

Program Guide Winter 2022

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**.



Alzheimer Society
PERTH COUNTY

www.alzheimerperthcounty.com

Letter from the Executive Director

Dear Friends,

As we close out 2021, we realize that COVID-19 is not going away anytime soon, rather it will be with us in the new year. The ongoing challenges of living with COVID-19 continues to impact our lives and has changed our lives beyond recognition. Wearing a mask, social distancing, and stay-at-home public health orders have become our new way of life.

We have all experienced the stress of being unable to visit with family and friends, and by doing so have done our part in helping to get this pandemic under control. Throughout the pandemic, we have all come to understand the need for connection and its direct influence on physical health, emotional wellbeing and sense of purpose. Connection is the greatest gift we can give ourselves and each other!

Our 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. During these uncertain times, our Society's staff team continues to provide services to clients via telephone, email and zoom video conferencing. We are confident that we will soon be able to offer in-person programs.

Please check out all of the great programs and continue to register for programs listed in this guide. There are numerous virtual programs being offered: support groups; education; and social recreation programs. At this time, we are offering some limited in-person Minds in Motion. Of course, this in-person programming is dependent on Public Health COVID-19 guidelines and protocols which we follow closely. It is important that we keep our clients, volunteers and staff safe.

Over the winter months, we will continue to distribute a monthly e-newsletter with activities, education sessions and information to keep you up to date on our Society's programs. If you are not on our mailing list, please call the office to get on the email list. You will be glad that you did.

As we begin the new year, I would encourage you to please connect with our office when you need someone to talk to. 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 family's dementia journey.

Wishing you all the best this holiday season!

Sincerely,

Debbie Deichert

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. **Please contact the group facilitator or your First Link Counsellor to pre-register.**

January

Tuesday, January 4
6:30 - 8:00 pm
Shannon Luke

Thursday, January 6
10:00 - 11:30 am
Brenda

Wednesday, January 12
1:30 - 3:00 pm
Shannon Luke

Tuesday, January 18
1:30 - 3:00 pm
Shelley

February

Tuesday, February 1
6:30 - 8:00 pm
Shannon Luke

Thursday, February 3
10:00 - 11:30 am
Brenda

Wednesday, February 9
1:30 - 3:00 pm
Shannon Luke

Tuesday, February 15
1:30 - 3:00 pm
Shelley

March

Tuesday, March 1
6:30 - 8:00 pm
Shannon Luke

Thursday, March 3
10:00 - 11:30 am
Brenda

Wednesday, March 9
1:30 - 3:00 pm
Shannon Luke

Tuesday, March 15
1:30 - 3:00 pm
Shelley

Brenda: 519-271-1910 ext. 25 or bobrien@alzheimerperthcounty.com
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 4-week Support/education Program for 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 Christy at 519-271-1910 ext. 21, or by email as dates for this program are still to be determined.

Education Programs

Pre-registration is required for each education session. Please contact your First Link Counsellor or Christy at 519-271-1910 ext. 21 or cbannerman@alzheimperthcounty.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

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 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.** Please register with Christy, or by clicking each title's link below.

Brain Health and Happiness - Thursday, January 13

- How brain function impacts contentment

Dementia 101 - Thursday, January 27

- General overview of what dementia is

Finding Your Way - Thursday, February 10

- Recognizing the risk of and be prepared for incidents of going missing

Delusions, Hallucination and Paranoia - Thursday, February 24

- Common symptoms for persons living with dementia

The 8 A's of Cognitive Impairment - Thursday, March 10

- Intellectual changes related to dementia

The Journey of Support Starts Here - Thursday, March 24

- Introducing the people, programs and services of ASPC



Concerns about you or your loved one getting lost?

Please join us on February 10 from 12:00 - 1:00 pm.

Click [here](#) to register!

OPEN TO ALL!



FINDING Your Way

*For people with dementia,
every step counts.™*

Education Programs

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FLLS: Care in the Later Stages

Care in the Later Stages is part of our First Link Learning Series. This four-week program is designed for Care Partners who are supporting a loved one living with later-stage dementia. The 2-hour sessions focus on dementia in the late and end of life stages and the role Care Partners can play in caring for and enhancing quality of life.

The program will be offered over Zoom for four weeks. Manuals will be provided.
Mondays, January 24 & 31; February 7 & 14 from 1:30 - 3:30 pm

Winter Book Club!

Are you a caregiver or community member interested in learning more about dementia in a more casual form of learning? Consider joining our Winter Book Club. We will be diving into Lisa Genova's book "Still Alice". We will meet virtually over 5 sessions from mid-January through March to discuss and share insights and reactions to this New York Times bestseller. Books will be provided.

Please register for the first session [here](#) or contact Christy for more information.
Tuesdays, January 25; February 8 & 22, March 8 & 22 from 12:00 - 1:00 pm



FLLS: Next Steps

Next Steps is part of our First Link Learning Series. This four-week program will offer caregivers of people living with early to mid-stage dementia an overview of the progression of dementia. The 2-hour sessions cover topics such as brain changes and resulting behaviour changes, coping strategies, future planning and community supports and services.

The program will be offered over Zoom for four weeks. Manuals will be provided.
Tuesdays, March 1, 8, 22 & 29 from 9:30 - 11:30 am. Note: No group March 15th.

Education Programs

Pre-registration is required for each education 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, unless otherwise specified. All sessions are free of charge unless otherwise specified; donations are welcomed but not required.

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 behaviors 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. This program is **FREE** for participants; manuals will be provided.

Facilitated by Christy - cbannerman@alzheimerperthcounty.com and Shelley - sobermayer@alzheimerperthcounty.com

Thursdays, January 20, 27; February 3, 10, 17, & 24 evening from 6:30 – 8:00 pm.

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 Christy 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/>

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

- Taking Control of our Lives
- Learning the Ropes for Living with MCI

Social Recreation

Minds in Motion



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

Stratford - Tuesdays, January 11 - March 1 from 10:30 am - 12:30 pm

St. Marys - Thursdays, January 13 - March 3 from 1:00 - 3:00 pm

Virtual - Mondays, January 10 - March 7 (no program on Feb 21) from 2:00-3:30pm

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. **Advanced registration is required - please contact Pamela at 519-271-1910 ext. 27 or pbalfour@alzheimperthcounty.com. Limited space available.**

Wednesday, January 19 from 10:30 - 12:00 pm

Wednesday, February 16 from 10:30 am - 12:00 pm

Wednesday, March 23 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 at 519-271-1910 ext. 22, or sbrown@alzheimperthcounty.com.

Crafty Corner

All clients are welcome to join in the fun during a Zoom session on **Tuesday, March 29 from 1:30 - 2:30 pm. The kit can also be provided to work on independently in your own home.** All materials will be provided. **Registration required** by calling Teresa at 519-271-1910 ext. 33 or tweicker@alzheimersperthcounty.com.

Special Events



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!