

Dementia Program Guide

Summer 2021

July - August

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

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 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. 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, and information services available over the phone. We want to support you. Please reach out.

As part of our strategic plan, ASWW is now offering programming for individuals diagnosed with MCI (Mild Cognitive Impairment). The best thing anyone can do to support brain health is exercise and keep socially active. ASWW is now offering Minds in Motion® targeted for people living with MCI. 120 minutes of exercise per week is the recommended dose. Attend this amazing program on Monday and Wednesday afternoons to get you moving - check out page 6. We also have introduced “Learning the Ropes” which is a memory training and support program. See page 22 for details. Everyone needs support and connection with others who are experiencing the same challenges. ASWW offers an MCI support group the second Tuesday of the month - see page 29 for details.

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
On Behalf of Alzheimer Society Waterloo Wellington Team

CONTENTS

General Information

What is Dementia.....	4
Our Services.....	5
Living Safely in the Community.....	5
Event Calendar.....	15-17
Community Resources.....	30
Terms of Service.....	31

Social and Recreational Programs

Minds in Motion ®	6
Music with Natalie.....	7
Catching Calm - Mindfulness for Everyday Life.....	7
Games Hour.....	7
Activity Packages, Adult Colouring Books.....	7
Morning Tea (or Coffee) Hour.....	8
Tuesday Connections for People Living with Dementia.....	8
Make a Mug with Crock A Doodle	8
Music Project.....	9
Dementia Friendly Programs in the Community.....	9
Sharing Our Voices.....	10

Telephone Support and Recreation

Telephone Support for Care Partners.....	11
SPARK Phone Recreation Program.....	11

Education Sessions

General Education.....	20
Learning the Ropes.....	20
First Link Learning Series - First Steps for Care Partners.....	21
YouTube Channel Education.....	21
Special Education Topics.....	22
Victoria Park Seniors Center.....	23

Groups for Care Partners

Enhancing Care Programs.....	24-25
Mindfulness Group.....	25
Groupe de soutien et éducation pour aidants naturels	25
Resilience in the Midst of Stress and Grief.....	26
Monthly Virtual Care Partner Support Groups.....	27

Please note: If you require social work services you are able to self refer by calling 519-742-8518 ext. 2090. Health Care providers can complete and fax in our referral form.

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 answer questions, register you for care partner programs or help you connect with a social worker. Call: **519-742-8518 ext. 2090** (Kitchener Area) or **226-314-0949 ext. 2090** (Guelph Area). Please note we do not provide crisis services. If you are in a crisis situation call 911 or Here 24/7 anytime at 1-844-437-3247 or TTY: 1-877-688-5501.

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.

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

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** (Kitchener Area) or **519-836-7672** (Guelph Area) 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 or call **519-742-8518 ext. 2090** to learn more.



MedicAlert
FOUNDATION CANADA

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

Social & Recreational Programs

Minds in Motion® - Offered Virtually During COVID-19

Minds in Motion® is a unique opportunity for persons living with dementia and their care partner to attend a program together, with benefits for all. Each class begins with some gentle group exercise followed by an engaging and stimulating social recreation program. Laughter and new friendships are often a result as participants exercise both their bodies and minds.



NEW Minds in Motion® for People Living with Mild Cognitive Impairment (MCI)

This program is designed specifically for those living with a MCI diagnosis. Participate independently or with a partner. This group is on Monday and Wednesday afternoons from 1 pm - 2:30 pm.

NEW Minds in Motion® for People Living with Young Onset Dementia (YOD)

Curated for people living with Young Onset Dementia, creating a place to connect with peers and enjoy social, and physical activities. This group is on Wednesday and Friday mornings from 10 am - 11:30 am.

Did You Know?

Research shows many health benefits for older adults who get a total of 2.5 hours of moderate aerobic exercise every week. This is why we encourage you to attend Minds in Motion® twice a week and be well on your way to meeting this goal and feeling your best!

Current Sessions Offered

Please call our office at **519-742-1422** to register.

Monday & Wednesday Mornings*	10 am - 11:30 am	July 12 th - September 1 st (No class August 2 nd)
Monday & Wednesday Afternoons for People Living with MCI*	1 pm - 2:30 pm	July 12 th - September 1 st (No class August 2 nd)
Tuesday Mornings	10 am - 11:30 am	July 13 th - August 31 st
Tuesday Afternoons	1 pm - 2:30 pm	July 13 th - August 31 st
Thursday Afternoons	1 pm - 2:30 pm	July 15 th - September 2 nd
Friday Mornings	10 am - 11:30 am	July 16 th - September 3 rd
Wednesday & Friday Mornings for People Living with YOD*	10 am - 11:30 am	July 14 th - September 3 rd

*These offerings runs twice weekly and participants who register are asked to attend both sessions. Participants may still register if they are only able to attend one of the two days .

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** (Kitchener Area) or **519-836-7672** (Guelph Area) 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.

NEW Music with Natalie



Join Credentialed Music Therapist Natalie as she leads participants in active music making, moving and singing! Upon registration, you will be asked to list some favourite songs or musical artists. Bring along something to BANG (a drum, your lap, a bucket) and something to SHAKE (bells, a maraca, a Tupperware of rice). Headphones may help you hear better, but not a requirement.



Thursdays, 11 am - 12 pm, July 15th to September 2nd

NEW Catching Calm - Mindfulness for Everyday Life

An 8-week program designed for persons living with dementia. Join Pamela Rudolph, a Mindful Living Specialist, for the experience of guided mindfulness and the opportunity for discussion.

Tuesdays, 1 pm - 2 pm, July 13th to August 31st



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.

Wednesdays, 10 am - 11 am, July 14th to September 1st

Activity Packages, Adult Colouring Books

Are you looking for something technology free to do while inside this summer? 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.

If Interested please call our offices at **519-742-1422** (Kitchener Area) and **519-863-772** (Guelph Area)

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** (Kitchener Area) or **519-836-7672** (Guelph Area) 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.

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, July 12th - August 30th



Tuesday Connections for People Living with Dementia

We are able to offer Tuesday 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. The focus is to provide meaningful engagement and a space where individuals can socialize and build networks of community support. Care partners are welcome to join at the beginning and end of the program.



2nd & 4th Tuesday of the month, 10 am - 11 am

Make a Mug with Crock A Doodle



Join us for an exciting virtual workshop hosted by Crock A Doodle, where you get to paint your own mug! During the workshop you will be shown different painting techniques and ideas to paint on your mug. Each participant will receive a mug and paint kit delivered to their home on Monday August 9th. Your painted mugs will be picked up, kilned, and returned.

Space is limited. Deadline to register is **Wednesday July 28th**.

Wednesday, 10 am - 11 am OR 1 pm - 2 pm, August 11th

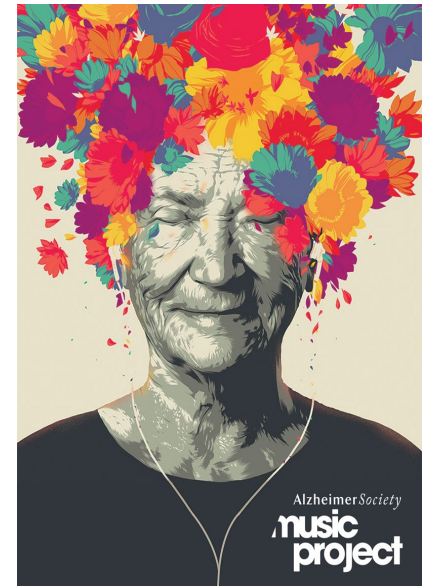
Social & Recreational Programs

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** (Kitchener Area) and **519-836-7672** (Guelph Area) to register.

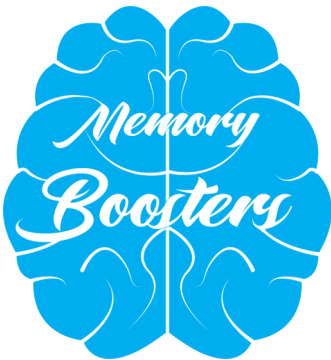
**\$150 Donation Provides
1 Music Project Package!**



Dementia Friendly Programs in the Community

Please contact each program directly.

Memory Boosters



Meet new people, and 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.

2nd & 4th 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**
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**.

Social & Recreational Programs

Sharing our Voices

Call **519-742-1422** (Kitchener Area) or **519-836-7672** (Guelph Area) to register one week in advance of the program start date. Registered participants will be connected with Kayla Haas, Intergenerational Community Programs Coordinator to receive more details about this program. Join via computer, tablet, or laptop. This program requires the use of a video camera. If you do not have a computer, tablet, or laptop with a video camera, please indicate your need for this technology upon registration.

Sharing Our Voices is a new program that offers people with dementia and youth living in Waterloo Region the chance to connect through art programming. In our virtual format, participants will create individual pieces that will be used to construct one larger, collaborative piece of art. Collaborative art that is created through this program will be publicly displayed.

This first session will be a pilot of the program, lasting 4 weeks. Future sessions of this program will be 8 weeks.

Art materials will be delivered to participants prior to the start of the program. Arrangements will be made to collect finished art pieces once the program is finished. All levels of art ability and experience welcome!

This is a grant funded project. You will be invited to participate in an evaluation, but participation in the evaluation process is voluntary.

If you have any questions, please contact **Kayla Haas** by phone at **519-742-8518** ext. **2030** or by email at **khaas@alzheimerww.ca**.

Please note: Insufficient registration will result in a change to the start date of the program

Saturdays, 11 am - 12 pm, July 3rd - July 24th

Waterloo Public Library has technology with video cameras available to loan for this program. Sharing Our Voices is offered in partnership with the YMCA of Three Rivers and Waterloo Public Library.

This project is supported by the Supporting Inclusion through Intergenerational Partnerships (SIIP) project at the Schlegel-UW Research Institute for Aging (RIA). SIIP is funded by the Government of Canada's New Horizons for Seniors Program.



Funded by the Government of
Canada's New Horizons for
Seniors Program



Telephone Support and Recreation

We are pleased to offer telephone based programming with funding provided by the Government of 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.

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 **August 16th** to the week of **October 4th**

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



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



Social with a Purpose is a fun and easy way for you to virtually host a fundraiser anywhere and any way!

A New Reason to Stay Connected

Do you and your friends miss having game night? Turn your online card game into a fundraiser! Have any special skills? Try hosting an online paint night or cooking class and asking for a donation!

If you don't want to be the head chef, we've got you covered with easy to use digital kits that will help you plan and execute the entire fundraiser without having to worry about creating anything yourself!

To learn more about having FUN with a Purpose please contact Lorri Watamaniuk by phone at 519-742-8518 ext. 2021 or by email at lorri@alzheimerww.ca



How YOU can help those journeying with dementia as an Alzheimer Society Volunteer:

- Do you have great computer skills? You could help clients build their skills so they can participate in virtual programming.
- Do you enjoy connecting with people? How about a role connecting with clients or donors by phone?
- Are you a natural organizer or great with the details? We have an admin role for you!
- Do you love being active? Maybe a role in our Minds in Motion program would be a great fit for you!

Have another idea? We would love to talk to you!

Join the ASWW Volunteer Team and make a difference! We welcome you and any talents you are able to share with us. Contact us and we can create a schedule that works for you!

For more information contact Kathy Irwin, Development Administration and Volunteer Coordinator by email at kathy@alzheimerww.ca or by phone at 519-742-8518 ext. 2045



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

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 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.

SOCIAL WEEKLY CALENDAR JULY / AUGUST

To register or find out more information place call our office by phone.

Kitchener Area: 519-742-1422

Guelph Area: 519-836-7672.

MONDAY	TUESDAY	WEDNESDAY
Minds in Motion® 10 am - 11:30 am	Minds in Motion® 10 am - 11:30 am	Minds in Motion® 10 am - 11:30 am
Coffee (or Tea) Hour 10 am - 11 am	Tuesday Connections (Biweekly) 10 am - 11 am	Games Hour 10 am - 11 am
Minds in Motion® for MCI 1 pm - 2:30 pm	Catching Calm - Mindfulness 1 pm - 2 pm	Minds in Motion® for YOD 10 am - 11:30 am
	Minds in Motion® 1 pm - 2:30 pm	Minds in Motion® for MCI 1 pm - 2:30 pm
THURSDAY	FRIDAY	SATURDAY
Music with Natalie 11 am - 12 pm	Minds in Motion® 10 am - 11:30 am	Sharing Our Voices 11 am - 12 pm
Minds in Motion® 1 pm - 2:30 pm	Minds in Motion® for YOD 10 am - 11:30 am	

SUNDAY

Office Closed

Calendar Legend

Minds in Motion® - pg. 6

Social & Recreational - pg. 7-10



JULY 2021

Education - pg. 22 - 24

Telephone Based - pg. 10

Groups for Care Partners - pg. 26-27



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	Jun 28 Registration Week. Call Our Offices at 519-742-1422 (Kitchener Area) or 519-836-7672 (Guelph Area) to Register	29	30	1 Office Closed For Canada Day	2	3
4	5 Weekly Social and Recreational Programs Begin	6 Understanding Stages 1 pm - 2 pm	7 YOD Support 5 pm - 6:30 pm TEACH 6 pm - 7:30 pm	8 Overview of Dementia 1 pm - 2 pm Family and Friends 5:30 pm - 7 pm	9	10
11	12	13 MCI Support 9:30 am - 10:30 am Brain and Behaviour 1 pm - 2 pm	14	15	16	17
18	19	20 Responsive Behaviour 1 pm - 2 pm	21 TEACH 6 pm - 7:30 pm	22 Spouse and Partner 1:30 pm - 3 pm The A's of Dementia 2 pm - 3 pm	23 The Cheat Sheet 10 am - 11 am	24
25	26	27 Phone Support 10 am - 11:30 am Communication 1 pm - 2 pm	28 MCI Overview 1 pm - 2 pm TEACH 6 pm - 7:30 pm	29	30	31

AUGUST 2021



Please call our office in **Kitchener** at **519-742-1422** and in **Guelph** at **519-836-7672** for more information or to register for our programs.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 Office Closed For Civic Holiday	3	4 TEACH 6 pm - 7:30 pm	5	6 Living Well: Brain Health 10 am - 11 am LTC Support 10 am - 11:30 am	7
8	9	10 Mediterranean Diet 10 am - 11 am Resilience in Grief 6 pm - 8 pm	11 YOD Support 5 pm - 6:30 pm	12 TEACH for LTC 10:30 am - 12 pm The 3 D's 1 pm - 2 pm Family and Friends 5:30 pm - 7 pm	13	14
15	16	17 MCI Support 9:30 am - 10:30 am Resilience in Grief 6 pm - 8 pm	18 Sundowning 1 pm - 2 pm	19 TEACH for LTC 10:30 am - 12 pm	20	21
22	23	24 CARERS 1 pm - 3 pm Resilience in Grief 6 pm - 8 pm	25	26 TEACH for LTC 10:30 am - 12 pm Spouse and Partner 1:30 pm - 3 pm	27	28
29	30 10 Warning Signs 2 pm - 3 pm	31 Phone Support 10 am - 11:30 am CARERS 1 pm - 3 pm Resilience in Grief 6 pm - 8 pm	Sept 1	2 TEACH for LTC 10:30 am - 12 pm	3	4

THANK YOU FOR YOUR SUPPORT!



Alzheimer Society Waterloo Wellington is pleased to announce that this year's IG Wealth Management Walk for Alzheimer's was a huge success.



We would like to thank our sponsors, walk participants and donors who rose to the challenge and walked 'their way' to help support the 16,500 people living in our community with dementia and their care partners.

Together we raised \$96,962!

YOU HAVE MADE A REAL DIFFERENCE IN HELPING OUR CLIENTS LIVE THEIR BEST DAY IN YOUR COMMUNITY

Regional Sponsor



Local Sponsor



Sandal Sponsors



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!

Education

Register up to 24 hours before the session by calling our offices in the **Kitchener Area** at **519-742-1422** and in the **Guelph Area** at **519-836-7672**. 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, July 8th, 1 pm - 2 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 | Wednesday, July 28th, 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.

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.

New session begins in **September**.

Baycrest

*Physician referral is required.
Fee: \$30 per person (workbook included)
Please contact us at 519-742-8518 ext. 2090.*



Participate in Research

Research moves us forward. Your support will get us closer to life-altering treatments, better care and cures for Alzheimer's disease and other dementias.

To learn more about Canadian studies on Alzheimer's disease and other dementias or how to support research, visit alzheimer.ca/en/research

Register up to 24 hours before the session by calling our offices in the **Kitchener Area** at **519-742-1422** and in the **Guelph Area** at **519-836-7672**. 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 for Care Partners

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 | Tuesday, July 6th, 1 pm - 2 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 | Tuesday, July 13th, 1 pm - 2 pm

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

Responsive Behaviours | Tuesday, July 20th, 1 pm - 2 pm

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

Communication | Tuesday, July 27th, 1 pm - 2 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.

Education

Register up to 24 hours before the session by calling our offices in the **Kitchener Area** at **519-742-1422** and in the **Guelph Area** at **519-836-7672**. 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.

Special Education Topics

The A's of Dementia | Thursday, July 22nd, 2 pm - 3 pm

The A's of dementia describe the symptoms of dementia that will affect how a person will think and act. In this session, we will explain the seven A's, known as anosognosia, amnesia, agnosia, aphasia, apraxia, apathy, altered perception, and attentional deficits in more simple terms and explore how they affect a person's day to day behaviour.

Living Well: Tips and Strategies for Brain Health | Friday, August 6th, 10 am - 11 am

Learn the 3 key suggestions for maintaining a healthy brain. We can all take action to improve our brain health.

Mediterranean Diet | Tuesday, August 10th, 10 am - 11 am

Explore this way of eating based on the traditional cuisine of the Mediterranean. This diet is high in vegetables, fruits, whole grains, nuts, seeds and olive oil. This discussion will focus on the relationship between brain health and nutrition.

Sundowning | Wednesday, August 18th, 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.

10 Warning Signs and What To Do About Them | Monday, August 30th, 2 pm - 3 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.

Register for these Zoom education through **Victoria Park Seniors Center** by email at **kmorgan@centrewellington.ca** or by phone at **519-846-9691** ext. **277**. 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.

Victoria Park Seniors Center Education

Register for these Zoom education through Victoria Park Seniors Center by email at **kmorgan@centrewellington.ca** or by phone at **519-846-9691** ext. **277**

The Cheat Sheet | Friday, July 23rd, 10 am - 11 am

This talk will provide you with some suggestions on how to support conversation for people living with dementia. It includes suggestions for conversation starters and an opportunity for questions and discussion. The session is designed for care partners of people living with dementia who are in the early and mid stages of their journey.

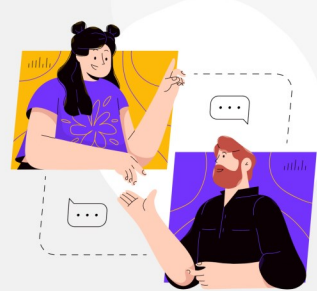
The 3 D's | Thursday, August 12th, 1 pm - 2 pm

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.

3 Tips for a Successful Zoom Call

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.



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.

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.

Groups for Care Partners

Contact **Jeanetta Grawbarger**, Social Worker, at **519-742-8518** ext. **2026**, 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.

The TEACH and CARERS programs are offered virtually through ASWW.



Sinai Health System

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



Ontario
Ministry of
HEALTH AND
LONG-TERM CARE

TEACH Program

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 |
| <ul style="list-style-type: none">• Coach care partners in practical communication and coping skills.• Provides opportunity to share and learn from other care partners. | |

TEACH | Wednesdays, 6 pm - 7:30 pm, July 7th - August 4th (No Class July 14th)

NEW TEACH for Long Term Care |

Thursdays, 10:30 am - 12 pm; August 12th - September 2nd

CARERS Program

CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation) 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

CARERS | Tuesdays, 1 pm - 3 pm, August 24th - October 12th

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.

*To inquire about upcoming sessions or for more information,
Please call **Jeanetta Grawbarger**, Social Worker, at **519-742-8518 ext. 2026***

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-teleconferencing.



*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*

Tuesdays, 6 pm - 8 pm, August 10th - August 31st

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.

Alzheimer Society

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

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!**

Alzheimer Society Waterloo Wellington is grateful for all donations.

Please consider any of the following to support our mission.

Cheques **by mail** to: 831 Frederick St. Kitchener, ON N2B 2B4

Credit Cards accepted **online** at www.alzheimerww.ca **OR**

By phone 519-742-8518 ext. 2013

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 insufficient registration will be cancelled.

Registered individuals can 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 and Communications Coordinator, at **519-742-8518 ext. 2027** for technical support.

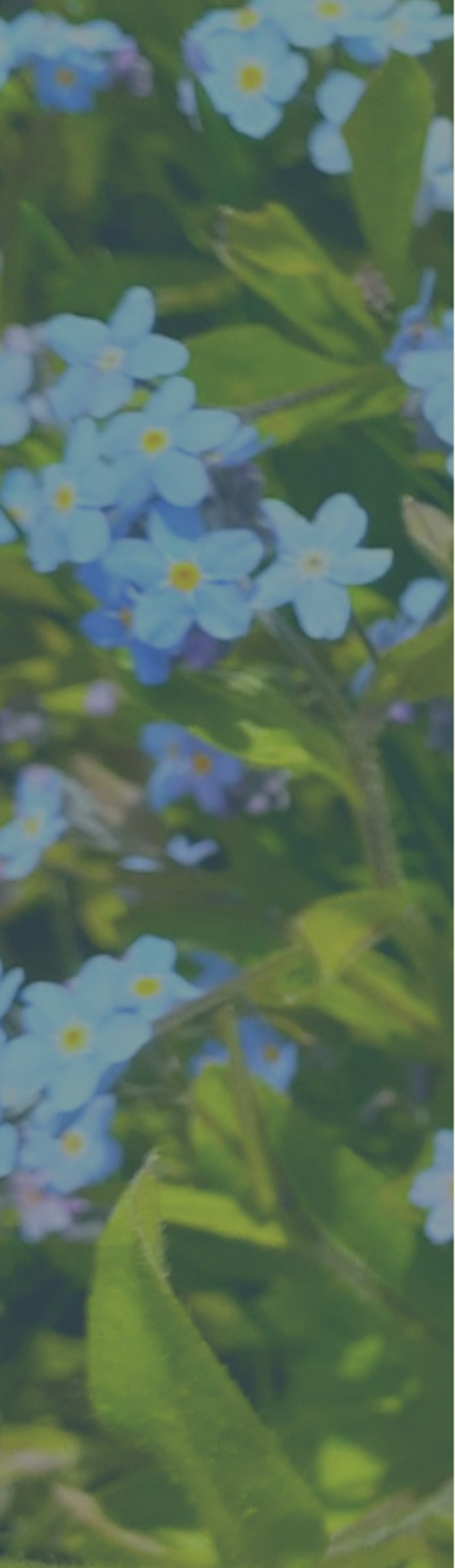
Young Onset Dementia (YOD) 1st Wednesday of the month 5 pm - 6:30 pm	This group is an opportunity to connect with others who are caring for someone with young onset dementia.
---	---

Long-Term Care Home 1st Friday of the month 10 am - 11:30 am (No Group in July)	For care partners who are assisting someone living in a long-term care home or retirement home.
---	---

Mild Cognitive Impairment 2nd Tuesday of the month 9:30 am - 10:30 am	This group is an opportunity to connect with others who are caring for someone living with Mild Cognitive Impairment (MCI).
--	---

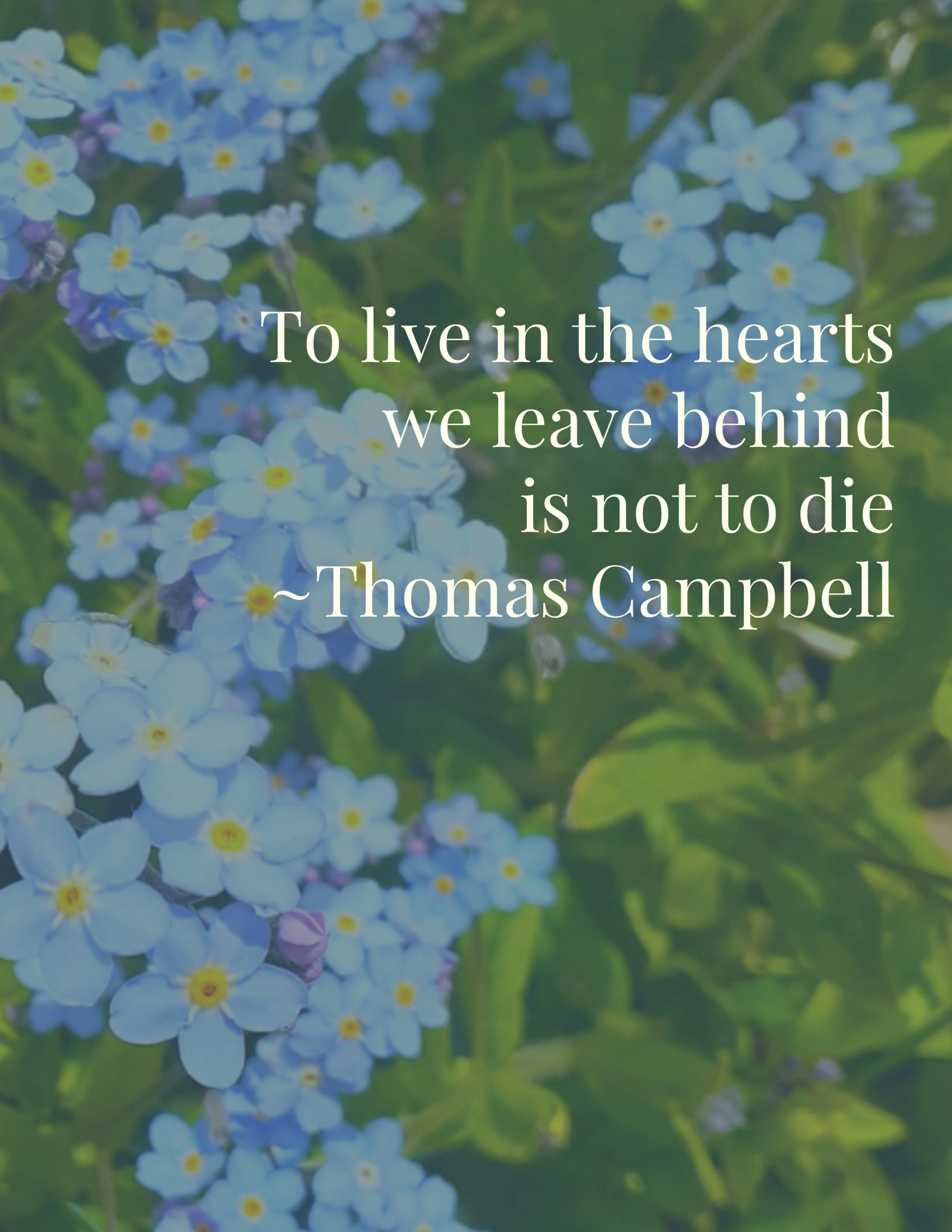
Family and Friends 2nd Thursday of the month 5:30 pm – 7 pm	This group is an opportunity to connect with other family members and friends who are also caring for someone living with dementia. If you are an adult child, grandchild, sibling, niece, nephew, other family member or friend supporting someone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

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



**We gratefully
acknowledge all those
who have made
donations in memory
of a loved one.**

*YOU TOO CAN MAKE A DIFFERENCE FOR THOSE
LIVING WITH DEMENTIA BY ARRANGING FOR OR
MAKING A MEMORIAL DONATION. PLEASE
ENSURE THAT YOUR DONATION IS DESIGNATED
TO THE ALZHEIMER SOCIETY WATERLOO
WELLINGTON AND YOUR GIFT WILL BE USED TO
SUPPORT LOCAL PROGRAMS AND SERVICES.
ANY GIFT CAN HELP OTHERS JOURNEYING WITH
DEMENTIA TO "LIVE THEIR BEST DAY". FOR
MORE INFORMATION PLEASE CONTACT
LORRI WATAMANIUK
BY EMAIL AT LORRI@ALZHEIMERWW.CA OR
BY PHONE AT 519-742-8518 EXT. 2021.*



To live in the hearts
we leave behind
is not to die
~Thomas Campbell

Community Resources

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

Updated June 2021

