

EDITORIAL

with Dawn Brown

Dementia is not just a part of getting old

September is world Alzheimer's Month, and last week world Alzheimer's Day—a campaign designed to raise awareness and challenge stigmas about the disease. Two things that seem more important than ever since according to the Alzheimer Society Canada website as of 2016 the number of Canadians with dementia had increased significantly. Last year, an estimated 564,000 Canadians were living with dementia, and approximately 25,000 new cases are diagnosed every year. The number is expected to rise to 937,000 by 2031—a 66 per cent increase.

Many of us have seen the results of dementia within our own families. We have watched someone we care about, someone who had once been sharp and lively fade away, becoming confused and even fearful. Watching that vibrant person you remember no longer recognize their loved ones, turning in some cases suspicious of them and even aggressive is heart breaking.

With the number of Canadians impacted by this disease, and the reality that so many of us have seen the devastation this disease can bring to the people we love and our families first hand, I'm surprised it's not a disease that garners more attention than it does. Too often, I think, Alzheimer's is dismissed as just a part of the aging process. However, the Alzheimer Society Canada is quick to point out that this is not the case. Dementia is not just a part of getting older.

While almost 40 per cent of individuals over 65 experience some memory loss, brain diseases like Alzheimer's are different. The Alzheimer's Society Canada provides examples on their website, explaining the difference between age associated memory loss and dementia. For instance, not remembering the name of an acquaintance is likely a part of aging, while not recognizing or remembering the names of family members could be a result of dementia.

While losing the people we care about to this disease is hard, almost more challenging is finding the resources needed as the disease progresses. And because the disease can progress quickly, the Alzheimer Society Canada suggests creating a care plan with the following five steps:

1. Think about what's important to you.
2. Learn about different medical procedures and what they can or can't do.
3. Decide on a substitute decision maker—someone who is willing and able to speak for you if you can't speak for yourself.
4. Talk about your wishes with those closest to you.
5. Record your wishes. The Alzheimer Society can help you find out if your province/territory has legal documents regarding planning for future health care.

The Alzheimer's Society also recommends sorting out financial concerns like discussing money matters and having someone you trust to help with finances, as well as legal documents like wills as early as possible.

For more information about Alzheimer's and the resources available visit the Alzheimer's Society Canada website: www.alzheimer.ca/en Or for more information about world Alzheimer's Month visit: www.worldalzmonth.org



WINE AND CHEESE: Hillview Active Living Centre - Acton held a Wine and Cheese evening on Friday. Mark Rowe was the guest speaker talking about the history of Canada and the last 150 years. Joyce Farmer poured the wine for Dora Jefferies while Al Farmer looks on. - Submitted photo

We all should know better

The other day, I was leaving a retail store in Milton, walking to my truck and even though I looked both ways before I crossed the street, out of nowhere a car sped by me so quickly I literally jumped out of its path. I was in the right of way as I was utilizing the clearly marked pedestrian crossover and checked before I moved. I caught a glimpse of the man. He was older, driving a sedan style car, and frankly, in my opinion, should have known better.

When you get right down to it, every driver should know better and do better. The last while, the Halton Regional Police have been cracking down on speeders and aggressive driving. Why the focus? It's simple—it's happening more often, and speed mixed with aggressive driving does kill. I'm sure we all remember just over a year ago when two young men in Milton were killed when speeding on the new James Snow Parkway extension. Aggressive driving, speed and perhaps racing were all factors in two families be-



By
Angela Tyler

ing torn apart with the loss of loved ones.

If you follow the Halton Regional Police on Twitter, there have been a lot of posts of speeders that have been caught. The actual drivers and their license plates have not been published, although maybe they should be if found guilty. The information though is continually shared.

- Stunt driver now facing a week licence suspension and motor vehicle seizure—5th Ln south of Britannia 130 in a 70—simply unacceptable
- 150 in the 80 zone in Halton Hills—another driver facing a week long suspension and vehicle seizure
- We just got this driver doing 126 in a posted 70 km/h limit on 5th Line. Slow down or we will stop and ticket you.
- 124 in a 70 zone means another vehicle seized and license suspended for 7

days in Milton

Four door sedans, Volkswagen "bug", a family style minivan were some of those impounded vehicles photographed on top of a tow truck flat bed.

The stereotype associated with the owners of these vehicles are people who should have known better.

A picture of a row of high end race cars being stopped and reminded by police is the image most would imagine were being impounded for driving in excess of 54 km/h of the posted speed limit, not the four door mom car.

Years ago, people would say, "oh don't buy a red car", "you'll get a speeding ticket", "that's what the cops look for".

Stereotypes are irrelevant. Your choice of paint colour or style of car is irrelevant. What is relevant is driving in accordance to the Highway Traffic Act. If you don't want your car impounded, a court date, a ticket or worst of all a funeral then your choice is clear—drive by the rules. It's safer for all of us.



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