

September 1, 2024



September's birth flower is forget-me-not. It just so happens the Alzheimer Society uses the Forget Me Not flower as a symbol to represent memory loss, one of the symptoms of Alzheimer's disease. The Forget Me Not is also a reminder to remember people with Alzheimer's disease and other dementias, as well as their caregivers. This year SLR is including an optional walkathon for the Alzheimer's Society at our

WELCOME BACK MEET UP on September 18. Don't forget to join us at Springbank park Picnic Area K. for this important event.

WHAT'S COMING UP ON SLR'S CALENDAR

In the last newsletter a reminder of upcoming events at SLR was outlined so please check our website at www.slrlondon.com for all the details.

FALL OPEN HOUSE AND IN-PERSON REGISTRATION (Grosvenor Lodge)
Thursday, September 5, 10:00 a.m. – 12:00 noon

PRESENTATION WORKSHOP (Drake Room) Thursday, September 12, 1:30 – 3:00 p.m.

WELCOME BACK MEET UP AND (OPTIONAL) WALK FOR ALZHEIMER'S
Wednesday, September 18, 10:30 a.m. Springbank Park, Picnic Area K.

BOWLING AT PALASAD NORTH Tuesday October 22, 4:00 – 6:00 p.m. Palasad North, 777 Adelaide Street North Cost: \$20

NOTE THE CHANGE FOR THE FOLLOWING EVENT



ANNUAL TRIVIA NIGHT SLR Fall Trivia

Your Events Committee has decided to hold the Trivia event in-person this year. Consequently, the date and time have changed.

Where: London Brewing Co-

operative <http://www.londonbrewing.ca>

When: Thursday, October 24, 2024. 1pm to 3pm

An invitation to register for Trivia will be sent to all members approximately mid-September.

WINTER PROGRAM PREVIEW FUNFEST Friday, November 22nd, 1:30 – 3:00 p.m. (Doors open at 1:00; Presentations begin 1:30 sharp.) Siloam United Church, 1240 Fanshawe Park Road East

FESTIVE BANQUET Thursday, December 5, 12:00 noon Goodwill Building, 255 Horton Street East Cost: T.B.A. This annual SLR gathering has found a new home. The Goodwill banquet hall on the third floor will be where we gather for one of our favourite dining events of the year.

SLR COFFEE SOCIALS-



Don't forget our first Coffee chat of this fall will take place on Saturday September 7. Please join us and connect with other members of SLR.

Coffee Chat schedule was posted in the August 16th newsletter

30TH ANNIVERSARY COLLECTION FOR CHARITY

Thank you SLR Members for your generous donations of personal hygiene items, hats, gloves, socks and much more to Ark Aid, My Sisters Place and Men's Mission. . You are helping many people by providing items that give dignity and comfort.

WE WILL RESUME THE COLLECTION OF ITEMS FROM SEPTEMBER TO DECEMBER 2024. - Phyllis Brady

SLR 30 TH ANNIVERSARY CELEBRATION: Alzheimer's Fund raiser

In the last newsletter we announced SLR's event to raise awareness and funds for the local Alzheimer's Society. We also included some of our members personal experiences with caring for someone with Alzheimer's. In this edition we add several more .

Don Efron

Don has been a volunteer at the McCormick Home for more than 10 years. The Home specializes in dementia care for their residents and participants in the Day Program. Don's role at McCormick Home is to visit with the same 4-6 residents one day per week, meeting one on one with them. Don is a retired social worker and feels he is suited to this volunteer role because he has the patience to be with residents and just talk with them even when it might just mean sitting next to them. Don says volunteers are very much appreciated by the staff of McCormick Home. Don also says support for

research into the causes of Alzheimer offers hope for the future and encourages support the Alzheimer Society.

Margaret Cowan

One day he is here and the next he isn't. This is what Alzheimer's has done to my loved one. At first the changes seemed fairly minor; forgetfulness, frustration, and not being able to do things he used to be good at. Now three years since my husband received a diagnosis of Alzheimer's, his life has become so very small.

It has been quite the journey for both of us. Don is trying to deal with a disease that robs him of his memory, cognition, language and eventually his life. I have become his full-time caregiver and so this disease has robbed me of much of what I expected my life to be as well.

However, I consider myself to be one of the lucky ones. We have support and understanding from our two sons as well as our families. Don is also supported by Veterans Affairs and Community services. Early on I realized I was going to need resources, understanding and knowledge. I researched all things "dementia" and found support from the Alzheimer's Society both locally and nationally. I also discovered a wonderful program online called CAREBLAZERS which provides training, information, individual and group and grief supports for caregivers. Through this program I have met many caregivers across the world who like me are doing the best we can to provide support for our loved ones. It is not easy but: "Strength grows in the moments when you think you can't go on but you keep going anyway." - Unknown

Phyllis Brady

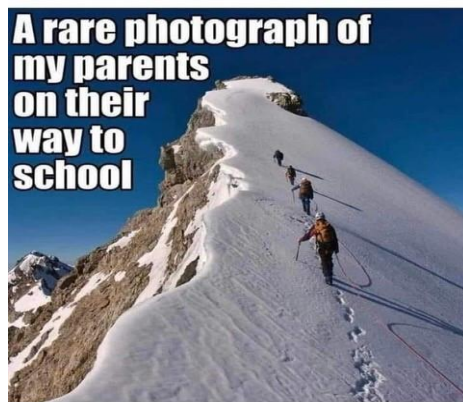
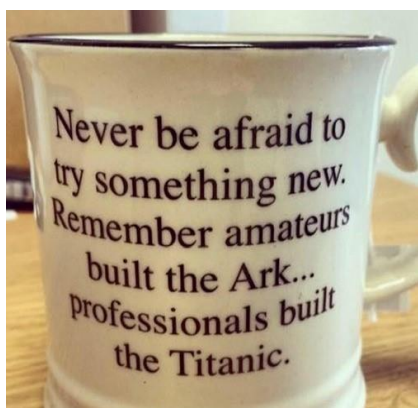
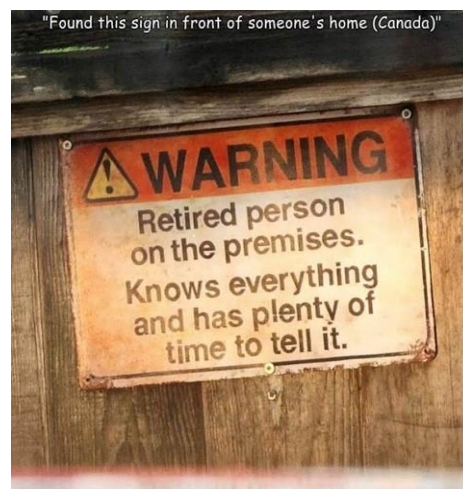
And finally, my story. My mother developed dementia (likely due to Parkinson's Disease) about 2010. It was a gradual process that took our family members some time to realize. Mom was deaf and hated wearing hearing aids. When she misunderstood conversations/did not participate in discussion, we thought it was related to her hearing loss. Dad insisted on taking over the household duties as well as looking after Mom but his health was not good either. Life became a challenge for my brother and me as we tried to help as much as possible from one and two hours away. We both had to travel to be able to help Dad with the many tasks and to try to give him a break. Mom could not stay on her own (and did wander away on a chilly November afternoon. I was very worried about the situation – my mom's loss of dignity and her unhealthy living situation so I contacted the London office of the Alzheimer Society. I attended a VERY helpful Caregiver course and learned a great deal. I received ideas about coping with my dad who was refusing outside assistance for himself and Mom; what to do to get ready for the inevitable crisis; resources to help us with the caregiving roles we'd assumed; the steps that would happen if/when Mom required long term care. All of

this happened in early 2016 when she was admitted to Mom moved to long term care. It was a relief to be able to visit her in the long-term care home and not have to worry about providing her with personal care. I remembered the good advice of the Alzheimer Society about music, touch (using lotion or doing manicures). Mom died in November 2016 of aspiration pneumonia. I've become a regular donor to the Alzheimer Society in Mom's honour and in gratitude for their assistance during our time of need.

Please give generously to the Alzheimer Society Southwest Partners. We look forward to seeing you walk for Alzheimer's at our optional walkathon for the Alzheimer's Society at our WELCOME BACK MEET UP on September 18.

Phyllis Brady

LAUGHTER IS THE BEST MEDICINE Thanks to Tom Telfer



ANSWERS TO PREVIOUS RIDDLES

1. George, Helen, and Steve are drinking coffee. Bert, Karen, and Dave are drinking soda. Using logic, is Elizabeth drinking coffee or soda? **"Elizabeth is drinking coffee. The letter E appears twice in her name, as it does in the names of the others that are drinking coffee".**

2. If you have two coins which total 35 cents and one of the coins is not a dime, what are the two coins? **A quarter and a dime. One coin is not a dime, but the other one is.**
3. Open me, and you can't see me without a mirror. Close me and you can't see me at all. What am I? **Eyes**

NEW RIDDLES

1. If there are three cups of sugar and you take one away, how many do you have?
2. There is a barrel with no lid and some wine in it. "This barrel of wine is more than half full," says the woman. "No, it's not," says the man. "It's less than half full." Without any measuring implements and without removing any wine from the barrel, how can they easily determine who is correct?
3. One can strike it up but not strike it down. What is it?

POEM

In the twilight of my years, I reminisce,
Of autumns long ago, a cherished bliss,
When September's breeze would gently call,
And back to school we'd gladly give our all.

The days grew shorter, leaves began to turn,
With eagerness, in our hearts, a fire did burn,
New books, new faces, and the promise of more,
As we ventured forth to the schoolhouse door.

The crispness in the air, the scent of fall,
Awakened youthful spirits, one and all,
With backpacks filled, we set our sights,
On learning, growing, reaching greater heights.

The schoolyard echoed with laughter and cheer,
As we reunited with friends, year after year,
Our hearts danced to the rhythm of the bell,
In those hallowed halls, where memories dwell.

From chalkboard lessons to recess play,
We'd cherish each moment, come what may,
Through laughter, tears, and lessons learned,
In autumn's embrace, our hearts forever yearned.

Now as a senior, I look back with grace,
At the lines on my face and the steps I retraced,
Though the years have passed, the memories hold,
The warmth of friendships, more precious than gold.

Shari McNeil sent along this lovely poem she found in her Mother's things. She thought it might be a nice addition to our fall newsletter. I agree. Thank you for this Shari



SO WELCOME BACK everyone and have a wonderful Fall session at SLR
Margaret Cowan margaretcowan44@gmail.com