

## Rally for Alzheimer's

*By Sarah Lyon, ASNS Staff Member*

Imagine a time, when cars would race across Canada. For nine years, Canada's rural and backcountry roads played host to one of the longest and most challenging rallies of the 1960s: the Shell 4000 Rally.

Professional drivers and manufacturer-sponsored teams navigated 4,000 miles across Canada every spring from 1961 to 1968 and again in 1971. This June, Dave Myers and Dave Clark will take that route to raise money and awareness of Alzheimer's disease and other dementias.

Myers and Clark will travel across Canada in a vintage Volvo 122S.

They have chosen to support the Alzheimer Society because Dave Myers' mom, Marilyn, was diagnosed with Alzheimer's disease in her early 60's.

"I believe Alzheimer's and dementia represent a silent epidemic that will become a health and social crisis in the near future if it isn't already," says David Myers.

It was his mother Marilyn, that helped guide the decision to Rally for Alzheimer's. "Generally, Canadian's are not familiar with the early signs of Alzheimer's disease which delays treatment and, as a society, we are ill-equipped to properly care for our loved ones and deal with the ripple effect of the disease."

We asked them some questions before they headed out to the route – where the final stop will be Halifax!



**Dave Myers & Dave Clarke with their Volvo 122s**

**ASNS:** This is a massive undertaking – going across Canada – how long have you guys been planning this adventure?

**Dave Myers:** Dave C. started planning in July 2014 by researching the rally, what vehicles participated, speaking to drivers of that era and gathering original route books. The car was purchased that August.

The decision was to purchase a Volvo 122s (Amazon) because these cars had a great record in the original rallies and Halifax was the first location that Volvo produced cars outside of Sweden. Dave C. approached me in the fall, and together we decided that we had to have a charitable component to this and Alzheimer's was the obvious choice.

**ASNS:** From your research speaking to past rally participants, what advice did they give you?

**Dave Myers:** "Don't do it!" and "Bring a winch!"

**ASNS:** Which province are you the most excited to visit and why?

**Dave Clark:** British Columbia looks to be a very exciting part of the rally. The drivers from the original rallies talked about how frightening but thrilling the routes were through the Cascade Mountains. There are sections of the route that are actually on privately owned roads and the owners are opening them up for us which should make for some spirited and legal driving.

**Dave Myers:** In my work, I have had the luxury of seeing all ten provinces (still need to get up north) and there are wonderful parts of each and every one of them. That said, I also share Dave C.'s thoughts on BC. I love the mountains! I am also really looking forward to "coming home" to Nova Scotia and Halifax in particular. My Mom was born in Halifax and it will be very special for me to end the rally there.

**ASNS:** Your mother has Alzheimer's disease, she is part of the 72% (Canadian women make up 72% of those with Alzheimer's disease). How do you plan to/hope to send a message to Canadians about this disease?

**Dave Myers:** I think back to the time when Mom was diagnosed and I often wonder if I had known the warning signs maybe I could have gotten her earlier treatment and her quality of life would have been maintained longer. With that in mind, my hope is that we can help families understand Alzheimer's disease more, that they discuss it together and, if there is a concern, they act sooner than later.

**ASNS:** When you do arrive in Halifax are there plans to dip the Volvo's tire in the Atlantic Ocean?

**Dave Myers:** By the time we get to Halifax we may want to push the whole car into the ocean! Hopefully we won't want to push each other in too. We're actually going to bring a bottle of Pacific Ocean water with us from Vancouver and introduce it to the Atlantic.

The rally kicks off in early June and they are anticipating finishing the route in Halifax on June 24. You can follow their journey and make a donation, on the Canada 5000 website [canada5000.ca](http://canada5000.ca). All funds raised will stay in the province in which the donation comes from.

# First Link® Direct Referral with Dr. AJ

By Donna McLean, ASNS Staff Member

For many Nova Scotians, Dr. AJ is a household name. You may know this family physician from her past television appearances on ATV Live at Five's House Calls with Dr. AJ. She was also featured regularly on the CBC Evening News at Six. What you may not know is that Dr. AJ is a passionate advocate of community-based health organizations such as the Alzheimer Society of Nova Scotia.

Dr. AJ has been involved with our First Link® direct referral program since it started as a pilot in 2012, and she continues to refer her patients to us today. "Usually I would be writing down on a piece of paper for patients to call the Alzheimer Society," said Dr. AJ. "First Link gave me an opportunity to directly refer care partners and family members to services the Alzheimer Society was providing in the community."



**Dr. Ajantha Jayabarathan**  
Director, Coral Shared-Care Health Centre Ltd.

When a healthcare professional such as Dr. AJ refers a patient to the Alzheimer's Society, one of our qualified staff contacts the patient and informs them of our programs and services, answers their questions and offers ongoing follow-up. We can provide information, education, support and referral to services through pro-active follow up of First Link® clients.

Dr. AJ is using her public relations skills to help promote referral to First Link® via avenues like the new First Link video on our website. "This program supports family doctors as they manage the complex bio-psycho-social-spiritual needs of the patient and their families during the length of this difficult journey," said Dr. AJ. "It has really supported my capacity as a family doctor to do this work, because the burden of care is heavy and I really appreciate all of the help I can get from community-based partners."

Go to our website to see Dr. AJ in our [First Link® video](#).

*Save the Date*  
**Sunday, September 20th, 2015**  
**Bishop's Landing**  
**Halifax Waterfront**





# Nova Scotia Dementia Strategy Update

Lloyd Brown, the Executive Director of the Alzheimer Society of Nova Scotia and co-lead of the Nova Scotia Dementia Strategy Advisory Committee, says that the spring release date of the strategy is on target.

“We continue to move forward on time and on target for a late June release. The Advisory Committee, supported by six working groups and over 700 Nova Scotians, have had input into the development of an analysis of the gaps, challenges and available resources,” says Brown. “We owe much to all who participated in that consultative process. They have been supported by evidenced based research and best practice from around the world and across the country.”

The Advisory Committee consulted with international researchers – “best brains” - and local content experts. Nova Scotians spoke out and confirmed that challenges they experienced in their dementia journey are similar to what faces Canadians across the country. “The Centre on Aging and the Nova Scotia Health Research Foundation have played a crucial role in collecting and analyzing data,” continues Brown. “We are now in the process of prioritizing recommendations, and the Department of Health and Wellness is working on an implementation plan that can be rolled out over three years.”

**The Department of Health and Wellness and the Alzheimer Society of Nova Scotia have been co-leading an Advisory Committee that is guiding the development of Nova Scotia's first comprehensive plan to enhance delivery of dementia care and treatment ensuring people living with dementia, as well as their families or care partners, are well supported.**

Brown knows that there are some immediate recommendations that could be targeted for year one and there are several multiyear initiatives under consideration. “What is important is that all Nova Scotians see themselves represented in this strategy, that the recommendations and action plans are person centered, inclusive, accessible, are easy to implement and can be navigated by all those affected. The plan needs to make positive changes, have measurable results and be subject to external evaluation,” says Brown, who has been the Executive Director of the Alzheimer Society of Nova Scotia for five years.

Brown knows that this three year plan being released in the spring will not be the total solution, but hopes it will inform major changes that positively impact persons with the disease, their partners in care, and the people/organizations that deliver programs and services. “More work will need to be done that will go beyond our current scope,” states Brown, “but this strategy will make a difference in the lives of those impacted by the disease.”



ASNS Executive Director, Lloyd Brown

# *Soci t  Alzheimer Society*

N O V A S C O T I A

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## *You're invited to our Annual General Meeting*

**Wednesday, June 24, 2015**

**Saint Mary's University**

Sobey Building, Unilever Lounge  
923 Robie Street  
Halifax, Nova Scotia

5:30 p.m. Annual General Meeting

6:30 p.m. Reception

7:00 p.m. Discussion and Q&A

### **What difference will a Dementia Strategy make for Nova Scotians?**

Discussion with Lloyd Brown, Executive Director of Alzheimer Society of Nova Scotia, Ruby Knowles, Executive Director of Nova Scotia Department of Health & Wellness Continuing Care Branch, co-chairs of the Dementia Strategy Advisory Committee & a family caregiver

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# ASNS Presents at Atlantic Provincial PSW/CCA Staff Development

*By Catherine Shepherd, ASNS Staff Member*

On February 24th the Alzheimer Society of Nova Scotia had the great pleasure of being a presenter at the Atlantic Provincial PSW/CCA Staff Development for the First Nations and Inuit Home and Community Care Program (FNIHB).



“The staff under the Home and Community Care Program are very motivated to learn as much as they can about Alzheimer’s disease and other dementias. From Health Directors to nursing staff to CCA’s and home support workers, we all have a role in supporting our clients and their families within our communities,” says Beverly Madill, First Nation and Inuit Home and Community Care Program Coordinator with the Union of Nova Scotia Indians.

The group of approximately 100 healthcare workers and staff talked about Alzheimer disease and other dementias, warning signs and how to keep a healthy brain. An informative Q & A followed, ending with a great discussion of knowledge and experience sharing.

“The Alzheimer Society is our resource”, says Bev, “and our Community Education and Outreach Coordinator Catherine Shepherd has given in-services to our local Home Care Coordinators, health centre staff and Elders and now at the Atlantic PSW/CCA staff development days held here in Moncton, NB. We are grateful for the educational resources made available to us as we identify Alzheimer disease and other dementias as a growing health issue in our First Nations communities.”

# Walk for Alzheimer’s Thank You

*By Amanda Gore, ASNS Staff Member*

Another successful year for the Walk for Alzheimer’s has been completed! We would like to extend a huge thank you to our sponsor Shannex. It is with the kindness and generosity of Shannex, as well as the individuals who donate their time and money to this incredible event that we are able to continue to offer our programs and services. Thank you so much to everyone who helped make this year a success!



Congratulations to Sue Moxley, our grand prize winner. She went home with two tickets anywhere WestJet flies. Enjoy your trip, Sue! Thank you to Greg Heard, our top individual fundraiser. It is people like you that continue to make our event such a success.

See you all on May 1, 2016!



ASNS staff Dawn Boudrot & Sue Moxley



ASNS staff Amanda Gore & Greg Heard

# HOST A COFFEE BREAK

**YOU** organize an event - *Large or small in your community, workplace or home!*

**WHY:** When you host an Alzheimer Coffee Break in your community, you help raise much-needed funds for local programs and services for people with Alzheimer's disease and their caregivers. Your support makes a huge difference in their lives.

**WHAT:** Coffee Break is the Alzheimer Society of Nova Scotia's annual fundraiser where friends, co-workers and customers gather in communities across the province to raise funds. Participants at these events make a donation in exchange for a cup of coffee. The money raised stays in our province to help support local programs and services.



If you're interested or would like more information, please call (902) 422-7961 ext. 258 or email Dawn at [dawn.boudrot@asns.ca](mailto:dawn.boudrot@asns.ca)

Get involved and order your Coffee Break™ Kit today!

To receive your complimentary Coffee Break™ Kit, contact the Alzheimer Society of Nova Scotia. The kit includes promotional posters, a coin box to collect donations and even coffee!



# A Week in the Life of a Coordinator, Education and Outreach

*By Dianne Ardern, ASNS Staff Member*

It is a privilege and pleasure to be part of the Alzheimer Society of Nova Scotia. Dr. John Gray, founding member of the Society, would say these same words: "It is a privilege and pleasure" whenever he spoke on behalf of the Society. As a young nurse, I remember listening to his words of wisdom and I am grateful for his influence on me. Thanks to the Wilson-Merriam Foundation and Wilson Fuel Co. Ltd., who has provided the funding for my position. I am often asked about my job and what it entails. I work from my home, on average three days per week. Every day is different and enjoyable as I strive to meet the Core Services Objectives of the Society.

Helping people living with Alzheimer's disease and other related dementias and their families is one of my responsibilities. Inez Daye and I co-facilitated a six week Family Caregiver Education Series from April to May in Pugwash. During the same period, I also assisted one of the speakers at the Family Caregiver Education Series in Amherst. Participants are finding these sessions very helpful. Comments include:

*"Being in a space where sharing is open and honest is so supportive and I feel I'm not alone, releasing is great."*

*"This program is very informative and has really made a lot of sense to me living in the Alzheimer's day to day with my mom."*

Inez and I are also co-facilitators of the Tri-County Family Caregiver Dementia Support Group held once per month at Willow Lodge in Tatamagouche. On average, 12 members attend.

During the May meeting, Darla MacPherson, the new Nurse Practitioner for Tatamagouche, attended and explained what her duties and responsibilities entail. The members enjoy learning and also sharing strategies that have proven helpful for their day-to-day lives. Comments received from a few of the members include:

*"A support group for anyone being an around the clock caregiver is almost a must if the caregiver is to develop a healthy informative prospective of the journey their loved one is and will be going through."*

*"The support we get from our group each month is invaluable."*

*"Our support group is the only thing which gave me the strength to do what I needed with my mom."*



ASNS Staff Member Dianne Ardern & Jack Hilchey



*To be able to identify with others in similar situations and listen to them as well as have them listen and understand me is invaluable."*

The Alzheimer Society of Nova Scotia recently completed a pilot Middle Stage Family Caregiver Series. This six week series was held in Halifax. Another Middle Stage pilot is being planned for Truro. I have been working with Ruth Slack, Truro Support Group Co-Facilitator, and details for the September 17th commencement have been confirmed.

Another of my objectives is public education. I had the privilege of doing a presentation, "10 Warning Signs," at the Colchester-East Hants Public Library Truro Branch recently. This is one of several topics that I am able to speak on.

I also organize community events, like setting up an information table at the Amherst Mall during Police Week. Jack Hilchey, Amherst Support Group Co-Facilitator, helped man the table. I also provided Sherry Johnson, Parrsborro and Springhill Support Group Faciliatator, with the ASNS banner and materials in order to set up an Information Table at the Caregivers Nova Scotia Appreciation Tea in Springhill.



**NSCC students Hayley Waddell, Chris Mont & Kelly Smith**

As I communicate with families and others in the community, I encourage them to phone the [InfoLine](#) with their questions or concerns. A daughter told me:

*"Without the help of the VON Home Support Team, the InfoLine and other programs offered by the Alzheimer Society I would not be able to keep my mother at home."*

Developing partnerships is also exciting part of my job. Recently, three Springhill Nova Scotia Community College students asked to do their Service Learning Project with ASNS. The students have agreed to work in partnership with us to complete three projects: Developing a brochure to encourage families to utilize the benefits of sharing music with people who are living with dementia, holding a Memory Café in Wallace to help educate the community about the benefits music, and creating "Simple Pleasure for Dementia" items. These are handmade items that appeal to individuals living with dementia.

Another interesting part of my job is supporting ASNS fund development initiatives at the community level. Congratulations and thank you to community based teams Team Pachydermentia and the Wallace River Walkers for raising over \$8,000.00 for the Walk for Alzheimer's. Many of the Long Term Care facilities, in both Colchester and Cumberland County, have also been very active in raising funds during the Nursing Home Challenge. Last year, Vimy Court in Bible Hill, raised the highest amount within the province.

It is definitely a privilege and pleasure to be part of the Alzheimer Society of Nova Scotia. Together we continue to provide help for today and hope for tomorrow.

# Partners in Care - Stories from those living the journey

## Hope Even Through Pain

### Experiencing the transition to Long Term Care

*By Jennifer MacKinnon, Caregiver, Daughter*

Yesterday, my mother, age 92, who has had Alzheimer's disease for approximately 14 years left her home of 59 years and entered a new home. She now lives at the Harbourstone facility in Sydney, Cape Breton. She is entering a new phase of her life and so are we, as her children. It has been a long time for us – the battle with Alzheimer's disease. Both my parents had the disease. We just lost my father in September. He was 92 and truthfully, his passing was a release. There was some sadness but mostly we felt glad. That might sound terrible to some but I feel no guilt. No longer did we have to bear seeing the pitiful remnants of what my father had become. We loved him dearly and buckets of tears had been cried over the long years. It truly is the "longest good-bye." His death brought peace. Peace for us and peace for him. Finally he was released and we know in our hearts of hearts, it was what he would want. Truthfully, he never would have wanted to live with Alzheimer's disease but that, of course, we had no control over.

My mother is a different story. Her Alzheimer's disease presents in a different way. While quite advanced she is not in physical pain, is still mobile and is easy to look after. Well, as easy as an Alzheimer's patient can be. She requires prompts for everything. She has had personal care for many years. It's a slow process but like I said she is mobile and that makes it easier.

Easy, but I am not the one looking after her every day. I live in Halifax. I have a sister who lives in Halifax, a brother who lives in Edmonton and my oldest brother lives in Sydney. It is my oldest brother who for the last 14 years, has cared for my parents. Of course he didn't do this alone. We had many, many caregivers and attendants. It was never easy and was particularly difficult while my father was alive. He was a wanderer and an escapee and cantankerous.

The caregiving has taken a terrible toll on my brother. We are more worried about him than we are about Mom. The "away" siblings thought Mom and Dad should have been placed into care long ago but we respected my brother's wishes even though it didn't make sense. Decisions about what to do for loved ones with Alzheimer's disease are never black and white. We stumbled along for many years doing the best we could.

Today my mom went into the home. My sister was with her. She is totally compliant and will go with anyone and do anything she is asked. All the caregivers who came to the house over the years loved her. She is sweet and polite.

Sometimes I would break down in tears watching her. I would tell the caregivers, "Oh if you only knew her before. She was so elegant, so beautiful, never a hair out of place." I would tell them this as I looked at Mom with her messy hair and clothes that always seemed to have stains on them. The caregivers would say, "She's so quiet, doesn't say a word." I would say, "Oh my God, she would talk the ear off you. Endless questions about everyone and everything" She drove us up the wall with her constant talking. Who knew we would one day have our hearts broken by her silence.

So now a new phase of my beautiful mother's life begins. Who would have thought? Because of her advanced dementia we are hoping the transition will go smoothly. For the last year she has often been asking, "When am I going home?" She asks this in the home she has lived in all her life. She isn't upset when she asks. I would tell her "You are home, you are in your own home." She would just look at me puzzled and sometimes even laugh. So we are hoping she won't be scared, she won't be confused in this new home. We are also hoping this new life will bring her some joy. She likes to watch people, she likes music and she likes activity around her. We have thought for a while that her life might be better in a care facility.

I feel at peace tonight. Mom is safe and will be well looked after, we hope. I can't help but think of others who are going through the torment of loved ones with Alzheimer's disease. All the different stages, all the different worries and pain through the years. We suffered a lot. At times it was unbearable. But tonight I feel lucky. This is the only option for Mom and the best one. I know we have basically won the lottery being able to get her into a facility at this time. My heart breaks for those who are waiting for a placement. We must do more to be able to get people into care when they need it.

I am hopeful. Hopeful that this phase of Mom's life might provide her with some joy, some happiness. There will be activity around her. Choirs coming in to sing, games she might be able to play, physical exercise that we were not able to provide for her. Who knows? I am also afraid a little bit – afraid that there might be aspects that will upset her. But we do not have a choice. Mom at home is no longer possible nor the best thing for her. It is what it is.

Now we wait to see.

Jennifer previously wrote an article for In The Loop about her families' caregiving. It can be found online in our winter issue.

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## Want to get involved with the Alzheimer Society of Nova Scotia?

### Become a volunteer!

Duck season is almost upon us and **Duck Derby** is ramping up. We will need volunteers to help at our many promotional events this summer, including the holiday parades. We will also need your help on the Halifax Waterfront on Sunday, September, 20, 2015.



During the month of October, ASNS needs YOU! We are looking for volunteers to help launch our **Door to Door Campaign**. We are looking for upstanding, trustworthy citizens who enjoy walking their neighbourhoods and aren't opposed to knocking on a few doors. If you live outside of HRM, this is a great way to get involved!

If you are interested in becoming a volunteer, please contact Dawn at (902) 422-7961 ext. 258 or at dawn.boudrot@asns.ca



# Early Stage Forum: Learning Strategies & Sharing Experiences

By Amanda Gore, ASNS Staff Member

The Early Stage Forum has come and gone again and this year, with a record 71 people with dementia and their partners in care in attendance.

All of these individuals came together on April 25 to learn new strategies and share experiences as they embarked on this new and sometimes difficult journey. As the day progressed, a common theme became apparent and that was of maintaining as much independence as possible as a person with Alzheimer's disease.

Faye Forbes spoke candidly about her experiences with the ten warning signs and how she



**Presenter Faye Forbes**

managed to recognize them all in herself. She injected a note of hope into her speech, saying: "Dementia is a time for change and reflection but change is a part of normal life." With her ability to see the disease as a part of life, rather than a hindrance to it, she set the room abuzz with discussion and questions.

During a brief break between speakers, participants were given the chance to visit with the exhibitors stationed around

the room. They included representatives from the Halifax Regional Police, a lawyer from Sealy Cornish Couthard, Northwood Homecare, Red Cross, music therapists from Heart Sparks and of course, the Alzheimer Society of Nova Scotia; all of which were more than happy to address any questions participants posed. By sharing their knowledge, services and programs, these exhibitors are contributing to the lasting independence of people with dementia.

The panel that followed the break was led by Dr. Veronica Hutchings and included three individuals that are currently living the dementia journey: David, Dina and Elinor. Topics they covered included becoming lost or disoriented and wearing a personal Global Positioning System. As the panel members discussed their thoughts, they were able to maintain a sense of humour into the room, specifically in the face of some hard questions.

When the conversation turned to having a GPS, it was both the audience and the panel members that had things to say. While none of the panel members were keen on the idea of having one as they felt they were demeaning or would make people make assumptions



Heart Strokes Music Therapists Kate & Paige

about them, a partner in care in the audience had another perspective: "As a caregiver, I would find it reassurance, knowing my husband likes to spend time in the woods. I feel it would be another tool to help him maintain his independence." On that note, no one could find fault in wearing a GPS.

In the third and final session of the day, Dr. Sameh Hassan took the podium. His discussion topic centered on building design for people living with dementia. It is his belief that with the right

design elements, people with dementia are able to maintain their independence longer. These elements include wardrobe doors that are clear, obvious and straightforward signage and accessible locations, with minimal stairs or long, twisting hallways.

With all of these amazing contributors it would be impossible to say there was any one highlight of the day. As people filtered out after the last speaker finished, the room was awash with a positive feedback and ASNS is very excited to begin planning for next year.

## Opportunities to Participate in Research

*By Wenda MacDonald, ASNS Staff Member*

The Alzheimer Society of Nova Scotia (ASNS) is committed to the goal of supporting research. We are pleased to bring you requests from Researchers who are recruiting Nova Scotian participants for their studies.

Be assured... Before any study is distributed through ASNS, our Research Advisory Committee reviews the application to ensure that the study complies with the highest standards of ethics. The Alzheimer Society of Nova Scotia holds a copy of that approval. Each study is overseen by a qualified researcher at an accredited Canadian Academic Institution.

We respect your privacy and hold your information in confidence. We do not make directly available to any researcher or other interested party names, contact information or any other information for the purpose of identifying the clients of the Alzheimer Society of Nova Scotia.

Attached to your newsletter you will find information for participation in four local studies. If you are interested in participation please contact the researcher at the contact numbers provided.

## Are you working and providing care to a relative or friend with dementia?

If so, we need your help. Please read on...

Researchers at Mount Sinai Hospital in Toronto, Mount Saint Vincent University in Halifax and University of Manitoba, Winnipeg are looking for residents of Sheet Harbour and surrounding communities to participate in a research study.

If you are currently employed and also the primary caregiver for a family member or friend living with dementia at home please contact the telephone number below to learn more. You will be invited to participate in an interview (60-90 minutes) to better understand your experiences of an employed caregiver living in a rural community. You may also be eligible to participate in the 8-week Working CARERS Program being delivered in the Sheet Harbour area in the spring and fall of 2015.

If you are interested or want more information please contact:

Pamela Fancey  
Nova Scotia Centre on Aging  
Mount Saint Vincent University, Halifax  
Toll Free 1-877-302-4440 or 902-457-6682

*This study is funded by the Canadian Institutes of Health Research and is part of the Canadian Consortium on Neurodegeneration in Aging.*





# Opportunities to Participate in Research:



Capital Health



IWK Health Centre

## Have You or a Family Member Recently Been Diagnosed with Alzheimer's Disease?

**We are looking for volunteers to participate in a non-invasive imaging research study on brain changes related to Alzheimer's disease and mild cognitive impairment**

### WHO CAN PARTICIPATE?

You are eligible to participate if:



*\*you are 55 years and older*

*\*fluent in English*

*\*have sufficient visual acuity*

*\*have no metal in your body*

*\*have been clinically diagnosed or suffering with mild cognitive impairment or Alzheimer's disease*

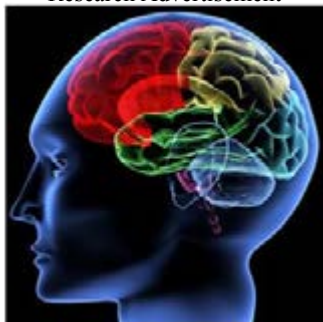


**We also need healthy volunteers aged 55 and older who do not suffer from mild cognitive impairment or Alzheimer's disease.**

### WHY SHOULD I PARTICIPATE? WHAT DO I HAVE TO DO?

We are conducting this study to advance our understanding of who may be at risk for developing Alzheimer's disease by studying early changes in the brain. The study involves three visits. Two visits will take approximately two hours each, and one will take 30 minutes. You will be compensated for your participation in this study. The data collected will be used for research purposes only and no clinical diagnosis will be made.

Research Advertisement



IWK REB file no: 1016791

CDHA REB File no: CDHA-RS/2014-255 (Version 2 – February 27, 2015)

### CONTACT INFORMATION

Suzanne Daniels, Research Assistant  
Email: [suzanne.daniels@iwk.nshealth.ca](mailto:suzanne.daniels@iwk.nshealth.ca)  
Phone: (902) 470-3983



MEG scanner at the IWK Health Centre (above)

# Are you having trouble with your memory?

**You may be eligible to take part in a memory training research study for older adults if you:**

- Are having more problems with memory than others of your age;
- Have **not** been diagnosed with Alzheimer's disease or dementia; and
- Would like to learn some tips and strategies for dealing with everyday memory challenges



As part of a 10-week memory training group, you will learn and practice strategies to help cope with common memory challenges, like remembering people's names, PIN numbers, and appointments.

You will be asked to bring a study partner with you to the group, who can help you to use the new memory strategies. A study partner can be a family member, a friend, or a neighbor (even someone who is also having memory problems). The group will be held at various local community centers over the next year. Compensation for travel and parking will be provided.

**Contact 902-464-3434 for more information  
about the Memory for Life study.**



# Have You Been Recently Diagnosed With Alzheimer's Disease?

We are looking for volunteers to participate in a clinical study on Alzheimer's disease.

## WHO CAN PARTICIPATE?

You are eligible to participate if:

- You are between the ages of 45-70
- You have been recently diagnosed with Alzheimer's disease
- You are otherwise in good physical health

### Why should I participate? What will I have to do?

We are conducting this study to find better ways of detecting **Alzheimer's disease**.

This study will consist of two, 2-hour visits to the CDHA, plus a small task to do at home. This study will contain a MRI component, which involves taking a non-invasive picture of your brain, a smell identification test, a sleep/activity questionnaire and tests of your memory and attention abilities.

Compensation for your time will be provided.

### Contact Information

Please email: [pdadstudy@gmail.com](mailto:pdadstudy@gmail.com) or call **902-473-3147** if you would like more information, or to schedule an appointment.

Please provide your name, phone number, and the best time for us to reach you.





## Spring has (finally) sprung in Nova Scotia!

It's time to replace snow shovels with rakes, and mittens with gardening gloves. The sun is shining, the ice has melted and flowers will soon be popping out of the ground.

Make a donation today that will help grow your garden while growing the programs thousands of Nova Scotians living with Alzheimer's disease and other dementias need.

Make a donation and you will receive Forget Me Not Seeds as a special thank you for supporting the over 17,000 living with dementia in our province.

Don't have your own garden?

You can donate your seeds! We have partnered with the Northwood Gardening Program to help their garden grow too!

Your donation plants "seeds of hope"

People with dementia, their families and caregivers, in communities across Nova Scotia, will benefit from your support in a variety of ways. From education series to support groups, this spring YOU will plant seeds of hope for many.

To donate and receive your seeds, please call 1-800-611-6345, fill out the attached form and mail it to the Society, or make a donation [online](#).

Thank you for your support and good luck with your garden!



Please return this page to the Alzheimer Society of Nova Scotia

\_\_\_\_\_ YES, I would like to plant seeds of Hope in Nova Scotia!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_

Please donate my seeds to the  
Northwood Gardening Program!

\_\_\_\_\_ Yes please donate seeds!

\_\_\_\_\_ Please send me my seeds!

\_\_\_\_\_ I have enclosed a cheque (please make it out to the Alzheimer Society  
of Nova Scotia)

\_\_\_\_\_ Please charge my credit card

Card Number: \_\_\_\_\_

Expiry: \_\_\_\_\_

Please return to:

Seeds for Hope  
Alzheimer Society of Nova Scotia  
112-2719 Gladstone St.  
Halifax, NS B3K 4W6

