

Our Journey Together

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"Now I can talk again and read again. I no longer hide at home."



A CLIENT'S JOURNEY

(edited for privacy)

In January 2009, I went to see my doctor about losing names, words and having a pain on the right side of my head. I was sent for a Cat-scan. My husband and my daughter and I went back to the doctor who told us there is a break in my brain. He started me on a prescription and within a couple of months I found words were coming back to me.

In August I saw a specialist, who checked me and found I had early dementia, Alzheimer type.

We went to the Alzheimer Society in October 2009. My husband, my son and my daughter went with me to "first steps". My two sisters had already gone to "first steps". I'm lucky to have a very supportive family. They left understanding how I feel and what I can do. Since the Alzheimer Society came into our lives and helped us to understand the disease and learn to understand what can cause it.



There are times when I fall back. Sometimes I can visualize what I want to say but forget the word. There are times when someone will interrupt me, and I lose what I was thinking about, perhaps be-

cause I talk too slow. When people talk fast or many people talking loud at the same time confuses me.

There was a time when it was hard for me to talk and read. Now I can talk again and read again. I no longer hide at home. I'm back visiting people again, friends, family, church people who are shut in. When I feel low I walk the dog, work in the garden, and keep busy. My husband cheers me up.

We appreciate the Alzheimer Society people, helping us in many ways, especially Jennifer who keeps in touch. Thanks to all of you, you're always here to help.

From the Desk of the Acting Executive Director

“You should know that there is a team of dedicated and passionate staff, **volunteers** and donors ready to join them in their journey.”

Yet another busy few months that have seen great things happening. Volunteers were recognized at two events, celebrating their contributions to the organization and their years of service milestones. Open houses were held in both Peterborough and Lindsay celebrating the completion of their physical expansion and facelifts. The amalgamation process has been completed with both former organizations now operating as one.

Also, we are very pleased that we are starting to see the positive results of the amalgamation process. Already we have increased the volume of staff time dedicated to Haliburton County. As well, we have just opened a satellite office in Port Hope to serve various communities within Northumberland County, and have added an additional part-time staff to our team. And this fall, we will begin to see the growth in our client support programs, activities for both those affected by Alzheimer’s disease and dementia, and their care partners. The vision of the amalgamation was to find savings in back-office expenses and redirect those resources to our client support activities. It’s happening!



David Webster

Our attention now turns to improving our capacity to deliver quality services for our clients. A strategic planning session was held to help us determine our path in providing supports. Our current caseload is filled, as we are seeing an increasing number of individuals and families requiring more complex supports. So, while our staffing complement is increasing, the number of people being served is not increasing by the same rate. This simply means that there are more people that could use our help. And with the pending “rising tide” of aging populations, this will only get worse.

We want to acknowledge the Central East Local Health Integration Network for their willingness to support us through our amalgamation process. However, we also have to recognize that they are also at their capacity for being able to increase

funding to our programs. This means that we need to, now, and will so even more into the future, rely on individual donors for their contributions. While our special events provide very positive results, experts know that individual major and planned gifts provide for the most efficient and productive results. More and more families are going to their financial planners and legal advisors to seek ways to make a significant contribution to a charity, while at the same time seek the benefits available through making a gift. As I look back over the past year, I am so proud of the work of this organization. Recognizing that families’ lives are being turned upside down with the diagnosis of Alzheimer’s disease or a related dementia, you should know that there is a team of dedicated and passionate staff, volunteers and donors ready to join them in their journey. Whether working directly with our clients, or behind the scenes, whether contributing time or dollars, all are extremely dedicated to their roles, caring and compassionate, committed to making a difference when a helping hand is needed.

Roster of Our Team

With our amalgamation complete, here is the roster of our Staff Team

Peterborough Office

Susan Barringer—Client Support Coordinator
 Anne Marie Peters—Client Support Coordinator
 Diana Primavesi—Client Support Coordinator
 Jenn Stubbart—Client Support Coordinator
 Betty Batten—Friendly Visiting Coordinator
 Sarah Cook— Public Education Coordinator
 Debra McCarthy—Acting Public Education Coord.
 Kelly Sullivan— Administrative Assistant
 Marie Hough— Fund Development Coordinator
 David Webster— Acting Executive Director

Lindsay Office

Pat Finkle, Client Support
 Carolyn Hemminger— Client Support Coordinator
 Sylvianne Young— Client Support Coordinator
 Lisa Morasse—Public Education Coordinator
 Gloria Broad—Administrative Assistant
 Debra Bumstead—Bookkeeper

Port Hope Office

Kristi Harnden-Lonsberry—Client Support Coord.

“We have had many positive comments from our clients, appreciative that they have one person who will remain with them through the journey they travel.”

Staffing Update

We regret saying goodbye to Karen Williams, who has now completed her contract position as a Special Projects Coordinator. Karen started her work as a Special Event Coordinator, and then continued to focus on office renovations and expansions, the amalgamation process, open houses, volunteer recognition events and the annual meeting. Thank you!

We are pleased to announce that Kristi Harnden-Lonsberry has joined the staff team as a Client Support Coordinator. A Port Hope resident, Kristi will be working in the new satellite office in Port Hope. Kristi brings a variety of background experiences, including many years working in the home healthcare field.

We are pleased to welcome Debra McCarthy to our staff team. Debra is assuming the Public Education Coordinator role for Peterborough and Northumberland Counties while Sarah is on maternity leave. Debra brings a combination of personal and professional experience that will be very beneficial in her role.

Thank You to Our Retiring Board Members

With both the end of their terms, and with the two former boards amalgamating, we saw a greater-than-usual number of volunteers retiring from the Board(s). We are sincerely thankful for the contributions of the following retiring Directors:

Andy Letham
 Blyth Morlock
 Cathy Crockford
 Dave Guilbault
 Gale Buck

Gord Drew
 Joyce Purdon
 Pat Ryan
 Patti Glassford
 Robert Nagel

Support Services for Caregivers and Clients

FAMILY AND CAREGIVER SUPPORT

Living with Alzheimer's disease or a related dementia is a challenging journey. Through our Family and Caregiver Support programs we offer ongoing education and support for individuals with dementia and their care partners.

You do not need a diagnosis or a doctor's referral to access our support services. Once you have contacted us, you will be assigned to a Client Support Coordinator who can answer your questions, provide ongoing individual support, and link you to our group programs. We also have a wide range of printed resource materials available. All support services are confidential and free of charge.

INDIVIDUAL SUPPORT

Through individual or family visits, your Client Support Coordinator can provide you with support that is tailored to your unique needs. They can meet with you over the phone, by email, at our office and at home visits.

Possible discussion topics include:

- understanding Alzheimer's disease and related dementias
- identifying support services
- caregiver stress
- navigating the health care system
- planning for long term care
- advanced care planning
- explaining dementia to children and youth
- understanding changes in behaviour
- assisting with activities of daily living
- medications
- dementia research

GROUP PROGRAMS

Some people find strength and support by sharing their experience with others who are going through similar challenges. We offer a variety of group programs for individuals with dementia and their care partners.

Early-Stage Support Groups:

Education and support is extremely beneficial from the very early stages of the disease. Early-Stage Support Groups provide an opportunity for persons in the early stage of their disease to meet others in a similar situation and share their experiences. These groups also offer an opportunity to learn more about dementia, how to address challenges that arise and how to access appropriate services and resources. All groups are confidential and facilitated by trained staff.

Caregiver Support Groups:

Research has shown that caregivers who receive ongoing support and information are more successful and comfortable in their caregiving role. Our Caregiver Support Groups give family caregivers and friends an opportunity to exchange information and concerns in a supportive environment. All groups are confidential and facilitated by trained staff.

At times caregivers have difficulty attending a support group due to their caregiving responsibilities. To address this, we offer social groups for persons with dementia at the same time and location as some of our support groups. While the caregiver attends support group, their loved one enjoys a socially stimulating program facilitated by trained staff.

Social and Activity Groups:

Social interaction appears to have a protective effect against Alzheimer's disease and is

beneficial for those with memory loss. Our "Coffee Club" social groups provide an opportunity for persons with dementia and their care partners to meet others and share peer support in an informal environment. A staff member attends periodically to share information and offer support as needed.

Our Activity Club offers brain-stimulating activities for persons with dementia and their care partners. These sessions are led by a staff member and activities may include music, art, and brain exercises, as well as time for socializing. No experience is necessary – just a willingness to try something new.

Joining a Group:

For details about groups in Northumberland and Peterborough counties, please [contact the Peterborough office](#).

For details about groups in the City of Kawartha Lakes and Haliburton county, please [contact the Lindsay office](#).

SAFELY HOME / ALZHEIMER WANDERING REGISTRY

This national program is designed to help ensure the safe return home of people with dementia who wander. When an individual is registered, he or she receives a personalized bracelet to wear. Vital information about the individual and the contact information of his or her care partners is stored confidentially on a police database. Should the individual be found wandering or reported missing, police anywhere in Canada can access the information and facilitate reunification with a care partner. For more information on this program, view Alzheimer Canada's Safely Home website (www.safelyhome.ca) or [contact one of our offices](#).

Ask About Support Groups In these Locations

Bobcaygeon

Campbellford

Cobourg

Fenlon Falls

Haliburton

Janetville

Kinmount

Lakefield

Lindsay

Millbrook

Minden

Peterborough

Port Hope

Healthy Living Tips: Take Action to Keep Your Brain in the Game!

Simple lifestyle choices can help keep your mind sharp and your body in shape as you age.

Feed Your Mind

It needs nourishment to stay fit. Pump up on these cognitive-enhancing nutrients:

- Super antioxidant and anti-inflammatory properties make blueberries the perfect brain berry
- Dark green, leafy vegetables like spinach and kale are rich in folate and B vitamins
- Cruciferous veggies (think broccoli and cauliflower) can help prevent memory decline
- Healthy fats found in salmon, nuts, olive and canola oil can lower inflammation and cholesterol and protect the brain

What's good for the heart is good for the brain

Controlling your cholesterol and blood pressure, through diet or medication – or both – can help cut down the accumulation of the beta amyloid protein in the brain, one of the hallmarks of Alzheimer's disease.

Gone fishing

The body of evidence keeps growing. Fish oil is a mighty machine in the war against Alzheimer's. DHA, the omega-3 fatty acid found in cold-water fish, helps slow the growth of brain lesions associated with Alzheimer's disease. Eat fish at least once a week for best result.

Use your noggin

Join a book club, learn a foreign language, or start a new hobby. Any mental stimulation will sharpen your brain.

Move it or lose it

You don't need to run a marathon, but doing a variety of exercises three times a week keeps the blood moving, which helps delay the cognitive decline.

Sleep on it

Stronger memory and increased attention spans are the benefits of a good night's rest. Six or more hours of sleep will help replenish the neurotransmitters that are responsible for learning and problem solving.

Bottoms up

Improve your cognitive skills by drinking a glass of wine a day. If fruit juice is your thing, drink it fresh for similar benefits.

All the tea in China

Black tea, and especially green tea, is an effective weapon against the formation of the brain-clogging plaques that cause Alzheimer's disease. Java junkies need not despair! Caffeine in moderation can enhance mental performance.

Spice it Up

Tumeric, a spice common in Indian cuisine, contains the active ingredient curcumin that helps reduce inflammation in the brain and minimize the risk of Alzheimer's.

Don't sweat the small stuff

Keep your stress to a minimum. Chronic stress can make you feel depressed or anxious, that can interfere with the way your brain processes memories.

Put a lid on it

Whether you enjoy biking, playing hockey or other contact sport, wear a helmet to protect your head. Head injuries are proven to increase the risk of Alzheimer's.

An Aspirin a day

Alzheimer's is caused by brain lesions, the build-up of beta-amyloid plaque. Anti-inflammatory drugs like Ibuprofen have been shown to help dissolve these lesions and prevent new ones from forming.

AND REMEMBER ... talk to your doctor! This is important. Discuss your concerns about memory loss with your physician. He or she can assess your overall health and suggest other strategies for preventing memory loss as you age. Early diagnosis is key to better understanding and treating Alzheimer's.

HOLIDAY OPEN HOUSE

Wednesday, December 1st
1:30—3:30pm

Peterborough Office

183 Simcoe St

A Chance to enjoy treats and socialize with others connected with the Alzheimer journey. Share the Holiday Spirit!

HOLIDAY OPEN HOUSE

Thursday, December 2nd
1:30—3:30pm

Lindsay Office

55 Mary St. West

A Chance to enjoy treats and socialize with others connected with the Alzheimer journey. Share the Holiday Spirit!

HOLIDAY OPEN HOUSE

Friday, December 3rd
1:30—3:30pm

Port Hope Office

66 Dorset St. East

A Chance to enjoy treats and socialize with others connected with the Alzheimer journey. Share the Holiday Spirit!

**MANULIFE
WALK FOR MEMORIES**

2011
**WALK
FOR
MEMORIES**



Returning for another year, our Annual Walk Event is aiming for more success!

Manulife Walk for Memories

is being held on

Sunday, January 30th

12:30—3:00pm

Peterborough Square

Pledge forms are available through the Peterborough office

Get together a challenge group. Join us for fun and prizes!

*Events
You
won't
want
to miss!!*

**JOURNEY
FOR MEMORIES**

Sunday, January 30th

12:30—3:00pm

being held at

**Lindsay Square Mall and
Various Other Locations**

Pledge forms are available through the Lindsay Office

A chance to Walk, Play and Socialize to Support Local Programs and Services

VISIT OUR WEBSITE

at

www.alzheimerjourney.ca

for details about future Programs and Events

Make a Difference through Volunteering! A Win-Win for Everyone

VOLUNTEERS

Valuable

is the work you do

Outstanding is how

you always come through

Loyal, sincere and

full of good cheer

Untiring in your efforts

throughout the year

Notable are the

contributions you make

Trustworthy in every

project you take

Eager to reach our

every goal

Effective in the way

you fulfill your role

Ready with a smile

like a shining star

Special and wonderful

that's what you are!

Yes, volunteering is about making a difference – it's about looking at how you can contribute to a better community. Recruitment messages are about you, the potential volunteer, and what you can get out of the experience, new skills learned, social connections, sharing experiences and expertises...the list goes on.

Here comes the old-fashioned, black and white version, of a recruitment message – we have reached our capacity for serving our clients, and we need your help to ensure that we can meet the needs of today. The baby-boomer age group is scaring a lot of organizations, as there is a looming “rising tide” of people who will need our help in the next few years.

Increasing the involvement of volunteers is one of the best ways to address current and growing demands for service.

So, for whatever reason you find to consider volunteering, we ask that you take a step forward, make the call, or come for a visit, and check out how your needs can match with ours, so at the end of the day, individuals and families who have been directly or indirectly affected by Alzheimer's disease or related dementias, have a better quality of life.

Current volunteer opportunities to consider:

Education Volunteers

- Represent the organization at community health fairs and similar events
- Present information sessions to various community groups

Support Group Volunteers

- Using a combination of skills and experience, take an active role in leading and facilitating client support groups

Office Volunteers

- Provide assistance in managing walk-in and phone-in visitors, and/or help with administrative tasks

Special Event Volunteers

- Help with various established special events, in a variety of capacities

Friendly Visiting Volunteers

- Spend time with individuals in the early stages of dementia, helping them to maintain a social relationship

OUR GOLF TOURNAMENT, A WONDERFUL SUCCESS!

For the third year, staff at Scotiabank in Peterborough and Stoneguide Realty, also in Peterborough, hosted a golf tournament in support of our local Alzheimer Society. By invitation only, more that 80 golfers attended the day's event which included lunch, 19 holes of golf, dinner and silent auction. The event this year raised more than \$ 16,000. Thank you!



Scotiabank and Stoneguide Golf Tournament Event Sponsors:

Hole Sponsors:

AON, Atria, Ayotte Dupuis O'Neill, Boston Pizza, Brio Gusto, C&J Precision Tools, Capella Telecommunications, Cathcart Trucking, CAW local 1996, Collins Barrow, Dairy Queen, FCI Windows, Freedom 55, Geo-Logic, Gerti's, Hartrans, Herdo Financial Services, ISL Insurance, John McGarrity, Kawartha Chrysler Jeep Dodge, Kawartha Golf and Country Club, Monson's Sporting Goods, M.R. Fast Freight, National Sanitation, Paul Galvin Residential Home Inspections, Peterborough Golf and Country Club, Pickseed, Pretel, Robert D. Gauvreau, Shimano, Sleemans Brewery, Van De Bor Paving, W.J. Dietrich Appraisals, Sign-A-Rama

Gifts and In-Kind Support:

Black Honey, Brant's Office Supply, Canadian Tire Lansdowne Street, Charlotte Anne's restaurant, Chase Paymentech, Colio Estates, Cornerstone Builder's, Creekside Massage, East City Flower Shop, Frank's Property Services, Focus Flooring, GE Canada, G. Stewart Travel, Harwood Kitchen, Hemings, Holiday Inn, Investors Group, John W. Merriam and Associates, Jurgen VanDer Velden, Karcher, Kim Winter Jewellers Studio, Kingdon Tim-Br-Mart, Kruger, Kubo Lounge, Lansdowne Place Mall, Manulife Securities, Master Hair »Cutters McDonnell Street, Nicolini's, Paluska Boats, Pepsico Canada, Peterborough Orthotics, Peterborough Petes, Peterborough Examiner, Peterborough This Week, Port Hope Golf and Country Club, Pizza factory, Porch'n'Pint, Ricky's All Day Grill, Shish-Kabob Hut, Soccer Plus International, Splice Restaurant, The Spectacle Boutique Inc, Trent Security, Willow Wellness Centre, Writings on the Wall, Woodrow Contracting, David Webster, and special thanks to Baxter Creek Golf and Country Club.

***Many Thanks
To All Of Our
Wonderful
Sponsors!***

DID YOU KNOW?

... that care partners often feel isolated, physically exhausted and emotionally overwhelmed by their responsibilities?

...that a diagnosis of Alzheimer's disease or dementia threatens an uncertain future with fears of becoming a burden to loved ones?

The Alzheimer Society's **Friendly Visiting Program** is an in-home support service offered during the early stages of disease progression. Care partners benefit from a brief respite while their loved one enjoys socialization activities and companionship. Volunteers find a rewarding outlet for their caring nature and an opportunity to share common interests. Specialized training is provided to ensure that volunteers feel well prepared to offer this valued support.

33 Peterborough families are waiting for a **Friendly Visiting Volunteer** ...

Retired farmers, fire fighters and teachers ... avid hunters, fishermen and gardeners ... nurses, homemakers, grandmas and grandpas ... veterans and business professionals ... each living with memory loss, yet still capable of engaging in conversation and rewarding friendships.

To learn more about joining the Friendly Visiting team, please call Betty Batten at 748-5131, or email Betty at betty@alzheimerjourney.ca.

Annual General Meeting:

With thanks to the staff at Canterbury Gardens, our Annual Meeting was held which saw a significant number of people in attendance. Following the business piece of the evening, Gale Carey, CEO of the Alzheimer Society of Ontario, made a presentation as the Guest Speaker for the evening. Gale spoke of the amalgamation process of our two Chapters, and indicated that she is hoping other Chapters will follow in our footsteps. As well, Gale spoke of the pending "rising tide" of people who will become affected directly or indirectly by Alzheimer's disease and related dementias, the pressures it will put on the needs for our services, and the demand that we start planning and developing resources now in order to meet those needs in the future. The evening included a very touching moment, as one of our clients shared her story travelling through the Alzheimer journey.

Chief's Gala:

Each year, Fire Chief Dave Guilbault in the City of Kawartha Lakes hosts a Gala Event in support of local charities. This year's event was held at the Eganridge Golf & Country Club, with more than 100 people attending. And this year, the Alzheimer Society of Kawartha Lakes was chosen as the charity of choice. Chief Guilbault presented the Alzheimer Society with a cheque for \$13,623.00 to be used for local service activities!

***"...33
Peterborough
families are
waiting for a
Friendly
Visiting
Volunteer ...
Retired
farmers, fire
fighters and
teachers ...
avid hunters,
fishermen and
gardeners ...
nurses, home-
makers..."***

LEAVING A LEGACY... Invest Today for Hope Tomorrow

Alzheimer's is a disease of the brain. It erases memory, steals the ability to think, and makes simple tasks impossible. It robs independence, and eventually takes life. There is no cure.

Alzheimer's disease is the seventh leading cause of death in Canada. Age is the biggest risk factor. In 2011, the first baby boomers will turn 65. The impact is felt throughout the families of those diagnosed.

Services today, provided locally, bring support in many ways to those diagnosed with Alzheimer's disease and dementia, and for care partners who have assumed responsibility for their loved ones. Our clients find hope when they are able to maintain dignity and respect in their lives.

The call to action is now – dollars are needed to meet the current demand for services, already stretching beyond capacity. The demand will increase dramatically as the baby boomers age. Research brings hope for tomorrow. We can make choices today that can impact both the quality and quantity of care right now, and can bring hope that a cure is within reach. We can decide to make a major gift now, giving us the opportunity to see our generosity in action; we can make a planned gift through our estate that will leave a gift larger than we ever imagined.

We all have occasion to review our wills when a certain life milestone occurs. Planned giving is simply about protecting your family's future, while recognizing your wishes to leave a legacy with a certain organization. For many people, making either a major or planned gift can help you influence your current and future incomes, tax positions, and the size of your estate.

Your gift can take many forms, including but not limited to bequests, life insurance, annuities, securities, retirement plans, endowments, and charitable remainder trusts. Your financial planner and lawyer will be able to advise you on options that are most suited to your needs and wishes.

Making a legacy gift is a decision that should take a great deal of thought. However, once you make the decision, the process is quite simple. When designating a charity, please confirm their legal name, to ensure your wishes are followed. Ours is... Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton.

Please know that, as a donor, you will be making a difference today and into the future. You will be leaving a legacy!

“The call to action is now – dollars are needed to meet the current demand for services...”

Our Education Programs & Services

We provide family, professional, youth and community education about Alzheimer's disease and related dementias. Each presentation is adapted to your group's interests and age suitability. There are many topics to choose from including:

Put Your Mind To It

An educational session about understanding Alzheimer's disease and related dementias, its impact in Canada and in our community, current research, the myths surrounding the disease, and how to reduce the risk of developing it.

"Heads Up For Healthier Brains!"

Education program to promote brain health and wellness.

First Link Education Series

For individuals who have recently been diagnosed with Alzheimer's disease or a related dementia, and their families and caregivers.

Creating a Dementia-Friendly Community

Training for support staff and service providers (eg. store workers, bank tellers, etc.)

Advance Care Planning

Education for the general public on establishing a Power of Attorney for personal care, advance care directives, and planning for the future.

Family Caregiver Education Series

This series of workshops is for family caregivers of people with Alzheimer's disease or a related dementia. Each workshop focuses on a specific area of challenge that caregivers face. Topics may include: Legal and Financial Issues, Care at Home, Long Term Care Placement, Understanding Behaviours, and Advance Care Planning.

"U-FIRST!"

Training and Education program designed for unregulated health care providers who provide care for persons with Alzheimer's disease and related dementias.

Personal Support Worker Training: Overview of Alzheimer's disease and Dementias, Communication Strategies and Dealing with Responsive Behaviours

Education for Personal Support Workers and other front-line care providers.

Gentle Persuasive Approaches (GPA)

Education for long-term care and retirement home staff in strategies for dealing with responsive and challenging behaviours associated with dementia.

Awareness Month Lecture

Each January during Alzheimer Awareness Month, the Society offers a feature lecture open to the public. Experts in the area of Alzheimer's disease and related dementias deliver the presentations.

Topic Specific Education

We are happy to tailor education sessions on a variety of topics to meet your education needs. These can be provided in-house, through information packages, in large or small group formats, or one to one discussion.

If you would like any more information on our educational programs, or to discuss Alzheimer's Education, please contact [Sarah Cook](#), Public Education Coordinator for Peterborough and Northumberland or [Lisa Morasse](#), Public Education Coordinator for Kawartha Lakes and Haliburton.

"We are happy to tailor education sessions on a variety of topics to meet your education needs."

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES,
NORTHUMBERLAND & HALIBURTON

Peterborough Office

183 Simcoe St.
Peterborough, ON, K9H 2H6
Telephone: (705)748-5131
Toll Free: 1-800-561-2588
Facsimile: (705)748-6174
E-mail: info@alzheimersjourney.ca

Lindsay Office

55 Mary St. W., Suite 201
Lindsay, ON, K9V 4W9
Telephone: (705)878-0126
Toll Free: 1-800-765-0515
Facsimile: (705)878-0127
E-mail: admin@alzheimersjourney.ca

Port Hope Office

66 dorset St. East, Ste. 336
Port Hope, ON, L1A 1E3
Telephone: (905) 885-5000
Open by Appointment

Website: www.alzheimersjourney.ca

Office Hours

Monday to Friday
9:00 am to 5:00 pm

Mission Statement

"The Alzheimer Society of Peterborough Kawartha Lakes, Northumberland and Haliburton, is a community agency dedicated to improving the quality of life for persons with Alzheimer's Disease and related dementias, and their caregivers"

Board of Directors

President Bob Geddes
Past President Donna MacDonald
Vice President Mark Stewart
Secretary Marg Plaunt
Treasurer Tim Nicholls
Directors

Vern Belos
Colin Chambers
Jessica Holt
Ray Johnson
Dorothy Owens

"Our Journey Together" is now available online for all of our internet-savvy readers. Visit our website at www.alzheimersjourney.ca

HELP FOR TODAY BRINGS HOPE FOR TOMORROW

There are many ways you can keep informed about and help those struggling with Alzheimer's Disease.

We invite you to check off, on the following list, those ways about which you would like more information. We will be in touch with you to discuss the opportunities.

I would like to become a member of the Society

With our new membership policy it is easy to share in this important work. Members, in addition to participating in the meetings of the society will receive regular updates on current events.

I would like to receive my copy of "Our Journey Together" by e-mail

This quarterly newsletter is filled with current information about the activities of the Society and helpful ideas for those struggling with the disease. E-mail copies help us reduce printing and distribution costs, provide full colour publications and receive copies promptly. Please fill in your e-mail address on the following line.

_____ (e.g. fruit@cogeco.ca)

I would like more information on how to become a donor.

The Society relies heavily on the generous support of donors. There are many ways in which this can be done.

I would like to make a donation

Please check off this box and we will be in touch with you or you can mail a cheque to either of our offices.

I would like more information on how I can make a major or planned gift

More and more, people are arranging in advance support for the Society through their estate.

I would like information about how I can volunteer with the Society.

Name _____ **Phone** _____

Address _____ **Postal Code** _____

Please tear off and mail to the Alzheimer Society at
183 Simcoe Street , Peterborough, ON, K9H 2H6.
Income Tax Receipts will be issued for donations of \$15 or more.

Charitable Registration Number 129397980RR0001