

## National Dementia Strategy is now law

Plan will include timelines for taking action, targets to meet

*By Lloyd Brown, ASNS Executive Director*

The National Dementia Strategy now being developed will mean consistent care across Canada.

A new law directs the federal Health Minister to develop and implement a comprehensive strategy to address Alzheimer's disease and other forms of dementia. The Alzheimer Society of Nova Scotia welcomes the new law.

The National Strategy for Alzheimer's Disease and Other Dementias Act received royal assent on June 22.

The National Dementia Strategy will:

- Develop specific national objectives
- Encourage greater investment in research
- Coordinate activity with international Alzheimer organizations
- Assist the provinces to develop clinical guidelines for treatment and scaling up best practices in dementia care so that they can be shared across the country.



The national strategy will lead to a more coordinated and collaborative approach to tackling key dementia priorities. These include research and expansion of best practices. Reducing the growing social and economic impact of dementia in Canada is also a priority under the new plan.

Federal Health Minister Jane Philpott has 180 days, or six months, under the new law to hold a conference to create the strategy. Provincial and territorial officials, researchers and health care professionals will be involved in the process. Family caregivers, people with dementia, the Alzheimer Society and other dementia advocacy organizations will also be consulted.

An advisory board will also be set up to advise the Health Minister on matters related to dementia.

**Continued on page 2**

**Continued from page 1**

The strategy also gives the federal government timelines for taking action and targets to achieve. It also requires reporting structures and measurable outcomes.

Nova Scotia is pleased that the law brings Canada in line with 30 other countries that have developed similar priorities. The Society looks forward to working with its federation partners across Canada, government, stakeholders and people affected by dementia to create and implement the strategy.

There are 564,000 Canadians and 17,000 Nova Scotians living with dementia today. Those numbers will double in 15 years.

## Contact us

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## ARE YOU In The LOOP? Coming up...

### September

Government Workplace Giving Campaign of Canada  
2017 launch

Coffee Break® campaign

### September 21

World Alzheimer Day

### October

Door to Door Campaign

### October 23-24

28th Provincial Conference

### October 23

Halifax Family & Friends Night

### November 15

National Philanthropy Day

### November 28

Giving Tuesday

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, visit [alzheimer.ca/ns](http://alzheimer.ca/ns)

## Tuesday, October 24, 2017

CONFERENCE SNAPSHOT - DAY 1		CONFERENCE SNAPSHOT - DAY 2	
7:30-8:45	Registration - Day 1	8:30-8:50	Registration - Day 2 (Tuesday registrants only)
8:45-9:00	Welcome/Opening Remarks Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia	8:50-9:00	Welcome Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia
9:00-9:45	Nova Scotia's Dementia Strategy Ruby Knowles, Executive Director, Continuing Care at Nova Scotia Department of Health and Wellness Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia	9:00-10:30	Towards Culturally Safe Health Care for Mi'kmaq Communities Meaghan Fullerton, M. Ed, CCC, RCT-C Clinical Therapist, Sipekne'katik Health Center & Millbrook Health Center Brian Knockwood, Addictions Prevention Counsellor, Sipekne'katik Health Center
9:45-10:30	10 Symptoms and Strategies - First Person Voice Sarah Lyon, Director, Philanthropy, Alzheimer Society of Nova Scotia Wendal MacDonald PhD, Manager, Client Services & Research, Alzheimer Society of Nova Scotia Featuring Anne, Faye & Sandra	10:30-11:00	Nutrition Break and Exhibits
10:30-10:50	Nutrition Break and Exhibits	11:00-12:00	Concurrent Sessions D) It Takes a Village - A new Look at Maintaining Independence with Dementia Justine Warren, Program Coordinator, Oceanview
10:50-12:00	Concurrent sessions A. Music Sparks Mona's Heart Paige Morrissey, BMT, MT-BC, MTA Music Therapist Accredited Cathy Lively, Mona's daughter B. Positive Approach to Care: Building Skill for Supportive Communication Roseanne Burke, Positive Approach to Care Certified Trainer C. Helping Families Transition to Long Term care Tammy Day, RN Arbourstone Enhanced Care	E) Interprofessional Education in Long-Term Care: Training Future Health Professionals to Support Those Living with Dementia Ellen Hickey, PhD, CCC-SLP, Associate Professor, Speech-Language Pathology School of Human Communication Disorders, Dalhousie University Christy Nickerson Rak, MA, Coordinator Collaborative Learning Centre, Shannex F) Supporting Activities of Daily Living at Home Barbara Adams, Physiotherapist, PhysioCare at Home Catherine Anne Murray, Occupational Therapist	
12:00-1:00	Lunch	12:00-12:45	Lunch
1:00-2:30	Responding to Behaviour Leona Wilneff, Natalie Lejean and Karine Smith, Challenging Behaviour Resource Consultants, Nova Scotia Healthy Authority, Continuing Care	12:45-1:45	Palliative Care for Dementia Raylene MacDonald M.H.Sc.N., R.N., C.P.M.H.N.(C.) G.N.C.(C.) Community Mental Health Nurse, Seniors Mental Health
2:30-2:50	Nutrition Break	1:45-2:45	Importance of Social Engagement Melissa Andrew, MD, PhD, MSc (PH), FRCP, Geriatrician, QEII Health Sciences Centre; Associate Professor, Medicine and Geriatric Medicine, Cross appointment in Community Health and Epidemiology, Dalhousie University
2:50-4:00	Why do we need to collaborate with families? Jeanne Ferguson, Geriatric Psychiatrist, Cape Breton	2:45-2:55	Closing remarks Lloyd Brown, Executive Director, Alzheimer Society of Nova Scotia

Presented By:



**Family and Friends Night**  
"10 SYMPTOMS AND STRATEGIES"  
Monday, Oct. 23, 2017  
6-7 p.m. Light refreshments and Displays  
7-8:30 p.m. Presentation and Questions  
Double Tree by Hilton, Dartmouth  
For more information: 1-800-611-6345

## Monday, October 23, 2017

## Education series helps Cape Breton family

By Catherine Shepherd, ASNS staff

An entire family in Cape Breton recently took part in a Family Caregiver Education Series. They did so to support a parent with dementia.

The series is offered across Nova Scotia by ASNS to support families of persons living with dementia. It consists of six sessions that cover a range of topics.

During the session in Cape Breton, the family members learned more about the disease and asked questions. They also gathered ideas and reading materials. They also supported one another as care partners.

While they were together, family members shared many stories and laughs. Tears also flowed. As with all Society programs, the sessions were safe and confidential. This allows people to take part in whatever way they need.

When the group's time was finished, family members left with new ideas about how they can support their parent and each other. These included support groups and information about upcoming Society events.

Each member spoke of how the series had made



Families play a vital role in looking after a relative with Alzheimer's. The ASNS can help families prepare for the future.

a positive impact on them. They also said they were leaving with valuable information. They expected the new information to make a positive impact on their situation.

"The material provided, the supports and ideas, will help me better understand as we move forward and face each new day," a family member said of the sessions.

To find out more about the series, contact ASNS at 1-800-611-6345 or [www.alzheimer.ca/ns](http://www.alzheimer.ca/ns). Other supports and resources are also available.

## Early diagnosis focus of World Alzheimer Day

By JoAnn Alberstat, ASNS staff

The importance of early detection and diagnosis of dementia is the theme of this year's World Alzheimer's Day on September 21.

Without a cure, why is early diagnosis important?

Research shows that early diagnosis helps people with dementia and families understand the disease and make plans for the future. Medications used to treat Alzheimer's disease and other dementias are also typically more effective when started early.

The person and their family can also benefit from information, support and education provided by Alzheimer Society of Nova Scotia.

People who are diagnosed early also have an opportunity to take part in education, programs, and support groups. They can also meet and learn with others on the dementia journey.

World Alzheimer Day provides an opportunity to learn more about the disease and other dementias. To learn more about dementia and how you can help, visit [www.alzheimer.ca/ns](http://www.alzheimer.ca/ns).

**Sept. 21** World Alzheimer Day

## Abe Leventhal Research Bursary

# Master's student probes brain changes

By JoAnn Alberstat, ASNS staff member

As a scientist, Emre Fertan wants to understand the role certain chemicals play in the development of Alzheimer's disease. But he's also motivated by a desire to make life better for people who are living with dementia.

Emre, a master's student at Dalhousie University, recently received the Abe Leventhal Research Bursary. This new annual award was presented by the Alzheimer Society of Nova Scotia for the first time this year.

Emre's research involves the role of dysfunction in physiological pathways on the progression of Alzheimer's disease symptoms in a mouse model. He is testing an inhibitor for this pathway that may be a possible therapeutic against dementia.

"As a scientist, understanding the mechanisms behind the complex problems is my passion," Emre says. "Alzheimer's disease research lets us do that while actually helping people, which is even better."

His graduate work involves both behavioural changes and chemical changes in the brain.

Emre is conducting his research in the Department of Psychology and Neuroscience. His work is supervised by Dr. Richard Brown, with whom he began working as an undergraduate.

Besides his studies, Emre also volunteers at the QEII in Halifax with persons with dementia.

The Dalhousie student said the award helps pay the bills, which enables him to focus on his work.

"'Little helps' such as the Abe Leventhal Bursary are great as they let us worry less about daily struggles and focus more on what really matters," he says.

The value of the bursary in 2017 is \$3,000.

After completing his master's, Emre plans to pursue doctoral studies in the dementia field. He also wants to eventually have his own lab.

The bursary he received is named after Abraham (Abe) Leventhal, a Halifax businessman and quiet philanthropist. Over the years Mr. Leventhal supported countless causes, including the ASNS.



Dr. Melissa Andrew, Board Member of the ASNS, presents the Abe Leventhal Research Bursary to Emre Fertan.

**"As a scientist, understanding the mechanisms behind the complex problems is my passion. Alzheimer's disease research lets us do that while actually helping people, which is even better."**

**Emre Fertan, Recipient of 2017 Abe Leventhal Research Bursary**

## Phyllis Horton Research Bursary

# Stronger cell junctions focus of PhD work

By JoAnn Alberstat, ASNS staff member

Understanding the way brain cells communicate is the focus of Matthew MacDougall's research.

A PhD candidate at Dalhousie University, Matthew is this year's recipient of the Phyllis Horton Research Bursary.

His research focuses on synaptic plasticity and long-term potentiation, in particular. Long-term potentiation is the strengthening that occurs at the junctions between brain cells, called a synapse. These structures allow signals to pass from one cell to another. Synapses are also thought to be important for the storage and transfer of information.

It is becoming clear that Alzheimer's disease disrupts the way synapses function. Matthew's research aims to understand the basic mechanisms that allow for the strengthening of synapses.

"There are many ways to alter the strength of a synapse," he says.

"For example, you can increase the number of receptors that detect chemicals released for other neurons. Or you can increase the rate of chemicals released to other neurons. Our lab is interested in the increased rate of transmitter release. We believe that this is the primary mechanism involved in long-term synaptic strengthening."

The PhD student is conducting his research in the Department of Physiology and Biophysics. He is under the supervision of Dr. Alan Fine, a world-renown expert in synaptic physiology and plasticity.

Matthew also volunteers weekly at a local hospital as a companion for people with dementia.

The Dalhousie researcher says he is grateful for the bursary because of the low level of funding in Canada for pure or basic research.

"That the ASNS recognizes the need to fund basic research in the battle against dementia speaks volumes to the organization's understanding of the complexity of these diseases," Matthew says.

The value of the bursary in 2017 is \$3,000.

Mrs. Horton's family established the bursary in 1995 to support local research. The award is presented annually by the Alzheimer Society of Nova Scotia in her honour.

Phyllis Horton was a founding member of the ASNS. In 1980, her husband Del was diagnosed with Alzheimer's disease. She found there was little information available about the disease or about caregiving. A contact at the Alzheimer Society in Toronto suggested that a local organization be set up.



Matthew MacDougall receives the Phyllis Horton Research Bursary from Dr. Melissa Andrew, Board Member of ASNS.

## The Wisdom of Stories

By Marni Tuttle, CFRE

Picture a night, late in Nova Scotia's spring when the weather is not yet nice, but three-year-olds have started to have difficulty heading to bed while the sun is still up. To settle in for the night this three-year-old has chosen storytime with the book, *The Library* by Sarah Stewart.

The book is about Elizabeth Brown. It seems young Elizabeth Brown doesn't like to play with dolls and she doesn't like to skate. What she does like to do is read books. Lots of books. She loves to read. But by the time she's grown up her library has taken over her house. She can't even use her front door anymore. There is not room for one more book.

And what's someone to do with a wealth of books and passion to share? She donates her collection to the town, turns her home into a public library and, of course, continues to read voraciously.

It's an important way to share time, with my daughter curled up with me and story time. But I want to share this with you because Sarah Stewart's story is beautiful. It touched me personally because I get to meet people who are deciding their legacy. They are choosing what mattered to them and how they will share their passion with others.

I love that our semi-fictional Elizabeth Brown creates her library in her lifetime so she can share in the joy she's created. Few of us can make a gift that significant when we're around to see the change it makes. But all of us can have the opportunity to share the story of what mattered to us with a gift in our will.

At the Alzheimer Society of Nova Scotia, the 140

people that believed passionately in improving life for all on the dementia journey have given in their will gifts from \$100 to over \$1 million. Since 1993 those donations have totalled over \$4.45 million. The Alzheimer Society of Nova Scotia is indebted to those 140 people who wanted to

provide help for today and hope for tomorrow. They have changed lives across our province.

Preparing an estate plan that includes a charitable gift provides tremendous personal satisfaction and significant tax benefits for people just like you. If you would like to learn how you can make a gift in your will,

please contact me at [marni.tuttle@asns.ca](mailto:marni.tuttle@asns.ca) or 902-422-7961. If you have already made a gift, please let me know. I want to make sure we can use your gift as you planned.

And I think there is wisdom in stories. If you'd like to start to teach the young loved ones in your life about the importance of philanthropy read them Sarah Stewart's *The Library*. It's an excellent bedtime read. With a lesson that will help them understand, many years from now, why you made a gift in your will.

A gift in your will changes lives. It makes you feel good. And there are many tangible benefits of leaving a charitable bequest.

Making a gift in your will has many practical benefits that allow you to meet your own unique financial needs and define your legacy:

- It's simple: Leaving a gift in your will is easy to arrange.

Continued on page 12



## Continued from page 11

- It's flexible: A gift in your will can be made no matter how old you are or how much you have to give.
- It has tax advantages: A gift in your will is a highly effective way to reduce taxes on your estate after death.
- It has a lasting impact: Leaving a charitable gift in your will gives you the satisfaction that the areas you felt strongly about in your lifetime will continue to receive support, even after you're gone.
- It's personalized: You can make a general gift, or choose to designate it to a specific program such as education or caregiver support.

### How to leave a gift in your will

For help in preparing your gift, please consult your legal advisor and/or financial planner. Your advisor will need the following information:

**Legal Name:**  
Alzheimer Society of Nova Scotia

**Charitable Registration Number:**  
10670 5379 RR0001

**Contact:** Marni Tuttle, Alzheimer Society of Nova Scotia  
902-422-7961 or toll free within Nova Scotia  
1-800-611-6345  
[marni.tuttle@asns.ca](mailto:marni.tuttle@asns.ca)

## Host a Coffee Break® in September

By Hilary Carter, ASNS staff member

### What is Coffee Break®?

Coffee Break is the Alzheimer Society's annual fundraiser where friends, co-workers and customers gather in communities across Nova Scotia to share a cup of coffee and raise funds to help support fellow Nova Scotians on their dementia journey. Participants make a donation in exchange for a cup of coffee. Hosts may also decide to sell forget-me-not cut-outs in exchange for a donation.

### When/where does it take place?

Coffee Breaks take place any time during September. Many Coffee Break hosts choose to host their event on World Alzheimer's Day, September 21. Coffee Breaks can take place anywhere – in your home, at the office, in a restaurant, at a store.

### Why should I host a Coffee Break®?

When you host a Coffee Break, you are helping make a positive impact in the lives of people living with Alzheimer's disease or another dementia.

*"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?"*

*"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 will listen. Someone who understands what I am going through."*

– Sandra, living with Alzheimer's disease

### Interested in hosting a Coffee Break®?

Please contact Hilary Carter, Coffee Break® Coordinator, at [events@asns.ca](mailto:events@asns.ca) or 902-422-7961 ext. 228..



## Partner and Unite Workplace Giving supports Nova Scotians

By Sarah Lyon, ASNS staff member

Each fall students return to school, cottages start to get shuttered, and workplace giving campaigns start in offices across our province.

Perhaps your office has one? It could be a United Way campaign or HealthPartners. These campaigns help facilitate giving by asking you to choose a charity and agree to have a donation taken off of your paycheque.

Here in Nova Scotia, workplace giving donors help keep programming and other supports available to those on the dementia journey. Programming in communities is important for both those with the disease and their partners in care.

This fall, you can be a part of helping Nova Scotians with dementia through workplace giving!

### United Way campaign

Although the Alzheimer Society of Nova Scotia is **not** funded by the United Way, you can still choose to directly donate to support programs, services and research in dementia. The funds donated and raised in our province remain in Nova Scotia.

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**

### HealthPartners campaign

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.

### Employee Giving Fund

Many companies opt to use a third-party giving fund, where an employee's donations are sent bi-weekly and at the end of a fiscal quarter, and directed to the employee's 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.

Together, we can partner to ensure Nova Scotians have Help for Today. *Hope for Tomorrow....™*

## Riding in remembrance

By Sarah Lyon, ASNS staff member

Not too many people would be giddy at the idea of biking across the country. But Seely Alder is.

“Our journey will have me biking about 6,700 kms through portions of eight provinces and three States,” Seely said prior to the trip. “(My husband) Dave will be my support crew, with the car and all of our camping gear, as well as his bike, so that he can join me at the end of the day and bike with me to our campsite or motel.”

The adventure took months of planning, including routes and places to stay. It also required months of training on highways, trails and the gym. It’s a strenuous process that isn’t for everyone. But the Alders’ motivation is one that all too many Nova Scotians have experienced: Seely was riding in honour of her mother, who had passed away from dementia.

“We wanted to do this journey in support of the Alzheimer Society, as our family, just like many others, has been affected by the disease,” Seely said. “My Mom was diagnosed in 2011 and for a long time benefited from the medications. Dave and I benefited directly from the Society by taking their educational program to help family members understand the stages and progression of the disease.”

On Victoria Day weekend, Seely started to pedal out of Halifax. As you can imagine, when you are biking alone for hours at a time, you notice things a little differently. At a little over a week into her ride, Seely noted:

*June first turned out to be a rather special day. It is amazing the things that can trigger memories. For me, it was seeing a field of cows, and remembering how much my Mom loved cows. Not really sure why she did, but she did. So, I had*



Seely Alder crosses the border into Saskatchewan in early July.

*to stop to take a picture, and in that moment, I had some amazing feelings. My Mom may be gone, but she surely is not forgotten.*

Seely and Dave have now traversed through the Maritimes, Quebec, Ontario and Saskatchewan. They have had to alter travel plans as they go, so they may not in the end see all the provinces and States as originally planned.

Every few days they send in an update that is posted on our website, so you can follow along: [www.alzheimer.ca/ns/seely](http://www.alzheimer.ca/ns/seely)

On July 19, Seely blogged:

*To date I have covered 4,411 kms. One of the questions I have been asked is what do I think about when I am alone on the road. I am never bored and think about all kinds of things. I have been enjoying some wonderful memories of my Mom when we were all younger, and that has been good for me. Beyond that, my mind wanders. However, I always say ‘Hi’ to any animals I see along my route. The funniest is when I talk to cows. They are definitely curious creatures and appear quite fascinated by me and what I am doing.*

**Thank you, Seely and Dave, for taking us along on your journey and in doing so, supporting others who are on the dementia journey.**

## Meet Mallory Perry

By ASNS staff

Mallory Perry recently joined the ASNS staff team at the end of May.

Mallory is our new Coordinator of Client Services. She is working on a full-time temporary contract for one year. Mallory will be primarily working on InfoLine. She will provide support, education and information to individuals impacted by dementia. She will also be connecting these individuals to resources within the community.

Mallory will also continue our partnership with the Art Gallery of Nova Scotia by co-facilitating the Artful Afternoon

program this fall.

She has experience working within the long-term care setting, specifically, with persons living with dementia. Mallory also has experience working with adults and youth living with disabilities.

She has pursued post-secondary education focusing in psychology and human services/counselling. Most recently, Mallory completed her Bachelor of Social Work through the University of Manitoba.

In her spare time, she enjoys spending time outdoors. Mallory also enjoys being physically active and spending time with her family.



Mallory Perry is Coordinator of Client Services for the ASNS.



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WALK FOR  
ALZHEIMER'S  
MAKE MEMORIES  
MATTER™

Save the date!  
May 6, 2018

## Two days learning from Teepa

By ASNS staff

Have you ever watched one of Teepa Snow's videos or seen her present in person? If you have, chances are Teepa taught you something about the brain that you never knew. Or maybe she changed your perspective on dementia care.

Teepa Snow has over 30 years' experience working as an occupational therapist. Her experience has led her to develop Positive Approach® to Care (PAC) techniques and training models. PAC is used by families and professionals working or living with dementia worldwide.

On July 6 and 7, Teepa and some of her team members delivered a workshop at the R.K. MacDonald Nursing Home in Antigonish. About 20 people participated in the two-day workshop, which covered the PAC philosophy and care partnering techniques.

The sessions also looked at different learning styles for adults. Participants also learned how to use effective facilitation when training others to use the techniques.

"Learning from Teepa was such a great



The ASNS's Beth Jackson, left, with Teepa Snow during a workshop last month in Antigonish.

opportunity," says Beth Jackson, the ASNS Coordinator of Education and Outreach in Guysborough, Antigonish and Pictou County.

"The workshop was really hands on. We practiced some of the care techniques through role play and were able to learn from experiencing them. The knowledge I have gained will help me as I deliver presentations and facilitate programs in my communities."

To learn more about Teepa Snow and her philosophy, visit [www.teepasnow.com](http://www.teepasnow.com).

## Volunteer to have an impact in your community

By ASNS staff

People in your community need **YOU!**

One of the many important programs that the Alzheimer Society of Nova Scotia offers is our **Caregiver Support Groups**. Our groups operate on a mutual-aid model, offering a safe environment where people caring for a family member or friend with dementia can learn, share and help each other. There are currently 27 groups across the province, and 35 Caregiver Support Group Facilitators. Imagine the impact **YOU** could make by being a Support Group Facilitator!

We are looking for several additional Facilitators. Do you have experience supporting a person with dementia, have a basic knowledge of dementia, and excellent interpersonal skills? If so, people in your community need you.

Does this sound like you? Our staff across Nova Scotia provide orientation to the Caregiver Support Group program. It would require a three-to-four-hour commitment once a month. We require a minimum one-year commitment.

Our **Speaker's Bureau** offers presentations to increase the general public's awareness of the 10 warning signs of Alzheimer's disease and to promote brain health. The sessions are provided to a variety of groups in your community, including service groups, faith-based groups, employee groups, and others.

We are looking for Volunteers to present these sessions. All sessions follow a standard format with ASNS resources. Speaker's Bureau Volunteers should have good public speaking skills and a good understanding of dementia. They should also have an ability to network with community groups, organizations, services and businesses in the local area.

For more information or to become involved, please contact our Volunteer Coordinator, Marilyn MacMullin, at [Marilyn.MacMullin@asns.ca](mailto:Marilyn.MacMullin@asns.ca).

## Family and Friends Night

Please join us for:  
"10 Warning Signs"

Monday,  
October 23, 2017

DoubleTree by Hilton,  
101 Wyse Road,  
Dartmouth

6 p.m. - 7 p.m.  
Light refreshments & Displays

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

For more information,  
please call us at  
1-800-611-6345

Northwood  
LIVE MORE

## THANK YOU

Hats off to the Blue Nose Marathon runners for supporting the Alzheimer Society. We so appreciate your hard work.

Run with us next year!

#TeamAlz



28th  
Provincial  
Conference

October 23 & 24, 2017  
Dartmouth, Nova Scotia



Working Together to  
Make a Difference

Registration materials available at  
[www.alzheimer.ca/ns](http://www.alzheimer.ca/ns) or by calling 1-800-611-6345.

Société Alzheimer Society  
NOVA SCOTIA

**Goal:**

The conference will provide health care providers, educators and families supporting individuals living with dementia, the latest information on research, treatment and best practices that contribute to the quality of life of people living with dementia.

**Cost:**

Please see the conference registration form at [www.alzheimer.ca/ns](http://www.alzheimer.ca/ns). Registration and payments can also be made online at [www.alzheimer.ca/ns](http://www.alzheimer.ca/ns)

**Parking:**

Parking is free for conference participants on the bridge side of the hotel and along the back.

**Cancellation policy:**

Full refund, minus a \$20 administration fee will be given for cancellations received in writing via fax or email by October 16, 2017. No refunds will be given for cancellations received after the deadline. If you reserve a seat without payment and do not attend the conference, you will be invoiced.

**Hotel reservations:**

**DoubleTree by Hilton** 101 Wyse Road, Dartmouth, NS  
A special conference group rate of \$129.00 for 1 King or 2 Double Beds, including parking. Make your reservation by Calling Natalie at 1-902-464-5430 and advise you are attending the conference.

\*Please note - the online reservation system is not currently in operation.



6

$\$500.40 + \$6.12 - \$307.33 = ???$

**PROBLEMS WITH ABSTRACT THINKING**

Having difficulty balancing a chequebook, for example, or not understanding what numbers are and how they are used.

Alzheimer Society

# Ten Signs of Dementia: Six of Ten

There are 10 common signs of dementia. Problems with abstract thinking is one of them.

This could mean bills are piling up. Working with numbers requires complex, abstract thinking. Sometimes this ability is affected with dementia.

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](http://alzheimer.ca/ns) to learn all ten.



Working together to link individuals & families affected by Alzheimer's disease or another dementia to a community of learning, services & support as early as possible in the disease process.

Learn more at [alzheimer.ca/ns](http://alzheimer.ca/ns)



# Seeking volunteers for Door to Door!

By Hilary Carter, ASNS staff member

## What is Door to Door?

Door to Door is one of the Alzheimer Society of Nova Scotia's annual fundraising campaigns. Every year, volunteer canvassers go door to door to ask neighbours and community members to support Nova Scotians living with Alzheimer's disease and other dementias by making a donation to the Alzheimer Society of Nova Scotia. We are seeking volunteers to join us and help us grow this event.

## When/where does it take place?

Door to Door happens during the month of October – canvassers solicit donations at their convenience! Canvassers may choose to canvas anywhere in Nova Scotia – in neighbourhoods where they feel comfortable and safe.

## Why should you volunteer to become a Door to Door canvasser?

Volunteering for Door to Door is a great way to become involved as a volunteer with the

Alzheimer Society of Nova Scotia. Volunteers are able to choose when and where they volunteer their time. If you want to volunteer, but haven't been able to because of time and location constraints, then this is the perfect opportunity!

All funds raised from Door to Door stay in Nova Scotia and it directly supports Nova Scotians living with Alzheimer's disease and other dementias, and their families.

*"Taking part in the support group and the education programs makes me feel human again. I'm so thankful for (the Alzheimer Society of Nova Scotia). It keeps me going."*

– Dina, living with Alzheimer's disease

## Interested in volunteering?

Contact:

Hilary Carter, Door to Door Coordinator

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

902-422-7961, ext. 228



## 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.

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NOVA SCOTIA