



ALZHEIMER SOCIETY WATERLOO WELLINGTON

DEMENTIA PROGRAM GUIDE

*Programs and Services from
January to April 2023*

*Programmes et services de
janvier à avril 2023*

Alzheimer Society

WATERLOO WELLINGTON

www.alzheimerww.ca



A New Reason to Stay Connected

**Hosting a social gathering?
Why not raise money to help people
in your community at the same time?**

Social with a Purpose (SWAP) is an easy, do it yourself fundraiser that encourages social connection and relationship building, while raising funds for those in your neighbourhood affected by dementia.

Hosting a dinner party? A coffee social at your workplace?
A wine and cheese evening with friends?
Big or small, any idea goes!

Let us know about your event and we'll provide you with a kit of promotional materials that will give your guests information about your cause and an opportunity to give.

Contact us with your idea today!

Alzheimer*Society*
WATERLOO WELLINGTON

thomas@alzheimerww.ca 519-742-1422

TABLE OF CONTENTS

EDUCATION.....	4
SOCIAL WORK.....	8
SOCIAL RECREATION.....	10
TERMS OF SERVICE.....	15

MESSAGE FROM OUR EXECUTIVE DIRECTOR

Happy New Year to you and your loved ones! The changing of the calendar year often is a time of new events and resolutions. Here at the Alzheimer Society Waterloo Wellington, we resolve to continue offering exceptional support for those living with dementia and their care partners.

We could not offer this care without the support of our community. Join us on February 9, 2023, in Kitchener for our Annual Winter Warmer to show your support for those on the dementia journey. This event will be a night of entertainment, surrounded by good food and drink for a great cause.

On the education and social program side of our operations, we are incredibly excited to expand our in-person offerings. For those living in Guelph, we offer one in-person program this February at the Evergreen Centre. We are continuously working to offer more programs in your area. Another popular program, our Creativity Workshop, is offered in person in Kitchener on Saturdays.

We strive to meet the needs of our communities, and no one knows these needs more than you. After every education session, and twice yearly - we send out an evaluation. Please take a moment to complete these as they truly help to guide our society. Thank you for your support - we are proud to offer dementia-friendly education, social recreation and support groups for another calendar year

- Michelle Martin, Executive Director

EDUCATION

FOUNDATIONAL COURSES

Join our Public Education Coordinators virtually on Zoom or in-person at our offices across the region for dementia-based education seminars. Register over the phone by calling

519-650-1628 (Cambridge Area), **519-836-7672** (Guelph Area) or **519-742-1422** (Kitchener Area). Our virtual seminars do not require a camera; join via computer, phone, or tablet.

OVERVIEW OF DEMENTIA

This session will cover learning about dementia, adapting to changes in the brain and living well with dementia. If you are beginning your dementia journey, this is the place to start.

VIRTUAL

 Thursday, January 5  6 PM - 7 PM  Register through our Main Office

IN-PERSON KITCHENER

 Thursday, February 9  1 PM - 2 PM  Register through our Main Office

IN-PERSON - CAMBRIDGE

 Monday, March 27  10 AM - 11 AM  Register through our Main Office

IN-PERSON KITCHENER

 Tuesday, April 18  10 AM - 11 AM  Register through our Main Office

MILD COGNITIVE IMPAIRMENT (MCI)

MCI is a condition in which someone has minor problems with cognition (their mental abilities such as memory). This session will discuss signs, symptoms and strategies for MCI.

IN-PERSON - CAMBRIDGE

 Tuesday, January 10  1 PM - 2 PM  Register through our Main Office

IN-PERSON - KITCHENER

 Friday, March 3  10 AM - 11 AM  Register through our Main Office

FOUNDATIONAL SERIES




We offer multi-week educational series to support your journey with dementia. To register for these series, please get in touch with your Social Worker. If you have not connected with a Social Worker from our society, please call 519-742-8518 ext. 2090.

IN-PERSON




FIRST STEP

This is a 4-week introductory series 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.

IN-PERSON - CAMBRIDGE: FOR CARE PARTNERS

 Tuesday, February 7 to February 28  10 AM - 12 PM  Register through Social Worker

IN-PERSON - KITCHENER: FOR PEOPLE LIVING WITH DEMENTIA AND CARE PARTNERS

 Thursdays, March 23 to April 13  1 PM - 3 PM  Register through Social Worker

KITCHENER**CARE ESSENTIALS****JAN**

This 4-week series is aimed at care partners of people living with dementia who are at or approaching a stage when difficulties with activities of daily living and behaviour changes may be a concern. Learn communication strategies, and understand how to respond to behaviour.



Mondays,
January 9 to January 30



1 PM - 3 PM



Register through Social
Worker

VICTORIA PARK SENIOR CENTRE (VPSC)

In partnership with Victoria Park Seniors Centre, we offer special topics on dementia education. Register for these Zoom education sessions through Victoria Park Seniors Center by email at kmorgan@centrewellington.ca or phone at 519-846-9691 ext. 277.

VIRTUAL**10 SIGNS OF DEMENTIA AND WHAT TO DO****JAN**

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.



Thursday, January 5



10:30 AM - 11:30 AM



Register through VPSC
519-846-9691 ext. 277

VIRTUAL**INTRODUCTION TO DEMENTIA****FEB**

This session looks at common dementias, overviews the stages and suggests how we can support and interact with people when communication is hampered by dementia. There will be time for questions.



Thursday, February 2



10:30 AM - 11:30 AM



Register through VPSC
519-846-9691 ext. 277

VIRTUAL**WHY PEOPLE WANDER****MAR**

What causes 6 of 10 people living with dementia to wander? How can we help people with dementia stay safe? 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, along with information and resources to help you be prepared for incidents of someone going missing.



Thursday, March 2



10:30 AM - 11:30 AM



Register through VPSC
519-846-9691 ext. 277

VIRTUAL**MILD COGNITIVE IMPAIRMENT****APR**

In this session, learn about signs and symptoms of Mild Cognitive Impairment as well as tips and strategies for living well.



Thursday, April 6



10:30 AM - 11:30 AM



Register through VPSC
519-846-9691 ext. 277

EVERGREEN CENTRE

This talk is held in partnership with the Evergreen Seniors Community Centre in Guelph (683 Woolwich St. Guelph - Room 4). The Course ID for this talk is 33404. Please call 519-837-5699 and share this ID with the Customer Service Clerk.

GUELPH**THE RED FLAGS OF DEMENTIA****FEB**

This talk looks at 10 Warning Signs and possible red flags for dementia. What to look for in daily life, if you are concerned about someone's function or memory, and what next steps might be. This talk will take place at the Evergreen Seniors Community Centre (683 Woolwich St. Guelph - Room 4). Please register by calling 519-837-5699, between 8:30 AM and 4:30 PM, Monday to Friday. The Course ID for this talk is 33404.



Tuesday, January 31



9:30 AM - 11:30 AM



Register by calling
519-837-5699

VIRTUAL SPECIAL TOPICS

Our virtual special topic seminars are a great resource to further your dementia education. To register for these series, please get in touch with your our offices in Kitchener (**519-742-8518**), Cambridge (**519-650-1628**) and Guelph Area (**519-836-7672**)

VIRTUAL

3 D'S OF DEMENTIA

JAN

Dementia, Delirium and Depression, are often called the Geriatric Giants. This talk will compare and contrast the three to help you differentiate between them, and learn the best steps to take in each situation.



Thursday, January 12



1 PM - 2 PM



Register through our Main Office

VIRTUAL

FINDING YOUR WAY

JAN

Learn about disorientation (often called 'wandering'), including what it is, the reasons for behaviours and how to reduce the risk.



Wednesday, January 25



6 PM - 7 PM



Register through our Main Office

VIRTUAL

UNDERSTANDING THE STAGES

MAR

Participants will explore the commonalities between the different stages of Alzheimer's and other dementias.



Wednesday, March 8



1 PM - 2 PM



Register through our Main Office

VIRTUAL

BRAIN AND BEHAVIOUR

MAR

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



Wednesday, March 15



1 PM - 2 PM



Register through our Main Office

VIRTUAL

RESPONSIVE BEHAVIOUR

MAR

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



Wednesday, March 22



1 PM - 2 PM



Register through our Main Office

VIRTUAL

ENHANCED COMMUNICATION

MAR

During this 1-hour session, participants will identify the best practices to ensure clear and compassionate communication.



Wednesday, March 29



1 PM - 2 PM



Register through our Main Office

VIRTUAL

LIVING WELL WITH DEMENTIA

APR

Learn the key suggestions for maintaining a healthy brain. You'll be provided with tips and strategies that can be implemented into your daily routine. This session is appropriate for anyone experiencing changes cognitively as well as those who are interested in improving their brain health.



Tuesday, April 11



6 PM - 7 PM



Register through our Main Office

IN-PERSON SPECIAL TOPICS

We are practicing social distancing in our offices, space is limited for these seminars. To register for these series, please get in touch with your our offices in Kitchener (**519-742-8518**), Cambridge (**519-650-1628**) and Guelph Area (**519-836-7672**)

KITCHENER

LIVING WELL WITH DEMENTIA

FEB

Learn the key suggestions for maintaining a healthy brain. You'll be provided with tips and strategies that can be implemented into your daily routine. This session is appropriate for anyone experiencing changes cognitively as well as those who are interested in improving their brain health.



Wednesday, February 15



2 PM - 3 PM


 Register through
our Main Office

KITCHENER

CARE IN THE LATER STAGE

APR

An examination of the late stages of dementia. We explore the best interaction, activity, and approach techniques.



Wednesday, April 26



2 PM - 3 PM


 Register through
our Main Office

VOLUNTEER OPPORTUNITIES



Looking to make a real difference to people
here in your community?

We are looking for volunteers to work alongside our amazing team here at the Alzheimer Society Waterloo Wellington! Volunteers help us provide meaningful services and support to people living with dementia and their caregivers.

Opportunities include helping out with our virtual or in-person programs, driving, administrative tasks, or providing support for our phone program.

Contact us today.

thomas@alzheimersww.ca 519-742-1422

Alzheimer Society
WATERLOO WELLINGTON

SOCIAL WORK

ENHANCING CARE FOR CARE PARTNERS


In partnership with the Reitman Centre for Alzheimer's Support and Training, we offer group programs that help manage the day-to-day care of the person living with dementia. Topics will include reducing emotional stress and burden and improving the care partner's ability to cope with the demands of caregiving.

To register, please contact Colleen Martin by phone at 519-742-8518 ext. **2015** (Kitchener Area) 226-314-0949 ext. **2015** (Guelph Area) or by email at cmartin@alzheimerww.ca




TEACH

TEACH (Training, Education, and Assistance for Caregiving at Home) is a 4-week program. We will focus on common caregiving themes: self-care, relationship changes, health care system navigation and future planning.

 Offered this spring and summer. If interested please contact Colleen Martin by phone at 519-742-8518 ext. 2015 or by email at cmartin@alzheimerww.ca

CARERS

CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation) is an 8-week program designed for Care Partners focusing on the practical skills and emotional support needed to care for people living with dementia.

 Offered for Spouses/Partners or Family and Friends of people living with dementia. If interested please contact Colleen Martin by phone at 519-742-8518 ext. 2015 or by email at cmartin@alzheimerww.ca

GROUPS FOR CARE PARTNERS

VIRTUAL

MONTHLY CARE PARTNER SUPPORT GROUPS

Led by a Registered Social Worker, there are a variety of monthly groups for all types of care partners and situations. For more information or to register, please reach out to your Social Worker or call 519-742-8518 ext. **2090**.

YOUNG ONSET DEMENTIA (YOD)



1st Wednesday



5 pm - 6:30 pm

LONG-TERM CARE HOME/RETIREMENT



1st Friday



10 am - 11:30 am

SPOUSES / PARTNERS



2nd Wednesday



1:30 pm - 3 pm

FAMILY AND FRIENDS



2nd Thursday



5:30 pm - 7 pm

MILD COGNITIVE IMPAIRMENT (MCI)



2nd Friday



9:30 am - 10:30 am

TELEPHONE SUPPORT



Last Tuesday
Ending in February



10 am - 11:30 am

VIRTUAL

RESILIENCE IN THE MIDST OF STRESS AND GRIEF

This 4-week group program “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 before the group.



Thursdays,
January 12 to February 2



10 AM - 11:45 AM



Register through your
Social Worker or **2090**

IN-PERSON

MONTHLY CARE PARTNER SUPPORT GROUP

These groups are offered in person at our Guelph Office, Kitchener office and Cambridge office. If you are in need of respite for the person living with dementia you are caring for, please connect with your social worker to explore options available. For more information or to register, please reach out to your Social Worker or call 519-742-8518 ext. **2090**.

GUELPH OFFICE



2nd Tuesday of the Month



10 AM - 11:30 AM



Register through your Social Worker or **2090**

KITCHENER OFFICE



4th Tuesday of the Month



10 AM - 11:30 AM



Register through your Social Worker or **2090**

CAMBRIDGE OFFICE



3rd Tuesday of the Month
Beginning on February 21



10 AM - 11:30 AM




Register through your Social Worker or **2090**

GUELPH

LEARNING THE ROPES®

Learning the Ropes for Living with MCI® is a healthy living program that supports people living with mild cognitive impairment (MCI) in Waterloo Wellington. The focus of Learning the Ropes for Living with MCI® is on optimizing cognitive health through lifestyle choices, memory training and psychosocial support.

People living with mild cognitive impairment (MCI) are encouraged to attend along with a close family member or friend.

 The next offering will be in spring at our Guelph Office. If interested please get in touch with your Social Worker. If you have not connected with a Social Worker from our society, please call 519-742-8518 ext. 2090.

IN-PERSON

OTN CARE PARTNER SUPPORT GROUP

This support group is run in partnership with Ontario Telemedicine Network (OTN) video conferencing. This group provides a space for information-sharing and to connect with other care partners who share similar experiences supporting a person living with dementia. There is a presentation on topics of the group's choice, followed by group discussion. For more information or to register, please reach out to your Social Worker or call 519-742-8518 ext. **2090**

Locations Offered:

Erin - East Wellington Family Health Team (6 Thompson Crescent, Unit 1)

Mount Forest - Mount Forest Family Health Team (525 Dublin St.)

Ayr - North Dumfries Community Complex (2958 Greenfield Rd.)

St Jacobs - Woolwich Community Health Centre (10 Parkside Dr.)

Fergus - Upper Grand Family Health Team (107-6420 Beatty Line N.)



4th Wednesday of the Month
Beginning March 22



1:30 PM - 3 PM



Register through your Social Worker or **2090**

Become a Monthly Partner

When you partner with us to become a monthly donor, you are directly impacting the lives of those living with dementia and their caregivers every day, right here in our community.

Contact us today to find out how.



SOCIAL RECREATION

Below is a small selection of the social recreational programs offered. For a complete list, please turn to page 12. We are able to offer a combination of in-person and virtual programs, Monday - Saturday. Register by calling **519-650-1628** (Cambridge Area), **519-836-7672** (Guelph Area) or **519-742-1422** (Kitchener Area).

VIRTUAL PROGRAMMING:



SUPPORTED BY:



MINDS IN MOTION®

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, participants will exercise both their bodies and minds.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Allen Reuter Cambridge 9:30 AM - 11:30 AM	West End Guelph 9:30 AM - 11:30 AM	Allen Reuter Cambridge 9:30 AM - 11:30 AM	Rec Complex Waterloo 9:30 AM - 11:30 AM	Virtual YOD 10 AM - 11:30 AM	Virtual MiM 10 AM - 11:30 AM
Evergreen Guelph 9:30 AM - 11:30 AM	Bridgeport Kitchener 1 PM - 3 PM	Virtual MCI 1 PM - 2:30 PM	Bridgeport Kitchener 1 PM - 3 PM	Stork YMCA Waterloo 1 PM - 3 PM	
Virtual MCI 1 PM - 2:30 PM	Virtual MiM 1 PM - 2:30 PM	Stork YMCA Waterloo 1 PM - 3 PM	Virtual MiM 1 PM - 2:30 PM		
		Evergreen Guelph 1 PM - 3 PM	Victoria Park Fergus 1 PM - 3 PM		

VIRTUAL

SATURDAY MORNING MINDS IN MOTION

Join us on Saturdays at 10am for virtual Minds in Motion!

From the comfort of your home this winter, start your weekend with some fun, fitness, and the chance to connect with others.



Saturday Mornings



10 AM - 11:30 AM



Register through our Main Office

SOCIAL RECREATION IN THE COMMUNITY

IN-PERSON

MEMORY BOOSTERS

The Memory Boosters Social Group is a peer led social club that was started to provide a warm and supportive place for people living with dementia, together with their care partners to socialize, relax, and have fun. There are no fees to join or belong to our group. Register by calling Elaine Mortensen (**519-585-0186**), or Anne Hopewell (**519-954-3565**).



2nd and 4th Tuesday



1:30 PM - 3 PM



Register by phone

MONTHLY SOCIAL RECREATION

Join us this winter for some social recreation! Below is a small preview of programs we offer. For a complete list, please refer to the chart on page 12 and 13. We offer a variety of in-person and virtual programming. Register by calling **519-650-1628** (Cambridge Area), **519-836-7672** (Guelph Area) or **519-742-1422** (Kitchener Area).

IN-PERSON

SHARING OUR VOICES

Get involved with this intergenerational program that invites youth and older adults living with dementia to connect through art and storytelling. Build social connections and explore collaborative, creative processes together. We will offer the program from 10:30 AM - 11:30 AM at the John M. Harper Library in Waterloo (500 Fisher-Hallman Rd. N. Waterloo)

Care partners of registered participants living with dementia can access virtual wellness programming offered by the YMCA of Three Rivers for the duration of the program.

To register, please call our offices in Cambridge Area (**519-650-1628**), Guelph Area (**519-836-7672**) and Kitchener Area (**519-742-1422**). In the event that public health restrictions change, Sharing Our Voices will be offered virtually.



WINTER SESSION - STORK FAMILY YMCA, WATERLOO



Saturdays,
January 7 to March 25



10:30 AM - 11:30 AM



Register through
our Main Office

SPRING SESSION - A.R. KAUFMAN YMCA KITCHENER



Saturdays,
April 15 to June 24



10:30 AM - 11:30 AM



Register through
our Main Office

VIRTUAL

CREATIVITY WORKSHOP

Are you looking for something fun to do this fall and winter? Join us for our monthly Creativity Workshop, where we create something special to keep. We will mail supplies directly to your home. Register by the 2nd Wednesday of the month to join this program.

JANUARY



Friday,
January 27



10 AM - 11:30 AM



Saturday,
January 28



1 PM - 2:30 PM

FEBRUARY



Friday,
February 24



10 AM - 11:30 AM



Saturday,
February 25



1 PM - 2:30 PM

MARCH



Friday,
March 24



10 AM - 11:30 AM



Saturday,
March 25



1 PM - 2:30 PM

APRIL



Friday,
April 28



10 AM - 11:30 AM



Saturday,
April 29



1 PM - 2:30 PM

IN-PERSON

CREATIVITY WORKSHOP

We are extremely excited to offer one in-person Creativity Workshop per month during this winter. There is a limit of 10 participants per session. The January and February sessions will be held at Parkwood Mennonite Home (726 New Hampshire St. Waterloo). These sessions may be cancelled due to evolving COVID-19 policies at Parkwood. Our March and April session will take place in Waterloo as well.

JANUARY



Saturday,
January 14



1:30 PM - 3 PM

FEBRUARY



Saturday,
February 11



1:30 PM - 3 PM

MARCH



Saturday,
March 11



1:30 PM - 3 PM

APRIL



Saturday,
April 15



1:30 PM - 3 PM

JANUARY-APRIL IN-PERSON PROGRAMS AND SERVICES OVERVIEW

In-Person Education Seminars	Location	Address	Time	Date
Mild Cognitive Impairment	Cambridge Office	1145 Concession Rd. Cambridge	1 PM	10-Jan
Overview of Dementia	Kitchener Office	831 Frederick St. Kitchener	1 PM	9-Feb
Living Well With Dementia	Kitchener Office	831 Frederick St. Kitchener	2 PM	15-Feb
Mild Cognitive Impairment	Kitchener Office	831 Frederick St. Kitchener	10 AM	3-Mar
Overview of Dementia	Cambridge Office	1145 Concession Rd. Cambridge	10 AM	27-Mar
Overview of Dementia	Kitchener Office	831 Frederick St. Kitchener	10 AM	18-Apr
Care in the Later Stage	Kitchener Office	831 Frederick St. Kitchener	2 PM	26-Apr

In-Person Education Seminars	Location	Address	Time	Start Date	End Date
Care Essentials	Kitchener Office	831 Frederick St.	1 PM	9-Jan	30-Jan
First Steps for Care Partners	Cambridge	1145 Concession Rd.	10 AM	7-Feb	28-Feb
First Steps for Care Partners	Kitchener Office	831 Frederick St.	1 PM	23-Mar	13-Apr

In-Person Minds in Motion®			
Location	Address	Time	Date
Allan Reuter Centre	507 King St. E. Cambridge	9:30 AM	Mondays / Wednesdays
Evergreen Centre	683 Woolwich St. Guelph	9:30 AM / 1 PM	Mondays / Wednesdays
West End Centre	21 Imperial Rd. S. Guelph	9:30 AM	Tuesdays
Bridgeport Centre	20 Tyson Dr. Kitchener	1 PM	Tuesdays / Thursdays
Stork YMCA	500 Fisher-Hallman Rd. N. Waterloo	1 PM	Wednesdays / Fridays
Waterloo Recreation Complex	101 Father David Bauer Dr. Waterloo	9:30 AM	Thursdays
Victoria Park Seniors Centre	150 Albert St. W. Fergus	1 PM	Thursdays

In-Person Creativity Workshop	Location	Address	Time	Date
January	Parkwood Mennoite Home	726 New Hampshire St.	1:30 PM	14-Jan
February	Parkwood Mennoite Home	726 New Hampshire St.	1:30 PM	11-Feb
March	Parkwood Mennoite Home	726 New Hampshire St.	1:30 PM	11-Mar
April	Parkwood Mennoite Home	726 New Hampshire St.	1:30 PM	15-Apr

In-Person Social Recreation	Location	Address	Time	Start Date	End Date
Sharing Our Voices	Stork YMCA	500 Fisher-Hallman Rd. N.	10:30 AM	7-Jan	25-Mar
Sharing Our Voices	A.R Kaufman	333 Carwood Ave.	10:30 AM	15-Apr	24-Jun

In-Person Groups for Care Partners	Location	Address	Time	Start Date
Guelph Monthly Care Partner Support	Guelph Office	202-25 Wellington St. W.	10 AM	2nd Tuesday
Kitchener Monthly Care Partner Support	Kitchener Office	831 Frederick St.	10 AM	4th Tuesday
Cambridge Monthly Care Partner Support	Cambridge Office	1145 Concession St.	10 AM	3rd Tuesday
OTN Care Partner Support	Various Location - See Page 8		1:30 PM	4th Wednesday

JANUARY-APRIL VIRTUAL PROGRAMS AND SERVICES OVERVIEW

Virtual Social Recreation	Description	Time	Date
Tea Time	Join us for a social hour to chat and share a laugh - no tea needed.	10 AM	Mondays
Wednesday Music Club	For music lover of all genres - join a music therapist or team member for an hour of guided conversation.	1 PM	Wednesdays
Games Hour	Sign-up for our online Games Hour and play Bingo, Jeopardy or Trivia and other games.	10 AM	Thursdays
SPARK	A weekly phone call with one of our volunteers. Calls can be scheduled when you are available.		

Virtual Care Partner Support Groups	Time	Date
Young Onset Dementia	5 PM	1st Wednesday
Long Term Care Home	10 AM	1st Friday
Spouses / Partners	1:30 PM	2nd Wednesday
Family and Friends	5:30 PM	2nd Thursday
MCI	9:30 PM	2nd Friday
Telephone	10 AM	Last Tuesday

Virtual VPSC Education	Time	Date
10 Signs of Dementia	10:30 AM	5-Jan
Introduction to Dementia	10:30 AM	2-Feb
Why People Wander	10:30 AM	2-Mar
Mild Cognitive Impairment	10:30 AM	6-Apr

Virtual Creativity Workshop	Time	Date
Friday January	10 AM	27-Jan
Saturday January	1 PM	28-Jan
Friday February	10 AM	24-Feb
Saturday February	1 PM	25-Feb
Friday March	10 AM	24-Mar
Saturday March	1 PM	25-Mar
Friday April	10 AM	28-Apr
Saturday April	1 PM	29-Apr

Virtual Care Partner Series	Time	Date
Resilience in the Midst of Stress and Grief	10 AM	12-Jan to 2-Feb

Virtual Minds in Motion®	Time	Date
Minds in Motion MCI	1 PM	Mon / Wed
Minds in Motion	1 PM	Tue / Thu
Minds in Motion YOD	10 AM	Fridays
Minds in Motion	10 AM	Saturdays

Virtual Education Seminars	Time	Date
Overview of Dementia	6 PM	5-Jan
3 D's of Dementia	1 PM	12-Jan
Finding Your Way	6 PM	25-Jan
Understanding the Stages	1 PM	8-Mar
Brain and Behaviour	1 PM	15-Mar
Responsive Behaviour	1 PM	22-Mar
Enhancing Communication	1 PM	29-Mar
Living Well with Dementia	6 PM	11-Apr

To register for any of our programs call our offices in Kitchener Area (**519-742-1422**), Guelph Area (**519-836-7672**) and Cambridge Area (**519-650-1628**) and we would be happy to connect you with the right staff member. If you have not been connected with a Social Worker, please call 519-742-8518 ext. **2090**.

If you would like to register online or stay up-to-date with our most current programs and offerings, please sign up for our twice monthly newsletter by visiting

alzheimer.ca/ww/en/whats-happening/newsletter

You're invited...

a Winter Warmer

TO BRIGHTEN YOUR SPIRITS

February 9, 2023

At the Ken Seiling Museum
10 Huron Road, Kitchener

*Tickets available for purchase
November 9, 2022*

*Online Silent Auction opens
January 26, 2023*



MIXXIT MIKE
MIXOLOGIST



LAYNE
THE AUCTIONISTA



BUY TICKETS AT:
[TRELLIS.ORG/
WINTERWARMER](https://www.trellis.org/winterwarmer)



FOR MORE INFO:
THOMAS@ALZHEIMERWW.CA
519-742-1422

❄️ WHISKY TASTING ❄️ SIGNATURE DRINKS ❄️ LIVE AUCTION ❄️

Presented by:



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, home and community care support services, 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 by contacting Michelle Martin, by email: mmartin@alzheimerww.ca or by phone: 519-742-8518 ext. 2014. 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).

The Alzheimer Society Waterloo Wellington strives to provides a safe setting for all. Violent, aggressive, threatening or disruptive conduct is not okay. Verbal or physical abuse of our staff or volunteers will not be tolerated. Thank you for your cooperation!

At the Alzheimer Society Waterloo Wellington, we welcome people of any age, gender identity and expression, race, colour and sexual orientation

Updated November 2022

A close-up photograph of a snow-covered plant. The snow is white and fluffy, resting on vibrant green leaves and several pink flowers. The background is dark, making the snow and plants stand out.

Contact Information

Cambridge Office - 1145 Concession Rd. N3H 4L5 - 519-650-1628

Kitchener Office - 831 Frederick St. N2B 2B4 - 519-742-1422

Guelph Office - 202-25 Wellington St. W. N1H 7T9 - 519-836-7672

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