

Alzheimer Society

SIMCOE COUNTY

Programs Guide

JANUARY - MARCH 2022



EDUCATION, SOCIAL RECREATION
AND SUPPORT PROGRAMS
FOR PEOPLE LIVING WITH DEMENTIA
AND THEIR CARE PARTNERS

January 2022

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. 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 ONLINE 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!



CHARITABLE NUMBER: 11921 2116 RR0001

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

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 helps 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, Jan. 12—Feb. 16 10:00—11:30 a.m.

ONLINE ATTENDANCE ONLY

To register for this program, please contact Maryse Raymond at 705-722-1066 ext. 229

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:

Saturdays, Jan. 15 & 22
10:00 a.m.—12:00 p.m.

ONLINE ATTENDANCE ONLY

Upcoming Dates:

Tuesdays, Mar. 15 & 22
10:00 a.m.—12:00 p.m.

ONLINE ATTENDANCE ONLY

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:

Tuesdays, Feb. 22 & March 1
10:00 a.m.—12:30 p.m.

ONLINE ATTENDANCE ONLY

**To register for these programs, please contact Maryse Raymond
at 705-722-1066 ext. 229**

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:

Thursdays, Feb. 17—March 3
6:00—8:00 p.m.

Registration Deadline:

Thursday, February 10

ONLINE ATTENDANCE ONLY

Care Essentials On-Demand

This is a series of four videos which Care Partners can watch at their own pace and in their own time. Video links will be emailed to Care Partners.

These zoom meetings are an opportunity to discuss the content from the videos, ask questions and connect with other Care Partners.

Upcoming Dates:

Tuesdays, Jan. 18 & Feb. 1
7:00—8:00 p.m.

ONLINE ATTENDANCE ONLY

**To register for these programs, please contact Maryse Raymond
at 705-722-1066 ext. 229**

Education Programs

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:

Wednesday, January 26
6:30—8:00 p.m.

ONLINE ATTENDANCE ONLY

Upcoming Dates:

Wednesday, March 23
1:00—3:30 p.m.

**IN-PERSON ATTENDANCE
ONLY**

8As of Dementia

Join us for a 4-week series that will go over the 8As of dementia and what they entail.

Week 1 - Amnesia & Agnosia
Week 2 - Anosognosia & Apraxia
Week 3 - Altered Perception & Attention Deficit
Week 4 - Aphasia & Apathy

Upcoming Dates:

Thursdays, Mar. 10—31
6:30—8:00 p.m.

ONLINE ATTENDANCE ONLY

**To register for these programs, please contact Maryse Raymond
at 705-722-1066 ext. 229**

Education Programs

Navigating LTC Journey

Join us to learn more about the application process for Long-Term Care with Guest Speakers from Home & Community Care.

Guest Speaker:

Terri Beck and Jennifer Houston
from Home and Community Care
Support Services North Simcoe
Muskoka

Upcoming Dates:

Friday, January 14
11:00 a.m.—12:00 p.m.

ONLINE ATTENDANCE ONLY

Palliative Approaches in Dementia Care

This workshop is developed in partnership with the North Simcoe Muskoka Hospice Palliative Care Network. www.nsmhpcn.ca

Co-Facilitator:

Inge de Bruijn,
Palliative Care Resource Nurse.

Upcoming dates:

Tuesday, February 8
10:30a.m.—2:30 p.m.

ONLINE ATTENDANCE ONLY

Dementia 101: Overview

A presentation that provides general knowledge and awareness of Alzheimer's disease and related dementias, communication tips as well as the services and programs offered at your local Alzheimer Society.

Upcoming Dates:

Tuesday, Feb. 15
1:00—2:30 p.m.

ONLINE ATTENDANCE ONLY

Upcoming Dates:

Wednesday, Feb. 23
6:30—8:00 p.m.

ONLINE ATTENDANCE ONLY

To register for these programs, please contact Maryse Raymond
at 705-722-1066 ext. 229

Education Programs

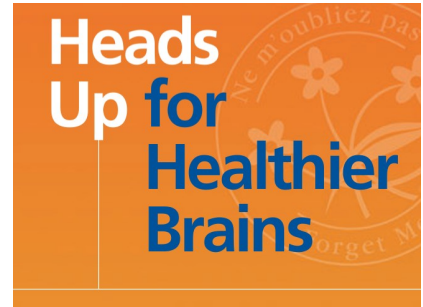
Heads Up! for Healthier Brains

This is a 4-week series that provides information on keeping your brain healthy and reducing the risk of dementia. It includes information about dementia vs. normal aging, provides memory strategies and looks at the importance of proper nutrition, exercise, stress management and social engagement for reducing the risk of dementia.

Upcoming Dates:

Thursdays, Jan. 20—Feb. 10
1:00—3:00 p.m.

ONLINE ATTENDANCE ONLY



To register for this program, please contact Maryse Raymond at 705-722-1066 ext. 229

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**](http://www.musicproject.ca/register)

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 tips 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.

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.

www.findingyourwayontario.ca

 **MedicAlert**® *Safely Home*®

www.medicalert.ca/safelyhome

South Simcoe Police:

www.vulnerablepersonsregister.ca

Barrie Police:

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

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.

Collingwood OPP:

Call 705-445-4321

Orillia OPP:

Call 705-326-3536

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.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 mask wearing, COVID-19 screening questions and physical distancing during the meeting. 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:

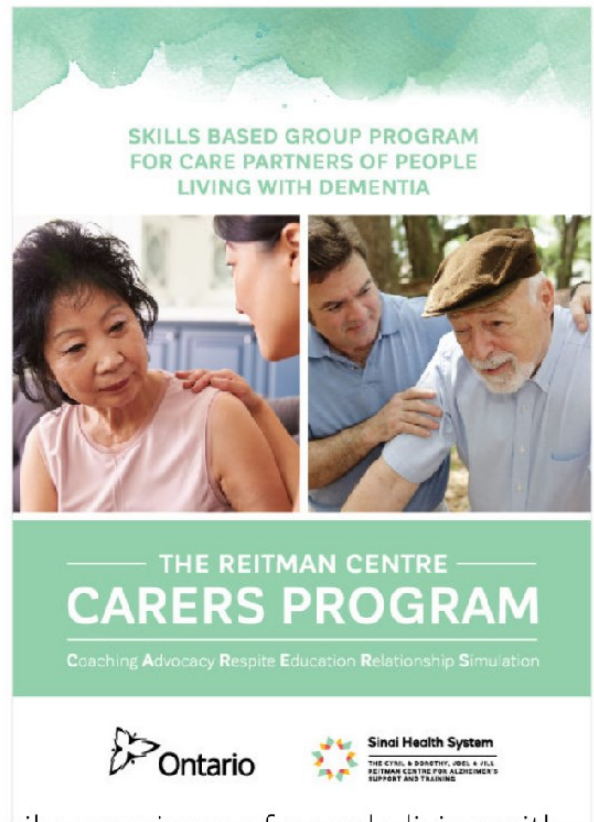
- dementia symptom management
- caregiving & coping strategies
- future planning

Support Services

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. Some groups will require proof of vaccination due to location being held.

Location	Day	Dates	Time	To Register
Alliston St. John's United Church 56 Victoria St.	3rd Monday	Jan. 17 Feb. 28 Mar. 14	10:00—11:30	Contact Taryl Bougie 705-722-1066 ex. 226
Barrie 20 Anne Street South	3rd Tuesdays	Jan. 18 Feb. 15 Mar. 15	10:00—11:30 a.m.	Contact Heidi Haupt 705-722-1066 ex. 227
Bradford Bradford United Church 66 Barrie St.	3rd Tuesdays	Jan. 18 Feb. 15 Mar. 15	10:00—11:30 a.m.	Contact Sanju Hirji 705-722-1066 ex. 257
Orillia Side entrance of Leacock Care Centre 25 Museum Dr.	3rd Thursdays	Jan. 20 Feb. 17 Mar. 17	7:00—8:30 p.m.	Contact Susan Nagy 705-329-0909
Orillia Side entrance of Leacock Care Centre 25 Museum Drive	1st Wednesday	Jan. 5 Feb. 2 Mar. 2	1:00—2:30 p.m.	Contact Susan Nagy 705-329-0909
Penetang First Presbyterian Church 20 Robert St. E.	Last Wednesday	Jan. 26 Feb. 23 Mar. 30	1:00—2:30 p.m.	Contact Meredith Joy 705-715-8625
Wasaga Beach WB United Church 380 Zoo Park Rd.	1st Wednesday	Jan. 5 Feb. 2 Mar. 2	10:00—11:30	Contact Dana Bessette, 705-722-1066 ex. 225

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	Jan. 4 Feb. 1 Mar 1	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	Jan. 12 Feb. 9 Mar. 9	10:00—11:30 am
To register contact Meredith Joy, Family Support Coordinator, at 705-715-8625			
Online Monthly	4th Wednesday of each month	Jan. 26 Feb. 23 Mar. 23	1:00—2:30 pm
To register, contact Dana Bessette, Family Support Coordinator, at 705-722-1066 ext. 225			

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 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 will be pre-screened for COVID prior to entry into the building.

Proof of vaccination to gain entry into buildings may also be required by some facilities.

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

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

FORMAT	CITY	DATE	TIME	LOCATION
In-Person	Barrie	Mondays, Jan. 10—Mar. 7	9:15— 11:15 am	Parkview Senior Centre 189 Blake Street ** There will be no program Mon, Feb 21 (Family Day)
In-Person	Bradford	Tuesdays Jan. 11—Mar. 1	10:00 am— 12:00 pm	Bradford Leisure Centre 471 West Park Avenue
In-Person	Orillia	Thursdays Jan. 13—Mar 3	1:30— 3:30 pm	Side entrance of Leacock Care Centre 25 Museum Drive
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 works best for you. Exercise groups still require registration but are run continuously with no start and end date.				
Online	Cognitive Games	Tuesdays Jan. 11—Mar. 1	2:00— 3:00 pm	Via Zoom
Online	Cognitive Games	Thursdays Jan. 13—Mar. 3	10:30— 11:30 am	Via Zoom
Online	Exercises	Wednesdays Ongoing	10:00— 11:00 am	Via Zoom

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.

Upcoming Dates:

Wednesdays, Jan. 19—Feb 23
1:00—1:30 p.m.

Wednesdays, Mar. 23—Apr. 27
1:00—1:30 p.m.



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

Creative Connections

A 6 week art program for people living with early stage dementia and their care partners. Art supplies will be delivered to registered participants ahead of the first class.

Upcoming Dates:

Fridays, Jan. 14—Feb. 18
1:00—2:30 p.m.

Fridays, Mar. 4—Apr. 8
1:00—2:30 p.m.



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 Taryl Bougie at 705-722-1066 ext. 226 or taryl.bougie@alzheimersociety.ca

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



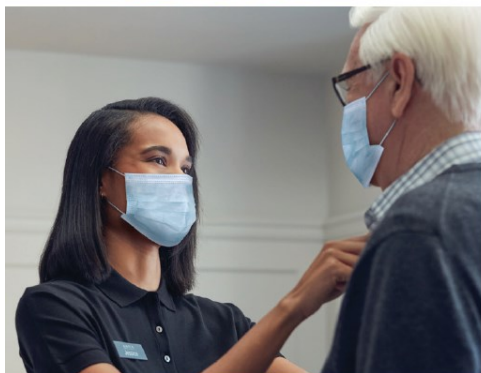
"Elevating The Human Spirit"

Proud Sponsor of 2021 ...



Proud Sponsor of the Alzheimer Society

EXPERIENCE EXCEPTIONAL CARE



At Amica Little Lake, you'll experience exceptional every day. From assisted living to memory care, you can count on the highest level of specialized support designed to suit your unique needs, even as those needs change.

And your well-being and safety are always our top priority

AMICA

LITTLE LAKE

VIRTUAL & PRIVATE TOURS

70 LAKESIDE TERRACE ▪ 705-722-9191 ▪ [AMICA.CA](https://www.amica.ca)

Location & Contact Information



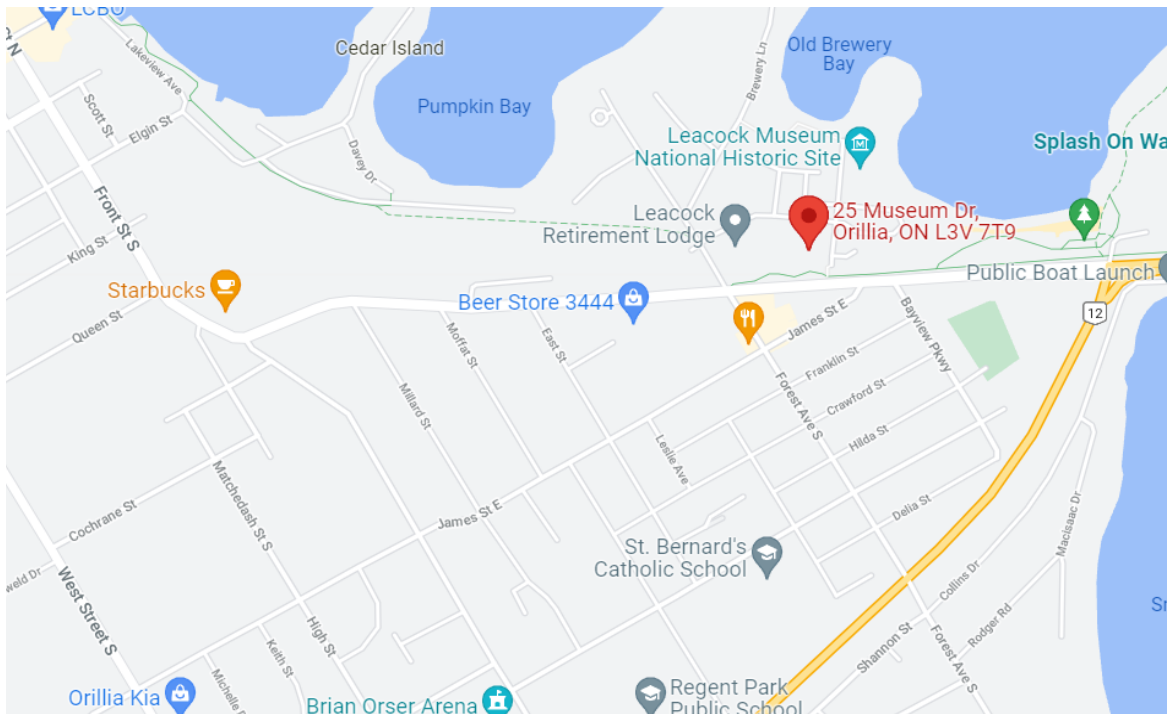
Alzheimer Society of Simcoe County Main Office—Barrie

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

Location & Contact Information



Alzheimer Society of Simcoe County Satellite Office—Orillia

25 Museum Drive, Suite 175
Orillia, ON L3V 7T9

Open by appointment only.
705-329-0909

www.alzheimer.ca/Simcoecounty
Simcoecounty@alzheimersociety.ca