

Help for Today. Hope for Tomorrow...®



Communities Connecting

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Alzheimer Society
MANITOBA

**WALK
ONLINE
2020**

INSIDE

Families join together for the successful
IG Wealth Management
Walk for Alzheimer's Online

Teepa Snow is Live at Care4u 2020!

World renowned dementia care expert Teepa Snow brings her dynamic speaking skills and humour to Care4u 2020 Family Conference!

**Saturday, October 24
9 am to 12 noon**

Includes dedicated Q & A.
See inside for details!



WE ARE HERE FOR YOU!

The Alzheimer Society of Manitoba is offering a variety of education sessions and care partner support groups. Check on page 2 for listings!

Our offices are open for one-on-one appointments.
You can also reach a comforting ear by phone or get a quick response by email.
204-942-6622 (Winnipeg) • 1-800-378-6699 • alzheimer.mb.ca



MEDIA SPONSORS

Winnipeg Free Press



Alzheimer Societies across Canada connected with their communities in new and creative ways for the 2020 IG Wealth Management Walk for Alzheimer's Online. And they did it with a flourish!

During May, walkers were challenged to form teams, raise money and participate from the safety of their home, yard, neighbourhood or favourite park.

Participants shared their videos of walking, running, biking, gardening, playing badminton, baking cookies – and much more! On May 31, the Society featured the innovative ways people participated in a national livestream broadcast.

The results were nothing less than astounding! Families connected with each other online, sharing their activities and their reasons for being involved. **HERE ARE SOME OF THEIR STORIES!**

Fun-loving Thomaschewski Clan Walks for Grandparents

Melissa Lee is a member of Team Thomaschewski, and her enthusiastic group of family members did not let a pandemic get in the way of their participation in the IG Wealth Management Walk for Alzheimer's Online. They figured out a way to get together and have some fun and a few laughs.

They picked a Sunday in May to meet in Winnipeg's Westwood neighbourhood. Members of the four families in the clan, including grandchildren, wore funny headgear, such as a big hat, kooky sunglasses, animal ears or a clown tie. They hopped, skipped, jumped and walked through the community, taking photos and videos as they went. The effort was in honour of Melissa's Grandma Cordy, who passed away in 2017, and Grandpa Anton, who lives in a care home. Both grandparents were affected by dementia, but both had great senses of humour. Melissa knows they would have laughed heartily at the family's antics on Walk day.



Mother and Son Take "100 K in May" Challenge for Alzheimer's

When it came to participating in the IG Wealth Management Walk for Alzheimer's Online, Laura Bishop and her son went all out. The chosen activity for Laura and 11-year-old Jaxon was the "100 K in May" challenge, during which they spent many hours together hiking at Birds Hill Park, jogging in their neighbourhood and walking their dog. The step count on Jaxon's Apple Watch is proof of their success!

Laura is a consultant with the Online Walk's event sponsor, IG Wealth Management. Ever since Jaxon was in a stroller, she has participated, and for the past two years took the role of Champion of her IG Wealth Management North Central Team. As well as participating herself, she motivates her colleagues to get involved in raising money and walking – or in this year's case, participating in whatever way they wish. Her company's three local teams stepped up to the challenge, with 210 employees taking part.

With IG Wealth Management being full of such caring and compassionate people, it's no surprise that the company matches staff donations of \$50 or more. It's a win-win situation!



Following in Grandpa Lyle's Footsteps

Vanessa Romans followed in her grandfather's footsteps during her participation in the IG Wealth Management Walk for Alzheimer's Online. Grandpa Lyle, who passed away in 2015, lived with Alzheimer's disease for seven years. Known by family and friends as "The Great Walker," he loved to go everywhere on foot.

For that reason, Vanessa and her mom, Sonja, started their Online Walk at the well-loved house in Winnipeg where Grandpa Lyle lived for many years. Then, they followed a familiar route that took them into the picturesque Kildonan Park – Grandpa Lyle's favourite place to enjoy the outdoors on his many long jaunts.

It was a wonderful way for Vanessa and Sonja to raise money for the Alzheimer Society while honouring Grandpa Lyle who, says Vanessa, was "small in stature, but large in heart."



A Little Blue and White Paint Goes a Long Way!

Back in May, Samantha Holland and her Grandma Lorraine painted some rocks with bright blue messages about the IG Wealth Management Walk for Alzheimer's Online. Sam then hid the rocks in various parks in the hopes people would find them, tell their friends and family, and post about them on social media.

Sam is the Regional Coordinator of the Alzheimer Society's Interlake/Eastern Region. The reason she works for the Society is that her grandpa had vascular dementia. Her love for him motivated her to take the Online Walk challenge to raise money and participate in this unique way.



Her efforts paid off – a few days after hiding the colourful rocks, a little girl named Primrose found one. Primrose and her mother passed the rock around to help spread the word about the Online Walk. Another rock made it all the way to British Columbia with a lady who was visiting Winnipeg in May.

It's amazing what a little blue and white paint can do!

MARK YOUR CALENDARS: ONLINE FALL EDUCATION VIA ZOOM

Living with Dementia: First Steps

Part One

Saturday, September 12, 9 to 10:45 am

Part Two

Saturday, November 14, 9 to 10:45 am

Part Three

Saturday, December 5, 9 to 10:45 am

To register or for more information, visit alzheimer.mb.ca or call 204-943-6622 in Winnipeg or call a Regional Office near you. Toll free: 1-800-378-6699.

Living with Dementia: Next Steps

Zoom 101: Getting Comfortable with Virtual Methods of Communication
Wednesday, September 9, 2 to 3 pm

The Alzheimer Society Financial Confidence Workshop Presented by IG Wealth Management
Wednesday, September 30, 6:30 to 7:30 pm

Transitioning to Long Term Care: Visiting
Wednesday, October 14, 6:30 to 7:30 pm

Caregiving During COVID-19
Wednesday, November 4, 10:30 to 11:30 am

Providing End-of-Life Care in Dementia
Wednesday, November 18, 6:30 to 7:30 pm

Virtual Care Partner Support Groups

We are currently offering virtual care partner support groups to help connect people with others living in a similar situation during these uncertain times and to ensure that families continue to have access to support and information.

Pre-registration is required as there are limited spaces available.

Information: alzheimer.mb.ca (search under the "We Can Help" tab)



Saturday, October 24,
9 am to 12 pm
**Virtual Conference
via Zoom**

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

EVENT SPONSOR



Cost: \$15 – Register online today – space is limited:

alzheimer.mb.ca/care4u2020



Save the Date! Trivia Challenge 2020!

Exercise your brain and join the Alzheimer Society for the 12th annual Trivia Challenge!

The new virtual event will take place on Tuesday, October 13 at 7 pm

Gather your friends, family and co-workers for a fun night of trivia! Visit alzheimer.mb.ca to find out more.

Two Families Turn to the Society for Guidance Through Pandemic Challenges

How are families affected by dementia coping during the COVID-19 pandemic? Here, two families talk about the challenges they faced as they sought to support elderly parents with dementia. The Alzheimer Society was there for them along the way, providing phone and online assistance.

Preparing for Long Term Care



Vicky Winter (right) with son Bruce and daughter Jan.

Last summer, Jan Winter's elderly mother, Vicky – who lived in her own home – was beginning to show signs of dementia, but was still well enough to make regular visits to the cottage with Jan.

Summer 2020 was a different story. Earlier this year, Jan could see that her mother was experiencing paranoia and hallucinations. She reached out for information and tips from the Alzheimer Society about how to respond, which helped her family to cope.

Then COVID-19 struck, and with recommendations for physical distancing in place, the family felt they couldn't go to visit Vicky. They'd talk to her often on the phone, but Jan says, "We could hear the confusion in her voice."

After four weeks apart, the family made the desperate decision to see Vicky in person. For a time, in-person visits seemed to help, but by late May, Vicky was hospitalized.

During this difficult time, Jan was in touch via phone and email with Alzheimer Society staff members, from whom she received advice on strategies for communicating with her mom, community resources, and housing and long term care options.

Vicky is now awaiting placement in a personal care home. With protocols becoming more flexible at this stage of the pandemic, it is hoped that people in Jan's circumstances will be able to maintain better contact with their family member in care and help to support the transition to long term care.



Rosemarie and Gunter Dragojevic.

Supporting Parents in Their Home

Audrey Dragojevic is committed to supporting her elderly parents so they can stay in their own home. In the midst of a pandemic, however, that has been a difficult endeavour.

Audrey's father, Gunter, has dementia. Her mother, Rosemarie, needs help with shopping and paying bills, and she can't cope alone. After three weeks of trying to support them over the phone during the early days of the pandemic, it became critical that Audrey go in person to help them out.

Even so, the social isolation took a toll on the couple, and it still is. While they used to socialize, now their only interaction is with the TV and each other. "They don't go out and they're getting very confused by what's on the news," Audrey says. She explains the situation, but two days later, she has to explain it all again.

The lack of stimulation also means her father is sleeping more during the day, causing him to wake in the night, disturbing Rosemarie. It becomes a vicious cycle.

Audrey connected with the Alzheimer Society through its First Link® program, and staff members provided her with verbal help and resources via email. Client Support Coordinator Sarah Dueck says, "We support Audrey so she is equipped to assist her parents in their home."

Working to Find the Cause: Manitoba Researcher Receives Funding for Promising Study

Growing up in Mumbai, India, Chetan Patil was fascinated with the workings of the brain. He learned how memories are formed and how neurons come into play to create them. As he got older, he wondered why the brain sometimes starts destroying those memories.

Today, Chetan is working on his PhD in the Neuroscience Research Program at the University of Manitoba under the supervision of Dr. Michael F. Jackson. He is researching a way to prevent memory loss.

Chetan's research has earned him a Discovery Doctoral Award from the 2020 Alzheimer Society Research Program (ASRP). The only national funding agency dedicated to Alzheimer's research, the ASRP supports the next generation of Alzheimer's researchers in Canada, like Chetan, and provides reason to hope that new discoveries in dementia research will continue.

In his work, Chetan is studying the relationship between pannexin1 channels in the brain and amyloid beta, a brain protein that can build up over more than a decade and cause the destruction of brain cells, leading to Alzheimer's disease. Researchers have been aware of the presence of amyloid beta in the brains of persons with Alzheimer's for more than a century.

He explains that pannexin1 channels are present on the neurons in the brain, and they act like doors, which are usually closed. If they open, a signal is

relayed to the immune cells – the defence force of the brain – which then interact with the neurons, leading to their eventual loss from the brain.

"We think what is happening in Alzheimer's disease is that accumulation of amyloid beta causes the pannexin1 channel 'door' to always be open, leading to the death of neurons. So, the amyloid beta is the bad guy, and it uses pannexin1 to do its dirty work."

His research may show that a novel peptide he has developed could inhibit the harmful functions of pannexin1 channels and prevent the death of neurons caused by amyloid beta. If his research is successful, it could delay or even prevent the progression of Alzheimer's disease.

"We're trying to understand what goes wrong in that initial stage and if we can stop it, we could halt the disease forever," he says.



Chetan Patil

Don't Miss Teepa Snow Live at Care4u!

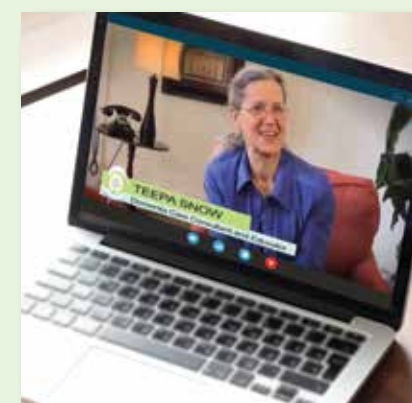
The Alzheimer Society of Manitoba's Care4u Family Conference is a go-to experience for many family members and friends of people with dementia. This year's shorter, virtual conference is packed with interesting and important information focusing on practical, day-to-day strategies and tips that caregivers can put to immediate use.

The Society is thrilled to announce that world-renowned dementia care expert Teepa Snow will bring her dynamic speaking skills and humour to the conference, which takes place on Saturday, October 24 from 9 am to 12 pm. Those who are familiar with Teepa will be excited to know that she is presenting live sessions, as well as a dedicated Q and A, where she will answer pre-submitted questions. Details to submit questions for Teepa will be available upon registration.

This is a rare opportunity to engage with and learn from Teepa – all from the comfort of home! She will lead participants through discussions of some timely and significant topics, including how to improve hands-on care giving skills, ways to respond to a person with dementia who is experiencing emotional distress, and practical tips for getting through the day. With registration to Care4u, Teepa's sessions can be accessed for one year.

Participants will also hear from Dr. Barry Campbell, a geriatric psychiatrist and local dementia care expert. Dr. Campbell has years of clinical expertise working with families and has engaged with both Winnipeg and regional health authorities on policy changes, education and clinical practice. He is adept at identifying the emerging needs of individuals with dementia and their caregivers.

Dr. Campbell will offer his knowledge about how family members can communicate around sensitive issues that arise during the course of the disease, including obtaining a diagnosis, driving safely, receiving home care support and moving to long term care. He will also discuss advocacy in long term care, a relevant area that warrants open and honest conversations – with or without a pandemic situation.



THE 2020 ALZHEIMER SOCIETY RESEARCH PROGRAM (ASRP)

The ASRP funds emerging and established investigators working in the biomedical and quality-of-life fields. In 2020, this national competition funded 21 out of 108 fundable applications, providing a total of \$2,428,831 for the investigators. The ASRP is supported by Alzheimer Societies across Canada and their generous donors.

Information and registration:
alzheimer.mb.ca/care4u2020
 204-943-6622 in Winnipeg or 1-800-378-6699

Dementia Friendly Community Programs: Get Ready to Participate Virtually and In Person

CEO's Message A Conversation About Long Term Care



Wendy Schettler, CEO

Many families struggle with the decision about where and when to make the move to long term care. Through conversations with them, we know that encountering this crossroad, and the choices that go with it, is one of the most difficult points in their journey with dementia.

The COVID-19 pandemic has brought further challenges to families in this position. It's true that, at the time of this writing, Manitobans have been spared the outbreaks that have occurred in long term care facilities in other parts of Canada, along with the tragic deaths that resulted. Even so, we've talked to many people with relatives in long term care who remain anxious. For months, they were unable to visit face-to-face, and no matter how hard a facility may have tried, communication between residents and their family members was difficult.

Personal care homes are an important part of the continuum of care.

Families have been left with heightened feelings of concern. While they appreciate that physical distancing efforts are in place to limit the spread of the disease, many have worries about the effects of isolation on their relatives.

Nationally, this pandemic has exposed a crisis in long term care delivery across the country. This is especially pertinent for those families impacted by dementia, as 70% of long term care residents have some form of the disease.

It is imperative that families be able to count on long term care to deliver on their promise of good quality care. Families affected by dementia are asking us to lead conversations with our provincial and federal leaders about enhancing funding, resources and care home staff training so that an improved quality of life for people living in long term care will result. We welcome the conversations that will lead to solutions.

Personal care homes are an important part of the continuum of care. We will use our voice to ask governments to ensure that they are designed, resourced and supported in a way that allows consistently delivered, best practice quality of care throughout the province.

People with dementia and their families deserve nothing less.

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

A diagnosis of dementia shouldn't mean that daily activities must come to a standstill.

To help people feel as comfortable participating in activities after their diagnosis as they were before, the Alzheimer Society of Manitoba collaborates with local organizations to offer a variety of engaging programs tailored to people with dementia and their care partners.

The Society is excited to announce that a new in-person program offered through the Assiniboine Park Zoo will be piloted this fall. Called Journey Through the Zoo, this

Enjoying the Benefits of Dementia Friendly Programming

"I find these programs mentally and visually stimulating...they really appeal to our creative side. And it's nice that it's something we can do together."

– Gary Quinton, who lives with Alzheimer's disease. Gary and his wife, Judy, are regular participants in dementia friendly community programs.

program will be available on Tuesdays from September 29 to October 20 from 10 am to 12 noon.

The popular Minds in Motion® program, which promotes physical, social and brain challenging activities for people with dementia and their care partners, will be available virtually through the Society. As well, partnered sites are working towards offering physically distanced in-person sessions when it's safe to do so.

Those who have been missing these programs during the pandemic, and new participants who want to become involved, are encouraged to check for registration details, dates and times, which will be posted as they become available, at alzheimer.mb.ca

"Families can experience a lot of change following a diagnosis of dementia, but if interests and hobbies can be continued, people's lives will be more fulfilling," says Erin Crawford, the Society's Program Director.

The Society is turning to the community to glean ideas for more programs that can be created to inspire and engage people living with dementia. Those with ideas are invited to contact Erin at: 204-943-6622 ext. 210 or at ecrawford@alzheimer.mb.ca



Ask An Expert

QUESTION: *I am caring for my husband at home during the pandemic. What can we do to prevent social isolation while keeping safe?*

This is a terrific question – one I wish we had considered more carefully before we went into what has become known as "lock down" and "isolation." We are very aware that loss of social connectivity and support has very real and powerful consequences for both the person with dementia and their care partners.

Here are some tips for restarting connections:

- Contact three familiar connections by phone or internet and set up a good time of day to meet with them, virtually, using free ZOOM, Google or Facetime meeting options. You may need to assist with the technology, unless the person is skilled in this area. Keep sessions short and schedule them daily or, minimally, three to four times a week. It's important to do this because keeping up your social connections will not happen without efforts to create new habits.
- Add in comfort measures for these virtual get-togethers so that all parties are able to enjoy at least part of the interaction. Try providing a topic of shared interest or experience, or a picture, video, or object of something both people have always

enjoyed or valued. Having something to focus on and talk about makes visiting more comfortable for many individuals with dementia.

- Make arrangements with a couple of supportive, COVID-free neighbours. Then go outside to meet and greet, ensuring proper safety precautions. If the person with dementia likes to touch, distract by keeping their hands occupied. Offer a towel or a water bottle for the person to hold.
- Seek out at least two online support offerings available in your community. If you aren't sure how to find one, visit or call your local Alzheimer Society or check out their website: alzheimer.mb.ca

These are just a few possible positive action starters!

– Teepa Snow, MS, OTR/L, FAOTA, Positive Approach® to Care



Teepa Snow

Teepa Snow will present live sessions and a Q&A at the virtual Care4u 2020 on Saturday, October 24, 9 am to 12 pm. To register, go to alzheimer.mb.ca/care4u2020 or call 204-943-6622 (Winnipeg) or 1-800-378-6699.

Posthumous Gift Honours Wife of 70+ Years

When Fred and Dot Jensen celebrated their 70th wedding anniversary in June 2017, it was a bittersweet occasion. Dot, who had Alzheimer's disease, was in a personal care home and not doing well.

"It was a milestone but not much of a celebration," Cindy Litke, their only child, recalls.

The couple's 60th anniversary was happier, but also the start of a difficult journey. The first hint of Dot's dementia came during that event – she didn't recognize some of the family who attended the party.

Cindy's dad cared for his wife for three years in their St. Vital home until a fall forced a reluctant Fred to arrange to move Dot to a personal care home in 2011.

At that point Fred started attending one of the Alzheimer Society's support groups. "He talked about how much he enjoyed discussing the trials and tribulations with others who were going through the same thing," says Cindy.

In March 2018, Dot passed away. Two years later, on February 4, 2020 –

just a few weeks short of his 92 birthday – Fred lost his battle with advanced prostate cancer. He had continued to live a full and independent life until a few months before his death.

Reminiscing about family life, Cindy recalls a wonderful childhood and the many happy years when her parents pursued various interests, especially curling and golf. Dot loved trying new things; when she took up pottery, Fred built her a pottery wheel. They enjoyed summers at the lake, attending their grandson's sports activities and spending time with friends.

Fred progressed from small engine repairman to vocational teacher, working on his teaching degree when he was in his forties. He retired after many years as a welding/machine shop instructor at Lord Selkirk Regional Comprehensive School.

"He was one of a kind," says his daughter, recalling how easily he slipped into the role of homemaker once Dot was no longer able to take care of the home. "He was very self-sufficient right to the end."



Dot and Fred Jensen

Fred was known for his generous spirit and supported many local organizations in his lifetime. Still, says Cindy, "It was interesting that he suffered from prostate cancer yet chose to give his most substantial bequest to the Alzheimer Society of Manitoba." She knew it was her father's way of honouring the woman to whom he had committed his life.



The Standards Program Trustmark is a mark of Imagine Canada used under licence by the Alzheimer Society of Manitoba.



The Winnipeg 10 & 10 Run is Going Virtual!

Run or Walk 5 km, 10 km, 10 miles or 30 km
between September 13 and 28, 2020.
Anytime, anywhere!

Registration now open at events.runningroom.com

Virtual Entry – \$40 includes a finisher's medal and a technical long sleeve t-shirt.

Five dollars of each registration fee goes to the Alzheimer Society of Manitoba.

For more information please contact Chris Walton at cwalton@runningroom.com or go to events.runningroom.com