

Alzheimer Society

MONTREAL

FALL PROGRAM

SEPTEMBER TO DECEMBER 2017



*Contact us to
identify the
programs and
activities that best
suit your needs!*

Artwork by Marie-Francoise Marchal

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Alzheimer Society of Montreal

Alzheimer Service Centre

4505 Notre-Dame Street West, Montréal

514 369-0800 | info@alzheimermontreal.ca

Opening hours:

Monday to Friday, 9 a.m. to 5 p.m.

SERVICES FOR CAREGIVERS

THE COUNSELLING-NETWORK

Are you affected by Alzheimer's disease or other dementias? Would you like to talk about it and its challenges? Do you need support and want to know where you can find it?

Our counsellors are available at the following locations to offer caregivers **accompaniment, free and confidential counselling, training, information, resources and support.**

*To discuss your situation or make an appointment:
514 369-0800
info@alzheimermontreal.ca*



CENTRE-SOUTH OF MONTRÉAL

SATELLITE OFFICE *(by appointment)*

Degimi Gestion Inc.
1855 du Havre Street, Office 107

HEAD OFFICE

Alzheimer Society of Montreal
4505 Notre-Dame Street West

EAST OF MONTRÉAL

SATELLITE OFFICE *(by appointment)*

Corporation Mainbourg
14 115 Prince-Arthur Street
Office 426, Pointe-aux-Trembles

OTHER SERVICE POINTS *(by appointment)*

- CLSC Olivier-Guimond
5810 Sherbrooke Street East
- CLSC Mercier-Est-Anjou
9503 Sherbrooke Street East
- CLSC Saint-Léonard
5540 Jarry Street East

CENTRE-WEST OF MONTRÉAL

Good news! There's a new service point for the centre-west territory! *(by appointment)*

Institut universitaire de gériatrie de Montréal
4565 Queen Mary Road

WEST OF MONTRÉAL

SATELLITE OFFICE *(by appointment)*

Carrefour des 6-12 ans de Pierrefonds-Est Inc.
4773 Lalande Boulevard, Pierrefonds

OTHER SERVICE POINTS *(by appointment)*

- Foyer Dorval
225 de la Présentation Avenue
- Chalet Coolbrooke, DDO
260 Spring Garden Street
- Centre du Vieux Moulin de LaSalle
7644 Édouard Street, Office 204

NORTH OF MONTRÉAL

SATELLITE OFFICE *(by appointment)*

Baluchon Alzheimer
10 138 Lajeunesse Street
Office 200

OTHER SERVICE POINTS *(by appointment)*

- GMF Clinique médicale Sainte-Colette
11 520 Sainte-Colette Street
Montreal North
- Cartierville Library
5900 De Salaberry Street
- Centre des loisirs de Ville Saint-Laurent
1375 Grenet Street
- CLSC Petite-Patrie
6520 Saint-Vallier Street

FINANCÉ PAR

L'APPU POUR LES PROCHES AIDANTS D'ÂGÉS
MONTRÉAL



ARE YOU CARING FOR AN INDIVIDUAL WITH ALZHEIMER'S?
Let's connect on Huddol!

Huddol is a new caregiver support solution dedicated to helping you build your own care network.

STEP 1

Sign up – it's free! URL: <http://www.huddol.com/join/alzmontreal>

Create a **USER NAME** (a name that others can use to identify you)

Provide your **E-MAIL ADDRESS**

Choose a **PASSWORD**



STEP 2

Respond to the **PROFILE QUESTIONNAIRE** to help identify the best Huddol groups for you

Add a **PROFILE PICTURE**

...THERE! YOU ARE REGISTERED! NOW WHAT?

Join different Huddols (groups) to connect with other caregivers! You can search for Huddols using key words, and Huddols will be recommended to you according to your profile.

HOW CAN I INTERACT WITH OTHER CAREGIVERS?

- Share, comment and discuss in public or private groups
- Discuss with other caregivers or with professionals in private messages

If you have any questions: 514 369-0800 | info@alzheimermontreal.ca
We look forward to meeting you on **#AlzMontreal!**

SERVICES FOR CAREGIVERS

SUPPORT GROUPS FOR CAREGIVERS

Information and Support Groups

These 8-week groups are offered in various locations, during the day or in the evening, in English and French. Topics include: an overview of Alzheimer's disease and other dementias, communication, understanding responsive behaviours, daily care tips, caring for the caregiver, and community resources.

COST: \$50 per 8-week session

Additional groups may be added as required.

CENTRE-SOUTH OF MONTRÉAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

FRENCH

Thursday | 1:30 to 3:30 p.m.

October 12 to November 30

ENGLISH

Wednesday | 1:30 to 3:30 p.m.

October 11 to November 29

Service Plus des Trois Pignons | 1850 Bercy Street

Thursday | 7 to 9 p.m. | FRENCH

October 12 to December 7

EAST OF MONTRÉAL

CLSC Saint-Léonard | 5540 Jarry Street East

Wednesday | 1:30 to 3:30 p.m. | FRENCH

October 11 to November 29

Free respite services available nearby with *Le Temps d'une pause*

CLSC Rivière-des-Prairies | 8655 Perras Boulevard, Suite 103

Thursday | 7 to 9 p.m. | BILINGUAL

October 12 to November 30

POSSIBILITY OF OFFERING TWO ADDITIONAL GROUPS THIS FALL

Pointe-aux-Trembles (day or evening)

CLSC Olivier-Guimond (evening)

PLEASE INQUIRE WITH ONE OF OUR COUNSELLORS.

NORTH OF MONTRÉAL

Centre de Loisirs communautaires Lajeunesse | 7378 Lajeunesse Street

Friday | 9:30 to 11:30 a.m. | FRENCH

From October 13 to December 1

Free respite services available nearby with *Le Temps d'une pause*

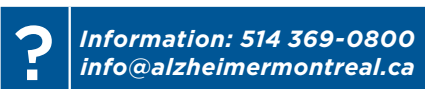
WEST OF MONTRÉAL

Carrefour des 6-12 ans de Pierrefonds-Est Inc. | 4773 Lalande Boulevard, Pierrefonds

Monday | 7 to 9 p.m. | ENGLISH

October 16 to December 4





Information: 514 369-0800
info@alzheimermontreal.ca

Monthly Support Groups

Following the 8-week information and support groups, participants are encouraged to join the monthly support groups. These monthly meetings are offered in a variety of locations, at different times and dates, in both French and English.

COST: \$50 per year – September to June

Additional groups may be added as required.

CENTRE-SOUTH OF MONTRÉAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

FRENCH		ENGLISH
Monday 1:30 to 3:30 p.m.*	Monday 7 to 9 p.m.	Friday 1:30 to 3:30 p.m.
4 th Monday of the month	1 st Monday of the month	1 st Friday of the month

* These groups are offered simultaneously with an activity for people living with dementia.

Service Plus des Trois Pignons | 1850 Bercy Street

Wednesday 7 to 9 p.m. FRENCH	1 st Wednesday of the month
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EAST OF MONTRÉAL

CLSC Rivière-des-Prairies | 8655 Perras Boulevard

Monday 7 to 9 p.m. ENGLISH	2 nd Monday of the month
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CLSC Olivier-Guimond | 5810 Sherbrooke Street East

Wednesday 1:30 to 3:30 p.m. FRENCH	3 rd Wednesday of the month
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CLSC Olivier-Guimond | 5810 Sherbrooke Street East

Tuesday 7 to 9 p.m. FRENCH	4 th Tuesday of the month
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WEST OF MONTRÉAL

CHSLD Bayview, Pointe-Claire | 27 Lakeshore Road

Wednesday 7 to 9 p.m. ENGLISH	2 nd Wednesday of the month
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SERVICES FOR CAREGIVERS

BEREAVEMENT SUPPORT GROUP

Based on the training program by Jean Monbourquette, this group is designed for those who have experienced the loss of the person with dementia they cared for. To register, it is not necessary to have already participated in other groups offered by the Alzheimer Society of Montreal. This group is an opportunity to find peer support with the goal of adjusting to this new reality and finding closure.

COST: \$60 per 10-week session

WHEN AND WHERE: Schedule, location and language to be determined according to participants' needs.

MEDITATION GROUP FOR CAREGIVERS

Meditation helps to reduce stress, lower distress, avoid exhaustion, and may even enable caregivers to better cater to the needs of people living with Alzheimer's disease.

COST: Participants are invited to make a donation to the Society.

Location to be determined based on participants' needs

Wednesday | 1:30 to 3 p.m. | BILINGUAL

October 11 to November 15



**LISTEN TO THE
TELECONFERENCES
AGAIN ON THE
CAREGIVER
NETWORK WEBSITE**

To see the full calendar
of teleconferences
and to register:
[http://thecaregiver-
network.ca](http://thecaregiver-network.ca)

TELECONFERENCES FROM THE CAREGIVER NETWORK

The Society **provides free teleconferences** through The Caregiver Network.

Wednesday October 4 2017 | 12:00 to 1:00 p.m. | English

Presented by Teresa Anuza, Coordinator of Educational Services

Wednesday October 11, 2017 | 10:30 to 11:30 a.m. | French

Presented by Marie-Pier Foucault, Coordinator of Services for people living with dementia

Practical Adaptations for an Alzheimer-Friendly Environment

The living environment surrounding a people with dementia can have a significant impact on their behaviour. During this conference, we will be considering the physical aspects of a person's environment, always keeping in mind that each person with dementia is a unique individual with their own personal history, preferences and experience.





How do you like your Cafés? We want to hear your opinion!

Five years have passed since the Alzheimer Society of Montreal began its Alzheimer Cafés program; and, to mark this occasion, we invite you to share with us the subjects that you would like to discuss at future Cafés and the format you would like them to take.



Coffee and snacks will be served!

September 13	Les Petits Frères 1 to 3 p.m. 4624 Garnier Street	FR
September 14	Henri-Bourassa Library 1:30 to 3:30 p.m. 5400 Henri-Bourassa Boulevard East	FR
September 14	Beaconsfield Library 1 to 3 p.m. 303 Beaconsfield Boulevard	ENG
September 15	Langelier Library 1:30 to 3:30 p.m. 6473 Sherbrooke Street East	FR
September 20	Café de Da, Ahuntsic Library 7 to 9 p.m. 545 Fleury Street East	FR
September 26	Cartierville Library 1 to 3 p.m. 5900 De Salaberry Street	FR
October 17	Atwater Library and Computer Centre 1 to 3 p.m. 1200 Atwater Avenue	ENG
October 24	Georges-Vanier Library NEW 6:30 to 8:30 p.m. 2450 Workman Street	FR

FULL ALZHEIMER CAFÉS CALENDAR — OPEN TO ALL

CENTRE-SOUTH OF MONTRÉAL — LES PETITS FRÈRES | FRENCH

2nd Wednesday of the month | 1 to 3 p.m. | 4624 Garnier Street – Mont-Royal and Laurier Stations

OCTOBER 11	Should I feel guilty or am I being sensible and responsible? Presented by Danièle Arpoulet-Bax and Louise Valiquette, École de formation PRH (Personality and Human Relations).
NOVEMBER 8	Healing Touch: an energizing, holistic, and accessible therapy Presented by Charlotte Levert, Healing Touch instructor.
DECEMBER 13	Let's celebrate the Holiday Season! Join us for holiday-themed music and snacks!



FULL ALZHEIMER CAFÉS CALENDAR – OPEN TO ALL

EAST OF MONTRÉAL – Langelier Library | FRENCH

3rd Friday of the month | 1:30 to 3:30 p.m. | 6473 Sherbrooke Street East
Buses 33, 185 and 197 from Langelier Station

OCTOBER 20	Developing my abilities to communicate and to help Presented by Danièle Arpoulet-Bax and Louise Valiquette, École de formation PRH (Personality and Human Relations).
NOVEMBER 17	Laughing for no reason: what are the benefits? Presented by Linda Leclerc, laughter yoga trainer and founder of the School of Laughter Yoga.
DECEMBER 15	Is happiness contagious? Presented by Sylvie Laferrière, coordinator at Tel-Aînés/Tel-Écoute.

CENTRE-WEST OF MONTRÉAL – Atwater Library and Computer Centre | ENGLISH

3rd Tuesday of the month | 1 to 3 p.m. | 1200 Atwater Avenue – Atwater Station

SEPTEMBER 19	"Aunt Enid Gets Help" Presented by RECAA (Respecting Elders: Communities Against elder Abuse).
NOVEMBER 21	Taking care of yourself: how meditation can help manage caregiver stress Presented by Gilberte Fleischmann, volunteer meditation guide at the Alzheimer Society of Montreal.
DECEMBER 19	Let's celebrate the Holiday Season! Join us for holiday-themed music and snacks!

NORTH OF MONTRÉAL – Henri-Bourassa Library | FRENCH

2nd Thursday of the month | 1:30 to 3:30 p.m. | 5400 Henri-Bourassa Boulevard East
Buses 69 and 469 from Henri-Bourassa Station or Bus 32 (North) from Cadillac Station

OCTOBER 12	Developing my abilities to communicate and to help Presented by Danièle Arpoulet-Bax and Louise Valiquette, École de formation PRH (Personality and Human Relations).
NOVEMBER 9	Reflexology and alternative medicine Presented by Chantale Tremblay, reflexologist, yoga teacher (Viniyoga), and massage therapist.
DECEMBER 14	Laughing for no reason: what are the benefits? Presented by Linda Leclerc, laughter yoga trainer and founder of the School of Laughter Yoga.

NORTH OF MONTRÉAL – Cartierville Library | FRENCH

Last Tuesday of the month | 1 to 3 p.m. | 5900 De Salaberry Street
Bus 69 from Henri-Bourassa Station (West)

OCTOBER 31	Taking care of yourself: how meditation can help manage caregiver stress Presented by Gilberte Fleischmann, volunteer meditation guide at the Alzheimer Society of Montreal.
NOVEMBER 28	Is happiness contagious? Presented by Sylvie Laferrière, coordinator at Tel-Aînés/Tel-Écoute.





FULL ALZHEIMER CAFÉS CALENDAR – OPEN TO ALL

NORTH OF MONTRÉAL – Café de Da, Ahuntsic Library FRENCH	
7 to 9 p.m. 545 Fleury Street East Buses 140 and 180 from Sauvé Station or Bus 31 from Henri-Bourassa Station	
OCTOBER 31	Do I sometimes feel surprised and moved by the person I care for? Presented by Danièle Arpoulet-Bax and Louise Valiquette, École de formation PRH (Personality and Human Relations).
NOVEMBER 21	Healing Touch: an energizing, holistic, and accessible therapy Presented by Charlotte Levert, Healing Touch instructor.
WEST OF MONTRÉAL – Beaconsfield Library ENGLISH	
2 nd Thursday of the month 1 to 3 p.m. 303 Beaconsfield Boulevard Buses 211 and 405 (West) from Lionel-Groulx Station or Bus 200 from the Fairview Terminus	
OCTOBER 12	I have been diagnosed with Alzheimer's disease: what can I expect? Presented by Myriam Bureau, nurse clinician, Support Program for the Autonomy of Seniors (SAPA).
NOVEMBER 9	Come and enjoy an art therapy workshop as part of Caregiver Week! Presented by Savanna Lassken, art therapist.
DECEMBER 14	Stimulating your body and mind with music: the benefits of musical creation for seniors Presented by Audrey-Kristel Barbeau and guest musicians from the Montreal New Horizons Band.
WEST OF MONTRÉAL – Chalet Arthur-Séguin, Pointe-Claire (MOBILE CAFÉ)	
Monday 1 to 3 p.m. 365 St-Louis Avenue, Pointe-Claire Buses 201 and 204 from the Fairview Terminus	
SEPTEMBER 11 FRENCH	Memory's many paths and how to maintain them Presented by Dr. Sven Joubert, neuropsychologist at the Institut universitaire de gériatrie de Montréal.
OCTOBER 16 ENGLISH	An introduction to Alzheimer's disease and communication strategies Presented by a counsellor from the Alzheimer Society of Montreal.



THANK YOU TO OUR
ALZHEIMER CAFÉ PARTNERS!



Information: 514 369-0800
info@alzheimermontreal.ca

ACTIVITY CENTRES

The Alzheimer Society of Montreal currently operates three activity centres located in Westmount, Lachine, and Ahuntsic. Each centre employs qualified staff and volunteers who possess the knowledge and experience required to both meet the individual needs of participants and reassure family members. The activity centres aim to provide caregivers and families with a few hours of respite on Saturdays. There is a service fee of \$20 per Saturday.



PLEASE NOTE THAT WE CURRENTLY HAVE WAITING LISTS FOR THESE TWO PROGRAMS.

AN ASSESSMENT IS REQUIRED TO ALLOW US TO BEST MEET THE NEEDS OF THE PERSON LIVING WITH DEMENTIA.

IN-HOME RESPITE AND STIMULATION PROGRAM

Qualified professionals are available to provide caregivers with a planned period of respite, varying from 2 to 4 hours per week. This service provides the person living with dementia with the opportunity to engage in a range of activities that are stimulating, therapeutic and socially engaging. Please note that fees are based on a sliding scale and determined according to revenue.



FINANCÉ PAR

L'APPUI POUR LES PROCHES AIDANTS D'AINÉS
MONTREAL

lappuimontreal.org



ART THERAPY

Through art therapy workshops, people living with dementia have the opportunity to express themselves and enhance their well-being.

No previous artistic experience is required.

COST: \$50 per session

Alzheimer Society of Montreal 4505 Notre-Dame Street West	
Monday 10 a.m. to 12 p.m.	Thursday 1:30 to 3:30 p.m.
Tuesday 1:30 to 3:30 p.m.	Friday 10 a.m. to 12 p.m.

ART LINKS

People living with dementia and their caregivers are invited each month to the Montreal Museum of Fine Arts for a guided tour followed by a creative workshop. The Art Links program is a partnership between the Montreal Museum of Fine Arts "Sharing the Museum" program and the Alzheimer Society of Montreal.



COST: Free

Montreal Museum of Fine Arts 2075 Bishop Street			
Friday 2 to 4 p.m.			
September 22	October 20	November 17	December 15

TALES AND TRAVELS

The Tales and Travels series is a weekly activity for people living with dementia. The sessions encourage participation, conversation and expression by simulating the act of travelling to a foreign country. Participants will explore each country through books and objects, reading aloud, listening to music, and other similar activities. Caregivers are invited to accompany the person they care for.



Cost: Free for library members

Please note that priority is given to library members.

For information and to register, contact **Daniel Miguez De Lucia: 514 989-5409.**

Westmount Public Library 4574 Sherbrooke Street West	
Friday 1 to 3 p.m.	
September 15 to October 13	
November 10 to December 8	

SERVICES FOR PEOPLE LIVING WITH DEMENTIA

INFORMATION AND SUPPORT GROUPS

Topics include: information about dementia, coping strategies, navigating the healthcare network, and the resources available in the community.

COST: \$50 per 8-week session

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Wednesday | 1:30 to 3:30 p.m. | October 11 to November 29 | ENGLISH

Thursday | 1:30 to 3:30 p.m. | October 12 to November 30 | FRENCH

*THESE GROUPS
ARE OFFERED
SIMULTANEOUSLY
WITH SUPPORT
GROUPS FOR
CAREGIVERS.*

WOLFELELE PROJECT

This innovative project comes to us from a caregiver— the founder of Wolfelele, Wolf Kater. Participants will build a ukulele from A to Z and will be able to keep their instrument afterwards. This activity is intended for people living with dementia and for caregivers. Please note that places are limited. No previous musical or artistic experience required!

COST: \$50 per 4-week session

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Wednesday | 10 a.m. to 12 p.m. | September 13 to October 4

MONDAY AND THURSDAY MEET-UPS

Every Monday afternoon or Thursday morning, we invite you to join a group of people living with Alzheimer's disease to share discussions, participate in physical activities, and stimulate your brain with cognitive exercises and other creative activities. This new program is open to people living with dementia who wish to join a social program, meet new people, and share enjoyable moments. Participants are encouraged to attend every week, but the program is also open to those who wish to attend once a month or more. You may also bring your lunch to eat with the group before or after the program.

COST : \$50 — September to March

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Monday | 1:30 to 3:30 p.m. | BILINGUAL

Thursday | 10:30 a.m. to 12:30 p.m. | BILINGUAL



FULL CALENDAR OF ACTIVITIES FOR PEOPLE LIVING WITH DEMENTIA

All activities take place at the Alzheimer Society of Montreal (4505 Notre-Dame Street West), unless otherwise indicated in colour. For information and to register: [514 369-0800](tel:514-369-0800) | info@alzheimermontreal.ca

SEPTEMBER 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Art Therapy CANCELLED
4	5	6	7	8
OFFICE CLOSED LABOUR DAY	Art Therapy 1:30 to 3:30 p.m.		Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. <hr/> Art Therapy 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m.
11	12	13	14	15
Art Therapy 10 a.m. to 12 p.m. <hr/> Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.	Wolfelele Project 10 a.m. to 12 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. <hr/> Art Therapy 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m. <hr/> Tales and Travels 1 to 3 p.m. Westmount Library
18	19	20	21	22
Art Therapy 10 a.m. to 12 p.m. <hr/> Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.	Wolfelele Project 10 a.m. to 12 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. <hr/> Art Therapy 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m. <hr/> Tales and Travels 1 to 3 p.m. Westmount Library <hr/> Art Links 2 to 4 p.m. Montreal Museum of Fine Arts
25	26	27	28	29
Art Therapy 10 a.m. to 12 p.m. <hr/> Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.	Wolfelele Project 10 a.m. to 12 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. <hr/> Art Therapy 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m. <hr/> Tales and Travels 1 to 3 p.m. Westmount Library

SERVICES FOR PEOPLE LIVING WITH DEMENTIA

All activities take place at the Alzheimer Society of Montreal (4505 Notre-Dame Street West), unless otherwise indicated in colour. For information and to register: [514 369-0800](tel:514-369-0800) | info@alzheimermontreal.ca

OCTOBER 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Art Therapy 10 a.m. to 12 p.m.	Art Therapy 1:30 to 3:30 p.m.	Wolfelele Project 10 a.m. to 12 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m.	Art Therapy 10 a.m. to 12 p.m.
Monday Meet-Ups 1:30 to 3:30 p.m.			Art Therapy 1:30 to 3:30 p.m.	Tales and Travels 1 to 3 p.m. Westmount Library
9	10	11	12	13
OFFICE CLOSED THANKSGIVING DAY	Art Therapy 1:30 to 3:30 p.m.	Information and support group (English) 1:30 to 3:30 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m.	Art Therapy 10 a.m. to 12 p.m.
			Art Therapy 1:30 to 3:30 p.m.	Tales and Travels 1 to 3 p.m. Westmount Library
			Information and support group (French) 1:30 to 3:30 p.m.	
16	17	18	19	20
Art Therapy 10 a.m. to 12 p.m.	Art Therapy 1:30 to 3:30 p.m.	Information and support group (English) 1:30 to 3:30 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m.	Art Therapy 10 a.m. to 12 p.m.
Monday Meet-Ups 1:30 to 3:30 p.m.			Art Therapy 1:30 to 3:30 p.m.	Art Links 2 to 4 p.m. Montreal Museum of Fine Arts
23	24	25	26	27
Art Therapy 10 a.m. to 12 p.m.	Art Therapy 1:30 to 3:30 p.m.	Information and support group (English) 1:30 to 3:30 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m.	Art Therapy 10 a.m. to 12 p.m.
Monday Meet-Ups 1:30 to 3:30 p.m.			Art Therapy 1:30 to 3:30 p.m.	
30	31			
Art Therapy 10 a.m. to 12 p.m.	Art Therapy 1:30 to 3:30 p.m.			
Monday Meet-Ups 1:30 to 3:30 p.m.				



All activities take place at the Alzheimer Society of Montreal (4505 Notre-Dame Street West), unless otherwise indicated in colour. For information and to register: [514 369-0800](tel:514-369-0800) | info@alzheimermontreal.ca

NOVEMBER 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Information and support group (English) 1:30 to 3:30 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. Art Therapy 1:30 to 3:30 p.m. Information and support group (French) 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m.
6	7	8	9	10
Art Therapy 10 a.m. to 12 p.m. Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.	Information and support group (English) 1:30 to 3:30 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. Art Therapy 1:30 to 3:30 p.m. Information and support group (French) 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m. Tales and Travels 1 to 3 p.m. Westmount Library
13	14	15	16	17
Art Therapy 10 a.m. to 12 p.m. Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.	Information and support group (English) 1:30 to 3:30 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. Art Therapy 1:30 to 3:30 p.m. Information and support group (French) 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m. Tales and Travels 1 to 3 p.m. Westmount Library Art Links 2 to 4 p.m. Montreal Museum of Fine Arts
20	21	22	23	24
Art Therapy 10 a.m. to 12 p.m. Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.	Information and support group (English) 1:30 to 3:30 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. Art Therapy 1:30 to 3:30 p.m. Information and support group (French) 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m. Tales and Travels 1 to 3 p.m. Westmount Library
27	28	29	30	
Art Therapy 10 a.m. to 12 p.m. Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.	Information and support group (English) 1:30 to 3:30 p.m.	Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. Art Therapy 1:30 to 3:30 p.m. Information and support group (French) 1:30 to 3:30 p.m.	

SERVICES FOR PEOPLE LIVING WITH DEMENTIA

All activities take place at the Alzheimer Society of Montreal (4505 Notre-Dame Street West), unless otherwise indicated in colour. For information and to register: [514 369-0800](tel:5143690800) | info@alzheimermontreal.ca

DECEMBER 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				Art Therapy 10 a.m. to 12 p.m.
				Tales and Travels 1 to 3 p.m. Westmount Library
4	5	6	7	8
Art Therapy 10 a.m. to 12 p.m. Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.		Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. Art Therapy 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m. Tales and Travels 1 to 3 p.m. Westmount Library
11	12	13	14	15
Art Therapy 10 a.m. to 12 p.m. Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.		Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. Art Therapy 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m. Art Links 2 to 4 p.m. Montreal Museum of Fine Arts
18	19	20	21	22
Art Therapy 10 a.m. to 12 p.m. Monday Meet-Ups 1:30 to 3:30 p.m.	Art Therapy 1:30 to 3:30 p.m.		Thursday Meet-Ups 10:30 a.m. to 12:30 p.m. Art Therapy 1:30 to 3:30 p.m.	Art Therapy 10 a.m. to 12 p.m.
25	26	27	28	29
<i>OFFICE CLOSED</i>				



TRAINING FOR HEALTH CARE PROFESSIONALS

Learning to Care Better

In partnership with the Federation of Quebec Alzheimer Societies, the Alzheimer Society of Montreal is proud to offer training for caregivers and health care professionals.



30-HOUR	12-HOUR	9-HOUR
Caring for People with Alzheimer's Disease with Dignity and Professionalism.	Daily Care for People with Alzheimer's Disease.	Daily Care for People with Alzheimer's Disease (Responsive Behaviours - Advanced Training).
6-HOUR	15-HOUR	
Interacting with People Affected by Alzheimer's Disease.	A Training Program Specially Designed for Administrators.	

Trainings are available at a reduced rate for groups of 10 to 15 people with your choice of time and location. Details available at: 514 369-0800 | info@alzheimermontreal.ca

ALZHEIMER'S TRAINING

18-HOUR PROGRAM FOR RESPITE WORKERS

This **free three-day training** is intended for people who work at not-for-profit organizations that provide respite services to caregivers of people with Alzheimer's disease or other neurocognitive disorders.

6-HOUR PROGRAM

This **free training** is intended for volunteers and administrative staff of not-for-profit organizations that provide respite services to caregivers of people with Alzheimer's disease or other neurocognitive disorders.

FINANCÉ PAR

L'APPUJ POUR LES PROCHES AIDANTS D'AINÉS
MONTREAL

lappuimontreal.org

For more information, contact Teresa Anuza, Coordinator of Educational Services:
514 369-0800 | tanuza@alzheimermontreal.ca

WORKSHOPS FOR HEALTH CARE PROFESSIONALS

4-HOUR MODULES

UNDERSTANDING ALZHEIMER'S DISEASE AND RELATED DISORDERS

An examination of the fundamentals of Alzheimer's disease, utilizing a person-centred approach.

MEMORY'S FOOTPRINTS

An interactive training focusing on understanding the life experiences of the person affected by dementia.

COMMUNICATION IN ACTION

Examines changes in communication and introduces techniques and strategies to improve the quality of life of those affected by dementia.

DAILY LIVING WITH ALZHEIMER'S DISEASE – ROUTINES AND ACTIVITIES

Focuses on strategies and interventions to meet the specific needs of people living with dementia.

INTIMACY, SEXUALITY AND DEMENTIA

An in-depth examination of how the human need for intimacy, love and sexual expression may be affected by dementia.

Please note that there are prerequisites for this workshop.

For more information or to register for a training program, please contact Teresa Anuza, Coordinator — Educational Services:

514 369-0800, Ext. 1211
tanuza@alzheimermontreal.ca



PUBLIC CONFERENCES

*The Alzheimer Society of Montreal offers free conferences to groups of 15 people or more of not-for-profit organizations.**

Conferences last for approximately 1 hour, including a question period.

* A minimal fee is required from private organizations.



CONFERENCE 1 DEMYSTIFYING ALZHEIMER'S DISEASE AND RELATED DISORDERS

This conference includes: common questions about memory loss, Alzheimer's disease and other dementias, symptoms, diagnosis, the progression of the disease, risk factors, and prevention. The conference reassures people about the difference between normal aging and Alzheimer's disease.

CONFERENCE 2 AN INTRODUCTION TO ALZHEIMER'S DISEASE AND COMMUNICATION STRATEGIES

This conference includes: common questions about Alzheimer's disease and other dementias followed by an introduction to strategies for responding to changes in communication and behaviour.

CONFERENCE 3 VISITING SOMEONE WITH DEMENTIA – WHAT YOU SHOULD KNOW

This conference includes: a short overview of Alzheimer's disease and other dementias, as well as information about what to expect when visiting someone with Alzheimer's disease and practical ideas for spending time together.

CONFERENCE 4 CARING FOR THE CAREGIVER

This conference includes: a short overview of Alzheimer's disease and other dementias followed by a discussion about caregiving, ways to support the caregiver, and how to reduce some of the stress related to caregiving. Family and friends are encouraged to attend.

4505 Notre-Dame Street West, Montréal, Quebec H4C 1S3
514 369-0800 | www.alzheimer.ca/en/montreal | info@alzheimermontreal.ca

Alzheimer Society
MONTREAL

IN RECOGNITION OF WORLD ALZHEIMER'S DAY

THURSDAY SEPTEMBER 21 FROM 7 TO 9 P.M.



What everyone ought to know about diagnosing and treating Alzheimer's disease

Dr. Alain Robillard, M.D. FCRP (C)
Neurologist, adjunct professor, Maisonneuve-
Rosemont Hospital and co-director of the Memory
Clinic

Presentation in French, questions in French and English



'Musically Yours': Using Music in Caregiving!

Sandra Tickner-Broadhurst
Music Therapist and certified Relaxation Therapist,
specializing in geriatrics and psychogeriatrics, MA-MT,
BFA-VP.

Presentation in English, questions in French and English

For information and to register: 514-369-0800 | info@alzheimermontreal.ca
Free — Space is limited

Alzheimer Society
M O N T R E A L

4505 Notre-Dame Street West, Montréal