

The Helping Hand

Alzheimer Society
PERTH COUNTY

Fall 2007

Coming Events

Annual General Meeting

Guest Speaker:

Dr. Jack Diamond,
Scientific Director,

Alzheimer Society of Canada

September 12, 2007

7 pm—8:30 pm

All welcome—call to
reserve space

Workshop/Information Sessions

for Caregivers, Families and
Professionals
(See page 5 & 6)

Coffee Break

Kicks off in Perth County
in September!
Make your Coffee Count

What's Inside

- Protein holds promise for Alzheimer patients
- Healthy Living Tips
- Event news and updates
- Happy Birthday!
- Upcoming education events

Expert to Shed Light on Latest Advances in Alzheimer's Disease Research

Dr. Jack Diamond Guest Speaker at the Society AGM

Alzheimer's disease is a tragic reality that touches more than 1,200 individuals in Perth County alone. What causes this fatal illness? Is it treatable? What are the latest advances in research? Are there things you can do to reduce your risk of developing the disease?

For answers to these and other questions, the Alzheimer Society of Perth County invites the public to attend a special presentation **Wednesday, September 12, 2007** by Dr. Jack Diamond, Scientific Director for the Alzheimer Society of Canada. The session, entitled *Alzheimer Disease: What is it and what are the researchers doing about it?* will shed light on the latest advances in Alzheimer's disease research, both present and what is expected in the near future.

"We are very pleased to welcome Dr. Diamond to Perth County, and encourage anyone with an interest in learning more about Alzheimer's disease to attend. This session will be of interest to both specialists and non specialists alike, including loved ones of those afflicted with dementia, caregivers, and health care professionals," says Jane Falconer, Acting Executive Director for the Alzheimer Society of Perth County.

The presentation will take place at the Society office, located at 206 Ontario Street, Stratford, from 7:00 pm until 8:30 pm. There is no cost for the evening, although space is limited. To reserve a seat, please call the Alzheimer Society of Perth County at (519) 271-1910 or toll-free at 1-888-797-1882.

Along with his work at the Alzheimer Society of Canada, Dr. Diamond is also a Professor Emeritus in the Department of Psychiatry and Behavioural Neuroscience at McMaster University, where he continues to run his laboratory research programme with a special focus on diabetic neuropathy and the apoE4 risk factor for Alzheimer's disease. Dr. Diamond is widely published, having written more than 70 papers in refereed journals and 15 book chapters. For more information on Dr. Diamond, please visit www.alzheimer.ca

Alzheimer's disease is a progressive, degenerative brain disorder that destroys vital brain cells. Alzheimer's and related disease affect an estimated 1 in 13 Canadians over the age of 65, or approximately 450,000 people. It is estimated that 750,000 Canadians will have Alzheimer's or a related disease by the year 2031 if a cure is not found. Special thanks to Pfizer for their sponsorship of this event.

MISSION STATEMENT

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

A Message from the Board President and Acting Executive Director

As we move into a busy fall season we are doing so with our clients, caregivers, donors, and community in mind.

In recent statistics sent out by the Local Health Integration Networks, it is estimated that the present number of 13,912, Alzheimer’s disease and related dementias persons in SW Ontario, will increase to close to 17,000 in 2016. We continue to pave the way to meet ongoing needs.

Our services and programming will continue to provide support to our clients and their caregivers. We are embarking on a new program which will be offered by Sheri Gilhula, Support Services Coordinator and Laura MacLean, Education and Family Support Coordinator and held at Spruce Lodge. The program will feature a music interaction group for person’s with Alzheimer’s disease and a separate caregiver time to learn more about the disease and supporting one another through this difficult time. This will be in addition to our ongoing programs and services.

The Board of Directors and staff have been involved in sessions to learn more about what is happening around us in healthcare and with our provincial association. We were pleased to welcome Norm Gamble, Chair of the Southwest Local Health Integration Network (LHIN) and Linda Stevenson, LHINS board member, as well as guests from the Oxford Alzheimer Society in late June. We heard about the direction for our LHINS and were encouraged to know the support is there for our work.

Recently, Andrea Strath, Chapter Relations Director, for the Alzheimer Society Ontario (ASO) visited us to review the ASO 2007-2011 Strategic Plan. The alignment of this plan with the Alzheimer Society of Canada plan is one which shows vision in accomplishing a nationwide approach to strengthening Alzheimer’s research.

As we prepare to put our strategic plan together locally, we will keep these directions top of mind and know that the more often we can get the common message of “Help for today, Hope for tomorrow” out we will realize its achievement.

In recent statistics sent out by the Local Health Integration Networks it is estimated that the present number of 13,912 Alzheimer Disease and related dementias persons in SW Ontario, will increase to close to 17,000 in 2016

In the near future, we will focus our efforts on more individual fund raising. In doing so we will be building on the efforts of past staff and volunteer initiatives. Encouraging donations in many forms will contribute to reaching our program/services goals. We will be looking to the local community to consider annual giving donations, and legacies of hope through planned giving, bequests, and other means. Your continued support is valued and is depended upon for our sustainability.

We look forward to seeing you at our upcoming Annual General Meeting and know you will be delighted in hearing guest speaker, Dr. Jack Diamond. See you on September 12th!

Rob Leifso, President

Jane Falconer, Acting Executive Director

GREETINGS FROM THE SUPPORT SERVICES DEPARTMENT

Support Services Co-ordinator (SSC) - Hello! My name is Sheri Gilhula and I joined the Alzheimer Society of Perth County as Support Services Co-ordinator in August, 2007. I am happy to be here in this role! Following my graduation from McMaster University with a Bachelor of Arts in Gerontology and Psychology, I was previously involved with two other Ontario Alzheimer chapters in support and administration roles. When my husband, Shawn, and I started our family, we made the decision for me to stay home as a full-time parent which I have had the privilege of doing for many years. We are a busy family with four active, wonderful children, the youngest of which is starting school this fall! In addition to my responsibilities at the Alzheimer Society, I also have a lot of fun teaching Music for Young Children® from my home studio in Gadshill.

I look forward to working with Laura MacLean, the Education and Family Support Co-ordinator in providing a joint Music Interaction group for persons with Alzheimer Disease and related dementias while at the same time providing a Support Group for their caregivers. This joint venture will take place Monday evenings beginning September 24, 2007 at Spruce Lodge. Registration is limited, so I encourage you to call the office now! As well, I look forward to meeting with caregivers through the upcoming Caregiver Alzheimer Information Series’ being planned for both Stratford and Listowel in October. In addition, I plan to continue the partnerships already established with long-term care homes in Perth County to offer new ongoing caregiver support groups throughout the county while maintaining existing ones.

I hope to hear from you so that the Alzheimer Society of Perth County may continue developing and offering support programs that will meet your needs whether your loved one is at home in the community or living in a long-term care home. I am excited about this opportunity to re-join the Alzheimer Society.

Sheri

Protein that removes plaque holds promise for Alzheimer's patients

(reprinted CBC news Health & Science— August 13, 2007)

Using a protein as a sponge to absorb the toxic plaque that builds up in the brains of Alzheimer's patients can halt symptoms and improve brain function, U.S. researchers suggest.

Scientists from the University of Rochester Medical Centre in Rochester, N.Y., performed studies on mice with a buildup of amyloid-beta, a toxic plaque that builds up in the brains of Alzheimer's sufferers and damages them.

Their findings are published in an Aug. 12 online article in the journal Nature Medicine.

Instead of examining the mechanism that creates the excess plaque, scientists chose to focus on the protein that absorbs amyloid-beta in the body.

Known as soluble LRP (soluble low-density lipoprotein receptor-related protein), in healthy people, the protein binds to and neutralizes anywhere from 70 to 90 per cent of the amyloid-beta that is circulating in the body.

The scientists found that when they injected the mice with extra LRP, the body soaked up more amyloid and the brain also suddenly responded by significantly reducing levels of the substance.

The compound had an even more dramatic effect in mice with features of Alzheimer's disease: one type of LRP lowered the levels of amyloid-beta in their brains by 85 to 90 per cent.

The mice that received the compound also had improved learning and memory compared to mice that did not, and experienced 65 per cent more blood flow in their brains in response to brain stimulation.

"There is a dynamic equilibrium between the levels of amyloid-beta in the blood and in the brain," neuroscientist Berislav Zlokovic, the leader of the research team, said in a release.

"If we are able to lower the levels of amyloid-beta circulating in blood by sequestering more of it there, then the brain should follow and lower its levels too. This is exactly what we found."

Protein levels low in Alzheimer's patients

In the study, levels of soluble LRP in people with Alzheimer's were found to be about 30 per cent lower than in healthy people, and the soluble LRP that was present was almost three times as likely to be damaged compared to the same protein in healthy people.

Alzheimer's patients had on average three to four times as much loose, unbound amyloid-beta in their bloodstreams as people who didn't have the disease — high levels that would likely also be reflected in the brain.

The team is now working with a company called Socratech to create a form of LRP that could be tested in people. Zlokovic hopes to have such a product ready for testing within two years.

According to the Alzheimer Society of Canada, in 2007, an estimated 97,000 Canadians will develop Alzheimer's or another dementia-related disease, with 59,340 women and 37,870 men afflicted.

By 2011, the association predicts, new cases of dementia are expected to reach 111,430 per year.

In Memoriam Donations

We extend our very sincere sympathy to those who have lost loved ones and we gratefully acknowledge gifts which have been made in their memory. This generosity helps offer important programs and services to our community.

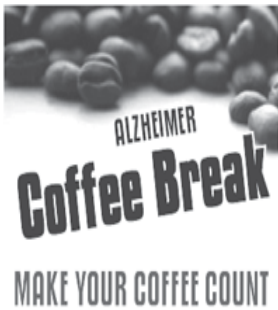
Your contributions provide monies which go towards research.

Thank you for remembering the Society in your time of loss.

BENEFITS OF BEING A SOCIETY MEMBER

- *Newsletter and Caregiver Bulletin*
- *Some education courses are free or reduced in cost*
- *Notice of Society Events*
- *Income Tax Receipt*
- *Vote at the Annual General Meeting.*

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.



A cup can make a difference ...

In September, individuals, businesses, churches, restaurants and healthcare facilities throughout Perth County will be showing their support for Alzheimer Society of Perth County by hosting a Coffee Break — serving coffee to friends, family and/or colleagues in exchange for a donation. If you're interested in participating by hosting a Coffee Break or a Buck-a-Cup event, or if you would like to know about a Coffee Break that you can support please call Keith Courtney.

Congratulations Harvey Mogk!

When Harvey Mogk invited his family and friends to celebrate with him on the occasion of his 80th birthday in July, he found a special way to recognize the occasion. Instead of gifts, Harvey requested that celebrants give a donation to support the Alzheimer Society of Perth County. To assist we provided Harvey with specially designed personalized Celebration Recognition Cards to give to those attending the festivities wishing to recognize the auspicious occasion by making a donation. The Society is honoured to receive such generous support from Harvey's relatives and friends. \$440.00 was donated, demonstrating that one of the nicest gifts we can receive is one that helps others live happier, healthier lives. Thank you Harvey – we wish you MANY more!



Harvey Mogk receives some birthday balloons and good wishes in recognition of his 80th birthday from the Alzheimer Society of Perth County's Education and Family Support Co-ordinator, Laura MacLean.

We need your support!

You can help us fulfill our mission by becoming a member, making a donation, and/or taking advantage of a volunteer opportunity. Members of the Alzheimer Society of Perth County receive our quarterly newsletter and notices of upcoming events and are entitled to vote at our annual meeting. The Membership Fee is tax deductible.

Please mark appropriate categories: renewal new member
 Individual/Family: \$15 Senior/Student: \$10 Corporate/Business: \$50 Not-For-Profit: \$25

When you make a **donation** to Alzheimer Society of Perth County, you receive a tax receipt. All contributions are appreciated (cash, cheque, Visa, MasterCard accepted). \$25 \$50 \$100 other

Name _____ Phone _____

Address _____ City/Town _____ Postal Code _____

Cheque enclosed Cash enclosed Secure ONLINE donation www.alzheimerperthcounty.ca

VISA Mastercard

Credit Card Number _____ Expiry Date _____

Name on Card _____ Signature on Card _____

I wish to receive information from the Alzheimer Society of Perth County by:

Mail: Email: My email address is: _____

Other: Please Specify: _____

Please contact me about volunteer opportunities with the Society.

All information collected is for Alzheimer Society of Perth County Membership & Donor records only.

DON'T MISS THESE UPCOMING ACTIVITIES

Music Interaction / Family Caregiver Support Group

- **NEW:** Music Interaction for persons with Alzheimer's disease or a related dementia and a Caregiver Support Group for family members of afflicted persons meet at the same time.

Information Session On:

When: Monday, September 10 at 6:15-6:45 p.m. or September 11 at 10:30-11:00 a.m.

Where: Spruce Lodge (Stratford) in the Activity Room of Woodland Towers

Ongoing Sessions are scheduled for:

When: Monday evenings from 6:30 pm to 7:30 pm, beginning September 24 through to November 19

Where: Spruce Lodge

- Pre-registration is required by calling the Society office at 519-271-1910

Family Caregiver Support Group

When: The third Tuesday of each month

Where: Knollcrest Lodge in Milverton

Time: 7 to 8 pm

Dates: September 18, October 16, November 20

- Family caregivers are welcome to attend. Call please call Sheri or Laura for additional information

Alzheimer Information Series for Caregivers

Provides information about the progression and diagnosis of Alzheimer's disease, strategies for communication and coping with challenging behaviours, legal issues and advance care planning and much more

Free for Members of the Alzheimer Society

For Non-members the cost is \$25.00 per person to help cover the cost of materials

Sessions available in:

- **Listowel:** Wednesday 's from 10 am -11 am at Livingstone Manor
Session dates: October 17, 24, 31, November 7, 14, 21. Care provided for loved one with Alzheimer's disease if needed.
- **Stratford:** Wednesday's from 6:30 pm—7:45 pm at the Alzheimer Society office
Session dates: October 17, 24, November 7, 14, 21, 28
- Pre-registration is required at one of two sites

Ongoing One-to-One Caregiver Information and Support available by contacting Sheri or Laura at the Alzheimer Society office.

HEALTHY LIVING TIPS

Maintain a Healthy Brain-Challenge Yourself!

Just as physical activity improves your body's ability to function, studies show that keeping your brain active may help reduce your risk of developing Alzheimer's disease.

Research is showing that by using your brain, you increase its networks of connections. A brain-healthy lifestyle also emphasizes the importance of overcoming routine and monotony in our daily lives. By approaching daily routines in new ways, you engage new or little used mental pathways.

Since the evidence suggests that mental stimulation enhances brain activity and may help maintain brain health throughout life, it is important to put your brain to work.

Challenging your brain doesn't have to be difficult. It can be as simple as dialing the phone with your less dominant hand or as complex as learning a new language. Remember, the goal is to give your brain a new experience and a workout each and every day.

Source: Alzheimer Society of Canada 2007

Financial Frauds and Scams

Join us on Wednesday, September 5, 2007 from 1:00 pm -3:00 pm at the Kiwanis Community Centre at 111 Lakeside Drive, Stratford. A presentation and video will be shown to alert you to financial frauds and scams that have taken place in our community. Members of the Perth Elder Abuse Committee will be on hand to answer questions. Everyone welcome. No cost, however seating is limited. Please call 519-271-1910, 1-888-797-1882 to reserve a space. An encore presentation will be offered in North Perth in October.

Alzheimer Information Series for Professionals

An Alzheimer Information Series for Professionals (AIS-P) course will be offered to front-line community home care providers in Perth County this Fall. The 8-hour course is designed for personal support workers, and addresses multiple aspects of dementia care. A \$30.00 registration fee covers material costs. The course will run Oct. 9, 16 (2:00 - 4:00 pm), and 23, 30 (6:00 - 8:00 pm) at 206 Ontario St, Stratford. The AIS-P can be tailored to your place of employment, and offered onsite at no additional cost. For more information and a course outline, please contact Laura at the Society office.

Advance Care Planning

Have you thought about your future wishes for care? Everyone is invited to join us for an informative evening on October 11, 2007, from 6:30 pm -7:30 pm, at the Society office. Discussions will include powers of attorney, advance care planning, substitute decision making, and more. There is no cost for this event, however, seating is limited. Please call the Society office to reserve a space.

Annual Clergy Workshop (Stratford and Listowel)

Planning is underway for the second annual, Spiritual Care and Dementia Workshop for Clergy members. New this year, workshops will be held in Stratford and Listowel. Dates are to be announced. Areas of focus will include an overview of dementia, communication techniques, supporting families within the congregation, and more. For registration information, please contact Laura at the Society office.

Professional In-service Education

A wide array of educational resources and presentations are available through the Society for professional care staff. Please contact Laura for a complete listing of topics.

Staff Support Groups

Monthly groups are now forming across the county. Join with colleagues to discuss the successes and challenges associated with providing professional dementia care. For more information, please contact Laura at the Society.

4th ANNUAL GOLF TOURNAMENT raises \$12,000! Thanks to the 98 golfers who attended and our generous sponsors, donors and volunteers! We appreciate Blackcreek Technologies and Ontario Home Oxygen & Health for their co-sponsorship. Mark your calendars for next year and we will see you on June 2, 2008.

<u>Board of Directors</u>	<u>Staff Members</u>
<i>Rob Leifso</i> - President-Stratford	<i>Jane Falconer</i> : Acting Executive Director-jfalconer@wightman.ca (phone) ext 22
<i>Debbie Deichert</i> - Past President-Stratford	<i>Laura MacLean</i> : Education & Family Support Co-ordinator-lmaclean@wightman.ca (phone) ext 21
<i>Lynn Whittemore</i> -Treasurer-Sebringville	<i>Sheri Gilhula</i> : Support Services Co-ordinator-sgilhula@wightman.ca (phone) ext 26
<i>Pat Turnbull</i> - Secretary-Stratford	<i>Keith Courtney</i> : Fund Development Co-ordinator-kcourtney@wightman.ca (phone) ext 23
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<i>Lenore Moser</i> -Listowel	
<i>Steve Kropf</i> - Stratford	
<i>Anne Denomy</i> —Stratford	

Alzheimer Society of Perth County

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