March is Brain Health Month

It’s never too late to switch to a healthier lifestyle to maintain or improve your brain health and reduce your risk of developing dementia or chronic diseases like diabetes, heart disease and cancer.

Here are 6 tips to keep your brain healthy. Make the change, for the better.

1. Healthy diet
   * Consider almonds and blueberries for your mid-afternoon snack
   * Fish for dinner once a week
   * Mix up your leafy greens
   * Start your day with a healthy breakfast
   * Cut the sugar

2. Be physically active
   * Dance like no one is watching
   * Take 30 minutes and go for a walk
   * Get up and move around during commercial breaks
   * Stay on track with an activity buddy

3. Challenge yourself
   * Mix up your brain teasers such as crossword puzzles or Sudoku
   * Try brushing your teeth with the other hand
   * Learn something new
   * Commit to a regular sleeping schedule
   * Drink lots of water
   * If you smoke—quit!

4. Be socially active
   * Plan a night of board games
   * Spend some time volunteering
   * Join a book club

5. Protect your head
   * Wear a helmet

6. Reduce stress
   * Take a deep breath
   * Spend some quality time with your pet
   * Tap into the power of music

Source: Alzheimer Society Canada

“All of the staff were very kind and caring. They always greeted my mother and I by name and showed compassion for my mom.”
— Caregiver
In Her Own Words
Submitted by Nancy Carter, wife and caregiver

I knew something was wrong. There were too many strange behaviours occurring. But everyone kept telling me I was wrong. Secretly I hoped they were right, even after Terry lost his job due to "downsizing". He had won awards and received multiple accolades for his job performance.

Even the family doctor didn't believe me. "It's depression. He's just having a mid-life crisis". It took a lot of advocating for Terry before my greatest fears were realized. A diagnosis of early onset Alzheimer's was given in April 2011, some 18 months after I begged them to figure out what was wrong. He was only 54.

Terry and I will celebrate 36 years of marriage this year. Coming from two different worlds – he’s a farm boy and I’m a city girl – we connected over backgammon at university. We have 4 grown children and our lives have revolved around our family. We moved a lot with Terry’s job, and soon learned we had to rely on each other to survive. We blended together and learned from each other.

Despite the intensity of his business career, he still volunteered as a hockey coach for his children, and took an avid interest in their extra-curricular activities. We took quiet vacations in cottage rentals, and spent all our free time together as a family unit. We were a team and we talked about everything. He was the social one; I was more quiet and reserved.

But then our lives changed drastically. You think you have all the time in the world, and then in the blink of an eye it's gone. What makes it worse is you don't know how challenging it's going to get.

You think each stage is difficult, but when you look back, you realize it’s all relative. You stay positive, you have faith, and you have hope. But the sadness of what you are living slowly eats away at you, and you build a shell in order to keep going. It's a very lonely disease, both from a friends and even family perspective, as well as missing the man you shared everything with.

(Continued on page 3)

“I've built lifelong friendships and have found the support needed to be the best advocate I can be for Terry, and others fighting this incurable disease.” — Nancy

Dementia in Ontario will double in 25 years. Change is needed for Ontarians living with dementia and their care partners. You can do something by visiting: changefordementia.ca.
Being young with this diagnosis creates its own problems because we are still in the working years of our lives. Terry was our provider when the children were growing up. And, so now, I need to work for us to survive.

I became aware of the DAY program offered by the Alzheimer Society of York Region when meeting with my social worker. Terry had already tried another privately-run facility that he didn't like at all. He said it was full of old people. It took some persuasion, but he finally decided to give the AS York DAY program a try.

He initially attended the Thornhill location 2 days a week, quickly increasing to 3 days a week. Terry enjoyed conversing with other younger businessmen, and taking part in various activities. In November of 2015, he moved to the Aurora location that is closer to our home, attending 5 or 6 days a week now. He loves all the staff, and they are so supportive and caring to his changing needs.

Working 12-hour shifts as a charge nurse at a local hospital is only possible because of the DAY program. This program enables our whole family to have a better quality of life. Without the financial support donors provide, Terry wouldn't be able to attend full-time. I understand more than half of all participants qualify for subsidy assistance.

I’m truly grateful for this program and the support it offers our family. Terry’s favourite activity is the music program. He enjoys both the musicians Ryan and Steve, looking forward especially to the days they perform. He has also always enjoyed his meals.

The Early Onset Support Group, which I attend, has also played a key role in our journey. It was through this group we discovered Terry has a rare variant of Alzheimer’s disease called Posterior Cortical Atrophy which is most commonly seen in people in their 50s and 60s. I’ve built lifelong friendships and found the support needed to be the best advocate I can for Terry and others fighting this incurable disease.

My daughter wrote a letter to her dad after spending her reading week at home. "I know that you are scared. I can’t imagine what it must be like to live each day as your brain betrays you. But we will always be here for you, we will always love you, and we will always care for you. We will keep you safe, and we will remind you of all these things. Alzheimer’s may have stolen from you, but your memories and your journey live on in us. In our actions, in our voices, in our hearts, and in our lives."

If you’d like to help families in financial need attend our DAY programs, call 905-726-3477 to make a donation, or visit online at www.changethedialogue.ca.
$25,000 Raised for Coffee Break

Together with your help, $25,000 was raised for Coffee Break®. The support of our community has been inspiring. Special thanks to all our Coffee Break hosts, and to our sponsors Bulk Barn and FreshCo who raised over $15,000 at their store locations.

**Top 3 Fundraisers**
- Revera Retirement Living
- Sunrise of Thornhill
- Elgin Mills Long Term Care

**Bulk Barn Stores**
- 91 First Commerce Dr., Aurora
- 14800 Yonge St., Aurora
- 76 Arlington Dr., Keswick
- 2810 Major Mackenzie Dr., Maple
- 9350 Yonge St., Richmond Hill
- 11005 Yonge St., Richmond Hill
- 1070 Hoover Park Dr., Stouffville
- 720 Centre St., Thornhill

**FreshCo Stores**
- 443 The Queensway, Keswick
- 9580 McCowan Rd., Markham
- 800 Steeles Rd W., Thornhill
- 18075 Yonge St., Newmarket
- 3737 Major Mackenzie Dr., Woodbridge

Funds will be used to provide vital services and support to those living with Alzheimer’s disease and other dementias in York Region.

“Thanks for giving me the opportunity to spend time with my children and grandchildren while my husband was happy in your care at the DAY program.”
— Caregiver

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Change the Dialogue

He was... He is...
Who he is now is as important as who he was.

Help change the dialogue for more than 15,000 people living with Alzheimer’s in York Region.

Learn more, visit [www.changethedialogue.ca](http://www.changethedialogue.ca)
20th Annual Alzheimer Awareness Breakfast

Join us for breakfast and hear from Dr. Alex Mihailidis, Ph.D, P.Eng from the University of Toronto. Learn about current state-of-the-art technologies and the latest research that will benefit those with Alzheimer’s.

Topic: Disrupting Alzheimer’s Disease: New Technologies to Provide Better Care
Date: Saturday, April 29, 2017
Time: 9 am to 11 am
Location: Oakview Terrace
13256 Leslie St., Richmond Hill, ON  L4E 1A2

Dr. Mihailidis is the Barbara G. Stymiest Research Chair in Rehabilitation Technology at the University of Toronto and Toronto Rehab Institute. He is also the Scientific Director of the AGE-WELL Network of Centres of Excellence, which focuses on the development of new technologies and services for older adults. His work includes the development of intelligent home systems for elder care and wellness, technology for children with autism, and adaptive tools for nurses and clinical applications.

Tickets are $25 per person until March 31; $30 per person beginning April 1. Seating is limited so please register online at www.alzheimer-york.com or call Wendy at 905-726-3477.

In Memoriam

 Honour your loved one’s memory.
 Consider naming the Alzheimer Society of York Region in lieu of flowers and see the impact in your community.

 905-726-3477 or 888-414-5550
 www.alzheimer-york.com
 ksymes@alzheimer-york.com

A Way to Honour Your Loved One’s Memory

Saying goodbye to someone close to you is never easy. Making a memorial gift is a wonderful testament to the life of a beloved family member or friend who has passed on.

At the Alzheimer Society of York Region, in memoriam gifts account for one quarter of all funds raised each year. By designating us as your preferred charity, all gifts received will provide services and support to people with dementia and their caregivers across York Region.

When saying goodbye to a family member or friend, think of the charitable causes the deceased supported to help make your decision on which charity to choose to honour and celebrate the life shared with you.
Alzheimer’s Awareness

Each year, 25,000 Canadians hear the words, “you have dementia” for the first time. But dementia is more than just numbers. Friends, families and members of our communities all experience the personal and social impact of dementia. For our health-care system and economy this means higher demand for services and soaring costs. It’s not just their disease. It’s ours too.

You, too, can be #InItForAlz and make a difference. Visit:  http://www.alzheimer.ca/en/york/InItForAlz to read the personal stories of Canadians impacted by dementia, and donate to support programs and services in your community. You can also use the hashtag #InItForAlz to spread the word that “It’s not just their disease. It’s ours too”.

Create your legacy gift

After considering family and friends in your estate plans, your bequest to Alzheimer Society of York Region will help other families receive vital care, right here in our community.

To learn more about the benefits of making a gift in your will please call: Linda Clemow, CFRE, Director of Philanthropy 905-726-3477 ext. 223, or 888-414-5550
It’s Not Too Late!

A few years ago, Dr. Allan Carswell presented us with a challenge. While his wife, Helen, a participant in our Thornhill DAY Program was receiving excellent care, he was concerned about the length of time it was taking for others to access this essential service.

With a waiting list of 6—9 months for someone to gain access to our DAY programs, Dr. Carswell and the Carswell Family Foundation decided to make a difference. Providing a $600,000 gift over three years – the largest in AS York’s history – they took a slice out of the waiting list to provide an additional 15 families with access to our DAY programs.

But, to qualify for this gift, Dr. Carswell had one condition. AS York would have to raise an amount equal to the Carswell gift through new or increased donations, which he would then “match”.

To help us build our capacity to meet this challenge, Dr. Carswell planned his giving with $150,000 to be received in the first year; $200,000 in the second year; and $250,000 in the third. We’ve successfully met his challenge in each of the first two years, and have until March 31, 2017, to meet the third year.

To help you understand how this dollar-to-dollar match works, meet one of our supporters, Lawrence Gelberg. He’s been a donor to AS York for the past three years. Lawrence says he provides his support “because you’re dealing with the here and now helping people with Alzheimer’s today. Everyone I talk to about AS York only has good things to say. That’s important to me.”

Mr. Gelberg’s first gift of $250 was a ‘new’ gift that was matched in 2015. His generosity has increased each year, allowing the increased portion of his gift to qualify for the match. Therefore, in 2016, his gift of $500 resulted in a $250 match; this year’s gift of $1,000 qualifies for a $500 match. While Mr. Gelberg’s total personal giving equals $1,750, with the addition of the Carswell match of $1,000, the true value of his giving is $2,750. Says Lawrence, “That’s pretty good.”

As we work toward matching $250,000 before the March 31 deadline, thanks to the support of our donors we’ve received $223,937 as of the end of January. That leaves us with $26,063 to raise to qualify for the entire gift.

If you’d like to help ensure no family is left behind and take this total over the top, we invite you to make your donation online at www.changethedialogue.ca, or call our office at 905-726-3477.

On behalf of everyone at AS York, our sincerest gratitude to the Carswell Family and donors like Mr. Gelberg.

“You’re dealing with the here and now helping people with Alzheimer’s today. Everyone I talk to about AS York only has good things to say. That’s important to me.”
— Lawrence Gelberg
In Appreciation

The Alzheimer Society of York Region is deeply grateful to the following families, corporations, foundations and community groups who demonstrated their commitment through their generous financial support. This represents donors and sponsors who contributed $250 or more to us from January 1 to December 31, 2016.

Founders Club $500,000+
- The Carswell Family Foundation

CEO Circle $50,000—$499,999
- Ontario Trillium Foundation
- Regional Municipality of York
- United Way Toronto and York Region

Leaders Circle $20,000—$49,999
- The Commonwell Mutual Insurance Group
- The Leonard and Gabryela Osin Foundation

Patrons Club $10,000—$19,999
- Bulk Barn
- JP Bickell Foundation
- Victor and Diane Styrmo
- York District Masons

Partners Club $5,000—$9,999
- Aurora Mayor’s Charity Golf Classic
- Lind Family Foundation
- RBC Foundation
- Uniglobe Collacut Travel Ltd.
- Wayne R. Smith

Friends $2,500—$4,999
- Charles F. Fell Charitable Fund
- Delmanor Elgin Mills
- FreshCo
- Morneau Shepell Ltd.
- St. Louis Bar and Grill

Associates $1,000—$2,499
- Albert and Ingrid Schinagl
- Allan and Gale Garber
- BDO Canada LLP
- Christopher Thompson
- Clublink Enterprises Ltd.
- Connie Smith
- Duncan and Susan MacGregor
- Extendicare Canada Inc.
- Gail Scott
- Giuseppe and Filomena Chiovitti
- Guardian Capital Group Ltd.
- Hydro One Employee’s and Pensioner’s Charity Trust Fund
- Jacqueline Fisico
- James Spring
- Janco Steel Ltd.
- Kingsway Arms Aurora
- Leo and Angie Graci
- Loren and Lisa Freid

Mackenzie Investments
- Margaret Glinski-Oomen
- Masters Insurance Ltd.
- Memory and Company
- Michelle Haick
- Minelec Ltd.
- Rotary Club of Newmarket
- Simon Francis
- Shawn Turner
- Sue Noble
- Sunrise Senior Living of Aurora
- Tim Thompson
- Turkustra Lumber Company Ltd.
- Zahid Salman

$500—$999
- Andrea Ubell
- Ann McCormick
- Bernard and Gloria Collins
- Dax Sukhraj
- Eleanor Ginsler
- Elginwood Long Term Care
- Frank Guthrie
- Highland Farms Inc.
- Intelatex
- JL Services and Heavy Truck Centre Inc.
- Joan Edwards
- Joan Hinds
- Joan Sloan
- Lawrence Gelberg
- Linda Clewlow
- London Life Golf Tournament
- Mackenzie Place Residents
- Maria Gizzie
- Mary Newhouse
- Meridian Credit Union
- Michael Fedrigoni
- Michael Sheridan
- Michael Wong and Family
- North York Knights of Columbus –Thornhill
- Paul Shinier
- Pipe All Plumbing and Heating Ltd.
- Ralph and Maureen Phillips Family Foundation
- RBC Royal Bank
- Richard and Holly Benson
- Richmond Hill Retirement Residence
- Rob Hansen
- Slipform Construction
- Sue Liu
- Sunrise of Thornhill
- Technovation International Ltd.
- The Benevity Community Impact Fund
- Tony Morra

United Church
- Versaterm Inc.
- Vivian Wong
- W. Milner

$250—$499
- 100+ Women Who Care Georgina
- Alessia Fezzuoglio
- Alex and Ani
- Alfred Chalk
- Ann Marie Fish
- Beatrice Paterson
- Camillo Di Prata
- Cattanach Hindson Sutton VanVeldhuizen
- Chartwell —Rouge Valley Retirement Residence
- Darlene Jepp
- Dave Hunt
- David and Mona Lancaster
- Douglas Todd
- Eagle Terrace Long Term Care
- Ed McGuigan
- Edward Jackson
- Eric and Allanna Yates
- Frank Mongillo
- Gino Pincente
- Heinz Prachter
- James and Lorraine Stratton
- Jerry Grafstein
- Jimmy Scicca
- John Pianosi
- Joseph Daniels
- Kathy Foch
- Kevin Welsh
- L’Arche Daybreak
- Leonardo Morra
- Leslie Wilson
- Liane Moffatt
- Lynne Rollo
- Maple Health Centre
- Marco Locilento
- Markham Family Health Team
- Mary-Anne Crothers
- Mary Linestad
- Medavie Blue Cross
- Mindy Ginsler
- Nelle Lakien
- Pamela Maraj
- Patricia Jahnke
- Patrick Yuen
- Pefferlaw Lion’s Bingo
- Rens Faassen
- Revera Retirement Living
- Rose Povegliano
- Royal Canadian Legion —Branch 356
$250—$499 (continued)

Sandi Jones
Sandra Bannister
Sarah Mitchell
Scott McLeod
Shannon Spence
Sharon Geniole
Sheldon Wisener
Stephen Crockford
Suzanne Pope
Teresa O’Brien
Toronto Symphony Orchestra
Tosca Mark
Transdev
Villa Leonardo Gambin – Long Term Care
Virginie Jaran
VIVA Thornhill Woods
Warren Travell
Zurich

In Kind Sponsors
105.9 The Region
Bill Giannos Photography
Innovative Spine and Wellness
Starbucks—Elgin Mills Road, Richmond Hill
Panera Bread
The Briars

“In Kind Sponsors
105.9 The Region
Bill Giannos Photography
Innovative Spine and Wellness
Starbucks—Elgin Mills Road, Richmond Hill
Panera Bread
The Briars

“In Memoriam

We pay tribute to the memory of those who have passed away that were remembered through donations made in their honour by family and friends.

Agata Antonucci
Alice Fahner
Alma Turner
Almindo Feijoo
Angela Gentilucci
Antonietta Chiovitti
Antonietta Pellegrini
Antonio D'Angelo
Antonio Montemarano
Assunta Egizi
Audrey Harmer
Bertha Pattenden
Betty Ann Smith
Brenda Meiorin
Bruce Prentice
Bruno Bortolus
Bruno De Fina
Byron Linstead
Carlo Amoroso
Carmela Dinardo
Dorina Pellarin
Doris McGee
Doris McNeil
Dorothy Emily McNeil
Ed Gregory
Edith De Lenardo
Edward (Ted) Topping
Eieni Vlachos
Elisabetta Butera
Eva Allen
Florence Orr
Francis Oliver “Frank” Flanagan
Franco Testagrossa
Frank Gale
Frank Manning
Frank Searles
Gina Iulianetti
Gina Sponziello
Giuliana Nebiolo
Giuseppe Bilotta
Giuseppe De Cico
Giuseppina Giuliani
Grazia Cramarossa
Guglielmo Pecoraro
Ida Scaglione
Iole Venditti
James Blair Fergusson
Jeffrey Dunlop
Jessie Neilson
John Collins
Joseph Szucs
Josephine Rondina
Joyce Walker
Laura Pocci
Lea Trolle
Leonardo Pipitone
Les Shiner
Louis Yuen
Lucia Russo
Luigi Palladini
Maria Panzarella
Mary Edgar
Mary Nagpal
Matteo Piazza
Michelangelo Morra
Nancy Chertow
Nikolas Tzimas
Norma Estelle Anderson
Paola Malandrino
Pasquale Aprile
Pasquale Rosati
Pierino Farina
Ramnauth Maraj
Rhoda Harrison
Robert Clementson
Ron Key
Ron Oliver
Rosa Leto
Rosa Naccarato
Rosario Giglio
Rose Luftspring
Rosetta D’Ascanio
Salvatore Lombardo
Sandy Crawford
Santina Testani
Shirley Guthrie
Silvio Fedrigoni
Siobhan Studden
Stan Crockford
Sylvana Barbuto
Teresa Greco
Teresa Barbini
Teresa D’Orazio
Tina Maio
Vaughan Marks
Vincenzo Sarto
Vito Caringi
Vittorio Giuliani
Walter Bell
Werner Martin

“My heartfelt gratitude for 5 1/2 years of support, wisdom and guidance for me and the social stimulation for my husband. You provide excellent service and programs. We are so fortunate in York Region to have such a dedicated Alzheimer Society which provides “hands-on” care for the clients and caregivers.”
- Caregiver

Page 9
First Link® Memory Café

The First Link® Memory Café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment. It is a time and place where people can interact, laugh, cry, find support, share concerns and celebrate without feeling embarrassed or misunderstood. Our First Link® Memory Café at Mosaic Home Health encourages friendship and acceptance. There is no charge to attend this event. To register, please contact Mala at 905-597-7000, ext. 223 to reserve your spot.

March 28, April 25 and May 30, 2017
1:00 pm to 2:30 pm
Mosaic Home Care Services & Community Resource Centre
2900 Steeles Ave. East, Suite 218, Thornhill, ON

Early Onset Dementia Support Groups

A support group for caregivers and family members of people who are younger than 65 and have been diagnosed with early onset dementia. Please contact Hemal Joshi at 905-731-6611, ext. 50 to register.

2nd Tuesday of each month
(Group runs monthly)
1:00 pm to 2:30 pm
Alzheimer Society of York Region, Family Resource Room
2-240 Edward St., Aurora, ON

Next Steps Education Series

Are you interested in hearing about some of the challenges and solutions that other caregivers have experienced? If so, Next Steps is an education program and part of First Link®. It offers an eight hour learning series spread over four weeks, designed to create a more interactive learning experience for family members and friends caring for individuals with Alzheimer’s disease or other dementias. Topics covered will include: an overview of dementia, memory loss, changes to the brain and resulting behaviours, coping strategies, treatments, research, future planning (legal and financial), and community resources and support systems. All information shared during these sessions is confidential. There are no fees to participate in these series. To learn more about upcoming dates, please contact Stacey Mendonca, Public Education Coordinator at 905-726-3477, ext. 234 or email smendonca@alzheimer-york.com.

Session 1: What is Dementia?
Session 2: Adapting to Brain Changes
Session 3: Planning Ahead
Session 4: Building a Circle of Support
## Family Support Groups

Family support groups provide information on caring for people with Alzheimer’s disease and other dementias. It is an opportunity to share experiences, gain support and make new friends. Contact 905-726-3477 (Aurora) or 905-731-6611 (Thornhill) or toll free at 1-888-414-5550 to register.

<table>
<thead>
<tr>
<th>Location</th>
<th>Day and Time Details</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aurora</td>
<td>1st Thursday of each month January to December 7:00 pm to 8:30 pm The DAY Centre 2-240 Edward St.</td>
<td>905-726-3477 (Aurora) or 905-731-6611 (Thornhill) or toll free at 1-888-414-5550 to register</td>
</tr>
<tr>
<td>Thornhill</td>
<td>3rd Wednesday of each month January to December 7:00 pm to 8:30 pm The DAY Centre 10 Harlech Court, Unit 2</td>
<td></td>
</tr>
<tr>
<td>Markham</td>
<td>1st Wednesday of each month September to June 1:30 pm to 3:00 pm Markham Public Library, Room A 6031 Highway 7</td>
<td></td>
</tr>
<tr>
<td>Stouffville</td>
<td>4th Tuesday of each month September to June 7:00 pm to 8:30 pm Parkview Home 123 Weldon Road</td>
<td></td>
</tr>
<tr>
<td>Keswick</td>
<td>3rd Wednesday of each month January to December 1:00 pm to 2:30 pm Alzheimer Society of York Region 184 Simcoe Ave, Unit 4 Call 905-476-5521 to register</td>
<td></td>
</tr>
<tr>
<td>Maple</td>
<td>2nd Tuesday of each month January to December 7:00 pm to 8:30 pm Maple Health Centre — Alzheimer Resource Room 10424 Keele St. Call 905-303-0133 to register</td>
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</tbody>
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The following groups are offered in partnership with the Municipality of York Health Services Long Term Care and Seniors Branch.

## Spouse Support Group

The spouse support group sessions are designed to provide a forum to learn and understand how to cope with and care for a spouse diagnosed with dementia. There is no fee to attend these sessions. For more information, please contact Ellen Houser at ehouser@alzheimer-york.com or 1-888-414-5550, ext. 243.

Sessions run on the 3rd Monday of each month:
March 20, May 15, June 19, July 17, August 21, September 18, October 16, November 20 and December 20, 2017

Location: Alzheimer Society of York Region, Family Resource Room, 2-240 Edward St., Aurora, ON
Alzheimer Society of York Region is a leader in actively supporting individuals and families coping with Alzheimer’s disease and other dementias since 1985. Our history of delivering quality dementia specific day program services, an enriched social work program and education opportunities within the Region of York is well respected. We have a proven record of working collaboratively and in partnership with different agencies within the Region of York to service the needs of families and individuals living with Alzheimer’s disease and other dementias.

Mission Statement
The Alzheimer Society of York Region’s mission is to alleviate the personal and social consequences of Alzheimer’s disease and other dementias and to promote research.

How You Can Help
By supporting the Alzheimer Society of York Region, you enable us to expand our reach and help even more people touched by dementia. Here’s how:

- **Make a gift** — Donate by mail, phone or online
- **Volunteer** — Help us with events and much more
- **Leave your legacy** — Continue your tradition of giving with a bequest in your will
- **Plan your own event** — Organize a fundraising event to support the Society
- **Join our annual Walk for Alzheimer’s** — June 3 in Jacksons Point and June 10 in Richmond Hill
- **Give a gift of appreciated stock** — Transfer your stock directly to Alzheimer Society of York Region

As Seen on Social Media
- @ASYork1
- www.facebook.com/AlzheimerSocietyYork
- www.alzheimer-york.com