

# Dementia Program Guide

## Spring 2021

### March - April

Supporting the  
Dementia Journey

Alzheimer Society  
Waterloo Wellington

Programs for people living with dementia and their care partners

La Société Alzheimer peut vous aider en vous fournissant des  
informations, ressources, éducation, soutien et conseil



**Alzheimer** *Society*

WATERLOO WELLINGTON

[www.alzheimerww.ca](http://www.alzheimerww.ca)

# Alzheimer Society

WATERLOO WELLINGTON

Dear Friends,

Alzheimer Society Waterloo Wellington (ASWW) is proud to partner with people living with dementia, their care partners and our community. It takes a collective effort to support people with dementia to “Live Their Best Day”. ASWW is honoured to provide quality education, social work services and therapeutic recreational programs. We are grateful to our donors, sponsors, community partners, volunteers and staff for their commitment and generosity.

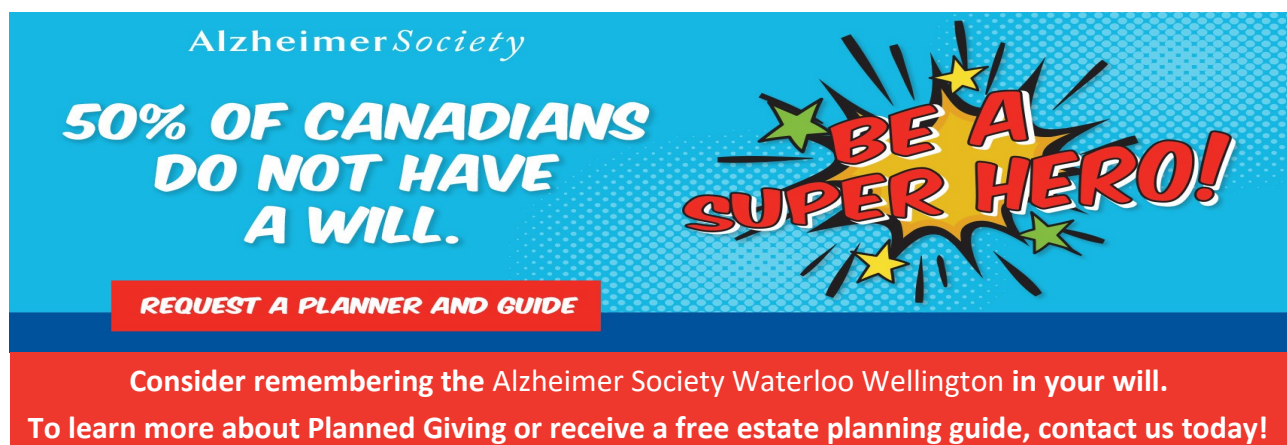
During these uncertain times of COVID-19, ASWW continues to provide services to clients via telephone, email and video conferencing. We are working together with Societies across Ontario to bring you virtual programming for exercise, recreation, counselling and social support. Please continue to register for programs listed in this guide so we can include you in our offerings, or let you know when a program resumes in person. We email a weekly newsletter with activities, education sessions and information to keep you up to date and stay busy while at home. If you are not on our mailing list, please visit our website at [www.alzheimerww.ca](http://www.alzheimerww.ca) and sign up. You'll be glad that you did.

If you do not have access to internet or a computer or if you prefer programming in a different format, we have many supports available. We have a great new program, “Conversation Café”, which provides social and recreational one on one support over the phone to people living with dementia. Client feedback has been amazing and we encourage you to call our office for more information. We also have a care partner support group, counselling support and information services available over the phone. We want to support you. Please reach out.

ASWW is proud to offer education sessions, social work and a support group in French. Thank you to our Francophone partners for making this possible. Please contact us if you would like to access these services.

ASWW operates in a continuous quality improvement culture, working side by side with clients, care partners and community partners. Thank you for participating in ongoing program evaluations by completing ASWW surveys. Our priority is providing client centred care and we look forward to continuing this journey with you.

Michelle Martin, Executive Director  
Alzheimer Society Waterloo Wellington Team



Alzheimer Society

**50% OF CANADIANS  
DO NOT HAVE  
A WILL.**

**BE A  
SUPER HERO!**

**REQUEST A PLANNER AND GUIDE**

**Consider remembering the Alzheimer Society Waterloo Wellington in your will.  
To learn more about Planned Giving or receive a free estate planning guide, contact us today!**

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# What is Dementia?

Dementia is an umbrella term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, problem-solving or language that affect a person's ability to perform everyday activities. Dementia is a progressive condition. It is important to arrange for a full medical assessment if you notice changes or symptoms.

## Types of Dementia:

### Young Onset Dementia (YOD)

Approximately 16,000 Canadians under the age of 65 are living with a form of dementia, which presents unique challenges for people in their 40's and 50's.

### Alzheimer's Disease (AD)

AD affects brain cells and how they function, is irreversible and is progressive. AD eventually affects all aspects of a person's brain and their life: how they think, feel, and act. Each person is affected differently, and it can be difficult to know how symptoms will appear, or the speed of their progression. A person may experience changes in cognitive and functional abilities, emotions, moods, behaviour, and physical abilities as the disease progresses.

### Vascular Dementia (VaD)

VaD, also called multi-infarct dementia, occurs when the cells in the brain are deprived of oxygen. A network of blood vessels called the vascular system supplies the brain with oxygen. If there is a blockage in the vascular system, or if it is diseased, blood is prevented from reaching the brain. A common cause of VaD is a stroke or transient ischemic attacks (TIA's).

### Frontotemporal Dementia (FTD)

FTD is an umbrella term for a group of rare disorders that primarily affect the frontal and temporal lobes of the brain – the areas generally associated with personality and behaviour. With this form of dementia, a person may have symptoms such as sudden onset of memory loss, behaviour changes, or difficulties with speech and movement.

### Lewy Body Dementia (LBD)

LBD is a form of dementia that affects the areas of the brain responsible for thinking and movement. A progressive loss of memory, language, reasoning and other abilities such as calculating numbers is common. Visual hallucinations are common and can be worse during times of increased confusion. Some features of LBD can also resemble those in Parkinson's disease. These include rigidity, tremors, stooped posture, and slow/shuffling movements.

### Mixed Dementia (MD)

This is a term to describe when a person is experiencing more than one type of dementia at a time.

## What is Mild Cognitive Impairment (MCI)?

People with MCI experience problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. These changes may be noticeable and measured in tests, but they are not serious enough to interfere with daily life and independence.

## Our Services

We offer a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

### Information & Education

We are committed to offering education to people living with dementia and their care partners. Education is also available to professionals and the general public.

### First Link® Care Navigation

Our First Link® Care Navigators can help assess your needs, create a support plan that's right for you, connect and coordinate your services, follow up to be sure things are working and support you along the way.

### Individual & Family Support

Connect with a Social Worker through phone, video, or limited in-person appointments to receive help working through individual situations and accessing support services.

### Groups

Join our various support and social groups to connect with peers, gain knowledge and strategies to manage challenges, and to develop a social network of support.

### Programs & Services Phone Line

Our First Link® Coordinator is available during business hours to provide support, answer questions, and help you register for programs.  
**Call: 519-742-8518 ext. 2090.**

### Services en Français

Pour accéder à nos services en français, veuillez contacter Gisèle Hauser en composant le 519-742-8518, poste 2023 ou en envoyant un courriel à [ghauser@alzheimerww.ca](mailto:ghauser@alzheimerww.ca).

## Living Safely in the Community



### FINDING Your Way

*For people with dementia, every step counts.™*

Free online learning course available at [www.findingyourwayontario.ca/online-learning](http://www.findingyourwayontario.ca/online-learning)

The Finding Your Way® program provides information about why people with dementia get lost or go missing, how the risk of missing incidents can be reduced, and what to do if someone does go missing.

Learn tips and strategies that can help people living with dementia live safely in their day-to-day lives.

Discover Finding Your Way's *Living Safely with Dementia Resource Guide*, now available at our offices and at **FindingYourWayOntario.ca**. Call 519-742-1422 to request a copy today!

The MedicAlert® Safely Home® program is an effective way to identify the person who is lost and bring the family back together.

Visit [www.medicalert.ca/safelyhome](http://www.medicalert.ca/safelyhome) or call 519-742-8518 ext. 2090 to learn more.



### Vulnerable Persons Registry

Waterloo Region & Guelph Po-

In the event of an emergency, The Registry provides police access to helpful information such as:

- emergency contacts
- detailed description
- ways to communicate

**Registration is 100% voluntary and free!**

Learn more or register today:  
**[vulnerablepersonsregistry.ca](http://vulnerablepersonsregistry.ca)**

# Social & Recreational Programs

## Minds in Motion® - Offered Virtually During COVID-19

The Minds in Motion program® provides the opportunity for both persons living with dementia and their care partners to participate in a program together. Beginning with a gentle, group exercise class, followed by a fun and engaging recreational activity, laughter and new friendships are often a result as participants exercise both their bodies and minds.



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario

### Some of the many benefits include:

- Improved mobility, strength, balance and flexibility.
- Sharpened mental functioning, sometimes lasting two to three days.
- Mutual support and increased sense of social participation and confidence.
- For care partners, a chance to focus on their own health while doing something fun and positive with their partner.

During Covid-19 we are offering this program by video conference using **ZOOM** technology. Thanks to the generosity of the Ontario Trillium Foundation, we are able to run this program every weekday, with some classes offered twice a week which increases the benefit of exercise for our community across Waterloo Wellington.

*If you have never used ZOOM before, or are having trouble connecting, a staff member is available to help. Registrants will be emailed a link to participate prior to the session.*

**Pre-registration is required by calling 519-742-1422 at least one business day prior.**

### Current Sessions Offered

<b>Monday &amp; Wednesday Mornings*</b>	10 am - 11:30 am	March 8 <sup>th</sup> - April 28 <sup>th</sup> (No Class April 5 <sup>th</sup> )
<b>Monday &amp; Wednesday Afternoons for People Living with MCI*</b>	1 pm - 2:30 pm	March 15 <sup>th</sup> - April 28 <sup>th</sup> (No Class April 5 <sup>th</sup> )
<b>Tuesday Mornings</b>	10 am - 11:30 am	March 9 <sup>th</sup> - April 27 <sup>th</sup>
<b>Tuesday Afternoons</b>	1 pm - 2:30 pm	March 9 <sup>th</sup> - April 27 <sup>th</sup>
<b>Thursday Afternoons</b>	1 pm - 2:30 pm	March 11 <sup>th</sup> - April 29 <sup>th</sup>
<b>Friday Mornings</b>	10 am - 11:30 am	March 12 <sup>nd</sup> - April 30 <sup>th</sup> (No Class April 2 <sup>nd</sup> )

\* This offering runs twice weekly and participants who register are asked to attend both sessions each week.

Special thanks to our  
Minds in Motion® community partners:



# Social & Recreational Programs

Register for any of our upcoming sessions by calling our main office 24 hours before the session begins. **Call 519-742-1422 to register.** Registered participants will be sent an email with details on how to connect virtually. Join via computer, tablet, or laptop. These programs require the use of a video camera. Participants are welcome to sign up for multiple programs.

## Cooking With Michelle



Join us for an 8 week cooking program where we will explore creative ways to learn about and incorporate the Mediterranean diet into our lives. Week one will teach us how and why the Mediterranean diet is so important for people living with dementia. The following 7 weeks will include easy to follow no-bake, no-cook recipes for two people. Register today to join in on the fun from the comfort of your own home. No previous cooking experience required.

You will be provided with copies of the recipes and grocery lists prior to the start of the program.

**Wednesdays, 1 pm - 2 pm, March 10<sup>th</sup> - April 28<sup>th</sup>**

## Morning Tea (or Coffee) Hour

Bring your favourite beverage and join us virtually for casual conversation and social time. Hosted by a staff member, this easy-going program is open to any of our clients wanting to meet socially online to chat about current events, the weather or to share a laugh.

**Mondays, 10 am - 11 am, March 8<sup>th</sup> - April 26<sup>th</sup>**  
(No Class April 5<sup>th</sup>)



## Games Hour



Looking for some fun for your brain? Sign-up for our online Games Hour and play Bingo, Jeopardy or Trivia with others. Guaranteed to make you think while brightening your day.

**Thursdays, 10 am - 11 am, March 11<sup>th</sup> - April 29<sup>th</sup>**

# Social & Recreational Programs

Register for any of our upcoming sessions by calling our main office 24 hours before the sessions begins. **Call 519-742-1422 to register.** Registered participants will be sent an email with details on how to connect virtually. Join via computer, tablet, or laptop. These programs require the use of a video camera. Participants are welcome to sign up for multiple programs.

## Activity Packages, Adult Colouring Books

Are you looking for something technology free to do while inside this spring? We have Activity Packages with a variety of puzzles, word games and activities to do alone, or with a partner. We also have adult colouring books, mandala colouring books and coloring pencils. Packages or books will be mailed upon request.

Contact **Gina** to receive yours: [gina@alzheimerww.ca](mailto:gina@alzheimerww.ca) or **519-742-8518 x2024**

## Music Project

The Music Project offers a personalized music package at no charge to persons living with dementia to help improve their quality of life. This includes a music device, headphones, personalized playlist and ongoing technical support.

If you or somebody you know would benefit from this program, please call **519-742-1422**.

**\$150 Donation Provides  
1 Music Project Package!**



## Arts Program



Join us for this 8-week program exploring different art forms. Each week we will focus on a new art form, varying from visual to physical to auditory. No experience or artistic ability required. Supplies will be mailed to participants in March.

**Tuesdays, 1 pm - 2:30 pm, March 9<sup>th</sup> - April 27<sup>th</sup>**



# Social & Recreational Programs

## Peer Connections - Offered Virtually During COVID-19

We are able to offer Peer Connections in partnership with the City of Kitchener and the Community Resource Centre of North & Centre Wellington in Elora.

This program is for individuals living with dementia and their care partners. The focus is to provide meaningful engagement and a space where individuals can socialize and build networks of community support.



**For more information or to register,  
please call 519-742-8518 ext. 2090.  
Suggested donation: \$60**

**1<sup>st</sup> & 3<sup>rd</sup> Tuesday** of the month;  
10:30 am - 11:30 am

**Kitchener**

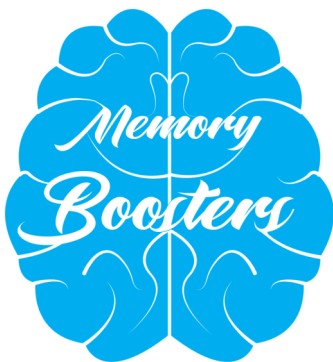
**2<sup>nd</sup> & 4<sup>th</sup> Tuesday** of the month;  
10:30 am - 11:30 am

**Elora**

## Dementia Friendly Programs in the Community

**Please contact each program directly.**

### Memory Boosters



Meet new people, learn about community resources and services that are designed to make living with dementia a little easier. Our goal is to provide a warm and supportive place for people living with dementia and their care partners to socialize, relax and have fun together.

**2<sup>nd</sup> & 4<sup>th</sup> Tuesday**  
of the month,  
1:30 pm - 4 pm

Group meets virtually.  
Please contact Karin at 519-885-2375 or Elaine at  
519-897-4264 or [memoryboostersinfo@gmail.com](mailto:memoryboostersinfo@gmail.com)  
for more information or to register.

### Circle of Music

The Circle of Music choir for those living with dementia, their care partners and volunteer students is moving online while we are all in stay at home mode! Although technology does not allow us to sing together, we can still connect through music. No singing or technology experience necessary.



**Thursdays, 3 pm Online** For more information email: [sasha@greatlakesmusictogether.com](mailto:sasha@greatlakesmusictogether.com).

# Telephone Support and Recreation

We are pleased to offer telephone based programming in partnership with the Older Adult Centres' Association of Ontario (OACAO) with funding provided by the Government of Ontario.

**OACAO**

The Voice of Older Adult Centres  
La voix des centres pour aînés



## Telephone Support for Care Partners

This group is for those caring for someone living with dementia who are unable to attend a support group online; providing the opportunity to connect and engage with other care partners by phone.

*For more information or to register, please call 519-742-8518 ext. 2090.*

**Last Tuesday** of the month  
10 am – 11:30 am

**This group will be offered through our Teleconference phone line.**

*Registrants will be provided a toll-free number to participate prior to the session.*

## Conversation Cafe



Join weekly for a casual conversation. No commitment required. Call in to chat with like-minded individuals facilitated by one of our team members. Call our offices at **519-742-1422** to receive the phone number used to join.

**People Living with Dementia**  
Wednesdays, 10:30 am - 11:30 am

**Care Partners**  
Wednesdays, 1 pm - 2 pm

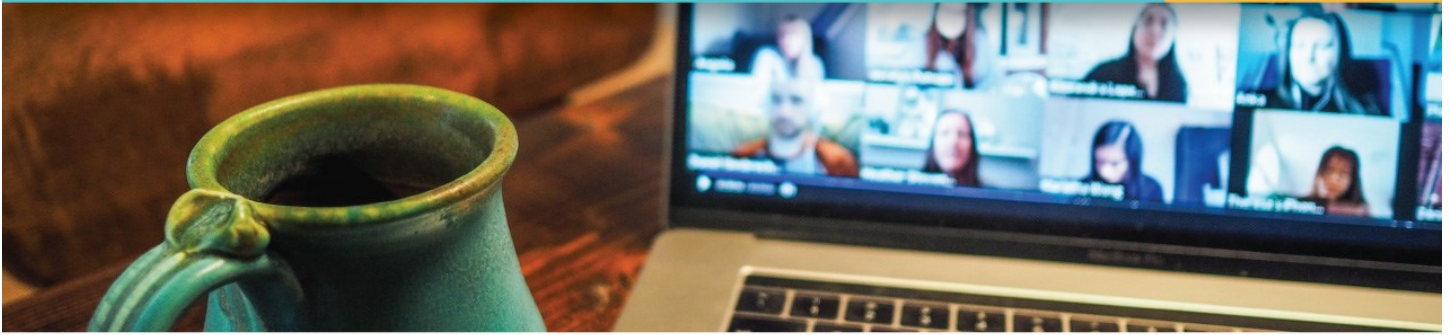
## SPARK Phone Recreation Program

An 8-week recreational phone-based program designed to spark thoughtful conversation. The SPARK Program engages people living with dementia through a one-to-one telephone visit with a volunteer from ASWW. Some things that the volunteers may talk about are fun facts, trivia, or just spend time reminiscing.



Begins the week of **March 15<sup>th</sup>** to the week of **May 3<sup>rd</sup>**

*Please contact us at 519-742-8518 ext. 2090.*



## Digital Literacy Clubs — for Care Partners —

Our clubs explore and explain relevant technology topics to help care partners shift to online/virtual health services and resources provided by Enhancing Care for Ontario Care Partners Program.

This program builds comfort and confidence in using technology for access and participation in current and future online/virtual health care services for care partners of people living with dementia.

### Details:

- Scheduled virtual meetings using Zoom
- Up to twelve 60 minute meetings
- Customized lessons to meet members' needs and interests
- Members need a reliable device (laptop, tablet, or smartphone)
- Email address is required
- High-speed Internet is necessary for video calls

### Unfamiliar with Zoom?

We can help set you up for success.

### Example technology topics include:

- Participating in 'virtual visits' with loved ones and health professionals
- Mastering your smartphones and tablets
- Telephone scams and Internet trickery
- Understanding online carts and subscriptions
- Social media and privacy online

For more information about joining a Digital Literacy Club for Care Partners in **MARCH 2021**, contact Pete Morey at the ALZHEIMER SOCIETY WATERLOO WELLINGTON  
pmorey@alzheimerww.ca | 519-742-8518 x 2027



hello

**We have  
telephone based  
programs as well!**

**Details on page 10.  
Contact our office at  
519-742-1422 for  
more information.**

# 3 POINT ZOOM CHECKLIST

## A GUIDE TO EVERYDAY VIDEO CALLING

Use these helpful tips to become more comfortable with Zoom Calls

### MUTE AND UNMUTE YOURSELF

To know if you are unmuted, check the microphone icon in the bottom right corner of the screen. If there is a line through it, you are muted.

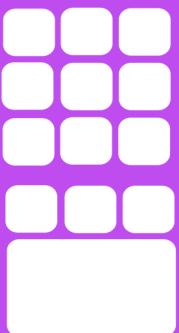


### TURN YOUR CAMERA ON AND OFF

Beside the microphone icon you will find a video camera icon. You can use this button to turn your video on and off by click on it. If there is a line through it, your camera is off.

### SWITCH TO GALLERY VIEW

Switching to Gallery View will let you see all the participants of the chat, not just the current speaker. The button to switch your view will be in the top right corner for computers and the top left for tablets.



1

2

3

# 1:1 Peer Support Program

**You're there for them,  
we're here for you.**



As caregivers, we understand how overwhelming caregiving can sometimes be. We all face challenges on this journey and that is why the Ontario Caregiver Organization and the Alzheimer Society have partnered to ensure you have the support that you need when it best suits your schedule.

Connect with an experienced caregiver who will be there for you as you navigate your caregiving journey.

## **You're not alone.**

The Ontario Caregiver Organization and the Alzheimer Society are here for you.



**To learn more about our 1:1 Peer Support Program and easily connect with a peer mentor without leaving your home, visit:**  
**[ontariocaregiver.ca/peer-support](https://ontariocaregiver.ca/peer-support)**

**Interested in becoming a peer mentor and helping another caregiver navigate their journey? We are always here to answer your questions, email us at [peersupport@ontariocaregiver.ca](mailto:peersupport@ontariocaregiver.ca) or call, 1-888-877-1626.**

The Ontario Caregiver Organization is funded by:



The views expressed are the views of The Ontario Caregiver Organization and do not necessarily reflect those of the Province.

**Alzheimer** *Society*  
WATERLOO WELLINGTON

**MAKE IT  
MONTHLY!**

## **Monthly Partners Help Provide:**

- **Support for care partners and families**
- **Programs to allow clients to "Live Their Best Day"**
- **Up to date education and information**
- **Counselling for individuals and families**
- **Funding for research**

**Most of our programs depend on support from people like you. Will you join us?**

**Become a monthly partner today!**

# MARCH 2021

Minds in Motion®

Care Groups

Education

Social & Recreational

Telephone Based



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1	2 Peer Connection 10:30 am - 11:30 am Resilience in Stress and Grief 1 pm - 3 pm	3 Conversation Cafe Mornings and Afternoons YOD Support 5 pm - 6:30 pm	4	5 LTC Support 10 am - 11:30 am Mild Cognitive Impairment 1 pm - 2 pm	6
7	8 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am	9 P.C. MiM® AM/PM Arts Program 1 pm - 2:30 pm Care Essentials 1 pm - 3 pm Resilience in Stress and Grief 1 pm - 3 pm	10 Minds in Motion® 10 am - 11:30 am Conversation Cafe Mornings and Afternoons Cooking with Michelle 1 pm - 2 pm	11 Games Hour 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm Care Giver Burnout 1 pm - 2 pm Family/Friends Support 5:30 pm - 7 pm	12 Minds in Motion® 10 am - 11:30 am Digital Literacy Club 2:30 pm - 3:30 pm	13
14	15 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am Minds in Motion® 1 pm - 2:30 pm	16 P.C. MiM® AM/PM Arts Program 1 pm - 2:30 pm Care Essentials 1 pm - 3 pm Resilience in Stress and Grief 1 pm - 3 pm	17 Minds in Motion® 10 am - 11:30 am Conversation Cafe Mornings and Afternoons Cooking with Michelle 1 pm - 2 pm Minds in Motion® 1 pm - 2:30 pm	18 Games Hour 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm Spouse/Partner Support 1:30 pm - 3 pm	19 Minds in Motion® 10 am - 11:30 am Digital Literacy Club 2:30 pm - 3:30 pm	20
21	22 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am Minds in Motion® 1 pm - 2:30 pm	23 P.C. MiM® AM/PM Arts Program 1 pm - 2:30 pm Care Essentials 1 pm - 3 pm Resilience in Stress and Grief 1 pm - 3 pm	24 Minds in Motion® 10 am - 11:30 am Conversation Cafe Mornings and Afternoons Cooking with Michelle 1 pm - 2 pm Minds in Motion® 1 pm - 2:30 pm	25 Games Hour 10 am - 11 am Overview of Dementia 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm	26 Minds in Motion® 10 am - 11:30 am Digital Literacy Club 2:30 pm - 3:30 pm	27
28	29 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am Minds in Motion® 1 pm - 2:30 pm 10 Warning Signs 1 pm - 2 pm	30 P.C. MiM® AM/PM Telephone Support 10 - 11:30 pm Arts Program 1 pm - 2:30 pm Care Essentials 1 pm - 3 pm	31 Minds in Motion® 10 am - 11:30 am Conversation Cafe Mornings and Afternoons Cooking with Michelle 1 pm - 2 pm Minds in Motion® 1 pm - 2:30 pm			



# APRIL 2021



Please call our office at 519-742-1422 for more information or to register for any of our programs.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Games Hour 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm Mindfulness Group 10:30 am - 12 pm TEACH 6 pm - 7:30 pm	2- Office Closed for Good Friday	3
4	5 Office Closed for Easter Monday	6 Minds in Motion® 10 am - 11:30 am Peer Connection 10:30 am - 11:30 am Arts Program 1 pm - 2:30 pm Minds in Motion® 1 pm - 2:30 pm	7 Minds in Motion® AM/PM Cooking with Michelle 1 pm - 2 pm YOD Support 5 pm - 6:30 pm First Steps for Carers 6 pm - 8 pm	8 Games MiM® Mindfulness TEACH Shifting Focus 10 am - 11 am Family/Friends Support 5:30 pm - 7 pm	9 Minds in Motion® 10 am - 11:30 am LTC Support 10 am - 11:30 am Digital Literacy Club 2:30 pm - 3:30 pm	10
11	12 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am CARERS 10 am - 12 pm Minds in Motion® 1 pm - 2:30 pm	13 Peer Connection 10:30 am - 11:30 am Minds in Motion® AM/PM Arts Program 1 pm - 2:30 pm CARERS 6 pm - 8 pm	14 Minds in Motion® AM/PM Conversation Cafe Mornings and Afternoons Cooking with Michelle 1 pm - 2 pm First Steps for Carers 6 pm - 8 pm	15 Games MiM® Mindfulness TEACH Spouse/Partner Support 1:30 pm - 3 pm U-First!® 1:30 pm - 3:30 pm	16 Minds in Motion® 10 am - 11:30 am The Elephant in the Room 10 am - 11 am Digital Literacy Club 2:30 pm - 3:30 pm	17
18	19 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am CARERS 10 am - 12 pm Minds in Motion® 1 pm - 2:30 pm	20 Peer Connection 10:30 am - 11:30 am Minds in Motion® AM/PM Arts Program 1 pm - 2:30 pm CARERS 6 pm - 8 pm	21 Minds in Motion® AM/PM Conversation Cafe Mornings and Afternoons Cooking with Michelle 1 pm - 2 pm First Steps for Carers 6 pm - 8 pm	22 Games MiM® Mindfulness Group 10:30 am - 12 pm U-First!® 1:30 pm - 3:30 pm TEACH 6 pm - 7:30 pm	23 Minds in Motion® 10 am - 11:30 am Digital Literacy Club 2:30 pm - 3:30 pm	24
25	26 T.T. MiM® CARERS 10 am - 12 pm Overview of Dementia 1 pm - 2 pm Minds in Motion® 1 pm - 2:30 pm	27 P.C. MiM® AM/PM Telephone Support 10- 11:30 pm Arts Program 1 pm - 2:30 pm CARERS 6 pm - 8pm	28 Minds in Motion® AM/PM Conversation Cafe Mornings and Afternoons Cooking with Michelle 1 pm - 2 pm First Steps for Carers 6 pm - 8 pm	29 Games Hour 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm U-First!® 1:30 pm - 3:30 pm	30 Minds in Motion® 10 am - 11:30 am Digital Literacy Club 2:30 pm - 3:30 pm	

# WINTER WARMER

Presented by



*The* **MACALLAN**<sup>®</sup>

Enjoy an intimate exploration of world renowned single malt Scotch whisky The Macallan, hosted by Brand Ambassador Cameron Millar.

THURSDAY,  
MARCH 4<sup>TH</sup>, 2021

7:00PM - 10:00PM

FROM THE COMFORT OF YOUR  
OWN HOME



*Over 90%  
Sold Out!*

TICKETS \$125

Bespoke whisky tasting kit and login information will be provided.  
*Limited tickets available. Tax receipts provided.*

For tickets, visit [www.alzheimerww.ca/winterwarmer](http://www.alzheimerww.ca/winterwarmer) or  
call 519.742.8518 x2019

Sponsored by:



Benefitting:

*Alzheimer Society*  
WATERLOO WELLINGTON

Please savour responsibly. | [www.themacallan.com](http://www.themacallan.com)



**Alzheimer Society**  
WATERLOO WELLINGTON



# LEARNING THE *Ropes* FOR LIVING WITH MCI®

Memory Training and Support to  
Optimize Cognitive Health

Learning the Ropes is aimed at older  
adults diagnosed with Mild Cognitive  
Impairment (MCI) and  
their care partner

**The focus is on optimizing cognitive health through life-style choices,  
memory training, and social support while also learning what  
MCI is and how it differs from normal aging and dementia.  
6 weekly sessions. Cost \$30 per person - includes workbook.**



Practical in-session  
and take home  
exercises aimed at  
improving everyday  
remembering.



Learn how stress, diet,  
and leisure activities  
influence memory  
ability.



Discover  
approaches for  
effectively living with a  
relative experiencing  
MCI.

**For more information, call 519-742-8518 x 2090  
Physician Referral Required**

**Baycrest**

Would you like to be part of a group that is making a difference for persons living with dementia and their care partners?



We are an independent, member-run collective, that gives people with dementia and family members the opportunity to have their say in shaping a better future for themselves and for others living a similar experience. WRDAG is supported by the Schlegel-UW Research Institute for Aging (RIA).

**Our goals are to:**

- identify gaps and offer advice for new and existing programs and services
- provide support for those living with dementia and their partners in care
- enhance knowledge & awareness of dementia in the community

**When and where we meet:**

- the third Monday of the month
- from 3:00 – 4:00 pm
- over ZOOM

**To learn more and to get involved**

Please contact

**Kathleen**

**[katievan1963@gmail.com](mailto:katievan1963@gmail.com)**



## Alzheimer Society Waterloo Wellington Salutes Volunteer Darryl Watty!

Darryl joined us as a volunteer 8 years ago, working alongside a 'small but mighty' team on our Winter Warmer Whisky Tasting Fundraising Event. Darryl was instrumental to us in these early planning days to help get this unique event 'off the ground' and grow into the popular event it is today! In recent years, Darryl took over the volunteer Chair position and helped guide our planning and sponsorship efforts.



*'I have seen first hand how families are affected by Alzheimer's Disease and it is important to me to help an organization and a cause that touches so many in our community – I am happy to volunteer and support all the great work of the Alzheimer Society!'* says Darryl.

To date, Winter Warmer has raised over \$125,000 with all funds raised directly supporting our many programs and services! This year we celebrate our 10<sup>th</sup> Anniversary of Winter Warmer.

*Thank you, Darryl – we salute you!*

**This year's VIRTUAL Winter Warmer Event, presented by IG Wealth Management takes place on March 4<sup>th</sup>, for more information on this event or volunteer opportunities, please contact Barb at 519 742 1422 x 2019 or [barbeastmanlewin@alzheimerww.ca](mailto:barbeastmanlewin@alzheimerww.ca)**

# Education

**Register up to 24 hours before the session by calling our main office at 519-742-1422.** Registered participants will be sent an email with details on how to connect virtually by phone, computer, tablet or laptop. These sessions are offered via Zoom but do not require a web-camera. Please note: Education events with insufficient registration will be cancelled.

## General Education

### **Overview of Dementia | Thursday March. 25<sup>th</sup>, 10 am or Monday, Apr 26<sup>th</sup>, 1 pm**

This 1-hour education session will cover learning about dementia, adapting to changes in the brain, and living well with dementia. Persons living with dementia may attend with or without a care partner, just as care partners may attend with or without a person living with dementia.

### **Mild Cognitive Impairment | Friday, March 5<sup>th</sup>, 1 pm - 2 pm**

Individuals with Mild Cognitive Impairment (MCI) have problems with memory, language, thinking or judgement that are greater than cognitive changes associated with normal aging. In this session learn about signs and symptoms, and how MCI is different than dementia.

## U-First!<sup>®</sup> for Care Partners

U-First!<sup>®</sup> for Care Partners is a new education program for family and friends who are providing direct support to someone experiencing behaviour changes as a result of dementia or other cognitive impairment. For this three week course you are provided with a hard copy workbook and a tool which compliments the lessons, at no charge.

This is an advanced course which has a prerequisite of other dementia education such as First Steps for Care Partners or Care Essentials.

To participate, please contact **519-742-1422 ext. 2090**. As this is a pilot project, you will be invited to participate in detailed evaluation, but the evaluation discussions and surveys are voluntarily.

Deadline for registration is **March 31<sup>st</sup>**

**Thursdays, 1:30 pm - 3:30 pm, April 15<sup>th</sup> 22<sup>nd</sup> and 29<sup>th</sup>**

## YouTube Channel Education



We encourage you to check out our YouTube channel. We have uploaded short films on dementia, communication, behaviour and caregiving, as well as many other topics. Find the link at the bottom of our website or click on the YouTube logo to the left to go directly to our YouTube channel.

Contact our First Link Coordinator, at **519-742-8518 ext. 2090**, to book an intake appointment to find the First Link Learning Series that will best support you as a care partner. Registered participants will be sent an email with details on how to connect virtually. Join via computer, tablet, or laptop.

The First Link Learning Series (FLLS) is a progressive learning series for people living with dementia and their care partners to learn, with and from each other, strategies for living well with their diagnosis and/or their role as a care partner. It is designed to promote peer support and empowerment.

The FLLS is offered over the course of the dementia journey (learning in time and over time as content is relevant to learners' situations).

Each series consists of a number of modules relevant to that stage in their lives.

## Care Essentials | Tuesdays, 1 pm - 3 pm, March 9<sup>th</sup> - March 30<sup>th</sup>

Care Essentials is an 4-week series that covers issues commonly faced by care partners supporting someone with dementia. Learn strategies to enhance communication and understanding and responding to behaviours.

## First Steps for Care Partners | Wednesdays, 6 pm - 8 pm, April 7<sup>th</sup> - April 28<sup>th</sup>

A 4-week introductory series for care partners that focuses on understanding & supporting a person living with dementia. This series covers topics including:

Understanding dementia

Enhancing Communication

Managing Risk

Future planning

**SOCIAL**  
with a purpose

Staying connected,  
even while staying  
physically apart.

[on.alz.to/socialwithapurpose](https://on.alz.to/socialwithapurpose)



Contact Lorri Watamaniuk at: 519-742-8518 ext. 2021  
or [lorri@alzheimerww.ca](mailto:lorri@alzheimerww.ca)

# Education

**Register up to 24 hours before the session by calling our main office at 519-742-1422.** Registered participants will be sent an email with details on how to connect virtually by phone, computer, tablet or laptop. These sessions are offered via Zoom but do not require a web-camera. Please note: Education events with insufficient registration will be cancelled.

## Digital Literacy Club

The Digital Literacy club is a 8-week program, designed for those care partners who are now comfortable with Zoom and want to expand their tech skills. Run in partnership with the Reitman Centre and Tech Coaches, the first 4 weeks will be discussing important issues such as connecting to your doctor virtually, telephone scams and internet trickery while the last 4 weeks will be tailored to the groups personal tech problem – so bring questions!



**Fridays, 2:30 pm - 3:30 pm, March 12<sup>th</sup> - April 30<sup>th</sup> (No Class April 2<sup>nd</sup>)**

## Special Education Topics

**Care Giver Burnout | Thursday, March 11<sup>th</sup>, 1 pm - 2 pm**

In this 1 hour session, learn about strategies to assist with care giving that can help possible burnout.

**10 Warning Signs and What to do About Them | Monday, March 29<sup>th</sup> 1 pm - 2 pm**

This talk looks at the 10 warning signs, through the lens of someone living with dementia. Three women speak on how they cope through a series of film vignettes. This presentation is very personal, and practical.

**Shifting Focus | Thursday, April 8<sup>th</sup>, 10 am - 11 am**

During this 1 hour session we will discuss tips and tools to assist with improving relationships with persons living with dementia who are experiencing responsive behaviour.

**Dementia: The Elephant in the Room | Friday, April 16<sup>th</sup>, 10 am - 11 am**

Talking about dementia can be a troublesome task. Let's talk about the elephant in the room. This session looks at the definition, symptoms, diagnosis, medication and coping tips for dementia. We also consider risk factors and the reduction of risk. Handouts will be provided and questions invited.



**IG WEALTH  
MANAGEMENT**  
**WALK FOR  
ALZHEIMER'S**

*Alzheimer Society*



**Register  
Today!**

Join the Waterloo Wellington Walk for  
Alzheimers on Saturday May 29, 2021!

For more information, please contact Barb  
Eastman-Lewin at 519-742-8518 ext 2019 or  
at [barbeastmanlewin@alzheimerww.ca](mailto:barbeastmanlewin@alzheimerww.ca)

# Groups for Care Partners

Contact Colleen Martin, Social Worker, at **519-742-8518 ext. 2015**, to book an intake appointment to find the Enhancing Care (EC) group that will best support you as a care partner. Registered participants will be sent an email with details on how to connect virtually. Join via computer, tablet, or laptop. These programs require the use of video camera.

Enhancing Care (EC) for Ontario Care Partners – a program developed in partnership with the Sinai Health System Reitman Centre including Reitman Centre CARERS Program, Reitman Centre TEACH Program, Reitman Centre CREATE Program and Reitman Centre Mindfulness Group.



**Sinai Health System**

THE CYRIL & DOROTHY, JOEL & JILL  
REITMAN CENTRE FOR ALZHEIMER'S  
SUPPORT AND TRAINING

The TEACH and CARERS programs are offered virtually through ASWW. Contact Colleen Martin, Social Worker, at 519-742-8518 ext. 2015



**Ontario**  
Ministry of  
HEALTH AND  
LONG-TERM CARE

## CARERS Program

**Adult Children** | Tuesdays, 6:00 pm - 8:00 pm, April 13<sup>th</sup> - June 1<sup>st</sup>

**Spouses/Partners** | Mondays, 10 am - 12 pm, April 12<sup>th</sup> - June 7<sup>th</sup> (no group May 24<sup>th</sup>)

CARERS (**C**oaching, **A**dvocacy, **R**espite, **E**ducation, **R**elationship, **S**imulation) is an 8-week program designed for **Care Partners** focusing on the practical skills and emotional supports needed to care for people living with dementia.

- Teaches problem-solving techniques and a structured approach to address problems.
- Coaches care partners in communication skills through the use of simulation.
- Provides strategies for keeping a meaningful relationship with the person living with dementia

## TEACH Program

**Thursdays**, 6 pm - 7:30 pm, April 1<sup>st</sup> - April 22<sup>nd</sup>

**Tuesdays**, 10 am - 11:30 am, June 1<sup>st</sup> - June 22<sup>nd</sup>

TEACH (Training, Education, and Assistance for Caregiving at Home) is a 4-week program that focuses on common caregiving themes including:

Self-care

Healthcare system navigation

Relationship changes

Future planning

- Coach care partners in practical communication and coping skills.
- Provides opportunity to share and learn from other care partners.

# Groups for Care Partners

## CREATE Program

CREATE (**C**onnection, **R**eflection, and **E**ducation through **A**rts-Based, **T**herapeutic **E**ngement) is an arts-based approach to investigate, share and adapt to the challenges and changes of dementia caregiving.

- Deepens reflection and connections with self and others through storytelling, poetry, photography, music, visual art, and theatre. Teaches problem-solving techniques and a structured approach to address problems.
- Teaches caregivers effective communication skills and strategies to engage with persons living with dementia and their changing abilities and strengths.

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***To inquire about upcoming sessions or for more information,  
Please call Colleen Martin, Social Worker, 519-742-8518 ext. 2015.***

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## Mindfulness Group

- 8 Week mindfulness meditation program for family care partners.
- Learn and practice different meditation skills each session.
- Learn how to effectively relate to and cope with internal and external stressors.
- Participants must purchase “The Mindful Way Workbook”.
- Private and confidential Live video-conferencing.

Contact Colleen Martin, Social Worker at **519-742-8518 ext. 2015** for more information.



## Groupe de soutien et éducation pour aidants naturels

Belle occasion de nouer des liens avec d'autres aidants naturels, ainsi que d'améliorer votre compréhension de la démence. Ceci vous permet de développer des stratégies pratiques afin de soutenir une personne vivant avec la démence.

***Pour plus d'informations, s'il vous plaît contactez Gisèle Hauser en composant 519-742-8518 poste 2023.***

# Groups for Care Partners

## Resilience in the Midst of Stress and Grief

This 4-week group “provides a new way to help you find meaning and hope in your relationship with someone you love who has dementia. The goal is to help you increase your resiliency – your ability to withstand and grow even stronger despite the stress and grief” (Boss, P., p. x, Loving Someone Who Has Dementia). It is recommended clients read Loving Someone who has Dementia by Pauline Boss prior to the group.

*This group requires minimum registration to proceed.  
Participants must be able to access video function on your computer and ZOOM  
(with stable Internet connection) as this education group is interactive in nature  
For more information or to register, please call **519-742-8518 ext. 2090.***

**Tuesdays, 1 pm - 3 pm, March 2<sup>nd</sup> - March 23<sup>rd</sup>**

## Self Compassionate Mindfulness Group

This 4 week support group is intended for Care Partners to develop self compassion through mindfulness exercises. The sessions will provide you with strategies to calm and soothe your mind and support you to be more restful. When care partners engage in self compassion, this sense of calmness can be transferred to the person they are caring for.

*For more information or to register, please call **519-742-8518 ext. 2090.***

**Thursdays, 10:30 am - 12 pm, April 1<sup>st</sup> - 22<sup>nd</sup>**

## Online Support Groups



The Ontario Caregiver Organization is offering a way to easily connect with other caregivers by phone or online/ virtual discussion without leaving your home. For more information and to register, please visit [ontariocaregiver.ca/peer-support/online-caregiver-support-group](http://ontariocaregiver.ca/peer-support/online-caregiver-support-group).

# Groups for Care Partners

## Monthly Virtual Care Partner Support Groups

We are offering virtual monthly support groups for care partners in Waterloo-Wellington. Each group will identify relevant topics for discussion and sharing.

**Please note participants can only register for 1 of the following monthly groups.**

**For more information or to register, please call:  
519-742-8518 ext. 2090.**

*Groups with insignificant registration will be cancelled.*

**Registered individuals could participate in each session through either telephone or video conference using ZOOM technology.**

If you have any technical difficulties and would like some assistance, please contact Pete Morey, our Virtual Program Assistant, at 519-742-8518 x 2027 for technical support.

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**Young Onset Dementia (YOD)** This group is an opportunity to connect with others who are caring for someone with young onset dementia.  
**1<sup>st</sup> Wednesday** of the month  
5 pm - 6:30 pm

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**Long-Term Care Home** For care partners who are assisting someone living in a long-term care home or retirement home.  
**1<sup>st</sup> Friday** of the month  
(**2<sup>nd</sup> Friday** in April – due to Good Friday)  
10 am – 11:30 am

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**Family and Friends** This group is an opportunity to connect with other family members and friends who are also caring for someone living with dementia. If you are an adult child, grandchild, siblings, niece, nephew, other family member or friend supporting someone who is living with dementia, this group might be helpful for you.  
**2<sup>nd</sup> Thursday** of the month  
5:30 pm – 7 pm

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**Spouses/Partners** For care partners who are supporting their spouses/ partners.  
**3<sup>rd</sup> Thursday** of the month  
1:30 pm – 3 pm



## COMPUTER QUESTIONS?

- Zoom Set-Up
  - Email Help
  - Webcam Install
  - Computer Set-Up
- Support all over the phone!

Call Pete Morey at 519-742-8518 x 2027  
or email [pmorey@alzheimerrw.ca](mailto:pmorey@alzheimerrw.ca)

# Community Resources

<b>Waterloo Wellington (All Areas)</b>		
Healthline	<a href="http://www.healthline.ca">www.healthline.ca</a>	
Service Canada	<a href="http://Canada.ca/service-canada-home">Canada.ca/service-canada-home</a>	1-877-355-2657
Here 24/7	<a href="http://here247.ca">here247.ca</a>	1-844-437-3247
Home and Community Care – LHIN Local Health Integration Network	<a href="http://healthcareathome.ca/ww/en">healthcareathome.ca/ww/en</a>	1-800-811-5146
Ontario 211	<a href="http://211ontario.ca">211ontario.ca</a>	
Specialized Geriatric Services		519-824-6000
<b>Cambridge - North Dumfries</b>		
Centre communautaire francophone de Cambridge	<a href="http://centrefrancaiscambridge.com">centrefrancaiscambridge.com</a>	519-623-2822
City of Cambridge Older Adults Programs and Services	<a href="http://cambridge.ca/en/your-city/Senior-Services.aspx#">cambridge.ca/en/your-city/Senior-Services.aspx#</a>	519-741-2345
Community Support Connections	<a href="http://communitysupportconnections.ca">communitysupportconnections.ca</a>	519-772-8787
Township of North Dumfries	<a href="http://northdumfries.ca/en/living-here/seniors-services.aspx#">northdumfries.ca/en/living-here/seniors-services.aspx#</a>	519-632-8800
<b>Guelph - Wellington</b>		
Project Lifesaver, Victim Services	<a href="http://vswguelph.on.ca/project-lifesaver-wellington">vswguelph.on.ca/project-lifesaver-wellington</a>	519- 824-1212 ext. 7205
St. Joseph's Health Centre Guelph	<a href="http://sjhcg.ca">sjhcg.ca</a>	519-824-6000
Victorian Order of Nurses	<a href="http://von.ca/en/services">von.ca/en/services</a>	519-323-2330
<b>Kitchener - Waterloo</b>		
Community Support Connections	<a href="http://communitysupportconnections.ca">communitysupportconnections.ca</a>	519-772-8787
City of Kitchener Older Adults Programs and Services	<a href="http://kitchener.ca/en/seniors.aspx">kitchener.ca/en/seniors.aspx</a>	519-741-2345
City of Waterloo Home Support Programs	<a href="http://waterloo.ca/en/living/senior-support.aspx">waterloo.ca/en/living/senior-support.aspx</a>	519-579-6930
<b>Region of Waterloo</b>		
Region of Waterloo Dementia Services	<a href="http://regionofwaterloo.ca/en/health-and-wellness/dementia-services.aspx#">regionofwaterloo.ca/en/health-and-wellness/dementia-services.aspx#</a>	519-893-8482
<b>Woolwich - Wilmot - Wellesley</b>		
Community Care Concepts	<a href="http://communitycareconcepts.ca">communitycareconcepts.ca</a>	1-855-664-1900

## Terms of Service

**The Alzheimer Society Waterloo Wellington (ASWW)** role is to support persons living with dementia and their care partners, in living well with a dementia diagnosis. Our programs and services include: support and education groups, counselling, care coordination, and social/recreational opportunities. These programs may be offered in person, by phone or virtually through email or video conferencing. Please note that we are using online technology that helps us connect with you. We believe that privacy measures put in place by these technologies will protect your privacy. Despite reasonable efforts to protect the privacy and security of electronic and virtual communications, it is not possible to completely secure the information. Our programs are designed to help people remain supported and engaged throughout the dementia journey. Some French language services are available upon request.

**All personal information is protected by confidentiality.** A confidential file will be created during your initial intake appointment by a Registered Social Worker (RSW) or a supervised Social Work intern. Your file will be securely kept in our electronic database in accordance with the Personal Health Information Protection Act, 2004 (PHIPA). All paper records will be kept for a minimum of 7 years for staff to refer to. Information we keep on file may include:

- The services you receive from us and the dates they were provided to you
- Demographic and statistical data
- Information related to you and your situation which is necessary to understand your service needs

The ASWW operates as a team where all staff and student interns are ethically bound by confidentiality. Information is only shared where it is found to be clinically necessary and helpful in providing service to you.

**Your personal health information may be shared with or collected from your 'circle of care'.** The circle of care refers to individuals and organizations who provide services to you. This may include: doctors, hospitals, Local Health Integration Network's (LHIN) Home and Community Care, day program providers and community support services. You can tell us if you do not want us to share information with certain members of your circle. You may also give us permission, verbally or in writing, to share your personal information with any individual or organization outside of your circle of care.

**Exceptions to confidentiality** in which staff members have a duty to report or are required to share your personal health information without your permission include some of the following examples:

- a) Medical emergencies
- b) Court-order
- c) If we believe you or someone you know is at risk of, or experiencing harm to self or others
- d) If a child under the age of 16 could be at risk
- e) Professional misconduct in the form of abuse or behaviours that have placed you or someone you know at risk

**Questions or concerns about our terms of service** can be discussed with an ASWW staff member. Alternatively, you may contact our office and request to speak with the ASWW's Privacy Officer for more information or to make a complaint. You may also forward complaints about ASWW's handling of your information to the Information and Privacy Commissioner of Ontario: by phone (1-800-387-0073); or by mail (1400-2 Bloor Street East, Toronto, Ontario, M4W 1A8).

# Contact Us

asww@alzheimerww.ca



www.alzheimerww.ca

Charitable Registration Number 10670 5338 RR0001

## Our Offices

**Kitchener:** 831 Frederick St. N2B 2B4 | 519-742-1422 | Fax: 519-742-1862  
Bus Route #20

**Cambridge:** 1145 Concession Rd. N3H 4L5 | 519-650-1628 | Fax: 519-742-1862  
Bus Route #56 & #64

**Guelph:** 69 Huron Rd. N1E 5L6 | 519-836-7672 | Fax: 519-742-1862  
Bus Route #4 & #14

