

*January is*  
**Alzheimer's  
Awareness**  
*Month*

**MISSION  
STATEMENT:**

*To alleviate the  
personal and social  
consequences  
of Alzheimer disease  
and related  
disorders and to  
promote research.*



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# Alzheimer's Awareness Month

By David Townsend, ED

**F**orget me not! Isn't that everyone's wish? To be remembered? For a person who has Alzheimer's disease or a related dementia, their families and caregivers will remember them. But as this journey is travelled, it is the individual who cannot necessarily remember. And memories cover everything, from knowing and loving family, caregivers and friends, to events that make up someone's life, to simple things like cooking and tying up one's own shoes.

And yet, we all like to think that this only happens when one grows really old and that it could never happen to me (or my wife, mother, son or best friend). Here in Kingston, it is happening. Right now, there are more than 2,800 people living with Alzheimer's disease or related dementia. Not going to happen to me?

As our population ages, and with so many baby boomers ready to hit 60, here is the reality. At age 60, 1 per cent of our population will have dementia. If there is family history, that becomes 2 per cent. If there are vascular risk factors (diabetes, heart disease, hypertension, smoking, stroke or obesity), that risk is now 4 per cent. By age 70, those percentages are now four, eight and 16 per cent of the population. Still pretty good odds. By age 80, these numbers have grown to be 16 per cent based upon age alone, 32 per cent with a family history of dementia and 64 per cent with vascular risk factors. That is two of every three people at age 80! How long will you be living?

The Alzheimer Society of Kingston is bringing "Help for Today." We do this by providing counselling and support groups for both those living

with a dementia and their caregivers. We provide training to Personal Support Workers to help those still living at home. We provide training to the local police to help them understand that a person with a dementia is not necessarily a crook. We work with school boards to provide education to Grade 4 students and we provide free education and workshops on a wide variety of related topics upon request.

We partner with many communities, service clubs, long-term care homes and individuals to raise funds and awareness in support of local initiatives and education as well as the "Hope for Tomorrow" that helps fund leading-edge, world-class research. We partner with local businesses, such as Scotia Trust and the Scotia Private Client Group, to promote our First Link program.

We can do so much more, but we need to do it collaboratively. Call us at 613-544-3078 and find a way to get involved to help all of those living with or affected by a dementia. Join us on January 27 for our Walk for Memories. Host a Coffee Break in September to celebrate life!



**DAVID TOWNSEND**  
Executive Director  
Alzheimer Society  
of Kingston

"Memory is your way of holding onto the things you love; the things you are; the things you never want to lose." Not only will the Alzheimer Society of Kingston find a way to provide "Hope for Tomorrow," with your help we will find many ways to provide "Hope for Today!"



**Alzheimer Society**  
KINGSTON

## A Note from the President

**J**anuary is Alzheimer Awareness Month. A big part of our mission is education about the disease, and while this is part of our everyday work, we dedicate this month to a concentrated series of activities to make our community aware of the many aspects of the disease.

These include recognizing the signs of its onset as well as the many supports we offer families on the Alzheimer journey.

Our services are offered without charge and to enable us to do this we use many avenues to raise money to

fund them. This month the Manulife Walk for Memories will be held at the Catarqui Town Centre on Sunday, January 27, from 9:45 a.m. to noon. This project not only assists our fundraising but provides an opportunity to get some exercise.

We are grateful to the community for your ongoing support. We could not continue without it. Thank you.

**- Roger Dowker**

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[www.volunteerkingston.ca](http://www.volunteerkingston.ca)

# Make the Commitment Take Charge of your Brain Health

## ALZHEIMER SOCIETY ENCOURAGES CANADIANS TO REDUCE THEIR RISK

January 2, 2008 – This January, the Alzheimer Society is challenging all Canadians, young and old, to make brain health a personal commitment as it kicks off its nationwide awareness campaign, Heads Up for Healthier Brains!

"In 2007 we helped people make the connection between healthy living and a healthy brain," says Scott Dudgeon, chief executive officer of the Alzheimer Society of Canada. "Now we are asking Canadians to make the commitment to do the things that will help keep their brains healthy, things that can also help to reduce the risk of developing Alzheimer's disease."

Making the commitment is easy. It can involve the entire family and include activities such as challenging your brain, being socially active, choosing a healthy lifestyle and protecting your head from injury. It is never too soon or too late to make changes that will maintain or improve your brain health. For people already living with Alzheimer's disease, these kinds of activities go a long way in improving quality of life, as well as delaying the progression of the disease.

"Across the globe, top scientists are continuing to focus their efforts on the prevention of Alzheimer's disease, and much of this research is happening right here in Canada," says Dr. Jack Diamond, scientific director of the Alzheimer Society of Canada. "In just the last year we have learned so much more about the importance of a healthy lifestyle and the need to keep your brain active."

The Alzheimer Society is making its own commitment to helping Canadians improve their brain health with the launch of BrainBooster, an online gym of challenging games and puzzles designed to increase mental performance. The

gym also features brain-boosting recipes and simple exercises to get people moving. Canadians can access the gym by visiting [www.alzheimer.ca](http://www.alzheimer.ca). Once there, they can also sign up with their personal 'brain' pledge and enter our Puzzled about Alzheimer's contest, showcased in the February-March issue of Homemakers and Madame magazines, as well as their online sites.

Alzheimer's disease is a progressive, degenerative brain disorder that destroys vital brain cells. Alzheimer's and related diseases affect an estimated one in 13 Canadians over the age of 65, or approximately 450,000 people. Of this number, 160,000 live in Ontario. If a cure is not found, it is estimated that 750,000 Canadians will have Alzheimer's or a related disease by the year 2031.



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The Alzheimer Society is a nationwide, not-for-profit health organization dedicated to helping people affected by Alzheimer's disease. The society is a leading funder of Alzheimer research and training in Canada, and develops and provides support and educational programs for people with the disease, their families and their caregivers.

The 2008 Awareness Campaign was made possible in part through the generosity of the following sponsors: Pfizer Canada Inc., Lundbeck Canada Inc., BMO Financial Group, and the Medicine Shoppe Pharmacy. Support-in-kind was provided by Transcontinental Media and Burnbrae Farms Ltd.



Alzheimer Society  
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## FOR MORE INFORMATION PLEASE CONTACT:

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[www.alzking.com](http://www.alzking.com)



## Do you have a family member with dementia?

**A Queen's University research team  
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Any stage of dementia is welcome.  
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Participants should be able to hear.

This study has been approved by  
Queen's University General Research Ethics Board.

If interested in participating, family members are asked to  
please contact  
**Cherrilyn Yalin at Dr Jackie Duffin's office.**  
**Phone mornings 613-533-6580.**  
(Voice mail messages may be left at any time)

# Ellen and Bob Bater... Their Journey

By Ellen Bater

As world history has been altered or redirected by one single event, so our precarious and often fragile lives can be transformed in an instant. And just as world events find us pinpointing our own whereabouts, I will never erase from my mind the configuration of the furniture or the colour of the walls in the room where my partner and I received the diagnosis of Alzheimer's disease.

Even though we had initiated the assessment based on symptomology and were not entirely naive about their implications, the confirmation was nonetheless a shock.

It has been four years now since formal diagnosis.

Our journey thus far is the stuff of an article much lengthier than this. I

know, too, that our struggles are replicated in thousands of households across this country. The details differ, coping strategies vary, but, to be sure, the pain is the same and is equitably allotted.

I will not and cannot diminish the ravages of this disease out of respect for those who suffer the disease and those who love and support them. It robs our loved ones of their right to engage in fully satisfying and independent lives and it robs families of their beloved fathers, mothers, brothers, sisters, grandmothers, grandpas and partners.

But while I have been fiercely honest about the harsh realities and the facts of this disease, I want to conclude this piece with what I believe is the reality of the help available to



Photo by Stephen Wild

**Ellen Bater visiting husband Bob at Brooks Landing Retirement Living located in Perth Road Village.**

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those who face this disease and their families.

When, where and how to trust a loved one into care is not only a most personal decision, it is often the most dreaded. From a personal perspective the atmosphere, care and dignity afforded residents at Brooks Landing made this transition, while heart wrenching, possible.

I can attest to the empathetic, intelligent, yet graciously respectful support afforded both my husband and me by the outreach worker

from the Geriatric Outreach Centre and from the Alzheimer Society of Kingston (ASK).

ASK fulfilled our immediate need for information about a disease we knew little about aside from commonly accepted myth. Education outreach workers offer one-to-one information meetings as well as a great variety of public forums for those seeking the facts. Knowledge is an invaluable friend to have.

Since our initial association with Alzheimer Kingston, a First Link ser-

vice has been established with the mandate of making the all-important first call to a newly diagnosed family who may be momentarily confused and unable to seek support. I have come to the realization that there is no right or wrong way to feel, nor is there any preordained manner of coping. ASK is not in the business of critiquing your decisions, but rather is in the business of supporting each and every unique way of managing the journey.

We would never have voluntarily accepted such a burden, but it is ours to bear and, like our fellow travellers, we soldier on. Hope does not lie at the moment in either a reversal or cure. Hope does, however, reside in the professionals of the Alzheimer Society of Kingston whose knowledge, gentle care and experience in the field provide sustenance for the trek, shelter from the cold, and the warmth of human touch.



Alzheimer Society  
KINGSTON

## Volunteers are the Foundation of the Alzheimer Society

By Robin Begin

Across the country more than 14,000 volunteers help those living with dementia, their families and caregivers. Volunteers are the foundation of the Alzheimer Society of Kingston. In 2007 more than 1,404 volunteer hours were logged at the Alzheimer Society of Kingston.

Discover for yourself the endless benefits of volunteering with the Alzheimer Society of Kingston. Help enhance the quality of life and make a difference for people living with the disease and their caregivers while you develop or learn new skills, build self-esteem, make new friends, make networking contacts, gain work experience, and give back to our community.

You can help whether you have just a

bit of time, or can get involved on a regular basis. Some of our volunteer opportunities are serving on the Board of Directors, helping out in the office, presenting educational displays, facilitating support groups, volunteering in our Volunteer Companion Program, committees, fundraising, helping out on the day of events, Visions Through Art Program, our Manulife Walk for Memories, which is held at the end of January each year, door to door canvas in June, golf tournament, hosting a Coffee Break in September and charity gift wrapping at the Catarauqui Town Centre during December, to name a few.

These opportunities and many more are available. Please call today if you have some time to spare or would like more informa-

tion. Contact Robin Begin, volunteer co-ordinator, at 613-544-3078 or e-mail [rbegin@alzking.com](mailto:rbegin@alzking.com)



ROBIN BEGIN



Alzheimer Society  
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# First Steps for Families through First Link

By Barb Thompson

The Ministry of Health and Long Term Care has funded a two-year demonstration project called First Link in four sites in Ontario. The Alzheimer Societies of Kingston, Prince Edward County and Belleville-Hastings-Quinte have collaborated to be one of these sites. Barb Thompson is the co-ordinator of this project.

When individuals are first diagnosed with dementia, they and their families are often overwhelmed with the diagnosis and what it means. Many families don't contact the Alzheimer Society or seek help until late in the disease process or until a crisis occurs. By this time, caregivers

are exhausted and limited in their ability to cope. Families struggle to navigate the health-care system to find suitable support services.

First Link aims to reach individuals diagnosed with dementia and their families as early as possible in the disease process by enhancing partnerships with family physicians, specialists, family health teams, and community agencies to encourage direct referral.

Once linked with the family, the co-ordinator will connect the individual and family to opportunities for learning, to support and advice, and to community services as needed throughout the course

of the disease. By strengthening the individual and family early on and giving them the information and support they need along the way, it is hoped that crises will be minimized or averted.

First Link offers family physicians and allied health professionals an easy way to connect their patients with the Alzheimer Society and information and support. Individuals diagnosed with dementia and their caregivers will become better at managing their symptoms and accessing the information and support they need.

The First Link co-ordinator has been meeting with family physicians, geriatric psychiatry outreach teams, Community Care Access Centre and community support agencies to discuss the project, what it can offer to families, and to provide referrals and brochures. As of December 2007, over 100 families have been referred to First Link throughout the site area and have received support and information. Nine learning series have been offered across the four par-

ticipating counties. Many of these families now participate in support groups and have been linked to community resources.

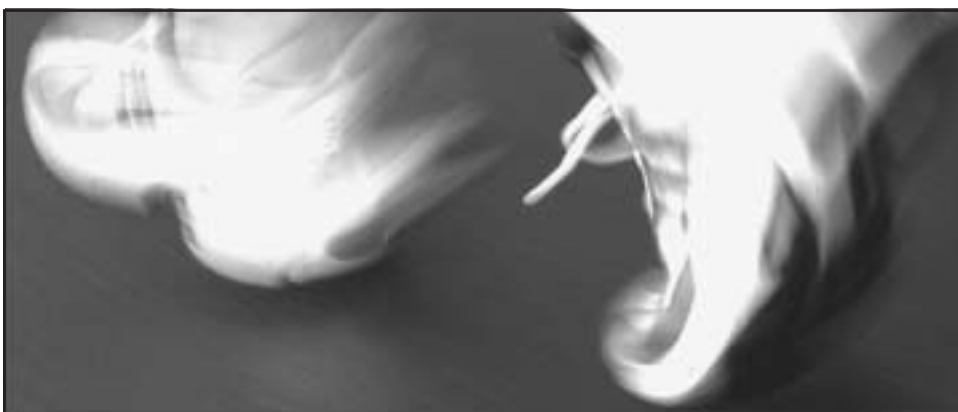
If you would like to learn more or be connected to information, learning and support through First Link, call 613-544-3078.



BARB THOMPSON  
Co-ordinator of First Link



Alzheimer Society  
KINGSTON



2008 MANULIFE WALK FOR MEMORIES



## Do it for the person who went that extra mile for you

Each year, Alzheimer Disease and related disorders claim the memories and lives of thousands of Canadians. Probably someone you remember fondly. This January, you can help Alzheimer Societies across Ontario get a step closer to better care and a cure. Come in from the cold and join the indoor 2008 Manulife Walk for Memories in your community.

Alzheimer Society

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# Life Story

By Sara Jones

The Alzheimer Society of Kingston is undertaking a new initiative with "Life Story" presentations and workshops for family caregivers, seniors and service providers.

## WHAT DO YOU MEAN BY 'LIFE STORY'?

A life story consists of information about significant life events, important people, accomplishments, likes and dislikes, habits and routines.

## WHY IS A LIFE STORY IMPORTANT FOR A PERSON WITH DEMENTIA?

As the Alzheimer (or related dementia) journey continues, it often becomes necessary for other caregivers to become involved, not all of whom will know the person they are caring for. Knowing about the history, preferences and habits of the person can help caregivers understand them better and provide personalized care.

## OTHER IMPORTANT POINTS:

- The Life Story gives a greater understanding of the person living with dementia
- Can help explain patterns of responsive behaviour
- Showing how past experiences affect a person in the present, the Life Story can be woven into all aspects of care
- Reminds caregivers that people who are unable to communicate in the usual ways still have something to say and contribute

## OPTIONS FOR CREATING A LIFE STORY

- Use a tape recorder or video camera to talk into, or record your family member's reminiscences or answers to your questions

- A voice-activated recorder is easiest
- A scrapbook can include items such as: photos, marriage licence, report cards, wedding invitations, old letters, birthday cards, pictures, newspapers or any other paper documents.
- Organize the memories, thoughts/questions around themes, e.g. family life, childhood, favourite places, life work

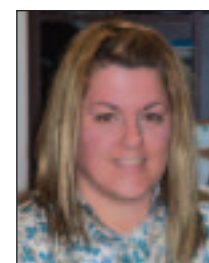
## NOTE:

Update the Life Story regularly as new events happen or new information about old memories is obtained.

## FORMS THE LIFE STORY CAN TAKE

- Life collage
- Memory book
- Memory box
- Home movies/ audiotape, narrative with selected photos.

Contact Sara Jones or Kathleen Pratt at the Alzheimer Society of Kingston to learn more about the Life Story initiative and how to receive the Personal Care Book, a free resource to help you get started.



SARA JONES



KATHLEEN PRATT

Alzheimer Society  
KINGSTON

## Alzheimer's Awareness

### A Special Advertising Feature

ON THE COVER: Ellen and Bob Bater at Brooks Landing

COVER PHOTO: Stephen Wild

EDITORIAL CONTENT: David Townsend, Roger Dowker, Ellen Bater, Robin Begin, Barb Thompson and Sara Jones

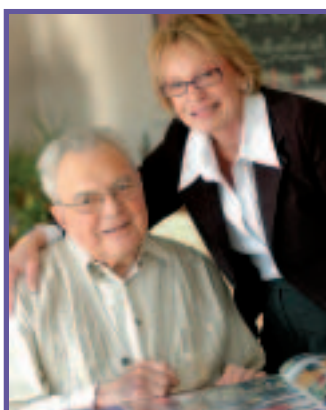
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# Manulife Walk for Memories

## in Support of the Alzheimer Society of Kingston

The Alzheimer Society of Kingston is hosting its annual Walk for Memories Indoor Walk on Sunday, January 27, 2008 at the Catarqui Town Centre. Registration begins at 9:45 a.m.

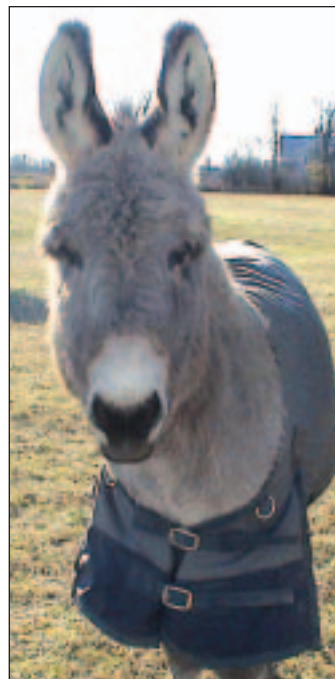
There will be music by Tim Aylesworth as well as refreshments and fun activities for everyone. We have enlisted the Kingston Down Home Cloggers and Pickles the Clown to inspire and entertain walkers. As always, the merchants of the Catarqui Town Centre as well as other local businesses are supporting the walk by supplying lots of prizes for individuals and team walkers.

Anthony Agostino will be the master of ceremonies and Mayor Harvey Rosen will act as grand marshal for the proceedings.

This year we are delighted to present Jack Donkey, our most unique walker ever. Jack Donkey will be working with his human mother, Lorraine Osborne, to help raise funds at the walk. Please visit the website if you would like to support Jack in reaching his fundraising goal on January 27.

All the proceeds from the walk will go to the chapter to help fund local programs and services. Register or pledge a walker online at [www.walkformemories.ca](http://www.walkformemories.ca) or call 613-544-3078 to receive a pledge form.

We sincerely thank Homestead Land Holdings and Canadian Tire Catarqui, our two major local sponsors for the Walk for Memories.



JACK DONKEY

MANULIFE WALK FOR MEMORIES SCHEDULE	
Anthony Agostino of CKWS TV will be our master of ceremonies for the 2008 Manulife Walk for Memories.	
<i>Here is a step-by-step plan for your morning:</i>	
9:45 a.m.	Registration
10:00 a.m.	Musical entertainment by Tim Aylesworth
10:40 a.m.	Warm up with our fitness group
10:45 a.m.	Honorary grand marshal Mayor Harvey Rosen will lead the walk which will be four laps of the mall
11:00 a.m.	The Kingston Down Home Cloggers entertain
11:30 a.m.	Closing comments and prizes
<i>We will be entertained by the amazing Pickles the Clown throughout the morning!</i>	

## Congratulations.

On October 24, 2007, Korin Flindall and Pam Wheeler with Scotiastrust were awarded the Certified Senior Advisor designation, through the Canadian Academy of Senior Advisors. They have taken this educational initiative to become a professional leader in meeting the key needs and issues concerning senior citizens.

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### Providence Manor site, Hildegard Centre

- ☺ Adult Day Program for seniors
- ☺ Day Away Program for those with Alzheimer Disease or related dementias. Providing opportunities to socialize and participate in activities in a safe, supportive environment plus respite for families. For information, call 613-549-4164, ext. 3118.

### Mental Health Services site, Geriatric Psychiatry Service

- ☺ Providing inpatient, outpatient, and community outreach services for older persons with late onset mental illness, cognitive impairment and behavioural disturbance.
- ☺ Three Psychogeriatric Resource Consultants provide education, consultation and support to staff working in long-term care and community agencies. For information, call 613-546-1101, ext. 5452.



Providence Care - southeastern Ontario's leader for specialized mental health, rehabilitation, geriatric, complex continuing and long-term care and a major centre for teaching and research.