Walk for Memories

The Alzheimer Society of Grey-Bruce Manulife Walk for Memories takes place on Saturday morning January 30 in Owen Sound, Hanover and Saugeen Shores.

All Walks start with registration at 9 a.m.

Enclosed with this newsletter is a pledge form outlining the details of each Walk.

We look forward to seeing you on January 30.

Register and collect pledges online at
www.walkformemories.ca

Appetite for Awareness

Topics will include:
Healthy Eating, Healthy Lifestyle and “Rising Tide: The Impact of Dementia on Canadian Society”

Call register for anyone of these dates.
519 376 7230.

Looking forward to seeing you there!

Volunteer

Lion’s Head
January 8, 2010
1:00-3:00pm
Bruce Peninsula Seniors Connect
90 Main St.
Lion’s Head, ON

Sauble Beach
January 7, 2010
Snow date:
January 12, 2010
1:00-3:00pm
Sauble Beach Community Centre

Kincardine
January 15, 2010
Snow date:
January 22, 2009
1:00-3:00pm
665 Phillip Pl, Unit 4 Kincardine, ON

Owen Sound
January 26, 2010
1:00-3:00pm
Chartwell Select
1389 16th Ave E.
Owen Sound, On.

Speakers
• Betsy Gallagher,
• Registered Dietician
• Barb Fox
• Sandra Hong

Markdale
January 18, 2010
1:00-3:00pm
Grey Gables Lower Level
206 Toronto St. S.
Markdale

Hanover
January 14, 2010
1:00-3:00 pm
St. Matthew’s Evangelica Lutheran Church
Hanover, ON

Thornbury
January 21, 2010
Snow date:
January 28, 2009
1:00-3:00pm
L.E. Shore Memorial Library
183 Bruce St. S.
Thornbury, On.
Executive Director Update  By Deborah Barker

This January during Alzheimer Awareness Month, the Alzheimer Society will be releasing a pivotal study Rising Tide: The Impact of Dementia on Canadian Society. This study will, for the first time since 1991, provide new startling information on the growing economic impact of dementia in Canada. It will also outline a series of potential intervention strategies that could help reduce the number of people affected by dementia, if our governments were to invest in the right solutions.

Rising Tide studies dementia in great depth, with a view to understanding the current demographic and epidemiological profile of the disease, along with the economic consequences over the next 30 years. Based on what we already know about dementia, for example how to reduce the risk and how to support people already living with it, this study also analyzes the possible effects of certain interventions, and how they could affect the health care and economic impacts of dementia in Canada. With the release of the Rising Tide study, we will have the evidence we need to ensure our call for change is heard by governments across the country. At the same time, it is critical that we continue to champion the fight against dementia, working in partnership with our governments and encouraging them to take action.

The Alzheimer Society Grey-Bruce will be providing this information to local politicians in January and requesting their support for a national strategy and to support our call for action.

We are once again planning a very busy Awareness Month in January. Sandra Hong has coordinated a series of presentations to be taken across the two counties throughout the month. We will be providing local media with information for publication in local newspapers, and on local radio stations. We have been invited to be guests on two separate Rogers Cable “Health Link” programs hosted by Carol Merton. The Walk for Memories will take place on Saturday January 30 in Owen Sound, Hanover and Saugeen Shores. We hope that you will be able to participate in one of our “Appetite for Awareness” presentations in a community close to your home. And of course we hope to see everyone out at one of our Walks! If you aren’t able to join a walk, please support someone you know who will be walking or our staff would be happy to provide you with a name of someone you could pledge!

On behalf of all our staff and the board of directors of the Alzheimer Society Grey-Bruce I would like to wish you a happy holiday season filled with the many blessings of family and friends.
Individuals with Alzheimer’s or a related dementia can become confused in familiar places and get lost. This poses a serious threat to the person’s safety and may result in loss of independence.

Registering the person with the Safely Home® Registry is recommended. Safely Home® helps find a person who is lost and assists in returning the person home safely.

The Alzheimer Society of Grey Bruce works with persons with dementia and their families to develop individualized strategies to minimize the risks associated with wandering behaviors. In addition, new technology now offers a variety of locating devices.

No device or system can guarantee that a person will not become lost or that they will be found. However, the use of a locating device represents an additional strategy to help keep the person safe.

There are ethical considerations associated with this technology. Would the use of such a device be consistent with the values and wishes of the person with dementia? If at all possible it is advisable to include the person with dementia in the discussion.

The Alzheimer Society of Grey Bruce has experienced an increase in calls from the public seeking information on the use of locating devices but does not promote any particular locating device. However, they offer the Alzheimer Society of Canada’s Locating Device Checklist to assist those who are interested in evaluating various devices on the market so they can choose the locating device that best meets their requirements.

Three types of locating devices are currently available. These include: Global Positioning Systems (GPS), Radio Frequency Homing Devices, and Cell Phones. GPS devices rely on radio signals transmitted from satellites to electronic receivers to identify the location of a person wearing the transmitter. Radio Frequency devices use radio signals to determine the person’s location. Newer models of Cell Phones have a locating system that can be activated by dialling 911.

Some considerations that may help determine which type of device is most appropriate for an individual situation follow.

- Where will the technology likely be used (in a private residence, a care facility, indoors, outdoors or in multiple locations)?
- Where will a search likely take place (within a building, outdoors, in an urban or a rural area, in a tree covered or open space, near water)?
- How much freedom of movement will the device allow? If necessary, will the person with dementia be able to use the device?
- Who will be doing the monitoring or locating: family? caregiver? police? outside organization?
- In addition, evaluate the device for user-friendliness, cost, reliability, accessibility, comfort, and whether the device is discreet/invasive and acceptable to the person wearing it.

Researchers at McMaster University in Hamilton, Ontario field-tested five locating devices to determine their capabilities, potential, advantages and disadvantages. Their success rates, reliability percentage, appropriateness of meeting user needs and safety were also evaluated. The report of this study (www.srs-mcmaster.ca/Portals/20/pdf/LTP_Report.pdf) along with a Locating Technology Tip Sheet (www.srs-mcmaster.ca/Portals/20/pdf/Locating Technology Tip List.pdf) is an excellent starting point to learn about locating technologies.

For more information about minimizing the risks associated with wandering behaviors, Safely Home registration information and copies of the resources mentioned in this article please call the Alzheimer Society of Grey Bruce at 519-376-7230.

We acknowledge the Alzheimer Society of Canada web site www.alzheimer.ca from which this article has been adapted.

“First Link is a wonderful service that provides quick access for the families & clients who need immediate support”

Elaine Palmer, Geriatric Case Manager, Geriatric Resource Team, SW CCAC.
Family Support

A Note from the Counselling Department

2009 has been another year of growth and change. While growth and change can present challenges, it also incorporates rewards. Our December newsletter is a good opportunity to highlight successes.

Thanks to the continued support from the Local Health Integrated Network (LHIN) and the Grey-Bruce community, we have expanded our Family Support services, our First Link program, and our Public Education program.

As anticipated, the continued development of the First Link Program has resulted in an increase in the number of people who call seeking support and information. Additionally, community agencies, healthcare teams and family physicians are making appropriate referrals to the Alzheimer Society on behalf of their clients. Families and agencies are recognizing that they benefit from a referral to the Alzheimer Society earlier on in the illness. A timely referral provides families with an opportunity to learn skills that last throughout the spectrum of the illness. Most importantly it also provides an opportunity for the person with dementia to be involved in the decision making process and act as their own advocate. Where practical, we are involved in the educational learning series offered in various communities by Barbara Fox, our First Link Coordinator, and Sandra Hong, our Public Education Coordinator.

We continue to facilitate monthly caregiver support groups in seven communities throughout Grey-Bruce. We also co-facilitate the Circle of Friends early stage support group in Owen Sound each month. Support groups have proven to be a tried and true success in allowing caregivers to share ideas and problem solve in a confidential setting. We continue to find that caregivers are determined to provide the best support and care to their loved ones, and are dedicated to seeking the information and support that helps them be ‘good’ helpers. The support groups are a benefit to us in that we are provided with the opportunity to remain connected and provide services to families in the community in which they live.

Our outreach mail program continues to grow and we are now sending monthly mailings to approximately 330 families in the Grey-Bruce community. Each mailing includes a reminder of the group and information about dementia and/or caregiver strategies. On occasion we include information about other local community services and upcoming Alzheimer Society events.

2010 promises to be another year of growth, challenge, and change. More staff around the table invites more creativity and inventiveness. Working together, we’re poised for program growth and primed for new initiatives.

We admire caregivers for everything they do. We thank everyone for their contributions to the Alzheimer Society. We couldn’t do what we do without your support and dedication. We encourage you to call us anytime for information and support. We hope each of you have a restful holiday season and look forward to hearing from you or seeing you in the New Year.

“ We appreciate the First Link referral system because we can be assured that the people we refer have been connected with the services offered through the Alzheimer Society Grey-Bruce.”

Unit 4-6 Team, GBHS-Owen Sound Site

Fore! The Memories
Annual Golf Tournament
June 11, 2010
New Website Champions Caregivers

Caring for a family member or friend facing chronic, disabling or terminal health issues is often times both rewarding and demanding. Although some caregivers remain a higher risk of depression and burn-out. That’s why thehealthline.ca has developed caregiverexchange.ca-a website that provides caregivers with information, support and perspective.

“Caregivers face many challenges, “says Ruta Pocius, the site’s blogger and regional coordinator. “This site is about reinforcing the importance of self-care, championing caregivers’ contributions and creating a sense of community so that people don’t feel stranded and alone in their caregiving role.” Pocius points out that the demand for caregivers is expected to grow as Canada’s population ages and average life expectancy increases. She adds, “If we can develop ways to assist caregivers in their efforts today, we will be in a better position to respond to their needs in the future.”

Visit the site at www.caregiverexchange.ca. Caregiverexchange.ca is funded by the South West Local Health Integration Network.

Volunteer Coordinator Update

by Susan Mogelin, Volunteer Coordinator

The Value of Volunteers is Invaluable!

At the Alzheimer Society Grey-Bruce our success is measured, in part, by the significant contribution that volunteers give to the community on our behalf. When we thank our volunteers for the hours they have contributed, we do not wish to overlook the significant "social capital" that we gain at the same time. Social capital represents the active connections between people; including trust, mutual understanding, shared values and behaviours that bind together the members of groups, networks and communities. Our community is enriched by the contribution of our volunteers. Thank you to everyone who has given their time this past year and welcome to everyone who would like to ask about how they can become involved.

Susan Mogelin, Volunteer Coordinator
smogelin@alzheimergreybruce.com

Thank you to those of you who are donating your Shoppers Optimum points. Your donations help us purchase products and supplies we need for our day-to-day activities and ongoing fundraising events. We are not given the name of the donor, so please accept our heartfelt thanks! Your donation is greatly appreciated.
Fund Development Update

by Bill Twaddle, Community Development Coordinator

It is no secret the charitable organizations are facing real challenges in raising the money required to maintain the necessary services that are provided in communities across Canada.

The Alzheimer Society of Grey-Bruce is no exception.

Statistics Canada recently reported that nationwide, charitable giving was down more than 5 per cent in 2008, and observations are that that decline is continuing in 2009.

Less that 45 per cent of the operating budget of our local chapter comes from government and other outside sources. We depend on the generosity of the Grey-Bruce community for more than 55 per cent of the cost our information, education, support and counselling services in communities across Grey-Bruce.

Our donors have always been very understanding, and very generous. However, in a difficult economy we are seeing a decline in donations at all levels.

Our annual Alzheimer Coffee Break this fall, while still one of the most successful in the province, will see a decline in revenue of approximately 13 per cent from 2008.

Our Coffee Break hosts did a wonderful job again this year of creating awareness and putting on interesting and enjoyable events. However, fewer hosts felt they were able to do Coffee Breaks this year, and we understand the reasons for their decisions.

General donations are also down and our president Lloyd Wilson recently wrote to donors asking for their support. In that letter he said: “Any support you can offer will help make an important difference in the lives of people we all know and care about. We know that the economy will recover, and that the support from our community will increase again, but the 2009-10 fiscal year will be challenging. I ask that you give this important request your serious consideration.”

The next big awareness and fundraising special event is the Manulife Walk for Memories at the end of January. The Walk is our biggest annual fundraising event and its success this year will be even more important.

Like Coffee Break, the Walk for Memories is built on the efforts and support of a lot of dedicated individuals who believe in our organization and the value of our services. Every contribution to the Walk is important.

You CAN make a real difference. Enclosed with this newsletter is a brochure and pledge form. Please be part of our 2010 Walk for Memories. Take the pledge form and ask your family and friends, neighbours and colleagues, to support you at one of our three Walks.

Money you raise will stay in the Grey-Bruce community to provide services to individuals affected by Alzheimer’s disease and related disorders, and to their families and caregivers.

If you can’t join us as a walker please pass the pledge for on to someone else, and please be generous in your support of their efforts.

Matt’s marathon raises $1,200 for Alzheimer Society of Grey-Bruce

Matt Barfoot of Port Elgin raised $1,200 for the Alzheimer Society of Grey-Bruce with his fundraising marathon.

Because of his personal knowledge of how Alzheimer’s disease can impact individuals and their families, the 29-year-old triathlete and marathon runner wanted to do something to help other families.

He entered the Niagara Falls Marathon on October 25th and dedicated it in memory of his grandfather, who died of the disease.

He finished the race with a personal best, time, qualified for the Boston Marathon in 2010, and collected $1,200 in pledges and donations for our chapter.

Donate your Shoppers Optimum Points. Go to www.shoppersdrugmart.ca
Recognition of Financial Support

Thank you to our generous donors

The Alzheimer Society of Grey-Bruce would like to recognize the following individuals, businesses and organizations for their financial support. These generous gifts allow us to provide education and support to persons with Alzheimer’s disease and related disorders, and to their families and caregivers. The following donations were made between July 1 and September 30, 2009.

Hope For Tomorrow Society ($500 plus in annual gifts)

Anonymous (2)  Gamsby & Mannerow Ltd.  Maple Meadow Homes Resident's Association
Vernon Baker  HAVE1.Com  Brendan Mulroy & Barbara Gray
Edward Barker  Robert and Doris Hird  RBC Foundation
Cliff and Margaret Denny  Ice River Springs

Forget-Me-Not Society ($200 to $499 in annual gifts)

Anonymous (2)  William Harris  Paisley Rotary Club
Allen-Hastings Ltd.  Hobart Food Equipment Group Canada  Royal Canadian Legion Southampton
Donald and Marilyn Bagworth  Horton and Horon Law Office.  SIS Insurance Group Ltd.
Jack Bowman  Kia of Owen Sound  Southampton Care Centre
Cafram Ltd.  Peter Little  Jim and Claire Stitt
Stan and Anne Cathrae  David and Jill Livingston  Sydenham Group Inc.
Mary Chalmers  Hector & Marg McCulloch  Thomas Norris Transit
Chartwell Select Owen Sound  Wilda McKnight  Joanne Todd
Chatsworth Ins. Brokers, (Owen Sound)  Meaford Nursing Home Auxiliary (Meaford LTCC)  Tri Star Chapter, 319
Conestoga Rovers & Associates  Pat Olmstead  Bill Twaddle
Eleanore Freeman  Owen Sound Vault Works Ltd.
Fyre Place and Patio Shop, The

Partners in Progress ($100 to $199 in annual gifts)

Deborah Barker  Dr. Scott Milencoff and Ann Elford  Owen Sound Hyundai
Kim Brown  East Side Mario's  Owen Sound Mazda
Terrence Cantlon  Andy Galea  Owen Sound Subaru
Captain's Corner Fish and Chips  James and Joanne Gamble  Katherine Pegelo
Evelyn Carpen  Sally Gibson  Doris Rodgers
Jim Clancy  Art Hailey  Doug and Marg Rouse
Katherine Cook  Hepworth/Sauble Beach Pastoral Charge  Royal Canadian Legion Chatsworth
Robert and Catherine Corlett  (The United Church of Canada)  Royal Canadian Legion Ladies Auxiliary
Corporation of the City of Owen Sound  Laura Hudson  Port Elgin
Bob Coutts  Alexander and Loraine Klym  Royal Canadian Legion, Chesley
Stewart Cragg  Julia Lobinger  Anita J. Rutledge
Craig, McDonald, Reddon Insurance Brokers Ltd.  Jane Lukasik  St. Paul's Anglican Church Women
A. P. Crawford  Donna Maine  Ian and Margaret Stevens
Lorne Creighton  Lorna McCluskie  Timothy Stinson
Cuesta Planning Consultants  Karen McIntosh  Sun Life Financial
Thelma Cunningham  Beverley McLean  Tannahill Funeral Home Ltd.
William Dane  Bill & Sue Murdoch  Tara Sunset Club
Bob and Wendy Nicol  Telus Communications Co.

We regret that we were not able to obtain permission from some of our donors in order to include their names here. If your gift has not been acknowledged please contact us so that we can do so at the next opportunity.
## INFORMATION AND SUPPORT SESSION

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<tr>
<th>Location</th>
<th>Time</th>
<th>Details</th>
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<td>Hanover</td>
<td>1:30 - 3:30 p.m.</td>
<td>1st Wednesday of every month</td>
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<td>Hanover Care Centre</td>
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<td>Activation Room</td>
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<td>700 19th Ave. Hanover</td>
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<td>Kincardine</td>
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<td>Trillium Court,</td>
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<td>Christina Mastin Room</td>
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<td>550 Phillip Place, Kincardine</td>
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<td>Markdale</td>
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<td>Markdale Public Library</td>
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<td>75 Walker Street, Hanover</td>
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<td>Owen Sound</td>
<td>7:00 - 9:00 p.m.</td>
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<td>Alzheimer Society of Grey-Bruce</td>
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<td>753 2nd Ave. East, Owen Sound</td>
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<td>(6:00 - 7:00p.m. Resource Centre Open)</td>
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<td>Thornbury</td>
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<td>L.E. Shore Memorial Library,</td>
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<td>183 Bruce St. S., Thornbury</td>
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### In Memoriam

**We offer our sympathy to families in Grey-Bruce who have lost their loved ones.**

**We would like to express our thanks to family members and friends who have made donations in their memory.**

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### Have you included the Alzheimer Society of Grey-Bruce in your will?

If you have made a provision for a future gift to the Alzheimer Society Grey-Bruce please tell us. If you would like to make a gift to the Alzheimer Society of Grey-Bruce, either now or in your estate, please consult with your legal and financial advisors to ensure that you will receive all the tax benefits possible.

We are also available to consult with you about how a gift may be directed or recognized. For more information please call us at 519-376-7230 or 1-800-265-9013.

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### Donate your Shoppers Optimum Points.

Go to [www.shoppersdrugmart.ca](http://www.shoppersdrugmart.ca)