



# International Self-Care Day

## Self-Care in Action.



### Practicing Self Care

July 24<sup>th</sup> is International Self-Care Day. Practicing self-care on a daily basis can have many benefits such as an increased ability to manage stress, better resistance to illnesses, enhanced self-esteem and more to give to the world around you.

Self-care is about identifying the needs of your social, physical, spiritual and emotional health and meeting those needs. Basically it is about being as kind to yourself as you are to others. Self-care is about recognizing when you need to stop and recharge and letting yourself step back and replenish before your resources drain away.

It may seem simple but for many we do not take the time to care for ourselves. The challenges of balancing work, family, friends and the responsibilities of our busy lives make it hard to ensure self-care is embedded into our routines. For most it is the first thing to go when we are overwhelmed. It is easy to think that by overlooking your self-care to complete other items on your calendar you will reduce your stress, but your ability to care for others will become worn over time. Self-care is not selfish; it helps us to build the compassion we need to help others.

The trick to self-care is finding something you enjoy. Self-care is more than just a bubble bath. Find something small to do for yourself every day. Drink more water, eat your favourite snack, go to yoga, listen to your favourite song (and sing it out loud), make a date to see a friend (or at least chat on the phone), make time to journal or take that bath.

Whether you commit to self-care daily or just start small and commit to once a week or a couple times a month, make self-care a priority in your routine. Self-care should not be a reward you give yourself - it should be an ongoing process. Take the time to start your self-care today. Try it out for a couple weeks. You will feel better and you won't regret it.

The Alzheimer Society offers many programs that can supplement your self-care routines. Call the office at 905-687-3914 for more information about our Social, Wellness, Education & Support opportunities.

Please visit our website at: [www.alzheimerniagara.ca](http://www.alzheimerniagara.ca)

### Niagara Caregiver Network

Sessions plus required workbook is FREE  
Wednesdays, Aug. 28 - Dec. 11, 2019  
12:30 - 3:30PM

Pfizer Room,  
Alzheimer Society of Niagara Region  
#1 - 403 Ontario St., St. Catharines, ON

- *Feel overwhelmed in caring for others?*
- *Experience insomnia, worry, or anxiety?*
- *Have trouble dealing with your feelings?*
- *Find it hard to find time to take care of yourself?*
- *Have trouble asking for help and following through on it?*



Please join Denise Verreault, Director of Programs & Services at the Alzheimer Society of Niagara Region, as she takes you through a sixteen-week educational program designed to help you learn how to take better care of you as you care for others. The three-hour weekly class will focus on self-awareness exercises, stress management, group discussion, and take-home exercises. You can learn how to develop your inner capacity to be resilient and strong regardless of your current life challenges.



For more information or to register online: [click here](#) or call 905-687-3914





## Ask a dementia question!



**My Dad was diagnosed with early onset dementia about a year ago. Lately he wants to go to the grocery store every day and gets frustrated if we don't take him. He can't fit much more food in his cupboards! Is this normal behaviour? Why is he doing this?**

### Answer:

Shopping, whether it is for food or other necessities, is an inevitable part of life. For some people shopping is a leisure activity that helps them fulfill a need to contribute to their household, connect with the community and feel independent. For others the act of shopping is a chore. The diagnosis of dementia does not change a person's need to have social outings or fulfill the need to contribute in a meaningful way to their household or community.

When someone is living with dementia there may be challenges to shopping that did not exist before. The purchasing of multiple items may highlight the memory loss to your father and your family. Anytime someone is confronted with the idea that they have done something wrong they can become defensive. It will be hard for both your father and you to acknowledge and accept that there has been a change. Shopping can present many challenges around planning meals, deciding where and when to shop, and navigating the grocery store.

Consider some of these tips when discussing shopping or distracting your father from needing to shop.

- Try to encourage your father to make a list based on a weekly meal plan and then cross off items that are already in his home to take with him to the grocery store.
- Try encouraging your father to buy only a few items on the list in one trip. This way he gets to shop everyday but is not overstocking his cupboard.
- Try to redirect purchases gently. Try, "there may be fresher food tomorrow" or "there is a sale at the end of the week" instead of "you already have that."
- Out of sight out of mind. Make sure there are food items visible for your Dad. Depending on the individual it may help to add photos on the inside of the cupboards to your doors or to take the cupboard doors off so he can see the stocked shelves.
- Provide opportunity for other outings before he asks to shop. Try to find other activities that can help him feel like he is participating in the household management and getting social interaction.

Check out the "By Us For Us" guide on food and mealtimes for more tips and strategies at <https://the-ria.ca/resources/by-us-for-us-guides/>

Email your question to [info@alzhemerniagara.ca](mailto:info@alzhemerniagara.ca)

## Volunteering at ASNR Care Giver Café

Our Caregiver Café provides an opportunity for care partners to come to our office and have a free haircut and style by our wonderful volunteer, Gladys. Gladys joins us at the Alzheimer Society on the last Thursday of each month to provide her professional master hair styling services along with her wonderful bubbly and compassionate personality.

Gladys has been in the hair salon business for over 45 years and has been generously volunteering her time with our care partners at the ASNR for over 13 years. Care partners can contact us at the ASNR to make your complementary 30 minute appointment. If you're interested in helping to make a difference to someone living with dementia, [click here!](#)



**Christine, Coordinator of Volunteer Programs**  
905-687-6856 x 544  
[churtubise@alzhemerniagara.ca](mailto:churtubise@alzhemerniagara.ca)  
[volunteers.alzhemerniagara.ca](http://volunteers.alzhemerniagara.ca)

## Annual June LGBT+ Pride Celebrations - We Celebrate You!

Gay pride or LGBT pride is the positive stance against discrimination and violence toward lesbian, gay, bisexual, and transgender (LGBT) people to promote their self-affirmation, dignity, equality rights, increase their visibility as a social group, build community, and celebrate sexual diversity.





## What's Happening in July

- **Minds in Motion**  
May 29 - July 17  
St. Catharines YMCA @ 1:30pm
- **Francophone Brain Wave Café**  
July 2 & 16 @ 1:30pm  
Résidence Richelieu Inc.  
649, avenue, Tanguay, Welland
- **Welland Support Group**  
July 2 @ 1:30pm  
Welland Community Wellness  
Complex, 145 Lincoln St.
- **Niagara Falls Brain Wave Café**  
July 3 & 17 @ 1:30pm  
St. John Anglican Church  
3428 Portage Rd., Niagara Falls
- **Fort Erie Support Group**  
July 4 @ 1:00pm  
Garrison Place, 373 Garrison Rd.
- **Grimsby Brain Wave Café**  
July 4 & 18 @ 1:30pm  
Mountainview Christian Reformed Church  
290 Main St. E., Grimsby
- **Niagara Falls Support Group**  
July 8 @ 6:00pm  
Drummond Hill Presbyterian Church  
6136 Lundy's Lane
- **Men's Support & Social Group**  
July 9 @ 10:00am  
JJ's on the Docks Eatery  
15 Lake St., Grimsby
- **Welland Brain Wave Café**  
July 9 & 23 @ 1:30pm  
Community Goodwill Centre  
1 Churchill Ave.
- **St. Catharines Brain Wave Café**  
July 9 & 23 @ 1:30pm  
Royal Canadian Legion  
2 Chestnut St.
- **Public Forum**  
**What to Expect When Considering Long Term Care**  
July 10 @ 6:30pm  
Pfizer Room  
Alzheimer Society of Niagara Region  
#1 - 403 Ontario St., St. Catharines
- **St. Catharines Support Group**  
July 15 @ 1:30pm  
Alzheimer Society of Niagara Region  
#1 - 403 Ontario St.
- **Ridgeway Brain Wave Café**  
July 24 @ 1:30pm  
All Saints Anglican Church  
149 South Mill St.
- **Next Steps & Care Essentials**  
Wednesdays, July 24, 31, Aug. 7 & 14, 2019  
1:30 – 3:30pm  
Alzheimer Society of Niagara Region  
#1 – 403 Ontario St., St. Catharines

## PUBLIC FORUM

### LOCAL HEALTH INTEGRATED NETWORK: What to Expect When Considering Long Term Care

Presented by Elsie Abriaco

**Wednesday, July 10, 2019**

**6:30 - 8:00pm**

Pfizer Room, Alzheimer Society of Niagara Region  
#1 - 403 Ontario Street, St. Catharines, Ontario

- *Learn about the LHIN in home and community care*
- *Placement process*
- *Application to long-term care*
- *What to expect when a bed becomes available*

Registration is Required. Please call  
905-687-3914 or register online: [Click here](#)  
Space is limited

Respite services available. Please call the Alzheimer Society at 905-687-3914 to discuss eligibility.



## The Peter Saracino Alzheimer Golf Classic

We broke records! This year we raised over \$56,000! Thank you to our dedicated golfers, sponsors, and Peninsula Lakes Golf & Country Club. All funds raised will help support our programs and services.

*Thank you!*





## Get Involved!

### AN INVITATION TO ATTEND THE FOSTER FESTIVAL PRODUCTION OF "THE WRITER"

"The Foster Festival held a reading of "The Writer" by Norm Foster on April 14th. After the reading there was an astounding amount of feedback from the audience about how Alzheimer's disease has touched their family or someone they know. "The Writer" is a very funny and touching story about a father-son relationship. As the story progresses we realize that the father is suffering from the early-onset of Alzheimer's disease.

We at The Foster Festival quickly recognized how much of an impact the play was making on our audience – with them finding the play very moving, and in a way, cathartic. We immediately felt that we should partner with the Alzheimer Society of Niagara Region (ASNR) in order to share Norm's work with its members.

Giving back to our community through such a valuable organization such as the ASNR is an opportunity we could not let pass. We are delighted to donate 5% of the tickets sales from our June 28, 8pm performance. And to put icing on the cake, once Meridian Credit Union heard about our partnership they jumped on board with a matching donation! We are thrilled!

We truly believe this beautiful story will resonate with anyone – those who have been touched by Alzheimer's and those who have not. This moving heartfelt story will certainly echo with its viewers for quite some time afterwards," Emily Oriold Executive Director of The Foster Festival.

"Meridian is a proud supporter of the Arts and last year Wade Stayzer was the Honorary Coffee Break Chair so when we heard The Foster Festival was donating 5% of ticket sales to The Alzheimer Society of Niagara Region we were excited to get involved with the partnership and match the donation. During the show on June 28th look out for the Givesome cards and make a difference in the lives of those living with dementia." Ted Barnes, Lake Street Branch and Alzheimer Society Niagara Foundation Board Member. After the performance on June 28 there will be a Talk Back which is included in the ticket price featuring the actors from the play and the Society's Manager of Education.

**Performance Date: Friday June 28, 2019, 8:00 PM** at Recital Hall, First Ontario Performing Arts Center.

The Foster Festival is offering a 20% discount on tickets of "The Writer" for clients and friends of the Alzheimer Society for all shows from June 19 to July 5. To book your ASNR 20% discount use DISCOUNT CODE: FOSALZ19 Call 905-688-0722 or 1-855-515-0722, Online: [www.fosterfestival.com](http://www.fosterfestival.com)



### How it works:

**Every \$1 donated** to the Alzheimer Society of Niagara Region through the Great Canadian Giving Challenge in June earns a chance to win a \$10,000 donation to the Society. To make a donation, please visit:

[www.alzheimerniagara.ca/donate](http://www.alzheimerniagara.ca/donate)

**Every \$1 counts! (Minimum \$3 donation)**



**A Dance To Remember** was created in 2018 as a nostalgic nod to days gone by for our elderly community by recreating a swing dancing venue pulsing with vibrant jazz music. We are elated to be putting on our 2<sup>nd</sup> annual fundraiser for the *Alzheimer Society of Niagara Region*. It will be held on **Friday, June 28/19 at 6pm to 9pm at the Fonthill Royal Canadian Legion 141 Hwy 20 E, Fonthill**. Tickets are available on [Eventbrite.ca](http://Eventbrite.ca) (search "A Dance to Remember") or by [clicking here](#).

Anna Schmoll, owner and operator of *Rose Hill Lane Inc., Premium Personal Support Service*, has partnered with *Boggio Family of Pharmacies* to raise funds for the Alzheimer Society of Niagara. Throughout Anna's 15 years of experience in healthcare, she has cared for many individuals affected by dementia and has seen firsthand the positive impact that the Alzheimer Society has made in the Niagara community. Through this event she hopes to increase visibility and support for this incredible organization. At *Rose Hill Lane Inc.*, our mission is built on a foundation of reliable and compassionate care for each individual that we visit. *Rose Hill Lane's* team provides a personal experience that allows people to live the life they choose, in the environment they choose, despite their health limitations.

"I feel it's imperative that we all take the time to think about ways that we can contribute to supporting older adults in Niagara, creating a vintage jazz experience is an easy and fun way to pay homage to the amazing generations who have come before us" says *Anna Schmoll, Rose Hill Lane Inc.* We're so thankful for the support of our sponsors; Lookout Ridge, Bell Canada, Scotia Bank, Niagara Peninsula Energy, Davidson Funeral Home, Heart to Home Meals, Lev8 Aerial Photography, Walker Industries, and everyone else who has made this event possible.