

Fall & Winter 2019/2020 Program Guide

Programs for people living with dementia and their care partners.



Alzheimer *Society*
PERTH COUNTY

Alzheimer Society

PERTH COUNTY

Dear Friends,

The Alzheimer Society of Perth County is proud to be able to partner with people living with dementia, their care partners and our community. Having a diagnosis of dementia is a life-altering event. The challenges faced on the dementia journey are difficult – indeed some of the largest an individual and/or family will ever face. At the Society we understand the challenges and emotions one encounters with a dementia diagnosis.

This guide is designed to provide a road map for the dementia journey where dementia care programs and services are clearly identified in a simple and easy to navigate format.

The Society is honoured to provide client centred, high quality responsive programming, grounded in best practice approaches including education, counselling support, innovative approaches, and social recreational opportunities. Research has shown the value of physical activity as well as the importance of remaining socially engaged in the community.

Our Society embraces a philosophy of continuous quality improvement, including program evaluation, utilizing best practice approaches and making changes along the way. We are striving to be a more agile and responsive organization by delivering crucial support services tailored to local community needs.

Behind every decision, change, process we develop, new program we introduce or person we work with or support – our purpose will remain solidly that we are here to empower and enable people of all ages, living with all forms of dementia, their families and care providers.

In response to the healthcare reform across the province, our Society will be joining with over sixty (60) independent healthcare organizations to create a Huron Perth & Area Ontario Health Team (OHT). The intent is to better integrate services around our clients, families and care partners. The Huron Perth & Area OHT represents a collaboration of many partners who over the years have developed strong relationships and who have volunteered to work together with clients and care partners to ensure the OHT is developed around the true needs of those using and providing service. The OHT's initial focus will be supporting individuals who have chronic conditions, those accessing palliative care supports and individuals of all ages in need of mental health and addiction services.

It is a privilege for the Society team to walk alongside families on their dementia journey. No one needs to be on the dementia journey alone. We believe it really does take a collective effort to support people to “Live Their Best Day”.

We are grateful to our donors, sponsors, community partners, staff and volunteers; it is through their generosity we can support our community and provide the programs needed.

Warm regards,

Debbie Deichert, Executive Director and the Alzheimer Society of Perth County Staff Team

The Gift of Giving

Did you know donations by individuals, businesses and community groups provide 40% (which amounts to \$250,000) of the revenue required to fund vital programs and services for people living with dementia and their families in the Perth County communities?

We welcome donations online, by mail, in person or over the phone. To learn more about ways to give, please call 519-271-1910 or visit

<http://www.alzheimer.ca/en/perth/Get-involved/Donate>

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The Aging Brain

I'm worried about My Memory ... Do I have Dementia?

As we age, particularly for those in their middle age, it becomes apparent our body is changing. It becomes harder to perform certain physical movements that were at one time easier and certainly, less painful.

Like your body, your brain is also going through an aging process. Your thinking process actually is slowing down much like the other physiological changes to your body. However, it is important to understand that an aging brain and the bothersome attributes that accompany it are not necessarily signs of dementia or even mild cognitive impairment. According to the Alzheimer Society of Canada, it is estimated that close to 40% of all Canadians 65 years and over experience memory loss. There is no underlying medical condition that causes this memory loss because it is normal or age-associated memory impairment. Brain diseases like Alzheimer's disease and other dementias are different. Age-associated memory impairment and dementia can be differentiated in a number of ways.

Below are some examples.

Normal Aging	Dementia
Not being able to remember details of a conversation or event that took place a year ago	Not being able to recall details of recent events or conversations
Not being able to remember the name of an acquaintance	Not recognizing or knowing the names of family members
Forgetting things and events occasionally	Forgetting things or events more frequently
Occasionally have difficulty finding words	Frequent pauses and substitutions when finding words
You are worried about your memory but your relatives are not	Your relatives are worried about your memory but you are not aware of any problems.

Source: Alzheimer Society of Canada

If you are worried about your memory, talk to your family doctor who can evaluate your situation. In Perth County, the Stratford Family Health Team, STAR Family Health Team, Happy Valley Family Health Team and North Perth Family Health Team all offer Memory Clinics for assessment and counselling. If additional assessment and evaluation is required, a concerned individual may also be referred on to other specialists in the area.

Note: the above should not be considered a diagnostic tool

What is Dementia?

Dementia is an umbrella term for a set of symptoms that are caused by disorders affecting the brain. These include Alzheimer's disease, vascular dementia, Lewy Body dementia, fronto-temporal dementia, and others. Symptoms may include memory loss and difficulties with thinking, problem-solving or language, that affect a person's ability to perform everyday activities. A person with dementia may also experience changes in mood or behaviour. Dementia is progressive, which means the symptoms will gradually increase as more brain cells are affected.

Cognitive changes may also be the result of potentially treatable reasons such as medication reactions, dietary deficiencies, infections, hormonal dysfunction, and depression. It is very important to arrange for a full medical assessment if you note changes or symptoms.

Mild Cognitive Impairment (MCI)

People with MCI have problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. These changes may be noticeable and measured in tests, but they are not serious enough to interfere with daily life and independence.

Young onset dementia (YOD)

Approximately 16,000 Canadians under the age of 65 are living with a form of dementia, which presents unique challenges for people in their 40's and 50's.

Alzheimer's disease (AD)

AD affects brain cells and how they function; it is irreversible and progressive. AD eventually affects all aspects of a person's brain and their life: how they think, feel, and act. Each person is affected differently, and it can be difficult to know how symptoms will appear or the speed of their progression. A person may experience changes in cognitive and functional abilities, emotions, moods, behaviour, and physical abilities as the disease progresses.

Vascular dementia (VaD)

VaD, also called multi-infarct dementia, occurs when the cells in the brain are deprived of oxygen. A network of blood vessels called the vascular system supplies the brain with oxygen. If there is a blockage in the vascular system, or if it is diseased, blood is prevented from reaching the brain. A common cause of VaD is a stroke.

Frontotemporal dementia (FTD)

FTD is an umbrella term for a group of disorders that primarily affect the frontal and temporal lobes of the brain – the areas generally associated with personality and behaviour. With this form of dementia, a person may have symptoms such as sudden onset of memory loss, behaviour changes, or difficulties with speech and movement. FTD tends to occur at a younger age than AD, and the average length of the disease can vary.

Lewy body dementia (LBD)

LBD is a form of dementia that affects the areas of the brain responsible for thinking and movement. A progressive loss of memory, language, reasoning and other abilities such as calculating numbers is common. Visual hallucinations are common and can be worse during times of increased confusion. Some features of LBD can also resemble those in Parkinson's disease. These include rigidity, tremors, stooped posture, and slow/shuffling movements.

Mixed Dementia (MD)

This is a term to describe when a person is experiencing more than one type of dementia at a time.

Our Vision, Mission & Values

Vision

A world without Alzheimer's disease and other dementias

Mission Statement

To alleviate the personal and social consequences of Alzheimer's disease and other dementias through the development and delivery of support services and education for those affected by dementia and to promote research.

Values

Collaboration
Accountability
Respect
Empowerment
Excellence

Our Staff

Debbie Deichert Executive Director

Pamela Balfour Minds In Motion Program Coordinator

Christy Bannerman First Link® Counsellor

Haley DiDiomete First Link® Care Navigator

Sheri Gilhula First Link / Education Coordinator

Shannon Luke BSO & First Link® Social Worker

Shelley Obermayer First Link® Counsellor

Amy Robinet Operations Coordinator

Amanda Schwartzenruber BSO & First Link® Social Worker (returning from maternity leave December 1, 2019)

Jaclyn Turpin First Link® Social Worker

Teresa Weicker Social Recreation Coordinator

As a member of the Community Support Services Network, the Alzheimer Society of Perth County works with **Central Intake** to help connect persons living with or affected by dementia to appropriate services. With one call to **1-844-482-7800** individuals and family caregivers can be connected to the full range of available community support services in Huron & Perth. Services include meals & nutrition, transportation, health & wellness, in-home support, intensive support programs, linkages to additional community services, personal and social supports for older adults, persons with dementia, disabilities, or brain injury.



Huron Perth
Community Support Services Network



Collaborating for Quality Care

Collectively the Alzheimer Society of Perth County, Alzheimer Society of Huron County, Clinton Family Health Team, Huron Perth Healthcare Alliance, Knollcrest Lodge, North Perth Family Health Team, and Ritz Lutheran Villa / Mitchell Nursing Home, are engaging in a prototype Accreditation survey to improve patient flow, care and satisfaction by aligning processes and practices across our organizations. This formal evaluation will take place in October, 2019.

Accreditation is a voluntary process where organizations strive to achieve excellence in health care through performing to consistent standards. Accreditation Canada's standards help health care organizations improve quality, safety, and efficiency so individuals receive the best care and service possible.

Our Services



Research Portal

The Alzheimer Society Research Portal connects researchers with Canadians looking to participate in studies. This initiative will help to advance Canadian studies on Alzheimer's disease and other dementias.

To learn more about participating in a study, visit www.alzheimer.ca/en/Research

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. Free online training is also available as well as information about locating technologies. www.findingyourwayontario.ca



The MedicAlert® Safely Home® program is a nationwide program which provides emergency information 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/safelyhome



The Vulnerable Persons Registry is a voluntary registry that provides Stratford Police Services 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.

www.vulnerablepersonsregistry.ca/



Project LifeSaver® is a program offered in partnership with Victim Services Bruce Grey Perth, Stratford Police Services and O.P.P. This program uses radio signals transmitted through a special bracelet to help locate missing individuals as quickly as possible and return him/her home. Contact the Alzheimer Society office for more details or to register.



Dementia Friendly COMMUNITIES

A DEMENTIA FRIENDLY COMMUNITY IS A PLACE WHERE PEOPLE LIVING WITH DEMENTIA ARE SUPPORTED TO LIVE A HIGH QUALITY OF LIFE WITH MEANING, PURPOSE AND VALUE.

Caregiver Support Groups

This support group is an opportunity to connect with other caregivers, enhance your understanding of dementia, and develop practical strategies for supporting a person living with dementia.

Registration is required in advance by speaking with a First Link Counsellor.
For additional information, please call **519-271-1910** or **1-888-797-1882**

Stratford	SECOND Wednesday of each month 10:00—11:30am	Alzheimer Society—Stratford 1020 Ontario St. Unit 5, Stratford
	THIRD Thursday of each month 1:30—3:00pm	Alzheimer Society—Stratford 1020 Ontario St. Unit 5, Stratford
	FIRST Tuesday of each month 6:30—8:00pm	Alzheimer Society—Stratford 1020 Ontario St. Unit 5, Stratford
Listowel	FIRST Tuesday of each month 1:30—3:00pm	Trillium Mutual Insurance Office 495 Mitchell Rd. S, Listowel
Mitchell	SECOND Tuesday of each month 1:30—3:00pm	Ritz Manor Community Room 4118 Rd 164, Mitchell
St. Marys	FOURTH Thursday of each month 1:00—2:30pm	St. Marys Friendship Centre 317 James St. S, St. Marys

Social Groups for Persons with Dementia

Social Groups are held at the same time as the Caregiver Support Groups and are for people living with dementia who may need some extra support and assistance. If the person no longer feels secure staying alone, he/she is welcome to attend for some discussion and activities. These groups are held at various locations throughout Perth County.

Registration is required in advance of each group by calling the office at 519-271-1910 or 1-888-797-1882.

Stratford	THIRD Thursday of each month 1:30—3:00pm	Alzheimer Society—Stratford 1020 Ontario St. Unit 5, Stratford
Listowel	FIRST Tuesday of each month 1:30—3:00pm	Trillium Mutual Insurance Office 495 Mitchell Rd. S, Listowel
St. Marys	FOURTH Thursday of each month 1:00—2:30pm	St. Marys Friendship Centre 317 James St. S, St. Marys

****Please note: Groups with insufficient registration will be cancelled**

Caregiver Support Groups

Bereavement Support Program



This 4 week bereavement support program is offered to care partners who have lost a loved one to dementia. The group includes an opportunity to meet with others, share stories, learn about grief and dementia, and explore ways of coping and moving forward following the loss. The group will offer both opportunities for education and time for discussion.

Spring 2020

Thursdays: 10 - 11:30 am
January 9, 16, 23, 30, 2020

Alzheimer Society—Stratford Office
1020 Ontario St. Unit 5, **Stratford**

Advanced Registration is required. For more information, please contact Jaclyn at the Alzheimer Society by calling 519-271-1910 ext. 28.

Combined Groups

Taking Control of Our Lives™

Taking Control of Our Lives™ is a 9 week group education program focused on empowering and supporting people living with dementia and their care partners to develop and/or strengthen and adapt the necessary knowledge, skills and attitudes to play an active role in living well with dementia. Taking Control of Our Lives™ is designed to have a positive impact on participants' ability to: make strong connections, feel valued, stand up to stigma, feel connected, and have more confidence. Taking Control of Our Lives™ is for people living with early stage dementia who are willing to communicate about their experiences and insights. Care partners are encouraged to attend as well.



Fall 2019

Fridays
10am—12pm
October 4—November 29, 2019

Alzheimer Society—Stratford
1020 Ontario St. Unit 5, **Stratford**

Spring 2020

Fridays
10am—12pm
March 27—May 29, 2020

Alzheimer Society—Stratford
1020 Ontario St. Unit 5, **Stratford**

Advanced Registration is required. For more information, please contact your First Link Counsellor at the Alzheimer Society by calling 519-271-1910.

Education Series

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. The focus is on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support. *Cost is \$25 per participant for materials.*

Fall 2019	Tuesdays, October 15—November 12 + December 17, 2019	Alzheimer Society—Stratford 1020 Ontario St. Unit 5, Stratford 10 am—12 pm
Winter 2020	Wednesdays February 5—March 11 + April 1, 2020	Alzheimer Society—Stratford 1020 Ontario St. Unit 5, Stratford 1:30—3:30pm

Advanced Registration is required. For more information, please contact your First Link Counsellor at the Alzheimer Society by calling 519-271-1910.

First Link® Learning Series

The First Link® Learning Series is made up of five distinct courses that are progressive in nature. Each course builds upon the other to provide participants with a comprehensive overview of dementia, coping strategies, resources and support systems. If you would like to attend, but aren't sure which is the most suitable for you, please speak with your First Link® Counsellor or the Support & Education Coordinator.

Pre-registration is required, please contact the Alzheimer Society by calling 519-271-1910.

First Steps Learning Series

First Steps provides an overview of Alzheimer's disease and other dementias for people newly diagnosed, along with their care-partners. Topics covered will include the changing brain, coping strategies, building a circle of support and future planning. *No charge for registration.*

Fall 2019	Thursdays: 9:30am—11:30am October 10, 17, 24, 2019	St. Marys Friendship Centre 317 James St. S., St. Marys ON
Winter 2020	Tuesdays: 1:00—3:00 pm January 21, 28, February 4, 2020 *snow date February 11, 2020	Stratford Main Office 1020 Ontario St. Stratford ON
Winter 2020	Thursdays: 10 am—12 noon March 26, April 2 & 9, 2020	Listowel Satellite Office Boardroom 820 Main St. E. Listowel ON

Pre-registration is required, please contact the Alzheimer Society by calling 519-271-1910

****Please note: Groups with insufficient registration will be cancelled.**

Care Essentials for Families & Care Partners

This 3 week program includes the progression of dementia, developing effective behavioral management and communication strategies involved in the day-to-day care of persons with dementia as well as understanding available community resources. The focus is on the middle to late stages of dementia. *No charge for registration—donations appreciated*

Fall 2019	Tuesdays: 6:30 - 8:30 pm November 12, 19, 26, 2019	Alzheimer Society—Stratford Office 1020 Ontario St. Unit 5, Stratford
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Pre-registration is required, please contact the Alzheimer Society by calling 519-271-1910

Care in the Later Stages for Families & Care Partners

This 3 week program will focus on the late to end stages of Alzheimer’s disease and other dementias. We will discuss topics such as the natural course of the disease, providing comfort, and difficult decisions. This program is offered in partnership with a long-term care home.

Winter 2020	Tuesdays: 1:30 - 3:30pm February 18, 25, March 3, 2020 * snow date March 10, 2020	Ritz Lutheran Villa 4118A Road 164, Mitchell, ON
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For more information or to register, please contact Sheri at 519-271-1910 ext. 25.

Monthly Caregiver Education Sessions

Each month, there is a drop-in Education session that focuses on a variety of topics associated with caring for someone living with dementia. Participants must be registered with the Alzheimer Society. Sessions are free to attend.

Topics include:

- October:* Introduction to Teepa Snow: The Living Gems™
- November:* Advanced Care Planning
- December:* Planning for the Holidays
- January:* Alzheimer Awareness Month
- February:* What’s New in Research
- March:* Caring for the Caregiver



Stratford	FOURTH Wednesday of each month 10:00—11:30am **no group December 25, 2019	Alzheimer Society—Stratford 1020 Ontario St. Unit 5, Stratford
Listowel	THIRD Tuesday of each month 1:30—3:00pm	Trillium Mutual Insurance Building 495 Mitchell Road South, Listowel

To register, please contact the Alzheimer Society by calling 519-271-1910

****Please note: Groups with insufficient registration will be cancelled.**

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.
- Registration for this pilot program is Free for Care Partners. Advanced registration is required.

Fall 2019

Wednesday, November 6 & 20, 2019 9:30am—12:30pm

Alzheimer Society of Perth—**Stratford** Office
1020 Ontario St., Suite 5, Stratford, ON

*Participants must attend both sessions

Awareness Month Education

Open Education Session:

Hot Topics in Dementia



Together with our partners at the Perth District Health Unit and Connecting the Dots project, we will be hosting an education session for members of the general public, care partners and individuals living with Alzheimer's disease and other dementias in January, Alzheimer Awareness Month.

Topics covered will include:

- Alzheimer Awareness messaging including research and what's new!
- Everything we need to know on Cannabis and medical Marijuana
- Caring for the Caregiver in Huron-Perth

FREE to attend!

For information or to register, please call Sheri at 519-271-1910 ext. 25

Winter 2020

Wednesday, January 15, 2020

1:00—3:00 pm

Royal Canadian Legion Branch 8
804 Ontario St. B1 (behind A&W)
Stratford ON

Social & Recreational Programs

Minds in Motion®

Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stages of Alzheimer's disease and other dementias and their care partners. Each session consists of 2 hours each week for 8 weeks and offers:

- Gentle and easy to follow physical activities led by a certified fitness instructor.
- Fun social activities focused on building personal skills.

This program is funded by the Ontario Trillium Foundation.



\$20 per participant

Advanced Registration is required, please contact Pamela Balfour at 519-271-1910 ext. 27 or pbalfour@alzheimerperthcounty.com.

St. Marys

Mondays: 1:30 - 3:30pm

Friendship Centre

January 13—March 9, 2020

317 James St. S, **St. Marys**



Stratford

Thursdays: 10:00am - 12:00pm

Royal Canadian Legion Branch 8

January 16—March 5, 2020

804 Ontario St., Stratford, ON

Listowel

Tuesdays: 10:30am—12:30pm

Listowel VON Office

January 14—March 3, 2020

975 Wallace Ave N, **Listowel**



This program has limited capacity and fills quickly, so REGISTER early to save your spot!

We need your help!

Consider joining the First Link Advisory Group!

The First Link® Advisory Committee is comprised of individuals who have accessed or are currently accessing Society programs and services. This Advisory Group meets twice a year to discuss strategic directions, quality initiatives and future planning for the Alzheimer Society of Perth County. This Group provides feedback to the Board of Directors. If you are interested in participating or learning more, please contact Sheri at 519-271-1910 ext. 25.

Social & Recreational Programs

Dementia Friendly Programs in the Community

Boost Your Brain Brunch



The Alzheimer Society of Perth County in partnership with The Local Community Food Centre is pleased to offer *Boost your Brain Brunch*, a cooking program for those living with Alzheimer's disease and other dementias and their care partners.

Fall & Winter
2019/2020

All sessions held on the following

Tuesdays:

October 8, 2019

November 12, 2019

December 10, 2019

January 14, 2020

February 11, 2020

March 10, 2020

10:30am—1:00pm

The Local Community Food Centre
612 Erie St. **Stratford**

This project is funded by
the Government of Canada.

Canada

Registration is required and space is limited.

Please contact Teresa Weicker at

519-271-1910 ext. 10 or

tweicker@alzheimerperthcounty.com

Memory Matters Social Group

Memory Matters Social Group is coordinated by a small group of individuals who are personally impacted by cognitive impairment including Alzheimer's disease and other dementias. This peer-led group is an inclusive, warm and supportive place for people living with dementia together with their care partners to socialize, relax, and have fun together. Participants are registered clients of the Alzheimer Society of Perth County. Information such as details about available educational seminars, and community support services that are designed to make living with dementia a little easier. The group meets weekly in St. Marys.



For more information or to register, please contact Sheri or Christy at the Alzheimer Society office, 519-271-1910

Social & Recreational Programs

Expressive Arts



Creating art can be relaxing and studies show just creating for 20 minutes can reduce stress. It's not necessary to be a gifted or serious artist, no artistic ability required. Get into the flow and become immersed in the art making process as you're guided step by step to create your own masterpiece.

The Alzheimer Society of Perth County is partnering with Kind-hearted Studio to provide *Expressive Art Classes* for those living with Alzheimer's disease and other dementias and their care partners.

Fall / Winter **Wednesday, October 2, 2019**

2019/2020

1:00—3:00 pm

Kind-heARTed Studios
291 Lorne Ave, East, **Stratford**

Friday, October 18, 2019

1:00– 3:00 pm

Friendship Centre
317 James St. S, **St. Marys**

Wednesday, November 6, 2019

1:00—3:00 pm

Mitchell Ritz Manor
4118 Road 164, **Mitchell**

Wednesday, January 8, 2020

1:00—3:00 pm

Kind-heARTed Studios
629 Ontario St., **Stratford**

Friday, February 14, 2020

1:00—3:00pm

Trillium Mutual Insurance Building
495 Mitchell Rd S, **Listowel**

*No charge for registration—donations appreciated
Pre-registration is required, please contact Pamela Balfour at 519-271-1910 ext. 27 or
pbalfour@alzheimperthcounty.com*

***All programs are subject to change and space is limited*

This project is funded by
the Government of Canada.

Canada

Community Events

4th Annual Active Living Fair for 55+



10:30—11:15: Visit Information Booths

11:15—12:00: Presentation: Healthy Brains / Healthy Living

12:00—1:00: \$5 Lunch + Information Booths for demonstrations & information

1:00—2:00: Presentations: Hot Topics including Cannabis, Scams, community services, health care changes

FREE Admission

FREE Parking

Free Refreshments

Fall 2019

Friday, November 15

10:30 am—2 pm

Stratford Lakeside Active Adults Association
Burnside Agriplex
357 McCarthy Road, Stratford
sgilhula@alzheimerperthcounty.com



Come & Help us Cheer on our Local Junior B hockey teams, raise awareness & funds for the Alzheimer Society of Perth County!!



FRIDAY, JANUARY 24, 2020

7:30 pm

Allman Arena,

15 Morenz Drive, Stratford



FRIDAY, FEBRUARY 7, 2020

7:30 pm

St. Marys Pyramid Centre

317 James St. S. St. Marys

Fund Raising Events



Join us in our 24th season of the annual Alzheimer Coffee Break™ Campaign by becoming a Host!

Hosting a Coffee Break® can be as big or small, as simple or as elaborate as you wish!

As a host you are able to choose the location of your event, whether it be your kitchen table with family and friends, or the lunch room with your co-workers, a Coffee Break can be held anywhere!

This campaign runs from September 20, 2019 through to December 1, 2019! We will supply the coffee, coin box and posters for your event, and all that's left is to enjoy your Coffee Break!

To become a host, please contact sgilhula@alzheimerperthcounty.com or (519) 271-1910.

A promotional poster for the "Walk for Alzheimer's" event. It features the IG Wealth Management logo, the date "SATURDAY, MAY 23, 2020", and three walk locations: Stratford, Listowel, and St. Marys. Each location includes details on registration and start times. The Alzheimer Society Perth County logo is at the bottom. Two photos show participants in blue shirts walking and a group posing for a photo.

IG WEALTH MANAGEMENT

JOIN US ON SATURDAY, MAY 23, 2020

WALK FOR ALZHEIMER'S

Alzheimer Society

STRATFORD WALK	LISTOWEL WALK	ST. MARYS WALK
Upper Queens Park Pavilion Stratford	Steve Kerr Memorial Complex Listowel	Milt Dunnell Park St. Marys
Registration: 9am Start time: 10am	Registration: 9am Start time: 10am	Registration: 9am Start time: 10am

Register today at walkforalzheimers.ca or 519-271-1910

Alzheimer Society
PERTH COUNTY

You Can Make A Difference!

Help Us to Help Others Live Their Best Day!

Are you a party planner? The office social organizer? A trivia buff? Movie lover? All of these traits are things that make a GREAT fundraiser! If you're looking to get involved with Alzheimer Society of Perth County, why not put those skills to work, gather a group of family, friends or even strangers, and host a fundraiser! All of the donations you raise stay in Perth County, supporting programs and services for people with dementia and their care partners, and helping those individuals to live their best day.

If hosting a fundraising event is something you're interested in, there are many creative and fun ways to collect donations. Here are some ideas:

- Host a BBQ
- Trivia Challenge
- Pancake Breakfast
- Decorating Competition
- Yard Sale
- Car Wash

Anything that you would like to plan – plan it!



Let us know how we can help you! Contact Debbie (dreichert@alzheimerperthcounty.com), or visit <http://www.alzheimer.ca/en/perth/Get-involved/Be-a-fundraiser> and we can help you get started!

Get involved today!

- ◆ Set-up/clean-up
- ◆ Collect Pledges
- ◆ Planning Committee
- ◆ Silent Auction
- ◆ Registration
- ◆ Route Marshall

There's more than one way to help. We need people of all ages, skills and interests to plan, **coordinate**, teach, speak, innovate, lead, create, **inspire**, build, support, **advocate**, organize, investigate, meet and greet, and more.

Would you like to **make a difference**? We welcome you and the talents that you are able to share with us. Contact us and we can create a schedule that works for you!

Join us for many more opportunities!



For more information call our office or visit: <http://www.alzheimer.ca/en/perth/Get-involved/Volunteer>

to download an application form

<https://www.ivolunteerperthhuron.ca/>

presents

Soup's On

Saturday, January 11, 2020
11:00 a.m.—2:00 p.m. Stratford Rotary Complex
Admission by donation.

Sample more than 50 of Perth County's best soups!
Enjoy entertainment and bid on a variety of silent auction items.



All proceeds support the Alzheimer Society of Perth County

Charitable registration 13150 3138 RR 0001

Our three offices are here to serve you

Stratford

1020 Ontario St. Unit 5
Stratford, ON N5A 6Z3

519-271-1910

www.alzheimer.ca/perth

Listowel—Satellite

Community Living Building
820 Main St. E
Listowel, ON N4W 3L3

519-418-1911

St. Marys—Satellite

St. Marys Friendship Centre
317 James St. S
St. Marys, ON N4X 1B6

519-284-3272 x 654

info@alzheimerperthcounty.com



Charitable Registration Number: 13150 3138 RR 0001