

*Soci t  Alzheimer Society*



# **GUIDE TO OUR PROGRAMS & SERVICES**

**GREATER SUDBURY**

Espanola & Manitoulin Island

**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](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 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](mailto: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.

### **SUDBURY | IN-PERSON**

#### **May Dementia Learning Series - Evening**

May 8, 15, 22, 29 (Thursdays)

6:00pm - 8:00pm

Alzheimer Society, 960B Notre Dame Ave, Sudbury

#### **June Dementia Learning Series - Morning**

June 5, 12, 19, 26 (Thursdays)

10:00am - 12:00pm

Alzheimer Society, 960B Notre Dame Ave, Sudbury

### **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)

10:00am-12:00pm

Zoom - Link Provided upon registration






# 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.

### **SUDBURY | IN-PERSON**

#### **Care Partner Support Group 1 - Daytime**

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

10:00am to 12:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury

#### **Care Partner Support Group 2 - Daytime**

3rd Tuesday of every month: April 15, May 20 and June 17

10:00am to 12:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury

#### **Care Partner Support Group 3 - Evening**

Last Thursday of every month: April 24, May 29 and June 26

6:00pm to 8:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury



# SUPPORT GROUPS

## Care Partner Support Groups

 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>



# 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](mailto: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.

 SUDBURY | IN-PERSON

### Coffee Club Support Group - Evening

3rd Thursday of every month: April 17, \*May 22 and June 19th

6:00pm to 8:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury






# 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](mailto: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.

### **SUDBURY | IN-PERSON**

#### **Minds in Motion - Parkside - Group 1**

March 6, 13, 20, 27, April 3, 10, 17, 24 (Thursdays)

2:30pm to 4:30pm

Parkside Older Adult Centre, 140 Durham St, Sudbury

#### **Minds in Motion - Minnow Lake - Group 1**

April 28, May 5, 12, 26, June 2, 9, 16, 23 (Mondays)

2:00pm to 4:00pm

Royal Canadian Legion, 1553 Weller St, Sudbury

#### **Minds in Motion - Parkside - Group 2**

May 1, 8, 15, 22, 29, June 5, 12, 19 (Thursdays)


2:30pm to 4:30pm

Parkside Older Adult Centre, 140 Durham St, Sudbury



# 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](mailto: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.

## **SUDBURY | IN-PERSON**

### **Planetarium Show**

April 15th

3:00pm to 4:00pm

Laurentian University - Fraser Building, 935 Ramsey Lake Rd, Sudbury

### **Maple Hill Farm Visit**

April 25th

10:30am-12:00pm

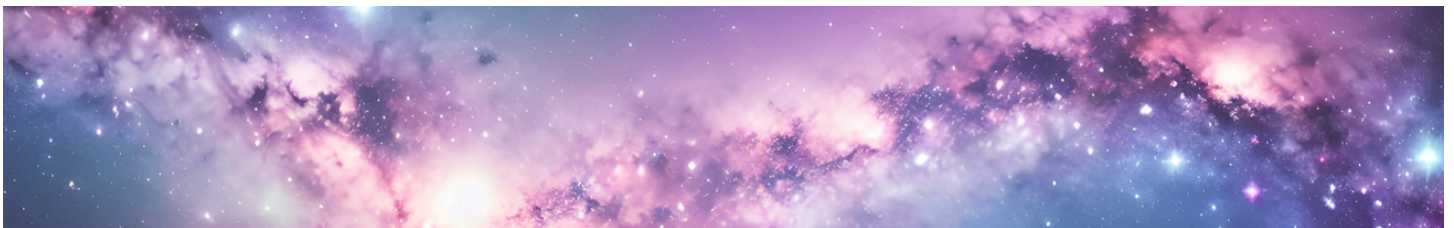
450 Dominion Dr, Hanmer

### **Geology Presentation: Sudbury's Crater**

May 9th

11:00am

Laurentian University - Willet Green Miller Building, 935 Ramsey Lake Rd, Sudbury





# HEALTH PROMOTION Additional Programs

## 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)**