday, January 12, 2005 at 7 p.m. in the auditorium of the main branch, 65 Bagot Street. **"Iris"** commemorates the life of Iris Murdoch, one of the most extraordinary women of her generation. She was an Oxford scholar in the 1950s, a noted philosopher and novelist, and later in life had Alzheimer Disease. Alzheimer Society will have information on hand about Alzheimer Disease and related dementia. Admission is free.

**Family Caregiver Education Workshop
Winter Sessions**

Alzheimer Society of Durham Region's Family Caregiver Education Workshops offers information to those people who are providing care for someone with 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. Please choose **ONE** of the following dates:

Thursday, December 9, 2004 from 6:00pm to 8:30pm

Thursday, January 20, 2005 from 9:30am to 12:00pm

Thursday, February 19, 2005 from 6:30pm to 8:00pm

Thursday, March 17, 2005 from 9:30am to 12:00pm

There is a \$5.00 fee for resource materials.

**Professional Caregiver Education Workshop:
Winter Sessions**

Are you a professional caregiver working in the community or a health care facility looking to enhance your dementia specific skills? Alzheimer Society of Durham Region is now offering a three-hour training program for professionals. This workshop has been developed to further educate health care professionals 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 attending.

All sessions will be held at the Alzheimer Society of Durham Region Boardroom. This is a two part series. Wednesday February 9, 5:30pm-8:30pm or Thursday February 10, 1pm – 4pm

Resource Centre Update:

The Charles McGibbon Resource Centre is located at Alzheimer Society of Durham Region office. Resources include books, videos and publications which are not only a useful resource for caregivers and professionals, but also for those people who have had a diagnosis of Dementia.

Please feel free to visit and browse our resources. We would be happy to help you to find a resource to fit your needs.

Research Update – Risk Factors

Risk factors are characteristics that appear to have some relationship to the development of a disease. Some risk factors can be modified (for example, diet) while others cannot (for example, age). It is important to note that risk factors are not necessarily causes of a disease.

Reducing the risk

Physical Activity - Recent research indicates that regular physical activity is associated with reduced risk of Alzheimer Disease. This information supports previous clinical trials showing exercise benefits cognitive function.

Mentally stimulating activities -- Preliminary research has indicated that people who keep their minds stimulated with daily activities such as reading, doing crossword puzzles or playing card games have a reduced risk of developing Alzheimer Disease. Research continues in this area

This research update was taken from the Alzheimer Canada Website. For more information on current research visit our website at www.alzheimerdurham.com and click on the link to Alzheimer Canada at www.alzheimer.ca.

Changing Melodies

On November 6, 2004 the Changing Melodies conference took place at the Royal York Hotel in Toronto. It was well attended by 150 people with dementia, their care partners and health care providers. There were fourteen representatives from Durham Region including six people with dementia, seven care partners and one staff from ASDR. The information from the conference was timely, positive and empowering. The people from Durham Region who attended the conference reported that the conference was well organized and informative. Currently, the organizers of the conference are reviewing the evaluations and will be making a decision about offering the conference again in the future. We hope that the conference organizers are able to offer this exciting and informative event again.

The Bear Program is going strong!

In January 2000, the Alzheimer Society of Durham Region launched the first Bear Knitting Campaign as part of awareness month activities. Four years later, the program is still going strong!

The Bear Program started out with requests for donations of time and/or materials. Many wonderful volunteers came forward to knit or crochet a small stuffed bear. They were given a pattern and the necessary materials to complete the project. As a result, volunteers throughout Durham Region have spent countless hours creating unique and interesting bears to give to seniors in our community. We continue to receive these wonderful little bears, which are collected and presented to people with Alzheimer Disease or related dementia.

As part of the 2004 holiday season, Alzheimer Society of Durham has invited children to participate in an intergenerational program. The Girl Guides- Darlington District, and a children’s school choir will be visiting long term care facilities to distribute the bears.

Many thanks to all who participate
In this “Beary” special program.



Community Support of Alzheimer Durham

With more and more groups looking for donations from various organizations and businesses we are thrilled to be increasing our financial support from the community. We are grateful for the confidence shown in us by our donors through their contributions and we thank each and every one!

The following businesses and organizations provided donations to support our work over the past few months.

Andrew Foundation	\$200
OPG Employee Charities Trust	\$441
CAW Local 222 Retirees	\$500
Ajax Lions Club	\$1,000
North Oshawa Lions Club	\$300
Herman Kassinger Foundation	\$300
Our Friends at Pampered Chef	\$1,122
Gate House Health & Beauty Spa	\$1,045

For privacy reasons, it is the practice of our agency not to publish the names of individuals who donate to us.

But we thank you just the same!

**Support Services
The Story is Changing**

Over the past few years, there have been significant changes to the diagnosis and treatment of Alzheimer Disease and related dementia (ADRD). People have become more educated about the signs and symptoms of ADRD and despite the stigma, they are approaching their physicians to discuss their concerns. Doctors have access to specialized centres for the diagnosis of ADRD. There are currently three medications available in Canada. With these factors, many people are diagnosed earlier and remain in the early stages longer.

In the past, it was not uncommon for people with ADRD to accept the diagnosis and withdraw from public life. Recently, there have been changes in this attitude and people are staying active and connected for as long as possible. These courageous people in the early stage of ADRD have begun to seek out opportunities to meet others who are in a similar situation. They have requested and encouraged Alzheimer Societies in Ontario to offer them support groups and services. Now, Early Stage Support Groups are offered by most Alzheimer Societies in the province. Alzheimer Society Durham has had a thriving Early Stage Support Group for over two years.

People in the early stages of ADRD are also offering their expertise and voice at many levels by volunteering to sit on Alzheimer Society Boards, lecturing at conferences and education sessions and being more visible to the public. In fact, people with ADRD have created a web site to provide support and address the challenges of being diagnosed with ADRD, Dementia Advocacy and Support Network International www.dasninternational.org.

Our story today...and tomorrow

In the past five years, the Family Support program at the Alzheimer Society Durham has experienced a significant increase in the number of families who are looking for services and support soon after receiving a diagnosis of ADRD. Caregivers and persons with dementia are encouraged to maintain optimal quality of life and take one day at a time.

We offer programs and services to people with ADRD such as early stage support groups, education sessions for the person with the disease and their care provider, and ongoing support with a Family Support Worker by telephone, email or one on one support. We regularly review our literature to ensure it is current and respectful of people with ADRD.

Adult children, extended family and friends also dedicate time and energy to ensure that caregivers and persons with dementia are maintaining the best possible quality of life. This can prove to be challenging in today's society especially when there may be long distances to travel for visits. The term the "Sandwich Generation" is used to describe the growing number of adult children feeling squeezed between the needs of an aging parent, relative or friend and the demands of their own children, spouses and careers. Juggling these demands is not easy, but it can be done with support. We have recently experienced a significant increase in the number of people who access e-mail for support and information. Alzheimer Durham has developed and recently updated our web site at www.alzheimerdurham.com, which allows people to access information and send an e-mail message any time of the day or night.

Children and teens face special challenges when a parent or grandparent has dementia. They need to learn about why the person behaves differently, they also have to cope with the effects on their family. Caregiver parents may be sad, have less time for the children, and may not always explain to the children what is happening. Family Support offers a "Remember Me" program, which includes fun ways to help children learn about dementia. As well, our Resource Centre loans out children/teen books and videos. It is inspiring that the number of requests for education sessions at elementary and secondary schools throughout Durham Region is also on the rise.

Family support listens to people's concerns and reacts in a positive manner. We look forward to a new future with this spirited group of people diagnosed with ADRD and their care partners. As we turn the page of our story to 2005, we truly look forward to a bright tomorrow.

Are you interested in participating in a study?

Study title: Understanding the Experience of Living Alone for Older Adults Diagnosed with Alzheimer Disease or a Related Dementia

You, your family member or friend may be interested in participating in a research study being conducted by a doctoral nursing student at McMaster University in Hamilton. This nurse researcher is interested in learning what it is like for older people who live alone who are diagnosed with Alzheimer Disease or a related dementia. She is interviewing these people to learn more about their thoughts, feelings, and everyday experiences. Study findings may benefit caregivers, health care providers, and others faced with similar circumstances.

If you are interested in finding out more information about this study and how your family member or friend may be invited to participate, please contact Lorna at 1-905-525-9140 Ext. 22725 or by email at dela@univmail.cis.mcmaster.ca

Holiday Tips 2004

Holiday activities vary for different people and can include a wide array of preparations and celebrations. It is important to consider the possible effect that these activities might have on a family after a diagnosis of dementia. Alzheimer Society of Durham staff offer support and information to help you prepare emotionally, physically and spiritually for the holiday season. We offer:

- Information packages full of tips and suggestions
- Support group meetings during the month of December which focus on fun, festive cheer and strategies to help reduce stress

Feel free to contact our office if you are interested in receiving an information package or attending a support group meeting. Please note: Some December support group dates have been changed to accommodate the holiday schedule.

The following are some tips that might help to make the holiday season more enjoyable.

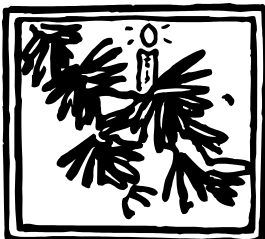
- Simplify your decorating! Too many decorations may lead to over stimulation.
- Avoid blinking lights, they can be distracting.
- Family members should try and include the caregiver and person with dementia in conversations and activities where possible.
- Prepare by phone, letter or in person any holiday visitors to the changes they will see in the person with dementia. This is especially important for those who are visiting from out of town, or those who have not visited recently.
- Delegate! Let others know how they can be helpful, don't assume they know the help you need.
- Large gatherings may bring extra work and stress for you. Suggest smaller group visits, or ask another relative to host a larger celebration.
- Ask friends and relatives to bring portions of the meal.
- Move furniture around as little as possible, remember changes can be difficult to adapt to.
- Avoid placing decorations, cords or throw rugs in "pacing pathways".
- Limit distractions and control noise. Use soft background music, and include some old time favorites.
- Maintain the normal routine as much as possible.

Friends and relatives tips

- Explain to grandchildren that their grandparent has an illness that causes them to repeat questions, and difficulty remembering names. Encourage children to be patient, to not dispute incorrect information and to allow time for their grandparent to respond.
- Choose topics the person with dementia finds interesting to talk about.
- Touch is an excellent way to communicate. Give frequent hugs, or hold hands.
- During large gatherings allow the person with dementia a chance to escape. Have a buddy system. Watch for signs of anxiety/over stimulation. This is a good opportunity for one on one visit in a quiet room. This way the individual does not feel isolated.

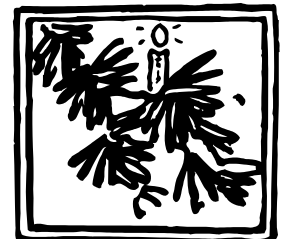
Gift ideas

- Offer your gift of time and focus on having an enjoyable visit.
- Good gifts are useful, practical and safe!
- Register with the Safely Home- Alzheimer Wandering Registry.
- Comfortable, easy to use clothing. Large buttons, Velcro and elastic waistbands.
- Make a mix tape/CD of the person's favorite music from the past.
- Videos of friends and family.
- Make a photo album labeled with names, dates, and places.



Did you Know....

Alzheimer Canada has a new message board on their website with forums for caregivers, people with Alzheimer Disease and health-care professionals.
www.alzheimer.ca





Our 2004 Coffee Break was a great success

Thanks to the close to 50 Coffee Break hosts who raised over \$9,000 for Alzheimer Society of Durham Region with the September Coffee Break

Thanks to our friends at BMO Bank of Montreal. The 12 BMO bank branches raised more than \$1,500 with the sale of the coffee cup cutouts for a week in September. Thanks also to the following businesses/organizations that hosted Coffee Breaks and/or sold the coffee cup cutouts: Ballycliffe Lodge, Barry Bryan & Associates, Bay Ridges Long Term Care, Beaverton Physiotherapy Centre, CDI College of Business and Technology, Casey's Whitby, Cedarcroft Place Retirement Residence, Community Nursing Home Pickering & Port Perry, Curves Ajax, Denny's Restaurant in Whitby, Donevan Collegiate, E.A. Lovell Continuing Education Centre, Extencicare Oshawa, Fosterbrooke Long Term Care, Hillsdale Estates, Holiday Inn Oshawa, King West Rehabilitation, Lovell Drugs, Oshawa Senior Citizens Centre John Street and Northview, Creative Memories, Mack & Kisbee, Marnwood Lifecare Centre, Nice Bistro, North Oshawa Lioness Club, Pickering Village Pharmacy, Pinedale United Church, Guardian Drugs Oshawa, Smith Chappell Marsh Vilander Chartered Accountants, South Pickering Seniors Club, St. Paul's United Church, Strathaven Lifecare Centre, Sunnycrest Nursing Home, National Car Rentals, Versa Care Centre Uxbridge, Village Gardens Coffee Club, Whitby Seniors Activity Centre, White Cliffe Terrace, Winbourne Park Long Term Care Centre.

Individual supporters who hosted Coffee Breaks in their homes raised close to \$1,500!

CHOCOLATE LOVERS' Enough to Satisfy Any Sweet Tooth!!!

Mark your calendar now for the 14th annual Chocolate Lovers' Luncheon fundraiser coming up on Sunday, May 1, 2005 in the Guild Hall of the Holiday Inn Oshawa.

Delicious chocolate desserts, lunch, silent and live auctions, raffles, door prizes, and entertainment will highlight this popular event. We'll start the festivities at 11:30 a.m. and run until 2:30 that afternoon. At \$50.00 a ticket you can gorge yourself with enough chocolate to keep you going until the next event, have a good time, and help out a great cause! Give us a call if you're interested in attending and we'll make sure you get our promotional flyer when tickets go on sale. For more information call us at 905-576-2567.



CHRISTMAS HOURS

- December 23, 8am to 1pm
- December 24, Closed
- December 27, Closed
- December 28, 29, 30, 8am to 4pm
- December 31, Closed



HAPPY HOLIDAYS!

Walk for Memories January 2nd!



LEADERSHIP VOLUNTEERS NEEDED!

In preparation for our Annual General Meeting, June 2005, Alzheimer Society of Durham Region is looking for people interested in joining the agency's volunteer Board of Directors.

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

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

Board meetings: Third Monday of the Month at 5:30 p.m., ASDR office.

Contact Elizabeth Marchant-Reid at 905-623-8546 or email at elizabeth.m-r@sympatico.ca to find out more.

<p>AJAX/PICKERING(WED) EVENINGS</p>	<p>AJAX/PICKERING(WED) MORNINGS</p>	<p>OSHAWA (WEDNESDAY)</p>
<p>** December 22 January 26 February 23 March 23 Time: 6:30 p.m. 8:30 p.m. Community Care 1420 Bayly St. W., Unit 6 Pickering</p>	<p>December 8 January 12 February 9 March 9 Time: 10:00 a.m. – 12:00 p.m. Life Centre Housing 1 Marsh Lane, 1st Fl. Lounge, Ajax</p>	<p>December 1 & 15 January 5 & 19 February 2 & 16 March 2 & 16 Time: 1:00 p.m. – 3:00 p.m. Alzheimer Society Oshawa Centre 419 King St. W., Ste. 207</p>
<p>EAST DURHAM (TUESDAY)</p>	<p>NORTH DURHAM (TUESDAY)</p>	<p>EARLY STAGE SUPPORTGROUP</p>
<p>** December 21 January 18 February 15 March 15 Time: 6:00 p.m. – 8:00 p.m. Lakeridge Health Bowmanville 47 Liberty St. S. Lecture Room A, Bowmanville</p>	<p>** December 21 January 25 February 22 March 29 Time 1:30 p.m. – 3:30 p.m. Trinity United Church 20 First Ave., Uxbridge</p>	<p>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 – December 13, January 17, February 21, March 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

Please note Christmas Hours on page 7

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

