

Help for Today. Hope for Tomorrow...®



## Winnipeg Couple Faces New Normal *With Positivity*

It took Nancy Scott a couple of weeks to get used to things, but now she considers the changes brought on by the Covid-19 pandemic to be the “new normal” for herself and her husband, Randy.

The couple lives in their own home in Winnipeg. Nancy is the main caregiver for Randy, who was diagnosed with dementia early last year when he was only 53. She is more than willing to share some of her ideas for getting through this crisis with as much positivity as possible.

“We are taking things day by day, and we try to address the challenges as they come up,” says Nancy.

In the early weeks of the Covid-19 crisis, Nancy could see Randy’s stress level becoming elevated – just like everyone else’s. Now, she takes care to avoid talking about it too much because Randy has difficulty processing the information. Instead, if she is feeling worried, she shares with others.

The couple’s new normal has meant getting up and running on technology like they’ve never done before. For the first time, Nancy figured out how to use Facetime, and she sees how much Randy loves it. “When you can see the people you are talking with, you pick up on non-verbal cues. This is so much better for Randy, who isn’t all that thrilled with phone calls,” she explains.

### Treat Yourself!

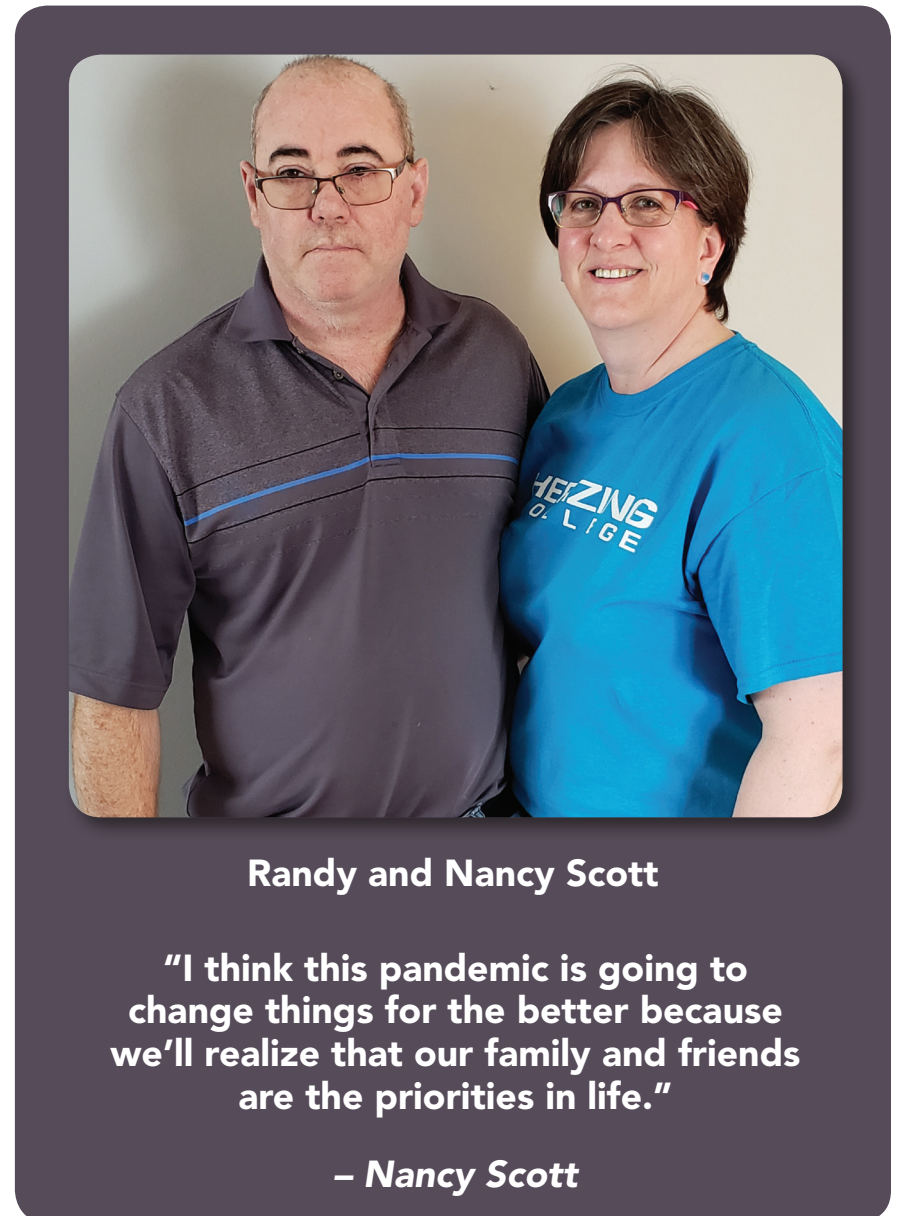
She makes a point to plan for treats. As they can’t go out to a movie right now, Nancy pops up a batch of popcorn, Randy picks a movie and they settle in for the show. They also order out for hamburgers or pizza a couple of times a week to make up for not being able to visit their favourite restaurants.

“These little rewards work, and I make sure I explain the new routine to Randy to help him understand.”

Getting out for daily walks or drives is an important element of their day. They may shop during seniors’ hours, drop off supplies to those in need or go for a walk, waving at all their neighbours in the process.

Last but not least, Nancy ensures that she takes care of herself. “The best way to take care of Randy is to take care of me,” she says. She does this in small ways, such as using ear buds to listen to relaxing music while Randy watches sports.

Ever the optimist, Nancy believes this new normal is going to take society to a new place. “I think this pandemic is going to change things for the better because we’ll realize that our family and friends are the priorities in life.”



Randy and Nancy Scott

“I think this pandemic is going to change things for the better because we’ll realize that our family and friends are the priorities in life.”

– Nancy Scott

**We’re Still Walking – VIRTUALLY!**

**Sunday, May 31  
10:45 am**

To register, visit  
[alzheimer.mb.ca/wfa](http://alzheimer.mb.ca/wfa)



**REGISTER TODAY**

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

Alzheimer Society

See inside for more information about the 2020 IG Wealth Management Walk for Alzheimer’s Online.

**Dementia Care 2020**

Thanks to our 2020 Event Sponsor!

**ALL SENIORS CARE  
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*Where Caring is Our Number One Concern™*

Annual General Meeting & Volunteer Recognition

**Tuesday, June 24, 5:30 pm**

The Alzheimer Society’s AGM will be held virtually this year. Contact us at 204-943-6622 if you are interested in attending the meeting online.

Alzheimer Society  
MANITOBA  
Dementia Care & Brain Health



For inspiring stories and information on how the Alzheimer Society can help, look inside!



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The Alzheimer Society’s CEO has a message for all: you are not alone, even in the time of Covid-19.



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We are connecting with communities in new and creative ways for the 2020 IG Wealth Management Walk for Alzheimer's Online. We challenge walkers to be imaginative and to have fun!



## MAKE MEMORIES MATTER – ONLINE!

### WALK ONLINE 2020

While walkers can't hit the trails together this year for the IG Wealth Management Walk for Alzheimer's Online, the two families featured below aren't letting a pandemic get in the way of supporting the Alzheimer Society! They are taking up the challenge to find a new way to take part. Find out how individuals and teams participate on the national live stream broadcast on Sunday, May 31.

### Small Walk, Big Impact

Shannon Kinnaird's sons, Jay and Kris, never miss the IG Wealth Management Walk for Alzheimer's in Oak Lake. And that's saying something, considering the boys were in strollers when the Walk began 30 years ago.

Although Covid-19 means the Society will host its Walk online this year, the Kinnaird brothers will take part. Make no mistake: the presence of a pandemic does not undermine the dedication of this town's walkers and the amazing history of their event.



The early days: the Oak Lake Walk in 1995.

Along with another Oak Lake family, Shannon was instrumental in starting this community Walk back in 1990 to raise money for the Society. Today their Walk is still going strong in its small but impactful way.

"The two core families are involved every year," she says. "We get anywhere between six and 20 people, including the grown kids and their friends. But it doesn't matter how many or how few people come – we still manage to raise money – some years as much as \$5,000!"

Shannon's reason for becoming involved was her father, Lyman Smith, who had young onset dementia and was in his mid-fifties when the signs started.

"My mom was caring for my dad by herself on the farm," explains Shannon. "He was an active man – an outdoorsman who loved to walk the sections or ride a horse into town."

#### Moving the House

When his walking turned to wandering, the family was concerned, but Shannon's mom, Jean, came up with a novel idea. She bought a lot in town and had the house moved in from the farm.



The 2019 Oak Lake Walk: still going strong!

"Dad was able to stay in his familiar surroundings, and on top of that, everyone in Oak Lake knew him and watched out for him," says Shannon.

Her father lived in the house in town for two years before moving to a care home in Virden, where he passed away in 1996.

Back then, the Society didn't have as many resources as it does today, but a support group was available for Jean and Lyman. Now, Shannon knows many people who get a lot of support from the Society.

Two years ago, the Walk moved from the town site to Oak Lake Beach, where the Kinnaird family has a cabin. After walking, participants enjoy hotdogs barbecued by Shannon's husband, Lyle, and brother, Kerry.

While social distancing will prevent a gathering this year, the Kinnairds and their friends are fundraising as hard as ever and are planning how they can creatively participate in the Online Walk.

### Two Good Reasons to Participate – Virtually

BJ Reid has a couple of reasons for being an enthusiastic supporter of the IG Wealth Management Walk for Alzheimer's Online.

First and foremost, both of her parents have been affected: her father lived with the disease for nearly 10 years before passing away in 2004, and her mother is living with it today.

The other reason? She is VP and CFO of Mutual Funds at IG Wealth Management. With her company being the national sponsor of this county-wide event, she's more than happy to join forces with her colleagues to raise money and walk this year – virtually – to provide supports for people with dementia.



Barbara and Gordon Reid

BJ has participated in the Walk several times over the years, and last year she did so with gusto: she was one of the top individual fundraisers, with the sum of her efforts going towards the IG Wealth Management team's total. For this

year's Online Walk, she intends to shoot for the moon again in honour of her parents.

BJ's dad, Gordon Reid, was only 66 when he was diagnosed with young onset Alzheimer's disease in 1995. Her mother, Barbara (Bobbie), was his main caregiver in their home. As the disease progressed, the journey became too difficult for Bobbie. Eventually, the family found a placement in a care home, where Gord received excellent care until his passing at age 76.

Fast forward to today. BJ and her sister, Cathy McFee, are once again bearing witness to a parent's struggle with dementia.

"Because Mom was already living with Cathy, we were able to keep her at home longer than if she'd been on her own," explains BJ. "But eventually, the care became too challenging."

About a year ago, the sisters found a space for their mother in a care home. "She didn't want to go, so we had to figure out how to get her there," says BJ. "Mom wasn't very happy with us for a while, but she is settled in now."

As she reflects back, BJ realizes that her parents were each affected by dementia in their own way:



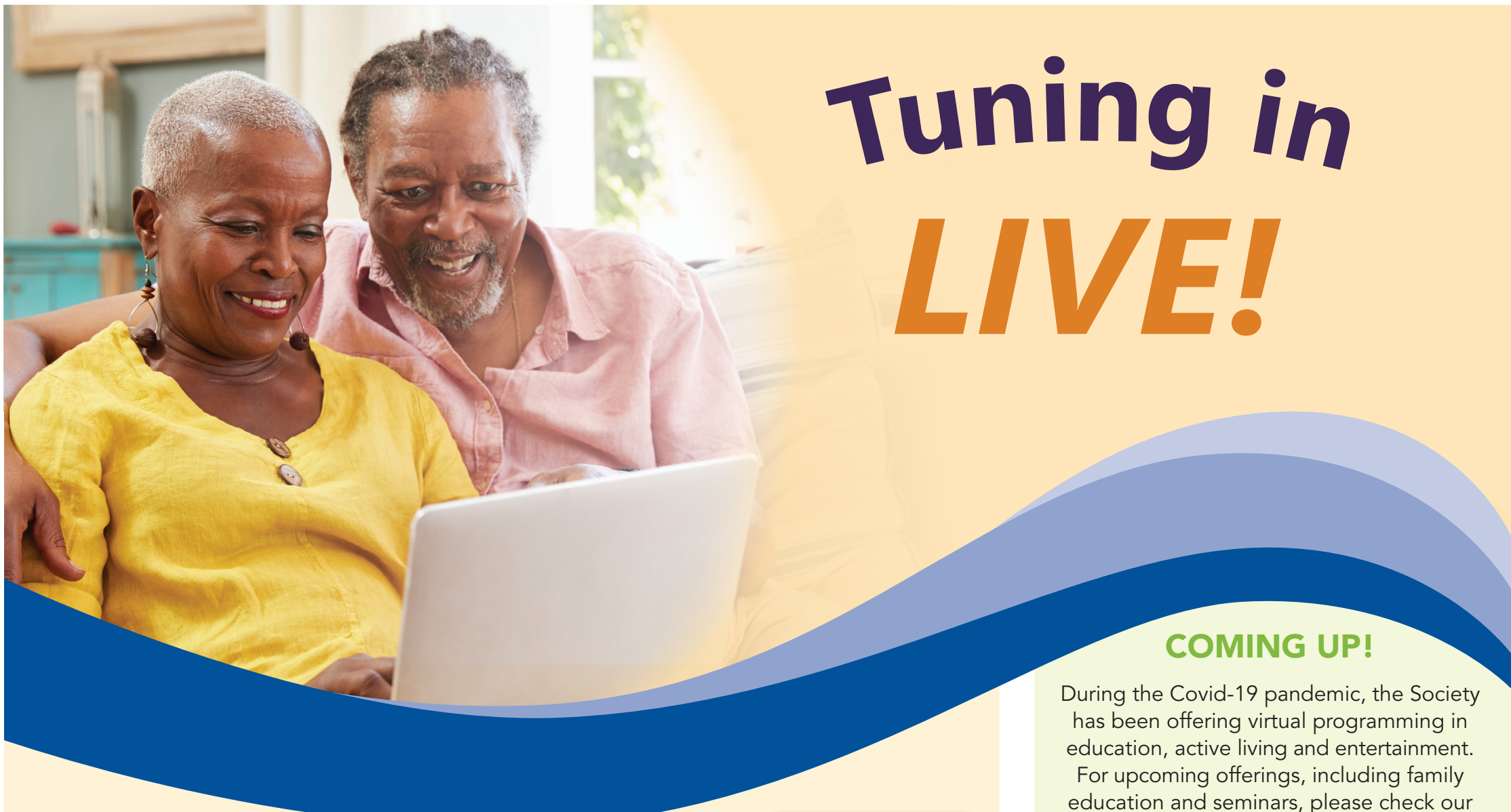
BJ Reid (left) with sister Cathy McFee (middle) and their mother, Barbara Reid.

her father was sad and scared, whereas her mom's reactions sometimes shift towards anger. But during both of their journeys, the family received timely help and information from the Society. BJ showed her appreciation by serving as volunteer Board Member for the Society from 2009 to 2012.

She is continuing to show her appreciation today as she gets ready to tap into her wide circle of friends and associates to raise money for the 2020 IG Wealth Management Walk for Alzheimer's Online.

Everyone at the Society is rooting for her!

Register today to walk online at [alzheimer.mb.ca/wfa](http://alzheimer.mb.ca/wfa) or call 204-943-6622 or 1-800-378-6699



# Tuning in LIVE!

## COMING UP!

During the Covid-19 pandemic, the Society has been offering virtual programming in education, active living and entertainment. For upcoming offerings, including family education and seminars, please check our website's home page under "Recent News" or follow us on Facebook.

## A community-minded dementia expert has found a way to help people with the disease and their families – virtually.

Dr. Mandana Modirrousta reached out to the Alzheimer Society with an offer that couldn't be refused: she would be willing to hold Facebook live sessions to answer questions about dementia from viewers.

"During the pandemic, people may not be attending in-person doctor visits, and they may have to wait weeks for a virtual visit," says Dr. Modirrousta. "I thought I might be able to help."

Working with Jennifer Licardo, the Society's Education Manager, a list of topics was drawn up to stimulate questions. Viewers can tune in live to hear her discussion and to send in questions during the Facebook live sessions.

So far, Dr. Modirrousta has covered a variety of topics, including signs and symptoms of dementia, how to go

about getting a diagnosis, the difference between dementia and Alzheimer's disease and how to keep your brain healthy.

"This is a great way for us to connect with our clients and the public," says Jennifer. "We appreciate that Mandana is sharing her time and expertise with us in this way."



Dr. Modirrousta is an Associate Professor in the Departments of Psychiatry and Neurology at U of M and is the Director of the Neuromodulation and Neuropsychiatry Unit at St. Boniface Hospital.



We're here for you!  
[alzheimer.mb.ca](http://alzheimer.mb.ca)

## Help from the Society and Love for Two Ladies Spur Donations

Everyone has a path in life that leads them to where they eventually land, and in the case of local real estate agent Linda van den Broek, that path included a stop at the offices of the Alzheimer Society of Manitoba.

When her mother was diagnosed with Alzheimer's disease 11 years ago, she and her three siblings struggled at first about how to handle the situation.

"Reaching out to the Society was a game changer," she recalls. "We learned that frustration doesn't lead anywhere, but understanding does."

The skill of understanding comes into play when Linda is with her mother, Evelyn, and her mother-in-law, Doreen – who also has Alzheimer's – in the care home where they both live. Being able to empathize also helps in her business; Linda has learned that she is now better equipped to assist clients with aging parents who are looking to sell their home.

"I've had clients tell me that I've saved them by suggesting that they reach out to the Society," she says.

To show her own gratefulness, Linda made it her mission to donate a generous portion of her sales commissions to the Society each year. She challenges herself to try to increase the amount annually.

Gratefulness is another trait instilled in her by her mother, who raised four children as a single parent. Evelyn worked for the provincial government for many years before she was forced to retire due to her diminishing cognitive abilities.

Linda's donations to the Society are also a tribute



Linda van den Broek (middle) with mother-in-law Doreen Seaford (left) and mother Evelyn Shanley.

## Donating in the Time of Covid-19

**"Everyone is struggling during this pandemic, with jobs lost and businesses closed. Charities, too, are going to suffer.**

**It is understandable that people may not be able to afford to give right now. But if you are able, I urge you to give to the Alzheimer Society – its staff are available to provide help and support via phone and technology. Your donations are needed so they can continue their work."**

**– Linda van den Broek, Donor**

to her mother-in-law. Doreen was widowed at age 45 and raised two teenage boys on a small pension.

Linda and her husband, Jeff, are understandably proud of both women. "You can't change the outcome, so I do what I do. I am grateful to the Society for the guidance they provided in a time of need."



Join us on Facebook for our Live Stream on  
**SUNDAY, MAY 31 AT 10:45 AM**



### NATIONAL SPONSOR



### MEDIA SPONSORS

Winnipeg Free Press



## WALK ONLINE 2020

**10:45 am**  
Intro & Warm Up

**11 am to 12 pm**  
National Live Stream Across Canada

**12 to 1 pm**  
Manitoba Live Stream with a Cast of Great Local Musicians!

To register, visit  
[alzheimer.mb.ca/wfa](http://alzheimer.mb.ca/wfa)

## Care Home Connections: A Son's Story

### CEO's Message You Are Not Alone



Wendy Schettler, CEO

This is a tough time for everyone, but the Covid-19 pandemic is especially trying for people with dementia and their caregivers.

If you are affected by dementia, we want you to know that you are not alone. While the social distancing measures of the past two months are beginning to ease – we can now meet with you in person on a one-to-one basis – it has been necessary to cancel our face-to-face programs. But we are still here to help!

If you feel isolated and alone with your worries, or just need someone to talk to – we know what you are going through. We hear people's stories every single day.

**We see ourselves as a community of help for all those Manitobans affected by dementia, pandemic or no pandemic.**

We can help you to problem solve if you are in a challenging situation at home with a family member with dementia. We can brainstorm with you about ways to keep in touch with someone you miss – or is missing you – who lives in a care facility. If you are feeling overwhelmed, we are a safe place for you to talk about your situation, and we'll work with you to identify the community and health resources that best fit your needs.

One of our clients recently told me, "When my wife and I needed help, we received warm, non-judgmental acceptance. We were treated like family."

We want to be that support for you, too. We see ourselves as a community of help for all those Manitobans affected by dementia, pandemic or no pandemic.

All of us at the Alzheimer Society are anxious to see you in person again at our support groups, our community and family education sessions and our Minds in Motion® program – as soon as it is safe to do so.

Until then, you can book a one-on-one appointment, reach a comforting ear by phone, get a quick response by email and access our virtual programming. You can also check our website for opportunities to stimulate your mind, be creative and stay connected.

Call us – we're here for you.

204-943-6622 (Winnipeg)  
1-800-378-6699 (in Manitoba)  
support@alzheimer.mb.ca  
alzheimer.mb.ca

Before the iron grip of Covid-19 put a hold on face-to-face connections between people, Brad McIntosh looked forward to taking his mother, Marjory, out for lunch. Marjory would regale her son with stories about growing up on the farm, and Brad would treasure every one of their conversations.

These talks between mother and son still take place, but for the time being, they must occur through technology. Brad uses Skype to connect with his mom in her care home, which has shut its doors to visitors to protect residents from coming into contact with the virus.

Marjory, who has Alzheimer's disease, often reaches out to touch the screen, thinking she can rub Brad's head affectionately. Brad distracts her with stories about his family and his day.

"It's great to be able to see her rather than just talk on the phone," says Brad. "On Skype, I joke with her and try to make her laugh. I can see her smile and hear her giggle, and that's soothing for me because I can't help but worry about her."

**Marjory often reaches out to touch the screen, thinking she can rub Brad's head affectionately.**

Brad has reason to be fearful. As a 92-year-old woman living with dementia in a care home, Marjory is amongst the most vulnerable individuals in our province. It's no secret that people in long term care facilities have been hit hard during this pandemic.

Although he's concerned, Brad has nothing but good things to say about his mother's facility and the staff who care for



Brad McIntosh with his mother, Marjory.

her. There, protocol is being carefully followed. For example, employees work only in Marjory's home and nowhere else, and Brad feels assured that they are doing everything they can to keep residents socially distanced from each other.

Also, staff members do their best to keep Brad updated on his mother's health, providing him with weekly reports. If he feels the need to talk to them, he calls or emails to arrange a time to have a conversation. When it's time to Skype with his mom, an

aide will be available to set things up and stay with Marjory while the pair has a chat. For now, this is how Brad will stay connected with his mother – until these times of social distancing are over and everyone can get back to the things they usually do, such as go out for lunches with a beloved family member.

Brad has reached out to the Alzheimer Society for help during his journey with his mother, and he is a dedicated Society volunteer and spokesperson.

**For those with family members or friends in long term care, the Society encourages you to talk with the facility to determine the best way for you to stay connected.**

### Ask An Expert

**QUESTION:** *My spouse was just diagnosed with dementia. What can the Alzheimer Society do for us?*

When my wife, Gloria, was diagnosed, we were lucky to be referred to the Alzheimer Society by our family doctor. It was the best thing that could have happened to us!

The client support staff welcomed us with warmth and kindness. That's important, because those who have just learned about a diagnosis of dementia – both the person with the disease and their family members – are going through many emotions. They may be angry, embarrassed, frustrated, afraid, sad or in denial. The calm, accepting nature of the staff made us realize we had come to the right place.

Here are some of the ways they helped us:

**Emotional Support:** We were grateful that we could express whatever emotion we were feeling. Society staff reassured us and helped us to problem solve.

**Education:** We were provided with counselling and educational resources about a variety of issues we were facing, including how the disease can affect a person and what changes we could expect. We learned about having realistic expectations regarding Gloria's changing abilities, and staff suggested strategies that helped in day-to-day situations.

**Planning:** The best way to be prepared for change is to plan ahead. We discovered that Society staff can help people to do this – they can put you in touch with resources you may need, be it making a will, arranging for health care assistance in the home or looking ahead to the time you or your family member may need to transition to long term care.



Don Dyck with his wife, Gloria.

**Support Groups for People with Dementia:** Gloria was able to share her own experience of living with dementia with others who have the disease in a safe environment led by a facilitator. At that time, the Covid pandemic was in the future, so she was able to do this in person.

**Support Groups for Caregivers:** Likewise, groups are available for caregivers to share their experiences and learn strategies from each other, and I know the Society looks forward to running these again once the pandemic is over.

This is only a sampling of the help available at the Alzheimer Society. Gloria and I would have been lost without the caring staff who helped us in our time of need. After Gloria's death last year, I found out that support from the Society doesn't end. I can still talk to the staff anytime – they continue to be a source of encouragement.

– Don Dyck

**The Society is grateful to Don Dyck for sharing his insights. Although group programs are not being run right now at the Alzheimer Society, one-on-one counselling can be arranged, staff are reachable via phone and email, and online programming is available.**

### Eye on the Neighbourhood

During these times of Covid-19, social distancing means it's a little harder to stay in touch and keep our communities dementia friendly.

But social distancing does not have to mean social isolation. Neighbours of families affected by dementia can help in many ways, such as picking up groceries, making phone calls or offering to help with yard work. If you think a neighbour may need help but you don't know them by name, leave a friendly note in their mailbox with your contact information.

Businesses and organizations can also work to make their communities dementia friendly, and many have taken measures during the pandemic. This includes opening grocery stores early for seniors, selling items online, and making and donating face masks for health care workers.

During the past two difficult months, it is heartening to see how the community has pulled together to help each other. Let's keep up the good work!

