

Société Alzheimer Society



GUIDE TO OUR PROGRAMS & SERVICES

NORTH BAY

Sturgeon Falls, Mattawa, Powassan & Astorville

**SPRING
2025**

APRIL - MAY - JUNE

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WELCOME

At the 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

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

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 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

April Dementia Learning Series - Morning

April 1, 8, 15, 22 (Tuesdays)

9:30am-11:30am

Barclay House, 600 Chippewa St. W., North Bay

STURGEON FALLS | IN-PERSON

May Dementia Learning Series - Afternoon

May 6, 13, 20, 27 (Tuesdays)

1:00pm-3:00pm

West Nipissing Public Library, 225 Holditch St., Sturgeon Falls



EDUCATION

Dementia Learning Series

 **ALL SITES | VIRTUAL**

April Dementia Learning Series

April 3, 10, 17, 24 (Thursdays)

10:00am-12:00pm

Zoom - Link Provided upon registration

June Dementia Learning Series

June 4, 11, 18 29 (Wednesdays)

6:00pm-8:00pm

Zoom - Link Provided upon registration






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.

MATTAWA | IN-PERSON

Introduction to Dementia and Communication

April 8

6:00pm-7:00pm

Mattawa Golden Age Club, 464 Poplar Street, Mattawa

ASTORVILLE | IN-PERSON

Introduction to Dementia and Communication

April 22

6:00pm-7:00pm

East Ferris Public Library, 1257 Village Road, Astorville

NORTH BAY | IN-PERSON

Introduction to Dementia and Communication

June 9

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 - Afternoon

1st Wednesday of every month: April 2, May 7, June 4

1:30pm to 3:00pm

Alzheimer Society, 140 King Street West, North Bay

Care Partner Support Group 2 - Evening

4th Thursday of every month: April 24, May 22, June 26

6:00pm to 8:00pm

Alzheimer Society, 140 King Street West, North Bay

MATTAWA | IN-PERSON

Care Partner Support Group - Morning

2nd Tuesday of every month: April 8, May 13, June 10

10:00am to 11:30am

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



SUPPORT GROUPS

Care partner support groups

STURGEON FALLS | IN-PERSON

Care Partner Support Group 1 - English

2nd Friday of every month: April 11, May 9, June 13

10:00am to 12:00pm

WNCHC, 68 Michaud Street, Sturgeon Falls

Care Partner Support Group - French

Last Friday of every month: April 25, May 30, June 27

10:00am to 12:00pm

WNCHC, 68 Michaud Street, Sturgeon Falls

POWASSAN | IN-PERSON

Care Partner Support Group - Morning

Last Tuesday of every month: *April 22, May 27, June 24

10:00am to 11:30am

507 Main Street Powassan

ALL SITES | VIRTUAL

Virtual Care Partner Support Group

2nd Wednesday of every month: April 9, May 14 and June 11th

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

3rd Monday of every month: April 21, *May 26, June 16

9:00am to 10:30am

Alzheimer Society, 140 King Street West, North Bay

Coffee Club Support Group 2

3rd Wednesday of every month: April 16, May 21, June 18

6:00pm to 7:30pm

Alzheimer Society, 140 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

1st Thursday of every month: April 3, May 1, June 5

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 - Group 1

April 1, 8, 15, 22, 29, May 6, 13, 20 (Tuesdays)

9:00am to 11:00am

The Village - 100 College Dr., North Bay

Minds in Motion - Group 2

May 8, 15, 22, 29, June 5, 12, 19, 26 (Thursdays)

2:30pm to 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

Flower Arranging Workshop with Flowers by Moira

May 28

6:30pm to 8:00pm

Alzheimer Society, 140 King Street West, North Bay

Reptile Show with Reptile Adventure Camp

June 11

6:00pm to 7:30pm

Alzheimer Society, 140 King Street West, North Bay





HEALTH PROMOTION

Additional Programs

Pole Walking

 **NORTH BAY | IN-PERSON**

May 27, June 3, 10, 17, 24 (Tuesday)

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 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**