

Forget Me Not  
Help for Today.  
Hope For  
Tomorrow...®

Alzheimer Society  
BRITISH COLUMBIA

# Contact

Summer 2010

## Taking action to meet the rising tide of dementia

Alzheimer Society  
BRITISH COLUMBIA

Publication Mail Agreement  
Number: 40065609

Return undeliverable  
Canadian addresses to:

Alzheimer Society of B.C.  
300-828 West 8th Ave,  
Vancouver, B.C. V5Z 1E2

Our January report *Rising Tide: The Impact of Dementia on Canadian Society* confirmed that the prevalence of dementia in B.C. will double if nothing changes over the next 30 years. Understanding the need to act now, we are collaborating with our partners in the Ministry of Health Services and regional health authorities to find ways to increase access to dementia services as soon as possible after families receive a diagnosis.

Moving forward our strategy is to expand *First Link*, an early intervention program we have successfully piloted in Victoria, to more communities throughout B.C. Using formal referrals from health professionals, *First Link* enables the Society to proactively contact newly diagnosed individuals or families and offer them the support and education services they need. Regular follow up calls and a monthly *First Link* bulletin keep families connected to current information.

A partnership between the Society and the Vancouver Island Health Authority, the *First Link* program in Victoria has in its two years of operation successfully supported close to 400 referrals per year.

"A program like *First Link* would have been wonderful," says Gerry Matier who like many caregivers was alone and in shock trying to cope when his wife Dede was diagnosed with dementia nine years ago at the age of 47.

"To have someone phone and say, 'There are places and people out there to assist you,' would have helped me to plan, manage stress and have more tools to support Dede."

Offered in conjunction with *First Link* is *Minds in Motion*, a social and fitness program for people in the early stages of the disease and their care partners that provides a safe environment to share similar experiences.

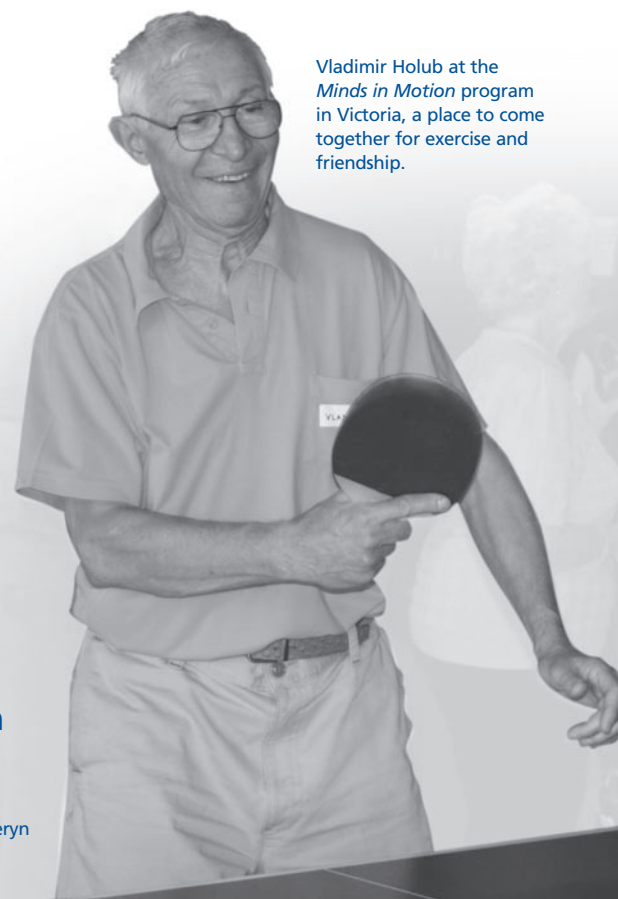
Research indicates that people affected by dementia have a higher quality of life and use fewer health care services when they receive essential support programs such as *First Link* and *Minds in Motion*.

"We know from *First Link* in Victoria that these programs give families more support from the point of diagnosis and throughout the dementia journey so they are an important response to the alarming increases outlined in *Rising Tide*," says Barbara Lindsay, senior manager of advocacy and public policy at the Society.

As a member of the government's standing committee on dementia care, the Society continues to work toward the development of a dementia strategy and more innovations such as *First Link*.

Join us in making B.C. a leader in dementia care, visit the advocacy section of our website at [www.alzheimerbc.org](http://www.alzheimerbc.org).

Vladimir Holub at the *Minds in Motion* program in Victoria, a place to come together for exercise and friendship.



Research indicates that people affected by dementia have a higher quality of life and use fewer health care services when they receive essential support programs such as *First Link* and *Minds in Motion*

Photo courtesy of Jenn Teryn



# Message from the CEO

**S**ince the release of the *Rising Tide* study in January confirming startling increases in dementia over the next 30 years if there are no changes, there has been widespread public and media attention to the critical need for action to improve dementia care.

In response to the study, we have been very busy working to ensure our education and support programs meet current and growing needs. We are working with the Ministry of Health Services, regional health authorities and MLAs to find ways to increase access to our services. The Society's goal is to expand two education programs that have been successfully piloted in Victoria—*First Link*, an early intervention program, and *Minds in Motion*, a social and recreation program—to more communities throughout B.C. (see article page 1).

To ensure effective communication and education is available for families across the province, we are making a much-

needed investment in our aged computer technology. To enhance the look and feel of our tele-workshops, new improvements make it easier for participants to connect online and view the facilitators while they are on the phone, and to download information.

Research also remains a priority. We continue to fund research to reduce the risk for dementia, improve treatment options, and investigate the causes and the cure for the disease.

With your help we have managed to get through the recent challenges in the economy. *The Investors Group Walk for Memories*, which took place in 19 B.C. communities in January, had a record-breaking year, raising more than

\$628,000. In May, thanks to the dedicated volunteer committee and sponsors, we welcomed close to 200 golfers for our 16th annual *Forget Me Not Golf Tournament*.

We are facing a rising tide of dementia in B.C., but with the help of our committed supporters, we are meeting these challenges and moving forward with services that support the families in our province who are living with dementia.

Thank you.

*Jean Blake*  
Jean Blake

## Dementia help is a phone call away New technology enhances learning by telephone

**A**s concern about Alzheimer's disease and dementia increases, the need for support and information is also on the rise. For people living in rural B.C., or those who can't get out because of the demands of caregiving, the telephone becomes their only connection to support. New updates to our tele-workshops have made the telephone learning experience more user-friendly.

Now participants who connect online while they are on the phone can see the workshop presenters live through online video feeds.

"Being able to see the presenters will make the distance learning experience more engaging and may reduce the feeling of being alone with the disease,"

says Marc Labrecque, tele-workshop facilitator from the Alzheimer Society of B.C.

Viewing and downloading workshop handouts, accessing video clips, or linking directly to other websites related to the tele-workshop topic just got easier with the new online system.

"We're using technology to increase access to our services in all areas of the province," says Labrecque.

The workshops generally take place in the last week of each month and cover topics such as reducing your risk for dementia, understanding the disease and strategies for caregivers.

Developed and facilitated by Alzheimer Society of B.C. staff, these

improvements to our tele-workshops make it simpler than ever to take part in dementia education, without leaving home.

Find out more on our website at [www.alzheimerbc.org](http://www.alzheimerbc.org) or register through the Care-Ring Voice Network by phone at 1.866.396.2433 or online at [www.careringvoice.com](http://www.careringvoice.com).



### UPCOMING SESSIONS

**JUNE 10, 7 TO 8 PM**

Driving and Dementia with David Dunne from BCAA

**JUNE 24, 7 TO 8 PM**

Driving and Dementia - Strategies for Caregivers

**JUNE 29, 12 TO 1 PM**

Long Distance Caregiving

# Thank you to our donors!

The Alzheimer Society of B.C. gratefully acknowledges the thousands of donors who have supported our activities. Your donation helps people in B.C. who are affected by Alzheimer's disease or a related dementia and makes an important difference to their quality of life.

The following list is in recognition of gifts of \$1,000 or more received in 2009.

## INDIVIDUALS

### Our Champions

#### \$10,000 And Up

Anonymous (3)  
Frank & June Fathers  
Bob & Sue Hastings

### Our Leaders

#### \$5,000 - \$9,999

Anonymous (3)  
Gregory Aasen & Margaret MacLaren  
Stanley Dzuba  
Alan G. Thompson  
Barbara Vengshoel  
Art Willms & Mary Anne Clark

### Our Friends

#### \$1,000 - \$4,999

Anonymous (72)  
Rowena Anderson  
Dorothy Baynes  
Ed S. and Norma Becker  
Geoffrey & Mary Ann Bertram  
Nicole Bertrand  
Evelyn Briscoe  
Alan C. Brown  
David R. Crowe  
The Cullen family  
Michael Dubensky  
Ellen R. Farris  
Jacqueline R. Farris  
Elizabeth Forsyth  
Gary & Barbara Grais  
Kay Gray  
Joan Hallbauer  
Dale Harrison  
Elizabeth J. Harrison  
Janet Ingraham  
Margaret Janzen  
Frank Jefferies  
Gael Johnstone  
Andrew & Suzy Judson  
Jessie A. Kelly  
Kenneth P. Kirkland  
Bernice & Alan Kirkpatrick  
Alfred Knowles  
Heather MacLean  
Marjorie A. Manners  
Helmut Pastrick  
In memory of Fun Ho  
Alice Rathie  
Rosemary Rawnsley  
Claude Rinfret & Lorraine Barker  
Dale A. and Lynn Rondeau  
David & Jo-Anne Spear  
The Townsend Family  
Theo Van Geeman  
Jon G. Weinheimer  
Bob & Carol Wiens

## CORPORATE AND COMMUNITY PARTNERS

### Our Visionaries

#### \$20,000 And Up

Alzheimer Society of Canada  
Anonymous (2)  
BC Gaming Commission  
BMO Nesbitt Burns

Government of Canada  
Investors Group Financial Services Incorporated  
London Drugs  
Manulife Financial  
Margaret Rothweiler Charitable Foundation  
Provincial Employees Community Services Fund  
RBC Foundation  
Scotia Capital Incorporated  
The Victoria Foundation  
Vancouver Community Health Services  
Vancouver Foundation  
Vancouver Island Health Authority

### Our Champions

#### \$10,000 - \$19,999

B.C. Hydro Employees' Community Services  
Bloomberg  
Canaccord Capital Corporation  
CIBC World Markets Canada  
Cowell Auto Group  
Delta View Habilitation Centre Limited  
Genuity Limited Partnership  
Interior Health Authority  
Investors Group – BC Interior (Kamloops, Vernon, Salmon Arm)  
ITG Canada Corporation  
Janssen-Ortho Incorporated  
Novartis Pharma Canada Incorporated  
Pfizer Canada Incorporated  
Prime Bank Limited  
Raymond James Limited  
RBC Royal Bank  
S & R Sawmills Limited  
Service Corporation International  
Summerland Hospital Auxiliary  
TD Bank Financial Group  
Telus Communications Company  
The Chan Foundation of Canada  
TSX Group

### Our Leaders

#### \$5,000 - \$9,999

AGF Management Limited  
Alzheimer Research Foundation  
British Columbia Lottery Corporation  
Canada Safeway Limited  
Capilano Rock and Gem  
Charton Hobbs  
Connor, Clark & Lunn Foundation  
Credit Suisse First Boston Securities Canada Incorporated  
Ellesmere Park Holdings Limited  
F. K. Morrow Foundation  
GMP Securities  
Liquidnet Canada Inc.  
Lohn Foundation  
Paradigm Capital Incorporated  
Peters & Company Limited  
Sears Employees Charitable Fund  
Starline Architectural Windows Limited  
Strategic Charitable Giving Foundation

The 1988 Foundation  
The Boathouse Restaurants of Canada Incorporated  
The Highbury Foundation  
UBS Securities Canada Incorporated  
West Coast Classic Golf Tournament

### Our Friends

#### \$1,000 - \$4,999

Alpha Trading Systems Limited Partnership  
Anako Foundation  
Andrew Mahon Foundation  
B & L Machine Shop  
Bank of Montreal  
Bayshore Home Health  
B.C. Biomedical Laboratories  
BFL Canada Insurance Services Incorporated  
Bioasis  
Blackmont Capital Incorporated  
BMO Bank of Montreal  
BMO Employee Charitable Foundation  
Borden Ladner Gervais LLP  
Brockhouse Cooper  
Brooke N. Wade Charitable Foundation  
Burnaby Lougheed Lions Club  
Canadian Direct Insurance Agency Incorporated  
Canamera Investment Corporation  
CAVUNP, Prince George & Northern BC Chapter  
Central Kootenay Regional District  
Central Okanagan Foundation  
Citigroup Foundation  
Clairvest Group Inc.  
Clark Wilson LLP  
Commonwealth Insurance Company  
Cormark Securities  
D.I. McDonald Holdings Limited  
Davidson & Company LLP  
Deep Cove Lions Club  
Desjardins Securities  
Edmonds Appliance Centre Ltd.  
Evergro Canada Inc.  
Fasken Martineau DuMoulin, LLP  
Fasteel Industries Limited  
Financiere Banque Nationale  
FirstEnergy Capital Corporation  
Flora Aasen Memorial Pro Am  
Fraternal Order of Eagles 20 New West Ladies Auxiliary  
Fraternal Order of Eagles 2101 Ladysmith  
Fraternal Order of Eagles 2726 Abbotsford Ladies Auxiliary  
Fraternal Order of Eagles 3318 Ladies Auxiliary  
Fraternal Order of Eagles 4281 Penticton  
Fraternal Order of Eagles 4415 Kelowna  
Gateway Casinos Inc.  
Goldman Sachs & Co.  
Gowling Lafleur Henderson LLP  
Grant Thornton LLP  
Gyro Club of Vernon  
Harbour Air Limited  
Harken Towing Company Limited  
HEU Local VBTS/GSS Penticton  
IBM Employees' Charitable Fund  
ICBC  
Innovex Equities Corporation  
Investors Group – Greater Vancouver South  
Investors Group – Kelowna/Penticton

Investors Group - Victoria  
IPAC Chemicals Limited  
Island Tug and Barge Limited  
J.R. Edgett Excavating Limited  
K P M G  
Kaatza Foundation  
Kamloops Foundation  
Kamloops Paddlewheelers Lions Club  
Knights of Columbus No. 4767  
Kootenay Savings Credit Union  
Larkspur Foundation  
Lynn Valley Lions Club  
M.O. Productions  
Macquarie Capital Markets Canada  
Madison Pacific Properties Incorporated  
Madison Venture Corporation  
Maynards Industries Limited  
Meinhardt Fine Foods  
Merrill Lynch Canada Incorporated  
Morgan Stanley Canada Limited  
Mount Seymour Lions Club  
New Vista Society  
Norcon Forestry Limited  
North Peace Savings and Credit Union  
Oceanfood Sales Limited  
PacNet Services Limited  
Park Shore BMW  
Phillips, Hager and North  
Phoenix Athletics Association  
PriceWaterhouse Coopers  
Private Giving Foundation  
Royal Canadian Legion - Penticton #40  
Russell Lane & Associates Limited  
Sanford C. Bernstein Co. LLC  
Scaffold Depot  
Selkirk College  
South Peace Community Resources Society  
Spargus Industries Limited  
Spectra Hospitality Group Inc.  
Speedway Motors Limited  
Springate Holdings Limited  
State Street Global Advisors Limited  
Surrey New and Used Incorporated  
Taseko Mines Limited  
The Citigroup Private Bank  
The Kololian Foundation  
The Leon and Thea Koerner Foundation  
The Sisters of St. Joseph  
The Strongman Group  
Thomas O'Neill & Associates Inc.  
Thomson Reuters Markets  
TMH Capital Corp  
Torys LLP  
Trinity Masonic Lodge #98  
Tristone Capital Incorporated  
Unis Lumin  
United Carpet  
United Way Central and Northern Vancouver Island  
United Way of Greater Toronto  
United Way of the Fraser Valley  
United Way of the Lower Mainland  
Urban Wasp - Vespa Vancouver  
Vancouver Arbutus Lions Club  
Vancouver Island Health Authority  
Vancouver Pacific Lions Club Multiple District 19A  
Vancouver South Lions Club  
Werner & Helga Hoing Foundation  
Wolrige Mahon LLP  
Worksafe B.C.

## CIRCLE OF HOPE

We thank and honour those individuals who have made a provision for a future gift through a bequest, life insurance, annuity, or trust arrangement.

Anonymous (47)  
Alfred Knowles  
J.D. Caughlin  
Earl DesLaurier  
Paula Jakeman  
Jack & Nancy Jefferson  
Rosemary Lear  
Judith MacGillivray  
Phyllis Marchment  
Patricia Mitchell  
Barbara Nightingale  
Rose Pascal  
Gail Steiger  
Andy and Cheryl Szocs

## ENDOWMENT FUNDS

These endowment funds have been set up by generous donors to help the Alzheimer Society of B.C. meet the needs of today and our hope for tomorrow.

The Helem Family Fund  
Loren Ball Fund  
Herbert F. Coupe Family Fund  
Lola Staffic Charitable Giving Account  
Mollie & Don Walls Charitable Gift Fund  
Alzheimer Society of B.C. Capital Region Fund  
Roy and Bertha Wrigley Fund - Volunteer Training  
Charles W. Brazier Fund  
Ellinor Richards and Hazel Richards Loane Fund

William E. and Marion (Thelma) Ingledew Fund  
Edna Leckie Fraser Memorial Fund  
George P. Kelly Memorial Fund  
Robert Kenny Fund  
Hibler/Lamoureux Fund  
Henry & Marian Thiel Family Trust  
Victor & Irene Griffin Fund  
J & M Fund  
Steve & Eva Floris Endowment Fund  
Nell Brown Endowment Fund

## ESTATES

We are deeply honoured to recognize estate distributions of over \$1,000 that we have received in 2009.

Estate of Annetta M. Agnew  
Estate of Marjorie J. Barnes  
Estate of Gerald E. Beaudoin  
Estate of Arthur Belyea

Estate of Muriel H. Bradford  
Estate of Betty Brooks  
Estate of Clara Dalen  
Estate of Margaret M. Ellams  
Estate of Bernard R. Evans  
Estate of Steve Floris  
Estate of Steve Floris  
Estate of Louis K. Gibbons  
Estate of Sylvia E. Grusmajer  
Estate of Elfrieda Irwin  
Estate of Winnifred Theresa Jones  
Estate of Edward Maxwell Kerr  
Estate of Roy A. Mansfield  
Estate of Margaret E. McKay  
Estate of Ray Morrissey  
Estate of Dorothy Margaret Pauline Paton  
Estate of Mary M. Patterson  
Estate of George Muir Pullin  
Estate of Lillian M. Rasmussen  
Estate of Elvire M. Schulz  
Estate of Anne E. Simpson

The Alzheimer Society would like to acknowledge over 2,600 donations that were made in memory or in honour of someone special as an expression of friendship, love or sympathy. Thank you for thinking of others now living with Alzheimer's disease and extending your hand to them.

The Alzheimer Society of B.C. would like to thank the thousands of donors who have supported our activities with gifts totaling less than \$1,000. We want you to know that your support is truly appreciated!

Every effort has been made to ensure that this list is accurate. Please accept our sincere apology if your name has been missed or a mistake has been made. We ask you to call us at 604.681.6530 to let us know.

# Major gifts mean more support for families

By Paula Navratil, Donor Relations Officer – Major Gifts

Many of our supporters across the province share with us their stories about how the disease has touched their family, and how the Society's education and support has made a meaningful difference in their lives.

Our major gift donors look for a chance to support a cause that is near and dear to their heart, and want to support the Society to move that extra step further in our mission. And we are grateful for their generous support.

One of these inspiring stories recently came from Victor Griffin, a long-time major gift donor from Victoria. After caring for his wife Irene (Rene) who had dementia for many years, Victor has recently increased his gift.

"I want to contribute to finding the cure for dementia and to support other caregivers who live everyday with the challenges of this disease," he explains.

A major gift donation allows a donor to designate their gift directly to our programs in support services and education, research, or advocacy. And for the Society, they help ensure we can reach more families with much needed support and information so that no one has to face the dementia journey alone.

"I see many people who are living the same journey that Rene and I experienced," says Griffin. "I want my gift to support them."

Looking back now, Griffin realizes that as he was caring for Rene there was so much that he didn't understand about the disease, and things he had to learn to be a care partner for his wife who had a degenerative brain disease.

Many caregivers like Victor tell me that when they were living through the disease, they didn't know about the kinds of services that the Society offers to families. Now his gift is helping us build awareness.

Thank you for sharing your stories. Some of the stories are heart wrenching, but all hold a reason for hope and to carry on our cause.

If you are thinking about making a gift, consider what impact a major gift could make to help turn the rising tide of dementia in British Columbia, and to provide Help for Today. *Hope for Tomorrow*...®

I would be happy to speak with you regarding the different options to support our Society's mission and can be reached at 604.742.4930 (toll free 1.800.667.3742) or [pnavratil@alzheimerbc.org](mailto:pnavratil@alzheimerbc.org).

# New research tells us to get moving

**W**ith the prevalence of dementia expected to reach 1.1 million Canadians within a generation, it's a great time to think about your brain health. Growing evidence supports the benefits of physical activity to reduce the risk for or delay the onset of dementia.

Using a new approach at the UBC Hospital Clinic for Alzheimer's Disease and Related Disorders, Dr. Robin Hsiung and his colleagues are investigating the effects of exercise on people with mild mental deficiencies. Known as mild cognitive impairment, forty to fifty percent of these cases will develop into dementia within five years.

"Our current research is studying exercise in a more proactive way," says Hsiung. "Using MRI brain scans and blood biomarkers (which identify the progress of dementia), we're actually measuring the physiological changes that take place in the brains of people who receive exercise therapy."

In contrast, previous research has tended to be observational: drawing conclusions about the effects of exercise on the brain from clinical discussions with subjects.

"This research will give us a better understanding of how exercise is affecting the brains of people with dementia and its usefulness as an intervention strategy," says Hsiung. "Apart from slowing the impact of Alzheimer's and dementia, exercise is also beneficial for heart health and preventing strokes."

**"This research will give us a better understanding of how exercise is affecting the brains of people with dementia..."**

In January the Society's *Rising Tide* report presented startling increases in the numbers of Canadians who will be living with dementia if nothing changes over the next 30 years.

According to the *Rising Tide* report, risk reduction and research are both key to lessening the social and economic impacts of dementia.

"More than ever, increased investments in research are critical to learning more about prevention and treatments to delay the onset of the disease," says Jean Blake, CEO of the Alzheimer Society of B.C.

The Society funds research at UBC and is steadily increasing support to the *Alzheimer Society Research Program*, a peer-review process that investigates dementia prevention strategies and treatment options.

"We are asking people in B.C. to take action today for their brain health," adds Blake.

Take a brain tour, find out about research or learn healthy brain tips at [www.alzheimerbc.org](http://www.alzheimerbc.org).



## ALZHEIMER SOCIETY OF B.C. EVENTS

### *Investors Group Walk for Memories*

**T**hank you for Walking! Thousands of supporters around B.C. joined us in the fight against Alzheimer's and dementia at the *Investors Group Walk for Memories* on Jan. 31. This year's *Walks* in 19 communities raised over \$628,000 to help ensure people affected by the disease have access to support and bring us one step closer to a cure.

**2010 Provincial Sponsors**  
Investors Group  
Summerland Health Auxiliary  
Cowell Auto Group  
Canada Safeway  
Thrifty Foods  
Speedway Motors  
Bayshore Home Health  
Telestudios at UBC  
Global TV  
The Vancouver Sun

Walkers at the 2010 Surrey / White Rock Investors Group *Walk for Memories*.



Save the date! Walk with us on January 30, 2011. For more information, [www.walkformemories.com](http://www.walkformemories.com).

## Calendar of events

For the most up-to-date event details, including educational programs, visit our website at [www.alzheimerbc.org](http://www.alzheimerbc.org) and click on the News and Events button at the top of the page

### SCOTIABANK HALF-MARATHON & 5K RUN/WALK

Sunday, June 27, 2010

Sign up for the *Scotiabank Half-Marathon* or *5K Run/Walk* and go the distance for Alzheimer's. For details to sponsor or join Team Alzheimer's visit the Get Involved section of our website [www.alzheimerbc.org](http://www.alzheimerbc.org), or call 604.681.6530 (toll-free 1.800.667.3742).

### FLORA AASEN MEMORIAL ALZHEIMER'S PRO-AM

Monday August 23, 2010

Amateur and professional golfers are teamed up at this pro-am tournament, held each year at the Pitt Meadows Golf & Country Club to celebrate the memory of Flora Aasen. For more information, contact John Aasen at 604.716.4653 or e-mail [john.aasen@shaw.ca](mailto:john.aasen@shaw.ca) or visit [www.acegolfpro.com](http://www.acegolfpro.com).

### RALPH ROBINSON MEMORIAL GOLF TOURNAMENT

Saturday, September 11, 2010

Come out to Skaha Meadows Golf Course in Penticton and celebrate the memory of Ralph Robinson who passed away from Alzheimer's in 2003. For information, contact Pauline Tadey at 250.490.0944 or e-mail [tadeys@shaw.ca](mailto:tadeys@shaw.ca).

### ASCENT FOR ALZHEIMER'S

September 6-15th, 2010 - Tanzania, Africa

More than 160 Canadians have literally conquered mountains in the fight against Alzheimer's since 1998, reaching for the top of Mount Kilimanjaro (19,340 ft) in Tanzania, Africa as part of *Ascent for Alzheimer's*. Follow the 2010 team's journey at [www.ascentbc.ca](http://www.ascentbc.ca). For more information, contact Sandra Girard at 604.742.4920 (toll-free 1.800.667.3742) or e-mail [sgirard@alzheimerbc.org](mailto:sgirard@alzheimerbc.org).

## Program Support

In 2009, organizations from around British Columbia partnered with the Alzheimer Society of B.C. to help deliver the programs and services needed throughout our communities. Thank you to the following organizations for your contributions:

BC Hydro Employee's Community Services (HYDRECS)  
F.K. Morrow Foundation  
Janssen-Ortho Incorporated  
Lohn Foundation  
London Drugs Foundation  
Manulife Financial  
Novartis Pharmaceuticals Canada Inc.  
Pfizer Canada Inc.  
Province of British Columbia  
Provincial Employees Community Services Fund  
RBC Foundation  
Vancouver Foundation  
Victoria Foundation

Yes! I want to help the Alzheimer Society of B.C. provide Help for Today. *Hope for Tomorrow...*<sup>®</sup>

**Alzheimer Society**  
BRITISH COLUMBIA

#### Provincial Office

300 - 828 West 8th Avenue  
Vancouver, B.C. V5Z 1E2  
Tel: 604-681-6530  
or 1-800-667-3742  
Fax: 604-669-6907

Charitable Registration  
BN#11878 4891 RR0001

Name

Address

City

Province  Postal Code

Telephone

E-mail

Please send me more information about:

- Leaving a gift in my will  
 How to become a monthly donor

I would like to donate \$

Enclosed please find my:  Cheque  Credit Card Info

Please charge my:  VISA  MasterCard  AMEX

Card #

Expiry

Signature

Winter 2009/Spring 2010

THANK YOU. A tax receipt will be sent to you for any donation over \$15. Donations made by December 31, 2010 can be used for your 2010 Income Tax Return.

**Alzheimer Society**  
BRITISH COLUMBIA

#### Alzheimer Society of B.C. Provincial Office

300 - 828 West 8th Avenue, Vancouver, British Columbia V5Z 1E2  
Tel: 604.681.6530 | Toll-Free: 1.800.667.3742 | E-mail: [info@alzheimerbc.org](mailto:info@alzheimerbc.org) | Web: [www.alzheimerbc.org](http://www.alzheimerbc.org)

#### Acknowledgements:

Contact is produced by the Alzheimer Society of B.C. Marketing & Communications Department. Articles cannot be reproduced without written permission.

Editor: Ruby Ng  
Writers: Jean Blake, Barbara Lindsay,  
Michele McCabe, Ruby Ng, Paula Navratil

Design/Production: Hallographix  
Printer: Advantage Graphix  
Circulation: 7,000



Please recycle and help us reach more people by passing this newsletter along to someone else.

The Alzheimer Society of B.C. (ASBC) is committed to protecting the privacy of people whose personal information is collected and held by ASBC, and we adhere to all legislative requirements with respect to protecting privacy. If at any time you wish to have your name removed from this or another mailing, call us by phone at 604-681-6530 or toll-free 1-800-667-3742, or via e-mail at [info@alzheimerbc.org](mailto:info@alzheimerbc.org), and we will gladly accommodate your request.