

# Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

## Alzheimer Society Holds First Ever Volunteer Conference

By: Betty Batten, Volunteer Coordinator

When asked to complete the sentence “I Volunteer Because” some attendees had this to say.

To show appreciation to our valued volunteer team, this year’s recognition event took the form of a one day Volunteer Conference. Entitled “A Wellness Interlude”, volunteers were encouraged to take a break from giving to others, to give back to themselves.” The day began with a Wellness Strategies workshop that combined healthy living and dementia education coupled with arm chair yoga exercises, a guided relaxation journey and lots of laughs over the antics of a very special guest interview.

Later in the day, staff created a Dementia Simulation experience (Left photo) that elicited such comments as “I felt as though I was helpless and lost”. An Emergency Preparedness Workshop (Right photo) had people “going home to set up my Emergency Kit”.



When asked to complete the statement “**I Volunteer Because...**” the caring and compassion of volunteers shone through....

“I believe we can all make a difference in the lives of those less fortunate...big or small!”

“It is a valuable use of my time to give back to the community. I really enjoy the group of people I support and look forward to it every week.”

“My husband and I lived with Alzheimer’s for 20+ years. I had such a wonderful support group to help me through my journey that I want to “pay it forward”.

### Peterborough/Northumberland Office:

183 Simcoe ST, K9H 2H6 :  
705-748-5131 or 800-561-2588,  
Fax: 705-748-6174

### Lindsay/Haliburton Office

55 Mary ST W, Suite 201, K9V 5Z6  
705-878-0126 or 800-765-0515,  
Fax: 705-878-0127

WEB SITE: [www.alzheimer.ca/pklnh](http://www.alzheimer.ca/pklnh) • EMAIL: [info@alzheimerjourney.ca](mailto:info@alzheimerjourney.ca)

CHARITABLE REGISTRATION NUMBER 12939 7980 RR0001

# Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

“All my life, I have offered my help for a great many causes. By doing volunteer work, your life is enriched in many ways. Very rewarding! You get out of life, what you put into it.”

Nearly 200,000 Ontarians over the age of 65 – or one out of ten seniors – have dementia, an increase of 16% over the past four years. By 2020, nearly one quarter of a million seniors in Ontario will be living with dementia. In a region such as Peterborough, Kawartha Lakes, Northumberland & Haliburton, where the seniors’ population is much higher than average, the instance of Alzheimer’s disease and other dementias raises accordingly.

Providing **Help for Today. Hope for Tomorrow...**<sup>®</sup> Is only sustainable with the support of committed volunteers of all ages and skill sets. Together, we “throw out a life line” to those affected by dementia.

To learn more about how you can help, please contact us in one of the following ways.

**Please contact us:**

 Betty Batten Coordinator, Volunteer Reso  
betty@alzheimerjourney.ca

 705-748-5131 or 1-800-561-2

 **Like us on**  
<https://www.facebook.com/Alzheimer>

 **follow us on**  
@AlzheimerPKLNH

Peterborough/Northumberland Office:  
183 Simcoe ST, K9H 2H6 :  
705-748-5131 or 800-561-2588,  
Fax: 705-748-6174

Lindsay/Haliburton Office  
55 Mary ST W, Suite 201, K9V 5Z6  
705-878-0126 or 800-765-0515,  
Fax: 705-878-0127

WEB SITE: [www.alzheimer.ca/pklnh](http://www.alzheimer.ca/pklnh) • EMAIL: [info@alzheimerjourney.ca](mailto:info@alzheimerjourney.ca)  
CHARITABLE REGISTRATION NUMBER 12939 7980 RR0001