

Alzheimer Society

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



October to December 2021 Program Guide

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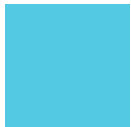
Support and Education



Active Living



Programmes et services en français



Events and Fundraising



Volunteering



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



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

Address: 1600 Stellar Dr., Suite 202

Whitby, ON, L1N 9B2

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.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General



Businesses



Support and Education

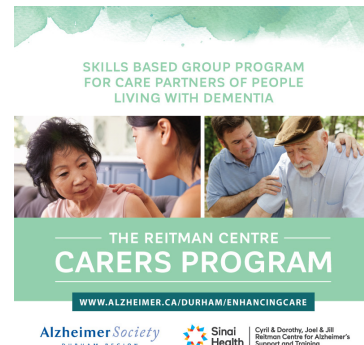
The Reitman Centre Enhanced Care Program

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.



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

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.

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

CARERS and TEACH for Long-Term Care



Caring for seniors living with dementia in Long-Term Care (LTC) presents complex challenges, and family care partners face increased emotional distress following placement of their loved ones. Family involvement, visiting and advocacy for the person living with dementia leads to positive outcomes in LTC quality of care and quality of life. As a result, tailored TEACH and CARERS programs have been specifically designed for family care partners of those living with dementia in LTC.

The goal of these programs is to assist family care partners in reducing emotional stress and burden associated with dementia, improve resilience and strengthen the ability to cope with the demands of caregiving.

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

Support and Education

Mindfulness

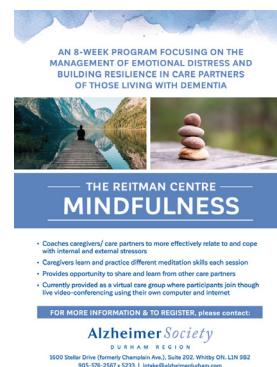


Mindfulness-Based Cognitive Therapy (MBCT)

MBCT is a clinical-based method of mindfulness training that works at bringing attention to and transforming an individual's relationship with difficult thoughts and emotion. This eight-week, therapy-based group coaches care partners to more effectively recognize and cope with internal and external stressors and provides an opportunity to share and learn from others.

Registration is limited to eight individuals per group.

Please email intake@alzheimerdurham.com or contact the program lead at 905-576-2567 ext. 5227 for more information.




The Reitman Centre Enhanced Care Program Information Session



For more information about The Reitman Centre Enhanced Care Program (TEACH, CARERS, Mindfulness), join us for a free online information session! At this session, you will receive a brief overview of our available enhanced care caregiver support programs. Our clinical services and group programs help care partners manage the day-to-day care of persons living with dementia, reduce emotional stress and burden and improve the ability to cope with caregiving demands.

If you're looking for more information about which program is best suited for yourself or your clients, join our information session to help you understand your options and how to register.

Please contact the program lead at 905-576-2567 ext. 5227 for more information or [register on Zoom](#)

Location	Day	Date	Time
Online 	Wednesday	November 17	12:15 - 12:45 p.m.

Respite Reimbursement Program



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. (Please note, ASDR itself does not provide in-home care.)

Support and Education

Drop-in Care Partner Social and Support Group



This gathering is intended to offer an opportunity for care partners to engage with peers in a supportive, virtual social setting. Facilitated by staff or qualified volunteers, drop-in sessions provide opportunities for care partners to share their experiences and navigate available resources. Each session is limited to 15 participants. Please register at asdr.eventbrite.ca or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233

Location	Day	Date	Time
Online or phone-in available	Wednesday	October 13, 27 November 10, 24 December 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. Facilitated by trained volunteers with lived caregiving experience, this group offers an opportunity for care partners to engage with peers in a supportive, social setting. This group meets in person and is limited to 10 participants. Please email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233

Location	Day	Date	Time
In-person	Wednesday	October 20 November 17 December 15	1 p.m. - 2:30 p.m.

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.

For more information, contact Support Services and Groups at intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Online and in-person (hybrid option)	Wednesday	October 6, 13, 20, 27 November 3, 10, 17, 24 December 1, 8, 15, 22,	9 a.m. - 11 a.m.



Support and Education

Early-Stage Dementia Program




For people in the early stages of Alzheimer's disease or other dementias and their care partners. This monthly program is facilitated by trained staff and will provide participants with an opportunity to discuss relevant topics with others, develop strategies to address challenges and become familiar with available resources. Registration is required.

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


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	October 14	10 a.m. - 11:30 a.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	November 18	10 a.m. - 11:30 a.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	December 16	10 a.m. - 11:30 a.m.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General

Businesses



Support and Education

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. Groups cover relevant topics relating to the community caregiver experience. Each session is limited to 10 participants. Registration required.

To register, please contact Family Support staff directly or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
In-person or online (hybrid option may be available)	Friday	October 1, 15 November 5, 19 December 3, 17	10 a.m. - 11:30 a.m.

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



This support group will provide an opportunity for care partners to come together and connect with each other through the caregiving experience of supporting their loved one in long-term care (LTC) or retirement homes (RH). 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. Each session is limited to 10 participants.



Registration required via intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

Location	Day	Date	Time
Hybrid option available	Monday Online	October 4 November 8 December 6	6 p.m. - 7:30 p.m.
	Tuesday In-person	October 19 November 16 December 14	1 p.m. - 2:30 p.m.

Support and Education

Living with Loss Support Group



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.

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.

Location	Day	Date	Time
Tentatively offered in-person, with option for online	Thursday	November 4, 11, 18, 25 December 2, 9	1 p.m. - 2:30 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. This will be an in-person session. Dates to be determined.

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.





Support and Education

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.

Please register at asdr.eventbrite.ca or email education@alzheimerdurham.com

Location	Day	Date	Time
In-person	Tuesday	October 26	9:30 a.m. - 11:30 a.m.

First Steps for Care Partners




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.

Register for the session(s) you like at asdr.eventbrite.ca or

email education@alzheimerdurham.com


First Steps for Care Partners: What is Dementia?

First in our four-part series, this session will provide an overview of symptoms, responding to a diagnosis, treatment and what to expect as a care partner.

Location	Day	Date	Time
Online 	Tuesday	November 2	10 a.m. - 11:30 a.m.

First Steps for Care Partners: Adapting to Brain Changes


Second in our four-part series, this session explores changes in the brain, adapting to change and maximizing brain health.

Location	Day	Date	Time
Online 	Tuesday	November 9	10 a.m. - 11:30 a.m.

Support and Education


First Steps for Care Partners: Planning Ahead

Third in our four-part series, this session will explore assessing and managing risk and financial planning.

Location		Day	Date	Time
Online		Tuesday	November 16	10 a.m. - 11:30 a.m.

First Steps for Care Partners: Building a Circle of Support

Fourth in our four-part series, this session will help care partners learn how to recognize stress, manage stress and build a circle of support.

Location		Day	Date	Time
Online		Tuesday	November 23	10 a.m. - 11:30 a.m.

First Steps Speaker Series




Learn about key topics related to the care and well-being of persons living with dementia. Hear from expert guest speakers as they address practical matters such as legal issues, living safely, healthy eating and retirement living options.

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

Legal Issues with a Local Lawyer

This session will explore the various legal considerations when someone is diagnosed with dementia. Key topics include the different tests for capacity, reasons to make a Will and Power of Attorney and how to defer, reduce or avoid tax on death.

Location		Day	Date	Time
Online		Friday	November 5	10 a.m. - 11:30 a.m.



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General

Businesses






Support and Education

Finding the Right Retirement Living Option For You

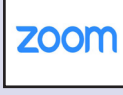
In this session, a representative from the Retirement Home Regulatory Association (RHRA) will discuss the role of the RHRA, the resources available to help inform your decision when choosing a retirement home and answer any questions you may have concerning retirement living options.

Location	Day	Date	Time
Online 	Friday	November 12	10 a.m. - 11:30 a.m.

Nutrition to Support Brain Health


Join a Registered Dietitian from CAREA Community Health Centre for an interactive education session on nutrition to support brain health! Get tips and tricks to make mealtimes nutritious and enjoyable for you and your loved ones and even learn simple, healthy recipes to try at home.



Location	Day	Date	Time
Online 	Friday	November 19	10 a.m. - 11:30 a.m.

Living Safely in the Community with Durham Regional Police Services (DRPS) representatives

The risk of someone living with dementia going missing can be reduced. It's important to have a safety plan that includes having important information and a recent picture on hand for police or first responders. Learn how DRPS can help with safety concerns and how they respond in an emergency.

Location	Day	Date	Time
Online 	Friday	November 26	10 a.m. - 11:30 a.m.

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.

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


Fraud Awareness

Fraud awareness affects everyone. Knowledge is your best defence against victimization. Join us for a fraud awareness and protection session. Guest Speaker: Durham Regional Police Service

Location	Day	Date	Time
Online 	Monday	October 25	2 p.m. - 3:30 p.m.

Cannabis Use and Older Adults: Know the Facts

During this informative session, we will discuss the types of cannabis and the special considerations for older adults. We will explore the current evidence for the risks and benefits and discuss the implications for use of cannabis in persons living with dementia. Guest Speaker: Clinical Geriatric Addictions Specialist with Baycrest Long Term Care Behavioural Support Outreach teams.


Location	Day	Date	Time
Online 	Monday	November 29	2 p.m. - 3:30 p.m.

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 commit to attending both sessions. Cost \$125 per person.

Register for the session at asdr.eventbrite.ca or email education@alzheimerdurham.com

Location	Day	Date	Time
Online 	Friday	November 12 and 19	9 a.m. - 1 p.m.

Active Living



“The Friendly Place” — Young Onset Adult Day Program



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.




Minds in Motion®



Minds in Motion® is a physical activity and brain-stimulation program for people living with dementia and their care partners, currently being offered online throughout Ontario. We offer you an opportunity to join in on a mentally, socially and physically stimulating program right from your home. This is a great chance to stay connected! Minds in Motion® is delivered by our experienced staff, community partners and dedicated volunteers.

Pre-registration required.
Register at asdr.eventbrite.ca or phone 905-576-2567 ext. 5003 for more information.

Location	Day	Date	Time
Online 	Monday (No class Oct. 11)	October 4, 18, 25 November 1, 8, 15	1:30 p.m. - 2:30 p.m.
	Wednesday	October 6, 13, 20, 27 November 3, 10, 17, 24	11 a.m. - 12 p.m.



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.

Coming this November, we'll be partnering with Master Gardener Sherry Dodson from WindReach Farms to create a horticulture kit with a holiday twist. Each participant will then have the opportunity to join an online social group or join a workshop at WindReach Farm (space is limited to accommodate physical distancing requirements). This program is for persons living with dementia at home with/without assistance from care partners. Registration required. Must reside within Durham Region.

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



Persons Living With Dementia



Care Partners



Health-care Providers

Community/General

Businesses





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, once in-person at Abilities Centre and once virtually.

Start Date: Monday, October 4th, 2021

End Date: Friday, November 26th, 2021

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 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 long, envoyez un courriel à francophone@alzheimerdurham.com ou composez le 905 576-2567, poste 5237.

Groupe de soutien pour les aidants francophones



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. Vous devez vous inscrire en ligne à asdr.eventbrite.ca.

Vous pouvez aussi le faire par courriel à francophone@alzheimerdurham.com ou par téléphone au 905 576-2567, poste 5237.

Lieu	Jour	Date	Heure
En ligne 	Mercredi	13 octobre 10 novembre 8 décembre	11 h -12 h

Programmes et services en français

Premières étapes pour les partenaires de soins: Comment gérer les fêtes de fin d'année



De nombreux aidants naturels ont exprimé des préoccupations au sujet à de quoi s'attendre pour les fêtes cette année. Oui, gérer les fêtes est suffisamment stressante. Mais lorsque vous ajoutez les soins d'un proche au mélange, en plus une autre vague de la pandémie, cette combinaison accroît considérablement le niveau de stress.

Joignez-vous à nous pour un échange d'idées, de conseils et de trucs pour vous aider pendant la période des fêtes de 2021.

Vous pouvez vous inscrire en ligne à asdr.eventbrite.ca, par téléphone au 905 576-2567, poste 5246, ou par courriel à francophone@alzheimerdurham.com.

Lieu	Jour	Date	Heure
En ligne 	Mercredi	1 décembre	10 h - 11 h 30

La santé du cerveau (4 ateliers)

Une série fascinante au sujet de la santé du cerveau



Nous avons tous un cerveau. Reconnaître le besoin de n'en prendre soin est très important. Il n'est jamais trop tôt ni trop tard pour faire ce qu'il faut. Pendant ces quatre ateliers, vous découvrirez des moyens de maintenir la santé du 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. Et dernièrement, nous nous pencherons à la sensibilisation aux troubles neurocognitifs comme la maladie Alzheimer.

Inscrivez-vous aux ateliers qui vous intéressent en ligne à asdr.eventbrite.ca, par téléphone au 905 576-2567, poste 5246, ou par courriel à francophone@alzheimerdurham.com.

1. Entraîner votre cerveau

Nous allons regarder un aperçu des différentes habitudes saines que vous pouvez essayer d'entraîner et de maintenir votre cerveau.

Lieu	Jour	Date	Heure
En ligne 	Mardi	12 octobre	10 h - 11 h




2. Nourrir vos neurones

Les aliments ont un effet puissant sur votre cerveau. Nous allons explorer les bienfaits des aliments qui dynamisent le cerveau et discuter des mises en garde et les effets d'autres aliments.

Lieu	Jour	Date	Heure
En ligne 	Mardi	19 octobre	10 h - 11 h

3. Le cerveau et la pleine conscience


Cet atelier est interactif avec des exercices de pratique de pleine conscience. Nous allons examiner comment le stress affecte le cerveau, la plasticité du cerveau et les bienfaits de la pleine conscience et aussi l'attention consciente à la quotidienne.

Lieu	Jour	Date	Heure
En ligne 	Mardi	9 novembre	10 h - 11 h

4. 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	16 novembre	10 h - 11 h



Personnes atteintes d'un trouble cognitif



Partenaires de soins



Fournisseurs de soins de santé

Communauté/Intérêt général

Commerces



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.



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

November is Make a Will Month

With the increase of dementia and other brain-related diseases, it's crucial that Canadians complete a valid and up-to-date Will and Powers of Attorney for Property and Personal Care before any potential capacity issues arise. We are urging everyone to complete their Will and Powers of Attorney during make a Will month.



With dementia on the rise it is staggering that:

- Over 70 per cent of Canadians do not have Powers of Attorney for Care and Property
- Over 50 per cent of Canadians do not have a Will
- Only about 15 per cent of those who do a Will leave a charitable gift in their estate plans—despite this being an excellent way to save tax (And who doesn't want to save tax?).

By completing your Will and including a charitable gift to the Alzheimer Society you can:

- Protect those you care about
- Protect your hard-earned assets and save tax
- Gain peace of mind

Visit our website for more information or to give today

<https://alzheimer.ca/durham/en/take-action/donate/plan-legacy>

Or contact us for more information: email donations@alzheimerdurham.com

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



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 our Event & Volunteer Coordinator by phone: 905-576-2567 ext. 5245 or email: volunteer@alzheimerdurham.com