Alzheimer Society

Programs & Services Guide

APRIL-JUNE 2023



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



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 **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)



f <u>AlzheimerSocietySimcoeCounty</u>



@alzheimersimcoe



@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!

Please note that wait times to access the programs and services offered by the Alzheimer Society of Simcoe County may vary. To learn more about wait times for programs/services of interest, please call the main office at 705-722-1066.



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.

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.

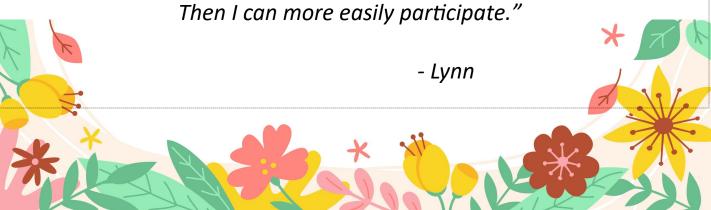
First Steps

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

Format	Location	Day	Date	Time	Contact to Register
In-Person	ASSC Barrie 20 Anne St S	Thursdays April $6-27$ $\begin{vmatrix} 10am - \\ 12pm \end{vmatrix}$ 705		Kelly Luvisotto 705-722-1066 ext. 226	
In-Person	Matthews House Alliston 131 Wellington St E	Wednesdays	May 3—24	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
Online	zoom	Thursdays	June 1—22	10am— 12pm	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.



Next Steps

This is a 2-part series for care partners covering the following topics:

- Symptoms of dementia
- Adapting to changes
- Assessing & managing risk
- Planning for the future & creating a circle of support

Format	Location	Day	Date	Time	Contact to Register
Online	zoom	Mondays	April 17 & 24	1—3pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	Orillia 25 Museum Dr	Tuesdays	May 9 & 16	1—3pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	ASSC Barrie 20 Anne St S	Tuesdays	May 23 & 30	1—3pm	Kelly Luvisotto 705-722-1066 ext. 226
In-Person	Wasaga Beach United Church 380 Zoo Park Rd	Mondays	June 12 & 19	10am— 12pm	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	ASSC Barrie 20 Anne St S	Thursdays	June 1 & 8	1—3pm	Kelly Luvisotto 705-722-1066 ext. 226
Online	zoom	Wednesdays	June 14 & 21	1—3pm	Maryse Raymond 705-722-1066 ext. 229

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	zoom	Thursdays	April 13 & 27	7—8pm	Maryse Raymond 705-722-1066 ext. 229
Online	zoom	Mondays	May 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	zoom	Tuesdays	June 13—27	1—3pm	Maryse Raymond 705-722-1066 ext. 229

Care in the Later Stages

This 3-part series helps care partners provide quality end-of-life care for those living with dementia.

Topics covered include:

- Preparing for the Later State
- Care Strategies—Enhancing Quality of Life
- Taking Care of You

Format	Location	Day	Date	Time	Contact to Register
Online	zoom	Tuesdays	April 4—18	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	Matthews House Alliston 131 Wellington St E	Thursdays	June 1—15	1—3pm	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	zoom	Tuesday	May 30	11am—12pm	Maryse Raymond 705 -722-1066 ext. 229



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
In-Person	Matthews House Alliston 131 Wellington St E	Thursday	April 20	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
Online	zoom	Wednesday	April 26	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	Orillia 25 Museum Dr	Monday	June 5	1—3pm	Maryse Raymond 705-722-1066 ext. 229

Single Session Education

This spring, we will be discussing driving & dementia, understanding responsive behaviours as well as ways to support a person living with a dementia diagnosis. You can attend all sessions or just the topics you are most interested in.

Topic	Location	Day	Date	Time	Contact to Register
Driving & Dementia	ASSC Barrie 20 Anne St S	Thursday	May 11	2—3:30pm	Kelly Luvisotto 705-722-1066 ext. 226
Responding to Behaviours	ASSC Barrie 20 Anne St S	Thursday	June 15	1—2:30pm	Kelly Luvisotto 705-722-1066 ext. 226
Finding Your Way	zoom	Tuesday	June 27	1—2:30pm 70	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
In-Person	Wasaga Beach United Church 380 Zoo Park Rd	Thursday	April 6	10:30am— 12pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	Springwater Library—Midhurst 12 Finlay Mill Rd	Tuesday	June 6	10:30am— 12pm	Maryse Raymond 705-722-1066 ext. 229

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. Heads Up for Healthier Brains 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.

Format	Location	Day	Date	Time	Contact to Register
In-Person	Orillia Public Library 36 Mississaga St W	Fridays	April 14— May 5	10am— 12pm	Maryse Raymond 705-722-1066 ext. 229
In-Person	ASSC Barrie 20 Anne St S	Fridays	May 12— June 2	1—3pm	Kelly Luvisotto 705-722-1066 ext. 226



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

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.

www.medicalert.ca

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. Barrie and South Simcoe Polices Departments maintain their own registries.

South Simcoe Police: www.vulnerablepersonsregister.ca

Barrie Police:

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

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

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

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.

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.

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.

s,

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



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® 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.



CARERS

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

CARERS is an 8-week program for family care partners of people living with early and mid-stage dementia in the community.

- Focuses on practical skills, emotional supports 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

To register, contact Kelly Hutton, 249-535-5635 or khutton@alzheimersociety.ca

Туре	Location	Day	Dates	Time
For Spouses & Partners	ASSC Barrie 20 Anne St S	Wednesdays	April 26— June 14	10am— 12pm
For Adult Children, Siblings, Family & Friends	zoom	Thursdays	April 27— June 15	6—8pm
For All Care Partners	Collingwood 186 Erie St Suite 100	Thursdays	June 1— July 20	2—4pm



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.

To register, contact Kelly Hutton, 249-535-5635 or khutton@alzheimersociety.ca

Format	Location	Day	Dates	Time
In-Person	Orillia 25 Museum Dr	Tuesdays	April 4—25	1:30—3pm
In-Person	ASSC—Barrie 20 Anne St S	Wednesdays	May 3—24	1:30—3pm
Online	zoom	Mondays	June 5—26	1:30—3pm



<u>Care Partner Support Groups</u> <u>In-Person</u>

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
Alliston St. John's United Church 56 Victoria St. E	3rd Monday	April 17 May 15 June 19	10— 11:30am	Sanju Hirji 705-722-1066
Barrie—ASSC 20 Anne St S	3rd Tuesday	April 18 May 16 June 20	10 — 11:30am	Main Office—Barrie 705-722-1066
Bradford Bradford United Church 66 Barrie St.	3rd Tuesday	April 18 May 16 June 20	10 — 11:30am	Sanju Hirji 705-722-1066
Orillia Leacock Care Centre 25 Museum Dr.	1st Wednesday	April 5 May 3 June 7	1—2:30pm	Susan Nagy 705-329-0909 ext. 3803
Orillia Leacock Care Centre 25 Museum Dr.	3rd Thursday	April 20 May 18 June 15	7—8:30pm	Susan Nagy 705-329-0909 ext. 3803
Penetanguishene First Presbyterian Church 20 Robert St	Last Wednesday	April 26 May 31 June 28	1—2pm	Meredith Joy 705-715-8625
Wasaga Beach United Church 380 Zoo Park Rd	1st Wednesday	April 5 May 3 June 7	10— 11:30am	Dana Bessette 705-722-1066 ext. 225

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
zoom	1st Tuesday	April 4 May 2 June 6	7—8:30pm	Main Office—Barrie 705-722-1066
zoom	2nd Wednesday	April 12 May 10 June 14	10—11am	Meredith Joy 705-715-8625

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.



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
zoom	4th Thursday	April 27 May 25 June 22	7—8pm	Dana Bessette, 705-722-1066 ext. 225



Minds in Motion®

Minds in Motion 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

Format	Location	Day	Date	Time
In-Person	Midland Chigamik Community Centre Large Multi-Purpose Room 287 Bayshore Dr	Wednesdays	April 5—May 24	10am— 12pm
In-Person	Orillia Rama Fire: Station 2 Atherley 85 Patricia Dr	Thursday	April 6—May 25	10am— 12pm
In-Person	Bradford West Gwillimbury Leisure Centre Multi-Purpose Room 2nd floor	Mondays	April 17—June 12 (omit May 22)	10am— 12pm
In-Person	Barrie Allandale Community Centre 190 Bayview Dr	Tuesdays	April 11—June 13 (omit June 6)	1:30— 3:30pm
In-Person	Alliston Gibson Center 63 Tupper St W	Mondays	May 1—June 19 (omit May 22)	1—3pm



<u>Creative Spark-In partnership with Maclaren Art Gallery</u>

This new 8-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.



The participants will have the opportunity to learn about the current exhibits in the gallery and then transition into the creative art portion.

To register, contact Jana Douglas, 705-795-6259 or jdouglas@alzheimersociety.ca

Format	Location	Day	Date	Time
	Barrie		May 4—June 8	1—3pm
In-Person	Maclaren Art Gallery	Thursdays		
	37 Mulcaster St		Art Show—June 8	1—4pm

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

Format	Location	Day	Date	Time
Online	zoom	TBD	ТВО	ТВО



IN HOME RECREATION THERAPY

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. It consists of weekly visits for a duration of 12 weeks.



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



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





SAVE THE DATE for ...

The 25th Annual IG Wealth Management Walk for Alzheimer's Sunday, May 28th, 2023, from 9 am to 1 pm

On behalf of the Alzheimer Society of Simcoe County I would like to invite you to join us for the 25th Annual IG Wealth Management Walk for Alzheimer's at the Simcoe County Museum. I hope you can join us at the Walk in support of 11,000 individuals living with Alzheimer's disease or other dementias across Simcoe County. The walk is a critical fundraiser and money donated supports locally provided education and programs. Our team of staff and volunteers look forward to hosting you in what will be a fun-filled family walk celebration featuring food, entertainment, vendors and more!

Visit our website www.alzheimersocietysimcoecounty.ca on or after March 15th to register and find out more about how we are inviting the community to walk 11,000 steps in May in support of raising awareness about our 25th anniversary Walk event and the importance of the services we provide.

Thank you for your support! I look forward to seeing you on May 28th.

Sincerely Yours,
Ann-Marie Kungl, CEO Alzheimer Society of Simcoe County





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.

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

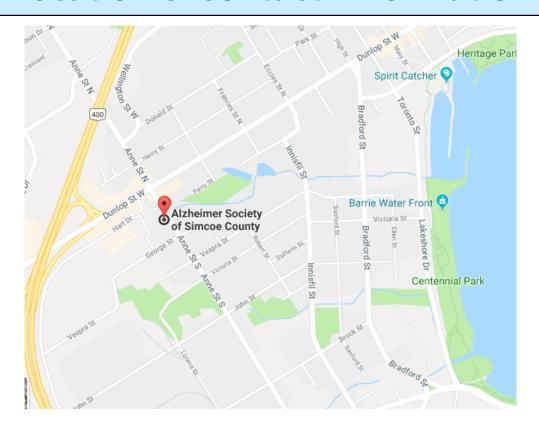
⇒ In Person

(during regular office hours)

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



Location & Contact Information



Alzheimer Society of Simcoe County

Main Office—Barrie

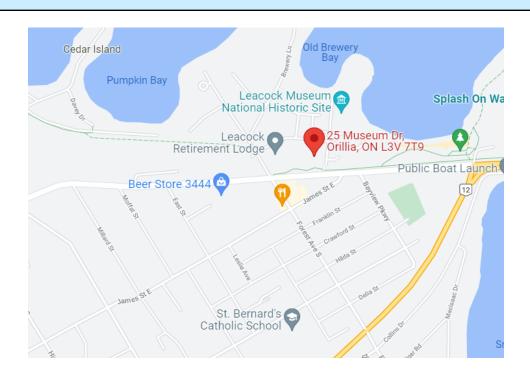
20 Anne Street South Barrie, ON L4N 2C6



705-722-1066 OR 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