



**From the Parish Nurse  
Alzheimer's disease Awareness Month**

**January 2016**

Alzheimer's disease, or related dementia, affects an estimated 750,000 Canadians, and statistics predict that this number will double by 2030 - and with staggering health-care costs of 293 billion by 2040. Fortunately, for every person living with Alzheimer's disease, there are also many family members and friends providing care and support.

As the Parish Nurse, I encourage you to take some time during Alzheimer's disease Awareness Month, to learn more about the disease by contacting Alzheimer Society of Ontario at [www.alzheimer.ca/en/on](http://www.alzheimer.ca/en/on) (416) 967- 5900 or Alzheimer Society of Toronto at [www.alzheimertoronto.org](http://www.alzheimertoronto.org) (416) 322-6560

Family members often mistake Alzheimer's disease symptoms for depression or normal signs of aging. That's why it's important to be informed about the disease, and to know what support options are available. Find out more about programs like First Link and Medic Alert Safely Home or register for a free E-Learning and webinars.

**Book recommendation**

Still Alice is a compelling novel about a 50 year old woman's sudden descent into early onset Alzheimer's disease, written by Lisa Genova, who holds a Ph.D in neuroscience from Harvard University. Still Alice is in our resource library if you would like to borrow it please speak with me. Another e- book I recommend for children and young people is "The Milk in the Oven." and "What is happening to Grandpa"

**Videos worth viewing**

The Alzheimer's Journey, Care at Home, and the Power of Music

**Alzheimer's Display**

Please pick up free resource materials in the Sunshine Parlour from the Alzheimer's Society.