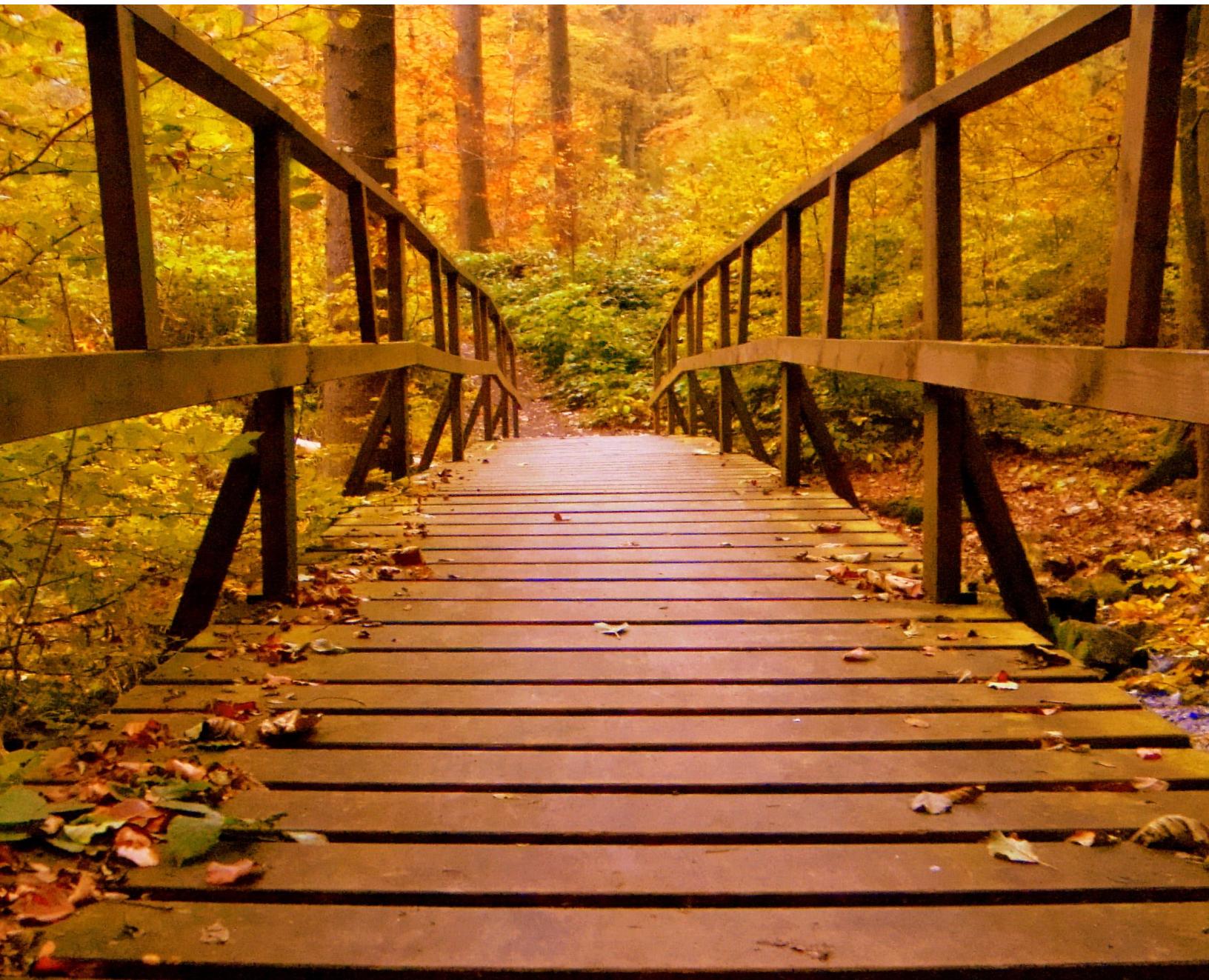


Fall 2018 & Winter 2019 Program Guide

Programs for people living with dementia and their care partners



Alzheimer*Society*

WATERLOO WELLINGTON

www.alzheimerww.ca

Alzheimer Society

WATERLOO WELLINGTON

Dear Community Partners,

Alzheimer Society Waterloo Wellington (ASWW) is proud to be able to support 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 person-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, community partners, staff and volunteers, as through their generosity we can support our community.

ASWW has committed to operate in a continuous quality improvement format, keeping our clients at the centre of our focus. This is to ensure programming is relevant, following best practice, and responsive to our clients’ needs. Thank you to everyone who has participated in our ongoing evaluations. We are dedicated to quality improvement; your feedback is essential in helping our team to make positive impactful changes along the way.

Peer Connections remains a success, and we will continue to offer the program in both Kitchener and Elora. Thank you to the City of Kitchener and the Community Resource Centre of North and Centre Wellington for your ongoing partnership.

Thanks to the Ontario Trillium Foundation, ASWW is able to offer Minds in Motion more frequently, and in additional locations throughout Waterloo Wellington, including Baden, Fergus and Guelph. Feedback from the Minds in Motion participants has been excellent, and I would encourage anyone interested to contact us to learn more!

Thank you to Sinai Health System and the Ministry of Health and Long-Term Care for the opportunity to provide the Enhancing Care for Ontario Care Partners program including CARERS and TEACH to our community. Participant feedback has proven the programs are impactful and engaging. We are working hard to expand the programs across Waterloo Wellington to reach more care partners. If you are a care partner and want to learn how to support your loved one better, while increasing your ability to cope and provide invaluable self care, this program is for you.

Thank you to our donors and supporters of our events. Without you, ASWW would not be able to offer as many programs and services in our community as we rely on fundraised dollars to support approximately 60% of our budget. You can help. Support a Coffee Break in your community, come to our Winter Warmer event and participate in our WALK. Thank you for your continuous support.

ASWW will continue to operate in a continuous quality improvement culture, working side by side with clients, donors and community partners. Thank you for participating in our ongoing program evaluation by completing your surveys. Providing person-centred care 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

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What is Dementia?

Dementia is an umbrella term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, and problem-solving or language, that affect a person's ability to perform everyday activities. Dementia is a progressive disease. It is very important to arrange for a full medical assessment if you note changes or symptoms.

Types of Dementia:

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.

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

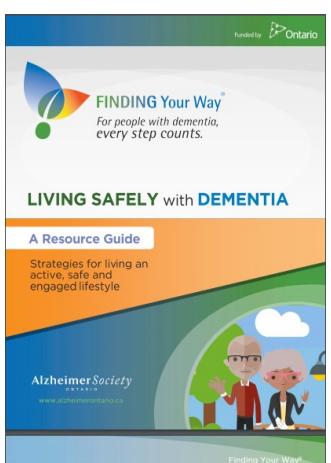
A member of our social work team is available during business hours (8:30am-4:00pm) to provide support and answer questions.

Call the Social Worker On-Duty directly at: 519-742-8518 ext. 2090

Walk-in Counselling

Starting September 2018, walk-in counselling will be offered by our Social Worker on-duty, Monday to Friday, 9am - 12pm and 1pm - 3pm. This is offered on a first come, first served basis. Please call us at **519-742-8518 ext. 2090** to find out the location closest to you.

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.

Learn the tips and strategies that can help people living with dementia live safely in their day-to-day lives.

Discover Finding Your Way's® *Living Safely with Dementia Resource Guide*, now available at our Local Alzheimer Society offices and at FindingYourWayOntario.ca. Call 519-742-1422 to request a copy today!

**Free online learning course available at
www.findingyourwayontario.ca/online-learning**

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

Visit www.medicalert.ca/safelyhome or call the Social Worker On-Duty at 519-742-8518 ext. 2090 to learn more.



MedicAlert
FOUNDATION CANADA

Social & Recreational Programs

Minds in Motion®

Thanks to the generosity of the Ontario Trillium Foundation, the Alzheimer Society Waterloo Wellington is expanding the number of Minds in Motion® locations across Waterloo Wellington. 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. Participants are asked to bring a bottle of water to each session. The 2-hour program runs once a week for 6-8 weeks and offers:

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

Pre-registration is required, please contact the Alzheimer Society by calling 519-742-1422.

Suggested donation: \$60.00

Location	Day & Time	Dates	Registration Opens
Baden			
Wilmot Recreation Complex 1291 Nafziger Road, Baden	Wednesdays; 1pm - 3pm	September 5 - October 24	August 13
		October 31 - December 19	October 1
		January 16 - March 6	December 17
Cambridge			
W.G. Johnson Centre Ted Wake Lounge 31 Kribs Street, Cambridge	Mondays; 1pm - 3pm	September 10 - November 5 (<i>no class Oct 8</i>)	August 13
		November 12 - December 17	October 15
		January 7 - March 4 (<i>no class Feb 18</i>)	December 17
		March 18 - May 13 (<i>no class Apr 22</i>)	February 19
Fergus			
Victoria Park Seniors Centre New Basement Room 150 Albert Street W., Fergus	Thursdays; 1pm - 3pm	September 6 - October 25	August 13
		November 8 - December 20 (<i>no class Nov 22</i>)	October 15
		January 10 - February 28	December 17
		March 21 - May 9	February 19

"Both my Mom and Dad are transformed when they are at this simple yet effective program. Minds in Motion® gives them a place to not only engage in physical activity but also develop a supportive social network with others in the group."

- Patrick T, Care Partner



Social & Recreational Programs

Minds in Motion®

Location	Day & Time	Dates	Registration Opens
Guelph			
West End Community Centre Lion's Lair Room 21 Imperial Road S., Guelph	Tuesdays; 9:30am - 11:30am	September 4 - October 30 (<i>no class Sept 11</i>)	August 13
		November 6 - December 18	October 15
		January 8 - February 26	December 17
		March 19 - May 7	February 19
Evergreen Seniors Centre 683 Woolwich Street, Guelph	Wednesdays; 1pm - 3pm	September 5 - October 31 (<i>no class Oct 3</i>)	August 13
		November 7 - December 19	October 15
		January 9 - February 27	December 17
		March 20 - May 8	February 19
Kitchener			
Bridgeport Community Centre 20 Tyson Drive, Kitchener	Tuesdays; 1pm - 3pm	September 11 - October 30	August 13
		November 6 - December 18	October 15
		January 8 - February 26	December 17
		March 19 - May 7	February 19
A.R. Kaufman Family YMCA 333 Carwood Avenue, Kitchener	Wednesdays; 10am - 12pm	September 12 - October 31	August 13
		November 7 - December 19	October 15
		January 9 - February 27	December 17
		March 20 - May 8	February 19
Waterloo			
Stork Family YMCA 500 Fischer Hallman Road N., Waterloo	Mondays; 1pm - 3pm	September 10 - November 5 (<i>no class Oct 8</i>)	August 13
		November 12 - December 17	October 15
		January 7 - March 4 (<i>no class Feb 18</i>)	December 17
		March 18 - May 13 (<i>no class Apr 22</i>)	February 19

Special thanks to our Minds in Motion® community partners:



Centre
Wellington

COMMUNITY
CARE
CONCEPTS

of Woolwich, Wellesley and Wilmot



Community
Support
Connections

Meals on Wheels and More



Social & Recreational Programs

Music Project

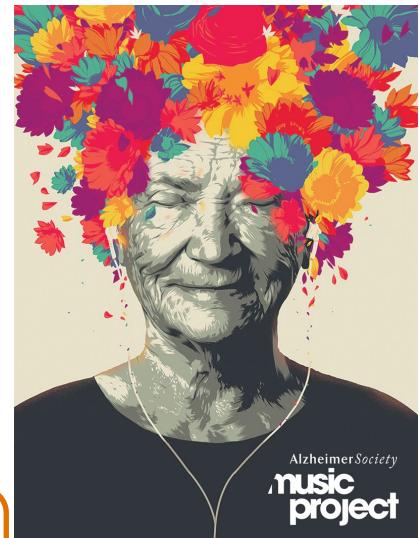
The Music Project offers an iPod package at no charge and personalized music to persons living with dementia to help improve their quality of life. The iPod package includes: an iPod shuffle, headphones, a personalized music playlist and ongoing technical support.

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.

Visit www.alzheimerww.ca/MusicProject for more information.

We're always accepting donations of iPods, iTunes gift cards and used CDs! Donations can be made online, in person or by mail.

Suggested donation: \$150.00



Peer Connections Group

Peer Connections is a program offered by the Alzheimer Society Waterloo Wellington in partnership with the City of Kitchener and the Community Resource Centre in Elora.

The program consists of two peer groups, one for individuals living with dementia and the other for care partners. Both groups run at the same time but meet separately. The focus of the group is to provide meaningful engagement, and a space where individuals can socialize and build networks of community support.



**For more information or to register,
please contact an Alzheimer Society Social Worker by calling 519-742-8518 ext. 2090.**

Suggested donation: \$60.00

Fall 2018	1st & 3rd Tuesday of the month; 10:30am - 12pm September 18– December 18	Rockway Centre 1405 King Street E., Kitchener
	2nd & 4th Tuesday of the month; 10:30am—12pm September 25 –December 11	The Royal Canadian Legion Branch 229 110 Metcalfe Street E., Elora
Winter 2019	1st & 3rd Tuesday of the month; 10:30am - 12pm February 5– May 21	Rockway Centre 1405 King Street E., Kitchener
	2nd & 4th Tuesday of the month; 10:30am—12pm February 12 –May 28	The Royal Canadian Legion Branch 229 110 Metcalfe Street E., Elora

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 2018/
Winter 2019

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

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

The Reminders—Peer Support Group for Persons Living with Dementia

If you would like to share experiences about what it is like to live with dementia, then you might consider joining our peer support group! We call ourselves *The Reminders* because we share what can be remembered and take delight in hearing each others' stories. There is no agenda, rather the discussion follows whatever route the participants take us. The volunteer leader, who also lives with memory challenges, has a rich array of experiences leading small discussion groups.

Fall 2018/
Winter 2019

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

Group meets in **Guelph**.
Please call 519-836-7672 ext. 2015
for more information or to register.

The Circle of Music — Intergenerational Choir



The Circle of Music is a choir for those living with dementia, their care partners and students from a regional high school. This is an opportunity to sing, connect with other people living with dementia, care partners and students. The Circle of Music has been created for enjoyment and support. No previous music or singing experience is required. All words and music will be provided, and there will be a time after we sing each week to socialize together.

The choir meets in downtown Kitchener on **Thursdays at 3pm**. Free parking is available. For more details or to register, please contact Sasha Judelson at 519-342-4764 or by email at circleofmusickw@gmail.com.

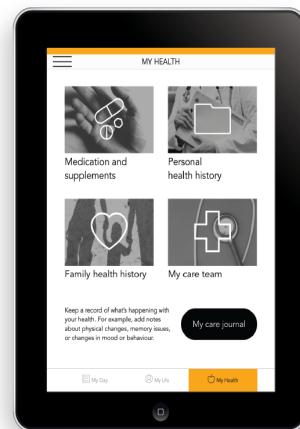
Communicate with confidence

MemorySparx™ One is an easy to use memory aid that was created to meet the unique and changing needs of people with Alzheimer's disease or other dementias.

Available for iPad on the App Store.

  | MemorySparx.com

- **Easily add and update content** with intuitive templates designed for your unique needs.
- **Store your personal details** using text, photos, and audio recordings, in an easy-to-access tool.
- **Access information when it's important to you** at medical appointments, social activities, or even when you're just visiting with friends.



Education for People with Dementia

Overview of Dementia

This 2-hour education session will cover: learning about dementia, adapting to changes in the brain, and living well with dementia. Persons living 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.

Fall 2018	Thursday, September 20 10am - 12pm	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Monday, October 22 10am - 12pm	Woolwich Community Health Centre 10 Parkside Drive, St. Jacobs
	Wednesday, November 14 6pm - 8pm	Alzheimer Society - Cambridge Office (room S206) 1145 Concession Road, Cambridge
	Friday, December 14 10am - 12pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
Winter 2019	Thursday, January 10 1pm - 3pm	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Thursday, February 14 1pm - 3pm	Wilmot Recreation Complex - Active Living Centre 1291 Nafziger Road, Baden
	Monday, March 4 10am - 12pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph

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 person living with dementia; however, this is not a requirement. Each week, the care partners and persons living with dementia will meet separately.

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

**Pre-registration is required. For more information or to register,
please contact an Alzheimer Society social worker by calling 519-742-8518 ext. 2090.**

Winter 2019	Thursdays; 10am - 12pm March 21—May 16	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
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****Please note: Groups with insufficient registration will be cancelled.**

Education for Care Partners

Learning and Support Series

A 10-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
- Exploring residential care options
- Coping with progression and caregiving roles
- Community supports
- Safety
- Self-care for care partners
- Maintaining connections

No charge for registration - donations appreciated.

For more information or to register,

please contact an Alzheimer Society Social Worker by calling 519-742-8518 ext. 2090

Fall 2018	Mondays; 10am - 12pm September 17 - November 26 (no session October 8)	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Wednesdays; 1pm - 3pm September 26 - November 28	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
	Tuesdays; 6pm - 8pm October 2 - December 4	Alzheimer Society - Cambridge Office (room N210) 1145 Concession Road, Cambridge
Winter 2019	Fridays; 10am - 12pm January 11 - March 15	Region of Waterloo - Cambridge Site (room 170) 150 Main Street, Cambridge
	Wednesdays; 1pm - 3pm January 16 - March 20	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Thursdays; 6pm - 8pm February 7 - April 11	Alzheimer Society - Guelph Office 69 Huron Street, Guelph

"Loved the ability to chat with others going through the same situations. Enjoyed the learning and knowledge given and the ability to address personal situations."

- Learning and Support Series Participant, Fall 2017

Education for Care Partners

Other Dementias

Mild Cognitive Impairment

Pre-registration is required for all education forums through the Alzheimer Society by calling 519-742-1422.

People with Mild Cognitive Impairment (MCI) have problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. In this session, learn about signs and symptoms, and how MCI is different from dementia.

Fall 2018	Thursday, October 25 6:30pm - 8pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
	Monday, December 3 1pm - 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 with a person living with this type of dementia.

Fall 2018	Tuesday, December 11 10am - 11:30am	Alzheimer Society - Cambridge Office (room S206) 1145 Concession Road, Cambridge
Winter 2019	Thursday, March 7 6pm - 7:30pm	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 2018	Thursday, November 22 1pm - 2:30pm	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
Winter 2019	Tuesday, March 26 6pm – 7:30pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph

Vascular Dementia

Vascular dementia (VaD) 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.

Winter 2019	Monday, February 4 10am – 11:30am	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
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Education for Care Partners

Future Planning



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.

Fall 2018	Thursday, November 8 6pm - 8pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
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End of Life - Considerations for Care

This session will focus on what to expect when death is near for a person living with dementia. Information related to comfort care, decision-making, pain management and bereavement supports will also be shared.

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

Winter 2019	Wednesday, February 27 1pm - 3pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
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Participate in Research

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.

Groups for Care Partners

Enhancing Care (EC) for Ontario Care Partners – a program developed in partnership with the Sinai Health System Reitman Centre including Reitman Centre **CARERS** Program and Reitman Centre **TEACH** Program.



This program was made possible through funding from the Ontario Ministry of Health and Long Term Care.

Contact Claire Brown, Social Worker, at **519-742-8518 ext. 4001**, to book an EC Program intake appointment to find the group that will best support you as a care partner.



TEACH Program

TEACH (Training, Education, and Assistance for Caregiving at Home) is a 4-week program for care partners of persons living with dementia. It is an innovative therapeutic group intervention aimed at providing education and enhancing coping skills of care partners.

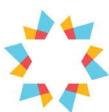
Sessions structured to address current challenges related to the following topics:

- Self-care skills
- Changes in caregiving relationship
- Enhancing skills and planning for the future
- Care partner resources and system navigation

Space is limited to 8 participants - intake assessment required.

Fall 2018	Tuesdays (bi-weekly); 10:30am -12pm September 25 - November 6	Wellington County Library 144 Geddes Street, Elora
	Wednesdays; 9:30am - 11am October 3 - October 24	VON Adult Day Program 4 - 392 Main Street N., Mount Forest
	Wednesdays; 1:30pm - 3pm October 10 - October 31	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Thursdays (bi-weekly); 6:30pm- 8pm October 11 - November 22	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Mondays; 1pm - 2:30pm October 29 - November 19	Wilmot Recreation Complex 1291 Nafziger Road, Baden
	Wednesdays; 10am - 11:30am November 7 - November 28	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
Winter 2019*	Tuesdays; 10am - 11:30am January 15 - February 5	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Mondays; 1pm - 2:30pm February 4 - March 4	Alzheimer Society - Cambridge Office 1145 Concession Road, Cambridge
	Mondays; 1pm - 2:30pm March 18 - April 8	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
	Thursdays; 6pm - 7:30pm March 21 - April 11	The Village at University Gates 250 Laurelwood Drive, Waterloo

**Contact us for March 2019 St. Jacobs group details*



Sinai Health System

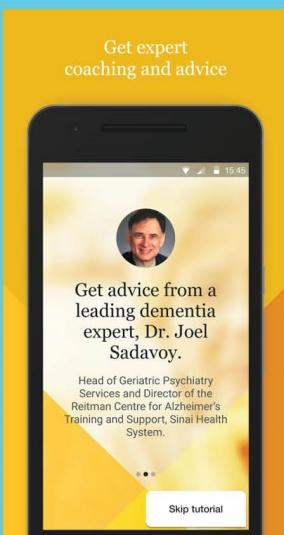
THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING

Caring for
a family member
with dementia?

GET THE

SINAI HEALTH SYSTEM

DEMENTIA
ADVISOR
APP



Dementia Advisor — a mobile app designed by Sinai Health System Cyril & Dorothy, Joel & Jill Reitman Centre for Alzheimer's Support and Training — helps family caregivers learn how to deal with difficult dementia behaviours through interactive, chat-based role playing. The app can be downloaded for free from the Apple or Google Play app stores. For more information, go to: www.dementiaadvisor.com

Dementia Advisor was developed in association with Acquanet, a digital technology company, and funded in part by the Government of Canada's Social Development Partnership Program - Children and Families component.

DOWNLOAD FOR FREE



Shared by Sinai Health Foundation, 2018.

Groups for Care Partners

CARERS Program

CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation) Program is an 8 session skills-based group for family care partners.

The focus is on practical skills-based tools and emotional supports to provide care for family members with dementia.

- Use problem solving model to address current caregiving challenges
- Develop skills to improve communication and manage dementia related behaviors
- Practice communication skills by working with simulated patients – guidance and coaching by trained staff
- Opportunity to explore the emotional impact of caregiving
- Receive dementia education specific to care partner's challenges

Space is limited to 6 participants - intake assessment required.

Fall 2018

Tuesdays;
6pm - 8pm
September 18 - November 6

Alzheimer Society -
Guelph Office
69 Huron Street, **Guelph**

Winter 2019

Mondays;
6:30pm - 8:30pm
January 7 - March 4
(no session February 18)

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

Thursdays;
12:30pm - 2:30pm
January 10 - February 28

Region of Waterloo -
Cambridge Site
150 Main Street, **Cambridge**

Groups for Care Partners

Young Onset Caregiver Support Group

This support group is an opportunity to connect with other care partners who are caring for someone with Young Onset dementia, to enhance your understanding of dementia, and develop practical strategies for supporting a person living with dementia.

*For more information or to register,
please contact an Alzheimer Society Social Worker by calling 519-742-8518 ext. 2090.*

Fall 2018	1st Wednesday of the month; September 2018 - June 2019	Alzheimer Society -Kitchener Office 831 Frederick Street, Kitchener
	2nd Wednesday of the month; September 2018 - June 2019	Community Outreach Services - St. Joseph's Health Centre 100 Westmount Road*, Guelph (*entrance off of Edinburgh Road)

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.

*For more information or to register,
please contact an Alzheimer Society Social Worker by calling 519-742-8518 ext. 2090.*

Fall 2018	1st Tuesday of the month; September 2018 - June 2019 <i>(No group meeting in January)</i>	Nithview Community 200 Boullee Street, New Hamburg
	2nd Friday of the month; September 2018 - June 2019	Woolwich Community Health Centre 10 Parkside Drive, St. Jacobs
	4th Tuesday of the month; September 2018 - June 2019 <i>(No group meeting in December)</i>	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener

OTN Caregiver Support Group

This support group, in partnership with Ontario Telemedicine Network (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 519-742-8518 ext. 2090.*

Fall 2018	1st Tuesday of the month; 10am - 11:30am September 2018- June 2019 <i>(No group meeting in January)</i>	Locations in Ayr, Cambridge, Erin, Fergus, Guelph, Mount Forest and Palmerston
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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 4-week 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 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 519-742-8518 ext. 2090.

Fall 2018	Tuesdays; 1pm - 3pm November 6 - 27	Alzheimer Society - Cambridge Office 1145 Concession Road, Cambridge
Winter 2019	Mondays; 10am - 12pm January 7 - January 28	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener

Coping with Stress and Grief Group via OTN Video Conferencing

Fall 2018



Mondays; 10am - 12pm
November 26 - December 17

Locations in **Cambridge, Erin, Fergus, Guelph, Mount Forest and Palmerston**

For more information or to register, please contact an Alzheimer Society Social Worker by calling 519-742-8518 ext. 2090.



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

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 our office at 519-742-1422.

Dementia-Friendly **COMMUNITIES**

**Help our community become
Dementia Friendly**

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

LOOK FOR THE BLUE UMBRELLA

www.alzheimerww.ca/dfc



**Looking for Online Dementia
Resources?**

Check out the
Brochures and Publications page
on the Alzheimer Society Canada's
website for a large variety of free
downloadable resources!



Getting Involved

Volunteering with Us



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

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

For more information call our office or visit:

www.alzheimerww.ca/volunteering

Annual General Meeting

You are Invited to Join Us!

5th Annual General Meeting

Alzheimer *Society*

WATERLOO WELLINGTON

Wednesday, September 12, 2018

6pm - 8pm

The Elliott Community

170 Metcalfe Street, Guelph

Please RSVP by Friday, September 7th

by calling 519-742-1422 or through [Eventbrite](#).

Upcoming Events

Coffee Break®

The Alzheimer Society Annual Coffee Break® Campaign runs between September and December. 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 for our local programs and services – money raised in our community stays in our community! It can be as easy as:

- brewing a pot of coffee and inviting friends, family, colleagues to enjoy a cup with you
- dress down day at work
- at your next family BBQ, potluck or neighborhood block party, asking everyone to make a donation in addition to bringing a dish of their choice
- spark friendly challenges with your sports team

Contact us today by phone at 519-742-1422 or by emailing
coffeebreak@alzheimerww.ca to register to host your Coffee Break®!



Winter Warmer

Alzheimer Society
WATERLOO WELLINGTON

11th Annual Winter Warmer 2019

A WHISKY-TASTING EVENT

Thursday, March 21, 2019 from 7pm - 10pm

The Tannery Event Centre
151 Charles Street W., Kitchener

For more information or for Winter Warmer sponsorship opportunities, please email
events@alzheimerww.ca or call 519-742-1422.

Getting Involved

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

WITH A LITTLE HELP
FROM YOUR
FRIENDS

If you're looking to get involved with Alzheimer Society Waterloo Wellington, why not 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 Golf Tournament - BBQ - Trivia Challenge - Yard Sale - Car Wash - Movie Marathon

Let us know how we can help you!

Contact Barb at 519-742-8518 ext. 2019, by email (barbeastmanlewin@alzheimerww.ca),
or visit our website: www.alzheimerww.ca/fundraise and we can help you get started!

Walk for Alzheimer's



AlzheimerSociety

WATERLOO WELLINGTON

Contact us to learn about our
2019 Walk for Alzheimer's
Sunday, May 26th, 2019

www.walkforalzheimers.ca

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 living with dementia, care partners and their families. These sessions help people to be successful in their dementia journey as they develop coping strategies together. This personalized approach supports people to live their best day, and reduces care partner stress.

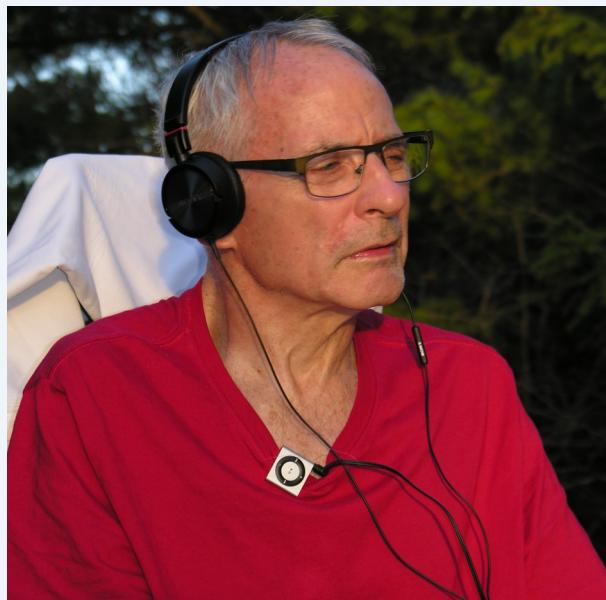


\$120 Provides 1 Overview of Dementia Session!

This is an invaluable session for both people living with dementia and care partners. This session teaches individuals about dementia, and arms them with strategies for adapting to changes in the brain, and living well with dementia.

\$150 Provides 1 Music Project iPod Package!

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



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



Businesses are trained how to be dementia-friendly for their customers. Staff are taught how to recognize signs of dementia, give focused customer service and ways to support a person living with dementia in the business setting. The training allows for a positive supportive environment for both staff and customers, leaving everyone feeling empowered and supported. This training aims to reduce the stigma surrounding dementia and encourages people living with dementia to actively participate in their 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 10-weeks of Learning and Support Sessions!

A 10-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.

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](#)

[Guelph](#)

[Kitchener](#)

1145 Concession Road
N3H 4L5

519-650-1628

www.alzheimerww.ca

69 Huron Street
N1E 5L6

519-836-7672

831 Frederick Street
N2B 2B4

519-742-1422

asww@alzheimerww.ca



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Charitable Registration Number: 10670 5338 RR0001