

Our Journey Together

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A CLIENT'S JOURNEY

If you sit for a while with Murray and Lorraine, you can tell that they have a strong connection. In fact, they celebrated their 60th wedding anniversary last year. The past few years have brought a new challenge to their relationship; in 2009 Lorraine was diagnosed with dementia. They didn't know much about the illness, so they reached out to the Alzheimer Society in Peterborough. Since then they've each found ways of coping with the changes that dementia brings.

"I have my good days and my bad days," says Lorraine. "I generally know when I wake up, and I'll tell Murray 'Look out I'm having a bad day.'" Lorraine says that routine is important. She uses a calendar, writes notes, and lays out her clothes each night for the next day. If she is doing something and gets frustrated, she puts it aside and does something else. "I sing a lot, do my crosswords, and I've got a cat. He's not much of a cat, but to me, he's a sweetheart... he's comfort."

Murray and Lorraine have participated in many Alzheimer Society programs including support and activity groups, and education sessions. They enjoy coming to their monthly meetings, where they've met others who are in a similar situation. Murray feels that their family members have

also benefited from being able to attend educational events. "I think hearing from others has helped them understand what I was trying to tell them. It's made them more patient with Lorraine, which makes her feel better."

Recently they joined the Society's bus trip to 'A Changing Melody' in Toronto, a forum for persons with early-stage dementia and their care partners. The day included inspiring presentations by people from around the world who are living with dementia. Murray says "I got the feeling from one of the speakers that she's not giving up until the end. She's going to keep doing what is possible. I really appreciated that and in many ways Lorraine shows that attitude to me."

Lorraine feels it's important for people to hear from those who have dementia as this helps them be more understanding. "When you hear it from somebody who's living with the illness, it sinks in more, because it comes from their heart."

Murray and Lorraine say humour helps them cope. When Lorraine doesn't want to cook, they head out to a local restaurant. When they walk in, Murray calls out to the staff, "It's Murray's turn to cook tonight."

Lorraine says, "On a good day, I have a clear head." On those days they

jump in the car and go somewhere. They may visit friends, attend a community supper, or take in a theatre show. Recently they've started playing carpet bowling at the local senior's centre. "I get a lot of gutter balls," says Lorraine, "but it's mostly the people that I like."

When it comes to supporting a spouse with dementia, Murray has these words of advice. "Give them all the comfort you can. If Lorraine gets stressed, I put my arms around her, give her a big hug and tell her, 'I have that problem too sometimes.' And don't be afraid to ask for assistance."

Murray and Lorraine are facing their journey with dementia the way they lived their six decades together, with honesty, humour and caring. They make the best of every day and Lorraine has this message to share with others who have dementia: "Don't be ashamed of what you've got. Don't be afraid to admit that you have a problem, because a lot of people don't know and if you tell them, they're more understanding."

A big thank you to Murray and Lorraine for sharing their story with our readers. By sharing our experiences and learning from each other, we can all work together to make our communities more dementia-friendly.

From the Desk of the Executive Director

**Here we are again, time flies!
And lots to share!**

We are now at the one-year mark from our formal amalgamation. You will see a special focus area in the newsletter on the accomplishments. By now, we will have held our two annual volunteer recognition events – always a great time to share in realizing how fortunate we are to have a great team of passionate people helping us serve our clients. We have expanded into new communities, and introduced new client support groups. Our program staff and several volunteer group facilitators were able to attend the Alzheimer Disease International Conference this past month, held this year in Toronto. It was a great opportunity for local people to meet with others from around the world, to recognize that we are doing great things here, and to pick up new ideas for doing what we do even better.

While it is a time to celebrate, it is also a time to recognize that funding for our services is becoming a critical issue. Several forces are bearing down upon us. While we are greatly appreciative of the Ministry of Health and the Cen-

tral East LHIN for their funding, this funding has been reduced by \$47,000 annually starting now. As well, there will not be any increases over the next two years to our base funding levels. We are not delivering services to all of those individuals who are estimated to be affected by the various forms of dementia. And now that the baby boomers are hitting the ages of higher potential for diagnosis with dementia, we are expecting our numbers to increase even more. So, more clients with less funding. This means we will need increased support from individual donors in order to not only maintain our current levels of activities, but to respond to the increasing demand.

However, I am confident that we will come out stronger than before and will meet the challenges head on with success. I hope that by our next newsletter I will be sharing how the numbers of our volunteer team members have increased, how we will have more donors contributing more dollars, and how we will be providing more service to more individuals and their family members.

***"..more clients with less funding and we will meet the challenge head on!
..."***

Reflections

While at the recent Alzheimer Disease International Conference, one of the underlying but prominent themes was the wish from those affected by dementia to be treated and respected within their “current worlds”.

With that focus and commitment, we want to share this poem. While not from someone suffering with dementia, it is written by someone who was traveling a long journey of illness, shortly before her death.

Never should you worry or be afraid

If you find yourself unclear and questioning your beliefs

Should you find yourself lost and lonely

You may feel there is no one who cares

Seek the company of others to share your life

Should you find that your family is struggling

Helping you with an illness, or watching you fade away

Allow them to seek the assistance of others

To provide help in so many different ways

For some people, life seems so effortless

Every corner they turn only seems to bring happiness

Why does life make others suffer relentless anguish?

An existence that only feels like one

Of endless pain and unfulfilled dreams

No one should ever be judged

Words can cause a hurt that can stay with us forever

We all deserve comfort and warmth

We should all have the right in life

To watch the sun rise and to see the sun set

To feel the warmth of a calm summer day

To feel a gentle breeze coming off of a lake

To hold tightly the hand of someone you love

To see the colours of a rainbow or a shooting star

To whisper sweet nothings in somebody's ear

To laugh, smile and to cry

We all face the time when we must leave

Be willing to accept the gift of someone's kindness

And you will find that your heart

Will provide you with insight

To be comfortable and to be at peace

So you will find the answer

To understand what you believe

Jane Dunlop-Webster

“Never should you worry or be afraid

If you find yourself unclear and questioning your beliefs”

Staffing Updates

We say goodbye to Kelly Sullivan, who has been with our organization as our Administrative Assistant, and we wish Kelly all the best with her new employment.

We welcome Bonnie Fitzgerald to our team as the Administrative Assistant, working in both Peterborough and Lindsay offices.



Bonnie

AMALGAMATION—Success One Year Later—It Worked!

- Program staff have moved from providing service based on functions to now providing service based on geographical communities, resulting in one contact per family from intake to discharge, cost savings, time savings, and stronger relationships with community partners.
- Savings in back office expenses have resulted in the addition of a client support staff person, a new office in Port Hope, and greater and more appropriate office size in both Peterborough and Lindsay.
- We are providing a more balanced delivery of services across all 4 counties, moving from an urban focus to one based on population.
- We have added support groups in several rural communities, and have realigned our group structures for more consistency across our 4 counties.
- We have introduced and increased support groups specifically for those individuals affected by dementia.
- We have introduced 4 trained volunteer group facilitators to our team.

Further to our more equitable distribution of services across the 4 counties, and to our increased relationships with our community partners:

- *Individual/family meetings* occur throughout the 4 counties, at locations donated by community organizations (health centers, long term care facilities, community services hubs) including the communities of Cobourg, Campbellford, Colborne, Alderville, Grafton, Port Hope, Janetville, Minden, Haliburton, Kirkfield, Kinmount, Peterborough and Lindsay.
- *Group sessions for caregivers and/or persons with dementia* are offered in communities throughout 4 counties, at locations donated by community organizations (churches, health centers, retirement homes, long term care facilities, hospital, community service agencies) including, Haliburton, Lindsay, Port Hope, Cobourg, Campbellford, Peterborough, Fenelon Falls, Bobcaygeon, Minden, Millbrook, Lakefield, Apsley, Kinmount, and Janetville.
- Relationships have been established for referrals to and from AS, including 32 physicians, 2 dementia specialists, GEM staff at 3 hospitals, PASE, and various community service agencies (long term care facilities, VON day programs, Hospices).
- Relationships have also been established for sharing of knowledge between staff and volunteers of the various agencies.
- Relationships have been further developed with 47 long term care facilities and retirement homes, that include referrals, staff training, joining with clients for site tours, and providing client supports for transitioning to facilities.

And we now provide:

- **Changes** Support Groups – a group for early-stage persons with dementia
- **Milestones** Support Groups – a group for middle-stage persons with dementia
- **Caregiver** Support Groups – a group for caregivers of those individuals with dementia
- **Activity Club** – a session for persons with dementia and their caregivers, with a focus on healthy brain stimulation

Our Staff Team

Peterborough Office

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

Lindsay Office

Pat Finkle- Client Support Coordinator
 Carolyn Hemming- Client Support Coordinator
 Sylvianne Young- Client Support Coordinator
 Lisa Morasse—Public Education Coordinator
 Debra Bumstead—Bookkeeper
 Bonnie Fitzgerald—Administrative Assistant

Port Hope Office

Kristi Harnden—Client Support Coordinator.

Volunteer Recognition Events

Celebrating **one year** of hard work and dedication: Michael Green, Jill Mercer, Ruth Barrett, Ellie Galea, Bernice Hodgson, Barb Williams, Pat McLaughlin, Michael Woodcock, Jim Saigon, Joan and Al Nosworthy.

Celebrating **five years** of service:
 The Nagel Family, Sigrid Sheather, Kelly Able.

Celebrating **10 years** of service: Cathy Raddatz, Andy Simpson, Grace Buck, Bill and Veronica Ingram

Celebrating **15 years** of service: Bob and Marg Fleming

Celebrating **20 years** of service: Tom and Norma Lucy, Marg Wilford

Celebrating **25 years** of service: Bernadette Doiron

Recipient of the **Jean Robinson Award** (recognizing significant volunteer contributions, this award was created in the name of Jean, one of the founders of the Lindsay Chapter) is Cathy Raddatz.

Recipient of the **Youth Award** for significant volunteer contribution this year is Brittany Ryan

Special Thanks

A special thank you to **Investors Group** for their support of these volunteer recognition events.

Doug Purdy and his team came forward with the offer to sponsor the costs of these events.

Very much appreciated!



Investors Group Financial Services Inc.

Volunteers Needed!

With the demand for services increasing, and the challenges in raising funds to deliver those services, it is now more crucial than ever to include volunteers as equal members on our organization's team. Consider these opportunities as you consider how you can contribute to our community, develop new skills, share mastered skills, and socialize with others to make a difference for those affected by Alzheimer's disease and related dementias.

Support Group Facilitator: An opportunity to work directly with our clients in guiding them through the activities of a support group. Opportunities exist in many communities, working with caregivers and/or with their loved ones. Please phone or contact Pat by clicking pat@alzheimersjourney.ca

Friendly Visiting: A growing demand exists for volunteers who can share time with persons with dementia, providing them with some activity stimulation to help maintain an active and quality-filled life. Please phone or contact Betty by clicking betty@alzheimersjourney.ca. This program is currently offered in Peterborough only.

Office/Administration: As our staff are directed more to individual client support, the need increases to have someone comfortable in answering and redirecting phone calls, responding to walk-in visitors, and helping with administrative tasks. Please phone or contact Debra by clicking [here](#) in Peterborough, or Lisa by clicking lisa@alzheimersjourney.ca in Lindsay.

Fundraising: With a growing demand for new revenues, the Chapter is expanding both special event activities, as well as planned giving and major gift activities. Volunteers are needed to help with data entry, organizing and implementing various events. Please phone or contact Marie by clicking marie@alzheimersjourney.ca

There are many ways to help

Here are just a few for you to consider

Thank You Victoria Order Nurses

We would like to say *thank you* to the VON for partnering with us.



The Adult Day Program staff have joined with AS in providing respite for the caregivers one Thursday a month. They have 2 wonderful staff that provide stimulation, respite and a safe environment for those with dementia. Caregivers can drop off their loved ones a few hours early so that they can go for dinner with a friend, do some shopping or just relax at home for awhile until it is time to attend our group. The program has had some great feedback from the caregivers.

**Where to Start
Planning Meaningful Activities
For Those With Dementia**

Loblaws, Lindsay
(upstairs)
September 26th
6.30-8.30pm

**Managing Change
such as
Wandering
Repetitive Questioning**

Loblaws, Lindsay
(upstairs)
October 31st
6.30-8.30pm

**Alzheimer Society
Kawartha Lakes**



**7th Annual
Caregiver Picnic**
Wednesday, July 6th
11:30am—3:00pm
(Rain or Shine)

For Questions or Directions
Call 705 878-0126

**Future
Education Programs**

June
Campbellford

September
Lakefield

November
Port Hope

for details, time & place
call 705 748 5131
or 1-800-561-2588

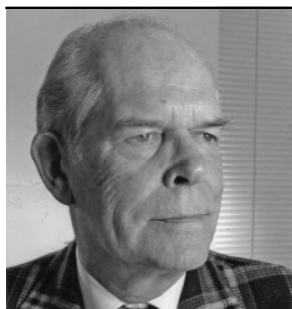
*Events
you
won't
want
to miss!!*

**The Big Question
Normal Aging
Or
Alzheimer Disease**

Loblaws, Lindsay
(upstairs)
November 28th
6.30-8.30pm

**REMEMBER
ANNUAL
GENERAL
MEETING**

June 16, 6:00pm
Canterbury Gardens
Light dinner—5.00pm



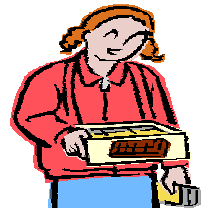
MacQuarrie Education Series

The local Chapter was pleased to host Chris Wynn at the 3rd Annual MacQuarrie Education Series. Chris presented his award-winning film *Forgetful not Forgotten*, an intimate portrait of a family coming to grips with the early-onset of Alzheimer's disease. The MacQuarrie Series has been established in memory of Lachlan MacQuarrie, past president of the chapter and of ASO, to support and promote education and awareness of Alzheimer's disease and related dementias in our local communities



4th Annual Golf Scotiabank/Stoneguide Realty Golf Tournament

Looking forward to another successful event this year, being held 22 June at the Quarry Golf Club in Ennismore! Light lunch, full course dinner, gifts and prizes, silent auction and raffles and more! Limited space, shotgun start. Contact Marie (marie@alzheimersjourney.ca) or click [here](#) for registration and sponsorship opportunities!



Tag Days

Coming soon to a location near you ...drop by with some change, or call Marie (marie@alzheimersjourney.ca) to help out!

May 13 and 14	Lindsay Home Hardware (Kent St), Food Basics
May 13 and 14	Bobcaygeon Food Town, LCBO
May 19 and 20	Fenelon Falls LCBO
May 28	Bridgenorth Value Mart
May 28	Millbrook Foodland, LCBO
May 28	Port Hope Gilmer's Home Centre
May 28	Lakefield IGA
May 28	Peterborough: Canadian Tire Chemong, Canadian Tire Lansdowne, Home Hardware Chemong, JYSK, Ken's No Frills Lansdowne, LCBO Sherbrooke, Morello's Independent, Shoppers Drug Mart Charlotte, Shoppers Drug Mart Lansdowne, Sobeys Towerhill, Sobeys Lansdowne, TSC, Zellers
August 19 and 20	Kirkfield LCBO
September 2 and 3	Lindsay LCBO

*Gifts of Time
are Gifts
Indeed*

*A Thousand
Thank You's*

Hockey Raffle

Sincere appreciation to Rose Powers and her family for hosting this event, with benefits being shared with our organization. Proceeds raised through their event were shared between our local organization and the Baycrest Center for Research, with the local Society receiving \$3,195. Winners of the raffle items are:

Dave DiMarco - won 1st prize which was the 2 Gold Toronto Maple Leaf tickets, 1 Night Accommodation and a Dion Phaneuf Captain jersey.

Cindy Payne - won 2nd prize which was the 2 Box Seats (Labatt's Box) to Ottawa Senators Game, which also included 1 Night Accommodation and signed Mike Fisher Jersey.

Sheila White - won 3rd Prize which was Box Seats to a Peterborough Petes game, signed Petes jersey and stick, \$100.00 voucher for concessions.

**Coffee Break Supporters
Peterborough, Northumberland and
Haliburton:**

Our Peterborough and Area hosts raised more than \$ 9,600 . Thanks to Agnew's General Store, Allin and Carrie Osborne, Al Moore, Bank of Montreal, Bea & Bunny, BOM, Brant's Office Supply, Centennial Place, Community Care Haliburton County, Community Nursing Home, Darline Pomeroy/Kenner, Dollo's, Dooher's Bakery, Empress Gardens, Extendicare Cobourg, Extendicare Lakefield, Extendicare Peterborough, Extendicare Peterborough Residents Council, Extendicare Port Hope, George Tufford, GPAEDC, Hamilton Drug Limited, Havelock Pharmacy, Home Hardware, Hyland Crescent Senior Citizens Home, Jackson Creek Retirement Home, Kashyap's Pharmasave, Legion Village, Lions Club of Peterborough, Mapleview Manor, McColl Turner Chartered Accountants Paul Tinney Motors, Peterborough Manor, Pleasant View Meadows, Price Chopper, Peterborough Community Credit Union, Ray Johnson, Holiday Inn, RBC, Riverview Manor, Rose Glen Village for Seniors, Rosemere Manor, Rosewood Estates, Royal Bank, Royal Gardens, Rubidge Retirement Residence, Russele Toyota, Ruth Clarke Activity Centre for Seniors, Seaforth Group, Sherbrooke Heights, Springdale Manor, St. Alban's Church, Streamway Villa, Table Talk, Ten Star Financial Services, Titles Bookstore, Tower of Port Hope Retirement Residence, Van Veen Coffee Shop, Veterans Affairs Canada, Victoria Retirement Living, VON Peterborough Square, Woodview General Store.

Another \$6,000 was raised through the Bulk Barns in Peterborough, Cobourg and Lindsay

Coffee Break Supporters Lindsay:

This successful event raised more than \$9,000. for local services, with thanks to our local hosts: Access Centre, Alzheimer Society support groups, Airport Restaurant, BG's Vacuum, BDO Dunwoody, Bert's Appliances, Beta Sigma Phi Alpha Xi Master, Beta Sigma Phi Laurete Beta, Beta Sigma Phi Precopter Upsilon, Bobcaygeon Lions Club, Bobcaygeon Senior Citizens Club, Bulk Foods, Burns Bulk Foods, Cambray Community United Church, Cambridge St. Rebekah UCW, Cambridge St. UCW Hannah Unit, Carressant Care Nursing Retirement Home, City of Kawartha Lakes Social Services, City Kawartha Lakes Town Office, City Kawartha Lakes Fire Department, Community Care Kirkfield Diner's Club, Country Estates Retirement Home, CWL St. Mary's, Diplomat Apartments, Dockside Bar and Grill (Meatfest Boys), Dunsford United Church, Extendicare Kawartha Lakes, Fenelon Court Long Term Care, Frost Wetter Oaklin Insurance, Frost Manor, Greta Fox, Guy Mills Court, Home Hardware, Janetville UCW, Kawartha Credit Union, Kent Place Mall, Knight's of Columbus, Knox Presbyterian Women, Lady Hughes Chapter I.O.D.E., Lindsay Animal Clinic, Lindsay Library, Lion's Club of Lindsay, Mackey's Funeral Home, Norland Area Senior Citizen's, Norland UCW, North Emily Women's Institute, Our Lady Queen of Peace Church, Pinecrest Nursing Home, Providence United Church, Rivermill Village, Rosemary Macey, Scotiabank, St. Andrew's Presbyterian Church, St Thomas Aquinas High School, TD Canada Trust, LDSB Office, Tully Lark Coffee Shop, Valu-Mart, VCCS Employment Services, Wally's Hairstyling, William Place Residence, ZI Gamma Eta Sorority.

***Many
Thanks to
All Our
Wonderful
Sponsors***

Walk for Memories a Success!

Another successful event was held in Peterborough, raising more than \$11,740 for local services! Thanks to our major sponsors, DM Wills Associates, Office Connection, David Sherwin, and CIBC Wood

Journey for Memories Another Success!

Celebrating another successful event in Lindsay, more than \$11,590 was raised to support local services. Thanks to sponsors: Blewett Printing, Crayola, Giant Tiger, Homestead Oxygen and Medical Equipment, Kawartha Business, Lindsay Dry Cleaners, McRae T-Shirts, Whetter Oaklin, and William Place.

***Helping
Involves Both
Giving and
Receiving***



Are you or someone you care about experiencing memory loss? The Alzheimer Society can link you to a community of learning, services and support.

We offer education, individual and group support, assistance with navigating the health care system, connecting with community services, an extensive resource library and many other services.

Let us help- don't go through this journey alone

Three offices to serve you:

Peterborough 800-561-2588 or 705-748-5131

Kawartha Lakes/Haliburton County

800-765-0515 or 705-878-0126

Northumberland County 1-905-885-5000

www.alzheimerjourney.ca

Trent Student Nursing Scholarship

Established by the Alzheimer Society of Peterborough and Area in memory of Professor Janet P. Bews, a member of the Trent Classics Department from 1966-99 and a strong advocate for the Alzheimer Society, this scholarship is awarded annually to a fourth year student enrolled in the Trent/Fleming Nursing Program who shows a career interest in nursing care for persons with dementia. Recently, this award was presented to Andrew Clawson. Congratulations!

Baby Boomer's Influence on Our Future

First wave of baby boomers turning 65 not ready for Alzheimer's

The results of an online survey of baby boomers across Canada conducted by the Alzheimer Society reveals a **worrying lack of awareness about Alzheimer's disease.**

Survey results show that an astonishing 23 per cent of boomers can't name any of the early signs of Alzheimer's disease, even though their risk doubles every five years after age 65. Of those surveyed, 50 per cent identified memory loss as a key symptom, but failed to mention other critical signs.

Most boomers are familiar with the common hallmark of Alzheimer's disease of not recognizing familiar faces and objects. But less than half know about life-altering changes, such as hallucinations or total dependency on others for basic care, that occur in the disease's later stages. More troubling, respondents are unaware that **diabetes, obesity, heart disease and chronic depression significantly increase their odds for developing the disease.**

The findings confirm a disturbing lack of knowledge about Alzheimer's disease among boomers, the country's largest demographic group, who will become increasingly at risk as they age. But the reasons for

self-awareness and prevention have never been more compelling. Without a cure or drugs to stop the disease, Alzheimer's is destined to be the most pressing and costly health issue boomers will face in their lifetime: either they will get the disease themselves or be faced with caring for someone with the disease.

Boomers as Caregivers

Even if you don't get Alzheimer's disease, your chances of caring for someone with the disease are high.

Alzheimer's can occur in anyone, at any age, even in their 40s and 50s

Alzheimer's is not a normal part of aging. It's a fatal, progressive disease that destroys brain function, leading in the late stages to complete dependency and the need for 24-hour care

The odds of developing the disease doubles every five years after age 65

Caregivers are mostly family members and shoulder enormous emotional, physical and financial stress; up to 75% will develop physical or psychological illnesses like depression

There is currently no known causes or cure for Alzheimer's disease

***Boomers
Beware..***

***Learn about
the disease***

***Learn to live
healthy***

***Prepare to be
a caregiver***

...More About Boomers...

Boomers Can Prepare for the Rising Tide of Alzheimer's Disease

Boomers can be pro-active about Alzheimer's disease by educating themselves and reducing their risks through simple steps.

Sensible lifestyle choices like a balanced diet, regular exercise and social and challenging activities can lessen the risk

Controlling blood pressure and cholesterol levels can keep vascular dementia in check

Don't put off seeing your doctor at the first signs of changes in memory or behaviour

Boomers Can Use the Resources of the Alzheimer's Society for Education and Support

The Alzheimer Society can empower boomers to fight this disease.

The Alzheimer Society provides education and other programs and services that make a real difference in the lives of individuals living with Alzheimer's disease and related dementias and their caregivers

The Society offers resources to help them plan for future needs and avoid crisis situations

The Society also provides referral services

Find more information at the Alzheimer Society website:

www.alzheimer.ca

Completing our online survey at

www.alzheimer.ca/testyourknowledge

Boomers can Advocate for a national brain strategy

Now is the time to take action and contact your government representative. Go to

www.canadadementiacrisis.ca

for tools to ask the candidates how the government will respond to these major issues:

There is no national brain strategy to address the growing dementia crisis. Australia, South Korea, UK and other Countries in Europe already have plans in place. **We need leadership.**

In 2008, Canadian families and friends spent approximately 231 million hours providing care for people with dementia. This number is expected to more than triple by 2038, reaching 756 million hours. The financial and social burden on informal caregivers will be unsustainable. **We need a comprehensive and universal package of support programs for family caregivers.**

...Boomers can be pro-active about Alzheimer's disease by educating themselves...

A CALL TO ACTION

Now More Than Ever We Need Your Support

One in eleven people will be diagnosed with Alzheimer's disease or a related dementia. With an aging population this number will grow. Baby boomers – take note – this year we will see the first baby boomers turn 65 - your chances of being diagnosed will increase. The chances of each of you being impacted by someone within your family being diagnosed is high.

Services today, provided locally, bring support in many ways to those diagnosed, and for the 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 need for our services is increasing, our public funding decreasing, leaving us with a growing gap and a challenge to do more with less. You can help bridge that gap! It's easy to find a reason, giving in memory of a

loved one who has died, supporting the services of a loved one who needs our help now, contributing to the services that you may need yourself in the future, donating to save money through tax programs, or simply giving because it's the right thing to do.

Your options to give are varied; one time donations, join a monthly giving program, small gifts or large gifts, major gifts or planned gifts, hosting fundraising activities, listing our organization as a charity of choice when your loved one dies, asking friends to donate to charity rather than give you birthday gifts. Talk to your financial planner about the best options to consider for major and planned giving to ensure you receive the best tax breaks. When designating a charity, please confirm the legal name, to ensure your wishes are followed – ours is Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton.

...The need for our services is increasing, our public funding decreasing

leaving us with a growing gap and a challenge to do more with less

You can help bridge that gap!...

“White Party” Family Event:

The local Alzheimer Chapter is very honoured to have many individuals, families and organization's, support our efforts through fundraising activities. The children of Jean and Frank are one such family. They have now hosted their 3rd annual party, inviting family and friends and raising more than \$1,200 at their “White Party” (everyone wears white). Proceeds will support the Chapter activities in the Kawartha Lakes communities. Thank you!

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES,
NORTHUMBERLAND & HALIBURTON

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

Website: www.alzheimersociety.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 Ian James
Colin Chambers Ray Johnson
Marilyn Gandy Dorothy Owens

“Our Journey Together” is now available online for all of our internet-savvy readers. visit our website by clicking [here](#)

The views expressed in this newsletter are the views of the local Alzheimer Society, and do not necessarily reflect those of the Central East LHIN or the Government of Ontario. The Alzheimer Society is appreciative of the funding we receive from the Ministry of Health through the Central East LHIN.

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 no cost 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 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, or click www.alzheimersociety.ca to donate on-line right now.
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Please tear off and mail to the Alzheimer Society at
183 Simcoe Street , Peterborough, ON, K9H 2H6.
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