

# Alzheimer Society

PERTH COUNTY

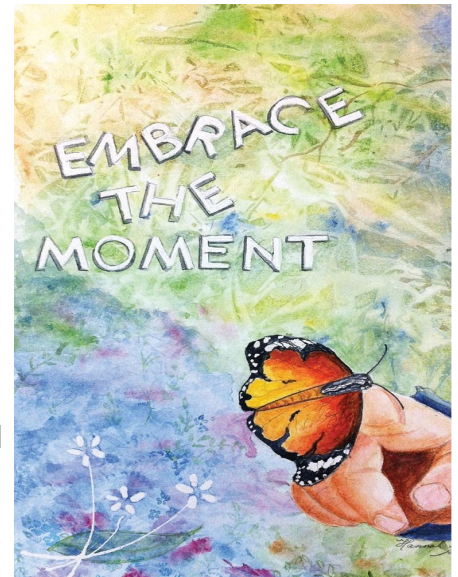
FALL, 2020

Dear Friends,

The last six months have been unprecedented times. COVID-19 caught us all off guard but it has reinforced that it takes a collective effort to support people living with dementia to “live their best day”. We remain mindful of the potential health vulnerabilities of the population that we serve and continue to adhere to Public Health guidelines and protocols.

We are very much aware of the importance and value of the programs and services we offer. The amazing Alzheimer Society staff team adapted quickly to this new reality with a seamless transition to virtual services, support and programs. We have all learned a lot over the past six months and we continue to learn and adjust our services to meet the needs of our clients.

**What remains unchanged.....**While our offices continue to remain closed to outside visitors, we will continue to provide support in other ways via telephone, email and video conferencing. There is someone in the office Monday to Friday to answer the phones from 9:00 am to 4:00 pm. We want to ensure that we continue to connect with you on a regular basis and for you to know that we are dedicated to providing as much support as possible to you. The ASPC team continues to offer navigation, counselling, education sessions and support groups on a regular basis.



We are working together with Societies across Ontario to bring you virtual programming for exercise, recreation, counselling and social support. Please continue to register for the programs listed in this guide so that we can include you in our virtual offerings, or put you on the list, so that we can let you know when a program resumes in person. Virtual programming updates are also provided in our bi-monthly e-newsletter. There is lots of information in this e-newsletter to keep you up to date on programs and stay busy while at home. You can also check out our website at [www.alzheimerperthcounty.com](http://www.alzheimerperthcounty.com) . If you are not on our mailing list, please sign up or if you need a paper copy we can send one to you.

COVID has also provided opportunities to enhance our social recreation programs. Through grants we have provided in-home recreation kits; meal delivery in partnership with The Local; and virtual paint parties. Please make sure to check this guide for additional programs and contact our office if you would like to participate. We encourage you to reach out to access these programs and services.

We continue to monitor advice and recommendations from Public Health and will be using that expertise as our guide to resume in person services. As well, all provincial guidelines, protocols and policies will be followed to ensure the safety of our clients and our staff team.

*Debbie Deichert, Executive Director*

## 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 via Zoom using both telephone and online access. Current & New Caregivers are welcome. **Registration is required.**

Date / Time of Each Group	Group Facilitator
First Tuesday of each month: 1:30-3:00 p.m.	Shelley, ext. 26 sobermayer@alzheimerperthcounty.com
First Tuesday of each month: 6:30-8:00 p.m.	Amanda, ext. 29 aschwartzentruber@alzheimerperthcounty.com
Second Tuesday of each month: 1:30-3:00 p.m.	Jaclyn, ext. 28 jturpin@alzheimerperthcounty.com
Second Wednesday of each month: 10:00-11:30 a.m.	Christy, ext. 21 cbannerman@alzheimerperthcounty.com
Third Thursday of each month: 1:30-3:00 p.m.	Jaclyn, ext. 28 jturpin@alzheimerperthcounty.com
Fourth Wednesday of each month specifically for Caregivers in Long-term Care: 10:00-11:30 a.m.	Sheri, ext. 25 sgilhula@alzheimerperthcounty.com
Fourth Thursday of each month: 1:00-2:30 p.m.	Christy, ext. 21 cbannerman@alzheimerperthcounty.com

The **First Link Support team** is available Monday to Friday from 9 am-4pm by calling the office at **519-271-1910 or 1-888-797-1882**, or face-to-face through Zoom, to meet on an individual basis to provide support and information to caregivers, and persons living with dementia. Connecting via email is also an option.

## Education

First Link® Education opportunities are available to new and current registered caregivers impacted by Alzheimer's disease and other dementias. Each session provides information on specific disease changes, coping strategies, and resources. These sessions are available via Zoom, with both telephone and computer connection options. For more information or to register, please contact Sheri or speak with your First Link Support worker.

Date / Time of Each Session	Topic
October 20, 2020 Lunch & Learn 12:00-1:00 p.m.	The Other Dementias
October 27, 2020 Evening Education 7:00-8:15 p.m.	Meaningful Engagement thru Daily Activities
November 17, 2020 Lunch & Learn 12:00-1:00 p.m.	Options for Care
November 24, 2020 Evening Education 7:00-8:15p.m.	Preparing for the Holidays

## U-FIRST for Care Partners



**U-First!** is an education program that helps to develop common knowledge, language and approach to caring for people with behavior changes due to dementia or other cognitive impairment.

This 6 hour program for care partners (family and friends) is designed to increase Care Partner confidence and capability in order to:

- Reduce responsive behaviors through use of the U-First! framework
- Enhance the well-being of both informal Care Partners and those experiencing behavior changes
- Improve collaboration among all team members through a common knowledge, language and approach to care.

This program will be offered via Zoom with both online & telephone connection options over 6—1 hour sessions twice a week. Each session will build upon the other and attendance at each session is required. This program is FREE for participants; manuals will be provided. Pre-registration is required by contacting program facilitators Shelley or Christy or your First Link Support Worker.

**Mondays & Fridays: October 19, 23, 26, 30, November 2, 6, 2020 10:30-11:45 a.m.**

## Bereavement Support Program

This 4 week Bereavement Support Program is offered to care partners who have lost a loved one to dementia. The group includes an opportunity to meet with others, 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. The group is being offered via ZOOM with video option only. Pre-registration is required by contacting the office at 519-271-1910 and speaking with Jaclyn at ext. 28.



**Thursdays: November 5, 12, 19, 26, 2020 10:00-11:30 am**

## First Link Learning Series: Care Essentials

This 4 week Evening learning opportunity for family members and friends caring for a loved one with dementia includes the progression of dementia, developing effective behavioral management and communication strategies involved in the day-to-day care of persons with dementia as well as understanding available community resources. The focus is on the middle to late stages of the dementia journey. This program will be offered via Zoom. Pre-registration is required by contacting Sheri at 519-271-1910 ext. 25 or your First Link Support Worker.

**Thursday evenings: November 5, 12, 19, 26, 2020 7:00—8:15 p.m.**

## Community & Professional Education Sessions

Are you looking for a speaker for your online meeting? Would you like to know more about Dementia Friendly Communities®, and / or receive some dementia training for your staff in a community organization, retirement, or long-term care home?

Please call Sheri at ext. 25 to discuss your information needs and options for a presentation.

## Social Recreation



On March 23, 2020, the Alzheimer Society of Perth County launched a **Virtual Social Recreation** page found here: <https://alzheimer.ca/perth/en/help-support/programs-services/virtual-social-recreation> Activities are being regularly updated in order to help keep individuals living with dementia and their caregivers engaged through these times of social and physical distancing. Check out the many resources at your leisure.

As well, the **Calendar of Events** is an up-to-date online option for the many activities and programs taking place in Perth County. This can be found here: <https://alzheimer.ca/en/perth/News-and-Events/Calendar-english>

Individualized pre-packaged **At-Home Activity Kits** are also available by contacting Pam at ext. 27 or your First Link Support Worker.

## VIRTUAL Minds in Motion®

This community-based social program incorporates physical activity and mental stimulation for people with early to mid-stages of Alzheimer's disease and other dementias and their care partners. This program continues to meet weekly online via Zoom for 1.5 hours. Each session offers:

- Gentle and easy to follow physical activities led by a certified fitness instructor.
- Fun social activities focused on building personal skills.

Pre-registration is required by contacting Minds in Motion Coordinator Pam at ext. 27.

Wednesdays, September 9 - October 28 10:30 am-12:00 p.m.

Mondays, November 2 - December 21 2:00-3:30 p.m.

Wednesdays, November 4—December 23 10:30 a.m.- 12:00 p.m.



*This program is funded by the Ontario Trillium*

## Game Time



**Join us for an hour that is sure to stimulate your mind!** We will be bringing old school games back and introducing some new ones all while socializing virtually. If you are interested please contact Teresa or Pamela by calling 519-271-1910 so a Zoom invite can be provided.

**Every 2<sup>nd</sup> Tuesday of the Month from 11:00am -12:00pm**

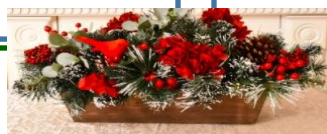
## Crafty Corner



Are you a crafter or a crafter in training? All are welcome to join in the fun. All material to participate in this program will be provided for you. Registration is required by calling Teresa or Pamela at 519-271-1910. Limited spaces available so register now!

**Every 4<sup>th</sup> Tuesday from 1:30pm-2:30pm**

## Christmas Centerpiece



Brenda from Cozyn's Garden Gallery will be guiding us via Zoom to create a beautiful Christmas Centerpiece on **November 19, 2020 from 11:00 am to noon**. Once you have created your masterpiece, Pam or Teresa will come to your house to take a socially distanced photo of you and your loved one(s) with your centerpiece to use as a Christmas card. We will print the cards for you so you can mail to family. Materials will be provided in advance. There is limited space so please contact Pam or Teresa today if you're interested in this program.

## Virtual Paint Parties

Staying active is a vital part of aging well. Socialization is an important part of aging well.



The Alzheimer Society of Perth County in partnership with Vanessa at Kind-Hearted Studio has created **A Virtual Paint Party**, a program for those living with Alzheimer's disease and other dementias and their care partners. The program encourages participants to be creative and social. This program runs for 1.5 hours virtually through Zoom. Materials required to participate in this program will be delivered to the homes of registered clients prior to program start. *Advanced registration* is required by calling Teresa or Pamela at 519-271-1910. Limited spaces are available.

Thursday, October 22: 1:30pm-3:00pm

Thursday, November 26: 10:30am-12:00pm

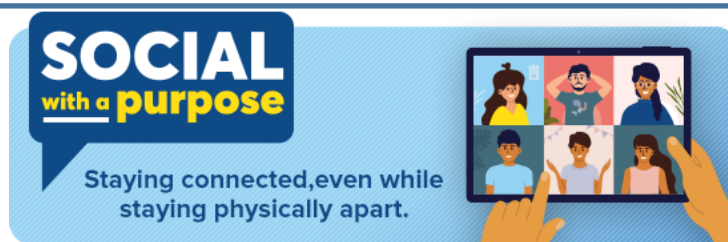
Thursday, December 17: 1:30pm-3:00pm

## Food for Thought Meal Delivery Program

Through a New Horizons grant, the Alzheimer Society of Perth County has partnered with The Local Community Food Centre to offer a bi-weekly meal delivery program to registered clients living with or impacted by dementia. A fresh, nutritious lunch is delivered to your door by one of the Alzheimer Society staff or volunteers on the following Fridays:



- October 23: Stratford                      November 6: North Perth
- November 20: Mitchell & Stratford      December 4: St. Marys
- Special Holiday Dinners will be delivered across Perth County on October 5 in honour of Thanksgiving and December 14 for December celebrations.



### ***Will you consider hosting a Coffee Break/Social with a Purpose event this fall?***

Gather your friends, family and co-workers together virtually and take part in an activity that can enhance your online social experience. We are so thankful for the local support of Dylan at *Elite Gym Stratford*, Brenda and team at *Cozyn's Garden Gallery*, Vanessa at *Kind-Hearted Studio* and Judy, *Alzheimer Society volunteer* for contributing to available activity packages. To find out more about how to register your Social with a Purpose event and to view downloadable event kits, please contact Sheri at ext. 25 or Teresa at ext. 10 at 519-271-1910 or check out our website at [www.alzheimerperthcounty.com](http://www.alzheimerperthcounty.com). This campaign runs all Fall and is a fun way to support the Alzheimer Society of Perth County.