

Special Edition
June 16, 2024



*London
Bridge Centre*

Newsletter

The Longest Day Wednesday, June 19

The Longest Day is an annual fundraising event held to support the fight against Alzheimer's disease by the Alzheimer's Association. The ACBL was an inaugural global partner for this effort, and after ten years of participating, bridge players have raised more than \$9 million! (Funds raised in Canada are donated to the Alzheimer Society of Canada.) The event spans the longest day of the year, the Summer Solstice, and symbolizes the challenging journey of those living with Alzheimer's and their caregivers. Bridge is uniquely suited for The Longest Day because studies have shown that playing strategic games, like bridge, helps keep your brain healthy.

The London Bridge Centre is once again demonstrating its support for the Alzheimer Society Southwest Partners by hosting a Day of Bridge Fundraiser at the London Bridge Centre on Wednesday, June 19. The LBC will host two open games this Wednesday, one at 9:15 a.m. and again at 1:00 p.m. Since this is a fun, social fundraiser, we welcome players of all levels to participate in both games for this worthy cause.

Not only is bridge good for your brain but so is your diet. In the spirit of fighting Alzheimer's disease, a free Brain Healthy lunch, provided by Janine Higgins, will be served from 12:00 to 1:00. **Remember to bring your plate and utensils.**

The menu for Brain Healthy lunch has been finalized and instead of bringing a bowl to assemble a "power bowl", bring a plate to select from the following:

Bean salad with maple dijon dressing; quinoa mango salad; hearty green salad with balsamic vinaigrette; greek pasta salad, lentil kale salad with spiced sweet potato cubes; broccoli salad with 'caesar' dressing; fruit plate; date nut balls.

A selection of teas will be offered. Snacks in the morning and afternoon will include maple masala spiced walnuts and chili lime cashews.

London Bridge Centre members can help support this fundraiser for the Alzheimer Society Southwest Partners in two ways. First, play bridge on Wednesday, June 19 at our Day of Bridge event. The club will donate all net game fees to the Alzheimer Society Southwest Partners. As well, all session fees collected by the ACBL will be donated to the Alzheimer Society of Canada. Directors are also donating their director fees for this event. Secondly, you can donate to the Alzheimer Society Southwest Partners directly using this

link https://secure.alzheimeron.ca/site/Donation2?df_id=7246&mfc_pref=T&7246.donation=form1. You may also donate at the club with a cheque payable to the Alzheimer Society Southwest Partners.

Many of us know individuals who have been afflicted with Alzheimer's disease and have a personal story of witnessing a loved one slide into the grasp of Alzheimer's. Tom Jolliffe has offered to share his story about Alzheimer's disease.

"What does the solid white line in the middle of the road mean?" That was the question that confirmed to me that my wife, Paulette, had Alzheimer's disease. Like her mother and grandmother, Alzheimer's would define the course of the last ten years of her life. A long, slow decline had begun. It was at this point I reached out to the Alzheimer Society for support and guidance.

As a caregiver, the Alzheimer Society offered educational guidance and program options to help me manage the course of this disease for both Paulette and me. While at first resisted, Paulette's participation in a Day Program gave her a much-needed social outlet where she thrived. She never missed the Day Program bus and in typical fashion, never missed an opportunity to share her Day Program experiences. What could have been years spent in isolation, was instead a valued experience for Paulette and much-needed respite time for me. It is for this support that I am truly grateful to the Alzheimer Society Southwest Partners.

Unfortunately, for my wife's family, the struggle with Alzheimer's disease continues as four of her siblings are currently battling Alzheimer's. Ron, Gillies, Chloe, and Pete are all in various stages of Alzheimer's disease from early-stage symptoms to being completely bedridden. For each of her siblings and their respective families, this disease has brought much emotional distress and financial hardship. The services offered by the Alzheimer Society are crucial in helping each of them cope.

We all experience personal tragedies and witnessing the grip of Alzheimer's disease on my wife's family is an ongoing tragedy that I share with my family. I hope you will join me in supporting the Alzheimer Society Southwest Partners in their endeavours to support individuals and their families who are currently battling Alzheimer's disease.

Tom

Please join your fellow bridge players at LBC's Day of Bridge and help the Alzheimer Society Southwest Partners help those in our community who are coping with Alzheimer's disease.



HOW YOUR DONATION HELPS

Our impact in the community

Alzheimer Society
SOUTHWEST PARTNERS



The Social's Spanish-speaking group has made a huge difference in my mom. Since she started going, she has become more independent, happier and she tells me she feels less lonely. It also gives me time each week to recharge so that I can be a better daughter and care partner for her.

Carolina, Care Partner, Middlesex

I look forward to going to The Social each week and I miss it and the people on the weeks I cannot attend. I enjoy all of the activities and I feel more included because everyone speaks my language.

Lila, Client, Middlesex



While in my undergrad, I took a course on aging and social development that focused on dementia and different recreation therapies that professionals can use with their clients to enhance their well-being and foster meaningful experiences for them. I knew I wanted to play an active role in this profession somehow. Once I graduated, I reached out to the Alzheimer Society Southwest Partners to inquire about any volunteer opportunities they may have...and the rest is history!

As a new volunteer to the organization, I feel honoured to play an active role in my client's life and contribute to their overall well-being.

Jessica, Volunteer, Elgin



The Alzheimer Society Southwest Partners has been a blessing over the past three years.

The CARERs sessions opened my eyes about how to communicate more effectively and how important it is for me to look after myself so that I can better care for my husband. In the support groups, I feel comfortable talking about different situations that arise and usually, heads are nodding because others in the group have been there too. They understand what I'm going through and the support I feel from the group is comforting.

Anne, Care Partner, Oxford



Our community's population is aging, and the Dementia Friendly Communities training offered by the Alzheimer Society Southwest Partners increases our organization's ability to provide better support.

It doesn't take much effort to take a moment of your day to be kind and patient to these individuals. By having a community of people that support those living with dementia, we can help to increase confidence and comfort and allow these individuals to feel safe so they can continue to be active participants in the community.

Sean, Municipality of Middlesex Centre