

# Soci t  Alzheimer Society

CHATHAM - KENT

## SPECIAL POINTS OF INTEREST:

- New Long Term Care Regulations
- New Support Group
- Upcoming Educational Events

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## HOT ISSUE - Reducing Social Stigma

Learning more and talking about dementia will help reduce social stigma.



Social stigma still exists in today's society in relation to Alzheimer's disease or related dementias. People with dementia are often treated as though they have something that shouldn't be talked about. Social stigma can be defined as "a mark of disgrace associated with a particular circumstance, quality or person" (Stigma and Dementia, *Brain Today*, Nov. 13, 2009). The societal view of Alzheimer's disease or related dementias has historically been negative, focusing on the losses experienced by the person living with dementia. While these losses are real, this negativity has contributed to the development and promotion of perceptions, interpretations and approaches to care that focus on weakness rather than strengths (Alzheimer Society of Canada, 2010).

Those affected by dementia may feel alienated because of the stigma attached to their disease. Some have even reported that "they have lost friends, had neighbours cross the street to avoid them and have also heard their symptoms be dismissed as 'just old age' by professionals" (Social Stigma Still Evident for Alzheimer's, Dementia and Mental Illness, *www.HealthCentral.com*, Carol Bradley Bursack, Oct. 23, 2008). So often, stigma is a social consequence based on a poor understanding of a circumstance (Stigma and Dementia, *Brain Today*, Nov. 13, 2009). Therefore awareness and education are important, as parts of a solution to the growing numbers of those affected by dementia. The greater the understanding and the more we can openly discuss dementia, the more we can reduce the stigma that holds many back from seeking help while they are still quite healthy and more likely to respond to treatment. Also, "by consciously discussing dementia in a more sensitive manner, we can avoid reducing individuals with Alzheimer's disease or related dementias to a series of labels, symptoms or medical terms" (Alzheimer Society of Canada, 2010).

By reducing the stigma, you will help those affected by dementia feel more comfortable in seeking available supports. Focusing on the person helps to reduce the fear and stigma surrounding dementia. This makes dementia something that people are more likely to acknowledge and discuss; in turn maintaining the dignity and respect of individuals and families living with dementia (Alzheimer Society of Canada, 2010).

The Alzheimer Society of Chatham-Kent is able to support awareness about Alzheimer's disease and related dementias through individual and group counselling as well as public awareness and education programs such as:

- Sensitivity Training
- Communication and Interaction Strategies
- Caregiver Education Series

For a complete list of education topics or further information, please call the Alzheimer Society of Chatham-Kent at 519-352-1043.

"I find the more I know and talk about Alzheimer's the less I fear it"  
Amanda Wooton



# Thursday, September 16th

Take a break on **Thursday, September 16th** and have coffee delivered to your door to support the Alzheimer Society of Chatham-Kent.

This national Alzheimer Society fundraiser is celebrating 15 years!

Coffee Break can be held in your workplace, home, church, service club, or community hall.

Monies raised through Coffee Break support the Alzheimer Society of Chatham-Kent to help provide counselling, education, programs and services to people affected

by Alzheimer's disease and related dementias.

Your coffee kit includes:

- 12 cup ready to brew coffee package
- Choice of: 1 dozen assorted Maple City Bakery Cookies OR (12 piece) Maple City Bakery Cupcake Cake OR 1 dozen assorted Maple City Bakery Jumbo Muffins
- 12 cups, cream, sugar, sweetener, stir sticks & napkins
- Complimentary delivery by volunteers with Meals on Wheels/St. Andrew's Residence.

**Please see the enclosed flyer for complete details.**

If you are unable to participate on September 16th - why not host a Coffee Break yourself anytime through the month of September! Please contact the Alzheimer Society at 352-1043 or email: [info@alzheimerschathamkent.ca](mailto:info@alzheimerschathamkent.ca) for details!

## THANK YOU

We would like to thank our two students for all of their hard work this summer.

We wish them all the best as they return to school.



Christina DeVito,  
Day Program  
Summer Student



Holly Campbell,  
Administrative  
Summer Student

## Caregiver Support Groups

The Alzheimer Society of Chatham-Kent offers Support Groups for all caregivers affected by Alzheimer's disease or related dementias to provide the opportunity to share experiences and learn new coping strategies. Individual support is also available by appointment with our Registered Social Worker.

### 2nd Wednesday of each month

Alzheimer Society of Chatham-Kent  
(36 Memory Lane, Chatham)  
1:30 p.m. - 3:00 p.m.

Open to General Public.  
Please call 519.352.1043 to register.

### Last Thursday of each month

The Village  
(9 Myrtle St., Ridgetown)  
10:00 a.m. - 11:30 a.m.

On-site programming available for those affected by Alzheimer's disease or related dementias at no cost.

Open to General Public.  
Please call 519.352.1043 to register.

## Communication Strategies In Dementia Care

### MARK YOUR CALENDAR

Thursday, November 18, 2010  
6:30 - 8:30 pm  
Active Lifestyles Centre  
(20 Merritt Ave, Chatham)  
\$5.00 in advance; light refreshments



Guest Speaker:  
**Lori Schindel-Martin,**  
RN, PhD, Associate Professor -  
Ryerson University

To register contact the Alzheimer Society at 519-352-1043

## In-Home Mobility Monitors

Do you have a family member with dementia and are concerned about wandering?

As a person with Alzheimer's disease or related dementia progresses further into the disease, they may exhibit certain behaviours that are associated with dementia.

Among these more challenging behaviours is that of wandering. Wandering may occur as an attempt to find something familiar, to communicate something, out of boredom, to relieve anxiety, or can simply be a sign of a basic need to be met.

A person with dementia may have the tendency to wake at night or walk outside without the caregiver being aware. The In-Home Mobility Monitor attaches to any door in the house and will make a sound when that door is opened, thus alerting the caregiver.

This monitor is loaned free of charge through the Alzheimer Society of Chatham-Kent. Please contact the office 519.352.1043 for further information.



## Safely Home®



People with Alzheimer's disease or related dementias sometimes lose the ability to recognize familiar places, to communicate or to remember their own names or addresses. They may leave home, become confused or get lost. This can be dangerous for people with the disease and worrisome for caregivers. But there is help.

Safely Home® is a nationwide program designed to help find the person who is lost and assist in a safe return home.

Developed by the Alzheimer Society of Canada in partnership with the Royal Canadian Mounted Police, a registry stores vital information confidentially on a police database.

This information can be accessed by police anywhere in Canada or the United States by obtaining the identification number off of the ID bracelet of the individual who has been registered in the program and who has become lost. For more information please contact the Alzheimer Society office at 352-1043 or visit [www.safelyhome.ca](http://www.safelyhome.ca).

## Forgetful Not Forgotten Screening - Chris Wynn

On June 7, 2010, over 65 people attended the screening for *Forgetful Not Forgotten* at the Active Lifestyles Centre. After the screening, Chris Wynn shared his experiences and answered questions from the audience.

Thank you to the Active Lifestyles Centre for their continued partnership, as well as the community of Chatham-Kent

for their support of this event.

A special thank you is extended to Chris Wynn, for his dedication in increasing awareness on dementia and for travelling such a distance to be with us.

To obtain a copy of *Forgetful not Forgotten* or more information please visit Chris' website [www.forgetfulnotforgotten.com](http://www.forgetfulnotforgotten.com).

## New Long-Term Care Homes Act Now in Effect

The new Long-Term Care Homes Act came into effect on July 1, 2010, replacing the *Nursing Homes Act*, *Charitable Institutions Act* and *Homes for the Aged and Rest homes Act* which have been governing long-term care homes in Ontario.

The aim of the legislation is to improve the care of the more than 75,000 residents of long-term care homes in Ontario and to strengthen the accountability of the long-term care sector (Alzheimer Knowledge Exchange, 2010).

In addition to the LTCHA and its regulations, long-term care homes have to comply with many other pieces of legislation. Examples include the:

- *Health Care Consent Act*
- *Substitute Decisions Act*
- *Personal Health Information and Protection Act*

(A Brand New World: [Ontario's New Long-Term Care Homes Act](#), Advocacy Centre for the Elderly, 2010)

**All legislation can be found online at:**  
[www.e-laws.gov.on.ca](http://www.e-laws.gov.on.ca)



(Pictured left to right: Tara Seney, Lina DeMattia, Mary Ellen Parker, Chris Wynn, Christina Stergiou, Jana Murphy, Aimee Meriano, Brandon Ball)

# Société Alzheimer Society

CHATHAM - KENT

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Wallaceburg Day Program Coordinator

Pam Wilson,  
Wallaceburg Day Program Assistant

Deborah Gammage,  
Day Program Support Staff

Robert VanDevelde,  
Day Program Support Staff

## IN-HOME RESPITE CARE WORKERS

Kim Chenier

Cecile Fox

Nina Malcolm

Cyndy Montgomery

Tammy Murphy-Lodewegen

Nancy Packham

Pat Spears

## Effective Communication Strategies

**Thursday, September 23, 2010**

**Join us for a free presentation for individuals with hearing loss or memory loss, and their families.**

- Learn how to improve your communication skills
- Learn new listening strategies
- Discover how to improve your listening environment
- FREE Hearing Screening & Hearing Aid Cleaning

Time: 10 am - 11 am (Presentations)

11 am - 12 pm (Hearing Screenings by appointment)

Location: Wallaceburg Senior Citizen's Club  
(205 James St., Wallaceburg)

**PRE-REGISTRATION IS REQUIRED FOR THIS SESSION**  
(Deadline to register is Tuesday, September 21st)

To register please contact the Alzheimer Society of Chatham-Kent  
519.352.1043 or email [info@alzheimerschathamkent.ca](mailto:info@alzheimerschathamkent.ca).

Joint information session presented by:

THE CANADIAN HEARING SOCIETY  
LA SOCIÉTÉ CANADIENNE DE L'OUÏE



*Société Alzheimer Society*  
CHATHAM - KENT

## MISSION STATEMENT

**To improve the quality of life of people  
with Alzheimer's disease or related  
dementias through superior programs  
and research.**

**Supported by:**



**Ontario**

Erie St. Clair Local Health  
Integration Network



36 Memory Lane

Chatham, ON N7L 5M8

Phone: 519.352.1043

Fax: 519.352.3680

E-mail: [info@alzheimerschathamkent.ca](mailto:info@alzheimerschathamkent.ca)



# ALZHEIMER Coffee Break<sup>®</sup>

Celebrating **15** Years

Our goal: \$1.5 million across Canada,  
one cup at a time!

Take a break on **Thursday, September 16, 2010** and have coffee delivered to your door to help support the Alzheimer Society of Chatham-Kent.

Your coffee kit includes:

- 12 cup **ready to brew** coffee package
- Choice of:
  - 1 dozen assorted Maple City Bakery Cookies - \$20
  - 1 (12 piece) Maple City Bakery Cupcake Cake - \$25
  - 1 dozen assorted Maple City Bakery Jumbo Muffins - \$25
- 12 cups, cream, sugar, sweetener, stir sticks & napkins
- Complimentary delivery by volunteers with Meals on Wheels/St. Andrew's Residence

**To place your order, please complete the order form on the reverse side.  
Orders must be received no later than September 13th.**

For more information please call 519-352-1043 or email: [info@alzheimerschathamkent.ca](mailto:info@alzheimerschathamkent.ca)

## Alzheimer Society



**GENEROUSLY SUPPORTED**  
IN LOCATIONS ACROSS CANADA

**bulk barn**

**GIANT  
TIGER**

*The* **Medicine  
Shoppe**  
PHARMACY



*St. Andrew's  
Residence*  
Active Living • Professional Care

**IN KIND:**

*Mother  
PARKERS*  
TEA & COFFEE INC.

# Soci t  Alzheimer Society

CHATHAM - KENT



## ORDER FORM

Thursday, September 16th

Your coffee kit includes:

- 12 cup **ready to brew** coffee package (all you need is a coffee maker!)
- 12 cups, cream, sugar, sweetener, stir sticks & napkins
- Choice of: 1 doz assorted Maple City Bakery Cookies OR 1 doz assorted Jumbo Muffins OR 1 (12 piece) Cupcake Cake
- Complimentary delivery by volunteers with Meals on Wheels/St. Andrew's Residence

**Delivery on September 16th (between 9-11 am)**

Name of Organization: \_\_\_\_\_

Delivery Address: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Special Instructions Related to Delivery: \_\_\_\_\_

\_\_\_ 1 dozen assorted Maple City Bakery Cookies with Coffee Kit @ \$20 = \_\_\_\_\_

\_\_\_ 1 (12 piece) Maple City Bakery Cupcake Cake with Coffee Kit @ \$25 = \_\_\_\_\_  
(1/2 chocolate, 1/2 white)

\_\_\_ 1 dozen assorted Maple City Bakery Jumbo Muffins with Coffee Kit @ \$25 = \_\_\_\_\_

TOTAL = \$ \_\_\_\_\_

Please return order form to the  
Alzheimer Society of Chatham-Kent

Fax: 519-352-3680 or

Email: [info@alzheimerschathamkent.ca](mailto:info@alzheimerschathamkent.ca)

36 Memory Lane, Chatham, ON N7L 5M8

Payment can be made in advance or  
upon delivery of Coffee Kit.

**\*Cash or Cheque only.\***

Please make cheques payable to:  
*Alzheimer Society of Chatham-Kent*

**Orders must be received on or before  
Monday, September 13, 4:00 pm.**

## MAKE YOUR COFFEE COUNT

Monies raised through Coffee Break support the Alzheimer Society of Chatham-Kent to help provide counselling, education, programs and services to people affected by Alzheimer's disease and related dementias.