



Digby Area Recreation

Summer is Coming!

Digby Splash Pad!
Opening Saturday
June 20!
11:00AM – 7:00 PM
Daily

Digby Pool
Opening
Daily Schedule
Online
swim lessons,
public swims, adult
swim and more!

**Digby Outdoor
Recreation Centre**
Opening for the Season

Saturday and Sundays
Starting June 20
10:00AM – 7:00 PM

Wednesday to Friday
Starting Wed July 8
1:00PM – 7:00 PM

ALL AGES CLIMBING WALL

Mondays, starting June 8!

5:00PM – 8:00PM

Digby Curling Centre 27 Shreve Street, Digby NS

INLINE/ROLLER SKATE NIGHTS AT THE DIGBY ARENA

EVERY MONDAY THROUGH THE SUMMER

Families: 7:00PM – 8:00PM; Ages 16 +: 8:00PM – 9:00PM

27 Shreve Street, Digby NS

MONDAY STROLLERS WALKING GROUP

Mondays, starting June 9!

10:00AM – 12:00PM

Digby Pines Playground, 103 Shore Rd, Mount Pleasant NS

WASHER TOSS TUESDAYS

Alternate Tuesdays starting June 9!

10:00AM – 12:00PM JUNE 9TH + 23RD

Digby Station, 7 Birch Street Digby

BEAR RIVER NIGHT MARKET, POP UP + PLAY

4:00PM – 8:00PM Wednesday June 17

Bear River Water Front

KICK OFF SUMMER ALL AGES FAIR AT THE DIGBY ARENA

11:00AM – 2:00PM Saturday June 21

Digby Arena, 27 Shreve Street, Digby

FAMILY DAY AT THE DIGBY OUTDOOR RECREATION CENTRE

1:00PM – 6:00PM Saturday June 27

Digby Outdoor Recreation Centre, 1632 Ridge Road, Barton

**EXPLORE.
PLAY.
DISCOVER.**

DIGBY AREA RECREATION OFFICE HOURS: MON-FRI 8:30AM-4:30PM

ADMIN@DIGBYAREARECREATION.CA

902-245-1949



Living with Dementia



DIGBY AND AREA SENIORS' SAFETY PROGRAM

Dawn Thomas, Coordinator

seniorsafety@digby.ca
902-308-0544

What is dementia?

The term "dementia" refers to a set of symptoms that are caused by disorders that affect the brain. These are a few: **Alzheimer's Disease** is the most common form of dementia. Memory loss, difficulty thinking, problem solving, changes in mood and behaviors. It affects the entire brain.

Frontal Temporal Dementia affects these specific lobes in your brain. Changes in personality and behavior are noticed.

Vascular Dementia is caused by damage to the brain, like a stroke or shortage of oxygen to brain cells.

How do I get a diagnosis?

It's important to rule out any other illness such as infection and other treatable conditions. Your family doctor or collaborative practice clinic can do that. Then a referral for memory tests and assessments will help you and your family come up with a plan. People can live very well with dementia and still enjoy a full and social life.

Supports for families and loved ones

- Talk about planning for the future. Arrange for a power of attorney for legal and financial assistance and substitute decision maker for health directives.
- Educate yourself on the disease and its progression. Learn how to modify communication styles, possible challenges like driving or wandering, changes in your loved ones personality.
- Keep a diary of changes you notice. This will be helpful in getting future supports at home. The goal is to keep your loved on safe at home for as long as possible.
- Call the alzheimer@asns.ca 1-800-611-6345 in Nova Scotia. They have a wealth of help and resources and can connect you with support, information and direction and will listen during your journey.
- Join a support group either online or in person. In Digby area Caregivers Nova Scotia has support group once a month valley@caregiversNS.org or phone 1-902-680-8706.
- Call Dawn at Seniors' Safety Program 902-308-0544.

Feeling Forgetful?

Write things down
Keep a calendar or a note pad rather than many little notes.

Put your things in the same spots; keys and wallet, glasses, etc. If you use a different spot, look where it is and say that spot out loud.

Listen closely when someone speaks.
Speak to them in quiet places with minimal noise and distractions.

Hearing health is one of the primary issues for dementia care. Careful diet selection and exercise are very important, too.

Social activity outside of your house with others stimulates your brain and prevents isolation and feelings of being alone.

Enjoy nature, phone some friends, write letters and laugh.

Listen to music and reminisce.