

Federal Election: Be a Dementia Advocate

By Sarah Lyon, ASNS Staff Member

With a federal election taking place on October 19, 2015, now is the time to raise your voice to candidates from ALL political parties, as they come looking for your vote.

Did you know that Canada is the last G7 country to implement a National Dementia Strategy? With an aging population and almost 750,000 Canadians already living with dementia, this election we are asking YOU to be a Dementia Advocate.

From now until October 19 candidates in your community will have their offices open, will be knocking on doors and attending events. They want to hear from the people who will elect them; they want to know what **your** priorities are.

A national Dementia Strategy will help those living with dementia, families and caregivers; it would create a plan that focuses on inter-provincial health system collaboration, research, and living well with dementia.

It is time for Canada to have a Dementia Strategy. We need you to share your stories, to voice your concerns and to be an advocate.

How can you make your voice heard?

There are several ways that you can have your voice heard. Pick the one that you are the most comfortable with, or do them all!

On your doorstep

1. Tell your story to the candidate. Why is Alzheimer's disease or another dementia a part of your life? What would you like to see changed to make living with the disease better for the person and families?
2. If you find speaking about your story too difficult, take the insert included with this newsletter and hand it to the candidate. Make sure you sign it to make it more personal.

In Person (office or on the phone)

1. Visit www.elections.ca to find the candidates in your area. If you do not have access to a computer, please call the Alzheimer Society (1-800-611-6345) with your postal code and we will find out the information for you. Call to speak to the candidate (if they are in the office) or ask to have the candidate contact you.

2. Share why you feel Canada shouldn't be the only G7 country without a dementia strategy.

Online

1. Download an already templated email from www.alzheimer.ca/ns and send to your candidates.

2. Turn your camera phone/webcam on yourself and make a 20 second video about why "I'm raising my voice and I want to be heard," around issues those living with the disease face. Email your videos or your link to amanda.gore@asns.ca to be used in a compilation video the Alzheimer Society of Nova Scotia will release to provincial candidates and online in October.

Thank you for taking a moment this election to make Dementia a national priority. If you have any questions about a National Dementia Strategy, please call Lloyd Brown, Executive Director at the Alzheimer Society of Nova Scotia, or visit www.alzheimer.ca/get-involved/Raise-your-voice.



Discover just what a duck can do.

Adopt a duck

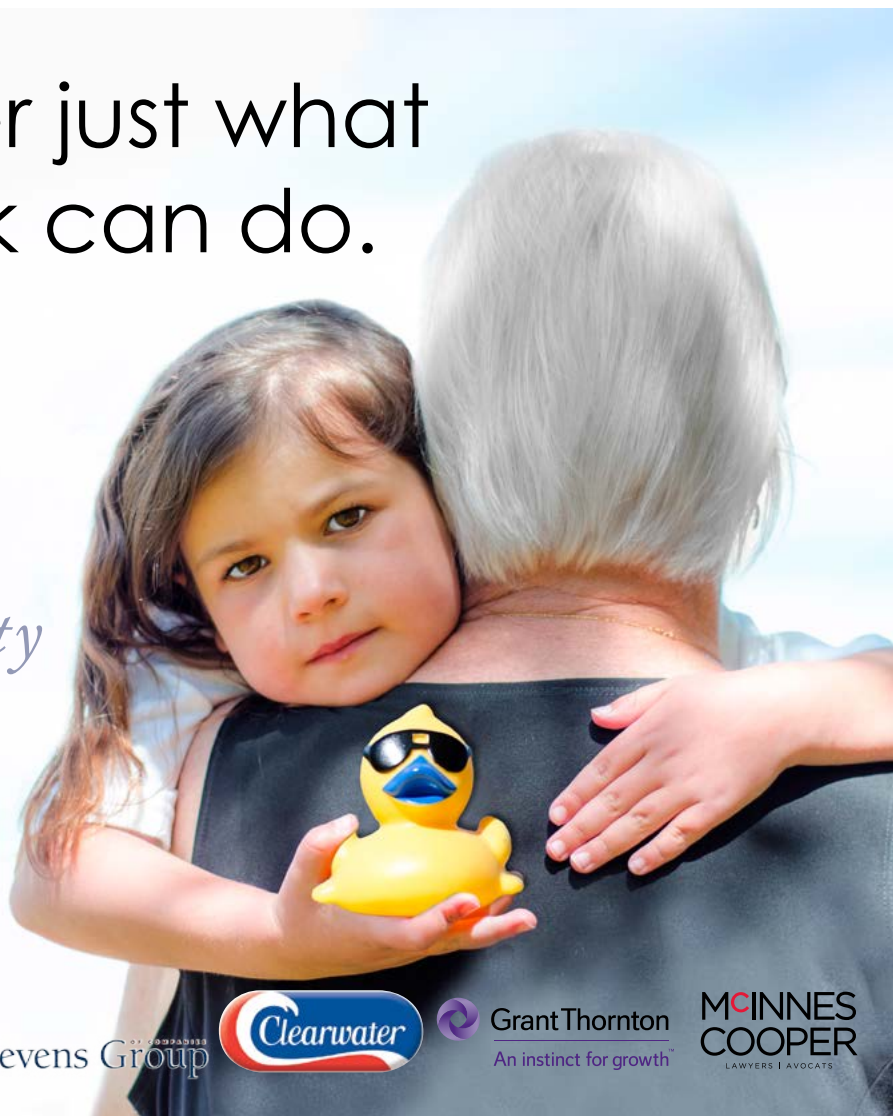
in support of

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alzheimerduckderby.ca

1-800-611-6345



Duck-o-rating Ducks

By Beth Jackson, ASNS Staff Member

“At Prescott Group, clients and staff had a quacking good time decorating ducks for the Alzheimer Duck Derby in support of the Alzheimer Society of Nova Scotia. Thank you for the opportunity to participate and support a great organization!”

-The Prescott Group

Soon, there will be rubber ducks racing in the Halifax Harbour, and the boardwalk in front of Bishop's Landing will be full of families. September must be close! The Alzheimer Duck Derby is coming up on Sunday, September 20. Everyone is welcome to attend and take in the excitement of the free Kids' Zone, the races and of course, be there when a lucky duck adopter wins a new 2015 Hyundai Accent!

Did you ever wonder how the Society gets all of those ducks decorated? It takes a lot of time and creativity to decorate over 100 ducks. Companies and individuals who purchase a duck can choose to decorate their duck themselves or have one of the Society's partners take it on.

“We are fortunate to be partnering with three organizations who are helping to decorate some of our ducks,” said Beth Jackson, Coordinator, Community Outreach for the Alzheimer Society of Nova Scotia. “Thank you to the Prescott Group, the Victorian Order of Nurses Adult Day Program in Halifax and the Berkeley for getting their staff, clients and residents involved in the challenge.”

In the past we have seen everything from Diva Duck to Spiderman Duck to Duck Dynasty. What will we see this year?

To learn more about the Alzheimer Duck Derby, please visit alzheimerduckderby.ca.



From left to right: Staff members Courtney Pratt, Lynn MacIntyre and Jamie Musgrave
Seated: Client Alisha Sykes

Congratulations & Thank you Wilson Fuels Co. Ltd.!

By Sarah Lyon, ASNS Staff Member

Philanthropy

noun phi·lan·thro·py

definition: the practice of giving money and time to help make life better for other people

Each year, non-profit organizations from across the Maritimes nominate individuals and organizations for a Maritime Philanthropy Award. These nominees go above and beyond, to help make the lives of so many, better.

The Alzheimer Society of Nova Scotia was pleased to nominate Wilson Fuels Co. Ltd., in the category of Outstanding Corporate Philanthropists. Just over three years ago, the company, the family and the Wilson-Merriam Foundation committed to developing the Society's footprint in the Colchester-Cumberland region. Together, the Wilson's have made a tremendous impact on the programming and community development that has taken place for people living with dementia in the area.



Rose Wilson at the Maritime Philanthropy Awards

An excerpt from the nomination form about the Wilsons:

"Many people think philanthropy, or the act of being philanthropic, is donating money. What Wilson Fuels Co. Ltd., have done is the true definition of philanthropy – and being philanthropic – they had an altruistic concern for Nova Scotians living with Alzheimer's disease or other dementias and generously have given, and continue to give, of their time, their connections, leadership and funds, to ensure that people with dementia, their families and partners in care have all the supports and knowledge they need to live the dementia journey."

Up against very philanthropic corporate organizations, we are delighted to say that Wilson Fuels Co. Ltd., took home the award that night!

We are truly grateful for the support and leadership that the Wilson's have given; because of them we have been able to have a local resource on the ground developing partnerships, hosting public education sessions and engaging the

community in local fundraising efforts. This has resulted in more people with dementia and their families receiving direct support as they live the dementia journey.

The Alzheimer Society of Nova Scotia is just one of the organizations that have benefitted from the generosity of the Wilson's. Their impact can be found in Halifax's new library and Discovery Centre as well as the recreational facility in Truro. We can all learn from their philanthropy, as concluded in the Maritime Philanthropy Award nomination:

"If any of us endeavour to live within a culture of philanthropy, one only has to listen, observe and emulate the Wilsons. Because not only do they get it, they live it in their companies, Foundation and family."

Exercise and Dementia: My experience as a group fitness instructor

By Paul Curwin, fitness instructor

For the past several years I have been working in the Halifax area as a group fitness instructor and have developed an affinity and passion for working with people with elevated needs. Those needs may be physical, such as joint pain or balance, or they may stem from a neurological condition, or a combination of the two.

My experiences working with people living with dementia began five or six years back, while working on a pilot project with the Alzheimer Society. We developed best practices for helping people with early stage dementia maximize their physical health. This included fitness classes twice a week.

I have been fortunate enough to continue working with some of the pilot project participants. We have faced many obstacles but have learned a lot along the way.

Motivation is very different and often quite difficult for people with dementia and their supporters. Avoiding undue stress and conflict is essential for quality of life but getting someone to a fitness class when they can't remember exactly how much they have enjoyed it in the past can sometimes cause conflict. Sometimes, we have to pick our good days from the bad and go with the flow of the day.

Our goals are different from other groups I work with, focusing more on quality of life than recovery. We set short term goals and keep an open mind (never hurts, right?). I can only tell you that people living with dementia can feel safe and happy in a group fitness class. It would be fantastic if they had joined the class and were "used to it" before they ever got sick but I have seen people post diagnosis having great fun in a new class.

We will be continuing our weekly fitness sessions in September 2015.

For more details please feel free to contact me at 902-456-4069 or paulcurwin@hotmail.com or you can contact the Alzheimer Society of Nova Scotia at 902-422-7961.

ASNS Recognizes Long Standing Volunteers

By Brooke MacKenzie, ASNS Staff Member

The word “volunteer” can be defined as someone who performs a service willingly and without pay. However, our volunteers go above and beyond this definition. After dedicating years of time, effort and compassion to ASNS, five volunteers were honoured on June 23, 2015: Paul LeBlanc, Heather Rideout, Dr. Melissa Andrews, Helen Goodwin and Gordon Conrad.

The recognition ceremony was a special, intimate event held at the Lieutenant Governor's house. Each volunteer was given a recognition pin from the Lieutenant Governor to highlight how much ASNS appreciates all of their hard work.

Paul LeBlanc has been with the society since 1995 and helps out with the events such as the Annual General Meeting, the Duck Derby, the Provincial Conference, the Halifax Research Breakfast and the Walk for Alzheimer's.

Heather Rideout has been volunteering with ASNS since 2010. She dedicates her time with several different events and is in the office every Thursday.

Dr. Melissa Andrews has been volunteering with ASNS since 2010. Melissa works at the QEII in the division of Geriatric Medicine. Melissa offers her support to the society by sitting on numerous boards for research of Alzheimer's disease and other dementias.

Helen Goodwin has been with the society since 2005. Helen focuses her time with the Provincial Conference, public education sessions, senior clubs and distributing ASNS resources to hospitals.

Gordon Conrad has been volunteering since 2000. Most notably, he has been the biggest supporter for the annual [Door-to-Door campaign](#). After exceeding his goal of raising \$100,000 three years ago, he still continues to fundraise for ASNS.

Paul, Heather, Melissa, Helen and Gordon are unique individuals that each bring their own flair to the ASNS team. With their passion and unrelenting support, they have far surpassed the dictionary definition of “volunteering”.



From the Left: Paul LeBlanc, Heather Rideout, Dr. Melissa Andrews, the Lieutenant Governor of Nova Scotia, John James Grant and his wife, Helen Goodwin and Gordon Conrad

Linking up on the South Shore

By Joan Parks-Hubley, ASNS Staff



The lone yellow wooden dory, whether gliding in Lunenburg harbour or pulled up by a wharf, is a beautiful and iconic image of the South Shore region. For individuals who have just received a diagnosis of Alzheimer's disease or another dementia and their care partners, the feeling of "being the only ones" can lead to isolation and sadness.

It sometimes takes courage to reach out. One person recently described how they looked at the Alzheimer Society's Caregiver Support Group poster for a year and a half before making the call. Many others don't make contact until there is a crisis, or not at all.

What if we could connect people sooner, provide supports and services and promote living well with the disease? What if staff at the Society made that first call? The Alzheimer Society's [First Link®](#) program does just this and is already well established in Halifax. It is now being launched in Lunenburg and Queens Counties.

For close to three years, with the support of the South Shore community, programs have been expanding so that the South Shore has the range of services recommended for a direct referral program. With five support groups and an early stage "Coffee and Conversation" support group for persons with dementia, comments often heard are "I don't feel so alone now" or "It is so good to talk to others who understand."

Last year, in partnership with Paul Fieldhouse, Challenging Behavior Specialist, Nova Scotia Health Authority – South Shore, the Society offered the six week Family Caregiver Education Series in Bridgewater, New Germany, Caledonia and Liverpool. The first *Shaping the Journey: Living well with dementia™* program was launched in partnership with social worker Janet Cochran, Seniors Community Health Team, Nova Scotia Health Authority- South Shore. Twenty-four individuals with early stage dementia and their care partners from the South Shore have now completed the program and give it high praise.

Geriatrician Dr. Diyanna Docheva with the Nova Scotia Health Authority and her team at Senior's Community Health recently made the first referral from the South Shore area to the First Link® Program. "I know the value of the First Link Program. I worked with it in Ontario and saw firsthand the benefits to individuals with dementia, their families and health care professionals. My team and I are happy to be champions for First Link here on the South Shore."

Artful Afternoon for those with dementia and their Partner in Care



The Art Gallery of Nova Scotia (AGNS) and the Alzheimer Society of Nova Scotia (ASNS) are happy to offer an exciting and successful program for people with dementia and their partner in care. Participants are offered a hands-on studio art experience and a chance to view original artworks in the Gallery, led by an artist and an ASNS staff member and volunteers. This program provides an opportunity to:

- Be part of a relaxed and fun environment, spending time with those you might know and others you will meet
- Explore your provincial Art Gallery
- Experiment with materials and art techniques such as painting, printmaking, and sculpture. No experience is necessary
- Look at and talk about artworks

This program is offered on the last Sunday afternoon of the month, beginning on September 27, at no cost. Registration is required. For more information or to register please call the Alzheimer Society of Nova Scotia at (902) 422-7961 and ask to speak to staff about Artful Afternoon.

Hope to see you in September!

New Caregiver Support Groups

By Kara Guthro-Murgatroyd, ASNS Staff Member

On June 5, 2015, the Alzheimer Society welcomed aboard three new volunteers in their role as Caregiver Support Group Facilitators. We held a Facilitator/Volunteer Orientation at Saint Peter's Anglican Church in Birch Cove. The Birch Cove Caregiver Support Group meets the 3rd Wednesday of each month at 7:00 p.m. at Saint Peter's Anglican Church, 3 Dakin Dr. Halifax. We are fortunate to have Reverend Dave Dellapinna and Jennifer MacKinnon facilitating the Birch Cove group and Tanya Moss (BSW) facilitating the group in Berwick. The Berwick Caregiver Support Group will be holding its first meeting September 30 from 6-8 p.m. at Grand View Manor in Berwick.

In May, the Fall River Caregiver Support Group held its first meeting. The Fall River Caregiver Support Group facilitated by Sharron Paattinen meets the last Tuesday of each month from 7-9 pm at the LWF Hall, 843 Fall River Road. To find out more about an ASNS Caregiver Support Groups near you visit our website: www.alzheimer.ca/ns

Congratulations to the residents of Bayview Memorial Health Centre on winning first place in the Advocate Harbour Parade



Residents and staff of Bayview Memorial Health Centre

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.

Coffee Break Request Form

Name: _____

Organization: _____

Mailing Address: _____

_____ Phone: _____

Email: _____

Date of Event: _____

Materials Requested:

_____ 8.5x11 posters
 _____ 11/17 posters
 _____ Banners
 _____ Coffee Cup Cutouts (Recommend \$1 donation each)
 _____ Coffee (each bag makes 10 cups)
 _____ Coasters
 _____ Donation Boxes
 _____ Resources (Educational Brochures)



Get involved and order your Coffee Break™ Kit today!

To receive your complimentary *Coffee Break™ Kit*, send this form to Dawn at dawn.boudrot@asns.ca or fax 902-422-7971 or mail 112-2719 Gladstone St., Halifax, NS B3K 4W6

For more information about Coffee Break call Dawn at 902-422 7961 ext. 258 or 1-800-611-6345.

First Link® with Nurse Betty Flynn

By Donna McLean, ASNS Staff Member

Betty Flynn holds the record as the healthcare professional who has made the most referrals to the Alzheimer Society of Nova Scotia's First Link® program. Since the First Link® pilot in 2012, Betty has made 126 referrals!

Betty is a Registered Nurse working with the Memory Disability Clinic in Halifax. Her role is to counsel patients and families about how to best manage disorders such as Alzheimer's disease. She makes recommendations on healthy lifestyle practices, educates people about interpersonal skills to promote a calm and reassuring environment, and links patients and their families to community resources. If a patient is diagnosed with Alzheimer's disease or another dementia, she views the First Link® program as a valuable resource.



Nurse Betty Flynn supports the Alzheimer Society of Nova Scotia by making referrals to First Link. Here she is participating in our Walk for Alzheimer's.

Betty says, "It's important for families to have someone who understands the disease and its process to be able to address any issues as they arrive. Otherwise people feel very much alone...left high and dry. I tell people that Society staff will call them to ask how they are doing, and that staff are well aware of resources available for them."

The First Link® program allows healthcare professionals such as Betty to directly refer individuals and families affected by dementia to the Alzheimer Society of Nova Scotia. Then the Society makes the initial contact. "Sometimes it's hard for people to make that first call," says Betty. "With First Link, someone reaches out to them and says 'I'm here if you need me.'" Then, with the client's permission, Society staff will continue proactive contact throughout their journey with the disease. "First Link can answer questions as they arise," says Betty. "You provide the information they need at the time they need it."

Betty's passion for her work is evident when she says, "It is sometimes a struggle to do everything I want for a person, so I'm grateful for First Link®."

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

Annual General Meeting

By Amanda Gore, ASNS Staff Member

The Annual General Meeting was held on June 24, 2015 in the Sobey Building on the Saint Mary's University campus.

Former President Chris Wilson opened the meeting by taking care of housekeeping. Wilson then asked everyone to observe a moment of silence for those that were lost this past year to Alzheimer's disease or other dementias.

Not only did this meeting serve to inform the public of the inner workings of the society but it also served to honour a couple of members of the public. Two presentations were made, by Dr. Melissa Andrews and Chris Wilson.



Left to right: ASNS Executive Director Lloyd Brown, Volunteer Barbara Mulrooney, Executive Director Lloyd Brown and former President Chris Wilson

Doctor, Melissa Andrews, was pleased to present this to Drew DeBay. The bursary is awarded to any student (graduate, medical) studying in Nova Scotia with a focus on dementia research.

Barbara Mulrooney received the Philanthropic award. "Barb truly embodies the spirit of philanthropy in everything she says and does," said Wilson. "She exemplifies the very culture of philanthropy."

With these presentations, the Annual General Meeting was brought to a close for another year and the staff and audience began preparations for the Question and Answer period: *What Difference will a Dementia Strategy Make for Nova Scotians?*

What Difference will a Dementia Strategy Make for Nova Scotians?: A Discussion

By Brooke MacKenzie, ASNS Staff Member

Following the Annual General Meeting, there was a [Dementia Strategy](#) question and answer period, centred on the topic: “*What difference will a Dementia Strategy make for Nova Scotia?*”. Dean Gale, the new ASNS President, acted as Master of Ceremonies for the event. The speakers were family caregiver, Ann West, Executive Director of Nova Scotia Department & Wellness Continuing Care Branch, Ruby Knowles and our very own Executive Director, Lloyd Brown.

With more than 700 Nova Scotians participating in the creation of the strategy, there was a lot to discuss. “Our current programs and services give us a jumpstart on the first year action items of the Dementia Strategy,” Brown began. Knowles continued by mentioning the key issues found through the strategy for family supports and a lack of access to information, supports and care. For this reason, Knowles draws attention to one particular point: “There is a checklist attached so that we are held accountable and achieve our outcomes,” she said.

After the Health and Wellness minister took on the Dementia Strategy a few months previously, 27 action items were accepted over the duration of three years to educate and inform Nova Scotians about Alzheimer’s disease, other dementias and the programs and services readily available for those in need. This theme of the evening was reflected in the closing words of Ann West, when she said: “I was excited when I came home and read the strategy. It gave me hope that my husband would be able to stay home where he’s happy.”

Highlights:

During the event, a group of Citadel High School students performed a beautiful play about Alzheimer’s disease. All of the students in the group had relatives with dementia. It was this connection that inspired them to create the piece. The play was based on a woman living Alzheimer’s disease and the story was told in a series of her birthdays. It was a silent play, with the characters dressed in all black. The nonverbal approach was unique and conveyed raw emotion as you watched the slow progression of the disease.

Dave Myers and Dave Clarke, of the [Rally for Alzheimer’s](#), travelled across Canada with in a vintage Volvo 122s, raising money for Alzheimer’s disease and other dementias. They made their final stop at the AGM. They shared stories about being on the road and answered intriguing questions about dementia.

Soci t  Alzheimer Society

N O V A S C O T I A

Family and
Friends Night
**Re-Imagining
Dementia
Through the Arts**

with

Sherry Dupuis, PhD
University of Waterloo



**Monday,
October 19, 2015**

Holiday Inn Harbourview,
Dartmouth

Join us in learning how art based work is adding to our understanding of what it is like to live with a diagnosis of dementia

6:00 p.m. - 7:00 p.m.

Light Refreshments & visit a variety of information booths

7:00 p.m. - 8:30 p.m.

Presentation & Questions

**For more information, call
902-422-7961 or email
alzheimer@asns.ca**

In partnership with:

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northwoodintouch.ca

The Alzheimer Society of Nova Scotia will welcome Teepa Snow, international dementia expert, to the Alzheimer Research Awareness Breakfasts in January.

Save the dates!

Wednesday, January 6, 2016

Location: Membertou Trade & Convention Centre in Sydney

Guest Speakers: Teepa Snow & Deanna Harvey-Green

Theme: Creating a Dementia Friendly Community

Thursday, January 7, 2016

Location: The Cunard Centre in Halifax

Guest Speaker: Teepa Snow

Theme: Baby Boomers as Caregivers... And Who Will Care for the Boomers?

Friday, January 8, 2016

Location: Bridgewater

Guest Speaker: Teepa Snow

Theme and venue to be announced

For more information on the breakfasts, please visit www.alzheimer.ca/ns or call 1-800-611-6345

Help Wanted, Door to Door Canvassers Needed

We are looking for volunteers to help launch our Door to Door campaign in October. We are seeking help from upstanding, trustworthy citizens who enjoy walking their neighbourhoods and are not opposed to knocking on a few doors. If you have ever considered volunteering with the Alzheimer Society of Nova Scotia, but live outside HRM or could not make a large time commitment, please consider signing up to be a Door to Door canvasser. The commitment is flexible according to your availability and the money goes back to your community to help your neighbours who are living with dementia, and their caregivers.

For more information, please contact Dawn Boudrot 1-800-611-6345, or 422-7961 ext. 258

Door to Door Canvassing Hits the Internet

If you feel shy knocking on doors, but you want to be part of the Door to Door fundraising initiative, why not become an e-canvasser? Set up your own personal fundraising page (we provide all the tools), send an email to your contacts directing them to your page, and keep track of the donations online; all from the comfort of your home. Are you active on Facebook and Twitter? We provide an easy link from your personal fundraising page to your favourite social media platform that directs people where to go to make online donations. It is a safe, easy way to raise money.

For more information about becoming an e-canvasser, please contact Dawn Boudrot at 1-800-611-6345 or 422-7961 ext. 258

Living Proof of Donations at Work - HealthPartners

By Jennifer Richards, HealthPartners Coordinator

"The Alzheimer Society gave me the tools and support I needed to cope with my husband's illness. I laughed and cried with others at the monthly support group, and I received valuable information every step of the way as my husband's dementia progressed."

- Myra Conway, wife of person with dementia.

The Alzheimer Society of Nova Scotia (in part thanks to contributions made to HealthPartners) is able to help people like Myra Conway. Conway was shocked when her husband Michael was diagnosed with Alzheimer's disease at just 57 years old. Like many others, she believed that dementia was an "old person's" disease. "He was an active civil servant, and at first I had no idea how I would be able to manage this young man who had an illness that affects much older people," said Myra.

Thank goodness for the Alzheimer Society of Nova Scotia. The society contacted Myra to tell her about a support group specifically for spouses of people with a disease that affects thinking, memory and the ability to perform daily activities.

Myra found a second home at the support group. "Once a month, I had a place I could go to be with other people; to laugh and cry together, share stories, help and support each other. It didn't matter what I was doing that month, I made sure I didn't miss a meeting," she said.

Beyond the support group, which provided the emotional outlet that Myra needed, the Society was there for her every step of the way, as she navigated the journey as the disease progressed. "Information provided to me by the society told me what to expect and how to deal with the changes," Myra said.



Wife and Caregiver Myra Conway

Sadly, Michael passed away at the age of 62. Myra, however, remains passionate about sharing her story and encouraging people to make a contribution to the Alzheimer Society of Nova Scotia. She is living proof of donations at work and donations can be made through HealthPartners, during their workplace giving campaigns.

For over 25 years, HealthPartners and its 16 leading Canadian health charities have been working together to create healthy workplaces and communities. Through workplace giving HealthPartners is transforming the lives of Canadians. Watch Myra's story and others at iamlivingproof.ca to see the impact of donations at work.

Thank you to the Nova Scotia federal public servants who have and continue to support HealthPartners through the 2015 Government of Canada Workplace Charitable Campaign (GCWCC) and other employees in workplaces across Nova Scotia – your contributions help create more living proof of donations at work.

The Alzheimer Society of Nova Scotia is a proud member of HealthPartners. For more information on HealthPartners please visit healthpartners.ca.

Workplace Giving

Giving at work through payroll deductions

This fall, your workplace might participate in a HealthPartners campaign and/or United Way campaign. In both, you can choose to support the thousands of Nova Scotians living with Alzheimer's disease or another dementia, through payroll deductions.

United Way

At the bottom of the form you have the option to write in your charity of choice, with the charities charitable registration number. You would write in:

**Alzheimer Society of Nova Scotia
10670 5379 RR0001**

If your workplace does not do a campaign, but still does allow employees to make payroll deduction donations, you would also use the above information.

HealthPartners

On the giving form, you simply put a check mark in the box next to our name.

Thank you for your support through workplace giving!

**iii HealthPartners
PartenaireSanté**

Charities At Work
La philanthropie au travail

Thank you VON and The Ice Cold Pitchers!

This was the first year for the VON Charity Challenge tournament. They hosted 11 teams at the Sydney Mines Pitt Street Fields. Each team played for a charity of their choice and the \$1000 grand prize was divided between 1st and 2nd place, along with a wild card draw.

The winning team, who played for ASNS, was called The Ice Cold Pitchers. The team captain was Emily Osmond and the whole team played their hearts out. They never lost a game!

Together, the team raised over \$600. This included a donation from the team captain's mother, who gave back the 50/50 prize she won!

It was a fun weekend and they are really looking forward to doing it again next year!



Contact Us

Alzheimer Society of Nova Scotia
112-2719 Gladstone Street
Halifax, NS B3K 4W6

Ph: (902) 422-7961
Toll Free: 1 (800) 611-6345
Fax: (902) 422-7971

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NOVA SCOTIA

WHY A DEMENTIA STRATEGY MATTERS TO ME

Dear candidate,

A National Dementia Strategy will ensure that we take a comprehensive approach to battling this disease. It will also provide better support for people living with dementia and their caregivers.

Facts about dementia in Canada:

- Currently, over 747,000 Canadians are living with dementia and that number is expected to grow to 1.4 million by the end of 2031.
- Nova Scotia accounts for over 17,000 of those people.
- In 2011 alone, Canadians lost an estimated \$11 billion in income, providing care for people living with dementia. This is equivalent to almost 230,000 jobs.
- The combined direct cost (medical) and indirect cost (lost earnings) of dementia total \$33 billion per year. By 2040, it will reach \$293 billion per year.
- Here, in Nova Scotia, we have already begun addressing these issues by implementing a provincial dementia strategy. This can be found at: novascotia.ca/dhw/dementia.

Implementing a National Dementia Strategy will enhance research efforts, raise awareness, provide support to people living with dementia and their caregivers, identify best practices and improve surveillance of the disease.

If elected as the Member of Parliament for our riding, will you to commit to support the federal government and work with the premiers and provincial minister of health to develop and implement a National Dementia Strategy?

Sincerely,

A National Dementia Strategy supporter

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