

In the LOOP

SPRING 2025

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Alzheimer
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2025 Annual General Meeting

Wednesday, June 25, 2025 | 6:00 - 7:00 PM | Virtual on Zoom

We will reflect on the past year at the Society and talk about plans for the future.

Our AGM is open to everyone, but only members in good standing can vote.

The following awards will also be presented at this year's AGM:

Student Research Awards:

- PhD/postdoctoral level Fred & Mary Walsh Student Research Award valued at \$7,500.
- Graduate level Phyllis Horton Student Research Award valued at \$5,000.
- Undergraduate-level Abe Leventhal Student Research Awards valued at \$2,500.

Volunteer Service Awards:

- Recognizing years of dedicated service.

Visit alzheimer.ca/ns/agm2025
to learn more and register.

Message from John Britton, CEO

Spring is finally here and we're heading into a busy season here at the Alzheimer Society of Nova Scotia with some of our major events right around the corner!

Each year we welcome people living with dementia to an event where they can connect and share with each other - join us for an engaging morning on April 12. This year's theme is Stepping Forward with Dementia. Turn to the next page for more information.

In May, our IG Wealth Management Walk for Alzheimer's will be back and bigger than ever. I'm excited to share that we'll be hosting TEN Walks in regions across the province this year. Read on pages 8-9 how you can get involved.

The funds we raise at the Walk will support Nova Scotians affected by dementia, and our continued growth to meet their needs. This includes a brand new Research & Advocacy department, which you can read about on page 5.

Our Advisory Committees of Lived Experience are an extension of that new department. They met for the first time just about a year ago and they've already gone full steam ahead! I hope you'll turn to pages 10-11 and read about everything they've accomplished.

A big thank you to Iain and Lesley who share their experience receiving a diagnosis and getting connected to us here at the Society. Putting real faces to the experience of dementia is so important. Read their story on pages 6-7.

I hope you'll stay connected with us this spring! At the end of this issue, you'll learn about becoming a Member of the Society, which is a perfect way to stay connected all year long.

I encourage you to check out our website at www.alzheimer.ca/ns or call us at 1-800-611-6345 at any time.

Thank you, as always, for staying 'In the Loop' on what is happening at the Society and for supporting us as we provide help for today and hope for tomorrow to the thousands of Nova Scotians affected by dementia.



A handwritten signature in blue ink, appearing to read 'John Britton', with a long, sweeping horizontal line extending to the right.

John Britton
CEO, Alzheimer Society of Nova Scotia



We would love to hear your feedback! Send us an email at alzheimer@asns.ca.



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Stepping Forward with Dementia

Saturday, April 12, 2025
10:00 AM - 12:00 PM

54 Locks Road, Dartmouth
Fairbanks Interpretive Centre
Light lunch from 12:00 - 1:00 PM

Are you a person living with dementia who wants to connect with others and learn about strategies to stay active and live well? Stepping Forward with Dementia will focus on strategies to live well with dementia and will include presentations from speakers living with dementia and an opportunity to connect with others.

**This event is free of charge, but pre-registration is required.
Call 902-422-7961 to register!**

Research & Advocacy at ASNS

According to the Landmark Study Volume 1, the number of people living with dementia in Nova Scotia is expected to reach nearly 30,000 by 2050 (an 87% increase from 2020)¹. Volume 2 of the study showed us that this will disproportionately impact equity-deserving communities.²



Though the data is alarming, the Landmark Study also provided a message of hope – that improving one's brain health and focusing on dementia risk reduction can have a major impact on these projections. By taking action, individuals could reduce their risk by up to 40 per cent, leading to less dementia overall in the population.

To provide sufficient support to everyone affected by dementia, and support risk reduction at a population level, we must think differently. We need to work in new ways to prepare for the future and influence change.

We've invested in a new Research & Advocacy department that expands our capacity for work in these areas and promotes further discussions around brain health and uptake of innovation in the community and healthcare sector. We're expanding upon work we've long been doing including creating awareness of dementia risk factors, developing dementia friendly communities, fostering promising research and liaising with government partners and stakeholders to advance our advocacy priorities.

This new department will be focused on:

- Supportive government advocacy
- Dementia Friendly Communities
- Research & Knowledge Translation
- Timely, culturally appropriate diagnosis access
- Community level education and awareness

Our main focus has been on our evidence-based education, information and support programs for people with dementia and their care partners. And those programs are here to stay and always expanding! We'll continue to provide Help for Today through programs and services, and Hope for Tomorrow through the expanded work of this new department.

¹Alzheimer Society of Canada. (2022). Navigating the Path Forward for Dementia in Canada: The Landmark Study Report #1. www.alzheimer.ca/en/research/reports-dementia/landmark-study-report-1-path-forward

²Alzheimer Society of Canada. (2024). The Many Faces of Dementia in Canada: The Landmark Study Report #2. www.alzheimer.ca/en/the-many-faces-of-dementia-in-canada-landmark-study-volume-2

In It Together - Iain and Lesley's Story

Renée Hartleib

Writer and Volunteer

She was from England and he was from Scotland, but after fate brought them together, Lesley and Iain Tulloch decided to try living somewhere completely new to both of them—Canada. The year was 1966 and they settled in Quebec, had four children, and six years later, moved to Nova Scotia.

Iain was from a family of boat builders and worked as a ship designer and naval architect. “Any ferry you’ve ever taken in the Maritimes, I helped to build,” he says proudly. Lesley raised the kids and later took a job in a law firm. They both retired in the year 2000.

Fast forward 25 years and they’ve left the big city of Halifax for Hubbards. Fox Point to be exact. They now have 11 grandchildren and are still very active. Hiking, biking, sailing, badminton, and table tennis are only some of the pursuits that have kept the couple young at heart and fit as a fiddle.

They are also both avid readers and creatively inclined—Lesley is an oil and watercolour painter and Iain still builds boats. In fact, he’s currently putting the finishing touches on his 25th sailboat. A former competitive sailor, Iain once represented Canada at the World Sailing Championship.

So when they got the news from Iain’s geriatrician a year ago that he had mild cognitive impairment (MCI), they were concerned that his diagnosis would affect their quality of life.

A First Link® referral to the Alzheimer Society resulted in the couple enrolling in one of the Society’s programs called Shaping the Journey. It’s designed to provide both information and support to a person with a recent diagnosis of dementia and a care partner (could be a family member or a friend).





This six-week course is offered in numerous locations around the province. Iain and Lesley attended in Bridgewater and met people from as far away as Shelburne and Yarmouth. Lesley especially enjoyed the part of the program where the care partners were able to talk alone about some of the challenges they were experiencing.

One of the things that the couple has grappled with is who to tell about Iain's diagnosis. So far, they've let their family and a few close friends know. That feels like enough for now.

Iain and Lesley are keen to meet more people who are in the same boat and take advantage of the other supports offered at the Alzheimer Society. This includes participating in the Connections Hub program, a social group for people with early-stage dementia. It provides a safe, friendly space where participants can connect, converse, and share experiences.

"It can feel like a bit of a lonely road. And quite isolating," says Lesley. "Sometimes we feel like we're all on our own out here, but knowing there are others who are at similar stages of the same journey really helps."

If you'd like to learn more about the programs that the Alzheimer Society of Nova Scotia offers, call us at 1-800-611-6345 or visit www.alzheimer.ca/ns/programs-services.



**Questions about dementia?
We are here to help.**

Our province-wide Dementia Helpline is a confidential service provided by our team of knowledgeable and caring staff.

**Dementia Helpline
1-800-611-6345**

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The 2025 IG Wealth Management Walk for Alzheimer's

Registration is now open!



It's time to get your walking shoes ready! The IG Wealth Management Walk for Alzheimer's is happening the weekend of **Saturday, May 24 and Sunday, May 25** across the province. Join us as we walk together in support of the thousands of Nova Scotians affected by dementia.

You can register as a team or individual, or make a donation in support of the cause.



Visit www.walkns.ca to sign up with your team, read about the event, check out fundraising tips, and more!



This year, we're hosting **10 Walks** across the province:

Saturday, May 24:

- **Truro** - Civic Square (740 Prince Street)
- **Sheet Harbour** - Sheet Harbour Recreation Centre (22756 Nova Scotia Trunk 7)

Sunday, May 25:

- **Halifax** - Emera Oval (5775 Cogswell Street)
- **Shelburne** - Guild Hall (11 Maiden Lane)
- **Bridgewater** - Lunenburg County Lifestyle Centre (135 N Park Street)
- **Wolfville** - Acadia's Raymond Field (550 Main Street)
- **Amherst** - Dickey Park (132 East Pleasant Street)
- **Havre Boucher** - Havre Boucher Community Centre (12401 Highway #4)
- **Trenton** - Trenton Park (119 Park Road)
- **Sydney** - Cape Breton University (1250 Grand Lake Road)

Visit walkns.ca to for more information including start times and route maps.

If you can't attend the Walk in-person, show your support by making a donation!

If you have any questions about the event or how to register, please reach out to us at alzheimer@asns.ca or call 1-800-611-6345.

Volunteer with us!

We're looking for volunteers in Truro, Amherst, Trenton Shelburne, and Havre Boucher. Email marilyn.macmullin@asns.ca for more information.



Advisory Committees of Lived Experience Helping to Shape the Future

The Advisory Committees of Lived Experience have made significant contributions to promoting education and awareness around dementia since they first met last spring. These committees demonstrate how lived experiences can inform policy and bring about tangible, positive change in the lives of those living with and affected by dementia.

Made up of diverse individuals, the advisory committees represent a wide range of perspectives from across Nova Scotia, including people from rural, Black and LGBTQ+ communities, and those living with various types of dementia.

There are two committees, one for care partners and one for people living with dementia. The committees meet quarterly to share their insights on key advocacy priorities, learn from guest speakers, and contribute to ongoing projects that are shaping dementia initiatives in our province.

“The work of these committees has been invaluable” says Rosanne Burke, Manager of Advocacy. “It’s critical that we partner with and amplify the voices of people most affected by the issues.”

The first important task of the committees was to select the recipients of the Dementia Friendly Community Awards, which recognized individuals and organizations committed to improving the lives of people living with dementia. They have also played a key role in educational initiatives to foster dementia friendly communities, promoting awareness of dementia and breaking down the stigma surrounding the condition.



Dementia Friendly Community Award Recipients, selected by the Advisory Committees.



Committee members Dave and Kim participated in on-camera interviews for an upcoming promotional campaign.

Additionally, committee members have contributed to the development of educational resources, including editing this newsletter that you're currently reading! Their input ensures that these resources are not only informative but truly reflective of the needs and experiences of those directly impacted by dementia.

The committees continue to develop and refine materials that provide support to those affected by dementia, such as videos about our programs, which offers valuable assistance to those navigating dementia care.

Members have contributed to national discussions on Medical Assistance in Dying (MAiD) and palliative care. Their involvement in these crucial conversations ensures that the voices of those living with dementia are heard in policy discussions across government levels.

Through their collective efforts, the advisory committees continue to lead the way in advocating for a more dementia friendly future, one where the voices of lived experience are not only heard, but are central to shaping the policies and practices that affect the lives of people living with dementia. These committees are shifting the narrative of what it means to live with dementia. They are fostering a more inclusive, supportive, and understanding society, while also driving significant policy changes that benefit those living with dementia and their families.

Dementia Friendly Language

In a Dementia Friendly Community, people use language that is respectful and inclusive of people who live with dementia and their care partners. By using dementia friendly language, you can help reduce the stigma.

Next time you're speaking about dementia, try swapping these commonly used phrases for the more dementia friendly suggestions!

When speaking about people living with dementia and their experiences:

✓ A person living with dementia

✗ Sufferer, demented person, victim, patient

✓ Challenging, life changing, stressful

✗ Devastating, hopeless, tragic

✓ Changes in behaviour (speak to how the behaviour has changed)

✗ [A person is] being difficult

✓ Reactive behaviour

✓ Responsive behaviour

✗ Aggressive (Referring to behaviour resulting from frustrations as "reactive" or "responsive" rather than "aggressive" shows that you understand the reality of the person living with dementia)

✓ Respectful terms that acknowledge the person is an adult (e.g., "clothing protector" or "smock")

✗ Terms that are typically associated with children and infantilize people living with dementia (e.g., "bib")

✗ "Elder speak" / patronizing language such as "sweetie" or "dear"

When speaking about a care partner, family member or friend of a person living with dementia:

✓ Caregiver, care partner, supporter

✗ Informal caregiver, professional caregiver

✓ Family member, friend of, support network, mother, daughter, etc.

✗ Loved one(s) (In some cases, people will be caring for a person with whom they had a challenging relationship – the person might not necessarily be a “loved one” to them.)

✓ Impact of supporting

✗ Burden of caring

When speaking about dementia:

✓ Alzheimer’s disease; Alzheimer’s disease and/or other dementias

✗ AD (acronyms can be challenging), Alzheimer’s disease and related dementias (not all dementia are related)

✓ Younger onset dementia

✗ Early onset dementia (While still correct, this term may imply the stage of disease trajectory rather than the age of onset)



Adapted from Dementia-Friendly Canada.

Talking to Younger Family Members About Dementia

When a family member is living with dementia, discussing their condition with children is important to help them understand the changes they may observe. We understand that approaching this conversation can be challenging.

In this article, I'll outline some tips for approaching these conversations with youth this and hopefully help to make those conversations easier.

When talking to children about dementia, it is important to consider their age and level of understanding and to avoid using medical jargon and complex terms. Instead, focus on the visible changes that the child may notice.

Before the visit, have a conversation with your younger family member and help them prepare for potential changes they may experience. You can explain how dementia can affect emotions, memory, and social interactions, and that their loved one may act in ways that seem confusing or different from how they acted in the past.

A family member living with dementia may find participating in some family traditions challenging and need some extra support. It is important to foster empathy, kindness and patience in children by reminding them that these challenges are not intentional or deliberate. This will help younger family members appreciate the special little moments with the person who has dementia.

There are fun activities that children can do that are meaningful for everyone. Find ways to modify your favourite traditions to allow everyone to participate in ways that are comfortable for the family member with dementia. Some activities can include playing a game, watching a movie or cooking or baking together. These activities provide connection and quality time and create new memories.



It's good to remind children of the positive aspects of their relationship with their family member, such as the importance of spending quality time together and memories the whole family shares.

For younger children who may not remember a time when their loved one didn't have dementia, tell them stories about their family member's life, including the things they enjoyed doing and some of their accomplishments. This can help children to feel connected to their loved one, while they navigate the changes brought on by dementia.

Talking to children about dementia can be a challenging but important conversation. By approaching the topic with patience and empathy, and making thoughtful adjustments to traditions, you can set yourself and your family up for success.

If you need extra support in having these conversations, we're here to help you. Call our Dementia Helpline at 1-800-611-6345 to speak to one of our knowledgeable and caring staff.



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Tuesdays and Thursdays

10:00 - 11:30 AM

April 29 - June 19, 2025

Orientation Session on April 24

**For people living with dementia and a care partner to attend together
at the Canada Games Centre in Halifax!**

DELIGHT promotes health and well-being for people living with dementia and care partners through exercise, healthy eating, and strategies to live well.

Call 1-800-611-6345 to learn more and register.



Become a Society Member!

Do you want to have a say in the strategic direction and operations of the Alzheimer Society of Nova Scotia? Become a member today.

As a member of the Society, you will feel a sense of pride in supporting people living with dementia across Nova Scotia. You will be first in the know on things happening at the Society, be able to vote at our Annual General Meeting and more.

Society members receive:

- An invitation to and voting rights at our Annual General Meeting
- A copy of our annual report by mail
- A bi-annual update via personal letter from our CEO
- Notice of our events and career postings
- A membership certificate (by request)

Membership has an annual fee of \$25 for individuals and \$100 for corporate.

If the individual membership fee is a barrier, please contact us for alternative options to access membership.

"Many of the residents and families of Tideview Terrace are living with a dementia diagnosis that brings them to our doorstep. Our membership with the Society has benefitted us all with support, annual training, fundraising and connection with the larger dementia community."

- Debra Boudreau, CEO, Tideview Terrace
Corporate member

"I believe it's important to be a member of ASNS to support the Society in all the work they do. They provide invaluable support to those on the dementia journey as well as those caring for people with dementia."

- Rob Pulling, member



To become a member today visit alzheimer.ca/ns/membership to fill in the membership form digitally, scan the QR code, fill in the membership form on the next page of this newsletter and return by mail, or call us at 1-800-611-6345.

Membership Form

You can also apply to become a member at www.alzheimer.ca/ns/membership or by filling out the form below.

☐ **Yes!** I want to become a member of the Alzheimer Society of Nova Scotia. I want to have my voice heard in 2025-2026 and beyond!

Name: _____

Company Name (if applicable): _____

Full mailing address: _____

Phone: _____ Email: _____

Membership Category:

☐ Individual - \$25 ☐ Corporate - \$100*

*Where an organization has more than one branch/location, corporate memberships will need to be purchased for each branch/location.

PAYMENT INFORMATION:

☐ I have enclosed a cheque payable to the Alzheimer Society of Nova Scotia

OR

☐ Please charge my donation to my: ☐ Visa ☐ MasterCard ☐ AMEX

Cardholder name: _____

Card number: _____

Expiry: ____/____ CVC: _____

Cardholder signature: _____

Thank you! Please return to: **Alzheimer Society of Nova Scotia**
112-2719 Gladstone St.
Halifax, Nova Scotia, B3K 4W6

Dear Friend,

When my father was diagnosed with vascular dementia, the advice I received could be summed up like this:

“Prepare for long-term care now... because you won’t be able to help him.”

But that warning, while well intentioned, was wrong.

I became my dad’s voice when his words failed and his trusted navigator when the world felt overwhelming – his advocate.

Caring for my dad strengthened my understanding of the dementia journey and enriched me with the power that comes from clarity of purpose.

Today, as Manager of Advocacy at the Alzheimer Society of Nova Scotia, I help families like mine navigate their dementia journey with dignity, security, and hope.

But our work – made possible by your support – is only just beginning.

With the number of Nova Scotians living with dementia expected to reach nearly 30,000 by 2050, urgent action is critical. That’s why we’ve launched our new Research and Advocacy Department – to amplify voices, advance systemic change, and build a dementia friendly province.

We’re counting on your support of this new effort to:

- Advocate for families at decision-making tables
- Build dementia friendly communities
- Share the latest advancements in dementia care and risk reduction
- Break down stigma through education and awareness

Will you help us advocate for thousands more Nova Scotians affected by dementia and support the life-changing of our new department with a donation to the Alzheimer Society of Nova Scotia?

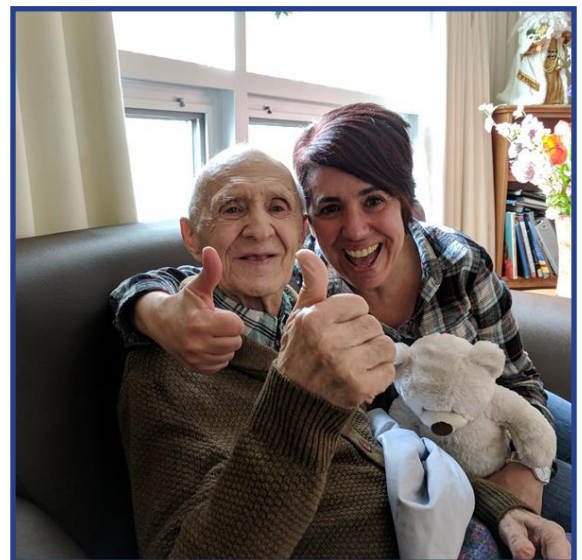
Your generosity will give families the support they need to navigate the hardest moments – just like I was so privileged to do for my dad.

Thank you for standing with us and supporting countless Nova Scotians as they navigate their own personal dementia journey.

Sincerely,
Rosanne Burke

Rosanne Burke

**Manager of Advocacy
Alzheimer Society of Nova Scotia**



Make a Donation

You can also make your secure donation at www.alzheimer.ca/ns/donate or by filling out the form below.

Name: _____

Full mailing address: _____

Yes! You can count on me to help ensure that caregivers, family members, and those living with dementia get the support they need.

I would like to support the Alzheimer Society of Nova Scotia with a **one time** gift of:

☐ \$20 ☐ \$50 ☐ \$100 ☐ \$ _____

OR

I would like to support the Alzheimer Society of Nova Scotia with a **monthly** gift of:

☐ \$10 ☐ \$20 ☐ \$50 ☐ \$ _____

You can stop your monthly gift at any time by contacting us by phone or email.

PAYMENT INFORMATION:

☐ I have enclosed a cheque payable to the Alzheimer Society of Nova Scotia

OR

☐ Please charge my donation to my: ☐ Visa ☐ MasterCard ☐ AMEX

Cardholder name: _____

Card number: _____

Expiry: ____/____ CVC: _____

Cardholder signature: _____

☐ I prefer to receive my official tax receipt by email to help reduce administrative costs.
My email address is: _____

Thank you! Please return to: **Alzheimer Society of Nova Scotia**
112-2719 Gladstone St.
Halifax, Nova Scotia, B3K 4W6

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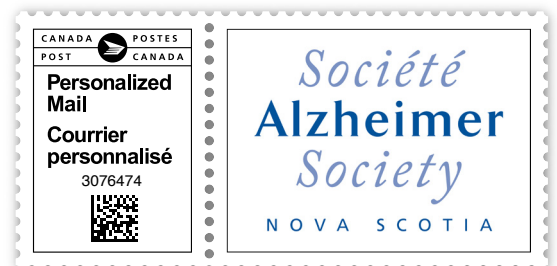


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902-422-7961 or 1-800-611-6345 (toll free within NS)



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