

REGISTRATION FORM

Person #1

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Please note any dietary restrictions:

Person #2 (if applicable)

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Please note any dietary restrictions/Allergies:

Please call or drop this off to:

Alzheimer Society of
Sault Ste. Marie & Algoma District
341 Trunk Road
942-2195

Register Early—Limited Seating

Registration Deadline: March 21, 2017

Please call 705-942-2195 for further information
or email: info@alzheimeralgoma.org

Visit our website at www.alzheimeralgoma.org

ABOUT THE SOCIETY

The Alzheimer Society is a charitable organization that was formed in 1985 to provide support and education services to people affected by Alzheimer's disease in Sault Ste. Marie and Algoma District. It is governed by a volunteer board of directors and is affiliated with the provincial and national Alzheimer Societies.

Our Mission

To improve the quality of life for people affected by Alzheimer's disease and related dementias in Algoma District, and to provide support for their caregivers. We accomplish this mission by:

- Providing support and guidance for people affected by the disease
- Promoting the rights and well-being of the person with dementia
- Providing information, education & training
- Increasing public awareness
- Providing support and/or funds for research
- Collaborating with the provincial and national levels of the organization.

Our Values

- Respect
- Accountability
- Compassion
- Partnerships
- Integrity
- Person-centred

Our Programs

- Individual and group support
- Education, training, and awareness
- In-home recreation therapy
- Volunteer visiting
- Medic Alert Safely Home
- Lending library - books and videos
- First Link® direct referral program



A Changing Melody

“Every Moment

Please join us!

Tuesday, March 28, 2017

Grand Gardens North

1324 Great Northern Road

10:00 am—2:00 pm

Registration at 9:45 am

*A Learning and Sharing
Forum for Persons with
Memory Loss and
their Partners in Care*

AGENDA—March 28, 2017

- 9:45** **Registration (Coffee and Tea available)**
- 10:00** **Welcome & Opening**
- 10:15** **“My Brother and Me” (a personal story) by Carol Gunn**
- 10:30** **Monkey Business - Managing Your Stress by Janice Seppala**
- 11:00** **Refreshment Break**
- 11:15** **Finding Your Way by Vicky Roy and Cathie Randell**
- 11:30** **Keeping Your Brain in the Game! Memory Strategies by Emily Piraino**
- 12:00** **Lunch is served! (Chicken Pastina Soup, Garden Salad, Bread, Penne and Meatballs, coffee, tea and dessert).**
- 12:45** **Keep Calm & Carrying On! Exercise & Relaxation by Debbie Sorokopud**
- 1:15** **Musical Tunes by Ed Pitre**
- 2:00** **Wrap up and evaluations**



About The Speakers

Carol Gunn

Carol is a retired elementary school teacher. Carol will be sharing her brother's story as well as her own journey.

Janice Seppala

Janice is the Education Coordinator at the Alzheimer Society. She provides awareness of Alzheimer disease and dementia, public education, school presentations, training for professional caregivers and workshops.

Vicky Roy and Cathie Randell

Vicky and Cathie are both Registered Practical Nurses facilitating support and education programs for persons with dementia and their family members.

Emily Piraino

Emily is the Psychogeriatric Resource Consultant with North Bay Regional Health Centre. She is also the lead for the Behaviour Supports Ontario team for Sault Ste. Marie and the Algoma District.

Debbie Sorokopud

Debbie is a Recreational Therapist who coordinates the Minds in Motion program for the Alzheimer Society.

Ed Pitre

Research shows us that music has amazing therapeutic effects on people with dementia. Ed is a talented local musician who will be sharing his music with us.