

Messenger

Summer 2011: Issue 38

IN THIS ISSUE

2 UPDATE
ADI Conference, First Link™
and Next Steps Education.

3 REPORT
Changing Melodies
Conference

4 SPECIAL EVENTS
Coffee Break, Purse-suasion

6 EDUCATION
June Public Forum

Research Updates...

Hope For The Future



Recent reports on two separate research projects are of interest to those who consistently support research through donations to the Alzheimer Society.

New Insights into the Cause of Alzheimer's Disease

Nature Genetics detail the discovery of five new pathways for detecting Alzheimer's disease (AD). Previous research had identified five genes linked to AD. Researchers have now raised those known genetic markers to 10.

"We've really doubled the number of clues we have about late-onset AD. We have a lot left to do to complete the story, but this is a big step," said Professor Gerard Schellenberg of the University of Pennsylvania. "This information provides great insight into the cause of AD." said Professor Peter St. George-Hysop, director of the Tanz Centre, University of Toronto. The researcher's ultimate goals are twofold.

- Provide clues as to underlying cause of AD
- Provide ability to predict those at risk,

Medication research Update

A drug that may "vaccinate" the brain against the protein poison that triggers AD is now being tested on thousands of people in late stage human trials. Researchers are hopeful the drug could halt or reverse the effects of AD. "The drug, known as bapineuzumab has gone further in human trials than any immunotherapy medication before it". says Dr. Michael Borrie, a University of Western Ontario geriatrician. "But it is too early to know if the drug, an antibody to a key Alzheimer causing molecule will actually curb the dementia symptoms." If proven effective, the drug would not be available until 2020. Dr. Jack Diamond, scientific director of the Alzheimer Society of Canada believes a vaccine will one day treat AD, but cautions that many have failed human trials before. "We cannot anoint any drug as a likely savior at this time."



Updates on Alzheimer Research, a Public Forum sponsored by Alzheimer Society of Kitchener Waterloo and Sunnyside Community Alzheimer Program featuring **Dr. Jack Diamond** will be held on **Tuesday September 27 at 7:00 pm at Sunnyside Home, Kitchener.**
Mark your Calendar now!



Reflections on the

INTERNATIONAL CONFERENCE OF ALZHEIMER'S DISEASE INTERNATIONAL

The 26th International Conference of Alzheimer's Disease International was held in Toronto in late March at the Sheraton Centre Hotel. This was the second time this Conference has been held in Canada. Thanks to the Alzheimer Society of Canada for their remarkable efforts in helping to organize this event. Most members of our staff team here at the K-W Chapter attended this informative and inspiring Conference where scientists, researchers, healthcare professionals, people with dementia and their family caregivers throughout the world came together to improve the lives of persons with dementia and their families.

As one of 2500 delegates at the Conference, I found the Plenary Sessions the most engaging and included topics such as :

- The Rising Tide: The impact of dementia on Canadian Society
- Emerging Approaches in Psychosocial Research
- New developments in Alzheimer's Disease
- Lifestyle and Alzheimer's Disease Prevention

We learned that advances in research are playing a key role in the changing face of dementia. Researchers are now able to tell us the true scale of the dementia epidemic to support our awareness and advocacy efforts. New forms of treatment are being discovered and it is clear that there is a strong commitment to finding the causes of this devastating illness and searching for effective ways for diagnosis to be made at an earlier stage.

The 27th International Conference of Alzheimer's Disease international will be held March 7-10, 2012 in ExCeL London, UK.

Carol Taylor,
Acting Executive Director

FIRST STEPS LEARNING SERIES

This educational series is to help individuals newly diagnosed with a dementia and their partners in care understand their diagnosis and the changes they experience. The series also offers participants an opportunity to connect with others embarking on a similar journey.

FOUR WEEKLY SESSIONS THURSDAYS, 1:30 PM TO 3:00 PM

June 2, 2011

What is Dementia?

June 9, 2011

Adapting to Brain Changes

June 16, 2011

Planning Ahead

June 23, 2011

Building a Circle of Support

For more information call 519-742-1422



What is First Link™?

First Link™ is a program that connects referred individuals, diagnosed with Alzheimer's disease or a related dementia and their families to a community of learning, services and support

How does First Link™ Support Individuals with Dementia?

Removing barriers to access, improving the coordination of care and ensuring good use of scarce resources are the cornerstones of the First Link™ Program.

Who Can Make a First Link™ Referral?

Anyone can make a referral...healthcare providers, family, friends or the person with dementia. If you or a member of your family has been diagnosed with Alzheimer's disease or a related dementia, please contact the First Link™ Coordinator at:

Phone: (866) 317-6737

Fax: (866) 577-7117

twalter@alzheimerkw.com

A Changing Melody

On March 26th, approx 30 excited individuals diagnosed with a dementia and their partners in care, along with staff boarded a bus to the Sheraton Centre Hotel in Toronto. They were on their way to attend the first ever International Changing Melody Conference. *The Changing Melody: A learning and sharing forum for persons with early-stage dementia and their partners in care* was hosted by the Murray Alzheimer Research and Education Program (MAREP) in partnership with Alzheimer Society of Canada, the Alzheimer Society of Ontario, local Alzheimer Society chapters and the Dementia Advocacy and Support Network International. Speakers, some diagnosed with a dementia, from around the world spoke to the audience on "Coping with Stigma and Fear", "Adapting to Change", "Enabling Persons with Dementia" "Creating Strong Partnership".

Bill, diagnosed with Lewy Body disease, and his daughter Heather attended the conference. Here is what they reported:

Bill: "I thought the forum was fantastic. People were very friendly. I experienced both joy and a sense of sadness. I learned that I can accept the way things are - that I will not get better, but at the same time I know that I am still here and have something to give back. I enjoyed listening to the speakers, the audience participation, the sharing of ideas on how to cope, and the use of humour. New friendships were made. I would recommend others to attend such a forum."

Heather: "I felt an overwhelming sense of support and understanding from people who are going through the same things we are. There were good opportunities for sharing ideas, stories and coping mechanisms. It was very inspiring to hear the keynote speakers who have dementia, and to see them functioning so well. I learned a lot from both the speakers and participants. I also learned more about the Alzheimer Society, and discovered that it is an excellent resource and support system. It is good to know that we are not alone."



Bill Chappell and daughter, Heather

Finally, registrants learned that all people have a light to shine on the world – gifts they bring. The fear that surrounds dementia, and the misunderstanding, can block out our light. *A Changing Melody* is about enabling – about recognizing the abilities of all individuals. The question?

How can we continue to let our life light shine while on this dementia journey?

Here is what some partners said:

As a person living with dementia my light shines most brightly when...

I am cooking
I meet with friends
I can truly contribute

As a family partner in care my light shines most brightly when...

Frank says to me, "I love you"
I'm out walking with my husband and dog
It is the first part of the day when my wife and I are together

As a professional working in dementia care and support my light shines most brightly when...

I am advocating and making a meaningful contribution
I am able to help individuals on this journey to feel that they are not alone
I sing and pray with people with dementia, and they sing and pray with me

When does your life light shine most brightly?

Source: MAREP (2011). *A Changing Melody Proceedings Manual* p.9, Waterloo: MAREP.

COFFEE BREAK®



Alzheimer Society

Register today for the 16th Annual Coffee Break® to support local programs and services and *Help Us Change The Face of Dementia*

PLAN NOW FOR FUN WAYS TO RAISE FUNDS

Coffee Break® is the annual national fundraising event for the Alzheimer Society. Last year, community partners helped raise awareness and funds to support local programs and services. Join us by holding your own third party fundraiser event. Some ideas are, but not limited to:

GAMES NIGHT – have a regular group get together for cards

Wii PARTY – get some friends together and compete by playing Wii

COFFEE BREAK® & LEARN – Have a guest speaker visit for an event

BBQ or BAKE SALE – have a BBQ or a bake sale within your community

THEME DAY - donations allow your co-workers to wear silly hats or certain costumes for the day

SPA SOCIAL – ask local spa owners for donations or discounts to auction off

50/50 DRAW – sell tickets for a draw in your office or business

DARE TO... shave your head or lose weight for pledges.

POT LUCK LUNCH – sell tickets to a lunch or sell lunch items

CIRCULATE A PLEDGE FORM – for a one-time donation of \$20 or over to get a charitable receipt.

HOW DO WE HELP?

We will supply the coffee, posters, organization tips and speakers. You provide the location, the guests, and the passion for the cause. We also award gift certificates from popular restaurants and retail chains to winning organizers in the following categories:

- ✓ Top Coffee Break® fundraiser.
- ✓ Highest \$ raised in long term care or retirement home.
- ✓ Highest \$ raised in church or school.
- ✓ Most unique and fun fundraiser.

IF WE ACT NOW, WE CAN CHANGE THE FACE OF DEMENTIA, start organizing your Coffee Break event now! What a great way to have fun, be creative, and help the growing number of individuals affected by this disease in our community and support the Alzheimer Society of Kitchener-Waterloo.

To register call 519-742-1422 or email specialevents@alzheimerkw.com by July 29.

Thank you for your support!

Sponsored by:



MARK THE DATE!



PURSE - SUASION

Purses with Purpose

Tickets and event information coming soon!!

Purse-suasion 2011

Date: Friday, November 4th 2011

Time: 7:00pm to 10:00pm

Place: Heffner Toyota Showroom

Tickets sold out early last year so if you wish to get on the advance ticket notice list please contact Barb at 519-742-1422 X19 or email beastmanlewin@alzheimerkw.com

We're collecting quality used items (no clothing please) for a garage sale. Proceeds will go to purchase auction items for Purse-suasion. Please drop off your donations to the office no later than Wednesday, June 8th.



Winter Warmer

On March 29th, over \$14,000 was raised at our annual Winter Warmer event!

At the beautiful Tannery Event Centre, guests enjoyed a fun evening of fabulous food, an educational whiskey tasting, silent auction and a very interactive live auction!

Very special thanks to the Tannery Event Centre, Mark Paine—Auctioneer Extraordinaire, Jameson's Irish Whiskey, Brentwood Livery, Household China and Gifts, our silent auction prize donors and our attending guests.

Next year's date to be announced soon!

Thanks to all for a tremendously successful event!



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Alzheimer's disease is NOT about our parents' generation anymore. IT IS ABOUT US.

If you or a loved one has Alzheimer's disease you know the affect dementia has on the person with the disease, their care partners and the cost that is incurred to the economy.

If you don't know it's impact, the time to find out and act is now.

The first wave of baby boomers turn 65 this year. Referrals to the Alzheimer Society of Kitchener Waterloo for our free programs and services are already up 100% over last year. We desperately want to meet this increased demand with the quality care and knowledge we have become known for. But we need your help.

Join our Circle of Hope, a special recognition program that honours donors who have made a legacy gift or other form of planned gift to the Alzheimer Society of Kitchener-Waterloo. You can further critical research and provide vital services to the growing number of people in our community affected by this disease.

It's Within Reach. There are ways to plan a legacy gift that won't impact your lifestyle or that of your family. Legacy gifts take several forms, including wills, stocks, life insurance, charitable trusts, and RRSPs and RRIFs. You can defer a gift, or put it to work immediately. Your financial planner can guide you in finding a gift planning option that will provide the greatest benefit to you, your family and the Alzheimer Society of Kitchener-Waterloo.



Help for Today...

Hope for Tomorrow

Every gift makes a difference.
Yours will too.

To find out more contact Debra McGonegal at 519-742-1422 X15 and consult your financial planner.

Presenting
A PUBLIC FORUM

Boosting Your Brainpower...

Explore the Benefits of an
Engaged Lifestyle on
Cognitive Well-Being

With

Jennifer Carson PhD (c),
Aging, Health and Well-Being,
University of Waterloo



Thursday, June 9, 2011
Emmanuel Village,
1250 Weber St. E. Kitchener
2:00– 3:30 pm

There is no charge for the forum, however
registration is required.
To reserve your spot, Phone 519-742-1422

Discover the Resource Centre at the Alzheimer Society Office

Featuring new books, and DVDs.

•**Dementia Beyond Drugs, Changing the Culture of Care** by G. Allen Power M.D. shows eloquently why we must change the way care is provided. Embracing humanistic, enlightened practices, this eye-opening book reveals what it takes to effect real culture change within residential care settings, while reducing the administration of unnecessary psychotropic drugs.

•**Passages in Caregiving, Turning Chaos into Confidence** by Gail Sheehy takes the reader by the hand and shows how to get through. The book identifies eight crucial stages of care giving and offers insight for successfully navigating each stage.

•**Parenting Your Parents**, a DVD offering supportive strategies for meeting the challenge of aging and care provision in the family. Bart Mindszenty shares his experience in providing care for his elderly parents during the last 12 years.

•**Care of the Dying: Comfort at the End of Life**, a sensitive DVD designed to explore ways to comfort and provide the most beneficial treatment.

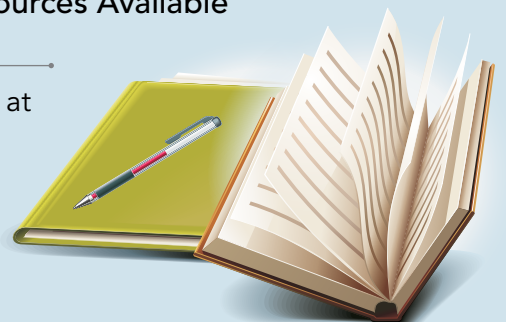
Additional Resources Available

Questions about Driving and Dementia: See the revised new brochure at www.alzheimerkw.com/About Dementia/Driving with Dementia

Ideas for Visiting Persons with Dementia in Long-term Care: Visiting–The Art of Connection, available at the Alzheimer Society office

Questions about Care giving: www.videocaregiving.org

Questions about Services and Help: www.301ccac.ca



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Trinity  Village

Trinity Village will celebrate 39 years this Fall of service to seniors in the K-W community. We offer a continuum of care with independent living town homes, assisted living retirement residence and long term care facility. Trinity exists to meet the needs of seniors in our community, not only through our housing options but through community programs such as the Adult Day Program. This program is open to seniors and provides caregivers with a deserved break while offering participants excellent programming. For more information about our Day Program call Laura Becotte at 519-893-6320 ext. 235.

Call for a tour today!

Terrace Town Homes, Susan Box, 519-896-3112 ext. 232

Studios Retirement Residence, Mihaela, 519-896-3112 ext. 300

Care Centre, Reception, 519-893-6320 ext. 223, or "0"



Help for Today

EDUCATION:

Speakers Bureau
Resource & Referral Centre
Caregiver & Professional Training

SUPPORT SERVICES:

First Link™
Supportive Counselling
Connections (Supportive Groups)
Safely Home (Wandering Registry)
Volunteer Companion Respite Program
Community Development Projects

Alzheimer Society of
Kitchener-Waterloo
wishes to acknowledge
the generous support of



in the printing of this newsletter



In Memoriam

We would like to express our sincere sympathy to those who have lost loved ones, and we gratefully acknowledge donations made to the Society in their memory. Your generosity helps our Chapter continue to provide education and support in our community to people with Alzheimer's disease and related dementias, and their partner in care.



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Messenger

is a quarterly newsletter published by the Alzheimer Society of Kitchener-Waterloo. It provides practical information, tips and news about Alzheimer's disease and related dementia. While the opinions expressed in this newsletter are gathered from reliable sources, we cannot guarantee their accuracy.

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