

# Alzheimer Society

PERTH COUNTY

## Summer 2020—Program Guide

The summer of 2020 will be remembered like no other! Throughout the COVID-19 pandemic, the Alzheimer Society of Perth County has continued to support persons living with Alzheimer’s disease and other dementias and their caregivers. The purpose of this condensed Program Guide is to highlight ongoing programs and services available throughout the next few months.

Although the Alzheimer Society office remains closed to visits from the public, the staff team is available to provide ongoing support, information, education and social recreation. New referrals are welcome.

**Telephone: 519-271-1910 / 1-888-797-1882**

**Fax: 519-271-1231**

**Website: [www.alzheimerperthcounty.com](http://www.alzheimerperthcounty.com)**

Phone Extension	Alzheimer Society Staff Team / Roles	Email
Ext. 10	Teresa – Social Recreation & Events	<a href="mailto:tweicker@alzheimerperthcounty.com">tweicker@alzheimerperthcounty.com</a>
Ext. 21	Christy – First Link Support (St. Marys)	<a href="mailto:cbannerman@alzheimerperthcounty.com">cbannerman@alzheimerperthcounty.com</a>
Ext. 23	Haley – First Link Care Navigator	<a href="mailto:hdiomete@alzheimerperthcounty.com">hdiomete@alzheimerperthcounty.com</a>
Ext. 24	Debbie – Executive Director	<a href="mailto:ddeichert@alzheimerperthcounty.com">ddeichert@alzheimerperthcounty.com</a>
Ext. 25	Sheri – First Link & Education	<a href="mailto:sgilhula@alzheimerperthcounty.com">sgilhula@alzheimerperthcounty.com</a>
Ext. 26	Shelley – First Link Support (Listowel)	<a href="mailto:sobermayer@alzheimerperthcounty.com">sobermayer@alzheimerperthcounty.com</a>
Ext. 27	Pam – Minds in Motion	<a href="mailto:pbalfour@alzheimerperthcounty.com">pbalfour@alzheimerperthcounty.com</a>
Ext. 28	Jaclyn – First Link Support (Mitchell)	<a href="mailto:jturpin@alzheimerperthcounty.com">jturpin@alzheimerperthcounty.com</a>
Ext. 29	Amanda – BSO Social Worker	<a href="mailto:aschwartzentruber@alzheimerperthcounty.com">aschwartzentruber@alzheimerperthcounty.com</a>
	Community Support Services Network— Central Intake for NEW Referrals <b>1-844-482-7800</b>	OR FAX NEW Referrals directly to the Alzheimer Society of Perth County at <b>519-271-1231</b>

## Caregiver Support Groups

Caregiver support groups are an opportunity to connect with other caregivers, enhance your understanding of dementia, and develop practical strategies for supporting a person living with dementia. Groups are ongoing and are currently being offered via Zoom using both telephone and online access. Current & New Caregivers are welcome. **Registration is required.**

Date / Time of Each Group	Group Facilitator
First Tuesday of each month: 1:30-3:00 p.m.	Shelley
First Tuesday of each month: 6:30-8:00 p.m.	Amanda
Second Tuesday of each month: 1:30-3:00 p.m.	Jaclyn
Second Wednesday of each month: 10:00-11:30 a.m.	Christy
Third Thursday of each month: 1:30-3:00 p.m.	Jaclyn
Fourth Thursday of each month: 1:00-2:30 p.m.	Christy

The **First Link Support team** is available Monday to Friday from 9 am-4pm via phone, or face-to-face through Zoom, to meet on an individual basis to provide support and information to caregivers, and persons living with dementia. Connecting via email is also an option.

## Education

First Link® Education opportunities are available to new and current registered caregivers impacted by Alzheimer's disease and other dementias. Each session provides information on specific disease changes, coping strategies, and resources. These sessions are available via Zoom, with both telephone and computer connection options. For more information or to register, please contact Sheri or speak with your First Link Support worker. Registration for each session is also available online at <https://alzheimer.ca/en/perth/News-and-Events/Calendar-english>.

Date / Time of Each Session	Topic
July 28, 2020 Evening Education 7:00-8:15 p.m.	The Changing Brain
August 18, 2020 Lunch & Learn 12:00-1:00 p.m.	Delusions, Paranoia & Suspiciousness
August 25, 2020 Evening Education 7:00-8:15 p.m.	Future Planning
September 15, 2020 Lunch & Learn 12:00-1:00 p.m.	Dementia Friendly Communities
September 22, 2020 Evening Education 7:00-8:15p.m.	Effective Communication Strategies
October 20, 2020 Lunch & Learn 12:00-1:00 p.m.	Tips to Understanding Behaviours
October 27, 2020 Evening Education 7:00-8:15 p.m.	Living Safely in the Community

## U-FIRST for Care Partners



**U-First!** is an education program that helps to develop common knowledge, language and approach to caring for people with behavior changes due to dementia or other cognitive impairment.

This 6 hour program for care partners (family and friends) is designed to increase Care Partner confidence and capability in order to:

- Reduce responsive behaviors through use of the U-First! framework
- Enhance the well-being of both informal Care Partners and those experiencing behavior changes
- Improve collaboration among all team members through a common knowledge, language and approach to care.

This program will be offered via Zoom with both online & telephone connection options over 6—1 hour sessions twice a week. Each session will build upon the other and attendance at each session is required. This program is FREE for participants; manuals will be provided. Pre-registration is required by contacting program facilitators Sheri or Shelley or your First Link Support Worker.

**Mondays & Fridays: July 6, 10, 13, 17, 20, 24, 2020 10:30-11:45 a.m. OR**

## Caring for Caregivers with Family Members in Long-term Care

Following an informative first meeting, family caregivers with loved ones living in long-term care or retirement homes are invited to attend the next session on **Wednesday, July 29, 2020 at 10-11:30 am**. Jeff Renaud, Administrator of Ritz Lutheran Villa will be providing an update on the current restrictions in long-term care and will be answering questions. Registration is required by contacting Sheri at ext. 25 or [sgilhula@alzheimerperthcounty.com](mailto:sgilhula@alzheimerperthcounty.com).

## Learning the Ropes for Living with Mild Cognitive Impairment™

A 6 week program for older adults experiencing Mild Cognitive Impairment and their close family member/friend. This research-based program, developed by Dr. Kelly Murphy from Baycrest Geriatric Centre focuses on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support. Learning the Ropes will be offered in 6—1 hour sessions via Zoom with both online & telephone connection options available. Pre-registration is required by contacting Sheri or your First Link Support Worker. *Manuals are available for \$25 each.*

**Wednesdays: September 23, 30, October 7, 14, 21, and November 18, 2020 1:30-2:45 p.m.**

## Community & Professional Education Sessions

Are you looking for a speaker for your online meeting? Would you like to know more about Dementia Friendly Communities®, and / or receive some dementia training for your staff in a community organization, retirement, or long-term care home?

Please call Sheri to discuss your information needs and options for a presentation.

**[Finding Your Way® for Professionals](#)** will be offered **July 29, 2020 at 1:00-2:15 p.m.** via Zoom. Please register your organization in advance to receive the connection details.

