

Paint the town blue this September 21!



**On World Alzheimer's Day, wear blue and watch your favourite landmarks light up!**

**#goblueforalz**

## Caring for Grandmother a Family Affair

**When Michelle Sopher's mother, Lyla Cromarty, was diagnosed with vascular dementia in 2008, there was no hesitation about what Michelle should do next.**

She moved Lyla from her home in Selkirk to Michelle's home in Transcona.

Why? Because that's what our family does, says Michelle's daughter, Ashley.

For the next 10 years, caring for Lyla became a family affair. Ashley was 20 and her brother 18 when their grandma moved in. Ashley became a devoted caregiver to Lyla alongside Michelle, who was in her forties. While he lived at home, her brother helped, too.

Even after Ashley moved out five years later, she continued to support her grandmother – and her mom.

**"That was one of my priorities, too – not just helping out with Grandma, but making sure my mom was cared for."**

– Ashley Andrews

"Mom is amazing," says Ashley, describing the energy Michelle spent caring and advocating for Lyla. Michelle did extensive research about the disease and fought hard to get home care for her mother when everyone had to be at work or school.

"That was one of my priorities, too – not just helping out with Grandma, but making sure my mom was cared for," says Ashley. "My mom was so focused on helping her mother, making sure she had everything she needed, that she didn't think about herself and her own self-care," says Ashley.

Caring for others is "their thing," Ashley admits. She works with adults with disabilities while Michelle is a health care aide.

The duo looked after Lyla until it was time for a higher level of care. Ashley says that her "feisty" grandmother lived happily in a care centre for a year before passing away in May 2019.

Throughout their journey, Ashley says they relied on the Alzheimer Society as a source of trusted information. They also attended the annual Care4u Family Conference.

"We learned how to take care of ourselves as well as Grandma," she explains. "We found out what resources were out there and what tools we could use when we became frustrated, because dementia isn't always easy."



Lyla Cromarty

When Ashley discovered that the Society annually holds the IG Wealth Management Walk for Alzheimer's, she was excited to participate. She and Michelle led a team in 2018 and 2019. "It was a great turnout and everyone was walking for someone they care about. It was such an amazing experience!"

You can bet they'll continue to participate in the Walk in memory of Lyla ... because that's what Ashley's family does!



Alzheimer Society

TRIVIA  
CHALLENGE

Event sponsor:  

**TUESDAY, OCTOBER 8**  
**6:30 to 10:30 pm**

**THE METROPOLITAN  
ENTERTAINMENT CENTRE  
BY CANAD INNS**

**Registration: \$30**

- Option to collect pledges
- Register as a team or individual

Register online: [alzheimer.mb.ca](http://alzheimer.mb.ca)  
or call 204-943-6622



Nancy and Randy Scott

**A**s a nurse who teaches health care aides, Nancy Scott makes a point of staying current on research about dementia. To do that, she sometimes attends the Care4u conference presented by the Alzheimer Society of Manitoba.

Last fall, Nancy attended the conference wearing two hats: nurse educator and wife of Randy, a cabinet maker who, at age 53, was exhibiting signs of dementia. During a group discussion at the conference, she raised her suspicions and shared that she was having trouble getting a diagnosis. The folks at her table were supportive.

Society staff members helped by directing her to a support group for people whose partners have young onset dementia. She also made contact with client support staff; when the difficulties confirming a diagnosis brought Nancy to tears, one of the coordinators became a shoulder to cry on.

"I fell apart and phoned her and she was amazing. She talked me through things and we problem-solved," Nancy recalls.

## Care4u the Catalyst for Getting Needed Help

With the staff member's encouragement, Nancy continued to advocate for her husband and this spring got him in to see a neuropsychiatrist. By chance, Randy had undergone a brain CT scan a couple of years ago for an unrelated reason. A new scan showed noticeable brain atrophy, confirming a diagnosis: he had dementia, most likely of the Alzheimer's type.

"The CT scan results were surprising. As a nurse, I've worked with a lot of people with dementia, but it's an eye opener to see how fast it progresses when it's early onset," says Nancy, who is staying positive and taking it one day at a time. "My husband is still here and I'm enjoying the time we have."

Attending the monthly support group has been really helpful, she says. She's gleaned important advice about wills and power of attorney, as well as maintaining routines and avoiding premature decisions about moving out of their west-Winnipeg home.

**"I fell apart and phoned her and she was amazing. She talked me through things and we problem-solved."**

– Nancy Scott

She's also heartened because Randy has shown an interest in the programs offered through the Society. No longer working, he wants to attend Minds in Motion®, a program that promotes physical, social and brain challenging activities for people with dementia and their care partners. And, at his urging, the couple participated in the IG Wealth Management Walk for Alzheimer's in June.

When asked if she'll attend the Care4u Conference on October 26, Nancy doesn't hesitate. "Absolutely!"

2019  
**care4u**

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

**Saturday, October 26**  
**9 am to 3:30 pm**  
**Canadian Mennonite  
University,**  
**500 Shaftesbury Blvd.**  
**Winnipeg, MB**

**THANKS TO OUR SPONSORS**

Event



**ALL SENIORS CARE**  
LIVING CENTRES™

Where Caring is Our Number One Concern™

Keynote



**Partners  
forHome**

Partner

**HOMESTEAD**  
Manitoba

**Cost: \$40**  
**(includes lunch and materials)**  
**Register online today –**  
**space is limited:**  
**[alzheimer.mb.ca](http://alzheimer.mb.ca)**

### CEO's Message:

**Raise Your Voice –  
TALK TO YOUR  
CANDIDATES!**

(See Back)

### IN THIS ISSUE

- IG Wealth Management Walk for Alzheimer's: Thanking Our Walkers, Donors and Volunteers

- Public Forum:  
Spotlight on Dementia Research  
with Dr. Saskia Sivananthan

- Music of Minds in Motion® Hits High Note
- Ask an Expert: Defining Aphasia
  - Past President Keeps Coming Back to Give





**IG** WEALTH MANAGEMENT  
**WALK FOR ALZHEIMER'S**

*Over \$355,000 raised at 40 walks province wide!*

Thanks to all of our participants, donors and volunteers for their AMAZING EFFORTS in support of the Alzheimer Society of Manitoba!

Congratulations to our top fundraising teams!

*IG Wealth Management*  
350+ team members raised \$50,000 plus!



*John's Walkers*  
16 team members raised \$8,715!



FIND YOURSELF & YOUR TEAM!  
Check the Facebook icon on our website at [alzheimer.mb.ca](http://alzheimer.mb.ca) for photos of the 2019 Walk



*Bockstael Construction*  
34 team members raised \$8,640!

*4Get-Nots*  
25 team members raised \$6,352!



*Action High-5*  
20 team members raised \$5,330!





# Q & A with Dr. Sivananthan:

# A LENS OF HOPE



**D**r. Saskia Sivananthan is the Chief Research and Knowledge Translation Officer at the Alzheimer Society of Canada. Previously, she served as a senior strategy and policy advisor consulting for the World Health Organization (WHO) on its global dementia strategy. She also co-drafted the WHO's Global Action Plan on the Public Health Response to Dementia, which was unanimously adopted at the 170th World Health Assembly by all 194 member-states.

### How did you become interested in dementia research?

The brain has always fascinated me, especially in the way research helps us understand this complex and mysterious organ.

When I was a graduate student, however, I lived in an apartment building for seniors and saw first-hand the struggles they faced taking care of themselves and finding their way through the health care system, especially for those living with dementia or a cognitive impairment.

That's when I wanted to make a difference and began working in health services and policy research. My work focused on improving accessibility to health care for older people and those with dementia, and ensuring that support and services meet their needs.

### You will be in Winnipeg for the Spotlight on Dementia Research forum taking place on September 24. Why is this an important forum for the public to attend?

Forums like these give us a lens of hope that the science of dementia is advancing. They also provide new information on reducing the risk of dementia or how to better manage the disease, whether you're living with it or are a caregiver.

### Recent research on diagnostic testing shows promise. Can you comment on this research and the potential impact on people with dementia and their families?

There is still no single test for dementia, and diagnosis is a complex and lengthy process. Improving diagnosis, as well as identifying those at risk, is an important field of research we support through the Alzheimer Society Research Program.

We've funded several researchers who are pursuing an eye exam to detect Alzheimer's disease. The retina is an extension of and shares many similarities with the brain. Deterioration of the retina may mirror the changes occurring in the brain's blood vessels, which will increase our understanding of the disease process.

Other researchers are closing in on a blood test for dementia. While more study is required, this kind of test could be available in the very near future.

### Can you comment on the new national dementia strategy as it relates to research?

The Alzheimer Society welcomes the national dementia strategy and we are grateful for the federal government's ongoing commitment to address the growing challenges of dementia. The strategy calls for advancing therapies

to improve quality of life for people with dementia and help find a cure through novel and innovative research. But to do this, we need a fully funded and implemented strategy. That's why Alzheimer Societies across the country will continue to champion for its full implementation, especially with the upcoming federal election.

### Public Forum with Dr. Sivananthan SPOTLIGHT ON DEMENTIA RESEARCH

**Tuesday, September 24, 7 to 8:30 pm**  
**Samuel N. Cohen Auditorium**  
**St. Boniface Hospital Research**  
**351 Tache Ave., Winnipeg**

**Find out what's happening now in dementia research and how it will impact the future.**

**DEMENTIA RESEARCH CHAIR SPONSOR:**



## Music of Minds in Motion® Hits High Note for Local Couple

**E**arl Barish considers his birthday a time to give, not to get. So when he turned 75 last year, he decided to look for a meaningful cause that he and his wife, Cheryl, could support.

His thoughts turned to the friends and family members he knows who have had experience with dementia. In their honour, Earl and Cheryl chose to investigate the Alzheimer Society of Manitoba as a recipient of his special birthday gift.

In doing so, they learned about the Society's Minds in Motion program and found it intriguing. Arrangements were made for the couple to attend a session so they could see for themselves how the program worked.

Designed for people with dementia and their care partners to attend together, Minds in Motion offers physical, social and brain challenging activities, including a musical component in which participants can sing and play instruments under the leadership of a musical therapist.

"We both have a love of music, and we are aware of how helpful music and art can be," says Earl. "We saw this in action at Minds in Motion."

It was evident to Earl and Cheryl how music can touch people to their core and enable them to respond and enjoy.

It brought renewed life to the faces of some of the participants and their partners. For one caregiver, seeing her husband happy for the first time in a long while had a huge impact.

The experience influenced the couple's decision to provide two years of support to the music therapy segment of the program, which is offered once during the eight-week session and is a highlight for participants. They made the donation through the Earl and Cheryl Barish Charitable Foundation, which the couple established this year.

The Barish family philosophy of giving is to pay it forward, explaining Earl's decision to give instead of get on his birthday.

And it's simply music to their ears that the gift also honours their family and friends.



Earl and Cheryl Barish participate in music therapy during the Minds in Motion® program.

### Minds in Motion®

Minds in Motion® is an eight-week program that promotes physical, social and brain challenging activities for people with dementia and their care partners.

Fall Minds in Motion® sessions will run at eight Winnipeg locations and in Altona, Brandon, Gimli, Morden, Portage la Prairie, Selkirk and Steinbach. For times and locations, visit: [alzheimer.mb.ca](http://alzheimer.mb.ca).

## Walk Sponsors and Individual Fundraisers



### Top Fundraiser – Province Wide

**Karen Braun:  
Raised \$7,155!**

### Manitoba Walkers Who Raised \$1,000+

Karen Braun: \$7,155	Sarah Byers: \$1,275
John Bockstael: \$4,800	Leona Nickel: \$1,260
Bonnie Thiessen: \$3,125	Ida Hebert: \$1,225
BJ Reid: \$3,075	Darrell Koop: \$1,225
Randy Wiebe: \$3,050	Lorraine Martin: \$1,215
Robert Wrublowsky: \$2,800	Cheryl Bird: \$1,180
Julie DeVrieze: \$2,395	Angela Leonard: \$1,165
John Klassen: \$2,100	Mickey Wener: \$1,147
Tony Magian: \$1,900	Dale Van Wallegghem: \$1,138
Lorna Schroeder: \$1,850	Lise Perrin: \$1,125
Kathryn Day: \$1,795	Claire Workman: \$1,125
Robert Fairbairn: \$1,615	Esther Bast: \$1,100
Jason Sheps: \$1,443	Derna Hintz: \$1,090
Dave Desrochers: \$1,440	Lynda Masyoluk: \$1,090
Donna Wowchuk: \$1,420	Kathy Rathert: \$1,080
Richard Kropp: \$1,415	Pamela Little: \$1,075
Terry Acland: \$1,400	Dale Bedard: \$1,030
Michael Puchniak: \$1,400	Debbie Hildebrand: \$1,015
Karen Johnson: \$1,340	Donald Courcelles: \$1,000
Ray Bisson: \$1,325	Cheryl Reid: \$1,000
Phyllis Friesen: \$1,305	Wendy Schettler: \$1,000

### Thanks to our Sponsors

#### EVENT SPONSOR



#### FOOD SPONSOR



#### MEDIA SPONSORS

Winnipeg Free Press



#### REGIONAL SPONSORS

##### Media Sponsors

AM 1250 Radio  
CFAM Radio 950  
Country 88.9  
Pembina Valley online.com  
The Eagle 93.5 FM  
The Morden Times  
The Red River Valley Echo  
The Winkler Times  
The Valley Leader

##### Food Sponsors

Altona IGA  
Altona Sun Valley Co-op  
Carman Co-op  
Corpell's Water  
Earl's Meat Market  
Morden Co-op  
Sobeys Safeway IGA



CEO Message

Raise Your Voice: TALK TO YOUR CANDIDATES!

Past President Keeps Coming Back to Give



Harold and Judy Mawhinney

Harold Mawhinney can say that, thanks to the Alzheimer Society of Manitoba, he met Shirley Jones, the American actress best remembered as the mother in the wholesome 1970s sitcom, The Partridge Family.

What's the connection?

Harold was President of the Society's Board of Directors from 1988 to 1991, and in that capacity he was involved in planning the annual fundraising galas. As President, he had the enviable job of chaperoning the guests of honour who appeared at the galas, including Shirley Jones. He also remembers playing host to the Swedish actress and singer Britt Ekland, a special guest at another gala during his presidency.

It was a lot of fun, he says, and the galas were good fundraisers.

But for the past 32 years, Harold and his wife Judy have known that the annual gala and other fundraisers don't come close to covering the cost of the Society's many programs and services. So, from the time Harold joined the Board in the 1980s, the couple have been strong supporters.

For the past 32 years, Harold and his wife Judy have known that the annual gala and other fundraisers don't come close to covering the Society's many programs and services.

Their loyal financial support began when they became annual donors, and then in 2010 they switched to a monthly giving plan. The automatic monthly payment option was especially convenient for the couple during the years they spent their winters in Florida.

Another poignant motivation to donate to the Society comes from the fact that Judy's father died from the disease. Says Harold, who retired 22 years ago from his position as Senior Vice-president of the computer division of Investors Group (now IG Wealth Management): "It isn't hard to get a sense of how tough the disease is, but thanks to the Alzheimer Society, families can be helped."

That, he says, is why he'd encourage others to follow the couple's lead and give generously.

To become a monthly donor, call Lynne at 204-943-6622.

Manitobans go to the polls on September 10. This is a great opportunity to let candidates know what's important to you.

We talked to families and they told us what they need to live well with dementia. We've identified three key areas:

**Full Funding of our First Link® Client Support Program**  
Kerri told us how vital it was to receive help when her father first showed signs of dementia. Through First Link, we're just a phone call away.

**Improvements in Home Care**  
Sylvia and Don struggle in their everyday lives because they were denied the services they need. Inadequate Home Care puts people like Sylvia and Don at increased risk for physical and mental health crises.

**Increased Training for Health Professionals**  
Gavin is a devoted husband whose wife, Beverly, lives with Alzheimer's disease in a personal care home. It's important to

Gavin that Beverly receive compassionate and respectful care from staff. To do this, staff training is needed.

**BECOME AN ADVOCATE!**  
Please talk to your friends and family about these issues. Write an email or letter to the candidates in your riding, and talk to any candidates who come knocking on your door. You can also request a one-on-one meeting with your candidates, or attend a public debate and ask questions.

We'll be doing the same. Together, we can get the message out and improve the quality of life for people living with dementia.



Wendy Schettler, CEO  
Alzheimer Society of Manitoba

Raise your voice! Find out how at: [alzheimer.mb.ca](http://alzheimer.mb.ca)

Ask An Expert

QUESTION:

My family member with dementia is starting to mix up his words. What is causing this and how can I help?



Problems with language can occur in all forms of dementia because the disease process can affect the language centres of the brain.

Not being able to find the right words is one of the first signs. For example, the person may use a related or substitute word, or they may demonstrate word searching behaviours, such as gesturing or giving clues about the word. Sometimes, they may not be able to find any word at all. The person may give up or become frustrated.

In the early stages of dementia, the ability to communicate using words and sentences may be retained, but often the order of words, grammar and word choices may be affected. Communication can become less meaningful and "empty."

This type of language impairment is called **aphasia**, and it can occur with damage to the parts of the brain responsible for reading, writing, talking and understanding. Aphasia can occur suddenly following a **stroke or head injury**, or it can develop slowly as the result of a **brain tumour, a progressive disease of the brain or dementia**. It can be the first sign or the primary symptom of some forms of dementia, such as frontotemporal dementia and primary progressive aphasia. It can be mild at first, but as the brain becomes more affected by the disease process, the aphasia can be so severe that communication by the person becomes impossible.

An approach called Supported Conversation for Adults (SCA™) can help. With this approach, the focus of communication and the spoken word is shifted to a communication partner, who uses tools and techniques to promote interaction. For example, the partner can write words or draw pictures on a white board to confirm what the person with aphasia is saying.

Research has shown that SCA has the potential to improve communication between persons with aphasia, including those with dementia, and their caregivers.

Thanks to Glenda Gandza, MD, and Brenda Rust, MA SLP (C), Program Clinicians with Westman Aphasia Inc., for providing this article.  
For more information about aphasia and WAI, please visit the website at [www.westmanaphasia.ca/](http://www.westmanaphasia.ca/)

Glenda and Brenda will lead a session on aphasia at the Alzheimer Society's Care4u Family Conference on October 26. To register, call 204-943-6622 or go to [alzheimer.mb.ca](http://alzheimer.mb.ca)

MARK YOUR CALENDARS FOR UPCOMING PROGRAMS

Winnipeg Programs		Regional Programs
<b>Family Education: Next Steps</b> <i>Young Onset Dementia</i> Thursday, Sept. 12, 7 to 8:30 pm Riverwood Square, 1778 Pembina Hwy.  <i>Physical Activity and Social Engagement</i> Wednesday, Oct. 9, 7 to 8:30 pm Sturgeon Creek I, 10 Hallonquist Dr.  <i>Travelling with a Person with Dementia</i> Thursday, Nov. 7, 7 to 8:30 pm River Ridge II Retirement Residence, 2701 Scotia St.	<b>Living with Dementia: First Steps</b> Saturdays, Sept. 28, Nov. 16 & Dec. 7, 9 am to 12 pm Windsor Park United Church, 1062 Autumnwood Dr.  <b>IG Wealth Management Financial Confidence Workshop</b> Wednesday, Nov. 6, 7 pm IG Wealth Management, 20th Floor, 201 Portage Ave.	<b>Living with Dementia: First Steps</b> <b>Brandon</b> Saturday, Sept. 21, 9 am to 4 pm Seniors for Seniors Centre, 311 Park Ave. E.  <b>Steinbach</b> Saturday, Sept. 28, 9 am to 3:30 pm Pat Porter Active Living Centre, 10 Chrysler Gate  <b>Swan River</b> Saturday, Oct. 19, 9 am to 4 pm Swan Valley Health Centre, 1011 Main St. E.  <b>Selkirk</b> Saturday, Nov. 9, 9 am to 3:30 pm Gordon Howard Centre, 384 Eveline St.
To register or for more information, visit <a href="http://alzheimer.mb.ca">alzheimer.mb.ca</a> or call 204-943-6622 in Winnipeg or call a Regional Office near you. Toll free: 1-800-378-6699.		