



Caring Communities

Keep Watchful Eye on People with Dementia

The residents of Austin, Manitoba, and a young woman in Winnipeg have something in common: they are turning their neighbourhoods into caring communities through their compassionate action towards people with dementia.

Small Town Safety Net

When Colleen Leslie's mother, Hazel Lowe, began showing signs of dementia, Colleen worried about how she would care for her. Colleen helps run the family farm near Austin and also has a part-time job. She has five children and nine grandchildren to think about, too.

Hazel, a former school bus driver, now lives in a care home in McGregor. However, when she first retired from the farm, she moved into a seniors' lodge in Austin. There, Colleen took comfort knowing that her mother was around people who knew her. What Colleen didn't know was just how much the community of 400 would care about – and care for – Hazel when Colleen couldn't be there.

Hazel's neighbours in her building were one piece of the support system that developed. Hazel loved to go for walks, but a nearby railway mainline and highway posed a risk to her. It wasn't long before the whole town would be on alert if they saw Hazel out walking. Someone would always be there to guide her home if necessary.

"In order for people with dementia to better live in the community, we all need to get involved...it takes a thoughtful, compassionate community to care for our most vulnerable."

– Wendy Schettler, CEO, Alzheimer Society

"Everyone always watched and made sure she was safe," says Colleen.

When it was discovered that her mom was making daily withdrawals from the local credit union and giving the cash away, staff promised Colleen that they wouldn't give Hazel more than a few dollars each time she came in. "They told her they didn't want to give her too much money or she wouldn't come back to visit them as often," Colleen chuckles.

The grocer and hairdresser also agreed to run up a tab that Colleen would pay, rather than expecting Hazel to remember to pay them.

In December 2014, Hazel moved to the care home, where staff look after her needs. Colleen appreciates that, but is also very grateful to the caring people of Austin. "I know she wouldn't have managed as long as she did if everyone hadn't been watching out for her."

Big City Safeguards

Stéphanie Demers is a lot like the people of Austin. The 18-year-old Winnipeg nursing student was in the right place at the right time and didn't hesitate to help a person with dementia.

It was about 0°C on a December night last year. Stéphanie was driving to a friend's house when she saw an elderly man walking on the busy road. She pulled over, put on her flashers, and rolled down her window to speak to him. "He wasn't wearing a coat and was clearly confused," she says. Still, she was cautious. Was he only pretending and did he mean her harm?

She decided that he was not a risk and urged him into the car, where it was warm. She called police and while they waited, she chatted with the man, who said he was born in 1923 but also said he lived with his mother. When the police arrived, they were compassionate and seemed to know the man. They told Stéphanie they would take him home. Stéphanie is left wondering about his story. "I worry about him. Who's caring for him now?"

She's glad she stopped to help the elderly gentleman and says that, although a person should always assess

their own safety first, she hopes anyone would have done what she did.

Wendy Schettler, CEO of the Alzheimer Society of Manitoba, praises Stéphanie and the people of Austin. "In order for people with dementia to better live in the community, we all need to get involved...it takes a thoughtful, compassionate community to care for our most vulnerable," she says. ★



Colleen Leslie and her mother, Hazel Lowe



Stéphanie Demers



Celebrate our accomplishments, recognize our volunteers and honour those who have lost their lives to dementia at the Alzheimer Society of Manitoba's

Annual General Meeting, Volunteer Recognition & Tree of Memories Ceremony

Wednesday, June 24, 5:15 pm
Alzheimer Society Office
10-120 Donald St., Winnipeg

Tree of Memories Ceremony



For a gift of \$250 to the Alzheimer Society of Manitoba, you can honour your loved one by placing an engraved brass leaf on the Tree of Memories. For information, please email tmattay@alzheimer.mb.ca

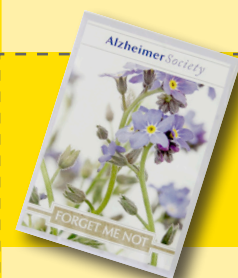
Seeds of Hope



Help make hope bloom for people with dementia and their families by planting Forget Me Not seeds in your garden this spring! These beautiful blue flowers will grow and blossom every year, serving as a symbol of support for people with dementia.

When you plant your seeds, take a photo and post it to our Facebook page!

To request your Forget Me Not seeds, mail in the coupon below or visit alzheimer.mb.ca to place your order online. Plant these seeds today as a symbol of hope.



YES!
Please send my Forget Me Not seeds!

Name _____
Address _____
City _____
Province _____ Postal Code _____
Phone _____
Email _____

I've also enclosed a donation to: Alzheimer Society of Manitoba, Unit 10-120 Donald St., Winnipeg, MB R3C 4G2

THANKS!

Meet Josephine Brazeau: Winnipeg Memory Walk Marshall



During the month of June, thousands of walkers throughout Manitoba will raise funds for the Alzheimer Society of Manitoba. This support helps provide valuable programs and services for people with dementia, like this year's Walk Marshall, Josephine Brazeau.

Josephine is 73 years old and has Alzheimer's disease. She has an exuberance for life that is easy to admire. "This disease is not going to stop me from continuing to live life to its fullest each and every day," she says.

Josephine will be speaking and cutting the ribbon to start the Winnipeg Walk on Tuesday, June 9 at the Forks (Festival Stage – formerly Scotiabank Stage).

Investors Group
MEMORY Walk
See inside for more information about the June 2015 Memory Walk!

See inside for more information →



alzheimer.mb.ca/memorywalk2015

Step it Up!

Gather your friends, family and co-workers! Join the Investors Group Memory Walk and help the Alzheimer Society make the 23rd annual Walk a fundraiser to remember...



Register online today!

STORIES From Our Walkers

Everyone has their own reason for participating in the 2015 Investors Group Memory Walk. Hats off to the following three walkers whose stories we'd like to share with you. Register today and tell your story on your personal fundraising page on our website at alzheimer.mb.ca/memorywalk2015

Bonnie Thiessen Team: Action HI-5

I Am Walking...

I am walking for my husband
I am walking for all those living with Alzheimer's disease
And for all those who care for people with this disease every day
Those in homes and those in facilities – I am walking for you all.



I am walking with anger...
Anger at the cruelty of this disease
Anger at its relentless progress
Anger at how it has robbed me of my husband
And anger at how it has taken so much away from him.

I am walking with loss...
Loss of his brilliant intellect
Loss of companionship and comfort
Loss of my life partner
And loss of the dreams we had of spending our golden years together.

I am walking with sadness...
Sadness when I realize all that is lost
Sadness each time he has more and more difficulty finding words
Sadness when I see he can no longer participate in the activities he loved
And a great sadness when I realize that this will not get better.

But...I am also walking with gratitude...
Gratitude that others are walking with me
Gratitude for my family that supports and gives me strength
Gratitude for friends who understand and stand with me
And gratitude for all the wonderful people who care.

I am walking with joy...
Joy in the laughter we still share
Joy in the walks we can take together
Joy that he is happy and well cared for
And joy for the love that still binds us.

I am walking with hope...
Hope that his gentle nature will prevail
Hope that I will be able to continue to support him
Hope that we will have peace in spite of the relentless pace of the disease
And hope that research will discover the causes and effective cures –
Soon, I hope, very soon.

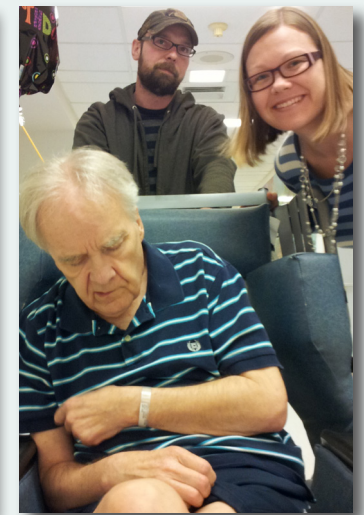
Bonnie Thiessen
"Living fully the life that's mine to live!"

Krista Tellier Team: Walking for Memories

My name is Krista. My Dad, Dave, has Alzheimer's disease. I first noticed symptoms when I was 19. Dad was 52.

Selecting a photo is tough. As I sift through options, I'm left with this reality: there are no "good" photos of Dad anymore.

- He doesn't smile. • He is hunched over.
- His eyes are almost always closed.
- His head is always down.



There is no "good" or positive way to portray this disease – at least not at this stage. And that is hard for me to admit. Especially because this is about my Dad. My Dad who, even after his diagnosis, worked SO hard to be as positive and productive as possible. Tough.

In the end, I select two photos:

The photo on the left (1977): Dad pushing me. At just a couple of months old, I don't know who he is. But he knows who I am, and he loves me dearly. I am his daughter – Krista.

The photo on the right (2015): Me pushing Dad. At this stage of the disease, he doesn't know who I am. But I know who he is, and I love him dearly. He is my Dad – Dave.

The years between these photos were filled with much joy, love and laughter.

I don't know anyone who enjoys fundraising. I don't. But I'm doing it anyway. My goal is to raise \$5,000. I am doing it because I want other fathers and daughters to have more time than we did.

Victoria Chamberlain Team: Great Grandma's Walkers

My name is Victoria and I am six years old. The lady in the photo is my great grandma, Anne. She has dementia and has trouble remembering lots of things, like my name. I want to help make a cure for people like my great grandma and that's why I started my team.



This June, I will be walking with thousands of other Manitobans to raise funds for the Alzheimer Society of Manitoba. Please join me in my efforts by making a donation today!

Your support helps to provide the programs and services for people with dementia, their families and caregivers. It also helps to fund research to find a cure.

Hooray for our youngest team captain!



Step It Up with Josephine: The 2015 Walk Marshall Leads the Way!

I'm Josephine Brazeau and I was diagnosed with Alzheimer's disease last year. I don't plan to let this diagnosis stop me: I'm getting on with my life and enjoying every minute of it. I'm making plans for my future while I still can, but I don't worry too much about what tomorrow will bring. Instead, I do what I can today.

This includes keeping as active as I can, so when the Alzheimer Society asked me to be the Walk Marshall for this year's Investors Group Memory Walk, I was honoured to accept. I'm looking forward to cutting the ribbon and speaking to the walkers on June 9th.

For me, taking part in the Walk is going back because the Alzheimer Society has been there for me. The people there have helped me to understand my disease. When I attend my support group, I can connect with others who have dementia and share common concerns about living life with this disease.

When I am at the Alzheimer Society, I feel understood without having to explain myself. I feel like I've come home. I hope others, like me, will have the opportunity to take advantage of all the wonderful things the Society has to offer families living with this disease.

Thanks to Josephine Brazeau for being the 2015 Walk Marshall and for her participation in other Alzheimer Society initiatives in 2015 including: media spokesperson during Alzheimer Awareness month in January, guest speaker at the Dementia Care conference in March and at the staff development day in April.

Improving the Lives of People with Dementia and their Caregivers

through Information, Support, Education, Advocacy and Research

Alzheimer Society
MANITOBA
Dementia Care & Brain Health



COMING UP!

Touch Quilt Presentations

We will be presenting Touch Quilts to each resident of Misericordia Place, Concordia Place and Beacon Hill in May. Check alzheimer.mb.ca for details.



Personal Care Homes: What is my Role and What Remains my Responsibility?

Wednesday, May 13, 7 to 8:30 pm
Meadowood Manor, 577 St. Anne's Rd., Winnipeg, MB

Session is full!

Surviving Ambiguous Loss and Grief: Tips for Caregivers

Wednesday, June 17, 7 to 8:30 pm
River Ridge Retirement Residence, 50 Ridgcrest Ave., Winnipeg, MB

Alzheimer Programs Perfect Fit for Winnipeg Couple



Marcia and Henk Schippers

Norma Kirkby, Program Director at the Alzheimer Society, says it's important for people with dementia and their caregivers to reach out for help. "No matter what stage people are at in their journey, the Alzheimer Society is available to provide information, support and services," says Norma. "Nobody has to face the challenges alone. We have experienced and caring staff who can help you navigate many details, such as learning about the progression of the disease, finding ways to maintain independence and how to access care when the need arises."

Norma urges people to investigate the support groups offered through the Society. For those affected by the disease, the weekly gatherings provide a safe venue for sharing feelings and common experiences. There are also support groups for caregivers; people involved in these groups can share information about their day-to-day challenges and practical tips for coping with change.

Both Henk and Marcia have attended the eight-week Experiencing Dementia program at the Society. Marcia says that the information presented is informative and interesting, and she appreciates receiving follow-up material so she can absorb the details more fully later.

"No matter what stage people are at in their journey, the Alzheimer Society is available to provide information, support and services. Nobody has to face the challenges alone."

— Norma Kirkby, Program Director

Henk admits to feeling a little tired after participation in the Minds in Motion® program and Experiencing Dementia. However, this admission is accompanied by a smile. "I like going to these programs – it's amazing how every week, there are different things to try." ★

For information on Alzheimer Society programs and services, call 204-943-6622 or 1-800-378-6699 (toll free) or check our website at alzheimer.mb.ca.

Henk and Marcia Schippers have found a program that works for them, and they plan to keep coming back for more.

The program, Minds in Motion®, is one of the many opportunities available through the Alzheimer Society of Manitoba. It is specifically designed to provide physical and mental stimulation for people like Henk who have early to mid-stage dementia. As Henk's support, Marcia also attends the program, which runs once a week for eight weeks several times a year.

"We are starting our third session right now," says Marcia. "It's just great – I came as a support for Henk, but I am having as much fun as he is!" The couple finds the physical activity segment of the program to be upbeat, while the choice of mentally stimulating activities – which can include anything from reading lines in Romeo and Juliet to playing "Name that Tune" – provides just the right amount of challenge to stretch their minds.

The social aspect of the Minds in Motion® program is also a draw for Henk and Marcia. They attend with a couple they have known for years, and they are getting to know other members.

Dementia Care 2015

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

EVENT SPONSOR



GOLD SPONSOR



GET YOUR MOTORS RUNNING!

20th Annual Motorcycle Poker Derby
Brandon, MB
Saturday, August 15, 2015
9 am to 7 pm

To register or for more information, contact Jodee Webster at alzwm@alzheimer.mb.ca or go online at alzheimer.mb.ca



SAVE THE DATE!

2015 care4u

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

Saturday, October 31
Canadian Mennonite University,
500 Shaftesbury Blvd.
Winnipeg, MB

Investors Group MEMORY Walk

Raise \$5,000 and Get Your Team in Print!

Teams that raise \$5,000 or more through participation in the Investors Group Memory Walk will be featured in the Alzheimer Society of Manitoba's Winnipeg Free Press insert in September 2015. Go teams go!

Winnipeg Walk

TUESDAY, JUNE 9, 2015
THE FORKS – FESTIVAL STAGE

Check in starts at 5 pm

Join us for a great evening!

- Food • Entertainment • Prizes • Pampering
- Kids Fun Tent • Meet the Mascot "Tracker"
- 3 K or 5 K Walks

On Stage:

- Boyd Kozak of QX 104FM • Vox Phantom

TITLE SPONSOR



SPONSORS

Winnipeg Free Press



Join a Walk or Start a Walk in Your Community!

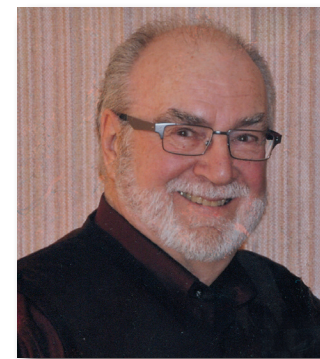
There are more than 60 community walks that take place in personal care homes, assisted living facilities, seniors' residences, schools, clubs and outreach organizations throughout Manitoba during the month of June. There is no limit to the possibilities! You can be creative and have fun with your event in support of the Alzheimer Society!



You can join a Walk or you can host your own. Visit alzheimer.mb.ca/memorywalk2015 or call 204-943-6622 (in Winnipeg) 1-800-378-6699 (outside Winnipeg).



Alex Boyes Chooses Planned Giving In Memory of Friend



When Alex Boyes gives his monthly donation to the Alzheimer Society, he remembers a man named Murray McPherson, whose influence helped to guide his career as a teacher.

"As a child, I would spend my summers on the McPherson farm near Brandon," explains Alex. "Murray was one of three McPherson boys. I learned to drive a car sitting on his knee. Eventually, he became a professor in the Faculty of Education at the University of Manitoba. He was a role model and a mentor to me."

Murray's mentorship also reached across the generations; three of Alex's children followed in their father's footsteps to become teachers themselves, while the fourth was an instructor in the military before rising to the position of Commander.

Later in life Murray was diagnosed with Alzheimer's disease, and he passed away in 2001. Alex felt it fitting to honour this admired family friend by donating to the Alzheimer Society through a monthly contribution – something he has been doing for over 10 years. "I hope my contributions will help to find a cause and a cure for this disease," he says.

Alex is also concerned about helping caregivers, who spend so much of their lives providing care for a person with dementia. Murray's wife was one of those dedicated people. Through his ongoing

donations, Alex knows the needs of these caregivers are being met through the Society's programs and services.

Leave a Legacy Today

May is Leave a Legacy Month. You can leave a legacy for someone in your life by donating to the Alzheimer Society through a variety of planned giving options, including monthly giving, a bequest in your will and naming the Society as the beneficiary of a life insurance policy. For more information, call 204-943-6622 or 1-800-378-6699. ★

CEO's Message Taking Action Towards a Dementia-Friendly Society



Wendy Schettler, CEO

Inspiration comes in many forms. For me, it comes through the encounters I have with those in our community who show they care about people with dementia.

As CEO of the Alzheimer Society, I have the privilege of meeting inspiring individuals almost every day. I recently visited with an amazing man; he is a caregiver for his wife, who is in the late stages of dementia. The two have been married for 63 years. As I talked with him, I was inspired by how he kept his wife involved in the conversation, even though she was unable to respond. He'd gently stroke her, letting her know he was there. The way he communicated with her showed a deep commitment to her well-being. I told him that his wife is lucky to have him, to which he simply replied, "No, I'm lucky I have her."

It isn't always easy to be optimistic in the face of adversity. Being diagnosed with dementia is life-changing. Caregiver stress and ambiguous loss are real challenges faced by many Manitobans each day. Yet it is during hard times that resilience shines through. People face seemingly insurmountable odds daily, but there is a beautiful humanity that permeates our community as people support and care for those in need.

I told him that his wife is lucky to have him, to which he simply replied,

"No, I'm lucky to have her."

I see it in our support groups, where people with dementia accept and support each other in living their lives to the fullest. I see it in our office, too. All of our staff members – regardless of their role in our organization – are committed and passionate about improving the lives of the people we serve. I also see it in my neighbourhood, where a local restaurant owner welcomes and watches out for my dad, who has dementia, when he comes in by himself for a coffee. And I see it in the larger community, where people like Stéphanie Demers (whose story is told on the front page) don't hesitate to come to the aid of a person with dementia, perhaps even saving a life in the process.

These people inspire me to fight even harder for those impacted by dementia. Here's my challenge to everyone: take a moment to look at your community and try to find ways to help the most vulnerable among us. We encourage Manitobans to help us create true dementia-friendly communities. Reach out, talk to people. Volunteer and help in any way you can. Allow yourself to be inspired by the actions of others.

To our community of supporters who already take action – thank you. I am inspired by your dedication. We stand with all Manitobans affected by dementia. Together, we can inspire others to work with us for a better future. ★



BBO

Jeans Day
Birthday

Rodeo
Office Luncheon

Support the Alzheimer Society of Manitoba's programs and services and the continuous search for a cure for dementia by hosting a fundraising event of your choice in support of the Society.

For event ideas, fundraising tips and the tools you'll need to plan, promote and host your event, check our website at alzheimer.mb.ca and click on the "Anything for Alzheimer's" link.

CAMPFIRE
POETRY

Anniversary
Golf Tourney

Bake Sale
Wedding

Upcoming Event: Canada 5000 Rally Against Alzheimer's
5,000 Miles Across Canada in a 1967 Volvo 122S
Passing through MB June 15-16 • Donate online: alzheimer.mb.ca

Dementia Research in Manitoba Gets Booster Shot

The Alzheimer Society of Manitoba and Research Manitoba are proud to announce the creation of the Manitoba Dementia Research Chair position, a half million dollar initiative to promote first class dementia research in the province. This five year program aims to increase dementia research, expertise and capacity and will strive to encourage unity among the Manitoba research community.

"This new research opportunity will help stimulate research excellence in dementia, including the study of dementia and dementia care issues," says Christina Weise, CEO of Research Manitoba.

The CEO of the Alzheimer Society, Wendy Schettler, notes that the initiative is a direct investment in the Manitoba research community – one that could not have been done without the help of some friends.

Wescan Electrical Mechanical Services, a Manitoba company operating since 1978, has committed to donating \$250,000 over five years to fund the Alzheimer Society's contribution. Wescan has been a supporter and sponsor of the Society for many years, but this generous donation is on a whole new level.



L to R: Christina Weise (Research Manitoba), Terry Henry and Deborah Hawkins Henry (Wescan), Wendy Schettler (Alzheimer Society), and Bob Modjeski and Bonnie McIntosh (Wescan).

"We can't overstate the importance of Wescan's contribution. They've allowed us to double the investment in research – it's a tremendous commitment to our community," says Schettler.

Given that the number of Manitobans affected by dementia is growing at an alarming rate, Wescan's generosity comes at an opportune time.

"Wescan and its family have experienced the tragic loss and suffering caused by Alzheimer's disease and are honored to fund research for a cure," says Terry Henry, President of Wescan.

Call us today at 204-943-6622 if you would like to donate to dementia research, or donate online at alzheimer.mb.ca. ★

Ask an Expert

QUESTION:

Lately I've seen a lot of requests for research study participants. Why are there so many requests right now and how do I decide which ones to participate in?

First we will take a look at why you are seeing so many requests for study participants. It is a fact that new funding from a variety of sources has become available for dementia clinical trials and studies in Canada. Alzheimer Societies across Canada are helping to connect researchers with potential study volunteers. Also, health and social service care providers are speaking with patients and families about the benefits of being a study participant. Some benefits are:

- You can help others, including future family generations, who may be at risk for Alzheimer's disease.
- You can play a more active role in your health care.
- As a study participant you will receive a high standard of care. You would receive care related to the study and opportunities to speak with study staff.
- You can gain access to potential treatments before they are widely available.

Before making your decision to participate in any study, you should be well informed and feel confident and secure. Talk to your own doctors, health care staff and family members. Know the answers to the following questions:

- What is the purpose of the study?
- What is required of me?
- What is my role?
- Will the study directly benefit me and/or others?
- Are there risks? What are they and the chances they will occur?
- What discomforts are involved?
- What is the total time involved?
- Are there other inconveniences?
- Has the study received ethical approval, ensuring that good care protocols will be followed?

For further information you may want to visit the following sites:

<http://www.alzheimer.mb.ca/research/participate/>

<http://clinicalcenter.nih.gov/participate/studies.shtml>

Whatever your decision about participating in research, you can know that the outcomes of clinical trials and studies aim to increase the well-being of people with dementia and those who care for them. ★

Norma Kirkby, PHEC, Program Director, Alzheimer Society of Manitoba and Michelle Lobchuk, RN, PhD, Associate Professor, Manitoba Research Chair in Caregiver Communication, College of Nursing, Faculty of Health Sciences, University of Manitoba

If you have a question for our experts, please email us at alzmb@alzheimer.mb.ca