

Help for Today. Hope for Tomorrow...®



## The Importance of Life Stories

### Opening the Bottom Drawer

2015  
**care4u**

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)

#### THANKS TO OUR SPONSORS:

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- 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](http://alzheimer.mb.ca)

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."

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 out 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.

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

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](http://alzheimer.mb.ca/care4u2015)

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

## Visit a Coffee Break® Event Past the Perimeter



#### MEDIA SPONSORS



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](http://alzheimer.mb.ca)

Coffee Break® is an Alzheimer Society annual nationwide fundraiser where friends, co-workers and customers gather in communities across 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.

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



## Ask an Expert

#### 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?**

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 publically-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](http://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](mailto: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



Investors Group  
**MEMORY**  
Walk

Over \$350,000 raised through 73 community walks province-wide!

alzheimer.mb.ca/memorywalk2015

**THANK YOU, MANITOBA!**



Scan here to see more team photos and our Walk video!

*Bockstael Construction*  
40 team members raised \$9,296!

*Team Revera*  
205 team members raised \$18,147!

2015 Award Winner



*Emergent Biosolutions*

37 team members raised \$10,544!



*The Franny Bananies*

18 team members raised \$7,327!



*Walking for Memories*  
29 team members raised \$13,634!

2015 Award Winner



*Action 79-5*

20 team members raised \$6,015!



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Earl's Meat Market (Steinbach)  
Grand Valley Community Church  
Morden Co-op  
Rotary Villas at Crocus Gardens  
Winkler Co-op

**2015 Award Winning Teams**

**Extra Mile Award Winners**  
(Teams raising the most money)

**Family/Friends Team**  
Walking for Memories  
**Community Team**  
Team Slovenia  
**Corporate Team**  
Team Revera

**Spirit Award Winners**  
(Teams with the most members)

**Family/Friends Team**  
Walking for Memories  
**Community Team**  
The Old Path/UNTV  
**Corporate Team**  
Team Revera



# New Manitoba Dementia Research Chair Announced

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

## Half a Million Dollars Invested in Dementia Research

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.

**DR. BEN ALBENSI 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. Albensi 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. Albensi, whose lab is located at St. Boniface Research Centre. He will be building partnerships with an array of professionals in dementia 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, multidisciplinary, person-centered approach that will promote collaboration in the community.

Dr. Albensi 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. Albensi 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. Albensi.

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 who need help. Dr. Albensi agrees and is more than happy to help lead the way.

## Team Slovenia

2015 Award Winner

24 team members raised \$5,160!



## Top Individual Fundraisers

Raised \$2,920!



**Top Child Fundraiser**  
Grace Berialt

Raised \$5,540!



**Top Regional Fundraiser (Altona)**  
Karen Braun

Raised \$12,230!



**Top Fundraiser in Manitoba EVER**  
Krista Tellier

## People Who Care (Investors Group)

34 team members raised \$5,280!



## Top Fundraising Community Walks

**EASTVIEW PLACE, ALTONA**  
Top Community Walk, Regional



\$16,396 raised!

**LIONS SUPPORTIVE HOUSING**  
Top Community Walk, Winnipeg

\$2,285 raised!

## Manitoba Walkers Who Raised \$1000+

- |                             |                             |
|-----------------------------|-----------------------------|
| Sandra Barsy: \$1,280       | Rosalind Malcolm: \$1,670   |
| Debra Berenhaut: \$1,011    | Mary Moore: \$1,170         |
| Grace Berialt: \$2,920      | Krysten Neufeld: \$1,347    |
| John Bockstael: \$1,350     | Ruth Palachuk: \$2,369      |
| Karen Braun: \$5,540        | Lise Perrin: \$1,795        |
| Donna Cameron: \$1,504      | Kelly Pinnell: \$1,025      |
| Tom Carberry: \$2,120       | Cheryl Reid: \$1,075        |
| Stan Casar: \$2,200         | Wendy Schettler: \$1,615    |
| Richard Craig: \$2,075      | Matthew Stebeleski: \$1,040 |
| Josiane DeSmet: \$3,464     | Kayla Storozinski: \$1,575  |
| Julie DeVrieze: \$1,285     | Krista Tellier: \$12,230    |
| Jason Driedger: \$1,000     | Bonnie Thiessen: \$1,035    |
| Ruth Ens: \$1,500           | Bob Thompson: \$1,290       |
| Brigitte Epp: \$1,500       | John Trach: \$1,275         |
| Ines Franceschetti: \$1,437 | Randy Wiebe: \$2,660        |
| Debbie Hildebrand: \$1,320  | Alana Williams: \$1,225     |
| Derna Hintz: \$1,665        | Reed Winstone: \$1,597      |
| Audrey Hutlet: \$1,145      | Roberta Woodward: \$1,150   |
| Lloyd Kitching: \$1,345     | Claire Workman: \$1,000     |
| Colette Landry: \$1,265     |                             |

Join Us to Celebrate Our Success!

at our

## Awards & Appreciation Evening

THURSDAY, SEPTEMBER 17, 7 PM

Investors Group Cafeteria  
447 Portage Avenue, Winnipeg

RSVP to [awoodward@alzheimer.mb.ca](mailto:awoodward@alzheimer.mb.ca)  
Light refreshments will be served.

Mark Your Calendars!

Who's at the Door?

January is Alzheimer Awareness Month

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

Call to register and for more information:

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





Donate Now



## The Spirit of Generosity

### Support from a Family

### CEO's Message

#### Take Action: Become a Dementia Friend!



Wendy Schettler, CEO

Every three seconds, someone in the world develops dementia. Worldwide, 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 businesses, neighbour-

**"Every action makes a difference and brings us one step closer to our goal of a dementia-friendly community."**

– Wendy Schettler

hoods, 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](http://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.

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.

**HELP MAKE MANITOBA A DEMENTIA-FRIENDLY COMMUNITY!**

To sign up as a Dementia Friend, visit [dementiafriends.ca](http://dementiafriends.ca)

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

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."

**"When Mary Lou was still lucid, she said she wanted her beneficiaries to give back by making a donation to the Society with money we received from her estate."**

– Stan Didkowski

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 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.



Stan Didkowski and his late wife, Mary Lou.

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, call our provincial office at 204-943-6622 or toll free at 1-800-378-6699 or check our website at [alzheimer.mb.ca](http://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 about Minds in Motion®, visit [alzheimer.mb.ca](http://alzheimer.mb.ca) Cost: \$56 per participant pair**

**Centro Caboto Centre**  
204-487-4597  
Tues., Oct. 13 to Dec. 1  
10 am to 12 pm

**The Wellness Institute**  
204-632-3900  
Wed., Oct. 14 to Dec. 9  
2 to 4 pm

**The Rady Jewish Community Centre**  
204-477-7510  
Thurs., Oct. 15 to Dec. 3  
9:30 to 11:30 am

**YMCA – YWCA of Winnipeg (South Branch)**  
204-233-3476  
Tues., Oct. 13 to Dec. 1  
1:30 to 3:30 pm

**YMCA-YWCA of Winnipeg (Elmwood-Kildonan Branch)**  
204-668-8140  
Thurs., Oct. 15 to Dec. 3  
1 to 3 pm

**City of Winnipeg – St. James Civic Centre**  
311  
Fri., Oct. 16 to Dec. 4  
1 to 3 pm

**Limited space available! Call to register today!**



**TUESDAY, OCTOBER 20, 6:30 TO 10:30 PM**  
**CLUB REGENT CASINO EVENT CENTRE**  
REGISTRATION: \$30

• Option to collect pledges • Register as a team or individual  
Register online at [alzheimer.mb.ca](http://alzheimer.mb.ca) or call 204-943-6622.

Presenting Sponsor

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**Save the date! A Night to Remember Gala is on February 11, 2016.**

### Upcoming Education for Families

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

Tues., Sept. 15, 7 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

This free eight-week program unites family care partners with individuals experiencing early-mid stage dementia.  
Wed., Oct. 7 to Dec 2, 10 to 11:30 am  
Alzheimer Society Provincial Office,  
10-120 Donald St., Winnipeg

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

One Day Work Shop – Gimli  
Sat., Oct. 17, 9 am to 4 pm  
Gimli Community Health Centre,  
120-6th Ave., Gimli  
Cost: \$20 (incl. refreshments & resources)

#### Telehealth Sessions (Offered in Regional Areas)

The Alzheimer Society provides education throughout Manitoba delivered via the technologies of Telehealth audio/video conferencing. Upcoming sessions:

- *The 7 A's: Exploring the Effects of Dementia on the Brain*  
Tues., Oct. 20, 6:30 to 8 pm
- *"I'm a Real Person Too": Communicating with People with Dementia*  
Tues., Oct. 27, 6:30 to 8 pm

To register online, visit [alzheimer.mb.ca](http://alzheimer.mb.ca) or call 204-943-6622 or 1-800-378-6699