

*Société Alzheimer Society*



# **GUIDE TO OUR PROGRAMS & SERVICES**

## **NORTH BAY**

Sturgeon Falls, Mattawa, Powassan & Astorville

**JULY - AUGUST 2025**





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# WELCOME

At the Société Alzheimer Society of Sudbury-Manitoulin, North Bay & Districts, our dedicated staff and volunteers are committed to delivering the highest quality programs and services.

These are designed to support persons living with dementia and their care partners, enabling them to thrive within their community. Our programs and services are available to people of all ages affected by dementia, as well as to care partners, families, friends and all those who are providing support.

In addition, we offer various awareness programs open to the general public. If you have any questions after reviewing this guide, please don't hesitate to contact us.

## CONTACT US



### Sudbury Office

Address: 960B Notre Dame Ave. Sudbury, ON P3A 2T4

Telephone: (705) 560-0603 or Toll-free : (800) 407-6369

Fax: (705) 560-6938

Email: [info@alzheimersudbury.ca](mailto:info@alzheimersudbury.ca)

Operating Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m



### North Bay Office

Address: 140 King St. W. North Bay, ON P1B 5Z7

Telephone: (705) 495-4342 or Toll-free : (800) 407-6369

Fax: (705) 495-0329

Email: [info@alzheimernorthbay.com](mailto:info@alzheimernorthbay.com)

Operating Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m

## SOCIAL MEDIA

 [@Alzheimersmnbd](https://www.facebook.com/Alzheimersmnbd)

 [@Alzheimersmnbd](https://www.instagram.com/Alzheimersmnbd)

 [Linkedin.com/company/sassmnbd](https://www.linkedin.com/company/sassmnbd)

 [Youtube.com/@societealzheimersociety2717](https://www.youtube.com/@societealzheimersociety2717)

# PROGRAMS & SERVICES

## **First Link® Care Navigation**

First Link® Care Navigation connects you with essential health and support services from the time of diagnosis throughout the entire progression of the disease. If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.

Eligibility: Persons living with dementia or their care partners.

## **Cognitive Assessments**

Cognitive assessments are conducted by regulated professionals, either in your home or at our office.

The results are then shared with your healthcare provider for further guidance.

Eligibility: A referral from your primary physician or nurse practitioner is required.

## **Public Education**

Our Public Education initiatives are entirely free of charge, offering a wide range of opportunities including informative presentations, comprehensive trainings, immersive simulations, and educational booths. To request an educational session, please contact us for an education request form.

## **Dementia Learning Series**

This 4-week educational series is designed for those interested in learning more about dementia, effective communication strategies, behavioural changes, and more.

## **Support Groups**

Our support groups provide a platform for families and individuals living with dementia to share personal experiences, expand their social network, and enhance feelings of self-worth and control.



# PROGRAMS & SERVICES

## **Health Promotion Programs**

We offer a variety of health promotion programs within the community that support physical, cognitive, and emotional well-being for individuals living with dementia and their care partners.

## **Friendship Circle**

This group offers a way for persons living with dementia, their care partners, family and friends to socialize, develop friendships and share their experiences from their dementia journey all while enjoying activities in the community.

## **Adult Day Programs**

Our Adult Day Programs, also known as the **Health Bistros**, provide a welcoming and secure environment for persons living with dementia, fostering compassion, a sense of security, and opportunities to embrace life while preserving dignity.

Locations: Sudbury | North Bay | Sturgeon Falls | Espanola | Powassan

If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.

## **In-Home Activation Programs**

Our In-Home Activation programs are designed to support persons living with dementia by encouraging personal interests and recreational activities within the comfort of their own home.

If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.

## **Enhancing Care for Ontario Care Partners Program**


In collaboration with the Sinai Health System Reitman Centre, the Enhancing Care (EC) Program provides therapeutic skills training to family members or unpaid care partners of persons living with dementia. This program offers practical skill-building and emotional support to help care partners manage the stresses and complexities of caregiving.



# EDUCATION

## Dementia Learning Series

This free 4-week dementia learning series is designed for care partners and persons wanting to learn more about dementia. It provides a comprehensive overview of dementia, communication strategies, responding to behaviour changes and support services to help along the journey.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

### **NORTH BAY | IN-PERSON**

#### **July Dementia Learning Series**

July 8, 15, 22, 29 (Tuesdays)

1:00pm-3:00pm

The Davedi Club, 313 Airport Road, North Bay






# EDUCATION

## In-House Presentations

Join us on the following dates for free in-house presentations on a variety of topics such as an introduction to dementia, communication strategies, brain and behaviour, our programs and services and more.

 **To register** for any of the following presentations, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the presentation (and location) you wish to register for.

### **NORTH BAY | IN-PERSON**

#### **Introduction to Dementia and Communication**

August 5

10:30am-11:30am

Alzheimer Society, 140 King Street West, North Bay








# SUPPORT GROUPS

## Care partner support groups

Tailored specifically for care partners and families, these groups provide a space to connect with others navigating the complexities of the dementia journey. These gatherings serve as valuable platforms for sharing experiences, offering mutual support, and collectively learning from the diverse perspectives within our community.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

\*The star symbol indicates that some session dates have been adjusted to account for holidays and special events.

### **NORTH BAY | IN-PERSON**

#### **Care Partner Support Group 1**

August 6

1:30pm to 3:00pm

Alzheimer Society, 140 King Street West, North Bay

#### **Care Partner Support Group 2**

August 28

6:00pm to 8:00pm

Alzheimer Society, 130 King Street West, North Bay

### **MATTAWA | IN-PERSON**

#### **Care Partner Support Group**

August 12

10:00am to 11:30am

Mattawa Hospital - Education room, 217 Turcotte Park Rd, Mattawa



# SUPPORT GROUPS

## Care partner support groups

### POWASSAN | IN-PERSON

#### **Care Partner Support Group**

August 26

10:00am to 11:30am

507 Main Street Powassan

### ALL SITES | VIRTUAL

#### **Virtual Care Partner Support Group**

August 13

2:00pm to 4:00pm

Video Call - Enter the following URL: <https://us02web.zoom.us/j/81884018385>






# SUPPORT GROUPS

## Coffee club support groups

Created for persons living with dementia (PLWD), their care partners and families. In the initial segment of the support group, participants come together for shared discussions. However, the second half of the session is dedicated to separate meetings for care partners and PLWD. This unique format allows for focused conversations where care partners and PLWD can openly express their feelings, share triumphs, and discuss challenges on an individual basis.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

### **NORTH BAY | IN-PERSON**

#### **Coffee Club Support Group 1**

August 18

9:00am to 10:30am

Alzheimer Society, 140 King Street West, North Bay

#### **Coffee Club Support Group 2**

August 20

6:00pm to 7:30pm

Alzheimer Society, 130 King Street West, North Bay








# SUPPORT GROUPS

## Hospital & LTC Care Partner

Designed for care partners, family members, and friends who have a loved one in the hospital or long-term care (LTC) settings. It provides a dedicated space to navigate the unique challenges and celebrate the triumphs of caring for someone in these environments. Participants can openly discuss their experiences, share valuable insights, and find mutual support from others who understand the complexities of hospital and LTC caregiving.

 **To register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

### **NORTH BAY | IN-PERSON**

#### **Hospital & LTC Care Partner Support Group**

August 7

10:00am to 11:30am

Alzheimer Society, 140 King Street West, North Bay








# HEALTH PROMOTION

## Minds in Motion®

Minds in Motion® is an 8-week program that combines gentle physical activity with social and cognitive stimulation for people living with dementia and their care partners. Each two-hour weekly session offers a chance to stay active, engage in fun activities, and build connections with others facing similar challenges.

 To **register** for any of the following groups, please contact us via email at **healthpromotion@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

\*The star symbol indicates that some session dates have been adjusted to account for holidays and special events.

### **NORTH BAY | IN-PERSON**

#### **Minds in Motion**

July 3, 10, 17, 24, 31 & August 7, 14, 21 (Thursdays)

2:30pm - 4:30pm


The Village - 100 College Dr., North Bay





# HEALTH PROMOTION Friendship Circle

This group offers a way for persons living with dementia, their care partners, family and friends to socialize, develop friendships and share their experiences from their dementia journey all while enjoying activities in the community.

 **To register** for any of the following groups, please contact us via email at **healthpromotion@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

## **NORTH BAY | IN-PERSON**

### **Chief Commanda II Manitou Islands Scenic Cruise**

**Date:** July 16

**Time:** 1:00pm

**Location:** 200 Memorial Dr, North Bay





# HEALTH PROMOTION Additional Programs

## Pole Walking

 **NORTH BAY | IN-PERSON**

July 8, 15, 22, 29, August 5, 12, 19 (Tuesdays)

10:00am to 11:00am

North Bay Area - details given upon registration

## Exercise & Game Time

 **ALL SITES | VIRTUAL**

Every Tuesday

1:30pm to 2:30pm

Video Call - Enter the following

URL: <https://us02web.zoom.us/j/7290539028>

## The Music Project



The Music Project offers personalized music players to our clients and community members living with dementia.

This program helps reconnect them with the soundtrack of their lives by providing MP3 players loaded with personalized music tailored specifically for those living with dementia or other cognitive impairments.

Each music player is shipped directly to their doorstep, making it easy and accessible for everyone.

To learn more about eligibility criteria, please visit [musicproject.ca](https://musicproject.ca) or speak with your First Link Care Navigator.

# *Société Alzheimer Society*

*Empower persons living with dementia and their care partners  
to access essential programs and services offered by the  
Alzheimer's Society of Sudbury-Manitoulin North Bay & Districts.*

*Scan the QR code below to donate today!*



**Learn more at  
[www.alzheimersudbury.ca](http://www.alzheimersudbury.ca)**