

Help for Today. Hope for Tomorrow...®



Care4u Family Conference 2014

Seeking a Balance



Dr. Veronica Hutchings,
Care4u Keynote Speaker

When someone in the family has dementia, care planning can bring out many strong emotions. As the disease progresses, caregiving issues can often stir up family conflicts.

"It is important to address the challenges that families face because no one can go through this alone. Even if you have a big care partner network and everyone is on the same page, living with dementia is still tough," says Dr. Veronica Hutchings, Psychologist, Seniors' Health, QEII Health Sciences Centre, Halifax.

Financial difficulties, sibling rivalry, differences of opinion and personality conflicts are just a few of the stresses that can fray relationships among families. The good news is that there are ways to minimize family conflicts caused by these and similar real-life situations.

"There is no one right way to handle things," says Dr. Hutchings, Keynote Speaker at the Alzheimer

Regular family meetings can help keep everyone up-to-date. Discuss how things are working, assess the needs of the person with dementia and decide caregiving roles and responsibilities.

"If you have family conversations early enough, you can include the person with dementia and find out their personal choices without having to guess," says Dr. Hutchings. "If the person can't participate, sit down and discuss what everyone thinks may have been important to them."

Care planning can be a hot topic and there may be disagreements, but ultimately you have to make decisions. Having a mediator can be helpful when trying to come to a consensus. Choices relating to future health and personal care decisions should be considered and recorded. As well, think about an alternate caregiving plan in the event that you are unable to provide care in the future.

"Talk about as much detail as you can and have someone take notes," says

Dr. Hutchings. "When you are thinking about the end stages, it is not just about whether or not they want to be hooked up to life support machines; they may want to be wearing the fuzzy pink slippers they love and have always worn."

While communication and working as a team help families to cope, it's important to make sure that the family's primary caregiver is taking care of his or her own well-being. Remember, providing care for someone with dementia takes a tremendous toll on the physical and emotional health of primary caregivers, and often they put their own health at risk.

"You can't drive a car without gas. If you do not engage in self-care, you are not putting gas into your car. Self-care is like refuelling the car."
- Dr. Veronica Hutchings

The Care4u family conference will provide self-care tips and strategies for family caregivers seeking a balance in their roles. To hear Dr. Hutchings and many other speakers, register for the Care4u family conference at: alzheimer.mb.ca/care4u2014/

Thank you to our keynote speaker sponsor, Revera - Home Health, Retirement Living & Long Term Care.



A conference for family and friends caring for a person with dementia

Saturday, November 1, 9 am to 3:30 pm
Canadian Mennonite University

Cost: \$40 (includes lunch and materials)

THANKS TO OUR SPONSORS:

EVENT SPONSOR



Where Caring is Our Number One Concern™

Keynote Speaker Sponsor



Partners in Care



Exhibitors

- | | |
|---|---------------------------------------|
| AAA Alarms | Meals on Wheels |
| ADT Winnipeg Home Security Systems | Misericordia Health Centre |
| Centre for Community Oral Health (University of MB) | Focus on Falls Prevention |
| Comforts of Home Care Inc. | Vision Screening Program |
| Health Canada | Seniors and Healthy Aging Secretariat |
| Kennedy Cognitive Services | The Seniors Moving Company |
| | WeCare Home Health Services |

Register online today - space is limited: alzheimer.mb.ca



Alzheimer Society
MANITOBA
Dementia Care & Brain Health

IT'S NOT TOO LATE!

Host a Coffee Break® event during September or October.

Register online today at alzheimer.mb.ca

Join us for

NATIONAL COFFEE BREAK® DAY

Thursday, September 18,
10 am to 2 pm
Winnipeg Square
(beside Scotiabank)

MEDIA SPONSORS



Winnipeg Free Press

Coffee Break® is an Alzheimer Society nationwide annual fundraiser where friends, co-workers and customers gather in communities across Manitoba and Canada to raise funds for local Alzheimer Societies. Participants at these events make a donation in exchange for a cup of coffee. The money raised in Manitoba stays in Manitoba to help support local programs, services and the search for a cure.

Indeed, the community rallies around Verna's efforts, as demonstrated by the healthy turnouts she gets each year; she's had as many as 65 visitors.

Visiting with Verna:

A Community Coffee Break® Event

For the past few years, Verna Mowat has been hosting a Coffee Break® event on her family farm in the Westman region of Manitoba. Last year, despite wind and rain, members of Verna's community ventured down the gravel road to her farm, where a smile and a warm cup of coffee were waiting for each guest.

"Lots of people from the community come - from Cypress, Glenboro, even neighbours down the road. I think we had 35 people last year," she says.

Running with the mantra that a Coffee Break® event can be as big or as small as you like, Verna goes all out in getting everyone involved. "It's a lot of fun. I pull out my old fashioned china and make it a real family affair," she says. She also makes the most out of the Coffee Break® event kit (supplied by the Alzheimer Society) by encouraging people to autograph her Coffee Break® poster. Her guests love this gesture: it gives them a chance to write a personal message about who they're supporting.

World Alzheimer's Month

Check out our Facebook page for the World Alzheimer's Month contest!

There are more than 44 million people with dementia world wide. By 2030 this number is expected to rise to almost 76 million and to 135 million by 2050.

September is World Alzheimer's Month, an international initiative to raise awareness about dementia and available resources to support families affected by this disease. This month we are reminding people to be mindful of their brain health.

Dementia. Can we reduce the risk?

Research suggests that leading a brain healthy lifestyle may help to reduce a person's risk of developing dementia later in life. The general rule is what's good for the heart is good for the brain, so both should be well looked after with a balanced diet and regular physical and mental exercise.

Remember, it's never too late to make any of these changes. Here are five ways you can help to reduce your risk of developing dementia.

- Look after your heart
- Be physically active
- Follow a healthy diet
- Challenge your brain
- Enjoy social activities

We hope you will join us to raise awareness of the Alzheimer Society of Manitoba as the go-to resource for support, information and education about dementia.

Keep in touch with us on Facebook and visit our website at: alzheimer.mb.ca/wam2014.



Coffee Break® event host Verna Mowat (standing) with sisters Willene (l) and Bonnie (r).

World Alzheimer's Month
September

Investors Group
MEMORY
Walk



alzheimer.mb.ca/memorywalk2014

THANK YOU, MANITOBA!



Scan here to see more team photos!

Bockstael Construction

10 team members raised \$5,460!



Winnipeg Walk

Team Revera

205 team members raised \$21,560!

2014 Award Winner



Winnipeg Walk

Holy Family Home AllStars

47 team members raised \$8,405!

2014 Award Winner



Winnipeg Walk

Join Us to Celebrate Our Success

at our

Awards & Appreciation Evening

THURSDAY, SEPTEMBER 25, 7 PM

Investors Group Cafeteria
447 Portage Avenue, Winnipeg

RSVP to awoodward@alzheimer.mb.ca by September 22
Light refreshments will be served.

Misericordia Angels

38 team members raised \$9,941!



Winnipeg Walk

Team Slovenia

29 team members raised \$6,095!

2014 Award Winner



Winnipeg Walk

Thanks to our Sponsors

TITLE SPONSOR



MEDIA SPONSORS

Winnipeg Free Press



FOOD SPONSORS



REGIONAL SPONSORS

Media Sponsors

- Brandon Sun
- CFAM Radio 950
- Country 88.9
- Pembina Valley online.com
- The Eagle 93.5 FM
- The Morden Times
- The Red River Valley Echo
- The Winkler Times
- The Valley Leader

Food Sponsors

- Altona IGA
- Altona Sun Valley Co-op
- Carman Co-op
- Corpelli's Water
- Grand Valley Community Church
- Morden Co-op
- Rotary Villas at Crocus Gardens
- Winkler Co-op

2014 Award Winning Teams

Extra Mile Award Winners
(Teams raising the most money)

- Family/Friends Team
Walking for Memories
- Community Team
Holy Family Home AllStars
- Corporate Team
Team Revera

Spirit Award Winners
(Teams with the most members)

- Family/Friends Team
Team Slovenia
- Community Team
Holy Family Home AllStars
- Corporate Team
Team Revera



Over \$300,000 raised through 77 community walks province-wide!

SEE YOU NEXT JUNE!

The Franny Bananies

18 team members raised \$5,870!



Dauphin Walk



Winnipeg Walk



Gimli Walk

Top Fundraising Community Walks

EASTVIEW PLACE, ALTONA
Top Community Walk, Regional



LIONS SUPPORTIVE HOUSING
Top Community Walk, Winnipeg

\$2,154 raised!

Walking for Memories

19 team members raised \$9,588!

2014 Award Winner



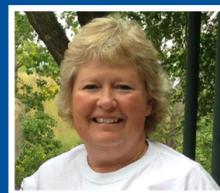
Winnipeg Walk

Top Individual Fundraisers



Top Child Fundraiser
Gracie Beriault
\$1,612

Top Individual Fundraiser
(Winnipeg)
Krista Tellier
\$7,500



Top Individual Fundraiser
(Regional)
Karen Braun
\$4,535

Manitoba Walkers Who Raised \$1000+

Sandra Barsy: \$1,260	Krysten Jeske: \$1,256.80
Debra Berenhaut: \$1,222	Margaret Jones: \$1,122
Gracie Beriault: \$1,612	Lloyd Kitching: \$3,305
Monique Bockstael: \$1,150	Emily Kosack: \$2,296
Karen Braun: \$4,535	Richard Kropp: \$2,180
Donna Cameron: \$1,592	Nina Labun: \$1,320
Tom Carberry: \$2,295	Mylene Layno: \$1,164.10
Stan Casar: \$1,265	Susan Mason: \$1,565
Diane Cox: \$1,050	Alex Mowat: \$1,320
Richard Craig: \$1,900	Ruth Palachuk: \$4,123.50
Lenore Crockett: \$1,520	Carol Paradine: \$1,000
Risa Derksen: \$2,100	Guy Prefontaine: \$1,075
Ruth Enns: \$1,000	Gerald St. Laurent: \$1,200
Tannis Evans: \$1,640	Krista Tellier: \$7,500
Helen Gilmour: \$2,350	Bonnie Thiessen: \$2,305
Sherry Heppner: \$1,595	Randy Wiebe: \$2,485
Laurie Herd: \$1,075	Reed Winstone: \$1,350
Debbie Hildebrand: \$1,600	

Mark Your Calendars for these Fundraising Events!

Who's at the Door?

January is
Alzheimer Awareness Month

The Alzheimer Society needs **YOU** to be a volunteer canvasser this January!

Call for more information:

204-943-6622 or
1-800-378-6699 (outside Winnipeg)





Donate Now



Minds in Motion Program Coming to Manitoba

CEO's Message Prevention and Early Detection Research



Wendy Schettler, CEO

This past summer brought a flurry of news in dementia research, particularly in the area of early diagnosis.

In early July, researchers in the United Kingdom announced they are one step closer to developing a blood test to diagnose Alzheimer's disease. Then, at the Alzheimer's Association International Conference in Denmark, announcements were made about advances in other forms of testing; smell and eye examinations are being developed to aid in early detection.

Not surprisingly, there has been a lot of media coverage surrounding these findings; they are significant developments

"Although these steps are important... our fight is far from over."

and are an important part of the strategy to defeat dementia. That being said, it's also important to approach news like this with cautious optimism. Much of this research is still

in the early stages and requires further examination. Although these steps are important – and I applaud everyone involved for their relentless hard work – our fight is far from over.

With over 20,000 Manitobans currently diagnosed with dementia, and with those numbers ever increasing, it's important to act now to help reverse the rising tide. We know that lifestyle choices play a significant role in lowering the risk for dementia: a recent study suggests as much as one in three cases of Alzheimer's disease is preventable. Even if this number proves to be overestimated, we know there is still significant benefit to a healthy lifestyle.

As autumn begins, I hope you will join us in raising awareness about dementia and consider getting involved in some of the events we have running during the next few months. For example, our Coffee Break® event takes place throughout September and October, while the Care4u Family Conference is on November 1st. And don't forget that September is World Alzheimer's Month.

Thank you to everyone who supports our initiatives. You're the reason we're able to be an effective voice for those affected by dementia.

If you are someone living with early to mid-stage dementia, or if you are a caregiver of someone in this position, then listen up! The Alzheimer Society of Manitoba is pleased to announce an exciting new program to be piloted this fall.

The Minds in Motion® program combines physical activity, socialization and mental stimulation for people with early to mid-stage Alzheimer's disease or another dementia and their family member or care partner. It provides opportunities for community inclusion, allowing participants to enjoy the program in an inviting, safe and fun environment.

Maria Mathews, Manager of Family Education at the Alzheimer Society, has taken on the role of Minds in Motion® program coordinator, and she is enthusiastic about the program. The pilot project starts in October and involves two locations in Winnipeg: The Wellness Institute on Leila Avenue and The YMCA-YWCA of Winnipeg (South Branch) on Fermoil Avenue.

What's It All About?

The Minds in Motion® pilot will run once a week for eight weeks. Each two hour session is divided into two components: a physical activity session followed by



programming that involves socialization, brain stimulation and refreshments.

"A trained physical fitness professional will lead 45 to 60 minutes of physical activity, and an Alzheimer Society of Manitoba staff member will facilitate the second half of the program with the support of community volunteers," says Maria. "The volunteers are there not only to assist with activities, but also to foster positive relationships with the participants."

There is another reason for including volunteers: as community members themselves, they will gain experience and knowledge about dementia that can be passed on to others in their family and community circle, moving us closer to the goal of developing age-friendly, inclusive communities.

All staff and volunteers involved with the program will be required to participate in dementia education through the Alzheimer Society of Manitoba.

While participants in the Minds in Motion® program will be enrolled as pairs (a person with dementia and a family or community caregiver), under certain circumstances, some people with dementia, on a case-by-case basis, may be able to attend alone.

The Manitoba Minds in Motion® pilot is co-funded by the Alzheimer Society of Manitoba and the Manitoba Community Services Council. For more information and to find out if the program is right for you, contact Maria Mathews at 204-943-6622 or 1-800-378-6699 or by email at mmathews@alzheimer.mb.ca

Upcoming Education for Families

Winnipeg

FREE COMMUNITY SESSIONS!

The Realities of Dementia: "I'm Still Here"

Wednesday, September 24, 7 to 8:30 pm
St. Joseph's Retirement Residence, 1149 Leila Ave., Winnipeg

Act On It! Ideas for Keeping a Healthy Brain

Wednesday, October 8, 1:30 to 2:30 pm
Corydon Community Centre, 1370 Grosvenor Ave., Winnipeg

First Link®: Connecting Families to Support and Services

Thursday, October 16, 7 to 8:30 pm
The Westhaven, 3033 Portage Ave., Winnipeg

COMMUNITY WORKSHOP

Living with Alzheimer's Disease or Other Dementias (Workshop)

Saturday, September 27, 9 am to 4 pm
Revera – The Wellington, 3161 Grant Ave., Winnipeg
Cost: \$20 (includes refreshments & resources)

CLASSROOM EDUCATION

Experiencing Dementia

This free eight-week program unites family care partners with individuals experiencing early-mid stage dementia.
Begins: Thursday, October 9, 10 to 11:30 am
Alzheimer Society Provincial Office, 10-120 Donald St., Winnipeg

FREE LIBRARY SERIES

Check our online calendar for dates and locations of our Library Information Series.

Regional Communities

Dementia...Answers You Need

Wednesday, September 24, 6:30 to 8 pm
Dugald Library, 205 Dugald Rd., Dugald
No charge for families

Telehealth Sessions

The Alzheimer Society of Manitoba provides free family education delivered through the technologies of Telehealth audio/video conferencing. This three-part series features:

- *The Impact of Dementia in Canada and the Warning Signs We All Need to Know* – Tuesday, October 7, 6:30 to 8:30 pm
- *I'm Still Here: DVD Presentation* – Tuesday, October 14, 6:30 to 8 pm
- *Planning for Your Future: Legal & Financial Considerations* – Tuesday, October 21, 6:30 to 8 pm

Winnipeg & Regional Communities

Care4u Family Conference

A conference for families and friends caring for a person with dementia.

Saturday, November 1, 9 am to 3:30 pm
Canadian Mennonite University,
500 Shaftesbury Blvd., Winnipeg
Cost: \$40 (includes lunch)

For more information on any of our educational opportunities or to register online, visit: alzheimer.mb.ca

Dementia Care 2014

The Dementia Care spring conference was a great success! Professional care and service providers attended and learned valuable dementia care strategies.

THANKS TO OUR GOLD SPONSORS!



Alzheimer Society Trivia Challenge 2014

THURSDAY, OCTOBER 23
6:30 to 10:30 pm

MCPHILLIPS STATION CASINO,
Upper Deck, Sports Lounge

REGISTRATION: \$30

- Option to collect pledges
- Register as a team or individual

Register online at alzheimer.mb.ca or call 204-943-6622.



Make a Difference:

Leave a Bequest

A gift to the Alzheimer Society left in your will is an act of great generosity that can help improve the lives of people affected by dementia and provide hope for future generations.

Here are a few ways that you can name the Alzheimer Society of Manitoba in your will:

- leave instructions with your lawyer for the Alzheimer Society to receive the residual balance of your estate after your heirs have received their portion.
- direct a set amount in your will to the Alzheimer Society.
- leave a percentage of your estate to the Alzheimer Society.

