

The Alzheimer Society of York Region

The Connection

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Alzheimer Music Program strikes the right note at AS York



Terry (R), who attends our DAY Program in Aurora, enjoying some Bee Gees tunes on the personal music player, supported by Mary Moore, DAY Program Manager

Personalized music has long been proven to have a powerful impact on people. Familiar music triggers positive memories, stimulates us mentally and physically, and improves our mood, as well as our ability to communicate. Songs can evoke happy memories like childhood past times, your first kiss, your wedding dance, celebrations and holidays you've taken. When people with dementia are provided with digital audio players such as ipods, loaded with personal music from their past, the results have been especially amazing.

Even when someone is no longer able to communicate verbally, he or she will still respond to favourite music, often dramatically. Dr. Connie Tomaino, world-renowned pioneer and leader in music therapy for over 30 years, describes it as follows: *"Emotional memories are very well preserved in Alzheimer's disease—love, affection, etc., so songs that carry those emotional memories are the best retained"*.

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Caregivers are reporting positive feedback such as:

- easier interactions with people with dementia
- less resistance to care and transitions, and
- the enjoyment and reward of seeing the person doing better and responding to the positive power of the music.

Families are heartened and believe that this helps their relative maintain their identity when other connections may be fading or gone.

"Mum loves the iPod, and it is making a huge difference at medical appointments and trips. She gets anxious and restless otherwise. Listening to her favourite music keeps her relaxed and happily distracted while tapping & singing along. What a welcome relief and help this is for Dad and me as well. Thanks again for the world of difference this iPod has made to my Mum's life."

(continued on page 2)

Alzheimer Music Program

(from page 1)

Now, Alzheimer Music Program (AMP) will be made available at no cost to clients of AS York beginning with a group of 75 current clients as a pilot project. The Alzheimer Society of Toronto will be offering expertise based on their recent experience and providing access to their 20,000 song catalogue.

Social workers at AS York will work with families and the person with dementia to develop a playlist with 10-15 of their favourite artists (potentially 100-200 songs). The music is then loaded into the digital audio player which is provided to the person, along with over the ear headphones, and basic instructions. A baseline evaluation is conducted to monitor the impact of the digital audio player. The client and family also meet with the counselling team to ensure the client and family are aware of the full breadth of services and supports available through the Alzheimer Society of York Region. **Families of people with dementia receiving services at AS York are invited to speak to their social worker for additional information.**

The digital audio player, over the ear headphones and initial music will be provided to our clients at no cost.

Donors and funders interested in learning more about supporting the Alzheimer Music Project are invited to contact the Fund Development Department at 905-726-3477.

Walk for Alzheimer's exceeds goal and raises \$105,000!

Thank you to the almost 750 people who walked in or donated to this year's Walk for Alzheimer's. Supported by the planning committee, generous sponsors, volunteers and staff, this is the most successful year in AS York's Walk history! Over \$62,000 was raised and with new gifts matched by Dr. Allan Carswell and the Carswell Family Foundation, the overall Walk impact exceeds \$105,000!

The funds raised will be used to provide programs, services and education to improve the quality of life for those living with Alzheimer's disease and other dementias.

A special thank you to all our sponsors!

Walk Champions



Media Champion



Registration Champion



Walk Supporters: BDO, Bill Giannos Photography, The Briars Resort, David's Tea, Innovative Spine & Wellness, Intelatech, Masters Insurance, Memory & Company, Richmond Hill Retirement Residence, Starbucks and Sunrise Senior Living.

Top Team Fundraisers:

Morra #1	\$8,746
Nancy Chertow	\$3,915
Redefined Finds	\$2,300

Top Individual Fundraisers:

Ken and Lorraine Hackenbrook	\$3,665
Grace DeGasperis	\$2,625
Lisa Morra	\$2,401

Walk for Alzheimer's family spotlight: Team Morra #1



team members registered to fundraise for the event: Grace DeGasperis, Giulio DeGasperis, Cathy Magoutis, Lisa Morra, Anthony DeGasperis, Stephanie DeGasperis, and Alexandra Magoutis. Our team was called Team Morra #1 because our father always told us we were #1. On the day of the walk other family members/donors joined us: Maria Morra (our Mom), Rocco Morra, Luca Magoutis, Valentina Morra, Dante Morra, Tony Morra, Rocchina Morra, and Roseanna Damico. Other family members were unable to make it but were with us in spirit and cheering for us from afar (Len Morra, Michele Morra, Nadia Morra, Michael Morra, Bianca Morra and countless others).

Team Morra #1 supported the Richmond Green Walk raising over \$8,700. Grace DeGasperis, captain of the team, decided to put together the team to honour the memory of her father. Grace reflects endearingly about her late father and her passion for the cause:

"The most heart breaking experience for my family was watching our

energetic father Michelangelo Morra change before our eyes.

"Our father was a hard-working, devoted, family man who migrated from Italy in 1963 with his wife Maria. As he often told us, he came to Canada with only a small suitcase of clothing and a very strong will to build a new life and family. He and his wife raised four children (Len, Grace, Cathy and Rocco) during tough economic times. He was a welder by trade and an entrepreneur in the construction

industry. He was passionate about his family and loved rebuilding antique cars.

"Our father was diagnosed with Lewy Body disease two and a half years ago at the age of 75. His health declined

very quickly, just six months after his diagnosis, he could not carry a conversa-

tion, and only three months after that he couldn't walk. One of the hardest things for our family was the inability to communicate with him. This cruel disease slowly stripped our father's dignity away.

"But we know without question that he would want to help other families like ours. This is why we became proud supporters of the Alzheimer Society of York Region. On June 11, 2016 my family and I decided to walk in memory of our Father. We had 7

"We wanted to give back for all the help and assistance we received from the Alzheimer Society of York Region."

very quickly, just six months after his diagnosis, he could not carry a conversa-

"Our members all joined to keep our father's spirit alive and to try and find some peace by helping others who are, or will be, going through what we went through. We wanted to give back for all the help and assistance we received from the Alzheimer Society of York Region.

"We know that every year the number of people diagnosed with Alzheimer's escalates, and we understand the urgent need for research in finding a cure. We also realize first hand, the struggles a caregiver faces and how equally important it is to fund and support them. We would like to send out a heartfelt thank you to all our family and friends for their generosity and all their support, without them we could not have surpassed our goal. Dad would be so proud and grateful."

— Grace DeGasperis

Dr. Sadavoy speaks at 19th Annual Awareness Breakfast

Every April, AS York hosts a leading expert in dementia at our Awareness Breakfast. This year's special guest speaker, Dr. Joel Sadavoy, presented to a packed room at Oakview Terrace in Richmond Hill for our 19th annual event. Dr. Sadavoy is Head of Geriatric Psychiatry, the Reitman Center for Alzheimer's support and training, and head of community psychiatry at Mount Sinai Hospital.

Dr. Sadavoy's presentation "Helping Families Care for Dementia at Home" resonated with the audience, which included caregivers, health care partners, as well as local dignitaries and elected officials such as Mayor Scarpitti of Markham, Mayor Tony Van Bynen of Newmarket and Mayor Geoff Dawe of Aurora. For family members who suspect potential dementia, Dr. Sadavoy suggests to book a doctor's appointment specifically about memory loss and to *"come armed with a specific list of noted changes at home."* Also, make note of the very earliest signs that may indicate potential dementia, including memory loss, personality changes, and emotional symptoms including anxiety and decreasing engagement with their surroundings. *"An amazing presenter...so glad to have had the opportunity to attend"* said attendee Wayne Smith.

Next year, we will mark 20 years of presenting acclaimed speakers at the April Awareness Breakfast. Watch for details closer to the event.



(From L-R) Mayor Frank Scarpitti of Markham, AS York CEO Loren Freid, presenter Dr. Joel Sadavoy and Dr. Allan Carswell, caregiver

New Director of Philanthropy takes the helm



Linda Clemow, CFRE, an accomplished fundraising leader with over twenty years experience has joined AS York to lead the fund development and communications initiatives.

"My donor-first attitude allows people to achieve their philanthropic dreams, while maintaining integrity and the highest possible ethical standards," says Linda. *"I am passionate about what I do, and help donors dream what's possible within the mission of an organization, then help to make it happen."* Her career has included senior fundraising roles at IOOF Seniors Homes (Barrie), Providence Centre Foundation, Baycrest Centre Foundation, and at Southlake Regional Health Centre (as York County Hospital).

CEO Loren Freid noted *"We are excited to have Linda, a highly respected and skilled professional, join the senior management team at AS York, and know she will successfully guide our philanthropy as we prepare to serve the growing number of families who will turn to us in the years to come."*

Linda, who is married with three children, lived in Richmond Hill, Aurora, and Newmarket for 15 years prior to moving to Barrie. She loves to travel, walk around Kempenfelt Bay, and spend time with family and friends.

To reach Linda, please call 905-726-3477, ext. 233 or lclemow@alzheimer-york.com.

Renowned Dementia Expert, June Andrews visits AS York



June Andrews is an accomplished author, consultant and researcher, and has been the Director of Dementia Services Development Centre at the University of Stirling in Scotland for over a decade. Her latest book, "When Someone You Know has Dementia - Practical Advice for Families and Caregivers" is filled with practical tips for what people with dementia want and need to stay healthy and happy as long as possible.

Ms. Andrews spoke on June 2 at AS York as part of her Canadian book tour, to an audience of approx. 100 caregivers, clients and others with an interest in hearing the acclaimed expert firsthand. June's quick wit and practical suggestions were front and centre during her talk. Families in attendance reported that while the subject matter was challenging and difficult there were tips that they picked up from June that would help them make the most of every day.

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In her latest book, "When Someone You Know has Dementia—Practical Advice for Families and Caregivers", June Andrews's advice includes tips on managing the home environment.

- In the person's home, change as little as possible, apart from increasing the light and removing hazards.
- Every old person needs to have more light...but it is even more important in dementia.
- Get a curtain rod that allows the curtains to open all the way to maximize the [natural] light. If the window faces a wall, paint the wall white to reflect light back in.
- Have the electric lights on all the time, with light sensors that just switch them off when the natural light reaches the required level
- Getting out in the daylight can make it more likely that the person will sleep [at night].
- Some of the useful objects in the house need to be more obvious than before. If the person always had a bedside clock, get a bigger one and put it in the same place.

Commonwell helps sensory garden grow!



From L-R: York-Simcoe MP Peter Van Loan, and AS York CEO Loren Freid accept the cheque from Scott Crone, VP Underwriting & Distribution for the Commonwell and Mayor Margaret Quirk of Georgina.

Special thanks to the Commonwell Mutual Insurance Group for donating \$20,000 to help AS York create new a Sensory Garden for clients at the Aurora location. The Sensory Garden will enable people with dementia to enjoy the benefits of nature in an accessible and safe location. The Garden project is also funded by JP Bickell Foundation and the Carswell Family Foundation.

The Commonwell Mutual Insurance Group, a home and auto insurance company focused on clients throughout Eastern Ontario, is also supporting three other Alzheimer Societies within their operating territory with a total of \$95,000 through their C.A.R.E. (Create a Ripple Effect) program. For more information, visit www.thecommonwell.ca.

Upcoming Events



5th Annual Golf Tournament

in support of both the Alzheimer Society of Toronto and Alzheimer Society of York Region

Date: Wednesday, August 17, 2015

Location: Silver Lakes Golf and Conference Centre, Newmarket

Cost: \$150 per player (18 holes with cart, lunch, dinner, prize table and silent auction), \$50 for dinner only

To register, please contact Tara Morse at tara@collacutt-travel.com or 416-225-8871.



Host a Coffee Break® in your community

For over 20 years, families dealing with dementia have benefitted from programs supported by proceeds from Coffee Break®, a nationwide initiative to raise funds for local Alzheimer Societies.

As a host, your Coffee Break® is yours to imagine! Host Coffee Break® in your office, organize a bake sale or garage sale.

Coffee Break® kicks off on **September 15** and runs to the end of October. Contact Emily Delaney, Events Coordinator at 905-726-3477 to order your kit today.

A well deserved promotion



We are pleased to announce the recent promotion of Andrea Ubell to Director, Programs & Client Services.

Andrea's dedication and knowledge have been pivotal to ensuring that AS York delivers quality services to its clients. Andrea has been part of our team for 25 years, and her dedication to clients and staff is without equal. Moreover, Andrea has been critical in establishing AS York's stellar reputation for quality service in the community and within her profession.

Congratulations, Andrea!

Congratulations to our long term staff

Our staff make all the difference! During our annual staff development day in May, Zahid Salman, Board Chair was on hand to congratulate staff for their long term service to the agency.



Zahid Salman (L) congratulates Anne Carriere, Elaine Cheung and Patrick Kwan. Absent: Jan Frampton

Tips for travelling with someone who has dementia



With the warm weather upon us, we all enjoy a change of scenery and a break from our daily routines. However, as Alzheimer's disease or other dementias progress, changes in abilities can make it challenging to get away.

Careful planning will help you manage the changes in surroundings and routines. Here are some tips to make the trip easier:

Have a Plan

- Include the person with dementia in your planning. Give him/her a copy of the trip itinerary for his/her reference.
- If you are planning to visit friends and family, tell them about the changes since your last visit.
- Learn as much as you can about the place you'll be visiting, so you can anticipate what you'll need.
- Think ahead about activities that may need to be adjusted.
- Consider a holiday package, where everything is organized for you.
- Register the person with the Alzheimer Society's MedicAlert® Safely Home®. Members receive an engraved identification bracelet, which allows police and emergency responders to quickly identify a per-

son who gets separated.

- Carry recent photographs, details of what the person is wearing, and preferred places of interest. This will help during a search if one is necessary.
- Keep a copy of the name and number of your hotel in a familiar spot in the person's purse or pocket, so he/she can ask for help if needed.

Simplify

- Aim for as few changes in routine as you reasonably can.
- Try to get a direct flight.
- If you're travelling by car for a long distance, consider extending the time to get there and driving shorter distances each day.

Ask for Help

- If possible, have an additional person travel with you to help.
- Make sure that your travel agent is aware of any special needs.
- Inform the airline that you are travelling with a person with dementia. You may want to request early boarding, a wheelchair, transportation upon arrival, help getting on and off the plane or with stowing carry-on baggage.
- Request seating near washrooms.
- If you are staying at a hotel, let the staff know about your needs and explain some of the possible difficulties you think you might encounter.

For more information about travel tips, please visit our website at www.alzheimer-york.com.

Goodbyes to...

Diana Evangelista, social worker for the past six years and Jacqui Locke, fund development coordinator for the past two years have left the organization. We will miss both Diana and Jacqui's friendly personality and thank them for their contributions to AS York. We wish them the best in their future endeavours.

In Appreciation

The Alzheimer Society of York Region is deeply grateful to the following families, corporations, foundations and community groups who showed their commitment to our work through their generous financial support. This represents donors and sponsors who contributed \$250 or more to us from April 1 to June 15, 2016.

Founders Club \$500,000+

- Carswell Family Foundation

CEO Circle \$50,000+

- Regional Municipality of York
- United Way Toronto & York Region
- Walk for Alzheimer's 2016

Leaders Circle \$20,000+

- The Commonwell Mutual Insurance Group

Friends \$2,500+

- Delmanor Elgin Mills
- Morneau Shepell Ltd.

Associates \$1,000+

- BDO Canada LLP
- My Tribute Gift Foundation
- Masters Insurance
- Mackenzie Investments
- Memory and Company
- Minelec Limited
- Sue Noble
- Zahid Salman

\$500+

- The Benevity Community Impact Fund
- Intelatech
- Richmond Hill Retirement Residence
- Technovation International Ltd.
- Richard and Holly Benson

\$250+

- Alex and Ani
- Hydro One Employee's and Pensioner's Charity Trust Fund
- Sandi Jones
- David and Mona Lancaster
- Medavie Blue Cross
- Danny and Grace Paul
- John Pianosi
- Royal Canadian Legion—Branch 356
- SNAP Newspaper Group Inc.
- Victor Styrmø
- Zurich

Memoriam Donations

- Darlene Jebb in memory for Mary Nagypal
- Transdev in memory for Mary Edgar

Benefits to volunteering



AS York relies on volunteers who help with special events, in our programs and in our offices. Here are the top 5 benefits to volunteering:

#5: Volunteering strengthens your community.

#4: You learn a lot.

Volunteers learn things like these:
Self: Volunteers discover hidden talents that may change your view on your self worth.

Community: Volunteers gain knowledge of local resources available to solve community needs.

#3: You get a chance to give back.

People like to support community resources that they use themselves or that benefit people they care about.

#2: Volunteering encourages civic responsibility.

Community service and volunteerism are an investment in our community and the people who live in it.

#1: You make a difference.

Every person counts!

Please contact us to learn about the volunteer opportunities. For more information on how you can help, please contact Emily Delaney at edelaney@alzheimer-york.com or 905-726-3477.

Generous “Dough-Nation” from Panera Bread

Panera Bread is a popular chain of bakery-café casual restaurants, with locations throughout York Region. With nearly 2,000 bakery-café in Canada and the US, their successful business model focuses on offering healthy, home baked breads and meals - with a side order of compassion for those in need.

The Panera Bread Foundation has a strong tradition of working with non-profit partners to help feed those in need. They give back to local communities by donating unsold baked goods and making in-kind donations to selected charities, through their on-going "Day-End Dough-Nation™ program".

The Alzheimer Society of York Region is pleased to be a beneficiary of Panera baked goods used primarily within our DAY Programs. Twice a week, AS York receives a bounty of bread and other baked goods, helping to ensure that those attending the DAY program continue to receive healthy and nutritious meals and snacks every day. Thanks to the generous support of Panera Bread in Aurora, and their friendly local managers, families dealing with Alzheimer's disease will benefit from their "Dough-Nation" support.



Aging with a Developmental Disability Training (AWADD)

The Alzheimer Society of York Region (AS York) has a long history of working with non-profit organizations that support persons living with developmental disabilities. We have worked closely with agencies such as; Community Living, L'Arche Daybreak and Reena.

For the first time in history, people with developmental disabilities are living longer. Improved health, improved living conditions and deinstitutionalization, have all contributed to a higher life expectancy for someone living with a developmental disability by an average of 30 years. It is estimated that in Ontario there are over 12,000 individuals with intellectual and developmental disabilities over the age of 50.

Four years ago AS York started working closely with our partner Reena to develop a training module for Reena's front line staff. This intense one day training workshop



covers a wide variety of topics such as the aging process, strategies & resources, dementia and health issues. This full day of learning has been presented 20 times during the past four years to Reena staff.

The success of this training workshop enabled AS York and Reena to apply and receive funding to present the workshop across the broader developmental sector. To date the program has been delivered to 165 front line staff from 18 different GTA organizations. AS York is extremely pleased to continue our work in collaboration with Reena on this endeavour.

First Link® Memory Café

The First Link Memory Café is a place where individuals with memory loss and their caregivers can get together in a safe, supportive, and engaging environment. It is a time and place where people can interact, laugh, cry, find support, share concerns and celebrate without feeling embarrassed or misunderstood. Our First Link Memory Café at Mosaic Home Health encourages friendship and acceptance. There is no charge to attend this event. To register, please contact Mala at 905-597-7000, ext. 223 to reserve your spot. There will be no sessions during the summer months.

The next series of dates are:

September 27, October 25, November 29, 2016, January 31, February 27, March 27, April 25 and May 30, 2017

Time: 1:00 p.m. – 2:30 p.m.

Location: Mosaic Home Care Services & Community Resource Centre
The Shops on Steeles and 404 (Shopping Mall)
2900 Steeles Ave. East, Suite 218 Thornhill, ON



Early Onset Dementia Support Groups

A support group for caregivers and family members of people who are younger than 65 and have been diagnosed with early onset dementia. Please contact Hemal Joshi at 905-731-6611, ext. 50 to register.

For the month of July
2nd Tuesday of each month
(Group runs monthly)
1:00 - 2:30 p.m.
CHATS Day program
10132 Yonge St.
Richmond Hill, ON

For the month of August
2nd Tuesday of each month
(Group runs monthly)
1:00 - 2:30 p.m.
Alzheimer Society of York Region, Family Resource Room
2-240 Edward St.
Aurora, ON

Next Steps education series

Are you interested in hearing about some of the challenges and solutions that other caregivers have experienced? If so, Next Steps is a new education program and part of First Link®. It offers an eight hour learning series spread over four weeks, designed to create a more interactive learning experience for family members and friends caring for individuals with Alzheimer's disease or other dementias. Topics covered will include: an overview of dementia, memory loss, changes to the brain and resulting behaviours, coping strategies, treatments, research, future planning (legal and financial), and community resources and support systems. All information shared during these sessions is confidential. There are no fees to participate in these series. To register, please contact Stacey Mendonca, Public Education Coordinator at 905-726-3477, ext. 234 or email smendonca@alzheimeryork.com.

Session 1: What is Dementia?
Session 3: Planning Ahead

Session 2: Adapting to Brain Changes
Session 4: Building a Circle of Support

Alzheimer Society of York Region
4-184 Simcoe Ave., Keswick
Dates: **July 14, 21, 28, August 4, 2016**
Time: 1:00 p.m. – 3:00 p.m.

Alzheimer Society of York Region
2-240 Edward St., Aurora
Dates: **August 10, 17, 24, 31, 2016**
Time: 1:00 p.m.— 3:00 p.m.

Family Support Groups

Family support groups provide information on caring for people with Alzheimer's disease and other dementias. It is an opportunity to share experiences, gain support and make new friends. Contact 905-726-3477 (Aurora) or 905-731-6611 (Thornhill) or toll free at 1-888-414-5550.

Aurora 1 st Thursday of each month January to December 7:00 – 8:30 p.m. The D.A.Y. Centre 2-240 Edward St.	Thornhill 3 rd Wednesday of each month January to December 7:00 – 8:30 p.m. The D.A.Y. Centre 10 Harlech Court, Unit 2
Markham 1st Wednesday of each month September to June 1:30 p.m. – 3:00 p.m. Markham Public Library, Room A 6031 Highway 7	Stouffville 4 th Tuesday of each month September to June 7:00 – 8:30 p.m. Parkview Home 123 Weldon Road

The following groups are offered in partnership with the Municipality of York Health Services Long Term Care & Seniors Branch.

Keswick 3 rd Wednesday of each month September to June 1:00 – 2:30 p.m. Alzheimer Society of York Region 184 Simcoe Ave, Unit 4 905-476-5521	Maple 2 nd Tuesday of each month September to June 7:00 – 8:30 p.m. Maple Health Centre Alzheimer Resource Room 10424 Keele St. 905-303-0133
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2-240 Edward St.
Aurora, ON
L4G 3S9

Phone: 905-726-3477
Fax: 905-726-1917
email: info@alzheimer-york.com

Charitable Registration #:
10670 5429 RR0001

The Alzheimer Society of York Region is a leader in actively supporting individuals and families coping with Alzheimer's disease and other dementias since 1985. Our history of delivering quality dementia specific day program services, an enriched social work program and education opportunities within the Region of York is well respected. We have a proven record of working collaboratively and in partnership with different agencies within the Region of York to service the needs of families and individuals living with Alzheimer's disease and other dementias.

Mission Statement

The Alzheimer Society of York Region's mission is to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

How you can help

By supporting the Alzheimer Society of York Region, you enable us to expand our reach and help even more people touched by dementia. Here's how:

- Make a Gift** (Donate by mail, phone or online)
- Volunteer** (Volunteer to help us with events and much more)
- Leave a Legacy** (Continue your tradition of giving with a bequest in your will)
- Plan your own Event** (Organize a fundraising event to support the Society)
- Join our annual Walk for Alzheimer's**
- Give the Gift of Stock**

Alzheimer Society
YORK REGION

2-240 Edward St, Aurora, ON L4G 3S9

Tel: 905-726-3477 Fax: 905-726-1917 Email: info@alzheimer-york.com

●Thornhill (Markham) ●Georgina ●Richmond Hill ●Vaughan ●Whitchurch-Stouffville



And Supporters Like You!

