



Shirley Dekker

Sunday September 22, 2019 was my first coffee break. I saw the idea on The Alzheimer Society site and felt it was time for me to give back. I thought what a great idea....coffee, treats, chitchat and raise money for an awesome charity. I invited friends and family to drop by for coffee and tea from 1 to 5.

I had done door to door fundraisers before and I thought this was easier and a much better fit for me. I also really enjoyed the social connections. Getting more awareness of dementia and Alzheimer's disease out there was also really important to me. I want people to know there IS help out there at the Alzheimer Society.

Everyone gathered around my dining room table to enjoy drinks and treats, they were all so generous. It was like musical chairs somebody came in, somebody went out. I enjoy having company but this was special, sitting around talking about the Alzheimer's and sharing stories in my house. Besides raising money I also had information pamphlets for people to take home with them or to share them with others.

One of the reasons I was inspired to help fundraise for The Alzheimer Society was watching what my best friend's family went through. Her father had Alzheimer's Disease and I saw how desperately they needed help. I came over to clean and spend time with him. I brought him things like nuts and bolts for him to have something to do that was meaningful to him. This experience inspired me to become a Respite Companion and I really enjoy helping people living with dementia.

This was one of the easiest fundraisers I have ever done. Hosting a coffee break was just like having friends over for coffee. It's pretty easy, set a date, get your phone contacts out and start inviting!

Although this year will be a little different, I still intend to support the rebranded campaign Social with a Purpose as I am aware now more than ever how much our seniors need the support of programs at The Alzheimer Society.