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A Dementia Friendly Community Begins With the Generous Action of One Person

Sometimes the kindness of a stranger can come at exactly the right moment for someone in need.

Recently, John Inglis was that kind stranger. John was on his way to work when he noticed an elderly lady in the entryway of a condominium. She was standing in a puddle of shallow water.

"She appeared to be lost," says John. "She was wearing only light spring clothing and running shoes."



Sheila Devine and John Inglis

John approached the woman and asked if she needed help. The two sat in John's car while

he tried, without success, to figure out where she lived. The woman did, however, offer her name: Sheila Devine.

As they weren't far from the Winnipeg Police Service District office, he drove there and explained the situation. The police advised John to return to where he had found her and call 911 with the information. A patrol car would respond.

John did so, and during the 90-minute wait, he was

[See "Generous Action" on page 5...](#)



Investors Group

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

Pave the Way. WALK WITH US!

Join us at the new location of the
2018 Winnipeg Investors Group
Walk for Alzheimer's

**ASSINIBOINE PARK, LYRIC THEATRE
Thursday, May 31 at 5:30 pm**

Regional Walks take place across the
province during May and June!

Joan's Jiggers: Lacing Up to Pave the Way

Shane Hintz laces up his sneakers each year and walks for his grandmother, Joan, who lived with dementia until she passed away in 2014.

He and his wife, Derna, whose grandmother also lived with dementia, have been participating in the Brandon or Winnipeg Walk for Alzheimer's since 2010. His two aunts, Julie and Kathy, became team members five years ago, followed by Shane's two kids, and since then, many more family members have joined. They have dubbed themselves "Joan's Jiggers."



Shane Hintz, Brayden,
Julie Devrieze, Kathy Hintz,
Derna Hintz and Maddy.

[See "Joan's Jiggers" next page...](#)

"Joan's Jiggers" continued from page 1...

"Our Grandma was very compassionate and loving. She worked hard for her family and would do anything for anyone," says Shane of his grandma. "She loved cooking, baking, gardening and family gatherings. She is one of the main reasons I am who I am today."

For Shane's aunt Julie, it's important to walk each year. "I participate because I don't want to get this disease. I may not be able to save myself, but I sure as heck hope that I'll be able to help save other generations of family members," she said.



Joan's Jiggers members Kathy Hintz, Julie Devrieze, Shane Hintz and Derna Hintz received the Friends and Family Extra Mile Award in 2017.

dozen of her delicious delicacies, with all the proceeds going to the Walk. (Julie doesn't take money for supplies.)

In addition to raising funds for a cause close to their hearts, the Walk brings Shane's family together to remember a special lady. And every year, they take home new fond memories of the Walk.

A favourite memory for Shane's wife, Derna, was seeing Shane receive a special award on behalf of the team.

Last year, Joan's Jiggers raised more than \$7,000,

earning the team the "Friends and Family Extra Mile Award" presented by the Alzheimer Society.

For Shane, being able to walk with his wife and kids and seeing them participate in a good cause means a lot. "It's really special to have them grow up and understand how wonderful their great grandmothers were," he says.

Creative Fundraising

Julie found a creative way to raise funds for her team: she bakes and sells cinnamon buns in her hometown of Boissevain and in her new community of Redvers, Saskatchewan.

In her first year of this effort, she sold 152 dozen. Last year, she sold more than 200

COMING UP!

Living with Dementia: First Steps

Sat., May 12, 9 am to 12 pm
Sat., June 16, 9 am to 12 pm
Riverwood Square,
1778 Pembina Hwy, Winnipeg

Telehealth Sessions (regional communities)

Join us on Thurs., Apr. 19, 6:30 to 8 pm
for the following topic:

Your Community –

Becoming Dementia Friendly

Check our website for designated locations in Manitoba.



Family Education: Next Steps

Depression and Delirium in Older Adults

Thurs., Apr. 19, 7 to 8:30 pm
Amber Meadow,
320 Pipeline Rd., Wpg.

Transitioning to Long Term Care

Wed., May 16, 7 to 8:30 pm
Sturgeon Creek I,
10 Hallonquist Dr., Wpg.

Staying On Your Feet: Falls and the Older Adult

Wed., June 6, 7 to 8:30 pm
Park Manor Care Home,
301 Redonda St., Wpg.

Minds in Motion®

Minds in Motion® sessions are currently running at six Winnipeg locations and in Altona, Gimli, Morden and Portage la Prairie. For information on times and locations, check our website.

The 2018 Winnipeg Investors Group Walk for Alzheimer's has a new home:

**ASSINIBOINE PARK
LYRIC THEATRE**

Join us on Thursday, May 31 at 5:30 pm



Pave the Way. WALK WITH US!

Register online today!
alzheimer.mb.ca/wfa2018

MEDIA SPONSORS

Winnipeg Free Press



Shane and his family will once again participate in the Brandon Walk this year on June 21 at Riverheights Terrace. For more information on regional walks, or about the Winnipeg Walk taking place at its new location at Assiniboine Park's Lyric Theatre on Thursday, May 31, visit alzheimer.mb.ca. ◀

CELEBRATE MOTHER'S DAY!



DID YOU KNOW?

Women are:

- more at risk than men of developing dementia
- more likely than men to take on a caregiver role?

The Alzheimer Society challenges you to celebrate these strong and caring women on Sunday, May 13

THEY DESERVE IT!

To register online, visit alzheimer.mb.ca
or call 204-943-6622 or 1-800-378-6699 for more information.

Getting the Home Care Help You Need

You are the primary caregiver for a family member with dementia who lives at home. You can usually take care of things quite well, but there are times when you wonder how long you'll be able to manage. If you could just get some help, you think,

your family member would be able to live at home longer rather than move to a personal care facility.

If you are in this situation, you should know that help is available through Manitoba Health's Home Care Services. To access services, request an assessment for your family member from your regional health authority office (see sidebar). A case co-ordinator will be assigned to meet with you to develop a plan that will best meet the needs of both the person with dementia as well as your own. Some of these services include:

Personal Care Assistance

As a caregiver, you may find it difficult to assist your family member with such physically demanding tasks as bathing and dressing. With Personal Care Assistance, direct service workers come to your home to assist with these tasks and other activities of daily living.

Home Support

Direct service workers may come to your home to help with activities such as meals, light housekeeping and laundry. Assistance with these activities can be arranged through your case coordinator.

Health Care

While your family member with dementia may be generally physically healthy, there may be circumstances when health care,

delivered in the home, would be helpful. For example, if the person requires dressing changes on a wound, a nurse can come to your home to attend to this or to provide teaching so you can do it correctly yourself.



In-home Relief/Respite Care in the Home

Short periods of relief provided by a direct service worker can be organized to allow you to get out for a while – perhaps to have a coffee with friends or to catch a movie.

Respite Care in Alternate Settings

Longer periods of relief can be arranged during which time your family member may be admitted, temporarily, to an alternate care setting for a fee. Caregivers may use this time for an out of town trip or an extended period of rest at home.

Adult Day Programs

For a fee, you can enrol your family member in a day program. The person will be stimulated through recreational activities, and you can take the time to care for yourself or run errands. ◀

Visit gov.mb.ca/health/homecare to find out more about home care services, or contact your regional health authority office:

Interlake-Eastern Regional Health Authority
Toll-free: 1-855-347-8500
ierha.ca

Northern Regional Health Authority
Phone: 204-687-4870
nrha.ca

Prairie Mountain Health
Phone: 204-483-5000 or
Toll-free: 1-888-682-2253
prairiemountainhealth.ca

Southern Health-Santé Sud
Phone: 204-428-2720
Toll-free: 1-800-742-6509
southernhealth.ca

Winnipeg Regional Health Authority
Phone: 204-926-7000
wrha.mb.ca

Celebrate our accomplishments, recognize our dedicated volunteers and honour those who have lost their lives to dementia at the Alzheimer Society's

Annual General Meeting, Volunteer Recognition & Tree of Memories Ceremony

Wednesday, June 20, 5:30 pm, 10-120 Donald Street, Mezzanine, 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 leaf on the Tree of Memories. For information, please email lwilliams@alzheimer.mb.ca or call 204-943-6622.

SAVE THE DATE!



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

Saturday, October 27
Canadian Mennonite University,
500 Shaftesbury Blvd., Winnipeg, MB

23rd Annual MOTORCYCLE POKER DERBY

Brandon, MB
Saturday, August 18,
9 am to 7 pm



Online registration to open soon at alzheimer.mb.ca
For more information, contact: alzwm@alzheimer.mb.ca

A Smile and Handshake Go a Long Way

Sometimes it's necessary for caregivers to make the difficult decision to move a family member or friend with dementia into long term care. This transition is often not an easy one for everyone involved, but there are supports in place and things that can be done to make it easier.

Ginette Abraham is a social worker at Actionmarguerite, which provides care and services for people with dementia, as well as those with complex needs. Ginette works hard to support new personal care home residents right from the beginning of their stay.

"When transitioning someone to long-term care, it's important for me to first meet the person face to face," she says.

This provides her with an opportunity to begin to know the new resident. She also suggests that family members share a little bit about their social history, which will help her to welcome the person to their new home.

"They might not remember me, but I remember them, and I can approach them with a friendly look on my face and call them by name," she says. "People retain those social niceties, and often I find that a smile and handshake are returned. Sometimes, I even get a hug."

During these initial interactions, new residents are giving Ginette an important message: they are trusting her, and she responds by engaging with them.

Stay for the Day

Ginette encourages family members to spend the transition day – which could be a difficult one – with the person. She always extends a lunch invitation to those assisting with the move.

"Often, families are under the impression that they must leave immediately, but I want them there the first day so they can share in the experience of getting to know the new environment," she says.



Personalizing the Room

Rooms at many long-term care facilities may look much like hospital rooms. If there is time before the move, Ginette recommends that families set up and personalize the room. She suggests hanging meaningful pictures, making the bed with a familiar comforter and unpacking the person's clothes.

While moving to long-term care can be an overwhelming change, these small actions can ease the transition and help the person settle into their new space. ◀

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

The Alzheimer Society Has a Leadership Opportunity for You!

We are seeking a candidate for a Board Member position. We need a big picture, future-oriented individual who is able and eager to set the Society's values and vision. Interested candidates are invited to forward a cover letter and resume by April 23, to:

Alzheimer Society of Manitoba
10-120 Donald St. Winnipeg, MB
R3C 4G2
alzmb@alzheimer.mb.ca

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Leadership Gift Appreciated

If you ask Bob Thompson why he has such a strong connection with the Alzheimer Society, he doesn't hesitate to respond. "We needed help and the Society was there for us," he says.

It started this way: Bob's wife, Barbara, was diagnosed with Alzheimer's disease in 2008. Her gerontologist contacted the Society on their behalf, and within two days, Bob and Barbara received a call offering assistance. That was the beginning of a long and supportive relationship that would continue until Barbara passed away in 2016.

In fact, Bob maintains his association with the Society even today. He was so thankful for the help he and Barbara received that he recently gave a leadership donation to show his gratitude and to do his part to ensure the Society can continue to provide programs and services to those in need.

"When we first came to the Society, we needed information, but we ended up getting a lot more than that," says Bob. "The staff was welcoming, and they gave us the caring shoulder we needed when times were tough."

Over the years, Bob has contributed more than donations to show his deep appreciation for the Society's work. He has participated in the Walk for Alzheimer's, volunteered in different capacities, and has lent his voice as a spokesperson for the organization.

Bob is humble about his generosity, and he doesn't ask for acknowledgement. What he desires most is to remember Barbara and the life she lived.

"She was a unique woman, and she was smart," says Bob. "As a teacher, she didn't just teach math, she taught



Bob Thompson with his late wife, Barbara.

students to have a love for math. She was well-respected. The school where she taught has a scholarship in her name."

Everyone at the Society is happy to join Bob in remembering Barbara for her accomplishments. The Society is grateful that, as a tribute to his wife, Bob has chosen to give back so others can receive the same kind of support. ◀

CEO Message

Come and DREAM BIG With Us!

The dementia journey is a difficult one, and no one should have to travel that road alone.

As both caregivers and those with dementia will tell you, it's complicated because the path keeps twisting and turning. As the disease progresses, things change – sometimes slowly, other times so quickly you can barely blink. Emotions run high and low for all involved.

The Alzheimer Society wants to walk alongside people with dementia and their families during these difficult times. Our purpose is to provide support and information. We strive to link you with the right resources at the right time. We want to give you the tools so you can manage your circumstances and adapt to the changes you encounter along the way.

We need to extend our reach. There are too many families walking this journey alone. As the number of people

affected keeps getting bigger, we need to gather the resources needed to provide more services now and for the future.

It is imperative that we **DREAM BIG.**

Dreaming big means finding a way to double the work we are currently doing; it means delivering twice the programs, education and support that we are able to offer now.

We must do this so people with dementia will feel safe, accepted, respected and supported throughout their journey. By increasing our reach, we'll be able to give care partners meaningful support when they need it. We'll be equipped to give people impacted by dementia a voice as they navigate the changing landscapes that dementia brings.

As the Society's CEO, I'm charged with figuring out how to make these dreams a reality. To do this I need your help.



Wendy Schettler
CEO, Alzheimer Society of Manitoba

Will you step forward so that no one walks the dementia journey alone?

Come to our events, respond to our campaigns, volunteer for our programs and tell your family and friends about us.

Together we can fulfill the dream so that people with dementia and their families can thrive. ◀

"Generous Action" continued from page 1...

successful in obtaining Sheila's daughter's name. He called her and left a message. In the meantime, John's own daughter-in-law, whom he had enlisted to help with the sleuthing, had managed to generate a Facebook reply from Sheila's grandniece – all the way from Norway!

"Once the police arrived, they were able to get Sheila to her nearby retirement complex in a short time," says John.

John's decision to act came from 31 years of experience as an RCMP officer. He also encounters people in similar circumstances in his work in the real estate business. He says he believes most people would do exactly what he did if faced with a similar circumstance.

The actions of John and others like him help to build dementia friendly communities in which people with dementia are supported and included in the places they live, work and play. Sheila's daughter, Beth Devine, feels that community support from kind strangers is crucial.

"It's amazing that there are people like John who will take time out of their day to help," she says. "He didn't give up – he kept looking until my mom was safe. He's a pretty special person."

John is a perfect example of how a dementia friendly community grows – one person at a time. ◀

The incident described in this story prompted Sheila Devine's daughter, Beth Devine, to register Sheila in the MedicAlert® Safely Home® program. Beth encourages other family members of those living with dementia to do the same. For more information on this program, check the "We Can Help" section of our website: alzheimer.mb.ca



Support the Alzheimer Society's programs and services by hosting a fundraising event of your choice. Click on the "Anything for Alzheimer's" link at: alzheimer.mb.ca

UPCOMING EVENTS!



Register: events.runningroom.com and help to support the Alzheimer Society of Manitoba. Information: Chris Walton at cwalton@runningroom.com

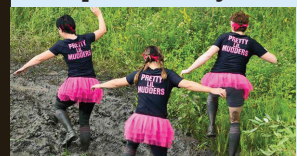
Upcoming Event: Winnipeg 10 & 10

It's a run like no other! Run or walk 30km, 10mile, 10km or 5km events that start and finish in downtown Wpg during Manyfest on Sunday, September 9, 7:30 am. The Running Room is partnering with the Alzheimer Society for this event.



To register, visit alzheimer.mb.ca

Saturday, August 11th at the site of Dauphin Countryfest



For information, contact Amber Duncan: 204-638-4483 (Dauphin) 1-800-378-6699 (Manitoba) alzprk@alzheimer.mb.ca

Alzheimer Society MANITOBA Dementia Care & Brain Health



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PROVINCIAL OFFICE

10-120 Donald St., Winnipeg, MB R3C 4G2 • Phone: 204-943-6622 • alzmb@alzheimer.mb.ca

Support the Alzheimer Society today by donating online at alzheimer.mb.ca/donate

Toll Free: 1-800-378-6699 (in Manitoba)

INTERLAKE / EASTERN

31 1st St.
Beausejour, MB
Phone: 204-268-4752
alzne@alzheimer.mb.ca

NORTH CENTRAL

108 B Saskatchewan Ave.
Portage la Prairie, MB
Phone: 204-239-4898
alznc@alzheimer.mb.ca

PARKLAND

118 Main St. N.
Dauphin, MB
Phone: 204-638-4483
alzprk@alzheimer.mb.ca

SOUTH CENTRAL

105-650 South Railway Ave.
Winkler, MB
Phone: 204-325-5634
alzsc@alzheimer.mb.ca

SOUTH EASTMAN

9A-90 Brandt St.
Steinbach, MB
Phone: 204-326-5771
alzse@alzheimer.mb.ca

WESTMAN

Unit 4B, 457 9th St.
Brandon, MB
Phone: 204-729-8320
alzwm@alzheimer.mb.ca

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