

Alzheimer Society

PERTH COUNTY

January - March 2021

Greetings!

2020 will go down in history as the year that we experienced a very quick lockdown due to the pandemic in the spring, and, we learned more about social isolation, physical distancing, working from home, schooling children at home, zoom meetings; the stress of being unable to visit family and friends; and the critical importance of physical connectedness for our emotional well-being.

This year we have all faced the challenges of living through the COVID-19 pandemic and it has changed our lives beyond recognition. While social isolation existed for people living with dementia prior to COVID-19, quarantine, social distancing and stay-at-home orders exacerbated an already severe problem, keeping loved ones apart and care options limited and difficult.

At our Society we realized quickly that to reduce social isolation for the people we support, that we needed to reimagine our programs and services to a virtual model. The speed with which the Alzheimer staff team adapted to this new model of service was extraordinary. In March, we quickly pivoted from in-person meetings to virtual meetings. Our dedicated support team has been available throughout the pandemic to provide telephone support, virtual zoom meetings, and teleconferencing.

With our limited resources, we realized that we did not have the funds required to meet the support and program needs of our clients so it was necessary to apply for grants. Grants have provided the resources to allow us to deliver in-home recreation kits; meals and activities to clients' homes; and purchase the technology required for virtual support. We also knew that we needed to do more to provide support to the families providing care for their loved one living with dementia. So we applied for more grants and have been successful in receiving one-time funding for in-home recreation and overnight respite. We believe that these two time-limited programs will help our care partners through the winter months by alleviating some of the stresses that come with the responsibility of caregiving.

Through the struggle of the last year, we have all come to understand the need for connection and its direct influence on physical health, emotional well-being and sense of purpose. Please connect with our office when you need someone to talk to. Connection is the greatest gift we can give ourselves and each other!

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.

Debbie Deichert, Executive Director



SOUP'S ON TRAIL



January 16, 2021


11:00 a.m. – 3:00 p.m.

Stratford City Centre

January is Alzheimer Awareness Month

Each year, we kick-off the year with our National Alzheimer Awareness Month.

Although some events will look slightly different this year, there are still many opportunities to learn more about Alzheimer's and other dementias, connect with others on a similar journey and support the work of the Alzheimer Society of Perth County. We hope to see you this month!



HOT TOPICS IN DEMENTIA CARE

WITH GUEST SPEAKER: DR. ALEX PEEL (GERIATRICIAN)

WEDNESDAY JANUARY 20, 2021
1:30-3PM
VIA ZOOM

PLEASE REGISTER [HERE](#)

FOR MORE INFORMATION, PLEASE CONTACT YOUR LOCAL ALZHEIMER SOCIETY :
PERTH COUNTY: 1-888-797-1882
HURON COUNTY: 1-800-561-5012
GREY BRUCE: 1-800-265-9013



FINDING Your Way[®]

*For people with dementia,
every step counts.*

January 26, 2021

7:00-8:15 pm


**“Safety & Security During the
Winter Months”**

Register [Here](#)

Or by contacting

Sheri at ext. 25

sgilhula@alzheimerperthcounty.com



A free webinar series dedicated to
bringing awareness and education
to matters of aging and brain health

alzheimerlondon.ca/brainmatters

**COVID: Lessons we are
learning!**

**Kyle Fitzgerald, Manager of
Public Relations**

January 27, 2021

10:00-11:30 am

Register [here](#) or by contacting
Sheri at ext. 25

sgilhula@alzheimerperthcounty.com

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.

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. Each group is topic based. Current & New Caregivers are welcome. **Registration is required by contacting the group facilitator.**

January Support Groups	February Support Groups	March Support Groups
<p>January 5, 2021 1:30-3:00 pm <i>"Ways to take a break"</i> Register with Shelley at ext. 26 sobermayer@alzheimerperthcounty.com</p>	<p>February 2, 2021 12:30-1:30 pm <i>"Taking Control"</i> For individuals living with early stages of Dementia. Register with Sheri at ext. 25 sgilhula@alzheimerperthcounty.com</p>	<p>March 2, 2021 12:30-1:30 pm <i>"Taking Control"</i> For individuals living with early stages of Dementia. Register with Sheri at ext. 25 sgilhula@alzheimerperthcounty.com</p>
<p>January 5, 2021 6:30-8:00 pm Register with Shannon at ext. 29 sluke@alzheimerperthcounty.com</p>	<p>February 2, 2021 6:30-8:00 pm Register with Shannon at ext. 29 sluke@alzheimerperthcounty.com</p>	<p>March 2, 2021 6:30-8:00 pm Register with Shannon at ext. 29 sluke@alzheimerperthcounty.com</p>
<p>January 12, 2021 1:30-3:00 pm <i>"Ambiguous Loss for family members"</i> Register with Jaclyn at ext. 28 jturpin@alzheimerperthcounty.com</p>	<p>February 9, 2021 1:30-3:00 pm <i>"Caring through Transitions"</i> Register with Jaclyn at ext. 28 jturpin@alzheimerperthcounty.com</p>	<p>March 9, 2021 1:30-3:00 pm <i>"Advanced Care Planning"</i> Register with Jaclyn at ext. 28 jturpin@alzheimerperthcounty.com</p>
<p>January 13, 2021 10:00-11:30 am <i>"Self-Care Wheel"</i> Register with Christy at ext. 21 cbannerman@alzheimerperthcounty.com</p>	<p>February 10, 2021 10:00-11:30 am <i>"Caregiver Stress"</i> Register with Christy at ext. 21 cbannerman@alzheimerperthcounty.com</p>	<p>March 10, 2021 10:00-11:30 am <i>"Caregiver Guilt"</i> Register with Christy at ext. 21 cbannerman@alzheimerperthcounty.com</p>
<p>January 19, 2021 1:30-3:00 pm <i>"8A's of Dementia"</i> Register with Sheri at ext. 25 sgilhula@alzheimerperthcounty.com</p>	<p>February 16, 2021 1:30-3:00 pm <i>"Teepa Snow: The Living Gems"</i> Register with Shelley at ext. 26 sobermayer@alzheimerperthcounty.com</p>	<p>March 16, 2021 1:30-3:00 pm <i>"Compassion Fatigue"</i> Register with Shelley at ext. 26 sobermayer@alzheimerperthcounty.com</p>
<p>January 27, 2021 10:00-11:30 am Focusing on Caregivers with family members in Long-term Care: <i>"Lessons from COVID"</i> with Kyle Fitzgerald, Manager, Government Relations Register with Sheri at ext. 25 sgilhula@alzheimerperthcounty.com</p>	<p>February 24, 2021 10:00-11:30 am Focusing on Caregivers with family members in Long-term Care Register with Sheri at ext. 25 sgilhula@alzheimerperthcounty.com</p>	<p>March 24, 2021 10:00-11:30 am Focusing on Caregivers with family members in Long-term Care Register with Sheri at ext. 25 sgilhula@alzheimerperthcounty.com</p>

The **First Link Support team** continues to be 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.

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 - 1.5 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. Pre-registration is required by contacting the program facilitators Shelley or Christy or your First Link Support Worker at 519-271-1910.

Thursday Evenings: January 14, 21, 28 & February 4, 11, 18, 2021 - 7:00-8:30pm

Life After Dementia Support Program

This 4 week 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.



Thursday Mornings: January 14, 21, 28 & February 4, 2021 - 10:00-11:30am

First Link Learning Series: First Steps

This 4 week learning and connecting opportunity for individuals newly diagnosed with a dementia and their family members or friends includes an introduction to dementia, including what to expect, adapting to brain changes, planning ahead, and finding hope and meaning through uncertainty. The focus is on the beginning and early 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.

Wednesday Afternoons: February 3, 10, 17, 24, 2021 - 1:30-3:00pm

Learning the Ropes for Living with Mild Cognitive Impairment™

A 6 week program for older adults experiencing Mild Cognitive Impairment and their close family member/friend. This research-based program, focuses on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support. Learning the Ropes will be offered in 6:1 hour sessions via Zoom with both online & telephone connection options available. Pre-registration is required by contacting Sheri at 519-271-1910 ext. 25 or your First Link Support Worker. *Manuals will be delivered in advance of the program starting.*

Wednesday Afternoons: March 3, 10, 17, 24, 31 & April 28, 2021 - 1:30-3:00pm

Social Recreation

On March 23, 2020, the Alzheimer Society of Perth County launched a **Virtual Social Recreation** page found here: <https://www.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://www.alzheimer.ca/perth/en/whats-happening/calendar-events>.

Individualized pre-packaged **At-Home Activity Kits** are also available by contacting Pamela 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 Pamela at ext. 27.

Mondays, January 11 - March 1, 2021 2:00-3:30pm

Wednesdays, January 13 - March 3, 2021 10:30am-12:00pm



An agency of the Government of Ontario.
Un organisme du gouvernement de l'Ontario.
This program is funded by the Ontario Trillium Foundation.

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 2nd 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 4th Tuesday from 1:30pm-2:30pm

Spring Centerpiece

Cozyn's Garden Gallery will be guiding us via Zoom once again to create a beautiful Spring table Centerpiece on **Thursday, March 30, 2021 from 11:00am to noon**. Materials will be provided in advance. This program was a hit in December and there is limited space so please contact Pamela or Teresa today if you would like to participate in this program.

Virtual Paint Parties

Staying active and socialization are two vital parts 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, January 21, 2021: 1:00 - 2:30pm

Thursday, February 18, 2021: 1:00 - 2:30pm

Thursday, March 25, 2021: 1:00 - 2:30 pm

Food for Thought Meal Delivery Program

Through an extension of the 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:



- January 8, 2021 - Stratford
- February 5, 2021 - Mitchell/Stratford
- March 12, 2021 - Stratford
- January 22, 2021 - North Perth
- February 26, 2021 - St. Marys
- March 26, 2021 - North Perth
- A Special Valentine's meal will be delivered across Perth County on February 18, 2021.

To register for this FREE program, please contact Teresa at 519-271-1910 ext. 10 and she will confirm delivery date, time and any food sensitivities.

SOCIAL
with a purpose

Staying connected, even while staying physically apart.



Will you consider hosting a Coffee Break/Social with a Purpose event this Winter?

As we continue to deal with social isolation and physical distancing, these winter months are the perfect time to gather your friends, family and co-workers together virtually and take part in the Social with a Purpose for Alzheimer's event. There are many online opportunities to enhance your virtual event that can be found at [Social with a Purpose | Alzheimer Society of Perth County](#). For more information or assistance, please contact Sheri at ext. 25 or Teresa at ext. 10 at 519-271-1910.