

# The Helping Hand

Alzheimer Society  
PERTH COUNTY

Spring 2007

## Coming Events

### 4<sup>th</sup> Annual Golf Tournament

**When:** Monday, June 4, 2007  
**Where:** Stratford Country Club  
**Details:** Registration 11:30 a.m.  
Light Lunch  
1 p.m. Shotgun Start  
Shared Power Cart  
18 Holes  
Texas Scramble

On course games & great prizes,  
full course prime rib dinner

\$75+ Value Gift Package for All  
Golfers

**Cost:** \$125 for non-members,  
\$105 for Country Club members

#### Registration

**Pay & register by May 11<sup>th</sup> &  
be entered into a draw for a  
great prize!!** Call the office to  
register.

Our gratitude is extended to  
Blackcreek Technologies &

Ontario Home Health for once  
again hosting this fun day!

#### What's Inside

President & Acting  
Executive Director report  
Tips for brain health  
Event news and updates  
Volunteers  
Upcoming education events

## Secondhand Smoke Boosts Risk for Alzheimer's

Canadian Press - Ed Edelson, Healthday Reporter

(Health Day News) - Breathing in secondhand smoke could raise your risk for Alzheimer's disease and other forms of dementia, a new study finds.

It's the first study to link secondhand smoke to this form of mental deterioration, said lead researcher Thaddeus Haight, a research statistician at the University of California, Berkeley. "There have been studies that have shown that exposure to secondhand smoke is related to subclinical cardiovascular disease and clinical cardiovascular disease," Haight noted. "There also have been studies showing that atherosclerosis, hardening of the arteries, is related to an increased risk of dementia."

The current study completes the loop by showing that inhaling someone else's smoke increases the incidence of dementia, he said.

"This study attempts to look at the relationship between cardiovascular disease and dementia and also looks at the independent, direct effects of tobacco on the nervous system," Haight said. "There is an alternative pathway other than cardiovascular disease with potential neurotoxic effects. Secondhand smoke could affect the neurodegenerative process behind dementia and may lower the threshold for dementia-like symptoms."

Haight was scheduled to present the findings this week at the annual meeting of the American Academy of Neurology, in Boston.

In their study, the Berkeley team evaluated data on more than 3,600 participants enrolled in a long-running study of cardiovascular health. They compared 985 never-smokers with no cardiovascular disease and no dementia to 495 people who reported an average of 28 years of lifetime exposure to another person's smoking.

A six-year evaluation revealed that elderly people exposed to secondhand smoke for 30 years or more were about 30 percent more likely to develop dementia than those without such exposure, the researchers said.

"We're now looking at how smoke affected dementia directly and are also attempting to separate out the effects of secondhand smoke that occur through clinical vascular disease," Haight said.



*Continued page 5*

#### 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."

## New Hope and New Beginnings

### A Message from the Board President and Acting Executive Director

With spring comes the feeling of new beginnings and a promise of hope for tomorrow.

The Alzheimer Society of Ontario, along with the provincial chapters, are working hard to ensure that elected members of the provincial government understand the need and continued importance of programs and services offered to clients, families and caregivers, as they deal with daily difficulties brought on by this disease.

In Ontario, over 207,000 seniors are expected to suffer from dementia by 2016, a 33% increase over 2006. The cost of care increases with progressive severity of the disease, with long-term care homes responsible for the largest cost component. Seniors with dementia may incur a greater cost for government services than seniors without the disease. Each of us need to make certain that sufficient funding and services are available as we enter a new era of healthcare accountability and access to services.

Within Perth County we continue to offer awareness programs to staff of long term care homes, provide information sessions to caregivers, and offer one on one support. We represent the needs of our clients at the funding table through several county wide committees, dedicated to developing strategic directions for the provision of Alzheimer/dementia related programs.

Research continues to move forward with determined perseverance and emerging possibilities. Recently, through our local chapter, we have, with your generous donations provided funds to the Alzheimer Society of Canada and the Centre for Research in Neurodegenerative Diseases (CRND). The Institute housed at the University of Toronto's Faculty of Medicine, provides international leadership in research, education and discovery related to neurodegenerative diseases.

The CRND's mandate is to discover, apply and disseminate knowledge that will lead to the prevention of neurodegenerative diseases, to the diagnosis and cure of individuals afflicted with these disorders, and to easing the burden of their caregivers and families. To learn more about the research conducted at CRND, please visit their website at [www.utoronto.ca/crnd](http://www.utoronto.ca/crnd).

Among other news, we welcome Anne Denomy and Steve Kropf as members of our Board of Directors. Recently, our Executive Director, Carey Brestovacki gave birth to daughter, Cora, and we wish her and her family all the very best in future parenting. Acting Executive Director, Jane Falconer has joined us until Carey's return in early 2008. Welcome to all.

In April we celebrated volunteer month. Thank you to our volunteers for your time and talents in all that we accomplish. We couldn't do it without you!

Thank you to you our readers for your continued interest in our work and your financial support for research, programs, and our services.

*Rob Leifso, President*

*Jane Falconer, BA,CAE, Acting Executive Director*

*"...through Perth chapter, we have, with your generous donations, provided funds to the Alzheimer Society of Canada and the Centre for Research in Neuro-degenerative Diseases"(CRND)."*

#### Heads Up for Healthier Brains

1. Protect your head. Brain injuries, especially repeated concussions are risk factors for the later development of Alzheimer's disease. Wear an approved helmet when engaging in sporting activities; protect against concussions, and always wear a seat-belt.
2. Challenge your brain. Keep the brain active every day. Try something new or change the way you usually do a task. Play games such as chess, cards, jigsaws, memory games. Pursue a new interest, learn a new language, or enjoy a hobby.
3. Be socially active. Staying connected socially helps you stay connected mentally. Pick up the phone, stay connected to family and friends, and spend time with people who have a positive outlook. The more engaged you are, the better.
4. Choose a healthy lifestyle. A healthy lifestyle is as important to brain health as it is to the rest of your body. Make healthy food choices; be physically active; keep your blood pressure, cholesterol, blood sugar and weight within recommended ranges; reduce stress; and avoid smoking and excessive alcohol consumption.

**See your doctor if you have concerns**

#### Keep your mind active with these brain teasers:

1. fredace
2. insult + injury
3. poFISHnd
4. pot 00000000
5. knee  
light light

**Answers on page 6**

*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.*

## ***Greetings from the Support Services Department!***

### ***Support Services Co-ordinator (SSC)***

Good day to all! My name is Nancy Martin. I began working at the local chapter in February, as the new Support Services Co-ordinator. I live in New Hamburg with my family, Ryan, Bella (4), and Ezra (10 months).

I began my career in the health care field by graduating from the RPN (Registered Practical Nurse) program at Conestoga College, Doon Campus. After graduation, I saw a variety of possibilities; all of which seemed to point me in the direction of assisting those living with dementia. I had the opportunity to work at a memory care facility in Pennsylvania. Not long after returning home, I was offered a position at the Alzheimer Society of Perth County. I was employed at the Society for a year, covering a maternity leave for the Education Co-ordinator position. It is wonderful to be back. Working with the Education & Family Support Co-ordinator, my responsibilities include providing information, supportive counselling to those living with Alzheimer disease and their partners in care. My program goals involve the creation of new (and maintenance of existing) support groups, facilitation of the AIS-C (Alzheimer Information Series for Caregivers), and connecting with Family Councils in the long-term care homes in our area. I am here to serve and to help those in need.

*Nancy Martin Ext. 26*

### ***First Link Co-ordinator (FSL)***

Trish Harris Tousignant has left the Support Services Co-ordinator position at our chapter for two years to assume the role of First Link Coordinator. Trish will be working at the Alzheimer Society offices of Perth, Huron, and Grey-Bruce. First Link is a pilot program, designed to connect individuals living with Alzheimer disease or other dementia with support services in their community upon receiving a diagnosis.

The program goal is to ensure that individuals living with dementia and their partners in care have immediate access to programs and services that may benefit them throughout the disease process. Referral, co-ordinating education sessions, networking, and advocacy are but a few of Trish's responsibilities.

We wish Trish well as she takes on this new challenge. If you would like more information about the First Link program, or would like to refer a patient, contact Trish at the local office.

*Trish Harris Tousignant Ext. 21*

### ***Education & Family Support Co-ordinator (EFSC)***

Hello from the Education & Family Support desk! As usual, we are extremely busy in education and support. I'd like to remind all of our community partners that complimentary education is always available. I am responsible for providing education to long-term care home staff, retirement home staff, community agency staff, and volunteers, the general public. I also work with the SSC to provide individual and group counselling.

With the growing number of individuals affected by Alzheimer's disease and other dementia in our area, the need for education is essential. Service clubs, banks, grocery stores, and restaurants are encouraged to take advantage of this training opportunity.

Knowledge is power. Challenge yourself to learn more about the men and women in our community living with this disease. On behalf of the numerous individuals and families served by this chapter, we thank you for your ongoing support. There's still so much that we can do! Together; promoting acceptance through understanding.

If you are interested in hosting an information session at your home, workplace, or service club, please contact me.

*Laura MacLean Ext. 21*

#### ***BENEFITS OF BEING A SOCIETY MEMBER— Join today***

- *Newsletter and Caregiver Bulletin*
  - *Notice of Society Events*
  - *Income Tax Receipt*
  - *Vote at the Annual General Meeting.*
- \$10.00 - Senior/Student    \$15.00 - Adult/Family  
\$25.00 - Not for Profit    \$50.00 - Corporate

#### ***Looking for a Speaker for Your Group?***

The Alzheimer Society offers complimentary in-service education to long-term care homes, retirement homes, schools, community agencies, service clubs, etc.

Call the office at 271-1910

or 1-888-797-1882 for further details.

# Soup's On – A Soup'er Success

We would like to express our sincerest thanks to everyone for making Saturday, January 20<sup>th</sup> another "Soup'er" day for the Alzheimer Society of Perth County! The contribution of over 100 volunteers, coupled with the assistance, support and backing of more than 3,000 other individuals, businesses, soup makers/chefs and patrons, ensured the resounding success of the Society's 12<sup>th</sup> annual *Soup's On* fundraiser. We are truly appreciative.

According to our door-counters, *Soup's On 2007* was attended by over 3,000 soup lovers and Society supporters, who taste-tested soups by 35 chefs, enjoyed the music of our local performers, purchased Soup'er Raffle tickets and bid on over 175 auction and draw items. At the end of the day, *Soup's On 2007* grossed over \$35,000 and once the expenses were paid, the net result was over \$28,000 for the chapter!

Over the past 12 years, thanks to tremendous community support, *Soup's On* has become and remains the signature fund and awareness-raising event for the Alzheimer Society of Perth County netting approximately \$150,000 in the past nine years alone. These funds allow the Society to continue offering programs and services to those coping with this devastating disease. Recent statistics indicate that over 1,200 individuals in Perth County have been diagnosed with Alzheimer Disease or a related dementia. This number does not include their family, friends and caregivers who are equally affected by the diagnosis. Nor does it include the number of individuals in our community who are yet undiagnosed.

Thanks to tremendous community support for *Soup's On*, the Alzheimer Society of Perth County is able to offer "Help for Today" through support and education for family, friends and caregivers, and provide "Hope for Tomorrow" through annual financial contributions to national research projects.

## We extend our sincere thanks to the Soup's On 2007 Gold Spoon Sponsors



## Thank you to our Silver and Bronze Sponsors

### Silver Spoon Sponsors

Blackcreek Technologies  
Commercial Printers Ltd.  
Sinclair Guardian Pharmacy Ltd.  
Timmermans' Elevators Ltd.  
Video Plus Books + CDs  
Wilkinson & Keller  
Financial Planning Ltd.

### Bronze Spoon Sponsors

A.Jackson Construction  
Blowes Stationery  
Calphalon Culinary Centre  
Carter Productions  
Deichert Financial Strategies Inc.  
D & W Blueprinting  
Festival Furniture

Filsinger Music  
Formal Limousine Service  
Friends of the Alzheimer Society  
Heinbuck Funeral Home  
Hyde Construction Ltd.  
Libro Financial Group  
Lloyd's Electric  
Remex Express

Royal LePage Hiller Realty  
Stratford Business Centre  
Stratford City Mazda  
Stratford Home Hardware  
& Building Centre  
Tom White Electric & Plumbing  
W.G. Young Funeral Home Ltd.  
Zion Lutheran Church

## Alzheimer Coffee Break .... Steaming Hot!



Preparations are already underway for the 12th annual Alzheimer Coffee Break™! Congratulations to all the hosts who participated in thousands of 2006 Coffee Breaks, right across the country! Collectively, you raised over \$1.13 M nation-wide in support of the Alzheimer Society. We hope that we can count on you again in 2007 as we attempt to reach our new goal of \$1.25 million. For those of you who participated locally last year, thank you sincerely for your participation and support.

For those of you who are considering joining us for the first time in 2007 – we will welcome you and be most appreciative of your interest and involvement! All money raised in Perth County is used to provide local programs and services.

Once again, Coffee Break will kick off across the County one week before the official nation-wide Coffee Break Day on Thursday, September 20th, World Alzheimer's Day.

For more information on how to host a Coffee Break or other inquiries, please contact, Keith Courtney, 519-271-1910 Ext. 23

## ***A Successful Manulife Walk & Fun Run For Memories***

With another successful *Alzheimer Awareness Month* and all of its awareness and fundraising activities behind us for another year we wish to acknowledge and thank everyone - sponsors, donors, walkers, runners, volunteers and the members of the organizing committee, for their very generous support of the *2007 Manulife Walk & Fun Run For Memories*.

With incredible community support, the *Manulife Walk and Fun Run For Memories* held on Sunday, January 28<sup>th</sup> proved to be another very successful fundraising endeavour for the Alzheimer Society of Perth County. The 2007 Walk & Fun Run was held at two locations in Stratford, for the first time, outdoors at the Kiwanis Community Centre and indoors at the Festival Marketplace Mall. The event raised over \$6,500 for the chapter, with a 15% increase in participants over the previous year and, more importantly a 25% growth in revenue.

The funds raised from the Society's annual special event fundraisers (*Soup's On, golf tournament, Coffee Break, bingos, Manulife Walk & Fun Run For Memories*) enable the Society to support the over 1,200 individuals in our Stratford and Perth County community who are affected by Alzheimer's disease and related dementias.

Plan to participate next year. Mark Sunday, January 27, 2008 on your calendar and start training now. We are already looking forward to making next years event even bigger and better and the most successful yet!

### **Thank you to our Volunteers!**

We would like to take a moment to recognize the numerous individuals whose time and efforts have been the foundation of our local chapter. Without their commitment and generosity, we would not be able to continue our work.

Exciting new volunteer opportunities are waiting...be an office assistant; participate in local health fairs at our display booth, be a Special Steps visiting volunteer, put your talents to use in our Resource Centre, or help us with our special events. The ways to help are endless.

If you are a caregiver and would like peer support, or if you have been a caregiver, and would like to share your wisdom and expertise with someone who has recently begun caregiving, please contact our office.

Give the gift of time....it's priceless. Contact the office to volunteer.



*Pictured above: Muriel Riehl, former board President and longtime Society volunteer, and Rob Leifso, current board President. Congratulations, Muriel for being honoured at a recent Volunteer Ceremony hosted by Festival Marketplace!*

### **Secondhand Smoke Boosts Risk for Alzheimer's (cont'd page 1)**

Analysis of the data showed that the combination of long-term exposure to secondhand smoke and the presence of cardiovascular disease nearly doubled the risk of dementia. Long-term exposure to secondhand smoke alone increased the risk of dementia by about a third.

The study also found a greater incidence of dementia in people who were not diagnosed with cardiovascular disease but who had detectable abnormalities of their carotid arteries, the main arteries to the brain, on ultrasound images. People exposed to secondhand smoke who had those abnormalities (such as narrowed carotid arteries) were 2.5 times more likely to develop dementia as those with no carotid abnormalities and no secondhand smoke exposure.

The study results provide support for efforts to reduce exposure to secondhand smoke, such as bans on smoking in restaurants and bars, Haight said.

"It's reasonable to suppose that anything that is bad for your heart is bad for your brain, so it is no great surprise that secondhand smoke could be responsible for development of carotid artery disease and dementias of all kinds," said Bill Thies, vice president for medical and scientific affairs at the Alzheimer's Association.

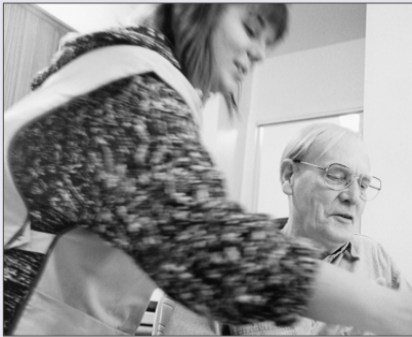
The exact degree of danger is somewhat unclear, because the data in the report are not complete, but the danger does exist, Thies said.

"This study is an important addition to the overwhelming evidence of serious health harms from secondhand smoke," said Matthew L. Myers, president of the Campaign for Tobacco-Free Kids. "It underscores the need for all states to pass comprehensive smoke-free laws covering all workplaces and public places."

# Support & Education Updates

## 2007 Caregiver Conference

Our first annual Caregiver Conference was held on April 11, at Zion Lutheran Church. This full day event was attended by 55 people, and included speakers, community displays, and lunch. Topics included coping with caregiver stress, home safety considerations, meaningful interactions, and long-term care home placement. Our sincere thanks to Pfizer, Lundbeck, and Zion Lutheran Church for their generous sponsorship of this event!



## Support Groups

We offer a variety of support groups. For caregivers, our *Caring With Confidence* groups; for persons living with early stage Alzheimer's disease, our *Just Between Us* group; for professional caregivers, our staff support groups. Talking helps...we can help you discover which group may be right for you. Stay tuned for our newest group: **Music Therapy/Respite** group. Family caregivers meet to learn and share with others while loved ones participate in a facilitated music therapy group. Please contact our office for information on any of these groups. Spring and summer dates will be listed in our Caregiver Bulletin.

## New!! Caregiver Bulletin

The Support Services Department will now be offering a caregiver bulletin, "Partners In Care" to provide caregivers with additional tips, strategies, resources available, local service information, research updates, and stories that are specific to your role as a caregiver. The bulletin will also feature an "Ask a professional" column, where caregivers are encouraged to send in their questions, as well as their experiences. We will try to answer as many questions as possible in the bulletin. If you would like to be included on the mailing list, please contact our office.

## Advance Care Planning

An information evening will be held on June 20, at 7:00 p.m., at the Society office. Topics will include Powers of Attorney, future planning, and health care decisions. Don't miss this informative event. To reserve your seat, please contact the Society office. No cost.

### Answers to Brain Teasers\_ (page 2)

1. Red in the face
2. Adding insult to injury
3. Big fish in a small pond
4. Potatoes (pot + 8 O's!)
5. Neon lights

#### Board of Directors

*Rob Leifso*- President-Stratford  
*Debbie Deichert* - Past President-Stratford  
*Lynn Whittemore* -Treasurer-Sebringville  
*Pat Turnbull* - Secretary-Stratford  
*Agnes Deloyer*- Mitchell  
*Mary Hoffman* -Stratford  
*Lenore Moser* -Listowel  
*Steve Kropf* - Stratford  
*Anne Denomy*—Stratford

#### Staff Members

*Jane Falconer*: Acting Executive Director-jfalconer@wightman.ca ext 22  
*Laura MacLean*: Education & Family Support Co-ordinator-  
lmaclean@wightman.ca ext 21  
*Nancy Martin*: Support Services Co-ordinator-nmartin@wightman.ca ext 26  
*Keith Courtney*: Event Co-ordinator-kcourtney@wightman.ca ext 23  
*Barb Coffey*: Administrative Assistant—bcoffey@wightman.ca ext 22  
*Trish Harris Tousignant*: First Link Co-ordinator-tharris@wightman.ca ext 21  
*Andrea Martin*: Special Steps Co-ordinator-specialsteps@wightman.ca ext25

### Alzheimer Society of Perth County

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