

## About Alzheimer's Disease & Dementia

Alzheimer's disease is a progressive, degenerative, brain disease that impairs thinking and memory. Alzheimer's disease is the most common form of dementia.

Today, over half a million Canadians have Alzheimer's disease or other dementias, with a new individual being diagnosed every five minutes.

Without a change, in the next 15 years, it is expected that the number of people with dementia will increase by 66%.

## THANK YOU!

To all of our Coffee Break hosts and participants, we want to say thank you. Thank you for your support and generosity.

Each year, the proceeds from the Coffee Break campaign help Alzheimer Society to continue to provide our services, programs, support groups, education, counselling and much, much more, to over 14,000 individuals and their families in Waterloo Wellington living with dementia.

As requests for our services and programs continue to grow in our community, your support of our Society cannot be underestimated. You really are making a difference!

# Alzheimer Society

WATERLOO WELLINGTON

1145 Concession Road , Cambridge, ON N3H 4L5  
207-255 Woodlawn Road West, Guelph, ON N1H 8J1  
831 Frederick Street, Kitchener, ON N2B 2B4  
Phone: 519-742-1422  
coffeebreak@alzheimerww.ca  
[www.alzheimerww.ca](http://www.alzheimerww.ca)

Tim Hortons

COFFEE BREAK<sup>®</sup>  
Alzheimer Society

## 5 Easy Steps for hosting a COFFEE BREAK<sup>®</sup>

### 1 Choose your event

- Choose an event that works for your organization—such as selling coffee or baked goods or a dress down day
- Check the contents of your Coffee Break<sup>®</sup> kit to ensure that you have everything you need

### 2 Choose a time and a date

- Secure a location and set a time for you event
- We will help you by providing materials and supplies in your Coffee Break<sup>®</sup> kit

### 3 Put up our posters

- Use the promotional materials we have provided or create your own to promote the event
- Promote your event through e-mails, newsletters, etc.

### 4 Host your event

- Encourage your guests to enjoy your Coffee Break<sup>®</sup> event and make a donation to the Alzheimer Society

### 5 Set out the donation boxes

- Donation boxes and sheets for tax receipts (for donations over \$20.00) are part of your host kit

**After Your Coffee Break<sup>®</sup> Event:** Please complete the enclosed "Host Questionnaire" and return your donations to the Society. You can return them in cheque form by mail, or contact 519-742-1422 or e-mail [coffeebreak@alzheimerww.ca](mailto:coffeebreak@alzheimerww.ca)

# How Your Donations Are Being Used

Your donations support the local programs and services of the Alzheimer Society. Donations of all sizes enable us to provide these programs and services at no cost to our clients. Below are some examples of services we offer.

## Learning and Support Series

A dialogue-based learning and support series for care partners to connect with one another, to enhance their knowledge of dementia and to develop practical strategies for supporting a person living with dementia. This series provides participants the opportunity to share their experiences and to build networks of support with other care partners in their community.

## Music Project

The Music Project offers a free loan of an iPod package and personalized music to persons living with dementia to help improve their quality of life.

An iPod package include: an iPod shuffle, ear headphones, a personalized music playlist and on-going technical support from Alzheimer Society staff and volunteers.

## Volunteer Companion Program

A one-on-one friendly visiting program where volunteers are matched with a person with the disease and visit once a week, providing socialization and meaningful activity. These visits also provide an opportunity for the care partner to do things they need to do or enjoy free time.

## Reference Books

Our lending library is open to all residents of Waterloo Region and Wellington County.

## Creative Ideas

### Pot-Luck

Arrange for guests to each bring a food dish and enjoy!

### Movie Night

Gather a group, set out a donation box and hold a classic movie night with popcorn, drinks and snacks.

### Sporting Event

Collect donations while having some fun! Host a sports game.

## COFFEE BREAK®

*At your place of work..*

### Decorating Competition

- Get creative and host a door/office decorating competition. Have participants donate to vote for their favorites.

### Dress Down Days

- Have participating employees dress casually for a day or even choose a theme.

### Pancake Breakfast

- Pancakes anyone? Serve a pancake breakfast along with coffee and other morning treats.

### Lunch-hour Speaker

- Invite a speaker for a short talk. Serve coffee and snacks!

## COFFEE BREAK®

*At your place of worship..*

### Host a BBQ

- Arrange a BBQ for all to enjoy while collecting donations for the Alzheimer Society.

### After Service Coffee

- Serve coffee after a church service. Set out donation boxes and enjoy!

### Bake/Craft Sale

- Plan a bake or craft sale with proceeds going towards the Alzheimer Society.