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Broaching the Topic of Dementia: How to Start the Conversation

"We kept dismissing my mother's progressing dementia as a 'senior moment.' Had we paid attention to the warning signs of the disease, we could have had conversations and started planning earlier.
– Anonymous

Broaching the subject of dementia, or memory loss, can be a difficult and challenging task. Although it may seem easier to hide away from the issue, it is without question worth having the difficult conversation as soon as possible.

"There isn't one approach that is best for everyone – each situation is different and should be handled with that in mind," says Cheryl Demasi, Client Services Coordinator, Alzheimer Society of Manitoba. "It is in everyone's best interest to face

the situation head on so you can find out the real cause of the symptoms."

Becoming forgetful does not necessarily mean that someone has dementia. It can also be an indication of stress or depression. In rare cases, dementia-like symptoms can be caused by vitamin deficiencies or a brain tumour. Even if the diagnosis is dementia, there is much that can be done after a diagnosis to support someone to live well in the community.

"Talk to the person and try to use non-judgemental language. Let them know that you're in this with them. They should feel encouraged and supported during the conversation," suggests Cheryl. "As difficult as this might be for you, it potentially is 10 times harder for them," she adds.

Consider whether you're the right person for the job. Is there someone else who the person might relate to or trust more than you? Be honest

See "Conversation" on back...

THE MANITOBA WALK HAS A NEW LOOK!



**WALK FOR
ALZHEIMER'S
MAKE MEMORIES
MATTER™**

Presented by: Investors Group

Join the nation-wide movement to make memories matter. Walk with us and show your support for all Manitobans affected.

**SEE INSIDE FOR MORE INFORMATION ABOUT THE
JUNE 2016 WALK FOR ALZHEIMER'S!**

Walking for Dad:

Fourteen Years on June 14th

This June 14th, Debra Berenhaut will participate in the Walk for Alzheimer's at The Forks in Winnipeg. It will be the fourteenth time that she has joined family and friends at the Walk to raise money for the Alzheimer Society in honour of her father, Lawrence Singer. Lawrence was diagnosed with Alzheimer's disease in 1999, and he passed away in 2014.

"Our participation in the Walk started with family – we called ourselves 'Singer's Sweeties,'" Debra explains. "Back then, my father was well enough to walk. My mother, sisters and all the grandkids and great-grandkids would come out to be part of it."

See "Walking" next page...

"Walkers" continued from page 1...

Seven years ago, the family team opened its membership to some people they consider very important: the staff at Simkin Centre, the care home where Lawrence lived after his disease progressed. "We now call ourselves 'Simkin Strollers,'" says Debra. "Participating together shows how we as a family appreciate the great care Dad received during his time at the Centre."

Soon after Lawrence was diagnosed, he joined a support group at the Alzheimer Society. While he was involved with the group, Debra's mother, Marsha, spent time volunteering in the office. Marsha also participated in an evening caregiver

support group, which helped her to face the challenges of caregiving.

"These programs are very important, and so is trying to find a cure for this terrible disease," says Debra. "That's why we continue to participate in the Walk and raise money for the Alzheimer Society. Without donations, the Society would not be able to do this work and provide hope for families like ours."

Debra is thrilled with the way the Walk has grown. When her family first strolled in the Walk 14 years ago, there were less than 400 people participating. Today, over 1,200 supporters raise money with their teams, and they have a great time doing it.



Simkin Strollers - Debra Berenhaut is third from left.

This year, the Walk has a new brand: previously called Memory Walk, it is now known as Walk for Alzheimer's. Walk events will take place during June in communities across Manitoba and Canada. In Winnipeg on June 14th, participants will meet between 5 and 6 pm in familiar territory: The Forks - Festival Stage. All walkers can expect uplifting entertainment, food and prizes.

Like the Simkin Strollers, they'll be able to enjoy a bit of exercise as

they walk united through the picturesque Forks area and St. Boniface while showing their support. "My father was a loving and giving man," says Debra. "We are happy to raise money for this cause in his honour." *

Join the NATION-WIDE MOVEMENT!



WALK FOR ALZHEIMER'S MAKE MEMORIES MATTER™

Presented by: Investors Group

WINNIPEG WALK
The Forks - Festival Stage
Tuesday, June 14th, 5 pm

Register online today!
alzheimer.mb.ca/wfa

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

Annual General Meeting, Volunteer Recognition & Tree of Memories Ceremony

Wednesday, June 22, 5:30 pm, 10-120 Donald Street, Mezzanine, Winnipeg, MB

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 llwilliams@alzheimer.mb.ca or call 204-943-6622.

SAVE THE DATE!



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

Saturday, October 29
Canadian Mennonite University,
500 Shaftesbury Blvd.
Winnipeg, MB

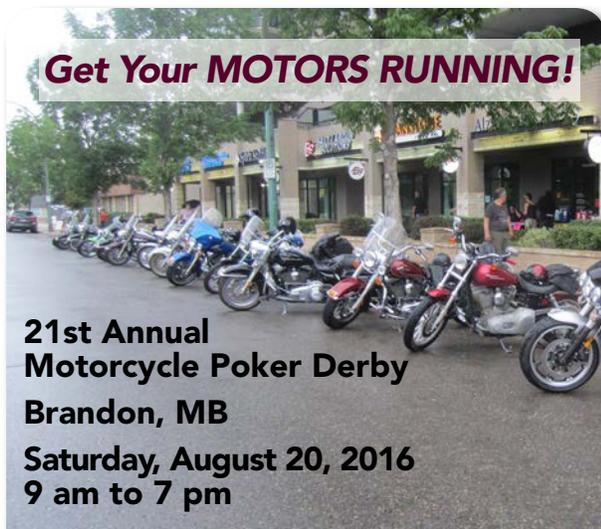


2016 Chili Cook Off Great Success!

Twelve teams raised almost \$5,000 on March 11 in support of programs and services in the Westman Region.

Thanks to our sponsors, Houstons and Kuipers Family Bakery. See you next year!

Get Your MOTORS RUNNING!



21st Annual Motorcycle Poker Derby
Brandon, MB
Saturday, August 20, 2016
9 am to 7 pm

Register online at alzheimer.mb.ca
For more information, contact:
Larissa Lockerby at alzwm@alzheimer.mb.ca

What Are the Options When Housing Needs Change?



Deciding where to make your home is a big decision. As your housing needs change, you may ask yourself – do I stay in my house or downsize to a condo? Should I buy or rent? If I have kids, do I inquire about living with them? There are many factors to take into consideration.

Now imagine how much harder the decision becomes if you or your partner has Alzheimer's disease or another dementia.

Staying in Your Current Residence

For those who wish to stay in their own homes, accessing the Manitoba Home Care Program and other community resources may facilitate your choice. Home Care is provided through Regional Health Authorities in Manitoba. It is available to Manitobans of all ages based on assessed needs and the other resources

individuals and families may have. A request for a Home Care assessment can be made by the person, their family or by a friend.

While Home Care works for some, people with dementia and their caregivers may find themselves needing more care than what is available through the program. At that time, supported living is an option. Living in a supported environment is a way for people to maintain independence while simultaneously having enhanced personal safety, readily available social interaction, as well as basic amenities, such as community dining rooms, housekeeping and help with laundry.

Supports to Seniors in Group Living

The Supports to Seniors in Group Living model offers enhanced supports within designated seniors housing. The goal of this no charge service is to help people remain as independent as possible for

as long as possible. Services include help with arranging transportation and appointments, as well as social activities and expanded congregate meal programs.

Supportive Housing

Supportive housing is an option for seniors who need 24-hour support and supervision, but do not yet need an intensive level of care. In this arrangement, a person lives in a secure apartment setting while having additional personal support services. Things like rent, meals, laundry and housekeeping are paid for by the individual while all personal care is funded through their regional health authority.

Personal Care Home

As the disease advances, a personal care home may become the best – and safest – option. Personal care homes provide 24-hour nursing care and are intended for people with significant cognitive or physical deterioration.★

Deciding where and how to live is a big decision – one best made by knowing the details of all available services. Here are some resources: Regional Health Authorities, Government of Manitoba Seniors and Healthy Aging Secretariat (gov.mb.ca/shas/housing.html), A & O: Support Services for Older Adults Housing Program, and the Long Term and Continuing Care Association. Seniors Resource Councils are a good source of information about community resources.

COMING UP!

Transition to Long Term Care

Wednesday, May 18, 7 to 8:30 pm
Park Manor Personal Care Home, 301 Redonda St., Wpg

Understanding Psychoses and Anxiety in Dementia

Thursday, June 16, 7 to 8:30 pm
Gwen Sexter Creative Living Centre, 1588 Main St., Wpg

Living with Alzheimer's Disease or Other Dementias

Two-day Workshop – Winnipeg

Saturday, May 7 and 14, 9 am to 2 pm
Riverwood Square, 1778 Pembina Hwy.

One-day Workshop – Brandon

Saturday, May 7, 9 am to 4 pm
4th Floor Assiniboine Centre, 150 McTavish Ave. E.

Minds in Motion®

Minds in Motion® sessions are currently running at six Winnipeg locations and in Gimli. For information on times and locations, check our website.

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



We've Got Your Mother's Day Gift All Wrapped Up!

- Give a gift while helping the Alzheimer Society! Awards & More Promotions has an assortment of items available for you to purchase, and each one is inscribed with our beautiful Forget Me Not logo. View and order at: awardsand-more.ca/alzheimersocietyymb.html
- Purchase a Hilary Druyman Forget Me Not Necklace by visiting: hilarydruyman.com/product/53n1-as/
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- Make a donation in Honour or In Memory of Your Mother

Visit alzheimer.mb.ca/giftideas

QUESTION:

I'm named "Attorney" for my parent. Now what do I do?

Ask an Expert

A Power of Attorney (PoA) is a legal document in which one person (called the Donor) gives authority to another person (called the Attorney) to manage some or all of the Donor's financial affairs. It is recommended that everyone have a PoA, but knowing when and how to begin acting if you are the named Attorney can be difficult.

First it is important to know what powers the Donor has specified in the document. For example, not all Attorneys can sell property, and not all Attorneys can change investments, while others can do both. It is best practice that the Attorney be provided with a copy of the PoA (preferably certified) or the original PoA so that the responsibilities are known and understood.

But when should the Attorney begin to act? If the PoA addresses this issue, then the Attorney should begin to act when the event specified in the PoA occurs. If an event is not specified, then knowing

when to start your responsibilities can vary with the needs of the Donor.

Ideally, the Attorney can begin to act or co-act while the Donor (owner of the account) is still competent to manage some or all of their own affairs. It might involve the Donor and the Attorney going to the financial institution together, meeting the manager, discussing the various holdings that the Donor has and becoming a signatory on the account(s). Then, when the Attorney begins acting, the institution is ready to seamlessly transition from the account owner to the Attorney. This should be done at all institutions where the Donor has holdings. There is no need to make any accounts "joint." Accounts should always stay in the Donor's name.

The trickier part is if the Donor does not want to hand over their affairs to the Attorney. They may no longer understand their finances or may be making decisions which jeopardize their financial stability. If the Donor is losing competence, the Donor's doctor and

lawyer are the Attorney's best resource. If, in the doctor's opinion, the individual is not capable of handling their finances or other affairs, it is time to act. If the Attorney is still uncertain, consult a lawyer and follow their advice. Now go to the financial institution with the PoA in hand and explain the situation.

It's important to involve the Donor in their affairs as much as possible for as long as possible. Work with the financial institution to implement strategies that will prevent misuse or abuse of the Donor's assets.

Being an Attorney is a responsible position. By carrying out the duties assigned to you in an honest and careful manner, you will be honoring the person who has placed their trust in you. ★

.....
Heather Ann Dixon,
Barrister Solicitor
Notary Public,
The People's Corner Lawyers
.....



Each year, people receive life-changing assistance from the Alzheimer Society of Manitoba. Some of these individuals are people who are living with dementia. Others are family caregivers and friends who provide support to the person affected.

As a non-profit organization, the Alzheimer Society absolutely depends on its donors. In 2015-2016, the government is providing approximately 15% of our budget, and we must raise the rest through donations or fundraising. Without our donors, the Society would be unable to offer the programs and services that are so valuable to those in need.

Leave a Legacy...Plan to Give!

Anyone can enrich the lives of those struggling with dementia by becoming a donor. Planned giving allows you to make a future gift to the Society in a way that will have minimum impact on your current income while allowing you to obtain tax and estate benefits.

Planned Giving Options

A Gift in Your Will: The truth is, you don't have to be rich to leave a bequest. Even a donation of a modest amount from your estate can have a lasting impact on the Alzheimer Society's ability to continue providing services into the future.

Life Insurance: Did you know that you can buy a life insurance policy – as large or small as you like – with the Alzheimer Society as the beneficiary?

Gifts of RRSPs or RRIFs: You may want to consider leaving a gift of an RRSP or a RRIF (all or a percentage of) to the Alzheimer Society. This method of giving can provide a considerable tax benefit

because it reduces the taxable income that will be owed on your estate.

These giving options are only a few of the many you may want to consider. Others include annuities, charitable remainder of trusts, and gifts in memory of a loved one or in honour of someone. You can also give cash or a gift of securities.

The truth is, you don't have to be rich to leave a legacy.

To investigate the best option for your circumstances, check with a financial advisor, who will help you to understand the tax implications for your individual situation.

Whatever the amount and method you decide on, your gift is greatly appreciated and will improve the lives of those affected by dementia. ★

CEO Message

Dementia Care: A Priority for Manitobans

The election of a new government on April 19 brings a fresh opportunity to build relationships and ensure elected officials know that dementia care issues are a priority for all Manitobans.

It is imperative that the provincial government take the lead and provide the health and support services desperately needed by over 22,000 Manitobans with Alzheimer's disease or another dementia.

During our election advocacy, the Alzheimer Society asked that the future Government of Manitoba commit to three key actions: 1) create a more dementia aware, inclusive community; 2) support community dwelling people with dementia to enable them to age in place; and 3) commit to developing long term care settings that reflect current and emerging best practice in built environments and person-centred care.

Better awareness and education are key to building communities that are supportive of people with dementia and their families. We call on the government to promote awareness of both the warning signs of dementia and preventative

brain health strategies. We also ask them to take leadership in building dementia-friendly communities.

We need to empower those who want to stay in their home or community of choice with enhanced Home Care, more flexible respite and a range of affordable housing options. These services must consider the needs and well-being of family care partners who are so crucial in the lives of people with dementia.

Planning, building and refitting personal care home spaces is no small task. We understand this. Without planning today and making action time lines, we risk being ill-prepared when the future need is greatest. Plans must also prioritize the training and on-going education of a person-centred health workforce equipped to support people with dementia throughout the progression of their disease.

The Alzheimer Society will continue to work hard to do its part. We will grow our support and education programs. We will strive to increase the investment we make in research. And we will



Wendy Schettler, CEO

advocate on behalf of those impacted by dementia.

And then there's you – friends, neighbours, community and business leaders who know people living with dementia. We need your help to build a community that supports those impacted by dementia. We need you to remind our newly elected government that people with dementia and their families matter. We count on you to let them know that they need to implement change.

We can and must hold each other accountable. Addressing dementia and taking care of those affected by this disease is the responsibility of all Manitobans. We must work together. It's the only way forward. ★

"Conversation" continued from page 1...

with yourself and try to remove your personal feelings from the situation. Perhaps they have already shared concerns about their memory changes with a friend – and that is who should have this talk.

Whoever has the conversation, make sure that it takes place in a relaxed setting, ideally somewhere private where you will not be interrupted. Pick a time when you won't feel rushed.

"Try to choose your words carefully and let them know that you are raising these concerns because you care about them and want to offer support. It can be helpful to use specific examples of some of the things you have noticed," Cheryl recommends.

"Be prepared to listen and accept their viewpoint."

It may take a few conversations for the person to come around to the idea of discussing these concerns with a doctor. Give them time and remain positive. "I wish these situations could be more black and white, but that's not usually the case," says Cheryl. "Give us a call – we can help you figure out what might work best in your unique situation."

To learn more about the 10 warning signs, obtaining a diagnosis and getting the most from your visit to the doctor, call the Alzheimer Society at 204-943-6622 (in Wpg) or 1-800-378-6699 (in MB). ★



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.



Register at
events.runningroom.com
and help to support the
Alzheimer Society of Manitoba.

For more info, contact Chris Walton at
cwalton@runningroom.com

Upcoming Event:
Winnipeg 10 & 10

It's a run like no other!
Run or walk 30km, 10mile, 10km
or 5km events that start and finish
in downtown Winnipeg during
Manyfest on Sunday, September 11,
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Over \$302,000 raised!

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