

Alzheimer *Society*

S I M C O E C O U N T Y

Programs & Services Guide

July—December 2017



Alzheimer Society

S I M C O E C O U N T Y

The Alzheimer Society of Simcoe County's vision & mission statements are as follows:

Vision: Persons living with Alzheimer's disease and other dementias live well and thrive in their community.

Mission: In collaboration with persons affected by Alzheimer's disease and other dementias, and care partners, we will provide the highest quality support, education and advocacy.

The staff and volunteers at the Alzheimer Society are committed to our vision and mission statements. Programs and services are offered for people living with dementia and their families by providing opportunities to:

- **Learn** more about the disease and living well
- **Connect** with others in similar situations
- **Engage** actively with the Alzheimer Society's efforts in the community

If you are unsure about which program would help, have a question or need support, please call us.

To contact the Alzheimer Society of Simcoe County:

IN PERSON:

20 Anne Street South Barrie Monday—Friday, 8:30 a.m.—4:30 p.m.

25 Museum Dr. Orillia Thursdays 1:00—4:30 p.m.

BY PHONE: 705-722-1066 or 1-800-265-5391

BY MAIL: P.O. Box 1414, Barrie ON L4M 5R4

BY EMAIL: simcoecounty@alzheimersociety.ca



www.alzheimer.ca/simcoecounty



[AlzheimerSocietySimcoeCounty](https://www.facebook.com/AlzheimerSocietySimcoeCounty)



[@AlzheimerSimcoe](https://twitter.com/AlzheimerSimcoe)

Charitable Number: 11921 2116 RR0001

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LEARN: Education for People Living with Dementia (early stage)

First Steps for People Living with Dementia

First Steps is an education series for people living with dementia. It provides an opportunity to learn and share with others who are in the early stages of dementia. Topics include:

- Understanding changes in the brain
- Brain health strategies and adapting activities to live well
- Planning for the future

Participants are invited to attend with a family member or friend. It is recommended that participants attend all sessions in the series.

<u>Barrie</u> Wednesday, August 2, 9, 16, & 23 1:00—3:00 p.m.	<u>Collingwood</u> Wednesday, October 4, 11, 18 & 25 10:00 a.m.—12:00 p.m.
<u>Orillia</u> Tuesday, October 3, 10, 17, & 24 10:00 a.m.—12:00 p.m.	<u>Barrie</u> Saturday, November 18 & 25 9:30 a.m. - 12:30 p.m.

Taking Control of Our Lives

Taking Control of Our Lives is an 8-week education program focused on empowering and supporting people living with dementia to develop and/or strengthen and put into practice the necessary knowledge, skills and attitudes to play an active role in living well with dementia.

Topics include:

- Memory strategies
- Finding meaning and purpose
- Adapting to change
- Communication
- Decision-making
- Building and keeping connections
- Emotional wellness
- Staying well

[Barrie](#)

Thursday, October 12, 19, 26, November 2, 9, 16, 23, 30
10 a.m.—12:00 p.m.

Participants are invited to attend with a family member or friend. It is recommended that participants attend all sessions in the series.

There is no fee to attend these programs; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Education for People Living with Dementia (early stage)

Driving Cessation (Pilot Program)

Learn more about why a driving cessation plan is an important part of your self management plan. This session is open to persons living with dementia and their care partners who are nearing the time when they must stop driving.

Topics discussed will include:

- risks associated with driving while living with dementia
- coping with the loss of a license
- options for transportation.

Collingwood

Wednesdays, September 20 & 27

10:00 a.m.— 12:00 p.m.

Please contact us for more information or to register.

“What’s Next?” - A Personal Perspective

Join us for a special evening of conversation, featuring Mary Beth Wighton, founding member of the Ontario Dementia Advisory Group (ODAG). Mary Beth, who was diagnosed with probable frontotemporal lobe dementia at the age of 45, and her partner, Dawn, will share with you their personal perspective, touching on topics such as:

- Challenges/issues related to decision making they face as a family
- Experiences working together as a community
- Role as advocate and why ODAG is so important in today’s society.



Orillia

Wednesday, October 25

6:30—8:30 p.m.

Senior Care Clinic, 25 Museum Drive

This seminar is free of charge, call 705 - 722-1066 to register.

There is no fee to attend these programs; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

First Link® Learning Series

The First Link Learning Series is a series of courses for family members and friends of a person living with dementia. Each course in the series builds upon the one before and addresses issues commonly faced by Care Partners at different stages of the disease. There is no fee to attend any of the First Link Learning Series; however, registration is required.

LEARN: Education for Care Partners (family & friends)

First Link® Learning Series: **Next Steps**

Understanding and supporting a person living with dementia

Now that your family member or friend has received a diagnosis or is in the process of getting a diagnosis of dementia, what are your Next Steps? This course provides you with an overview of dementia and community supports to help you understand what is happening and provide you with knowledge as you move forward. Topics covered in Next Steps include:

- An overview of dementia including early symptoms
- Understanding changes in the brain and resulting symptoms
- Enhancing communication
- Assessing and managing risk
- Planning for the future

<u>Barrie</u> Thursday, August 10 & 17 6:00—8:30 p.m.	<u>Orillia</u> Wednesday, November 1 & 8 6:00—8:30 p.m.
<u>Collingwood</u> Wednesday, September 20 & 27 1:00—3:30 p.m.	<u>Barrie</u> Tuesday, November 7 & 14 1:00—3:30 p.m.

There is no fee to attend Next Steps; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Education for Care Partners (family & friends)

First Link® Learning Series: Care Essentials

A focus on communication & behaviour

Care Essentials provides an opportunity to learn and share with others who are supporting a family member or friend who is living with dementia. Topics covered in Care Essentials address issues commonly faced by Care Partners supporting someone in the middle stages of dementia. They include:

- Communication: Strategies to enhance communication
- Behaviours: Understanding and responding to behaviours

<p><u>Elmvale</u> Thursday, September 14 & 21 1:00—3:30 p.m.</p>	<p><u>Midland</u> Friday, October 6 & 13 10:00 a.m.—12:30 p.m.</p>
<p><u>Barrie (weekend)</u> Saturday, September 30 9:30 a.m.—3:30 p.m.</p>	<p><u>Barrie</u> Thursday, November 2 & 9 1:00—3:30 p.m.</p>

First Link® Learning Series: Options for Care

Options for Care addresses care decisions such as community care options and placement to Long-term care. Options for Care is offered in two parts:

Part 1: Options for Care in the community

Part 2: Options for Care: Navigating the Long-term Care system

Participants may register for one or both parts of this course.

<p><u>Barrie</u> Part 1: Wednesday, September 6 Part 2: Wednesday, September 13 10:00 a.m.—12:00 p.m.</p>	<p><u>Midland</u> Part 1: Friday, October 20 Part 2: Friday, October 27 10:00 a.m.—12:00 p.m.</p>
<p><u>Orillia</u> Part 1: Thursday, November 23 Part 2: Thursday, November 30 1:30—3:30 p.m.</p>	

There is no fee to attend these workshops; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Additional Workshops For Care Partners

Ambiguous Loss & Grief in Dementia

Ambiguous Loss & Grief in Dementia is a workshop for families and friends of a person living with dementia. There are many losses on the dementia journey long before death occurs. Join the Alzheimer Society, and Hospice Georgian Triangle as we help you work through the grieving process. There is no cost to attend this workshop.

Collingwood

Wednesday, November 15

10:00 a.m.—2:30 p.m.

Cost: Free

Lunch not provided

“The word ‘ambiguous’ helped me understand what was going on. I’m still married to my wife. I love her, but I don’t live with her. I’ve always been crazy about her and still am. She’s looked after, but it’s a huge loss for me. The ambiguity is exactly how I feel.”

- A male caregiver in Toronto

LEARN: Education for Children

Remember Me

Remember Me is a program for children aged 8 - 12 to learn more about dementia. This program will help children understand changes they see in a family member and provide them with ways to connect. Remember Me takes place at Grove Park Home and includes intergenerational activities with Grove Park Senior Encounter.

Friday, November 17th, 2017

(PA Day)

9:00 a.m.—3:30 p.m.



Fun & Games at Remember Me
June 2016

\$10 fee includes lunch & snacks. Pre-registration is required.

Deadline for registration is one week prior to event date.

For more information about these workshops or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Education for Professionals

U-First! Training

The Alzheimer Society of Simcoe County and our local Psychogeriatric Resource Consultants will be holding U-First Training (for all health care providers, particularly unregistered staff).

Penetanguishene

Friday, September 22
9:00 a.m.—4:00 p.m.

Orillia

Friday, November 24
9:00 a.m.—4:00 p.m.

Cost is \$60. To register for these programs visit: www.u-first.ca

P.I.E.C.E.S. Training

P.I.E.C.E.S. training sessions target registered health professionals. To find dates and locations of upcoming sessions, please visit www.pieceslearning.com

North Simcoe Muskoka Dementia Network 7th Annual Dementia Conference

Everyday Ethics in Dementia Care

A Framework for Practice



Ann Munro Heesters
Director of Bioethics
University Health Network



Dr. Kevin Young
Geriatric & Internal Medicine



Dr. Amanda Gardhouse
Geriatric Medicine

Thursday, October 26

8:30 a.m.—4:00 p.m.

Hawk Ridge Golf Club, Orillia

Early Bird: \$70; Regular Rate: \$85

Registration is open in August. Call 705-722-1066 to register and to be placed on the North Simcoe Muskoka Dementia Network's email list.

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Education for the Public



Heads Up for Healthier Brains!

Register for this 4-week Brain Health series to learn how to keep your brain healthy and reduce the risk of dementia. The series will provide information and practical strategies to improve the health of your brain. Heads Up for Healthier Brains includes information about dementia vs. normal aging, provides memory strategies, and looks at the importance of proper nutrition, exercise, stress management and social engagement for reducing the risk of dementia.

**Heads
Up
for
Healthier
Brains**



<p><u>Barrie</u> Wednesdays, September 6, 13, 20 & 27 6:00—8:00 p.m. Amica at Barrie, 70 Lakeside Terrace</p>	<p><u>Midland</u> Fridays, October 6, 13, 20 & 27 1:30—3:30 p.m. Askennonnia Senior Centre, 527 Len Self Blvd</p>
<p><u>Orillia</u> Tuesdays, October 3, 10, 17 & 24 1:00—3:00 p.m. Seniors Care Centre, 25 Museum Drive</p>	<p><u>Angus</u> Wednesdays, November 1, 8, 15 & 22 10:00 a.m.—12:00 p.m. Essa Public Library, 8505 County Rd. 10 #1</p>
<p><u>Collingwood</u> Wednesdays, October 4, 11, 18 & 25 1:30—3:30 p.m. Raglan Village, 89 Raglan St.</p>	<p><u>Barrie</u> Mondays, November 6, 13, 20 & 27 1:00—3:00 p.m. Barrie Public Library, 48 Dean Ave.</p>

**REGISTRATION
REQUIRED**

There is no fee to attend this series; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times or to cancel presentations. Check our website for most up to date information: www.alzheimer.ca/simcoecounty or call 705-722-1066 or 1-800-265-5391 to confirm.

LEARN: Education for Everyone

Online Learning

The Alzheimer Society of Toronto (AST) offers online E-Learning Modules, Live Webinars and Healthcare professional training programs. Most programs are free (excluding health care professional training), you just need to create an account (no charge) which will allow you to participate.

E-learning Modules:

- Dementia 101: Basics
- Dementia 102: Communication
- Dementia 103: Behaviour
- Finding Your Way: Living Safely in the Community

Live Webinars (include but are not limited to):

- Long Distance Caregiver
- Adjusting to Long Term Care
- Celebrating Special Occasions

Healthcare Professional Training:

- Online Dementia Care Training Program (ODCTP)
- U-First!® Online

Booking Education Sessions

The Alzheimer Society of Simcoe County Education Coordinators and Speakers' Bureau volunteers are available to provide education on dementia-related topics to the public, professionals, volunteers, families and more. If you are interested in booking education for your group, please contact:

Dana Bessette, Education Coordinator

Tel: 705-722-1066 ext. 225

dbessette@alzheimersociety.ca

CONNECT: Support Groups for Family & Friends

Support groups connect family and friends caring for a person living with Alzheimer's disease or other dementia. Groups provide education and coping strategies in a safe place, while sharing challenges and successes. You do not need to register for support groups.

Alliston

St. John's United Church
56 Victoria Street East
10:00 a.m. - 12:00 p.m.

Mondays:

- July 17
- August 21
- September 18
- October 16
- November 20
- December 18

Bradford

CHATS
448 Holland St. W.
10:00 a.m. - 12:00 p.m.

Tuesdays:

- July 18
- August 15
- September 19
- October 17
- November 21
- December 19

Stroud

The Spoke Club House
15 Main St., Sandy Cove Acres N.
1:00 - 3:00 p.m.

Thursdays:

- July 20
- August 17
- September 21
- October 19
- November 16
- December 21

Barrie - Daytime

AT CAPACITY—please call

20 Anne Street South
9:30 - 11:30 a.m.

Tuesdays:

- July 18
- August 15
- September 19
- October 17
- November 21
- December 19

Barrie - Evening

Waterford Retirement
132 Edgehill Drive
7:00 - 9:00 p.m.

Tuesdays:

- July 18
- August 15
- September 19
- October 17
- November 21
- December 19

Collingwood

VON Adult Day Program
49 Raglan Street
1:30 - 3:00 p.m.

Wednesdays:

- July 26
- August 23
- September 27
- October 25
- November 22
- December 20

Orillia - Daytime—

AT CAPACITY—please call

Leacock Care Centre
25 Museum Drive
1:00 - 3:00 p.m.

Wednesdays:

- July 5
- August 2
- September 6
- October 4
- November 1
- December 6

Orillia - Evening

Senior Care Centre
25 Museum Drive
7:00 - 9:00 p.m.

Thursdays:

- July 20
- August 17
- September 21
- October 19
- November 16
- December 21

Midland/Penetang

Bayfield House Retirement Lodge
5 Beck Boulevard, Penetang
7:00 - 9:00 p.m.

Mondays:

- July 31
- August 28
- September 30
- October 30
- November 27
- No December meeting

CONNECT: Social Opportunities for People Living with Dementia and Care Partners

Social opportunities provide an informal setting to meet others living with dementia or those who are supporting someone with dementia. For people living with dementia, this is an opportunity to socialize in a non-judgmental environment.

Orillia Social Luncheon

The Orillia Social Luncheon is open to people living with dementia and people supporting a person living with dementia. The group meets monthly at various restaurants in the city.

July 17 1:00 pm	Couchiching Golf & Country Club, 370 Peter St. N.
August 21 1:00 pm	Flipping Eggs, 598 Atherly Rd.
September 18 1:00 pm	Kelsey's, 405 Memorial Ave.
October 16 1:00 pm	Theo's Eatery, 214 Memorial Ave.
November 20 1:00 pm	Gung Ho, 438 West St. N.
December 11 1:00 pm	Swiss Chalet, 390 Memorial Ave.

For more information or to reserve your spot, please call Susan at 705-329-0909 or email snagy@alzheimersociety.ca

Barrie Coffee Social

The Barrie Coffee Social meets monthly at the Golden Griddle in the Kozlov Mall. In you are interested in attending the Barrie Coffee Social, please call Heidi at 705-722-1066.



Minds in Motion—new program alert!

We are pleased to have received funding from the Ontario Trillium Foundation to run the Minds in Motion program! This is an 8-week program designed for persons living with dementia and care partners and it combines physical, cognitive and social elements. Sessions will begin in the fall and will roll out throughout the county over the next 3 years. If you are interested in more information, please contact our office 705-722-1066. Upcoming session dates and times will be listed on our website www.alzheimer.ca/simcoecounty and as well as through our monthly e-newsletter. Stay tuned!

ENGAGE: GET INVOLVED with Alzheimer Society Events!

The Alzheimer Society of Simcoe County provides **help for today** for persons with dementia, and their care partners, by offering education and support programs, and **hope for tomorrow** by funding biomedical and caregiving research. It is through the generosity of people like you that we are able to provide vital support services and education to the community. Here are some of the ways you can support our Society and the programs and services we provide.

Walk for Alzheimer's

The Walk for Alzheimer's is the Alzheimer Society's largest fundraising event. The Walk for Alzheimer's is a great opportunity for individuals to spend meaningful time with family and friends, while helping to raise funds and awareness in the community about an issue that has impacted them directly. For more information regarding the Walk for Alzheimer's visit www.walkforalzheimers.ca or contact Josie Figliuzzi- Events Coordinator at jfigliuzzi@alzheimersociety.ca



Tag Days



The annual Tag Day Campaign raises funds for local programs and services provided to individuals living with Alzheimer's disease and other dementias, and their care partners, within Simcoe County. Volunteers collect donations outside approved local businesses in one or more 2 hour shifts. For more information on Tag Days visit our website at <http://www.alzheimer.ca/en/simcoecounty/Get-involved/Volunteer/Types-of-volunteering/Fundraising/Tag-Days>

Coffee Break

Coffee Break® is the Alzheimer Society's nationwide annual fundraiser where people gather in communities and make a donation in exchange for a cup of coffee. It's a fun, easy and rewarding way to bring people together to help raise much needed funds for people in our community living with Alzheimer's disease and other dementias.

For more information, or to register to host a Coffee Break® visit www.coffeebreaksimcoe.com



Engage: VOLUNTEER with the Alzheimer Society of Simcoe County

Support for the work of the Alzheimer Society can take many forms. Volunteering is one of the ways that you can get involved whether you want to give back to your community, aspire to develop new skills, or expand your social network.

Volunteers are an integral part of the Alzheimer Society of Simcoe County and make a difference in Support Services, Fundraising, Education and Administration. To learn about the variety of volunteer opportunities in those areas, go to www.alzheimer.ca/en/simcoecounty/Get-involved. If you have just a bit of time or want to get involved on a regular basis, there are a number of ways you can help.

To become a volunteer, contact Marguerite Glanfield, Volunteer Resources Coordinator at 705-722-1066 ext. 230 or mglanfield@alzheimersociety.ca.



ENGAGE: Other Ways to Support the Alzheimer Society of Simcoe County

Want to host your own event?

Whether it's a birthday party, a cycling trip, a garage sale or marathon, you can raise funds your way to support the Alzheimer Society of Simcoe County or the Alzheimer Society Research Program.

Memory Makers *for Alzheimer's*
Supporting Alzheimer Societies across Ontario

Visit <http://www.memorymakersforalzheimers.ca/> to find ideas, tips and helpful suggestions to make it fun and rewarding for you and your friends.

Staff Listing

Staff E-mail & Phone Extensions

The following staff are based in the Barrie Office—705-722-1066 (1-800-265-5391)

Kristin Flood	Administrative Assistant	Ext. 221	Simcoecounty@alzheimersociety.ca
Debbie Islam	Chief Executive Officer	Ext. 222	dislam@alzheimersociety.ca
Taryl Bougie	Minds in Motion Coordinator	Ext. 223	tbougie@alzheimersociety.ca
Laura-Lynn Bourassa	Manager of Education & Support Programs	Ext. 224	lbourassa@alzheimersociety.ca
Dana Bessette	Education Coordinator	Ext. 225	dbessette@alzheimersociety.ca
Michelle Menecola	Family Support Coordinator/ Education Coordinator	Ext. 226	mmenecola@alzheimersociety.ca
Heidi Haupt	Family Support Coordinator	Ext. 227	hhaupt@alzheimersociety.ca
Josie Figliuzzi	Events Coordinator	Ext. 228	jfigliuzzi@alzheimersociety.ca
Marguerite Glanfield	Volunteer Resources Coordinator	Ext. 230	mglanfield@alzheimersociety.ca

The following staff are based in Orillia and can be reached by calling 705-329-0909

Susan Nagy	Family Support Coordinator	Ext. 1	snagy@alzheimersociety.ca
Erika Rice	Education Coordinator	Ext. 2	erice@alzheimersociety.ca

North Simcoe Muskoka Behavioural Support Systems (BSS) Mobile Support Team General Inquiries for BSS: 705-310-2222

Emily King	Community Worker Behavioural Support System Mobile Team	eking@nsmbss.ca
Jenny Keresztesi	Occupational Therapist Behavioural Support System Mobile Team	jkeresztesi@nsmbss.ca
Stephanie Saunders	Social Worker Behavioural Support System Mobile Team	ssaunders@nsmbss.ca