

*Soci t  Alzheimer Society*

SAULT STE. MARIE  
& ALGOMA DISTRICT

# Program Guide

April - June 2026



705-942-2195

[info@alzheimeralgoma.org](mailto:info@alzheimeralgoma.org)

# TABLE OF CONTENTS

WELCOME.....	3
MISSION, VISION & VALUES .....	4
PROGRAMS AND SERVICES LIST.....	5
CARE PARTNER SUPPORT.....	9
SOCIAL PROGRAMMING.....	10
HEALTH PROMOTION.....	11
EDUCATION.....	12
ALZEDUCATE.....	13
EDUCATION CONFERENCE.....	14
IG WEALTH MANAGEMENT WALK FOR ALZHEIMERS 2026.....	15

## Alzheimer Society

S A U L T   S T E .   M A R I E   &   A L G O M A   D I S T R I C T



# ≡ Welcome ≡

Our programs and services are designed for individuals living with memory loss, cognitive changes, or dementia and/or their care partners. Together, we foster a compassionate and inclusive community of care.

## MESSAGE FROM OUR EXECUTIVE DIRECTOR

“At the Alzheimer Society, we believe that no one should face dementia alone. Whether you’re a caregiver, a person living with dementia, a healthcare professional or simply someone who wants to make a difference, your support matters. Through education, advocacy, and compassionate care, we are working to build a community of hope and understanding.”



**TERRY CAPOROSSI**



## CONTACT US

### **Alzheimer Society Sault Ste. Marie & Algoma District**

61 Great Northern Road, Sault Ste. Marie ON P6B 4Y8

(705) 942-2195

info@alzheimeralgoma.org

Open Monday - Friday, 8:30AM-4:30PM

### **Alzheimer Society Elliot Lake Office**

9 Oakland Blvd, Elliot Lake ON P5A 2T1

(705) 848-8145

Open Monday - Friday, 8:30AM-4:30PM

### **Alzheimer Society Wawa Office**

37 Broadway, Wawa ON P0S 1K0

(705) 856-0000

Open Monday, Tuesday and Wednesday, 8:30AM- 4:30PM



@alzssmad



@alzheimerssma

# MISSION, VISION & VALUES

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## MISSION

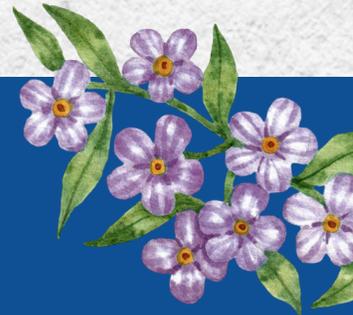
To alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

## VISION

To be a sustainable and responsive leader in the field of dementia offering specialized services to all persons along the dementia journey.

## VALUES

Collaboration  
Respect  
Accountability  
Excellence



**DONATE** 

The Alzheimer Society is Canada's leading nationwide non-profit for people living with Alzheimer's disease and other dementias.

We rely on individual and corporate donors, communities, and healthcare partners to help us deliver on our mission.

All donations made to the Alzheimer Society of Sault Ste Marie and Algoma District remain local to support our community!

SCAN HERE



# PROGRAMS & SERVICES LIST



## **First Link®**

Our First Link® department (offered in Sault Ste. Marie, Wawa and Elliot Lake) welcomes referrals from a wide range of sources, including healthcare professionals, community organizations, concerned family members and friends, as well as individuals seeking support for memory or cognitive changes.

**Cognitive Assessments (offered in Sault Ste. Marie and Wawa)** are valuable tools that help identify and understand changes in memory, thinking, and behaviour. A physician referral or self-referral is required for a cognitive assessment to be completed. Cognitive assessments provide a holistic view of an individual's abilities and cognitive strengths and challenges, helping them and their care team understand what's going well and where support may be needed. A formal assessment often opens the door for specialized services, education, support groups, and community resources.

Trained First Link® staff can administer baseline and follow-up cognitive assessments to help monitor memory and cognition. These cognitive assessments do not diagnose dementias; however, they can help identify concerns that may require further assessment by a qualified healthcare provider. A formal diagnosis of Alzheimer's disease or other dementias must be made by a healthcare professional with expertise in cognitive health. Results from an assessment can guide personalized care, services, and lifestyle adjustments that promote quality of life.

To inquire further about waitlist status for cognitive assessments, please contact the Alzheimer Society at (705) 942-2195.

## **Learning Series for Care Partners (offered in Sault Ste. Marie and Elliot Lake)**

The Alzheimer Society's Learning Series is designed to empower families and care partners with knowledge and practical tools for navigating and supporting someone through his/her dementia journey. This 4-week series explores the fundamentals of dementia, tips & strategies for effective communication, understanding behavioural expressions, preparing for changes, and planning as care needs evolve.

## **Monthly Care Partner Support Groups (offered in Sault Ste. Marie, St. Joseph Island, Thessalon and Elliot Lake)**

Caring for someone living with dementia can be both meaningful and challenging. The Alzheimer Society's daytime and evening support groups offer safe, supportive spaces where care partners don't have to navigate their journeys alone. Care partners are invited to connect with others who understand the path they're on. Meetings consist of sharing experiences, exchanging practical tips, offering, and receiving encouragement, as well as learning effective caregiving strategies in an open, inclusive environment. Meetings may also involve discussions of tools to help manage stress, grief, and the emotional impact of caregiving—while also supporting care partners in caring for their well-being. Support groups are facilitated by First Link® staff who help to guide thoughtful, compassionate conversations tailored to the needs of participants.

## **Companioning Through Grief Support Group (offered in Sault Ste. Marie)**

A 12-week support group designed for care partners and family members grieving the loss of a loved one who lived with dementia. This support group is facilitated by First Link® staff, guided by Dr. Alan Wolfelt's book, *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*, along with its companion journal. These trusted resources offer a gentle, compassionate path through natural experiences and emotions of grief, providing understanding, connection, and a safe, supportive space for healing.

This is a structured, time-limited group that meets weekly with the same participants throughout the 12 weeks. The consistent group membership is intended to foster trust, meaningful connection, and mutual support as individuals move through their grief journeys. This group is typically offered in the fall (October through December) to provide support during the holiday season and beyond. Pre-registration is required. Please contact the Alzheimer Society at 705-942-2195 for upcoming dates and registration information.

### **Hope and Healing for Care Partners Support Group (offered in Sault Ste. Marie)**

Caring for someone living with dementia often brings a unique kind of grief—ambiguous, ongoing, and deeply emotional. This structured, time-limited group is designed to help care partners understand and navigate the emotional landscape of ambiguous and anticipatory grief that can arise throughout the caregiving journey. The group meets weekly for a designated period (to be determined) with the same participants throughout the series. This consistent membership is intended to foster trust, meaningful connection, and mutual support as individuals move through their unique grief journeys.

Through guided sessions, participants are encouraged to:

- Explore the emotional complexities of caregiving
- Identify and better understand ambiguous and anticipatory grief
- Recognize and validate their own feelings of loss
- Learn practical and emotional tools for coping
- Discover self-care strategies to support emotional well-being
- Build resilience, hope, and a sense of healing

Facilitated by First Link® staff, this group offers a compassionate space for reflection, connection, and healing among others walking a similar path. For more information and to pre-register for upcoming groups, please call 705-942-2195.

### **Living Well with Memory Loss: Support Group (offered in Sault Ste. Marie)**

This open, monthly support group is designed for individuals experiencing early memory loss or cognitive changes. Each 1.5 to 2-hour session is facilitated by Alzheimer Society staff and offers a safe, welcoming environment for sharing, connection, and support. The Living Well support group is designed to help participants:

- Connect with others facing similar experiences and challenges
- Share and reflect in a safe, respectful space
- Learn about changes in brain health
- Explore practical coping strategies
- Support one another in achieving, maintaining, or enhancing individual quality of life

Sessions feature a blend of open discussion, group sharing, and engaging activities designed to stimulate conversation, reflection, and connection. This group offers meaningful opportunities to connect with others, share, learn, and support one another to live well, maintain, and enhance quality of life. Whether you'd like to talk, listen, learn, or simply feel understood, this group is here to walk alongside you on your journey. For more details, please refer to page 9.

### **Community Outreach Support Program (offered in Sault Ste. Marie)**

Community Outreach Support workers collaborate with individuals and families to develop personalized support plans tailored to their unique needs. During weekly 3-hour home visits, Community Outreach Support workers provide safe, person-centered care, activation, meaningful engagement, and companionship, while also providing care partners valuable time for rest, self-care, or other responsibilities.

To inquire further about waitlist status for the Community Outreach Support Program, please contact the Alzheimer Society at (705) 942-2195.

### **Recreation Therapy Program (offered in Sault Ste. Marie and Elliot Lake)**

Recreation Therapists collaborate with individuals and families to deliver person-centered, flexible, meaningful, and engaging activity-based programming that supports the well-being and quality of life of individuals living with dementia. Visits take place in the home, typically once per week, on a mutually agreed-upon schedule.

To inquire further about waitlist status for the Recreation Therapy Program, please contact the Alzheimer Society at (705) 942-2195.

### **Transition Support Program (offered in Sault Ste. Marie)**

Transition Support Workers collaborate with individuals and families to create personalized plans aimed at facilitating successful transitions to long-term care. This may include emotional support, guidance regarding the admission and moving process, coordination with long-term care staff, help preparing for the transition, direct support on the day of admission, and follow-up visits to support adjustment and well-being. Guidance, reassurance, and support are offered before, during, and after the transition to help facilitate a less stressful, more seamless, positive experience and adjustment for everyone involved.

To inquire further about waitlist status for the Transition Support Program, please contact the Alzheimer Society at (705) 942-2195.

### **Minds in Motion® (offered in Sault Ste. Marie and Wawa)**

Minds in Motion® is a community-based social program offered through the Alzheimer Society. This popular and highly recommended program incorporates gentle & easy-to-follow physical activity, mental stimulation, and social engagement geared toward individuals living with memory loss, cognitive changes, or dementia and their care partner (i.e. a spouse, family member, or friend). This program runs for 8 weeks, with weekly 2-hour sessions. A one-time donation of \$15 per participant is appreciated to help cover the cost of program materials and resources.

### **Coffee Club (offered in Sault Ste. Marie and Elliot Lake)**

The Alzheimer Society's Coffee Club is a relaxed, informal weekly drop-in social designed for individuals living with memory loss, cognitive changes, or dementia, accompanied by their care partners. It offers a warm, welcoming, supportive space to socialize, enjoy casual conversation, and build meaningful connections with others. Coffee, tea, water, and light snacks are provided.

### **An Afternoon of Music & Song (offered in Sault Ste. Marie)**

This popular, fun afternoon of live music and song is held at the Alzheimer Society once a month on a designated Saturday from 2:00–4:00 p.m. Individuals living with memory loss, cognitive changes or dementia and their care partners are warmly welcomed to attend and enjoy a relaxed, joyful afternoon with great music and friendly faces. A light snack is provided.

### **Get Crafty (offered in Sault Ste. Marie)**

Let your creativity shine at Get Crafty—a fun, monthly 2-hour session designed for individuals living with memory loss, cognitive changes, or dementia, along with their care partners. Come explore, create, and connect! There's no cost to attend, and all materials are provided. Pre-registration is required as space is limited. To reserve your spot or learn about upcoming session dates, please call Susan at 705-942-2195 ext. 214.

### **Paint Day (offered in Sault Ste. Marie)**

A relaxing, guided painting experience for individuals living with memory loss, cognitive changes, or dementia, along with their care partners. In a welcoming and supportive setting, participants create their own unique take-home masterpieces while enjoying connection and creativity. A small fee of \$15 per session covers all materials. Paint Day is offered 4 times per year. Pre-registration is required as space is limited. Please call 705-942-2195 for upcoming session dates and to reserve your spot.

### **Walking Program (offered in Sault Ste. Marie)**

The Walking Program promotes fun, socializing, and physical activity for individuals living with memory loss, cognitive changes, or dementia, and their care partners. During the summer months, walks take place outdoors at Bellevue Park. In the winter or on inclement weather days, walks are held indoors at the Canadian Bushplane Heritage Centre (50 Pim St.). Please dress accordingly and wear appropriate walking attire and shoes. Please call 705-942-2195 to register.

## Public Education (offered in Sault Ste. Marie and Elliot Lake)

The Alzheimer Society offers public education designed to increase awareness and understanding of dementia and related topics while fostering a supportive community. Education sessions, including workshops, training, and presentations, are tailored for diverse audiences such as healthcare providers, community groups, families, children, and others interested in learning more about dementia. Topics range from brain health and general dementia awareness to detailed information, resources, and focused care strategies. Our goal is to promote compassionate care, enhance understanding of dementia, and empower others with practical knowledge, strategies, and resources to support individuals living with dementia, their families, care partners, and the broader community.

# ADULT DAY PROGRAM



## Adult Day Program (offered in Sault Ste. Marie, Thessalon and Blind River)

The Alzheimer Society's Adult Day Programs (affectionately known as ADP) offer a structured, supportive environment designed to enrich the lives of individuals living with Alzheimer's disease or other forms of dementia. Adult Day Programs offer meaningful daytime support, engaging activities, and personalized care that help participants maintain independence, support overall well-being, and enhance quality of life. At the same time, Adult Day Programs give care partners peace of mind and valuable time to rest or attend to personal needs, knowing their loved ones are in safe, compassionate hands.

Staff are also experienced in supporting individuals who may feel hesitant or uncertain about joining a new environment. Staff members collaborate closely with each participant and their care partners to offer a gentle, respectful transition into the program, helping individuals feel comfortable, welcomed, and at ease during their adjustment.

All Adult Day Program sites provide the following:

- Trained staff and a supportive environment
- Therapeutic activities tailored to cognitive and physical abilities
- Meals and snacks
- Social interaction

Participants typically attend the Adult Day Program one full day per week at a cost of \$20.00/day. For those without alternate transportation, the Alzheimer Society offers rides to and from the ADP's Sault Ste. Marie location for a small fee. Please see location headings below for specific details.

To inquire further about waitlist status for programming, please contact the Alzheimer Society at (705) 942-2195.

### SAULT STE. MARIE

**When:** 9:00am -3:00pm,  
Monday to Friday  
**Where:** Alzheimer Society,  
61 Great Northern Road,  
Sault Ste. Marie  
(705) 942-2195 ext 223

### THESSALON

**When:** 9:30am- 2:30pm,  
Every Thursday  
**Where:** 56 Algoma Street,  
Thessalon  
(705) 227-1241

### BLIND RIVER

**When:** 10:00am- 3:00pm,  
Every Tuesday  
**Where:** 55 Queen Avenue,  
Blind River  
(705) 227-1241



# CARE PARTNER SUPPORT



## SAULT STE. MARIE MORNING

**When:** April 28, May 26, June 30

11:00 AM -12:00 PM

**\*Every last Tuesday of the month\***

**Where:** Alzheimer Society, 61 Great Northern Road, Sault Ste. Marie

## SAULT STE. MARIE EVENING

**When:** April 13, May 11, June 8

7:00 PM -8:30 PM.

**\*Every second Monday of the month\***

**Where:** Alzheimer Society, 61 Great Northern Road, Sault Ste. Marie

## THESSALON

**When:** April 1, May 6, June 3.

10:00 AM -11:30 AM.

**\*Every first Wednesday of the month\***

**Where:** Thessalon Memorial Arena, 132 Main Street, Thessalon

## ST. JOSEPH ISLAND

**When:** April 1, May 6, June 3

1:30 PM -3:00 PM.

**\*Every first Wednesday of the month\***

**Where:** Royal Canadian Legion, 1534 10<sup>th</sup> Sideroad, Richards Landing

## ELLIOT LAKE

**When:** April 16, May 21, June 18

1:00 PM -3:00 PM

**Where:** 9 Oakland Blvd, Elliot Lake

## LIVING WELL WITH MEMORY LOSS: SUPPORT GROUP

A support group for persons living with dementia

**When:** April 14, May 12, June 9

1:00 PM - 2:30 PM.

**\*Second Tuesday of the month\***

**Where:** Alzheimer Society, 61 Great Northern Road, Sault Ste. Marie

# SOCIAL PROGRAMMING

## DROP-IN PROGRAMS

### Coffee Club

#### Sault Ste. Marie

**When:** 10:30AM -12:00PM. Every Tuesday

**Where:** Alzheimer Society, 61 Great Northern Road, Sault Ste. Marie

#### Elliot Lake

**When:** 9:30-11:00AM. April 23, May 7, June 25

**Where:** Alzheimer Society, 9 Oakland Blvd, Elliot Lake



### Walking Program

**When:** Every Wednesday at 2:00-4:00 PM

**Where:** Winter - Bushplane Museum- 50 Pim St, Sault Ste. Marie.

Summer: Bellevue Park- 1310 Queen St E, Sault Ste. Marie.

The Bushplane Museum on winter/inclement weather days. Bellevue Park on summer days.



### Afternoon of Music & Song

**When:** Saturdays: April 11, May 9, June 13 from 2:00-4:00 PM.

**Where:** Alzheimer Society, 61 Great Northern Road, Sault Ste. Marie



### Get Crafty

**When:** May 6, June 3 from 10:00 AM-12:00 PM

**Where:** Alzheimer Society, 61 Great Northern Road, Sault Ste. Marie

**Pre-registration is required as space is limited**



# HEALTH PROMOTION

## MINDS IN MOTION

### SAULT STE. MARIE



**MONDAY**

**10:30 - 12:30**

OR

**2:00 - 4:00**

**THURSDAY**

**10:30 - 12:30**

OR

**2:00 - 4:00**

**FRIDAY**

**10:30 - 12:30**

OR

**2:00 - 4:00**

### WAWA



**WEDNESDAY**

**12:00-2:00**

ONLY OFFERED FROM SEPTEMBER TO  
JUNE



# EDUCATION

LEARNING SERIES FOR CARE PARTNERS



## SAULT STE. MARIE

**May**

**Afternoon**  
**1:30-3:00PM**

**Evening**  
**6:00-7:30PM**

**61 Great Northern Road**

**Tuesday, May 5, 2026**

What is Dementia: How Dementia affects behaviour, the person & the family

**Tuesday, May 12, 2026**

Effective communication: tips & strategies  
Coping with emotional conflicts

**Tuesday, May 19, 2026**

Responsive behaviours: causes & strategies

**Tuesday, May 26, 2026**

What to do when care needs are increasing  
Making and living with the long term care decision

**PRE-REGISTRATION REQUIRED**

**PLEASE CALL (705) 942-2195 TO REGISTER**

In addition to the Learning Series for care partners, training sessions, workshops, and public presentations are available on numerous dementia-related topics.

For more information on our education and awareness program or to request a presentation, please contact us at one of our office locations.



**Your online resource for best practice dementia education.**

**Live webinars and on-demand courses provided by the Alzheimer Society for:**

- People living with dementia and Care Partners
- Health Care Providers
- Anyone that wants to learn more about dementia

**Build your knowledge and skills to live well or support people living with dementia:**

**For Health Care Providers:**

- Introduction to Dementia (certificate program)
- U-First!® (certificate program)
- Aging and the Senses
- Communication
- Person Centered Care
- Dementia Friendly Communities
- Finding Your Way®
- Medication Overuse in Older Adults
- ....and more

**For People Living with Dementia and Care Partners:**

- Overview of Dementia
- Communication
- Meaningful Activities
- Support for Care Partners
- Living Safely with Dementia
- Young Onset Dementia
- Lewy Body Dementia
- ....and more

**Create your ALZeducate account to begin your learning journey. [www.alzeducate.ca](http://www.alzeducate.ca)**



Questions? Email: [alzed@alzon.ca](mailto:alzed@alzon.ca) or visit: [www.alzeducate.ca](http://www.alzeducate.ca)

For your local Alzheimer Society, please [click here](#) or contact:

**705-942-2195   [info@alzheimeralgoma.org](mailto:info@alzheimeralgoma.org)**

**ALZHEIMER EDUCATION  
CONFERENCE:  
Voices for Dementia**

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**FRIDAY, MAY 1, 2026**

**Grand Gardens North**

**Featuring two exceptional keynote speakers:**



**PHYLLIS FEHR**



**LAURA TAMBLYN WATTS**

**FOR MORE INFORMATION OR TO  
REGISTER TODAY PLEASE CONTACT:**



**(705) 942-2195**



**cathygraveline@alzheimeralgoma.org**

# Walk with Us



**Sunday, May 31st**

**SAULT STE. MARIE**

**ELLIOT LAKE**

**When: Sunday, May 31<sup>st</sup>**

**Registration: 12:00pm | Walk: 1:00pm**

**Where: 61 Great Northern Rd. (SSM Office)**

**When: Sunday, May 31<sup>st</sup>**

**Registration: 10:00am | Walk: 11:00am**

**Where: 26 Oakland Blvd. (Moose Lodge)**

**BLIND RIVER & WAWA**

**Walk Where You Are, in Your Own  
Way, in the Month of May**

Visit us at  
[walkforalzheimers.ca](http://walkforalzheimers.ca)



*Register Today!*

**THANK YOU TO OUR 2026 SPONSORS!**

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Strong Minds | Elliot Lake Today**

