

# Alzheimer *Society*

H U R O N P E R T H

## Spring 2026 Program Guide

Supporting the Dementia Journey  
in Huron and Perth Counties  
[www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth)



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## 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 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](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

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 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 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**<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.*

# 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**  
1:30 - 3:00 pm

## Virtual

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

## Grand Bend

**Third Thursday**  
1:30 - 3:00 pm

## Listowel



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

**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 with Alzheimer's disease and other dementias in Long Term Care.

**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 Alzheimer's disease or other dementias.

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

All programs and services are offered free of charge to clients of the Alzheimer Society Huron Perth, unless stated otherwise.

To become a client, you do not need a diagnosis, however, some specialized programs may require/prefer one.

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](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

Wednesdays, May 6, 13, 20, 27

2:00 - 3:30 pm

Sessions held in Clinton

\*Registration deadline: Apr. 29\*

Wednesdays, May 6, 13, 20, 27

6:30 - 8:00 pm

Sessions held on Zoom

\*Registration deadline: Apr. 29\*

### 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.

Thursdays, Jun. 4, 11, 18, 25

10:00 am - 12:00 pm

Sessions held in Stratford

\*Registration deadline: May 28\*

Tuesdays, Jun. 2, 9, 16, 23

1:30 - 3:30 pm

Sessions held in Vanastra

\*Registration deadline: May 26\*

### 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.

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

**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.

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

**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.

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

# 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 care partners 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.**

**Mondays, Apr. 20, 27, May 4, 11, 25, 10:00 am - 12:00 pm Sessions held in Stratford  
Jun. 1, Jun. 29**

\*Registration deadline: Apr. 13\*

## 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.



## 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, April 14**

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

**Register for this Zoom session**

## 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.

**Tuesday, April 21**

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

**Register for this Zoom session**

## 10 Common Signs

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

**Tuesday, May 5**

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

**Register for this Zoom session**

**7:00 - 8:00 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, Frontaltemporal, and mixed dementia.

**Tuesday, May 12**

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

**Register for this Zoom session**

**7:00 - 8:00 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.

**Tuesday, May 19**

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

**Register for this Zoom session**

**7:00 - 8:00 pm**

**Register for this Zoom session**

## Research and Medication Updates

Join us for a discussion and Q&A time regarding the latest research and medication options in the dementia field.

**Tuesday, May 26**

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

**Register for this Zoom Session**



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

FREE  
ONE HOUR  
EDUCATION  
SESSIONS ON  
ZOOM

# Public Education Programs

Pre-registration is required for each education session.

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



## 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, June 3**

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

**Register for this Zoom Session**

## Communication Tips

Learn how communication changes due to dementia can affect day-to-day experiences – and some starting points to improve connections.

**Tuesday, June 9**

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

**Register for this Zoom session**

**7:00 - 8:00 pm**

**Register for this Zoom session**

## Brain Chemistry 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.

**Tuesday, June 16**

**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.

**Tuesday, June 23**

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

**Register for this Zoom Session**

## Care Partners: Dealing with the Feelings

Becoming a care partner 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?

**Wednesday, July 22**

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

**Register for this Zoom session**

### Care Partner Stress

**Wednesday, July 29**

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

**Register for this Zoom session**

### Grief and Loss

**Wednesday, August 5**

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

**Register for this Zoom session**

### Guilt and other Tough Emotions

**Wednesday, August 12**

**1:30 - 3:00 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.

## Golden Ukulele Group

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

**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](mailto:jeanettes@alzhp.ca) or Jessica [jessical@alzhp.ca](mailto:jessical@alzhp.ca)

**GUG Tuesdays, April 7 - May 12**

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

**Sessions held on Zoom**

**Golden Ukulele Group Summer Jam  
Tuesday, June 23**

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

**Wednesdays, May 6, 13, 27, Jun. 3**

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

**Sessions held in Goderich**



## Living Well Series: Hearing Health

Join Danielle and Shannon from Hearing Life in collaboration with Alzheimer Society Huron Perth for a session on the connection between hearing health and brain health.

**Monday, May 4**

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

**Session held on Zoom**

## Living Well Series: Bereavement Education with Sally Brodie

Special guest Sally Brodie, Educator with Huron Hospice, will provide information on Bereavement and the Grief Process. This knowledge helps equip participants for life's changing journey.

**Tuesday, Jun. 2**

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

**Session held on Zoom**

Dementia Dialogue is a podcast featuring people living with dementia, their care partners, and supporters sharing experiences from across Canada. They demonstrate their capacity to live fully and enable peer listeners to understand and gain insight and strengthen their adaptive skills. Episodes also enhance understanding within the broader community of what it means to live with dementia.



Find out more here: <https://www.dementiadialogue.ca/>

# Public Education Programs for Healthcare Providers

Healthcare providers can benefit from public education programs. These programs are designed 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 Jeanette [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca) or Jessica [jessical@alzhp.ca](mailto:jessical@alzhp.ca) to discuss available options. We look forward to working with your team!

## Lunch & Learn Programs

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 Jeanette [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca) or Jessica [jessical@alzhp.ca](mailto:jessical@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](http://alzeducate.ca).



## Gentle Persuasive Approach

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.

For more information, contact Jeanette at [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca) or Jessica at [jessical@alzhp.ca](mailto:jessical@alzhp.ca).

## U-First!



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.

Healthcare providers can benefit from U-First! training. To learn more, contact Jeanette at [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca) or Jessica at [jessical@alzhp.ca](mailto:jessical@alzhp.ca).

For more information, contact Jeanette at [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca) or Jessica at [jessical@alzhp.ca](mailto:jessical@alzhp.ca).

## Find a Speaker

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 Jeanette at [jeanettes@alzhp.ca](mailto:jeanettes@alzhp.ca) or Jessica at [jessical@alzhp.ca](mailto:jessical@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.

## 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.

<b>Stratford</b> Tuesdays	10:30 am - 12:30 pm May 26 - Jul. 14
<b>St. Marys</b> Thursdays	1:00 - 3:00 pm May 28 - Jul. 16
<b>Listowel</b> Fridays	10:30 am - 12:30 pm May 29 - Jul. 17
<b>For Perth programs contact Pamela at 519-271-1910 ext. 227 or pamelab@alzhp.ca</b>	

<b>Virtual</b> Mondays	10:30 am - 12:00 pm May 25 - Jul. 13
<b>Goderich</b> Thursdays	10:00 am - 12:00 pm Mar. 5 - Apr. 23
<b>Dashwood</b> Wednesdays	10:00 am - 12:00 pm Mar. 4 - Apr. 22
<b>Wingham</b> Tuesdays	10:00 am - 12:00 pm Mar. 3 - Apr. 21
<b>Clinton</b> Tuesdays	2:00 pm - 4:00 pm Mar. 3 - Apr. 21
<b>For Huron programs contact Hannah at 519-482-1482 ext. 147 or hannahk@alzhp.ca</b>	

## 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**  
**Wednesday, June 24**  
**10:30 am - 12:30 pm**

## The Gathering Place

The Gathering Place 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 Hannah at hannahk@alzhp.ca or 519-482-1482 ext. 147.

### 2:00 - 3:00 pm

- April 1 Easter Egg Decorating
- April 15 Spring Craft - Wreaths
- May 6 Flower Arranging \$10 per person
- May 20 Musical Entertainment
- June 3 Late Lunch Social \$10 per person
- June 17 Backyard Games
- July 8 Kick Off Summer Party
- July 22 Trivia & Card Games

## 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](mailto: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



## Night Out

Date: TBD

4:30 - 7:00 pm

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

\$20.00 per person

Location: TBD

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*

## Volunteering

### Are you looking to make a difference?

We're seeking volunteers to assist in a variety of roles. Visiting one on one with clients living with dementia is a particular need at the moment. These visits could involve doing activities, going for walks, or chatting. We are seeking Volunteers for clients in communities throughout Huron and Perth Counties.

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

**Paulina Balch,**

**Volunteer Coordinator**

**519-271-1910 or [paulinab@alzhp.ca](mailto:paulinab@alzhp.ca)**

### IGNITE VOLUNTEERISM

## VOLUNTEER APPRECIATION

WEDNESDAY APRIL 15 2026

1:15 PM - 2:30 PM

MITCHELL GOLF AND COUNTRY CLUB



RSVP TO:  
[PAULINAB@ALZHP.CA](mailto:PAULINAB@ALZHP.CA) OR  
519-271-1910  
EXT.231

Alzheimer  
Society  
HURON PERTH

### Thank You, Volunteers!

Our volunteers have discovered personal ways to contribute, whether through local events, grassroots initiatives, or ongoing volunteer commitments.

We are celebrating our volunteer team on Wednesday, April 15 in Mitchell.

Volunteers help make a stronger, more resilient, and inclusive community for everyone. Join us!

**RSVP to Paulina by April 10**

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

## IG Wealth Management Walk for Alzheimer's

### Walk with us on Saturday, May 30!

Across Ontario, more than 350,000 people are living with dementia - and every dollar raised through the Walk stays local, funding programs and services in your community. Our goal is to raise \$140,000 to help meet the growing demand for life-changing programs and services that our community relies on for their well-being when affected by Alzheimer's disease or another dementia.

Every step that you take is a step towards supporting one person impacted by dementia. Make memories matter! Participating in a walk is fun, keeps you fit and raises much needed funds and awareness for our community. Challenge your friends, family, co-workers, and neighbours to get involved with you.

We all have a story,  
and every memory matters.



May 30

**WALK WITH US.**



### Registration and Walk Locations

**Register here: [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca)**

Registration 9:00 - 10:00 am. All walks in Huron and Perth begin at 10:00 am.

Clinton - Central Huron Secondary School

Exeter - South Huron District High School

Goderich - Goderich District Collegiate Institute

Listowel - Between the Lines

St. Marys - Milt Dunnel Park "The Flats"

Stratford - Veteran's Drive Park

Wingham - Maitland River Community Church

### Getting Involved

To find out more details about sponsorship, or participating in the walk, please contact Erin Dale [erind@alzhp.ca](mailto:erind@alzhp.ca) / 519-482-1482 ext 130 or Lori Speiran, [loris@alzhp.ca](mailto:loris@alzhp.ca) / 519-271-1910 ext. 230.

### Volunteer at the Walk

Your support is highly valued and we hope you will consider volunteering to support a walk in your community. We are looking for volunteers to assist with all aspects of the walk.

To volunteer at the Walk, please contact Paulina Balch, [paulinab@alzhp.ca](mailto:paulinab@alzhp.ca) | 519-271-1910.



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](https://www.facebook.com/alzheimerhuronperth)



[alzheimerhuronperth](https://www.instagram.com/alzheimerhuronperth)



[alzheimerhuronperth](https://twitter.com/alzheimerhuronperth)

**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