

Run unique in tackling Alzheimer's

BY SANDRA BOLAN
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There are runs to raise money for cancer, multiple sclerosis, animal shelters and famine in third world countries, just to name a few, but according to Jennifer Beninato, of Specialty Care - Bloomington Cove there is nothing for Alzheimer's disease.

Which is why the Whitchurch-Stouffville long-term care facility's third annual Walk for Memories will actually include a 5K run this year. There will also be a 2K walk.

"Why not something for Alzheimer's? ... There's a run for everything else," Ms Beninato, the Ninth Line long-term care centre's director of resident and family services said.

"The other organizations are getting millions upon millions of dollars for their organizations," she said.

The race takes place Oct. 27 at the Whitchurch-Stouffville Leisure Centre. Opening ceremonies get underway at 10 a.m. It launches Ontario's long-term care week.

Ms Beninato is hoping to raise \$25,000, which will go to the Alzheimer Society of Canada's counselling and assistance caregiver programs as well as its support groups.

"It helps with caregiver burn out," she said.

STOUFFVILLE-AREA FACILITY

One in five Canadians aged 45 and older provides care to seniors living with long-term health problems and one-quarter of all family caregivers are seniors themselves, according to the Alzheimer Society of Canada.

About 98 per cent of Bloomington Cove's patients have Alzheimer's disease or some other form of dementia, according to Ms Beninato.

"We are seeing the effects of it every day.

... There are no survivors of Alzheimer's," she said.

This year, there are expected to be 11,741 York Region residents living with dementia, according to the Alzheimer Society of Canada. In 2016, that number is anticipated to increase to 14,495.

"Alzheimer's is not just the little old lady who forgets where her keys are every day," Ms Beninato said.

500,000 CANADIANS

And it not only affects the senior members of our community. Some people are now being diagnosed in their early 40s, she said.

More than 500,000 Canadians are living with some form of dementia, with about 71,000 of them under the age of 65, according to the Alzheimer Society of Canada.

This year, more than 103,000 Canadians will develop dementia, which is about one person every five minutes, according to the agency.

"It's tragic. It is a terminal illness of the brain. It just doesn't take your memory, it takes your life," Ms Beninato said.

Symptoms of Alzheimer's and/or dementia include loss of memory, judgement and reasoning; difficulty performing familiar tasks; language problems, as well as changes in mood and behaviour. They are not normal parts of aging.

People participating in the Walk for Memories will receive a free lunch, T-shirt and be automatically entered in a draw to win his and hers Michael Khors watches. There will also be a silent auction, face painter and jumping castle.

Register for the event at <http://www.events.runningroom.com/site/?raceId=8437>

The cost is \$40 until Oct. 21.

Preventing the flu is everyone's responsibility



Get the Shot!

Everyone aged 6 months and older who live, work or attend school in York Region should get the flu shot. The flu vaccine is available at no cost to all Ontario residents.



For additional information about the community clinics or the flu, contact York Region Health Connection at 1-800-361-5653 TTY: 1-866-252-9933 or visit www.york.ca/flu

2012 Seasonal Flu Shot Clinics

Aurora

The Royal Canadian Legion
89 Industrial Pkwy. North
Aurora
November 28, 2012 3 to 7 p.m.

East Gwillimbury

Ross Family Complex
(Program and Seniors Room)
19300 Centre St.
Mount Albert
November 23, 2012 3 to 7 p.m.

Holland Landing Community Centre

(York Trillium Room)
19513 Yonge St.
Holland Landing
November 12, 2012 3 to 7 p.m.

Georgina

Georgina Pool Leisure Complex
(Multi-Use Purpose Room)
5279 Black River Rd.
Sutton
November 16, 2012 3 to 7 p.m.

St. Andrews Presbyterian Church

20858 Dalton Rd.
Sutton West
November 6, 2012 1 to 5 p.m.

Keswick Club 55 (Main Hall)

130 Gwendolyn Blvd.
Keswick
November 20, 2012 1 to 5 p.m.

Georgina Ice Palace (Hall)

90 Wexford Dr.
Keswick
November 13, 2012 3 to 7 p.m.

King

King City Arena (Arena Hall)
25 Doctors Lane
King City
November 22, 2012 3 to 7 p.m.

Whitchurch-Stouffville

Lebovic Leisure Centre
(Large Multi-Purpose Room)
30 Burkholder St.
Stouffville
November 26, 2012 3 to 7 p.m.

Newmarket

Administrative Centre
17250 Yonge St.
Newmarket
November 5, 2012 3 to 7 p.m.

Ray Twinney Recreation Complex

100 Eagle St. West
Newmarket
November 17, 2012 10 a.m. to 4 p.m.

Richmond Hill

Langstaff Community Centre
(Yorkshire Room)
155 Red Maple Rd.
Richmond Hill
October 27, 2012 10 a.m. to 4 p.m.

Bayview Hill Community Centre and Pool

(Program Room/Átrium)
114 Spadina Rd.
Richmond Hill
November 10, 2012 10 a.m. to 4 p.m.

The Royal Canadian Legion

233 Centre St. E.
Richmond Hill
November 2, 2012 3 to 7 p.m.

Markham

Thornhill Community Centre
(Centre Hall)
7755 Bayview Ave.
Thornhill
November 19, 2012 3 to 7 p.m.

Angus Glen Community Centre

(Activity Room 1)
3990 Major Mackenzie Dr.
Markham
November 15, 2012 3 to 7 p.m.

Milliken Mills Community Centre

(South Hall)
7600 Kennedy Rd.
Markham
November 24, 2012 1 to 6 p.m.

Vaughan

Vaughan Mills Mall (Discovery Court)
1 Bass Pro Mills Dr.
Vaughan
November 3, 2012 10 a.m. to 4 p.m.

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