



Alzheimer *Society*

H U R O N P E R T H

Fall 2025 Program Guide

**Supporting the Dementia Journey
in Huron and Perth Counties
www.alzheimer.ca/huronperth**

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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 care partners 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.



Huron Perth
Community Support Services Network

The Gift of Giving

Did you know donations by individuals, businesses and community groups provide 40% 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, 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

Information & Education	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.
First Link Care Navigators	The Navigators assist newly impacted individuals to get connected to appropriate services, and better understand the health care system.
Individual & Family Support with First Link Counsellors	Connect with a counsellor through in-person, phone, or video appointments to receive assistance working through individual situations, answering questions, and accessing support services.
Group Meetings	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.
Behavioural Supports Ontario	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.
Social Recreation	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.
Volunteers	Volunteers assist with a variety of tasks to enhance the work of the Alzheimer Society including office, event, and client program assistance.

Resources for Living Safely in the Community



FINDING Your Way®
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

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.

Care Partner Support Groups

Care Partner support groups are an opportunity to connect with other care partners, 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. Current and new registered care partners are welcome.

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

Exeter



Second Thursday
1:30 - 3:00 pm

Goderich



Second Monday Note: Oct. 6
1:30 - 3:00 pm not Oct. 13

Virtual

First Thursday
10:00 - 11:30 am

Grand Bend

Third Thursday
1:30 - 3:00 pm

Listowel



Third Tuesday
2:00 - 3:30 pm

Fourth Wednesday Note:
1:00 - 2:30 pm No
group
Dec. 24

Third Thursday
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

Second Friday
1:00 - 2:30 pm

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



Care Partners of a Person with Dementia Living in Long Term Care

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

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

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

Early Stage Support Group for Care Partners

A monthly support group for care partners of individuals in the early stages of the disease.

Stratford
Second Tuesday
10:30 am - 12:00 pm

Social Groups are held at the same time as the Care Partner Support Group and are for those living with Alzheimer's disease and other dementias. The person living with dementia will spend time engaging in activities that encourage socialization, brain stimulation, and laughter while you attend the care partner 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.

Online

Second & Fourth Wednesday
of each month
11:00 am - 12:00 pm

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

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 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. 17, 24, Dec. 1, 8

Registration deadline: Nov. 10

1:30 - 3:30 pm

Sessions held in Clinton

Mondays, Nov. 17, 24, Dec. 1, 8

Registration deadline: Nov. 10

1:30 - 3:30 pm

Sessions held in Stratford

Mondays, Nov. 17, 24, Dec. 1, 8

Registration deadline: Nov. 10

6:30 - 8:00 pm

Sessions held on Zoom

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 and Supporting Daily Activities

Tuesdays, Oct. 7, 14, 21, 28

Registration deadline: Oct. 1

1:30 - 3:30 pm

Sessions held in Vanastra

Thursdays, Oct. 9, 16, 23, 30

Registration deadline: Oct. 2

1:30 - 3:30 pm

Sessions held in Stratford

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.

Thursday, Oct. 30 & Friday, Oct. 31

Registration deadline: Oct. 24

1:30-3:00 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.

Thursday, Nov. 13 & Friday, Nov. 14

Registration deadline: Nov. 7

1:30-3:00 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.

Thursday, Nov. 27 & Friday, Nov. 28

Registration deadline: Nov. 21

1:30-3:00 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 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.

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

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. The focus is 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, Sept. 24, Oct. 1, 8,
15, 22, 29, Nov. 26**

10:00 am - 12:00 pm

Sessions held in Goderich

Registration deadline: Sept. 17

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.

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

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.

10 Warning Signs

10 Warning Signs: Should I be Worried? Learn the difference between early signs of dementia and common age-related memory changes.

Monday, October 20

7:00 - 8:00 pm

Register for this Zoom session

Tuesday, October 21

1:30 - 2:30 pm

Register for this Zoom session

Types of Dementia

What is the difference between Alzheimer's disease and Dementia? This session introduces the most common types of dementia including Alzheimer's disease, Vascular, Lewy Body, Frontal Temporal, and mixed dementia.

Monday, October 27

7:00 - 8:00 pm

Register for this Zoom session

Tuesday, October 28

1:30 - 2:30 pm

Register for this Zoom session

Brain Changes: Understanding Progression

This session explains 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.

Monday, November 3

7:00 - 8:00 pm

Register for this Zoom session

Tuesday, November 4

1:30 - 2:30 pm

Register for this Zoom session

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, November 5

10:00 - 11:00 am

Register for this Zoom Session

Wednesday, December 3

10:00 - 11:00 am

Register for this Zoom Session

Communication Tips

Strategies for effective communication with people living with dementia. Learn how to use simple, clear language and non-verbal cues to improve understanding and reduce frustration.

Monday, November 10

7:00 - 8:00 pm

Register for this Zoom session

Tuesday, November 11

1:30 - 2:30 pm

Register for this Zoom session

2025 DEMENTIA EDUCATION NIGHT

**WEDNESDAY
NOVEMBER 12
7:00 - 8:30 PM**

**FREE!
Save the
Date!**

Join us on ZOOM
Dr. Sharon Cohen,
MD, FRCPC
Medical Director,
Toronto Memory Program



Advancements in diagnosing Alzheimer's disease and other dementias



FREE REGISTRATION: bit.ly/Dementia-Night2025

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.

What is Mild Cognitive Impairment?

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

Wednesday, November 12

1:30 - 2:30 pm

Register for this Zoom Session

Meaningful Visits

Is there someone in your life living with 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 foster connection.

Wednesday, November 19

1:30 - 2:30 pm

Register for this Zoom Session

Preparing for the Holidays

As we gather for the holidays, emotions run high. This discussion focuses on managing expectations, gathering with family and friends, and cold weather tips.

Wednesday, December 10

1:30 - 2:30 pm

Register for this Zoom Session

Caregiving: Dealing with the Feelings

Becoming a caregiver is a significant change, leaving little time to process. As a follow-up to Dementia Basics, this program supports care partners in managing the emotional aspects of their new role. Take time to equip yourself for this journey with this 4-week program. Register for one session and have access to all four sessions.

What is a Care Partner?

Tuesday, November 18

1:30 - 3:30 pm

Register for this Zoom session

Care Partner Stress

Tuesday, November 25

1:30 - 3:30 pm

Register for this Zoom session

Grief and Loss

Tuesday, December 2

1:30 - 3:30 pm

Register for this Zoom session

Guilt and other Tough Emotions

Tuesday, December 9

1:30 - 3:30 pm

Register for this Zoom session

Alzheimer
Society
HURON PERTH



EDUCATION HOUR ONLINE

Join FREE one hour virtual education sessions.

View the list of topics and dates and register to start learning online today!

www.alzheimer.ca/huronperth

FREE
ONE HOUR
EDUCATION
SESSIONS ON
ZOOM

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.

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

Golden Ukulele 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 Jeanette jeanettes@alzhp.ca or Christy christyb@alzhp.ca.

GUG Tuesdays, October 14 - December 23

10:00 - 11:30 am

Sessions held on Zoom

BUG Thursdays, October 16 - November 13

10:00 - 11:00 am

Sessions held on Zoom

Ukulele and DFC, Thursdays, November 6, 13, 20

1:30 - 3:00 pm

Sessions held in St. Marys

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 or 519-482-1482

Register for Perth sessions with Christy, christyb@alzhp.ca or 519-271-1910

Wednesdays, October 1, 8, 15, 22

2:00 - 4:00 pm

Sessions held in Wingham

Wednesdays, October 1, 8, 15, 22

2:00 - 4:00 pm

Sessions held in St. Marys

Mondays, October 20, 27, November 3, 10

1:30 - 3:30 pm

Sessions held in Stratford



**Learn how to STAY
SAFE with memory loss**

LEARN MORE

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

Lunch hour condensed courses are available through the Alzheimer Society Huron Perth to help you connect with the people you serve. To arrange a Lunch & Learn for your staff or workplace, call us at 1-800-561-5012 or contact Christy christyb@alzhp.ca or Jeanette jeanettes@alzhp.ca to discuss available options. We look forward to working with your team!

ALZeducate

ALZeducate is dedicated to providing high-quality, best practice-based online education for all using adult learning principles that support real learning and change. Courses and webinars for Healthcare Professionals, People Living with Dementia, Care Partners, Volunteers, and the General Public are available at 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 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

Thursday, December 11

9:00 am - 4:00 pm

Session held in Mitchell

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 or **Jeanette**, 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 programs and waitlists may exist.

Stratford 10:30 am - 12:30 pm
Tuesdays Sept. 16 - Nov. 4

St. Marys 1:00 - 3:00 pm
Thursdays Sept. 18 - Nov. 6

Listowel 10:30 am - 12:30 pm
Fridays Sept. 19 - Nov. 7

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

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. Registration required.

Virtual 10:30 am - 12:00 pm
Mondays Oct. 6 - Nov. 10

Goderich 10:00 am - 12:00 pm
Thursdays Oct. 2 - Dec. 4

Dashwood Note: No program Nov. 5, moved to 10:00 am - 12:00 pm
Wednesdays Nov. 2 at 2:00 pm Oct. 1 - Dec. 3

Wingham Note: No program Nov. 4 10:00 am - 12:00 pm
Tuesdays Sept. 30 - Dec. 9

Clinton Note: No program Nov. 4, moved to 2:00 - 4:00 pm
Tuesdays Nov. 6 Sept. 30 - Dec. 2

For Huron programs contact Ashley at 519-482-1482 or ashleyt@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 call 519-271-1910 ext. 227.



Stratford
Tuesday, November 18
Tuesday, December 23
10:30 am - 12:30 pm

Holistic Health Days

Holistic Health Days is a social recreation program for registered clients including care partners 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.

Unless a fee is noted, the program is free.

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

Please pre-register by contacting Ashley at ashleyt@alzhp.ca or 519-482-1482.

2:00 - 3:00 pm

Wed., Oct. 15	Fall Craft - Clinton
Mon., Oct. 20	Pumpkin Painting - Exeter
Mon., Oct. 27	Pet Therapy - Clinton
Wed., Nov. 12	Euchre & Cards - Clinton
Mon., Nov. 17	Game Shows - Exeter
Wed., Nov. 26	Christmas Card Making - Clinton
Wed., Dec. 3	Christmas Carols & Hot Chocolate - Clinton
Mon., Dec. 15	Clay Ornament Craft - Exeter

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
- **Music Players** - provide opportunities to reminisce, move the body & express yourself
- **Robotic & Sensory Cats & Dog** - designed to stimulate cognition using tactile objects
- **Doll** - 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 or phone.

Night Out

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

November 26

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 or by calling 519-271-1910 ext. 227*

Volunteering

Soup's On 2026 Volunteers Wanted!

The Alzheimer Society Huron Perth is seeking enthusiastic volunteers for its annual Soup's On event, taking place on Saturday, January 10, 2026, at the Stratford Rotary Complex.

This beloved community fundraiser features a variety of soups from local vendors, live music, a silent auction, snack bar and a children's area, all aimed at supporting individuals affected by dementia in Perth and Huron Counties.

Volunteers are essential to the success of Soup's On, assisting with managing the Snack Bar and Kids' Corner, welcoming guests and supporting environmental sustainability alongside the "Green Team," to help minimize waste and so much more.

No prior experience is necessary, and training will be provided. If you're interested in contributing to this meaningful event, please contact Paulina Balch, Volunteer Coordinator, at 519-271-1910 ext. 231 or via email at paulinab@alzhp.ca.

Join us in making a difference in our community while enjoying a day filled with warmth and camaraderie.



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 - presented by Hyde Construction

The Alzheimer Society Huron Perth is excited to be celebrating our 31st year of Soup's On, January's premier event! This all-ages signature event will be on **Saturday, January 10, 2026**, 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>



Huron Polar Plunge

Date: **Wednesday, January 1, 2026** Time: **10:00 am - 12:00 pm**

Jump into the new year by taking the Huron Polar Plunge!

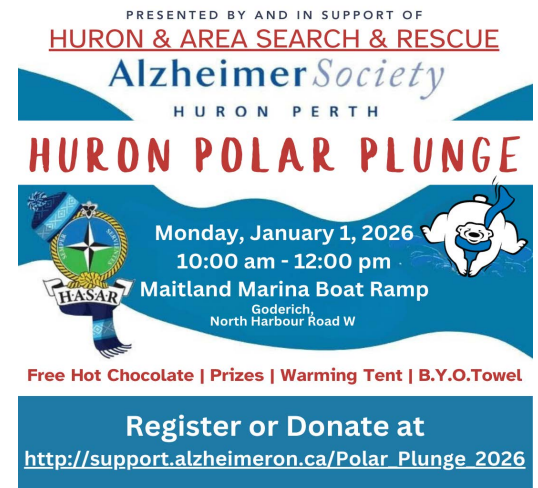
Returning for the 4th Annual event, we invite you to challenge your friends, family, neighbours, and co-workers to register for and gather pledges in support of the Huron and Area Search and Rescue (HASAR) and the Alzheimer Society Huron Perth.

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 or call 519-482-1482.

REGISTER HERE

http://support.alzheimeron.ca/Polar_Plunge_2026



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

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

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