

Alzheimer Society

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



October to December 2020 Program Guide

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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. For technical assistance prior to the sessions, please contact our Public Education Coordinator astephenson@alzheimerdurham.com

Contact Us

Support Services and Groups

intake@alzheimerdurham.com
905-576-2567 ext. 5233



Education

information@alzheimerdurham.com
905-576-2567 ext. 5228



Social and Recreation

recreation@alzheimerdurham.com
905-576-2567 ext. 5238



Francophone Services

smukendi@alzheimerdurham.com
905-576-2567 ext. 5237



Events and Fundraising

information@alzheimerdurham.com
905-576-2567 ext. 5222



MINT Memory Clinic

spersaud@alzheimerdurham.com
905-576-2567 ext. 5235

Toll-free: 1-888-301-1106

Website: www.alzheimer.ca/durham



Support Services and Groups

Counselling and Consultation

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.

Respite Reimbursement Program

Funds from our Respite Reimbursement Program will support care partners of persons living with dementia, who experience barriers in accessing programs and services at the Alzheimer Society of Durham Region (ASDR). Ask one of our support staff about accessing our respite program today. (Please note, ASDR itself does not provide in-home care.)

“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. *Starting November 3, our ADP will resume in-person. Our virtual (online) ADP is also still being offered.

Please contact the program lead for space availability at 905-576-2567 ext. 5259.

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 mobile 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 spersaud@alzheimerdurham.com



Support Services and Groups

Weekly Care Partner Social

This gathering is intended to offer support, opportunities to share and help in navigating available resources, while providing social interaction. Sessions are hosted by Family Support staff or qualified volunteers. Each session is limited to 15 participants. Please email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233 to register.

| Location | Day | Date | Time |
|---|----------------------------|---|--------------------|
| Online or phone-in available  | Wednesday | October 14, 28 November 11, 25 December 9, 23 | 1 p.m. - 2:30 p.m. |
| | Tuesday (volunteer-led) | October 6, 20 November 3, 17 December 1, 15 | 6 p.m. - 7:30 p.m. |

Care Partner Support Group

A safe forum to learn and understand how to cope more effectively. Groups are led by trained and competent Family Support staff. There is no charge to attend our support groups or to access counselling and care-navigation services. 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 |
|---|----------|--|--------------------|
| Online or phone-in available  | Friday | October 2 November 6 December 4 | 9:30 a.m - 11 a.m. |
| | Thursday | October 15 November 19 December 17 | 6 p.m. - 7:30 p.m. |



Support Services and Groups

Men's Breakfast

Men's Breakfast is a volunteer-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 intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.

| Location | Day | Date | Time |
|--|-----------|--|------------------|
| Online  | Wednesday | October 7, 14, 21, 28 November 4, 11, 18, 25 December 2, 9, 16, 23 | 9 a.m. - 11 a.m. |

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

This support group offers a safe forum to learn and understand how to cope more effectively. This group is led by trained and competent staff and specifically focuses on topics that affect those supporting residents in LTC/RH homes. There is no charge to attend our support groups. Each session is limited to 10 participants. Registration required via intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233

| Location | Day | Date | Time |
|--|---------|--|--------------------|
| Online or phone-in available  | Monday | October 5 November 2 December 7 | 6 p.m. - 7:30 p.m. |
| | Tuesday | October 20 November 17 December 15 | 1 p.m. - 2:30 p.m. |

Taking Control of Our Lives (TCOOL)

This eight-week program will help persons living with dementia develop skills, increase confidence and feel empowered to take control of their lives by talking with and learning from others. Care partners attend the program to support their family member or friend. Screening interview required.

For upcoming dates and information, please call our Intake Coordinator via intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233



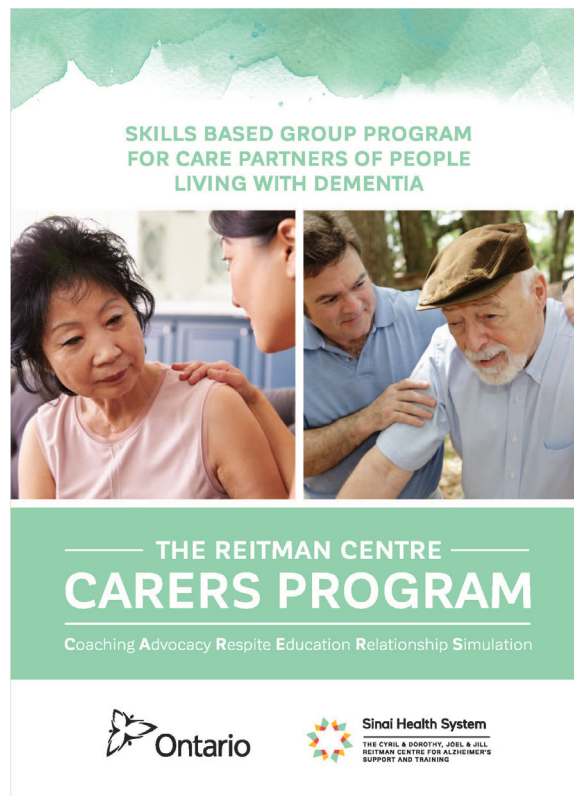
Support Services and Groups

The Reitman Centre CARERS Group


(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. 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.





SKILLS BASED GROUP PROGRAM
FOR CARE PARTNERS OF PEOPLE
LIVING WITH DEMENTIA



THE REITMAN CENTRE
CARERS PROGRAM

Coaching Advocacy Respite Education Relationship Simulation


INTERACTIVE GROUP PROGRAM
FOR CARE PARTNERS OF
PEOPLE LIVING WITH DEMENTIA



THE REITMAN CENTRE
TEACH PROGRAM

Training, Education, and Assistance for Caregiving at Home




The Reitman Centre TEACH Group

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


The TEACH program is a five-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.



First Steps Workshop

This introductory workshop is for persons living with dementia and their care partners. 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 information@alzheimerdurham.com

| Location | Day | Date | Time |
|--|----------------------|--------------------------|--|
| Online  | Wednesday Tuesday | November 4 December 1 | 10 a.m. - 11:30 a.m. 6:30 p.m. - 8 p.m. |


Next Steps for Family and Friends

This four-part, online series offers family care partners an opportunity to learn the basics about dementia in an interactive and supportive atmosphere.

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


Next Steps Series for Family and Friends: Understanding the Disease

First in our four-part series, this session will provide an overview of the common types of dementia and how the changes can affect the person living with dementia. We will discuss treatment options and Alzheimer Society of Durham Region programs and services.

| Location | Day | Date | Time |
|--|-----------|-----------|--------------------|
| Online  | Wednesday | October 7 | 3 p.m. - 4:30 p.m. |


Next Steps Series for Family and Friends: Understanding Communication and Behaviour Change

Second in our four-part series, this session offers care partners practical strategies for responding to behaviour change.

| Location | Day | Date | Time |
|--|-----------|------------|--------------------|
| Online  | Wednesday | October 14 | 3 p.m. - 4:30 p.m. |


Next Steps Series for Family and Friends: Supporting Daily Activities

Third in our four-part series, this session for care partners will consider ways to support a person living with dementia through meaningful activity. This includes adapting leisure activities and responding to challenges with care activities.

| Location | Day | Date | Time |
|--|-----------|------------|--------------------|
| Online  | Wednesday | October 21 | 3 p.m. - 4:30 p.m. |

Next Steps Series for Family and Friends: Managing Caregiver Stress Positively

Fourth in our four-part series, this session will explore the impact of caregiving. We will discuss coping strategies and local community resources available to support you during the caregiving journey.


| Location | Day | Date | Time |
|---|-----------|------------|--------------------|
| Online  | Wednesday | October 28 | 3 p.m. - 4:30 p.m. |

Next Steps Series for Family and Friends: Saturday Series

This two-part, online series offers family care partners an opportunity to learn the basics about dementia in an interactive and supportive atmosphere.

Part one will focus on **Alzheimer's Disease and Other Dementias—An Overview**: receive an overview of the common types of dementia and how the changes can affect the person living with dementia. We will discuss treatment options, tips and strategies for communication. Part two will focus on **Understanding Behaviour Change and Managing Caregiver Stress Positively**: this session offers care partners practical strategies for responding to behaviour change. We will also explore the impact of caregiving. We will discuss coping strategies and local community resources available to support you during the caregiving journey.


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

| Location | Day | Date | Time |
|--|----------|--------------------|-------------------|
| Online  | Saturday | November 14 and 21 | 10 a.m. - 12 p.m. |



Online Activities Planning for Health-Care Professionals


This presentation is for professionals working with persons living with dementia. We will discuss how to make online activities accessible and engaging, ways to use technology to improve quality of care and we'll bring fun into the mix. The session will cover low-tech options, games, apps and gadgets. Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

| Location | Day | Date | Time |
|--|---------|------------|---------------------|
| Online  | Tuesday | October 20 | 12:15 p.m. - 1 p.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, falls prevention, communicating with health-care professionals and safety.


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

| Location | Day | Date | Time |
|--|--------|--|----------------------|
| Online  | Friday | November 6, 13, 20, 27 December 4, 11 | 10 a.m. - 11:30 a.m. |

Manoeuvring Through the Maze of Lewy Body Dementia

An online workshop for care partners of persons living with Lewy Body dementia. This workshop will address physical, cognitive and emotional symptoms of Lewy Body dementia and discuss a range of supportive care strategies.

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

| Location | Day | Date | Time |
|--|----------|------------|----------------------|
| Online  | Saturday | October 17 | 10 a.m. - 11:30 a.m. |

Alzheimer Society

DURHAM REGION

Did you miss our Living Safely With Dementia Online Forum?

On Monday, September 21, 2020, in recognition of World Alzheimer's Day, we held a full day of online workshops and presentations to help you live safely with dementia in the community.



Missed the forum?

Until October 21, you can visit worldalzdayasdr.ca to watch all of the sessions on demand!

Catch up on inspiring presentations and workshops from thought-leaders, health-care professionals and community partners.

**IMPACT
AJAX**






Social and Recreation



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 and community partners. Pre-registration required. Register at asdr.eventbrite.ca or phone 905-576-2567 ext. 5238 for more information.

| Location | Day | Date | Time |
|---|--------|---|-----------------------|
| Online  | Monday | October 19, 26 November 2, 9, 16, 23, 30 December 7 | 1:30 p.m. - 2:30 p.m. |

Online Zoom Café

Join us for an online Zoom Café where we will be able to see each other and catch up online - don't forget your afternoon tea or coffee!

Register at asdr.eventbrite.ca or phone 905-576-2567 ext. 5238 for more information.

| Location | Day | Date | Time |
|---|---------|--|-----------------------|
| Online  | Tuesday | October 27 November 24 December 22 | 1:30 p.m. - 2:30 p.m. |

Social and Recreation





Evening of Art

There are many forms and expressions of art, and on Wednesday evenings this fall, you can join any or all of our online planned art activities scheduled over six weeks. Choose from Yoga, Mindfulness Exercises, Creative Movement, Paint Night, Singalong and/or Create Your Own Collage. Please feel free to join whichever art session interests you, or unleash your full creative potential and join all six sessions!

Register at asdr.eventbrite.ca or phone 905-576-2567 ext. 5238 for more information.

Help us raise much needed funds by adding a donation to your Evening of Art! Turn your art experience into a Social with a Purpose fundraiser and help us continue to provide those living with dementia and their care partners essential social recreation programming.

Supplies needed for this workshop. Details will be provided upon registration.

| Location | Art Experience | Day | Date | Time |
|---|--|-----------|-------------|-----------------|
| Online  | Yoga Practice | Wednesday | October 28 | 7 p.m. - 8 p.m. |
| | Mindfulness Exercises for Dementia | | November 4 | 7 p.m. - 8 p.m. |
| | Paint Night*  | | November 11 | 7 p.m. - 8 p.m. |
| | Creative Movement | | November 18 | 7 p.m. - 8 p.m. |
| | Modern Art Collage Workshop*  | | November 25 | 7 p.m. - 8 p.m. |
| | Singalong  | | December 2 | 7 p.m. - 8 p.m. |



A new reason to stay connected and raise needed funds for people living with dementia while having fun with family and friends!

[LEARN MORE!](#)

Francophone

Premier Lien

Session d'initiation visant à améliorer la compréhension d'un diagnostic de trouble neurocognitif et les changements pouvant être expérimentés.

L'inscription est recommandée pour les sessions, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 | sans frais au 1-888-301-1106

| Emplacement | Jour | Date | L'heure |
|--|-------|--|---|
| En ligne  | jeudi | 8 octobre 12 novembre 3 décembre | 18h30 à 20h 18h30 à 20h 13h à 14h30 |

Premier Lien Aidant

Session éducative sur les stratégies pratiques pour faire face au changement de comportement et à la gestion positive du stress pour proches aidants.

L'inscription est recommandée pour les sessions, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 | sans frais au 1-888-301-1106.

| Emplacement | Jour | Date | L'heure |
|--|-------|--|---|
| En ligne  | jeudi | 22 octobre 26 novembre 17 décembre | 18h30 à 20h 18h30 à 20h 13h à 14h30 |

Survole Sur Le Trouble Neurocognitive

Nous avons tous un cerveau, apprendre à en prendre soin est assez important. Il n'est jamais trop tôt ni trop tard pour le faire. Connectez-vous à notre prochaine session en ligne pour apprendre comment promouvoir la santé du cerveau et comment certain de style de vie peuvent nous mettre en risque de développer trouble neurocognitif. Nous donnerons des idées pratiques sur la façon d'adopter des habitudes de santé cérébrale. L'inscription est recommandée pour les sessions, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 ou sans frais au 1-888-301-1106.




| Emplacement | Jour | Date | L'heure |
|--|-------|-------------------------|-------------|
| En ligne  | lundi | 5 octobre 7 décembre | 12h à 13h15 |

La Sante Du Cerveau

Session de sensibilisation sur la santé du cerveau.


L'inscription est recommandée pour les sessions, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 | sans frais au 1-888-301-1106.

| Emplacement | Jour | Date | L'heure |
|--|-------|------------|-------------|
| En ligne  | lundi | 19 octobre | 18h30 à 20h |

Parlons à Cœur Ouvert – Groupe Sociale

Un rassemblement hebdomadaire facilité par le personnel de soutien aux familles qui se tiendra deux fois par mois en ligne pour les partenaires de soins. Ce rassemblement est destiné à offrir un soutien, partager et parcourir les ressources disponibles et fournir des interactions. Chaque session est limitée à 10 participants et sera offerte sur la plateforme Zoom. Enregistrement requis.


Veuillez-vous inscrire à asdr.eventbrite.ca ou par courriel à intake@alzheimerdurham.com ou appelez le 905-576-2567 | sans frais au 1-888-301-1106.

| Emplacement | Jour | Date | L'heure |
|--|-------------------------------|--|-------------|
| En ligne  | Sessions matinal: vendredi | 2 octobre, 6 novembre, 4 décembre | 10h30 à 12h |
| | Sessions après-midi: vendredi | 16 octobre 20 novembre 18 décembre | 13h30 à 15h |

Option de Soins

Cette série en deux parties pour les partenaires de soins explore les options des besoins de soins en stade avancé. Nous discutons des soutiens disponibles au sein de la communauté et de la façon d'accéder et de naviguer dans le système de soins de santé.

Inscription obligatoire, soit en ligne à asdr.eventbrite.ca ou par téléphone au 905-576-2567 ext. 5267 | sans frais au 1-888-301-1106.

| Emplacement | Jour | Date | L'heure |
|--|-------|---------------------------|-------------|
| En ligne  | lundi | 9 novembre 16 novembre | 10h30 à 12h |

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 information@alzheimerdurham.com

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



Social with a Purpose

Now more than ever, it's important to find new, creative ways to stay connected to our friends and family, even while staying physically apart.

Our NEW do-it-yourself Social with a Purpose fundraiser gives you an excuse to get together with your friends, family and community and turn your virtual social gathering into a fundraiser! All funds raised will go towards supporting social recreation programs offered at the Alzheimer Society of Durham Region—programs that are vital for people living with dementia and their care partners.

Learn more about Social with a Purpose and how to get started: <http://on.alz.to/socialwithapurpose>



PRESENTS

AN UNFORGETTABLE EVENING

· Making Our Connections Matter

AN ONLINE GALA IN SUPPORT OF *Alzheimer Society*

SAVE THE DATE
November 2 – 13, 2020

Contact us to get your tickets!



OVER 70% OF CANADIANS DO NOT HAVE SIGNED POWER OF ATTORNEY DOCUMENTS.



NOVEMBER IS MAKE A WILL MONTH

ACTIVITY BOXES

FUN EDUCATION ENGAGEMENT



Activity boxes may include
(but are not limited to)

- ✓ PRINTED GAMES
- ✓ SELF-CARE PRODUCTS
- ✓ SMALL EXERCISE EQUIPMENT
- ✓ DECK OF CARDS
- ✓ VISITING TIPS
- ✓ INFORMATION/RESOURCES
FOR CARE PARTNERS

Are you a care partner of someone living with dementia in a long-term care or retirement home? Are you looking for ways to engage your loved one in a fun and meaningful visit?

Participating in activities together can engage the person living with dementia and helps to add meaning to their lives.

This program is for persons living with dementia and/or care partners. *Formal diagnosis not required.* Must reside within Durham Region. **To obtain an activity box, please contact our Intake Coordinator at 905-576-2567 ext. 5233 or 1-888-301-1106 or email intake@alzheimerdurham.com**

Depending on demand there could be a wait of up to two weeks. Quantities are limited. Some restrictions may apply.