

Fall 2018 & Winter 2019 Program Guide

Programs for people living with dementia and their care partners.



Alzheimer *Society*
PERTH COUNTY

Alzheimer Society

PERTH COUNTY

Dear Friends,

Alzheimer Society of Perth County (ASPC) is so proud to be able to partner with people living with dementia, their care partners and our community. It is a privilege for the Society team to walk alongside families on their dementia journey. The dementia journey is different for each individual and family but does have a profound impact as well as life altering challenges. 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”.

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. 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. This is critical with the continued growth of our client base. As well, the Provincial Dementia Strategy has allowed us to expand our services.

In the spring of 2018, we were pleased to receive new funding for a First Link Care Navigator position through the Ontario Dementia Strategy. This position is responsible for the coordination, navigation and integration of support and services for individuals and families living with dementia.

The Society is in the final year of an Ontario Trillium Foundation grant and we are extremely proud of the response to our Minds in Motion program. This weekly 2-hour social recreation program incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. Research has shown the value of physical activity as well as the importance of remaining socially engaged in the community. Minds in Motion sessions are held throughout the year in Mitchell, St. Marys, Listowel and Stratford.

At ASPC we believe that we are able to provide a voice for people impacted by dementia. 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.

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

We look forward to seeing you at an educational event, support group, Soup’s On fundraiser, Walk for Alzheimer’s or social recreation program. We look forward to continuing this journey together.

Warm regards,

Debbie Deichert, Executive Director and

The Alzheimer Society of Perth County Staff Team

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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 advocate and promote the development of support services, education and research for those affected by Alzheimer's disease and other types of dementia, and their caregivers.

Values

Collaboration
Accountability
Respect
Empowerment
Excellence

Our Staff

Debbie Deichert Executive Director
Pamela Balfour Program Coordinator
Christy Bannerman First Link® Counsellor
Sheri Gilhula Support & Education Coordinator
Shelley Obermayer First Link® Counsellor
Amy Robinet Operations Coordinator
Shannon Luke BSO & First Link® Social Worker
Jaclyn Turpin First Link® Social Worker
Haley Di Diomete First Link® Care Navigator

The Gift of Giving

Did you know donations by individuals, businesses and community groups provide 60% 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>

Our Services

We offer a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

Information & Education

We are committed to offering education to people living with dementia and their care partners. Education is also available to professionals and the general public.

Individual & Family Support

Connect with a counsellor through in-person, phone, or video appointments to receive help working through individual situations and accessing support services.

Group Meetings

Join our various support and social groups to connect with peers, gain knowledge and strategies to manage challenges, and to develop a social network of support.

First Link Counsellors

A member of our counselling team is available during business hours to provide support and answer questions.

First Link Care Navigator

The Navigator assists newly impacted individuals to get connected to appropriate services, and better understand the health care system.

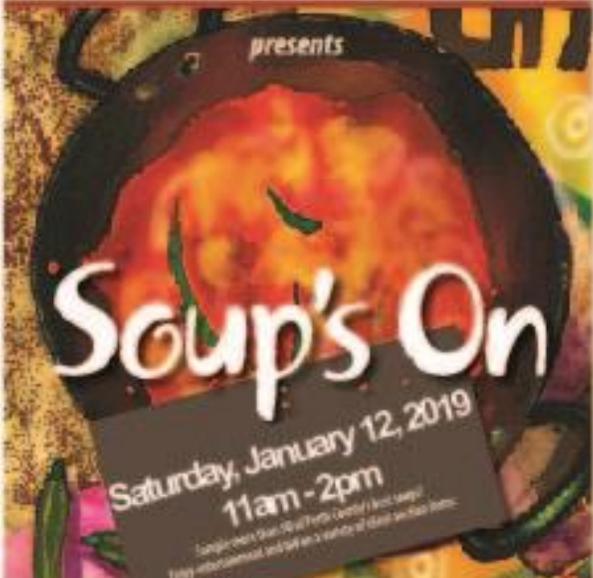
Behavioural Supports Ontario

The BSO Social Worker is available to provide enhanced support, counselling, education, advocacy and transitional planning for person's living with a dementia who are experiencing responsive behaviours, family members and or/ professionals supporting them. Our BSO Social Worker works in partnership with the hospital BSO team members, and the SW LHIN Geriatric Resource Nurse.



Alzheimer Society
PERTH COUNTY

presents



Soup's On

Saturday, January 12, 2019
11am - 2pm

Enjoy delicious soup, live entertainment and more!

Mark Your Calendar!

January 12, 2019
at
Stratford Rotary Complex
11am - 2pm

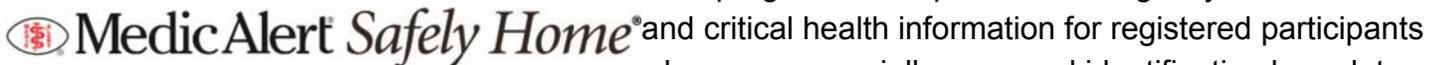
Admission by Donation

All Proceeds Support the
Alzheimer Society of Perth County

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 that uses radio signals to locate missing individuals. The registered individual wears a special bracelet to help locate and return him/her home as quickly as possible. Contact the Alzheimer Society office for more details.

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

Make Your Coffee Count!

The Alzheimer Society's Annual Coffee Break® Campaign runs from September to November. We are very excited to kick-off this year's events on September 21, 2018, World Alzheimer Day.



Coffee Break™ is a fundraiser where by participants make a donation in exchange for a cup of coffee or other treat. Every dollar raised by our host sites remains in Perth County, and is invested in our community programs.



Hosting a Coffee Break™ is a great way to rally your friends, co-workers, or congregation behind a good cause. 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! Our kick-off date is September 21 (World Alzheimer's Day) but you can host a Coffee Break anytime into the month of November. We will supply the coffee for your event, and all that's left is to enjoy your Coffee Break! To register, please contact info@alzheimperthcounty.com or (519) 271-1910.

The Coffee Break Challenge

This year will mark the **FIRST** year that all hosts will be competing for the **Golden Coffee Cup Trophy**, and awarded the prize of *Host with the Most* when they raise the most in their category!

This year's Coffee Break sponsor is Tim Horton's Perth! For every \$100 raised, your site will be entered into a draw for one of five fantastic Tim Horton's prize packs. Each host will also receive a Tim Horton's gift card and all the needed supplies.



Get Brewing!

There are so many ways to create a fun and exciting Coffee Break! Here are some of our favourite ideas to get you started:

- ◇ Host a **Coffee House Concert**
- ◇ Have a **Bake Sale** to complete your Coffee Break
- ◇ Start a **Dress Down Day** at the office
- ◇ Have a **Yard Sale** and take donations
- ◇ Run a neighbourhood **BBQ** or **Potluck**
- ◇ Not a coffee fan? Have a **tea, wine, or smoothie party!**

Don't be afraid to get creative, get planning early, and get the word out! Your great ideas are a part of why we can provide people dealing dementia and their caregivers with support!

Kick Off!

Join us on **September 21, 2018, World Alzheimer Day**, at our celebratory Drive-Thru in the parking lot of 1020 Ontario Street from **7:30—11:00 am!**

Get your morning coffee with us, and donate to support our work with people with Alzheimer's and dementia.



We have a need for volunteers to help this Coffee Break season run smoothly! If you have a valid driver's licence and would be willing to give approximately 10 hours of your time in September/October to deliver our Coffee Kits to host sites, please contact us at info@alzheimerperthcounty.com or (519) 271-1910 ext. 25.

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 required in advance, no charge - donations appreciated.
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

Circle of Friends Social Groups

Circle of Friend 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.

*No charge for registration - donations appreciated.
For additional information, please call 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.

Fall 2018	Thursdays: 10 - 11:30 am October 4, 11, 18, 25	Alzheimer Society—Stratford Office 1020 Ontario St. Unit 5, Stratford
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For more information or to register,

please contact Jaclyn at the Alzheimer Society by calling 519-271-1910 ext. 28.

Remember Me Children's Program

Remember Me is an interactive and fun program for children ages 7-12 that focuses on understanding Alzheimer's disease and other dementias, connecting with affected family members in meaningful ways and starting early to focus on one's own brain health. *This free program will be held on a PA Day and is limited to 10 participants.*



Fall 2018	Friday, September 28, 2018	Alzheimer Society—Stratford Office
Winter, 2019	Friday, February 1, 2019 9 am-12 noon	1020 Ontario St. Unit 5, Stratford

For more information or to register,

please contact Christy at the Alzheimer Society by calling 519-271-1910 ext. 21.

Early Onset Alzheimer's Disease Support Group

If you are under the age of 65 and have been diagnosed with Early Onset Alzheimer's disease, we want to hear from you about joining this support group. This group will be held over 6 weeks and will be facilitated by a First Link Counsellor.

This group will be offered via OTN, a video conferencing system, which connects participants in the southwest region in an interactive session. Technological support will be provided.

For more information or to register,

please contact the Alzheimer Society by calling 519-271-1910



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

Education Series

Learning the Ropes for Living with Mild Cognitive Impairment™

A 7 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 2018	Tuesdays September 11 — October 16, 2018	Alzheimer Society—Stratford Office 1020 Ontario St. Unit 5, Stratford
	10:15am - 12:15pm	
	Plus Tuesday, November 13, 2018	
	10:15am—12:15pm	

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—donations appreciated

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

Fall 2018	Wednesdays: 1:30pm—3:30pm	St. Marys Friendship Centre
	October 3, 10, 17, 24, 2018	317 James St. S., St. Marys
Winter 2019	Wednesdays: 1:30pm—3:30pm	Alzheimer Society—Stratford Office
	February 6, 13, 20, 27, 2019	1020 Ontario St. Unit 5, Stratford

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

Care Essentials for Families & Care Partners

This 4 week program includes the progression of dementia, developing effective behavioural 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

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

Fall 2018	Thursdays: 6:30pm - 8:30pm October 4, 11, 25, November 1	Alzheimer Society—Stratford Office 1020 Ontario St. Unit 5, Stratford
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Monthly 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. Topics include behavior management, communication strategies, understanding brain changes, considering care options, etc. The focus is on the middle to late stages of the disease.



Sessions are free to attend. Interested participants can speak with their First Link Counsellor about the month's topic.

Stratford	Fourth Wednesday of each month 10-11:30am	Alzheimer Society—Stratford Office 1020 Ontario St. Unit 5, Stratford
Listowel	Third Tuesday of each month 1:30-3pm	Trillium Mutual Insurance Building—Listowel 495 Mitchell Road South, Listowel

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 2018	Fridays 10am - 12pm October 26—December 21, 2018	Alzheimer Society—Stratford Office 1020 Ontario St., Unit 5, Stratford
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For more information or to register, please contact the Alzheimer Society by calling 519-271-1910

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

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. The 2-hour program runs once a 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.



\$20 per participant

Pre-registration is required, please contact Pamela Balfour at 519-271-1910 or pbalfour@alzheimerperthcounty.com.

St. Marys

Mondays: 1:30 - 3:30pm

Friendship Centre

September 10-November 12, 2018

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

January 7—March 11, 2019



Stratford

Thursdays: 10:00am - 12:00pm

YMCA of Stratford –Perth

Sept. 13—Nov. 8, 2018

204 Downie St., **Stratford**

January 10—March 7, 2019



YMCA of Stratford-Perth

Building healthy communities

Listowel

Tuesdays: 10:30am—12:30pm

Listowel VON Office

October 2—November 27, 2018

975 Wallace Ave N, **Listowel**



CURLING BONSPIEL

Come join the Alzheimer Society for a fun event at St. Mary's Curling Club on **Saturday, November 17, 2018**. Book your team of four today or join a team as an individual to throw a rock in support of the Alzheimer Society. Pre-registration is required by calling 519-271-1910 or by email at info@alzheimerperthcounty.com.

Social & Recreational Programs

iPods for Memories

The iPods for Memories program offers a free loan of an iPod package and personalized music to persons living with dementia to help improve their quality of life.

The iPod package includes: an iPod shuffle, headphones, a personalized music playlist and on-going technical support.

If you or somebody you know would benefit from an iPod, please call 519-271-1910 or email info@alzheimerperthcounty.com

For more information visit:

<http://www.alzheimer.ca/en/perth/We-can-help/iPod-for-Memories>



We're always accepting donations of iPods, iTunes gift cards and used CDs!

Donations can be made online, in person or via mail.

Memory Matters Social Group—St. Marys



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. In addition, they share useful 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

How You Can Help!

Did you know that you can run an event for us? Yes, you! It's easy to do – just plan a fundraising event that you would like to host, it can be anything: a BBQ, Paint Nite, Yoga Class, anything at all. We can give you information and a donation box, and you get to have all the fun!

To learn more about ways to give, please call 519-271-1910 or visit

<http://www.alzheimer.ca/en/perth/Get-involved/Be-a-fundraiser/Create-your-own->

This Fall/Winter join us at the Arena as we partner with our Perth County Junior B Hockey teams including **St. Marys Lincolns**, **Listowel Cyclones** and **Stratford Warriors** to raise awareness, funds, and to challenge the stigma associated with dementia! Each team will designate one game as a **Blue in the Barn** game for the Alzheimer Society.

Stay tuned for dates as the GOJHL schedule has just been released!!



3rd Annual Active Living Fair for 55+: Healthy Brains + Health Living



*Information, Presentations,
Demonstrations, Door Prizes,
Vendors, Refreshments,
Tours of the new SLAAA Space*

Free Admission

Free Parking

Fall 2018

Thursday, November 15
10:30 am—4 pm

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



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.

To receive dementia friendly training at your organization please contact the Alzheimer Society at 519-271-1910

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



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, be a companion, **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!

For more information call our office or visit:

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

to download an application form.

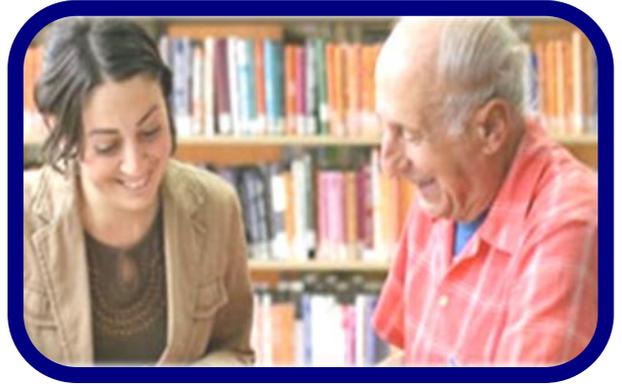
<https://www.ivolunteerperthhuron.ca/>

How Does Your Donation Help?

\$75 Provides a 1:1 Support Meeting for the First Link Program!

First Link Support Counsellors provide one on one support to people with dementia, care partners and their families.

These practical sessions support people to be successful in their dementia journey as they develop coping and support strategies together. This personalized approach supports people to “live their best day” and reduces care partner stress.



\$125 Provides 1

iPods for Memories Package!

iPods for Memories provides a no charge iPod package programmed with the individual’s favourite music. Music and memory have a strong connection and can encourage emotional memories. This is a wonderful tool to increase mood, de-escalate agitation and just plain improve the quality of life for an individual with dementia. Support is provided to learn how to use the iPod.

\$250 Provides 1

First Link® Learning Series!

This is an invaluable course for people living with dementia. This series teaches people with dementia and their care partners about the disease and arms them with knowledge. This is a perfect introduction to living well with dementia and participants are encouraged to participate in further education and social programming opportunities.



\$300 Provides 1 Business with Dementia Friendly Communities Training!



Local businesses are trained in how to be dementia friendly for their customers. Staff are trained in how to recognize the signs of dementia, give focused customer service and have tools in their back pocket to support the person with dementia in business transactions. Results are fantastic. Both the staff and the people with dementia feel empowered and supported. This training truly reduces the stigma of dementia and encourages people with dementia to actively participate in day to day tasks such as banking, shopping or accessing services in their communities.

\$425 Provides 8 Weeks of Minds In Motion® Sessions!

Minds in Motion® is a community based social program that incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. Feedback from participants from the program is unanimous – they love it!



\$750 Provides 9 Weeks of Taking Control of our Lives™ Sessions!

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. This program 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.



BE A SUPER HERO!

Protect your
Family & Assets

Save
Taxes

SAVE THE
WORLD FROM
DEMENTIA!

Consider remembering the Alzheimer Society of Perth County in your will.

To learn more about Planned Giving or to request your free estate planning guide, plan to attend an information session November 15, 2018 in Stratford or St. Marys!

We welcome donations online, by mail, in person or over the phone. To learn more about ways to give and get involved, please call 519-271-1910 or visit: www.alzheimer.ca/perth

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

820 Main St. E
Listowel, ON N4W 3L3

519-418-1911

info@alzheimerperthcounty.com

St. Marys

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

519-284-3272 x 654



Charitable Registration Number: 13150 3138 RR 0001