

YOU, are a Philanthropist!

By Sarah Lyon, ASNS Staff Member

Philanthropy is “the love of humankind.”

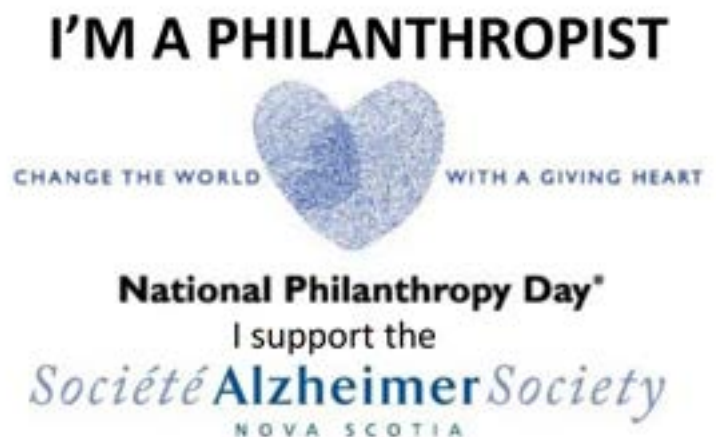
National Philanthropy Day® (NPD)—November 15—is the day that thousands of people around the world come together to put action into the word Philanthropy and recognize the change that has been brought to our communities.

NPD is a celebration of philanthropy: giving, volunteering and charitable engagement. It also highlights the accomplishments that philanthropy and philanthropic process make to our society and our world.

NPD is both a nationally recognized day and a grassroots movement. In 2012, Canada officially recognized NPD permanently, setting a new model for other countries to emulate.

In Nova Scotia, we want to thank all those who donate, volunteer and support the programs, services, and educational opportunities that take place across the province supporting those living the dementia journey.

Visit our YouTube channel on November 16, 2015 to meet some fellow philanthropists we surprised, as we celebrate YOU the Philanthropist who changes the world with a giving heart.



First Link® with Dr. Valerie Lewis

By Donna McLean, ASNS Staff Member

Doctor Valerie Lewis is making a difference in the lives of her patients in Halifax, as well as people living as far away as Haiti. Dr. Lewis is Medical Advisor for three long term care facilities and Associate Medical Director of the Care by Design program. She also has her own family practice, Geriatrics in Motion, where she says she has an above average number of seniors. So what is the Haiti connection?

In April, Dr. Lewis traveled to the remote mountain community of Terre-Sel on the island of La Gonave, Haiti to present funds raised in Halifax to build a school for over 70 children. Dr. Lewis worked in a hospital in Haiti from 1988-1991, and has stayed connected ever since. She helped make arrangements for delivery of much needed medical supplies to the hospital when Haiti was hit by an earthquake in January 2010. Dr. Lewis became involved in the school project through her work with the hospital.

Closer to home, Dr. Lewis is an enthusiastic supporter of the First Link® program, a program which allows healthcare professionals to directly refer individuals and families affected by dementia to the Alzheimer Society of Nova Scotia. The Society makes the initial contact, offering information, education, support, and ongoing follow-up.

When asked why she refers her patients to ASNS, she said, "I find that our time in the clinic is focused on medical intervention. The Alzheimer Society can provide support on an emotional and practical level. It takes some of the anxiety away. Giving education about the course of dementia; that knowledge helps you be prepared." She added, "I have one client who has dementia and goes to a

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support group. It helps them to prepare for a time when they can no longer articulate and express themselves as well."

Whether it's supporting school children and hospital patients in Haiti, or her own patients in Halifax, Dr. Lewis' caring nature shines through. When talking about the benefits of First Link® for people and families living with dementia she said, "I find that when you have somebody alongside you, it's reassuring and provides comfort that you're not alone on the journey."



Dr. Valerie Lewis Family Doctor, Geriatrics in Motion

To learn more about First Link and to see the First Link video, go to our website at www.alzheimer.ca/ns.

ARE YOU In The LOOP?

Coming up...

November 11

Office closed for Remembrance Day

November 15

National Philanthropy Day

December 1

Giving Tuesday

December 24 - January 3

Office closed for Christmas

January is Alzheimer's Awareness month!

January 6

Sydney Research Breakfast

January 7

Halifax Research Breakfast

January 8

South Shore Research Breakfast

Support groups are offered on various dates around the province.

For a full list of these dates, please visit our [website](#).

Thank You for a Quacktastic Duck Season

By Beth Jackson, ASNS Staff Member

Thank you to our sponsors, community partners, volunteers and duck adopters for supporting the 2015 Alzheimer Duck Derby!

Congratulations to our winners!

2015 Hyundai Accent

Dennis Herring, Dartmouth

Two tickets anywhere WestJet flies

David Friendly, Lunenburg

\$1,000 Shopping Spree

Morgan Greene, Lower Sackville



From left: Steele Hyundai's Peter Gwynne-Timothy, First place winner Dennis Herring, ASNS President Dean Gale, Hali Derby, Staff member Joan Parks-Hubley, Second Prize winner David Friendly and his wife Maureen, Lunenburg BMO Branch manager Belinda, ASNS Staff member Amanda Mueller and Third Prize Winner Morgan Greene



Alzheimer Duck Derby 2015

Upper Clements Park Passes
Sharron Yeosman, Dartmouth

\$25 Gas Card
Lisa Beaver, Halifax

Starbucks Gift Basket
Ann West, Halifax

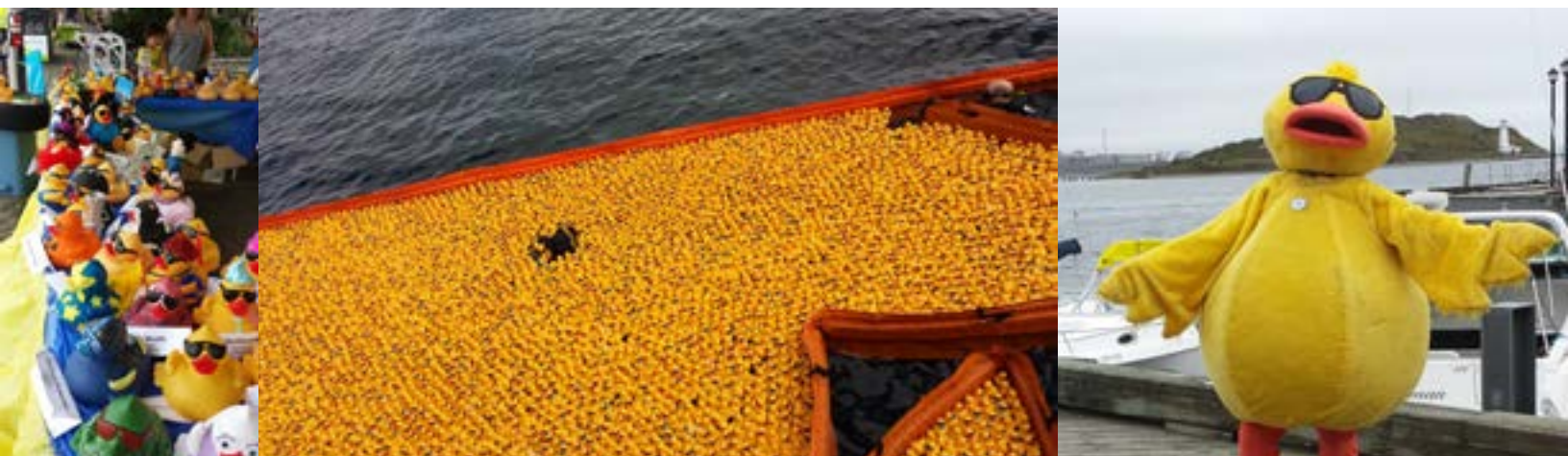
Superstore Gift Card
Hassan Kassem, Sydney

Boston Pizza Gift Card
Elaine Porter, Lunenburg

Sobeys Gift Card
Pat Mallowney, Dartmouth

Discovery Centre Passes
Gary Baker, Dartmouth

Thank you for your support!



ENVIROSYSTEMS

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Shifting Focus in Dementia Care

By Dawn Boudrot, ASNS Staff Member

The 26th Annual Provincial Conference was held on October 19th and 20th. With approximately 300 healthcare professionals, caregivers, and volunteers in attendance it was a wonderful two days of informative sessions conducted influential speakers in the health care world.

Under the title of *Shifting Focus in Dementia Care*, participants learned new ways of interacting with people with dementia, other healthcare professionals and the healthcare system.

There were a variety of relevant sessions offered on such topics as:

- activities to make it easier for caregivers to engage people with dementia in meaningful ways;
- new ways to provide medical care to people to keep them out of the hospital;
- the importance of mindful, compassionate communication with learning tools to create trust and kindness;
- developing a dementia-friendly city with initiatives involving city planners, architects and designers.

These were just some of the topics that people enjoyed.

In attending the sessions it became apparent that the overarching theme that appeared under the title *Shifting Focus* was relationships. Whether the session explored the relationship between therapist and patient, patient and caregiver, patient and family, or patient and their environment, it was obvious that the patient-centered approach was important to everybody.



From left: ASNS staff members Kaija Whittam, Kara Guthro-Murgatroyd and Joan Parks-Hubley

Presenter Rev. Faye Forbes



From left: Keynote Speaker Sherry Dupuis and Phyllis Horton Bursary Recipient Drew DeBay

Five Conference participants were asked the same question: How did attending this conference Shift your Focus in relation to dementia?

"I learned a lot about dementia friendly communities and how a few simple changes can help de-stigmatize dementia and make friendlier cities or communities for people that are living with the disease."

–Janice Boudreau-Turcotte

"The most profound thing for me so far has been the talk by Dr. Kenny because she made me think and reflect about aging in a different way. She helped distill the important aspects that we really need to focus on."

– Patti Snair

"I feel the theme from the last few days has really been around patient-centered care and to remember that people still have choices. It becomes important to slow down when providing care and take those extra few moments to allow patients to make choices for themselves, even though doing that might take more time."

– Michelle Walton

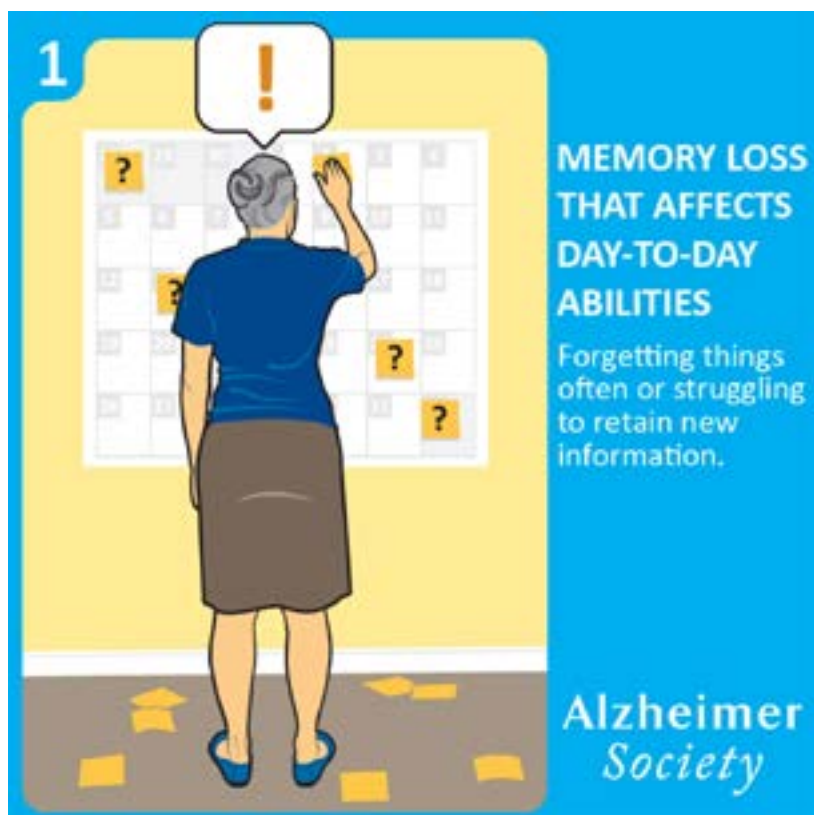
"During this conference there was a lot of helpful information. The most impactful session for me was about compassionate communication with Mary Purdy. I learned so much and it changed my caregiving journey because of the information and the help that she gave us so that I now will be able to communicate better with the people who can help my mom."

–Carolyn Angers

"I like the way it was highlighted that the language that we used forms our actions and beliefs and that we are able to reframe, in very useful and constructive ways, how we communicate not only with other healthcare workers, but with people who are struggling with dementia. I will now think about the language I use and make sure none of it is negative."

– Janice Ptak

Ten Signs of Dementia: One of Ten



There are ten common signs of dementia. Memory loss that affects day-to-day ability is one of them.

Though memory loss is a normal part of aging, it can also be an indicator of dementia, specifically when it begins to affect your day to day abilities, and the decline is noticeable over time.

The important thing to keep in mind is just because you exhibit one sign, does not mean you have dementia! If you have concerns, please call our confidential phone service or talk to your doctor.

Watch our next issues of In the Loop for the next sign or visit alzheimer.ca/ns for more information.

Your Money at Work

What difference does your donation make?

One of the many ways your donations make a difference in the lives of people living with dementia is through the Alzheimer InfoLine, a confidential telephone service.

The Alzheimer InfoLine is for anyone with questions or concerns about Alzheimer's disease or other dementias. We listen and together we explore options. The InfoLine offers people a safe place to call to speak with qualified and knowledgeable people. Whether it is a caregiver who needs support or someone newly diagnosed and wondering what's next. We can give you the tools, advice, confidence and direction you need to move forward.



To see more ways your donations make a difference, please visit alzheimer.ca/en/ns/We-can-help.

Vimy Court Reigns Victorious Again

By Dawn Boudrot, ASNS Staff Member

Congratulations to all who participated in the 2015 Nursing Home Challenge! This years winners are:

1st Place - [Vimy Court](#), Bible Hill

2nd Place - [St. Anne Centre](#), Arichat

3rd Place - [Wolfville Nursing Home](#), Wolfville

About the first place Nursing Home:

At Vimy Court fundraising is a yearlong event. They have committed to working 12 months a year to help the Alzheimer Society fight against dementia. Every year they do a 50/50 draw which runs for 12 months. They also hold tea and bake sales at Christmas and Thanksgiving. Throughout the year they hold many ticket draws for wonderful donated prizes and give incentives to participants who choose to collect pledges by entering them in these draws when they reach a particular pledge amount.

The Walk at Vimy Court has evolved into a true community event. The amount of hard work and dedication that the staff and volunteers put in to their mission of supporting Nova Scotians with dementia 12 months of the year is truly inspiring. A special thank you to Catherine Stewart who is an amazing champion for this cause!

The Nursing Home Challenge is a part of the Walk for Alzheimer's that happens every May. Nursing Homes around the province raise money and awareness for Nova Scotians living with dementia and compete for the first place title. Thank you to all who participated!



From left: Participants of all ages enjoying Vimy Court's Nursing Home Challenge event on a sunny June day.

Teepa Snow, International Dementia Expert to speak at the Alzheimer Breakfasts

By Beth Jackson, ASNS Staff Member

January is Alzheimer's Awareness Month in Nova Scotia and Research Awareness breakfasts in Halifax, Sydney, and the South Shore are celebrating with a very special guest this year: Teepa Snow! Teepa will speak at all three breakfasts this January. If you work in health care, or have cared for someone living with dementia, chances are you have heard of Teepa Snow or watched one of her educational videos. Now you have a chance to hear her in person! By attending the breakfasts, you'll have the opportunity to network, and hear informative presentations, while helping raise funds for research both locally and nationally.

[Teepa Snow](#) has worked as a registered Occupational Therapist for over 30 years and is one of America's leading educators on dementia. Teepa is known for her Positive Approach™ to Care techniques and training models that now are used by families and professionals working or living with dementia throughout the world.

"The breakfasts are really important for the Alzheimer Society of Nova Scotia," says Dr. Melissa Andrew, Chair of the Research Advisory Committee and Alzheimer Society Board Member. "It's a great chance for us to raise awareness about dementia and what the Society offers; and it's important to note that all of the funds raised go directly to support dementia research."

Anyone can attend the breakfasts! Don't miss your chance to see world-class speaker, Teepa Snow and help support dementia research.

Attend a Breakfast!

January 6, 2016

Sydney, Membertou Trade & Convention Centre

January 7, 2016

Halifax, Cunard Centre

January 8, 2016

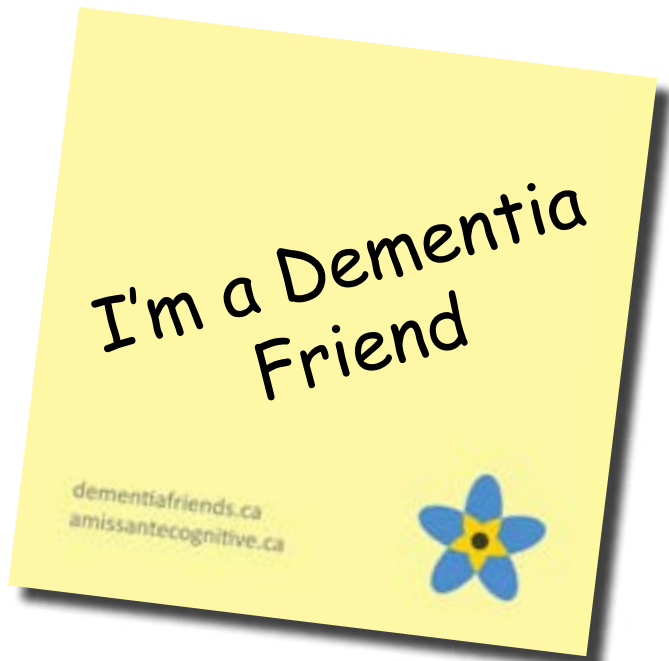
Bridgewater, Bridgewater Baptist Church

To purchase tickets and attend a breakfast near you, call the Alzheimer Society of Nova Scotia at 1-800-611-6345 or visit alzheimer.ca/ns for more information.



International Dementia Expert Teepa Snow

Dementia Friends



What is Dementia Friends Canada?

Dementia Friends Canada is a national awareness and engagement initiative. The goal is to educate Canadians on what it's like to live with dementia so that we can help people with dementia live well.

How do I become a friend?

It's easy! Visit dementiafriends.ca and watch the video. Following the video you register and choose an action that suits your lifestyle. This can be anything from posting on social media, to getting your co-workers to sign up to volunteering with the Alzheimer Society - whatever you choose.

Join the 12,670 Canadians who have already signed up and *Become a Friend* today.



Middle Stage Education Series

The Middle Stage Education Series Pilot was held in Truro from September 17th until October 22nd, 2015.

For two hours every Thursday evening, for six weeks, participants met to learn about dementia and what happens in the middle stage. Topics covered included an overview of dementia, the caregiver journey, communication and care, care and safety, understanding behaviour, and options for care.

The group was very cohesive. They shared personal experiences which truly helped each other realize that they are not alone.

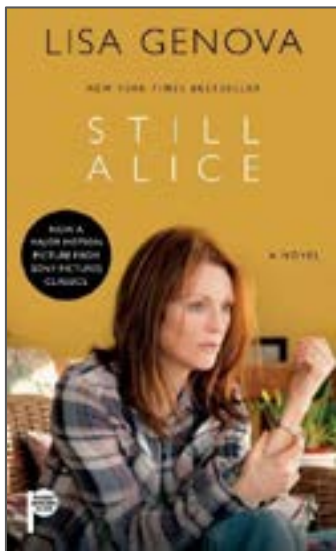


Impact Ethics

Encouraging public debate

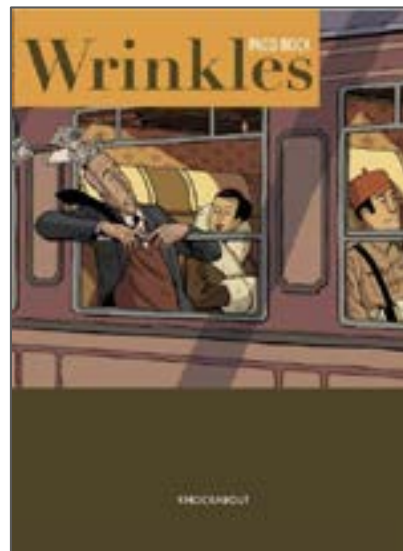
January is Alzheimer's Awareness month!

Join us for these Alzheimer's Awareness month activities, featuring book reviews, film viewings and panel discussions with a variety of dementia experts!



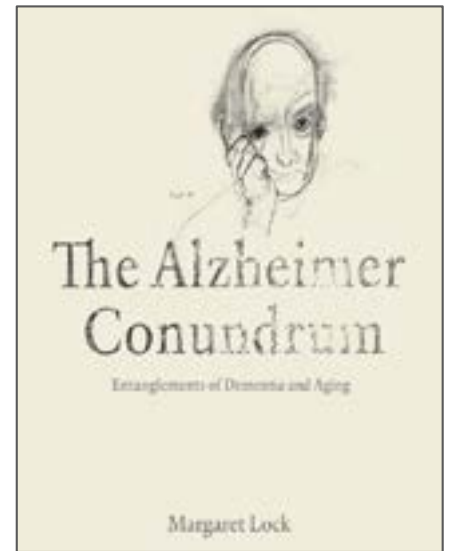
Book Review

ImpactEthics.ca
Tues. Jan. 5, 2016



Book Review

ImpactEthics.ca
Thurs. Jan. 7, 2016



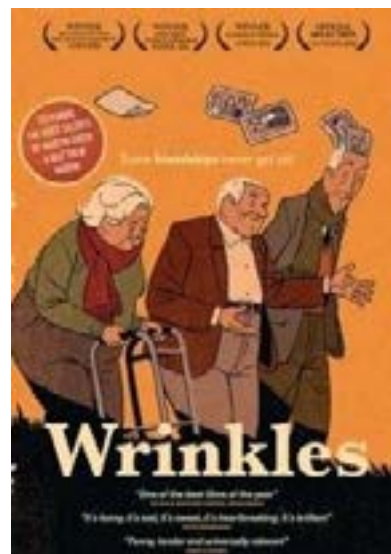
Book Review

ImpactEthics.ca
Tues. Jan. 12, 2016



Film & Panel Discussion

Halifax Infirmary
Mon. Jan. 11, 2016—7PM



Film & Panel Discussion

Halifax Infirmary
Mon. Jan. 18, 2016—7PM



Public Talk: Margaret Lock

Halifax Central Library
Mon. Jan. 25, 2016—7PM

For further information: www.nuveltechethics.ca



NTE Impact Ethics

Alzheimer Society
NOVA SCOTIA



RSC SRC Atlantique

RSC The Royal Society of Canada
The Académie of Arts, Humanities and Sciences of Canada
RSC La Société royale du Canada
Les Académies des arts, des lettres et des sciences du Canada