

# *Spring Programs & Services Guide*

A P R I L - J U N E 2 0 2 5



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

# WELCOME

The staff and volunteers at the Alzheimer Society of Simcoe County (the Society) are dedicated to providing high quality programs and services for people living with dementia and their care partners. 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 programs for the general public and health professionals. Please review the information within this guide and contact us with any questions.


## CONTACT US

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

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

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

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

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

 [Alzheimer Society of Simcoe County](https://www.linkedin.com/company/Alzheimer-Society-of-Simcoe-County)

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

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

**MAIN OFFICE - WALK-INS WELCOME**

**BARRIE:** 20 ANNE STREET SOUTH

Monday—Friday 8:30 am—4:30 pm (closed at lunch 12-1)



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 are trained in the Safer Spaces 2SLGBTQIA+ Cultural Competency training.

**CHARITABLE NUMBER: 11921 2116 RR0001**

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# Program Registration Process

All of our programs require you to register to make sure there is enough room and supplies for all attendees. You can find program information and descriptions in this guide.

*\*Note: Due to high demand across Simcoe County, some programs may have wait lists. Please confirm that you've been registered with the Society.*

If you have registered for a program **but are no longer able to attend**, please contact the office to let us know so we can offer the spot to our waitlist.

The Society does its best to cover programming through all circumstances. There are times we have to cancel a program due to weather, facilitator illness, low registration or unforeseen circumstances. We will aim to cancel in a timely manner and will **contact you by phone and/or email**.

## New Client Registration

The Society is pleased to welcome Megan Fisher to our team, as the Intake and Referral Coordinator. Megan is responsible for new client intake, as well as program registration for existing clients.

**If you are NEW to the Society (OR have not accessed our services within the last year), please contact Megan to complete the intake process.**

**705-722-1066 ext. 234**



## Additional Support After Hours

### Health Connect Ontario

- Call 811
- Chat online
- Website:  
<https://health811.ontario.ca/>

### 211

- Call 211
- Available 24 hours/day
- Website:  
<https://211.ca/>

## Program Eligibility

To be eligible for our services, you must be:

- Concerned about your memory; OR
- Living with dementia; OR
- Supporting someone living with dementia

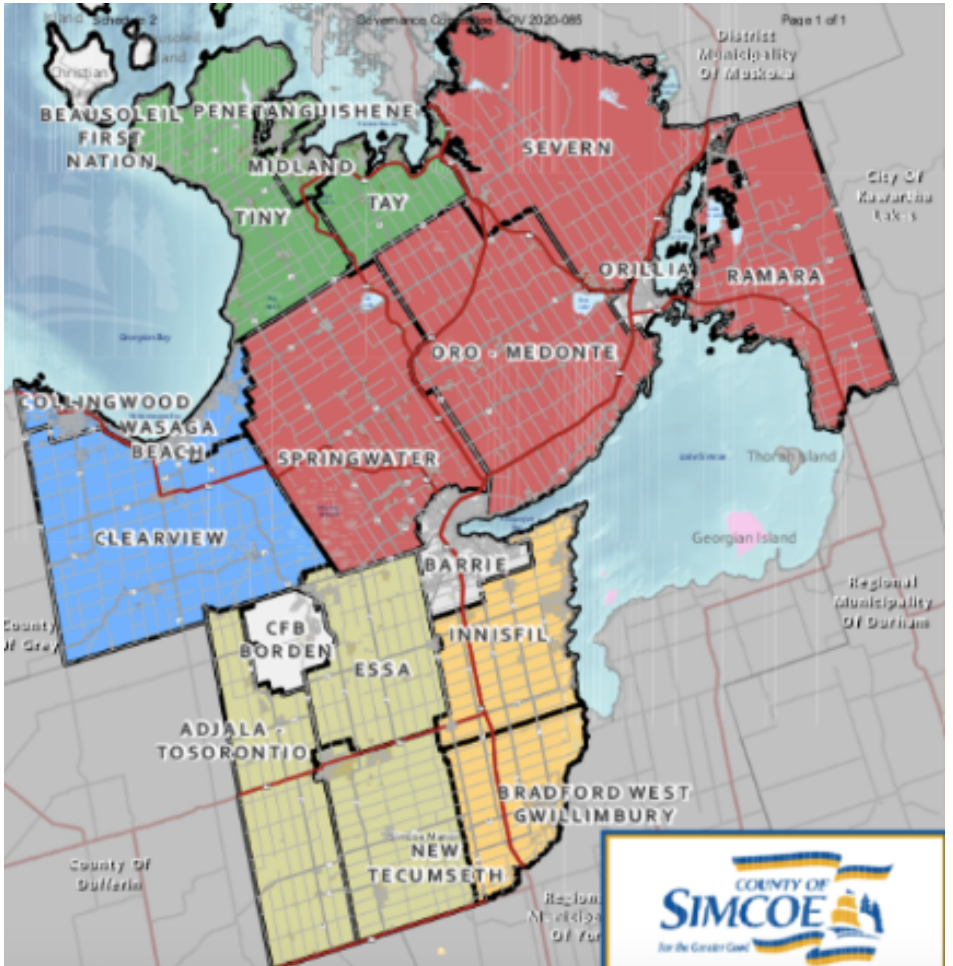
AND have a connection to this region (e.g., you or the person you are supporting lives in Simcoe County).

*Some programs have additional eligibility criteria*

# Service Area

Our programs serve those who live in **Simcoe County**, including:

- Adjala-Tosorontio
- Barrie
- Bradford West Gwillimbury
- Clearview
- Collingwood
- Essa
- Innisfil
- Ramara
- Severn
- Springwater
- Tay
- Tiny
- New Tecumseth
- Orillia
- Oro-Medonte
- Wasaga Beach



*If you are unsure if you or the person you are supporting are within our service area, please call 705-722-1066.*

# Program Descriptions

## INFORMATION

Brochures and information sheets about dementia, including signs and symptoms, progression, and caregiving tips. Available on request and at the Barrie office.

## EDUCATION

Workshops and presentations that address symptoms, care & coping strategies, and future planning. Programs are designed specifically for care partners and for individuals living with dementia to learn more about symptoms and strategies to live well.

*Eligibility: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.*

## CARE NAVIGATION

Provided to people who are newly diagnosed and/or with no connections to other services to help them get the support and services they need.

*Eligibility: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.*

## SUPPORTIVE COUNSELLING

1:1 (or family) supportive counselling offered to provide opportunities for care partners and or persons living with dementia to speak with someone more in depth about their personal situation.

*Eligibility: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.*

## SUPPORT GROUPS

Monthly support groups (online and in-person) for care partners. Support groups run in 3-month cycles online and in person.

*Eligibility: Care partners of a person living with dementia.*

## ENHANCING CARE (CARERS/TEACH GROUPS)

Group programs for care partners who are looking for additional supports/caregiving strategies. The programs are designed to address each groups' current caregiving challenges and focuses on providing practical, skill-based strategies.

*Eligibility: Care partners of a person living with dementia. Some groups are specific to certain care partner relationships (e.g., Spouses group) or living situation (e.g., Long Term Care group)*

## SOCIAL RECREATION

Programs designed to provide stimulation and encourage social connections.

**Minds in Motion®:** An 8-week community exercise and cognitive stimulation/social program for persons living with dementia and their care partners.

**Musical Memories:** A 6-week music program held online, facilitated in partnership with Music Therapists from Music Therapy Services of Simcoe County.

**Creative Spark:** A multi-week art program held in conjunction with MacLaren Art Centre in Barrie

*Eligibility: Persons living in the community, including within retirement homes, with early - mid stage dementia & their care partners.*

*\*living in the community does not include persons living in Retirement Home or Long Term Care, unless otherwise specified.*





# EDUCATION PROGRAMS

## for Care Partners & General Public

### Welcome to ASSC/Dementia 101

This presentation provides a general overview about what dementia is, communication tips, and the Society's program and service offerings.

*This session is ideal for clients who are new to the society, and are wishing to learn more about what we offer.*

Format	Location	Date	Time	Contact to Register
In-Person	Barrie <b>Alzheimer Society Office</b> 20 Anne St S	Wednesday April 16	2pm - 3pm	Megan Fisher 705-722-1066 ext. 234
Online		Wednesday June 11	12pm - 1pm	



# EDUCATION PROGRAMS

## for Persons with MCI & Care Partners

### Learning the Ropes



Learning the Ropes for Living with MCI®, run in collaboration with North Simcoe Muskoka Specialized Geriatric Services, is a 7-week program that supports people living with mild cognitive impairment (MCI) and their family members/friends. The program focuses on optimizing brain health through memory training, lifestyle choices, and family and social support.

#### Program Eligibility:

- MCI Diagnosis OR Memory Concern
- Must be independent with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs)
- No dementia diagnosis

Format	Location	Dates	Time	Contact to Register
In-Person	<b>Barrie</b> <b>Alzheimer Society Office</b> 20 Anne St S	Wed April 23 Wed April 30 Wed May 7 Wed May 14 Wed May 21 Wed May 28  <b>Follow up session:</b> Wed June 25	1pm - 3pm	Nicole Schneider nschneider@alzheimersociety.ca
In-Person	<b>Collingwood</b> <b>Georgian Bay Family Health Team</b> 186 Erie St  <i>Please check in at Suite 100 and you will be directed to our meeting room.</i>	Mon March 31 Mon April 7 Mon April 14 Mon April 28 Mon May 5 Mon May 12  <b>Follow up session:</b> Mon June 9	10am - 12pm	Nicole Schneider nschneider@alzheimersociety.ca

# EDUCATION PROGRAMS

## for Persons Living with Dementia & Care Partners


### First Steps

This is a 4-week introductory series for persons living with dementia and their care partners to attend together. It teaches about common dementia symptoms, adapting to changes, and planning ahead.

Format	Location	Dates	Time	Contact to Register
In-Person	<b>Barrie</b> <b>Alzheimer Society</b> <b>Office</b> 20 Anne St S	Tuesday April 22 Tuesday April 29 Tuesday May 6 Tuesday May 13	2pm - 4pm	Megan Fisher 705-722-1066 ext. 234
Online		Tuesday May 27 Tuesday June 3 Tuesday June 10 Tuesday June 17	2pm - 4pm	

### Next Steps

This is a 3-part series for care partners that covers (1) the symptoms of dementia; (2) adapting to changes; and (3) planning for the future & creating a circle of support


Format	Location	Dates	Time	Contact to Register
In-Person	<b>Barrie</b> <b>Alzheimer Society</b> <b>Office</b> 20 Anne St S	Thursday April 10 Thursday April 17 Thursday April 24	2pm - 4pm	Megan Fisher 705-722-1066 ext. 234
Online		Thursday June 5 Thursday June 12 Thursday June 19	2pm - 4pm	

# EDUCATION PROGRAMS

## for Care Partners

### Driving and Dementia

This education session provides care partners with information on navigating driving and dementia. Topics covered include when to retire from driving, living safely in community, and exploring transportation options to maintain independence and support quality of life.

Format	Location	Date	Time	Contact to Register
Online		Tuesday May 20	3pm - 4:30pm	Megan Fisher 705-722-1066 ext. 234

### Supporting Communication

This education session discusses how to communicate with a person living with dementia - verbal, non-verbal, how to address situation, etc. The focus is on understanding how dementia impacts communication and what strategies can be used to improve communication.

Format	Location	Date	Time	Contact to Register
In-Person	<b>Barrie Alzheimer Society Office</b> 20 Anne St S	Thursday April 24	10am - 12pm	Megan Fisher 705-722-1066 ext. 234





# EDUCATION PROGRAMS

## for Care Partners


### Self Care for Care Partners

This session is designed for care partners who are feeling increased stress and anxiety in their role. Topics covered include how to care for yourself as a care partner.

Format	Location	Date	Time	Contact to Register
Online		Tuesday April 15	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234

### Ambiguous Loss and Grief

Loss and grief are one of the most significant challenges that care partners experience when supporting people living with dementia. This session 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	Date	Time	Contact to Register
Online		Wednesday April 9	4pm - 5:30pm	Megan Fisher 705-722-1066 ext. 234



# 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	FIRST LINK® CARE NAVIGATION
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.	Get the assistance you need connecting to various dementia support and services. Our highly experienced First Link Care Navigators 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

### ABOUT THE PROGRAM

Delivered in partnership with Sinai Health Reitman Centre, the Enhancing Care (EC) Program offers therapeutic skills training free of charge to family or other unpaid care partners who are giving care to individuals living with dementia. The EC program provides practical skill-building and emotional support to help care partners deal with the stress and complexities of caregiving.

### WHO IS THE PROGRAM FOR?

Care partners who are:

- Supporting a family member, spouse, friend, or another person living with dementia at home, or living in retirement or Long-Term Care.
- Experiencing challenges with the caregiving role.
- At risk for caregiver burnout (the caregiver's well-being is in jeopardy and/or the care provided is deteriorating).
- Able to attend scheduled weekly sessions for the TEACH or CARERS program and willing to participate in a group setting.

### HOW TO PARTICIPATE?

There are two group programs offered in EC, please see the following pages for more details and the group schedule.

You must be a client of ASSC to participate.

Program assessment and registration is required, please contact Kelly Hutton at 705-722-1066 ext. 233 or [khutton@alzheimersociety.ca](mailto:khutton@alzheimersociety.ca) to register

# SUPPORT SERVICES

## Enhancing Care

### TEACH


*Training, Education and Assistance for Caregiving at Home*

TEACH is a 4-week discussion-based group program which provides opportunity to share and learn from other care partners. Care partners receive coaching in problem solving, communication, and coping skills.

Each session focuses on a caregiving theme:

- Self-care
- Healthcare system navigation
- Relationship changes
- Future planning

Program assessment and registration is required, please contact Kelly Hutton at 705-722-1066 ext. 233 or [khutton@alzheimersociety.ca](mailto:khutton@alzheimersociety.ca) to register

Format	Location	Dates	Time	Contact to Register
In-Person	<b>Orillia</b> <b>Alzheimer Society</b> <b>Satellite Office</b> 25 Museum Dr.	Thursday May 8 Thursday May 15 Thursday May 22 Thursday May 29	10am - 11:30am	Kelly Hutton 705-722-1066 ext. 233
Online		Thursday June 5 Thursday June 12 Thursday June 19 Thursday June 26	10am - 11:30am	





# SUPPORT SERVICES

## Enhancing Care

### CARERS

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

CARERS is an 8-week discussion and skills-based group program which focuses on practical skills and emotional supports needed to care for people living with dementia.

Care partners in the CARERS group learn problem solving techniques, strategies for keeping a meaningful relationship with the person living with dementia, and receive coaching in communication skills through patient simulation (role play).

Program assessment and registration is required, please contact Kelly Hutton at 705-722-1066 ext. 233 or [khutton@alzheimersociety.ca](mailto:khutton@alzheimersociety.ca) to register

Format	Location	Dates	Time	Contact to Register
In-Person	<b>Wasaga Beach</b> <b>SGB CHC</b> 14 Ramblewood Dr	Tuesdays, May 6 - June 24	2pm - 4pm	Kelly Hutton 705-722-1066 ext. 233
Online	 zoom	Wednesdays, May 21 - July 9	6pm - 8pm	
In-Person	<b>Barrie</b> <b>Alzheimer Society</b> <b>Office</b> 20 Anne St S	Thursdays, May 22 - July 10	1pm -3pm	

# SUPPORT SERVICES

## Support Group

### 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> <b>St. John's United Church</b> 56 Victoria St. E	3rd Monday	Apr 14th May 12th Jun 16th	10- 11:30am	Shiju Joseph 705-790-3891 ext. 223
<b>Barrie</b> <b>Alzheimer Society Office</b> 20 Anne St S	3rd Tuesday	April 15 May 20 June 17	10- 11:30am	Melissa Martinson 705- 722-1066 ext 237
<b>Barrie</b> <b>Alzheimer Society Office</b> 20 Anne St S	2nd Thursday	April 10 May 8 June 12	10- 11:30am	Melissa Martinson 705- 722-1066 ext 237
<b>Bradford</b> <b>Elden Retirement Home</b> 3131 8th Line	3rd Tuesday	April 15 May 20 June 17	10- 11:30am	Shiju Joseph 705-790-3891 ext. 223
<b>Innisfil</b> <b>Innisfil Public Library</b> 967 Innisfil Beach Rd	3rd Thursday	April 17 May 15 June 19	1:30-3pm	Shiju Joseph 705-790-3891 ext. 223
<b>Penetanguishene</b> <b>Bayfield House</b> 5 Beck Blvd	3rd Wednesday	April 23 May 28 June 18	1pm - 2:30pm	Alyssa Pereira 705-722-1066 ex 236
<b>Wasaga Beach</b> <b>United Church</b> 380 Zoo Park Rd S	1st Wednesday	April 2 May 7 Jun 4	10 - 11:30am	Madison Andrews 705-722-1066 ex 225



# SUPPORT SERVICES

## Support Group

### 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.**

Location	Day	Dates	Time	Contact to Register
	1st Tuesday	April 1 May 6 June 3	7pm - 8:30pm	Melissa Martinson 705-722-1066 ex 237
	2nd Wednesday	April 9 May 14 June 11	10- 11:30am	Alyssa Pereira 705-722-1066 ex 236



# SOCIAL/RECREATION PROGRAMS

## MINDS IN MOTION®

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from:

- Increasing physical activity through gentle group exercise.
- Establishing new friendships with others who are living with similar experiences.
- Engaging in fun, social activities.

Format	Location	Dates		Time	Contact to Register
In-person	<b>Barrie Allandale Recreation Centre</b> 190 Bayview Dr	Tuesdays	April 15 - June 3	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234
In-person	<b>Barrie Parkview Community Centre</b> 189 Blake St	Wednesdays	April 16 - June 4	10am - 12pm	
In-person	<b>Midland Chigamik Community Health Centre</b> 287 Bayshore Dr	Thursdays	April 24 - June 12	10am - 12pm	





# SOCIAL/RECREATION PROGRAMS

## CREATIVE SPARK

Creative Spark is a six-week art program offered in partnership with local gallery, MacLaren Art Centre - designed for people living with early stage dementia and their care partners. This program engages participants in a variety of artistic projects and provides the opportunity for self expression and connection with others. There is no cost to participate, but registration is required.

Location	Dates	Time	Contact to Register
<b>Barrie</b> <b>MacLaren Art</b> <b>Centre</b> 37 Mulcaster St	Thursdays April 3 - May 8	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234
	Thursdays May 15 - June 19	1pm - 3pm	

### Final Art Show

Thursday June 19, 3pm - 4pm



# 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)**



# KEY DATES

**May 25, 2025:** IG Wealth Management Walk for Alzheimer's

Registration is OPEN - sign up here:

[https://support.alzheimer.ca/site/TR/WFA/WFA\\_ON\\_SimcoeCounty?pg=entry&fr\\_id=5143&s\\_locale=en\\_CA](https://support.alzheimer.ca/site/TR/WFA/WFA_ON_SimcoeCounty?pg=entry&fr_id=5143&s_locale=en_CA)

**September 28, 2025:** OMA's Ride at Quayle's Brewery

Registration is OPEN - sign up here:

<https://assc.akaraisin.com/ui/omasride2025>

Sign up for our newsletter here!



# PROJECT LIFESAVER SIMCOE



The Society, in partnership with local police services, offers the Project Lifesaver Program.

Project Lifesaver is designed to protect individuals at risk of wandering, especially those with Dementia, Autism, or other conditions that may impair memory and cognitive function.

[LEARN MORE HERE:](https://assc.akaraisin.com/ui/plssimcoe)

<https://assc.akaraisin.com/ui/plssimcoe>

## **Why it matters ?**

For many families and caregivers, the fear of a loved one wandering is a common concern. Project Lifesaver's reliable, fast-response system ensures that missing individuals are found quickly, reducing the risks associated with wandering.

## **Who Can Participate?**

The program is available to vulnerable residents of Simcoe County of all ages. This includes individuals with conditions such as Alzheimer's Disease, Dementia, Autism Spectrum Disorder, acquired Brain Injuries, or Mental Health challenges.

## **How much does it cost ?**

The cost for the transmitter (tracking device), bracelet, and batteries is \$500, with no additional fees at this time. Upon registration to the PLS program, ASSC will mail a yearly supply of all necessary items (bracelet, batteries, O-ring, and instruction booklet). This will be provided annually for as long as you registered with PLS.



ARE YOU A BUSINESS OR ORGANIZATION WITHIN SIMCOE COUNTY?

# YOU'RE INVITED

to become a Dementia Friendly Supporter and recognized partner of the Alzheimer Society of Simcoe County.

## WHAT IS A DEMENTIA FRIENDLY COMMUNITY?

A place where people living with dementia are **WELCOMED, UNDERSTOOD, RESPECTED, SUPPORTED, and INCLUDED.**

## SIGN UP FOR OUR FREE TRAINING

Join us in creating safe, accessible, and supportive spaces for people living with dementia in our community.

Contact **Nicole Schneider**, Education Coordinator, to learn more. [nschneider@alzheimersociety.ca](mailto:nschneider@alzheimersociety.ca)



DEMENTIA  
**FRIENDLY**  
COMMUNITIES

ONTARIO



**TOGETHER, WE CAN BUILD DEMENTIA  
FRIENDLY COMMUNITIES**

## You Are Invited To Join Our Team

Our volunteers are incredible members of our team across Simcoe County, helping improve the quality of life of persons living with Alzheimer's disease and other dementias, and their care partners.

Thinking about ways to give back in your community? Let's connect to explore options that meet your interests.



## Explore a Volunteer Role with US



Speaker's Bureau  
Office Administration  
Walk Committee  
Public Engagement – Event Booth  
In-Home Recreation  
Minds in Motion  
Project Lifesaver  
Advisory Table  
Board of Directors

Please reach out for more information about how we can match your interests and time with opportunities at the [Alzheimer Society of Simcoe County](#).

Email: [volunteer@alzheimersociety.ca](mailto:volunteer@alzheimersociety.ca) or call 705-722-1066 ext. 230

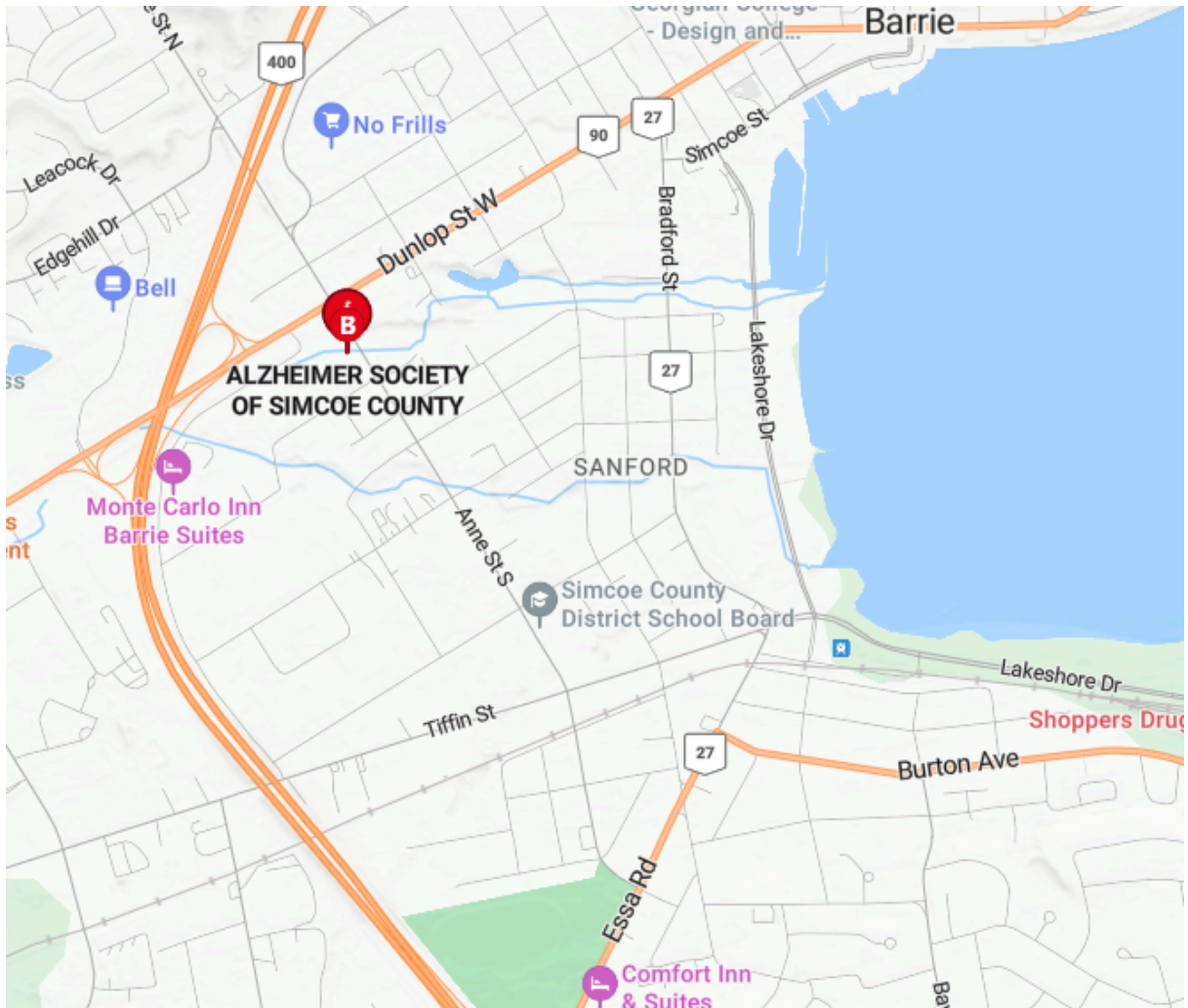


# Location & Contact Information

## Alzheimer Society of Simcoe County

Main Office - Barrie Hours: M-F 8:30-4:30

20 Anne Street South, Barrie, Ont. L4N 2C6



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

WEBSITE: [www.alzheimer.ca/simcoecounty](http://www.alzheimer.ca/simcoecounty)

GENERAL EMAIL: [Simcoecounty@alzheimersociety.ca](mailto:Simcoecounty@alzheimersociety.ca)