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Winnipeg Free Press

Host a Coffee Break® event during September or October in support of people affected by dementia.

Join us for **NATIONAL COFFEE BREAK® DAY** September 17, 11 am to 2 pm Winnipeg Square beside Scotiabank

Register online today at alzheimer.mb.ca

Visit a Coffee Break® Event Past the Perimeter

The Alzheimer Society of Manitoba encourages individuals and organizations to host a Coffee Break® event during September or October to raise money for the Society. Many groups throughout Winnipeg and Manitoba participate. Featured here are two groups located past the perimeter that are taking up the challenge to do their bit.

South Interlake 55 Plus

For 17 years, members of South Interlake 55 Plus in Stonewall, Manitoba, have looked forward to a special September gathering. That's when the group puts on a Coffee Break® event to raise funds for the Alzheimer Society.

Coffee, tea and treats are offered, and visitors can buy baking made and donated by volunteers. As the 55 Plus group operates out of the Lions Community Centre, which is attached to the Lions Manor Apartments, many residents appreciate being able to purchase a variety of home-baked goods without having to leave the premises.

"For our 55 Plus programs, we also get people from surrounding communities," says Executive Director Cheryl Cathers. "These regular attendees like to come to the Coffee Break event, and they bring their friends with them."

See "Coffee Break" next page...

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The Importance of Life Stories

Life stories play a central role in compassionate, dementia-friendly care. By creating a life story, family members and care partners can understand the past history of the person with dementia, allowing them to better meet the person's needs when they are no longer able to speak on their own behalf.



"When creating a life story, not only is it important to capture information on surface pieces, like a person's past roles and interests, but also to include their emotional journey," says Christene Gordon, Director of Client Services at the Alzheimer Society of Alberta and NWT. Christene will be discussing this topic at the upcoming Care4u Family Conference on Saturday, October 31 at Canadian Mennonite University.

Most family members already know the fundamentals, such as where a person lived and their past relationships. It's the deeper, more emotional experiences that they may be unaware of.

Christene relates the personal information we share to the likes of a dresser: "The memories we place in the top drawer are the things that everyone can know, like your past occupation or interests. The middle drawer is where you keep the life experiences that only family or close friends may know. The bottom drawer is where you hide the things that you don't want anyone to know."

See "Life Stories" next page...

"Coffee Break" continued from page 1...



Celebrating Community in Selkirk

If you live in Selkirk or the surrounding area, or if you plan to visit this

fall, stop by the Selkirk United Church on the day of its Coffee Break® event in September. The hosts are members of the Pastoral Care Team and staff, including church administrator Chris Yuzdepski, who enjoy serving snacks and coffee to anyone who drops in. Envelopes are made available for donations to the Society, and Reverend Deborah Vitt says

that the 50 to 70 visitors who come by each year give generously.

"We are big on supporting non-profit groups in the community," says Deborah. "The Alzheimer Society is a good fit; we are no stranger to this disease in our congregation or in our community. There are those who live with the disease or are caring for someone with it."

Hosting a Coffee Break event supports the church's mission as well, which is "To live and celebrate our Christian faith as an inclusive and welcoming community in an ever-changing world."

Educational Opportunity

Both South Interlake 55 Plus and the Selkirk United Church see the day as an

opportunity to provide education about dementia. Organizers bring in speakers from the Alzheimer Society, and a variety of topics and activities are presented from year to year. ❧

- For information on the South Interlake 55 Plus Coffee Break® event, call 204-467-2582.
- For information on the Selkirk United Church Coffee Break® event, call 204-482-5914.
- To find out more about hosting a Coffee Break® event anywhere in Winnipeg or Manitoba this fall, please visit alzheimer.mb.ca or call 204-943-6622 or 1-800-378-6699.

Text COFFEE to 45678 to donate \$5 to the Alzheimer Society

UPCOMING EDUCATION

10 Warning Signs: What Everyone Needs to Know & The Minds In Motion® Programs

Tues., Sept. 15, 7 am to 8:30 pm
Centro Caboto Centre, 1055 Wilkes Ave., Wpg

Mon., Sept. 21, 7 to 8:30 pm
Rady Jewish Community Centre,
123 Doncaster St., Wpg

"I'm a Real Person Too": Communicating with People with Dementia

Wed., Sept. 16, 7 to 8:30 pm
St. Joseph's Residence, 1149 Leila Ave., Wpg

Family Education: First Steps

Sat., Sept. 26 (Part 1), 9 am to 12 pm
Windsor Park United Church,
1062 Autumnwood Dr., Wpg

Experiencing Dementia

Wednesdays, Oct. 7 to Dec. 2, 10 to 11:30 am
Alzheimer Society of Manitoba Provincial Office,
10-120 Donald St., Wpg

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

One-Day Workshop – Gimli
Sat., Oct. 17, 9 am to 4 pm
Gimli Community Health Centre, 120-6th Ave.

Telehealth Sessions (offered in regional areas)

Join us from 6:30 to 8 pm on the following dates:

- Tues., Oct. 20: The 7 A's: Exploring the Effects of Dementia on the Brain
- Tues., Oct. 27: "I'm a Real Person Too": Communicating with people with Dementia

To register online, visit alzheimer.mb.ca or call 204-943-6622 or 1-800-378-6699 for more information.

Looking for Dementia Friends in Community-Minded Places

Join a growing movement of individuals and workplaces who are building awareness and creating positive change by becoming a Dementia Friend!

Dementia Friends Canada is an awareness initiative of the Alzheimer Society and Government of Canada. A Dementia Friend is someone who learns a little about what it's like to live with dementia and then turns that understanding into simple actions that support those affected in the community, helping them to live well.

To become a Dementia Friend, visit dementiafriends.ca to sign up. It only takes a couple of minutes of your time. The more who sign up, the more far-reaching the impact will be.

Assiniboine Credit Union Leads Way

Leading the way amongst workplaces in Manitoba is Assiniboine Credit Union (ACU). It is the first workplace in the province to embrace the initiative and engage its employees in greater dementia awareness.

"As a financial institution that focuses on the financial well-being of our members and communities, Assiniboine Credit Union is committed to reducing barriers for all our members," says Kevin Sitka, President and CEO of ACU. "We started by encouraging all of our employees to become Dementia Friends. Knowing how to identify those who may be suffering from dementia allows us to improve our accessibility, serve our members better and help ensure they're safe financially."

ACU's initiative will lead to greater awareness and engagement, the importance of which cannot be overstated. For example, from a personal level, ACU employees will take their new skills with them into the community, which will positively affect all their interactions, whether it be when volunteering, visiting family or just going about their daily lives.

"Any organization that engages with Dementia Friends can make a difference not just at work, but throughout their whole community," says Kevin. ❧

HELP MAKE MANITOBA A DEMENTIA-FRIENDLY COMMUNITY!

To sign up as a Dementia Friend, visit dementiafriends.ca

If your business or organization is interested in having a Dementia Friends presentation, please email us at: dementiafriends@alzheimer.mb.ca

When someone is diagnosed with dementia, they often relive the things that are hidden in their bottom drawer – the emotional or traumatic times in their lives. If no one knows about these significant life events, it will be difficult to decipher behaviours that are out of character in the future.

Opening the Bottom Drawer

Christene recalls the story of a woman who would take extra packages of jam and stockpile them in her room. It turns out that the woman lived through the depression as a little girl and was given pieces of lard for her lunch. This realization helped the daughter understand this unusual behaviour and she could then work towards a solution to relieve her mom's anxiety about food.

"Once you understand the reason behind the behaviour, you can try to give control back to the person. This might be done through language, a change in the environment or altering their daily routine. There is no one answer – each situation is unique to itself."

In her group sessions, Christene has families participate in a written exercise. "I bring them a handout that looks like a dresser and have each person write down what they would put in each drawer. I don't ask people to share what is in that bottom drawer; it is just a way to have them think about what might be in there that can affect their actions down the road."

The life stories that emerge may bring about feelings of anger, frustration or guilt. "It is important to figure out how to deal with your feelings and not project them onto the person with dementia. You might want to call your local Alzheimer Society, go for counselling or talk to a friend. Whatever you choose, it is important for you to get support for yourself," she emphasizes. 🌿

To hear Christene speak about the importance of understanding a person's life story, register for the Alzheimer Society's Care4u Family Conference today at:

alzheimer.mb.ca/care4u2015



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

**Saturday, October 31, 9 am to 3:30 pm
Canadian Mennonite University**

Cost: \$40 (includes lunch and materials)

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Manitoba Public Insurance
Misericordia Health Centre Focus on Falls Prevention Vision Screening Program
The Seniors Moving Company
WestCare Health Supplies Ltd

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

Success Leads to Expansion of Minds in Motion® Program



The verdict is in: the Minds in Motion® program is a success!

Minds in Motion is a program that combines physical activity, socialization and mental stimulation for people living with early to mid-stage Alzheimer's disease, or other dementias, to enjoy with a family member or community

care partner. It was launched at two locations in Winnipeg last September and is now expanding to six sites throughout the city.

Gail Katz, Recreation Technician for Community Services with the City of Winnipeg, is excited about bringing the program to the St. James Civic Centre. "The Minds in Motion program allows us to expand our mandate and reach new audiences not yet served by our recreation services," says Gail. "It's such a great opportunity for people with dementia to access something fun and have a good time."

The YMCA-YWCA was one of the original community partners of Minds in Motion when a program was offered at its South branch. A second location, the Elmwood-Kildonan branch, is being added this fall. Other new locations include the Centro Caboto Centre and the Rady Jewish Community Centre, which join another of the original locations – the Wellness Institute.

The popularity of the program doesn't surprise Edna Johnstone. Edna and her husband Howard (who has dementia) participated in the program over the past year.

"I would highly recommend this program to others. Howard really enjoyed it and always looked forward to the next time," she says. "The program gave us something to do together in a safe, friendly and caring environment. It is so beneficial for both people."

Edna's and Howard's experience is echoed amongst many of the people who participated in the first year, according to Maria Mathews, Minds in Motion program coordinator. "People are responding very positively to this inclusive community program," she says. 🌿

For more information on times and costs, call the the numbers below or call 204-943-6622

Centro Caboto Centre 204-487-4597 1055 Wilkes Avenue Tues., Oct. 13 to Dec. 1	YMCA – YWCA of Winnipeg (South Branch) 204-233-3476 5 Fermor Avenue Tues., Oct. 13 to Dec. 1	The Wellness Institute 204-632-3900 1075 Leila Avenue Wed., Oct. 14 to Dec. 9	YMCA – YWCA of Winnipeg (Elmwood-Kildonan Branch) 204-668-8140 454 Kimberly Avenue Thurs., Oct. 15 to	Dec. 3 The Rady Jewish Community Centre 204-477-7510 123 Doncaster Street Thurs., Oct. 15 to Dec. 3	City of Winnipeg – St. James Civic Centre 311 2055 Ness Avenue Fri., Oct. 16 to Dec. 4
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QUESTION: We need to choose a personal care home for a family member. Is there a resource where we could learn about the quality of care provided in personal care homes of interest to us?

Ask an Expert

On June 10, 2015, the Canadian Institute for Health Information (CIHI) expanded its public reporting website, *Your Health System*, to include nine performance indicators from the long-term care (LTC) sector.

This is the first time that information of this kind about individual residences has been made publically available across Canada. The indicators measure safety, appropriateness of care and general health of LTC residents, such as restraint use, potentially inappropriate use of antipsychotics and pressure ulcers.

What's the purpose of this website?

The site was created to provide a high-level look at Canada's health system – a way to compare performance between health care organizations, regions and

provinces. The site can help health system decision-makers quickly see where things are going well and where a closer look is needed. The website is publicly-available, allowing Canadians to better see how their local health care compares to other areas in the country.


How do I find information for a home that I'm interested in?

At this time, for Manitoba, only information from homes in the Winnipeg Regional Health Authority is available on the web tool. Visit the tool at yourhealthsystem.cihi.ca and type in the name of the residence of interest. There's a lot to see on the site, so click on the "Help" button at the top of the page for navigation tips and a "how-to" video.

What should I know about the results that I'm seeing?

Indicator results on the website are colour-coded according to how different

they are from the national average. A green circle means a result that is better than average, blue means same as average, and a pink circle means a below average result.

Remember that this site only looks at a few indicators for long-term care. There are many more ways to look at quality of care in a residence. A below-average result on one or two indicators does not imply bad overall care. If you see a result that you have questions about, contact the residence to discuss it with them. If you have any questions about the information on the site, email hsp@cihi.ca and we'll be glad to help you. 



– Connie Paris, Manager
Data Management,
Home & Continuing Care,
Canadian Institute for Health
Information (CIHI),
Ottawa, Ontario

Support from a Family

Four members of Mary Lou Didkowski's family honoured her wishes recently by pooling their money together and making a donation to the Alzheimer Society of Manitoba. Each of the family members is a beneficiary named in Mary Lou's will, and before she became ill with dementia, she made it known that she wanted to support the Society.

"When Mary Lou was still lucid, she asked who was paying for her care while she was in the hospital," said Stan Didkowski, Mary Lou's husband. "When I told her that the care was free, she said she wanted her beneficiaries to give back by making a donation to the Society with money we received from her estate."

Along with Stan, those beneficiaries are Mary Lou's sister Margaret Rose Patrick,

nephew Michael Patrick and cousin Linda Clifford-Dashney. All were happy to donate to a cause that was important to Mary Lou.

Stan was a caregiver for Mary Lou, who lived at home for most her illness. During this time, they made a connection with the Alzheimer Society to gain information and an understanding of dementia. Mary Lou spent her last few months of life at the Seven Oaks Hospital, where she passed away on June 23, 2013.

Contributions Welcome

The Alzheimer Society of Manitoba is grateful for the contributions provided by generous donors such as the family members of Mary Lou Didkowski. As well as honouring Mary Lou's life, the donation helps the Society to



Stan & Mary Lou Didkowski

provide support, counseling and information to individuals and families living with dementia. Contributions are also directed towards funding research, bringing us closer to a cure.

Numerous options for giving are available, including online donations, supporting an event and planned giving (charitable bequests, gifts of life insurance, gifts of annuities). To find out more about making a donation to the Alzheimer Society of Manitoba, call our provincial office at 204-943-6622 or toll free at 1-800-378-6699 or check our website at alzheimer.mb.ca.

Alzheimer Society Trivia Challenge

Presented by:



TUESDAY, OCTOBER 20
6:30 to 10:30 pm

**CLUB REGENT CASINO
AND EVENT CENTRE**

REGISTRATION: \$30

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

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

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CEO Message

Take Action: Become a Dementia Friend!

Every three seconds, someone in the world develops dementia. World-wide, an astounding 47.5 million are diagnosed. In Manitoba, there are over 20,000 people with dementia and 43% of us have a family member or close friend with the disease.

September is World Alzheimer's Month. This is a time for action, a global movement united by its call for change, but also a time to reflect on the impact of dementia. It's a disease that will affect more and more people, including our own family members, as the years pass.

During World Alzheimer's Month, we are asking everyone to help create caring communities in Manitoba that are filled with people who are knowledgeable about this disease. We would like to see dementia-friendly neighbourhoods, businesses, organizations and services that are willing to lend a helping hand.

Signing up as a Dementia Friend is a good way to show your support. To do this, simply visit dementiafriends.ca, watch the video, register your details and commit to an action.

An action does not have to be complicated. You might volunteer at your local Society, help spread the word through social media or spend more time with someone you know who has dementia. Every action makes a difference and brings us one step closer to our goal of a dementia-friendly community.

Having a globally coordinated World Alzheimer's Month sends a strong message to governments and policy makers, alerting them that dementia is an important community issue which will have serious implications on services and health systems around the world as the population ages. This will affect each and every one of us.



Wendy Schettler, CEO

We hope you join us to raise awareness about the Society as the go-to resource for support. Give us a call or keep in touch with us on Facebook and our website to learn about other initiatives taking place throughout the month. 📌

FACEBOOK CONTEST!

Everyone who "likes" our page during September will be entered to win two tickets to the Care4u Family Conference!



Christina Weise, CEO, Research Manitoba; Dr. Ben Albeni, Manitoba Dementia Research Chair; Honourable Kevin Chief, Minister of Jobs and the Economy; Wendy Schettler, CEO, Alzheimer Society of Manitoba.

Dr. Ben Albeni has a new title to add to his list of credentials – he's the first ever Manitoba Dementia Research Chair.

Over the next five years in this role, Dr. Albeni will focus on two primary components: a community initiatives and patient-oriented program, as well as a laboratory research program.

"One of the main goals is to improve awareness and level of respect for those with dementia," says Dr. Albeni, whose lab is located at St. Boniface Research Centre. He will be building partnerships with an array of professionals in dementia

New Manitoba Dementia Research Chair Half a Million Dollars Invested in Dementia Research

care fields. "I'll be forming a committee comprised of physicians, basic scientists and other leaders in dementia care. We will share resources and educate each other, trying to find what people with dementia really need."

It's a cross-sectional, multi-disciplinary, person-centered approach that will promote collaboration in the community.

Dr. Albeni also has plans to build additional alliances outside of Manitoba, find ways to address the clinical expertise shortage and improve public knowledge about dementia.

As for the laboratory science component, Dr. Albeni has a number of research projects and collaborations currently underway. "Diagnostics and early-detection are areas that need improvement, so we'll be working towards that," he says. "One of the primary goals is to compare vascular dementia to Alzheimer's dementia.

We are also studying energy metabolism and mitochondria, as well as the effects of creatine," he adds.

The position will be a useful springboard in the effort to secure larger grants to conduct even more research. "All in all, this funding will really help us take it up a couple of notches," says Dr. Albeni.

Giving the research community the support it needs to succeed provides more opportunities to make a real difference for those affected by the disease.

The goals of the Manitoba Dementia Research Chair are ambitious, and with good reason; there is still so much work to be done and a lot of people that need help. Dr. Albeni agrees and is more than happy to help lead the way. 📌

The Manitoba Dementia Research Chair was established through a partnership between Research Manitoba and the Alzheimer Society of Manitoba. The Alzheimer Society's contribution has been generously donated by Wescan Electrical Mechanical Services, who have committed \$250,000 over a five year period.

Click here to view Memory Walk photos. (Video coming soon!)



Investors Group
MEMORY
Walk

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

Over \$348,000 was raised through 73 community walks province-wide!

THANK YOU FOR STEPPIN' IT UP!

Thank you to all the walkers, supporters and volunteers for making the 2015 Investors Group Memory Walk a success!

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JOIN US!!

Awards and Appreciation Evening
Thursday, September 17, 7 pm
Investors Group Cafeteria
447 Portage Avenue, Winnipeg

RSVP to awoodward@alzheimer.mb.ca by Sept. 14

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