

IN MEMORIAM... We offer our sympathy to families who have lost their loved ones and express our thanks to family members and friends who made donations in their memory.

- |                    |                     |                       |                    |                     |
|--------------------|---------------------|-----------------------|--------------------|---------------------|
| Alich, Gabriel     | Cousins, Michael    | Gellaty, Bruce        | Lawrence, Mary     | Pasquale, Sally     |
| Alonzi, Luigia     | Cowie, Helen        | Gilliard, Elsie       | Leo, Rosa          | Paton, Sonia        |
| Argier, Violet     | Cox, Harold         | Gnanapandithen, Tilly | Lesiw, Stanislaw   | Pereira, Manuel     |
| Armstrong, Gordon  | Davidson, Marjorie  | Greenfield, Bernard   | Lestrangle, Eaman  | Ritchie, Dawn       |
| Bhaloo, Shanti     | De Felice, Anna     | Hanley, Elizabeth     | Lewis, Curl        | Rizzuto, Carmela    |
| Barnes, Kathleen   | DeSransesce, Maria  | Hattin, Murray        | Logan, John        | Roberts, Willim     |
| Baxter, James      | Dumond, Anne-Marie  | Hayes, Mary           | Lonsky, Peter      | Roberts, Richard    |
| Blackett, Neza     | Early, Gordon       | Heuvingh, Anne        | Lorett, John       | Roque, Fernando     |
| Bortolus, Rina     | Fair, Patricia      | Hore, William         | Lucnger, Kata      | Rossi, Maria        |
| Bowes, Ron         | Farquhar, Rose      | Horowitz, Carl        | Mallory, Robin     | Rugg, Margaret      |
| Boxem, Henry       | Ferri, Quintol      | Incani, Maria         | Martyn, Dorothy    | Ruscillo, Benedetta |
| Brander, Paul      | Findlay, Jack       | Iness, Lorne          | Matthews, Violet   | Sears, Geroge       |
| Braunstein, Anna   | Flis, John          | Isoshima, Frank       | McCutcheon, Mary   | Seppanen, Douglas   |
| Bridge, Donald     | Fluker, Eleanor     | Ison, Clementine      | McGuian, Julia     | Shears, George      |
| Cardoso, Jose      | Francisco, Borges   | Janker, Nick          | McGuire, Winnfred  | Sicluna, Denise     |
| Carter Sr., George | Fynn, Harold        | Jones, William        | McIntyre, Jack     | Silk, William       |
| Chajczyk, Feliks   | Galway, Jack        | Kerr, Patricia        | McNabb, Ruth       | Smither, Jim        |
| Choppin, Yvonne    | Garamvolgyl, Steven | Kismory, Charles      | McNeill, Rollie    | Sommerfeld, Brenard |
| Clark, Rodney      | Garlardo, Beryl     | Lawrence, Gwendolyn   | Miller, James      | Sousa, Maria        |
|                    |                     |                       | Minn, Tran         | Sowerbutts, Henry   |
|                    |                     |                       | Modolo, Leslie     | Stewart, Rose       |
|                    |                     |                       | Moore, William     | Stripinis, Grazina  |
|                    |                     |                       | Moores, Ruby       | Trigiani, Maria     |
|                    |                     |                       | Morden, Doris      | Vendramin, Guiseppe |
|                    |                     |                       | Mueller, Helena    | Vespi, Elena        |
|                    |                     |                       | Mulligan, Shirley  | Walters, Elsie      |
|                    |                     |                       | Newton, Mr.        | Wieder, Illean      |
|                    |                     |                       | Nicol, Shirley     | Williams, Wilma     |
|                    |                     |                       | Nordstrand, Sylvia | Wright, Marian      |
|                    |                     |                       | O'Connor, John     | Zapla, Irene        |
|                    |                     |                       | Paraizs, Mary      | Zuccmerato, Bruno   |
|                    |                     |                       | Pasquale, Iole     |                     |

As a friend of Alzheimer Society Peel I would like to:

- Make a donation of: \$ \_\_\_\_\_
- Renew my membership     Become a member
- Individual**    **Student / Senior**    **Corporate**  
                   \$20.00                    \$10.00                    \$50.00

Visa / Mastercard / Amex # \_\_\_\_\_  
 Expiry: \_\_\_\_\_

**You can make an online donation at  
[www.alzheimerpeel.com](http://www.alzheimerpeel.com)**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Prov.: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

Please mail or fax this form to:  
**Alzheimer Society Peel**  
**60 Briarwood Avenue, ON L5G 3N6**  
 Telephone: 905-278-3667    Fax: 905 278-3964

*Alzheimer Society Peel has a Grief Support Group available. Offering guidance and support at the end of the journey.*

**For further information regarding this group, please call: Brunel site Outreach Counsellor, Christine Longo at: 289-632-2273**

"The pain passes, but the beauty remains." Renoir

If your address has changed, please let us know both your new and old address so we can update our database.

Charitable Reg # 132657396 RR0001



## SUSTAINING A PROFESSIONAL, ENGAGED AND DIVERSE BOARD

by Paul Corbeil

The purpose of the Nominating Committee is to recruit, interview and select individuals to serve on the Board of Directors. In accordance with our By-Laws, Board composition should hold a fair representation of a variety of skills and the community served to ensure the current and strategic needs of the organization are met.

In my role as co-chair of the Nominating Committee, it is my pleasure to lead this process and to introduce the new Board members who were approved at the Annual General Meeting in June 2014.

**Mr. Barry Leslie** is a Staff Sergeant with Peel Regional Police (PRP) with twenty-five years experience. Barry has held numerous roles in various divisions within the PRP and is currently assigned to the Organizational Wellness Bureau. He is an active volunteer, both within PRP and in the community and has been a very active volunteer with Alzheimer Society Peel since 2002.

**Ms. Renu Minhas** is an experienced leader who has held senior positions in diverse not-for-profit organizations, including Ontario Institute for Cancer Research, Prostate Cancer Canada, CNIB and UNICEF. Renu's experience is supported by a Masters in Sociology, as well as a certificate in Human Resources. She is active in the community as a board member, having served as a Board Member with MH LHIN and served as President and Vice-President with India Rainbow Community Services of Peel.

**Mr. Chris Tynan** is a motivated Chartered Accountant with NPO experience. Chris received an Honours Bachelor of Business Administration from the Schulich School of Business (York University) and also has a Certified Fraud Examiner Designation. He works as a Senior Auditor in Advisory Services for Deloitte where he has worked since 2009.

As you can see, these new Board Members bring diverse professional backgrounds that complement the broad skills of existing Directors. It is important to leverage the expertise of individual members for the Board to fulfill its governance function of:

- Articulating and communicating the Society's vision;
- Developing a strategic plan;
- Establishing the framework policies which define the parameters within which ASP carries out its work, through the leadership of management; and
- Evaluating the organization's progress, as outlined in the framework policies and the strategic plan.

As the Board resumes its 2014-2015 meeting schedule, we will continue in our commitment to be passionate and engaged advocates for the Society in performing our roles in order to move forward efficiently and effectively while continuing to provide help for today and hope for tomorrow.



**Paul Corbeil, Vice President, Board of Directors Alzheimer Society Peel**

Paul Corbeil joined the Alzheimer Society Peel Board of Directors in June, 2012.

~\*~

Paul has been working in the human relations field for over 10 years.

He holds a Bachelors degree in Psychology and a Masters of Industrial Relations.

~\*~

Alzheimer Society Peel is governed by a volunteer Board of Directors made up of culturally diverse individuals with various professional backgrounds in order to be representative of the community served and to ensure the current and strategic needs of the organization are met.

**Port Credit**  
60 Briarwood Avenue  
Mississauga, ON L5G 3N6

Head Office & Counselling  
905-278-3667

**Sam McCallion**  
157 Queen Street E.  
Mississauga, ON, L5G 1N2

Day Program 905-278-2989

**Meadowvale**  
1-6535 Millcreek Drive  
Mississauga, ON L5N 2M2

Day Program 905-542-7424  
Counselling 905-542-7415

**Brampton / Evelyn's Place**  
150 East Drive  
Brampton, ON L6T 1C1

Day Program 905-789-1306  
Counselling 905-792-1319

**Brunel**  
385 Brunel Road  
Mississauga, ON L4Z 1Z5

Day Program,  
Bathing Program  
& Counselling  
289-632-2273 (CARE)

**Nora's House**  
905-232-6016

**E-mail:**  
n.bhamra@alzheimerpeel.com

**Website:**  
www.alzheimerpeel.com

**Office hours:** Mon - Fri  
8:30 am - 4:30 pm

**Charitable Reg #**  
132657396 RR0001



# UPCOMING *Fundraising* EVENTS

OCTOBER 2014  
MEET 'MANNI'



This year's Forget-Me-Not  
Teddy Bear, *Manni* goes on sale in October.  
Each bear comes with a unique,  
hand knitted sweater

FORGET-ME-NOT GALA  
JANUARY 23, 2015



**Black and White Ball**  
Mississauga Grand Banquet centre  
6pm Martini Bar and h'ors d'oeuvres  
7pm Dinner, Entertainment and more!  
Please visit our website for more information.

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*To us, it's personal.*  
HomeInstead.com/Mississauga-on

## Community Partners



### 2014 Walk for Memories and Unforgettable Run

On behalf of Alzheimer Society Peel, our clients and their families we would like to thank our sponsors, participants and donors for their support.

The Unforgettable Run and Walk For Memories was a complete success!!! We are proud to announce that the event raised just over  
**\$40,000**

## Evelyn's Place Ribbon Cutting



Evelyn Carrier, ASP Past Board President is seen here cutting the ribbon at her namesake, Evelyn's Place Day Program, open house on May 30, 2014. Also seen here are current Board President, Mary-Lynn

**Great Memories Golf Classic was held on Monday, September 8th at the Eagle Ridge Golf Course and was a great success. Golfers enjoyed a day of golf followed by dinner and auction at the Peel Police Association.**

**This year's tournament raised \$31,000+**

Presented by Right at Home Canada

**Right at Home**  
CANADA

In Home Care & Assistance

Contact: Dani Depetrillo  
905-331-4663  
Right at Home Canada

## The Road to Success in the Treatment of Alzheimer's Disease



Submission to Alzheimer Society of Peel  
Sharon Cohen MD.

The need for a substantial breakthrough in the treatment of Alzheimer's disease has been recognized as a global health care priority by the World Health Organization. The urgency is a direct reflection of the enormous scale and impact of Alzheimer's disease on individuals and society. Many care organizations subscribe to the vision of "a world without Alzheimer's disease". The U.S. National Alzheimer's Plan has actually assigned a timeline to their goal of advancing treatment by pledging a significant breakthrough by the year 2025. Several other countries are currently funding national and international research that will speed up development of new treatments. Meanwhile, those with the disease, or at risk for the disease, or caring for someone with the disease, are painfully aware that these new treatments can never come soon enough and that current remedies offer only modest benefit. As we eagerly wait for a new generation of medications, few of us are aware of the process by which new treatments are actually realized. As a result, we may prematurely despair that nothing new is working or that not enough is being done. Similarly, we may be unaware of tangible opportunities to participate directly in the march toward success.

### New Treatment Approaches Derive from Increased Knowledge of Alzheimer's Disease.

Over the past decades, there have been major increases in our scientific understanding of the changes that occur in the brain in Alzheimer's disease. Some of these changes have been found to occur very early in the disease - even before symptoms develop. For example, the build up of an abnormal protein called beta-amyloid can be identified on special scans done in people 10 to 15 years before symptoms of forgetfulness. Other brain changes involve the reduction or imbalance of chemicals in the brain which prevent the proper communication of information from one brain cell to the next. Still other changes involve an abnormal tau protein which causes tangles to arise in a pattern of physical spread in the brain that correlates with the severity of the disease. Many other important aspects of this very complicated disease have been unravelled over the past decades including the existence of risk factor genes and protective genes for Alzheimer's disease, as well as gene mutations that can directly cause Alzheimer's disease in specific

families. This continually expanding knowledge paves the way for the development of multiple treatment strategies and the testing of experimental medications which may intervene at several stages and through several different mechanisms. It is a great source of hope that more compounds than ever before are now being tested for their potential to treat Alzheimer's disease. Indeed new compounds are expected to join this arena of intense investigation each year. While some approaches will fail, others will succeed. With many compounds at different stages of development and aimed at different disease mechanisms, we are poised for success.

### The discovery of potential compounds is just the beginning.

To become a viable treatment, a compound must go through a prolonged period of testing. This testing is initially conducted in experimental animals and subsequently in clinical trials, i.e., in research with humans. The safety and benefit of each experimental medication must be demonstrated in successive clinical trial stages from the earliest tests in humans (phase I) through to phase 2, and finally phase 3, the latter representing the final stage before a medication can be approved for use. This process is mandatory and lengthy. Hence, the discovery of a very promising compound may not yield a drug in the pharmacy for 10 years or more. Fortunately, many individuals qualify for access to such investigational medications by participating in the clinical trials themselves rather than simply waiting for trials to yield results. Research centres such as Toronto Memory Program offer participation in a broad range of Alzheimer's treatment studies including those with compounds tackling beta-amyloid protein, those tackling tau tangles and those restoring chemical balance in the brain.

In addition to clinical trial opportunities for those who have symptoms of Alzheimer's disease, several other important studies are underway at Toronto Memory Program which aim to prevent Alzheimer's disease in those who are at risk but who do not yet have symptoms or in those who have only mild symptoms. Anyone with mild memory symptoms or with a family history of Alzheimer's disease should consider exploring prevention options. Everyone has a part to play in moving treatments forward in Alzheimer's disease. Waiting for others to pave the way will only lengthen the process.

To find out whether there is a clinical trial option suitable for you or a loved one, call **416-386-9606** or email Toronto Memory Program at [research@memorydisorders.ca](mailto:research@memorydisorders.ca)



I joined the Alzheimer Society of Ontario (ASO) in March of this year, shortly after the completion of my Master's degree at the University of Toronto. My degree was in neuroscience and after spending two years buried beneath laboratory experiments and research papers, I wanted to try something new. I applied to the ASO with the desire to apply academic knowledge to real world issues and help improve the quality of life in people living with dementia. I was hired on as a project coordinator and tasked with the development of Suvien, a new tablet application for people living with dementia that promotes conversation and social interaction through access to personalized photos, music and videos provided by family and friends. My responsibilities included the planning and organization of pilot tests for the application, aimed at identifying any issues for repair before product release. It was for this purpose that I became a part of the *Just For You- Early Support Group (JFY)* at the Alzheimer Society Peel (ASP).

The JFY is a supportive, educational, therapeutic program for those individuals who have been informed and are aware of their diagnosis of Alzheimer's disease or related dementias. The group meets every two weeks at the ASP Briarwood office, where participants engage in activities aimed at reducing physical and mental stress. The group was ideal for Suvien pilot testing as all of the participants still lived at home with partners who could provide content for the application and met regularly enough for frequent evaluation. From April to June I travelled to the ASP Briarwood office to work with these volunteers from the JFY between their sessions.

During my first trip to the ASP Briarwood office I remember being impressed by the friendly nature of the JFY room and

the participants. I arrived early and was shown into the meeting room to wait for the rest of the group. The space felt quiet and cozy, containing a central table with chairs, a comfortable couch and a small

# CONVERSATION

by David Dukoff

desk with coffee and cookies for consumption. The participants began to arrive shortly after, quickly filling available seats with men and women from a wide range of ages and culture backgrounds who freely conversed while waiting for the session to start. Although a stranger at their table, I was greeted to friendly smiles during my introduction which dissolved my fears and provided me with a strong foundation to build on during Suvien evaluations. Over the next few months I was given plenty of opportunities to interact with the group and take part in activities. I came to understand the value of the JFY and the role it played with those involved.

The JFY's greatest strength is that it promotes meaningful conversations through games and activities. Although many of the participants may not felt comfortable talking in a conventional support group setting, they found a voice while working on group projects. Participants exchanged stories while painting, shared support between listening to music and voiced their opinions while learning about the brain. As sessions progressed, I came to understand how valuable these talks were to participants. I realized that living with dementia can be scary and isolating, with those affected often struggling with fears of losing themselves. Many people want more than support or empathy, they want to speak with others in similar positions who can relate to how they feel. This is what I came to see as the purpose for the JFY, a safe place where people living with dementia can connect with others in the same position, discuss a variety of topics without worrying about upsetting their partners and come

## The Value of a Good

to terms with the fact that they are not alone. Fun activities shared over warm drinks and snacks mask the profound nature of the talks, making the event feel more like a bi-weekly get together with friends than a support group.

Another thing that I came to recognize about the JFY was that without the support of staff and volunteers, the program would never have been possible. The ASP staff members are some of the most supportive individuals I have ever met. During my visits, I saw them work tirelessly to assist anyone who came to them for help, providing excellent service and truly inspirational care to all of their clients. They ensured that JFY sessions were kept free of interruption, had access to counsellors if needed and were provided with all the necessary resources. The JFY sessions were primarily organized and managed by Christine Longo who ensured that all of the participants felt comfortable and supported during sessions. The ASP provided the structure and encouragement that made the JFY work.

To wrap up, the JFY is more than it appears. It is a safe space that gives people living with dementia a chance to talk, share, listen, laugh and be validated over tasty snacks, with support from an incredible staff. I can honestly say that I have not found anything else quite like it, but I am thankful that it exists and I am glad to have been a part of it.

View from  
**ROBIN'S** nest  
by Robin Stainton, ASP Public Education Coordinator



After I sat and cried for almost 2 hours, the love of my life; out of the greatest intention and truly wanting to help, said "I think you're overreacting." It made me cry all the more-because I knew I wasn't overreacting. I knew we were now on a journey that I've seen so many others face and I didn't want this to be our new reality. I cried because I didn't want our perfect little family to change. I cried because I feared how the change and grief would affect my husband. "It's his Mother after all..." and I cried because I felt selfish and angry.

Here we are 5 months later and I see how I really wasn't overreacting (as does my husband) and I see how this journey has changed everything. But I also see little gifts we have been given along the way and how we are all coming out stronger because of it.

I guess I should back up. I'll start from the beginning so you get where I'm coming from. I'm Robin, Public Education Coordinator from the Alzheimer Society Peel, with 20 years of experience working with people affected by Alzheimer disease and related dementia - "the expert" so to speak, or so I thought; but that was before dementia came to my house.

I married the greatest guy in the world 15 years ago. 4 or 5 years in we renovated our basement (his workshop) into an apartment and brought his Mom to live with us. It was just easier to help her out with things and kept her from being isolated so far away when she couldn't drive at night. Having your Mother-in-law in the basement has it's...challenges, but it does also have it's blessings. I had a "laundry fairy", meals were often ready when we came home from work, and 6 years ago when we brought our bundle of joy home from the hospital we had a live in babysitter. Life was good!

### {Then there was the night it all hit home}

I started seeing the warning signs. Little things at first, forgetting things, word finding difficulties, changes in judgment and even personality. But we were ok, she wasn't alone and it was kind of the perfect situation as I could put strategies in place to help her and keep an eye on things to make sure she was safe. Over a couple of years, slowly there were more and more changes. I was starting to get more concerned...

Then there was the night that it all hit home. She had been away visiting family and we were "supposed" to be away on a romantic getaway. (It didn't happen as we all ended up getting sick) Mom was due to come home Saturday night on the train so we had planned to come home Saturday to pick her up from the station. It was Friday and the phone rang. My sister in law called to let us know the train

would be arriving at 11:30 pm - on the wrong night! Mom had booked her ride home when we were supposed to be away! She was to arrive in the middle of the night, in February, to a train station that would be closed. She refuses to carry a cell phone, so she would have been stranded. She probably would have tried to walk home, but she's blind at night - it was a disaster waiting to happen. That's when I knew there's more at risk here, she needs more support than we are giving her, and that's when the tears just wouldn't stop.

### { "Mid stage" came quicker than I was ready for }

A week later she was in the hospital, with bleeding on the brain. It's a miracle we got her there in time, and that she's still with us today. The woman who came home from the hospital is different in so many ways. "Mid stage" came quicker than I was ready for. Oh the stories I could tell, and I will, in future issues but I'm running out of room for today.

I want to get back to those gifts I mentioned before. This journey has been about change. That was my biggest fear at the beginning but sometimes change can bring about good. Sometimes it helps us grow into better people.

My husband and I have gained a better understanding of each other. We are so different but can complement each other and fill different needs based on our different strengths. We "get" each other more now.

The way I do my job has totally changed. I find myself often telling stories of what not to do, based on my experiences. I understand now, that some days are about survival and that just making it to the end is enough.

### {We need to give ourselves a break when we mess up.}

I have tapped into ASP's counselling services and I know that's what's really made the difference for me. I've been able to talk it through, and have my out of control emotions validated. I'm learning how not to expect too much from myself or others, and that it's ok to take care of myself. I'm realizing that all those tips and strategies that I've taught for years are a lot harder to implement than they sound and that we need to give ourselves a break when we mess up. I'm learning that I'll continue to "mess up" sometimes because no one is perfect, and because every situation is different, there are no "pat answers".

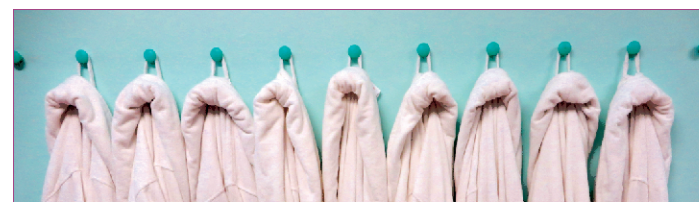
As I look back I see how ASP has given me "Help for Today" (and boy do I need it!) But somehow as I reflect on how this journey is changing me for the better, I really do feel "Hope for tomorrow".

Robin Stainton has worked with the Alzheimer Society Peel for 13 years. Robin has held roles in both Day Program and Education Services.

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For more information regarding Alzheimer Society Peel Services, please see our website at [www.alzheimerpeel.com](http://www.alzheimerpeel.com)

# Bathing Program



The great success of the Alzheimer Society Peel's Bathing Program at the Brunel Road location in Mississauga is directly related to three key factors:

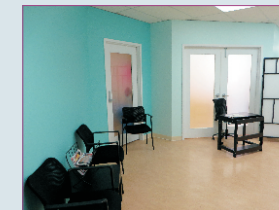
**1. A beautiful ambience.** This humble oasis tucked in the midst of one of ASP's busy day program locations is a welcoming spot for caregivers to bring their family members for person-centred, personal care.

**2. Terrific staff.** Friendly, warm and very well trained staff see to it that individuals who need that extra care with bathing are treated with the utmost respect while ensuring that their care needs are met. Staff can also show caregivers how to properly bathe and assist their loved one in a secure and supportive setting.

**3. Funding.** This service, (funded by the Mississauga Halton Local Health Integrated Network) is provided free of charge to anyone who meets basic criteria for the service. For more information about the service or to book an appointment, contact the Bathing Program Coordinators directly.

[bathingprogram@alzheimerpeel.com](mailto:bathingprogram@alzheimerpeel.com)

or leave a message at **289-632-2273 EXT 318**



"When people hear the words "bathing program" I think they just picture a shower in a bathroom or an institutional setting."

*"My mother and I have appreciated this wonderful service. It's difficult waiting for long term care, and being able to bring her for a shower has been a lifesaver."*

"I believe what makes the ASP Bathing Program so special is the warm, spa-like atmosphere that we offer."

"The staff are so warm and welcoming, they really take the time to get to know our guests."

*"The staff are wonderful - upbeat and definitely a positive influence with our loved ones!"*

"The impact the bathing program has had on caregivers is outstanding and confirms that we are really doing something that matters."



### Have you included Alzheimer Society Peel in your Will?

If you would like to make a gift to Alzheimer Society Peel, either now or in your estate, please consult with your **legal** and **financial** advisor to ensure that you will receive all the **tax benefits** possible. We are also available to consult with you about how a gift may be directed or recognized.

For more information please call us at **905-278-3667**



You can follow ASP on **Twitter** and **Facebook**.



See our website links at: [www.alzheimerpeel.com](http://www.alzheimerpeel.com)