

## Your Support Helps People Like Sandra

"I wonder what will happen as my memories are taken from me by this disease. Who will I become? What happens with my idea of the person I was, my old identity? What happens when I don't remember my old self?" asks Sandra.

Diagnosed with dementia, specifically Lewy Body Disease, at 55, Sandra's doctor made a direct referral to the Alzheimer Society, so that she could start to get the information she needed, to answer all her questions.

**The Alzheimer Society of Nova Scotia was there to address all of Sandra's concerns, enroll her in programs, and offer her support, because of supporters like you!**

But there are more Nova Scotians, like Sandra, who need support. Can you help those living with the disease, by donating today?

Sandra was running her own business in 2010 when she first noticed that it was taking longer and longer for her to finish client projects. She was having difficulty concentrating, finding words and applying concepts that she used every day.



A world traveller, who loved spending time outdoors, Sandra ended up in the ER from falls and missteps. Her loss of balance led her to give up one of her favorite outdoor activities, biking.

After being referred to the Society, Sandra received a call from Wenda MacDonald, our Manager of Client Services. Two years later, they still talk on a regular basis. "It was nice to be able to talk to somebody. That first year was hard, I didn't understand what was happening to me."

Wenda provided Sandra one-on-one support and offered her programs that fit where she was in the disease. Sandra started with *Shaping the Journey* an education program for people with dementia and their partner in care. When that was finished, Sandra moved into a monthly [support group](#) for people with dementia called *Coffee and Conversation*.

"I feel very safe in the programs," says Sandra. "I know whatever I say, and sometimes what I say is silly, I have someone who will laugh with me. I feel very good about the connections I have made with the Alzheimer Society. I know I am not alone and that when I need help, I can just call and someone

## Contact us

112 - 2719 Gladstone Street  
Halifax, NS B3K 4W6

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

[alzheimer@asns.ca](mailto:alzheimer@asns.ca)

### Cape Breton

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Coordinator, Community Initiatives

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### Antigonish County

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## ARE YOU In The LOOP?

### Coming up...

#### June 29

Annual General Meeting

#### July 1

Office closed for Canada Day

#### August 1

Office closed for Natal Day

Support groups are offered on various dates around the province.

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

Please note that from July 1 - August 31, our office will be closed at 1 p.m. on Fridays

### YOU'RE INVITED

## Annual General Meeting

2015-16

Wednesday, June 29, 2016

5:30-6:30 p.m.

Alderney Gate Library,  
60 Alderney Dr, Dartmouth, NS B2Y 4P8

Please note: Only ASNS members are permitted to vote



Continued from front page...

will listen. Someone who understands what I am going through.”

Sandra wants people to know she'd be devastated if the *Coffee and Conversation* support group she attends, was no longer available to her and to others with the disease. “I'd miss the comradery, the fellowship we have.”

Having someone listen to you, who understands you, who can offer support and programs to attend that are safe for those with dementia, is very important. It's something we all would want for our mothers or sisters in need of help. And you can help make that possible for more people like Sandra, with a [donation](#) today.

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## What a Difference a Brain Can Make

*By Amanda Mueller, ASNS staff member*

Have you ever considered making a donation to Alzheimer's disease research but never made the plunge? Would you like to make a lasting contribution to the search for the cause and cure of Alzheimer's disease and other dementias? Well, here's a great opportunity. You can donate your brain to the [Maritime Brain Tissue Bank](#) in Halifax.

“Why would I do that?” You might ask yourself. Well, let's let Dr. Sultan Darvesh tell you. Dr. Darvesh runs the MBTB, as well as being a professor, researcher and clinical neurologist at Dalhousie University. You may have seen his name in the news lately because of his recent research breakthrough. And this is what he has to say about why you should donate your brain:

“The Brain Bank is especially important because there are no animal models of Alzheimer's disease or other dementias,” said Dr. Darvesh. “And one of the most important things for researchers is being able to understand these diseases.”



Dr. Darvesh giving a tour of the MBTB

If you choose to donate your brain, you are choosing to support the research in prevention, treatment and cure of all types of dementia, including Alzheimer's. It was founded with assistance from Alzheimer Society of Nova Scotia, Dalhousie University and Capital District Health Authority so that the tissue can be professionally stored and cared for and be sent all over the world for research purposes. Samples from the MBTB have travelled as far as Israel and Denmark, making our own brain bank an essential worldwide resource!

You should also know that ANY consenting adult can donate their brain. It is equally important that the MBTB has healthy tissues as well as tissue with neurodegenerative diseases, like dementia. Being able to compare and contrast the two can be an important part of research.

Do you want to know more about the process of donating your brain? It can be found [online](#).

If you or your doctor have any questions with completing the process or you want to find out more, you can contact the Alzheimer Society of Nova Scotia at 1-800-611-6345 or the MBTB directly for assistance.

Still want to know more about MBTB? You can visit their website or if you're more inclined, you can take a tour of the MBTB. Contact them at 902-494-4130 or fill out their email form to submit a request for a tour. They have had groups as young as third graders and are more than happy to show off what they do there.

**Please note, donating your brain to the Maritime Brain Tissue Bank is a different process than becoming an organ donor through MSI or donating your body to science through Dalhousie University.**

## Tips and Strategies for Living Well With Dementia

### The 6th Annual Early Stage Forum

*By Amanda Mueller, ASNS Staff Member*

Nova Scotians with early stage dementia and their caregivers came together from all over the province on Saturday, April 16 to share their experiences and learn from each other.

Janet Rowe, caregiver and wife, who you may remember from our last edition of In the Loop and Awareness month campaign, addressed the audience, assuring each and every one of us that life doesn't end when dementia begins.

"We're doing about the same things we've been doing for the last 57 years," said Rowe. "It doesn't matter if you can't remember what you did five minutes ago, live for the moment you're in." Janet and her husband Jack still enjoy hiking, swimming, listening to music, working on the daily puzzles and volunteering. All of which they have been doing for years.



Janet and Jack Rowe at the Early Stage Forum

Some of the other predominant themes of the day were the importance of retaining your sense of humour, the value of spending time with your family and friends and maintaining an active lifestyle.



When invited to share, a few brave individuals, both caregivers and people with dementia, stood up and shared their stories as well. Andrea, Paula and their mother, Carol, were one such group, as were Barbara and Valerie.



From left: Andrea, Paula and Carol, ESF participants

**“We came today to gather information and learn skills to ensure our mother has a strong quality of life,” said participant Andrea Fox, whose mother was recently diagnosed with dementia. “I think our mother is actually more social now than she was before!” she exclaimed.**

**“It’s reassuring to come and see people who are going through the same things I am,” says Barbara, a woman living with dementia. “The things we talked about today are all things I’m trying to do, or want to do.”**



From left: Barbara and Valerie, ESF participants

Other speakers included a panel made up of three individuals who are currently living with dementia, Darce, Ann and Tony. All three panel members shared experiences from their own lives and talked at length about the importance of maintaining or incorporating a regular exercise regime into their lives.

The last speaker of the morning was Catherine-Ann Murray, an Occupational Therapist for Seniors Health. She shared a number of tips with the audience, based on the changes in memory, behaviour and language skills that people with dementia can experience. Some of these tips included:

**Memory tip: Using gift cards at grocery stores and drugstore eliminates the need to remember your pin code**

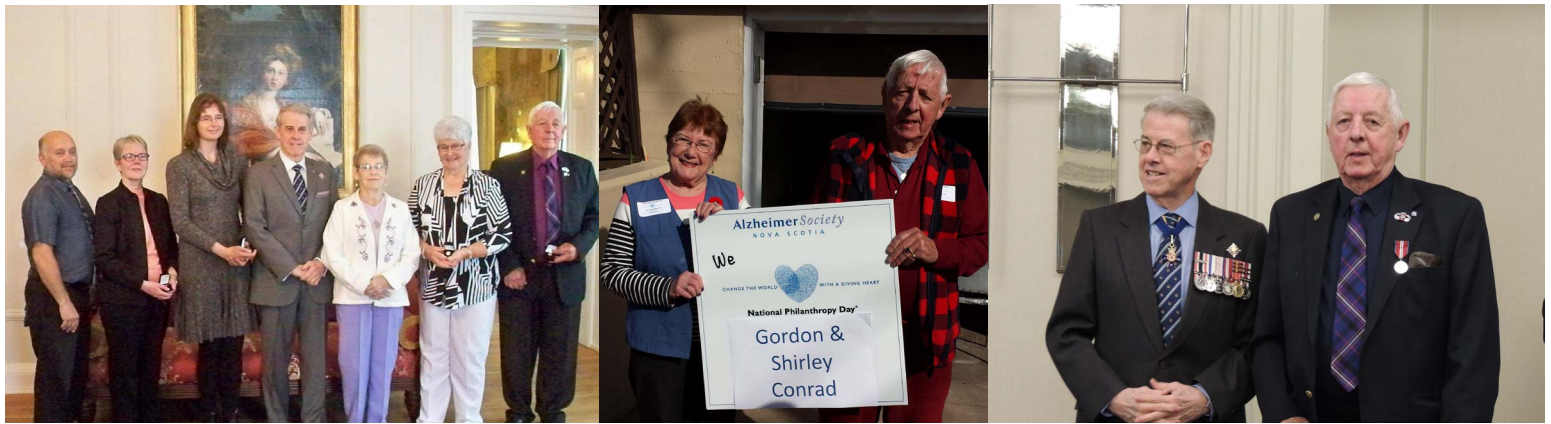
**Behaviour tip: Talk to family about the emotional changes you’re experiencing**

**Difficulty finding a word tip: Try describing what you mean or use a different word**

**Difficulty understanding someone tip: Ask the person to speak slower and make eye contact**

Everyone is different so not every tip will work for everyone. It’s important to find what works for you.

As the morning came to a close, the message that resounded throughout the room was one of hope: Life doesn’t end when dementia begins.



## You Will Be Missed Mr. Conrad Long time Door to Door volunteer passes away

By Amanda Mueller, ASNS staff member

Gordon Conrad was a dear friend to the Alzheimer Society of Nova Scotia. For 15 years he hit the pavement in his neighbourhood to canvas for the Door to Door campaign, raising an impressive \$150,000.

He touched everyone he met through the Alzheimer Society and we can only imagine through his other organizations as well; the Masonic Lodge and the Scottish Rite. "When you work with volunteers, you quickly realize how special all of them are; they give up their time, they give from their heart, many have a passion for what they do," says Sarah Lyon, ASNS Director of Philanthropy. "That was Gordon to a T. I feel very fortunate to have had a chance to work with him."

**"I like to feel that I am doing something good. I have had a good life, so I want to help others have a good life. Alzheimer's disease is a terrible disease and if I can help by talking to my neighbours, it makes my life even better," said Gordon, on why he liked to volunteer.**

A man as wonderful and passionate as Gordon will not be forgotten. Our deepest condolences to his wife Shirley, their children, grandchildren, family and friends.

To read more about Gordon's contributions to ASNS you can visit our [blog](#) or read [past issues](#) of In the Loop.



*In Memory*

Gordon Franklyn Conrad

1929 - 2016

# Cycling For a Cause

By Amanda Mueller, ASNS staff member

Lloyd McLean is cycling across Prince Edward Island to raise funds and awareness for Alzheimer's disease. After a successful trip of 235 km across P.E.I. last year, he is keen to get back on his bike and continue raising money and awareness for both Alzheimer Societies in Nova Scotia and P.E.I., as well as beat his time from last year.

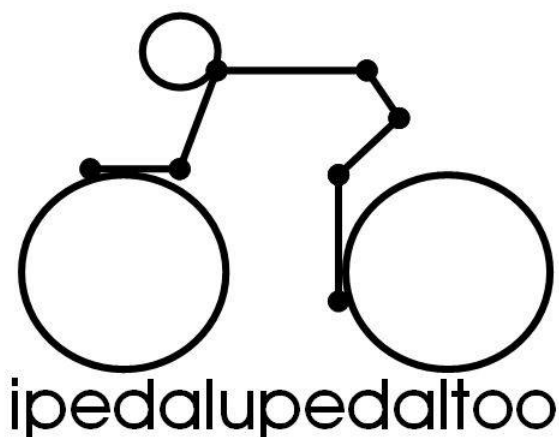
Through his work at [ipedalupedal](#) too, Lloyd hopes to inspire people to live healthy, active lifestyles and reduce their risk factors for Alzheimer's disease. After his father passed away in 2012 from health complications caused by vascular dementia, Lloyd decided to focus his attentions on dementia.

Watching his father decline both mentally and physically serves as motivation for this ride.

His ride will take place on July 16, beginning in Tignish, PE at 6 a.m. and he hopes to travel the 273.4 km to Elmira in under 13 hours.

You can follow Lloyd's cycling journey on his [Facebook page](#) too. He will soon begin training. To make a donation to Lloyd, visit our [web-site](#).

Best of luck to Lloyd on this ride. We'll be rooting for him here in Nova Scotia!



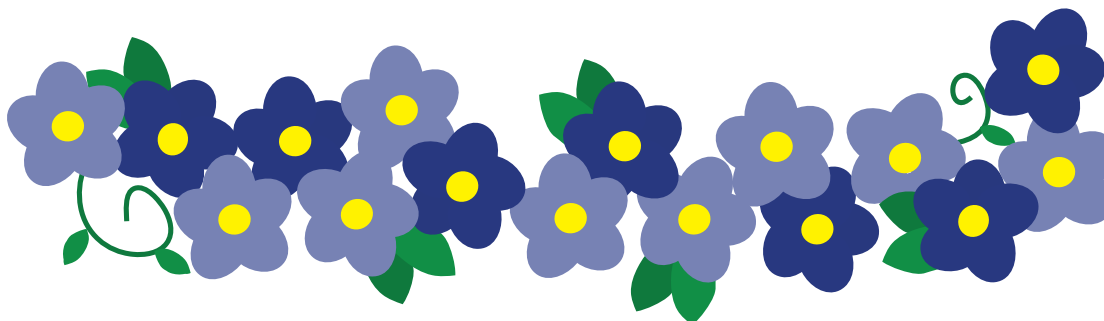
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## Congratulations

**Drs. Laurie Mallery and Paige Moorhouse**  
on being awarded the Governor General's Meritorious Service Medal (Civil Division) for your outstanding work with frailty and end of life care.



The Meritorious Service Decorations (Civil Division) are given to recognize remarkable contributions in many different fields of endeavour, from advocacy initiatives and health care services, to research and humanitarian efforts.





# Walk for Alzheimer's 2016

By Dawn Kehoe, ASNS Staff Member

On Sunday, May 1, the annual Walk for Alzheimer's took place. Hundreds of Nova Scotians gathered at three different locations across the province—Halifax, Sydney, and Wolfville—to take part in the five kilometre walk. All of the funds raised will help support programs, services and education across Nova Scotia.



Walkers enjoying the sun in Sydney

Marty Townsend accepting the WestJet prize

Puppies getting ready for the Walk in Wolfville

We are also looking forward to an exciting season filled with Nursing Home Challenges taking place across the province.

Thank you to everyone who took part in the all three locations and we can't wait to see you on May 7, 2017!

## Shannex

[Shannex](#) has been supporting the Walk for Alzheimer's fundraising event for many years. They have been our presenting sponsor, our supporter and consistently one of our top teams. Team Captain Heidi Muise has been spearheading the charge for seven years and year after year their team has grown and they always exceed their fundraising goal.

Walk for Alzheimer's is near and dear to the hearts of many people at Shannex. Every day, they see first-hand the challenges of living with Alzheimer's and other forms of dementia. Understanding how difficult it can be, they are always happy to support this cause.



Team Shannex at the Halifax Walk for Alzheimer's on May 1

Thank You Shannex!



## Bridge Studio Aces

Nancy Fraser has been a member of the Walk for Alzheimer's team, Bridge Studio Aces, for over nine years. She has been Team Captain for most of that time and is a fundraising Superstar.

Why is Nancy so dedicated to this event?

"My mother, Florence, had three sisters:

Mar, Ruby and Connie, all died while suffering from Alzheimer's. Mom's

vascular dementia has taken her on a similar path over the past decade. As she fades away physically and mentally, Mom leaves behind but a shadow of the smart, resourceful, caring woman she once was. But it was not until I was with her that I came to understand the deep emotional pain of dementia. Agitation, anxiety and anger when she didn't understand what was going on. Anguish, despair. And it made me want to help. I fundraise for the Walk for Alzheimer's in honour of my mother and her sisters, so that fewer Nova Scotians have to go through this in the future."

Nancy's tips for a successful, top team: "Get as many team members on your team as possible and start fundraising early. We include lots of social events to make it more fun. The Bridge Studio is a large and diverse group which makes fundraising more interesting. Personally, I like to ask for donations via email. I send a message to all my close friends and family and I include the link to my fundraising page. I send a personal thank you and update on my mom, when appropriate. Sharing your story is important, it gives people reason to give."



The Bridge Studio Aces team at the Halifax Walk for Alzheimer's on May 1

# TOP TEAMS

TEAMS WHO HAVE RAISED OVER \$3,000



**WALK FOR  
ALZHEIMER'S**  
MAKE MEMORIES  
MATTER

Taigh Na Mara Precious Gems

Wallace River Walkers

Team Memories

Moira's Mob

The Mount Agetastics

The Unforgettables

Bubby's Buddies

Team ASNS

Seaview Manor

Shannex

The Bridge Studio Aces

McDonough/Shaw family/Forget me nots

# Abe Leventhal, 1925-2016

Abraham Leventhal was a philanthropist to the purest meaning of the word. He was happy to give to others without looking for any type of acknowledgement or attention.

This is exactly what he did for the Alzheimer Society of Nova Scotia. He has bequeathed to ASNS an incredible gift to fund research, alongside gifts to Dalhousie University, the QEII Health Sciences Centre, the Salvation Army, Doctors Without Borders Canada, Halifax's Baron De Hirsch Congregation, the Shaar Shalom Congregation and the Atlantic Jewish Foundation.

It is donations of all sizes, including the one made by Abraham Leventhal, that allow us to continue serving Nova Scotians to the utmost of our ability. The money that he has bequeathed ASNS will help fund research both provincially and nationally and for that we are grateful.

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## Some Days are Diamonds, Some Days are Stone

*By Dianne Ardern, ASNS staff member*

Last spring there was an article in the Cumberland News Now titled, "The Life of a Caregiver", in which a caregiver shared her experience.

This caregiver mentioned a song by John Denver called "Some Days are Diamonds, Some Days are Stone." The chorus continues with, "Sometimes the hard times won't leave me alone." This is how she described her days; some days her husband, who is living with dementia, would get up and give her a kiss and be very pleasant and the day would sparkle like a "diamond." Other days were difficult and her heart felt heavy as "stone." She explained that she just couldn't run out to do an errand and leave her husband alone. The caregiver also stated, "It's rare that I get what I call space in my own head. My thoughts are constantly interrupted."

**In the [Care for the Family Caregiver: A Place to Start](#) booklet caregiving is defined as "the act of providing unpaid assistance and support to family members or acquaintances who have physical, psychological, or developmental needs. Caring for others generally takes on three forms: instrumental, emotional, and informational caring. Compared to the general population, caregivers are at greater risk of experiencing poor physical and mental health."**

Caring for someone with dementia is a big responsibility and can be overwhelming at times. Always watching, always listening and resting only briefly, those who care for people with Alzheimer's disease and other related dementias are rarely able to take breaks.

Caregivers Nova Scotia and members of the Aging Well Coalition of Cumberland County are very aware that one in three Nova Scotians are unpaid caregivers and that they often feel alone, exhausted and in need of a break, just as this caregiver did. This is what prompted the creation of "Caregiver Retreats"

that were both relaxing and educational.

Through funding from the Nova Scotia Department of Seniors, retreats were held in Amherst and Springhill in the Fall and another successful day was held in February, 2016 in Pugwash.

Cindie Smith, Support Coordinator, Northern and Eastern Mainland for Caregivers Nova Scotia, describes a day for us: “When our guests arrived, they were warmly greeted and offered tea or coffee and given a chance to chat with others before we settled into the program. Just prior to our first educational session, everyone was led in a morning stretch. There was a Healthy Communication session led by clinicians from Mental Health and, after a nutrition break, there was a discussion entitled Continuing Care 101, where questions about the programs and services of Home Care and Continuing Care were explained and explored.



ASNS staff person Dianne leading the group in a low impact exercise session

The indulgence came in the afternoon. Each participant slipped their feet into a hot, lavender scented, Epsom salts footbath while they were taken on a 20 minute guided meditation, after which they learned about how to care for their feet. All afternoon there were scalp, neck, and shoulder massages offered by massage therapists and hair care specialists to anyone wanting a deeper relaxation.

The guests were pleased to know the towels, basins, additional Epsom salts, and all foot care tools were theirs to take home as a giveaway.

Knowing that only another caregiver can truly understand the challenges faced by our guests, there were many opportunities to chat with each other built into the day. New friendships were struck, we learned and relaxed, and caregivers left feeling how deeply appreciated they are.”

## 27th Annual Provincial Conference

October 17 & 18, 2016  
Holiday Inn Harbourview  
Dartmouth, NS



**Keep an Open  
Mind About  
Dementia**



# Honouring ASNS Volunteers

*By Mark McIntosh. ASNS Staff Member*

Over 60 guests attended an afternoon reception on May 16 to celebrate volunteers who enrich the lives of Nova Scotians living the dementia journey through their support of ASNS. Guests included volunteers, ASNS staff and board of directors.

Special year of service recognition pins were presented to volunteers. Devin MacEachern and Marjorie Sullivan received pins for five years of service. Volunteers Pat Miller and Justin McDonough were presented with a specially designed piece of pottery in recognition of 20 and 25+ years of service, respectively.

Volunteers unable to attend the celebration reaching milestone years of service include Heidi Muise, Sherry Johnson, Mary MacLellan, Judy Miller, Richard Niedermayer, Carole Young, Chris MacKnight, Tracie Sarsfield-Turner, Fred and Ann West and Janet Rowe.

Thank you to everyone who attended the reception, received recognition and to all other volunteers and supporters!



From left: ASNS Executive Director Lloyd Brown, Justin McDonough, Pat Miller, the Lieutenant Governor of Nova Scotia the Honourable J.J. Grant, Devin MacEachern, Marjorie Sullivan and ASNS President Dean Gale

## Interested in volunteering?

Find ASNS volunteer opportunities at [www.alzheimer.ca/ns/Get-involved/volunteer](http://www.alzheimer.ca/ns/Get-involved/volunteer).

You can also contact Mark McIntosh, Coordinator, Volunteer Engagement at 902-422-7961 ext 245 or [mark.mcintosh@asns.ca](mailto:mark.mcintosh@asns.ca)



## Ten Signs of Dementia: Three of Ten

There are ten common signs of dementia. Having problems with language is one of them.

Forgetting words or substituting words that don't fit the context is a warning sign of dementia. A person with Alzheimer's disease may have trouble carrying a conversation similar to one they would have had previously, with no problems.

The important thing to keep in mind is just because you exhibit this sign, 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.**

## Your Money at Work

### ***What difference does your donation make?***

The Alzheimer Society of Nova Scotia offers educational opportunities for families, health care professionals and the general public through many programs. These include: Public Education Presentations, the Early Stage Forum for people with early stage dementia, Family and Friends Night and so much more.

It is through education that we are able to improve the lives of Nova Scotians with dementia. Another way we can do that is by becoming a dementia friend! You can learn more about becoming a dementia friend at [www.dementiafriends.ca](http://www.dementiafriends.ca).

**To see more ways your donations make a difference, please visit [alzheimer.ca/en/ns/We-can-help](http://alzheimer.ca/en/ns/We-can-help).**

# First Link® Direct Referral with South Shore Social Worker Kari Trethewey

*By Donna McLean, ASNS Staff Member*

Kari Trethewey is a busy woman. Not only does she have an active family life, but she is also a social worker in two different hospitals on the South Shore. Kari is on the Access and Flow Team at Fishermen's Memorial Hospital in Lunenburg and also works on an inpatient unit at Queen's General Hospital in Liverpool. Her role is to provide support and education to patients and their families.

Kari has a personal connection to the Alzheimer Society of Nova Scotia; her family was the face of our Walk for Memories campaign in 2012. She was motivated to raise funds through walks because her mother had Picks disease.

Some of the patients Kari works with have been newly diagnosed with dementia, and she says sometimes patients and their families are struggling to understand what the diagnosis means for them. For Kari, connection with the Alzheimer Society helps clients decrease their sense of isolation, connect with resources they may not be aware of, and understand how to have a good quality of life.

"In this region, our resources are limited, so whatever we can offer the patients and their families makes a difference in their transition home. Having a person that will call them and say 'I'm here for you. What do you need?' that supports the population I serve."

When a healthcare professional such as Kari Trethewey refers a person with dementia or their family members to the Alzheimer Society, one of our qualified staff contacts them to provide information about our programs and services, answer their questions and offer ongoing follow-ups. We can provide information, education, support and referral to services through pro-active follow up of First Link® clients.

Healthcare and community service professionals in the Halifax region, Lunenburg and Queen's Counties and Industrial Cape Breton can now make First Link® direct referrals of their clients to the Alzheimer Society of Nova Scotia.

To learn more about First Link® and to see the First Link video, go to our [website](#).



Kari Trethewey with her son Ethan in 2012: the face of that year's Walk for Memories campaign



# People of ASNS

## Frances Butler

After 10 years of being a volunteer with the Alzheimer Research Awareness Breakfast committee in Sydney, Frances Butler has decided it's time to step down.

Frances is an active member in her community, a retired social worker and has volunteered with ASNS and other organizations. She loves being a part of it all!

She is known as always being willing to help out in any way she can. She is also a kind woman who loves her family greatly and goes above and beyond for them.

**“Frances was a great pleasure to work with. She was a valuable member of our Sydney Research Breakfast Committee. Her energy, input and happy smile will be missed at our meetings,” says Catherine Shepherd, Coordinator, Community Initiatives, Cape Breton.**

It is through the tireless efforts of volunteers like Frances that we are able to support Nova Scotians with dementia.

Thank you for your contribution over the last 10 years and best of luck with whatever comes next!



## Mark McIntosh



### What is your favourite part of being Volunteer Coordinator?

There are a number of things that I enjoy about my work. I see volunteering as an opportunity to actively participate in shaping our society. Each day, I witness first-hand the incredible impact volunteers have not only on those we service at the Alzheimer Society but the communities in which we live. I feel great pride in helping volunteers to reach their fullest potential. It makes me smile when I see volunteers engaged in ways that are most meaningful to them because at the end of the day they feel good about the difference they make.

### Favourite pass time when not at work?

My guilty pleasure when not at work is Netflix. I enjoy discovering original shows and movies that can't be found on major cable networks, and of course, rediscovering old favorites. When not immersed in Netflix, I enjoy spending time with my dog, Milo either walking the trails or playing at the dog park, spending time with family and good friends, and relaxing with a glass of wine (or two).

### What's your hidden talent?

I really don't have hidden talent. When I was young(er), before shows like Dancing with the Stars and So You Think You Can Dance, I would watch late 80's and early 90's videos and mimic the dance moves. At one point, I knew all the moves from Janet Jackson's Rhythm Nation.

# 27th Annual Provincial Conference

## CONFERENCE SNAPSHOT - DAY 1

7:30-8:45	Registration - Day 1
8:45-9:00	<b>Welcome/Opening Remarks</b> Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia
9:00-10:10	<b>Keynote address - Challenges in Public Policy on Dementia in Nova Scotia</b> Dr. Kenneth Rockwood, Geriatrician, Professor, and Director of Geriatric Medicine Research, Dalhousie University
10:10-10:30	<b>Living Well with a New Reality</b> Anne McQuarrie, First Person Voice
10:30-10:50	Nutrition Break and Exhibits
10:50-12:00	<b>Concurrent sessions</b> A. <b>Keeping an Open Mind about Learning and Communication in Persons with Dementia</b> Ellen Hickey, PhD, Associate Professor of Speech-Language Pathology, Dalhousie University  B. <b>Musical Minds: Music Therapy for Patients with Dementia - A Long Term Care Pilot Project</b> Dr. Keri Leigh Cassidy, Clinical Academic Director, Geriatric Psychiatry, Dalhousie University and Paige Morrissey, Music Therapist, Heartsparks  C. <b>Brain Changes and Function: Strategies for Encouraging Independence</b> Catherine-Anne Murray, Occupational Therapist, Seniors' Health, Nova Scotia Health Authority
12:00-1:00	Lunch & Exhibits
1:00-2:00	<b>Entangled Responsibilities and Inevitable Limits: Ethical Issues in Dementia Care - Part One</b> Nuala Kenny, Emeritus Professor of Bioethics, Dalhousie University
2:00-2:20	Nutrition Break and Exhibits
2:20-4:00	<b>Entangled Responsibilities and Inevitable Limits: Ethical Issues in Dementia Care - Part Two</b> Nuala Kenny, Emeritus Professor of Bioethics, Dalhousie University

Monday, October 17, 2016

### Family and Friends Night - Free Public Presentation

Monday, October 17, 2016

6-7 p.m. Light Refreshments & Displays

7-8:30 p.m. Presentation and Questions

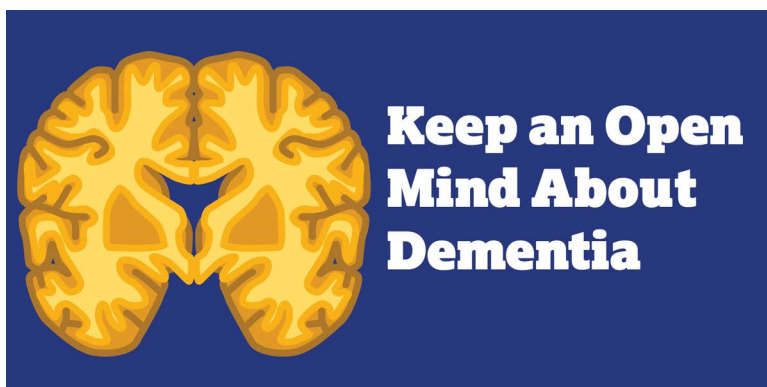
Holiday Inn Harbourview, Dartmouth

More information 1-800-611-6345

# Keep An Open Mind About Dementia

## CONFERENCE SNAPSHOT - DAY 2

- 8:30-8:50** Registration - Day 2 (Tuesday registrants only)
- 8:50-9:00** **Opening Remarks**  
Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia
- 9:00-10:00** **Dementia: An Approach to Diagnosis and Management**  
Dr. Mark Bosma, FRCPC Psychiatry, Geriatric Psychiatry, Dalhousie University
- 10:00-10:40** **A Moment in Time: Experiencing Life with Dementia**  
Jody MacDonald, Education Coordinator, Shealene Barrett, Recreation Coordinator, Harbourstone Enhanced Care and Catherine Shepherd, Alzheimer Society, Community Coordinator Cape Breton
- 10:40-11:00** Nutrition Break and Exhibits
- 11:00-12:00** **Portrait of Dementia**  
Mark Gilbert, Ph.D Post Doctoral Fellow Medical Humanities (HEALS) Program, Dalhousie University
- 12:00-12:45** Lunch & Exhibits
- 12:45-2:30** **Innovations in Dementia**  
7 short snappy presentations to showcase new initiatives in Nova Scotia that are making a difference in the lives of people living with dementia.
- 2:30-2:45** **Endnote - Laughter Yoga and Positivity**  
Bruce Miller, Certified Laughter Yoga Leader
- 2:45-2:55** **Closing remarks**  
Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia



### To Register:

**Online:**

[www.alzheimer.ca/ns](http://www.alzheimer.ca/ns)

**Fax:**

Completed form to  
(902) 422-7971

**By Mail:**

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



# Soci t  Alzheimer Society

NOVA SCOTIA

✓ **YES, I want to help  
keep programming for  
people with dementia  
like Sandra, going in  
NS!**

SPECIAL REPLY FROM:

Name:

Address:

Email:

**I'd like to help with my donation of:**

- \_\_\_\_\_
- \$25
- \$30
- \$50
- \$100
- \$250

**I would like to make a monthly donation of:**

\_\_\_\_\_

## **Did you know?**

- There are over 17,000 Nova Scotians currently living with dementia.
- That number will double in about 20 years.
- Dementia is not a normal part of aging.
- Your support is appreciated and needed. Thank you.

You can also make your donation online:

[www.alzheimer.ca/ns](http://www.alzheimer.ca/ns)

I would like to make my donation by:

\_\_\_\_ VISA      \_\_\_\_ MASTERCARD

\_\_\_\_ I have enclosed a cheque

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

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

\_\_\_\_ **Yes, please send me**

**information about leaving a  
donation in my will, to help  
the next generation of Nova  
Scotians!**



WALK FOR  
ALZHEIMER'S  
MAKE MEMORIES  
MATTER



Endless gratitude to all the amazing people who walked in the Walk for Alzheimer's and ran the Blue Nose Marathon in support of the Alzheimer Society. We are so thankful for your hard work.

# THANK YOU.



## 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.

*Soci t  Alzheimer Society*

NOVA SCOTIA