


Alzheimer *Society*
SIMCOE COUNTY

July - September 2021



**PROGRAMS
GUIDE**

JUNE 2021

DEMENTIA DOESN'T STOP AND NEITHER DO WE.

How we are still supporting clients.

The COVID-19 Pandemic has caused us to change the way we offer service, however we are starting to see a light at the end of the tunnel. We have updated our reopening plan to align with the Ontario Government's new phased in step approach - please see the table on the following page. We are looking forward to offering in-person visits by appointment over the summer as well as limited in-person group programs starting in the fall. As always, all programs are currently accessible virtually.


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

Charitable Number: 11921 2116 RRO001



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!



COVID-19 Service Plan

Zone	Office	Supportive Counselling	Education & Support Groups	Minds in Motion Groups
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Starting June 14 and running 21 days min.

Step One	Closed to the public	In person by appointment; Phone/virtual	Virtual	Virtual
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Beginning July 5 at earliest or once satisfactory health indicators are met.

Step Two	Open by appointment only	In person by appointment; Phone/virtual	Select in-person groups & Virtual	Virtual only
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Beginning July 26 at earliest or once satisfactory health indicators/community conditions are met.

Step Three	Open to public	In person by appointment; Phone/virtual	In-person groups & virtual	Select in-person groups & Virtual
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**Community conditions relate to the availability of space at community partners that would enable us to hold our group programs.*



Education

Registration is required to participate.
Please contact Erika Rice at 705-329-0909 ext. 3802 to register for any of the programs listed on this page.



Living Well with Dementia

This 6-part series helps people newly diagnosed with dementia and their partner in care understand their diagnosis and the changes they experience. It offers participants an opportunity to share and connect with others. Topics covered during this course include:

- What is dementia
- Adapting to change
- Building resilience
- Enhancing communication
- Living safely
- Staying well

Upcoming Dates:

July 22 - August 26
10:00 - 11:00 a.m.
Via ZOOM

Young Onset Focus

September 14 - October 19
7:00 - 8:00 p.m.
Via Zoom



Proud Sponsor of the Alzheimer Society

Education

Registration is required to participate.
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Next Steps Series

Next Steps for Care Partners is a 2-part introductory series covering the following topics:

- What is dementia?
- Symptoms of dementia
- Adapting to changes
- Assessing & managing risk
- Planning for the future
- Creating a circle of support

Upcoming Dates:

September 16 & 23
9:30 a.m. - 12:00 p.m.

*in person if safe to hold,
with Zoom option

Care Essentials—On Demand

This course is for care partners supporting a person in the mid to late stage of dementia. It is offered as a series of four videos that participants can watch when convenient. Two live sessions are offered for participants to discuss video content. Links to videos and an accompanying workbook are provided upon registration.

Registration Dates:

August 11, 2021
September 9, 2021

Zoom sessions for videos 1 & 2:

- August 25, 11:00 a.m. - 12:00 p.m.
- September 23, 7:00 - 8:00 p.m.

Zoom sessions for videos 3 & 4:

- September 8, 11:00 a.m. - 12:00 p.m.
- October 7, 7:00 - 8:00 p.m.

Education

Registration is required to participate.
Please contact Erika Rice at 705-329-0909 ext. 3802 to register for any of the programs listed on this page.



Care Essentials—In Person

Care Essentials is a 2-week series for care partners 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 Program Dates:

- September 20 & 27 1:00 - 3:30 p.m. Barrie Office, 20 Anne St.

Ambiguous Loss & Grief

Ambiguous Loss & Grief is a workshop for families and friends of a person living with dementia designed to help you work through the many losses experienced along the dementia journey, long before death occurs.

Upcoming Program Dates:

- August 12 7:00 - 8:30 p.m.
ZOOM



Caregiver Support Workshops

Online ♥ Free ♥ Self-paced

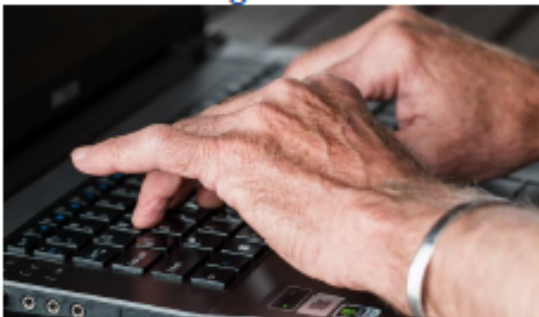


Virtual Care for Carers (or VCFC) is a workshop series especially designed for caregivers who are feeling increased stress and anxiety in their role due to the COVID 19 pandemic.

Four pre-recorded workshops will be made available to registrants to access online and watch at their convenience:

1. The Power of Emotion
2. Caregiver Resiliency
3. Grief: Processing Change & Closure
4. Self-Care

Two live events will also take place. On July 28th from 1:30 - 2:30 pm the discussion will focus on the first two modules. The last modules will be discussed on August 11th from 1:30 - 2:30 pm.



VCFC is a CFSSC program, delivered in partnership with

Alzheimer Society
SIMCOE COUNTY

"I would personally like to thank you for all of the dedication and expertise that you so generously demonstrate. Keep up your good work."

-VCFC Participant

REGISTRATION DEADLINE is July 12, 2021

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



To register, please contact Dana Bessette:

705-722-1006, extension 225 • DBessette@AlzheimerSociety.ca

cfssc.ca

Education

Registration is required to participate. Please contact Erika Rice at 705-329-0909 ext. 3802 to register for any of the programs listed on this page.



Aphasia

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

Guest Speaker: Christie Hunt

Upcoming Dates:

- August 5
7:00 - 8:00 pm ZOOM

Fraud Awareness for Seniors

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

Guest Speaker: Tom Chell, OPP Senior Support Unit - Anti-Fraud

Upcoming dates:

- August 10
10:00 -11:30 a.m.

Navigating the LTC Process

Come to learn more about the application process for Long-term care with Guest Speakers: Jennifer Houston & Terri Beck Home & Community Care Support Services

Upcoming dates:

- July 7 11:00 a.m. - 12:00 p.m.
- September 27 7:00 - 8:00 p.m. ZOOM

Driving and Dementia

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

Guest Speaker: Wendy Nieulands, OT Skill Builders

Upcoming dates:

- September 13
11:00 a.m. - 12:00 p.m. ZOOM

Education

Registration is required to participate.
Please contact Erika Rice at 705-329-0909 ext. 3802 to register for any of the programs listed on this page.



Head's Up For Healthier Brains

Heads Up for Healthier Brains is a 4-week series open to the public that will provide information about 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.

Upcoming dates:

- September 10, 17, 24, Oct. 1 1:00 pm - 1:00 pm *In person*



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MANAGEMENT**
**WALK FOR
ALZHEIMER'S**



Support Services

All of our support services are offered over the phone or online.

Depending on Public Health Guidelines, limited in-person appointments may become available. To access any of these services, please call our office at 705-722-1066



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 Groups for Care Partners



Evening Group with Heidi
1st
Tuesday
7:00 p.m

Daytime Group with Meredith
2nd
Wednesday
10:00 a.m

Daytime Group with Sanju
3rd
Tuesday
11:00 a.m

Evening Group with Susan
3rd
Thursday
7:00 p.m

Daytime Group with Dana
4th
Wednesday
1:00 p.m

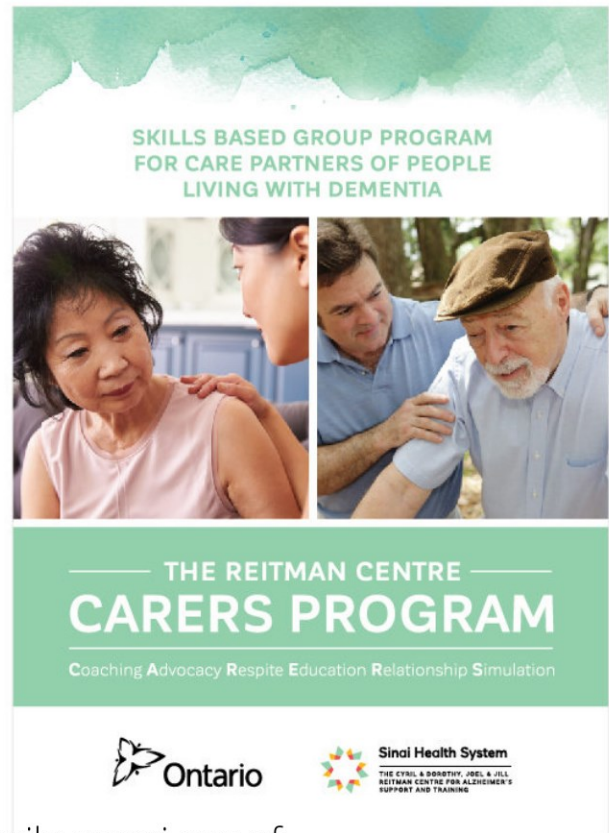
Support groups are running via Zoom. Please call to register and receive the link.

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

8-week
series starting
in July!

**Contact Toni at 249-535-5635 or
tjacobs@alzheimersociety.ca for more information.**

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

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70 LAKESIDE TERRACE ▪ 705-722-9191 ▪ AMICA.CA

Social & Recreational Programs

MINDS IN MOTION®

for people with early to mid-stage dementia and their care partners.

Typically, Minds in Motion® is an 8-week in-person program that incorporates easy-to-follow physical activity with fun & social cognitive stimulation activities.

Due to COVID, we have switched to an online format and are offering some sessions that are focused on cognitive games; a session that is for exercise and one session that is purely social!



Registration for these sessions is required. Please contact Leigh Ann Febrey at 705-795-6259 or email lfebrey@alzheimersociety.ca.



During this time of alternative service, we are providing clients with a bi-weekly e-newsletter that is filled with interesting stories, self-care tips and lots of trivia and jokes.

If you would like to receive this special newsletter, please email lbouassa@alzheimersociety.ca

Social & Recreational Programs

MINDS IN MOTION® ONLINE SCHEDULE

Tuesday	Cognitive Games	1:00 - 2:00 pm June 1 - July 20 Aug. 3 - Sept. 21
Wednesday	Exercise Group	10:00 - 11:00 am Ongoing weekly
Thursday	Cognitive Games	10:30 - 11:30 am OR 1:00 - 2:00 pm June 3 - July 22 Aug. 5 - Sept. 23
Friday	Good Day Cafe	9:30 - 10:30 am Ongoing weekly

Social & Recreational 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 will be conducted over Zoom and facilitated by a Music Therapist. If interested, participants in this program can receive a small percussive instrument to use while participating in the sessions (and keep for private use!)

All sessions run on Wednesdays from 1:00 - 1:30 p.m.

Series 6
June 16 -
July 21

Series 7
August 4 -
Sept. 6

There is no cost to participate, though registration is required. Please contact Leigh Ann Febrey at 705-795-6259 or email lfebrey@alzheimersociety.ca

Activity Kits

We are also pleased to offer our clients a free activity kit to help you through this time of physical distancing. Activity kits are available for a range of abilities and interests. To find out more about what is available and / or order your kit, please contact Erika Rice, Education Coordinator at 705-329-0909 ext. 3802 or email erice@alzheimersociety.ca

Technical Support

ACCESSING OUR ONLINE PROGRAMS AND SERVICES

The online platform we use for all our Education 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 smartpone,
- a connection to the internet, and
- an email address



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

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

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

We hope to *see* you soon!