

Please Consider Becoming a Member

Rewards of Membership

- Supporting the work of our agency
- Receiving our newsletter mailed to your home
- Receiving notification of public workshops and our AGM
- Voting privileges at our Annual General Meeting

MEMBERSHIP

Please consider becoming a member of the Alzheimer Society of North East Simcoe County. It costs so little and your membership helps this *Alzheimer Society* improve services.

Please complete the form below and mail to:

Alzheimer Society of NES
PO Box 486
Orillia, ON L3V 6K2

Individual \$18

Senior/Student \$12

I would like to make a donation

Please Print

Name: _____

Address: _____

City: _____ Prov: _____

Postal Code: _____ Phone: _____

An official tax receipt and membership card will be mailed directly to you.

Charitable Registration # 11878 5112 RR0001



**Help for today. Hope for
tomorrow**

Your Alzheimer Society

12 Grace Ave.
Box 486
Orillia, ON
L3V 6K2

705-329-0909

E-mail: info@alzheimenorillia.com

BOARD MEMBERS

Julia Meadley	Co-chair
Bev Todd	Co-chair
Jack Greenlaw	Past President
Mildred Thompson	Director
Laura Waters	Director
Brian Crisford	Director
Helena Sutherland	Director
Doug Sumner	Director
Margo Thompson	Director
Nikki Holmes	Director
Melissa Mark	Director
George Clegg	Director

STAFF MEMBERS

Leila Sherriff	Executive Director
Jane Binns	Education Coordinator
Susan Nagy	First Link Coordinator

OUR MISSION:

The Alzheimer Society of North East Simcoe County is dedicated to the support and education of those suffering from Alzheimer's and related dementias, as well as their families and caregivers.

In The Loop

Alzheimer Society of North East Simcoe

Spring 2010

"Rising Tide" Report Released

In January, the Alzheimer Society of Canada released the results of a study called "Rising Tide: The Impact of Dementia on Canadian Society". "Rising Tide" was undertaken in order to alert the Canadian public and the federal, provincial and territorial politicians of the need for policies and approaches to address the looming dementia crisis. The report aimed to estimate the health and economic burden of dementia in Canada over the next 30 years, analyze the possible effects of intervention scenarios upon this burden, demonstrate how the proposed interventions could

affect the health and economic impacts of dementia in Canada, review policy options and make recommendations on how to address the issue. One of the most startling findings is the rate at which incidence is expected to grow over the next thirty years as Baby Boomers age. In 2008 it was estimated that the number of Canadians with Alzheimer's or a related dementia was 480,600 (1.5% of the population). By 2038 that number is expected to grow to 1,125,200 (2.8% of the population). By 2038, the cumulative incidence of dementia will be more

that 5.5 million people with a cumulative economic cost of \$872 billion. This study also addresses intervention opportunities and recommendations. For more information on this report or to read it in its entirety we encourage you to visit the Alzheimer Society of Canada website at www.alzheimer.ca.

By 2038, the cumulative incidence of dementia will be more than 5.5 million people with a cumulative economic cost of \$872 billion. Source: "Rising Tide: The Impact of Dementia on Canadian Society"

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Hockey Night At Boston Pizza

"Hockey Night At Boston Pizza" was a huge success. It was a very full house. Good food, good company and a good cause, what more could you want in an evening out. We were very fortunate to have Ron Ellis join us for the evening to sign autographs and meet the fans. Ron Hoggarth also dropped in and was gracious enough to sign autographs. Photographers were on hand for those who wanted their picture taken

with either Ron. Raffle tickets sold out by 8pm. Again, our thanks to Ron and to Boston Pizza for the great prizes offered. Special thanks to Jamie and his staff at Boston Pizza for their hospitality. What a great crew. We are extremely grateful for the support we had for this event and we thank all that attended or contributed. **PHOTO: Ron Ellis with MP Garfield Dunlop**



VOLUNTEER OPPORTUNITIES

Do you have as little as 2 hours to share?

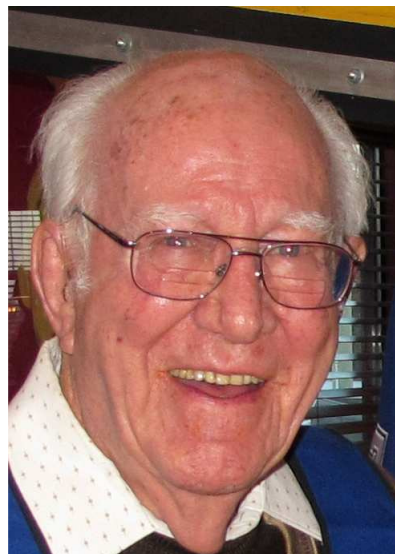
We need your talents.

- Fundraising
- Website Support
- Office Support
- Event Planning

Volunteer Cheer

We value our dedicated volunteers and, for that reason, we have decided to include a Volunteer Cheer in each issue. We had a difficult time deciding who we should start with. We have so many wonderful people on our team, all of whom deserve to be recognized for their work. Decision made, let us introduce Jack Greenlaw, our most "life-experienced" volunteer. Don't let Jack's age fool you. Jack is a go-getter that you don't want to tangle with. At 90, he has more energy than most people half his age. Jack first became involved with the chapter when Eleanor, his wife of 61 years, was diag-

nosed with Alzheimer's disease. Sadly, Jack lost Eleanor in 2003. Jack, more determined than ever to share the knowledge he gained through personal experience, continued volunteering and in 2006 was elected Chair of the Board. Last June, after serving three years as Chair, Jack stepped down. This only left him even more time to get involved in the other aspects of the Society. Jack and his beautiful new bride of 5 years, Dorothy, reside in Orillia and are active in many clubs. So, dear Jack, a big VOLUNTEER CHEER goes out to you from all of us at the Alzheimer Society of NES.



A Word From The Office

We want to dedicate a portion of the newsletter to the people who work day in and day out for your Alzheimer Society chapter. Each issue we'll see one or more of the staff address an issue that may be of interest to you, our members. To begin we simply want to introduce the staff. Leila Sherriff is our part-time Executive Director and also does part-time education. Susan Nagy has been with the chapter for seven years and has recently taken on a new role

as Support Counsellor. Jane Binns, is part-time Education Coordinator and also administrative support.

We feel very fortunate to have all three with us. Together the staff manage to cover a wide variety of programs and services tailored to suit those affected by dementia; health care professionals, caregivers and students. Staff are always eager to assist you by phone or in our office. The services offered by our staff and volunteers are detailed further in the article "Services Offered

By Your Alzheimer Society" on page 3. For more information on the services offered please go to our website www.alzheimerorillia.com or phone 329-0909 and talk to one of the staff.

QUOTE OF THE DAY

"Real generosity is doing something nice for someone who will never find out"

Take Action For A Healthier Brain

Some things that you can do to maintain or improve your brain health:

Challenge Your Brain: Keep your brain active every day. Play games to challenge your mind—chess, cards, etc. Pursue a new interest, learn a language, go to a museum, etc.

Be Socially Active: Staying connected socially helps you stay connected mentally. Enjoy events with

family and friends. Stay active in the workforce or become a volunteer. Join a club or take a class.

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 active. Keep your blood pressure, cholesterol, blood sugar and weight within recommended ranges. Reduce stress. Avoid smoking and excessive

alcohol consumption. See your doctor regularly.

Protect Your Head: By protecting your head you are caring for your brain today and in the future. Wear an approved helmet. Protect against concussions by using safety features like handrails to avoid falls. Drive safely and wear a seatbelt.

For more information on this topic see the Alzheimer Society pamphlet "Heads Up for Healthier Brains"

Services Of Your Alzheimer Society

Supportive Counselling – Individual support is available in our office or in your own home to help deal with issues related to caregiving and coping. Education series for caregivers, family and friends are frequently available covering the various stages of dementia and caregiving. A special series is also offered for the person with early stage dementia and their support people as well.

Education– A wide variety of topics are available designed for Long Term Care Homes, Retirement Homes, Caregivers and the general public. Programs and in-services can be tailored to individual requests.

Wandering Registry–Developed in partnership with the RCMP, helps return your family member home safely if they become lost or disoriented.

Respite Program–Trained health care workers are available to provide short term friendly companionship to your family member, allowing for needed relief for caregivers.

Dementia Care Network–A regional initiative geared at making and assuring the best care and practices as it relates to Alzheimer's and related dementias.

Speakers–Speakers are available to provide information about Alzheimer's disease and related dementias to your profession, business or community group.

Resource Library–Books, journals, brochures, videos/DVDs and activity kits are available for anyone to borrow at your leisure. Some books are available for purchase.

Our Support Groups

Alzheimer's disease has been described as a very alone disease and this is one of the most common feelings caregivers may experience. While there are many methods to combat the isolation, support groups surround the caregiver with people who face similar challenges, and thus, hopefully leave them feeling less lonely. A support group brings together people who share the common bond of caring for someone with Alzheimer's disease or a related dementia. It provides an opportunity to share feelings, common

problems and solutions to the difficult task of caring for someone with cognitive impairment. A support group is open to anyone who is concerned about the care of a person with a dementia. This includes spouses, children, friends and caregivers. Please consider visiting one of our support group meetings, for yourself and your loved one.

"If you want to continue to give care, it is essential that you look after yourself"

Support Group Meetings

Caregiver/Family Support
First Wednesday of each month
1 pm at St. Davids Anglican Church
133 James St. Orillia
7 pm at Overend Place, 26 Fittons Rd.
E, Orillia

Early Stage Support
First Wednesday of each month
1 pm at St. Davids Anglican Church
133 James St. Orillia

Check our website for dates and locations of the Social Time Luncheons

Coming Soon....

ANNUAL GENERAL MEETING/APPRECIATION NIGHT

In appreciation for your support we would like you to be our guest on

*Tuesday, June 15th for our **AGM***

Swanmore Hall, 50 Museum Drive, Orillia

Business Mtg. 5pm

Buffet dinner 6pm

Keynote speaker and social following dinner

RSVP (329-0909) is required by May 28th.