

# Alzheimer *Society*

HURON PERTH

## Fall 2024 Program Guide

**Supporting the Dementia Journey  
in Huron and Perth Counties**

**[www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth)**

# Table of Contents

**General Information**

**Client Supports and Programs**

**Public Education**

**Social Recreation**

**Volunteering**

**Special Events and Fundraising**

## Location Legend

**Huron**

**Perth**

**Virtual**



## Community Support Services Network

As a member of the Community Support Services Network, the Alzheimer Society Huron Perth works with **Central Intake** to help connect a person living with or affected by dementia to appropriate services. With one call to **1-844-482-7800** individuals and family caregivers can be connected to the full range of available community support services in Huron & Perth. Services include meals & nutrition, transportation, health & wellness, in-home support, intensive support programs, linkages to additional community services, personal and social supports for older adults, persons with dementia, disabilities, or brain injury.



## The Gift of Giving

Did you know donations by individuals, businesses and community groups provide 45% of the revenue required to fund vital programs and services for people living with dementia and their families in Huron and Perth County communities?



### Donate in Memory and in Honour

Memorial donations to the Alzheimer Society Huron Perth 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 donate as part of a celebration gift. You can commemorate any special occasion, including birthdays, anniversaries, graduations, retirements or weddings with a gift to the Alzheimer Society Huron Perth. Please contact us directly and we'll customize a package for you.

We welcome donations online, by mail, by e-transfer to [cathyr@alzhp.ca](mailto:cathyr@alzhp.ca), in person or over the phone.

To learn more about ways to give, please call 519-482-1482 or 519-271-1910 or visit <https://alzheimer.ca/huronperth/en/take-action/donate>

## Vision

A world without Alzheimer's disease and other dementias

## Mission Statement

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

## Values

Collaboration,  
Accountability, Respect,  
Empowerment,  
Excellence

# Programs and Services

<b>Information &amp; Education</b>	We are committed to offering education to people living with dementia and their care partners. Education is also available to professionals and the general public.
<b>Individual &amp; Family Support with First Link Counsellors</b>	Connect with a counsellor through in-person, phone, or video appointments to receive assistance working through individual situations, answering questions, and accessing support services.
<b>Group Meetings</b>	Join our various support and social groups to connect with peers, gain knowledge and strategies to manage challenges, and to develop a social network of support.
<b>First Link Care Navigators</b>	The Navigators assist newly impacted individuals to get connected to appropriate services, and better understand the health care system.
<b>Behavioural Supports Ontario</b>	BSO Social Workers are available to provide enhanced support, counselling, education, advocacy and transitional planning for persons living with a dementia who are experiencing responsive behaviours, family members and/or professionals supporting them. Our BSO Social Workers work in partnership with the hospital and Long Term Care BSO team members, as well as the BSO community mobile team.
<b>Social Recreation</b>	We facilitate programs to help our clients stay active and engaged. Our in-person and online programs provide an opportunity for building and maintaining strong social connections.

## Resources for Living Safely in the Community



**FINDING Your Way**<sup>®</sup>  
For people with dementia,  
every step counts.

Learn more about how to live safely, while being active, in your community. The Finding Your Way™ program provides information about why people with dementia get lost or go missing, how the risk of missing incidents can be reduced, and what to do if someone does go missing.

Free online training is also available as well as information about locating technologies.  
[www.findingyourwayontario.ca](http://www.findingyourwayontario.ca)

**HURON & PERTH**



Project LifeSaver® is a program that uses radio signals to locate missing individuals. The registered individual wears a special bracelet to help locate and return him/her home as quickly as possible. Contact the Alzheimer Society office for more details or to register.

**PERTH**  **Vulnerable Persons Registry**

This voluntary registry will provide the Police Services with emergency contact information, detailed physical descriptions, known routines and special needs of this individual. Contact the Alzheimer Society office for more details or to register.

**Dementia Friendly COMMUNITIES**



A Dementia Friendly Community is a place where people living with dementia are supported to live a high quality of life with meaning, purpose, and value.

Join us in creating safe and supportive spaces for people with dementia by learning how to create a Dementia Friendly Community!

*To receive dementia friendly training please contact the Alzheimer Society.*

# Caregiver Support Groups

Caregiver support groups are an opportunity to connect with other caregivers, enhance your understanding of dementia, and develop practical strategies for supporting a person living with dementia. Groups are ongoing and are currently being offered in a variety of formats including virtually via Zoom using both telephone and online access or in person following public health guidelines. Current and new registered caregivers are welcome.

**Please contact your Support Counsellor or the office to register and to confirm location.**

## Exeter



**Second Thursday**  
1:00 - 2:30 pm

## Goderich



**Second Monday**  
1:30 - 3:00 pm

\*Note -  
Date change  
Oct. 21 not  
Oct. 14\*

## Virtual

**First Thursday**  
10:00 - 11:30 am

## Grand Bend

**First Monday**  
1:30 - 3:00 pm

## Listowel



**Third Tuesday**  
2:00 - 3:30 pm

**Fourth Wednesday**  
1:00 - 2:30 pm

\*Note -  
Date change  
Dec. 18  
not  
Dec. 25\*

**First Monday**  
7:00 - 8:30 pm

## Seaforth

**First Tuesday**  
10:00 - 11:30 am

## Stratford

**First Tuesday**  
6:30 - 8:00 pm

## Wingham

**First Wednesday**  
10:00 - 11:30 am

## St. Marys



**Third Thursday**  
10:00 - 11:30 am



**First Wednesday**  
10:30 am - 12:00 pm

**First Friday**  
1:00 - 2:30 pm

**Social Groups for  
Persons with Dementia  
attached  
to programs  
with this symbol**



## Caregivers of a Person with Dementia Living in Long Term Care

A monthly support group specific to caregivers of a loved one living in Long Term Care.

**Held on Zoom**  
**Fourth Wednesday**  
10:00 - 11:30 am

\*Note -  
Date change  
Dec. 18  
not  
Dec. 25\*

## Life After Dementia Support Group

The bereavement support group is offered to care partners who have lost a loved one who experienced living with dementia. The group's purpose is to provide an ongoing opportunity to meet with others who share similar circumstances. We will explore feelings associated with grief, learn about coping strategies, and explore opportunities of what comes next in life after dementia.

**Held on Zoom**  
**Fourth Wednesday**  
10:00 - 11:30 am

\*Note -  
Date change  
Dec. 18  
not  
Dec. 25\*

Social Groups are held at the same time as the Caregiver Support Groups and are for those living with Alzheimer's disease and other dementias. Your loved one will spend time engaging in activities that encourage socialization, brain stimulation, and laughter while you attend the caregiver support group. **Registration is required in advance of each group. Please contact the office for the most up-to-date information regarding availability and location of the program.**

# Support for People Living with Dementia

## Support Group for Persons Living with Dementia

A support group for people in the early stages of dementia.

Please contact your Support Counsellor or the office to register.

### Clinton

Second & Fourth Wednesday of each month

\*Note - only one session in Dec. on Dec. 11\*

10:00 - 11:30 am

### Stratford

Second Wednesday of each month

10:30 am - 12:00 pm

## In-Home Recreation Program

The In-Home Recreation Program offers individualized activities for persons living with dementia either in-home or virtually. Following a recreation and leisure assessment, the coordinator will develop an individualized plan based on interests.

The In-Home Recreation Coordinator or a carefully selected volunteer will facilitate activities and provide social and cognitive stimulation to the client through ongoing weekly visits.

This program also aims to empower care partners by demonstrating activities and providing educational opportunities and support.

**This program is open to registered clients.**

To register for this program, please contact your Support Counsellor, or either of the Alzheimer Society offices in Huron 519-482-1482 or Perth 519-271-1910.



## First Link® Client Advisory Council Information

The First Link® Client Advisory Council meets to discuss future planning for the Alzheimer Society.

This Council will report back to the Board of Directors.

If you are interested in participating or learning more, please contact the Alzheimer Society at 519-482-1482 / 519-271-1910.

## Research Portal

The Alzheimer Society Research Portal connects researchers with Canadians looking to participate in studies. This initiative will help to advance Canadian studies on Alzheimer's disease and other dementias.

To learn more about participating in a study, visit [www.alzheimer.ca/en/Research](http://www.alzheimer.ca/en/Research)

# Client Education Programs

All sessions are free of charge and pre-registration for registered clients is required for each education session unless otherwise stated. Please contact your Support Counsellor, [info@alzhp.ca](mailto:info@alzhp.ca) or one of the offices Huron 519-482-1482 / Perth 519-271-1910.

\*Please note: Groups with insufficient registration may be canceled or postponed.

## First Link Learning Series



### First Steps

First Steps provides an overview of Alzheimer's disease and other dementias. This 4 week learning opportunity is for newly diagnosed individuals, along with their care partners. Sessions are free. Manuals will be provided.

Course topics include:

- What to Expect: Understanding Dementia and the Disease Process
- Adapting to Brain Changes
- Planning Ahead: Safety and Risk Management
- Building a Circle of Support

**Mondays, Nov. 4, 11, 18, 25**

\*Registration deadline: Oct. 28\*

**6:30 - 8:30 pm**

**Sessions held on Zoom**

**Tuesdays, Nov. 5, 12, 19, 26**

\*Registration deadline: Oct. 29\*

**1:30 - 3:30 pm**

**Sessions held in Clinton**

**1:30 - 3:30 pm**

**Sessions held in Stratford**

## Care Essentials for Families and Care Partners

Care Essentials: Developing Skills for Care of People with Dementia. This 4 week program is designed for care partners supporting people living with mid-stage dementia. Sessions are free. Manuals will be provided. Session topics include:

- What to Expect
- Communicating Effectively
- Responding to Behaviour Changes
- Supporting Daily Activities

**Inquire for details on the next session or to request being put on the waiting list for the next available session.**

## Options for Care

**HOME** Help in the home: creating a plan for support. This is for Care Partners who are just beginning to support a person living with dementia, who have not yet accessed services or only accessed minimal services.

**Thurs. Oct. 17 & Fri. Oct. 18**

\*Registration deadline: Oct. 10\*

**1:30 - 3:30 pm**

**Sessions held on Zoom**

**RETIREMENT HOME AND LONG TERM CARE** Considering residential options: This is for Care Partners who are starting to consider the move to a residential care setting that can provide more care than they can manage at home. It is meant to help make the right decision for the Care Partner and the person living with dementia.

**Thurs. Oct. 31 & Fri. Nov. 1**

\*Registration deadline: Oct. 24\*

**1:30 - 3:30 pm**

**Sessions held on Zoom**

**LONG TERM CARE TRANSITIONS** Moving to Long Term Care; Before, During and After. This is for Care Partners who want to know more about applying to Long Term Care and/or are planning to move to long-term care soon and want to discuss how to prepare the person living with dementia and themselves for this move.

**Thurs. Nov. 14 & Fri. Nov. 15**

\*Registration deadline: Nov. 7\*

**1:30 - 3:30 pm**

**Sessions held on Zoom**

# Client Education Programs

All sessions are free of charge and pre-registration for registered clients is required for each education session unless otherwise stated. Please contact your Support Counsellor, [info@alzhp.ca](mailto:info@alzhp.ca) or one of the offices Huron 519-482-1482 / Perth 519-271-1910. \*Please note: Groups with insufficient registration may be canceled or postponed.

## Care in the Later Stages

This session is to help caregivers understand what to expect in the later stages of dementia. It explores how to provide care and comfort to someone in the later stages of the disease. Finally, it explores grief, loss, and quality of life.

**Wednesdays, Oct. 2, 9, 23**  
\*Registration deadline: Sept. 25\*

**6:30 - 8:00 pm**

Sessions held on Zoom

**Thursdays, Oct. 3, 10, 24**  
\*Registration deadline: Sept. 26\*

**10:00 - 11:30 am**

Sessions held in Clinton

**Fridays, Oct. 4, 11, 18**  
\*\*Registration deadline: Sept. 27\*

**10:00 - 11:30 am**

Sessions held in Stratford

## Learning the Ropes for Living with Mild Cognitive Impairment™

Learning the Ropes™ is aimed at older adults experiencing Mild Cognitive Impairments (MCI) and their close family member/friend. We focus on optimizing cognitive health through lifestyle choices, memory training, and peer support.

Learning the Ropes includes 6 weekly sessions and one follow-up session.

Each session is 2 hours in length.

Topics:

- MCI: What is it? How does it differ from normal aging and dementia?
- Memory training: Practical exercises aimed at improving everyday remembering
- Lifestyle choices: How do stress, diet, and leisure activities influence memory ability?
- Family support: Discovering approaches for living effectively with a relative experiencing MCI



**Workbook is \$25 per participant and will be distributed at or before the first session.**

**Wednesdays, Oct. 9, 16, 23, 30,  
Nov. 13, Dec. 11**

**1:00 - 3:00 pm**

Sessions held in Goderich

\*Registration deadline: Oct. 2\*

## Taking Control of Our Lives™

Taking Control of Our Lives™ is a 9 week group education program focused on empowering and supporting people living with early stage dementia. Participants include those with a diagnosis of early stages of dementia and a family member/friend. Taking Control of Our Lives™ is designed to have a positive impact on participants' ability to make strong connections, feel valued, stand up to stigma, feel connected, and have more confidence.

**Mondays, Sept. 23, 30, Oct. 7,  
21, 28, Nov. 4, 11, 18**

**1:00 - 3:00 pm**

Sessions held in Mitchell

\*Registration deadline: Sept. 16\*

## U-First!® Training for Care Partners

U-First!® for Care Partners is an education program consisting of 3 weekly, 2 hour sessions, that will help you to build confidence and skills to:

- Enhance your well-being and that of the person you are supporting who is experiencing behaviour changes
- Reduce responsive behaviours by using the U-First!® framework
- Improve collaboration among all team members through a common knowledge, language, and approach to care

**Inquire for details on the next session or to request being put on the waiting list for the next available session.**

# Public Education Programs

Pre-registration is required for each education session. Register by phone Huron 519-482-1482 / Perth 519-271-1910, by clicking register for this Zoom session or visit our website:

<https://bit.ly/ASHPEducationHour>

All sessions are free of charge; donations are welcomed but not required.



## EDUCATION HOUR ONLINE

Join us for our FREE one hour virtual education sessions. Dementia Basics, Brain Health ... we cover the topics you want to hear about most. Register and start learning online today!

[See Calendar →](#)

[Register here →](#)



[www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth)

## Your Journey of Support Starts Here

A discussion about resources available for people and families living with dementia in Huron and Perth Counties. Education, Support, and Recreation are all part of living well with dementia. Find out how you can benefit from what we have to offer. Note: This is not a series, each monthly session offers the same content.

**Wednesday, Oct. 2, Nov. 6, Dec. 4 10:00 - 11:00 am**

**Sessions held on Zoom**

[Register for Oct. 2](#)

[Register for Nov. 6](#)

[Register for Dec. 4](#)

## Dementia Overview

A dementia diagnosis is life changing but you don't have to deal with it alone. We have education and resources designed for you. This session is a starting point in understanding what dementia is, what to expect, and next steps in your journey. If you only attend one education session, make it this one!

**Tuesday, October 8**

**1:30 - 2:30 pm**

[Register for this Zoom session](#)

## How is Dementia Diagnosed?

What is involved in a dementia diagnosis process? Why is my experience so different than someone else with the same diagnosis?

**Thursday, October 10**

**10:00 - 11:00 am**

[Register for this Zoom session](#)

## What is MCI?

What is Mild Cognitive Impairment (MCI) and how is it different than dementia? Learn what resources are available at the Alzheimer Society.

**Tuesday, October 15**

**1:30 - 2:30 pm**

[Register for this Zoom session](#)

## Demystifying Memory Clinics

Help take the fear out of the Memory Clinic appointment. Find out what to expect at that important memory clinic appointment. Bring your questions!

**Thursday, October 17**

**10:00 - 11:00 am**

[Register for this Zoom session](#)

## Brain Health and Happiness

Learn more about four key brain chemicals - Dopamine, Oxytocin, Serotonin, and Endorphins - what they do, impact of dementia, and how to boost our levels for our emotional health.

**Thursday, October 24**

**10:00 - 11:00 am**

[Register for this Zoom session](#)



# Public Education Programs

Pre-registration is required for each education session. Register by phone Huron 519-482-1482 / Perth 519-271-1910, by clicking register for this Zoom session or visit our website: <https://bit.ly/ASHPEducationHour>

All sessions are free of charge; donations are welcomed but not required.

## 10 Warning Signs

Should I be worried? This session reviews the early signs of dementia and what distinguishes it from common age related memory changes.

**Wednesday, November 6**      **7:00 - 8:00 pm**      **Register for this Zoom session**

**Thursday, November 7**      **1:30 - 2:30 pm**      **Register for this Zoom session**

## Brain Health

Join us to discuss ways to incorporate healthy brain choices into your everyday life - including some of the latest research on nutrition and exercise.

**Wednesday, November 13**      **10:00 - 11:00 am**      **Register for this Zoom session**

## Types of Dementia

What is the difference between Alzheimer's disease and Dementia? An introduction to the most common types of dementia including Alzheimer's disease, Vascular, Lewy Body, Frontal Temporal, and Mixed Dementia.

**Thursday, November 14**      **1:30 - 2:30 pm**      **Register for this Zoom session**

**7:00 - 8:00 pm**      **Register for this Zoom session**

## Brain Changes: 8 A's of Dementia

Introduces common cognitive changes people with dementia experience. We will describe these changes as a *shift in perception* - a shift in the way many people with dementia see and navigate the world.

**Thursday, November 21**      **1:30 - 2:30 pm**      **Register for this Zoom session**

**7:00 - 8:00 pm**      **Register for this Zoom session**

## Communication Tips

This session looks at how communication changes due to dementia can affect day-to-day experiences and offers some starting points to improve connections.

**Thursday, November 28**      **1:30 - 2:30 pm**      **Register for this Zoom session**

**7:00 - 8:00 pm**      **Register for this Zoom session**

## Preparing for the Holidays

This session will feature a discussion on managing expectations, gathering with family and friends, and caregiver self-care tips.

**Tuesday, December 10**      **1:30 - 2:30 pm**      **Register for this Zoom session**

## Meaningful Visits

Is there someone in your life living with Alzheimer's disease or other dementia? Do you want to learn how to best support them and make the most of your time together? This session will teach you tips to engage, how to navigate memory changes and confusion and how to foster connection.

**Tuesday, December 17**      **1:30 - 2:30 pm**      **Register for this Zoom session**

# Public Education Programs

Pre-registration is required for each education session. Register by phone Huron 519-482-1482 / Perth 519-271-1910, visit our website: <https://bit.ly/ASHPEducationHour>  
All sessions are free of charge; donations are welcomed but not required.

## Bereavement Program

This is a 4 week support/education program for the general public who have lost a loved one to dementia. We will share stories, learn about grief and dementia, and explore ways of coping and moving forward following the loss. The group will offer both opportunities for education and time for discussion.

Please pre-register by contacting Christy at 519-271-1910 ext. 221, or [christyb@alzhp.ca](mailto:christyb@alzhp.ca).

**Inquire for details on the next session or to request being put on the waiting list for the next available session.**

## Golden Ukulele Group and Beginning Uke Group

Want to try something new and learn a new musical skill? Join the Golden Ukulele Group!

**GUG** - 10:00 - 10:30 is Chord and Strum Review

10:30 - 11:30 is Tune Time: practicing old tunes and learning new ones!

**BUG** - Beginning Ukulele Group. Focusing on the basics: holding and tuning the Uke and learning three basic chords: C, F, and G.

Sessions are held on Zoom. Open to the general public and registered clients.

Free with your own uke. Limited Uke kits (Ukulele, bag, tuner, and music) available for \$30.

Contact [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca) or [christyb@alzhp.ca](mailto:christyb@alzhp.ca)

**GUG Tuesdays, October 8 - December 17 10:00 - 11:30 am**

**BUG Thursdays, October 3 - 31 10:00 - 11:00 am**

**Sessions held on Zoom**

## Memory and Aging Program™

The Memory and Aging Program™ is for anyone interested in learning about memory changes that may occur with age.

We discuss how memory works, memory strengths, and strategies to improve everyday memory performance.

This well designed, evidence-based program was developed at Baycrest Hospital in Toronto.

Format: 4 Weekly, 2 Hour Sessions

Cost: \$25 per participant. Includes Workbook.

**Register for Huron sessions with Jeanette, [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca) or 519-482-1482.**

**Register for Perth sessions with Christy, [christyb@alzhp.ca](mailto:christyb@alzhp.ca) or 519-271-1910.**

**Thursdays, Oct. 10, 17, 24, 31**

\*Registration deadline: Oct. 3\*

**1:30 - 3:30 pm**

**Sessions held in Wingham**

**1:00 - 3:00 pm**

**Sessions held in St. Marys**

**Thursdays, Nov. 6, 13, 20, 27**

\*Registration deadline: Oct. 30\*

**9:30 - 11:30 am**

**Sessions held in Goderich**

**Thursdays, Nov. 21, 28, Dec. 5, 12**

\*Registration deadline: Nov. 14\*

**10:00 am - 12:00 pm**

**Sessions held in Stratford**



**Alzheimer Society**  
HURON PERTH

**FREE!**  
Save the Date!

**THURSDAY**  
**NOVEMBER 7**  
**7:00 - 8:30 PM**

**Central Huron**  
EVENT SPONSOR

**2024 DEMENTIA EDUCATION NIGHT**


Join us on ZOOM for a VIRTUAL evening with

**Dr. SANDRA BLACK**  
Scientific Director, Sunnybrook Hospital:  
The Sandra Black Centre for Brain Resilience and Recovery

**The Heart-Brain Connection**

**FREE REGISTRATION: [bit.ly/DEMENTIA-NIGHT2024](https://bit.ly/DEMENTIA-NIGHT2024)**

For more information, contact Alzheimer Society Huron Perth [info@alzhp.ca](mailto:info@alzhp.ca) | 1-800-561-5012



# Public Education Programs for Healthcare Providers

There are various educational opportunities available to healthcare providers. Connect with the Alzheimer Society Huron Perth to discuss the options suitable for you.

## Lunch and Learn for Healthcare Professionals

This 3 week lunch hour condensed course reviews Dementia Overview, Communication Skills, and a Review of Programs and Services available at the Alzheimer Society to help people you serve.

**To arrange a lunch and learn for your staff or workplace, email us at [info@alzhp.ca](mailto:info@alzhp.ca) or call Huron 519-482-1482 / Perth 519-271-1910.**

**Additional courses and webinars for Healthcare Professionals available at [alzeducate.ca](http://alzeducate.ca)**



## Gentle Persuasive Approaches (GPA) in Dementia Care: Supporting Persons with Responsive Behaviours

Gentle Persuasive Approach is an 8-hour educational program designed for interdisciplinary point of care staff across healthcare sectors. This program promotes a person-centred, compassionate approach to care, enabling staff to respond respectfully, and with confidence and skill when providing care. Fees apply. Workbooks required.

**To arrange a GPA for your staff or workplace, email us at [info@alzhp.ca](mailto:info@alzhp.ca) or call Huron 519-482-1482 / Perth 519-271-1910.**

## U-First!® Training for Health Care Providers of People with Alzheimer's Disease and Other Dementias



U-First!® is an innovative and unique training program that helps frontline staff to develop a common knowledge base, language, values, and approach to caring for people living with Alzheimer's disease and cognitive impairment. Interactive learning format through dialogue and case studies.

**This U-First!® training is open to Healthcare Providers.**  
Cost: \$80 per participant

**Inquire for details on the next session or to request being put on the waiting list for the next available session.**

## Community and Public Education

Are you looking for a speaker for your meeting? Would you like to know more about Dementia Friendly Communities®, and/or receive dementia training for your staff in a local business, community organization, retirement, or long-term care home? Training can be tailored to meet the needs of staff and/or volunteers.

Please contact **Christy, [christyb@alzhp.ca](mailto:christyb@alzhp.ca)** or **Jeanette, [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca)** to discuss your needs and options.

# Social Recreation

## Minds in Motion®

Minds in Motion is a program for those living with early to mid-stage Alzheimer's disease or other dementias and their care partners. The program runs once a week for 8 weeks and incorporates physical activity and mental stimulation.

### In-Person

This program includes 60 minutes of physical activity led by a certified senior fitness instructor and 60 minutes of brain health activities. Cost \$20 per participant.

Advanced registration is required for in-person and virtual programs.

## Minds in Motion®

A physical activity and brain stimulation program for people with dementia and their care partners.

### Virtual

The program includes 30 minutes of physical activity led by a certified senior fitness instructor and 60 minutes of brain health activities. No fee for virtual program.

**Virtual Mondays** 10:30 am - 12:00 pm  
Sept. 16 - Nov. 4

**Goderich Thursdays** 10:00 am - 12:00 pm  
Sept. 12 - Oct. 31

**Exeter Fridays** 10:00 am - 12:00 pm  
Sept. 13 - Nov. 1

**Vanastra Tuesdays** 2:00 - 4:00 pm  
Oct. 1 - Nov. 19

**Stratford Tuesdays** 10:30 am - 12:30 pm  
Sept. 17 - Nov. 5

**St. Marys Thursdays** 1:00 - 3:00 pm  
Sept. 19 - Nov. 7

**Listowel Fridays** 10:30 am - 12:30 pm  
Sept. 20 - Nov. 8

**For Perth programs contact Pamela at 519-271-1910 ext. 227 or pamelab@alzhp.ca**

**For Huron programs contact Kylie at 519-482-1482 ext. 123 or kyliek@alzhp.ca**

## Boost Your Brain Brunch

The Alzheimer Society Huron Perth in partnership with The Local Community Food Centre are pleased to offer Boost your Brain Brunch, a cooking program for those living with Alzheimer's disease and other dementias and their care partners.

Program fee is \$10.00 per person. Registration is required as spots are limited.

If you are interested in registering, please contact Pamela at pamelab@alzhp.ca or by calling 519-271-1910 ext. 227.



**Stratford - Tuesdays**  
**November 12 & December 10**  
**10:30 am - 12:30 pm**

## Holistic Health Days

Holistic Health Days is a social recreation program for caregivers and individuals living with dementia. This program is designed to provide an opportunity for individuals to socialize while gaining the benefits of various activities to improve overall well-being.

There may be a fee associated with specific events, otherwise, the program is free of charge. This program is open to registered clients.

It will be held at the Clinton office, unless noted otherwise.

Please pre-register by contacting Kylie at kyliek@alzhp.ca or 519-482-1482 ext. 123.

**Mondays**  
**2:00 - 3:00 pm**

<b>Oct. 7</b>	<b>Fall Bouquet Workshop</b>	<b>Pre-register by Sept. 30</b>
<b>Oct. 28</b>	<b>Fall Craft</b>	
<b>Nov. 4</b>	<b>Bowling at Little Bowl Goderich</b>	<b>*\$10 fee required, pre-register by Oct. 28</b>
	<b>*2:30 - 3:30 pm</b>	
<b>Nov. 18</b>	<b>Urban Pole Walking at the Clinton Track</b>	

## Social Recreation

MUSIC  
DANCE  
MUCH MORE!

A PROGRAM FOR THOSE LIVING WITH ALZHEIMER'S DISEASE  
AND OTHER DEMENTIAS AND THEIR CARE PARTNERS



Alzheimer  
Society  
HURON PERTH

# Night Out

Wednesday, November 27 4:30 - 7:00 pm

A night filled with live music, dancing, food,  
fun, and so much more!

\$20.00 per person      Location: Stratford  
Registration is required as spots are limited.

*If you are interested in registering, please contact  
Pamela at [pamelab@alzhp.ca](mailto:pamelab@alzhp.ca) or by calling 519-271-1910 ext. 227*

## Therapeutic Resources

Therapeutic Resources are utilized for the purposes of providing support for a person living with dementia. The Society will provide training and instruction on the use and purpose of the items. Should the borrower/care partner wish to purchase the lending item for long term use for their loved one, the Alzheimer Society is happy to provide information on where a borrower/care partner or family can purchase an item of their own.

- iPads - engage through apps and resources to stimulate the person living with dementia's mind
- Music Players - provide opportunities to reminisce, move the body, & express yourself
- Robotic & Sensory Cats & Dogs - designed to stimulate cognition using tactile objects
- Dolls - designed to stimulate cognition, dolls provide an opportunity for purpose and reminiscing
- Sensory Quilts, Activity Aprons, Twiddle Muffs - stimulate cognition using tactile objects

This program is for registered clients. For more information on the Therapeutic Resource Program, please contact your support counsellor or the Society by [info@alzhp.ca](mailto:info@alzhp.ca) or phone.

## Volunteering

### Are you a puzzle enthusiast looking to make a difference?

We're seeking volunteers to spend an hour each week doing puzzles with our amazing clients in the community.

Help us bring joy, connection, and mental stimulation to those who need it most.

Seeking Volunteers for: STRATFORD, ST. MARYS, LISTOWEL, GODERICH, EXETER, CLINTON

To help you find the right fit and make the most of your volunteer experience, please contact:

**Paulina Balch, Volunteer Coordinator**

**Phone: 519-271-1910 or 519-482-1482**

**Email: [paulinab@alzhp.ca](mailto:paulinab@alzhp.ca)**



Puzzle Pal  
Volunteer

We're seeking volunteers to spend an hour each week doing puzzles with our amazing clients in the community. Help us bring joy, connection, and mental stimulation to those who need it most.

Commitment: 1 hour/week

Location: Client's home

Impact: Priceless

Contact: Paulina Balch [paulinab@alzhp.ca](mailto:paulinab@alzhp.ca) OR 519.271.1910 ext 231

Want updates right to your inbox?

Sign up for the **monthly** newsletter **here**

The monthly newsletter is sent the first Tuesday of the month.

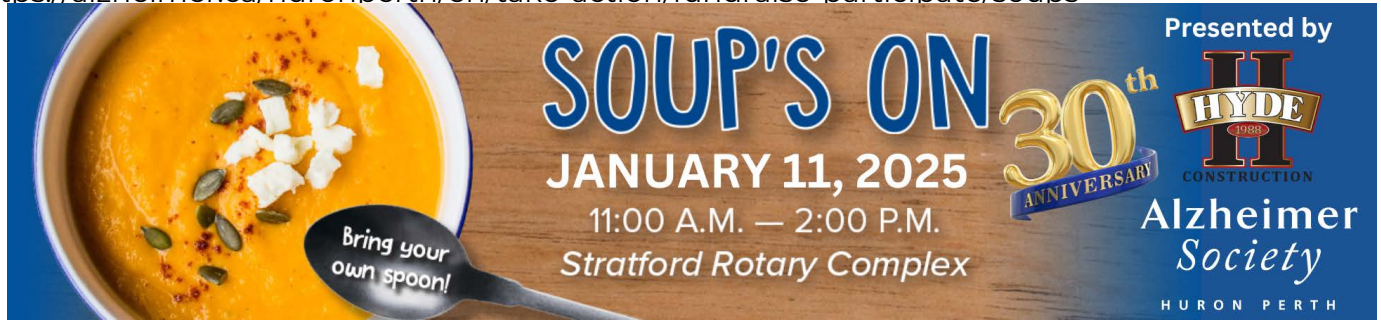
# Special Events

## Soup's ON 30th Anniversary - presented by Hyde Construction

The Alzheimer Society Huron Perth is excited to be celebrating our 30th year of Soup's On, January's premier event! This all-ages signature event will be on **Saturday, January 11, 2025**, at the Stratford Rotary Complex. Sample a variety of delicious soups, enjoy live music, bid on a wide array of silent auction items, and engage in the kid's corner.

We take pride in reducing our environmental impact and encourage participants to bring their own spoon. To learn more about Soup's ON visit

<https://alzheimer.ca/huronperth/en/take-action/fundraise-participate/soups>



**SOUP'S ON**  
JANUARY 11, 2025  
11:00 A.M. — 2:00 P.M.  
Stratford Rotary Complex

Presented by  
**HYDE**  
CONSTRUCTION  
Alzheimer Society  
HURON PERTH

## Huron Polar Plunge

Date: **Wednesday, January 1, 2025** Time: **10:00 am - 12:00 pm**

Jump into the new year by taking the Huron Polar Plunge! Returning for the 3rd Annual event, we invite you to challenge your friends, family, neighbours, and co-workers to register for and gather pledges in support of the Huron and Area Search and Rescue (HASAR) and the Alzheimer Society Huron Perth. Plunge into the brisk water of Lake Huron with the support of HASAR volunteers including the trained members of the Special Operations Rescue Team for Ice and Swiftwater Rescue.

For questions, please contact Erin, [erind@alzhp.ca](mailto:erind@alzhp.ca) or call 519-482-1482.

**REGISTER HERE** <http://on.alz.to/HuronPolarPlunge>

PRESENTED BY AND IN SUPPORT OF  
**HURON & AREA SEARCH & RESCUE**  
Alzheimer Society  
HURON PERTH  
**HURON POLAR PLUNGE**

Monday, January 1, 2025  
10:00 am - 12:00 pm  
Goderich Boat Launch  
North side of the harbour,  
North Harbour Road

Free Hot Chocolate | Prizes | Warming Tent | B.Y.O.Towel

Register or Donate at  
<http://on.alz.to/HuronPolarPlunge>



The Alzheimer Society Huron Perth relies on people like you to help us support people living with dementia.

Start your own fundraiser and do Anything for Alzheimer's! Whether it's a coffee group, a birthday party, a cycling trip, a garage sale or another type of event, raise funds your way to support your local Alzheimer Society!

Register your event and find ideas, tips, and helpful suggestions to make it fun and rewarding for you and your friends, co-workers, community, or family.



alzheimerhuronperth



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## ALZHEIMER SOCIETY HURON PERTH

Charitable Registration Number 13150-3138-R0001

Monday - Friday 9:00 am - 4:30 pm

[info@alzhp.ca](mailto:info@alzhp.ca)

[www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth)

HURON SITE  
317 Huron Rd, Box 639  
Clinton ON N0M 1L0  
519-482-1482  
1-800-561-5012

PERTH SITE  
1020 Ontario St, Unit 5  
Stratford ON N5A 6Z3  
519-271-1910  
1-888-797-1882