

Forget Me Not

Help for Today.  
Hope For Tomorrow.

Alzheimer Society  
BRITISH COLUMBIA

# Contact

Summer/Fall 2008

## Get moving!

**S**mall steps, big steps – a key piece to maintaining a healthy brain is keeping not just your mind, but also your body in motion!

It doesn't take much effort, and you don't need to be fast. The important thing is to get moving.

Playing golf, hiking, walking, and running are all activities you can do that will not only benefit yourself but, if you participate in one of the Alzheimer Society of B.C.'s events, these activities can also support the thousands of British

Columbians living with dementia. *(Read on for more information about upcoming events and volunteer opportunities!)*

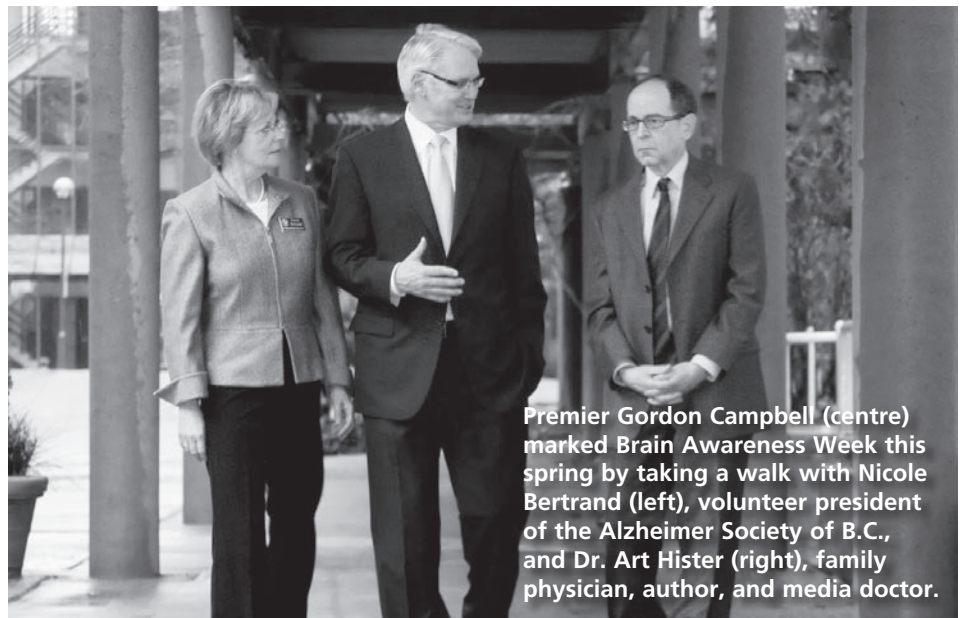
Many community centres offer programs for people of all fitness and ability levels. Or use a book or video to start your own program at home.

Talk to your doctor about what activities might be a good fit for you!

Alzheimer Society  
BRITISH COLUMBIA

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Premier Gordon Campbell (centre) marked Brain Awareness Week this spring by taking a walk with Nicole Bertrand (left), volunteer president of the Alzheimer Society of B.C., and Dr. Art Hister (right), family physician, author, and media doctor.

## Improving dementia care in B.C.

**L**ast spring, the Alzheimer Society of B.C. received a \$1-million grant from the Ministry of Health to help improve quality of life for people with dementia and caregivers.

In January, we announced funding for seven projects through the *Grant to Improve Dementia Care in BC*. Each project addresses gaps that have been identified within the health system.

Two learning forums will also be funded, which will facilitate the sharing of project information and outcomes with a variety of stakeholders.

This funding provided the Alzheimer Society with an opportunity to partner

*(Continued on page 4)*



### Online resources

For additional ideas and information, visit these websites:

**The Healthy Brain:**

[www.alzheimerbc.org/healthy\\_brain.php](http://www.alzheimerbc.org/healthy_brain.php)

**Brainbooster:**

[www.alzheimer.ca/english/brain/brain\\_boost.htm](http://www.alzheimer.ca/english/brain/brain_boost.htm)

**ActNow BC:**

[www.actnowbc.ca/EN/healthy\\_living\\_tip\\_sheets/physical\\_activity/](http://www.actnowbc.ca/EN/healthy_living_tip_sheets/physical_activity/)

## Communities with big hearts



Don Thomas of White Rock took the winning photo for our Creating Memories contest!

Spotted Dog Team Members Bruce Robertson and Linda Thomas share a laugh as they limber up for the 2008 Investors Group Walk for Memories fundraiser in White Rock.

On Jan. 27, thousands of people in 14 communities around the province stepped out and raised an incredible \$485,000 at the *Investors Group Walk for Memories*.

Organized by volunteer committees, each community chooses an honoree – someone living with Alzheimer’s or dementia, or a caregiver – to symbolize the face of the disease. The *Walk* is a tribute to these honorees who are the heart of the event.

In Chetwynd, the family of JR Weaver rallied two weeks before the event to host the first *Walk* in their community.

“After my Dad’s diagnosis, our family realized there is a lack of understanding about this disease,” explained Kristal Weaver.

Diagnosed with Alzheimer’s in 2006, JR is a well-known member of the community. “People can’t turn their backs on this disease,” said Kristal. “They need to know that my Dad has an illness, but he’s still human. He’s still JR. He’s still your friend.”

Maurice Renwick, the honoree in Nelson, spent his life involved with his community. Diagnosed with Alzheimer’s disease in 2003, he died on Dec. 19, 2007.

Like the Weavers, Maurice’s family saw the *Walk* as a perfect vehicle for honouring his memory by sharing his story to educate people about how pervasive the disease is.

“Alzheimer’s isn’t at the forefront like other diseases,” said Sandy Renwick, Maurice’s son. “Thousands are touched by Alzheimer’s and yet many people don’t know about it.”

Come out and walk with us next year on Sunday, Jan. 25, 2009 to fight dementia. For details, keep an eye on our website, [www.walkformemories.com](http://www.walkformemories.com).

## Let your feet hit the pavement!

On June 22, the Alzheimer Society of B.C. will join the *Scotiabank Group Charity Challenge* – part of the 10th annual Scotiabank Vancouver Half-Marathon & 5K Run/Walk.

Every dollar raised by the Society’s team of runners and walkers directly supports the organization! To learn how you can support the Society’s team, go to [www.alzheimerbc.org/run.php](http://www.alzheimerbc.org/run.php).

Representatives from each of 10 charities participating in the *Scotiabank Group Charity Challenge* gather to launch the 2008 event.



# Get moving!



The genesis of this column was an email from the newsletter editor who told me that the main theme for this issue was "Get Moving" – how being active can help you age better while also reducing your risk of dementia. And, she added, could I please get moving, because the column's deadline was only days away!

As a husband of 38 years standing, I'm used to doing what I'm told – so I got moving, and wrote this little column about a health practice: regular physical activity. For me, as a health advocate, this is as close to a magic bullet for health as we're ever going to get.

The health benefits – physical, psychological, emotional, and spiritual – from regular exercise are way too numerous to list here, so I will focus on just one. But it's the one that I think may matter most, especially to us rapidly-aging baby boomers: the benefit that regular exercise has on our brains and cognitive functioning.

Although this will probably not

surprise anyone interested in health matters, it must still be emphatically stated that hundreds of studies have now linked regular exercise to better cognitive functioning for both genders. What may surprise you, however, is that these benefits can be seen at all ages.

By my definition, middle-age stretches from 30 to 70 years – some baby-boomers (a generation that's legendary for trying to fool itself) say that 70 is the new 50. So, even at an age when you might not think that cognitive functioning would yet be impaired, exercise can have a positive impact.

More surprising to learn, perhaps, is that a study of very elderly people – those 100 years of age and older – concluded that people who were active had better cognitive functioning than their peers who were not.

The bottom line is simple, folks: if you want to maintain your brain for as long as you think you're going to need it, get moving as much and as often as you can manage.

## Golfers make an impact on dementia

A day on the links raised an incredible \$525,000 to support the Alzheimer Society of B.C. through the 14th annual *Forget Me Not Golf Tournament*, held on May 15.

Hosted each year at the internationally renowned Northview Golf and Country Club in Surrey, B.C., this event has raised over \$5.1 million dollars to date – half of which has helped fund research in Canada.

Demand was so high to attend this year's tournament that organizers expanded the event over both courses at Northview to accommodate the growing number of participants.

Bob Hastings, member of the event's organizing committee and incoming

volunteer president of the Alzheimer Society of B.C., credits the volunteers for the golf tournament's growing success.

"The volunteer involvement that drives this event is tremendous, not only in the expertise of the organizing committee, but by the massive number of volunteers that participate on event day," he said.

Long-time title sponsor PMC-Sierra and founding sponsor S & R Sawmills returned this year along with 49 other corporate sponsors, including many new organizations. The Alzheimer Society of B.C. would like to thank Chick and Marilyn Stewart and the staff at Northview for their continued support and hospitality.



The Forget Me Not Golf Tournament's organizing committee includes: (back L-R) Kyle Harrison; Martin Gerber, committee chair; Russell Lane; Jim Carter. (front L-R) Rob Travers; Art Willms; Sandra Girard; Annette Colligan; Alan Tynan; and Greg Aasen. (Missing: Bob Hastings, Hugh Murray, Don Towers.)



(Continued from page 1)

## Improving Dementia Care in B.C.

with the five Health Authorities, the University of British Columbia, and the University of Victoria. Including additional partnerships, donations-in-kind and other revenue sources, more than \$1.4-million will be invested in improving dementia care in our province through these initiatives.

Three of the projects focus on providing better information and resources to those who need it:

- Led by the Vancouver Coastal Health Authority, the **Dementia Journey Website** ([www.vch.ca/dementia](http://www.vch.ca/dementia)) – which currently serves people in the Lower Mainland – will be expanded to include information on local programs and services across B.C.
- In close collaboration, UBC is working on a **multi-lingual project**, which will use the most up-to-date information about dementia to create culturally-appropriate and

easy-to-understand web content in Cantonese, Mandarin and Punjabi.

- An **E-learning** initiative, lead by the Northern Health Authority, will allow care providers to access training anytime and anywhere. The other four projects address the needs to improve access to services for those with dementia, as well as support to professional and family caregivers:
- **First Link**, a collaboration between the Alzheimer Society and the Vancouver Island Health Authority, will proactively connect people newly diagnosed with dementia to the Alzheimer Society for education, health service and support.
- The Fraser Health Authority is developing the **B.C. Dementia Education Framework**, a blueprint to improve and standardize dementia education across the province.
- Led by the Interior Health Authority, a project focused on **sustainable**

**caregiving** will enhance the ability of health care providers to identify stress and exhaustion in caregivers, and help them guide caregivers to develop practical strategies to manage and better balance their lives.

- On a public policy level, the **Dementia Policy Lens**, under development by the Centre on Aging at the University of Victoria, looks at how new legislation and practices will impact people with dementia. The close collaboration and partnerships that have been formed are at the heart of these initiatives, and will ensure all of our efforts have a much broader impact.

For more detailed information on each project, visit [www.alzheimerbc.org/dementia-care.php](http://www.alzheimerbc.org/dementia-care.php).

## Putting Alzheimer's on the agenda

**Jim Mann has Alzheimer's disease, and he'd like to tell you about it.**

"Dementia is not a disease that only your parents can have – it could be your friend, your co-worker. It's a disease that I have. If I don't speak up, who will?"

Looking for opportunities to be heard, Mann found himself at an Alzheimer Society of B.C. Public Policy Advocacy workshop last November – a workshop that shows people how to make a difference for those impacted by the disease.



Diagnosed at 58, Jim Mann knows the face of Alzheimer's disease is changing; he's speaking out, to make sure others know it too.

"I have a background in government relations and marketing," the 59-year-old explained. "I wanted an opportunity to use that knowledge."

Diagnosed with Early Onset Dementia at the end of February 2007, Mann had been living with memory challenges for a year.

His mother had dementia and her cousin now lives with the disease, so while the diagnosis wasn't expected, he concedes it wasn't a complete shock. However, he notes that people don't expect him to have Alzheimer's.

Mann wants people to see it's not only the elderly who develop Alzheimer's, and that people with the disease can contribute, communicate – and are often right next door.

"Sure, I'm aging – but I'm definitely not aged!" he said. "By speaking up and getting out, I hope people can put a face – my face – on Alzheimer's, and learn more about a disease that impacts all of us."

## Public Policy Advocacy Workshops

Jim Mann (*see related article, this page*) is one of several individuals who help facilitate the Alzheimer Society of B.C.'s Public Policy Advocacy workshops.

These sessions introduce the Alzheimer Society's program for working with government and explain what you can do to help form dementia-related policy in B.C. – from providing tips for meeting and communicating with local elected officials, to looking ahead to the next election.

For information about these workshops and to learn how you can get involved, please contact Barbara Lindsay at 604-742-4918 or [blindsay@alzheimerbc.org](mailto:blindsay@alzheimerbc.org).

## 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 Events link on the left side of the page.

### Free Tele-Workshops

The Healthy Brain  
Sept. 25, 10 a.m. to 11 a.m.

Life After Diagnosis  
Oct. 30, 7 p.m. to 8 p.m.

Alzheimer's Disease –  
The Connection Between Brain and Behaviour  
Nov. 27, 10 a.m. to 11 a.m.

For the most up-to-date list of workshops, or to register, go to [www.alzheimerbc.org/caring.php](http://www.alzheimerbc.org/caring.php) or call Care-Ring Voice Network at 1-866-396-2433.

### Eighth Annual Flora Aasen Memorial Golf Tournament

Sept. 8, 2008 Pitt Meadows, B.C.

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, e-mail [johnaasen@telus.net](mailto:johnaasen@telus.net), or go to [www.acegolfpro.com](http://www.acegolfpro.com).

### Ralph Robinson Golf Tournament

Sept. 13, 2008 Penticton, B.C.

Come out to Skaha Meadows Golf Course and tee-off in memory of Ralph Robinson, a prominent citizen of Penticton who passed away from Alzheimer's disease in 2003. To register for this event or for more information, contact the Penticton Alzheimer Resource Centre at (250) 493-8182 or toll-free 1-888-318-1122.

### Coffee Break

Sept. 18, 2008 Locations throughout the Province  
For more information, see ad this page.

### Ascent for Alzheimer's

Sept. 3 to 12, 2008 Tanzania, Africa  
For more information, see article this page.

### Annual General Meeting

Sept. 27, 2008 Burnaby, B.C.

For more information, contact Nancy Hable at 604-742-2917, toll-free 1-800-667-3742, or e-mail [nhable@alzheimerbc.org](mailto:nhable@alzheimerbc.org).

### Investors Group Walk for Memories

Jan. 25, 2009 Locations throughout the Province

Take a step forward for Alzheimer's and join a *Walk for Memories* in your community. For more information, call Angie Kok at 604-742-4908, or toll-free 1-800-667-3742, or e-mail [akok@alzheimerbc.org](mailto:akok@alzheimerbc.org).

## Ascent for Alzheimer's – Driven to reach the summit

More than 130 Canadians have literally conquered mountains in the fight against Alzheimer's since 1998, reaching for the top of Mount Kilimanjaro (19,340 feet) in Tanzania, Africa, as part of *Ascent for Alzheimer's*.



This September, 10 British Columbians will follow in their footsteps, aiming for the summit in honour of the thousands of people whose lives have been impacted by dementia.

"My grandfather, who I never met, had Alzheimer's disease," said team member Cliff Saito of Vancouver. "I never thought too much about the disease until after his death, when I realized the huge impact his illness had on my family when I was young."

*Ascent*, an annual fundraiser for the Alzheimer Society of B.C., attracts people who are not only motivated by the challenge of ascending Mount Kilimanjaro, but also driven by the desire to make a difference.

"Even though I don't personally have any connection to Alzheimer's disease, I know that more and more people are being affected," explained team member Angela Chang of Vancouver.

To learn more about this year's team, find out how you can support their efforts, and follow their journey up the mountain, visit [www.alzheimerbc.org/ascent\\_kili2008.php](http://www.alzheimerbc.org/ascent_kili2008.php).

EVERY  
CUP  
COUNTS



**A few friends and a pot of coffee –  
that's all it takes to help make a difference  
for people living with dementia**

On September 18, host your own Coffee Break, serving coffee or tea by donation to benefit the Alzheimer Society of B.C. Call 604-681-6530 or toll-free 1-800-667-3742 for ideas and your free host kit.

Sponsored in part by:



# Learn from home with Alzheimer's tele-workshops

The Alzheimer Society of B.C., in partnership with Care-Ring Voice Network, has launched a new educational program – free tele-workshops, that allow busy caregivers, or people living in remote areas, to learn from the comfort of home.

Lynda Balas of Golden, B.C., who cares for her mother-in-law with Alzheimer's at home, recently participated in a tele-workshop. "We're pretty remote here in Golden. Tele-workshops give us important information that we would not otherwise have access to, and that means we're not alone with this disease."

Written and facilitated by Alzheimer Society staff, the tele-workshops include online materials that make it easy for participants to follow along. People taking part can listen to the

presenter, read the online handouts, ask questions or make comments, and hear from other caregivers – all without leaving home.

"Tele-workshops are another way for people to access our information, no matter where they live in B.C.," said Terri Maynard, Program Coordinator of the tele-workshops at the Alzheimer Society. "This new way of delivering programs helps caregivers feel better connected."

For further details visit [www.alzheimerbc.org](http://www.alzheimerbc.org). To register, contact the Care-Ring Voice Network at 1-866-396-2433 or visit their website [www.caringvoice.com](http://www.caringvoice.com) and click on "Caring for Caregivers".

## JOIN OUR TEAM



Looking for a way to get involved with the Alzheimer Society of B.C.? Check our website regularly for the latest volunteer and career opportunities.

Go to [www.alzheimerbc.org/opportunities.php](http://www.alzheimerbc.org/opportunities.php).

## Thank you!

Every year, organizations from around British Columbia partner with the Alzheimer Society of B.C. to help deliver the programs and services needed throughout our communities.

**Dementia Helpline:**  
The Province of British Columbia

**Dementia Series:**  

  
 Pfizer  
 Manulife Financial  
 Shoppers Drug Mart

**Memory Bank:** Accenture

**Investors Group Walk for Memories:**



Bayshore Home Health

THE VANCOUVER SUN

University of Victoria



Centre on Aging

The Caregiver Appraisal Study, part of the Alzheimer Drug Therapy Initiative, is looking for caregivers and their family members from across B.C. to discuss their experiences with Alzheimer's medications: Aricept, Exelon, & Reminyl. All correspondence is confidential, and participation is voluntary. For more information, please call the University of Victoria's Centre on Aging toll-free at 1-866-511-2594.

### Acknowledgements:

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