

# Dementia Program Guide

## Winter 2021

### January - February

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 so we can assist people living with dementia.

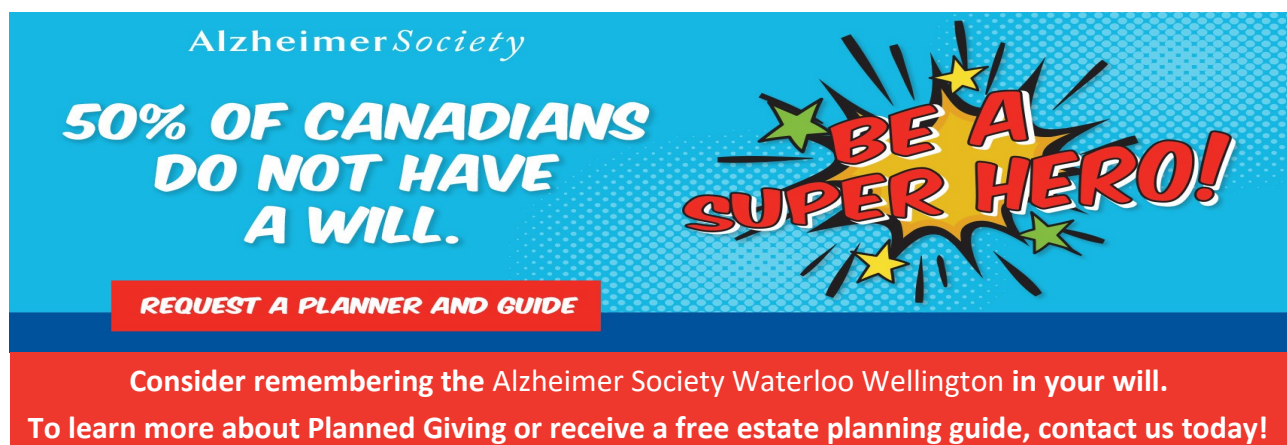
During these uncertain times of COVID-19, ASWW continues to provide services to clients via telephone, email and video conferencing. We are working together with Societies across Ontario to bring you virtual programming for exercise, recreation, counselling and social support. Please continue to register for programs listed in this guide so we can include you in our virtual offerings, or let you know when a program resumes in person. We are emailing out 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 are not wanting to access programming in that way, we have many supports available. We have a great new program, “SPARK”, which provides social 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, counseling 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 Police



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 of the 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 for our community across Waterloo Wellington.

**Participants are welcome to sign up for this program more than once a week.**

### Dates Offered:

|                            |                  |   |
|----------------------------|------------------|---|
| <b>Monday Afternoons</b>   | 1 pm - 2:30 pm   | January 4 <sup>th</sup> - February 22 <sup>nd</sup> (No Class February 15 <sup>th</sup> ) |
| <b>Tuesday Afternoons</b>  | 1 pm - 2:30 pm   | January 5 <sup>th</sup> - February 23 <sup>rd</sup>                                       |
| <b>Wednesday Mornings</b>  | 10 am - 11:30 am | January 6 <sup>th</sup> - February 24 <sup>th</sup>                                       |
| <b>Thursday Afternoons</b> | 1 pm - 2:30 pm   | January 7 <sup>th</sup> - February 25 <sup>th</sup>                                       |
| <b>Friday Mornings</b>     | 10 am - 11:30 am | January 22 <sup>nd</sup> - February 26 <sup>th</sup>                                      |

*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, at least one business day prior.**

**Please contact us at 519-742-1422.**

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.

## 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 January.

**Wednesdays, 1 pm - 2:30 pm, January 6<sup>th</sup> - February 24<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 anyone wanting to meet socially online to chat about current events, the weather or to share a laugh.

**Mondays, 10 am - 11 am, January 4<sup>th</sup> - February 22<sup>th</sup>**  
(No Class February 15<sup>th</sup>)



## Games Hour



Looking for some fun for your brain? Sign-up for our new 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, January 7<sup>th</sup> - February 25<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.

## Online Recreation –YouTube Channel



We encourage you to check out our YouTube channel. We have uploaded exercises and activities to challenge our brains. 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.

## 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!**



## 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@alzheimerww.ca](mailto:pmorey@alzheimerww.ca)



# 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**

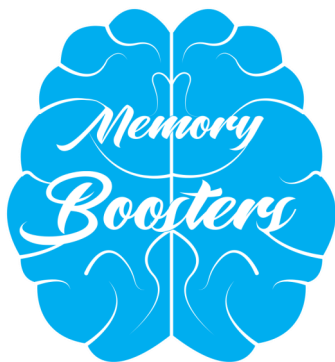
**2<sup>nd</sup> & 4<sup>th</sup> Tuesday** of the month;  
10:30 am - 11:30 am

**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

**Ontario** 

## 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 our BSW practicum student. Call our offices at **519-742-1422** to receive the teleconference phone line 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 **January 4<sup>th</sup>** to the week of **February 22<sup>nd</sup>**

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

## We Need Your Help

Our clients rely on us to provide outstanding virtual programs, video or telephone counselling and support.

The isolation of the pandemic has had a profound effect – on our clients and their care partners.

Did you know our society is responsible for fundraising **60%** of our operating budget? **YOU** can make a big difference!

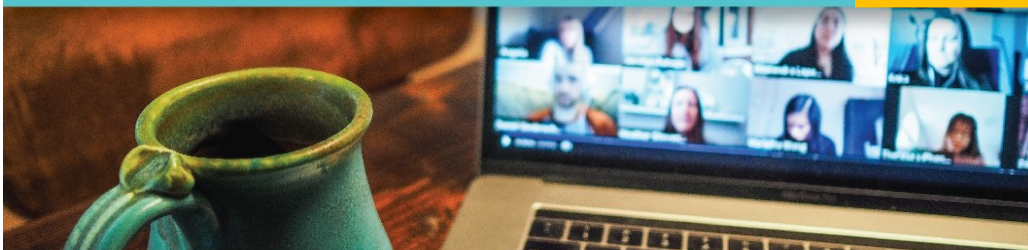
Please consider making a donation to support our clients.

[Will you partner with us today?](#)

What would you do for Alzheimers?

To create your event contact Barb Eastman-Lewin at 519-742-8518 x 2019 or [barbestmanlewin@alzheimerww.ca](mailto:barbestmanlewin@alzheimerww.ca)

### New Virtual Program for Care Partners



## 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 **SEPTEMBER 2020**, Ana M. Paret at the ALZHEIMER SOCIETY WATERLOO WELLINGTON [aparet@alzheimerww.ca](mailto:aparet@alzheimerww.ca) | 519-742-8518 x 2020

Download for free at the Apple App Store or Google Play.

### Dementia Advisor App

- Interactive format to learn about dementia and communication skills.

### Dementia Talk App

- Track and share dementia related behaviors, medication, and appointments with family members and health care team.



Sinai Health System

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



GET IT ON

Google Play



Download on the

App Store



# 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.**



**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!**

# JANUARY 2021

Minds in Motion®

Care Groups

Education

Social & Recreational

Telephone Based

Forget Me Not



| SUN | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SAT |
|-----|--|---|--|--|--|-----|
| 3   | 4<br>Tea Time<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm                           | 5<br>Peer Connection<br>10:30 am - 11:30 am<br>Minds in Motion®<br>1 pm - 2:30 pm   | 6<br>Minds in Motion®<br>10 am - 11:30 am<br>Conversation Cafe<br>Mornings and Afternoons<br>Arts Program<br>1 pm - 2:30 pm<br>Young Onset Support<br>5 pm - 6:30 pm | 7<br>Games Hour<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Understanding the Stages<br>6 pm - 7 pm  | 8<br>Anti-Stigma<br>10 am - 11 am  | 9   |
| 10  | 11<br>Tea Time<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm                          | 12<br>Peer Connection<br>10:30 am - 11:30 am<br>Minds in Motion®<br>1 pm - 2:30 pm  | 13<br>Minds in Motion®<br>10 am - 11:30 am<br>Conversation Cafe<br>Mornings and Afternoons<br>Arts Program<br>1 pm - 2:30 pm   | 14<br>Games Hour<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Family Members Support<br>5:30 pm - 7 pm<br>Brain and Behaviour<br>6 pm - 7 pm  | 15<br>Repetitious Questions<br>10 am - 11 am   | 16  |
| 17  | 18<br>Tea Time<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm                          | 19<br>Peer Connection<br>10:30 am - 11:30 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Sundowning<br>1 pm - 2 pm<br>TEACH<br>1:30 pm - 3 pm          | 20<br>Minds in Motion®<br>10 am - 11:30 am<br>Conversation Cafe<br>Mornings and Afternoons<br>Arts Program<br>1 pm - 2:30 pm   | 21<br>Games Hour<br>10 am - 11 am<br>Spouse/Partner Support<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Responsive Behaviours<br>6 pm - 7 pm | 22<br>Minds in Motion®<br>10 am - 11:30 am<br>Mild Cognitive Impairment<br>10 am - 11 am | 23  |
| 24  | 25<br>Tea Time<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>CARERS<br>6 pm - 8 pm | 26<br>Peer Connection<br>10:30 am - 11:30 am<br>Telephone Support<br>10 - 11:30 pm<br>Minds in Motion®<br>1 pm - 2:30 pm<br>TEACH<br>1:30 pm - 3 pm | 27<br>Minds in Motion®<br>10 am - 11:30 am<br>Conversation Cafe<br>Mornings and Afternoons<br>Overview of Dementia<br>1 pm - 2 pm<br>Arts Program<br>1 pm - 2:30 pm  | 28<br>Games Hour<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Communication<br>6 pm - 7 pm  | 29<br>Minds in Motion®<br>10 am - 11:30 am   | 30  |

# FEBRUARY 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 |
|-----|--|---|--|---|--|-----|
| 31  | 1<br>Tea Time<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>CARERS<br>6 pm - 8 pm  | 2<br>Peer Connection<br>10:30 am - 11:30 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Brain Health<br>1 pm - 2 pm<br>TEACH<br>1:30 pm - 3 pm | 3<br>Minds in Motion®<br>10 am - 11:30 am<br>Conversation Cafe<br>Mornings and Afternoons<br>Learning the Ropes<br>10 am - 11:30 am<br>Arts Program<br>1 pm - 2:30 pm<br>Young Onset Support<br>5 pm - 6:30 pm | 4<br>Games Hour<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Understanding Dementia<br>2 pm - 3 pm   | 5<br>Minds in Motion®<br>10 am - 11:30 am<br>Long Term Care Support<br>10 am - 11:30 am<br>CARERS<br>1:30 pm - 3:30 pm | 6   |
| 7   | 8<br>Tea Time<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>CARERS<br>6 pm - 8 pm  | 9<br>Peer Connection<br>10:30 am - 11:30 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>TEACH<br>1:30 pm - 3 pm                                | 10<br>Minds in Motion®<br>10 am - 11:30 am<br>Conversation Cafe<br>Mornings and Afternoons<br>Learning the Ropes<br>10 am - 11:30 am<br>Arts Program<br>1 pm - 2:30 pm   | 11<br>Games Hour<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Communication and Behaviour<br>2 pm - 3 pm<br>Family Members Support<br>5:30 pm - 7 pm | 12<br>Minds in Motion®<br>10 am - 11:30 am<br>Finding Your Way<br>10 am - 11 am<br>CARERS<br>1:30 pm - 3:30 pm         | 13  |
| 14  | 15<br>Offices are closed for Family Day  | 16<br>Peer Connection<br>10:30 am - 11:30 am<br>Minds in Motion®<br>1 pm - 2:30 pm  | 17<br>Minds in Motion®<br>10 am - 11:30 am<br>Conversation Cafe<br>Mornings and Afternoons<br>Learning the Ropes<br>10 am - 11:30 am<br>Arts Program<br>1 pm - 2:30 pm   | 18<br>Games Hour<br>10 am - 11 am<br>Spouse/Partner Support<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Tools for Connection<br>2 pm - 3 pm         | 19<br>Minds in Motion®<br>10 am - 11:30 am<br>CARERS<br>1:30 pm - 3:30 pm  | 20  |
| 21  | 22<br>Tea Time<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>CARERS<br>6 pm - 8 pm | 23<br>Peer Connection<br>10:30 am - 11:30 am<br>Telephone Support<br>10- 11:30 pm<br>Minds in Motion®<br>1 pm - 2:30 pm                     | 24<br>Minds in Motion®<br>10 am - 11:30 am<br>Conversation Cafe<br>Mornings and Afternoons<br>Learning the Ropes<br>10 am - 11:30 am<br>Arts Program<br>1 pm - 2:30 pm<br>Overview of Dementia<br>6 pm - 7 pm  | 25<br>Games Hour<br>10 am - 11 am<br>Minds in Motion®<br>1 pm - 2:30 pm<br>Advanced Care Planning<br>2 pm - 3 pm  | 26<br>Minds in Motion®<br>10 am - 11:30 am<br>CARERS<br>1:30 pm - 3:30 pm  | 27  |



hello

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

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





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 psycho-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.

To register, call 519-742-8518 x 2090  
Physician Referral Required

**Baycrest**

# 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 | Wednesday Jan. 27<sup>th</sup>, 1 pm or Wednesday Feb. 24<sup>th</sup>, 6 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, January 22<sup>nd</sup>, 10 am - 11 am**

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.

### **Finding Your Way | Friday, February 12<sup>th</sup>, 10 am - 11 am**

This session will look at what the Finding Your Way program is, and give tips and strategies to help keep the person living with dementia safe in the community.

**Make a  
difference!**



There's more than one way to help. We need people of all ages, skills and interests to plan, coordinate, **innovate**, lead, create, **inspire**, build, **advocate**, organize, investigate, meet and greet, answer phones and more.

Would you like to **make a difference**? We welcome you and your talents you are able to share with us at any time. Contact us and we can create a schedule that works for you!

**For more information call our office or visit:**

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

**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.

## First Steps for Care Partners

An introductory series for care partners that focuses on understanding and supporting a person living with dementia. This series covers learning about dementia, adapting to changes in the brain, enhancing communication, assessing and managing risk and planning ahead.

### **Understanding Dementia** | Thursday, February 4<sup>th</sup>, 2 pm - 3 pm

During this 1-hour session the participants will expand their understanding of dementia while discussing brain changes that are associated with dementia.

### **Communication and Behaviour** | Thursday, February 11<sup>th</sup>, 2 pm - 3 pm

This educational hour will equip participants with tips and strategies to enhance communication with someone who is living with dementia.

### **Tools for Connection** | Thursday, February 18<sup>th</sup>, 2 pm - 3 pm

During this session we discuss tools to assist you in connecting/visiting with the person living with dementia in your life.

### **Advanced Care Planning** | Thursday, February 25<sup>th</sup>, 2 pm - 3 pm

What is Advanced Care Planning in Ontario? We will be discussing substitute decision makers as it pertains to health care, types of decisions and resources to assist you in "Starting the Conversation".

**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. 2027  
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.

## Care Essentials

This series is aimed at care partners of persons living with dementia who are at or approaching a stage when difficulty with Activities of Daily Living and behaviour changes may be a concern. Learn strategies to enhance communication and to understand and respond to behaviour.

### **Understanding the Stages of Dementia | Thursday, January 7<sup>th</sup>, 6 pm - 7 pm**

In the introduction to this 4-part learning series, participants will explore the commonalities between the different stages of Alzheimer's and other dementias.

### **Brain and Behaviour | Thursday, January 14<sup>th</sup>, 6 pm - 7 pm**

The seminar will help participants understand the connection between the brain, effects of dementia, and changes in behaviours.

### **Responsive Behaviours | Thursday, January 21<sup>st</sup>, 6 pm - 7 pm**

Through this educational hour, care partners will be introduced to ideas that minimize the possibility of experiencing responsive behaviours.

### **Communication | Thursday, January 28<sup>th</sup>, 6 pm - 7 pm**

In the final instalment of this learning series, participants will identify the best practices to ensure clear and compassionate communication.

## 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.



**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.

## Learning the Ropes for Living with MCI™

Learning the Ropes for Living with MCI™ is a 6-week program aimed at older adults diagnosed with Mild Cognitive Impairment (MCI) and their care partner. The focus is on optimizing cognitive health through lifestyle choices, memory training, and support.

**Physician referral is required.**

**Wednesdays, 10 am - 11:30 am, February 3<sup>rd</sup> - March 10<sup>th</sup>**

***Fee: \$30 per person (workbook included)  
Please contact us at 519-742-8518 x 2090.***



## Special Education Topics

**Anti-Stigma | Friday, January 8<sup>th</sup>, 10 am - 11 pm**

In this session, learn about the effect of stigma on people living with dementia and their family and friends. Explore how to break down the barriers that stigma creates.

**Repetitious Questions | Friday, January 15<sup>th</sup>, 10 am - 11 am**

How can we support people living with dementia who ask the same question multiple times? Come to learn why this often happens and ideas to reduce the incidence of repetitive stories or questions. Handouts included, with time for discussion after the seminar.

**Sundowning | Tuesday, January 19<sup>th</sup>, 1 pm - 2 pm**

An increase in the late afternoon or early evening of agitated or upset behaviour in a person living with dementia may relate to Sundowning. Learn what this term means and how to address changes related to it.

**Brain Health | Tuesday, February 2<sup>th</sup>, 1 pm - 2 pm**

Learn the key suggestions for maintaining a healthy brain. We all can take action to improve our brain health.

# 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

These programs are offered virtually through ASWW.

Contact Colleen Martin, Social Worker, at 519-742-8518 ext. 2015



## CARERS Program

**Mondays**, 6:00 pm—8:00 pm, January 25<sup>th</sup> - March 22<sup>nd</sup> (No Group February 15<sup>th</sup>)

**Fridays**, 1:30 pm—3:30 pm, February 5<sup>th</sup> - March 26<sup>th</sup>

CARERS (**C**oaching, **A**dvocacy, **R**espice, **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.

*Space is limited to 6 participants - intake assessment required.*

**TEACH Program | Tuesdays**, 1:30 pm—3:00 pm, January 19<sup>th</sup> - February 9<sup>th</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.

*Space is limited to 8 participants - intake assessment required.*

# Groups for Care Partners

## CREATE Program

CREATE (**C**onnection, **R**eflection, and **E**ducation through **A**rts-Based, **T**herapeutic **E**ngagement) 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.



**Sinai Health System**

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

## 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

## 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 Peter Morey a Virtual Program Assistant, at 519-742-8518 x 2027 for some technical support

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|  |   |
|--|---|
| <b>Young Onset</b><br>1 <sup>st</sup> <b>Wednesday</b> of the month<br>5 pm - 6:30 pm        | This group is an opportunity to connect with others who are caring for someone with Young Onset dementia.   |
| <b>Long-Term Care Home</b><br>1 <sup>st</sup> <b>Friday</b> of the month<br>10 am – 11:30 am | For Care Partners who are assisting someone living in a Long-Term Care Home or Retirement Home.   |
| <b>Family Members</b><br>2 <sup>nd</sup> <b>Thursday</b> of the month<br>5:30 pm – 7 pm      | This group is an opportunity to connect with other family members who are also caring for someone living with dementia. If you are an adult child, grandchild, siblings, niece, nephew, or other family member supporting someone who is living with dementia, this group might be helpful for you. |
| <b>Spouses/Partners</b><br>3 <sup>rd</sup> <b>Thursday</b> of the month<br>1:30 pm – 3 pm    | For Care Partners who are supporting their spouses/ partners<br><i>Participants can choose to participate via phone rather than electronically if desired.</i>  |

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## 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).



# 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.

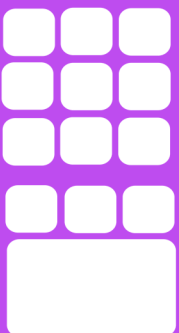


### TURN YOUR CAMERA ON AND OFF

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

# Community Resources

| Waterloo Wellington (All Areas)                                    |  |                            |
|--|--|----------------------------|
| 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<br>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               |
| Cambridge - North Dumfries   |  |                            |
| Centre communautaire francophone de<br>Cambridge                   | <a href="http://centrefrancaiscambridge.com">centrefrancaiscambridge.com</a>   | 519-623-2822               |
| City of Cambridge<br>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               |
| Guelph - Wellington  |  |                            |
| Project Lifesaver, Victim Services                                 | <a href="http://vswguelph.on.ca/project-lifesaver-wellington">vswguelph.on.ca/project-lifesaver-wellington</a>   | 519- 824-1212<br>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               |
| Kitchener - Waterloo   |  |                            |
| Community Support Connections                                      | <a href="http://communitysupportconnections.ca">communitysupportconnections.ca</a>   | 519-772-8787               |
| City of Kitchener<br>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<br>Home Support Programs                          | <a href="http://waterloo.ca/en/living/senior-support.aspx">waterloo.ca/en/living/senior-support.aspx</a>   | 519-579-6930               |
| Region of Waterloo   |  |                            |
| Region of Waterloo<br>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               |
| Woolwich - Wilmot - Wellesley                                      |  |                            |
| 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

