

## Alzheimer Society Peel Winter 2017 Newsletter

### Meet Teresa Gavin, Alzheimer Society Peel's Chief Financial Officer

I began my involvement with the Alzheimer Society Peel nearly 20 years ago. Maureen Davis contacted Deeth and Company to provide some back up for the accounting department, which consisted of one person. At that time I was involved 1 day a month and at year end. I provided assistance with the audit. In 2010 Chris Rawn-Kane approached me requesting more of my services on a regular basis as the accounting department required additional help. The budget in 2010 was increasing and was approximately 2.5 million and the services were expanding. First Link was just in the implementation stages and 4.5 new employee positions made available, bringing the staff to roughly 80 full time and part time employees. We agreed that I would join Alzheimer Society Peel staff on a part time basis for up to 14 hours a week. As the organization grew so did my hours and my involvement. In 2015 I was hired as a full time employee as the Chief Financial Officer. The 2016 budget is nearing the 10 million mark and our team at the Society is now over 130 employees. Since 2010 the Society has signed two Multi Sectorial Service Agreements with Mississauga Halton and the Central West Local Health Integrated Networks. The expanded services from 2010 includes funding for the Behavioural Supports Ontario Program, Caregiver Recharge and the Society opening a new day program, Evelyn's Place in Brampton. In 2015 the Provincial Government recognized the need to increase the Personal Support Workers wages in Ontario. The Society was part of this initiative and the front line staff received a well-deserved wage increase. The additional service that I would like to see in the future includes funding for a new Nora's house. Nora's House currently services 8 clients in the Region of Peel. As you can see there is a great need for new respite initiatives in the Region. Hopefully we will see this happen sooner than later especially with the new fundraising initiatives that have been started by our fundraising team. The fundraising team trialed the concept of crowd funding in 2016 which raised approximately \$3800 for new appliances for the Brampton Day Centre which was just shy of their initial goal. I have been part of the accreditation process for the Society both in 2013 and 2016. In both years the Society received 3 Year Accreditation status which is the highest designation. This status just affirms the commitment of our staff in providing the upmost in services to our clients and caregivers. The Society continues to improve processes on a daily basis and we are getting ready for the next accreditation in 2019. Not only am I the Chief Financial Officer for the Society, I am also one of the many dedicated volunteers. You will find me volunteering at the Walk and the Run, Bowlathon and the Golf Tournament. I also volunteer preparing personal tax returns for some of the Society's clients and caregivers that require my assistance. I would personally like to thank all of the staff that continue to volunteer their time at the Society events, their support is greatly appreciated. It is a pleasure working with such an amazing dedicated team at the Society, and I'm looking forward to the future of Alzheimer Society Peel.

## Sponsors

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- If you are interested in becoming an Alzheimer Society Peel sponsor, please  
contact Brandi Diemling 905-278-3667 extension 214  
[b.diemling@alzheimerpeel.com](mailto:b.diemling@alzheimerpeel.com) [www.alzheimerpeel.com](http://www.alzheimerpeel.com)

## Locations

- **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 and Counselling 289-632-2273 (CARE)

- **Nora's House**

905-232-6016

**E-mail:** [n.bhamra@alzheimerpeel.com](mailto:n.bhamra@alzheimerpeel.com)

**Website:** [www.alzheimerpeel.com](http://www.alzheimerpeel.com)

**Office hours:** Monday to Friday 8:30 am - 4:30 pm

**Charitable Reg #** 132657396 RR0001

If you, or someone that you represent, has a disability and needs accessible services, information in an alternate format, or any other accommodations, please contact Danielle Farrell at 905-792-1319 Extension 710. We will work with you to make appropriate arrangements

## Upcoming Events

### Fundraising

- Walk For Alzheimer's and Unforgettable 5k Run June 10, 2017

Join us at the beautiful Lakefront Promenade Park in Mississauga. Watch our website for more information about online registration - coming soon. Or visit [www.events.runningroom.com](http://www.events.runningroom.com)

Watch our website for the latest updates

For more information regarding events, please contact Rosalyn Adolph at [r.adolph@alzheimerpeel.com](mailto:r.adolph@alzheimerpeel.com)

- Alzheimer Society Peel Fanbowl April 8, 2017

Get your teams together for another great time at our annual bowlathon fundraiser!!

To register your team, contact Rosalyn at [r.adolph@alzheimerpeel.com](mailto:r.adolph@alzheimerpeel.com)

Photo Alzheimer Society Peel's Brandi Deimling is seen graciously accepting a \$10,000 cheque from Paul Hobson and Associate of HB Insurance, The Co-operators Group.

Special thank you to all our Forget Me Not Gala supporters. With your help Alzheimer Society Peel raised over \$31,000 this year.

## Alzheimer Society Peel Staff Education Day

On November 8, 2016, the Alzheimer Society Peel staff attended their annual staff education day. This education day, with the exception of our respite house, has all sites close for one day so that staff can get together in one place for training, camaraderie, and hopefully some laughs. After the committee deliberated over a whirlwind of ideas and topics, the day came together in the form of a travel themed day that saw attendees exploring a fabulous series of tour stops based on Richard St. John workshop, *The 8 Traits Successful People Have in Common: 8 To Be Great\**. These traits include Passion, Work, Focus, Push, Ideas, Improve, Serve, and Persist. From passports to baggage claims and group “excursions”, key organization related topics were paired with the above 8 traits and presented by our own excellent Alzheimer Society Peel presenters, as well as special guest, from the Matheis Financial Team. The organization wide event spanned 7 ½ hours and provided program sharing opportunities, professional caregiver strategies, information about benefits and retirement, personal stories, insights and ideas, educational prospects, service acknowledgments, tales of overcoming obstacles, and self-care. Finally, after a jammed packed day of information, the group was guided through a sample meditation as a reminder that we all need to reset, refuel, and refocus regularly in order to do what we do. Alzheimer Society Peel’s Senior Management team are very committed to ensuring that all staff have this learning day, and face to face time with co-workers that they might not otherwise ever meet. It is also strongly supported as Senior Management truly believe that the families and members we serve are better off because the staff are better off for having taken part in such an event. Besides the bonding experience and the reminder of organizational plans and goals, staff feedback is also an essential part of the day. Evaluations are collected and the comments are used by the event committee and management for future education days as well as organizational planning. The committee has already started to work on next year’s Education Day.

## Activities and Dementia

Keeping occupied and stimulated can improve the quality of life for people living with dementia. As dementia develops it will have an impact on a person’s ability to carry out everyday tasks. The most challenging task for a caregiver is to develop daily routines and activities that are interesting, meaningful, and do-able and valued by people living with dementia. Activities can be fun and can encourage independence, social inclusion, communication or expression of feelings. Activities should be individualized and customized for each participant. The most beneficial activities are simple, everyday tasks such as activities at home like setting the table for a meal, folding clothes, sweeping the floor or making the bed. Such activities can help a senior with dementia feel connected to normal life and can maximize choice and control. Some activities offer an emotional connection with other people. For example; conversation is a simple, meaningful activity with many benefits for a senior with dementia and the people caring for them. The connection and involvement through social interaction is important. Exercise is beneficial for physical and mental health, and can improve the quality of life for people at all stages of dementia. Exercise activities such as gardening, walking, and swimming could be beneficial and enjoyable. Mental stimulation such as doing

crosswords or puzzles, or playing cards and board games are enjoyable and keep the mind active. Music can be enjoyable even when other abilities are severely affected. It is proven that music can improve someone's mood, behaviour and wellbeing. Activities in the local community can include participation in churches, community centres, community groups, alumni associations, community events and any other opportunity to increase social interaction and prevent social isolation or loneliness. These activities often create a sense of togetherness and belonging. As a person's dementia progresses, it affects their concentration and motivation. Activities can be simplified so they are still manageable and stimulating, without too many challenges or choices. Ideally, families and communities should work together to successfully create options and programs that will enrich the lives of people living with dementia. Research shows that it is common for individuals living with dementia to remember the past, often reverting back in time. Long-term memories have more clarity and may be a source of joy, pride and sense of self. Activities focusing on reminiscence can help improve mood and wellbeing. Not feeling needed or valuable is one of the most damaging effects of dementia. Individuals living with dementia need to be needed. Caregivers should create this sense of purpose so they feel needed and valued while they are contributing to the community. Making the decision to move into a residential care facility may be very difficult even when living at home is no longer an option. Retirement residences bridge the gap between living independently and living in Long Term Care Homes. In Retirement residences, we customize programs to include an approach to care for our residents living with dementia by bringing a philosophy of sense of purpose to residents' lives and by finding opportunities to engage residents in the activities that are most familiar to them. We understand that each person has a different background and is familiar with different tasks. Our goal is for each one of them to have opportunities to participate in meaningful activities and tasks every day. Employees are trained to nurture relationships with residents and with their family members. By learning as much as we can about the person and their history, we can tailor activities and programs to the uniqueness of the individual. The goal of creating meaningful moments and meaningful days is an ongoing commitment to ensure people living with dementia remain active and engaged for continued quality of life.

By Sanya Batos, Community Relations Manager at Southbrook Retirement Community

### [Mississauga City Hall Clock Tower to be Lit Up in Support of Alzheimer's](#)

Mississauga, ON- January is Alzheimer's Awareness Month and in support of the 2017 campaign, #InItForAlz, City Hall in Mississauga has lit up their featured clock tower in blue on January 31st, 2017. This year's awareness campaign was designed to bring awareness to the fact Alzheimer's disease and other related dementias impacts every Canadian and is becoming a growing concern for our communities. The clock tower lights changed to blue starting at 8pm and could be viewed at Celebration Square and the surrounding areas of City Hall. More than 42,000 individuals in the Region of Peel have been affected by this disease and have sought out services at the Alzheimer Society Peel. The Chapter promotes public and professional awareness of Alzheimer's disease and related dementias and offers a variety of programs and services. Alzheimer Society Peel works with all service providers to ensure that optimum health and social

services are provided for the family and persons with Alzheimer's disease and related dementias in the Region of Peel. For more information contact Brandi Deimling: [b.deimling@alzheimerpeel.com](mailto:b.deimling@alzheimerpeel.com)

## Caregiver Retreat

If you are a caregiver connected to Alzheimer Society Peel, you have heard it many times, you need to take care of yourself first, beware of caregiver burnout, if something happens to you, how will you continue to take care of your loved one? This message is so important, but there is also another angle to this whole self-care thing, something that we don't always say, but as equally important. The question we need to ask is; "How can we be sure to guard against losing myself in this caregiving journey?" It is a roller coaster, for many of us years long, it takes sacrifice, it takes dedication, it takes up so much of our time and energy, but we can't let it take away who we are as a person. Our loved one wouldn't want us to. It's with this in mind that each fall we organize our annual caregiver retreat. A full day of "me" time for our caregivers. The day consists of a mix of education and activity. The difference is that for once the education isn't about the disease. We don't focus on brain changes, communication tips or understanding and coping with behaviours. We don't discuss the importance of planning ahead. Instead we take the time to focus on the caregiver themselves. We cover topics like; How I can incorporate exercise into my days that are already too busy?, How can I develop resiliency from this experience?, Balancing nutrition and lifestyle habits for my wellbeing. This allows our caregivers to focus on themselves and set a plan in place to make these changes in their lives. At the retreat participants are given the opportunity to enjoy activities such as music, art, exercise and meditation. This day isn't so much about telling you what you should be doing for yourself as it's about allowing you the opportunity to do it. We even provide free care for the person with the symptoms for the day if they are not able to be left alone. So often we know that we should take the time for ourselves but squeezing it in seems almost impossible. Our goal is to make this seemingly impossibility a reality for one day. To allow people the opportunity to relax and rejuvenate, which will hopefully motivate participants to continue to create opportunities to care for themselves throughout their journey. Thanks to our wonderful sponsors we are able to provide a lovely breakfast and lunch as well as snacks throughout the day, each participant goes home with a gift bag and some lucky winners are given door prizes. The breaks and meals allow the time to connect with others on the same journey, to share your experiences or sometimes to just chat about something other than caregiving. The feedback speaks for itself. Last year one participant mentioned to one of our Counsellors that she felt the retreat day "saved her life." Another thanked us for providing a "needed, enjoyable and caring place" Still another "I was very lucky to be treated to such a kind and thoughtful day!" Our annual caregiver retreat day is another example of how we provide "Hope for Today, and Help for tomorrow" We are already looking forward to planning next year's event!

## You Can Help

Being a part of the Alzheimer Society Peel donor family allows you opportunities to partner with the Society to further grow our exceptional programs, and provide greater services to a growing number of individuals affected by Alzheimer's disease and related dementias. By giving directly to Alzheimer Society Peel, you are entrusting that your donation will immediately aid current and future clients and families to receive services provided by the Society that you have experienced and trusted. We ask you to share your support with us and allow your donations to accompany those on this journey of Alzheimer's disease or related dementias.

## Include Us In Your Will

Future gifts can allow you to receive tax benefits for yourself and your family, have control on where your estate or money goes, and aid other families and their children to receive help and services through their journey with the disease.

## Events

Join us at our Forget Me Not Gala, Walk For Alzheimer's & Unforgettable Run, Great Memories Golf Classic, Coffee Break or our Bowl-a-thon! Come as a guest or participant, or join us a sponsor!

## On-Line

If you would like to assist us from the comfort of your desk, feel free to donate through our Amazon.ca Wish List, or through our Canada Helps page. Links to each site can be found on our Donate Page on our website.

## By Mail

Feel free to mail in a personal cheque or join our membership! Cheques can be made out to "Alzheimer Society Peel". We also accept credit card payments as a one-time or on-going initiative.

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