



## Celebrating Women



Tanis Rummery, this year's Winnipeg Walk Marshall

## Affected by Dementia

Women are most affected by dementia, and this month we want to celebrate the strength they show in their dementia journey. On average, women live longer than men, which makes women more at risk of developing the disease. Statistically, women are also more likely to take on a caregiver role than men. Although women seem to carry the bigger burden of Alzheimer's disease, women like Tanis Rummery and Debbie Jones are embracing it and continuing to live life to its fullest.

### Living Life Bravely

If you sit down and chat with Tanis Rummery, she'll tell you that life is good. She loves her friends, has few complaints and is eager to advocate for anyone with dementia.

Tanis has vascular dementia, a type of dementia caused by problems in the supply of blood to the brain. A few years ago, Tanis started to have signs that something may be wrong. She visited the neurologist and discovered she had dementia.

Rather than let this stop her from living her life as she wants, Tanis has found a way to change things for the better.

**"I feel like I'm on a one-person crusade to change people's perspective on any type of mental illness. There's a great stigma attached to dementia, and I don't want people to think this way."**

– Tanis Rummery

In order to break any stigmas, Tanis is not afraid to make mistakes. For example, she can often become confused while shopping in a store. Rather than be afraid in these moments, she'll bravely walk up to a clerk, tell them she's been diagnosed with dementia and simply ask for some help. Almost always, the clerk will lend a hand.

"I walk away from those situations thinking, if I have planted a seed so that others don't dismiss people like me as

'crazy' or 'odd', then I've done a good thing," says Tanis.

Tanis attends the Alzheimer Society's weekly Support Group for people with dementia. She says the other people in her group aren't just her friends, they're her family.

"We have such a good time and we giggle a lot," says Tanis. "I want people to know that you can talk to someone with dementia. They're the same person they always were. I'd hate to see people in my Thursday group being mistreated."

Tanis keeps busy by volunteering at Hospice and Palliative Care Manitoba and at a no-kill pet shelter. She says as long as she's able to do the things she loves, she'll continue to do them.

"I've never been afraid of this disease," says Tanis. "Who knows when life is going to end? And I'm not afraid to try new things. Maybe one day I will be, but not at the moment."

Her bright blue eyes are wide as she talks, and her determination to stand up for people with dementia conveys her beautiful inner strength.

### Loving Mom and Dad, As Always

Debbie Jones' dad, John Hamm, was diagnosed with dementia in 2009. The following year, her mom, Léa, was also diagnosed with dementia. Debbie is the primary caregiver for both her mom and

dad. Despite being in a role that may at times feel overwhelming, Debbie has found that the best solution to their situation is to cherish her parents the same way she always has.

"My parents have always been awesome people and would see you through any troubles. I see this as my time to return the favour," says Debbie.

Debbie's parents are still living in their family home. Home care frequently comes to check in and Debbie visits three to four times a week. And one thing remains constant: Sunday dinner.

"My mom always wanted to have family over on Sundays, so I've kept up with the tradition. It relieves a lot of stress for her and makes her happy," says Debbie.

Although she plays the role of caregiver, Debbie also acts as her parents' secretary, taking them to their various appointments and maintaining their interests. Debbie and her father often grab an omelette for lunch and she makes sure to take her mom shopping.

Although her parents are progressing in their disease, Debbie says she chooses to look at all the good things each of them has in their life. This includes her dad still being able to joke around like he always has.

"We all have to learn how to embrace this," says Debbie. "There's still that same person inside and you have to love and cherish them."

## Ask an Expert

**QUESTION:** *Much of what I hear and read in the media describes people with dementia as violent or aggressive. I am distressed by this. Could you shine light on this issue?*

### HAVING DEMENTIA IS NOT EASY.

As the disease progresses it becomes more difficult for the person with dementia to interpret the things happening around them. At times, the person may become fearful or anxious because they are uncertain whether they are safe. It is at times like this that a person with dementia may react in a manner that is not characteristic. When this occurs, it is a response caused by the impact of dementia on the person and is not an action chosen by the person.

The key to averting emotional, physical or psychological outbursts by people with dementia is found in person centred care that focuses on the person, their needs and individualized interventions that are a fit for the person.

Giving the person with dementia meaningful choices is also important. If the person is indicating they do not wish to do an activity at the time their caregiver may request, allow time and ask again. Pressing a person to do something when they are not ready can cause them to resist. Effective caregivers empower people with dementia by respecting the person's choice.

When assisting a person with dementia in their activities of daily living, plan to break down the task and give instructions one step at a time. Knowing what comes next will set the person at ease and help them to remain calm.

When people with dementia receive supportive care it helps them to feel secure and respected and to live with dignity.

– Norma Kirkby, Program Director, Alzheimer Society of Manitoba

**If you have a question for our experts, please email us at [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)**

## Walking for Mom

[See Tannis' Aloha team inside →](#)

At this year's Winnipeg Walk, Tannis Evans plans to proudly hold her sign that says she's walking for her mom.

Tannis' mom, Norma, was diagnosed with Alzheimer's disease in 2008 at the age of 52 when Tannis was just 20. She

**"My friends were going to parties while I was home bathing and feeding my mom ... it's hard to describe this disease to younger people because we often assume someone with dementia is elderly."**

– Tannis Evans

says that it's sometimes tough to balance her caregiver role with her life as a young woman.

"My friends were going to parties while I was home bathing and feeding my mom.

It's hard to describe this disease to younger people because we often assume someone with dementia is elderly," says Tannis.

Tannis started doing some research to learn about her mother's disease and look for a way to help. She soon discovered the Alzheimer Society's Memory Walk and quickly knew she wanted to start a team.

"When I found out about the Walk, I thought it would be a good way to support something that affected my family and me," she says. When it was time to come up with a team name, Tannis asked her mom what her favourite memory was. She replied that it was her trip to Hawaii, and the team



Tannis Evans (R) & her mom, Norma Evans

name has been "Aloha" ever since. This year will be Tannis' seventh year as captain of the Aloha team.

In their dementia journey, Tannis says she's learned a lot about herself and how close she holds special moments and memories with her family. She commends her dad for his selfless love and care, and says she's learned so much about love from watching him care for her mom and their family.

*We've got your Mother's Day gift all wrapped up!*



Visit [alzheimer.mb.ca](http://alzheimer.mb.ca) to view and order these special gifts:

- A Forget Me Not silver pendant necklace by Hilary Druxman (a portion of the proceeds support the Alzheimer Society)
- A Touch Quilt
- Or make a donation in honour or in memory of your mother

**THANK YOU!**



Alzheimer Society

MANITOBA

Dementia Care & Brain Health

# Investors Group MEMORY Walk

Meet Tanis Rummery,  
this year's Winnipeg  
Walk Marshall.

Having dementia has not stopped Tanis from living life to the fullest. She has found a way to change things for the better by being involved in the Investors Group Memory Walk hosted by the Alzheimer Society.



alzheimer.mb.ca/memorywalk2014

Join the Alzheimer Society this June as we **Step it Up** and walk united in support of all people affected by dementia. Gather your friends, family and co-workers and join the Investors Group Memory Walk and help the Alzheimer Society to make the 22nd annual walk a fundraiser to remember...



Register online today!

## Welcome to Our New Teams! STEPPIN' IN

### Canada Cartage Employees Unite



"As we celebrate our centennial, Canada Cartage Winnipeg is pleased to celebrate 100 years of memories by participating in the 2014 Memory Walk," says team captain, Nicole Balla. "Many employees have had family members that have been affected by Alzheimer's, and this disease has touched many people's lives. Our team is hoping for a cure so future generations won't have to go through the grief of watching a family member suffer with this disease."



Scan to visit the Canada Cartage team page!

### Walking for Memories Community Group Joins Forces



"North End Losers, a free program focusing on healthy living and exercise, has a member whose father was diagnosed with early-onset dementia in 2002," says Kristy Trauzzi. "The group decided to get together with our friends and family to help support our group member, her family and others affected. The Walking for Memories team is excited to participate in the Winnipeg Walk for the first time this year."



Scan to visit the Walking for Memories team page!

### Lola Hilaria Family Honours Grandmother



"The extended Laderas family was especially blessed to have an exceptional mother and loving grandmother, simply known as 'Lola' to many whom she lovingly nurtured and cared for from diaper days until high school," says team members, Cristy and Stephen Kendrick. "Sadly we watched as dementia erased Lola's memory, took away her mobility and abilities, crippled her body, and finally took her life. We honour the memory of our special mother and loving Lola, Hilaria Laderas, by lending our support to the Alzheimer Society. May the battle against this dreaded disease be soon won!"



Scan to visit the Lola Hilaria team page!

### People Who Care Our Title Sponsor



people who care



Investors Group supports the Alzheimer Society in a big way! Besides coming on board as the Title Sponsor of Memory Walk for the seventh consecutive year with a total of \$212,500 in sponsorship dollars, Investors Group teams have joined the Walk – rallying together to collect pledges and show their support for families affected by dementia. The People Who Care team has raised almost \$60,000 for the Alzheimer Society!



Scan to visit the People Who Care team page!





## Cheers to Our Returning Teams! STEPPIN' IT UP

### Team Revera Staff Share a Vision



"Revera is a proud supporter of the Alzheimer Society and the meaningful work the organization does in the communities we serve," says team captain, Mylene Layno, of Team Revera. "At our long term care homes, retirement residences and home health offices, we have the privilege of providing care and services to many individuals affected by Alzheimer's and other dementias. We are committed to helping every person live their life to the fullest and share a vision to celebrate the ageless spirit of people through service and innovation."



Scan to visit Team Revera's page!

### Team Slovenia A Cultural Community Unites

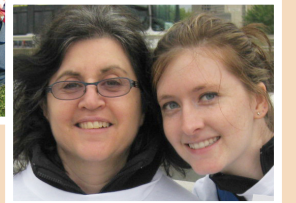


"Team Slovenia is participating in the Memory Walk because we all have friends or family that have been touched by Alzheimer's," says team captain, Stan Casar. "Participating as a team for the Walk brings us closer together for this excellent community event being held for a very worthy cause."



Scan to visit Team Slovenia's page!

### Aloha Walking for Mom



This year marks the seventh year that Tannis Evans will be the captain of the Aloha team at the Winnipeg Walk. Tannis, along with her family and friends, is walking in support of her mom, Norma, who was diagnosed with Alzheimer's disease at the age of 52. "I can't control this disease," says Tannis. "But leading a team for Memory Walk is something I can control. I need to do it every year – for my mom, myself and others." (See story on page 1 to learn about the team's unique name!)



Scan to visit Aloha's team page!

### All Seniors Care Hosting a Walk



All Seniors Care Living Centres will be hosting a Memory Walk event of their own supporting the Alzheimer Society. It's at Assiniboine Park on Saturday, June 21st at 11:00 am. Staff, residents, family and friends of their five retirement residences will walk together around the Duck Pond and through the Leo Mol Gardens in support of loved ones affected by dementia. "We are looking forward to the walk as a way to help raise awareness and support for the Alzheimer Society of Manitoba," says Sherelle Pullman, Regional Director of Health & Wellness. Contact Sherelle at 204-885-1415 or spullman@allseniorscare.com to participate.



Scan to visit the All Seniors Care team page!

## Winnipeg Walk

**THURSDAY, JUNE 12, 2014**  
**THE FORKS – SCOTIABANK STAGE**  
Check in starts at 5 pm

Join us for a great evening!

- Food • Entertainment • Prizes • Pampering
- Kids Fun Tent • Meet the Mascot "Tracker"
- 3 K or 5 K Walks

On Stage:

- Boyd Kozak of QX 104FM
- The Sturgeons • Katie Murphy • Vox Phantom

TITLE SPONSOR



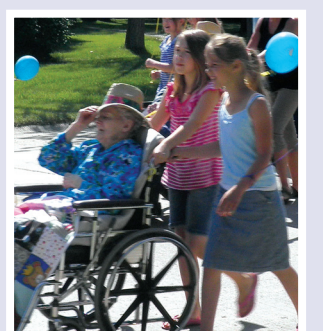
people who care

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Winnipeg Free Press



## Join a Walk or Start a Walk in Your Community!



There are more than 60 community walks that take place in personal care homes, assisted living facilities, seniors' residences, schools, clubs and outreach organizations throughout Manitoba during the month of June. There is no limit to the possibilities! You can be creative and have fun with your event in support of the Alzheimer Society!

You can join a walk or you can host your own. Visit [alzheimer.mb.ca/memorywalk2014](http://alzheimer.mb.ca/memorywalk2014) or call 204-943-6622 (in Wpg) 1-800-378-6699 (outside Wpg).





## Easing the Transition Into Personal Care

### CEO's Message Working Towards a Better Future for People with Dementia



Wendy Schettler, CEO

As I look back and reflect on my first year as CEO with the Alzheimer Society, I feel proud to be part of an organization dedicated to making a difference for Manitobans impacted by dementia. I have seen first-hand the commitment of the incredible volunteers, supporters, board and staff who give of their time and generosity to support the work we do.

Over the past year, I spoke with Manitobans diagnosed with dementia, caregivers, donors, sponsors and health care professionals. As a result, I have been getting to know the Alzheimer Society better and learning as much as I can about what you think we should be doing. There were many comments about the need to do more of what we currently do – family education, regional workshops, and awareness about the programs and services we offer. There was a desire for the Society to continue helping caregivers navigate the health care system and access community resources.

Concern was voiced that many individuals are diagnosed with dementia, yet comparatively few are accessing our support. People need to know that the Society offers services not only for those with Alzheimer's disease, but also for individuals with other forms of dementia and their family members.

Numerous people mentioned the need for more research dollars and the importance of supporting research without compromising our programs and services. Others discussed the need to continue our advocacy efforts including: responsive and appropriate services, government focus on the importance of a dementia strategy and the need for a better system to get the information and help that is necessary to care for their family member after a diagnosis is made.

I have listened to what you want done and learned from what you told me. The challenge lies ahead in determining how to meet the ever growing needs. I am ready to move forward with your support.

I look to the year ahead with optimism as we adapt and grow to best serve every Manitoban touched by this disease.

I thank everyone for the warm welcome and am excited about the difference we will make as we work towards improving the quality of life for those affected by dementia.

Moving is never easy, as anyone who has ever done it can attest. It's no different for an individual with dementia when a move from their home in the community to personal care becomes necessary.

"There are things family members can do to help ease the transition," says Joyce Klassen, Dementia Care Education Coordinator at the Alzheimer Society of Manitoba. "It's a matter of knowing how the person might react, then deciding on a plan that is right for that individual."

#### Planning in Advance

Before the move occurs, a little pre-planning can be valuable. For example, an advance visit to the care home may help the person become familiar with the new environment. Both the individual and the family member can meet staff members, participate in a social activity, and perhaps have lunch.

It's also a good idea to talk to staff at the facility beforehand about what happens on the first day. Who will greet you upon arrival? What personal items can you bring so the new room will feel home-like? Is it necessary to arrange for a cable hook-up? Answers to these questions, explains Joyce, provide family caregivers with information about what to expect so moving day will go as smoothly as possible.

#### Moving In

Family members can tailor the actual move to suit the needs of the person. It may be

possible to delay the move by one day so there is time to set up the room with personal items, such as a quilt or photos. In other situations, the person with dementia may appreciate having more control and may want to participate in arranging the room.

"There is no right or wrong way to make the move," says Joyce. "Do things in the way that works best for your family's circumstances."

#### Feeling at Home

After moving day, the person with dementia may find the change to be overwhelming, while others may quickly feel comfortable. In any case, the next step is to ensure that the person settles in and starts feeling secure.

Joyce has some concrete advice that may assist the person to adapt to the new environment. First of all, studies show that both music and laughter reduce the levels of the stress hormone, cortisol. Sharing a funny story and a song can go a long way!

As well, individual attention from both family members and staff can help make the person feel welcome and comfortable. Odele Kaplun recently experienced just how important this can be. Her mother, Martha Balharry, moved to a care home



Odele Kaplun's mom, Martha Balharry

where staff members showed, by their actions, that they understood her mother's dementia. "Mom carries around a stuffed dog that she treats like a baby," she says. "The staff completely accepted this and petted the dog. Mom loved it!"

Finally, make sure that staff members at the care home are aware of the person's life history and interests. Do they have children and grandchildren? Where did they work? What are their hobbies? Other details, such as knowing that the person likes to watch the news before bed – and allowing that habit to continue – will make all the difference in ensuring that the individual truly has found a new place to call home.



### Did You Know...

The Alzheimer Society provides information, education and support for people affected by Alzheimer's disease and other forms of dementia.

The word dementia is an 'umbrella term' that refers to many diseases characterized by a progressive and irreversible cognitive decline.

The most common forms of dementia, in order of prevalence, are:

- Alzheimer's disease
- Vascular dementia
- Lewy Body Dementia
- Frontotemporal dementia
- Creutzfeldt-Jakob disease

The Alzheimer Society provides programs and services to enhance the quality of life for people with dementia and their families. Currently, there are more than 20,000 Manitobans living with the disease.

The Society offers supportive counselling, caregiver and professional education, support groups for people with dementia and for their caregivers, public awareness, the MedicAlert® Safely Home® program, the First Link® program and more.

### May is Leave a Legacy Month...Plan to Give!

Many people receive life-changing assistance from the Alzheimer Society of Manitoba. Some of these individuals are people who are living with dementia. Others are family caregivers and friends who provide support to the person affected.

As a non-profit organization, the Alzheimer Society absolutely depends on its donors. While the government provides a small operating grant, a large portion of our revenue (45% in 2012-2013) comes through donations. Without our donors, the Society could not continue to offer the programs and services that are so valuable to those in need.

Anyone can enrich the lives of those struggling with dementia by becoming a donor. Planned giving allows you to make a future gift to the Society in a way that will have minimum impact on your current income while allowing you to obtain tax and estate benefits.

#### Planned Giving Options

There are numerous choices when it comes to planned giving. To investigate your best option, check with a financial advisor, who will help you understand the tax implications for your individual situation. Here are some examples:

- Charitable Bequest
- Life Insurance
- Residual Interest
- Annuities
- Charitable Remainder of Trusts
- Gifts in Memory of a Loved One or In Honour of a Loved One

Whatever the amount and method you decide on, your gift is greatly appreciated and will improve the lives of those affected by dementia.

Join us for the  
Alzheimer Society of Manitoba's

### Annual General Meeting, Volunteer Recognition & Tree of Memories Ceremony

Wednesday, June 25, 5:15 pm  
10-120 Donald Street  
Mezzanine Level  
Winnipeg, MB



#### Tree of Memories Ceremony

For a gift of \$250 to the Alzheimer Society of Manitoba, you can honour your loved one by placing an engraved brass leaf on the Tree of Memories. For information, please email [tmattay@alzheimer.mb.ca](mailto:tmattay@alzheimer.mb.ca) or call 204-943-6622.

### UPCOMING EVENTS

**Mind Your Matter:  
Brain Health and You**  
Thursday, May 15, 2 to 3 pm  
St. James Library, 1910 Portage Ave.,  
Winnipeg, MB

**Living Well & Living Alone  
with Dementia**  
Wednesday, May 21, 7 to 8:30 pm  
The Parkway Retirement Community,  
85 Paget St., Winnipeg, MB

**Mind Your Matter:  
Brain Health and You**  
Friday, May 23, 2 to 3 pm  
Fort Garry Library, 1360 Pembina Hwy.,  
Winnipeg, MB

**Living with Alzheimer's Disease  
Workshop**  
Saturday, May 31, 10 am to 4 pm  
Life Office at TBJ Mall, Ashern, MB

**Speak Up:  
Advocacy Skills for Caregivers**  
Wednesday, June 18, 7 to 8:30 pm  
The Wellington Retirement Residence,  
3161 Grant Ave., Winnipeg, MB

### SAVE THE DATE!



A conference for family and friends  
caring for a person with dementia

**Saturday, November 1**  
**9 am to 4 pm**  
**Canadian Mennonite University,**  
**500 Shaftesbury Blvd.**  
**Winnipeg, MB**

Cost: \$40 (includes lunch)

### GET YOUR MOTORS RUNNING!

19th Annual  
MOTORCYCLE POKER DERBY

Saturday, August 16  
9 am to 7 pm  
Brandon, MB

To register or for more information, contact  
[mloewen@alzheimer.mb.ca](mailto:mloewen@alzheimer.mb.ca)  
or go online at [alzheimer.mb.ca](http://alzheimer.mb.ca)

