Program Guide Summer 2022

Programs for people living with dementia and their care partners

If you would like to become a client, 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 - 4:30pm** 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.**

Alzheimer Society

HURON PERTH

www.alzheimerperthcounty.com

Letter from the Alzheimer Society

Dear Friends,

The Alzheimer Society Huron Perth is proud to be able to partner with people living with dementia, their care partners, and our community. Having a diagnosis of dementia is a life-altering event. The challenges faced on the dementia journey are difficult – indeed some of the largest an individual and/or family will ever face. Understanding the challenges and emotions one encounters with a dementia diagnosis, the Alzheimer Society Huron Perth is pleased to present this guide as a resource for support services designed to mitigate the many challenges of dementia. This guide is designed to provide a road map for the dementia journey where dementia care programs and services are clearly identified in a simple and easy to navigate format.

We provide client centred, high quality responsive programming, grounded in best practice approaches including education, counselling support, innovative approaches, and social recreational opportunities through a hybrid service model that includes both virtual and in person programs that follow health protocols outlined by Huron Perth Public Health. Our Society embraces a philosophy of continuous quality improvement, including program evaluation, utilizing best practice approaches, and making changes along the way. We are striving to be more agile and responsive by delivering crucial support services tailored to local community needs. This is critical with the continued growth of our client base.

At our Society we believe that we can provide a voice for people impacted by dementia. Behind every decision, change, process we develop, new program we introduce or person we work with or support – our purpose will remain solidly that we are here to empower and enable people of all ages, living with all forms of dementia, their families, and care providers.

It is a privilege for the Society team to walk alongside families on their dementia journey. No one needs to be on the dementia journey alone. We are grateful to our donors, sponsors, many community partners, staff, and volunteers; it is through their generosity we can support our community and provide the programs needed.

Warm Regards,

Cathy Ritsema
Executive Director

Note: All photos including cover photo taken by participants of Capturing the Moment Program

Caregiver Support Groups

Caregiver support groups provide 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 on a monthly basis. Some groups are being offered in-person. Pre-registration is required to attend. Please contact the office to confirm date/time and location and to pre-register.

July	August	September
Tuesday, July 5 6:30 - 8:00 pm Shannon Luke	Tuesday, August 2 6:30 - 8:00 pm Shannon Luke	Tuesday, September 6 6:30 - 8:00 pm Shannon Luke
Thursday, July 7 10:00 - 11:30 am Tania Mulligan	Thursday, August 4 10:00 - 11:30 am Tania Mulligan	Thursday, September 1 10:00 - 11:30 am Tania Mulligan
Tuesday, July 19 1:30 - 3:00 pm Shelley Obermayer	Tuesday, August 16 1:30 - 3:00 pm Shelley Obermayer	Tuesday, September 20 1:30 - 3:00 pm Shelley Obermayer

Tania: 519-271-1910 ext. 28 or tania@alzheimerhuron.on.ca
Shannon: 519-271-1910 ext. 29 or sluke@alzheimerperthcounty.com
Shelley: 519-271-1910 ext. 26 or sobermayer@alzheimerperthcounty.com

Life After Dementia Support Program

This is a 4-week support/education program for registered care partner clients 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. 21, or cbannerman@alzheimerperthcounty.com. The group will run next tentatively in September 2022. Location to be determined by registrations.

Education Programs

Pre-registration is required for each session. Please contact your First Link Counsellor or Christy at 519-271-1910 ext. 21 or cbannerman@alzheimerperthcounty.com. Sessions are open only to registered clients and 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. Join us for an ongoing further education program where we will explore different topics of interest in-depth. This program will be offered via Zoom from 12:00 - 1:00 pm.

Pre-registration for each individual, stand-alone session is required. Register by clicking each title's link below or visit our website: https://alzheimer.ca/perth/en/help-support/education-sessions

Focus on Caregivers - Dealing with the Feelings - Thursday July 7
- Fatigued, Frustrated, Feeling Guilty? Let's Talk!

The Journey of Support Starts Here - Thursday, July 21
- Introducing the Alzheimer Society Huron Perth

10 Warning Signs - Thursday August 4
- How to identify early signs of dementia and recognize normal signs of aging

What is MCI - Thursday, August 18
- Mild Cognitive Impairment explained

8 A's of Cognitive Impairment - Thursday, September 8
- Intellectual Changes related to Dementia

Types of Dementia - Thursday, September 22
- Alzheimer Disease and Dementia. What's the Difference?

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 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.
Pre-registration required. Register with Christy 519-271-1910 ext.21 or cbannerman@alzheimerperthcounty.com for in-person sessions in September 2022. Program to run based on minimum registration. Manuals will be provided.

First Link Learning Series: First Steps

A 4-week learning opportunity for individuals newly diagnosed with dementia and their care partners. This program provides an introduction to dementia, we will discuss issues including:

- what to expect
- adapting to brain changes
- planning ahead through uncertainty
- building a circle of support

In-person sessions hosted in Stratford, Wednesday afternoons:
June 29, July 6, 13 & 20 from 2:00 - 4:00 pm

In-person sessions hosted in Listowel, Wednesday mornings:
June 29, July 6, 13, & 20 from 9:30 - 11:30 am

Virtual sessions over Zoom, Wednesday evenings:
June 29, July 6, 13, & 20 from 6:30 - 8:30 pm

Note: Minimum attendance requirements for programs to run.

Register with Christy 519-271-1910 ext.21 or cbannerman@alzheimerperthcounty.com for in-person based on location or virtual sessions. Manuals will be provided.

First Link Learning Series: Care Essentials

This four-week program is designed for care-partners supporting people living with mid-stage dementia. The 2-hour sessions cover topics such as:

- What to Expect
- Communicating Effectively
- Responding to Behaviour Changes
- Supporting daily Activities

In-person sessions hosted in Stratford, Wednesdays :
August 10, 17, 24 & 31 - Time to be determined.

Virtual sessions over Zoom, Wednesday evenings:
August 10, 17, 24 & 31 from 6:30 - 8:30 pm

Note: Minimum attendance requirements for programs to run.

Register with Christy 519-271-1910 ext.21 or cbannerman@alzheimerperthcounty.com for in-person based or virtual sessions. Manuals will be provided.

Brain Health Summer Series

Open to the public!

Four Topics to engage at a time that works for you! Please register for any session that interests you by clicking on the individual link and completing the registration page or visit our website: https://alzheimer.ca/perth

Brain Health and our Diet

Morning Zoom Session: Tuesday, July 5 from 10:00 - 11:00 am
Evening Zoom Session: Tuesday, August 2 from 7:00 - 8:00 pm

Brain Health and Physical Activity

Evening Zoom Session: Tuesday, July 5 from 7:00 - 8:00 pm
Morning Zoom Session: Tuesday, August 2 from 10:00 - 11:00 am

Brain Health and Optimizing our Function

Evening Zoom Session: Tuesday, July 19 from 7:00 - 8:00 pm
Morning Zoom Session: Tuesday, August 16 from 10:00 - 11:00 am

Brain Health and Social Connection

Morning Zoom Session: Tuesday, July 19 from 10:00 - 11:00 am
Evening Zoom Session: Tuesday, August 16 from 7:00 - 8:00 pm

For info call Christy 519-271-1910 ext. 21 or cbannerman@alzheimerperthcounty.com

Community & Professional Education

Are you looking for a speaker for your upcoming 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 Christy to discuss your needs and options 519-271-1910 ext. 21. or cbannerman@alzheimerperthcounty.com

Upcoming education programs:
Connect with your First Link Counsellor or Christy for more information!

- **U-First for Care Partners**
- **First Link Learning Series:**
  - **Care in the Later Stages**

Social Recreation

Minds in Motion®

Minds in Motion®
A physical activity and brain stimulation program for people with dementia and their care partners.

This program incorporates physical activity and mental stimulation for people with early to mid-stages of dementia and their care partner. Session offers gentle and easy to follow physical activities led by a certified senior fitness instructor and engaging social activities. **Pre-registration is required for in-person and virtualprograms.** Contact Pamela at 519-271-1910 ext. 27 or pbalfour@alzheimerperthcounty.com

Stratford - Tuesdays, May 31 to July 19 from 10:30 am - 12:30 pm

St. Marys - Thursdays, June 2 to July 21 from 1:00 - 3:00 pm

Virtual Perth - Mondays, May 30 to July 18 from 2:00 - 3:30 pm

Virtual Huron - Mondays, May 30 to July 18 from 10:30 am - 12:00 pm

Please call the office 519-271-1910 for dates and times for the Fall sessions.

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 Party runs through Zoom. Materials required to participate in this program will be delivered to the homes of registered clients prior to program start. **Pre-registration is required.** Please contact Pamela at 519-271-1910 ext. 27 or pbalfour@alzheimerperthcounty.com. **Limited space available**.

Wednesday, June 29 from 10:30 am - 12:00 pm

Wednesday, August 3 from 10:30 am - 12:00 pm

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. 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

Coming Soon! Two exciting events to support the Alzheimer Society Huron Perth!
Save the dates!

Want updates right to your inbox?

Sign up for our newsletter here!

It goes out the first Tuesday of every month, please check your junk mail!