

Program Guide

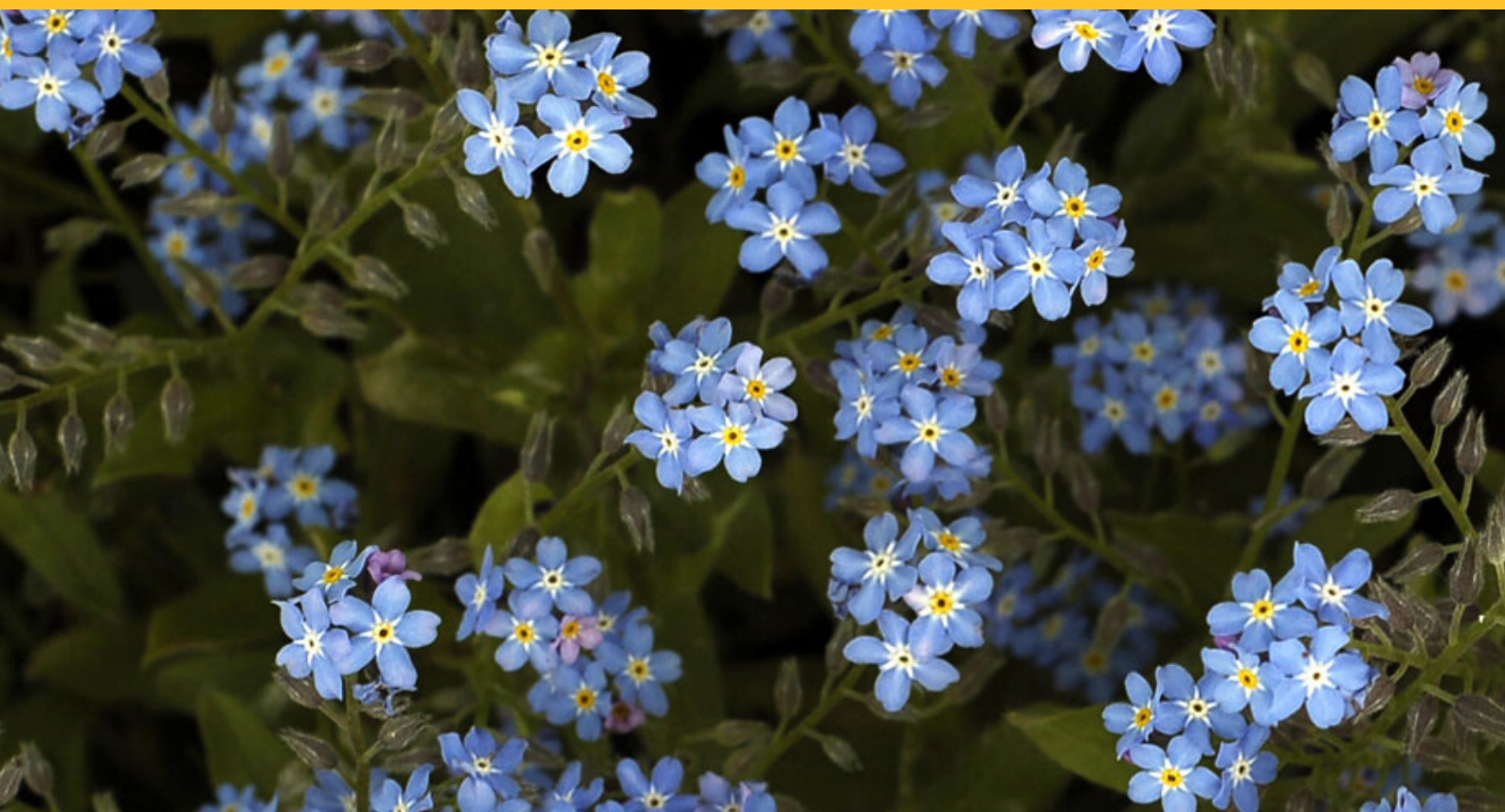
Fall 2021

Programs for
people living with
dementia and their
care partners

To access most programs, services, and activities offered by the Alzheimer Society of Perth County, one must be a **registered client** of the Society. Please note that many programs do require minimum numbers to run.

If you are not yet registered but would like to connect with us, please contact our Central Intake team at **1-844-482-7800** to complete your initial intake.

The First Link Support team is available **Monday to Friday from 9:00 am - 4:00 pm** to provide support and information. If you need to speak with someone, please call the office at **519-271-1910 or 1-888-797-1882**.



www.alzheimerperthcounty.com

Alzheimer Society
PERTH COUNTY

Letter from the Executive Director

Dear Friends,

September 21st is World Alzheimer Day! We have several fundraisers and awareness campaigns coming up in September, so stay tuned! We are pleased to let you know that The Alzheimer Society has also been nominated for a Business Excellence Award by the Stratford Chamber of Commerce.

The Society is proud to provide quality education, social work services and social recreation programs. We are grateful to our donors, sponsors, community partners, volunteers and staff for their commitment, compassion, dedication, and generosity. Throughout the COVID-19 pandemic, our staff team has continued to provide services to clients via telephone, email and Zoom video conferencing. We offer numerous virtual programs, including Minds in Motion, support groups, education, and social recreation programs. We continue to distribute a monthly e-newsletter with activities, education sessions and information to keep you up-to-date. To sign up for this newsletter, you can call the office or register [here](#).

As we continue to face the challenges of living with COVID-19, we encourage you to reach out to our office if you need to talk. Over the past year and a half, we have all come to understand the need for connection, and its direct influence on physical health, emotional wellbeing, and sense of purpose.

On behalf of the staff team at the Alzheimer Society of Perth County, we thank you for giving us the opportunity to be part of your dementia journey.

Sincerely,

Debbie Deichert,
Executive Director

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Alzheimer Society
PERTH COUNTY

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 and new registered caregivers are welcome. **Pre-registration with the group facilitator or your First Link Counsellor is required.**

September	October	November	December
Tues., Sept. 7, 2021 6:30 - 8:00 pm Shannon	Tues., Oct. 5, 2021 6:30 - 8:00 pm Shannon	Tues., Nov. 2, 2021 6:30 - 8:00 pm Shannon	Tues., Dec. 7, 2021 6:30 - 8:00 pm Shannon
Wed., Sept. 8, 2021 1:30 - 3:00 pm Christy	Tues., Oct. 12, 2021 1:30 - 3:00 pm Jaclyn	Tues., Nov. 9, 2021 1:30 - 3:00 pm Jaclyn	Wed., Dec. 8, 2021 1:30 - 3:00 pm Christy
Tues., Sept. 14, 2021 1:30 - 3:00 pm Jaclyn	Wed., Oct. 13, 2021 1:30 - 3:00 pm Christy	Wed., Nov. 10, 2021 1:30 - 3:00 pm Christy	Tues., Dec. 14, 2021 1:30 - 3:00 pm Jaclyn
Tues., Sept. 21, 2021 1:30 - 3:00 pm Shelley	Tues., Oct. 19, 2021 1:30 - 3:00 pm Shelley	Tues., Nov. 16, 2021 1:30 - 3:00 pm Shelley	Tues., Dec. 21, 2021 1:30 - 3:00 pm Shelley

Shannon: 519-271-1910 ext. 29 or sluke@alzheimerperthcounty.com

Jaclyn: 519-271-1910 ext. 28 or jturpin@alzheimerperthcounty.com

Christy: 519-271-1910 ext. 21 or cbannerman@alzheimerperthcounty.com

Shelley: 519-271-1910 ext. 26 or sobermayer@alzheimerperthcounty.com

Bereavement Support Group

This 4-week Support Program is offered to registered care partner clients who have lost a loved one to dementia. We will meet over Zoom to 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 either your First Link Counsellor, or Jaclyn, at 519-271-1910 ext. 28 or jturpin@alzheimerperthcounty.com.

Dates to be determined.

Education Programs

Pre-registration is required for each education session. Please contact your First Link Counsellor or Emilia at 519-271-1910 ext. 25 or eklassen@alzheimerperrthcounty.com. Sessions are open only to registered clients, unless otherwise specified. All sessions are free of charge unless otherwise specified; donations are welcomed but not required.

Education Hour



open
to the
public!

These sessions are open to clients as well as non-clients, and are suitable for persons living with dementia as well as care partners. Join us for an ongoing further education program. For one hour at a time, we will explore different topics of interest in-depth. This program will be offered via Zoom. **Pre-registration for each individual, stand-alone session is required.** Please register with Emilia, or by clicking each title's link below.

The 8 A's of Cognitive Decline - Thursday, September 9 from 12:00 - 1:00 pm

- An exploration of the cognitive symptoms of dementia

Brain Health - Thursday, September 16 from 12:00 - 1:00 pm

- A summary of how we can engage in brain-healthy practices

Dementia & Communication - Thursday, October 14 from 12:00 - 1:00 pm

- A collection of communication tips as the brain changes

The Journey of Support Starts Here - Thursday, October 28 from 12:00 - 1:00 pm

- And introduction to the people, programs & services at the ASPC

Planning Ahead - Thursday, November 18 from 12:00 - 1:00 pm

- A logistical overview of planning for the future

Understanding Behaviours - Thursday, November 25 from 12:00 - 1:00 pm

- Focusing on understanding and managing responsive behaviours

What is MCI? - Thursday, December 9 from 12:00 - 1:00 pm

- Learning about living with mild cognitive impairment

Learning the Ropes for Living with Mild Cognitive Impairment™

A 6-week program for older adults experiencing Mild Cognitive Impairment and their care partners (i.e., family members and friends). This research-based program focuses on optimizing cognitive health through life-style choices, memory training, and psychosocial support. Learning the Ropes will be offered in 1.5 hour sessions via Zoom. Pre-registration is required. **Please note participation in this program requires purchasing a manual for \$25.**

Tuesdays from 10:00 - 11:30 am: September 14, 21, 28 & October 5, 12, 19

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U-First for Care Partners

U-First! is a program for care partners (i.e., family and friends) that is designed to increase Care Partner confidence and capability in order to:

- Reduce responsive behaviours through use of the U-First! framework
- Enhance the well-being of both people with dementia and their care partners
- Improve collaboration among all team members through a common knowledge, language and approach to care.

This program will be offered via Zoom over six 2-hour weekly evening sessions. Each session will build upon the other and attendance at each session is required. Manuals will be provided.

Mondays from 1:00 - 3:00 pm, September 27, October 4, 11, 18, 25, & November 1

Care Essentials

This four-week program is designed for caregivers supporting people living with mid-stage dementia. The 2-hour sessions cover topics such as the progression of dementia, communication, responsive behaviours, and accessing supports and services. Care Essentials will be offered over Zoom; manuals will be provided in advance.

Mondays from 1:00 - 3:00 pm, November 22 & 29, December 6 & 13

First Link Learning Series: First Steps

A 4-week learning opportunity for individuals newly diagnosed with dementia and their care partners. It provides an introduction to dementia, addressing issues including what to expect, adapting to brain changes, and planning ahead through uncertainty. This program will be offered via Zoom.

Tuesdays from 10:00 - 11:30 am, November 9, 16, 23 & 30



Education Programs

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Focusing on Caregivers: Caring in Long Term Care & Retirement

Care partners are welcome to join us for monthly education groups focused on people caring for a loved one in Long Term Care or a Retirement Home. We will explore various topics with guest speakers.



Wednesday, September 22, 2021 - 10:00-11:30 am

Wednesday, October 27, 2021 - 10:00-11:30 am

Wednesday, November 24, 2021 - 10:00-11:30 am

Community & Professional Education

Are you looking for a speaker for your online 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? Please contact Emilia to discuss your needs and options.

Enhancing Care for Ontario Care Partners Program

This is delivered in partnership with the Sinai Health System Reitman Centre and the Alzheimer Society of London-Middlesex. This program offers therapeutic skills training, practical skill building and emotional support to family caregivers through the TEACH and intensive CARERS programs. For more information, or to register, visit: <https://alzheimerlondon.ca/ec-program/>

Coming up...

Care in the Later Stages
Next Steps
Taking Control of our Lives

Interested in an upcoming education program? Connect with Emilia and she will provide you with more information!

Social Recreation

Virtual Minds in Motion ®

Through funding provided by the Ontario Trillium Foundation grant, 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 via Zoom for 1.5 hours. Each session offers gentle and easy-to-follow physical activities led by a certified senior fitness instructor and fun social activities.

Pre-registration for each session is required by contacting Social Recreation Coordinator Pamela at 519-271-1910 ext. 27 or pbalfour@alzheimerperthcounty.com.

Mondays from 2:00 - 3:30 pm, starting September 13th
Wednesdays from 10:30 am - 12:00 pm, starting September 15th



Food for Thought Meal Delivery Program

Through funding through a New Horizons grant, the Society has partnered with independent restaurants and catering businesses across Perth County to offer a bi-weekly meal delivery program to **registered clients living with or impacted by dementia**. A fresh, nutritious lunch will be delivered to your door on the following **Thursdays between 11:30 am and 1:00 pm**.

To register for this FREE program, please contact your First Link Counsellor, or Teresa at 519-271-1910 ext. 33, and she will confirm delivery date, time, and any food sensitivities. Registration is required for EACH meal delivery.

St. Mary's

November 18

Tavistock,
Shakespeare,
Stratford

September 23
December 2

North Perth

October 21

Mitchell,
Sebringville,
Stratford

November 4

All of Perth County:

Thanksgiving Meal: October 7

Holiday Meal: December 16

As this program comes to a close this December, we want to thank New Horizons and our local business partners for allowing us to provide this community with meals. Please enjoy these last holiday meals on us!

Social Recreation

Virtual Crafty Corner

Are you a crafter or a crafter in training? All clients are welcome to join in the fun. All materials to participate in this program will be provided for you. **Registration is required** by contacting Teresa at 519-271-1910 ext. 33 or tweicker@alzheimerperthcounty.com. Limited space available.

Tuesday, September 28 and Tuesday, December 21 at 1:30 - 2:30 pm

Virtual Paint Party

Staying active and socialization are two vital parts of aging well. This 1.5-hour art program was created in partnership with Vanessa at Kind-Hearted Studio to foster creativity and socialization. Virtual Paint Parties run through Zoom, and materials required to participate in this program will be delivered to the homes of registered clients prior to program start. **Advanced registration is required** - please contact Pam at 519-271-1910 at ext. 27 or pbalfour@alzheimerperthcounty.com. Limited space available.



September 14, 10:30 - 12:00 pm
October 19, 10:30 - 12:00 pm

November 16, 10:30 - 12:00 pm
December 14, 10:30 - 12:00 pm

Music For Memories

This program offers a rockin' music experience to people living with dementia. Upon signing up for this program, clients will receive an easy-to-use music player, a personalized music playlist, and on-going technical support.

If you are interested in loaning a music player, please contact Emilia at 519-271-1910 ext. 25 or eklassen@alzheimerperthcounty.com.



In-Home Recreation Program

This 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 and hobbies and will then meet with the person living with dementia to provide social and cognitive stimulation. This program also aims to empower care partners by demonstrating activities and providing educational opportunities and support.

To register for this program, please contact your First Link Counsellor, or Shannon Brown at 519-271-1910 ext. 22, or sbrown@alzheimerperthcounty.com.

Special Events

Call the office at 519-271-1910 or visit our website at alzheimer.ca to learn more!

September 21st

World Alzheimer's Day

Proceeds from local restaurants are going to the ASPC.
Stay tuned for details on social media @alzheimperth!



Give BIG to WIN big!

alzheimer.ca/on/en/node/970

Want updates right to your inbox?

[Sign up for our e-newsletter!](#)

Click the link above, email any of our staff, or call the office at 519-271-1910.
(It goes out the first Tuesday of every month. Make sure you check your junk mail!).