

Spring & Summer 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 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 with dementia to “Live Their Best Day”. ASWW is honoured to be able to provide client centered, high quality and responsive programming including education, Social Work support services and social/therapeutic recreational programming. We are so grateful to our donors, sponsors, many community partners, staff and volunteers as through their commitment and generosity we can support those living with dementia in our community.

ASWW will now be providing Mild Cognitive Impairment (MCI) education as part of our regular program offerings. We look forward to delivering this valuable support and cannot wait to hear your feedback.

Peer Connections will be expanding into Elora. This amazing social program for both the person with dementia and the care partner has had such an incredible response, we had to find a way to grow it. Thank you so much to the Community Resource Centre for partnering with us on this exciting initiative. I also want to express our gratitude to the City of Kitchener for supporting this partnership and continuing to provide Peer Connections in Kitchener.

Minds in Motion® will be growing across Waterloo Wellington over the next two years thanks to the Ontario Trillium Foundation. ASWW was successful in a two year Grow Grant that will allow Minds in Motion® to expand to 8-10 locations. The locations will run 4-6 times per year. This is so exciting for our community as we know how much people love this program. Let’s keep active and engaged together.

ASWW will be expanding its CARERS Group program to include more locations with increased frequency. This intensive supportive care partner program helps people develop problem solving and communication skills. Results are fantastic and we are thrilled to be able to offer it more often to more people. ASWW will also be introducing the TEACH program. This less intensive 4-week care partner education program will support care partners to be successful and healthy in their caregiving journey. We cannot wait to hear your feedback.

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

We look forward to seeing you soon,

*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

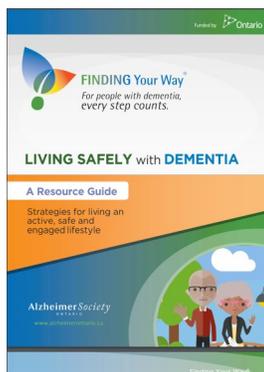
Living Safely in the Community



TM

FINDING Your Way

For people with dementia, every step counts.™



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.

Explore the *Living Safely with Dementia Resource Guide* today by clicking on the image. Pdf download and interactive versions are available, by clicking the link below:

www.findingyourwayontario.ca or call 519-742-1422 and request a copy.

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 or call the Social Worker On-Duty at 519-742-8518 ext. 2090 to learn more.



Social & Recreational Programs

Minds in Motion®

Thanks to the generosity of the Ontario Trillium Foundation, the Alzheimer Society Waterloo Wellington is currently expanding the number of Minds in Motion® locations across Waterloo Wellington. Our goal is to have 10 locations running simultaneously by 2019.

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 filled refillable water bottle to each session.

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.

If one of our locations listed is not accessible to you, please call our office and inquire about new locations opening up in the Spring and Summer of 2018.

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

Suggested donation: \$60.00

Spring 2018	Mondays; 1pm - 3pm April 23 - June 18	W.G. Johnson Centre Ted Wake Lounge 31 Kribs St, Cambridge	
	Wednesdays; 1pm - 3pm April 25 - June 13	Evergreen Seniors Centre 683 Woolwich St, Guelph	
	Fridays; 1:30pm - 3:30pm April 27 - June 15	Nithview Community - Community Room 234 Hamilton Rd, New Hamburg	
	Mondays; 1pm - 3pm April 30 - June 25 (no session May 21)	Stork Family YMCA 500 Fischer Hallman Rd, Waterloo	
	Wednesdays; 10am - 12pm May 2 - June 20	A.R. Kaufman Family YMCA 333 Carwood Ave, Kitchener	
	Tuesdays; 1pm - 3 pm May 1 - June 19	Bridgeport Community Centre 20 Tyson Dr, Kitchener	
Summer 2018	Wednesdays; 1pm - 3 pm July 4 - August 22	Wilmont Recreation Complex 1291 Nafziger Rd, Baden	
	Wednesdays; 1:15pm - 3:15pm July 4 - August 22	Victoria Recreation Centre 151 Victoria Rd, Guelph	
	Mondays; 1pm - 3pm July 9 - August 27 (no session August 6)	W.G. Johnson Centre Ted Wake Lounge 31 Kribs St, Cambridge	
	Thursdays; 1 pm - 3 pm July 5 - August 23	Victoria Park Senior Centre 150 Albert St., Fergus	

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. **Suggested donation: \$150.00**

For more information visit:

www.alzheimerww.ca/MusicProject

Intergenerational Choir



Have you heard about The Circle of Music? The 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.

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

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.

Spring/Summer 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.

Peer Connections Group

Peer Connections is a program offered by 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. Peer Connections is a space where individuals can socialize and build networks of community support.

Suggested donation: \$60.00

Kitchener **Bi-weekly on Mondays;**
10:30am - 12pm **Rockway Centre**
January 22 - May 28 1405 King Street E.

1st and 3rd Tuesday
of the month;
10:30am - 12pm **Rockway Centre**
July 3 - August 21 1405 King Street E.



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

Elora **2nd and 4th Tuesday**
of the month;
10:30am - 12pm **The Royal Canadian**
February 27 - June 12 **Legion Branch 229**
110 Metcalfe Street E.



For more information or to register for the Elora group, contact the Alzheimer Society at 519-742-1422

Education for People with Dementia

Education Series

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 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*

Spring 2018	Friday March 2 10am - 12pm	Victoria Park Senior Centre 150 Albert Street, Fergus
	Tuesday March 27 10am - 12pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
	Thursday April 26 6pm - 8pm	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Tuesday May 29 10am - 12pm	Woolwich Community Health Centre 10 Parkside Drive, St. Jacobs
Summer 2018	Tuesday June 12 1pm - 3pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
	Tuesday July 17 10am - 12pm	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Wednesday August 12 10am - 12pm	Alzheimer Society - Cambridge Office 1145 Concession Road, Cambridge

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

“I found it extremely helpful. Good to have paperwork to take with me to refer to.”

***Overview of Dementia Participant
September 2017***

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 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 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

**Thursdays; 10am - 12pm
April 5 - May 24**

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



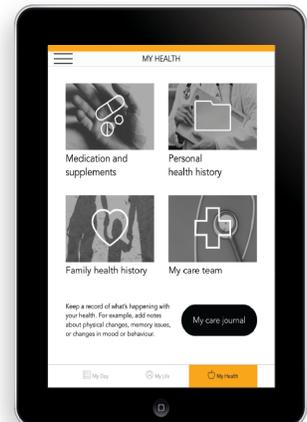
Communicate with confidence

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.



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

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
- 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.

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

Spring 2018	Wednesdays; 6pm - 8pm April 11 - June 27	Alzheimer Society - Cambridge Office 1145 Concession Road, Cambridge
	Fridays; 10am - 12pm April 20 - July 6	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
	Thursdays; 1pm - 3pm April 19 - July 12 <i>(no session June 14)</i>	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener

6-Week Family Education Program:

Summer 2018	Mondays; 9:30am - 11:30am May 28 - July 9 <i>(no session July 2)</i>	Erin Family Health Team 6 Thompson Crescent, Erin
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“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***

Other Dementias

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

Mild Cognitive Impairment

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.

Spring 2018	Thursday, April 12 10am - 11:30am	Alzheimer Society - Cambridge Office 1145 Concession Road, Cambridge
	Tuesday, June 5 10am - 11:30am	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
Summer 2018	Wednesday, August 29 10am - 11:30am	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.

Spring 2018	Thursday, April 12 7pm - 8:30pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
Summer 2018	Tuesday, June 26 1pm – 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.

Spring 2018	Thursday, April 26 7pm - 8:30pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
Summer 2018	Tuesday, July 10 1pm – 2:30pm	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener

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

Education for Care Partners

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.

Spring 2018	Tuesday, May 29 7pm - 8:30pm	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
Summer 2018	Thursday, August 30 1pm – 2:30pm	Alzheimer Society - Cambridge Office 1145 Concession Road, Cambridge

Dementia: Tools and Resources for Living Safely

Please join us for an informative session on living safely with dementia. This event will feature several guest speakers, including the Advance Care Planning Waterloo Wellington, Emmetros, Gatekeeper Project Guelph Wellington, and the Murray Alzheimer Research and Education Program. Participants will learn about new tools, technologies and resources available in the Waterloo-Wellington community for:

- Enhancing wellness and maintaining independence
- Living safely and reducing risk of going missing
- Identifying at-risk seniors and connecting to supports
- Planning ahead and identifying substitute decision makers

Individuals with lived experience, including people living with dementia and their family care partners, will share personal stories and experiences.

Everyone is welcome to attend this free event, including people living with dementia, family members, care partners, health service providers, and community members. Light refreshments will be provided.

No charge for registration—donations appreciated

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

Spring 2018	Wednesday, March 14 1pm - 3pm	Luther Village on the Park 139 Father David Bauer Dr., Waterloo https://livingsafelywithdementia_waterloo.eventbrite.ca
	Wednesday, March 21 9:30am – 11:30am	Evergreen Centre 683 Woolwich St, Guelph https://livingsafelywithdementia_guelph.eventbrite.ca

Groups for Care Partners

Enhancing Care 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.



Sinai Health System

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

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



Ontario

Ministry of
HEALTH AND
LONG-TERM CARE

CARERS Program

CARERS (**C**oaching, **A**dvocacy, **R**espice, **E**ducation, **R**elationship, **S**imulation) Program; an 8 session skill-based group for family caregivers. The focus is on practical skills based tools and emotional supports needed to provide care for family members with dementia.

- Develop more effective problem solving skills
- Develop practical skills to improve communication and manage dementia related behaviours
- Have opportunities to learn new skills by practicing them with the help of standardized patients who are volunteers trained to work with caregivers to simulate specific challenging situations encountered at home
- Receive guidance and coaching through individualized role playing scenarios in order to learn new and more successful ways to cope with common caregiving dilemmas
- Have the chance to process their emotional reactions to caregiving;
- Develop an enhanced sense of capability, feel less isolated and can continue to provide care in the community

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

Spring 2018	Thursdays; 6pm - 8pm April 5 - May 24	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Wednesdays; 1pm - 3pm May 2 - June 20	Alzheimer Society - Guelph Office 69 Huron Street, Guelph

“Really enjoyed this group. I learned some practical skills. I feel more confident in learning these new techniques which I think are practical skills that will be incorporated into my relationship with my loved one.”

**CARERS Participant
October 2017**

Groups for Care Partners

TEACH Program

The TEACH program is a 4-week program for care partners of persons with dementia. It is an innovative therapeutic group intervention aimed at providing education and enhancing coping skills of care partners

TEACH (Training, Education, and Assistance for Caregiving at Home) Program

The group will cover topics such as:

- Self Care
- System Navigation
- Planning for the Future
- The Changing Relationship

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

Spring 2018	Tuesdays; 10:30am - 12pm April 3 - April 24	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
	Mondays; 1pm - 2:30pm April 23 - May 14	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener
	Fridays; 1pm - 2:30pm May 4 - May 25	David Durward Centre 62 Dickson St., Cambridge
	Tuesdays; 1pm - 2:30pm May 1 - May 22	Upper Grand Family Health Team 753 Tower St S., Fergus
Summer 2018	Mondays; 10:30am - 12pm June 4 - June 25	Claire Stewart Medical Clinic 525 Dublin St., Mount Forest
	Tuesdays; 10:30am - 12pm June 5 - June 26	David Durward Centre 62 Dickson St., Cambridge
	Tuesdays; 1pm - 2:30pm July 3 - July 24	Alzheimer Society - Guelph Office 69 Huron Street, Guelph
	Wednesdays; 1pm - 2:30pm July 4 - July 25	Alzheimer Society - Kitchener Office 831 Frederick Street, Kitchener

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

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, 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.

Spring 2018	3rd Wednesday of the month; January 2018 - June 2018	St. Joseph's Health Centre 100 Westmount Rd., Guelph
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	2nd Wednesday of the month; January 2018– June 2018	The Village at University Gates 250 Laurelwood Dr., Waterloo
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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.

Spring 2018	Last Tuesday of the month; January 2018– December 2018	Sunnyside Home 247 Franklin St N., Kitchener
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	1st Tuesday of the month; September 2017– June 2018	Nithview Community 200 Boullee St., New Hamburg
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****Please note: Groups 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 519-742-8518 ext. 2090.

Spring 2018	Tuesdays; 10am - 12pm May 8 - 29	Alzheimer Society - Cambridge Office 1145 Concession Road, Cambridge
Summer 2018	Wednesdays; 10am - 12pm July 4 - 25	Alzheimer Society - Kitchener Office 831 Frederick Street, 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 519-742-8518 ext. 2090.

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

Alzheimer Society
WATERLOO WELLINGTON

CARE PARTNER SOCIAL

*Sit back, relax, and unwind
at our backyard picnic!*



Thursday, June 14
11:00am to 2:00pm
Alzheimer Society Kitchener Office
831 Frederick St, Kitchener

\$10 per person
Please RSVP before
Wednesday, June 6
Phone: 519-742-1422

Take Care to Give Care

A one day conference for caregivers and those who work with them.



Thursday May 31, 2018

9AM - 3PM

*Coffee and Registration at 8:30AM

Conestoga Place

110 Manitou Drive Kitchener, Ontario, N2C 1L3

View Community Displays, Enjoy Lunch, & Engage with Experts!

Presenters

From The Cyril & Dorothy, Joel & Jill Reitman Centre for Alzheimer's Support and Training, Department of Psychiatry at Mount Sinai Hospital, Toronto:

Dr. Virginia Wesson

"Caregivers: Champions of Dementia Care"

&

Dr. Rhonda Feldman

"What's Your Temperature? Monitoring Caregiver Stress and Wellbeing"

From The Change Foundation:

Christa Haanstra

"What Have Caregivers Been Saying"

This event is FREE for Caregivers!

Small fee for professionals.

Register Online:

www.hospicewaterloo.ca/take-care-to-give-care

For more information, please contact

Rosalind at 519-772-8787 ext. 225 or email rosalindh@cscmow.org

Sponsored By:



*Kitchener & Waterloo's longest serving,
independently owned family funeral home*

In Partnership With:



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

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

<http://alzheimer.ca/en/ww/Dementia%20Friendly%20Communities>

National Volunteer Week

April 15 to April 21 2018

Thank you

Make a difference!



In light of National Volunteer Week, the Alzheimer Society would like to recognize the vital role of our volunteers. Our events, programs, and services are made better because of your contributions. On behalf of the staff at Alzheimer Society Waterloo Wellington, we thank you for your continued commitment. Your time with our Society makes a positive difference felt by all.

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, **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:

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

Getting Involved

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 Golf Tournament
- BBQ
- Trivia Challenge
- Yard Sale
- Car Wash
- Anything that you would like to plan – plan it!



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

Walk for Alzheimer's



Alzheimer Society
WATERLOO WELLINGTON

MAY 27, 2018

www.walkforalzheimers.ca

WALK FOR ALZHEIMER'S 2018 LOCATIONS

- | | |
|--------------------|--|
| GUELPH | Guelph Lake Conservation Area (outdoor walk) |
| MOUNT FOREST | Mount Forest & District Sports Complex (indoor walk) |
| KITCHENER/WATERLOO | RIM Park (indoor and outdoor walk) |
| CAMBRIDGE | Langs (indoor walk) |

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 session 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 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 customer feel empowered and supported. This training 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, enhances their understanding of dementia and arms them with the knowledge to develop practical strategies for supporting a person living with dementia.



Please note that tax receipts will only be issued for donations of \$20.00 or more.

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



Charitable Registration Number: 10670 5338 RR0001