

Fall 2017 & Winter 2018 Program Guide

Programs for people living with dementia and their care partners



Alzheimer *Society*

WATERLOO WELLINGTON

Alzheimer Society

WATERLOO WELLINGTON

Dear Friends,

Alzheimer Society Waterloo Wellington (ASWW) is so proud to be able to partner with people living with dementia, their care partners and our community. It really does take a collective effort to support people to “Live Their Best Day”. ASWW is honoured to provide client centred, high quality responsive programming, grounded in best practice approaches including education, Social Work support and social/therapeutic opportunities. We are grateful to our donors, sponsors, many community partners, staff and volunteers as through their generosity we can support our community.

Over this past year, ASWW has embraced a new philosophy of continuous quality improvement, including consistent program evaluation, utilizing best practice approaches and making responsive changes along the way. This has led to many quality improvements and changes to the way that we offer our programming. We asked for your opinions and we are listening. We are adding, removing and changing our programming to reflect your feedback.

You have told us you like the new format of our Learning and Support Series and have offered invaluable suggestions on how to improve it further. We have updated content and encourage you to attend this valuable learning opportunity.

We have changed how we offer “Ambiguous Loss” education and will now be providing “Coping with Stress and Grief in Dementia”. Feedback from participants has been extraordinary and caregivers are strongly encouraged to attend. We have been told “it was life changing for me and helped me truly accept my situation.”

In January 2017, ASWW launched Ontario Telemedicine Network (OTN) support groups and feedback has been extremely positive with participation growing. In utilizing this innovative approach to support group offerings, care partners report feeling connected to their peers, feel empowered with helpful knowledge and find these support groups easier to access. We have expanded this valuable programming to now include Palmerston, Mount Forest, Cambridge, Guelph, Ayr, Elmira, Fergus and Erin. ASWW will continue to also offer monthly traditional support group models in Guelph, Kitchener and New Hamburg.

“Dementia 101” has been redesigned to be more inclusive so that everyone including people with dementia, their care partners, loved ones and members of the community can all learn about dementia. This valuable session, renamed Overview of Dementia, gives people introductory knowledge and most choose to further their education by participating in other courses offered by ASWW. Knowledge is power and truly helps people to “Live Their Best Day”.

ASWW will continue to operate in a continuous quality improvement culture, working side by side with clients and community partners. Thank you for participating in ongoing program evaluations and thank you for completing your surveys. Providing the most client centred care possible is our priority and we look forward to continuing this journey together.

We look forward to seeing you.

Warm regards,

*Michelle Martin, Executive Director
and the Alzheimer Society Waterloo Wellington Team*

Contents

Social and Recreational Programs

Music Project	6
Intergenerational Choir	6
Minds in Motion®	7
Dementia Friendly Program in the Community	8
Peer Connections Group	8
Meet Me at the Gallery.....	9

Education for People with Dementia

Overview of Dementia	10
Taking Control of our Lives	11
Dementia: The Elephant in the Room	11

Education for Care Partners

Learning and Support Series	12
Caregiver Event: How to Access Services	12
Series on Other Dementias.....	13
Tax Issues and Dementia	13

Groups for Care Partners

Coping with Stress and Grief Group	14
Caregiver Support Group	14
CARERS Group	15
OTN Caregiver Support Group	15

Education for Professionals

Training and Education	16
Dementia Friendly Communities	16

Getting Involved

What is Dementia?	4
Our Services	5
Living Safely in the Community	5
Research Portal	11
Coffee Break ®.....	16
Volunteering.....	17
How Does Your Donation Help	18
Planned Giving.....	20

What is Dementia?

Dementia is an umbrella term for a set of symptoms that are caused by disorders affecting the brain. These include Alzheimer's disease, vascular dementia, Lewy Body disease, fronto-temporal dementia, and others. Symptoms may include memory loss and difficulties with thinking, problem-solving or language, that affect a person's ability to perform everyday activities. A person with dementia may also experience changes in mood or behaviour. Dementia is progressive, which means the symptoms will gradually increase as more brain cells are affected.

A small percentage of dementias are reversible and potentially treatable such as medication reactions, dietary deficiencies, infections, hormonal dysfunction, and depression. It is very important to arrange for a full medical assessment if you note changes or symptoms.

Mild Cognitive Impairment (MCI)

People with MCI have problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. These changes may be noticeable and measured in tests, but they are not serious enough to interfere with daily life and independence.

Young onset dementia (YOD)

Approximately 16,000 Canadians under the age of 65 are living with a form of dementia, which presents unique challenges for people in their 40's and 50's.

Alzheimer's disease (AD)

AD affects brain cells and how they function, is irreversible and is progressive. AD eventually affects all aspects of a person's brain and their life: how they think, feel, and act. Each person is affected differently, and it can be difficult to know how symptoms will appear or the speed of their progression. A person may experience changes in cognitive and functional abilities, emotions, moods, behaviour, and physical abilities as the disease progresses.

Vascular dementia (VaD)

VaD, also called multi-infarct dementia, occurs when the cells in the brain are deprived of oxygen. A network of blood vessels called the vascular system supplies the brain with oxygen. If there is a blockage in the vascular system, or if it is diseased, blood is prevented from reaching the brain. A common cause of VaD is a stroke.

Frontotemporal dementia (FTD)

FTD is an umbrella term for a group of rare disorders that primarily affect the frontal and temporal lobes of the brain – the areas generally associated with personality and behaviour. With this form of dementia, a person may have symptoms such as sudden onset of memory loss, behaviour changes, or difficulties with speech and movement. FTD tends to occur at a younger age than AD, and the average length of the disease can vary.

Lewy body dementia (LBD)

LBD is a form of dementia that affects the areas of the brain responsible for thinking and movement. A progressive loss of memory, language, reasoning and other abilities such as calculating numbers is common. Visual hallucinations are common and can be worse during times of increased confusion. Some features of LBD can also resemble those in Parkinson's disease. These include rigidity, tremors, stooped posture, and slow/shuffling movements.

Mixed Dementia (MD)

This is a term to describe when a person is experiencing more than one type of dementia at a time.

Our Services

We offer a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

Information & Education

We are committed to offering education to people living with dementia and their care partners. Education is also available to professionals and the general public.

Individual & Family Support

Connect with a social worker through in-person, phone, or video appointments to receive help working through individual situations and accessing support services.

Group Meetings

Join our various support and social groups to connect with peers, gain knowledge and strategies to manage challenges, and to develop a social network of support.

Social Worker On-Duty

A member of our social work team is available during business hours to provide support and answer questions.

Living Safely in the Community



Learn more about how to live safely, while being active, in your community. The Finding Your Way program provides information about why people with dementia get lost or go missing, how the risk of missing incidents can be reduced, and what to do if someone does go missing.

www.findingyourwayontario.ca



The MedicAlert® Safely Home® program is an effective way to identify the person who is lost and bring the family back together.

www.medicalert.ca/safelyhome

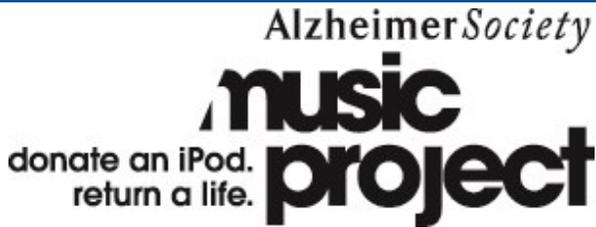
How You Can Help!

Did you know that you can run an event for us? Yes, you! It's easy to do – just plan a fundraising event that you would like to host, it can be anything: a BBQ, Paint Nite, Yoga Class, anything at all. We can give you materials about us and a donation box, and you get to have all the fun!

To learn more about ways to give, please call 519-742-1422 or visit <http://www.alzheimer.ca/en/ww/Get-involved/Giving>

Social & Recreational Programs

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.

The iPod package includes: an iPod shuffle, headphones, a personalized music playlist and on-going technical support.

If you or somebody you know would benefit from an iPod, please call 519-742-1422 or fill out an online registration form at www.musicproject.ca/register.

We're always accepting donations of iPods, iTunes gift cards and used CDs!

Donations can be made online, in person or via mail.

For more information visit:

www.alzheimerww.ca/MusicProject

Intergenerational Choir



Have you heard about The Circle of Music? Circle of Music is a choir for those living with dementia, their care partners and students from regional high schools.

We invite both clients and care partners to join us in this intergenerational choir! It's an opportunity to sing, connect with others and with the students. You will be linked to a student from Cameron Heights Collegiate who is excited to both make music and to get to know you.

This musical circle is created for enjoyment and support. It's your enthusiasm that matters most. No previous music or singing experience required. All words and music will be supplied and there will be a time to get to know each other after we sing each week.

Sessions begin Thursday October 5th. The choir is hosted in downtown Kitchener and meets at 3pm on Thursdays. Free parking is available onsite.

For more details and to register, please contact Sasha Judelson at 519-342-4764
circleofmusickw@gmail.com

Social & Recreational Programs

Minds in Motion®

Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners.

The 2-hour program runs once a week, for 8 weeks and offers:

- Gentle and easy to follow physical activities led by a certified fitness instructor.
- Fun social activities focused on building personal skills.



\$60 fee per couple applies.

Pre-registration is required through the Alzheimer Society.

****Registration for Fall 2017 opens on August 15th**

****Registration for Winter 2018 opens on November 1st**

Fall 2017	Mondays; 1 - 3pm September 25 - November 20 <i>(no session October 9)</i>	Stork YMCA 500 Fischer Hallman Rd, Waterloo
		<i>To register, call 519-742-1422 or visit</i> https://mimwaterloo2017.eventbrite.ca
	Wednesdays; 1 - 3pm September 20 - November 8	Evergreen Seniors Centre 683 Woolwich Street, Guelph
		<i>To register, call 519-836-7672 or visit</i> https://mimguelph2017.eventbrite.ca
Winter 2018	Mondays; 1 - 3pm January 22 - March 19 <i>(no session February 19)</i>	Stork YMCA 500 Fischer Hallman Rd, Waterloo
		<i>To register, call 519-742-1422 or visit</i> https://mimwaterloo2018.eventbrite.ca
	Wednesdays; 1 - 3pm January 17 - March 7	W.G. Johnson Centre Ted Wake Lounge 31 Kribs Street, Cambridge
		<i>To register, call 519-742-1422 or visit</i> https://mimcambridge2018.eventbrite.ca

Social & Recreational Programs

Dementia Friendly Programs in the Community

Memory Boosters

The Memory Boosters peer-led social group aims to provide a warm and supportive place for people with dementia and their care partners to socialize, relax, and have fun together. In addition, they share useful information, such as details about educational seminars, adult day programs, and services that are designed to make living with dementia a little easier.

Fall 2017/
Winter 2018

Tuesdays; 1:30 - 4pm
Meetings occur twice a month

Group meets in **Kitchener**.
Please contact 519-742-1422 or
MemoryBoostersInfo@gmail.com
for more information.

A Circle of Friends - A Time for Us

A Circle of Friends - A Time for Us is a peer-led social group for persons with dementia and their caregiver/companions, whose aim is to provide a relaxing time. They are not professionals, simply volunteers who believe that social needs are important in living well with dementia. Activities will strive to engage members in a comfortable enjoyable and social way and may include outings to various locations of interest.

Fall 2017/
Winter 2018

Tuesdays; 10am - 12pm
Meetings occur twice a month

Group meets in **Guelph**.
Please contact 519-836-7672 or
acircleoffriendsgw@gmail.com
for more information.

Peer Connections Group



A peer group for care partners of people with dementia offered by the City of Kitchener in partnership with the Alzheimer Society Waterloo Wellington. Care partners are invited to bring their family member living with dementia to participate in a separate group that will be run simultaneously. Meetings are held bi-weekly.

*For more information or to register,
contact Julie Laderoute at 519-741-2200 x 5346 or
julie.laderoute@kitchener.ca*

Fall 2017/
Winter 2018

Mondays; 10:30am - 12pm
Session One: September 18 - December 11
Session Two: January 29 - May 7

Rockway Centre
1405 King Street E.,
Kitchener

Social & Recreational Programs

Meet Me at the Gallery

Meet Me at the Gallery is a four-week program designed for people living with dementia and their care partners to come together to stimulate their senses and mind through art experiences. Over the four weeks, participants will have the opportunity to engage in lively conversation and hands-on art making activities, such as drawing, painting, and fabric arts. These workshops are designed to build self-esteem, enhance quality of life in a supportive and enriched environment, and build a sense of community. The workshops are facilitated by a professional Artist Educator from the Kitchener-Waterloo Art Gallery and supported by Alzheimer Society staff and volunteers.

**KITCHENER-WATERLOO
ART GALLERY**



Funded by the Government of Ontario

*\$20 fee per person applies
Pre-registration is required through the
Alzheimer Society by calling 519-742-1422*

Thursdays; 10 - 11:30am October 5 - 26	Kitchener-Waterloo Art Gallery 101 Queen Street N, Kitchener	https://meetmeatthegallery-kw.eventbrite.ca
Fridays; 10 - 11:30am October 6 - 27	Cambridge Centre for the Arts 60 Dickson Street, Cambridge	https://meetmeatthegallery-cam.eventbrite.ca
Thursdays; 10 - 11:30am November 2 - 23	Art Gallery of Guelph 358 Gordon Street, Guelph	https://meetmeatthegallery-gue.eventbrite.ca
Fridays; 10 - 11:30am November 3 - 24	Elora Centre for the Arts 75 Melville Street, Elora	https://meetmeatthegallery-elo.eventbrite.ca



FWF
FASHION WITH FLARE

**NOVEMBER 2ND, 2017
@ THE TANNERY
151 CHARLES STEET W. KITCHENER
DOORS OPEN @ 6:30PM
\$75 PER PERSON
TAX RECEIPT AVAILABLE**

**CONTACT SARA TO RESERVE
YOUR TICKETS TODAY
519-742-1422
SARA@ALZHEIMERWW.CA**

**DONATE A DESIGNER HAND BAG/PURSE ON BEHALF OF YOUR LOVED ONE TO AUCTION AT OUR
FUNDRAISER FOR \$250 AND HAVE YOUR DONATION MATCHED BY LOCAL RETAILERS!
CONTACT SARA@ALZHEIMERWW.CA OR JOY @ALZHEIMERWW.CA**

Education for People with Dementia

Education Series

Overview of Dementia

For people living with Alzheimer's disease and other dementias, and care partners; also open to general public if requested.

Please join us for this session which will cover: learning about dementia; adapting to changes in the brain; and living well with dementia. Persons with dementia may attend with or without a care partner, just as care partners may attend with or without a person living with dementia.

No charge for registration—donations appreciated
Pre-registration is required, please contact the Alzheimer Society by calling 519-742-1422
****Registration for Winter 2018 opens November 1st**

Fall 2017	Monday September 18 10am - 12pm	Alzheimer Society—Kitchener Office 831 Frederick Street, Kitchener
	Friday October 13 10am - 12pm	Victoria Park Senior Centre 150 Albert Street, Fergus
	Tuesday November 28 1pm - 3pm	Alzheimer Society—Cambridge Office 1145 Concession Road, Cambridge
	Tuesday December 5 10am - 12pm	Alzheimer Society—Guelph Office 69 Huron Street, Guelph
Winter 2018	Tuesday January 23 1pm - 3pm	Alzheimer Society—Kitchener Office 831 Frederick Street, Kitchener
	Friday February 9 1pm - 3pm	Wilmot Recreation Complex – Active Living Centre 1291 Nafziger Rd, New Hamburg
	Tuesday March 27 10am –12pm	Alzheimer Society—Guelph Office 69 Huron Street, Guelph

****Please note: Groups with insufficient registration will be cancelled.**

Did you know...

**\$120 Provides 1
Overview of Dementia Session!**

Education for People with Dementia

Taking Control of Our Lives

A 9-week dialogue based learning and support series for people living with dementia to share their experiences, and to learn from others in the group. A care partner is welcomed to attend with the people living with dementia; however this is not a requirement. Each week, the care partners and people living with dementia will meet separately.

****Participants are required to attend the *Overview of Dementia* session prior to participating in the *Taking Control of Our Lives* group.****

*No charge for registration—donations appreciated
Pre-registration is required, please contact the Alzheimer Society by calling 519-742-1422*

Spring 2018

Mondays: 10am - 12pm
April 9—June 11
(no session May 21)

Alzheimer Society—Kitchener Office
831 Frederick Street, **Kitchener**

Dementia: The Elephant in the Room

Talking about dementia can be a troublesome task. Let's talk about the elephant in the room. Handout provided, and questions invited.

*No charge for registration—donations appreciated
To register please call Melissa Biffis, Community Programs Coordinator, 519-856-9596 ext. 139*

Fall 2017

Tuesday October 24,
1pm - 2pm

Older Adult Centre
85 Christie Street, **Rockwood**

Research Portal

The Alzheimer Society Research Portal connects researchers with Canadians looking to participate in studies. This initiative will help to advance Canadian studies on Alzheimer's disease and other dementias.

To learn more about participating in a study, visit www.alzheimer.ca/en/Research

Education for Care Partners

Learning and Support Series

A 12-week series designed for care partners to connect with one another, enhance their knowledge of dementia, and to develop practical strategies for supporting a person living with dementia. This series will use both education and support group-style learning methods and discussion to address a range of important topics including:

- Overview of dementia and related brain changes
- Understanding behaviour and enhancing communication
- Advance care planning and substitute decision making
- Coping with progression and caregiving roles
- Community supports
- Safety
- Staying connected
- Exploring residential care options

No charge for registration - donations appreciated.

Pre-registration is required through the Alzheimer Society by calling 519-742-1422

****Registration for Winter 2018 opens November 1st**

Fall 2017	Tuesday; 10am - 12pm September 26 - December 12	Cambridge
	Wednesday; 1pm - 3pm October 4 - December 20	Guelph
	Thursdays; 6pm - 8pm November 9 - February 1 (no session December 28)	Kitchener
Winter 2018	Thursdays; 1pm - 3pm January 18 - April 5	Cambridge
	Tuesdays; 6pm - 8pm January 23 - April 10	Guelph
	Tuesdays; 10am - 12pm February 20 - May 8	Kitchener

Caregiver Event: How to Access Services

Please join us for an interactive discussion with a guest speaker from Waterloo Wellington LHIN Home and Community Care, regarding the needs of caregivers in our community, and how the LHIN (CCAC) can offer support.

No charge for registration - donations appreciated.

Please RSVP to Amanda at 519-824-6000 x 4618

Fall 2017	Tuesday, October 17; 6:30 - 8:30pm	Alzheimer Society—Guelph Office 69 Huron Street, Guelph
------------------	---	---

Education for Care Partners

Other Dementias

Pre-registration through the Alzheimer Society is required for all education forums.

Vascular Dementia

Vascular dementia is considered the second most common type of dementia. Learn about the different types, how it can co-exist with Alzheimer's disease, and how you can reduce your risk.

Fall 2017 Wednesday, October 18; 1 - 2:30pm

Alzheimer Society—Kitchener Office
831 Frederick Street, **Kitchener**

Lewy Body Dementia

Lewy Body Dementia (LBD) is more common than formerly thought. This session will explore how LBD is related to Parkinson's disease, common signs and symptoms, and the most current interventions to help minimize the impact of this type of dementia.

Fall 2017 Wednesday, November 15; 1 -2:30pm

Alzheimer Society—Kitchener Office
831 Frederick Street, **Kitchener**

Frontotemporal Dementia

Frontotemporal dementia (FTD) is a form of dementia that affects people's language, thinking, and behaviour often before their memory. Find out about FTD, and discover the best methods of communication and interaction when the frontal lobes of the brain are affected.

Fall 2017 Wednesday, December 13; 1-2:30pm

Alzheimer Society—Kitchener Office
831 Frederick Street, **Kitchener**

Tax Issues & Dementia

This session will address the Disability Tax Credit, medical expenses, involuntary separation, and transferring credits with presenters from the Canada Revenue Agency. The talk is designed for Family Members, Caregivers, Social Workers, LHIN Care Coordinators, Community Living Staff, CMHAWW Staff, Day Program Staff, IGSWs, Alzheimer Society Staff and other interested parties.

No charge for registration - donations appreciated.

Pre-registration is required through the Alzheimer Society by calling 519-742-1422

Winter 2018 Tuesday, February 13; 10am-12pm

Forest Heights Community Centre
1700 Queens Blvd, **Kitchener**

****Please note: Education events with insufficient registration will be cancelled.**

Groups for Care Partners

Coping with Stress and Grief

Ambiguous loss is defined as a “loss that is unclear; it has no resolution, no closure.”

– Pauline Boss (*Loving Someone who has Dementia*, 2011)

This support group will focus on understanding and learning to live with grief and loss throughout the dementia journey. Strategies for maintaining meaningful connection with the persons living with dementia throughout the journey will be discussed.

It is recommended clients read *Loving Someone who has Dementia* by Pauline Boss prior to the group. Copies of the book are available for loan through the Alzheimer’s Society library, or available for purchase at your local book store and online retailers.

For more information or to register, please contact an Alzheimer Society social worker by calling 519-742-1422.

Fall 2017

Thursdays: 6pm - 8pm

Kitchener

October 5-26

Winter 2018

Fridays: 1pm - 3pm

Guelph

January 26—February 16

Caregiver Support Group

This support group is an opportunity to connect with other caregivers, enhance your understanding of dementia, and develop practical strategies for supporting a person living with dementia.

Registration for the group opens on/after August 15th

For more information or to register, please contact an Alzheimer Society Social Worker by calling 519-742-1422

Fall 2017/Winter 2018

1st Tuesday of the month;

6:30pm - 8pm

September 2017– June 2018

New Hamburg

Did you know...

\$60 Provides a 1:1 Social Work Meeting for the First Link Program!

Groups for Care Partners

CARERS Group

The CARERS program is an 8-week program for individuals who are caring for people living with dementia. This is a therapeutic group providing tailored education and support, that uses problem solving and gives an opportunity to work through your communication challenges.

For more information or to register, please contact an Alzheimer Society social worker by calling 519-742-1422 .

Fall 2017	Mondays; 6:30pm - 8:30pm October 16 - December 4	Kitchener
------------------	--	------------------

OTN Caregiver Support Group

This support group, in partnership with OTN is offered through video conferencing, as an opportunity to connect with other caregivers. There is a brief presentation topic of the group's choice, followed by group discussion.



*For more information or to register,
please contact an Alzheimer Society Social Worker by calling 519-742-1422
****Registration for the group opens on August 15th***

Fall 2017/Winter 2018	1st Tuesday of the month; 10am - 11:30am September 2017- June 2018	Locations in Ayr, Cambridge, Elmira, Erin, Fergus, Guelph, Mount Forest and Palmerston
----------------------------------	---	---

****Please note: Groups with insufficient registration will be cancelled.**

The Gift of Giving

Did you know donations by individuals, businesses and community groups provide 60% of the revenue required to fund vital programs and services for people living with dementia and their families in the Waterloo Wellington communities?

We welcome donations online, by mail, in person or over the phone. To learn more about ways to give, please call 519-742-1422 or visit

<http://www.alzheimer.ca/en/ww/Get-involved/Giving>.

Education for Professionals

Training and Education

Alzheimer Society Waterloo Wellington is committed to offering education and support to professionals who are working with people living with dementia.

Our Public Education Coordinators strive to develop training sessions that are tailored to your organization's specific educational needs and areas of interest.

To learn more or to schedule an education session for your organization, contact a Public Education Coordinator at 519-742-1422 or email education@alzheimerww.ca.



SPONSORED BY



Dementia-Friendly COMMUNITIES

LOOK FOR THE BLUE UMBRELLA

- People living with dementia may wear a self-identifier
- Businesses, agencies and facilities receive training and identify themselves as dementia-friendly

www.alzheimerww.ca/dfc

IN PARTNERSHIP WITH

Coffee Break®

The Alzheimer Society Annual Coffee Break® Campaign runs between September to December. We are very excited to commence this year's campaign initiatives in conjunction with Canada's 150 birthday celebration!

The idea behind Coffee Break® is simple: The Alzheimer Society works with community organizations to find fun and easy ways to provide much needed financial support to their local programs and services – money raised in the community stays in the community. It can be as simple as:

- brewing a pot of coffee and inviting friends, family, colleagues to enjoy a cup with you;
- dress down day at work;

Contact Joy today to register to host your Coffee Break®!

joy@alzheimerww.ca 519-742-1422



You Can Make A Difference! Help Us to Help Others Live Their Best Day!

Are you a party planner? The office social organizer? A trivia buff? Movie lover? All of these traits are things that make a GREAT fundraiser! If you're looking to get involved with Alzheimer Society Waterloo Wellington, why not put those skills to work, gather a group of family, friends or even strangers, and host a fundraiser! All of the donations you raise will stay in Waterloo Wellington region, supporting programs and services for people with dementia and their care partners, and helping those individuals to live their best day.

If hosting a fundraising event is something you're interested in, there are many creative and fun ways to collect donations. Here are some ideas:

- Host a BBQ
- Trivia Challenge
- Pancake Breakfast
- Decorating Competition
- Yard Sale
- Car Wash
- Anything that you would like to plan – plan it!



Let us know how we can help you! Contact Sara (sara@alzheimerww.ca), or visit our website: www.alzheimerww.ca/fundraise and we can help you get started!



There's more than one way to help. We need people of all ages, skills and interests to plan, **coordinate**, teach, speak, innovate, lead, create, **inspire**, build, be a companion, **advocate**, organize, investigate, meet and greet, and more.

Would you like to **make a difference**? We welcome you at any time and talents that you are able to share with us. Contact us and we can create a schedule that works for you!

For more information call our office or visit:

<http://www.alzheimer.ca/volunteer>

to download an application form.

How Does Your Donation Help?

\$60 Provides a 1:1 Social Work Meeting for the First Link Program!

Registered Social Workers provide one on one support to people with dementia, care partners and their families.

These practical sessions support people to be successful in their dementia journey as they develop coping and support strategies together. This personalized approach supports people to “live their best day” and reduces care partner stress.



\$120 Provides 1

Overview of Dementia Session!

This is an invaluable course for people living with dementia. This 2-part series teaches people with dementia and their care partners about the disease and arms them with knowledge. This is a perfect introduction to living well with dementia and participants are encouraged to participate in further education with ASWW.

\$150 Provides 1 Music Project iPod Package!

The Music Project offers a no charge iPod package programmed with the individual's favourite music. Music and memory have a strong connection and can encourage emotional memories. This is a wonderful tool to increase mood, de-escalate agitation and just plain improve the quality of life for an individual with dementia. Support is provided to teach the person how to use the iPod.



\$300 Provides 1 Business with Dementia Friendly Communities Training!



Local businesses are trained in how to be dementia friendly for their customers. Staff are trained in how to recognize the signs of dementia, give focused customer service and have tools in their back pocket to support the person with dementia in business transactions. Results are fantastic. Both the staff and the people with dementia feel empowered and supported. This training truly reduces the stigma of dementia and encourages people with dementia to actively participate in day to day tasks such as banking, shopping or accessing services in their communities.

\$425 Provides 8 Weeks of Minds In Motion® Sessions!

Minds in Motion® is a community based social program that incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. Feedback from participants from the program is unanimous – they love it!



\$700 Provides 12 Weeks of Learning and Support Sessions!

A 12 week dialogue based series for care partners connects people with one another, enhances their knowledge of dementia and arms them with knowledge to develop practical strategies for supporting a person living with dementia. Valuable connections are formed with others in their community as they learn and support each other together.



BE A SUPER HERO!

Protect your
Family & Assets

Save
Taxes

SAVE THE
WORLD FROM
DEMENTIA!

Consider remembering the Alzheimer Society Waterloo Wellington in your will. To learn more about Planned Giving or to request your free estate planning guide, contact us today!

We welcome donations online, by mail, in person or over the phone. To learn more about ways to give and get involved, please call 519-742-1422 or visit: www.alzheimerww.ca/getinvolved

Our three offices are here to serve you

Cambridge

1145 Concession Road
N3H 4L5

519-650-1628

www.alzheimerww.ca

Guelph

69 Huron Street
N1E 5L6

519-836-7672

Kitchener

831 Frederick Street
N2B 2B4

519-742-1422

asww@alzheimerww.ca

