

# The Helping Hand

## Alzheimer Society PERTH COUNTY

### What's Inside

*Golf Special Thanks*

*Safely Home*

*Passing of Time*

*2006 Soup's On—  
Success*

*Research Participants  
Needed*

### Coming Events:

**June 5**—2006 Golf Tournament. To be held at the Stratford Country Club

**June 22**—Advance Care Planning information Evening. To be held at the Alzheimer Society Office from 6:00 to 8:00 p.m.

### Special Steps

Clients are waiting for Special Steps volunteers in the Stratford area. Training provided. One to two hour commitment per week. For more information contact Andrea at 271-1910. Students welcome.



### Volunteer Opportunity

Come out and volunteer for the 2006 annual Golf Tournament. Monday June 5 at the Stratford Country Club. Contact Mac Lindsay at 271-1910.

### 2006 Golf Tournament June 5

Support the Alzheimer Society with a fun day on the golf course. The 2006 Alzheimer Society Golf Tournament will be held Monday, June 5, 2006 at the Stratford Country Club. Your fun day begins with every golfer receiving a Gift Package valued at over \$70, a BBQ lunch, followed by 18 holes of golf on a shared power cart, some fun on-course events and wraps up with a full-course dinner. Entry Fee is \$125 and \$105



for members of the club. For more information and a Registration Form, contact Mac Lindsay at 271-1910 ext 23. Prizes and hole sponsorships happily accepted.

Tournament sponsored by:



### Advance Care Planning Information Evening

Join us, June 22, from 6:00-8:00 p.m., at the Alzheimer Society of Perth County office for "Advance Care Planning: What is it, and why is it important?"

Advance care planning is the discussion of future wishes for care; a concept no longer reserved for older adults. By talking with family, individuals

can inform their loved ones of their wishes in the event that they later become unable to do so. Many families are recognizing the importance of having these discussions before a crisis occurs.

This session will provide information on Power of Attorney for Personal Care, Substitute Decision Makers, future planning,

and more.

There is no cost for this event, however, those interested are asked to pre-register by June 19, by calling the Society office 271-1910 or 1-888-797-1882. Refreshments will be served.

## Report from Board Chair and Executive Director

Think Spring...no wait, go back to winter for a moment. Many thanks to all of the earnest volunteers and supporters who helped make **Soup's On** (\$29,320.00), and the **FunRun Manulife Walk for Memories** (\$4,700.00), our most successful fundraising events ever! Special acknowledgement goes to Lucie Stuart-Burton for her innovative work over the years in growing these two events into the successes they are today. We wish Lucie and her family all the best with their move to Eastern Ontario

With spring comes new beginnings. We welcome on board, Mac Lindsay as our new Event Coordinator. Mac hails from Ridgeway and has a diverse

sales background as well as over 12 years experience in Fund Development with United Way, Waterloo. Mac will be your host for the upcoming **Golf Tournament** on June 5<sup>th</sup>, mentioned in this newsletter. Thank you also to those donors working with Lois Illman-Fitzgerald to support our worthwhile services. Your gifts represent true dedication to helping those in need.

We are very proud of the work of our client services staff, Laura MacLean, Trish Harris-Tousignant and Andrea Martin (Special Steps VON), who have been travelling the county to support and educate both families and professional staff so that loved ones affected by Alzheimer's Disease receive the

best quality of life.

Back at the ranch, Barb Coffey keeps us organized and efficient and we wouldn't have it any other way.

Please note that the Alzheimer Societies in Ontario have officially added an apostrophe and the name is now **Alzheimer's Disease**.

To our tireless and dedicated volunteers whether at the Board level, at events, or if you are a student in the office we always want to say: THANK YOU!!!! Your support is invaluable.

Yours truly,

Debbie Deichert , Board President  
& E. Dale Kenney, Executive Director

## SPECIAL THANKS To Our Hole Sponsors and Prize Donors of the 2006 Alzheimer Society Golf Tournament

### Hole Sponsors

A.J. Jackson Developments \* Alzheimer Society of Perth County Board of Directors, Bob Gladding, Freedom 55 Financial \* C&C Software Solutions \* Caessant Care Nursing Home \* Cedarcroft Place \* Culliton Brothers Ltd. \* Cyg.Net Internet Services Inc, Duchess Marketing Canada \* Dynamic Health Care Solutions \* Famme & Company LLP Chartered Accountants \* Heather Purdy, CIBC Wood Gundy \* James Fitzgerald & Associates, Kahle Appraisers & Consultants \* Kalbfleisch Chrysler \* KEGO Healthcare \* Kingsway Lodge \* Knights of Columbus Council 1431 \* Knollcrest Lodge \* Mailboxes Etc Mary Dingman,

Re/Max a-b Realty Ltd. \* Mitchell & District Credit Union Limited-Northern Micro \* Paul Swance, Chartered Accountant \* People-Care Stratford \* Phelans Place Ray Black, Dundee Private Investors Inc. \* Ritz Lutheran Villa \* Shur-Gain Skinner, Dunphy & Bantle LLP \* Spartech Colour \* Stratford U-Stor-It \* Sun Signs Timmermans Elevators Ltd. \* Video Plus Books & CD's \* Village Pharmacy Walther's IDA Pharmacy

### Prize Donors

Alzheimer Society of Perth County-Artic Clear 1993 Inc. - Bluewater Golf Course-CJCS Radio-Chippewa Golf & CC-Chocolate Barr's Candies Inc.-

Country Wines-Diechert Financial Strategies Inc.-Dunny's Source for Sports Stratford-Expressway Motors Ltd.-Famme & Co. LLP Chartered Accountants-Firefly Promotions-LAF's Photography-Lexmark Canada-M&M Meat Shops-M.P. Russo & Associates Inc.-Medical Pharmacy-Mitchell Golf & Country Club-Paramed Home Health Care-Player Carpentry-Quadro Communications-Quinlan Road Productions-Rebel Creek Golf Club-Sinclair Pharmacy-St. Willibrord Credit Union-Staples-Stratford Festival-Stratford Hearing Centre-Stratford Plastic Components-Stratford Family YMCA-Tim Hortons-Tournament Sports, Waterloo-Upper Thames River Conservation Authority-Westover Inn

## JUNE is Seniors' Month!

June is Seniors' Month, an opportunity for all Ontarians to recognize and value the contributions made by seniors every day in communities across the province.

This year's theme is **Active Living:Healthy Living.**

Seniors' Month is an annual celebratory tradition in which the contributions of seniors are acknowledged and honoured throughout the province. Seniors account for ap-

proximately 13 per cent of Ontario's current population. Seniors' Month events include award cere-



monies, recognition events, socials and seniors' information fairs.

Throughout the month of June, the Alzheimer Society of Perth County will partner to participate in community awareness events hosted by the Perth Elder Abuse Committee (PEACE). Presentations will include What is Elder Abuse?, Advance Care Planning, and more.

## Passage of time...

There are an estimated 1,250 individuals in Perth County with Alzheimer's Disease or a related dementia making the journey through one of these diseases.

No one should do this on their own.... The Alzheimer Society of Perth County is here to provide help to individuals throughout their journey, but we cannot do this without your help.

**One way to help:**

### **Charitable Remainder Trusts & Gifts of Residual Interest**

If you have cash or an asset that you have considered leaving to the Alzheimer Society of Perth County in your Will but would like the tax benefit now, then a **charitable remainder trust** or **gift of residual interest** may be your answer.

A charitable remainder trust

pays you an annual income for life from your invested principal. A gift of residual interest allows you to donate an asset today (personal residence, work of art, investment property) and enjoy the use of it for the rest of your life.

### **Benefits to you**

- You receive an immediate tax receipt for the present value of the donated asset.
- You receive an annual income from the assets in the Trust. In the case of a gift of residual interest, you retain the use of the gift for the rest of your life.
- Irrevocable trusts are not included in the value of your estate, thus avoiding probate fees.
- Gifts of appreciated property can be structured to avoid capital gains tax.

Your gift is confidential, and unlike

a bequest, cannot be challenged in court.

We recommend you discuss your gift intentions with your own financial, legal or tax advisor. When you are ready to proceed, we would be pleased to work with you to develop a gift, which is meaningful to you and will bring a maximum benefit to the Alzheimer Society of Perth County.

### **Other Giving Options :**

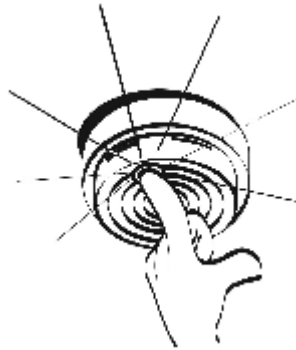
- Monthly Preauthorized Payments
- Visa, Mastercard
- Memorials or Honour Gifts
- Bequest in Wills
- Life Insurance
- RRSPs and RRIFs
- Gift Annuities

## Caregiver's Guide to Fire Safety

### A Resource for caregivers of People with Alzheimer's Disease or related dementia

Alzheimer's Disease is a progressive, degenerative brain disease that destroys vital brain cells. As a result of the changes to the brain, it no longer works as it used to. People with this disease become less and less able to make sense of information

from the outside world. They become unable to think, remember, understand, and make decisions as before. If a fire were to occur in their home, people with Alzheimer's Disease or other dementia would be



extremely vulnerable to serious injury, or even death. This fact sheet provides caregivers with important fire safety information that can help them to provide a safer environment for persons with Alzheimer's Disease - and those who live with them.

A fire safety fact sheet for caregivers is available on the Office of the Fire Marshall website. Visit <http://www.ofm.gov.on.ca/english/FireService/announcements/2006/Alzheimer%20Fire%20Safety%20Fact%20Sheet.asp> to read the document. Hard copies are also available at the Society office.

## SAFELY HOME-Wandering Registry Program

The Safely Home-Wandering Registry Program registration fee has increased as of March 1, 2006. Registration is now **\$35.00**.

As Alzheimer's disease affects each area of the brain, certain functions can be lost. These may include the ability to recognize familiar places, the ability to remember

one's own name or address, or the ability to communicate. The loss of these abilities can result in changes in the person's behaviour. For example, the person may leave home, become confused and get lost. This behaviour can be dangerous for people with the disease. It is also worrisome for care-

givers. Safely Home assists police in finding the person who is lost and safely returning the person home. It is a nationwide program developed by the Alzheimer Society of Canada in partnership with the Royal Canadian Mounted Police.

Once a person is regis-

tered, vital information is stored confidentially on a police database. The information is accessible by police anywhere within Canada and the United States. For further information, or to register yourself or a loved one, please contact the Society office at 271-1910 or 1-888-797-1882

### Looking for a Speaker?

The Alzheimer Society offers complimentary in-service education to Long Term Care Homes, Retirement Homes, Schools, community agencies and service Clubs. Call the office at 271-1910 or 1-888-797-1882 for further details

## Ontario Drug Benefit to Cover Reminyl



Janssen-Ortho has announced that effective January 12, 2006 Reminyl ER (extended release) tablets will be reimbursed through the Ontario Drug Benefit

program of the Ministry of Health.

Reminyl extended release tablets offers patients the convenience of once daily dosing. Patients who are currently prescribed Reminyl regular (immediate release) tablets in a twice

per day dosage can speak to their doctor about switching to Reminyl ER, if appropriate.

### **Caring with Confidence (groups for family caregivers)**

**Listowel:** Knox Presbyterian Church, 220 Livingstone Avenue. 3rd Tuesday afternoon of each month. 1:00-3:00 p.m.

**St. Marys:** First Baptist Church, 31 Church Street. 3rd Thursday evening of each month. 6:30-7:30 p.m.

**Stratford:** Alzheimer Society of Perth County office, 206 Ontario Street. Alternating Tuesday evenings, beginning December 6, 2005. 7:00-8:00 p.m.

**Mitchell:** Knox Presbyterian Church, 92 St. Andrew Street. 1st Monday evening of each month. 6:30-7:30 p.m.

## **2006 Soup's On - Success!!**

The 2006 Soup's On fundraiser for the Society was a tremendous success. Held on Saturday, January 21, 2006 at the Stratford Coliseum, over 3,100 "soup lovers" of all ages enjoyed sampling the over 60 soups offered up by the 36 area chefs who donated their skills and soup ingredients. \$29,320 was raised from this event.

The Alzheimer Society thanks all who attended along with the many volunteers that made this day happen. We also "salute" our important sponsors, as follows:

**Gold Spoon:** BMO Nesbitt Burns, Ontario Home Health & Oxygen, Orr Insurance, Shoppers Drugmart, W&K Financial Services and The Rutherford Group

**Silver Spoon:** Expressway Ford, Sinclair Guardian Pharmacy, Hyde Construction Inc., The Dominion House Bar & Grill, Timmermans Elevators, "Friend of the Society", Carter Productions Inc., Amazing Clayworks (in-kind) and Commercial Printers (in-kind).

**Bronze Spoon:** Blowes Stationery, Deichert Financial Strategies Inc., Heinbuck Funeral Home, Lloyd's Electric, Mollet's Designer Desserts, Royal LePage/Hiller Realty, Stratford Business Centre, Stratford City Mazda, St. Willibrord Community Centre, W. G. Young Funeral Home, Coldwell Banker All Points-Festival City Realty and A.J. Jackson Developments.

Join us on Saturday January 20, 2007 for another great Soup's On

## **2006 Fun Run & Manulife Walk for Memories**

The 2006 Fun Run & Manulife Walk for Memories was held Sunday, January 29, 2006 at the Kiwanis Community Centre.

Close to 80 dedicated athletes came out on a cold, damp day to run a 5K or 10K route around Lake Victoria, or, walk in the confines of the Stratford Badminton Club. \$4,700 was raised by the runners/walkers who collected pledges.

The Alzheimer Society thanks all the participants, the volunteers who helped out "big time" on that day, and the following Partners

who supported the event.

Provincial Partners: Manulife Financial, The-careguide and Glenview Travel Plus.

Local Partners; Bravo Bakery Deli & Catering, Carter's on Downie, Diane Eicher, Manulife Financial, Goodlife Fitness, JJ the DJ, Keen Eye Design,

Mike's Bowling Lanes, New Orleans Pizza, Shoppers Drugmart, Sobey's Food Village, Sportsworld, Stratford Badminton Club, Stratford Perth Family YMCA, The Sun Room, Timmermans Elevators Ltd. And

VIA Rail.

For 2007, some changes in this event; The Fun Run will again be held at the Kiwanis Community Centre on Sunday, January 28, 2007 while the Manulife Walk for Memories will be held Sunday, February 4, 2007 at an indoor location to be confirmed. By holding the walk on a separate day and in a larger location, we hope to attract more people to participate, including individuals living with Alzheimer's Disease or other dementia and their caregivers.

## RESEARCH PARTICIPANTS NEEDED

When we think of donating to research, money typically comes to mind. However, did you know that a very important part of research success involves people willing to take part as subjects? This is not as intimidating as you may think and we are proud to support the following researchers who are working tirelessly to better support and find a cure to this insidious disease. If you think you might be able to help, please read the following:

**1. Eating Together Study:** purpose to explore the experiences and meanings of food and mealtimes for families

with dementia; H. Gayle Edward, MSc, Research Associate, University of Guelph;

**Contact:** Laura MacLean or Trish Harris-Tousignant, Alzheimer Society of Perth County 1-519-271-1910 or 1-888-797-1882

**2. Examination of Language and Communication Abilities:** purpose to study the day-to-day communication between family members and persons with memory problems; J.B. Orange, PhD, Associate Professor, University of Western Ontario; **Contact:** Dr. Orange 1-519-661-2111 ext. 88921 or Laura MacLean or Trish Harris-Tousignant, Alzheimer Society of Perth County 1-519-271-

1910 or 1-888-797-1882

**3. The Effects of Fear of Pain and Fear of Falling Among Informal Caregivers of Seniors with Moderate to Severe Dementia:** purpose to study the relationship between caregiver concerns (regarding person with dementia falling and/or experiencing pain) and caregiver stress; Jaime Williams, M.A., Doctoral Candidate, University of Regina;

**Contact:** Laura MacLean or Trish Harris-Tousignant, Alzheimer Society of Perth County 1-519-271-1910 or 1-888-797-1882

### Staff

- Barb Coffey, Office Clerk**
- Trish Harris Tousignant, Support Services Coordinator**
- Lois Illman-Fitzgerald, Fund Development Coordinator**
- Dale Kenney, Executive Director**
- Mac Lindsay, Event Coordinator**
- Laura MacLean, Education/Family Services Coordinator**
- Andrea Martin, Special Steps Coordinator**

### Board Members

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- Paula Wilson, Past President-Listowel**
- Agnes Deloyer-Stratford**
- Kim Leis-St. Marys**
- Lenore Moser-Listowel**
- Rob Leifso-Stratford**

### Mission Statement

"To advocate and promote the development of support services, education and research for those affected by Alzheimer Disease or other dementia and their caregivers."

We invite and comments, suggestions or contributions. Please direct them to the office at 271-1910

*This newsletter is based on the assumption that it does not render professional advice. Information and opinions contained herein are gathered from sources felt to be reliable, but their accuracy and/or their correct interpretation cannot be guaranteed*