

PROGRAMS GUIDE

OCTOBER - DECEMBER 2021

Education, Social
Recreation and
Support programs
for people living
with dementia
and their care
partners



October 2021

Dear Friends,

We are continuing to provide services to clients by phone, email and online video conferencing and are pleased to share that plans have been made to run a selection of in-person programs this Fall! We are starting with a small number of Care Partner Support Groups; Education sessions and Minds in Motion groups. Since these are still uncertain times, we are prepared to pivot and move these programs on-line if the situation arises. If an in-person group is not being offered in your area, please be patient as we work out details with other community organizations/businesses who provide us with space to hold programs throughout Simcoe County.

You can stay updated about our plans in the following ways:

BY PHONE: 705-722-1066 or 1-800-265-5391

BY MAIL: P.O. Box 1414, Barrie, ON L4M 5R4

BY EMAIL: simcoecounty@alzheimersociety.ca



AlzheimerSocietySimcoeCounty



@AlzheimerSimcoe

**For more information or to donate please visit
alzheimer.ca/Simcoecounty**



The Alzheimer Society of Simcoe County celebrates diversity and strives to provide equitable and inclusive services. We are proud to share that 100% of our staff team recently participated in Safer Spaces 2S-LGBTQ+ Cultural Competency training.
Tell us how we can best work with you!

Registering for Programs

All of our programs require registration in order to ensure that our staff team is fully prepared for the sessions with sufficient supplies for all participants and adequate space for all to safely and comfortably attend. Registration information will be listed under each program.



We know that the best laid plans can go awry. **If you have registered for a program**, but are no longer able to attend, please contact the office to let us know that you will not be participating. Often there are waitlists for programs so you will be freeing up a space for another person to get the information they need! Thank you!

Program Cancellations

There are times when we have to cancel a program due to weather, facilitator illness, low registration or unforeseen circumstances. The Alzheimer Society will make every effort to cancel a program in a timely manner.

When inclement weather is in the forecast, consideration is given to weather warnings, bus cancellations and projected deterioration of conditions. For day of program cancellations, registered program participants will be notified by phone.

Cancellation notices will also be placed on social media and sent to news outlets. The safety of our clients and staff is a top concern so it is never our expectation for you to drive in poor weather. Please use your discretion.



**24/7
DEMENTIA
ADVICE AND
SUPPORT**

**CALL
1-866-797-0000**

After-hours support for
persons with dementia
and their caregivers.

Education Programs

We are offering select education sessions that will combine in-person and online synchronous options. At this time, all in-person education programs will be held at our Barrie office (20 Anne Street South). A select number of education sessions will run online only.

When attending an education program at our Barrie site, participants will need to wear a mask, refrain from bringing in food or drink and pass a COVID screening questionnaire prior to gaining entry into the building. Thank you.

Living Well with Dementia

This 6-part series help people newly diagnosed with dementia and their care partners understand their diagnosis and the changes they are experiencing. It offers participants an opportunity to share and connect with others.

Topics discussed include:

- Dementia symptoms
- Adapting to change
- Building resilience
- Enhancing communication
- Living safely
- Staying well

It is recommended that participants attend all sessions in this series.

Upcoming Dates:

Wednesdays, Nov. 3—Dec. 8
10:00—11:00 a.m.

Attend one of two ways:

1. IN-PERSON—at 20 Anne Street South in Barrie
OR
2. ONLINE via ZOOM

Please specify attendance preference when registering.

To register for this program, please contact Taryl Bougie at 705-722-1066 ext. 226

Education Programs

Next Steps

Next Steps is an introductory series for care partners that focuses on understanding & supporting a person living with dementia. This 2-part series covers:

- What is dementia?
- Adapting to changes in the brain
- Assessing and managing risk
- Planning ahead.

Upcoming Dates:

Thursdays, December 9 & 16
1:00—3:00 p.m.

Attend one of two ways:

1. IN-PERSON—at 20 Anne Street South in Barrie
OR
2. ONLINE via ZOOM

Please specify attendance preference when registering.

Care Essentials

Care Essentials is a 2-week series that covers issues commonly faced by care partners supporting someone in the middle stages of dementia. Topics that are reviewed include:

- Strategies to Enhance Communication
- Understanding & Responding to Behaviours

Upcoming Dates:

ONLINE ATTENDANCE ONLY

Mondays, November 8 & 15
1:00—3:30 p.m.

Registration for these programs is required.
To register, please contact Taryl Bougie at 705-722-1066 ext. 226

Education Programs

U-First! For Care Partners

This 3 session program builds upon content from Care Essentials, but participation in Care Essentials is not a pre-requisite. U-First! focuses on a framework called P.I.E.C.E.S. (used by healthcare professionals) to help us understand why responsive behaviours may be happening and aids in developing creative care strategies.

Upcoming Dates:

Thursday, November 18—December 2
1:00—3:00 p.m.

Registration Deadline:

Thursday, November 11

Attend one of two ways:

1. **IN-PERSON**—at 20 Anne Street South in Barrie
OR
2. **ONLINE** via ZOOM

Please specify attendance preference when registering.

To register, contact Taryl Bougie at 705-722-1066 ext. 226

Ambiguous Loss & Grief

This workshop is designed to help care partners work through the many losses experienced along the dementia journey, long before death occurs.

Upcoming Dates:

Thursday, October 14
1:00—2:30 p.m.

ONLINE ATTENDANCE ONLY

To register, please contact Maryse Raymond at
[**mraymond@alzheimersociety.ca**](mailto:mraymond@alzheimersociety.ca)

Education Programs

Coping with the Holidays

Holidays can be a stressful time for anyone. This session will focus on coping strategies for care partners that may help ease some pressures this holiday season.

Upcoming Dates:

Tuesday, December 7

10:00—11:00 a.m. OR 7:00—8:00 p.m.

ONLINE ATTENDANCE ONLINE

To register, please contact Taryl Bougie at 705-722-1066 ext. 226.

Supporting Communication

Focus is on understanding how dementia impacts communication and what strategies can be used to improve communication.

Upcoming Dates:

Tuesday, November 16

11:00 a.m.—12:00 p.m.

ONLINE ATTENDANCE ONLY

Meaningful Activities

This session provides tips on how to create and participate in meaningful activities with a friend or family member who is living with dementia.

Upcoming Dates:

Tuesday, December 14

10:00 a.m.—11:00 a.m.

ONLINE ATTENDANCE ONLY

To register for Supporting Communication or Meaningful Activities, please contact Maryse Raymond at mraymond@alzheimersociety.ca

Education Programs

Aphasia

Join us for a discussion about Aphasia and learn strategies to assist with communication challenges.

Guest Speaker: Christie Hunt

Upcoming Dates:

Thursday October 14

7:00—8:00 pm

ONLINE ONLY

To register, contact Maryse at mraymond@alzheimersociety.ca

Fraud Awareness for Seniors

Come to learn about current scams and how seniors can avoid becoming victims.

Guest Speaker: Tom Chell, OPP

Upcoming dates:

Tuesday, November 2

10:00—11:30 am

ONLINE ONLY

To register, contact Maryse at mraymond@alzheimersociety.ca

Internet & Password Safety

Learn strategies to protect yourself with browsing online and when selecting and storing your passwords.

Guest Speaker: Tom Chell, OPP

Upcoming dates:

Tuesday, October 12

10:00—11:00 am

ONLINE ONLY

To register, contact Maryse @ mraymond@alzheimersociety.ca

Driving and Dementia

Learn about how dementia impacts driving and the importance of planning for driving cessation.

Guest Speaker from Skill Builders will be joining us

Upcoming dates:

Tuesday, November 23

11:00 am—12:00 pm

ONLINE ONLY

To register, contact Taryl @ 705-722-1066 ext. 226

Education Programs

Heads Up for Healthier Brains

Heads Up for Healthier Brains is a 4-week series open to the public that provides information about keeping your brain healthy and reducing the risk of dementia. We discuss the differences between dementia vs. normal aging, provide memory strategies and look at the importance of proper nutrition, exercise, stress management and social engagement for reducing the risk of dementia.

Program is free to attend and program manual can be purchased for \$5.00

Upcoming Dates:

Tuesdays, November 9—30
6:00—8:00 p.m.

ONLINE ATTENDANCE ONLY

To register, contact Taryl Bougie at 705-722-1066 Ext. 226



"Elevating The Human Spirit"

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Caregiver Support Workshops

Online ♥ Free ♥ Self-paced



Virtual Care for Carers (or VCFC) is a workshop series especially designed for caregivers who are feeling stress and anxiety.

Four pre-recorded workshops will be made available to registrants to access online and watch at their convenience. Two live sessions will also take place.

Caregiver Resiliency • The Power of Emotion
Grief: Processing Change & Closure • Self-Care

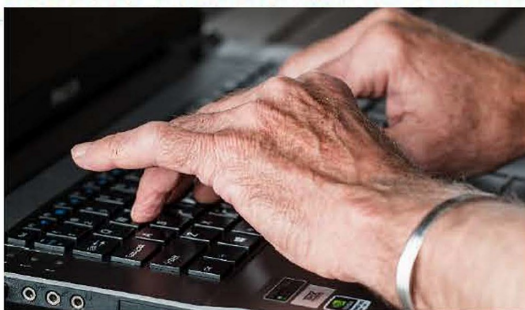
REGISTRATION IS NOW OPEN

If you require support navigating the technological aspect of the program, please let us know upon registration. Help is available.

Fall Session (Begins October 12)

Live sessions on October 28 & November 11 from 7:00pm - 8:00pm

<https://www.eventbrite.ca/e/virtual-care-for-carers-fall-session-tickets-158121943991>



Funded in part by:
**The Government of Canada's
New Horizons for Seniors Program**

Living Safely in the Community

Learn more about how to live safely while being active in your community. The **Finding Your Way®** program provides information about why people with dementia get lost or go missing, how the risk of missing incidents can be reduced, and what to do if someone does go missing.

Review the Finding Your Way® *Living Safely with Dementia Resource Guide*, available in hard copies from our office or online. Free on-line courses also available.

The **MedicAlert® Safely Home®** program is a nationwide program that provides emergency and critical health information for registered participants who wear a specially engraved identification bracelet. An emergency 24 hour hotline is staffed by medically trained specialists who communicate with police and emergency responders. An annual fee applies.

Vulnerable Persons Registries are voluntary registries that provide police with up-to-date emergency contact information, detailed physical descriptions, known routines and any special needs of the registered individual. This information is only available to police in an emergency. Several local police forces maintain their own lists.

Project LifeSaver® Simcoe is a program that uses FM radio signals to locate missing individuals. Currently this program is available within the City of Barrie and the South Simcoe region. A start-up and annual fee applies.



www.findingyourwayontario.ca



www.medicalert.ca/safelyhome

South Simcoe Police:

www.vulnerablepersonsregister.ca

Barrie:

Www.barriepolice.ca/vulnerable-person-registry-vpr

Collingwood OPP: Call 705-445-4321

Orillia OPP: Call 705-326-3536



www.projectlifesaversimcoe.ca

Support Services

Our Supportive Counselling and Navigation services are offered over the phone, by email, video conference and in-person visits by appointment. In-person visits may be conducted at our Barrie & Orillia office locations or in a person's home. All in-person visits are subject to public health guidelines and will include mandatory masks and social distancing. Clients with an in-person appointment will be asked COVID screening questions the day before and day of their appointment by the Alzheimer Society staff member they are meeting with. We appreciate your understanding as we do our best to control the spread of COVID-19.

To access our supportive counselling or navigation services, please contact our office at 705-722-1066 to complete an intake.



Navigation

Our First Link Care Navigator can help you:

- understand the health care system
- create a support plan
- link you with dementia supports in the community



Supportive Counselling

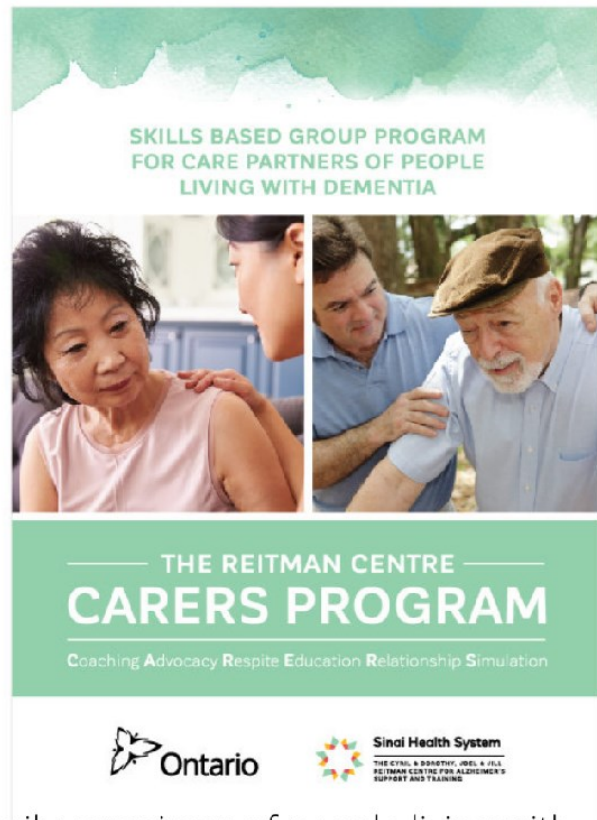
Our Family Support Coordinators talk with people 1:1 and can help address:

- dementia symptom management
- caregiving & coping strategies
- future planning

The Enhancing Care CARERS Program

*(CARERS - Coaching,
Advocacy, Respite, Education,
Relationship, Simulation)*

CARERS is an accredited
and evidenced-based
program developed by the
Sinai Health System
Reitman Centre



CARERS is an eight-week program for family caregivers of people living with early and mid-stage dementia that:

- Provides practical skills and emotional supports needed to care for people with living with dementia
- Teaches problem solving techniques, a structured approach to address problems
- Coaches care partners in communication skills through the use of simulation
- Provides strategies for keeping a meaningful relationship with the person living with dementia

Contact us for more information 705-722-1066

Support Services

Care Partner Support Groups—In-Person

These groups are for care partners of persons with dementia in early, middle and late stages, regardless of their living arrangements.

In-person groups are time-limited and run for a period of 3 months. Registration is required.

Participants of in-person support groups will be subject to public health practices that includes mandatory mask wearing, contact tracing logs and passing COVID screening questions prior to entry into location.

Format	Location	Day	Dates	Time
In-Person Bi-Weekly	Barrie 20 Anne Street South	Tuesdays	Oct. 12, 26 Nov. 9, 23 Dec. 7 & 21	10:00—11:30 am
To register contact Heidi Haupt, Family Support Coordinator ,at 705-722-1066 Ext. 227				
In-Person Monthly	Bradford 66 Barrie St.	3rd Tuesdays	Oct. 19, Nov. 16 Dec. 21	10:00—11:30 am
To register contact Sanju Hirji, First Link Care Navigator, at 705-722-1066 ext. 223				
In– Person Monthly	Orillia Seniors Care Clinic 25 Museum Dr.	3rd Thursdays	Oct. 21, Nov. 18, Dec. 16	7:00—8:30 pm
To register, contact Susan Nagy, Family Support Coordinator, at 705-329-0909				

Support Services

Care Partner Support Groups—Online

These groups are for care partners of persons with dementia in early, middle and late stages, regardless of their living arrangements.

Online groups will run continuously, however registration is required. Once registered, you will receive the Video Conferencing (Zoom) link to participate in the meeting.

Format	Day	Dates	Time
Online Monthly	1st Tuesday of each month	Oct. 5, Nov. 2 Dec. 7	7:00—8:00 pm
To register contact Heidi Haupt, Family Support Coordinator at 705-722-1066 Ext. 227			
Online Monthly	2nd Wednesday of each month	Oct. 13, Nov. 10 Dec. 8	10:00—11:30 am
To register contact Meredith Joy, Family Support Coordinator, at 705-715-8625			
Online Monthly	4th Wednesday of each month	Oct. 27, Nov. 24, Dec. 22	1:00—2:30 pm
To register, contact Dana Bessette, Family Support Coordinator at 705-722-1066 ext. 225			

Music Project



The Music Project provides a music player and personalized music to individuals living with dementia to help improve their quality of life. The music package includes: a Sandisk device, over the ear headphones, a personalized music playlist and on-going technical support. If you or someone you know would benefit from the Music Project, please call 705-722-1066 or fill out an online registration form at www.musicproject.ca/register

Social / Recreation Programs

Minds in Motion®

Minds in Motion® is an 8-week community-based social program that incorporates gentle & easy-to-follow physical activity with fun & social cognitive stimulation activities for people with early to mid-stage dementia, and their care partners. We are offering a combination of in-person and online programs.

In-person programs will be subject to public health guidelines that include wearing masks (except when engaged in exercise), social distancing and smaller group sizes. Participants may be pre-screened for COVID the day before groups or screened at the door at some sites. **Proof of vaccination to gain entry into building may also be required by some facilities.**

IN-PERSON COST: \$40/couple. ONLINE: Free

To register for an in-person or online group, contact Leigh Ann Febrey,
Minds in Motion Coordinator at 705-795-6259

FORMAT	CITY	DATE	TIME	LOCATION
In-Person	Barrie *PROGRAM ALREADY FULL	Mondays, Oct. 18—Dec. 6	9:15—11:15 am	Parkview Senior Centre 189 Blake Street *proof of vaccination required
In-Person	Bradford	Tuesdays, Oct. 19—Dec. 7	9:30—11:30 am	Bradford West Gwillimbury Leisure Centre 471 West Park Avenue *proof of vaccination required
In-Person	Wasaga Beach	Thursdays Oct. 21—Dec. 9	1:30—3:30 pm	Wasaga Beach United Church 380 Zoo Park Road
For people interested in attending a group program online, we have broken the components of the Minds in Motion program into different online options. Please register for ONE Cognitive games group that best fits your schedule. Exercise groups still require registration but are run continuously with no start and end date.				
Online	Cognitive Games	Tuesdays Oct. 19—Dec. 7	2:00—3:00 pm	
Online	Cognitive Games	Thursdays Oct. 21—Dec. 9	10:30—11:30 am	
Online	Exercises	Wednesdays Ongoing	10:00—11:00 am	

Social / Recreation Programs

Musical Memories

We are pleased to be partnering with Music Therapy Services of Simcoe County to provide online music sessions for people living with dementia and their care partners. The 6 –week sessions are facilitated by a Music Therapist over Zoom. If interested, participants in this program can receive a small set of maracas to use while participating in the sessions.

Upcoming Dates:

Wednesdays Sept. 8—Oct. 13
1:00—1:30 p.m.

**Call to get on waitlist for the next
FALL/WINTER Session**

There is no cost to participate, though registration is required.
Please contact Taryl Bougie at 705-722-1066 ext. 226.

Activity Kits

Free activity kits are available from the Alzheimer Society for a range of abilities and interests. Puzzles, Games, Conversation, Crafters are just a few examples of the curated kits. To find out more and/or to order your kit, please contact Laura-Lynn Bourassa at 705-722-1066 ext. 224 or lbouassa@alzheimersociety.ca

KOBO Book Club

Do you enjoy reading? Would you like to join a small group of like-minded people for a monthly discussion about a selected eBook?

Club members are provided with a Kobo **Libra H2O eReader**, a subscription to **Kobo Plus** and simple instructions on how to use the device and how to participate in a virtual book club meetings. **No experience with technology is required.** We've got you covered!

To get involved, contact Leigh Ann Febrey at 705-795-6259 or lfebrey@alzheimersociety.ca



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A Rakuten Kobo and
Tech Coaches partnership

Rakuten kobo **TECHCOACHES**

We thank these additional sponsors of our
2021 IG Wealth Management Walk for Alzheimer's.

Stay tuned for updates on our 2022 Walk plans by visiting our website or
signing up for our monthly e-newsletter.

If you would like information on how to become a sponsor for next year's walk, please
contact Katherine Breeson, Events Coordinator by email

events.simcoe@alzheimersociety.ca



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Technical Support

ACCESSING OUR ONLINE PROGRAMS AND SERVICES

The online platform we use for all our Education, Support and Minds in Motion programs is called Zoom. Zoom is an application that allows users to make free video calls with individuals or groups of people.

All that is required to use Zoom is:

- a laptop, tablet or smartphone,
- a connection to the internet, and
- an email address



Once you register for a program, a staff member will send you an email with a link to the session. When it is time for the program to begin, click the link and the session will open up.

We know it can be overwhelming to try something new and perhaps out of your comfort zone. That's why our staff team will help walk you through this process by sharing tip sheets and providing 1:1 support to help you get started!

We have taken safeguards to protect these sessions for registered participants only. Please contact our staff team if you have any questions.

Location & Contact Information



Alzheimer Society of Simcoe County
20 Anne Street South, Barrie, ON L4N 2C6
P.O. Box 1414, Barrie, ON L4M 5R4
705-722-1066
1-800-265-5391
www.alzheimer.ca/Simcoecounty
Simcoecounty@alzheimersociety.ca