

Alzheimer Society

D U R H A M R E G I O N



January to March 2022 Program Guide

January 1, 2022

Dear Client/Care Partner,

The Alzheimer Society of Durham Region (ASDR) is committed to taking every reasonable precaution in the circumstances to protect the health and safety of its clients, employees, contractors, students and volunteers from the hazards of COVID-19. The Society is also committed to providing and maintaining a safe work environment for all third parties who attend any of our sites and with whom we interact. Consistent with this commitment, and after considering reliable scientific evidence, government guidance and protocols and applicable legislation, the Society has established COVID-19 Vaccination policies.

On September 7, 2021, ASDR implemented a COVID-19 Vaccination Policy, in accordance with Directive #6 issued by the Chief Medical Officer of Health for the Province of Ontario. This policy required all ASDR employees, staff, contractors, volunteers and students to be fully vaccinated, or provide proof of a medical/religious exemption as of October 31, 2021.

A second vaccination policy, pertaining to all individuals seeking to participate in our in-person programs, came into effect November 1, 2021. We will be requiring full vaccination or a documented medical/religious exemption, by January 1, 2022, for all registered clients and program/group participants who wish to attend in-person programming at the Society's premises. This includes our in-person Young Onset Adult Day Program, Care Partner Support Groups, Education and Training Sessions, Social and Recreation Programs, and Client Visits occurring in our offices.

Although this policy came into effect November 1, 2021, we extended the opportunity for all our clients to receive full vaccination if able, by December 31, 2021. After December 31, 2021, proof of vaccination will be required, or an approved accommodation or exemption completed by a physician or advanced practice nurse will be required to attend our in-person programs mentioned above. Any person wishing to attend in-person programming at our offices will be required to complete a pre-screening for COVID-19 symptoms, as well as maintain physical distancing, wear a mask, complete proper hand hygiene and follow all Public Health guidelines. Any person producing a positive COVID-19 pre-screen will not be allowed to enter ASDR premises.

The decision to extend this policy to all individuals accessing ASDR's in-person programs was made to provide the safest environment possible for everyone and to allow us to resume our programs and services. We are eager to be able to offer in-person programs once again, as we know our clients rely on our services for their well-being and would like the opportunity to gather safely once again. We will continue to offer online programs as an accessible alternative.

Visit our website to review our Client COVID-19 Vaccination policy. Should you have any questions or concerns, please direct them to myself at the contact information provided below.

Yours truly,

Denyse

Denyse Newton
CEO, Alzheimer Society Durham Region
905-576-2567 ext. 5223
Email: dnewton@alzheimerdurham.com

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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





All in-person programs 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

905-576-2567 ext. 5233



Active Living

recreation@alzheimerdurham.com

905-576-2567 ext. 5003



Programmes et services en français

francophone@alzheimerdurham.com

905-576-2567 ext. 5233



Events and Fundraising

donations@alzheimerdurham.com

905-576-2567 ext. 5222



Volunteering

volunteer@alzheimerdurham.com

905-576-2567 ext. 5234



MINT Memory Clinic

mint@alzheimerdurham.com

905-576-2567 ext. 5235

Toll-free: 1-888-301-1106

Website: 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



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

Have feedback about our programs and services?

Send your thoughts to 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® 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

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® 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.



Support and Education

The Reitman Centre Enhanced Care Program

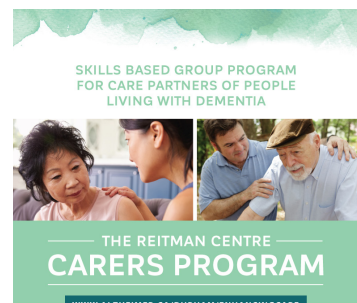
For upcoming dates and information, please contact the program lead at 905-576-2567 ext. 5227 to register.

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



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General



Businesses



Support and Education

Respite Reimbursement Program


We know it can be challenging to attend programs when you are also providing care to your loved one. If you are attending any one of our programs (online, in-person or by phone) and require someone to stay with your loved one, talk to us about respite options. Our Respite program provides an opportunity for all care partners to participate in our programs. (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 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 	Wednesday	January 12, 26 February 9, 23 March 9, 23	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	January 19 February 16 March 16	1 p.m. - 2:30 p.m.
Online 	Wednesday	January 26 February 23 March 30	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	January 5, 12, 19, 26 February 2, 9, 16, 23 March 2, 9, 16, 23	9 a.m. - 11 a.m.

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



This safe online 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	Friday	January 14, 28 February 11, 25 March 11, 25	9:30 a.m. - 11 a.m.

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



This safe online 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
Hybrid option available	Monday Online	January 3 February 7 March 7	6 p.m. - 7:30 p.m.
	Tuesday In-person	January 18 February 15 March 15	1 p.m. - 2:30 p.m.

Support and Education

Education Sessions

Register for the following session(s) you like by contacting intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233


Early-Stage Dementia Program



For people in the early stages of Alzheimer's disease or other dementias and their care partners.


Building Resilience

Learn how to adapt to change by improving coping skills with a focus on personal strengths, optimism, social supports and managing (regulating) emotions.

Location	Day	Date	Time
Online 	Thursday	January 13	10 a.m. - 12 p.m.


Maintaining a Healthy Lifestyle and Social Connections

Explore the benefits of proper nutrition, good sleep habits, exercise/walking routines and activities and maintaining social connections.

Location	Day	Date	Time
Online 	Thursday	February 10	10 a.m. - 12 p.m.

Wellness

Maintain positive connections with others by adopting practical strategies for living well, self-advocacy and ways to reduce stigma.

Location	Day	Date	Time
Online 	Thursday	March 10	10 a.m. - 12 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 five couples. Registration is required. **This will be an in-person session starting in February 2022.**

Please contact Family Support staff directly or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233 for more information about upcoming sessions or to register.

Community Education Programs

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

First Steps for Persons Living with Dementia



This introductory workshop provides an opportunity for persons living with dementia to attend with a care partner who supports them. Participants will receive information and 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.

Location	Day	Date	Time
In-person	Tuesday	February 15	9:30 a.m. - 11:30 a.m.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General

Businesses





Support and Education

Care Essentials



This four-part series offers care partners of persons living with dementia an opportunity to explore an overview of the dementia journey in an interactive and supportive atmosphere. Each session features a workbook and helpful resources.

Care Essentials: What to Expect?

First in our four-part series, this session will provide an overview of the progression and symptoms of dementia and discuss how you can support remaining abilities for the person living with dementia.

Location	Day	Date	Time
In-person	Tuesday	January 18	1:30 p.m. - 3:30 p.m.

Care Essentials: Communicating Effectively

Second in our four-part series, this session explores communication changes in dementia and strategies for effective communication.

Location	Day	Date	Time
In-person	Tuesday	January 25	1:30 p.m. - 3:30 p.m.

Care Essentials: Responding to Behaviour

Third in our four-part series, this session will explore whole-person care, behaviour changes and how to use problem solving solutions in your caregiving journey.

Location	Day	Date	Time
In-person	Tuesday	February 1	1:30 p.m. - 3:30 p.m.

Support and Education

Care Essentials: Supporting Daily Activities


Fourth in our four-part series, this session will help care partners explore meaningful activities, ways to support daily living and will discuss local resources available.

Location	Day	Date	Time
In-person	Tuesday	February 8	1:30 p.m. - 3:30 p.m.

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
Online 	Wednesday	March 16 and 23	9 a.m. - 12 p.m.

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

To register or for more information, contact us at education@alzheimerdurham.com

Location	Day	Date	Time
Online 	Thursday and Friday	March 24 and March 25	9 a.m. - 12 p.m.

Support and Education

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

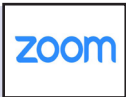
Spotlight Series



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.


Mild Cognitive Impairment: An Overview

Concerned about cognitive changes in yourself or a loved one? Find out if symptoms are consistent with Mild Cognitive Impairment (MCI) and learn ways to lower your risk for developing or progressing to dementia.

Location	Day	Date	Time
Online and in-person 	Monday	January 31	2:30 p.m. – 4 p.m.


Understanding Vascular Dementia

This session will provide a general overview of Vascular Dementia (VaD), recognizing it as a distinct form of dementia, in terms of its causes/risk factors and its effects on brain and behaviour. Typical management and supportive strategies will also be covered.

Location	Day	Date	Time
Online and in-person 	Monday	February 28	2:30 p.m. – 4 p.m.

Introduction to Lewy Body Dementia

In this workshop, we will distinguish Lewy Body Dementia (LBD) from other types of dementia by identifying its core symptoms and by understanding the possible causes/risk factors that bring changes to brain structure and function. It will also discuss general ways of supporting people living with LBD.


Location	Day	Date	Time
Online and in-person 	Monday	March 28	2:30 p.m. – 4 p.m.

Support and Education

Gentle Persuasive Approaches (GPA) in Dementia Care: Supporting Persons with Responsive Behaviours. (fees apply)



GPA Basics is a two-part online evidence-based education session designed for team members who care for older adults who display responsive behaviours associated with dementia. GPA teaches care providers across disciplines how to use a person-centred, respectful, compassionate and gentle persuasive approach to respond to the behaviours associated with dementia. Registrants must attend both sessions. Cost \$125 per person.

Location	Day	Date	Time
Online 	Tuesday and Friday	February 15 and February 18	9 a.m. - 1 p.m.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General



Businesses





Active Living

"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.

For more information or to register for a kit, please contact our Intake Coordinator at 905-576-2567 ext. 5233 or 1-888-301-1106 or email intake@alzheimerdurham.com





Minds in Motion®




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. 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.

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.



Pre-registration required.
Phone 905-576-2567 ext. 5003 or email recreation@alzheimerdurham.com for more information.

Location	Day	Date	Time
Online and/or in-person 	Monday (Online)	February 14, 28 March 7, 14, 21, 28 April 4, 11	1:30 p.m. - 3 p.m.
Alzheimer Society of Durham Region 1600 Stellar Dr., Suite 202, Whitby,	Wednesday (In-person)	January 19, 26 February 2, 9, 16, 23 March 2, 9	10 a.m. - 12 p.m.
Location	Day	Date	Time
In-person Abilities Centre 55 Gordon Street Whitby	Tuesday	February 1, 8, 15, 22 March 1, 8, 15, 22	10:30 a.m.-12:30 p.m.



Sparking Connections @Abilities Centre

Sparking Connections is a new in-person program for persons living with Dementia (PLWD) early-moderate stage. This is an opportunity to engage in recreation and leisure in a safe, inclusive, and accessible environment while reducing isolation and building connection with others.

During the 8-week sessions, participants will meet twice per week, at Abilities Centre (55 Gordon St., Whitby).

**Start Date: Tuesday, January 18, 2022
End Date: Thursday, March 10, 2022
Program runs Tuesdays and Thursdays
from 3:30 p.m. to 5 p.m.**

In collaboration with Alzheimer Society of Durham Region

Alzheimer Society
D U R H A M R E G I O N

Register Today!

**For more information on price dates and times contact:
seniors@abilitiescentre.org**

You Belong

www.abilitiescentre.org



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.

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 ou composez le 905 576-2567 | sans frais 1-888-301-1106/1106, poste 5237



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 ou pour amples renseignements, veuillez envoyer un courriel à francophone@alzheimerdurham.com ou composez le 905-576-2567 | sans frais 1-888-301-1106, poste 5237


Adaptation aux changements cérébraux

Cette séance au groupe de soutien explore les changements dans le cerveau et l'application de stratégies pour soutenir et gérer les changements cérébraux vécus par leur proche.

Lieu	Jour	Date	Heure
En ligne 	Mercredi	19 janvier	11 h -12 h


La nutrition

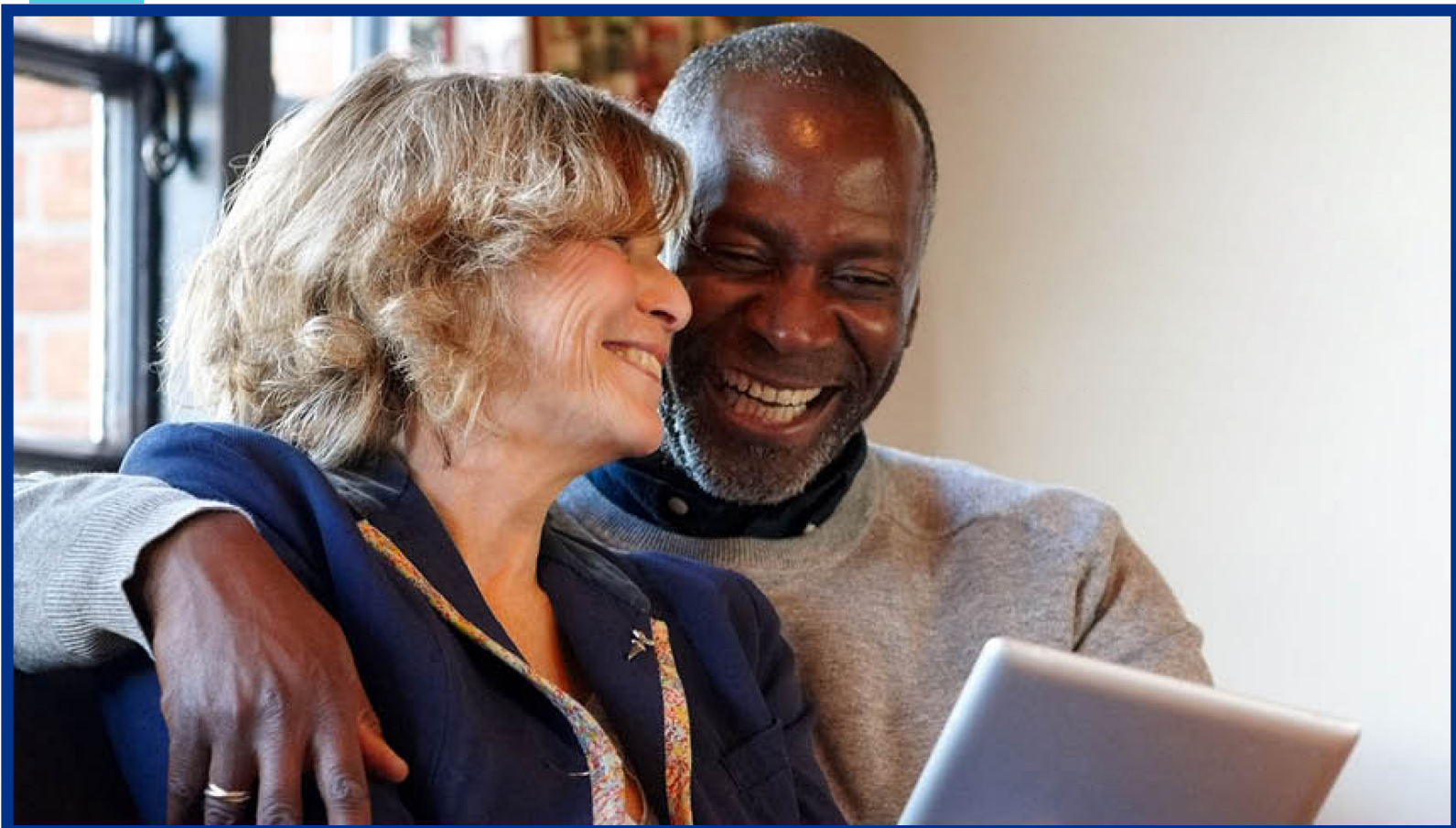
Les participants seront plus sensibilisés aux besoins nutritionnels, aux défis alimentaires et aux stratégies pratiques pour aider les personnes atteintes d'un trouble neurocognitif. Ce webinaire est présenté par un invité spécial.

Lieu	Jour	Date	Heure
En ligne 	Mercredi	16 février	11 h -12 h

Astuces de la pleine conscience pour les aidants naturels

Dans ce groupe de soutien, nous examinerons la signification de prêter attention dans votre vie quotidienne. On vous montrera 2 exercices simples pour vous aider à rester dans le moment présent et vous aidez à réduire le stress.

Lieu	Jour	Date	Heure
En ligne 	Mercredi	16 mars	11 h -12 h



Premières étapes pour les partenaires de soins: Prendre une journée à la fois



Un rapport récent sur l'incidence de la COVID-19 sur l'aidant naturel au cours de la deuxième année de la pandémie, révèle des constatations qui, bien qu'elles ne soient pas surprenantes, sont inquiétantes. Les résultats montrent que 58 % des 3,3 millions d'aidants naturels de l'Ontario disent qu'ils se sentent épuisés. Quarante-deux pour cent des aidants naturels disent que leur santé mentale est pire aujourd'hui qu'elle ne le fût il y a un an. Qu'est-ce que 2022 nous apportera? Qu'est-ce qui peut nous aider? Joignez-vous à nous pour une discussion interactive et commencez la nouvelle année en prenant "un jour à la fois." Vous pouvez vous inscrire en ligne à asdr.eventbrite.ca, par téléphone au 905-576-2567 | sans frais 1-888-301-1106, poste 5246 ou par courriel à francophone@alzheimerdurham.com

Lieu	Jour	Date	Heure
En ligne 	Jeudi	20 janvier	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

**Vous pouvez vous inscrire en ligne à asdr.eventbrite.ca,
par téléphone au 905-576-2567 | sans frais 1-888-301-1106, poste 5246 ou par
courriel à francophone@alzheimerdurham.com**


La santé du cerveau (2 ateliers)



Nous avons tous un cerveau. Reconnaître le besoin d'en prendre soin est très important. Il n'est jamais trop tôt ni trop tard pour faire ce qu'il faut.


1. Entraîner votre cerveau

Nous allons regarder un aperçu des différentes habitudes saines que vous pouvez essayer d'entraîner et de maintenir votre cerveau. Nous vous fournirons des outils et des astuces utiles pour favoriser les modifications sur le mode de vie pour réduire le risque de développer un trouble neurocognitif.

Lieu	Jour	Date	Heure
En ligne 	Mardi	8 février	10 h - 11 h

2. Sensibilisation aux troubles neurocognitifs

Enrichissez vos connaissances sur les troubles neurocognitifs en participant à cette présentation. Au cours de cet atelier, vous en apprendrez sur la maladie d'Alzheimer et les autres troubles neurocognitifs, les 10 signes précurseurs, l'obtention d'un diagnostic et les possibilités en matière de traitement.

Lieu	Jour	Date	Heure
En ligne 	Mardi	15 mars	10 h - 11 h



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. Chaque participant aura ensuite l'occasion de se joindre à un groupe social ou d'être jumelé à un bénévole.

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.



Events and Fundraising

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

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

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

Thank you to our sponsors!

Remedy'sRx.

KX96
New Country FM

107.7 FM 1580 AM
CKDO
Durham's Classic Hits

**For the first time since 2019,
We're back! Coming
In-person**

Registration opening soon!
<https://bit.ly/IGWalk2022>

**Save the date
Last weekend May 2022**



THE ALZHEIMER SOCIETY IS LIGHTING UP ONTARIO WITH KINDNESS IN NEW FUNDRAISING EVENT: QUEST FOR KINDNESS

Starting January 1, get ready to fundraise and fight the stigma surrounding Alzheimer's disease and other dementias by lighting up Ontario with kindness and making our communities a kinder place to live.

The Quest for Kindness is a month-long event (January 1 to 29) that challenges participants to make at least 30 kind-nections by completing a series of acts of kindness like baking cookies for someone, shovelling a neighbour's driveway, or even something as simple as paying someone a compliment.

Designed for family, friends, and colleagues to **spread kindness, create awareness, and raise \$1 million for crucial Alzheimer Society education, counselling, and social recreation programs**, the Quest for Kindness highlights the importance of being kind to the community, to people living with dementia, and even to yourself.

Throughout the event, participants can watch their community light up with kindness using the online Kind-nections Map—a map of Ontario that will display all the acts of kindness that are being completed and the kind-nections that are being made in real time.

Every dollar raised from the Quest for Kindness will help ensure essential Alzheimer Society programs and services are available in every community across Ontario to everyone who needs assistance.

For more information on the Quest for Kindness and to register, visit www.jointhequest.ca.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General

Businesses





Volunteering



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