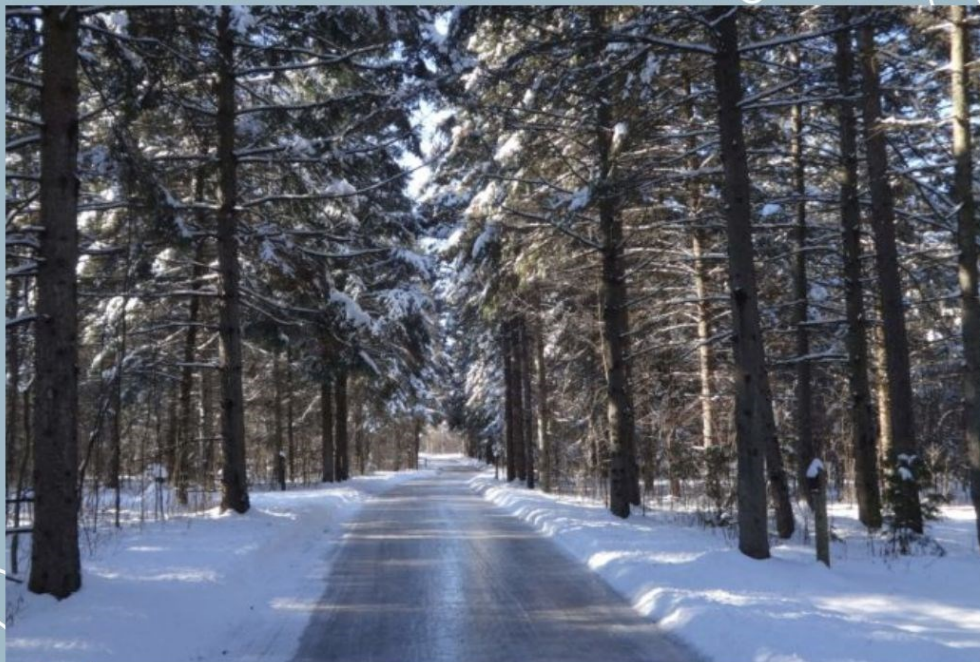


# *Programs & Services* *Guide*

JANUARY - MARCH 2023



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

# Alzheimer Society

S I M C O E C O U N T Y

## Welcome

The staff and volunteers at the Alzheimer Society are committed to providing the highest quality programs and services that will help people living with dementia and their care partners live well and thrive in their community. Our programs and services are available to people of any age who are:

- living with a progressive dementia
- OR
- a care partner supporting a person living with a progressive dementia

We also offer a number of awareness programs for the general public and health professionals. Please review the information contained in this guide and contact us with any questions.

## Contact Us

**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](mailto:simcoecounty@alzheimersociety.ca)

**WEB:** <https://alzheimer.ca/simcoecounty/en>

**IN PERSON:** 20 Anne Street South, Barrie  
Monday—Friday 8:30am—4:30pm

25 Museum Drive (side entrance), Orillia  
Thursdays only  
1:00—4:30pm (or by appointment)



[AlzheimerSocietySimcoeCounty](https://www.facebook.com/AlzheimerSocietySimcoeCounty)



[@alzheimersimcoe](https://twitter.com/alzheimersimcoe)



[@alzheimersimcoe](https://www.instagram.com/alzheimersimcoe)



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.

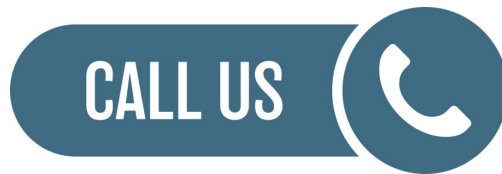
Tell us how we can best work with you!

**Charitable Number: 11921 2116 RR0001**

## Program Information

All of our programs require registration in order to ensure we are fully prepared with sufficient supplies and adequate space for everyone to safely and comfortably attend. Registration information will be listed with each program. Many programs and services are free. Fees are clearly noted where they are applicable.

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.



### Health Connect Ontario

- Call 811
- Chat online
- Find information all in one location



**After hours support for persons living with dementia and their care partners.**



# EDUCATION PROGRAMS for Persons Living with Dementia

## **First Steps**

This 4-week introductory program is for persons living with dementia and their care partners and serves as an opportunity to learn more about symptoms, strategies and planning ahead.

Format	Location	Day	Date	Time	Contact to Register
Online		Wednesdays	January 11- February 1	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	<b>Orillia</b> 25 Museum Dr	Fridays	February 3-24	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	<b>Wasaga Beach United Church</b> 380 Zoo Park Rd	Wednesdays	March 8-29	1—3pm	Maryse Raymond 705-722-1066 ext. 229

### **What's it like to live with dementia?**

*“I just keep going on. I don't hide my diagnosis; I share with people what I am living with. It's just that the wires are crossed so I might do things differently. I like to be involved and participate in making decisions but it is easier for me to keep up with what is going on if it is slowed down. Then I can more easily participate.”*

*- Lynn*



# EDUCATION PROGRAMS For Care Partners


## Next Steps

This 2-part series is for care partners covering what is dementia and its symptoms, adapting to changes, assessing & managing risk, planning for the future and creating a circle of support.

Format	Location	Day	Date	Time	Contact to Register
In-Person	<b>Alliston Matthews House</b> 131 Wellington St E	Thursdays	January 19 & 26	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
Online		Tuesdays	February 28 & March 7	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	<b>Midland Chigamik</b> 287 Bayshore Dr	Mondays	March 20 & 27	1—3pm	Maryse Raymond 705-722-1066 ext. 229

## Care Essentials

This is a 2-week education series for care partners supporting a person in mid to late stage of dementia. The focus is on communication changes and strategies, understanding responsive behaviour and supporting daily activities.

Format	Location	Day	Date	Time	Contact to Register
In-Person	<b>Barrie</b> 20 Anne St S.	Wednesdays	January 25 & February 1	1—3pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	<b>Wasaga Beach United Church</b> 380 Zoo Park Rd	Mondays	February 6 & 13	1—3pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	<b>Alliston Matthews House</b> 131 Wellington St E	Thursdays	February 16 & 23	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
Online		Thursdays	March 23 & 30	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229

# EDUCATION PROGRAMS For Care Partners

## Care Essentials On-Demand

Care Essentials is offered as a series of four videos which care partners can watch at their own pace and in their own time. The focus is on communication changes and strategies, understanding responsive behaviour and supporting daily activities. Video links and workbook will be emailed to care partners the week prior.

The zoom meetings are an opportunity to discuss the content from the videos, ask questions and connect with other care partners.

Format	Location	Day	Date	Time	Contact to Register
Online		Mondays	January 16 & 30	7– 8pm	Maryse Raymond 705-722-1066 ext. 229
Online		Tuesdays	February 14 & 28	7– 8pm	Maryse Raymond 705-722-1066 ext. 229
Online		Wednesdays	March 15 & 29	7– 8pm	Maryse Raymond 705-722-1066 ext. 229

## U-First! For Care Partners

This 3-part program is for care partners who are providing direct support to someone experiencing behaviour changes as a result of dementia. This program is designed to help you to:

- Enhance well-being
- Reduce responsive behaviours by using the U-First!® framework
- Improve collaboration among all team members through a common knowledge, language and approach to care.

Format	Location	Day	Date	Time	Contact to Register
Online		Thursdays	March 2–16	1–3pm	Maryse Raymond 705-722-1066 ext. 229

# EDUCATION PROGRAMS For Care Partners

## **Strong Bones—Osteoporosis**


Presented by Monica Menecola, Osteoporosis Canada and the Regional Integration Lead, Simcoe County and Muskoka for the Ontario Osteoporosis Strategy

**Are you at risk of having broken bones? This session will focus on risk assessment. How to keep your Bones Strong to prevent broken bones (fractures).**

Format	Location	Day	Date	Time	Contact to Register
Online		Thursday	February 9	7—8pm	Maryse Raymond 705-722-1066 ext. 229

## **Navigating the Long Term Care Journey**

This session for care partners will explore how to apply to long term care, and things to consider when looking into options. Guest speakers from Home & Community Care.

Format	Location	Day	Date	Time	Contact to Register
Online		Thursday	February 23	7—8pm	Maryse Raymond 705-722-1066 ext. 229

## **Future Planning (Estate Planning, Care Planning)**

Join us for this session with guest speaker, Melanie Linkletter – Financial Advisor.

Advance Care Planning is a process of reflection and communication. It is a time for you to reflect on your values and wishes, and to let people know what kind of health and personal care you would want in the future if you were unable to speak for yourself.

Format	Location	Day	Date	Time	Contact to Register
Online		Tuesday	March 28	6:30—7:30pm	Maryse Raymond 705-722-1066 ext. 229

# EDUCATION PROGRAMS For Care Partners

## **Ambiguous Loss & Grief**

The issue of loss and grief is one of the most significant underlying issues that care partners experience when supporting people living with dementia. This workshop is designed to help care partners identify and work through the losses and grieving that occurs in different ways at all stages in the dementia caregiving journey.


Format	Location	Day	Date	Time	Contact to Register
Online		Tuesday	January 31	6—8pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	<b>Midland Chigamik</b> 287 Bayshore Dr	Wednesday	February 22	1—3pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	<b>Barrie</b> 20 Anne St South	Tuesday	March 14	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229

## **Virtual Care for Carers**

Through a partnership with Catholic Family Services, this workshop series is designed for care partners who are feeling increased stress and anxiety in their role. This program consists of 4 self-guided and pre-recorded workshops that will be made available online for registrants to watch at their convenience; along with a workbook:

- Caregiver Resiliency
- The Power of Emotion
- Processing Grief and Change
- Self-Care

The zoom meetings are an opportunity to discuss the content from the videos, ask questions and connect with other care partners.

Format	Location	Day	Date	Time	Contact to Register
Online		Fridays	February 3 & 17	1:30— 2:30pm	Maryse Raymond 705-722-1066 ext. 229



# EDUCATION PROGRAMS For Care Partners

## Single Session Education

This winter, we will be discussing communication tips, understanding responsive behaviours as well as ways to support a person living with a dementia diagnosis . You can attend all or just the topic you are most interested in.

Topic	Location	Day	Date	Time	Contact to Register
Finding Your Way		Tuesday	February 21	2—3pm	Maryse Raymond 705-722-1066 ext. 229
Supporting Communication		Thursday	March 9	10:30— 12pm	Maryse Raymond 705-722-1066 ext. 229
Responding to Behaviours		Thursday	March 23	1—2:30pm	Maryse Raymond 705-722-1066 ext. 229

## 8As of Dementia

This is 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

Format	Location	Day	Date	Time	Contact to Register
Online		Wednesdays	February 1— 22	6:30—8pm	Maryse Raymond 705-722-1066 ext. 229



# EDUCATION PROGRAMS For the General Public

## Dementia Overview 101

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

Format	Location	Day	Date	Time	Contact to Register
Dementia Overview		Thursday	January 12	10:30—12pm	Maryse Raymond 705-722-1066 ext. 229

## Fraud Awareness

Anyone can fall prey to frauds and scams, but those living with dementia may be more susceptible. Find out more with guest speaker Tom Cheel, OPP Senior Support Unit.

Format	Location	Day	Date	Time	Contact to Register
Online		Wednesday	January 25	7—8pm	Maryse Raymond 705-722-1066 ext. 229



*It's never too soon, or too late to make the lifestyle changes necessary to help improve your brain health, changes that may also help to reduce your risk for Alzheimer's disease or other dementias.*



# Join us at an **AWARENESS NIGHT!**

## "Advocating for Positive Change"

**Tuesday, January 17, 2023**

**6:30-8:00pm**

**Via Zoom**

**Kyle Fitzgerald**

Director of Government Relations & Public Policy  
Alzheimer Society of Ontario



### **Topics:**

- **Bill 7**
- **Long-Term Care and Retirement Homes**
- **Advocacy**
- **Treatment Plans**

**Intended Audience: Family Members or Informal Care Partners  
of People Living with Dementia**



**Register by January 10 2023**

[https://us02web.zoom.us/meeting/register/tZMrfu6vpzwoE9YNIzsGPhP0b\\_OICBdvWLSk](https://us02web.zoom.us/meeting/register/tZMrfu6vpzwoE9YNIzsGPhP0b_OICBdvWLSk)

# 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](http://www.findingyourwayontario.ca)

[www.medicalert.ca](http://www.medicalert.ca)

The **MedicAlert®** 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.

South Simcoe Police:  
[www.vulnerablepersonsregister.ca](http://www.vulnerablepersonsregister.ca)

Barrie Police:  
<https://www.barriepolice.ca/vulnerable-person-registry-vpr/>

**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](http://www.projectlifesaversimcoe.ca)

# Dementia Friendly Communities

## DEMENTIA FRIENDLY COMMUNITIES

A Dementia Friendly Community is a place where people living with dementia and their care partners are welcomed, included and supported. It is a community that pays attention to the social and physical needs of the person living with dementia.

As of 2022, there are over 600,000 people living with dementia in Canada, 28,000 of which are under the age of 65. By 2030, the number of people living with dementia will grow to almost a million.



Dementia is an umbrella term used to describe a group of symptoms that causes significant changes in the brain, severe enough to interfere with one's daily living. Changes can include memory loss, problems with language, and difficulty with familiar tasks, etc.

There are currently no treatments that can reverse cognitive decline brought on by dementia (i.e. Alzheimer's disease, Frontotemporal dementia, and Lewy Body dementia). However, there are approaches you can take that can help you fight symptoms and maintain your quality of life for as long as possible.

There are some conditions that can cause similar symptoms, such as a urinary tract infection or depression, but are treatable. With treatment of the condition, these symptoms can often be reversed.

### 10 WARNING SIGNS INCLUDE:

- Changes in mood and behaviour
- Problems with language
- Problems with abstract thinking
- Difficulty performing familiar tasks
- Misplacing things
- Loss of initiative
- Disorientation in time and space
- Memory problems that affect daily life
- Changes in personality
- Impaired judgement



### COMMUNICATION TIPS INCLUDE:

- Reduce distractions
- Make eye contact
- Use short, simple sentences
- Approach from the front in an open and friendly manner
- Ask how you can help
- Avoid making assumptions
- Offer simple choices
- Provide clear instructions
- Recognize how the person might be perceiving the situation
- Offer reassurance
- Connect – don't correct
- Observe the person's actions and body language.



**6 out of 10** people living with dementia will go missing at some point throughout the progression of the disease, often without warning. **If you suspect the person is lost, call 9-1-1 right away and wait with the person until police arrive.**

When thinking about dementia friendly design, we need to think about the physical environment and consider: signage/wayfinding, entrances and lighting, flooring, seating, waiting areas, washrooms, background noise, and surfaces.



**Do you want your organization/business to be dementia friendly? We'll come to you!**  
**To book a session, contact Maryse Raymond:**  
[mraymond@alzheimersociety.ca](mailto:mraymond@alzheimersociety.ca)



# Technical Support

## ACCESSING OUR ONLINE PROGRAMS AND SERVICES

The online platform we use for all our Education, Support and Social Recreation 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
- 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.

# Support Services



We provide free dementia support to anyone impacted by any type of dementia, whether you are a person living with dementia or their family member, friend, or care partner.

Our Support Services Team are go-to persons for families after a dementia diagnosis and can help with identifying needs, navigating services and assisting with care planning throughout the dementia journey.

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.

## Supportive Counselling

Our team of Family Support Coordinators provide safe, confidential counselling where you can talk about your experience, gain insight and practical coping strategies to help you manage circumstances and build resiliency. Staff can help you plan for the future and get connected to other local services.

## First Link<sup>®</sup> Care Navigation

Get the assistance you need connecting to various dementia support and services. Our highly experienced First Link Care Navigator can help get you started, create a support plan and link you with dementia supports in the community.



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



# Support Services

## Enhancing Care for Care Partners Program


### CARERS

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



CARERS is an eight-week program for family care partners of people living with early and mid-stage dementia in the community.


- Focuses on 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
- An evidence-based program developed by the Reitman Centre, Sinai Health in Toronto

Location	Day	Dates	Time	Contact to Register
Barrie 20 Anne St South	Thursdays	February 2— March 23	1—3pm	<b>Kelly Hutton</b> 249-535-5635 (direct line)
	Tuesdays	February 7— March 28	6—8pm	<b>Kelly Hutton</b> 249-535-5635 (direct line)

### TEACH

*(TEACH — Training, Education and Assistance for Caregiving at Home)*

The TEACH program is a four-week program for care partners of persons living with dementia. It is an innovative therapeutic group intervention aimed at providing education and enhancing coping skills of care partners.

Location	Day	Dates	Time	Contact to Register
	Tuesdays	January 10— 31	10—11:30am	<b>Kelly Hutton</b> 249-535-5635 (direct line)

# 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.

**Support groups are time-limited and run for a period of 3 months.**

**Registration is required.**

Location	Day	Dates	Time	Contact to Register
<b>Alliston</b> St. John's United Church 56 Victoria St. E	3rd Monday	January 16 *February 13 (change due to Family Day) March 20	10— 11:30am	705-722-1066
<b>Barrie</b> Alzheimer Society Office 20 Anne St. S	3rd Tuesday	January 17 February 21 March 21	10 — 11:30am	Heidi Haupt 705-722-1066 ext. 227
<b>Bradford</b> Bradford United Church Irene Turner Hall 66 Barrie St.	3rd Tuesday	January 17 February 21 March 21	10 — 11:30am	705-722-1066
<b>Orillia</b> Leacock Care Centre 25 Museum Dr.	1st Wednesday	January 4 February 1 March 1	1—2:30pm	Susan Nagy 705-329-0909 ext. 3803
<b>Orillia</b> Leacock Care Centre 25 Museum Dr.	3rd Thursday	January 19 February 16 March 16	7—8:30pm	Susan Nagy 705-329-0909 ext. 3803



# 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.

**Support groups are time-limited and run for a period of 3 months.**

**Registration is required.**

Once registered, you will receive the Video Conferencing (Zoom) link to participate in the meeting.

Location	Day	Dates	Time	Contact to Register
	1st Tuesday	January 3 February 7 March 7	7—8:30pm	Heidi Haupt 705-722-1066 ext. 227
	2nd Wednesday	January 11 February 8 March 8	10—11:30am	Meredith Joy 705-715-8625 (direct line)
	4th Wednesday	January 25 February 22 March 22	1—2:30pm	Dana Bessette, 705-722-1066 ext. 225

Care Partner support groups are designed to provide informal education and support to family/friend care partners. Support Groups provide an opportunity for care partners to meet and get to know others who are going through similar experiences, talk about their personal experience, and learn and share coping strategies.





# Support Services

## Young Onset Support Group—Online

A monthly group that brings together individuals who have been diagnosed with dementia who are under the age of 65.

The content of the support group is driven by the participants with an emphasis on concerns experienced by those with young onset dementia. Participants are encouraged to speak about issues of importance to them and to suggest topics for future discussion.

**Support groups are time-limited and run for a period of 3 months.**

**Registration is required.**

Once registered, you will receive the Video Conferencing (Zoom) link to participate in the meeting.



Location	Day	Dates	Time	Contact to Register
	4th Thursday	January 26 February 23 March 23	7—8pm	Dana Bessette, 705-722-1066 ext. 225





## PEACE OF MIND NEVER GETS OLD

At Amica Little Lake, you'll have the comfort of knowing professional, personalized care is always there when you need it. Whether it's a little or a lot, we'll support your unique needs – even as those needs change. And, like the confidence of knowing someone has your back, that never gets old.

Join us for a complimentary lunch & private tour.

CALL LAURA OR MICHELLE AT 705-722-9191

# AMICA

LITTLE LAKE

70 LAKESIDE TERRACE • [AMICA.CA/LITTLELAKE](http://AMICA.CA/LITTLELAKE)

# Social/Recreation Programs

## **Minds in Motion**<sup>®</sup>

Minds in Motion<sup>®</sup> is an 8-week 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.


To register, contact Jana Douglas, 705-795-6259 or [jdouglas@alzheimersociety.ca](mailto:jdouglas@alzheimersociety.ca)

Format	Location	Day	Date	Time
In-Person	<b>Barrie</b> <b>Allandale Recreation Centre</b> 190 Bayview Dr	Tuesdays	January 10— February 28	1:30— 3:30pm
In-Person	<b>Barrie</b> <b>Parkview Centre</b> 189 Blake St.	Wednesdays	January 11—March 1	10am— 12pm
In-Person	<b>Wasaga Beach</b> <b>United Church</b> 380 Zoo Park Rd	Thursdays	January 12—March 2	1—3pm
In-Person	<b>Alliston</b> <b>Gibson Center</b> 63 Tupper St W	Mondays	February 27—April 24 (pause March 13)	1—3:30pm

## **Minds in Motion**<sup>®</sup> — **Cognitive Games Groups**

This group for persons living with dementia and their care partners challenges participants with a variety of different weekly programs that include trivia, travelogues, word games, etc.

To register, contact Jana Douglas, 705-795-6259 or [jdouglas@alzheimersociety.ca](mailto:jdouglas@alzheimersociety.ca)

Format	Location	Day	Date	Time
Online		Fridays	January 13—February 10	1:30—2:30pm

# Social/Recreation Programs

## Creative Connections

A 6-week art program for people living with early stage dementia and their care partners. If attending an online session, art supplies will be delivered to registered participants ahead of the first class.

To register, contact Jana Douglas, 705-795-6259 or [jdouglas@alzheimersociety.ca](mailto:jdouglas@alzheimersociety.ca)

Format	Location	Day	Date	Time
Online		Tuesdays	January 10—February 14	10am—12pm



*“We really enjoyed the facilitator’s positive energy each week. Watching everyone’s connections through art was very rewarding. The positive impact this class made extended beyond the hour class.”*

## Art Program

This new 4-week art-program will allow participants to create various artwork using different techniques they learn throughout the program. It is open for people living with early-stage dementia and their care partners. All supplies required are provided.


To register, contact Jana Douglas, 705-795-6259 or [jdouglas@alzheimersociety.ca](mailto:jdouglas@alzheimersociety.ca)

Format	Location	Day	Date	Time	
In-Person	<b>Barrie Alzheimer Society 20 Anne St S</b>	Mondays	January 9— January 30	1—2:30pm	

## 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.

To register, contact Jana Douglas, 705-795-6259 or [jdouglas@alzheimersociety.ca](mailto:jdouglas@alzheimersociety.ca)

Format	Location	Day	Date	Time
Online		Wednesdays	January 11—February 15	3:30—4pm



# Social/Recreation Programs

## ACTIVITY KITS

### WHAT?



Activity kits are sent to your home by a staff member from the Alzheimer Society - filled with activities related to the individual's interest. Things to keep the body and body going!

### WHERE?



In the comfort of your home! We will carefully hand pick activities based on likes, as well as arrange pick up and drop off. Just like that a package of activities at your fingertips!

### WHEN?

Once you've contacted the society, you will receive a phone call/email that your kit is ready. Please allow approx. 2-3 weeks turnaround time!



### HOW?



Contact any staff member at the Alzheimer Society today and let them know you are interested in receiving an activity kit. Don't forget to pass along some interests!

### EXAMPLES

- Word Search Books
- Craft Kits
- Puzzles
- Colouring Activities
- So many more!

### CONTACT

20 Anne St. South  
Barrie, ON L4N 2C6

705-722-1066

[simcoecounty@alzheimersociety.ca](mailto:simcoecounty@alzheimersociety.ca)





## Social/Recreation Programs

### **Music Project**

The Music Project provides a FREE music player and personalized music to improve the quality of life of those living with dementia. The music package includes:

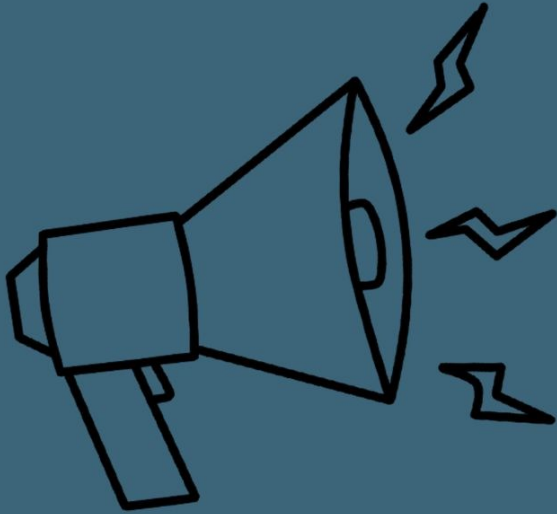
- Sandisk device
- Over-the-ear headphones
- Personalized music playlist
- On-going technical support

**If you or someone you know would benefit from the Music Project, please call our office at 705-722-1066 or fill out an online registration form with the person living with dementia.**

**[www.musicproject.ca/apply](http://www.musicproject.ca/apply)**



## Social/Recreation Programs



# IN HOME RECREATION THERAPY

Consists of weekly visits for a duration of 12 weeks. This program offers personal visits from a Therapeutic Recreation Specialist or trained volunteer, who will facilitate a variety of person-centered recreation and leisure-based activities, in the comfort of your own home.



### PROGRAM ELIGIBILITY

Person must be living in the community and referred to the program from a Family Support Coordinator within the Alzheimer Society of Simcoe County.

If interested, contact your Family Support Coordinator or call to get connected to our support services.  
705-722-1066

For more information visit the link

[HTTPS://ALZHEIMER.CA/SIMCOECOUNTY/EN/HELP-SUPPORT/PROGRAMS-SERVICES/SOCIAL-RECREATIONAL-PROGRAMS/HOME-RECREATION-THERAPY](https://alzheimer.ca/simcoecounty/en/help-support/programs-services/social-recreational-programs/home-recreation-therapy)



# **SAVE THE DATE!!**

## **25<sup>th</sup> WALK FOR ALZHEIMER'S**

**Sunday, May 28<sup>th</sup>, 2023 from 9am—1pm**

### **Simcoe County Museum**

Save the date and join us for a fun-filled celebration featuring food, entertainment, vendors and more! Registration opens in March, 2023.

We are challenging Simcoe County residents to walk 11,000 steps during the month of May for the 11,000 people living with dementia in our region. Funds raised through the Walk will support the work of the Alzheimer Society of Simcoe County in providing programs and services to our clients throughout the region. The education and support programs are provided free of charge.

Create a Walking Team! Help Raise Awareness! Learn more about our services at [www.alzheimer.ca/simcoecounty](http://www.alzheimer.ca/simcoecounty)





# Volunteers Needed!

**Raise your hand to volunteer with us.**

We help you to give back to your community. Whatever amount of time you have, raise your hand, get involved, and give back.

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**For more information call our office or visit:**

[http://www.alzheimer.ca/en/simcoecounty/Get-Involved/Volunteering\\_](http://www.alzheimer.ca/en/simcoecounty/Get-Involved/Volunteering_)

**Make a difference!**



**Volunteers help to support our organization in many ways - from volunteering in our programs to fundraising events to joining our Board of Directors. We need volunteers of all backgrounds, skills and interests!**

# Donations

Donating to the Alzheimer Society of Simcoe County is investing in the health and well-being of persons living with dementia in our community. We depend on the generosity of our donors for more than 40 per cent of our annual budget and your gift helps us to accelerate our mission to provide the best care & support to those living with dementia. All donations to the Alzheimer Society of Simcoe County stay in the Simcoe County to provide information, education, support and counselling services to affected individuals and their families and caregivers.

## **Memorial Donations**

Honour the passing of a loved one or friend by making a donation in their memory. Donations can be made through a funeral home or directly to the Alzheimer Society of Simcoe County. The Society will send a note to the family informing them that a donation has been made by you in memory of their family member.

## **In Honour (Tribute) Donations**

Donations can be made in honour of a birthday, wedding anniversary, retirement or any special occasion. A note will be sent to the individual informing them that a donation has been made in their honour.

## **Legacy Donations**

The most common type of legacy gift is a charitable bequest in a person's Will. However, Canadians are realizing the benefits of giving gifts of registered assets, life insurance policies, annuities, and charitable remainder trusts. We can have a conversation with you and your advisers to determine if a legacy gift fits your desires, financial objectives, family needs, tax situation and our funding objectives. All discussions are confidential and will not obligate you to make a gift.

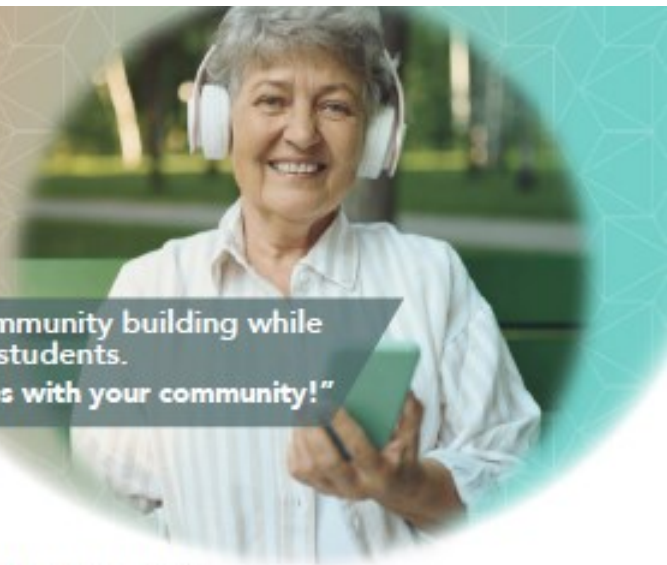
*The Alzheimer Society of Simcoe County strongly recommends that you seek professional advice to ensure your financial goals are considered, your tax situation reviewed, and your legacy gift is tailored to your circumstances.*





# Connect Us

A Digital Engagement Program



## Older Adult Storyteller

Inviting older adults (65+) to contribute to community building while learning online skills with Georgian College students.

**"Share your stories, interests, and experiences with your community!"**

**CLICK TO APPLY TODAY!**

### What is Connect Us?

Connect Us is a community collaboration between partners that specialize in older adult care in Simcoe County and Muskoka. It is a virtual community-building program that aims to connect older adults to community members of all ages to share their stories, interests, and skills.



### Why Participate?

This opportunity will help Older Adults to:

- Increase their digital literacy and familiarity with technology, improving their ability to participate in additional community activities and decrease the distance that separates people.
- Share their knowledge, interests, and stories with students and other community members.
- Create something meaningful (e.g., art, music playlist, written stories) to capture their memories and personal stories.

### How It Works

- A Georgian College student will be matched with an Older Adult (the 'storyteller') and another community member with shared interests (the 'story listener').
- The three participants will meet virtually once or twice a week (1hr) for 6-8 weeks, to form a small community to support the storyteller's personal goals around community building and digital literacy.
- Together, the storyteller, student, and story listener will work virtually to create something of personal significance for the storyteller that can be shared with the older adult's family and friends or even the community, if the storyteller wishes.

**REGISTRATION IS ONGOING**

**CLICK LINK  
TO REGISTER**

**FOR MORE INFORMATION**

Please contact:

Mydhili (Mai-duh-lee) Babu

mydhili.vattoliparambilbabu@georgiancollege.ca

**Changemaker Hotline  
(705) 325-2740**



# Donations

**General donations** can be a one-time event or part of your monthly giving plan. Donations can be made:

⇒ **Online** to donate today

<https://alzheimer.ca/simcoecounty/en>

⇒ **By Telephone** with a credit card.

Please call 705-722-1066 or 1-800-265-5391

⇒ **By Mail**

(cheques payable to the Alzheimer Society of Simcoe County)

20 Anne St. South, P.O. Box 1414, Barrie, ON L4M 5R4

⇒ **In Person**

(during regular office hours)

20 Anne St. South, Barrie, On L4N 2C6



# 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 OR 1-800-265-5391

[www.alzheimer.ca/Simcoecounty](http://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](http://www.alzheimer.ca/Simcoecounty)  
[Simcoecounty@alzheimersociety.ca](mailto:Simcoecounty@alzheimersociety.ca)