

Giving Tuesday is Back

By Sarah Lyon, ASNS staff member

“Giving Tuesday, an opportunity to double your money! Thanks to the generosity of Deloitte, again this year they will match your gifts. Now is the time to help us make a difference in the lives of Nova Scotians!” -Lloyd Brown, Executive Director, ASNS

After Black Friday on November 25 and Cyber Monday on November 28, comes Giving Tuesday on November 29! After two days of getting deals for the holiday season, Giving Tuesday is a day dedicated to giving back to our communities.

The Alzheimer Society of Nova Scotia is once again participating in this day and is happy to announce that Deloitte is back as our matching donor! Deloitte will match all donations up to \$5,000, made to the Alzheimer Society of Nova Scotia on **Giving Tuesday, November 29**.

In support of *Société Alzheimer Society*
NOVA SCOTIA

Giving Tuesday
November 29, 2016



With matching donations to the
Alzheimer Society of Nova Scotia from*

Deloitte.

*Donations will be matched up to \$5,000

All the funds that are raised in Nova Scotia, stay in our province to support those on the dementia journey. Donations last year helped us answer more calls to our InfoLine, hold public education sessions and much more!

Mark your calendars, save this page on your fridge, or put a reminder in your phone, and **please make your donation on Tuesday, November 29 to have it matched!** You can make your donation by:

Phone: 1-800-611-6345

Online: www.alzheimer.ca/ns

By mail to be processed on Giving Tuesday:

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

Contact us

112 - 2719 Gladstone Street
Halifax, NS B3K 4W6

902-422-7961
1-800-611-6345

alzheimer@asns.ca

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Coordinator, Community Initiatives

902-842-1314

catherine.shepherd@asns.ca

Guysborough, Antigonish & Pictou County

Beth Jackson,
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Colchester - Cumberland County

Dianne Ardern,
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Annapolis Valley

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Coordinator, Education and Outreach

902-790-4189

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South Shore

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ARE YOU In The LOOP?

Coming up...

November 29
Giving Tuesday

December 23
Office closed at noon

December 26 - January 2
Office closed for the holidays

January
Alzheimer's Awareness Month

January 10
Valley Awareness Breakfast

January 11
Sydney Awareness Breakfast

January 13
Halifax Awareness Breakfast
South Shore Awareness Breakfast

January 23 - 27
Forget Me Not Week

If you have any questions about the upcoming events, please contact our office at 1-800-611-6345.

Support groups are offered on various dates around the province.

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

It's Called a Twiddle® Muff

By Beth Jackson, ASNS staff member

It takes patience, creativity and dedication to make a quilt, knit a pair of socks and crochet a wall hanging. For a group of women in Antigonish County, working on such projects is an important part of their week.

This group is called S&B and is made up of 10-15 women who recently finished making a very special project called the Twiddle® Muff, or Twiddles.

"I was on a knitting blog that I follow and saw a post about Twiddle® Muffs," says Cathy Nunn, one of the women in the stitching group who led this project. "I thought this would be great for our group to take on, so I found a basic knitting pattern on the Internet and brought it forward."

The Twiddle® Muff was created by a woman named Margaret Light for her grandmother. Margaret's grandmother's eyesight was declining and she couldn't be as productive with her hands as she once was. The Twiddle® Muff was created to provide comfort and keep the hands active and warm. They have been effective in nursing homes for people living in the later stages of dementia. However, they may not be for everyone. It's important for the care provider to find out whether the person with dementia enjoys it.



The S&B with their Twiddle® Muffs

"I don't have a connection to dementia in my family, but we're hearing more and more about dementia in our communities," says Cathy. "The Twiddle® Muffs are a small way that we can contribute."

All of the women in the stitching group can do basic knitting and this project was a great way to use up leftover yarn. Once the ladies were finished knitting the Twiddles, they sewed on attention-getting gadgets. Gadgets include: Velcro, beads, buttons, ribbons and fur. Each Twiddle is unique with its colours, gadgets and fabrics.

The Twiddle® Muffs will be donated to the R.K. MacDonald Nursing Home in Antigonish. ASNS staff member Beth Jackson will be doing a Healthy Brains presentation for the women and some of the staff at the R.K.

When asked what Cathy likes most about the S&B group, she said: "Comradery – especially in a rural

area.”

“In a city you can be around people quite easily. In the country, you have to make more of an effort. It’s nice to be with others who share a common interest and it’s an opportunity for us to share news and ideas. If we don’t see each other for a week—we miss it.”

The S&B women are taking steps towards better brain health. They socialize and challenge their brains every week by doing a hobby they enjoy. These are two ways to help keep your brain healthy. To find out the other ways, visit www.alzheimer.ca/ns

Welcomes and goodbyes

By Kara Gouthro-Murgatroyd, ASNS staff member

Welcome to Gerald Barbor, the new facilitator of the St. Margaret’s Bay Caregiver Support Group. The group meets the second Monday of each month from 7:00-8:30 p.m. at St. Luke’s United Church Freedom Renewal Centre, 5374 St. Margaret’s Bay Road.

The Alzheimer Society caregiver support groups offer a supportive, confidential space to exchange information, and share strategies with others whose lives are affected by dementia.

To learn more about the St. Margaret’s Bay group or any of our provincial groups call Kara at 902-422-7961 ext. 242.



Gerald Barbor, new facilitator at the St. Margaret’s Bay Caregiver Support Group

In Memory of Lois Morin

Lois Morin was an amazing woman who cared deeply for her community and the many people she supported through her volunteer activities. She was a kind soul with a huge heart. She was a cherished volunteer with the Alzheimer Society of Nova Scotia and co-founder of the Alzheimer/Dementia Education and Discussion Group of Lunenburg County. For over 10 years she helped facilitate the Lunenburg group and most recently the group in Bridgewater. She supported many families over the years ensuring they knew they were not alone in their caregiving journey. She will be greatly missed by her friends and colleagues at the Alzheimer Society of Nova Scotia.



Lois Morin, long time co-founder and volunteer facilitator of the Lunenburg County Alzheimer/Dementia Education and Discussion Group

Changing Lives Every Two Weeks

By Sarah Lyon, ASNS staff member

Every two weeks, or every 15th and 30th of the month – people are helping Nova Scotians living with dementia. How, you might ask? Through charitable deductions off of their pay cheques.

A payroll deduction is when you ask your employer to take an amount (you decide) off of your pay cheque, just like other deductions you might have. They then donate to your charity of choice.

There are several ways you can donate through your workplace. Below are three examples and how you can choose to support the growing number of Nova Scotians living with Alzheimer’s disease or another dementia.

1. United Way Campaigns

Although you may not see the Alzheimer Society of Nova Scotia on the campaign form, you can still choose to directly donate to support programs, services and research in dementia. The funds donated and raised in our province stay in Nova Scotia to help with programming, support and a variety of services.

If your company participates in a United Way campaign, here is how you can donate:

1. Write in the Alzheimer Society of Nova Scotia
2. Provide the following charitable number: 10670 5379 RR0001

2. HealthPartners Campaigns

Much like the United Way, HealthPartners does workplace giving for the top 16 health charities in Canada. If your company participates in a HealthPartners campaign, you can choose the Alzheimer Society directly.

3. Employee Giving Fund

Many companies opt to use a third party giving fund, where employees’ donations are sent bi-weekly and at the end of a fiscal quarter, directed to the employees charity of choice.

Not sure if your workplace does payroll deductions? Ask your human resource representative today. In some cases, workplaces actually match, or make a donation themselves on behalf of employees with a passion for philanthropy!

We thank you for thinking about making a payroll deduction to support those living with Alzheimer’s disease or other dementias.

If your workplace does not do payroll deductions, but you would like to become a monthly donor, please call Sarah Lyon, Director of Philanthropy at 902-422-7961 extension 227.

In Memory of Abraham Leventhal

By Sarah Lyon, ASNS staff member

Mr. Abraham Leventhal was a quiet philanthropist. By all accounts of the people we have spoken to, doing a write up about him—let alone what we have planned in his honour - wouldn't be something he would want.

But because of his generosity, extraordinary things have, and will continue to, happen in Nova Scotia. Mr. Leventhal was philanthropic all of his life and passed away earlier this year at the age of 90.

He was a proud member of the Jewish community, who started out in the North End in humble beginnings. His parents taught him to give back to those that needed his help, even if he had very little himself.

Over the course of his life, Abe had a passion for philanthropy. From bursaries for students at university, to paying for world renowned figure skaters to come to Halifax to teach kids to skate, you don't meet many people as generous as him.

After starting and selling a successful metal business, Abe couldn't retire. He bought the Waverly Inn on Barrington Street, where he came to visit every morning until only a few months before his death.



He would sit in the lobby and read the paper, chatting with guests. If Mr. Leventhal read in the paper that a single mother couldn't go to school anymore, he anonymously paid her tuition. He would purchase grocery gift cards and hand them out as he walked to the Waverly Inn, a part of his daily routine.

Abe was also passionate about research. He wanted to help those living with diseases, but also to find a cure. From diabetes to cancer to Alzheimer's disease, Abe gave whenever an appeal came in his mailbox.

It is no surprise that in his estate Mr. Leventhal left a bequest to eight charities. The Alzheimer Society

of Nova Scotia is fortunate to have had Mr. Leventhal as a supporter for many years and for him to recognize the need for dementia research to continue to take place, right here in Nova Scotia.

With the bequest for dementia research, the Alzheimer Society is proud to announce the establishment of the Abe Leventhal Research Fund. This fund will support research through a variety of ways, including, but not limited to, an increase in support to the Maritime Brain Tissue Bank and a bursary for a student studying in the field named after Mr. Leventhal.

We are committed to funding research into causes, treatments and cures here in Nova Scotia, as well as through the Alzheimer Society Research Program, funded by all provincial partners. The Abe Leventhal Research Fund will see this commitment grow to touch more lives.

It's something we hope would make Mr. Leventhal proud.

For more information about research, please [click here](#).

Happy Holidays!

This Holiday season, give the gift of understanding.

Become a Dementia Friend.

www.dementiafriends.ca
 Twitter: @DemFriendsCa
 Facebook.com/dementiafriendscanada

Thank you for your support from all of us at the

Soci t  Alzheimer Society
 NOVA SCOTIA

Keep an Open Mind About Dementia: What you may have missed from the provincial conference

By Linda Bird, ASNS staff member

With information only a web address away, and restricted education budgets, are face-to-face conferences a thing of the past? I struggled with this question as I was in the midst of planning my eleventh conference for the Alzheimer Society of Nova Scotia. It's like planning a big party and worrying no one will come.

Even with all the bases covered, a good agenda with terrific presenters, good location and food, audio visual support (a must), sponsorship, interesting exhibitors and all the many fine details worked out, you really don't start to relax until registration starts to fill up.

The two days came and went without too much of a hitch and we heard some terrific presentations. Dr. Ken Rockwood challenged us to advocate now for improved health care options for persons with dementia. With the population aging and the number of people living with dementia on the rise, Dr. Rockwood notes that "these are the good old days" and if we don't improve it now, what will happen when there are more people to support?

Anne McQuarrie shared her personal experience with dementia, and while she didn't sugar coat her experience, she certainly is a great example of how people can live well with the disease in the early stages. Participants then had to choose between presentations on communications, a music therapy program or brain changes and function, all of which were excellent presentations that left people with strategies to take back to their workplace to improve care.

Dr. Nuala Kenny spent a thought provoking Monday afternoon with us, as we began working through issues of professional responsibility. This topic is relevant because it sometimes collides with clients' rights and autonomy and this is a challenge many of us work through on a daily basis.

Dr. Mark Bosma kicked off Tuesday morning giving a clear and concise description about the process clinicians use to diagnosis and prescribe dementia medications.

In a "Moment of Time," we had the opportunity to simulate some medical conditions that people with



Dr. Rockwood giving the keynote presentation



Left to right: Moderator Elizabeth Doyle, Jody MacDonald, Lauren Alexa, Ashley MacMullin, Sarah Lyon, Natasha Handspiker, Andrew Reid & Tia Larkin

On Tuesday afternoon, when the energy can start to dip, we were rejuvenated by six short presentations featuring innovation in dementia that are being used here in Nova Scotia. This included: the use of iPads to interact with veterans at Camp Hill; an update on the newly revised Dementia: Understanding the Journey provincial education course; The Alzheimer Society's campaign to increase awareness and get people talking about dementia; the Maritime Tissue Brain Bank that supplies brain tissue for research all over the world; Northwood's innovated gym renovations to support people with dementia; and St John Ambulance's therapy dog program that brings smiles and comfort to people living with dementia. We finished off with Laughter Yoga and the take-home message of the importance to care for yourself as a care provider.

What truly makes a conference worthwhile is the conference experience. It's about being in the same room with the over 200 committed, passionate people who all want to learn more about how to do things better. It's being in the same room but hearing different perspectives from people working in different jobs, different areas of the province or with different resources. It's about having the opportunity to talk with others and explore what is being presented. It's about being exposed to a new perspective or topic that you might never have sought out on your own, but that adds to your understanding. With that in mind, I am already planning for next year, and I hope you are too!

Mark your calendars for October 2017.



Left to right: Wenda MacDonald, Kathryn Hominick, Starr Dobson, Barbara Adams, Lynda Culley

dementia may also be experiencing, in an attempt to gain more insight into their daily reality.

Mark Gilbert moved us with his presentation on the important role arts can have in helping us to express and understand the dementia journey, finishing with some very personal family sketches of dementia.

Moments Matter Through Music

By Dianne Ardern, ASNS staff member

A fun café was held on Friday, October 14th, at Havelock Terrace in Amherst. Several people who are living with dementia, along with a few family members and friends, participated in two hours of fun and fellowship. The event was hosted by Dick Surette, who lives with memory loss, and his wife and caregiver, Jean, in partnership with the Alzheimer Society of Nova Scotia.

The purpose of the event was to give those with memory loss and their home-care partners an opportunity to socialize with couples in similar situations. Dick played his guitar and sang several old favorite songs. Everyone joined in to sing the familiar lyrics, which brought back memories of the “good old days.”

The group was engaged in playing games and telling humorous stories. Everyone responded with lots of laughter. Jean spoke about memory loss, the progression of the disease, and the trials of caregiving. She titled her talk “Caregiving - A Roller Coaster of Emotions.” It was a helpful, relevant presentation. She also shared practical and useful tips regarding the needs of a care-partner.

I addressed the group briefly about “the benefits of music” for those with memory loss. Sharing that Teepa Snow, a dementia care education specialist, states that “music is a gift,” as well as being a powerful resource that can lift our spirits, energize us, calm us and provide meaningful connection even when communication is limited.

Finally, a discussion was held about what is needed to help people living with dementia and their care partners. It was mentioned that it would be very helpful to have a meeting place where care partners can leave the person living with dementia with volunteers while the care partners participate in the support group meeting. After more great singing, lunch was served by three kind ladies who reside at Havelock Terrace. This event was appreciated and enjoyed by all.



Dick Surette, a man living dementia, entertaining the audience



Cafe attendees enjoying the live music

ALZHEIMER AWARENESS BREAKFAST

Purchase your tickets today!

Call 1-800-611-6345 or go to alzheimer.ca/ns

<p>Berwick Kings Mutal Century Centre Tuesday, January 10 With Dr. Beverley Cassidy, Fountain of Health Positive Aging: Stay Healthy for Life</p>	<p>Sydney Memberou Trade & Convention Centre Wednesday, January 11 With Sandra Kelly, Caregiver and Educator The Positives of Caregiving</p>
<p>Halifax The Westin Nova Scotian Friday, January 13 With Dr. Meagan MacNeil, Fountain of Health Positive Aging: Stay Healthy for Life</p>	<p>Bridgewater Best Western Plus Hotel & Convention Centre Friday, January 13 With Dr. Laurie Mallery, Geriatrician Life Doesn't End When Dementia Begins</p>

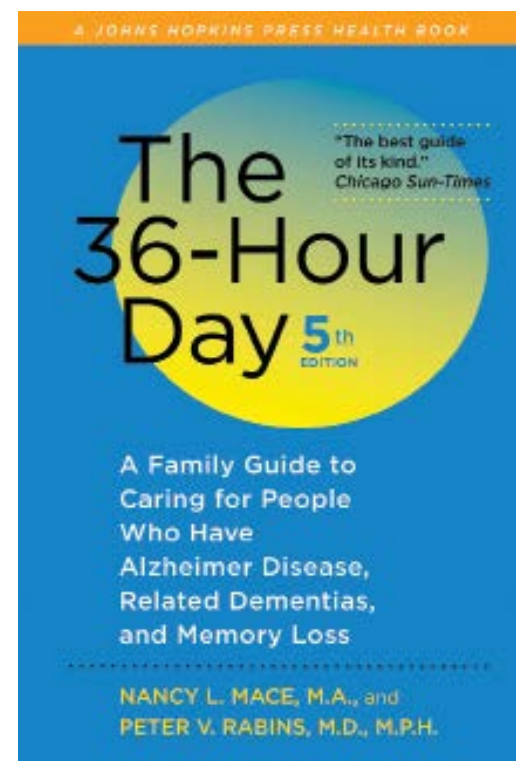
Suggested Winter Reads

By Bethany Sampson, ASNS staff member

Whether you are a caregiver, a person with dementia, a family member, friend, or just someone who is looking to learn more about Alzheimer's disease and other dementias, we hope that you will find the following reads to be useful and informative.

The 36-Hour Day

Written by: Nancy L. Mace, M.A., and Peter V. Rabins, M.D., M.P.H

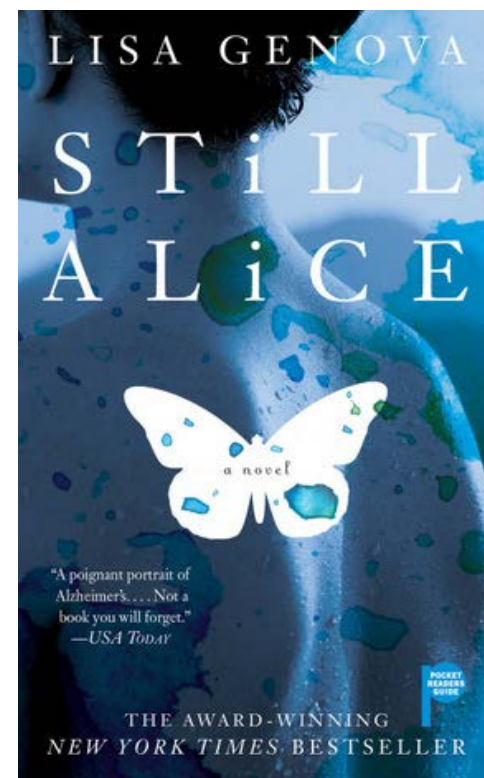


Mace and Rabin's *The 36-Hour Day* is an informed and helpful guide for those caring for someone with Alzheimer's disease or dementia. The book is divided into nineteen themed chapters, allowing readers to seek out the information they need, when they need it. Though the book aims to be a day-to-day guide for caregivers, it also serves as a trusted information source. At over 300 pages, *The 36-Hour Day* isn't meant to be read in one sitting; instead it can answer questions as they arise throughout the dementia and care-giving journey. The book successfully empowers readers—in particular caregivers—with relevant and necessary knowledge. The authors' professional backgrounds in Alzheimer's disease and medical-related fields make them a trusted dementia source. The *Chicago Sun-Times* described it as "the best guide of its kind."

Still Alice

Written by: Lisa Genova

In my opinion, there's no better way to spend a chilly winter day than inside, curled up by the fire, with a great novel. Genova's 2009 novel, *Still Alice*, spent 59 weeks on the *New York Times* bestseller list, has sold over two million copies and has been translated into 37 languages. It tells the fictional story of fifty-year-old Alice who has been diagnosed with early-onset Alzheimer's disease. The novel follows Alice's journey with the disease, and honestly depicts how the disease changes Alice's world. The novel's focus on familial relationships helps humanize the clinical rhetoric often used when talking about Alzheimer's disease.



Seeing the world through Alice's perspective gives readers an enlightening experience of what it's like to live with dementia. Due to its fictional nature, *Still Alice* is a quicker read than *The 36-Hour Day* or *When Someone You Know Has Dementia*. You can consume it over a short period of time without feeling overwhelmed or bogged down by clinical information. That said, Genova's background as a neuroscientist still makes the novel an educative read.

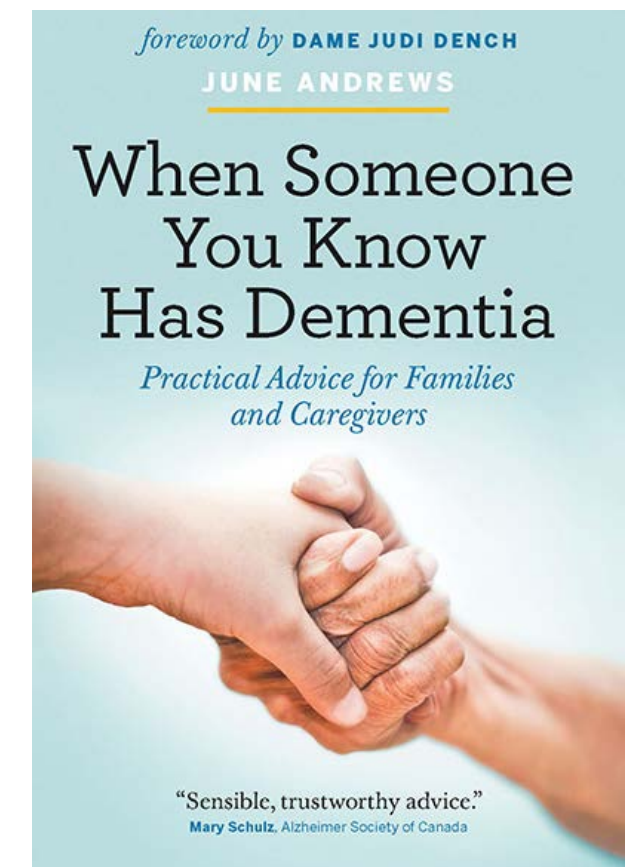
If you're not much of a reader, Julianne Moore won an Academy Award for her performance of Alice in the 2014 movie adaptation of the book. The film, which, alongside Moore, stars Alec Baldwin and Kristen Stewart, contributed to the global dementia dialogue.

When Someone You Know Has Dementia

Written by: June Andrews

June Andrews is a consultant, researcher, nurse, and the Director of the Dementia Services Development Centre at the University of Stirling, Scotland. Her 2016 book, *When Someone You Know Has Dementia*, provides powerful insight into what it feels like to live with dementia. Andrews emphasizes the importance of the person living with dementia, while also giving attention to the caregivers and families. Her approach and advice prioritizes keeping those with dementia, as well as their family and caregivers, happy and well. The book provides passages written by those living with dementia, and gives readers access to many real-life scenarios. Readers will benefit most from reading the book in its entirety, but can also find answers to specific questions by reading just one chapter, or even a few pages. Andrews' research and medical background makes this an important read for those in the clinical profession as well.

All books are available for purchase on [Amazon.ca](https://www.amazon.ca) or in store at [Chapters](https://www.chapters.ca). In addition, the books are all available for check out at [Halifax Public Libraries](https://www.halifaxpubliclibraries.ca). The movie adaption of *Still Alice* is available for streaming on Netflix and for purchase on iTunes.



Nursing Home Challenge 2016

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!

The Winners of the 2016 Nursing Home Challenge are:

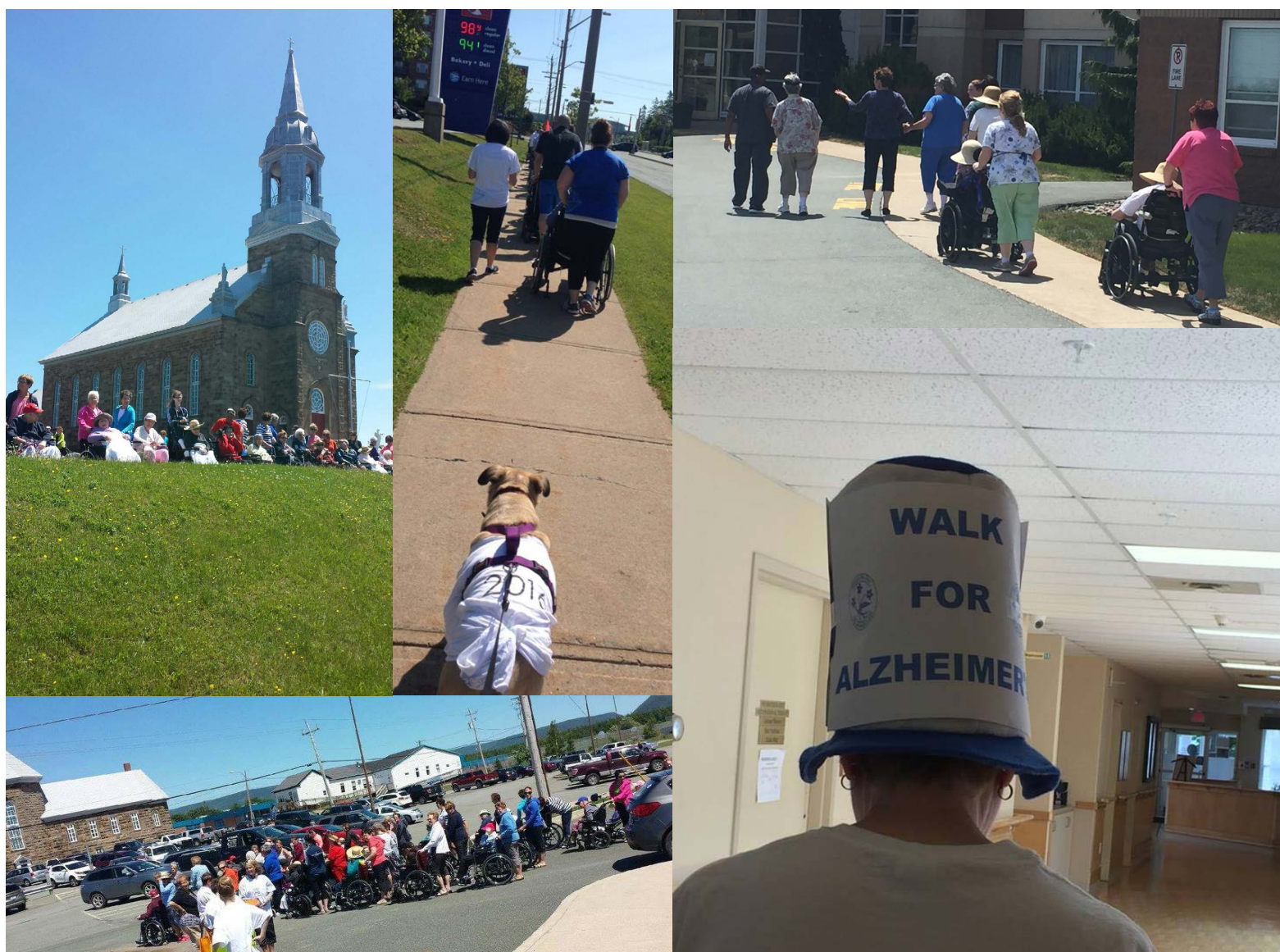
1st Place - St. Anne Centre - Arichat

2nd Place - Parkstone - Halifax

3rd Place - Vimy Court - Bible Hill



Thank you for everyone who participated this year and our sponsor, Shannex!



Pictures from various nursing homes that participated in the Nursing Home Challenge 2016

Ten Signs of Dementia: Five of Ten



IMPAIRED JUDGEMENT

Not recognizing a medical problem that needs attention or wearing light clothing on a cold day.

There are ten common signs of dementia. Impaired judgement is one of them.

This could mean not recognizing a medical problem that needs attention, wearing slippers out in the snow or a winter coat in the summer.

The important thing to keep in mind is just because you exhibit this sign, it does not necessarily mean you have dementia!

If you have concerns, please call our confidential phone service at 1-800-611-6345 or talk to your doctor.

Read our next issues of In the Loop for the next sign or visit alzheimer.ca/ns to learn all ten.

Your Money at Work

What difference does your donation make?

The Alzheimer Society of Nova Scotia is committed to funding industry-leading research developments in dementia studies. In fact, the Society has been a critical partner of the Maritime Brain Tissue Bank at Dalhousie University for over 20 years. The Maritime Brain Tissue Bank is one of three in Canada and primarily deals with degenerative diseases such as dementia. This is extremely important research that is being conducted right in our own backyard. One day, Nova Scotia could be the place where a cure is found.

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



Alzheimer InfoLine

1-800-611-6345

We are here to help.

Information, support and referral for families, caregivers and professionals.

The Alzheimer InfoLine is a confidential phone service provided by a team of knowledgeable and caring staff.

Société Alzheimer Society

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