

Help for Today.  
Hope for Tomorrow...®

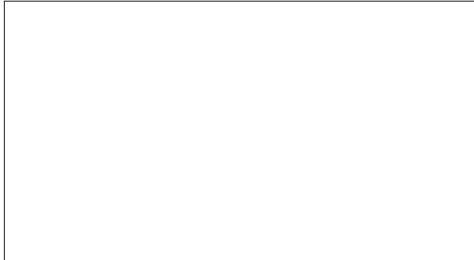
Alzheimer Society  
BRITISH COLUMBIA

# CONTACT

Summer 2011

## TRAVELLING TIPS FOR CAREGIVERS

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Return undeliverable Canadian addresses to: Alzheimer Society of B.C.  
300-828 West 8th Ave, Vancouver, B.C. V5Z 1E2

As summer approaches, many people experience the excitement and anticipation of an upcoming vacation. However, as a caregiver of someone with dementia, you may be concerned about what challenges will arise during your holiday. Although people with dementia generally do best in familiar settings, travelling can be successful and enjoyable given the right conditions and some careful planning. Below are some practical suggestions to consider for your next trip.

### Preparation:

- If you are planning a long trip, consider taking a shorter trip ahead of time as a test. This will give you a good idea of the challenges you might face and whether a longer trip will be possible.
- Allow plenty of time to investigate the best travel and medical insurance policies for your situation.

- If you are visiting friends or family, update them on your current situation so they know what to expect. Give them specific suggestions on how they can be supportive, such as spending time with the person with dementia so that you can have some time for yourself.

### What to pack:

- Bring familiar items such as a favourite sweater or slippers.
- Choose clothing that is easy for the person to put on and take off.
- Pack a list of current medications and a copy of your Representation Agreement if you have one.
- Bring enough medications to cover the period of travel, including a few extra days in case plans are delayed.
- Carry a recent photograph of the person with dementia.

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## MESSAGE FROM THE CEO

The Alzheimer Society of B.C. continues to make strides in leading the charge to address the rising tide of dementia in our province. Moving forward in 2011, the Society has identified several priority initiatives, including implementing a strategy for volunteer recruitment and retention so that we have more support in our program delivery across the province. Also, an economic evaluation of the expansion of our First Link® program will help to renew and enhance the Society business plan so that we can more effectively connect families with a community of learning, services, and support.

In order to deliver more programs and services, plan for the increasing need for support, and increase funding for research, the Society has taken a proactive and strategic direction in generating new revenue. We have launched the 'Leaders of Hope' campaign spearheaded by our volunteer Leadership Council and Board of Directors.

Our signature events continue to grow, most notably with Global TV BC personalities, Mark Madryga, as our honorary provincial chair for the *Investors Group Walk for Memories*, and Steve Darling, as our emcee and auctioneer for this year's *Forget Me Not Golf Tournament*.

We are grateful for the support from our government partners, local media celebrities, and volunteers because we know turning the rising tide of dementia is not something we can do alone. We need your help and your continued support.

This summer, as you and your families enjoy the many activities set in the beautiful backdrop of our province's natural setting, please remember the people with dementia and their families and provide them with your support.

Jean Blake  
CEO  
Alzheimer Society of B.C.

## TRAVELLING TIPS (Continued from cover)

- Consider bringing courtesy cards to inform hotel and restaurant staff, airline personnel, and others of your situation. A variety of different cards with messages such as, "Please be patient and compassionate, my companion has Alzheimer's disease" are available at your local Alzheimer Society of B.C. resource centre.

### Tips for airplane travel:

- Consider notifying the airline that the person you are travelling with has dementia. Most airlines will be able to offer additional assistance.
- It may be helpful to ask airline staff if you can board the plane first and leave last.
- Request seats close to the lavatory to avoid long walks along narrow aisles.
- Request a window seat for the person with dementia to limit over-stimulation from other passengers and crew.
- Bring activities for the person to engage in during a long

flight (e.g. favourite magazine, deck of cards).

- Bring plenty of snacks and water for both the person with dementia and yourself.

### When you reach your destination:

- Survey your hotel room for possible safety hazards.
- If you will be staying in a hotel and wandering is a concern, consider bringing a portable door alarm.
- Use a night-light to minimize confusion during nighttime bathroom trips.
- Choose familiar restaurants (such as franchises) when possible.

Travelling can trigger a variety of emotions for families living with dementia. In addition to happiness and excitement, there are often feelings of grief associated with the changes and losses that are experienced. By allowing plenty of time to plan ahead, and considering some adjustments to make things easier, both you and the person with dementia can have an enjoyable experience.

## NATIONAL VOLUNTEER WEEK VOLUNTEER IN OKANAGAN INSPIRES SENSE OF BELONGING

Those who care for people diagnosed with dementia have a journey of their own. Kate Sladen knows this from experience. Kate's mother was diagnosed with a progressive dementia and lived with Kate and her husband the last two years of her life on the dementia journey. According to Kate, it is a journey that does not have to be taken alone. Through her extensive volunteer work with the Alzheimer Society of B.C., Kate is ensuring there is support and education for caregivers to learn strategies that will help them adapt to what lies ahead, and she's doing this both at the front lines in the field and in the boardroom.

Kate, who volunteers as a relief facilitator for the Alzheimer Society of B.C.'s caregiver support group, also helps with facilitating the *Family Caregiver Series* education workshops in Vernon and Kelowna and is a member of the Society's Board of Directors. A former nurse, teacher, and counselor, Kate says that one of the rewards from her work with the Society is watching the transition of caregivers through education.

"When people reach out to the Alzheimer Society for help, Kate goes over and above to ensure they get connected to the programs and services that will meet their needs. She makes new members feel welcomed and inspires a sense of belonging," explained Jennifer Hamilton, Support and Education Coordinator, Alzheimer Society of B.C. – North and Central Okanagan Resource Centre. "I am fortunate to be working with Kate to experience firsthand her dedication to helping those whose lives have been impacted by Alzheimer's disease or related dementias."



Kate Sladen

If you have time and energy to contribute and would like to know more about volunteering with us, review current volunteer job postings on our website at [www.alzheimerbc.org](http://www.alzheimerbc.org) or contact Jo-Anne Teal, HR and Volunteer Administrator at 604-742-4924 in Vancouver or 1-800-667-3742 elsewhere in B.C.

# IMPACT OF RESEARCH FUNDING IN B.C.

Over the past six years, the Ralph Fisher and Alzheimer Society of B.C. Professorship in Alzheimer Disease Research has yielded impressive discoveries and improvements to patient care and has helped to raise the profile of Alzheimer's disease and dementia research on a national level.

The purpose of creating the professorship was to establish a leadership role in research and clinical care devoted to the disease, and an active role in promoting awareness of the issues and importance of Alzheimer's research. The professorship also supports the work of three young researchers who are engaged in promising work.

Dr. Ging-Yuek Robin Hsiung is examining the role of novel biomarkers in blood and spinal fluid in differentiating Alzheimer's and frontotemporal dementia. He has discovered a measurement that can be used to identify patients at risk for a familial form of frontotemporal dementia. He is also examining the role of new

genetic factors in predicting the risk of developing Alzheimer's in two large Canadian cohorts.

Dr. Claudia Jacova is developing a novel computerized tool, Cognitive Testing on Computer (CTOC), to screen for cognitive impairment. The tool is being refined with input from clinic patients and from a cultural advisory panel. CTOC has enormous potential in making the evaluation of cognitive complaints more comprehensive and more accessible. With Dr. Hsiung, she is also investigating the potential emotional, cognitive and biological benefits of music therapy in persons with Alzheimer's disease.

Dr. Philip E. Lee is setting out to explore potential associations between chemotherapy with or without hormonal therapy on the risk of developing dementia, specifically Alzheimer's disease.

Your support helps to fund needed research to understand the causes and find the cure for dementia. To learn more about the researchers and their work, read the Ralph Fisher and Alzheimer Society of B.C. Professorship in Alzheimer Disease Research Annual Report 2009–2010 at [www.alzheimerbc.org](http://www.alzheimerbc.org).



Dr. Philip Lee



Dr. Claudia Jacova

## ADVOCACY: EVERY STEP FORWARD IS A STEP ON THE WAY TO OUR GOAL

Connecting to the Alzheimer Society of B.C. can be a lifeline for families affected by dementia. But many don't find out about the Society in a timely way. The Society is changing this with the First Link® program funded by the BC Ministry of Health. First Link® is a partnership with family physicians and health care professionals. Through First Link®, physicians refer newly diagnosed individuals and their families to the Society and we proactively follow up. Families are deeply grateful for this connection and most would not have known about the kind of information, education and support we provide, had we connected with them through First Link®.

The BC Ministry of Health has provided funds for First Link® in a number of communities across the province but families are telling us that the program needs to be available to everyone. These families are taking action through advocacy by seeking meetings with their MLAs to thank them for funding First Link® and ask for increased support. First Link® needs to be

available for anyone affected by dementia so they can connect with the Alzheimer Society of B.C. as early as possible.

Imagine the impact that your letter, your story, your meeting will have with your MLA. Imagine the impact if others join you and all 85 MLAs hear the same important message about First Link®. Our joint action will support our efforts to ensure that people all over the province get the help they need in their own communities.

Please join our cause! The Alzheimer Society of B.C. advocacy letter-writing campaign provides the tools and support you need. Connect with Barbara Lindsay, Senior Manager Advocacy and Public Policy, at 604-742-4918 or e-mail at: [blindsay@alzheimerbc.org](mailto:blindsay@alzheimerbc.org) for the information you need to become an Alzheimer Advocate. Everyone touched by dementia will thank you.

**Alzheimer Society**  
BRITISH COLUMBIA

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Jo-Anne Teal, Jennifer O'Hagan

# EVENTS CALENDAR

## Ralph Robinson Memorial Golf Tournament

Saturday, Sept. 10, 2011

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).

## Coffee Break®

Thursday, Sept. 15, 2011

Enjoy a cup of coffee or tea for Alzheimer's! This fall, brew coffee and sell cups by donation in your home or office. The much needed funds support local programs and services for people with Alzheimer's disease and their caregivers. Your support makes a difference in the lives of people affected by Alzheimer's disease. For more information, contact Vivianne de Pass at 604-742-4920 (toll-free 1-800-667-3742) or e-mail [vdepass@alzheimerbc.org](mailto:vdepass@alzheimerbc.org).

## Ascent for Alzheimer's

Sept. 26 – Oct. 5th, 2011 - Tanzania, Africa

More than 160 Canadians have participated in *Ascent for Alzheimer's* since its inception in 1998. Support the 2011 team and follow their journey at [www.ascentbc.ca](http://www.ascentbc.ca). For more information, contact Vivianne de Pass at 604-742-4920 (toll-free 1-800-667-3742) or e-mail [vdepass@alzheimerbc.org](mailto:vdepass@alzheimerbc.org).

## Investors Group Walk for Memories

Sunday, Jan. 29, 2012

Join thousands of British Columbians in more than 20 communities across the province in the fight against Alzheimer's and dementia at the *Investors Group Walk for Memories*. Save the date! Walk with us and honorary Provincial chair Mark Madryga, Global TV BC's Senior Meteorologist, on Jan. 29, 2012. For more information, contact Angie Kok, Provincial Coordinator at 604-742-4908 (toll-free 1-800-667-3742) or e-mail [akok@alzheimerbc.org](mailto:akok@alzheimerbc.org).

For more information visit our website at [www.alzheimerbc.org](http://www.alzheimerbc.org).



## FORGET ME NOT GOLF TOURNAMENT



Golf Committee chair Don Towers presents Jim Mann, volunteer director on the Board of Directors, with a cheque for \$540,000.

Thanks to the incredible support of our sponsors, the tremendous efforts of our volunteer committee and event volunteers, the 17th annual *Forget Me Not Golf Tournament*, presented by Canaccord Genuity, raised \$540,000 for the Alzheimer Society of B.C.

Held each May at the Northview Golf and Country Club, the tournament has raised more than \$6.5 million since its inception to support families living with dementia and fund research for a cure. For more information visit [www.fmngolf.com](http://www.fmngolf.com).

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BRITISH COLUMBIA

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# THANK YOU FOR YOUR DONATION!

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 and related dementias, 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 2010.

## INDIVIDUALS

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In memory of Dr. Bruce Dovey  
Carolyn J. Kingston  
Vern and Pat Wellburn

### OUR CHAMPIONS \$10,000 TO \$19,999

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David Bowra  
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Bob and Sue Hastings

### OUR LEADERS \$5,000 TO \$9,999

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*Continued on page 5*

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## 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 (44)  
 J.D. Caughlin  
 Earl DesLaurier  
 Bob and Sue Hastings  
 Paula Jakeman  
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 Alfred Knowles  
 Rosemary Lear

Phyllis Marchment  
 Patricia Mitchell  
 Barbara Nightingale  
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 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.**

Alzheimer Society of B.C. Capital Region Fund  
 Loreen Ball Fund  
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 George P. Kelly Memorial Fund held at Vancouver Foundation

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 Henry and Marian Thiel Family Trust  
 Mollie and Don Walls Charitable Gift Fund  
 Vancouver Foundation - Volunteer Training Program

The Alzheimer Society of B.C. would like to acknowledge the approximately 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 related dementias, and extending your hand to them.

The Alzheimer Society of B.C. would also 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 604-742-4922.

## ESTATES

**We are deeply honoured to recognize estate distributions of over \$1,000 that we have received in 2010.**

Estate of Annetta M. Agnew  
 Estate of Helen R. Bourq

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Please send me more information about:  
 Leaving a gift in my will  How to become a monthly donor

Summer 2011

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