**ALZHEIMER SOCIETY WATERLOO WELLINGTON** 

# DEMENTIA PROGRAM GUIDE

March-April 2022
For Programs and Services
Programmes et services de
mars et avril 2022



## Alzheimer Society

WATERLOO WELLINGTON

www.alzheimerww.ca

# JOIN US THIS MAY & WALK YOUR WAY!

JOIN US IN WALKING 16,500 STEPS FOR THOSE WALKING WITH DEMENTIA IN OUR COMMUNITY, VIRTUALLY WALK YOUR WAY!











Alzheimer Society
WATERLOO WELLINGTON

For more information contact Kathy at kathy@alzheimerww.ca

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# MESSAGE FROM OUR EXECUTIVE DIRECTOR

Spring has sprung! As we welcome the longer days and budding flowers, here at Alzheimer Society Waterloo Wellington we are committed to providing person-centered support for all stages of the dementia journey.

Stay dry, and enjoy the rainy Saturday mornings this spring by joining one of our virtual social recreational programs. We have Minds in Motion® available for those looking to be active, and Sharing Our Voices for those looking to express their creative side. Turn to page 8 to learn more!

As we continue to shift towards in-person programming, we thank you for your patience and adaptability. Alzheimer Society Waterloo Wellington is committed to keeping our community safe, and continues to follow all public health guidelines. We continue to provide virtual social recreation, education, and support groups as we change and adapt.

- Michelle Martin, Executive Director

## EDUCATION

We believe that the right education, at the right time, promotes the best learning experience. We are here for you when you need information and support.

Below are seminars offered in March and April for each stage of the dementia journey. Adult learners learn best through repetition, so please feel free to come to as many seminars as you would like.

Our education is offered both virtually and in-person. Virtual attendees will receive a detailed email with information on how to join Zoom; in-person attendees will be required to follow all COVID-19 protocols, and seminars may shift to virtual.

#### EDUCATION SEMINARS

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), 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.

#### **VIRTUAL**

#### **MEDITERRANEAN DIET**

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



Friday, March 4



10 am - 11 am



ທີ່ Register through our Main Office

#### **VIRTUAL**

#### **3 D'S OF DEMENTIA**

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.



Tuesday, March 29



10 am - 11 am



Register through our Main Office

#### **VIRTUAL**

#### **OVERVIEW OF DEMENTIA**

This session will cover learning about dementia, adapting to changes in the brain, and living well with dementia. This session will be beneficiary to both people living with dementia and their care partners and can be attended by all.



**IIII** Monday, April 4





**M** Register through our Main Office

#### **CAMBRIDGE**

#### REPETITIOUS QUESTIONS

How can we support people living with dementia who ask the same question multiple times? Understand why this often happens and learn strategies to reduce the incidence of repetitive stories or questions. Handouts included, with time for discussion after the seminar. This session will be held in Room N210 at our Cambridge Office location (1145 Concession Rd.)



Friday, April 22



10 am - 11 am



**M** Register through our Main Office

#### **EDUCATION SERIES**

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

#### VIRTUAL

#### **CARE ESSENTIALS**

This 4-week series is aimed at care partners of people living with dementia who are at or approaching at stage when difficulties with activities of daily living (ADLs) and behaviour changes may be concerning. Learn strategies to enhance communication and to understand and respond to behaviour. Participants are encouraged to attend multiple sessions but are welcome to join individual sessions.

#### UNDERSTANDING THE STAGES OF DEMENTIA

Thursday, March 10

6 pm - 7 pm

**M** Register through our Main Office

**BRAIN AND BEHAVIOUR** 

Thursday, March 17

6 pm - 7 pm

**M** Register through our Main Office

**RESPONSIVE BEHAVIOUR** 

Thursday, March 24

6 pm - 7 pm

Register through our Main Office

COMMUNICATION

Thursday, March 31

6 pm - 7 pm



**M** Register through our Main Office

#### **U-FIRST!® FOR CARE PARTNERS VIRTUAL**

U-First!® For Care Partners is an educational program for those providing direct support to someone experiencing behaviour changes as a result of dementia. For this 3-week course, you will be provided with a hard copy workbook and a tool which compliments the lessons. This is an advanced course; there is a prerequisite of other dementia education such as First Steps for Care Partners. To register or see if this session is right for you, please contact your Social Worker or 519-742-8518 ext. 2090.

Tuesdays, April 5 to April 19 (3 weeks)

6 pm - 8 pm

**M** Register through your Social Worker or 2090

#### **KITCHENER**

#### FIRST STEPS FOR CARE PARTNERS

This is a 4-week 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. To register or learn more about this session, please contact your Social Worker or 519-742-8518 ext. 2090.

Wednesdays, April 6 to April 27 (4 weeks)

10 am - 12 pm



Register through your Social Worker or 2090

#### KITCHENER

#### TAKING CONTROL OF OUR LIVES

An 8-week dialogue based learning and support series for people living with dementia to share their experiences, and to learn from others in the group. Care partners are strongly encouraged to attend with the person living with dementia. Each week, the care partners and persons living with dementia will meet separately. Participants are strongly encouraged to attend the Overview of Dementia session prior to this group.

🗄 Tuesdays, April 26 to June 14 (8 weeks)



9:30 am - 11:30 am Register through your Social Worker or 2090

#### **VICTORIA PARK SENIOR CENTRE (VPSC)**

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

#### **VIRTUAL**

#### **CARING FOR CAREGIVERS**

Care partners will be introduced to the what caregiver stress can look like, the warning signs for caregiver burden, and learn strategies to diminish stress that can assist in their journey caring for someone living with dementia.



Friday, March 11



10 am - 11 am



**M** Register through VPSC: 519-846-9691 ext. **277** 

#### VIRTUAL

#### **LEWY BODY DEMENTIA**

Lewy Body Dementia (LBD) is more common than formerly thought. This session will explore how LBD is related to Parkinson's disease, common signs and symptoms, and the most current interventions to help minimize the impact of this type of dementia.



Friday, April 8



) 10 am - 11 am



Register through VPSC: 519-846-9691 ext. 277



# OCIAL WITH A





Connections matter, you can support people living with dementia by turning your social gathering into a fundraiser!

Social with a Purpose is a do-it-yourself fundraiser that promotes the importance of socializing, staying in touch, and building strong, positive relationships with your friends, family, and community. Having a dinner party and want to create a purpose? We have the solution!

If you would like more information on Social with a Purpose and how you can have an impact, check out our website or email Travis at travis@alzheimerww.ca.

# SOCIAL WORK

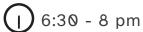
#### ENHANCING CARE FOR CARE PARTNERS

#### VIRTUAL

#### **TEACH**

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

Thursdays, April 7 to April 28





**n** Register through 519-742-8518 ext. **2026** 

#### **VIRTUAL**

#### **CARERS**

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.

#### **CARERS FOR SPOUSE/PARTNER**







N Register through 519-742-8518 ext. **2026** 

#### CARERS FOR ADULT CHILDREN







**M** Register through 519-742-8518 ext. **2026** 

#### GROUPS FOR CARE PARTNERS

#### **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 prior to the group.

Fridays, March 4 to March 25 (4 weeks)



9 am - 11 am



**n** Register through your Social Worker or 2090

#### **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

#### **FAMILY AND FRIENDS**

2<sup>nd</sup> Thursday

5:30 pm - 7 pm

#### LONG-TERM CARE **HOME (LTC)**

1st Friday

10 am - 11:30 am

#### MILD COGNITIVE IMPAIRMENT (MCI)

2<sup>nd</sup> Friday

9:30 am - 10:30 am

#### SPOUSES / **PARTNERS**

2<sup>nd</sup> Wednesday

1:30 pm - 3 pm

#### **TELEPHONE** SUPPORT

Last Tuesday

10 am - 11:30 am

# SOCIAL RECREATION

Below is a small selection of the social recreational programs offered. For a complete list, please turn to page 10. We are able to offer a combination of inperson and virtual programs, Monday - Saturday. Register by calling 519-650-1628 (Cambridge), 519-836-7672 (Guelph Area) or 519-742-1422 (Kitchener Area).

#### MINDS IN MOTION®

#### **VIRTUAL**

#### **SATURDAY MORNING MINDS IN MOTION®**

Saturday morning virtual Minds in Motion® has begun! Join us every Saturday at 10 am for gentle and accessible physical exercise, followed by fun and engaging social programming with others in your community. The Minds in Motion® program is designed for participants living with early to mid-stage dementia and their care partners. To register, please call our offices in Cambridge (519-650-1628), Guelph (519-836-7672) and Kitchener (519-742-1422).



**Saturday Mornings** 



10 am - 11:30 am



**M** Register through our Main Office

#### MONTHLY SOCIAL RECREATION

#### **VIRTUAL**

#### **CREATIVITY WORKSHOP**

Are you looking for something fun to do on a Friday morning or a Saturday Afternoon? Join us for our monthly Creativity Workshop where we create something special to keep. Supplies will be mailed directly to your home. Register by the 2nd Wednesday of the month to join this program.



Friday, March 25



10 am - 11:30 am



**M** Register through our Main Office



Saturday, March 26



1 pm - 2:30 pm



**M** Register through our Main Office



Friday, April 29



10 am - 11:30 am



**M** Register through our Main Office



Saturday, April 30



1 pm - 2:30 pm



**M** Register through our Main Office

#### SEASONAL SOCIAL RECREATION

#### **STORK YMCA**

#### **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. The program will be offered from 10:30 - 11:30am at the Stork Family YMCA.

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.

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.

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



Saturdays, April 9 to June 25 (12 weeks)



10:30 am - 11:30 am



**M** Register through our Main Office

## September 2022

# Brighten Your Spirits

Stay tuned for more information on our New Event.
September 2022!



For more information contact Travis travis@alzheimerww.ca 519-742-8518 ext. 2017

In-Person Education Series	Location	Address	Time	Start Date	End Date
First Steps for Care Partners	Kitchener Office	831 Frederick St.	10 am	6-Apr	27-Apr
Taking Control of Our Lives	Kitchener Office	831 Frederick St.	9:30 am	26-Apr	14-Jun

<b>In-Person Education Seminars</b>	Location	Address	Time	Date
Repetitious Questions	Cambridge Office	N210 1145 Concession Rd. Cambridge	10 am	22-Apr

In-Person Sharing Our Voices				
Location	Address	Time	Start Date	<b>End Date</b>
Stork YMCA	500 Fisher-Hallman Rd. N. Waterloo	10:30 am	9-Apr	25-Jun

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	
Bridgeport Centre	20 Tyson Dr. Kitchener	1 pm	Tuesdays / Thursdays	
Stork YMCA	500 Fisher-Hallman Rd. N. Waterloo	1 pm	Wednesdays / Fridays	

Virtual Education Seminars	Time	Date
Mediterranean Diet	10 am	4-March
3 D's of Dementia	1 pm	23-March
Overview of Dementia	1 pm	4-April

Virtual Care Essentials	Time	Date
Understanding the Stages	6 pm	10-March
Brain and Behaviour	6 pm	17-March
Responsive Behaviour	6 pm	24-March
Communication	6 pm	31-March

Virtual Education Series	Time		End Date
U-First for Care Partners	6 pm	5-Apr	19-Apr

Virtual Groups for	Time	Start	End
Care Partners		Date	Date
Resilience in the Midst of Stress and Grief	9 am	4-Mar	25-Mar

Virtual Enhancing Care Groups	Time	Start Date	End Date
CARERS for Spouses	10 am	19-Apr	7-Jun
CARERS for Adult Children	6 pm	4-Apr	6-Jun
TEACH	6:30 pm	7-Apr	28-Apr

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 Social Recreation	Time	Date
Creativity Workshop	10 am	25-March
Creativity Workshop	1 pm	26-March
Creativity Workshop	10 am	29-April
Creativity Workshop	1 pm	30-April
Tea Time	10 am	Mondays
Tuesday Connections	10 am	Tuesdays
Wednesday Music Club	1 pm	Wednesdays
Games Hour	10 am	Thursdays

Care Partner Support Groups	Time	Date
Young Onset Dementia	5 pm	2-Mar/6-Apr
Long Term Care Home	10 am	4-Mar/1-Apr
Spouses / Partners	1:30 pm	9-Mar/13-Apr
Family and Friends	5:30 pm	10-Mar/14-Apr
MCI	9:30 am	11-Mar/8-Apr
Telephone	10 am	29-Mar/26-Apr

To register for any of our programs call our offices in Kitchener (519-742-1422), Cambridge (519-650-1628) and Guelph (519-836-7672) and we would be happy to connect you with the right staff member.

#### 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).

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!

Updated December 2021

