

# Alzheimer Society

D U R H A M   R E G I O N



**April to June 2022**  
**Program Guide**

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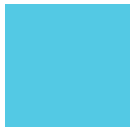
**Support and Education**



**Active Living**



**Programmes et services en français**



**Events and Fundraising**



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**Is this for me?**



Wondering where to start? Look for the support icons throughout the guide to determine which workshops, groups or services best fit your needs.



**Persons Living With Dementia**



**Care Partners**



**Health-care Providers**



**Businesses**



**Community/General**



# Contact Us



## Welcome Back!

**Many of our programs are now being hosted in-person and will be held at our Whitby location, unless otherwise stated**

**1600 Stellar Dr., Suite 202  
Whitby, ON, L1N 9B2**

## Contact Us

### Support and Education

[intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com)

905-576-2567 ext. 5233



### Active Living

[recreation@alzheimerdurham.com](mailto:recreation@alzheimerdurham.com)

905-576-2567 ext. 5003



### Programmes et services en français

[francophone@alzheimerdurham.com](mailto:francophone@alzheimerdurham.com)

905-576-2567 ext. 5233



### Events and Fundraising

[donations@alzheimerdurham.com](mailto:donations@alzheimerdurham.com)

905-576-2567 ext. 5222



### Volunteering

[volunteer@alzheimerdurham.com](mailto:volunteer@alzheimerdurham.com)

905-576-2567 ext. 5234



### MINT Memory Clinic

[mint@alzheimerdurham.com](mailto:mint@alzheimerdurham.com)

905-576-2567 ext. 5235

Toll-free: 1-888-301-1106

Website: [www.alzheimer.ca/durham](http://www.alzheimer.ca/durham)

## Ways to Register



By phone: 905-576-2567 | toll-free 1-888-301-1106  
(see individual departments for extensions)



By web: [asdr.eventbrite.ca](https://asdr.eventbrite.ca)



By email: (see individual departments for address)



**Please note:** for many of our online sessions, you will need Zoom to participate (phone-in options available). For technical assistance prior to the sessions, please contact our Community Education Team [education@alzheimerdurham.com](mailto:education@alzheimerdurham.com)

Have feedback about our programs and services?

Send your thoughts to [feedback@alzheimerdurham.com](mailto:feedback@alzheimerdurham.com)



# Support and Education

## MINT Memory Clinic Services



MINT Memory Clinics (previously Primary Care Collaborative Memory Clinics) help family doctors care for their patients by completing specialized memory assessments and plans for care. The multi-specialty interprofessional team (MINT) based out of the Alzheimer Society of Durham Region consists of Social Workers, Occupational Therapists and Behavioural Supports Ontario (BSO) Nurses. This team works together with specially trained physicians to provide early diagnosis, treatment and support for daily challenges associated with memory concerns. Our team assists with the most challenging aspects of dementia care and works with the Alzheimer Society's First Link<sup>®</sup> program to connect clients with the resources and supports they need.

Who should be referred for a MINT Memory Clinic assessment? Adults or older adults, not previously assessed by another memory clinic or service, who are experiencing symptoms of memory loss that may or may not be affecting daily functions.

Referrals for the Memory Clinic are accepted from primary-care providers and local GAIN teams. For information about the MINT Team, phone 905-576-2567 ext. 5235 or email [mint@alzheimerdurham.com](mailto:mint@alzheimerdurham.com)

## Navigation and Counselling



Family and one-on-one dementia-specific counselling is provided to care partners and persons living with dementia. We provide education about the disease, coping techniques and therapeutic counselling for care partners. Our First Link<sup>®</sup> Care Navigators and Counsellors are go-to persons for families after a dementia diagnosis and can help with identifying needs, navigating services and assisting with care planning throughout the dementia journey. Our support staff are highly experienced in dementia care and offer expert knowledge and skills for both the care partner and person living with dementia.



## Personalized One-on-One Education Sessions



Our knowledgeable Community Education Team provides educational opportunities for people living with Alzheimer's disease and other dementias, their family and friends, health-care providers, organizations, community groups and the general public. Do you have a special request for dementia education or training? Personalized educational sessions are available for families, groups, organizations or one-on-one sessions.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General



Businesses





# Support and Education

## The Reitman Centre Enhanced Care Program

For upcoming dates and information, please contact the program lead at 905-576-2567 ext. 5233 to register.

### CARERS



(CARERS - Coaching, Advocacy, Respite, Education, Relationship, Simulation)

CARERS is an eight-week program for family caregivers of people living with early and mid-stage dementia in the community. An accredited program of the Sinai Health System Reitman Centre CARERS Program, this is a fully integrated, comprehensive dementia-care program. The focus is on practical skills-based tools and emotional supports needed to provide care for family members with dementia.



Alzheimer Society  
DURHAM REGION

Sinai Health

Cyril & Dorothy, Joel & Jill  
Reitman Centre for Alzheimer's  
Support and Training

### TEACH



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

The TEACH program is a four-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.



Alzheimer Society  
DURHAM REGION

Sinai Health

Cyril & Dorothy, Joel & Jill  
Reitman Centre for Alzheimer's  
Support and Training



Helping care partners of  
people living with dementia

ENHANCING CARE PROGRAM  
AVAILABLE ONLINE

WWW.ALZHEIMER.CA/DURHAM/ENHANCINGCARE

Alzheimer Society  
DURHAM REGION

Sinai Health

Cyril & Dorothy, Joel & Jill  
Reitman Centre for Alzheimer's  
Support and Training

# Support and Education

## Respite Care Program

**Respite Care Available**

Did you know? Our Respite Care Program is available for care partners who would like to attend Alzheimer Society of Durham Region programs and services but face barriers with the support of their loved one while they are away. Our Respite Care Program is designed to provide funds for in-home support for persons living with dementia so Care Partners can participate in ASDR programs and services. Ask one of our support staff about accessing our respite program today. (Please note, ASDR itself does not provide in-home care.)

## Support Programs

For more information about the following support groups, please email [intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com) or phone 905-576-2567 ext. 5233

### Drop-in Care Partner Social and Support Group



Facilitated by staff or qualified volunteers, drop-in sessions provide opportunities for care partners to share their experiences and navigate available resources.

| Location                                                                                                            | Day       | Date                                     | Time               |
|---------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------|--------------------|
| Online or phone-in available<br> | Wednesday | April 13, 27<br>May 11, 25<br>June 8, 22 | 1 p.m. - 2:30 p.m. |

### Peer-Led Care Partner Support Group



Shared and lived experiences provide the foundation for this peer-led care partner support group. This group offers an opportunity for care partners to engage with peers in a supportive, social setting.

| Location                                                                                      | Day       | Date                          | Time               |
|-----------------------------------------------------------------------------------------------|-----------|-------------------------------|--------------------|
| In-person                                                                                     | Wednesday | April 20<br>May 18<br>June 15 | 1 p.m. - 2:30 p.m. |
| Online<br> | Wednesday | April 27<br>May 25<br>June 29 | 10 a.m. - 12 p.m.  |



# Support and Education

## Men's Breakfast



Men's Breakfast is a peer-led group, which provides peer-to-peer support for male care partners in a casual, comfortable setting.

| Location                                                                                                               | Day       | Date                                                              | Time             |
|------------------------------------------------------------------------------------------------------------------------|-----------|-------------------------------------------------------------------|------------------|
| Online and in-person (hybrid option)  | Wednesday | April 6, 13, 20, 27<br>May 4, 11, 18, 25<br>June 1, 8, 15, 22, 29 | 9 a.m. - 11 a.m. |

## Care Partner Support Group for Caregivers Providing Care at Home in the Community



This safe forum is led by a trained and experienced Counsellor and offers an opportunity to learn about topics relating to caregiver coping and connecting with community services.

| Location                            | Day    | Date                                   | Time                |
|-------------------------------------|--------|----------------------------------------|---------------------|
| In-person (hybrid option available) | Friday | April 8, 22<br>May 6, 20<br>June 3, 17 | 9:30 a.m. - 11 a.m. |

## Care Partner Support Group for Those Supporting Residents in Long-Term Care and Retirement Homes



This safe forum is led by a trained and experienced Counsellor and specifically focuses on topics and strategies that affect those supporting residents in LTC/RH such as stress, communication and responding to behaviours.

| Location                                                                                                 | Day               | Date                          | Time               |
|----------------------------------------------------------------------------------------------------------|-------------------|-------------------------------|--------------------|
| Online and in-person  | Monday Online     | April 4<br>May 2<br>June 6    | 6 p.m. - 7:30 p.m. |
|                                                                                                          | Tuesday In-person | April 19<br>May 17<br>June 21 | 1 p.m. - 2:30 p.m. |

**Respite Care Available**

## Living with Loss



This unique support group run by trained counselling staff provides a safe and supportive group environment for care partners as they adjust to feelings of loss and grief throughout the dementia journey. Members will explore various topics including the loss of connection with a loved one living with dementia, loss of plans and dreams and the anticipated loss or death of a loved one. This closed support group runs weekly for six sessions. Each session is limited to 10 participants. Registration required.

| Location                                                                                          | Day    | Date                             | Time               |
|---------------------------------------------------------------------------------------------------|--------|----------------------------------|--------------------|
| In-person<br><br>Oshawa Seniors Citizen Centre 55+ (OSCC55+)<br>43 John St. W.,<br>Room 4, Oshawa | Monday | June 6, 13, 20, 27<br>July 4, 11 | 1:30 p.m. - 3 p.m. |

## Learning the Ropes for Living with MCI®



Learning the Ropes for Living with MCI® is a six-week program for persons living with Mild Cognitive Impairment (MCI) and a close family member/friend. The program provides education about MCI and focuses on optimizing cognitive health through lifestyle choices, memory training (involving practical strategies) and psychosocial and family support.

Each session is limited to four couples.

Registration is required.

Register by contacting [intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com) or phone 905-576-2567 ext. 5233



| Location  | Day    | Date                           | Time                  |
|-----------|--------|--------------------------------|-----------------------|
| In-person | Monday | Apr 11, 18, 25<br>May 2, 9, 16 | 1:30 p.m. - 3:30 p.m. |



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General

Businesses



# Support and Education

Register for any of the following community education session(s) you like at [asdr.eventbrite.ca](https://asdr.eventbrite.ca) or email [education@alzheimerdurham.com](mailto:education@alzheimerdurham.com)

## Community Education Programs

### First Steps for Persons Living with Dementia



This introductory workshop provides an opportunity for persons living with dementia to receive information, have an opportunity to share and learn about symptoms of Alzheimer's disease and other dementias and the impact of receiving the diagnosis. They will also be encouraged to explore and build on coping skills and strengths. Care partners are invited to join persons living with dementia.

| Location  | Day                 | Date             | Time                   |
|-----------|---------------------|------------------|------------------------|
| In-person | Tuesday<br>Thursday | May 10<br>June 9 | 9:30 a.m. - 11:30 a.m. |

### Comfort and Care in Late Stage



This three-part series is for care partners of persons living with dementia. Sessions address common care issues in late-stage dementia to help family care partners adapt to changing needs and explore sensitive issues around care and treatment.

### Comfort and Care in Late Stage: Preparing for the Later Stages

First in our three-part series, we will discuss some of the changes you might see as dementia progresses to the late stages and as end-of-life approaches. We will also look at making decisions for these later stages.

| Location                                                                                      | Day     | Date     | Time             |
|-----------------------------------------------------------------------------------------------|---------|----------|------------------|
| Online<br> | Tuesday | April 12 | 7 p.m. - 8:30 pm |



## Comfort and Care in Late Stage: Care Strategies—Enhancing Quality of Life



**Respite Care Available**

Second in our three-part series, we will discuss strategies for providing comfort and creating meaningful and enjoyable experiences for your family member or friend in order to enhance their quality of life.

| Location                                                                                 | Day     | Date     | Time               |
|------------------------------------------------------------------------------------------|---------|----------|--------------------|
| Online  | Tuesday | April 19 | 7 p.m. - 8:30 p.m. |

## Comfort and Care in Late Stage: Taking Care of You

Last in our three-part series, we will discuss the importance of self-care and identify strengths and resources that will help minimize any negative impacts of your caregiving role. We will also look at finding ways to celebrate the life of your family member or friend in the midst of loss.

| Location                                                                                   | Day     | Date     | Time               |
|--------------------------------------------------------------------------------------------|---------|----------|--------------------|
| Online  | Tuesday | April 26 | 7 p.m. - 8:30 p.m. |

## Options for Care



This four-part series will focus on the supports available within Durham Region. Care partners will be able to evaluate their own caregiving needs and explore other care options including in-home supports, adult day programs, retirement living and long-term care options.

## Options for Care: When Care Needs are Increasing

First in our four-part series, we will discuss some of the changes you might see as dementia progresses, explore how to determine when more help is needed with care and what some of the available options are.

| Location  | Day      | Date   | Time                  |
|-----------|----------|--------|-----------------------|
| In-person | Thursday | May 12 | 1:30 p.m. - 3:30 p.m. |

# Support and Education

## Options for Care: Long-Term Care Decisions

Second in our four-part series, we will discuss decisions surrounding care outside of the home and the options available. We will also explore how to access and what to look for when considering long-term care home options.



| Location  | Day      | Date   | Time                  |
|-----------|----------|--------|-----------------------|
| In-person | Thursday | May 19 | 1:30 p.m. - 3:30 p.m. |

## Options for Care: Transitioning Care Roles

Third in our four-part series, we will discuss how to prepare and adjust to living in a long-term care.

| Location  | Day      | Date   | Time                  |
|-----------|----------|--------|-----------------------|
| In-person | Thursday | May 26 | 1:30 p.m. - 3:30 p.m. |

## Options for Care: Further Exploring the Transition to Long-Term Care

Fourth in our four-part series, we will discuss the process of pre-move in and post-move in and how to ease the transition for the person living with dementia and their care partners.

Guest Speaker: Alzheimer Society Durham Region staff.

| Location  | Day      | Date   | Time                  |
|-----------|----------|--------|-----------------------|
| In-person | Thursday | June 2 | 1:30 p.m. - 3:30 p.m. |

# Support and Education

**Respite Care Available**

## U-First!® for Care Partners



U-First!® for Care Partners is a new education program for family and friends who are providing direct support to someone experiencing behaviour changes as a result of dementia or other cognitive impairment. The goals of the program are to enhance well-being of care partners and of the person they are supporting who is experiencing behaviour changes, reduce responsive behaviours by using the U-First!® framework and improve collaboration among all team members through a common knowledge, language and approach to care.

| Location  | Day      | Date           | Time            |
|-----------|----------|----------------|-----------------|
| In-person | Thursday | June 16 and 23 | 1 p.m. - 4 p.m. |

**Register for any of the community education session(s) you like at**  
[asdr.eventbrite.ca](http://asdr.eventbrite.ca) or email [education@alzheimerdurham.com](mailto:education@alzheimerdurham.com)

## U-First!® for Health-Care Professionals



U-First!® is an innovative and unique two-day training program that helps frontline staff develop common values and a common knowledge base, language and approach to caring for people with Alzheimer's disease and other dementias. Participants must attend both days, in full in order to receive their certificate. Certificate will be provided at the completion of the course. Cost: \$80

Contact us for more information on our upcoming online session by emailing [education@alzheimerdurham.com](mailto:education@alzheimerdurham.com)



**Persons Living With Dementia**



**Care Partners**



**Health-care Providers**

**Community/General**

**Businesses**







# Support and Education

## Spotlight Series



Join us for our new monthly spotlight series featuring guest speakers sharing their knowledge and expertise on various topics to help you through the dementia journey.

## Looking at Frontotemporal Dementia

This session will provide an overview of Frontotemporal Dementia (FTD), looking at its effect on the regions of the brain and an individual's personality. We will share general strategies to best support persons living with FTD. Guest Speaker: Alzheimer Society Durham Region staff.

| Location                                                                                 | Day    | Date     | Time               |
|------------------------------------------------------------------------------------------|--------|----------|--------------------|
| Online  | Monday | April 25 | 2:30 p.m. – 4 p.m. |

## Mental Health and Dementia

During this informative session, we will discuss the different types of mental health conditions, their affect on persons living with dementia and ways to support the individual and their care partners. Guest speaker: Ontario Shores Geriatric Psychiatrist

| Location                                                                                   | Day    | Date   | Time               |
|--------------------------------------------------------------------------------------------|--------|--------|--------------------|
| Online  | Monday | May 30 | 2:30 p.m. – 4 p.m. |

## Supporting Independence with Dementia

As dementia progresses, individuals may find they require the support of care partners. During this session, we will explore support tips and strategies to enhance and maintain independence in persons living with dementia. Guest Speaker: Alzheimer Society Durham Region staff.

| Location                                                                                   | Day    | Date    | Time               |
|--------------------------------------------------------------------------------------------|--------|---------|--------------------|
| Online  | Monday | June 27 | 2:30 p.m. – 4 p.m. |

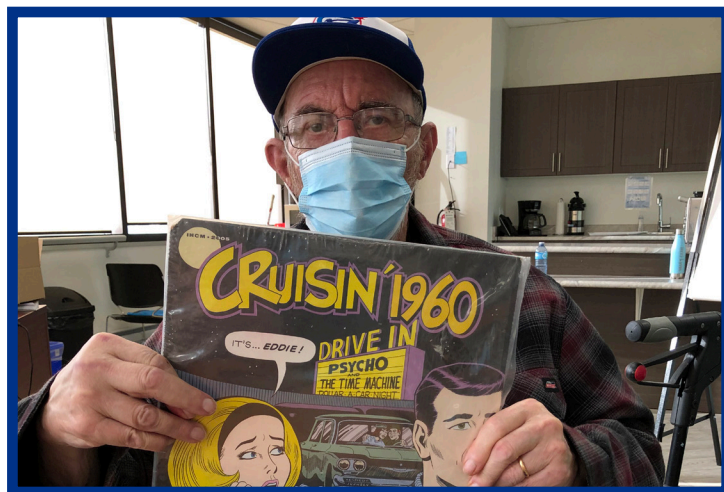
## "The Friendly Place" — Young Onset Adult Day Program



zoom

For persons diagnosed with dementia prior to age 65, our Adult Day Program (ADP) provides opportunities to participate in social and recreational programming, including creative arts, exercise, music and games. Pre-screening required. Our ADP is being offered online and in-person.

Please contact the program lead for space availability at 905-576-2567 ext. 5003.



## Recreation Kits



Bringing Recreation to You—Our recreation kits are designed to engage people living with dementia in a fun and purposeful task, providing cognitive stimulation and social connection. Each themed kit will include dementia-friendly resources and easy-to-follow instructions, along with information about the benefits of each activity.

**WindReach Farm**  
A Centre for Inclusion and Personal Achievement  
For People of All Abilities

This May, join us in the greenhouse at WindReach Farm for an interactive workshop on May 16 or 18. Learn about horticulture and herbs while having fun creating a garden planter that you can take home and enjoy for the rest of the year. Registration required; space is limited. Please ask us about transportation options. Home delivered kit option also available.

Contact our Active Living Coordinator at 905-576-2567 ext. 5256 for more information or email [recreation@alzheimerdurham.com](mailto:recreation@alzheimerdurham.com)

## Walking Buddies



Step into spring! Explore a variety of Durham Region walking trails with our volunteer-led Walking Buddies group. All trails are relatively easy and accessible with handy parking (additional fees may apply\*). Get active and socialize while feeling the benefits of being in nature.

Registration required. Contact our Active Living Coordinator at 905-576-2567 ext. 5256 or email

[recreation@alzheimerdurham.com](mailto:recreation@alzheimerdurham.com) for more information about upcoming dates and locations.





# Active Living

## Minds in Motion®



**Respite Care Available**

Minds in Motion® is an evidence-based program that includes physical activity, social and mind-stimulating activities for people living with dementia and their care partners. This will be a great environment to establish new friendships with others who are living with similar experiences. Combining physical, mental and social stimulation improves brain health and may slow the disease progression and can improve mood and decrease the risk of depression among both persons living with dementia and their care partners.

The Alzheimer Society of Durham Region is currently recruiting participants to join our pilot project to learn about the impacts of Minds in Motion® offered virtually (on the computer). The pilot program will occur on a web-based platform such as Zoom.

Coming May/June: Minds in Motion® is resuming in-person service in Bowmanville and Uxbridge. Pre-registration required. Please contact us for more information about a Minds in Motion® program near you. Phone 905-576-2567 ext. 5256 or email [recreation@alzheimerdurham.com](mailto:recreation@alzheimerdurham.com) for more information.

| Location                                                                                                   | Day                | Date                                           | Time                 |
|------------------------------------------------------------------------------------------------------------|--------------------|------------------------------------------------|----------------------|
| Online and/or in-person  | Wednesday (Online) | April 20, 27<br>May 4, 11, 18, 25<br>June 1, 8 | 10 a.m. - 11:30 a.m. |
| Alzheimer Society of Durham Region<br>1600 Stellar Dr.,<br>Suite 202, Whitby,                              | Monday (In-person) | April 18, 25<br>May 2, 9, 16, 30<br>June 6, 13 | 10 a.m. - 12 p.m.    |

| Location                                    | Day                                                                                 | Date                                     | Time                  |
|---------------------------------------------|-------------------------------------------------------------------------------------|------------------------------------------|-----------------------|
| In-person                                   | Tuesday                                                                             | April 5, 12, 19, 26<br>May 3, 10, 17, 24 | 10:30 a.m.-12:30 p.m. |
| Abilities Centre<br>55 Gordon St.<br>Whitby |  |                                          |                       |

| Location                                      | Day      | Date                                   | Time                  |
|-----------------------------------------------|----------|----------------------------------------|-----------------------|
| In-person                                     | Thursday | May 5, 12, 19, 26<br>June 2, 9, 16, 23 | 1:30 p.m. - 3:30 p.m. |
| Douglas Crossing<br>6 Douglas Rd,<br>Uxbridge |          |                                        |                       |





# Programmes et services en français

La Société Alzheimer de la région de Durham a été désignée fournisseur de soins de santé aux fins de la planification et de la prestation de services et de programmes de qualité en français. Nous sommes fiers de notre dévouement et du devoir que nous faisons d'appuyer la communauté francophone.

**Soins de repit disponible**

## Soutien et éducation

### Navigation et counseling



Il s'agit de services de soutien familial ou individuel axé sur les troubles neurocognitifs offerts aux partenaires de soins et aux personnes qui vivent avec un trouble neurocognitif. Nous fournissons aux partenaires de soins une éducation sur la maladie, des techniques d'adaptation et des services de counseling thérapeutique. Les membres de notre personnel possèdent une vaste expérience dans le domaine des soins aux personnes atteintes d'un trouble neurocognitif ainsi que des connaissances et des compétences d'expert qui leur permettent d'épauler le partenaire de soins et la personne qui vit avec un trouble neurocognitif.

Pour en savoir plus, envoyez un courriel à [francophone@alzheimerdurham.com](mailto:francophone@alzheimerdurham.com) ou composez le 905 576-2567 | sans frais 1-888-301-1106/1106, poste 5237



### Programme de soins améliorés du Reitman Centre (CARERS : Coaching, Advocacy, Respite, Education, Relationship, Simulation)

Il s'agit d'un programme de huit semaines destiné aux aidants naturels de personnes qui en sont aux premiers stades ou à un stade moyen de la maladie. Programme agréé du Reitman Centre du Sinai Health System, CARERS est un programme complet et intégré sur les soins aux personnes atteintes d'un trouble neurocognitif. La Société Alzheimer de la région de Durham et le Reitman Centre se réjouissent de travailler avec les Services communautaires de géronto-psychiatrie d'Ottawa (SCGPO) pour offrir le programme CARERS en français. Le SCGPO offrira le programme en ligne gratuitement.

Pour obtenir plus de renseignements, écrivez-nous à [francophone@alzheimerdurham.com](mailto:francophone@alzheimerdurham.com) ou appelez nous au 905 576 2567, poste 5237.



*Société Alzheimer*

R É G I O N D E D U R H A M

Programmes offerts  
d'avril à juin 2022



# Programmes et services en français



## Groupes de soutien avec sujets planifiés



Ce groupe de soutien offre aux partenaires de soins une occasion de se réunir et de se soutenir les uns les autres grâce à leur expérience commune en tant que personnes qui s'occupent d'un proche. Ce forum sécuritaire en ligne est animé par des membres du personnel qualifiés et chevronnés; il porte essentiellement sur des sujets et des stratégies ayant trait à la prestation de soins.

Pour participer aux groupes, vous pouvez vous inscrire en ligne à [asdr.eventbrite.ca](https://asdr.eventbrite.ca), par téléphone au 905-576-2567 | sans frais 1-888-301-1106, poste 5237 ou par courriel à [francophone@alzheimerdurham.com](mailto:francophone@alzheimerdurham.com) pour amples renseignements.

## Premières étapes pour les partenaires de soins

Premières étapes pour les partenaires de soins: Un survol du parcours de soins pour les aidants des personnes atteintes des troubles neurocognitifs. Joignez-vous à nous pour une discussion interactive en prenant "un jour à la fois."

| Lieu                                                                                        | Jour  | Date     | Heure       |
|---------------------------------------------------------------------------------------------|-------|----------|-------------|
| En ligne  | Mardi | 12 avril | 11 h - 12 h |

## Retrouver son entrain

Un récent sondage de l'Association canadienne pour la santé mentale (ACSM) en Ontario indique qu'une personne sur quatre (24 %) a demandé de l'aide pour ses problèmes de santé mentale; le taux le plus élevé pendant la pandémie. Dans cette session on aura un invité spécial de l'ACSM qui nous présentera le programme « Retrouver son entrain ».

| Lieu                                                                                         | Jour  | Date   | Heure       |
|----------------------------------------------------------------------------------------------|-------|--------|-------------|
| En ligne  | Jeudi | 19 mai | 11 h - 12 h |

## Groupe de soutien pour les partenaires de soins

Animé par le personnel, ce forum en ligne sécurisé offre aux partenaires de soins la possibilité de partager des expériences vécues et d'en apprendre davantage sur des sujets liés à la prestation de soins dans un cadre favorable.

| Lieu                                                                                         | Jour  | Date    | Heure       |
|----------------------------------------------------------------------------------------------|-------|---------|-------------|
| En ligne  | Jeudi | 16 juin | 11 h - 12 h |



# Programmes et services en français

**Soins de repit disponible**

Vous pouvez vous inscrire en ligne à [asdr.eventbrite.ca](https://asdr.eventbrite.ca),  
par téléphone au 905-576-2567 | sans frais 1-888-301-1106, poste 5237 ou par courriel à  
[francophone@alzheimerdurham.com](mailto:francophone@alzheimerdurham.com)

## Survol sur troubles neurocognitifs



Enrichissez vos connaissances sur les troubles neurocognitifs. Au cours de cette séance, vous en apprendrez sur les signes précurseurs, l'obtention d'un diagnostic et les possibilités en matière de traitement.

| Lieu                                                                                       | Jour  | Date     | Heure       |
|--------------------------------------------------------------------------------------------|-------|----------|-------------|
| En ligne  | Jeudi | 14 avril | 11 h - 12 h |

## Déficience Cognitive Légère

Préoccupé par les changements cognitifs en vous-même ou chez un être cher ? Rejoignez-nous dans cette session où on va examiner la différence entre le vieillissement normal et les troubles cognitifs légers. Tout en explorant les impacts des troubles cognitifs légers sur les individus et leurs familles.

| Lieu                                                                                         | Jour     | Date   | Heure       |
|----------------------------------------------------------------------------------------------|----------|--------|-------------|
| En ligne  | Mercredi | 18 mai | 11 h - 12 h |

## Les maladies Cérébrovasculaires

Cette session fournira un aperçu général des troubles neurocognitive vasculaires, en reconnaissant ce type de troubles neurocognitifs comme une forme la plus répandue de trouble neurocognitif après la maladie d'Alzheimer, en termes de ses causes/facteurs de risque et de ses effets sur le cerveau. Les stratégies de gestion et de soutien seront également couvertes.

| Lieu                                                                                         | Jour     | Date    | Heure       |
|----------------------------------------------------------------------------------------------|----------|---------|-------------|
| En ligne  | Mercredi | 15 juin | 10 h - 11 h |



Personnes atteintes d'un trouble cognitif



Partenaires de soins



Fournisseurs de soins de santé

Communauté/Intérêt général

Commerces



# Programmes et services en français

## Vie active

### Trousses récréatives



Des activités récréatives pour vous, chez vous—Nos troussees récréatives ont pour but d'inciter les personnes qui vivent avec un trouble neurocognitif à accomplir une tâche utile et amusante qui, en même temps, les stimule sur le plan cognitif et leur permet de socialiser.

Chaque trousse thématique contient des ressources adaptées à ces personnes et des instructions faciles à suivre ainsi que des renseignements sur les bienfaits que procure l'activité. Thèmes possibles : horticulture, arts et artisanat et bien-être et importance de prendre soin de soi.

Ce programme est destiné aux personnes atteintes d'un trouble neurocognitif qui vivent chez elles avec ou sans l'assistance de partenaires de soins. Il faut s'inscrire pour participer, et résider dans la région de Durham.

Pour obtenir d'autres renseignements ou une trousse, communiquez avec notre coordonnatrice de l'accueil par téléphone au 905 576-2567, poste 5233, ou au 1 888 301-1106, ou par courriel à [intake@alzheimerdurham.com](mailto:intake@alzheimerdurham.com).





## Donate in Memory and in Honour

Memorial donations to the Alzheimer Society of Durham Region (ASDR) are a significant way to pay tribute to a relative, friend or co-worker who has passed away. You are honouring a special life by helping us improve the quality of life of people living with Alzheimer's disease and other dementias and their care partners.



You can also honour or remember your loved one as part of a celebration gift. You can commemorate any special occasion, including birthdays, anniversaries, graduations, retirements or weddings with a gift to the ASDR. Please contact us directly and we'll customize a package for you.

Donate in memory or honour or contact us for more information:

Email [donations@alzheimerdurham.com](mailto:donations@alzheimerdurham.com)

Phone 905-576-2567 ext. 5222 | toll-free at 1-888-301-1106

IG WEALTH  
MANAGEMENT  
**WALK FOR  
ALZHEIMER'S**







Alzheimer Society

Locally presented by

*Tim Hortons*



**Register  
today!**

**IG Wealth Management Walk for Alzheimer's**  
**For the first time since 2019, we're back in-person!**

**SATURDAY, MAY 28, 2022**

**When:** 9 a.m. - 1 p.m.

**Location:** Heydenshore Pavilion, Whitby

Join us Saturday, May 28, 2022, at Heydenshore Pavilion in Whitby, as we come together in-person for the IG Wealth Management Walk for Alzheimer's, locally presented by Tim Hortons.

Can't join us in-person? We invite you to Walk Your Way and get active doing something you enjoy, or count 11,843 steps—one for every person living with dementia in Durham Region! Who will you walk for?

Register and fundraise \$100 by March 25, 2022, and you'll be entered into a draw to win a gift basket and gift card from Farm Boy valued at \$100!

Alzheimer's disease and other dementias are a health crisis. When you fundraise for the IG Wealth Management Walk for Alzheimer's, you support vital programs and services to help Durham Region families face the disease and live life to its fullest.

Everyone will be touched by dementia, whether your relative, your friend, a member of your community or yourself. No one should have to face this disease alone.

**Make a difference! Register and fundraise for The Walk today.**

**[WWW.ALZGIVING.CA/ASDR](http://WWW.ALZGIVING.CA/ASDR)**

THANK YOU TO OUR SPONSORS!



Remedy'sRx.

**KX96**  
New Country FM

107.7 FM 1580 AM  
**CKDO**  
Durham's Classic Hits

**REGISTER TODAY!**



At the Alzheimer Society of Durham Region, our volunteers are important to us. Volunteers are at the heart of what we do, and the programs and services we offer would not be possible without their dedication and support.

Join our team of dedicated volunteers who support and enrich the lives of persons living with dementia and care partners, far beyond what we can accomplish alone.

At the Alzheimer Society of Durham Region, volunteers play a vital role in our community education programs, active living programs, family support groups and so much more.

Given the restrictions related to COVID-19, most of our programs are now available by phone and online. Planning is in place to return to face to face interactions when safe to do so. There will be health and safety training available for those volunteers who will be involved in face to face programs/ services. To ensure the safety of our clients and staff, we will continue to monitor and align with the preventive measures encouraged by Public Health, the Ministry and the Alzheimer Society of Ontario.

## Volunteer opportunities

There are so many exciting ways to make a difference! [To get started, check out our active roles!](#)

## Already a registered volunteer?

Are you already a registered volunteer with ASDR? Simply log in to your account and sign up for the position! [Click Here to log in to your account](#) > go to 'Opportunities' tab > Click on the position you want to sign up for > Click 'sign up'!

## Ready to join our volunteer team?

If you haven't joined our volunteer team yet, no worries! [Click here to create an account and get onboard our awesome volunteer team!](#) (Please make sure to choose the position you're interested in when you check your areas of interest.)

## Get in touch

For more information about volunteering, please contact us by phone: 905-576-2567 ext. 5245 or email: [volunteer@alzheimerdurham.com](mailto:volunteer@alzheimerdurham.com)



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General



Businesses

