

The Voice

Help for Today.
Hope for Tomorrow...



Canada's Dementia Crisis

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Right now, over 500,000 Canadians have Alzheimer's disease or other dementia. That number is expected to double by 2038. We are asking the Canadian government to create a plan to respond to the dementia crisis.

You can help. Tell your local MP/MPP, that Canada needs a plan today for the growing dementia crisis. Because Alzheimer's disease is everybody's business. Alzheimer's disease is not an illness we can ignore. It has an overwhelming impact on the people who develop it, and the families who care for them.

In 2010 the Alzheimer Society released *Rising Tide: The Impact of Dementia on Canadian Society*. The study alerted the Canadian public and federal, provincial and territorial politicians of the need for policies and approaches to address the looming dementia crisis.

The report concluded with five recommendations to government, developed through comprehensive consultations with subject experts and stakeholders. The underlying message is that we must act now and that change is possible.

The five recommendations, which make up a national call to action, are:

- **An accelerated investment in all areas of dementia research**
- **A clear recognition of the important role played by family caregivers**
- **An increased recognition of the importance of prevention and early intervention**
- **Greater integration of care and increased use of chronic disease prevention and management**
- **A strengthening of Canada's dementia workforce**

Dementia by the numbers

2010 Economic Impact \$15 billion
2038 Economic Impact \$153 billion
2011 New case every 5 minutes
2038 New case every 2 minutes
Are we ready? Canada needs a plan!

It's more than you think

Soci t  Alzheimer Society

**ANNUAL GENERAL MEETING
June 21, 2011 at 6:30 p.m.
Linhaven Home for the Aged
in the Auditorium**

You are invited to join the Board of Directors, Staff, and Volunteers at the Annual General Meeting. It is open to the public free of charge. The Guest Speaker is Judith Wahl, Barrister and Solicitor. The topic is **"Mental Capacity, Guardianship, and Substitute Decision Making."**

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Mission Statement: The mission of the Alzheimer Society of Niagara Region is to improve the quality of life for people with Alzheimer's disease or related dementias and their caregivers.

Support Groups

The Alzheimer Society of Niagara Region realizes that it is difficult for families to care for persons with dementia. Caregivers can often feel alone and isolated from friends, reluctant to ask for assistance and can experience stress that will affect their health. With this in mind, we provide many services and programs to help, including support groups.

Grimsby: Last Wednesday of each month at Grimsby Senior Centre, 18 Livingston Ave. starting at 1:30 pm

Niagara Falls: First Wednesday of each month at Eventide Home 5050 Jepson St. starting at 7:00 pm

St. Catharines: Third Monday of each month at the Alzheimer Society, 403 Ontario St. Unit #1 at 1:30 pm

Welland: First Tuesday of each month at Rapelje Lodge, 277 Plymouth Rd. starting at 1:30 pm

Fort Erie: First Wednesday of each month at Residence on Garrison, 373 Garrison Rd. Starting at 1:30 pm



From the desk of the CEO...

April 1st marks the beginning of another fiscal year and one of many uncertainties and challenges. Despite the unmanageable numbers in referrals and more complex cases, our Society is committed to improving the lives of persons with dementia and their families. We take great pride in being a leader in specialized dementia care in the Region. We will continue to provide vital programs and services despite the fact that The Local Health Integration Network (LHIN) has announced no financial increases for 3 years for community based organizations. We annually fundraise for approximately \$600,000, which will now be even more critical to successfully raise.

While the *Rising Tide Study* presents some frightening statistics, we must remember that this only represents a future where no change is made. We all need to continue to champion the fight against dementia and focus our efforts in making our government understand the importance of a National Strategy.

Over this upcoming year, I hope you will join with us to continue advocating, supporting our cause and participating in educational opportunities and fund-raising events. Together, we can make a difference.

*Teena Kindt, CEO,
Alzheimer Society of Niagara Region &
Alzheimer Society Niagara Foundation*

Programs & Services...

When someone has just been diagnosed with Alzheimer's disease, the news may be upsetting for both the individual and those who care about him or her. Most likely you have been worried about the changes you have been seeing in the person and you may also be anxious about the future. However, an important first step has already been taken by getting a diagnosis.

There is support and resources to assist you through this difficult journey. Please contact the First Link Program at the Alzheimer Society of Niagara Region at 905-687-3914.

- Family Support Program
- Therapeutic Living Centre
- Caregiver Café
- Caregiver Education Series
- Crisis Management
- Training for Professionals
- Advocacy
- Volunteer Programs
- Virtual Dementia Tour
- Caregiver Support Groups
- Early Stage Support Groups
- Environmental Assessments
- Assistive Devices
- Lending Library
- Friendly Visiting
- Transportation Program
- Safety Home Program

What's Happening...

June 1, 2011

The Peter Saracino
Alzheimer Golf Classic
Peninsula Lakes Golf Club, Fonthill
12:30 pm Shotgun Start

June 21, 2011

Annual General Meeting
Guest Speaker:
Judith Wahl, Barrister & Solicitor
Linhaven Home for the Aged
6:30 pm

FUTURE PUBLIC FORUMS

*(Please check our website for
location, date and time)*

Common Medication Issues for
Person's with Dementia

Safety & Management Strategies

Nutrition Issues and Dementia

The 3 D's: Dementia,
Delirium & Depression

Environmental Strategies for
the Person with Dementia

All are welcome free of charge.
More information will be available
on our website at a later date at:

www.alzheimerniagara.ca

Alzheimer's disease... it's more than you think

This year, the first wave of baby boomers turns 65, and their risk of dementia will double every five years. One quarter of boomers are unaware of any signs. Test your own knowledge of Alzheimer's Disease and other forms of dementia.

TEST YOUR KNOWLEDGE...

1) Which of the following are signs of Alzheimer's disease?

- Frequent memory loss that affects day-to-day function
- Difficulty performing familiar tasks
- Problems with language, making it difficult to be understood
- Disorientation of time and place, and getting lost in familiar places
- Poor or decreased judgment
- Problems with abstract thinking
- Putting things in inappropriate places
- Sudden changes in mood or behaviour
- Changes in personality or acting out of character
- Loss of interest/initiative and social withdrawal
- All of the above

2) Alzheimer's disease can start as early as in your...

- 40's
- 50's
- 60's
- 70's
- 80's
- I don't know

3) What are some of the symptoms of later stages of Alzheimer's disease?

- Use of words becomes limited and ability to verbally communicate eventually disappears altogether
- Incontinence i.e. loss of bladder and bowel control
- Loss of mobility and balance eventually leading to an inability to walk or to sit without support
- Immune system becomes weaker and weaker, gently increasing the risk for infections such as pneumonia
- Loss of inhibition leading to inappropriate language and behaviour
- Increased difficulty recognizing objects and people's faces
- Inability to feed or care for oneself—like dressing and bathing
- Hallucinations or delusions—like thinking that the people on TV are actually in the room with you
- All of the above

4) Which of the following factors increases your chances of getting Alzheimer's disease?

- Family history of Alzheimer's disease
- Head injuries, like concussions
- Age
- Stress
- Chronic depression
- Heart disease, stroke, diabetes, or kidney disease
- Obesity
- High blood pressure or cholesterol levels
- Lack of mental or social stimulation
- Unhealthy eating habits
- Lack of physical activity
- Smoking, recreational drug use
- Excessive alcohol consumption
- All of the above

5) True or false: Alzheimer's disease is only an old person's disease...

- True
- False

Collaborative Approaches to Aging & Wellness

SAVE the DATE!

- Aging Well
- Psychopharmacology
- Collaborative Care
- Complex Cases
- Latent Grief

Wednesday, October 19, 2011

QUALITY HOTEL PARKWAY CONVENTION CENTRE
327 ONTARIO STREET, ST. CATHARINES, ON L2R 5L2

Brochure to follow...
To register early, call Erin:
905-687-6856 ext. #552
ecunningham@alzheimerniagara.ca
www.alzheimerniagara.ca

11th Annual
A Day in Geriatric Mental Health
Unravelling the Mysteries of the Brain

Conference Partners:

- Niagara Region PUBLIC HEALTH
- Société Alzheimer Society
- Niagara Geriatric Mental Health Outreach Program
- The NRS Geriatric Assessment Program



Answers... 1. All of the above; 2. 40's; 3. All of the above; 4. All of the above; 5. False

Welcome New Volunteers!

Office Support/Data Entry:

Susan Anderson, Marlene Howell,
Jaime Blackett

Virtual Dementia Tour:

Cheryl Penner, Rachel Gibson



Friendly Visiting Volunteers:

Tammie Hague, Kathleen Twose,
Kristin Atkinson, Mona Lafave,
Lindsay Hoegy, Rebecca Garrett,
Emily Garrett, Nathan Duncan

Caregiver Café:

Diana Mazzone

Volunteer Highlights

On March 1, 2011, Friendly Visiting Volunteers came together for a workshop on Montessori Based Dementia Programming presented by Kellie and Mary, our Therapeutic Recreation students from Brock University. The volunteers learnt about the benefits of Montessori based activities and an overview on the activities and supplies that we now have available to all our Friendly Visiting Volunteers. We are very excited to offer these new resources to the Friendly Visiting Volunteers.



The work that the Alzheimer Society of Niagara Region's volunteers do throughout the year is essential to maintaining the quality of services that we provide.

To honour these volunteers, this year we held our Annual Volunteer Appreciation event on April 14, 2011. This "star" filled evening was a tribute to all the "shining stars" that provide countless hours of volunteer service all year long. A special thank you goes out to all volunteers for the hard work this past year. It is greatly appreciated.

We would like to recognize the businesses that donated to our Volunteer Appreciation Night 2011. They are:

Volunteer Opportunities

We currently have a number of volunteer positions available throughout the Society. If you have any questions or need more information, please feel free to contact Dawn, Coordinator of Volunteer Programs, at: 905-687-6856 ext. 544 or email to dtuckwell@alzheimerniagara.ca

Available Volunteer Positions

- ☀ Friendly Visiting Volunteers
(New session starts June 1st, 2011)
- ☀ Virtual Dementia Report Developer
- ☀ Early Stage Program Group Activity Volunteer
- ☀ Education Assistant
- ☀ Office Support Volunteers
- ☀ Data Entry Volunteers



Harvest Barn in N-O-T-L
Doug Dinely

Shoppers Drug Mart in N-O-T-L
Heidi Booth

Marr's Foodland in Thorold

Metro on Lakeshore Road
St. Catharines location

Party Connection in Niagara Falls

Costco in St. Catharines

Thank You

Their generous donations helped make our event a special evening for our volunteers.



Ashley Maloney
Placement Student
March /10—May /11

An Interview with Ashley Maloney, Student of BSW Social Work Program, Niagara University, New York

Q: What was your first impression of the Society?

A: *My first impression was how intelligent the staff is here ~ I had a lot to learn!*

Q: What did you do while you were here?

A: *What didn't I do! I took on the role of a Family Support Counsellor and participated in Coffee Club, REBEL, & attended forums.*

Q: What surprised you most about the Society?

A: *How much heart there is here ~ it's not about a pay cheque ~ it's a passion.*

Q: What did you like best while you were here?

A: *I couldn't take away the disease but I made a difference in their lives .*

Thank you Ashley!

Latest Research

Alzheimer's Disease Consortium Identifies Four New Genes for Alzheimer's Disease Risk

TORONTO – In the largest study of its kind, an international research consortium, including the University of Toronto's Tanz Centre for Research in Neurodegenerative Diseases, has identified four new genes linked to Alzheimer's disease.

The research, undertaken by the Alzheimer's Disease Genetics Consortium and reported in the current edition of the journal *Nature Genetics*, details the genetic analysis of more than 11,000 people with Alzheimer's disease and a nearly equal number of elderly people who have no symptoms of dementia, as well as confirming data which brings the total number of people analyzed to 54,000 from the US, Canada, the United Kingdom, and Europe.

"Each identified gene adds to the risk of dementia later in life. This information provides great insight into the cause of Alzheimer's disease," said Professor Peter St George-Hyslop, Director of the Tanz Centre.

The study is the result of a large collaborative effort with investigators from 44 universities and research institutions in the United States and Canada, led by Professor Gerard D. Schellenberg at the University of Pennsylvania, with primary analysis sites at Miami, led by Professor Margaret A. Pericak-Vance and Boston, led by Professor Lindsey A. Farrer with the Canadian cohort collection led by Prof. St George-Hyslop in Toronto.

"This is the culmination of years of work on Alzheimer's disease by a large number of scientists, yet it is just the beginning in defining how genes influence memory and intellectual function as we age. We are all tremendously excited by our progress so far, but much remains to be done, both in understanding the genetics and in defining how these genes influence the disease process," Prof. Schellenberg said.

The researchers' ultimate aims are two fold. First, identification of new Alzheimer's disease genes will provide major clues as to its underlying cause. Genetic studies can provide new insights into the molecules at the center of the disease. Gaining this type of understanding is critical for drug discovery since the currently available treatments are only marginally effective.

The gene discovery of the type highlighted in the *Nature Genetics* article will contribute to predicting who will develop Alzheimer's disease, which will be important when preventive measures become available. Knowing these risk genes will also help identify the first disease-initiating steps that begin in the brain long before any symptoms of memory loss or intellectual decline are apparent. This knowledge will help researchers understand the events that lead to the destruction of large parts of the brain and eventually the complete loss of cognitive abilities.

The research published in *Nature Genetics* was supported by the National Institute on Aging, part of the National Institutes of Health, which includes 29 Alzheimer's Disease Centers, the National Alzheimer's Coordinating Center, the NIA Genetics of Alzheimer's Disease Data Storage Site, the NIA Late Onset Alzheimer's Disease Family Study and the National Cell Repository for Alzheimer's Disease.


Two Staff Members Retired...

This year Sandy Stefanac and Marge Dempsey retired. The Board of Directors, Staff, and Volunteers thank both Sandy and Marge for their dedication to the Alzheimer Society of Niagara Region and wish you both a happy retirement and we will miss you very much indeed!



SANDY STEFANAC,
FAMILY SUPPORT INTENSIVE CASE MANAGER
RETIRED MARCH 18, 2011

Sandy Retired March 18th 2011 after 16 years of dedicated service at the Alzheimer Society of Niagara. In her roles as Family Support Counselor and Intensive Case Manager Sandy was a passionate advocate for her clients and their caregivers. Due to her compassion, knowledge, problem solving abilities and perseverance she touched and enhanced so many lives making their journey through this disease much more bearable. Despite the high stress of this role and the fact that so many of her clients were living alone Sandy always went above and beyond the call of duty, often going where others feared to tread, in her desire to ensure a safe quality of life for them. This dedication resulted in a very grateful caregiver generously bequeathing his estate to the society that resulted in the establishment of the Alzheimer Foundation. We can't thank Sandy enough for all that she has done and how she has also touched all of our lives. She will be missed very much but we wish her all the very best in her retirement.



Retirement is a time
For feeling glad to be alive,
A time when friendships blossom
And enthusiasms thrive.
A chance to do the special things
You always wished you could.
Retirement is a special time
For knowing life is good.



MARGE DEMPSEY,
DIRECTOR OF CLINICAL SERVICES
RETIRED APRIL 29, 2011

Although this is a special occasion for Marge, a number of us have mixed emotions about it. It's hard to say goodbye to Marge — but at the same time we wish her well. Above all, we are happy that Marge gets to enjoy some quality time with her family and pursuing her passions.

Her leadership and dedication to the senior population, combined with her innovation and utilization of best practices has led to the development of first-class programs and services for persons with dementia and their families in the Niagara Region for over 20 years. Her accomplishments are too numerous to list but Marge has had articles published in Canadian, American and International journals and magazines; been a presenter around the world; coined the phrase - "The A's of Dementia", which is frequently used by professionals; designed The Brain and Behavior Module for the Gentle Persuasive Approach Training; sat on numerous committees and developed endless partnerships with other community organizations .

Marge, we would like to wish you all the very best. "Retirement is the beginning of life — not the end!" We all know that the best part of your life is just beginning. Just the same, we are counting on you to occasionally cancel some of the many guest speaking engagements that you have planned and come visit us instead; for this is farewell and not goodbye... you have left your indelible mark.

**Anastasia's Walk
Raises \$8,834.95!**



On Saturday, April 30, 2011 the 1st "Anastasia's Walk" took place to honour the memory of Patti Blak. Participants walked the Bruce Trail Beamer Falls Loop in Grimsby with a BBQ and entertainment afterwards. Thank you to everyone who came out to support this great event and a special thanks to Bill Blak & his team at Commerce Ad & Marketing for your generous support!

Walk for Memories Raises Over \$60,000!

Top Pledged Team Winners:

1st prize: CAW \$1,945

Honourable Mentions:

Mainstream \$1,836

Walking on Sunshine \$1,565

Doreen's Daughters \$1,355

Top Pledged Individual Winners:

1st prize – Karen Gillespie \$3,576

2nd prize – Anne Treschak \$1,650

3rd prize – John Pula \$1,610

Honourable Mentions:

Patricia Harris-Mitchell \$1,400

Shirley Allan \$1,377

Thank you Sponsors!



80 King St.
Suite 900
St. Catharines,
Ontario L2R 7G1



332 ONTARIO ST.
ST. CATHARINES



NEWSTALK



Special Mention: The Society Board of Directors (\$8,470) challenged the Foundation Board of Directors (\$7,185) to a pot-luck dinner

Bonspiel Raises Over \$20,000!

Thank you Sponsors!

Title Sponsor:



CHARTERED ACCOUNTANTS
DURWARD JONES BARKWELL
& COMPANY LLP

Lunch Sponsor:



GRAHAM E. WILSON
BARRISTER & SOLICITOR

Draw Sponsors:



Top Pledged Individual Ian Morrison with Chelsey Cook, Special Events Coordinator. Ian raised \$1,350!



Top Pledged Team Mona's Moaners who raised \$1,496

The Third Party Program

Your Event, Your Difference!

Plan your own MEMORABLE fundraising event for the Alzheimer Society

For more information, please visit our website www.alzheimerniagara.ca to fill out a form or call (905) 684-3914.

Special Occasion Celebration Program

Shared Moments are Never Forgotten...

By making a donation to the Alzheimer Society Niagara Foundation in lieu of favours, bomboniere and gifts for your wedding or shower, you are helping to make each moment last a little bit longer.



2011 Board of Directors

Bob Miller, Chair	John Riediger, Director
Doug Rapelje, Past Chair	Jim Gregson, Director
Vic Kersch, Vice Chair	Anne Radojcic, Director
Debbie Drew, Treasurer	Dan Skinner, Director
Nancy Elkin, Secretary	Brian Jackson, Director
Linda Ressler, Director	Teena Kindt, CEO

**WEDNESDAY,
JUNE 1, 2011
\$225 PER GOLFER**



**THE PETER SARACINO
ALZHEIMER GOLF CLASSIC**

Sponsored by WMKL WORNALD MABBE KEEN LOPINSKI LLP
(CERTIFIED ACCOUNTANTS AND BUSINESS ADVISORS)

PENINSULA LAKES GOLF CLUB Call Chelsey: 905-687-6856 x 556

Planning today to offer hope for the future

Leaving a gift in your estate makes a bold statement about your life, and offers a glimpse into how you will be remembered. It may also be a way for you to make a gift larger than you ever imagined.

Gifts of retirement plans

One of the easiest ways to help people living with Alzheimer's disease and related dementias is to designate the Alzheimer Society Niagara Foundation as a beneficiary of your RRSP or RRIF. This will offset income tax that your estate or your spouse's estate will eventually pay on these assets.

Gifts of life insurance

You can plan a generous gift and receive tax benefits now or in the future. For example, you can:

- Designate the Alzheimer Society Niagara Foundation as a beneficiary on a policy you own. The Society will receive a future gift and your estate will receive a tax benefit
- Transfer ownership of a new or existing policy to the Society and it will receive a future payout from the policy and you will receive tax benefits during your lifetime



ALZHEIMER SOCIETY NIAGARA
FOUNDATION

**2011
ALZHEIMER
COFFEE BREAK**
*Make Your Coffee Count
Host a Coffee Break!*



COFFEE BREAK KICK-OFF
Thursday, September 15, 2011
CAMPAIGN RUNS SEPT—DEC 2011

It's fun, social & easy to organize at your home, office, school, church, or service club. We provide the kit, you provide the social environment. Order a kit and put on a pot of coffee!



To register for a Coffee Break Kit, call
905-687-6856 ext. 556
ccook@alzheimerniagara.ca

For more information please visit
www.alzheimerniagara.ca

The Alzheimer Society Niagara Foundation is strongly committed to financially sustaining the service needs of the Alzheimer Society of Niagara Region in ways that are positive, meaningful, and engaging.

You can make a difference!

Please make cheques payable to the Alzheimer Society Niagara Foundation and mail to
#1—403 Ontario Street, St. Catharines, On L2N 1L5

Name: _____

Organization: _____

Mailing Address: _____

Email: _____ Preferred Phone #: _____

City: _____ Province: _____ Postal Code: _____

GIFT & PAYMENT OPTIONS:

- I would like to donate \$ _____ monthly
- I would like to make a one-time donation of \$ _____

Help for Today. Hope for Tomorrow...

PLEASE CHECK ONE:

- VISA Cardholder Name: _____
- MASTERCARD Credit Card Number: _____ Expiry Date: _____