

Commonly Asked Questions

What is Alzheimer Society Peel?

- Alzheimer Society Peel was incorporated in 1983 as a charitable non-profit Society. Since that time, our Chapter has diligently worked to support families and individuals affected by Alzheimer's disease and related dementias. Alzheimer Society Peel serves the Region of Peel through our offices in Brampton and Mississauga. We promote public and professional awareness of Alzheimer's disease and related dementias and offer a variety of programs and services. All services and programs operate either free of charge or for a nominal fee. You do not need a diagnosis or a referral to access our services.
- Alzheimer Society Peel works with all service providers and levels of government to ensure that optimum health and social services are provided for persons with Alzheimer's disease and related dementias and their families in the Region of Peel.
- This past year we served 41,557 individuals, and that number is projected to rise to almost 50,000 individuals this year.

What are some fundraising events other than Coffee Break® that Alzheimer Society Peel offers throughout the year?

- A Walk/Run for Alzheimer's, Charity Golf Tournament, Charity Gala, and a Bowlathon are just a few examples of events that we encourage people to participate in throughout the year.

What are Alzheimer's disease and dementia?

- Alzheimer's and dementia are not (contrary to popular thought) mental health issues, but **neurobiological brain disorders**. They are progressive, which means their symptoms will gradually get worse as more brain cells become damaged and eventually die.
- Dementia is an overall term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, problem-solving or language, severe enough to reduce a person's ability to perform everyday activities. A person with dementia may also experience changes in mood or behaviour. Dementia is not a specific disease. Many diseases can cause dementia, the most common being Alzheimer's disease and vascular dementia (due to strokes). Some of the other causes of dementia include Lewy Body disease, head trauma, fronto-temporal dementia, Creutzfeldt-Jakob disease, Parkinson's disease, and Huntington's disease. These conditions can have similar and overlapping symptoms.
- Alzheimer's disease is the most common form of dementia. It is irreversible and destroys brain cells, causing thinking ability and memory to deteriorate. **Alzheimer's disease is not a normal part of aging.**

What is Coffee Break®?

- It is a fundraising event where organisations, community groups, places of business, etc. host individual “Coffee Breaks”. Each host makes the event their own, but generally they serve provided coffee to their community in exchange for donations to Alzheimer Society Peel.

How can I stay informed on what is happening with Alzheimer Society Peel and how can I spread the word about Alzheimer’s disease and related dementias?

- Visit our website: alzheimer.ca/en/peel
- Follow us on Twitter: twitter.com/alzpeel
- Like us on Facebook
- Subscribe to our newsletter

How can I get more information about Coffee Break®?

- Check out our webpage: alzheimer.ca/en/peel/Get-involved/Special%20events/Coffee%20Break
- Contact us at: coffeebreak@alzheimerpeel.com

What does it cost to host a Coffee Break®?

- Nothing! We even provide the supplies, posters and informational material to you.
- That being said, Coffee Breaks® are generally more successful when the hosts add their own flair to the event. Bake sales, raffles and open mics are all options, but are strictly up to the individual hosts.